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LAWAIPORA SRINAGAR & HUMHAMA BUDGAM 9999038812, 9419008414, 01942496287

SRINAGAR SUNDAY 11.DECEMBER 2022 ●16 JUMADA AL-AWWAL ● 12TH YEAR OF PUBLICATION **VOICE TO THE VOICELESS**

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PUBLICATIONS

NEWS IN BRIEF

Sopore student missing from AMU reaches home safely

Sopore, Dec 10: A Class 10th student, who had gone missing from Aligarh Muslim University (AMU) was traced and re-united with the family, officials said here on Saturday.An official told the news agency-that Masroor Abbas Mir of Bohripora area of Sopore, who had gone missing from AMU on December 08, was traced. "After necessary questioning, the missing boy was reunited with his family," official said.Earlier on Saturday morning, family and relatives of Masroor staged a protest and sought whereabouts of their missing kin."A high alert was issued by the police under the operation Khushi, it was report ed that this boy has been found in his home district, in the investigation, the above boy was found to have left of his own free will,' tweeted Aligarh Police.Meanwhile confirming the development, family members said their son has reached home safely after three days. "We are thankful to Media. Police as well as general public for helping us in tracing out our missing son," said a family member. Masroor was missing since December 8 when he had left his hostel for the school—

Driver dies after vehicle skids off road in Sopore village

Sopore, Dec 10: A driver died after his vehicle skidded off the road in Cherihar village of Sopore in north Kashmir's Baramulla district on Saturday.An official told the news agency-Kashmir News Observer that a three-wheeler skidded off the road in Cherihar Botingoo, leading to on spot death of its driver. He identified the driver as Mudasir Ahmed Lone of Cherihar Botingoo. He said after completion of medico-legal formalities, body will be handed over to the family, while a case has also been registered-

Police facilitates interaction meet with media fraternity in Budgam

Srinagar, Dec 10 Jammu and Kashmir Police in Budgam facilitated an interaction meeting with the media fraternity associated with print and electronic media in Budgam.

A police spokesman in a statement issued to the news agency-Kashmir News Observer said that the meeting was chaired by SSP Budgam Tahir Saleem along with ASP Budgam. Besides, DySP Headquarters Budgam and other officers were also present on the occasion. During the meeting, SSP Budgam highlighted the importance and role of media in a democratic setup by describing media as an important pillar of democracy. While appreciating their role, he called for mutual understanding and cooperation with regard to the reformation of society by eradicating social crimes. During the meeting, various issues having direct bearing on the society were discussed. Media fraternity members also put forth a series of suggestions of public importance and the chairing officer assured to take all these on priority. The participating media personnel assured their full cooperation with police and also appreciated the efforts of police in facilitating such interaction meets where participants can express their opinion freely-

Providing maximum services on minimum infrastructure: Principal **GMC Baramulla**

Srinagar, Dec 10: Principal Govern ment Medical College (GMC) Bara mulla on Saturday said they have been managing maximum services on minimum infrastructure and people need to cooperate with them. Principal GMC Baramulla Dr Ruby Reshie told the news agency-that the District Hospital was upgraded as an associated hospital of GMC Baramulla but physically its infrastructure is still the same because additional 200 beds are not ready yet."Load of all sections of the associated hospital along with the Medical College is on the hospital, which was defunct and in dilapidat ed condition," she said.Of 140, only 10 washrooms were in use with no drainage and they along with the Roads and Building department prepared DPR for repair and renovation, Dr Ruby said."Our patient footfall is increasing with each passing day, which remains in

CONTINUED ON → PAGE 10

Government is Committed to Create a System Which Provides Ample Opportunities to the Dependents of Martyrs: LG Manoj Sinha

Inaugurates Digital Skill Development programme for the wards of JKP Martyrs to generate sustainable livelihood

HT NEWS DESK

JAMMU, DECEMBER 10: Lieutenant Governor Manoj Sinha inaugurated the Digital Skill Development programme for the wards of J&K Police Martyrs to generate sustainable livelihood, today at J&K Police Public School, Miran Sahib.

The Lt Governor said that the initiative under Corporate Social Responsibility (CSR) by Indus Towers Limited is a tribute to bravehearts of Jammu Kashmir Police who made the ultimate sacrifice for the country. The Lt Governor reiterated the Government's commitment to

take concrete measures for the families of the martyrs so that they may live a life of comfort and dignity. He said the welfare of the families of those, who served and protected the country's integrity and sovereignty, will always be the top priority of the government.

I pay my humble tributes to those immortal heroes, who sacrificed their own lives in or-



der to promote the lives of others. J&K Police, Army, Central Police Forces have made significant contribution in nation building. Let us all together take a pledge to discharge our duty towards the families of our martyrs and strengthen our resolve

to work for their well-being, said the Lt Governor.

The Lt Governor urged society, enlightened citizens, business organizations and corporate to discharge their social duty and responsibility

A grateful and thankful society

must collectively support the Government to create a system, which provides ample opportunities to the dependents of the martyrs, he added.

The Lt Governor asked the Indus Towers Limited to ensure 100% placements of children who are enrolled in the skill development training.

Skill Development must have an overarching impact on economic independence of the trainees. It should be followed by Job placement & self-employment. Hand-holding needs to be extended to the trainees after successful completion of the course, observed the Lt Governor.

Highlighting the significance of equipping the youth with Market-driven Skills, the Lt Governor stressed that the skill training should develop skill sets to meet the requirements of industries setting up businesses in J&K.The Lt Governor further emphasized on extending necessary assistance

CONTINUED ON → PAGE 10

Militancy at all-time low in J&K, Jammu to be militancy-free soon: DGP

HT NEWS DESK

Srinagar, Dec 10: Director General of Police (DGP) Dilbagh Singh on Saturday said militancy in Jammu and Kashmir is declining with each passing day as a result of the "proactive approach" of security forces against them. He also said that "each and every conspiracy of the neighboring country" to spoil the peaceful environment in J&K is being foiled by the security forces here.

Speaking to reporters in the Jammu region, the DGP, as per the news agency—Kashmir News Observer (KNO), said that security forces are coun-remaining will be wiped seling the youth across J&K to make them aware that the agencies from across the border are trying to disrupt peace and ried out through suicide harmony here by spoiling attacks and other the blood for the last 30



vears; and that it is high time to understand and shun this path.

With the cooperation of the local people and the proactive approach of security forces, the graph of militancy is declining with each passing day and the

out soon," he said.
The DGP said that in the Jammu region, militant activities were being car-

CONTINUED ON → PAGE 10

Top JeM militant's house demolished in Pulwama

HT NEWS DESK | (UNI) from Jammu in January

Srinagar, Dec 10 (UNI) Authorities in Pulwama district of Jammu and Kashmir demolished the house of top Jaish-e-Mohammad militant Ashiq Nengroo, who is believed to be based in Pakistan. Officials said the house of Nengroo at Hanjan Rajpora, Pulwama was demolished by district authorities as it was "built government land". The demolition was carried amid tight security. Police sources said Neng-

roo is a main handler of

2019 along with his family.Earlier this year, Nengroo was declared as a "designated terrorist" under the Unlawful Activities Prevention Act by the Union government.

