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# HEADLINES TODAY

## NEWS IN BRIEF

### 5 JKAS officers transferred in J&K

SRINAGAR, Sep 07: Five JKAS officers were transferred in the interest of administration with immediate effect on Wednesday. According to an official order, Sandesh Kumar Sharma (JKAS), Additional Deputy Commissioner Billawar, holding additional charge of Sub Registrar, Billawar, has been transferred and posted as Special Secretary to the administration, Revenue Department. Tilak Raj (JKAS), Additional Deputy Commissioner, Besholi, holding additional charge of Sub-Registrar, Besholi, has been transferred and posted as Programme Officer, ICDS Project, Udhampur, against an available vacancy. Ravi Mohan Khajuria (JKAS), Additional Secretary to the administration, Revenue Department, has been transferred and posted as Registrar, District Udhampur, against an available vacancy. Ajeet Singh (JKAS), Chief Executive Officer, Tourism Development Authority, Bani-Basholi with headquarters at Besholi, has been transferred and posted as Additional Deputy Commissioner, Besholi. "He shall also hold the charge of the posts of Chief Executive Officer, Tourism Development Authority, Bani-Basholi and Sub-Registrar Besholi, in addition to his own duties, till further orders," reads the order. Vinay Khosla (JKAS), Additional Secretary in the J&K Services Selection Board, has been transferred and posted as Additional Deputy Commissioner, Billawar. He shall also hold the charge of the post of Sub-Registrar, Billawar, in addition to his own duties, till further orders, it added.

### Female student from Kashmir dies in Bangladesh

SRINAGAR, Sep 07: A student from Anantnag district in south Kashmir perusing MMBS in Bangladesh medical college has died after falling from the hostel building, prompting calls for her body to be brought back to India. Several Kashmiri politicians appealed to the External Affairs Ministry to help repatriate the body of Khushboo Manzoor. "The family is desperate to (get) the mortal remains of Khushboo so she can be buried by the family and loved ones at home rather than far away surrounded by strangers. Please help", former Jammu and Kashmir Chief Minister Omar Abdullah tweeted. Peoples Democratic Party President Mehbooba Mufti made a similar appeal. Khushboo was pursuing her 3rd year MBBS course at the Khwaja Yunis Ali Medical College in Bangladesh.

### Met predicts mainly clear to partly cloudy weather in J&K

SRINAGAR, Sep 07: The Meteorological (MeT) office said on Wednesday that mainly clear to partly cloudy weather is likely during the next 24 hours in Jammu and Kashmir. "Mainly clear to partly cloudy weather is likely in J&K during the next 24 hours," an official of the MeT department said. Srinagar had 15.9, Pahalgam 9.1 and Gulmarg 9.4 degrees Celsius as the minimum temperature. Drass in Ladakh region had 5.6, Leh 9 and Kargil 15 as the minimum temperature. Jammu had 23.4, Katra 21.4, Batote 15.8, Banihal 14 and Baderwah 15.3 as the minimum temperature.

### Police arrests accused in hit and run case

Police on Wednesday claimed to have arrested an accused involved in hit-and-run case which led to the death of a person in Chanapora area of uptown Srinagar. Srinagar Police in a tweet said, "Accused in hit and run case namely Shakir Nazir Teli R/o Peerbagh Hyderpora arrested. He was driving this Scooty that hit a pedestrian namely Mohd Rafiq Rather in chanapora area, victim later succumbed to injuries in hospital. FIR no 59/22 U/S 279,337,304A IPC already registered."

### Foundation stone of cancer hospital to be laid soon: Waqf Chairperson

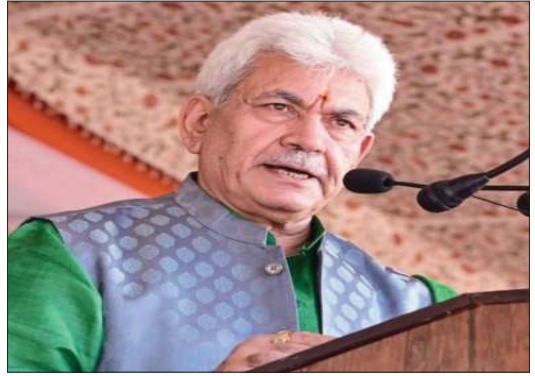
Srinagar, Sep 07 Waqf Chairperson, Darakshan Andrabi on Wednesday said that the foundation stone of cancer hospital will be laid soon and that the Waqf land available around Eidgah

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## LG Manoj Sinha Lauded for his Downtown Visit ; As LG becomes first head of the State to Visit Downtown We have to restore reputation of Shahr-e-Khas, once heartbeat of Kashmir, says LG

HT NEWS NETWORK

Lauding the promising sports persons from old



SRINAGAR, Sep 07: Lieutenant Governor of Jammu and Kashmir, Manoj Sinha Wednesday said that he was informed by the local people that it's for first time in 75 years any head of the state visited Downtown Srinagar. They said many areas

were known for wrong reasons. But, I believe Downtown, Srinagar has shed its past and it is now a new address of Indian Sporting Heroes," Lt Governor said. LG remarks came during the inauguration of Ellahi Bagh Indoor Sports Stadium, constructed at a cost of Rs 4 crore under PMDP. Congratulating the locals, especially the youth of Downtown area for the new sports facility, the Lt Governor said the Shahr-e-Khas area has evolved as a hub of sporting activities, with youngsters determined to achieve the glory in sports. The Lt Governor further said, "In the last two years, downtown has witnessed a massive rise in the number of sports being played

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### LG chairs high level meeting to review progress of mega road projects in J&K

SRINAGAR, Sep 07: Lieutenant Governor Manoj Sinha today chaired a high level meeting, at Civil Secretariat, to review the implementation and progress of mega road projects in Jammu & Kashmir. During the meeting, the Lt Governor took stock of the status of various roads, tunnels, bridges projects under Central sector, Centrally Sponsored and UT Sector schemes including Prime Minister's Development Package, Parvatmala, PMGSY,

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## 2 militants of AGuH killed in Anantnag 2 'hybrid' LeT militants arrested in Shopian

HT NEWS NETWORK

SRINAGAR, Sep 07: Two militants of Ansar Ghazwat-ul-Hind (AGuH) outfit were killed in a brief firefight in Anantnag district of south Kashmir on Wednesday, police said. Police said the militants were killed in a 'chance' encounter in Thajiwara, Bijbehara area of Anantnag. Police identified slain militants as Fayaz Kumar and Owais Khan. Additional Director General of Police, Kashmir Vijay Kumar said the duo was affiliated with AGuH militant outfit. "They were involved in several militant attacks including attacks on police personnel in Cheenwooder Srigufwara and Darashikoh park Bijbehara this year in which two police personnel got seriously injured. Besides,

the two were involved in grenade lobbing at Padshahbagh on June 15 this year," he said. The killing of AGuH militants took place a day after two local Hizbul Mujahideen who were allegedly involved in the killing of two Territorial Army soldiers were shot dead in the same district. Meanwhile Security forces arrested two "hybrid" militants of Lashkar-e-Taiba in Shopian district of south Kashmir, police said. They said the arrests were made at a joint checkpoint which was established by Police, Army and CRPF at village Trenz Shopian. "During Checking of vehicles and frisking of pedestrians, movement of two suspected persons was noticed who on being challenged to stop started fleeing away from the spot

but were chased and apprehended tactfully by the alert joint check point parties," a police statement said, adding arms and ammunition including two pistols, two magazines, two grenades, 20 9mm live rounds, an AK 47 magazine and 50 AK live rounds have been recovered from their possession," police said. Police on questioning the duo disclosed their names as Faizan Fayaz Bhat of Budden Rafiabab Sopore and Yawar Nizam Mir of Konsoo Shopian. "During further questioning, they revealed their association with proscribed militant organization LeT," police added. According to police the 'hybrid' militants are "terrorists who disguise as civilians". A case under relevant sections of law was

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## HC refuses to quash FIR against Asst Professor for prompting separatism, violence

HT NEWS NETWORK

SRINAGAR, Sep 07: The Jammu & Kashmir and Ladakh High Court has refused to quash the FIR registered against an Assistant Professor in the Higher Education Department for allegedly motivating common people towards separatism and violence against Army, police, and civil administration. The plea was filed by Abdul Bari Naik (Petitioner) working as Assistant Professor at the Geography department in Kulgam Government Degree College challenging the FIR registered

against him under the Unlawful Activities (Prevention) Act. "The material collected by the investigating agency during the investigation of the case clearly suggests that the petitioner is provoking or at least intending to provoke his audience to use force or violence against the institutions like the army, the police and the civil administration. The video clips also, prima facie, show that the petitioner is trying to promote enmity between the people living in Kashmir and those living in other parts of the country," the bench of Justice Sanjay Dhar

observed. Naik has been booked under Sections 153, 353 RPC, and 13 of the ULA(P) Act. The allegations against Naik are that he was motivating college students, general public to indulge in violence against the State Administration while infusing the ideology of extremist groups in them. Naik challenged the FIR before the high court contending that it was registered out of vengeance and the allegations against him were false. He submitted that he is an RTI activist and at the time of

his appointment as Assistant Professor, a verification report was also furnished by the police stating that there was nothing adverse against him. He alleged that by his certain RTI applications and his action of bringing the issue of illegal extraction of minerals to the court, the administration was irked and consequently, the impugned FIR was lodged against him. On the contrary, the counsel for the State government contended that Naik indulged in criminal activities and was

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## JKAS officer suspended over objectionable remarks in Ramban

MS NAZKI

SRINAGAR, Sep 07: A Jammu Kashmir Administrative Service (JKAS) officer in the border district of Rajouri has been suspended following allegations that he made objectionable remarks against a particular religion and hurt the sentiments of a subordinate official. Identifying him as Assistant Commissioner (Panchayat) Abdul Rashid Kohli, the suspension order issued by Rajouri District Magistrate Vikas Kundal referred to the setting up of a committee headed by Additional District Development Commissioner Pawan Parihar to hold an enquiry in the matter. The committee will submit its report within 15 days, it added.

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## Agnipath Recruitment Rally First ever Army recruitment rally being organized at Hyderbeig, Pattan

HT NEWS NETWORK

BARAMULLA, Sep 07: With an aim to discuss action plan with regard to the smooth conduct of first ever army recruitment rally under the recently launched Agnipath scheme, the Deputy Commissioner (DC) Baramulla, Dr Syed Sehris Ashgar today chaired a meeting here to take a holistic appraisal of arrangements put in place. The meeting was attended by ADC Baramulla, Zahoor Ahmad Raina, SDM Pattan Syed Faheem among other concerned functionaries. It is worth mentioning here that the army recruitment rally is the first ever sponsored Agnipath scheme in which aspirants from entire

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## Reduce AT&D losses by 10% each year, ensure quality power supply in J&K: CS to PDD Discusses distribution reforms in power sector

HT NEWS NETWORK

SRINAGAR, Sep 07: Chief Secretary, Dr Arun Kumar Mehta today chaired the meeting of Power Development Department (PDD) to discuss the prospective reforms to be taken up in the distribution sector here in J&K. The meeting was attended by Additional Chief Secretary, Finance; Principal Secretary, PDD; DG Budget; Chief Engineers of the department and many other officers of the department.



The Chief Secretary impressed upon the officers to work on reduction of Actual Transmission & Distribution (AT&D) losses and take them down at least by 10% in each year to bring them with-

in the permissible limits. He urged them to ensure quality power supply to consumers besides realization of pending liabilities from the consumers. Dr Mehta also stressed on running a campaign to assure consumers that the department is committed to provide the quality power if they reimburse their dues on time. He suggested to install only smart in future and install the conventional meters from these areas

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## COVID-19: J&K records 80 new cases, no death

HT NEWS NETWORK

SRINAGAR, Sep 07: Jammu and Kashmir reported 80 new positive cases of COVID-19 which include 10 from Jammu and 70 from Kashmir divisions, thus pushing the overall positive caseload in the Union Territory to 478495. Moreover, 121 more COVID-19 patients have recovered and been discharged from various hospitals including 22 from Jammu division and 99 from Kashmir division. According to the daily Media Bulletin on novel Corona virus (Covid-19), out of 478495 positive cases, 69294 Active Positive (204 in Jammu Division and 488 in Kashmir Division), 473020 have

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## JMC issues clarification against 'misleading campaign'

HT NEWS NETWORK

JAMMU, Sep 07: Jammu Municipal Corporation (JMC) has issued a clarification stating that the civic body has not sent any selective demolition notice. In a statement issued in response to a "misleading campaign" against JMC for serving selective demolition notice to President High Court Bar Association, a senior JMC official informed that during routine inspection in Channi area Non-Statutory notices were served to owners/occupants of few building which were under construction/renovation simply to get documentary status

of building and building map/alteration permission. Later on it was circulated in some news portals that one of those buildings belongs to Sh. M K Bhardwaj, senior Advocate and President High Court Bar Association. Further, it is clarified that JMC is already conducting drives against those constructions which have been raised or altered/modified illegally/unauthorizedly without obtaining proper permission and notices are being served as per rule. Officials have added that any violation of Jammu Master Plan-2032

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## Death of Bandipora woman at in-laws house triggers protest, family alleges murder

HT NEWS NETWORK

SRINAGAR, Sep 07: Family members of woman from Markundal area of Hajin in Bandipora district of North Kashmir, who died at her in-laws house in Panzina area of Srinagar, on Wednesday held a protest demonstration, alleging deceased's in-laws of murdering her. One of the family members said late last night they were informed that Mehvish Bano (24) wife of Farooq Ahmad Hajam was shifted to SMHS hospital, where she eventually died.

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## Corruption by elected representatives 7 PRI representatives fall in ACB net since 2021

HT NEWS NETWORK

Srinagar, Sep 07 In a matter of concern, at least seven elected representatives of urban local bodies and panchayats have been arrested by the sleuths of the Jammu & Kashmir's premier anti-graft body, Anti-Corruption Bureau, in corruption cases. According to details available with news agency—Kashmir News Observer (KNO), four corporators and three Sarpanchs have been arrested by the ACB while accepting bribe from different parties.

The data available with ACB reveals that on April 23, 2021, Shameema Bano, chairperson of Municipal Committee (MC) Qazigund was caught while accepting a bribe of Rs 10,000 from the complainant, a video of which also went viral on the social media platform. Subsequently, an FIR number 02/2021 was registered her by the ACB. On October 21, 2021, ACB caught red-handed Owais Ahmad, President, Municipal Committee, Pahalgam while demanding and accepting a bribe amount

of Rs 80,000 from the complainant. He was arrested and taken into custody by ACB team and a case FIR number 31/2021 under section 7 PC Act 1988 stands registered against him. As per the details available with KNO, On December 19, 2021, ACB arrested Nasir Sheikh, Sarpanch, Halqa Zainpora, Baramulla along with Farooq Joo, village level worker, Norkhah, Baramulla for accepting bribe of Rs 10,000. The duo was demanding a bribe of Rs 40,000 from the complainant for

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# Jammu, Srinagar Turn Smart Under Mission Naya Jammu and Kashmir

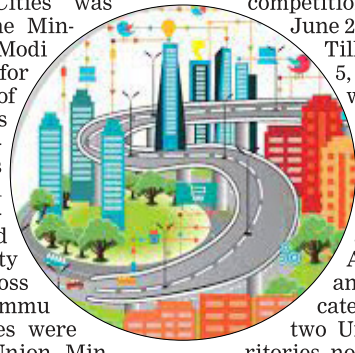
HT NEWS NETWORK

JAMMU, Sept 7: Over 276 projects have been approved by the Centre in the last three years under the "Smart City Mission" in Jammu and Srinagar to transform these cities into vibrant centres having all the facilities, said the officials on Wednesday. These projects are aimed at strengthening urban infrastructure, improving city services, public aesthetics, ease of living and providing a clean and sustainable environment to the citizens in "Naya Jam-

mu and Kashmir." The transformation of Jammu and Srinagar cities from highly congested and underdeveloped urban areas to 'Smart Cities' is yet another achievement of Prime Minister Narendra Modi-led dispensation which "bit the bullet" on August 5, 2019 and ended the 70-year-long so-called special status of Jammu and Kashmir. The "Smart City" projects focus on improved urban governance. Effective steps are being taken to ensure that these projects are completed within

the stipulated deadlines. "Mission Smart Cities" was launched by Prime Minister Narendra Modi on June 25, 2015, for the development of 100 Smart Cities across the country. The idea was envisaged with an aim to drive economic growth and improve the quality of life of people across the country. Jammu and Srinagar cities were selected by the Union Ministry of Housing and Urban

Affairs in the third round of competition held in June 2017. Till August 5, 2019—when the Centre announced its decision to abrogate Article 370 and bifurcated it into two Union Territories—no major steps were taken to turn Jam-



mu and Srinagar into Smart Cities. The People's Democratic Party (PDP) led government played politics over the issue and not much progress was made towards implementing Smart City projects in the twin capitals of the erstwhile state. Both Jammu and Srinagar are heritage cities but for the past 70 years, not much attention was paid to turning these into vibrant cities. Both the cities remained congested and mismanaged. Heritage sites were ignored and no serious effort was put in to bring these

to par with the urban areas in other parts of the country. Scrapping of Article 370, a temporary provision in the Constitution, transformed the fate of both cities. The Srinagar and Jammu Smart City projects have been structured with a clear focus on improving urban governance and unlocking the latent creativity and vitality of the historical cities. Jammu and Srinagar are headed towards becoming eco-friendly, resilient and socio-economically vibrant cit-

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## DC Baramulla holds Public Grievance Redressal Camp at Bomai; listens public demands/ grievances

BARAMULLA, SEPTEMBER 07: The Deputy Commissioner (DC) and other District Officers were also present at the event.



Baramulla, Dr Syed Sehrish Asgar today visited Bomai Sopore and presided over a Public Grievance Redressal camp during weekly Block Diwas, here.

Member, District Development Council Tujjar, Muzaffar Ahmad Dar, BDC Chairperson, Sarpanchs and other PRIs besides people of Bomai, Tujjar, Lagripora and other adjoining areas were part of the Public Grievance Redressal Camp.

Additional Deputy Commissioner Sopore, Parveez Sajad; Joint Director Planning, M Yusuf Rather; Assistant Commissioner Revenue, Peerzada Mumtaz Ahmad; Assistant Commissioner Panchayat, Gulzar Ahmad Khan; Chief Animal Husbandry officer, District Information Officer, Jahangir Akhoun; Tehsildar Bomai, Block Development Officer

On the occasion, scores of public delegations, individuals projected various issues and demands before the DC including completion of Receiving Station, installation of X-Ray Machine in PHC Bomai, upgradation and macadamization of link road, strengthening of Health Centre and augmentation of Water supply in the area.

The DC after giving patient hearing to the grievances and demands of the public, sought on the spot response from the concerned District Officers present in the Grievance Redressal Camp.

She assured the people that all genuine demands and issues projected by them will be looked into on priority.

The DC also gave on the spot direction to the concerned officers for time bound redressal of the public

issues. She assured the people that the demand for the Power Receiving Station will be commissioned within a week. She further said that the demand for X-ray machines for PHC, Bomai will be fulfilled in the coming days to facilitate the local patients.

The DC also made the people aware about the various Government schemes and directed the officers of different departments to organize awareness camps in their respective areas to educate the general public about various government schemes so that they can avail maximum benefits.

She also said the administration is keen to provide better infrastructure in rural areas.

Moreover, the DC informed the public regarding the ensuing war against Drug abuse initiative and urged the locals to actively participate in the campaign to make Baramulla a drug free district.

Meanwhile, the DC also paid a visit to Degree College Bomai where she inspected Atal Tinkering Lab and interacted with the students. During the interaction, various inventions including Small Spectle, Rain drop Sensor were showcased by the students meant to be used on special occasions.

The DC complimented the students for their extraordinary skills and advised them to carry on with this field with extra passion.

Earlier, the DC in presence of Member, DDC Tujjar laid stone foundation for the upgradation and beautification of Badshah Pond at Bomai being built at an estimated cost of Rs. 9.32 lakhs under Amrit Sarovar Scheme.

## Block Diwas: DDC Rajouri presides over public outreach camp at Gambhir Muglian

RAJOURI, SEPTEMBER 07: To redress the public grievances at their doorsteps, the District Administration Rajouri on Wednesday organised a public outreach camp at Gambhir Muglian area of block Manjakote under the aegis of weekly Block Diwas programme.

The event was presided over by the District Development Commissioner Rajouri, Vikas Kundal.

BDC Manjakote, Shamsad Begum; CPO, Mohammad Khurshid; PO ICDS, Shoket Mehmood Malik; ACD, Vijay Kumar; SE Hydraulics, JP Singh, LDM, Jyoti Prakash Sharma; Tehsildar, Javed Chowdhary and other district and sectoral officers, Sarpanchs, panches, and people in large numbers attended the event. The public and their representatives apprised the DDC about several issues and demands of their areas.

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at PHC Gambhir Muglian, shortage of electric wires,

and passed on-spot directions to the concerned



scarcity of water, etc. Some more demands projected included the renovation of GMS building Gambhir Muglian, inclusion of eligible beneficiaries under PMAY-G, meeting paucity of staff at GMS Gargalla, construction of boundary wall of HSS Gambhir Muglanet.

The Officers of different departments also highlighted the benefits of the schemes and programs being implemented in the district and motivated the public to avail the benefits of the same. They also responded to the queries about their departments raised by the public during the event.

The DDC gave a patient hearing to the issues and demands projected by the public during the event

officers to take adequate measures to redress the genuine public concerns in a time-bound manner.

Addressing the participants, the DDC said that the District Administration is holding such grievance redressal camps to take an appraisal of local issues from the general public for precise and on-ground assessment and to ensure their time-bound solution. "Persistent efforts are being made to provide quality services to the common masses, that too at their doorsteps to ensure that they don't face any inconvenience," he said. Referring to scores of self-employment generation schemes, he urged the local youth to avail the benefits of the same to earn livelihood with digni-

ty and honor and become job providers too.

Seeking the active cooperation of the general public in the developmental process, he said that although the Distt Admin is working at its full potential for the holistic development of the district, active cooperation from the general public is a must in this regard.

Responding to the demand for renovation of different roads, he asked the concerned officers to take adequate measures in this regard and repair the roads as soon as possible.

Regarding water scarcity, the DDC assured that all the district households would be provided functional tap water connections with the implementation of the Jal Jeevan Mission. "All your grievances have been documented and the same will be redressed in a time bound manner with the intervention of the concerned quarters," he added. During the event, the participants were also educated about the ill effects of drugs on health, while the parents were asked to keep a close watch on their children and immediately take cognizance if they notice anything suspicious or if there is a change in behavior of their children.

## Nasha Mukt J&K Abhiyan Student rallies, awareness programmes, pledges, debates held across schools of Shopian

SHOPIAN, SEPTEMBER 07: As part of the month long 'Nasha Mukt Bharat Abhiyan', various activities were conducted today including rallies, awareness programmes, pledges, debates etc.