"Nengroo has been involved in infiltration of terrorists into Jammu and Kashmir, who have been responsible for inflicting various terrorist incidents in Jammu and Kashmir... after running a terror syndicate in Kashmir, the said Ashiq Ahmed Nengroo is now engaged in a perilous JeM after he exfiltrated campaign to

HT NEWS DESK

Srinagar, Dec 10: There are around 10 thousands deaths in J&K which are attributed to air pollution yearly and there is need to act and control it by countering it, Director SKIMS Dr Parvaiz Koul said on Saturday. While talking exclusively with the news

agency—Kashmir News Observer (KNO) on the sidelines of the launch of Doctors for clean Air and Climate Action, J&K Chapter, he said that yearly around 10 thousand deaths are attributed to particulate matter



Around 10K deaths yearly attributed

2.5 (PM 2.5) exposure and there is need to control it by countering it.

"Todays programme was intended with an idea to public that Air Pollution issue is not only in Delhi and Maharashtra but also in J&K due to increasing number of vehicles, construction, brick

which emit pollutants and significantly pollute our air and effecting our health which makes air pollution a health issue",

"Our aim is to aware doctors and this message will reach to masses as people treat advice of doctors as words of God and people will get information how to decrease air pollution and how they can contribute in it," Koul added.

which can contribute to decreasing air pollution include using fewer vehicles, decreasing the use of unleaded petrol, CONTINUED ON → PAGE 10

He said the measures,

After 16 years, Anantnag man able to sleep properly, courtesy AB-PMJAY scheme 16 lakh ABHA IDs generated in J&K, say officials

HT NEWS DESK

Dec 10: The Anantnag, Ayushman Bharat Golden Card issued by the Jammu and Kashmir Health Department under the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) SE-HAT provided respite to a him to lie on his back. 70-year-old man after his He said the patient was tumour was removed by the doctors in South Kashmir's Anantnag district. A health official told the

agency—Kashmir Observer (KNO) that an elderly patient

from Lower Munda area of Anantnag slept on his back after a long period of 16 years He said the man having a

slow growing tumour in his lower back, which grew to enormous size of a soccer ball (24 cm/20cm/16cm) was actually not allowing

operated at Al-Hayaat hospital Anantnag under Ayushman Bharat Pradhan Mantri Jan Arogva Yoiana (AB-PMJAY) SEHAT scheme and his

CONTINUED ON → PAGE 10

Respite from cold as valley receives rain, snow

Srinagar, Dec 10 (UNI) As parts of Kashmir received rains and light snow, the residents here got some respite from the freezing cold as the minimum temperatures rose by several degrees in the region. Except the tourist resort of Gulmarg in Baramulla

via a tunnel to Pakistan CONTINUED ON » PAGE 10

district of Jammu and Kashmir, all weather stations in the valley recorded night temperature above freezing point.

While Gulmarg and Gurez received fresh snowfall last night, plains received rains last night.

The Meteorological Centre said Srinagar received 0.9 mm of rain, Qazigund 2.6 mm, Pahalgam 2.3 mm, Kupwara 5.5 mm and Kokernag 5.6 mm during the MeT said Srinagar recorded a minimum tempera-

grees up from the previous night's 1.0 degrees Cel-The mercury in Qazigund - the gateway town to Kashmir Valley, settled at a 2.8 degrees Celsius. The night temperature in Gulmarg was recorded at

ture of 2.8 degrees Celsius last night, almost two de-

minus 2.5 degrees Celsius. The night temperature in south Kashmir's Kokernag settled at 2.3 degrees Celsius as compared to the previous night's 1.1 degrees Celsius.



The mercury in Pahalgam hill resort, in south Kashmir, settled last night at 1.2 degrees Celsius Leh continues to freeze as the mercury settles at a low of minus 4.8 degrees Celsius.

The MeT officials on Saturday morning predicted snowfall at isolated places mainly over higher reaches. There may be temporary disruption in surface transportation over major passes today, MeT said The weather would remain cloudy in Kashmir. The weather department said there would be main

CONTINUED ON → PAGE 10

NIA declares a cash reward against 4 TRF militants

Srinagar, Dec 10 (UNI) The National Investigation Agency (NIA) has put a reward money of Rs 10 lakh each on four militants of the Lashkar-e-Taiba (LeT)'s shadow organisation The Resistance Front.

The posters announcing the reward money for the four including two Pakistanis were pasted in parts of south Kashmir. The NIA announced a Rs 10 lakh reward

against each of the four TRF militants including Basit Ahmed Dar, a resident of Kulgam, Sajjad Gul of Srinagar, Salem Rehmani of Sindh Pakistan and Saifullah Sajid Jatt, resident of Punjab Pakistan. Out of the four, the photograph of Saifullah Sajid Jatt was not there on the poster. "The identity of the informer shall be kept

secret," the poster read. The four are wanted by NIA in a case

CONTINUED ON → PAGE 10

J&K tops in ABHA account generation, gets 2nd place in Tele-consultation

HT NEWS DESK

SRINAGAR, DECEMBER 12: In a significant achievement, Jammu and Kashmir has topped in generation of Ayushman Bharat health account ID besides winning second place in tele-consultation during celebration of Universal Health Coverage Day, 2022 being celebrated at International Cooperation and Convention Centre, CONTINUED ON → PAGE 10

Kashmir receives 8 lakh migratory birds,

15,000 arrive at Shallabugh wetland



Former Minister; Sarpanch, Palli; Social Activist call on Lt Governor

HT NEWS DESK

JAMMU, DECEMBER 10: Former minister, delegation led by Sarpanch Palli and social activist from Poonch called on Lieutenant Governor Manoj Sinha, at the Raj Bhavan. Sh Sukhnandan Choudhary, former Minister, met the Lt Governor and apprised him about various issues of public importance including development of

by Sh Randhir Sharma, Sarpanch, Palli panchayat apprised the Lt Governor about the status of developmental initiatives in the panchayat. They also discussed the restoration of CONTINUED ON >> PAGE 10

Border areas and welfare of

the people.



Cricket ground and developing a community facilitation centre for people of the panchayat.

Similarly, Ms Shazia Amin, social activist from Poonch also called on the Earlier, a delegation led Lt Governor and projected various issues pertaining to the development of Buddha Amarnath Shrine, residential hostel for girls in Tehsil Mandi and strengthening of road connectivity.

HT NEWS DESK Ganderbal, Dec 10: Kashmir has received approximately eight lakh migratory birds since October this year while around 15,000 have arrived Shallabugh

wetland in this central Kash-

mir's Ganderbal district. Besides Hokersar located in the Zainakote area on Srinagar outskirts, the Shallabugh wetland, spread over thousands of kanals of land - from Takenwari Srinagar to Sangan Ganderbal – hosts migratory birds from countries like Siberia, China and Japan in the month of October because of freezing temperatures. Range Officer Shallabugh Mo-

hammad Ashraf Kabli told the news agency–Kashmir News



improvement in the weather. He also said that no new birds Observer that the number is have arrived in the valley this expected to increase after the year. "Some of the old birds

who arrived the valley are Geese, Bar Geese, White Heeled Duck, Shoveller, Red-Crested Pochard, White-Eyed Pochard, Common Teal, Pintail, Mallard, Gadwall, Coot, Hoonk and Graylag," Kabli said. "Among these, Pintail, Common Teal, and Gadwall arrive this wetland in maximum numbers." Another official said that a major bird festival will be organised in Shallabugh wetland as the administration is hopeful that a maximum number of migratory birds will arrive this sanctuary.

"The water level has also increased. The infrastructure will be developed around the CONTINUED ON → PAGE 10

Rural Sanitation Directorate hosts orientation programme on "Swachh Survekshan Gramin-2023"

DECEMBER 10: An Orientation pro gramme on Swachh Survekshan Grameen- 2023 initiative was today organized by Directorate of Rural Sanitation J&K here at Panchayat Bhawan Jammu.

Director Rural Sanitation J&K, Charandeep Singh chaired the orientation programme attended by Assistant Com-Panchayats, missioner Assistant Commissioner Development, District Panchayat Officers, Block Development Officers of Jammu, Kathua, Udhampur, Reasi and Samba District.

The Programme was also attended by the officers of Directorate of Rural Sanitation J&K.

In the orientation programme, experts Ikshvaku Sharma and Vinay Tiwari from Government of India gave a detailed presentation on different stages of Swachh Survekshan Grameen 2023.

It was informed Swachh Survekshan Grameen 2023 is an exercise for assessing the status of SBM Grameen in the rural areas. "It is aimed to gear wide participation of Gram Panchavats. Districts and States to create enthusiasm towards Sanitation," they

The expert speakers fur-



to perform better. He fur-

ther said that it would act

as a means to increase

the participation of locals

which is the most integral

aspect of making SBMG

The experts also gave a

er aspects of SBMG 2.0

including the two central

concepts of Grey water

Management and Solid

Both these issues were

discussed in great detail

and the experts discussed

in detail the use of differ-

ent technologies and cre-

ation of assets under the

scheme.It was put forth

with clarity as to what

kind of Grey Water and

Solid Waste Management

interventions needs to be

undertaken at various

places. It was advised that

various parameters such

Waste Management.

presentation on the oth-

2.0 a success.

ther stated that SSG-2023 shall be done at Village level with the first phase being the self assessment by the village itself followed by review by the peer group and the final being the third party evaluation by an agency to be nominated by the Government of India.

Speaking on the issue,

the Director Rural Sanitation urged upon all the officers to complete the process of self assessment of all the villages by 31st of December, 2022. He stated that self assessment would give impetus to the performance of UT of J&K which has already achieved the milestone of 1000 ODF Plus villages. He said that it was a great opportunity to deal with areas in which some of the Panchayats need

as the amount of Grey Water, the quality of land, quality of water etc are to be taken into consideration while designing Grey Water Management Projects. Interacting with the par-

ticipants, the Director Rural Sanitation J&K asked them to focus on sustaining the gains from the first phase of the project. He said that the assets should be developed in a methodical manner so that they not only work effectively but also sustain over the years to come. The works on sanitation which has now gained momentum in rural areas should continue with the same vigour to make all the villages visually clean in the years to come.

Another vital issue of retrofitting of toilets which is conversion of single pit toilets into twin pit toilets was also deliberated upon. It was emphasized that the technological gaps affecting toilet functionality and faecal sludge management was an important aspect of the Mission.The programme was followed by an interactive session where many queries were asked by the participants to achieve clarity on the issues. The programme ended with the vote of

Human Rights and Human love vision lies in Reshiyat and Sufiyat of Kashmir --- Renzushah

Srinagar 10th December 2022: Today Khwaja Farooq Renzushah was Chief Guest at prestigious Human Rights function at jam packed Tagore Hall organized by National Human Rights United Nations Human Rights Council of Social justice Council of India working under High Commission of Human Rights having Special Consultative status at United Nations having it's central secretariat in New Delhi

The chief Guest Khwaja Renzushah in his keynote address said that in present democratic setup zero tolerance to Human rights violations is sin qua non of every civilized society. He High highlighted Human rights & human love conceived by Sufi saints of Kashmir. On this occasion galaxy of distinguished Personalities, police and civil officers, heads of various social organizations and departments specially Ms. Mahjabeen chairperson of Prestigious organization of National Human Rights in Kashmir, various IPS, and KAS officers of police, SP east



Srinagar Mr. Lakhshay , SP west Srinagar Mr. Sanghral IPS, SDPO Kothi bagh Mr. Shabir Khan, KAS officer from rural Development Ms Ms.Nawamani Hans,

Mr Adil of social welfare department, important scholars from various sections of society, Mr.Gazi Aijaz chairman Loul culture Forum, Tariq Shera Chairman Shahar e khas Foundation,Engineer Asma Shafi chairperson of renowned Kral koor foundation ,Mr Naveed Bakhtiyar RTI

chief, Ms Asima ICPS, Mr umar & Farah Farooq helping hand foundation, Adil Mohidin Of Mawar Shahnagri enlightened august gathering with their valuable views on importance of Human Rights and importance of 10th December. This was the only function of this importance which was organized in Kashmir today onn10th December where different aspects of Human Rights were discussed in a free and frank

manner. The topic of the key-

note address of Khwaja Renzushah was, Fulcrum of Human rights lies in the vision of Sufiyat.

Renzushah in his address on this significant day said that in 1321 AC ideological revolution of Kashmir when joint forces of all righteous faiths Hinduism, Islam & Buddhism joined hands and defeated ideology of faithless Zulqadar khan Dulcha's terror the great Sufi saint Hazrat Bulbul shah appeared in valley as preacher for all. He tied all righteous ideological faiths through bonds of love. While the king was made Sader Deen his wife Kota Rani was advised to continue traditional Rishiyat faiths in Kashmir which are still alive. Through these human bonds Kashmir became a symbol of love, peace and civilization of composite knowledge. When Hamdan was burning with violence, the great saint Amir Kabir found Kashmir as a secure and safe place not only for him but for his 700 companions. He said that it was because of contradictory and radical streams

Farmers acquainted about PMFME -ODOP scheme at Dharmari

ness programme on PMFME ODOP was conducted today in SDAO Office Complex Dharmari.

More than 60 farmers including unemployed youth participated in the camp held under the guidance of Chief Agriculture Officer and DNO PMFME Harbans Singh.

The program was inaugurated by District Agriculture Officer Rajesh Verma in presence of Agriculture Extension officer Anil Thakur, JAEO Thuroo Pankaj Sharma, concerned JAEOs and AEAs and other officials of allied Departments.

Sarpanches Ch John Mohammad., Mohammad Aslam, Naib Sarpanches Prem Singh, Abdul Ghani Chib and other PRI Members and members of Umeed Women SHGs partic-



ipated in the camp. The District Agriculture officer gave a detailed presentation on the scheme and enjoined upon the

youth to set up micro food process ing units of Mustard Chutney, Chillies powder packing & marketing, spices grinding, garlic paste etc.

Anil Thakur, AEO elaborated the eligibility and terms of subsidy, interest and other related details of scheme.

Liaqat Ali, DRP also addressed the farmers and highlighted the steps being taken for the implementation of the scheme by encouraging the youth of the far flung areas of the

Sarpanches of the Thuroo block lauded the efforts of the agriculture department in mitigating the problems of the farming community in remote and hilly areas. Vote of thanks was presented by Sarpanch Ch John Mohd.