Teachers, students and community members also participated in Nasha Mukt Rallies in different educational institutions across the district to culminate the first week

of 'Nasha Mukt Bharat Abhiyan', and to uphold the promise for eradication of the drug menace in the society.

Debates regarding Drug Abuse and its ill effects were conducted, besides, student rallies were also held by the educational institutions which saw participation of teachers and a large number of students during the first week of campaign.

Teachers and hundreds of students participated in the rally and raised different slogans including 'Zindagi Se Rishta Jodo, Drugs Se Nata Todo' and 'Say No to Drugs, Yes to Life'.

Besides, the students were also holding placards during the rallies denouncing the addiction to disseminate awareness among the common masses about the adverse effects of drugs.

## Poonch: School Education department hosts Seminar on Nasha Mukt Bharat Abhiyan, Deliverables Targets

POONCH, SEPTEMBER 07: To spread the message of Nasha Mukt Bharat Abhiyan to every household, the department of School Education Poonch on Wednesday organized a seminar in the conference Hall of CEO Office Poonch attended by the officers and heads of Educational institutions.

All the Headmasters of Poonch district attended the seminar and pledged to take this Abhiyan to every nook and corner of Poonch district.

Bishamber Dass, Chief Education Officer Poonch said that Education department directly deals with the

youth and "We need to aware them about the harmful effects of drugs, their safety and proper motivation which can help in eradication of drug abuse." He advised the Education officers and teachers to interact with the students and inform them about the schemes and treatment facilities offered by the government at de-addiction centers.

He said that the state government has launched the initiative as it was felt that there was a need to educate, aware and involve the youth in the Nasha Mukt Bharat Abhiyan.

He asked the Education Officers to motivate the students to become am-

bassadors of the police in identifying those who needed special attention and care.

Mohammad Riaz Mir, Principal HSS Jhullass, said that the teachers are the key persons who can bring change in the society. They need to involve all the stakeholders in the Nasha Mukt Bharat Abhiyan so that the motive of the campaign is achieved.

An activity schedule for the month of September was issued which included Seminars, Rallies, Symposiums, Rangoli, Essar Writing competitions on the topic "Drug Abuse".

## DC Kulgam presides over weekly Block Diwas at Manzgam

Farooq Rayher



KULGAM, SEPTEMBER 07: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat Wednesday presided over weekly Block Diwas at Manzgam.

The program witnessed active participation of people from Manzgam, Watoo, Tangmarg, Chogalpora, Halen, Gujjar Basti, Avil and other villages besides PRIs also participated in this grievance redressal camp.

The visiting delegations of public and the PRIs apprised the DC of the grievances and developmental needs in their areas viz. development of Playfield and early commissioning of Filtration plant at K.B.Pora, development of Hallan road, augmentation of water supply scenario and establishment of timber Depot at Gandwani, repairs of irrigation canal at Watoo Korea besides others.

Officers on the spot responded to the queries and demands of people pertaining to their departments.

The DC after giving patient hearing to the public addressed some of the immediate nature of grievances on the spot. He directed ACD to start work on a playfield in K.B.Pora village. He also directed officers to ensure prompt and speedy redressal of issues and demands of people. Earlier, Assistant Commissioner Development (ACD), Kulgam, Mohammad Imran Khan also briefed about the action taken on various grievances and issues raised in previous Block Diwas.

## Nasha Mukt J&K Massive rally taken out by specially abled person in Bandipora

BANDIPORA, SEPTEMBER 07: In a unique initiative and as part of Nasha Mukt Bharat Abhiyan, the specially abled person of the district today took out a massive awareness rally educating and informing the masses about ill effects of drugs on the social set up.

The programme was jointly organised by the Department of Poshan (ICDS) and Social Welfare in collaboration with District Administration under the overall supervision and guidance of Dr. Owais Ahmad, Deputy Commissioner Bandipora.

The programme was attended by District Programme Officer, Mohammad Ashraf Hakak; District Social Welfare Officer, Ubaid ul Khazir, various district officers, teachers, students and people in large numbers.

The specially abled person mostly on scooters carrying messages about drug abuse, effects on society, role of youth/teachers and society went through different areas after flagged-off from Mini secretariat Bandipora.

Enroute people in large numbers participated in the rally and it received warm welcome everywhere.

Similarly, Nasha Mukt J&K programmes were held in about 50 Anganwadi centres in Hajin, Sumbal, Bandipora and Gurez projects in which beneficiaries, anganwadi workers/helpers, supervisors and CDPOs participated.

Social Welfare deptt also organised a number of rallies in different blocks and tehsils. School Education deptt under the supervision of Dy CEO Dr. Rafiq organised rallies, seminars etc. in a number of institutions.

## KAS Officer Suspended On Allegations Of Hurting Religious Sentiments, Inquiry Ordered

M S Nazki

Jammu, Sept 7 Authorities in Rajouri district have placed under suspension Assistant Commissioner Panchayat (JKAS) following a complaint alleging hurting of religious sentiments while having lunch at a restaurant.

"This office has received a complaint that AC Panchayat Mr Abdul Rashid Kohli has made some objectionable remarks about a particular religion," District Magistrate Rajouri Vikas Kundal said in an order, a copy of which lies with HT

"It is reported that Mr. Kohli said these objectionable words while having lunch at Blue Moon Restaurant with his four other subordinates during office hours," the order reads, adding, "this conduct of the officer is not only a violation of service conduct rules but also an issue of hurting religious sentiments of other community and has the potential of creating Law and Order problem within the district."

Therefore, keeping in view of the facts, the Magistrate placed Kohli under suspension with immediate effect.

"Further a committee headed by Mr. Pawan Parihar ADDC Rajouri shall enquire into the matter and report within a period of 15 days."

## Physical & Financial status under District Capex Budget reviewed at Bandipora

BANDIPORA, SEPTEMBER 07: On the directions of Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed a meeting to review the physical and financial status of District Capex Budget was today held at Mini Secretariat here.

The meeting was presided over by a joint team of officers including Joint Director Planning, Imtiyaz Ahmed; ACD Bandipora, Ab Rashid Das and ACP Bandipora, Syed Altaf Hussain Mosavi and was attended by Executive Engineers and BDO besides other concerned.

It was informed that in district Bandipora total 1194 works are approved under DDC, BDC and PRI Grants out of which 1004 works were tendered.

The meeting discussed threadbare various components to take detailed sector wise position of works and projects under District Capex Budget.

Joint Director Planning stressed upon officers that work on all the ongoing projects be expedited for early completion. He also instructed the officers to make expenditure as per progress.

He urged the concerned departments to work in coordination for time bound completion of all projects in the district.

## Drug Control Organization Kulgam organises awareness programmes at D.H.Pora

Farooq Rayher

KULGAM, SEPTEMBER 07: The Drug Control Organization Kulgam today organized an awareness programme for chemists at D. H. Pora Noorabad, here.

During the awareness programme, officers from Drug Control Organization Kulgam sensitized the chemists about the safe pharmacy practices and for effective implementation of recent directives to install CCTV cameras and computer systems for maintenance of sale purchase records.

## Public Notice

I have applied for registration of my residential house located at village sheikhpora under Home Stay/paying Guest House Scheme to facilitate tourist trade vide order no 89- Jk (TSM) of 2022 of Department of Tourism Jk if anybody has any objection in this regard he /she may file his/her objection in Department of tourist or Assistant Director Tourism office Gulmarg within a period of 7 days from the date of publication of this notice after that no objection shall be entertained

Gh Hassan sofi  
S/o Gh Ahmad sofi  
Sheikhpora. Tehsil kreeri  
Distt ....Baramulla

## Government of Jammu & Kashmir OFFICE OF THE DISTRICT SHEEP HUSBANDRY OFFICER MINI-SECRETARIAT GANDERBAL

Tele/fax No. - 0194-2416040(email :- [dshoqbl@gmail.com](mailto:dshoqbl@gmail.com))

### ADVERTISEMENT NOTICE

**Subject: Insurance of Livestock (Sheep/ Goats) on subsidy basis: 60% for APL and 80% for BPL/SC/ST under National Livestock Mission for the year 2022-23**

All the sheep/goat breeders of District Ganderbal are hereby notified that the Department of Sheep Husbandry intends to insure livestock of the district under National Livestock Mission. A total of 8000 sheep/ goats shall be insured in the first phase on subsidized rates, i.e. 60% (APL) and 80% (BPL/SC/ST). All the interested farmers are directed to submit applications on prescribed format at District Sheep Husbandry Office, Mini Secretariat Complex, Ganderbal w.e.f. the date of issuance of this advertisement notice.

The terms and conditions of the scheme are as under:

- Benefit of subsidy is restricted to a maximum of 50 sheep per beneficiary per household. Beneficiary with less than 50 sheep can also avail the benefit of the scheme. However if the beneficiary intends to insure more than 50 animals he/ she shall pay full premium for the additional animals and not claim subsidy on the additional animals.
- The selection shall be made block wise on **first come, first serve** basis till the targets are achieved, as per the below break-up:

S.No.	Sheep Development Block	Target fixed per Sheep Development Block (No. of Sheep/ goat to be insured)	Category wise breakup	
			APL	BPL/SC/ST
1	Shuhama	889	445	444
2	Gratbal	889	445	444
3	Nunner	889	445	444
4	Haknar	889	444	445
5	Haripora	889	444	445
6	Naranag	888	444	444
7	Tulmulla	889	445	444
8	Lar	889	444	445
9	Kangan	889	444	445
	<b>Total</b>	<b>8000</b>	<b>4000</b>	<b>4000</b>

- The animals shall be insured on the current market price which shall be jointly assessed by the beneficiary, insurance company in presence of the concerned Veterinary Assistant Surgeon.
- In case of sale or transfer of animals from one owner to another before the expiry of insurance policy, the authority of beneficiary for the remaining period will have to be transferred to the new owner as per the approved procedure.
- Any update related to the scheme including final targets and the terms and conditions in addition to the above mentioned, which the department may deem necessary shall be communicated before entering into final agreement under the scheme.

Sd/-

District Sheep Husbandry Officer  
Ganderbal

DIPK-9491/22

## Public Notice

Name of the mother & father of my Elder son namely sheikh Hidaaqe bin naseer & the name of mother of sheikh Haadin bin naseer & Hadeel has been inadvertently registered in school records as nusrat naseer (mother) & sheikh naseer -u-din instead of nusrat jabeen chashoo & sheikh naseer -ud-din (father). Now I want to correct my name and the name of my spouse in school records. If any party or parties have any objection in this regard, they may approach the principal tyndale Biscoe and mallinson school within seven (7) days of this notice. No objections will be entertained after the stipulated time.  
From:-sheikh naseer -ud-din (father)  
8899078058/9796798058



## Secretary NFCH reviews enrollment of militancy affected children for financial assistance

SRINAGAR, SEPTEMBER 07: Secretary, National Foundation for Communal Harmony (NFCH), Autonomous organization under the Ministry of Home Affairs, Manoj Pant, today reviewed implementation of rehabilitation programme for child victims of militancy in Kashmir division. The meeting was attended by Director Social Welfare Department, Kashmir, Additional Deputy Commissioners, District Social Welfare Officers, DDO, NFCH and other concerned officers. It was informed that 6702 children have been assisted in twenty districts of Jammu and Kashmir by NFCH with financial assistance of rupees 50.39 crore. Besides, Rs 1.94 crore have been released in favour of 1071 affected victims during 2021-22 while Rs 63.12 lakh have been released for 392

victims in 2022-23. Union Secretary stressed on the officers to trace the left out children in their respective districts so they shall be provided financial assistance for rehabilitation. Pant said that NFCH has not received renewal or fresh cases of large number of eligible children from J&K so far. He asked the concerned officers to expedite the process of tracing eligible children and register them under the project. He informed that a victim child, qualifying the requisite criteria, once registered is eligible for assistance till 25 years of age. He said the focus is to help them to obtain education and achieve their goals. Union Secretary further informed that these children are being provided opportunity to visit various cities of the country including Delhi, Bangalore, Ahmedabad.

# Parental Care & Strict Vigil essential to fight Drug Menace: ADDC Bandipora

BANDIPORA, SEPTEMBER 07: The Additional District Development Commissioner (ADDC) Bandipora, Afsar Ali Khan today chaired a meeting to discuss various modalities of Nasha Mukta Bharat Abhiyan at Mini Secretariat, here. The meeting discussed threadbare various measures to fight the drug menace and eradicate this evil from the district. Speaking on the occasion, the ADDC stressed on parental care and strict vigil to fight the Drug menace. He directed the concerned to keep proper vigil around the educational institutions to prevent chances of getting students involved in the drug menace. The ADDC directed all the concerned departments to work in coordination and

take up extra measures to eradicate the drug menace. He stressed on rehabilitation of addicts and directed the concerned to keep proper check of NRX drugs in drug stores and to check the sale of banned drugs. The ADDC directed the concerned to take up activities at Panchayat and Tehsil level and accordingly submit the report to sub divisional committee and asked the Sub Divisional Level committee to submit the report and coordinate with District Level Committee. Afsar Ali said Administration has adopted zero tolerance against drug menace and efforts are on to break the supply chain of drugs in order to eradicate this evil. The Meeting was attend-



ed by DPO ICDS Bandipora, M Ahsraf Hakak; Additional Deputy Commissioner (ADC) Bandipora, Waseem Raja; CMO Bandipora, Dr. Bashir Ah

Khan; DSWO Bandipora, Ubaid Ul Khazir; ALC Bandipora, DySP HQ, Range Officer Forest Department, Drug Control Officer Bandipora, M.O ATF and other concerned. He stressed on rehabilitation of addicts and directed the concerned to keep proper check of NRX drugs in drug stores and to check the sale of banned drugs. The ADDC directed the concerned to take up activities at Panchayat and Tehsil level and accordingly submit the report to sub divisional committee and asked the Sub Divisional Level committee to submit the report and coordinate with District Level Committee. Afsar Ali said Administration has adopted zero tolerance against drug menace and efforts are on

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## Nasha Mukta Bharat Abhiyan Student rallies, Awareness programmes, Debates, Painting competitions held across Bandipora

BANDIPORA, SEPTEMBER 07: As part of the month long 'Nasha Mukta Bharat Abhiyan', various activities including student rallies, awareness programmes, debates and painting competitions were held in different educational institutions in collaboration with the social welfare department across the district.

On the occasion, awareness programmes were held in various colleges, schools, Government offices and pledges taken to uphold the promise for eradication of the drug menace in the society and encouraging a healthy lifestyle.

Debates regarding Drug Abuse and its ill effects were conducted, besides, student rallies were also held by the educational institutions and other departments which saw participation of staff and a large number of students. Teachers and hundreds of students participated in the rally and raised different slogans including "Zindagi Se Rishta Jodo Drugs Se Nata Todo" and "Say

No to Drugs Yes to Life" and other slogans and were carrying



placards denouncing the addiction to disseminate awareness among the common masses about the adverse effects of drugs. Rallies went through streets and corners of the villages to spread information about the deadly effect of drugs on society and the importance of a healthy life.

Similarly, bhung destruction drives were also held in the dis-



trict and hundreds of kanals of land were cleared till date from bhung cultivation. As part of the month long 'Nasha Mukta Bharat Abhiyan', various activities including student rallies, awareness programmes, debates and painting competitions were held in different educational in-

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## Dulloo reviews finalization of action plans of FPOs in J&K

SRINAGAR, SEPTEMBER 07: Additional Chief Secretary (ACS), Agriculture Production Department (APD), Atal Dulloo today chaired a meeting to review the finalization of action plan of Farmers Produce Organizations (FPOs) for effective implementation of the scheme in Jammu and Kashmir.

Vice Chancellor SKUAST-Jammu, Secretary in APD (Horticulture), Secretary in APD, representatives of MD NCDC, MD Small Farmers Agri Business Consortium, MD Agriculture Cooperative Marketing Federation of India, New Delhi, Director General Planning (APD), Director Finance (APD), representatives of NABARD, Director Floriculture Jammu, Director Sheep Husbandry Kashmir,



MD, JK Agro Industries Development Corporation, Director Horticulture Kashmir, Director Floriculture Kashmir, Director Agriculture Jammu/Kashmir, Director Sheep Husbandry Jammu, MD JKHPMC, Director Fisheries J&K, Chief Executives of FPOs and other concerned attended the meeting in person and through virtual mode. At the outset, heads of several FPOs from both the divisions of

Kashmir and Jammu presented an overview of their respective organizations with respect to the status of their respective FPOs. They informed the meeting about the farmers registered with their FPOs, turnover, funding, implementation etc of the FPOs. During the meeting, Dulloo received several inputs from the FPOs, officers and other stakeholders regarding the farmer's producer organization.

## SP College organises workshop on 'Future prospects & Scope in research'

SRINAGAR, SEPTEMBER 07: The Cultural and Extension Activities Committee of S. P. College in collaboration with the Department of Biochemistry, Department



of Chemistry and Mentor-Mentee Committee today organised a one-day workshop to aware the students about the future prospects and scope in research. Principal of the college, Prof Dr Khurshid Ahmad Khan was the chief guest on the occasion.

Invited speaker, Dr Radha Vegesna (Emeritus Scientist, CCMB Hyderabad) was the special guest, Dr Rachel AJ (Advisor Osmania University) besides Prof Bashir Ah Mir (HOD Dept of Chemistry), Prof Syed Misbah Zahoor (Convener Mentor-Mentee Committee), Prof Shahid Ahmad Wani (Staff Secretary) was also present at the event. The formal welcome address was delivered by the principal, Prof (Dr) Khurshid Ahmad Khan who spoke in depth about the time he was pursuing his research and informed the audience that the field of cell automata was then considered as a prime field for analysis.

He also laid emphasis on the students and faculty to make the best out of this interactive session and gain as much knowledge as possible from this lecture.

Prof Vegesna Radha, the invited speaker, discussed the adoption of tissue specific functions by cells in detail and explained how the sizes and shapes of tissues are determined. She also talked about how asymmetric cell division works as the basis of differentiation.

Dr Radha also laid emphasis on the fact that there are a lot of unsolved problems in biology and answers to many of those come from analysing cells.

Earlier, Prof Ruheena Tabasum (Convener College Cultural and Extension Activities Committee) introduced the programme and gave a backdrop to the audience about the activities of the College Extension and Cultural Activities Committee. She also acknowledged her team for putting in their best efforts in making each programme successful.

Prof Bashir Ah Mir gave an insight to the students as to how they should develop critical thinking and try to create a research-oriented mind.

The floor was then thrown open for a question/answer session wherein many students and faculty raised their queries and questions which were very well addressed by the speaker.

Prof Falak Naaz (Member Cultural and Extension Activities Committee) then presented a formal vote of thanks. The floor was then thrown open for a question/answer session wherein many students and faculty raised their queries and questions which were very well addressed by the speaker.

## Govt approves modernisation of 120 schools in Tribal areas

SRINAGAR, SEPTEMBER 07: The Tribal Affairs Department has approved modernisation of 120 schools in tribal areas to provide modern educational facilities in these remotely located schools in an endeavour to promote quality education. In Phase-I of the plan more than 100 schools have already been modernised at a cost of Rs 20.00 Cr

Lieutenant Governor Sh Manoj Sinha, in November 2021, launched the initiative of Tribal Affairs Department to modernise more than 200 schools in two phases at an estimated cost of Rs 40.00 Cr. Phase-I of the initiative covering more than 100 schools was completed in April 2022.

Secretary, Tribal Affairs Department informed that

education of tribal students has been emphasised as a top priority and a special budget has been earmarked under the Tribal Education Plan (TEP) first time introduced by the department last year which included enhancement in scholarship, establishment of new hostels, resumption of work on languishing hostels which lacked funding and administrative approval, coaching for UPSC Civil Services Examination, NEET & JEE, modern infrastructure, IT equipment and other measures.

Department has approved modernisation of 120 schools in tribal areas on two different categories. In 48 schools a budget of Rs 20.00 Lakh each has been approved for providing re-

quired infrastructure including Teaching-Learning Material (TLM), Furniture, Uniform, Sports equipment, repairs and other basic facilities including toilets etc while in another 72 schools one Smart Classroom each has been approved which includes smart boards, furniture, books and other required material.

Dr Shahid appreciated the role played by Chief Education Officers, Zonal Education Officers, Heads of Institutions and staff of schools selected for modernisation tribal areas, which has yielded visible results in a very short span of time and thousands of tribal students have benefitted under the initiative.

The 48 schools approved for modernisation include 4 in

Udhampur, 3 in Reasi, 1 in Anantnag, 3 Ganderbal, 2 in Jammu, 3 in Budgam, 9 in Poonch, 3 in Kishtwar, 4 in Kupwara, 3 in Doda, 4 in Bandipora, 1 in Baramulla, 1 in Kathua, 1 in Samba, 2 in Srinagar and 3 in Rajouri.

The Smart Classrooms approved under the initiative for 72 schools include 10 in Poonch, 15 in Rajouri, 5 in Kupwara, 5 in Bandipora, 3 in Ramban, 3 in Reasi, 3 in Kathua, 2 in Samba, 5 in Ganderbal, 2 in Budgam, 5 Anantnag, 3 in Baramulla, 2 in Shopian, 2 in Pulwama and 2 in Kulgam, 4 in Udhampur. Proposals have also been sought from Districts Kishtwar, Doda, Ramban and Anantnag for coverage of schools in tribal areas. An amount of Rs 12.00 Cr has been released for the

purpose.

Tribal Research Institute (TRI) established in August 2021 as a pioneer in Research and Development for tribal welfare has been entrusted with capacity building programmes for teachers of model tribal schools in coordination with the School Education department at district level. Dr Shahid appreciated the role played by Chief Education Officers, Zonal Education Officers, Heads of Institutions and staff of schools selected for modernisation tribal areas, which has yielded visible results in a very short span of time and thousands of tribal students have benefitted under the initiative.

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## Nasha Mukta Bharat Abhiyan

Awareness session held at Gujjar Bakarwal Boys Hostel Anantnag

ANANTNAG, SEPTEMBER 07: The Gujjar Bakarwal Boys Hostel Anantnag today organised a comprehensive event under Nasha Mukta Bharat Abhiyan in which nine renowned doctors of Kashmir participated.

The warden of the hostel, Rafafat Choudhary, while presenting the welcome speech, said that drug addiction is increasing in the new generation due to which the society is facing complex health problems. He said that students from the tribal community are vulnerable to the menace and as such an awareness session is being organised at the institute.

Dr Mohammad Ashraf Khatana, Dr Basharat Kasana, Dr Rafiqat Jamaali, Dr Bashir Ahmad Khan, Dr Abdul Gani Paswal, Dr Siddhrah Zia, Dr Ali Jan participated in the event and counseled the students regarding the harmful effects of drug abuse and the associated health issues.