Farmers acquainted about PMFME -ODOP scheme at Dharmari

REASI, DECEMBER 10: An aware ness programme on PMFME ODOP was conducted today in SDAO Office Complex Dharmari.More than 60 farmers including unemployed youth participated in the camp held under the guidance of Chief Agriculture Officer and DNO PM-FME Harbans Singh. The program was inaugurated by District Agriculture Officer Rajesh Verma in presence of Agriculture Extension officer Anil Thakur, JAEO Thuroo Pankaj Sharma, concerned JAEOs and AEAs and other officials of allied Departments.

Sarpanches Ch John Mohammad., Mohammad Aslam, Naib Sarpanches Prem Singh, Abdul Ghani



Chib and other PRI Members and members of Umeed Women SHGs participated in the camp. The District Agriculture officer gave a detailed presentation on the scheme and enjoined upon the youth to set Mustard Chutney, Chillies powder packing & marketing, spices grinding, garlic paste etc. Anil Thakur, AEO elaborated the eligibility and terms of subsidy, interest and other related details of scheme.Liaqat Ali, DRP also addressed the farmers and highlighted the steps being taken for the implementation of the scheme by encouraging the youth of the far flung areas of the District. Sarpanches of the Thuroo block lauded the efforts of the agriculture department in mitigating the problems of the farming community in remote and hilly areas. Vote of thanks was presented by Sarpanch

Ch John Mohd.

Office of the Principal **BLOOMING BUDS COMPUTER SCHOOL**

Ward No #2, Plan, Bandipore (193502) UT, Kashmir. **ÙDISE Code: 01160107725** DSEK/GS/Bpr-488/2012

Govt. Recognised

The formation of New Managing Body of "Blooming Buds Computer School", Plan, Bandipore, is published for the information of general public. Objection, if any, may be communicated to the Director of School Education within Seven days from the publication of this notice in the Newspaper. After the lapse of stipulated time, No objection will be entertained.

S.No	Name	Qualification	Occupation	Designation
1.	Mr. Saleem Parvaz Bhat S/o: Muhammad Afzal Bhat R/o: Ward #2, Bandipora.	Ph. D, MCA	Principal of the School	Principal
2.	Mr. Saleem Akhtar Bhat S/o: Muhammad Afzal Bhat R/o: Ward #2, Bandipora.	B.A	Business	Chairman
3.	Mr. Javeed Afzal Bhat S/o: Muhammad Afzal Bhat R/o: Ward #2, Bandipora.	TDC	Business	Vice Chairman
4.	Mr. Mohammad Yousuf Parra S/o: Mohd. Sultan Parra R/o: Ward No #2, Bandipora.	M.A	Business	Secretary
5.	Miss. Farkhanda Bakhat D/o: Iftikhar Mohammad R/o: Ward No #2, Bandipora	M.A	Teacher of the School.	Treasurer
6.	Miss. Iram Fatima D/o: Aijaz Ahmad Khan R/o: Nowpora, Bandipora	M.A	Teacher of the School.	Member
7.	Mr. Bilal Ahmad Bhat S/o: Muhammad Yousuf Bhat R/o: Ward #2, Bandipora	M.A	Private School Teacher	Member

Sd/ Chairman

District Admin Srinagar provides immediate assistance to fire victims of Aramwari, Rajbagh

SRINAGAR DECEMBER 10:- On the directions of Deputy Commissioner Srinagar, Mohammad Aijaz Asad, a team of District Administration, Srinagar today visited Aram-wari locality of Rajbagh in Tehsil South of Srinagar District where some residential houses engulfed in a fire incident here on Friday

On the occasion, the team provided immediate assistance to the fire victims of four families residing in

the houses which got damaged in a massive fire incident. The team assessed the damages caused due to the fire incident and expressed sympathy with the affected families on loss of property. On the occasion an immediate assistance in the form of 20 blankets, 12 mattresses, 12 bed sheets and 4 kitchen sets, in addition Rs 20,000 were also provided to all 04 affected families each Rs 5000 out of Red Cross fund of District

Administration Srinagar. The team assessed the damages caused due to the fire incident and expressed sympathy with the affected families on loss of property. On the occasion an immediate assistance in the form of 20 blankets, 12 mattresses, 12 bed sheets and 4 kitchen sets, in addition Rs 20,000 were also provided to all 04 affected families each Rs 5000 out of Red Cross fund of District Administration Srinagar.

GOVERNMENT OF JAMMU AND KASHMIR

DEPARTMENT OF GEQLOGY AND MINING OFFICE OF THE DISTRICT MINERAL OFFICER, BARAMULLA Email: dmobaramulla@gmail.com

Subject: Rate List of Raw/ Processed Minerals in District Baramulla. Reference: 1. Minutes of Meeting of DLMDTFC held on 23.11.2022 arnd minutes issued vide no:DMO/BLA/

2. Chairperson, District Level Multi Departmental Task Force Cell, Order no:DMO/BLA/DGM/2022-23/1889-1905

PUBLIC NOTICE

As approved by District Level Multi Departmental Task Force Cell constituted videGovernment Order no: 1569-GAD of 2018 dated: 22-10-2022, issued by General AdministrationDepartment. the below mentioned rates of the raw/ processed minercls in District Baramulla, are hereby notified:

Sr. No.	Name of the Minor Mineral (Raw and Processed)	Rate per CFT (excluding GST and cost of transportation)	
1.	Sand	₹31/-	
2.	Nallah Boulder	₹5/-	
3.	Nallah Muck (GSB)	₹5.50/-	
4.	Crushed Bajri	₹23/-	
5.	Rubble Stones/ Quarry Stones	₹8/-	
6.	Clay	₹3/-	
7.	Nallah Bajri	₹18/-	

The transportation charges from source to destination shall be applicable as per the rates notified by the Transport Department.

The above mentioned rates shall be valid for a period of 01 (one) year from the date of publication of this notice.

The following control rooms/ officials may be contacted in case of any violation by the Mineral Concessionary/ Stone Crusher Unit holder/ Mineral Dealer Licensee.

: 7006493646

: 9596767768

District Control Room (D. C Office)

Police Control Room (Baramulla)

Police Control Room (Sopore) District Mineral Office, Baramulla

: 8899950174 : 7889334146 Tariq Abdullah Mir (Tangmarg) :9697947210 Abdul Gani Sofi (Sopore) : 9596413909

DIPK-14895/22

Distfict Mineral Offcer. Baramulla. (Memberéeerétafy, DLMDTFC).

JAMMU & KASHMIR BANK LOAN SUVIDHA CENTRE



HDFC BANK KHIDMAT CENTRE HDFC BANK

We understand your world

Model CSC Centre Dar Ganie Gund Aripal Tral

All Services Under one Roof Viz

DAR GANIE GUND

2

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10

11

J&K BANK ENI CENTRE WASHING

MACHINE REFRIGERATORS

GYSER SOLAR PANELS

INVTERS ELECTRONIC

APPLIANCES HOME **APPLIANCES**

Contact: 8082080256 9596080256 **COMMON SERVICE CENTRE**

VLE NAME: NAWAZAHMAD LONE CSC ID: 25745236007 **EMAIL: LONETELECOM945 @ GMAIL.COM**

JAMMU & KASHMIR BANK LOAN SUVIDHA CENTRE

CELL NO.:8082080256-9596080256

DAR GANIE GUND

- CAR\VEHICLE LOAN

- EDUCATIONAL LOAN - ACCOUNT OPENING

→ PROPERTY RETURN

→ VEHICLE INSURANCE → ITR (TAX RETURN) FILLING

- HOUSING | HOME LOAN

LEARNING AND DL RELATED SERVICES 12 HDFC BANK ACCOUNT OPENING 13 14 DAK MITRA SERVECES

AYUSHMAN BHARAT YOJNA

FLIGHT & TRAIN BOOKING

EMI FINANCE CENTRE

ADHAR REALTED

LOAN SUVIDHA

ITR FILLING

PASSORT SEVA

ATM FACILTY

INSURANCE SERVICE

FSSAI REGISTRATION

PUBLIC GRIEVENCE

 $GST\ REGISTRATION$

AND FOR MANY MORE VISIT MODEL CSC CENTRE **DAR GANIE GUND**

OR

Call8082080256,9596080256

Skill Training on Protected Cultivation of Vegetable Crops commences at KVK Bandipora

BANDIPORA, DECEM-BER 10: A six days Skill Training Programme for Rural Youth (STRY) on "Protected Cultivation of Vegetable Crops" started at KVK Bandipora.

The programme is sponsored by MANAGE Hyderabad in collaboration with SAMETI Kashmir, Directorate of Extension SKUAST Kashmir.

programs aimed at imparting skill based training to rural youth on Agri-based vocational areas to promote employment of rural areas and for creation of skilled manpower to perform farm and non-farm opera-

In the programme 28 girls in the age group of 18 to 34 years from various parts of district Bandipora are participating.

The programme was formally inaugurated by Director Extension SKUAST Kashmir, Prof. Dil Mo-Makhdoomi wherein Deputy Director (Trainings) SKUAST Kashmir Dr. Farahnaaz Rasool, Dr Tariq Sultan Programme Coordinator KVK Bandipora, Scientists of the KVK Bandipora including Dr Tahir Saleem (Coordinator of the training Programme), Dr Hilal Ahmad Malik Dr Nazir Ahmad Mir and Dr M. S. Trumboo participated.

The programme has an active participation of 28 educated rural girls who shall be given hands on training regarding proand protection technologies under protected conditions. Besides trainees shall also be sensitized about the procedures of formulation of FPOs in vegetable crops.

Director Extension in his speech highlighted the significance of conducting such skill development programme and urged the participants to take full advantage of resources/ technological support

DC Kulgam reviews implementation of socio-economic schemes through various deptts

10: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today chaired a meeting of officers to review implementation of various schemes and programmes by NRLM, Labour, Employment, Tribal and other departments.

During the meeting, the District Manager NRLM informed the chair that under NRLM so far 3249 SHGs have been formed in Kulgam and out of 683 SHGs targeted for the current financial year, 350 have been formed so far. He added that 443 SHGs have been linked to Banks for credit with 7.43 Crores during the current

financial year. The DC instructed the concerned to utilize online marketing platforms to increase marketing opportunities

ployment Kulgam informed the chair that the District Level Implemen-Committee has tation approved 225 cases under Mumkin scheme and 81 cases under Tejaswini scheme so far in the dis-

148 vehicles have been distributed under the Mumkin scheme with the total on-road price of Rs. 12.06 Crore including 20 percent subsidy amount of Rs. 2.25 Crore and Loan amount of Rs 9.81 Crore, he informed adding, 25 more cases stand sponsored for sanction of

He also said that under the Tejaswini scheme, 16 cases have been disbursed involving Rs 80 lac loan amount and Rs 8 lac subsidy amount.

He added that there is an overwhelming response Spurring the scheme also and 97 cases

have been approved by DLIC so far and 90 cases are under process.

While reviewing the Labour Department, the chair was briefed that in financial year 2021-22 an amount of Rs.5.90 Crore among 7236 beneficiaries

under Lower Education Assistance scheme was disbursed and an amount of Rs. 17.50 lakh was disbursed among 35 beneficiaries under Higher Education Assistance

Besides, the department

Scheme.

disbursed an amount of Rs. 12.30 lakh among beneficiaries under Death Cum Funeral Assistance scheme and also disbursed an amount of Rs. 0.71 lakh among 3 beneficiaries under Chron-

the above mentioned disbursements the Department has made 643 registrations under Shops & Establishments Act and generated revenue to the

tune of Rs 7,03,450. He added that they have received an amount of Rs. 63.56 lac as Cess and subsequently sent the same to the JKBOCWWB and till date and 154352 registrations under e-Shram have also been done.

Authorities from Women Development Corporation informed the chair that they have sanctioned approximately 1.20 crore in district Kulgam under different schemes including NMDFC, NBCFDC, WEP and Micro Credit schemes.

The meeting was attended by JD-Planning, ALC, A.D Employment, DM WDC, DM NRLM and oth-

Director Agriculture Kashmir visits Pulwama

Assistant Director Em-

The Director Agriculture Kashmir, Chowdhary Mohammad Iqbal today convened a meeting of senior officers of Pulwama district to review the physical and financial progress on the implementation of centrally sponsored schemes, flagship programs and CAPEX budget.

Speaking on the occasion, Director said Department is aiming to double the income of farmers and for that a multi dimensional approach has been adopted.

Rice is the staple food of the region and when it comes to cultivation Pulwama is a special case, to explore every possible opportunity in this crop all the efforts must be put in place so that income of the farmers associated with its cultivation could be increased, he further said.

He asked the officers to work for the promotion of niche crops in the district and highlighted the importance of saffron and said that by GI Tagging this crop has gained a global reputation.

Director marked the importance of organic and exotic vegetable cultivation in the district. He appreciated the concerned officers for their role in bringing more and more areas under the

cultivation of Rabi Crops especially oilseed. He said the department has introduced the fodder crop like Burseem in the district this year and in coming times it will add some more fodder crops in the district

Director said that as per the holistic document for the development of agriculture in the UT the Department under one of its components is focusing on seed production of different agriculture crops and in this direction primary seed producers are being identified so that they could be connected to the seed production chain. He said the idea behind is

not only to achieve self reliance in seed production of different agriculture crops but to supply seed to other parts of the country as well.

While talking about the expen-Director Agriculture impressed upon the concerned officers that every penny allocated for the farmers of Kashmir Division under different centrally sponsored schemes must be judiciously utilized for the welfare of farmers and the development of farming sector in a time bound manner. He said the funds earmarked for different components must be fully utilized.

Igbal asked the concerned officer to work in coordination with district administration during the implementation of different initiatives at district level. He asked the officers to reach out to the farmers of far-flung areas and make them aware about the latest farmer centric technologies in agriculture sector. He asked the officers to work in collaboration with the representatives of panchayat Raj institutions for the successful implementation of different schemes at grass root

During the meeting different centrally sponsored schemes being implemented by the department including CAPEX, RKVY, MIDH, ATMA, NFSM, PM KI-SAN, SOIL Health Card Scheme, KISAN Credit Card Scheme etc. were discussed in detail.