The doctors also conducted a medical examination of all the students of the hostel and prescribed neces-



sary medicines. On the occasion, the painting of famous artist from tribal community Munir Ahmed Khan regarding Nasha Mukta Bharat Abhiyan was also displayed. Munir Ahmed also spoke on the occasion. Dr Mohammad Ashraf Khatana, Dr Basharat Kasana, Dr Rafiqat Jamaali, Dr Bashir Ahmad Khan, Dr Abdul Gani Paswal, Dr Siddhrah Zia, Dr Ali Jan participated in the event and counseled the students regarding the harmful effects of drug abuse and the associated health issues. The doctors also conducted a medical examination of all the students of the hostel and prescribed necessary medicines.

## Sri Pratap College celebrates 'Teacher's Day'

SRINAGAR, SEPTEMBER 07: Sri Pratap College, Srinagar today celebrated 'Teacher's Day' with great fervour and exuberance.

Prof. (Dr.) Yasmeen Ashai, Director Colleges, J&K was the chief guest of the event that was also attended by the staff members and students of S.P. College.

The event began with the recitation of the Quran, followed by the College's 'Tarana'.

In her address, the chief guest laid emphasis on the role of parents and teachers in the overall development of students and encouraged the students to be proactive in both academic and co-curricular activities.

Earlier, the chief guest was formally welcomed by the Principal, Prof. (Dr.) Khurshid Ahmad Khan, who in his welcome address threw light on the importance of teacher's day and the role of teachers in shaping society. Besides, he also expressed his concern over the growing menace of drug addiction in the valley and elsewhere in India.

A pledge was taken to make India, 'Nashaa Mukta Bharat'. This was followed by a cultural event consisting of Rouff, Ladisha, group songs, beautiful poetry, and speeches put together by students acknowledging the hard work of the teachers.

Additionally, fun games both indoors and outdoors were also arranged by the



students, which were thoroughly enjoyed and appreciated by the teachers.

Prof. Bashir Ahmad Mir (Dean, Academics of the College) presented the concluding remarks, while the vote of thanks was extended by Prof. Shazia Mushtaq.

The rapporteur of the event was Dr. Syed Javaid Ahmad Andrabi. The event was moderated by Fiza Shabir and Seman Fatimah (students of IG EVS).

Furthermore, the whole event was organised under the guidance of the respective Deans, Students Welfare of the College, Dr. Jan Shabir, Dr. Khalida Hassan, Prof. Shazia Mushtaq, and Dr. Mohammad Raies Ul Haq. Furthermore, the whole event was organised under the guidance of the respective Deans, Students Welfare of the College, Dr. Jan Shabir, Dr. Khalida Hassan, Prof. Shazia Mushtaq, and Dr. Mohammad Raies Ul Haq.



# Border Tourism Festival adds flavour to beauty of Teetwal

## Director Tourism urges people to register for homestays

### DC Kupwara say youth main stakeholder for development of border tourism

Dr Abdul Quyoom

TEETWAL- KUPWARA, SEPTEMBER 07: In order to promote Teetwal as tourist destination under Border Tourism in the valley, Tourism Department in collaboration with District Administration Kupwara, Lolab- Bungus-Dringyari Development Authority (LBDDA), Cultural Academy and Army organised border tourism festival on the banks of Kishen Ganga at Teetwal near zero line. The

festival witnessed participation of large number of local and non local tourists with much fanfare. Director Tourism, G.N Itoo was the chief guest on the occasion.

The event was attended by Deputy Commissioner Kupwara, Dr. Doifode Sagar Dattatray; Brigadier 104 Infantry Brigade; SSP Kupwara, Yougal Manhas; Chief Executive Officer, LBDDA, Ghulam Nabi Bhat; SDM Karnah, Commanding Officers of different Army Units ; BDC Chairpersons, Sectoral and District officers; PRIs and other public representatives besides large gathering of people from different walks of life.

The attraction of the festival was presentation of various multi lingual cultural and musical items by different renowned bands, groups and children who received huge applause from the audience. The Phari/ Gojri culture programmes, Talwaar Baazi by sons of soil, Rouf Dance , Students



Lazium, Tag of War and various other cultural programmes by different agencies. Folk tribal songs and Talwaar Baazi left the audience

spellbound. The other cultural items were also an eye-catching for the audience. Addressing the gathering, Director Tourism said that the aim of organising the Border Tourism Festival at historical Teetwal was to promote the area as a tourist destination besides, providing a platform to local artists to showcase their talent. He said such festivals shall attract more tourists and help in upliftment of socio-economic status of people of district Kupwara, especially living in farflung Karnah sub division.

G.N Itoo said the aim of the Border Tourism festival was fulfilled by witnessing the enthusiastic and huge participation of people.

The Director expressed his gratitude towards the Lieutenant Governor for creating the border tourism facilities in the district. He said it is because of his efforts, the Teetwal Festival witnessed enthusiastic and huge participation of people.

The Director further said that the border tourism has a potential to change socio-economic condition of the people. The Director Tourism urged the people to get registered for homestays as tourists prefer home stays to enjoy rich cultural heritage. He urged people to spare surplus rooms for tourists and earn livelihood. Speaking on the occasion, the DC Kupwara appreciated the efforts for tourism promotion across the district. He said promotion of border tourism will help in generating more income and employment avenues for youth, here. The DC said that nature has bestowed Kupwara district with plenty of attractive beauty and the Administration is working tirelessly for development of various tourist destination including Bungus, Lolab besides, Border Tourism and Trekking in Karnah.

## Nasha Mukht Bharat Abhiyan

### DC addresses students at GCW Anantnag

ANANTNAG, SEPTEMBER 07: The Government College for Women (GCW) Anantnag today organised a lecture on Drug De-addiction under the aegis of Nasha Mukht Bharat Abhiyan.

Deputy Commissioner (DC) Anantnag, Dr Basharat Qayoom was the chief guest on the occasion.

Addressing the students, the DC said that adoles-

cents are very vulnerable to falling prey to drug addiction. He said that teachers and parents must be cautious and maintain vigil on their children's activities.

He said that early intervention is critical in preventing the youth from becoming addicts. He said the peers have an equally important role and must immediately alert teachers or parents if they find

any of their friends falling into this trap. He said with firm determination of students and joint efforts by all stakeholders, this menace can be eradicated from the society.

The DC assured the students that all possible steps are being taken to crackdown on suppliers of these substances and people involved in drug trade will be strictly punished as per law.

Several other speakers shared their views regarding the harm drugs bring to the user, his/ her family and to the society in general and highlighted that it one's moral obligation as well his/ her duty to the society to help end this menace from the society.

The lecture was attended by the Principal, faculty and students of GCW, Anantnag.

## Block Diwas held at Waskoora Handwara, Kuligam Lolab

Dr Abdul Quyoom

KUPWARA, SEPTEMBER 7: On the directions of Deputy Commissioner Kupwara, Block Diwas was held at Waskoora Handwara which was chaired by Additional Deputy Commissioner (ADC) Handwara, Nazir Ahmad Mir. Executive Engineer R&B, XEN I&FC, Tehsildar, besides, PRIs, general public and representatives from various departments attended the day long block diwas function. On the occasion, the PRIs



put forth their day to day developmental issues before the ADC. The ADC heard them pa-

tiently and passed on spot directions to the concerned officers for redressal of the issues raised the PRIs. Later, the ADC visited the dumping site at Waskoora village during which the ADC directed concerned to ensure proper cleanliness in the area.

Block Diwas was also held at Kuligam Lolab which was chaired by SDM Lolab, Aijaz Ahmad Bhat. BDC Chairperson Wavoora, PRIs and general public participated in the block diwas function.

## DC Ganderbal presides over Public Grievance redressal Camp at Town Hall

GANDERBAL, SEPTEMBER 07: The District Administration Ganderbal today held Public Grievance redressal Camp at Town Hall Ganderbal as part of weekly block diwas and was presided over by Deputy Commissioner (DC), Shyambir.

The program was attended by Additional District Development Commissioner (ADDC), Mushtaq Ahmad Simnani; CPO, Irfan Giri; ACD, Dr Bashir Ahmad; CEO, CMO, DDC member Ganderbal, PRIs members of block Ganderbal besides other officers and officials of line departments.

During the proceedings of block Diwas, PRIs raised a number of grievances related to macadamization of Nagbal Warpora road, awareness camps by Hor-

ticulture department in Kholmulla, dredging of ir-

basis as per their competence.



rigation canals, leveling of playground, better water and power supply and other issues of public importance were highlighted.

The DC gave patient hearing to the issues raised on the occasion and necessary directions were issued to the concerned officers for the redress of the grievances on immediate

Replying to the issue of organizing awareness camps by Horticulture department, the DC said that in view of Urs Hazrat Qamar-Ud-Din Bukhari, all line departments have installed stalls in Qamaria stadium with the purpose to aware people about the schemes and showcase various services provided

by them and urged PRIs to motivate people in their Halqas to visit these stalls during the Urs days to get awareness on various schemes offered by these departments.

He also exhorted upon the officers that trained resource persons shall be deputed at stalls having complete knowledge about the services being offered so that people visiting these stalls get precise information.

The ADC while interacting with PRI members said that the purpose of organizing weekly Block Diwas is to facilitate face to face interaction between the common masses and PRIs with administration so that issues requiring intervention of district administration could be disposed-off on priority.

## Director School Education Kashmir flags-off Shanti Yatra from GMHSS Brakpora Anantnag

ANANTNAG, SEPTEMBER 07: The Director School Education Kashmir, Tassaduq Hussain Mir today flagged-off Shanti Yatra by lighting a Peace Torch in commemoration of 153rd Birth Anniversary of Mahatma Gandhi from Government Model HSS Anantnag.

Joint Director School Education South (ADC) Anantnag, Gulzar Ahmad, CEO Anantnag and Principal GMHSS Anantnag were also present on the occasion.

The Shanti Yatra along with Peace Torch will go in all the 10 districts of Kashmir with School students and other concerned bringing a message of peace and will culminate in Srinagar on 2nd October, the Gandhi Jayanti.

On the occasion, the Director said that the Shanti Yatra is aimed to popularize the teachings of Mahatma Gandhi with regard to peace and universal brotherhood among the students, which is the need of the hour.



He further said that month-long activities based on teachings of Gandhi Ji in all the educational institutions of Kashmir would be conducted in connection with the message of peace for all, for which all the preparations are in place.

Besides senior officers of the department, teachers and students from various educational institutions

took part in Shanti Yatra which passed through different institutions and culminated at Girls Hr. Sec. School Ranibagh Anantnag for the first day. On the occasion, the Director said that the Shanti Yatra is aimed to popularize the teachings of Mahatma Gandhi with regard to peace and universal brotherhood among the students, which is the need of the hour.

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## Dr Sehrish releases 07 Publication Digests Terms Publications, Informative for the District Development Map

BARAMULLA, SEPTEMBER 07: The District Development Commissioner (DDC)



Baramulla, Dr Syed Sehrish Asgar today held a brief presentation at her office chamber during which she released seven Publication digests.

The Publication digests released on the occasion include District Statistical Handbook, District at Glance, Economic Review, Village Amenity Directory, Migratory Tribal Census 2021 and Report on ODF Survey and Evaluation Study on PMAY-G in district Baramulla.

Additional District Development Commissioner (ADDC) Baramulla, Aijaz Abdullah Saraf; Additional Deputy Commissioner (ADC) Baramulla, Zahoor Ahmad Raina; Joint Director Planning, M Yusuf Rather; SDM Uri Harvinder Singh; District Statistical Officer, Ishtiyaq Ahmad Khan were present on the occasion.

The publications are covering various aspects of the District economy including achievement recorded by various departments in 2021. Ist Migratory Tribal Census gives basic insight into the socio-economic condition of the migratory population including various aspects like education, health, veterinary facilities

etc. Similarly, ODF survey gives insight into availability of IHHL to each household in the district, segregation of waste material at HH level status of Open dedication in District etc.

The other books have captured the development scenario of the district related to all sectors. Speaking on the occasion, the DDC praised the efforts of the writers for bringing out such a useful publication. She said the books have presented a real picture of Baramulla district on a developmental map that will guide us properly for the next coming years to improve on the developmental front.

She further added that the developmental plans in future will be carved out according to the information provided so that we can improve on the developmental front.

The Publication digests released on the occasion include District Statistical Handbook, District at Glance, Economic Review, Village Amenity Directory, Migratory Tribal Census 2021 and Report on ODF Survey and Evaluation Study on PMAY-G in district Baramulla.

Additional District Development Commissioner (ADDC) Baramulla, Aijaz Abdullah Saraf; Additional Deputy Commissioner (ADC) Baramulla, Zahoor Ahmad Raina; Joint Director Planning, M Yusuf Rather; SDM Uri Harvinder Singh; District Statistical Officer, Ishtiyaq Ahmad Khan were present on the occasion.

The publications are covering various aspects of the District economy including achievement recorded by various departments in 2021. Ist Migratory Tribal Census gives basic insight into the socio-economic condition of the migratory population including various aspects like education, health, veterinary facilities

## Block Diwas held at Achabal, Sagam of Anantnag

SANANTNAG, SEPTEMBER 07: Block Diwas was today held at Budget Accommodation Sagam, where Additional District Development Commissioner (ADDC) Anantnag, Bashir Ahmad Wani presided over the event.

Several representatives from the civil society participated in the block diwas and registered their grievances with the concerned departments.

The grievances pertained mainly to availability of drinking water, upgradation of electric infrastructure, improvement of interior roads, etc.

Representatives from line departments were present on the occasion and briefed the chair regarding proposed resolution of grievances. PRIs present on the occasion also put forth some issues and were assured by concerned

departments that genuine He exhorted the people present



grievances will be addressed on priority.

Speaking on the occasion, ADC Anantnag said that the district has launched an extensive campaign under the aegis of Nasha Mukht Bharat Abhiyan. He said that all stakeholders must come together and ensure this menace is eradicated from the society.

to spread awareness regarding the problem in their localities and bring forward any victims who require rehabilitation. He further directed officials from line departments to ensure time bound redressal of grievances flagged during the event. Similarly, Block Diwas was also held at Dak Bungalow Achabal where Addl. Deputy

Commissioner (ADC) Anantnag, Gulzar Ahmad chaired the event. The ADC said that youth are most affected by the problem of drugs and as such special focus shall be on rehabilitation of any such victims. He appealed to the people that they must cooperate with the administration in the effort to eradicate this menace from society. He said that social ostracization of addicts should be avoided and emphasis should be on rehabilitating these victims so that they can also lead productive lives. The attendees were also administered a pledge in which they expressed their resolve to eradicate the menace of drugs from the society. The block was attended by members of the District Development Council, SDM Kokernag, concerned Tehsildars, concerned BDOs among others.

## DC Shopian chairs Block Diwas at Chitragam, Zainpora

SHOPIAN, SEPTEMBER 07: The Deputy Commissioner (DC) Shopian, Sachin Kumar Vaishya today chaired a weekly Public Outreach programme as part of Block Diwas at Chitragam, Zainpora.

Public representatives, delegations and locals of Chitragam, Gundervesh, Wadipora and other villages put forth their grievances and demands regarding establishment of different public institutions and execution of developmental works.

The DC listened to the grievances, issues of the people of the area and assured favourable action.

District heads besides other officials of various departments were on-spot instructed to resolve grievances as demanded by Public delegations and citizens expeditiously, besides they were



also directed for making favourable action for improving the provision of different services.

Later, the DC inspected Govt. High School Chitragam and interacted with students and reviewed the functioning of the school. He also visited classrooms of the school and took stock of the learning-teaching outcomes and emphasised upon the teachers to give their best in improving the teaching learning outcomes.

JDP, Khurshid Ahmad; SDM Zainpora, Mushtaq Ahmad; DSHO, DIO, concerned Tehsildar, BDO and other officers and officials of different departments were present on the occasion.

Concerned BDC Member, Sunita Koul was also present.



# Metabolic Fitness: Everything You Need to Know

Metabolism is a life-sustaining process. Every reaction in the human body forms an integral part of an organism. From breaking down food to transportation of oxygen- all form a part of metabolism. Metabolic health or fitness is an essential part of overall health. Metabolic health decides how your body reacts to food and exercise.

A metabolically healthy body ensures that the body can effectively process food without causing abnormalities in blood sugar, cholesterol, and insulin levels. Continuous Glucose Monitoring (CGM) technology helps to inform clients if their blood sugar levels surge beyond the expected range. In addition, a glucose monitor device called BIOS can help you understand the unique relationship one's body has with various foods.

It becomes the doorway to the prevention of metabolic diseases. As a result, the HealthifyMe coaches can help you create better, more individualised diet programs to control and stabilise your glucose spikes and learn what foods are best for your body.

While individuals may put in the same effort, the results might vary due to their different metabolic rates. Improving your metabolic health might be the easiest way to see the desired results. Being metabolically fit also reduces the risk of chronic diseases and obesity. This article explores the concepts of metabolism and how to achieve good metabolic health.

## Metabolism: An Introduction

According to research, metabolism refers to the total of all reactions in the body of living organisms. These are life-sustaining reactions. The three primary purposes of metabolism are:

Conversion of food into energy available to run cellular processes

Transformation of food into building blocks for proteins, lipids, nucleic acids, and some carbohydrates

The elimination of metabolic wastes

Organisms can develop and procreate thanks to these enzyme-catalysed processes. It also allows us to maintain their structures and respond to their environments.

The two primary forms of metabolism are catabolism and anabolism. Anabolic reactions are positive or building reactions that use energy to make complex compounds from simple compounds. On the other hand, catabolic reactions are adverse or breakdown reactions. Catabolic reactions involve breaking down complex compounds into simple compounds with energy production. For example, the formation of ketone bodies from fats is a catabolic reaction.

The basal metabolic rate, also known as the rate at which your body produces energy, is influenced by gender, race, exercise, food, age, and illnesses. Thyroid hormones also control Basal Metabolic Rate. Harris-Benedict Equation is the most commonly used equation to calculate the Basal Metabolic Rate. This equation considers the person's age, height and mass.

According to research, age is one of the most critical factors that affect metabolism. The basal metabolic rate decreases almost linearly with age: the greater the age, the less the metabolism. Metabolism also decreases with an increase in body weight, and obese individuals burn fewer calories than ideal-weight individuals. Genetics also plays a massive role in metabolism. For example, some individuals are predisposed to insulin resistance, leading to metabolic derangement.



## Understanding Metabolic Fitness

According to research, the mitochondrial capacity for substrate utilisation defines metabolic fitness. Therefore, people with high metabolic fitness utilise fat more frequently during rest and exercise.

Being metabolically fit translates to putting in minimum effort for maximum gains. A metabolically fit body efficiently ensures that catabolic reactions yield maximum energy from less food. In addition, it means that a good metabolism helps you function optimally both physically and mentally.

## Insulin Resistance

The primary consequence of metabolic derangement is insulin resistance, which is the inability of insulin to optimise effective glucose uptake by tissues. It is the primary cause of type 2 diabetes. In addition, insulin resistance contributes to hyperglycemia in type 2 diabetes. It also plays a role in improper excess fat storage in the liver and adipose tissue.

This improper storage of fat in the liver creates a negative feedback loop and further aggravates insulin resistance. Insulin Resistance also minimises metabolic flexibility, i.e. the ability of the body to switch between metabolic substrates. This switching depends on which substrate is most readily available. The body loses its ability to switch from using glucose when it is readily available to using fat during starvation periods. This hinders the overall metabolism of the body.

Our body also tries to produce insulin to compensate for the insulin dysfunction leading to a state known as hyperinsulinemia. Hyperinsulinemia leads to metabolic dysfunction resulting in obesity. This change is highly appreciated in individuals switching from a very active to an inactive lifestyle, which shows a rapid elevation in insulin levels and subsequent gain of weight.

## Metabolic Syndrome

Metabolic disarrangement can lead to metabolic syndrome. It is an accumulation of several disorders, which raise the risk of individuals developing chronic diseases like diabetes mellitus and cardiovascular ailments. According to research, metabolic syndrome can be diagnosed based on the following criteria:

The waist measurement is more than 35 inches for women and more than 40 inches for men.

Raised triglycerides in the blood of at least 150 mg/dL or more

Reduced high-density lipoprotein cholesterol (HDL) less than 40 mg/dL in men or less than 50 mg/dL in women

Elevated fasting glucose of 100 mg/dL or greater

Blood pressure values of systolic 130 mmHg or higher or diastolic 85

mmHg or higher

## Note

Being metabolically fit helps you lead a healthy life. It is the point where your body operates at its highest without causing any abnormalities. A good metabolism prevents unwanted weight gain and other chronic metabolic conditions. As body weight rises, metabolism generally declines. Obese people consume less energy than people of a healthy weight.

## Ways to Improve Metabolic Fitness

The rate of metabolism is different for every individual. Some individuals have an excellent metabolic rate, while others have a slower metabolism. Individuals with slower metabolism can boost their metabolism by following these essential tips:

## Exercise

Regular exercise can boost metabolism while reducing metabolic complications like obesity and type-2 diabetes. According to research, skeletal muscle is an extraordinarily elastic tissue and metabolic fitness changes quickly when the level of physical activity gets altered. In addition, the capacity for glucose metabolism improves in trained muscles.

You can always start with mild exercise and build up if you are a beginner. The intensity of the workout is less important than consistency. Vigorous activities are also not recommended to beginners as they might lead to micro-tears and cause muscle spasms.

## Walking

The best exercise to start with is walking. Walking is one of the most basic yet effective strategies to lose weight. It improves cardiovascular and metabolic fitness. It has also been influential in preventing and treating metabolic syndrome. In addition, research has proven that walking helps boost levels of a hormone known as adiponectin which helps improve insulin sensitivity and lower inflammation.

## Aerobic Workouts

Aerobic workouts are the ones that increase the heart rate and the consumption of oxygen by tissues. They are known natural drugs against metabolic disorders. According to studies, aerobic workouts boost metabolism and are suitable for cardiovascular health. Aerobic exercises include swimming, dancing, jogging, cycling and jumping. You can choose the workout of your choice and improve your stamina and metabolism.

## High-Intensity Workouts

According to research, high-intensity workouts are a powerful way to increase the capacity and metabolism

of the whole body. In addition, the muscles trained by high-intensity workouts have an increased ability to oxidise fat and carbohydrates. However, as mentioned previously, starting with low-intensity exercise is better and progressing to high-intensity workouts.

## Get Proper Sleep

Research shows that sleep and metabolic health are very closely connected. Getting adequate sleep helps maintain metabolic homeostasis, while sleep deprivation and alteration of circadian rhythms cause metabolic derangement. Sleep deprivation also affects hormones involved in metabolisms like growth hormones and cortisol. These hormones regulate glucose, and any changes in them can lead to a decrease in metabolism and cause the storage of fat.

Growth hormones and cortisol get released during sleep. Leptin, a hormone primarily affecting appetite, is generally suppressed during sleep and prevents hunger at night. However, sleep deprivation leads to increased leptin levels which cause hunger surges, and it causes dysregulation in circadian rhythm leading to metabolic disturbances. Hence, it is essential to sleep appropriately to maintain your metabolism.