Chief Agriculture Pulwama Mohammad Iqbal Khan District Agriculture Officer (Extension) Shahnawaz Ahmad Shah, District Agriculture Officer Inputs Mohammad Munaf Bhat, District SMS Farooq Ahmad Joo, District SMS Ghulam Nabi Reshi, Sub Divisional Agriculture Officer Kakapora Aga Syed Mehmood, Sub Divisional Agriculture Officer, Tral Shakeel Ahmad Shah.

Horticulture Deptt Kupwara organizes awareness programme for Orchardists and progressive farmers in Langate.

ic Disease Assistance

DR.AB QAYOOM

Langate,Dec,10: The partment of Horticulture on Tuesday organised a daylong progressive orchardists with an aim to equip them with modern farming techniques in Wahipora area of Langate. A large number of farmers attended the awareness programme. The programme was inaugurated by BDC Chairman Langate Showkat Hussain Pandith, while experts Dr. Khursheed Habib and Bilal Ahmad wani,sarpanchs along with PRis were present on the occasion.During the programme Subject Matter experts both HDO,s interacted with the farmers and informed them about different techniques of propagation, pruning and other modern techniques.The farmers were given physical training about various techniques of propagation including budding, prun-ing, nurturing and grafting. A question-answer session was also held at the end of the programme. The farmers appreciated the department



for holding such awareness and them to hold more such that they learn about modern techniques to improve the production and health of plants in their orchards. They also highlighted measures for optimal plant growth and fruit yield besides discussing measures to tackle various diseases and attack of pests and insects. Speaking on the occasion, Chairman Showkat Hussain Pandith impressed upon the farmers

to keep close liaison with the field functionaries of the department so that they are able to get maximum benefit under different schemes. He said that the department is going to start more skill development programmes in the area with an objective to train the orchardists in various propagation techniques like budding, grafting and niques like Pruning/training of fruit trees.Experts urge farmers and students to take advantage of schemes during

DC Kulgam chairs Single **Window Clearance meeting** for Mineral blocks

KULGAM, DECEMBER 10: A meeting regarding sinviz-a-viz B/12 , B/14, B/15 , B/ 18, B/ 01 , B/ 22 and B/24 $\,$ of district Kulgam was held today under the chairman-ship of the Deputy Commissioner (DC) Kulgam Dr. Bilal Mohi-Ud-Din Bhat at mini-secretariat, here.

The NOCs from all stakeholder departments were discussed threadbare and directions as per fresh for mat of JKEIAA were passed by the DC during the meet ing.All the members present in the meeting were directed to submit the requisite NOCs within given time frame. The meeting was attended by ADC, ACR, ACD, DMO, AD Fisheries, Ex. Engineer PHE and other con

Grievance cell established at Kangan

GANDERBAL, DECEMBER 10: A grievance cell has been established in SDM office Kangan to ensure prompt redressal of public grievances.

As per the public notice issued, the general public can register their grievances/ complaints on the phone numbers 2418283 all working days during office hours, mobile numbers 7051757576, 9797726499, 9149737613 (24*7), and can also mail at sdmkgngrievances123@

Director Horticulture Kashmir visits Kupwara; convenes review meeting

SRINAGAR, DECEMBER 10: The Director Horticul ture Kashmir, G. R. Mir today toured district Kupwara and visited Panchayat halqa Chanigam-A, where he was Visiting Officer during the Back to Village Four (B2V4) programme and has now been designated as Prabhari Officer for a period of one year.

At the outset, the Director held a review/ follow-up meeting that was attended by PRI members and rep resentatives of line departments. During the meeting, Director reviewed the progress made during the last month with special focus on the assigned deliverables like Golden Health Cards, land passbooks, KCC, Soil Health Cards, Self-Employment Schemes, identification of youth for skill training under Himayat etc. Some issues confronting the panchayat Ghar like availability of drinking water and electric supply were resolved on spot besides resolving some other issues of public importance. It was informed that the progress shall be reviewed again the next month.

Later, the Director attended an awareness camp organized by the Department of Horticulture Kupwara at Sogam. The camp was attended by Chief Horticulture Officer, Kupwara, District Horticulture Officer Kup wara and other officers of the department besides rep resentatives of PRIs and a good number of farmers.

On the spot awareness was given about the beneficia ry oriented and self-employment schemes of the Horticulture Department. Director stressed on the field functionaries to remain in close touch with the farmers for resolution of the issues confronting them with regard to management of their orchards.

Health Services at SDH Kupwara show dramatic improvement after DNB accreditation: MS

accreditation Sub District Hospital (SDH) Kupwara with DNB has changed the health scenario dramatically and the Sub District Hospital Kupwara is the first Sub District Hospital to get accreditation with DNB in the whole

This was said by Medical Superintendent SDH Kupwara, Abdul Gani Dar adding that this hospital is a centrally located hospital in District Kupwara catering about 70% of the patient load and referrals from other health institutions.

He said since the District is about 100 kilometer away from Srinagar, referrals of patients usually cause pain and anguish amongst the patients, their attendants in particular and public in general, and to overcome the same a lot of efforts were made during last three years to upgrade the health services but it was the accreditation of this hospital with DNB that has changed the health scenario dramatically. Since its accreditation with

iessional manpower as well as modern machinery equipment. Two Anesthetists and 42 Junior Nurses recruited under DNB programme are discharging their services in this hospital,

The MS said that in April 2022 it was news as two Post graduate students joined here in the department of General Medicine and one amongst them was from outside the state (Andhra Pradesh). The hospital has since then also got DNB accreditation for specialties of General Surgery, Gynecology/ Obstetrics and Anesthesiology while a final assessment for the accreditation of Pediatrics has also been done, he added.

The eight PG students have joined in all above-mentioned specialties in this session which is going to give a huge boost to upliftment of health care services and quality patient care in the hospital.

It is worth mentioning here that after resumption of PG courses in General Medicine, the referrals have drastical-



ly fallen by 70% since last six months which speaks volumes about the improvement of health care services for patient care, said MS.

Among 661 patients admitted in the Department of General Medicine for the last six months, only 66 were referred for tertiary care treatment, which would have been about 300 before DNB accreditation, added Dar.

"We are now managing pa tients of varying critical health ailments like COPD, Pleural effusions, Ascites, Hepatitis, Tuberculosis, Meningitis, Chronic Kidney Disease besides stroke, Diabetic Ketosis, OP Poisoning on latest scientific lines", said MS, adding that the post graduate students remain available round the clock for the services to the patient care besides the

aiso take regular rounds of the wards and attend calls whenever needed even during night

The academic environment has been profoundly upgraded, besides teaching, regular seminars and CMEs are being conducted and PGs are given a very conducive atmosphere of reading by creating a library and seminar room within the premises of the hospital. The monthly mortality meets are held among the faculties and residents to assess and ascertain the cause of death. The critical patients are managed in ICU with excellent lab support, cardiac monitors, and defibrillators, Dar added.

"The PGs from within and outside the state have been provided suitable accommodation within the premises of hospital besides giving them other facilities to make them comfortable", MS informed. "The DNB accreditation of this hospital is taking the health care to the newer heights with marked increase in professional manpower.