## Dietary Modifications

Since people like things to be straightforward, there is a desire to identify the one diet that will make everything better. Unfortunately, things are rarely that easy. As there is no one size that fits all, there isn't a diet suitable for everyone. However, there are a few specific dietary interventions that have worked for a larger number of people:

## Mediterranean Diet

The Mediterranean diet typically encourages fruits, vegetables, whole grains, legumes, nuts, seeds, and heart-healthy fats consumption. Packaged foods, added sugar, and refined grains are restricted. The primary source of fats is olive oil in a Mediterranean diet. According to research, adherence to the Mediterranean diet and the change of unhealthy lifestyle significantly impact factors affected by metabolic syndrome. Therefore, the Mediterranean diet can be the first step in treating this disease.

## High Protein Diet

According to research, a high protein diet helps increase satiety and thereby helps in weight loss. Studies also show that protein creates a higher thermogenic effect, the heat produced due to energy expenditure. As a result, it leads to an overall increase in metabolism compared to carbohydrates or fats.

## Intermittent Fasting

Intermittent fasting is also called Intermittent Energy Restriction. It is a pattern which involves the restriction of calories during a particular period. Intermittent fasting boosts the metabolism by correcting the circadian rhythm and changing gut microbiota composition. It mobilises the fat stores, which subsequently leads to loss of weight. It reduces insulin levels, which are mainly responsible for converting glucose into glycogen and fat. Intermittent fasting also increases the levels of cortisol in our bodies which counteract the effects of insulin.

Here's an article for you to understand the relationship between metabolic health and intermittent fasting in depth.

## De-Stress

According to research, chronic exposure to environmental stress causes hyperactivation of the hypothalamic-pituitary-adrenocortical (HPA) axis. As a result, it may cause metabolic derangement and ultimately leads to chronic disorders. Therefore, it is essential to allow yourself some time to de-stress to allow your body to function better.

You can do this by adopting self-care activities or can pick up a hobby that helps you relax. Gardening, colouring or painting are some of the most popular options. You can also invest time learning an instrument, or you can dance to your favourite tunes. However, it is important not to indulge in screen time with the excuse of me-time. Research has proven that higher screen time negatively correlates with mental health.

In case you wish to exercise in order to de-stress yourself, we've got you covered. Read this article to know more.

## Note

Metabolism depends on factors like age, diet, disease, height, weight and genetics. Three things are of utmost importance to building a metabolically fit body: Diet, exercise and sleep. When subjected to physical activity, it increases the metabolism of muscle tissue. Keeping your sleep and circadian rhythms in check will help you be metabolically fit. Therefore get in those recommended sleep hours to keep yourself healthy. Having a proper diet and de-stressing may also help in boosting your metabolism and your metabolic fitness.

## Conclusion

Metabolism is the total of all the reactions in the body of living organisms. The two primary forms of metabolism are catabolism and anabolism. Anabolic reactions are positive reactions that help form complex compounds from simpler ones. In contrast, catabolic reactions do the exact opposite.

The primary consequence of metabolic derangement is insulin resistance. In addition, it leads to abnormal fat storage in the liver. It also leads to the inability of the body to switch metabolic substrates. Being metabolically fit is essential as your overall health depends on your metabolism. It is a simple way to be maximally efficient while putting minimal effort. Being metabolically healthy also means your body is not prone to chronic disorders like hypertension, hypertriglyceridemia, obesity and type-2 diabetes mellitus.

Three factors, diet, exercise, and sleep, are crucial to developing a body that is metabolically fit. For beginners, walking and aerobic exercise are suitable. To keep your health intact, acquire the recommended amount of sleep and be stress-free.

COURTESY: HEALTHIFYME

## BRIEFLY NEWS

### Women, you should be visiting These doctors

**New Delhi:** Visiting doctors every once in a while is extremely important and it is also important that you get regular health check-ups done. This helps to prevent the risk of developing severe health conditions. Also, regular consultations with the doctor can keep the disease contained if you suffer from certain health conditions.

For women, visiting their doctors becomes all the more important because women tend to neglect their health and end up with severe health conditions. They prioritise others over themselves which might not be a good thing to do. The healthcare needs of a woman is equally important to that of a man if not more and visiting doctors can help you keep a check on your health. Here are some of the doctors that women should be visiting.

**A physician:** This could also be your family doctor or the doctor that you or your family visit frequently for any healthcare needs. They can treat you for common illnesses such as cold or flu and if you've been under their supervision for long, they can also help you if you suffer from diabetes or high blood pressure and several other health conditions.

**A dermatologist:** You should also be visiting a dermatologist on a regular basis to keep a check on your skin conditions. This could be your nails, hair or skin. Also, when you are visiting a dermatologist, make sure to get your moles checked as well because moles could be the early signs of melanoma.

**A gynaecologist:** Every woman should visit a gynaecologist as they help with all your questions regarding your reproductive organs and system. Moreover, if you are someone who suffers from diseases of the reproductive organs, visiting a gynaecologist becomes all the more important.

**An obstetrician:** Women who are pregnant should visit an obstetrician for regular check-ups and also to keep a check on the health and growth of the baby. These doctors help with pregnancy and childbirth.

### Feeling sleepy after lunch? Your eating habits can take the blame

**New Delhi:** Lunch hour at work or school can often leave one feeling drowsy after. No matter how satisfying or indulging the meal was, the minute the clock strikes three, the eyelids start to drop and it is nothing short of a struggle trying to keep them up. Often, it is due to exhaustion but in most cases, eating habits take the blame.

Read on to know about the worst eating habits that contribute to the post-lunch slump.

**Sugar binge:** The sugar monster can often take a toll on overall health by increasing insulin production, lowering metabolism, and inducing weight gain. However, sugar does not always sneak into your meals in the most obvious forms. Mid-meal or afternoon snacks like biscuits, chips, cookies, baked goods, and packaged drinks like juices and carbonated beverages. And these can even make you feel sleepy after lunch.

**Drinking too much coffee:** People often drink coffee for the energising effect of caffeine. However, going on a binge might leave you feeling drowsy after lunch. Try to not drink more than three cups in a day.

**Unstructured eating:** Eating at random times during the day can also lead to exhaustion, especially in those who rely on snacking or skip meals too frequently. Establishing regular meal times can also help maintain a steady supply of energy throughout the day. Try eating breakfast by 7-8 am and lunch by 12 noon; conclude with dinner at 7 pm.

**Binge-eating carbs:** Filling up on sources of carbohydrates like pasta, sandwiches, rice bowls, and wraps can be tempting but not a wise call, especially for those who feel too sleepy after lunch. Carbs trigger insulin release to control blood sugar spikes. As a result, blood glucose levels drop leaving you sleepy, drowsy, and sluggish. Try eating healthy fats and proteins instead like nuts, seeds, fatty fish, chicken, tofu, or paneer.

# The benefits of strength training for mental health

## SARAVANAN "SHARU" HARIRAM

It is no secret that strength training offers several physical health benefits. These benefits commonly include muscle mass growth, strength and body toning, increased bone density, and fat loss. It also reduces the risk of falls and joint injuries and improves cardiovascular health. However, little do people know about its benefits for their mental health. Several studies show that strength training, in particular, improves low mood, loss of interest, and feelings of worthlessness.

## Why Strength Training?

Physical activity has countless benefits for the body, but it also has antidepressant effects. For example, a study published in the journal "PLoS ONE" found that when women participated in resistance training three times a week, their symptoms of depression improved. Remember that several symptoms of depression make an individual feel weighed down; thus, they tend not physically to stay active.

Research has shown that strength training improves mental health. It is due to the simple fact that physical activity releases what is known as brain-derived neurotrophic factors (BDNF). These are responsible for the growth and development of neurons. Other than improving symptoms associated with depression, strength training reduces anxiety and stress levels, and improves sleep habits. So it's clear that there are plenty of reasons to start strength training, not just for your physical health but for your mental health as well!

## Assessing Your Mental Health

When it comes to mental health, it's vital to

get an accurate picture of your current state. It means taking a look at both your mental and physical health. Assessing your physical health includes several measures, including blood pressure, body composition, and cholesterol levels. Likewise, you can assess mental health through self-reporting questionnaires and thorough clinical assessments.

When assessing your mental health, you must consider how you're feeling on a day-to-day basis and over extended periods. You must also consider how you perform in specific areas of your life. Some questions you may want to ask yourself include:

## How is my mood?

Do I have difficulties concentrating or making decisions?

Do I feel like I'm struggling to cope with things?

Do I feel like I'm experiencing frequent feelings of sadness or loneliness?

Are there times when I feel really good, and other times I feel really bad?

Do I find it hard to make friends or socialise?

Am I having trouble sleeping or staying asleep?

If you answer "yes" to any three of these questions, you may have mental health issues to deal with. In such cases, it is crucial to contact a mental health professional. In addition, you must never self-medicate. While exercise certainly helps with mental health grievances, it is up to a doctor or professional to advise your treatment plan.

## Strength Training as a Tool

Strong muscles can help you feel stronger

and more confident. Furthermore, it can help you with improved self-esteem and the ability to manage stress better. That makes strength training a great tool to keep your mental and physical well-being. There are several known ways in which strength training has shown significant improvement in functioning.

## Depression

Studies have found that strength exercise can help patients with mild to moderate depression, almost as well as antidepressants. Research shows that maintaining an exercise schedule can prevent you from relapsing or finding yourself with worse symptoms than before.

Exercise is a powerful depression fighter because it promotes neural growth, reduces inflammation, and ensures all kinds of changes in the brain that make you feel good. Exercise also releases endorphins, powerful chemicals in your brain that energise your spirits and provide pleasure to the body. Finally, exercise can be a distraction and give you much-needed quiet time to break out of the cycle of negative thoughts that tend to feed depression.

## Anxiety

Exercise has scientific advantages in alleviating general anxiety. Interestingly, you will get outstanding results when you focus on your exercise movements instead of zoning out while you are doing it. Since strength training requires you to use moderate to heavy weights, you will have to focus on the movement more closely to avoid getting injured. Adding mindfulness to your workout can help improve your condition and help to rid yourself of worries by focusing on the sensations going through your

body as you exercise.

## PTSD: Post-traumatic Stress Disorder

To combat PTSD or trauma, people sometimes focus on how their body feels. By paying close attention to physical sensations, the tense, nervous system can become unstuck and begin to move out of the immobilisation stress response. Strength training most likely helps improve movements that involve cross movement and multi-limb coordination, such as walking or running, swimming, weight-training or dancing. That is why strength training is such a good option.

Some physical symptoms of stress can include headaches, back or neck pain, and muscle cramps. You may also experience stomach aches and constipation. The physical symptoms can lead to more stress, creating a vicious cycle between the mind and body.

Exercising is an excellent way to break the cycle that this disorder can cause. Additionally, when your body feels better, your mind also feels great.

## Chronic Pain

Strength training can help reduce and manage pain from chronic issues. For example, a common form of chronic pain is lower back pain, which a disc injury or muscle strain can cause. Strength training for these issues reduces pain and increases physical functioning for back pain sufferers. Furthermore, strength training may also have mental benefits such as symptom reduction for knee and hip osteoarthritis and fibromyalgia.

## Boosts Brain Health

With strength training, people of all ages

can have better brain power and less cognitive decline. For example, during a study, older adults over 55 who exercised twice weekly for six months had improved brain scores.

In another study, adults lifted 80% of their 1RM or the maximum amount of weight they could lift for one rep. It roughly equates to the amount of weight they could lift for eight reps without breaking form. As you age, it is essential to continue with the same power and elasticity as you had when you were relatively younger. It helps with daily functioning and obtaining an overall higher quality of life.

Several studies and research prove the positive effect of exercises (particularly strength training) on mental health. Scientific evidence and surveys show that strength training exercises can help alleviate symptoms of various mental health disorders, be it anxiety, depression or just stress. Therefore, it is vital to stay active. Strength training is one of the most adjustable ways to stay active and does not impair daily functioning.

## Overcoming Obstacles to Exercise

Besides regular health benefits, strength training can also help to prevent or reduce the symptoms of various conditions such as heart disease, stroke, osteoporosis, and diabetes. Unfortunately, some people find exercising or doing so regularly difficult. However, as we have seen, this can be detrimental to your health. It is vital to keep your body active and mobile, no matter what. Therefore, if you experience any issues with the same, here are some tips for overcoming obstacles to exercise:

## Set Small Goals

When starting, it can be helpful to set small-

er goals to build momentum. This way, you're more likely to stick with your routine and see actual results.

## Find a Community

Joining a strength training group or club can be a great way to connect with others who share your interest in fitness and wellness. It can encourage you to stay motivated and keep up with your exercise regime.

## Set Realistic Expectations

Just because you start exercising doesn't mean you must become a gym rat overnight. Remember that everyone is different and what works for one person might not work for another. Gradually increase the intensity and duration of your workouts over time as you see progress.

## Get Enough Sleep

It is one of the most ignored yet critical practices. Working out or exercising energises you and activates your muscles. However, your body requires enough rest to rejuvenate and recover muscles. Hence, it is vital to get enough sleep and rest to be able to continue with your exercise routines.

## Conclusion

Strength training can improve your mental health in a variety of ways. Not only does it help you maintain or achieve your fitness goals, but it also has the potential to improve your mood, cognitive function, and even stress levels. Therefore, strength training is an excellent option if you're looking for an effective way to boost your mental well-being.

COURTESY: HEALTHIFYME



## HEADLINES TODAY

## EDITORIAL

## Diseases afflicting humans

Illegal logging, urbanization, desertification of Land, mining, forest fires, livestock ranching and paper are the significant factors affecting deforestation. Deforestation is very bad news for the environment and for the climate. But the science is increasingly certain that deforestation is bad for agriculture too. It causes increases in temperatures as well as changes in rainfall patterns which generally create a drier climate. It is having another worrisome effect which is an increase in the spread of life-threatening diseases such as malaria and dengue fever. For a host of ecological reasons, the loss of forest can act as an incubator for insect-borne and other infectious diseases that afflict humans. Deforestation is the purposeful clearing of forested land. Throughout history and into modern times, forests have been razed to make space for agriculture and animal grazing, and to obtain wood for fuel, manufacturing, and construction. The process can directly lead to biodiversity loss when animal species that live in the trees no longer have their habitat, cannot relocate, and therefore become extinct. Deforestation can lead certain tree species to permanently disappear, which affects biodiversity of plant species in an environment. It affects the people and animals where trees are cut, as well as the wider world. Some 250 million people living in forest and savannah areas depend on them for subsistence and income, many of them among the world's rural poor. The disadvantages to deforestation are an increased amount of carbon dioxide emissions and soil erosion as well as the destruction of forest habitat and the loss of biological diversity of both plants and animals. If we don't stop deforestation, more than half of our plant and animal species will be extinct. It is the oldest ecosystem on Earth and they are impossible to replace. It took millions of years for rainforests to develop... How can we replenish fast enough to cope with the rate of deforestation?

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## DENIAL OF DECENT WORK INCREASES POVERTY LEVEL IN ASIA

DR. GYAN PATHAK

Working poverty has become a serious concern in Asia and the Pacific region since majority of employers do not give the majority of the workforce enough wages. As for South Asia, India is worst, and among the countries out of track on several counts including health and social security coverage.

Denied decent work opportunities and highly vulnerable to systemic shocks such as pandemics or economic downturns, workers in Asia and the Pacific are under pressure, says a new report by the UN Economic and Social Commission for Asia and the Pacific (ESCAP).

"The 2022 Social Outlook for Asia and the Pacific: The Workforce We Need" released at the seventh session of the UN Committee on Social Development, which is meeting to discuss regional strategies for building a healthy, protected and productive workforce, says that the region's workforce remains ill-equipped to respond to the ongoing and emerging mega trends of climate change, aging societies and digitalization.

Two-thirds of the workforce, or 1.4 billion people, are employed informally and as a result, half are surviving on less than \$5.50 a day. Far-reaching consequences have already resulted in Asia and the Pacific's labour productivity to fall below the global average as sustainable livelihoods remain out of reach for millions, the ESCAP report warns. Moreover, during the COVID-19 pandemic, the lack of affordable health care and social protection contributed to pushing



243 million people into poverty.

The report says it was high time to renew social contract through a lens of decent work, universal healthcare and social protection. It has a great relevance for India where over 70 per cent of the workforce are in poverty. The report talks about existing high level of inequality in the region, which is widening in many countries including India.

There is a need for more and better jobs since vast majority of the workforce are in informal jobs. This leaves the workforce exposed to life cycle contingencies as well as systemic shocks, be they economic, health-related or climate-induced. Decent jobs are necessary to raise living standards, reduce poverty and inequality, protect people from life contingencies and promote inclusive growth. It is through well-functioning labour

markets that the benefits of economic growth can spread to the whole population. However, countries are lagging behind in creating decent jobs. Reducing gender gap will also be important.

In India, the International Labour Organization (ILO) estimates show that reducing the 2018 gender gap in labour force participation by 25 per cent by 2025 would decrease the old-age dependency ratio in the short term, while contributing to better social protection for pensioners in the medium and long term. Increasing the share of individuals in formal employment ensures better pension coverage, promotes higher levels of productivity and contributes to inclusive growth.

Workforce productivity in the region is also lower than the global average. Throughout the region, productivity is notably lower in the

agricultural sector, which is also dominated by informal employment. Out of 26 countries with sex and sector disaggregated data in the region, informal employment in agriculture is over 90 per cent reaching virtually 100 per cent in Bangladesh and India.

Outside agriculture, informal employment is still high, particularly in the services sector, at above two thirds of total employment in 9 out of the 26 countries. This is particularly the case in South and South West Asia and South-East Asia, notably so in Bangladesh, Cambodia, India and Myanmar.

The report laments slow progress in decent job creation. The growth in vulnerable jobs outpaced total job growth in five out of the 13 countries, particularly in Armenia, China and Timor-Leste where vulnerable jobs grew by more than 50 per cent. Vulnerable jobs remained stable in five countries including three notably India where about three quarters of workers are in vulnerable employment.

Informal jobs followed a similar pattern. The share of informal employment increased in 14 out of 19 countries with longitudinal data, especially in Timor-Leste and Samoa. The absolute number of informal jobs increased in many countries across the region from 2010 to 2020, according to ILO data. Countries in South and South-West Asia and South-East Asia dominated the growth in informal jobs including India at over 35 million informal jobs followed by Bangladesh, Indonesia and Pakistan where over 20 million informal jobs were created jointly in the same period. There is a dire need

to implement the ILO Recommendation 204 to transition the workforce from the informal to formal economy.

The report also mentions very poor health coverage to the workforce on the one hand and rising health expenditure on the other. The share of the population with exposure to catastrophic health expenditures more than doubled in Afghanistan, Bhutan, China, Georgia, India, Mongolia, the Philippines and the Russian Federation, the report says.

Workers also need to be brought under full coverage of social protection. In India, 76 per cent of the workforce are not covered under any social protection, while only 24 per cent enjoy at least one coverage. Government does not care about it, for example, the report mentions that Beedi workers in India, despite being legally entitled to social protection since the 1960s, implementation has been ineffective due to the low rate of registration. "The pandemic has made it clear that no one is safe unless everyone is safe. Solving socio-economic problems entails working together, sharing responsibilities and distributing costs and burdens fairly and equitably," said Committee Chair Ariunzaya Ayush.

"Our region spends less than half of the global average on social protection," said ESCAP Executive Secretary Armida Salsiah Alisjahbana. "Almost 60 per cent of the population has no social protection coverage against normal life events such as pregnancy, child-raising, sickness, disability, unemployment or simply getting old".

IPA SERVICE

## MEDICAL DOCTORS HAVE TO IDENTIFY WITH SOCIETY AND PEOPLE'S CONCERNS

DR. ARUN MITRA

Medicine is not a profession but a passion. To uphold the dignity of medicine and to ensure commitment to the health care of the people, the World Medical Association (WMA) Declaration of Geneva was adopted in its 2nd General Assembly at in September 1948. The declaration highlights a physician's dedication to the humanitarian goals of medicine. The declaration was especially important in view of the medical crimes which had just been committed in German-occupied Europe.

As per this declaration the doctor commits and declares, "I solemnly pledge to dedicate my life to the service of humanity; I will maintain the utmost respect for human life; I will not permit considerations of age, disease or disability, creed, ethnic origin, gender, nationality, political affiliation, race, sexual orientation, social standing or any other factor to intervene between my duty and my patient".

The medical personnel have to identify with the society and social concerns at every step. Dr. Rudolf Virchow who is considered

to be the father of pathology stressed that "If medicine is to fulfill her great task, then she must enter the political and social life." He believed in the concept that 'medicine is a social science,' and that physicians are responsible to work on behalf of the poor. This means the physician must be sensitive to various issues of the society.

Besides the study of normal structure and working of the human body that is the anatomy, physiology, in medicine doctors have to learn the factors for causation of disease and the abnormality produced in the structure and functioning of the body. It is only after this elaborate study that one learns the art of treating the patient.

However prevention of disease forms the core of the curriculum throughout. Therefore in medicine one has to learn about the social determinants of health which include economic stability, employment, housing, poverty, food security, education, neighbourhood environment, healthcare access etc. Basic needs like clean air, clean drinking water, adequate sewerage facilities are essential to promote good health. A physician must



engage on these issues if the WMA Geneva declaration is to be put into practice ideally. It is to the credit of medical profession that it raised voice against female foeticide; informed the public about the harmful effects of smoking and alcohol. Several doctors risk their lives by going deep into the areas of conflict to serve the sick and the infirm. Many doctors have also rendered yeoman's services in natural and man-made calamities.

While treating the patients the doctors learn that peace and stability are most important for good health of the

people. Violence prevention has become a public health issue. Scientifically outlined steps for its prevention have been outlined since health is the biggest calamity during such situation. The International physicians for the Prevention of Nuclear War (IPPNW) has conducted scientific studies on the climatic consequences of nuclear war and vociferously called for the complete abolition of nuclear weapons. This was instrumental in passing Treaty on the Prohibition of Nuclear Weapons (TPNW).

Unfortunately peace and stability are under threat

in large parts of the world today. There are forces globally who are out to create external and internal conflicts with the intention to make huge profits by selling arms. There are forces that are out to create communal and caste conflicts for political gains. Doctors can play an effective role in getting the society rid of such menace. It is therefore important that we have to shed pre-conceived ideas and biases based on gender, caste, religion and other prejudices which have been made prevalent in the society by such vested interests. It is understandable that many a times the doctors have to work in the situations under pressure and threat particularly during the conditions of conflicts, strife and social unrest. But we have to brave through these situations.

In India we are faced with a very precarious situation today. Obsolete ideas and myths are being spread by the forces spreading obscurantism for narrow political gains. These have to be opposed. It is an important task for a physician to strengthen scientific temper in the society. As an example the use of cow urine and cow dung in treating COVID-19

was opposed by several medical organisations. But it is unfortunate that the same organisations kept mum or joined the chorus to make the virus runaway by banging 'thalies', clapping and lighting 'Diyas'. This is something totally unexpected of a doctor.

Not many medical organisations or personnel came forward to side with Dr Kafeel who was falsely implicated for raising the issue of flaws in Oxygen supply at Gorakhpur hospital. Neither did they come out in open to oppose communal violence in Delhi and other places. This was due to conviction or fear, we do not know, but one thing is certain that keeping mum amounts to giving strength to communal and divisive ideas. We have to be bold enough to shed fear and speak the truth, while doing so we would be promoting right kind of politics. It is true that in the present commercialised atmosphere doctors have become part of the whole game. But we must stick to the Geneva declaration and not let any blot happen on our profession as happened during Nazi regime.

IPA SERVICE

## ARVIND KEJRIWAL'S NATIONAL ASPIRATIONS DEPEND ON GUJARAT ASSEMBLY POLLS

SUSHIL KUTTY

By end-2022, we'll have pinpointed the identity of the primary challenger to Narendra Modi's hegemony over the Prime Minister's chair. That is, if the Gujarat assembly elections are held on schedule, and not delayed. If the Gujarat elections are postponed, then it will take a few more months to make an intelligent guess.

Modi's challenger will rise out of the dust and debris of the Gujarat assembly elections. The Gujarat assembly elections are scheduled to be held by this year end, in the month of December. This time, the Gujarat elections will be a three-way contest. The last Gujarat elections witnessed a two-way contest, between the BJP and the Congress. This time, the AAP is hoping to make a triumphant entry with 2024 in the crosshairs.

"Aam Aadmi Party, Gujarat started its election campaign for Gujarat on 2 April with a Paday-

atra. AAP declared its alliance with Bharatiya Tribal Party for the assembly elections. On 2 August 2022, AAP convenor and the Delhi Chief Minister Arvind Kejriwal addressed a public rally in Veraval, Saurashtra," says Google. "The Legislative Assembly elections are speculated to be held in Gujarat in December 2022 to elect 182 members of Gujarat Legislative Assembly."

The last time the Gujarat assembly elections were held, there were a few frights before the Gujarat Model prevailed and the Congress lost the fight at the gates. Then, there was nothing like the shadow of an impending general elections to make a difference, and there was no party like the AAP making an entry, massing its freebies up for grabs at the gates of Gujarat buoyed by its sweeping Punjab success.

So, AAP and Arvind Kejriwal get the first shot at being named the primary challenger to AAP and Narendra Modi in the 2024 stakes

even if it's only the AAP which will crow the challenge. Come to think of it, Kejriwal has already gone and named himself Modi's bete noire come 2024; straight off the bat, with the announcement of the 'Make India No.1' campaign, shortly before the Modi government went hammer and tong against his deputy Manish Sisodia, hoping to leave Kejriwal in a dispirited stupor.

Narendra Modi has been taking out challengers to his throne one by one. The other day, former Union Law Minister Ravi Shankar Prasad tweeted a warning, asserting that there was "no vacancy for the post of Prime Minister." Before that, the ED had largely edged out West Bengal Chief Minister Mamata Banerjee from the chase to become Prime Minister. Mamata's hope of getting an early start was thwarted, nipped in the bud by the central investigating agency.

Now, there's the CBI targeting the AAP leadership. And Manish Sisodia is the "bahana", but Keji-

wal is the "nishana". However, for all the sound and fury, the CBI unearthed only empty liquor bottles, their labels marked "buy 1, get 2". This amid news that Tamil Nadu is getting its own Dravidian version of Kejriwal's 'Mohalla Clinic'. Tamil Nadu Chief Minister MK Stalin is a hardcore supporter for 'Kejriwal for Prime Minister' though he wouldn't say 'No' to anybody else from the array of Opposition leaders.

MK Stalin understands the lay of the poll-land, the simple easy to get fact that other than Arvind Kejriwal and Rahul Gandhi there are no winnable challengers to Prime Minister Narendra Modi. In other words, if the Congress is an established national party, the Aam Aadmi Party will be one post-Gujarat Assembly elections if it wins Gujarat with its freebies. The Delhi-Punjab freebies model can beat the jaded Gujarat 'Aasmith' model.

MK Stalin's DMK will forever be a regional party. Ditto Nitish

Kumar's JD(U) and Mamata's Trinamool Congress. The AAP and the Congress can bag votes in substantial numbers in almost all the states across India, but not the JD(U), and neither will the Trinamool succeed. Freebies are a powerful allure to poverty-stricken voters. Human beings are wired to choose freebies over paying a price, right from childhood.

True, the Dravidian parties of Tamil Nadu are the pioneers of the freebie culture, but the "from the Dravidian Stock" additive acts against them. The DMK outside Tamil Nadu is stillborn. The JD(U) outside Bihar wouldn't be much of a popular draw. The TRS of KCR doesn't stand a chance outside Telangana. But AAP is a made-to-order potential national party and if it wins Gujarat, or even comes second, Arvind Kejriwal will be top draw to challenge Prime Minister Narendra Modi. The only alternative to Kejriwal will be Rahul Gandhi.

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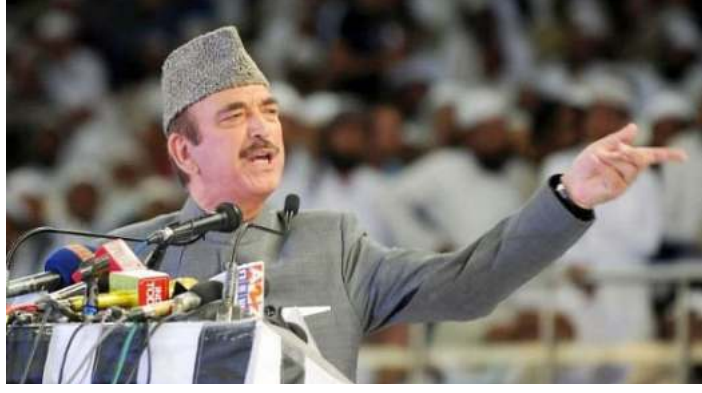
# GHULAM NABI AZAD HAS ALWAYS BEEN A LOYALIST OF GANDHI FAMILY

PROFILE

HARIHAR SWARUP

In the summer of 1977, when Ghulam Nabi Azad first came to Delhi after being appointed as general secretary of the Youth Congress by Sanjay Gandhi, he could not withstand the torrid summer. His nose bled for several weeks, and he told his colleagues that he is going back. Forty-five years later he severed his association with the party which is bleeding because of repeated electoral defeats and constant exodus of leaders.

Azad is unlikely rebel. His decision to leave the party after launching one of the sharpest ever attacks on Gandhi family was much as a surprise as his decision to lead a band of leaders to write to Sonia Gandhi calling for changes in party organisation in 2020. In fact, he was one of those leaders who have always been as having sided



with the establishment and without break held key posts both in the organization and governments.

Despite his closeness to the leadership and perhaps because of it, he spoke his mind too, at times. And the leadership invariably listened, which is perhaps missing now. And that is his sincere single grouse.

For instance, when Prime Min-

ister Rajiv Gandhi renamed the education ministry as Human Resources Development Ministry and asked P V Narasimha Rao to head it in September 1985, Azad went to Gandhi and told him that asking a veteran like Rao to head the ministry, no one can relate to, is a demotion.

But such interventions are rare

as Azad always sided with power centre in the party. From being the blue eyed boy of Sanjay Gandhi to a confidante of Sonia Gandhi till some time ago, he has never rubbed the leader the wrong way before 2020. He has been a minister in Congress government since 1980s (the ones headed by Indira Gandhi, Rajiv Gandhi P V Narasimha Rao and Manmohan Singh), when he entered Lok Sabha from Mahim in Maharashtra.

He has been in the Congress working Committee for 37 years and he had been AICC in-charge of almost every state, a feat that has no parallel in the party. He began his political career in mid 1970s and became the president of the J&K youth Congress in 1975-76. He moved to Delhi in 1977 and became one of the close associates of Sanjay Gandhi with associates the likes of Kamal Nath and Ambika Soni. He became National President of the Youth Congress in 1980.

He was a member of the Congress Parliamentary Board headed by Rajiv Gandhi as Congress President and later Narasimha Rao. He had stints as state Congress President of Jammu and Kashmir in the early 2000s, Chief Minister of J&K from 2005 to 2008 and the Leader of Opposition in Rajya Sabha from 2014 to 2021 in recent history.

His decision to lead a group of leaders seeking change in the party—a euphemism for opposition to Rahul Gandhi—was surprising as he has been fiercely loyal to the Gandhi's. He sided with Rao when Prime Minister took on the likes of Arjun Singh. He was close to Sitararam Kesri as well when the veteran was President of the party but sided with Sonia Gandhi when she decided to take the political plunge. Sitararam Kesri was booted out. Under Sonia Gandhi, Azad became more powerful.

IPA SERVICE

## NEW BRITISH PRIME MINISTER LIZ TRUSS IS A PARTY HOPPER WITH LIMITED VISION

ANJAN ROY

Britain gets a new prime minister alright, but that also means the country shows its true colour—a total right wing swing. The new prime minister has won by support of less than 1% of British voters, just by some 20,000 more supporters among the Conservative party members.

Liz Truss had travelled to Scotland to meet the British Queen at the Balmoral Castle, where she is spending her summer vacation currently and unable to travel to London to give audience to an incoming British prime minister at the Buckingham Palace.

Ironically enough, she had once pushed forward the campaign for abolition of the British monarchy. She had said: "we have had enough of it".

She has been backed, as the commentators have taken pains to highlight, by older white and right wing elements in the party, as opposed to the more progressive, literate and informed members who opted for Rishi Sunak. At the end of the day, it was Rishi Sunak who was not a true blue born again Englishman, against the native Britisher.

Liz Truss, British prime minister, is the ultimate turn coat that politicians everywhere are. Like many well know Indian politicians, Liz Truss had turned many a full circles in her professed public stance on vital matters of the day to become the prime minister.

Liz Truss, Britain's former foreign secretary, has been described as a "political chameleon" for the changing stripes of her politics which often involved taking a diametrically opposite stance of what she had once professed. Her start of the campaign was rather uncertain, marked by reverses.

The most devastating comment on her performance as a foreign secretary had come from her Russian counterpart, Sergei Lavrov, who had described his meeting with her as "talking to the deaf". She had listened but did not hear. She had also alienated Britain's friends, like the French president, Emmanuel Macron, with her comments.

In the run up to the election campaign for prime ministership, she was clearly less informed in her public debates than Rishi Sunak, who was rated one of the best Conservative political figures. She was also less open to being examined on TV debates or dialogues in public, as commentators have widely reported. But then, the wider British public, the older and less educated sections, did find her more acceptable to Rishi Sunak.

She was a Liberal Democrat when studying in Oxford for her degree in politics, philosophy and economics, or PPE, a course famously taken by people who have no evident interest or ability to pursue serious academics. She was, her in time, a hardcore critic of Britain's move to exit European Union.

She is against the concept of a more open Britain. She began her campaign with the observations on imports by Britain. She said, "we import two-thirds of our cheese" and then after a prolonged silence had observed that was a disgrace. She was thus entirely to the idea of free trade. She had once urged for more liberal immigration laws to enable British to attract talent. Now she promised to change the laws to laws to control immigration into Britain. Her model is former Conservative British Prime Minister, Margaret Thatcher. She reportedly dresses like her and imitates her in public.

Political chameleons rule the roost now a days everywhere. But Britain's politicians seem to have recently taken a leaf or two from erstwhile colony's crafty leaders.

IPA SERVICE

# INTERNATIONAL LITERACY DAY 2022: HISTORY, SIGNIFICANCE & THEME



VIJAY GARG

for individuals, communities, and societies. Students celebrate this day to raise awareness and concern for literacy problems that exist all across.

### What is International Literacy Day?

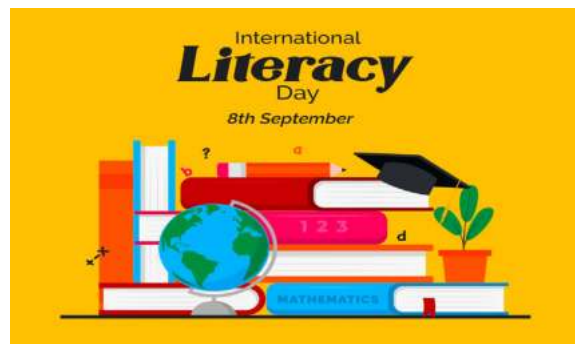
International Literacy Day (ILD) is celebrated on 8 September every year all across the globe to make people aware of the meaning and importance of literacy for individuals and societies. If we define literacy, then it is the ability to read, write, speak and listen in such a way that it helps us to communicate effectively and make sense to the world.

### Significance of International Literacy Day 2022

On this International Literacy Day which is celebrated on 8 September, let's spread awareness about the importance of literacy

### What do you mean by Literacy?

Literacy is defined as the quality or state of being literate: educated. One who can read and write.



### History of International Literacy Day

It was on 26 October 1966 when UNESCO declared 8 September as International Literacy Day to remove worldwide issues of illiteracy. The main purpose was not only to combat illiteracy but also to use it as a tool to empower individuals as well as the whole community. With all these talks, you all must be wondering how the idea of International

Literacy Day was born at the World Conference of Ministers of Education on the eradication of illiteracy held in Tehran in 1965. Along with all this going on, this day was accepted as a part of the UN's sustainable development goals program in the year 2015. The issue of literacy was the main component of the UN's sustainable development program.

### The theme of International Literacy Day

### Literacy Day

The main theme for this year's International Literacy Day will be 'Transforming Literacy Learning Spaces'. Through this theme, people will be able to relate to and understand the concept of literacy.

### Why is International Literacy Day celebrated?

International Literacy Day is celebrated to promote literacy and let people know their rights for social and human development. Literacy is an essential tool to eliminate poverty, lowering child mortality, population control, and attain gender equality. This day is celebrated to encourage people towards getting continuous education. UNESCO has been on the top of the list while promoting overall global literacy and has also helped in promoting International Literacy Day.

### International Literacy Day Activities for Students

Here are some of the interesting activities that students can indulge themselves in to keep themselves busy on this international literacy day:

- Donate books to classrooms
- Gift a book to yourself and your friends
- Start a community lending library
- Schedule a video conferencing session with an author.

How Literacy can help? Helping someone to read and write effectively helps in communication and improves the future of everyone in society. Literacy is crucial for economic development as well as individual and community well-being.

- Vijay Garg Retired Principal Educational Columnist Malout Punjab

# The shooting range constructed by the Indian Army is first of its kind in Kishtwar, an endeavour to identify and train talent from this region!



M S NAZKI

This is a story of a living legend, a shooter who loved 50 meters targets in the discipline of shooting in the Olympics! The name: Chain Singh Indian Army!

'Don't be pushed around by the fears in your mind. Be led by the dreams in your heart.'

'He was in Kishtwar but for what? (this we will tell you later in the script)'

'Chain Singh is a Subedar in Indian Army but he had something in him which was a God's gift, 'A perfect eye and right hand index finger combination and thus he proved that he was a perfect marksman!'

'I believe that time and again he must have told the young budding shooters that, when we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better too! In other words, always aspiring to inspire!'

His batch mates do recall that he always told them, 'sometimes you wake up. Sometimes the fall kills you. And sometimes, when you fall, you fly. Fables and reflections were part of his heart and soul and everyone in the unit knew that he would make it big! For sure he did!'

The storyline we had was that the ace Olympics Shooter Subedar Chain Singh inaugurated the 10 M indoor shooting range at Dul, Kishtwar. The shooting range, constructed by the Indian Army is first of its kind in Kishtwar, an endeavour to identify and train talent from this region! We had to dig deeper and that is what we precisely did!

'That is what I call innovativeness and a classic execution with a futuristic vision!'

'Incidentally India has been exceptionally good in the shooting

circuit as far as the Olympics go!

The legacy goes about half a century ago when Karni Singh from Bikaner began his sporting career in Bikaner! Whether the range still exists or not I do not know but when back in the late in 1990's of the last century I did see it amidst plenty of sand!'

'Karni Singh won the National Championship in Clay Pigeon Trap and Skeet seventeen times and represented India at all levels of international competition. He was the first Indian to compete at five Olympic Games, which he did from 1960 to 1980, missing the Games of 1976, representing India at clay pigeon shooting at the Summer Olympics in Rome, 1960, Tokyo, 1964 (Captain), Mexico, 1968, Munich, 1972, and Moscow, 1980. His best positions in competition were eighth in 1960 and tenth in 1968. But whatever be the standings, he had set standards for shooting for the young men to follow!'

'He (Karni) represented his country in the World Shooting Championships at Oslo in 1961, and the next year won a silver medal at the 38th World Shooting Championships in Cairo, after tying for 1st place, captaining the Indian team. He also competed in the World Shooting Championships at Wiesbaden in 1966, again captaining the team, and at Bologna in 1967 and San Sebastian in 1969. He competed in the Asian Shooting Championships at Tokyo in 1967 and at Seoul in 1971, where he won a gold medal.'

'He won a silver medal at the Asian Games in Tehran, 1974, and another in the Asian Games at Kuala Lumpur in 1975.'

'He had set the legacy and the baton was picked up by another Singh and it was Chain! The idea in the mind of the young soldier at that time (not that he has gone old now) was clear! He wanted to put India at the top of the shooting championships in the world And he did that!'

Subedar Chain Singh is an Indian sport shooter and a Junior Commissioned Officer (JCO) in the Indian Army. He won the Bronze medal at the 2014 Asian Games in the men's 50m rifle 3 positions



event. He won an individual Gold medal in the 7th Asian Airgun championship Kuwait. He won six Gold medals, three in individual events and three in team events, in the 2016 South Asian Games!'

'That is exactly the reason as to why he was given the honor to inaugurate the indoor 10 M indoor shooting range in Kishtwar for young boys and girls who want to compete at the top level in this sports discipline which requires skill, concentration and that combination of the eye and the all important index finger! So it's a game on for kids of Kishtwar!'

'We were not present on the occasion but the picture suggested it all. It was a message being conveyed to the budding sportsmen and the shooters and the broad smile said it all, 'hold fast to dreams, for if dreams die, life is a broken-winged bird, that cannot fly. Kids of Kishtwar it is time to take a flight to infinite zones where opportunities are galore. Do not shut yourself in linen cupboards , there is much more on the horizon!'

The illustrious career of Subedar Chain Singh:

Chain Singh was a Bronze medalist in the 2014 Asian Games at

Incheon in South Korea. He won a Bronze medal in the men's 50m rifle three positions event, scoring 441.7 points to finish behind two Chinese shooters - Cao Yifei and Zhu Qinan - who scored 455.5 and 455.2 points respectively. In 2014, 7th Asian Airgun championship Singh won an individual Gold medal in the 7th Asian Airgun Championship which was held in Kuwait from 7 March to 15 March. His final score was 206 points. followed by Qin Cong and Liu Zhiguo of China. In 2015 National Games National Games of India were held from 31 January to 14 February across seven districts of Kerala, Chain won 3 individual medals (2 Gold and 1 Bronze) followed by 3 team Gold medals in all 3 Rifle shooting events. He set a national record in the 50-metre 3-position event by earning 1181/1200 points, which was also his personal best. He participated in two events in the International Shooting Competition at Hannover, Germany during April 2015. In the FR Prone he won Gold and in Air Rifle Silver. The next was the 2016 South Asian games. Singh bagged six Gold medals in the 12th South Asian Games held at Guwahati in India in 2016. He

won all his events and secured his spot for the Rio Olympics. 2016 Rio Olympics was the champagne time. Singh represented the country in the Rio Olympic Games in rifle shooting (50 m 3-position event) which was held in Brazil, where he was placed 23rd. Chain Singh won more than 50 medals in National Shooting Championships. In the XXI Commonwealth Games Australia. Held at Gold Coast from 4 April to 15 April 2018, where he placed 4th in 50 m rifle prone men event and 5th in 50 m rifle 3 position event. Then came the ISSF World Cup, Munich. Chain Singh won silver medal at ISSF world cup (Grand Prix) Munich in Germany 2018 with a score of 627.9 points in the 50-meter rifle prone event.

The story had to continue when he was there to inaugurate the indoor firing range! The test of a human ability starts when everything he has gained and what is there to gain in life? Two things matter the most to a soldier, one is name and the other is fame so that the people remember him! Wealth comes last though it is still important! For sure the first two Chain Singh has earned and now it's time to widespread it! 'The art of shooting and winning!'

Perhaps this was the aim in the mind of Olive Greens who constructed this firing range to see how the kids of the future respond to the sport of shooting! Needless to mention it's going to be an exciting adventure!

Every story has a conclusion and I will conclude this one for the kids of the future of Jammu and Kashmir especially those who live in the interiors and a bit deprived of exposure, 'don't just think that you will be like this forever, don't just learn, experience. Don't just read, absorb. Don't just change, transform. Don't just relate, advocate. Don't just promise, prove. Don't just criticize, encourage. Don't just think, ponder. Don't just take, give. Don't just see, feel. Don't just dream, do. Don't just hear, listen. Don't just talk, act. Don't just tell, show. Don't just exist, live. Trust me the game of life will be yours so just do it.

## Inspirational thoughts



ER AIJAZ AHMAD

The teacher who teaches us, how to deal with a strenuous problem or shows you the ambulatory road way is your actual teacher. The teacher may be your college professor, parent, true friend, religious scholar and spiritual saint.

No one in the world can give true love a girl more than her father. The smile of a daughter is the secret aim of every father.

A good teacher can make revolution in the society. Teacher is just like a candle , which brightens the student with knowledge and wisdom.

Teacher, student , pen and paper are interrelated eachother. If they work together , they can make change in the society.

Future is waiting for those persons, which are giving their efforts on the daily basis. Nothing will happen, if you are not punctual on the daily basis.

Read 100 times , write only one time. Writing is just like a disease, more you tries, more they spread. You can not stop it.

The influence of a good teacher can never be ignored.

Today I am creative and strong, only because of you. A teacher is like a compass , that activities our mind with knowledge and wisdom.

If you work hard, your hardwork will be appreciated . If you have negativity inside us. Then positivity will not take over hand.

It doesn't matter , who are you . Who I am . We are only the servants of almighty Allah , created for the survive of humanity.

Er Aijaz Ahmad ratheraijaz740@gmail.com

Author is the quote writer , freelancer and engineer. He is the continuously contributor to the headlines Today . He had bagged 3 national awards in the year 2020 and 2021. Indian star proud award, Indian star icon award and Indian star golden award. During lockdown period in 2019 , he had completed more 90 courses from different universities of the world. Presently he is preparing for the competitive exams.



## BRIEFLY NEWS

## Court grants bail to actor Kamal Rashid Khan for his controversial tweet

After getting bail in a molestation case a local Borivali court here on Wednesday granted bail to actor producer Kamal Rashid Khan, popularly known as KRK, for his alleged controversial tweet of 2020 following this he will be released from the jail either in the late evening or early morning as he was earlier granted bail in both the cases he was facing.