Implementation of UNNATI programme reviewed at Ganderbal

GANDERBAL, DECEMBER 10: The Additional District Development Commissioner (ADDC) Ganderbal, Mushtaq Ahmad Simnani today convened a meeting to review the implementation of the Project UNNATI programme for providing skill training in the district.

ADDC directed all Block Development Officers to sensitize and motivate the Job Card Holders/ Households registered under MGNREGA in their jurisdiction who have completed 100 days of work under MGNREGA within age group 18-45 years in order to avail the benefits of the scheme by taking training under the scheme.

He also directed them to provide the list of five such beneficiaries from each block in the first instance to provide them training and ACD Ganderbal was asked to provide the consolidated list of first group of the beneficiaries to Incharge RESTI for training purpose.



Assistant Commissioner Development Ganderbal was also asked to take measures for registering Job Card Holders/ Households registered under MGNRE-

GA in MIS Portal RSETI. The Director RSETI and Lead District Manager Ganderbal were asked to arrange all the arrangement and logistics for training of the Job Card Holders/ Households registered under MGNRE-

Workshop on 'Elimination of Violence against Women' held at Dooru, Anantnag

and Kashmir Rural Livelihoods Mission (JKRLM) Anantnag today organised a workshop on 'Elimination of Violence against Women' in collaboration with Tehsil Legal Services Authority (TLSA) Dooru, National Commission for Women (NCW) and Womens Police Station Anantnag at Block Training Centre Dooru, Anantnag.

Speaking on the occasion, Judge Majid Farooq Mir spoke at length on free legal Aid, Domestic Violence and Gender Inequality, Resource persons from NCW also spoke on various aspects of elimination of Violence against women

Sheikh Kifayat ullah, DPM JKRLM Anantnag spoke at length on role of JKRLM (UMEED) in women empowerment particularly with economic /finan-

Raja Suhail DPM Livelihoods Anantnag, Mudasir Abdullah - BPM Qazigund, Dr

cial aspects

ANANTNAG, DECEMBER 10: Jammu Madheeha Untoo- Non Farm Coordinator Dooru, Officials from line departments/ organizations also spoke during the workshop.

The speakers said that concepts like gender inequality have become archaic concepts and females have the same right to aspire. They said that given the right opportunities, females have proven to be active collaborators in Nation building and have been valuable contributors in development.

The participants also pledged to work towards eliminating violence against women from the society and seek help if they encounter such cases. The speakers said that concepts like gender inequality have become archaic concepts and females have the same right to aspire. They said that given the right opportunities, females have proven to be active collaborators in Nation building and have been valuable contributors in development.

Youmi Block/ Block Diwas, a platform to reinforce connection with People: DDC Pulwama

PULWAMA, DECEMBER 10: Youmi Block/ Block Diwas is a platform to reinforce connection with people, stated Baseer Ul Haq Choudhary, District Development Commissioner (DDC) Pulwama, while speaking to a huge gathering of peo-

ple assembled at Govt Higher Secondary School Satura Tral as part of Youm I Block. DDC Pulwama spent the whole

day in Block Aripal and redressed hundreds of grievances on the spot.

The DDC gave patient hearing to the grievances raised and assured quality disposal of genuine issues in a time bound manner. He also gave on spot directions for redressal of many issues of urgent nature.

The DDC $\bar{\mbox{further}}$ added that District Administration is ensuring to provide all facilities to the people at their doorsteps and in this regard necessary instructions are already given to line departments.

On the occasion, DDC also approved a Model Classroom for



Govt HSS Satura

He was accompanied by the SSP Awantipora, Mohd Yousuf; ADDC Pulwama, Sheikh Abdul Aziz; Additional Deputy Commissioner Tral S.A Raina; PRIs, Tehsildar Aripal, and all other District officers.

On the occasion, DDC said that Yumi block/ Block Divas is a regular feature now and appealed people to become active participants so that the issues of daily importance are redressed in the minimum possible time. He highlighted the objectives of the various governmental programmes informing the public that these schemes, campaigns are aimed at reaching out to the people for redressal of their

grievances and addressing de-

velopmental issues

The DDC directed the concerned Officers to exhort for completion of ongoing projects, Roads, & bridges. He urged upon officers to complete the works within the shortest possible time.

The DDC also directed the concerned Officers to be proactive and remain accessible to the people so that the purpose of the initiative is fulfilled.

Thousands of people hailing from across the Block attended the programme and put forth their issues relating to problems they are facing.

During the Public hearing various delegations, individuals, deputations from Panchayats apprised the DDC about the issues pertaining to the different departments including Health, Education, Horticulture, Agriculture, Jal Sakti, RDD, R&B, Power Deptt, Social Welfare, ICDS and other sectors. The delegations also raised the

issues regarding the provision of various services like revenue extracts, domicile certificates, caste certificates, dependency certificates, registration for various individual benefit schemes including social Security schemes for Old age pensions, handicap pensions, scholarships and submitted memorandum of demands pertaining to their respective Panchayat Halqas.

Free Medical Camp (Ayush) at Rainawari Mughal Mohalla Srinagar

Faiez Ashraf Zargar



nized at Mughal Mohalla Rainawari. The camp was appreciated by the locals and demanded for such

During the Camp More than 300 - 400 patients were provide free consultation & medicine by a special team of doctors. Following the directions of Director Ayush Dr Mohan Singh, District Ayush officer Dr Nuzhat Bashir deputed a team of doctors from Ayush unit SMHS and AWHC Makhdoom sahb, Dr Ayub sofi,Dr Mansoor khan ,Dr shazia Mukhtar and pharmacist Zahoor khwaja for the free medical camp held at mughal mohalla Rainawari in collaboration with CSC society Rainawari traders. People in huge numbers were seen thronging to the camp site and lauding the efforts of the authorities for providing services to them at their doorsteps. In addition to the treatment, Yoga was also demonstrated by the yoga instructor Younis. The team of doctors and paramedical staff deputed as per the order delivered their duties with fervor and enthusialsm. The benefeceries of this camp were made aware of the AYUSH regimens available throughout the UT and were persuaded to utilise the available AYUSH facilities. Free medicines were distributing among the beneficiaries. Dr Mohammad Ayoub Sofi said. He said Ayush medicine has no side effects and is abundantly available at the Ayush centres. He appealed people to visit Ayush Hospitals and centres to avail the benefits.

He said all types of patients attended the medical Camp including diabetic, Cardaic and arthritic pa-

Jashn-e Challai Kalan festival held at Shopian

was today organized by the District Administration Shopian in collaboration with 55 Rashtriya Rifles at Batapora Stadium, here.

The festival witnessed participation of huge crowds from nearby and adjoining areas of the district.

The Deputy Commissioner (DC) Shopian, Sachin

Kumar Vaishya was the Chief Guest on the occasion The DC and Commanding Officer 15 Garhwal Rifles Ashutosh Thapliyal inaugurated the festival by throwing Pigeons in the air

Speaking on the occasion, DC said that the aim of organizing such festivals is to connect people together especially youth and said people should fully support this and also come forward for favouriting such events. He said that youth should strive for an educated Kashmiri Society and contribute in bringing development and peace to the country

He stressed that youth of Kashmir are the future and they need to be nurtured into responsible citizens of the society. Musical bands attracted the locals towards this festival and songs sung by the bands brought warmth in Kashmir's freezing temperatures and entertained the crowd with its melodious and energetic performances.