Khan was booked in two cases one was of his alleged controversial tweet of 2020 and another was of his involvement in an actor molestation case.

While granting bail the court imposed certain condition on actor and directed him not to hamper and temper with the evidence available against him.

KRK was arrested by Malvani police on Aug 30 after he landed at Mumbai Airport.

An FIR was registered against him on a complaint by Shiv Sena youth wing member Rahul Kanak regarding derogatory tweets posted by the actor.

On April 30, Khan took to Twitter to announce Rishi Kapoor's hospitalisation and said the actor must not die as wine shops were set to open soon similarly a day before the death of actor Irfan Khan on April 29 KRK took pot-shots at deceased actor.

Police has registered case under section 294 (punishment for obscene acts or words in public) and other provisions of the IPC.

## Elli AvrRam steps out of 'comfort zone'

Actress Elli AvrRam is all set to cast her spell on the audience with an interesting line up this year, and fans can't wait to see her on the big screen.

Year 2022 seems to be a blissful year for the diva as she is a part of some big league projects namely 'Goodbye', 'Ganapath' and 'Naane Varuven'.

As the trailer of the Amitabh Bachchan starrer 'Goodbye' released Tuesday, Elli is seen donning a very unique look that has really caught our eye.

The versatile actress is supposed to appear in different looks in all her upcoming projects and that surely piques our interest.

Infact, Elli will be seen playing roles that the audiences have never seen her playing on screen before and word is that she has stepped out of her comfort zone for her upcoming projects.

Elli said in a statement, "I'm thrilled and extremely excited for the audience to see me on screen in these projects and each role is poles apart from the other. I have tried doing something new, and stepped out of my comfort zone to play these characters and I hope the audience will enjoy it."

We are sure that just like us, the audience too can't wait to see the power performer surprise us with her out of the box characters and screen presence.

## Vikram Vedha: Spl preview of trailer for fans

The team of 'Vikram Vedha' organised an exclusive preview of the trailer on Wednesday for the fans, a day prior to its official launch on September 8.

It appeared everyone is making an extra effort with "Brahmastra" on Tuesday also doing something similar -- a fan preview of its supernatural extravaganza on Thursday, ahead of its Friday release.

Makers of Vikram Vedha though said the initiative of exclusive preview of the trailer for fans is being undertaken for the first time ever in the history of the Indian film industry.

As the audience eagerly await for the big screen entertainer on September 30, the previews will take fan-excitement to an all new level.

The exclusive preview also features customised messages from the lead cast Hrithik Roshan and Saif Ali Khan for the fans in various cities.

While the audience globally await the trailer slated to release on September 8, the makers organised the exclusive preview screenings in 10 cities - Delhi, Mumbai, Kolkata, Ahmedabad, Hyderabad, Bangalore, Pune, Jaipur, Bhubaneswar & Dubai.

Ever since the release of the teaser, the anticipation for Pushkar and Gayatri's directorial 'Vikram Vedha' has been raging. The trailer has only furthered the anticipation for the film amongst fans for the blockbuster's global release on September 30.

It is presented by Gulshan Kumar, T-Series, and Reliance Entertainment in association with Friday Filmworks and Jio Studios and a YNOT Studios Production. The film is directed by Pushkar and Gayatri and produced by Bhushan Kumar, S. Sashikanth and Reliance Entertainment.

## Justin Bieber suspends tour over health concerns

Bang in the middle of his South America leg of the Justice World Tour, pop idol Justin Bieber announced that he needs to take another break from touring in the wake of a health crisis he suffered earlier this year.

The singer, who took up his suspended tour in June in July, made the announcement on Instagram Stories minutes after posting strings of videos from the Rio show.

Bieber, who had resumed his Justice World Tour in July, after being diagnosed with Ramsay Hunt syndrome, said in his note: "After resting and consulting with my doctors, family and team, I went to Europe in an effort to continue the tour," the statement reads. "I performed six live shows, but it really took a real toll on me."

The syndrome had left his face partially paralyzed. He was able to complete the North American portion of his concert tour earlier.

Following a performance at Rock in Rio in Brazil, Bieber wrote, "the exhaustion overtook me and I realized that I need to make my health the priority right now".

"So I'm going to take a break from touring for the time being," according to the statement. "I'm going to be ok, but I need time to rest and get better."

CNN quoted the Mayo Clinic explaining Ramsay Hunt syndrome which "occurs when a shingles outbreak affects the facial nerve near one of your ears. In addition to the painful shingles rash, Ramsay Hunt syndrome can cause facial paralysis and hearing loss in the affected ear."

## Kartik's 'Aashiqui 3' announcement breaks the internet



While the audience has been eagerly waiting for yet another blockbuster from Kartik Aaryan after 'Bhool Bhulaiyaa 2', the actor truly left everyone stunned as he announced the most celebrated music saga franchise 'Aashiqui 3'.

Ever since the announcement of Kartik playing a lead role in 'Aashiqui 3' has come out it has become the talk of the town in no time. The craze among the fans can be seen when the superstar posted the announcement video and collected around 8.8 million views in just a few hours.

The excitement was equally reflected in the comment section where the fans showered their love writing -

"Very excited", "Unstoppable #KartikAaryan", "The best birthday gift I can get," "My god...screaming @kartikaaryan", and "Proud proud proud of you SuperStar! Shine more n more n more".

While Kartik fans are excited to have him in the film, the young superstar is also very overwhelmed having his first collaboration with Anurag Basu who will be directing the film.

He will also be seen in Sajid Nadiadwala's Satyaprem Ki Katha, Shehzada, Freddy, Captain India, and Kabir Khan's untitled next.

## Dhvani's soulful ballad 'Ek Tarfa' out

Dhvani Bhanushali is out with her new single 'Ek Tarfa', a love ballad that will introduce fans to a whole new side of the pop sensation.

Released Wednesday on Hitz Music, the song is composed by Gaurav Chatterji with lyrics by Sandeep Gaur. Presented by Vinod Bhanushali, 'Ek Tarfa' is a soulful, melancholic track, where Dhvani adds a certain vulnerability and softness with her vocals to the song on one-sided love.

Dhvani said in a statement, "Ek Tarfa is very different from the kind of songs I've done before. I really had to dig deep to bring that vulnerability and sadness to the vocals and to my performance in the music video. Ek Tarfa is an extremely special song and we made it a lot of love, and I hope my fans give it all the love."

Gaurav said, "We kept the melody for this one really simple but melancholic. Ek Tarfa is a soulful ballad, and Sandeep's lyrics combined with Dhvani's vocals make such an impact with its simplicity."

Sandeep said, "In Ek Tarfa, the lyrics drive the



narrative of the track and music video. I'm confident they will resonate with people."

Vinod added, "Ek Tarfa has been shot from a very modern-contemporary lens. It's all about the emotions

## Kapil Sharma's 'Zwigato' to premiere at Busan Film Fest

After the world premiere at the Toronto International Film Festival, Applause Entertainment and filmmaker Nandita Das' highly anticipated film 'Zwigato' has now been officially selected for its Asian Premiere at the 27th Busan International Film Festival. The film will be screened under the 'A Window on Asian Cinema' section. Directed by Nandita, the film features Kapil Sharma, an ex-floor manager of a factory loses his job during the pandemic. He then works as a food

delivery rider, grappling with the world of ratings and incentives. To support the income, his homemaker wife begins to explore different work opportunities, with fear but also excitement of a new found independence.

The film is about the relentlessness of life, but not without their shared moments of joy. It captures the lives of invisible 'ordinary' people, hidden in plain sight.

The Busan International Film Festival is scheduled to take place from October 5 to 14.



## Saudis warn Netflix for violating 'Islamic values'

Gulf states have demanded Netflix remove all content deemed to violate "Islamic and societal values and principles", Saudi media reported.

Recent material, including those made for children, contravened regulations, Saudi and Gulf Co-operation Council media watchdogs warned in a statement. It did not provide any further details, the BBC said.

Saudi state TV showed blurred clips from animated show "Jurassic World: Camp Cretaceous", in which two teenage girls confess they love each other and kiss.

Footage from the controversial French film "Cuties" also featured in the report by Al Ekhbariya TV, along with a caption accusing Netflix of using "cinematic cover for immoral messages that threaten the healthy upbringing of children".



Another video on Al Ekhbariya's website alleged that the streaming service was "promoting homosexuality by focusing excessively on homosexuals".

"[Netflix] was contacted to remove this content, including content directed at children, and to ensure adherence to the laws," the BBC quoted the joint statement from the Saudi General Commission for Audiovisual Media and the GCC Commit-

tee of Electronic Media Officials as saying.

Authorities would follow up on compliance with the directives, and "in the event that the infringing content continues to be broadcast, the necessary legal measures will be taken", they warned.

There was no immediate response to the accusations from Netflix, the BBC added.

Although Sunni Muslim-ruled Saudi Arabia has no laws regarding sexual ori-

entation or gender identity, sexual relations outside marriage, including homosexual sex, are strictly prohibited.

Under the country's interpretation of Islamic law, consensual same-sex sexual conduct is punishable by death or flogging, depending on the perceived seriousness of the case.

In April, cinemas in Saudi Arabia did not screen the film "Doctor Strange in the Multiverse of Madness" after Disney refused a request from Saudi authorities to cut what they called "LGBTQ references".

And the animated film "Lightyear", which featured a same-sex kiss, was reportedly banned in the kingdom and the UAE in June.

YouTube was accused last month by Saudi authorities of permitting "inappropriate adverts" that violated Islamic values.

## KJo grilled on 'Case Toh Banta Hai'



Filmmaker Karan Johar is all set to enter courtroom of the comedy show 'Case Toh Banta Hai'.

Amazon miniTV has released a hilarious video giving us a sneak peak of "KJo in the katghara (Karan in docks)".

Comedian Paritosh Tripathi uses some amazing punchlines while grilling Karan that makes everyone laugh

out loud. He said, "Star kid jab paida hota hai, toh paida hote hi sabse pehle 'Maa' nahi, 'Dharma' bolta hai."

Karan will dodge the Atrangi Izaams with his trademark sass and style.

'Case Toh Banta Hai' is a one-of-a-kind weekly comedy show starring Ritish Deshmukh as a defence lawyer and Varun Sharma as

a public prosecutor.

Social media sensation Kusha Kapila dons the judge's hat to decide the fate of some of the biggest Bollywood celebrities, while comedians Paritosh, Gopal Dutt, Sanket Bhosale, and Sugandha Mishra among others amp up the entertainment quotient with their unique comedy.

The episode will air on Friday on Amazon miniTV.

## 'Indian Idol 13' to premiere on Sep 10

Sony's flagship singing reality show 'Indian Idol - Season 13', is all set to premiere on September 10.

This year's campaign "Fir saath aane ka bahana hai, ab mausam musicana hai" brought alive the celebration of music and togetherness. Host Aditya Narayan and reprising their roles as judges once again, the ultimate trio - Himesh Reshammiya, Neha Kakkar and Vishal Dadlani are here to make the 'mausam musicana!'

Also, this year, the show hosted the multi-city on-ground auditions in 11 cities after a gap of two years and witnessed an overwhelming participation. Like every year, in its 13th Season, 'Indian Idol' is set to unleash diverse musical talent from across India, bringing forth the country's rich multi-cultural background.

Neha said in a statement, "My connection with Indian Idol is very personal and emotional. This is the same platform that many years ago gave me recognition and enabled me to move further in my musical journey. After the grand success of season 12, I am really looking forward to seeing what season 13 has in store. I am confident that season 13 is



going to make the 'mausam musicana' as I got the chance to witness some exceptional talent during on-ground auditions. I am eagerly waiting for the season premiere, and I am sure the viewers will enjoy the talent this season has to offer."

Himesh shared, "Over the years, Indian Idol has become a synonym with 'extraordinary music.' I am glad to be a part of this season as I am very close to this show. The talent on Indian Idol is supremely brilliant! The presentation of this great talent on this huge platform and the musical genres entertains the audience across all age-groups. I am really looking

forward to the surprise that the 13th season brings along with itself. I assure you that the magnitude of this season is going to be like no other!"

Vishal added, "Indian Idol is one of the longest running singing reality shows on Indian Television. The show defines India's diversity and abundant singing talent. It is the season of music that brings families together and makes the 'mausam musicana!' This year as well, we are geared up to present an array of fresh, young talent from across the country."

'Indian Idol 13' to premiere on September 10, and will air every Saturday and Sunday at 8 pm on Sony.

## Samantha's 'Saaki' launches new collection on Onam



'SAAKI' India's leading D2C ethnic wear brand by popular south actor Samantha Ruth Prabhu and former Miss India winner Sushruthi Krishna, launched a new collection of ethnic apparel in connection with the Onam festival in Kerala.

Saaki's newly launched collection of ethnic apparel encapsulates the grandeur and spirit of the festival and

will be the perfect pick up for the occasion this year, a statement said on Wednesday.

"Onam is just around the corner and like most festivals of the country, this occasion gives people the best opportunity to dress up in exquisite, traditional apparel and present their best selves," it said.

Carrying a variety of

styles, Saaki's new launches include Allura Beige Chanderi Kurta and Zariya Mustard Sleeveless Kurta.

The beige coloured Chanderi Kurta is skillfully crafted with the finest quality fabric. The Zariya Mustard Sleeveless Kurta is known for its new age design and gorgeous colour shade.



## Comm Secy Forests inspects afforestation, development works in Kandi, Border areas of Kathua

KATHUA, SEPTEMBER 7: Commissioner Secretary, Forests, Ecology and Environment, Sanjeev Verma, today inspected afforestation and other development works various kandi and border belts of Kathua district.

He was accompanied by Roshan Jaggi, Principal Chief Conservator Forests/Director, Department of Social Forestry, J&K, T S Ashok, Assistant Principal Chief Conservator Forests /Director, Department of Soil and Water Conservation, B M Sharma, Chief Conservator of Forests, Jammu, Regional Director, Social Forestry Department, Jammu, Joint Director, Soil and Water Conservation Department, Divisional Forest Officers of Social Forestry, Territorial Samba and Basohli, Wild Life Warden Kathua, DSCO Kathua and ACD, Kathua.

Commissioner Secretary inspected the Nagar van created by the Social



Forestry Department at Baba Sidh Gorla and a 12 hectare RDF unit formed in compt. No. 12 and 13 under State Capex. He directed the officers to add basic amenities in the existing Nagar van besides creating more such Nagar Vans in other areas. Earlier, Commissioner Secretary launched plantation

drive by planting a sapling of "Peepal" plant in the premises of Baba Sidh Go-

locals raised various demands regarding formation of bridge paths, check dams, ponds and new plantation units. They also appreciated the efforts of the department in raising various plantation units, ponds and check dams in their areas besides providing plant saplings during the monsoon. Addressing the gathering, Commissioner Secretary appreciated the role of PRIs in conservation of green gold in the area. He asked the PRIs, VPPCs chairmen to identify available common, community, Shaamlat areas and their private lands for raising plantation of short rotation hybrid species of Poplar and Eucalyptus which would yield good economic returns as various Ply Wood Industries are coming up in Kathua in coming days. He issued directions to the Department

of Social Forestry to raise and distribute good quality hybrid clones of Poplar and Eucalyptus among the interested farmers of the area. He also asked the Soil and Water Conservation department to prepare estimates and PRs for construction of Pond nearby Baba Sidh Gorla and project the same in the budget. He also asked for construction of more check dams in the suitable locations as projected by various Sarpanchs of the areas. Raghunandan Singh also spoke on the occasion and stressed the need for collective efforts towards raising plantations and conservation of natural resources. Roshan Jaggi appealed the PRIs and general public to identify and share available waste common, community and shaamlat lands so that Social Forestry Department.

## Secy H&ME flags off rally to mark International Day of Clean Air For Blue Skies

JAMMU, SEPTEMBER 07: "3rd International Day of Clean Air for Blue Skies" was celebrated at Government Hospital Gandhi Nagar here today with this year's theme as "The Air We Share".

Secretary, Health and Medical Education (H&ME), Bhupinder Kumar, who was the chief guest on the occasion, flagged off a rally to mark the celebration.

Director General, Family Welfare and Director Health Services, Jammu, Dr. Saleem-Ur-Rehman, Deputy Director, Health Services, Jammu, Dr. Deepak Kapoor, Medical Superintendent, Government Hospital Gandhi Nagar, Dr. Narinder Singh Bhatial and Nodal Officer, NPC-CHH, Dr. Rashmi Sharma were present on the occasion.

The rally was flagged off to generate awareness at the community level to improve air quality. Also, pamphlets with a message of Clean Air were distributed among the shopkeepers and businessmen surrounding the hospital.

Later, plantation drive was carried out with plants having quality of air purification.

Meanwhile, Secretary inaugurated first Air Quality Index Machine in the OPD complex of the hospital.

Secretary also visited the dedicated Palliative and Geriatric care ward and had an interaction with the patients there.



Afterwards, he visited Blood Component Lab to assess functioning of the centre. He emphasized that this facility should be utilized by all the districts in terms of Blood Components. He also had a round of Emergency ward of the hospital where he inspected the Emergency Response Room.

On the occasion, a colourful programme on theme "The Air We Share" was organized in the hospital where a Nukkad Natak was performed by the trainee students of Baba Ghulam Shah Badshah University Nursing College. Also, awareness lectures were delivered by Dr. Nazia on 'Air Purifying Plants' and Bhanupriya on 'One Health Concept'.

The programme concluded with presentation of green mementos to the dignitaries.

## Director Horticulture inspects departmental activities in Reasi District

REASI, SEPTEMBER 07: Director Horticulture

Pawan Sharma, Sarpanchs and other PRI



Jammu, Ram Savak conducted an extensive tour of Block Pouni of District Reasi.

During the tour, the Director Horticulture Jammu presided over the awareness camp-cum-interaction programme organized by Horticulture Department Reasi at panchayat Dub Khalsa. The occasion was also graced by the presence of the Chairman Block Development Council Pouni,

members of block Pouni. The event also witnessed an interaction programme which was attended by a large number of orchardists, Krishi Sakhis and members of SHGs.

The Chief Horticulture Officer, Brij Vallabh Gupta spoke at length and gave detailed information about the different Centrally Sponsored & UT CAPEX schemes being implemented by the Hor-

iculture Department. The participants interacted with Director and lauded the Horticulture Department for its working and also raised some issue like monkey menace. The Director Horticulture Jammu motivated the participants to take benefit of Horticulture schemes and assured full cooperation from the department for the development of Horticulture sector in the district. The Director Horticulture Jammu also visited the orchard of a progressive orchardist Gurdev Singh at Barakh and inspected the integrated farming being done by him.

Director also presided over a facilitation function of one day Training Programme in the art of Fruit and Vegetable preservation organized by the Horticulture Department Reasi with the help of MCC Udhampur.

## JMC issues clarification against 'misleading campaign' on Demolition Notice

JAMMU SEPTEMBER 07: Jammu Municipal Corporation (JMC) has issued a clarification stating that the civic body has not sent any selective demolition notice.

In a statement issued in response to a "misleading campaign" against JMC for serving selective demolition notice to President High Court Bar Association, a senior JMC official informed that during routine inspection in Channi area Non-Statutory notices were served to owners/occupants of few building which were under construction/renovation simply to get documentary status of building and building map/alteration permission.

Later on it was circulated in some news portals that one of those buildings belonged to Sh. M K Bhardwaj, senior Advocate and President High Court Bar Association.

Further, it is clarified that JMC is already conducting drives against those constructions which have been raised or altered/modified illegally/unauthorizedly without obtaining proper permission and notices are being served as per rule.

Officials have added that any violation of Jammu Master Plan-2032 shall be dealt with under the relevant provisions of the law.

The Commissioner JMC has appealed to the general public to refrain from raising illegal constructions and get building plans approved for commercial and residential purpose and raise building according to approved building plan, failing which action as warrant under Jammu and Kashmir Control of Building Operation Act, 1988 and other Acts.

## NASHA MUKT BHARAT ABHIYAAN Reasi police launch crackdown on drug traffickers; Recover Heroin, illicit liquor

REASI, SEPTEMBER 07: As part of the Nasha Mukta Bharat Abhiyaan, District Police Reasi, under the supervision of SSP, Amit Gupta, has launched a major crackdown on the drug traffickers and other elements involved in anti-social activities.

During separate raids, the teams of District Police nabbed four Narcotic smugglers from Reasi, Katra and Ransoo area and recovered banned drug Heroin and illicit liquor from their possession.

A Team of Police Post Talwara led by PSI Sunil Singh laid a surprise naka near Talwara area, interpellated and nabbed a bootlegger with 18 bottles of Desi whisky 180 ml each.

The police filed a FIR No. 224/2022 U/S 48 (f), Excise Act/188 IPC stands registered at Police Station Katra and investigation started. In Ransoo area, a team

of Police Station Ransoo led by Inspector Kamalpreet Singh laid a surprise naka near Ransoo area and nabbed Mohammad Shabir of Hari Chuma Tehsil Teryath District Rajouri with 1.5 ltrs illicit (desi) liquor. The accused has been booked under case FIR No. 17/2022 U/S 48 (a) Excise Act registered at Police Station Ransoo.

Meanwhile, a Team of Police Station Katra led by PSI Happy Hans laid a surprise naka near Katra Town and apprehended a man named Vijay Kumar of Nelay, Katra with 50 quarters of JK special whiskey containing 250/250 ml each while he was on his way from Panthal towards Katra.

In this regard a case FIR No. 243/2022 U/S 48(a) Excise Act/188 IPC stands registered at Police Station Katra and investigation started. In another

incident Police team of Police Station Katra led by PSI Rakshat Singh under the supervision of Insp. Nishant Gupta SHO P/S Katra laid a surprise naka near Balini area of Katra, during checking 2 gm heroin like substance was recovered from Munshi Kumar @munna S/O Prem Kumar R/O Serbad, Katra.

A case FIR No. 244/2022 U/S 8/21/22 NDPS Act registered at P/S Katra and investigation started.

Amit Gupta, Senior Superintendent of Police Reasi, while sharing the details, said "Our main priority is to rehabilitate the addicts and to book the peddlers, so as to eradicate this menace from the society. SSP further added that District Police Reasi launched Anti-Drug Helpline Number 788987625 and appealed that people should come forward and share information.

## Weeklong "Shikshak Parv" begins at GCW Udhampur

UDHAMPUR, SEPTEMBER 07: To acknowledge the dignity of the teaching profession and contribution of teachers towards nurturing young minds and nation building, Read & Lead Club and Department of Music Government College for Women (GCW) Udhampur have organised a weeklong "Shikshak Parv" here on College campus. Principal of the college Dr. Monika Sharma was the chief guest at the inaugural function.

Addressing the gathering, Dr. Monika threw light on the importance of teachers in holistic development of the students and nation building in the contemporary scenario. She appreciated the students for their performances. She also congratulated the teachers nurturing the students and lauded the efforts of the club and Department in organizing the event of great importance in the institution. The programme organised by the team of Read and Lead Club and Department of Music under the convener'ship of Dr. Mool Raj, Dr. Meena Gupta and Mr. Yash Kumar Assistant Professor in Music. The faculty members of the college created an aura of gratitude to the teachers by their enlightening speeches. They highlighted the role of Dr. Sarvapalli Radhakrishnan,

## Rich tributes paid to Th Rashpal Singh on 2nd death anniversary Only NC can safeguard J&K's secular character: Rattan Lal

KALAKOTE, Sept 7: Jammu and Kashmir National Conference Provincial President Jammu, Rattan Lal Gupta on Wednesday said that NC will continue its fight for restoring J&K's identity with a clear cut goal of safeguarding the aspirations of its pluralistic identities.

The Provincial President was speaking at the tribute rally being taken on the second death anniversary of Thakur Rashpal Singh, senior NC and former MLA at Kalakote.

The Provincial President said the party is fighting for safeguarding the interests of people of Jammu and Kashmir at various levels and the need of the hour is to strengthen the party ranks to meet the challenges during the ongoing struggle. He asserted that only NC can fulfil the aspirations of the people of Jammu and Kashmir with its vision of a vibrant, progressive and united Jammu and Kash-

mir. While paying tributes to senior NC leader, Rattan Lal Gupta said that Thakur Rashpal will always be remembered for his tireless contribution in ameliorating the lot of peasants, labour fraternity, weaker sections and downtrodden people of Jammu and Kashmir in general and Rajouri-Poonch belt in particular. He said his selfless service will remain a guiding force and inspiration for the younger generation of National Conference cadres.

Rattan Lal said that Th Rashpal Singh will be remembered for his qualities of head and heart, saying public good was the mission of his life. He recalled his services to the people of Jammu and Kashmir in general and Rajouri district in particular, saying his departure has left a big vacuum in the party which is hard to be filled.

Remembering Th Rashpal Singh, senior NC leader

and President JKNC Pirpanjal, Javed Ahmed Rana



describing him a leader par excellence, whose qualities of head and heart inspired younger generation of the party cadre and motivated them to work for betterment of people in whatever way they can. He worked hard to improve the condition of J&K farmers during Vice Chairperson Kissan Advisory Board, he added.

Earlier, a massive tribute rally was taken out in Sunderbani-Kalakote con-

stituency on the second death anniversary of Th



Rashpal Singh. On the occasion, senior NC leader and President JKNC Pirpanjal, Javed Ahmed Rana; DDC Kalakote Smt Anita Thakur; DDC Dangri Th Rameshwar Singh, DDC Moghla Shamim Akther, Pardeep Bali, Shaifak Khan, Nirman, Laxmi Datta and District President Rajouri Rural, Ashok Sharma were also present.

Pertinent to mention here that Late Th Rashpal Singh had started his career in

1983 by contesting MLA election from Nowshera constituency and after this he never looked back and continued to serve the people of Sunderbani and Kalakote areas irrespective of caste, colour and creed right upto 2020. He was two times MLA from the constituency and worked hard to provide basic amenities and ease the life of people of Kalakote and Sunderbani. Till date he continues to be remembered for improving the road connectivity infrastructure, promoting education, serving the people, etc during his tenure as two times MLA. It is in lieu of his great contributions that after his death people honoured Th Rashpal Singh with the title of Sher-e-Kalakote.

In rally, the people of Kalakote and Sunderbani have extended unstinted support to Th Yashu Vardhan Singh in the coming Assembly elections. This voice was raised in full pitch by the

participants of a massive rally organized by National Conference Kalakote and Sunderbani workers here today to pay tributes to the former MLA Th Rashpal Singh on his second death anniversary. The people exuded confidence that late Th Rashpal Singh's son Th Yashu Vardhan Singh will aptly carry forward the rich public service of his father in the best interest of the people of this region.

Th Yashu Vardhan Singh, in his address, during the massive rally expressed gratitude to the people of the area for showering so much love and respect showed by them for his father and now himself. Thanking the people for extending unflinching support to him, he assured them that he will leave no stone unturned in serving the people of the region and ensuring that basic amenities are easily available to the people of Kalakote a

## PDP Core Group Members Meeting of Mendhar held at Dak Bungalow Mendhar:

M S Nazki

Mendhar A Meeting of Core Group of PDP local leaders and Workers was chaired by Senior PDP Leader Haji M A Sagar in which organisational matters were discussed threadbare. Besides this, the current Socio-political situation with reference to Mendhar area and across Union Territory of Jammu and Kashmir. The speakers while expressing deep concern over the frustration brewing fast among youth of especially economically backward in Mendhar Sub Division in terms of rising unemployment in them coupled with a sense of utter deprivation and hopelessness, said that BJP Govt has bitterly failed to provide employment opportunities to the suffering unemployed youth who otherwise have no source of in-

come available whatsoever to sustain their livelihood. Calling govt. sponsored



schemes of development as a mere farce and a misguided tactics, they alleged that there is no visible sign of any development on the ground as such in this region and the condition of roads and basic amenities of life like electricity, water supply, healthcare facilities etc are in dilapidated condition.

"People have to suffer in far off villages and towns for want of better health care facilities as, for a mere ordinary ailment, they have to go to Jammu and Srinagar for

getting specialised treatment and in emergency situations, the patients do not reach the

destinations of proper care and treatment," they rued adding that poor performance of rural development department and allied public services is an eye opener to one and all regarding hollow claims of the BJP Govt in this regard. They further added that Babus in the offices have exposed them to the public to be more dictatorial in action rather than acting in a democratic set up by way of their unique style of functioning and paying least heeds to the

woes of the suffering public. They however, while expressing anguish have exhorted upon the general public to stand united against the wrong policies of the BJP Govt.

Party Core Group decided to hold one day Workers Convention at Dak bungalow Mendhar on 15/9/2022 to facilitate Newly Appointed Advocate Nadeem Rafiq Khan As Incharge Constituency Mendhar and thanked Party President for Nominating Young Energetic and dedicated leader with big Responsibility.

Prominent among those who were present on the occasion include Choudhary Mohd Rashid Faried Mir Tanvir Qureshi Majid Khan Bobby Kafel Khan Safer Ahmed Kafel Khan Safer Hussain Shah Aftab jat Sarfaraz Khan Haji Munshi and others.

## DIPR Cultural wing Jammu holds awareness-cum cultural events in Jammu, Udhampur

JAMMU, SEPTEMBER 07: Cultural Wing of Department of Information and Public Relations organized a cultural program at Ashoka High School Krishna Nagar Jammu, here today.

In the program, Chairman of School, Kamini Gupta was the chief guest, while Principal of the school, Kamini Angral was guest of honour.

Artists of Cultural Wing, Jammu and students of the school presented a variety cultural show featuring Dogri, Hindi and Punjabi patriotic Songs and dance items which left the audience spellbound.

Meanwhile, a symposium on environmental Pollution was organised by Cultural Unit Jammu at National Academy High School, Udhampur.

As many as 13 students participated in the event.

Manya Bucha of class 10 secured first position, while Kanishtha Gupta and Divya Kotwal both of class 10th secured second and third positions respectively. All the winners and participants were felicitated with prizes and certificates. The competition was judged by Vice Principal, Anukampa Sharma and Suresh Kumar Senior Cultural Assistant.

While speaking on the occasion, Principal of the school, Nisha Sharma, advised the student audience to work towards lessening



environmental pollution. She lauded the Cultural Wing of the Department of Information and Public Relations for organizing such a meaningful program to aware the future of the nation.

Assistant Cultural Officer, Bal Krishan was also present on the occasion. The whole program was conducted under the supervision of Cultural Officer, Jammu, Parul Khajuria.

## Awareness event on PM Vaya Vandana Yojana held at Dansal on concluding day

JAMMU, SEPTEMBER 07: On the culmination of Matru Vandana Saptah, an awareness program on Pradhan Mantri Vaya Vandana Yojana (PMVVY) was today organised at Panchayat Ghar Dansal by ICDS Project. The CDPO Dansal, Sarpanch Dansal, BMO Dansal and other officials were present on the occasion.

The beneficiaries, including nursing mothers, pregnant ladies and local men and women also participated in the program. The information regarding PMVVY was disseminated among the people. Prevention of anaemia, antenatal, postnatal care was briefed by Dr. Jyoti. She also urged the government to take advantage of PMVVY like schemes further medicines like folic acid.



## FROM THE FRONT PAGE...

## LG

youth pursuing sports professionally". Amid the cheers of thousands of locals present at the venue, the Lt Governor recounted names of top-class players who recently went to represent the country at the International sporting events.

"Several youngsters from Downtown, Srinagar have proved their mettle in International Championships. The day is not far when we will see the youth of Shahr-e-Khas representing the country in Olympics and earning a new identity of heroes and the respect for J&K and the country," Lt Governor said.

The Lt Governor appreciated the Jammu and Kashmir Sports Council for preparing and handing over the Ellahi Bagh Indoor Sports Stadium in record time and extended his best wishes to all the players.

"Opportunities in Sports come knocking if the players are receptive determined and motivated. You get life only once, do something that everyone remembers. Change your life and contribute in nation building.

"Total 12 sports fields, mini-stadiums in different areas of downtown Srinagar have been upgraded by J&K Sports Council with world class amenities to nurture young talents. Determination of downtown youth to see the tricolor fly high has revived the legacy of football & other games," Lt Governor added.

The growing sports culture in J&K is reflected in the remarkable revolution in different sports disciplines. In the last three years, we have ensured unprecedented progress with regard to infrastructure, career progression, & future of the players. An enabling environment through new policies has been created which fills the gap of the last 70 years, observed the Lt Governor.

J&K Sports Council is making efforts to nurture sporting talent in every part of the UT. We have ensured that the difficulties faced by the players before 2019 are not faced by our new generation players and every support is extended to hone their skills and provide them more opportunities, he added.

The Lt Governor said J&K Sports Council is looking for sporting talent so that training and other facilities can be provided to them. All sportspersons have the potential to become like Saqib Farooq, Rabia Farooq, Toria Gulzar, Tajim Fayaz, Soliha Yusuf and Farhan Ganai and bring laurels to the nation.

The Lt Governor asked the youth to take the inspirations from champions like Sadia Tariq, Shaukat Ahmed & Danish Farooq and dedicate themselves in their respective sports discipline. It is gold when you lose your entire energy in the game but only particles of dust when the energy is wasted, the Lt Governor added.

The Lt Governor noted that Noon Chai with Football of the Shahr-e-Khas is being discussed across the nation. He said sports gives a new identity to the youth and the Sports Council and the UT administration are ensuring that every player gets an opportunity to play with better infrastructure and earn the identity that of a champion.

Azadi ka Amrit Mahotsav has given an opportunity to touch new heights. The UT administration is committed to facilitate the dreams of the Youth to excel in sports and represent the country at various platforms, observed the Lt Governor.

## ROADS

CRIF, NABARD, C&T Macadamization, Pothole-free Road program, Bridge program and Road Sector.

Emphasizing on dedicated focus to complete the projects within set timelines, the Lt Governor passed explicit directions to streamline the planning, tendering and execution process. It should be ensured that there are no inordinate delays in execution of projects, he added.

The Lt Governor directed to develop a robust system for reporting of the damages and potholes on the roads so that corrective measures can be taken at the earliest. He further asked the officials to assess the area specific requirements and prepare projects' plans accordingly.

On being informed that 132 bridges are being targeted to be completed this year, the Lt Governor advised for exploring feasibility of pre-fabricated short span bridges in areas where immediate action is required.

Taking serious note of the various vulnerable spots along the roads, the Lt Governor instructed for installing crash barriers at such places to prevent accidents.

Shailendra Kumar, Principal Secretary to the Government, Public Works (R&B) Department briefed the Lt Governor about the physical status of NHAI, NHIDCL, BRO (SAMPARK & BEACON), new tunnels & flyovers under PMDP and PWD projects including Semi-Ring Road Jammu/Srinagar, Udhampur-Ramban Section, Ramban-Banihal section, Srinagar-Banihal Section, Delhi-Katra-Amritsar Expressway, Jammu-Akhnoor road, Chenani-Sudmahadev-Goha-Khellani road, Khellani-Chatroo-Khanabal, Singhpora-Vailoo tunnel, Zojila Tunnel, Z-Morh tunnel, Baramulla-Gulmarg Road, Akhnoor-Poonch Road, Srinagar-Baramulla-URI road, Srinagar-Sonamarg-Gumri road, Poonch-Uri road, Srinagar-Shopian-Qazigund road etc.

While reviewing the work on Z-Morh tunnel, the Lt Governor directed the concerned officials to complete the work on the escape tunnel at the earliest.

The Principal Secretary PWD (R&B) further informed that under PMGSY-III, the tenders for all sanctioned 155 projects covering a length of 1272.43 kms at cost of Rs 1357.87 cr have been floated. The meeting was informed that 'Road to Every Village' as per 2001 census is going to be a reality soon. Referring to various complaints received from different quarters regarding maintenance and repair work of the government infrastructure, the Lt Governor directed the officials to take necessary measures in this regard. The Principal Secretary PWD (R&B) also briefed the chair about the new initiatives taken by the department such as Online Management Monitoring & Accounting System; Two-tier Quality Control Mechanism and Internship Policy-Guidelines & Procedures.

Dr Arun Kumar Mehta, Chief Secretary; Vivek Bhardwaj, Additional Chief Secretary, Finance Department; Nitishwar Kumar, Principal Secretary to Lt Governor; Pandurang K Pole, Divisional Commissioner Kashmir; Ramesh Kumar, Divisional Commissioner Jammu; Amit Sharma, Administrative Secretary, Mining Department; Chief Engineers; senior officials from NHAI, NHIDCL, BRO, PWD and other concerned departments and executing agencies attended the meeting, in person and through virtual mode.

## MILITANTS

registered in Police Station Imam Sahib and further investigation into the matter was in progress.

## HC

misusing and abusing the freedom of expression by taking aid of social media.

He informed the court that the impugned FIR had been registered on the basis of credible reports in respect of Naik which clearly disclosed commission of cognizable offences against him.

Court observed that upon watching the video clips seized during the investigation of the case, it appeared that Naik was conveying to the audience that Kashmiri students are being lynched and brutally tortured in other parts of the country.

In video clips Naik is seen conveying to his audience that the children of Kashmir are being oppressed by the security forces and the army which is hampering the movement of the people and obstructing the children from going to schools, Court observed.

Therefore, having regard to the nature of material sup-

porting the allegations contained in the impugned FIR, Court opined that the prosecution against Naik appeared genuine and accordingly it upheld the impugned FIR.

## RAMBAN

The suspension order had followed a complaint which accused Kohli of passing remarks while having lunch along with four of his subordinates at a local restaurant during office hours on Tuesday afternoon. The complaint added, "The officer made objectionable remarks after one of his subordinates ordered vegetarian food."

"The conduct of the officer was not only in violation of the service conduct rules, but it also hurt religious sentiments of another community and it had the potential of creating a law and order problem in the district," the suspension order said.

## CS

in unmetred areas.

The Chief Secretary stressed on completion of all the works regarding installation of Smart metres and loss reduction in a time bound manner. He maintained that the endeavor of the department should be to provide round the clock electricity to all the consumers in next few years.

The meeting was informed that the department is to carry out Smart Metering works at the cost of Rs 1046.71 crores and loss reduction works at the cost of Rs 4595.20 crores under Revamped Distribution Sector Scheme (RDSS).

It was also revealed that under phase-I 115000 smart meters had been installed and in phase-II some 600000 more such meters would be installed till July, 2023. The meeting also discussed that a total of more than 21 lakh Smart Meters would be installed in the UT for bringing a substantial change in the power sector here besides providing 24x7 power supply to consumers here in next few years.

## COVID

recovered and 4783 have died; 2350 in Jammu division and 2433 in Kashmir division.

The Bulletin also informs that 11,897 doses of COVID Vaccine have been administered in the last 24 hours across Jammu and Kashmir bringing the cumulative number of doses administered to 2,43,26,972 till date.

Providing district-wise breakup for positive cases for today, the Bulletin informs that in Kashmir division, Srinagar reported 21 cases, Baramulla reported 06 cases, Budgam 25 cases, Pulwama reported 08 cases, Kupwara reported 05 cases, Anantnag reported 03 cases, Bandipora reported 02 cases, Ganderbal reported 00 cases, Kulgam reported 00 cases while as Shopian also reported no fresh cases for today.

Similarly in Jammu division, Jammu reported 05 cases, Udhampur 03, Rajouri 00, Doda 01, Kathua 00, Samba 01, Kishitwar 00, Poonch 00, Ramban 00 and Reasi also reported no fresh case for today.

The bulletin informs that in case of any help, the general public can call J&K UT Centralized Health Helpline-Toll Free No. 104. In case of emergency, people can avail free ambulance services 24x7 by calling toll free number 108 while as pregnant women and sick infants can avail free services by dialing toll free number 102, the bulletin reads.

It also informs that the public can reach national helpline by dialing 1075.

Further the bulletin also informs the public that for any kind of COVID-19 query, logon to www.covidrelief.jk.gov.in

The readers can also reach us on the official Twitter account of DIPR-J&K @diprjk; website: http://www.jkdir.in; Webportal: jkinfonews.com and Facebook: @dipr.jammu.kashmir.

## ARMY

Jammu and Kashmir UT as well as from Ladakh UT shall participate. The said rally is being conducted in the army headquarter at Hyderabad Pattan from 17th of September to 01 of October 2022.

On the occasion, a comprehensive discussion was held during which the DC was apprised about all the arrangements that have been put in place with regard to the recruitment rally.

After taking a holistic review, the DC exhorted to ensure all the basic arrangements including medical, drinking water, lighting, Public Address System, mobile toilets among other necessities, are properly placed at the recruitment venue. She directed to formulate a viable action plan so that this major exercise is smoothly and successfully conducted.

Moreover, the DC directed upon the concerned authorities to work in coordination and cohesion and sort out issues, if any, well within the stipulated time frame.

Meanwhile, the meeting was informed that a Civil-Army coordination meeting was earlier convened wherein different means and measures were thoroughly discussed with regard to the smooth conduct of recruitment rally.

## LAWS

He alleged that she has been murdered by her in-laws, as she was being continuously harassed by them.

The family members of Mehvish held a protest demonstration and blocked Hajin-Sumbal road, demanding action against her in-laws.

They appealed to the police and the concerned authorities to probe the matter thoroughly, so that culprits are brought to book.

Meanwhile, a police official said that the circumstances under which the women has died are being technically and scientifically investigated, while the medico-legal formalities of the body were underway.

## JMC

shall be dealt with under the relevant provisions of the law.

The Commissioner JMC has appealed to the general public to refrain from raising illegal constructions and get building plans approved for commercial and residential purpose and raise building according to approved building plan, failing which action as warranted under Jammu and Kashmir Control of Building Operation Act, 1988 and other Acts in vogue viz. Jammu and Kashmir, Municipal Corporation Act, 2000, will be taken against the violators including sealing and demolition of the illegal structures.

It is pertinent to mention that JMC has introduced Online Building Permission Systems (OBPS) which is very user friendly through which the residents can get their building plans approved within the shortest possible time at their door steps. Further JMC is in the process of introducing Online Building Permission with Auto DCR for further reducing manual intervention

## CORRUPTION

releasing the labour payments. A case under number 13/2021 was registered by the ACB against him.

The details further reveal that Bilal Ahmad Bhat, President Municipal Committee (MC), Awantipora was also arrested by ACB on May 13, 2022 for demanding and accepting the bribe of Rs 1000 for processing the bills. A case under FIR number 09/2022 was registered against him in ACB Anantnag.

On February 15, 2022, a Sarpanch from Khulchohar in Anantnag district, namely Hafiza Begum was caught while accepting the bribe of Rs 6,500 on account of approving work files related to works executed under MGNREGA, 14 FC and SBM through the office of Shangus Block development Officer. A case under FIR number 03/2022 was registered at P/S ACB Anantnag.

On March 31, 2022, ACB trapped Hassan Jan, Sarpanch Halqa Anderwan, Kangan, Ganderbal and her husband Liyakat Ali while accepting a bribe of Rs 9,000 for release of payment under Pradhan Mantri Awaas Yojana.

"In this regard, a case under FIR number 13/2022 under section 7 PC Act 1988 was registered in PS ACB Srinagar," the ACB said.

On June 17, ACB trapped Jyoti Devi, Corporator, ward number 53 (Trikuta Nagar) of Jammu Municipal Corporation (JMC) and her husband Sham Lal while accepting a bribe of Rs 10,000 for issuance of mulba clearance certificate.

A case number 10/2022 P/S ACB-J under section 7 of Prevention of Corruption Act 1988 and 120-B IPC at Police Station ACB-Jammu was registered against them—(KNO)

## SMART CITY

ies as both these urban areas are blessed with natural and cultural heritage. The digital delivery of urban services like availing services of government departments in twin cities, including building permission, no-objection certificates for commercial activities, birth and death certificates and corrections have made lives easy for the common man. Under 'Smart City Mission' Srinagar has got EV charging stations, smart street lighting, multi-level parking, sports infrastructure, a water transport system in Jhelum river, ornamental LED lighting around Dal-lake, pathways and kiosks along Jhelum River Bund. The beautification of bund along Jhelum River, revetment and embankments of river banks, improvement of ghats, area illumination along river banks, pedestrian walkways and footpaths, boardwalks, walkways and cycle tracks have given a new look to Srinagar city. The projects that are coming up in Srinagar City include the construction of the Traditional Souq Market and Craft Centre at Batamloo at an estimated cost of Rs 31.22 crores, improvement and upgrading.

## WAQF CHAIRPERSON

will be dedicated to the young sportsperson.

Talking to reporters on the sidelines of the inaugural function of Ellahi Bagh Indoor Sports Stadium, Andrabi, as per the news agency—Kashmir News Observer (KNO), said that Eidgah is only meant for the prayers and the Waqf is looking for the land grabbed by people around Eidgah, which will be retrieved and dedicated to young sportspersons. will be dedicated to the young sportsperson. Talking to reporters on the sidelines of the inaugural function of Ellahi Bagh Indoor Sports Stadium, Andrabi, as per the news agency—Kashmir News Observer (KNO), said that Eidgah is only meant for the prayers and the Waqf is looking for the land grabbed by people around Eidgah, which will be retrieved and dedicated to young sportspersons. will be dedicated to the young sportsperson. Talking to reporters on the sidelines of the inaugural function of Ellahi Bagh Indoor Sports Stadium, Andrabi, as per the news agency—Kashmir News Observer (KNO), said that Eidgah is only meant for the prayers and the Waqf is looking for the land grabbed by people.

## Outreach Programs By Food Safety Department Continues In Doda

Amir Iqbal Khan



Bhadarwah, Sept 7: Sweeping the board under the "Eat Right India initiatives" and for proper capitalization of the Food Safety Standards Act, Enforcement Officer/Food Safety Officer Assar Balbir Singh under outreach program, carried inspections of various food installations in the remote area of Block Assar Behota.

Local shopkeepers were imparted awareness under the Act & under "Eat Right India" guidelines.

In order to combat with adulteration and to ensure safe and quality as well as wholesome food to the public, the Officer Concerned carried on the collection of samples of food and randomly lifted two samples for analysis under FSSA.

Meanwhile to dispense with the extra services, the Officer Concerned inspected a Govt. UPS Upper Behota Zone Assar and carried inspection of the Mid Day Meals being served to the students.

During inspections, he aware of the guidelines of Mid Day Meals including Hygienic practices, cleanliness, sanitation and making use of safe qualitative & fresh Meals for the students with the availability of Safe Drinking water.

During the visit, kitchen, Utensils & serving areas were inspected. Hygiene of the kitchen & personnel Hygiene of the concerned cooks & helpers was also cross examined who were also advised on the spot.

Special lectures regarding improvements, Fortifications & other related parameters were delivered to the staff & school students to address the challenges of malnutrition and anemia. The concerned were also instructed to comply with the directions & provisions of FSSA besides lectures were delivered to explore the mission of "Nasha Mukh Bharat". COTPA was also implemented by organising a separate camp at Village Behota under "Healthy India Mission".

## GDC Kilhotran Organises Seminar On "My Vote My Right"

Amir Iqbal Khan

Bhadarwah, Sept 7: In order to spread awareness about the importance of elections and voting, SVEEP Unit of GDC Kilhotran in association with Literary Committee and Department of Political Science organised a seminar on 'My Vote My Right' under the patronage of Dr. Javid Iqbal Zargar, Principal GDC Kilhotran.

The Programme started with the welcome address by Asst. Prof. Deepak Raj, HoD English. It was followed by keynote address of Dr. Wahied Khawar Balwan, Nodal Officer SVEEP Unit of the College who mentioned that every vote matters and every one should make elections inclusive, accessible and participative. "We the citizens of India should vote in every election fearlessly and without being influenced by considerations of religion, race, caste, community, language or any other type of inducement," Balwan stated.

The programme was attended by more than 150 students of the college and eminent faculty members Dr. Barkat Ali, HoD Urdu, Assistant Professor Chanchal Singh HoD Education, Majid Gani Zargar, HoD Economics, PTI Vinay Manhas and Rafiq Ahmed Beigh, Lecturer EVS.

## Renowned Canadian Nutritionist interacts with Arians students

Srinagar September 7th: To aware students about immunity enhancement through Ayurvedic Regimen a webinar was organized by Arians Group of Colleges, Rajpura, Near Chandigarh. Dr. Rita Behl, Senior Diet & Lifestyle Consultant, Founder, Ayurvedic Avatara, British Columbia, Canada & Nutritionist Dt. Sakshi Gandhi interacted with the Arians students of Nursing, Pharmacy, Law, Engineering, Management, B.Ed and Agriculture. Dr. Anshu Kataria, Chairman, Arians Group presided over the event. Dr. Behl while interacting with students said that Ayurveda blends our modern lifestyle with the ancient wisdom of using natural substances, medicines and herbs to help us lead a healthy, happy, stress-free and disease-free life. This discipline is unique amongst the healthcare disciplines in the World as it places an emphasis on removing the causes of disease and suffering, she discussed.

Dt. Gandhi said that Ayurveda accounts for a complete harmony of the human body with the elements of nature for a stress free and healthy life. It treats root causes of disease, not just symptoms. Ayurveda takes into account the complete ecosystem of a person's life including tastes, scents, sounds, touch, sights and uses the qualities in foods, herbs, and lifestyle as medicine, added Gandhi.

## Ayush Camp Held At Udrana Bhadarwah

Amir Iqbal Khan



Bhadarwah, Sept 07: Under the ongoing outreach programs and while following the directions of the Directorate of Ayush, a peripheral Ayush OPD camp was organised at Udrana Bhadarwah on Wednesday.

The camp which was held under the supervision of District Ayush Officer was attended by PRIs and general public. Patients with different ailments were diagnosed while Ayush medicines free of cost were distributed among them.

Special Yoga consultations and awareness sessions were held with the patients and senior citizens and counselling about nutritional diet/ Covid etc. was carried specifically for their convenience.

A total of 238 patients were examined during the camp who also availed Ayush services.

Dr Manjeet Singh MD(Ayush) M.O AHWC Drudhu, Yoga therapist Anil Kumar and Faizan Ul Haq Yoga Instructor were present on this occasion.

## Special training session for electoral staff of 3 assembly constituencies held at Kathua

KATHUA, SEPTEMBER 07: Supervisors and Booth Level Officers (BLOs) of 64- Billawar Assembly constituency were today imparted training with regard to Special Summary Revision, here at Government Degree College, Billawar.

A total of 142 officials including Supervisors and Booth level officers took part in the day-long training session.

Interacting with trainees, DDEO Kathua, Abhay Gupta expounded about the prescribed forms required under ongoing Special Summary Revision. He also explained the role of supervisor and BLOs in checking the prerequisites before processing the prescribed forms.

During the training, the components of Special Summary Revision Schedule, New forms 6, 6B, 7, 8, Garuda App, Aadhaar linkage with EPIC, 100% photo coverage in Electoral Roll, PWDs marking, uploading of AMF/ EMF were discussed.

Earlier, similar training sessions were held for Supervisors and BLOs of 66-Jasrota and 67-Kathua Assembly constituencies at GDC Kathua. A total of 142 members of electoral staff 66-Jasrota AC and 143 members of electoral staff of 67-Kathua AC were trained.

Pertinently, District Election Officer Kathua has devised a schedule for training of all BLOs and Supervisors of the District covering all 6 constituencies. Under Special Summary Revision claims and objections for integrated draft electoral roll can be filed from 15th September 2022 and will continue till 25th October 2022 across all districts of Jammu and Kashmir.

## Padma Shri Padma Sachdev GPGCW hosts Moot Court Trial Activity

JAMMU, SEPTEMBER 07: The Department of Political Science, in collaboration with IQAC of Padma Shri Padma Sachdev Government P.G. College for Women, Gandhi Nagar, on Wednesday organized a 'Moot Court Trial Activity'.

Dr. Pooja Charak (HOD Political Science) warmly welcomed the college Principal, Prof. Minu Mahajan, Chief Guest, Advocate Deepali Sharma, teachers and students. She highlighted the importance of moot court sessions and how it helps students to get more aware about various sections and articles related to law and order of the country. The moot court cases were held under the patronage of worthy College Principal, Prof. Minu Mahajan. She motivated the participants to showcase their talent, skills, confidence and creative vision by initiating their court proceedings in an organized manner.

Two moot court cases were presented by students namely, Santosh Kumar Singh VS State through CBI case and Vishakha and others VS State of Rajasthan case respectively. Around 25 students participated in this activity and presented their respective moot court cases. Proceedings to both the cases were done by participants in a very organized, well researched and proper manner.

In Priyadarshini Mattoo Case, in which justice was provided after 7 tumultuous years, proceedings were held under three judges namely Justice SC Mittal (Sajida), Justice GP Thareja (Vidushi) and Justice RS Sodhi (Nirdosh). The narration part was done by Aastha. Kashish was Priyadarshini's Lawyer and Nazia played the role of accused Santosh Kumar's lawyer. Tapasvini played the role of Dean of DU for the Faculty of Law. Tanvi played the role of Priyadarshini's friend and Anshita was Santosh Kumar's friend. Parthi portrayed the role of Priya's father. The roles of media, camera man, CBI, Police and stenographer were played by Simrandeep, Janhvi, Lubna, Anam and Iqra respectively.

In Vishakha and others vs State of Rajasthan Case, which popularised Vishakha Guidelines, the narration part was done by Tabishi. Manleen kour played the role of Judge, Mahroosh was the public prosecutor, Sania played the role of advocate. Role of culprit was taken by Sabiha and role of victim was portrayed by Mahini. Role of Witness was taken by Ayushi and the Stenographer role was portrayed by Shweta. The Chief Guest, Advocate, Deepali Sharma, also encouraged the participants and college authorities to conduct more such events which boost students morale and confidence and they get more aware about their legal rights as citizens of India. She admired this unique feature of the moot court room in our college premises and expressed her gratitude to be invited as a Chief Guest for the moot case proceedings.



# Weekly Block Diwas: DDC listens to grievances of locals, distributes land passbooks

Urges people to actively participate in Nasha Mukht Bharat, Swachh Bharat Mission campaign

DODA, SEPTEMBER 07: To reach out to the public to redress their grievances at their door-step, District Development Commissioner, Vishesh Paul Mahajan today chaired the public redressal camp, organised under weekly Block Diwas program, here at far off Panchayat Inharrah of block Changa.

During the program, varied issues of public importance were raised by the PRIs, locals, prominent citizens seeking road connectivity to uncovered areas, filling of vacancies in education and health department, payment of pending land compensations, MGNREGA liabilities, removal of encroachments, widening of PMGSY roads, erection of electric iron poles, banking facility, up-gradation of schools and health institutions, timely completion of JJM projects, besides other public importance issues were also projected before the DDC for which the DDC paid patient hearing.

The DDC, while responding to the issue of land compensation, directed the SDM to start preparing the revenue documents of the land which were acquired for different roads so that the same were submitted to the government, besides SDM, Tehsildar and Ex En PMGSY were directed to resolve the disputes to resume work on held up roads for their early completion.

Regarding sanctioning of livestock in favor of the applicants, the DDC directed the Sheep Husbandry officer to share the list of approved applicants to the DC office, besides

directed the SDM to frame a list of those employees hailing from this area and got job under RBA and

cals including men, women and other civil society members to actively participate in the mission



other categories so that the matter will be taken to the concerned quarter for their posting in these areas.

Further, the DDC urged the locals to coordinate with the district administration so that the developmental tempo of the sub division shall be accelerated for the time bound completion, besides advising them to maintain the communal harmony which is pre requisite for the development.

Moreover, the DDC also urged lo-

of Nasha Mukht Doda and Swachh Doda launched by the District administration so that the aim and objective of the program shall be achieved in letter and spirit.

Regarding MGNREGA, the DDC asked the locals to start the construction of Soakage pits to get wage days, besides he urged young entrepreneurs to come forward and contribute to the Swachh Bharat mission and assured full support from district administration.

Later on the DDC distributed the digitally generated land pass books among the beneficiaries, besides SDM was asked to personally look into the issue of revenue matter for time bound redressal.

SSP Doda, Abdul Qayoom also addressed the gathering and urged them to make collective efforts in making Doda a Nasha Mukht district, besides assured the locals time bound redressal of the issues pertaining to the police department.

The Special Guest of Honor- International ace shooter Chain Singh, was also present in the program. He urged locals to motivate the young generation of the area to actively participate in sports activities, and said that the new sports policy of JK UT also provides the opportunity to the sports person to get a dignified job.

Similar programs were also organised at different locations of district, where the locals raised their issues before the team of officers of different departments and many issues were resolved on spot and rest were sent to the concerned quarter for time bound redressal.

Among others present at Inharrah were BDC Chairperson, SE Hydraulic, SE PWD, SE JPDCL, SDM Gandoh, ACD Doda, AC Panchayat, CMO Doda, CHO Doda, CAHO Doda, besides SDPO Gandoh Tehsildar Gandoh, BDO Changa and other district and sectoral officers were also present in the program.

# NIT Srinagar selected as TIFAC Academic Partner for J&K

Srinagar, Sep 07: National Institute of Technology (NIT) Srinagar has been selected as TIFAC Academic Partner (TAP) for J&K region with a financial support of Rs 40 lakhs under TIFAC MSME Program by the Department of Science and Technology (DST).

The Innovation, Incubation and Entrepreneurship Development (IIED) Centre will get Rs 40 lakhs from TIFAC for assessing technology needs of MSMEs, especially in context of local requirements with respect to becoming "AtmaNirbhar". The duration of support will be for a period of up to 2 years. Director NIT Srinagar, Prof. (Dr.) Sehgal said the IIED Centre, NIT Srinagar has been selected for a financial grant under the TIFAC MSME Program calling it a proud movement for the institute. The IIED Centre is actively involved in various innovation and entrepreneurship-related activities for last couple of years.

The director extended greetings to Dr Saad Parvez and Dr Noor Zaman Khan for their hard work for the proposals. Prof. Sehgal said Dr Saad (PI) and Dr Noor (Co-PI) submitted the project and they are the investigators for the TIFAC MSME project.

The director said that the grant will be utilized to strengthen the interaction between academia and MSME industries towards identifying the technological gap areas. He said NIT Srinagar is the only institute selected as TIFAC Academic Partner by DST for Jammu and Kashmir.

Institute's Registrar, Prof. Syed Kaiser Bukhari congratulated IIED Centre team for being selected under the TIFAC MSME program by DST.

He said the TIFAC MSME project will boost industry-academia collaboration in the valley and will also provide opportunities for the students



related to industry exposure.

Prof. Bukhari also congratulated Dr Saad and Dr Noor for their marvelous achievements in making NIT Srinagar administration proud.

He said this grant support is recommended by DST, New Delhi-based on the incredible innovation and incubation capabilities of the IIED centre of the Institute.

Prof. Bukhari said the grant will benefit the institute and local MSMEs in terms of technology development in various clusters including Bat cluster, Pashmina weaving cluster etc. and will encourage initiating start-ups. Dr Saad, Head IIED congratulated the IIED Centre team and the whole institute. He said the grant will boost the Industry-Academia relationship.

He said the IIED Centre is trying best for the development of the institute and also contributing significantly to innovation and entrepreneurship.

Dr Saad also said that such grants are very important to push the institute's development to the next level and added that NIT Srinagar has been taking a lead role in this regard.

He also added that this grant will help in providing hands-on engagement and practical experience to the students and faculty on existing technical challenges in the industry and nurturing an innovation ecosystem that benefits both the industry.

## Teachers' Day 2022: Teachers felicitated and honored for their outstanding contribution

Farooq Rather



KULGAM, SEPTEMBER: Teachers' Day was celebrated with fervor and enthusiasm across district Kulgam on 5th September. Meanwhile Bashir Ahmad Shah, Teacher presently posted at Middle School Sofipora was honored and felicitated for his extraordinary contribution in the field of education. He was felicitated and honored by Deputy Commissioner Kulgam Dr. Bilal Mohi-Ud-Din Bhat in presence of Additional Development Commissioner, Showkat Ahmad Rather and Chief Education Officer (CEO) Kulgam Mohd Ashraf Rather. Many other dedicated teachers in the district were honored during this felicitation programme which was organized by Department of education Kulgam here at LNK Nazir Ahmad wani, GBHSS Chawalgam Kulgam.

## Drug Control Organization Kulgam organises awareness programmes at D.H.Pora

Farooq Rather

KULGAM, SEPTEMBER 07: The Drug Control Organization Kulgam today organized an awareness programme for chemists at D. H. Pora Noorabad, here. During the awareness programme, officers from Drug Control Organization Kulgam sensitized the chemists about the safe pharmacy practices and for effective implementation of recent directives to install CCTV cameras and computer systems for maintenance of sale purchase records.

## Bhaderwah Campus Starts "Hiking And Trekking Expedition, Students From JU, Colleges Participate

Amir Iqbal Khan

Bhaderwah , Sep 7: The week long "Hiking & Trekking Expedition" organised by the Directorate of Sports and Physical Education University of Jammu in collaboration with Bhaderwah campus commenced here on Tuesday. The expedition which will last for a week from 7th to 13th September include 45 students from JU and its affiliated colleges.

Rector Bhaderwah Campus Prof. Rahul Gupta alongwith Dr. Daud Iqbal Baba, Director Sports and Physical Education University of Jammu flagged off the Hiking & Trekking Expedition from Bhaderwah Campus.

"Hiking & Trekking Expedition" will be held at the local treks of Bhaderwah and famous Seoj meadows. 45 students from JU and affiliated colleges are the part of



expedition," Rector Bhaderwah campus said adding, "Vice Chancellor University of Jammu Prof. Umesh Rai in his message has appreciated and advised the participants to enjoy the trekking maintaining the discipline and following the guidelines," he added.

While addressing the trackers, Rector Bhaderwah Campus appreciated the participation of the students & efforts of the University of Jammu especially Directorate of Sports and Physi-

cal Education University of Jammu headed by Dr Daud Iqbal Baba for organising the expedition at this moment. "Such kinds of events help youth to keep themselves away from anti-social activities," he further added.

Dr. Daud Iqbal Baba, Director Directorate of Sports and Physical Education thanked Rector Bhaderwah Campus for collaboration stating it as a good will gesture. He apprised about the route and weeklong programme of the Hiking & Trekking Expedition. "We are highly thankful to Rector Bhaderwah Campus Prof. Rahul Gupta for his unending support for this expedition," he said.

Officials present on the occasion included Arif Khaateeb ERO Bhaderwah Campus, Ravish Vaid, Gagan Kumar, Manjeet Singh, Sanjeev Sharma, Arshad Baba and Sumit Sharma.

## Police organises awareness programme cum rally against drug abuse in Pulwama

Pulwama have organized an awareness programme cum rally against drug abuse under the banner of "Prevention of drug addiction". Besides, wild bung was also destroyed in Bandipora.

In Pulwama, the awareness rally under the banner of "NASHA MUKHT BHARAT" was organized at Litter under the supervision of SSP Pulwama Shri Gh Jeelani Wani which started from Govt. Higher Secondary School Achan and culminated at village Panjran. The rally was attended by SDPO Litter, DySP Probation, SHO PS Litter, IC PP Lassipora, Principal along with staff of the said school, Employees of Health Department, members of civil society, students, youth and respectable of the area.

On the occasion, a seminar was also conducted at Govt. Higher Secondary School Achan hosted by DySP Probation along with SHO PS Litter & IC PP Litter. At the very outset DySP gave motivational speech towards competitive exams and stressed upon the students to channelize their potential and energy in



a positive way. He also urged parents to closely monitor their wards in choosing different career avenues. DySP Probation Pulwama sought the cooperation of people in eradicating the social evils prevailing in the society, particularly menace of drugs. He highlighted the role of parents and said that parents have a greater responsibility in social development of a child as they act as the first teachers and guides of their wards.

## Career counseling session held at GDC Ramban

RAMBAN, SEPTEMBER 07: The Career and Psychological counseling units of the Government Degree College, Ramban today organized a career counseling session for students under the aegis of the Principal of College, Prof Subhash Chander Sharma.

As many as 80 students, including outgoing students of the 6th Semester, took part in the counseling session.

Speaking on the occasion, Convener of the Career Counseling Cell, Dr. Vinod Kumar, said that both the public and private sectors have plenty of employment opportunities for them.

Students that excel academically and personally can locate

acceptable employment in the job markets. Prof. Bal Krishan, the convener of the Psychological counseling cell, shared his insights and emphasized the importance of soft skills, training, and personal growth as a vital component of education for

finding or creating jobs in the context of changing career alternatives. Prof. Younis Ahmed Rathor also delivered a motivational speech on the occasion. In order to thrive in life, the Speakers counseled students to pursue intellectualism and

instill excellent values. During an interactive session, students asked a lot of questions regarding their potential career paths and personal issues. The teachers provided them with answers to their questions that satisfied them as much as possible. Students that excel academically and personally can locate acceptable employment in the job markets. Prof. Bal Krishan, the convener of the Psychological counseling cell, shared his insights and emphasized the importance of soft skills, training, and personal growth as a vital component of education for finding or creating jobs in the context of changing career alternatives.



# Block Diwas: Public Grievances Redressal camp held at Bani

KATHUA, SEPTEMBER 07: As part of Public Outreach Programme, Block Diwas meeting was today held at Block Headquarters Bani where DDC Chairperson Mahan Singh along with Deputy Commissioner Kathua Rahul Pandey listened to the problems and demands of the people.

Block Development Council, Chairperson Bani, Babu Din, BDC Chairperson Dugan, Neelam Devi, Sarpanchs, Panchs and a large number of people attended the outreach programme.

The programme witnessed scores of individuals and deputations including PRI members projecting demands and apprising DC Kathua about the problems faced by the inhabitants of their respective areas.

The people submitted a memorandum of demands highlighting issues including better road connectivity, drinking water supply in uncovered areas and provision of uninterrupted power supply and other basic amenities.

The main issues highlighted during the programme including provision opening of JK Bank branch in Duggan, open-

ing of PHC, additional rooms for Dhmaan dispensary, road

that the issue of opening of JK Bank branches has already



connectivity for HS Mandhera, ultrasound operator for SDH Bani, filling of vacant post of accounts assistant, bridge over Sewa River in lowang area, pending MGNREGA payments.

The DDC Chairperson assured that the matter of filling up the post of ultrasound operator will be taken up at the appropriate forum, further informed

been taken up with concerned authorities.

The DDC called upon the officers of different departments to make concerted efforts to saturate individual beneficiaries' schemes in isolated and hilly areas so that socio economic conditions of the people from these areas can be improved.

The DC gave patient hearing to the demands of the people

and passed on spot instructions to the concerned departments for time bound resolution of all the issues.

Responding to the demands highlighted by many individuals and PRI members, the DC said that Block Diwas initiative was aimed at reaching out to the people and listening to their grievances and redressing them in an efficient and coordinated manner. He stressed upon the officers to prioritise the grievances and redress them in a time bound manner.

On electricity related issues in Bani areas, the DC said that funds under RDSS had been issued from higher authorities, further directed XEN PDD to take up maintenance related works under RDSS on priority basis.

CEO Kathua was directed by DC Kathua to make arrangements for deputing teaching staff through rationalization so that education of the students does not suffer.

The BRO authorities were directed to address issues concerning them so that smooth road connectivity can be ensured in isolated areas like Bani.

## Weekly Block Diwas meetings held across Ramban

RAMBAN, SEPTEMBER 07: District Administration Ramban today organized Weekly Block Diwas meetings at all designated locations across different blocks of the district.

Additional Deputy Commissioner, Ramban, Harbans Sharma presided over a Weekly Block Diwas meeting at Block headquarter Ramban and listened to the issues and grievances of the public. A team of officers of district administration, BDCs, PRIs, and prominent citizens participated in the meeting. While congratulating the PRIs, officers, educational and other institutions for taking part in Nasha Mukht Jammu and Kashmir Abhiyan, the ADC urged the Panchayat Institution representatives to reach out to every nook and corner of their areas to disseminate the message of Nasha Mukht Abhiyan. Responding to the demands and issues high-

lighted by the general public and PRIs, the ADC issued on-spot directions to concerned officers to resolve the same on priority basis. He said that several projects pertaining to youth engagement programs have been sanctioned and many more are in the pipeline. He further highlighted the steps taken by the District Administration to provide basic facilities and quality services under different sectors. While highlighting the achievements and services available online mode, the ADC impressed upon the PRIs to sensitize the people about the different beneficiary and job-oriented schemes launched by the Government for the welfare of youth, poor and deprived sections. The ADC resolved most of the demands on-the-spot and assured the people that remaining genuine demands would also be looked into and redressed.