Jashn-e-Chillai Kalan, the harshest phase of winter in Kashmir which began today, has been welcomed by 55 Rashtriya Rifles of Indian Army in a unique and attractive way.

The festival was also aimed at promoting Kashmiri culture, handicraft & cuisine.

Awards were also distributed among those who had shown outstanding performance in various fields Among others the event was attended by Assistant Commissioner Revenue. Shahbaz Ahmed Bodha. besides all the district officers and large number of

Azadi Ka Amrit Mahotsav: ADDC/

BANDIPORA, DECEMBER 10: In order to monitor functioning of the Fair Price Shops (FPSs), ADDC/ Nodal officer coordination Bandipora, Mohammad Ashraf Hakak today visited Fair Price Shop, Naz Col-

oversee their functioning and to ensure conformity of norms by the dealers meant for delivery of food

ment of Food and Public Distribution, GoI, under the celebrations of "Azadi Ka Amrit Mahotsav"

Under the nationwide initiative, it has been decided

DC Anantnag chairs NCORD meeting



sioner (DC) Anantnag, Dr Basharat Qayoom today chaired the District level Narco Coordination (NCORD) meeting at DC Office, here.

The DC stressed that role of education and health departments in spreading awareness and appealing students to stay away from the menace is critical. He said that teachers must be sensitized and parents educated and requested to report any unusual behaviour or complains by their wards regarding unscrupulous elements approaching them for using drugs. The DC said that victims

ed through institutional support. He highlighted the role of Higher and School Education department in this regard.

SSP Anantnag said that awareness creation regarding desisting from illicit cultivation to people is essential. He said that strict action must be taken against those business establishments which are found involved in malpractices.

Principal GDC Anantnag said that several such IEC initiatives to spread awareness have been held in the colleges. He said that student driven clubs have been setup for

DFO Anantnag said that bhung cultivation in forest areas have been destroyed from time to time. He said awareness camps have also been held in various areas of the range.

Asst Drug Controller said that as part of regsurveillance on pharmaceutical vendors advisory boards have been installed at all such vending points as well as CCTV cameras have been installed. He said drugs and pharmacists have been sensitized regarding the menace.

The meeting was attend-

ed by SSP Anantnag, SDMs, Principal GDC Boys and Girls, CMO, MS MMABM Hosrepresentatives of police from sub divisions, representatives from Drug De Addiction Centres, DSW Anantnag among others. The meeting was attended by SSP Anantnag, ADC, SDMs, Principal GDC Boys and Girls, CMO, MS MMABM Hospital, representatives of police from sub divisions, representatives from Drug De Addiction Centres, DSW Anantnag.

Meeting held to review preparedness of Winter Festivals at Anantnag

ANANTNAG, DECEM-BER 10: A meeting was held today under the chairmanship of Deputy Commissioner (DC) Anantnag, Dr Basharat Qayoom to review the preparations for holding winter festivals at three tourist development authorities falling within the jurisdiction of district Anantnag.

The meeting was attended by JD Planning, CEOs of concerned development authorities and other stakeholders

Speaking on the occasion, Dr Basharat said that winter tourism has been a recent development in Anantnag and there has been a promising flow of tourists in the preceding year and more tourists are expected to visit the district this

He said the Winter Festivals to be held this year must be vibrant and include crowd pulling events. He said detailed planning exercises must be initiated and the public should be notified of the events in time. He



further stressed on leveraging social media to highlight tourist destinations and attract tourist

The DC said that tourism is central to the economy of these development authorities and facilitation of tourists should be the first priority. He said that information regarding hotel availability, notified rates for transport and ponies, and details of other available amenities must be widely publicised through various media.

The meeting was attended by JD Planning, CEO KDA/VDA, CEO PDA as well as stakeholders from Pahalgam and Kokernag associated with the hospitality industry. The meeting was attended by JD Planning, CEOs of concerned development authorities and stakeholders.

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tivals to be held this vear must be vibrant and include crowd pulling events. He said detailed planning exercises must be initiated and the public should be notified

DDC Shopian conducts Tour of Kanran Block



10: The District Development Commissioner the (DDC), Shopian, Sachin projects proposed and Kumar Vaishya today revised Detailed Project conducted an extensive Reports. He also inspecttour of Kapran Block of ed the feasibility of the the district to take stock project sites. of developmental activi- DDC directed the conties in the block. He also cerned executing ageninspected the progress of cies to start the work on development works un- a war footing basis and der execution in differ- ensure their completion ent villages.During his within the stipulated visit, the DDC inspected time. various ongoing works The DDC was accompawhich include Passenger nied by Assistant Com-Shed at Wangam, Site for missioner Revenue, Sho-Playfield at Ray Kapran, Government High School Mantribugh and other AEE and other officers. developmental works.

SHOPIAN, DECEMBER During the tour of these areas, the DDC discussed component wise

pian, Shahbaz Ahmed Bodha, BDO concerned. ficer, Parul Khajuria.

Valedictory ceremony for civil service coaching held at Kupwara

KUPWARA, DECEMBER 10: District Administration Kupwara organized a colourful valedictory ceremony at GDC Kupwara for the civil services aspirants who completed their 6 week long free coaching course. Deputy Commissioner Kupwara, Doifode Sagar Dattatray was chief guest on the occasion. Principals of Gov-

ernment Degree College (GDC) Kupwara/GDC Handwara, Faculty Members, besides, civil service aspirants attended the function.

Addressing the function, Deputy Commissioner said that he is feeling proud on completion of the first free coaching programme by the civil service aspirants in the district. He said that the aspirants have climbed the first step of success by undergoing the 6 week long coaching by qualified faculty.

He inspired the aspi-



rants for chasing their dream career and asked them to continue working hard with same zeal and enthusiasm for achievement of their goal.

The DC asked the aspirants to keep in touch with the faculty members and fortify the WhatsApp groups to continue their preparation for qualifying the civil services examination.

He directed the coordinators to schedule weekly lectures and make action plan to facilitate the aspirants. Other speakers including faculty members also spoke and shared their words of inspiration with the students.

The aspirants also spoke and expressed their gratitude towards the Deputy Commissioner for his concerted efforts in conducting the first of its kind free Civil Services Coaching programme at district level.

On the occasion, the aspirants presented gifts and momentos of gratitude to the Deputy Commissioner. The DC asked the aspirants to keep in touch with the faculty members and fortify the WhatsApp groups to continue their preparation for qualifying the civil services examination.

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On the occasion, the aspirants presented gifts and momentos of gratitude to the Deputy Com-

Nodal officer Bandipora inspects Fair Price Shop

ony Sector A in Bandipora.

During the visit, the ADDC checked the FPS to

grains, under Public Distribution System (PDS). The visit was taken in compliance with the directions of the Ministry of Consumer Affairs, Depart-

by the Government to undertake visits to about 5000 FPSs across the country by senior officers in order to significantly enhance the visibility of FPSs, and to boost the morale of the officials/ FPS owners as well as provide confidence to the beneficiaries. Under the nationwide initiative, it has been decided by the Government to undertake visits to about 5000

AKAM: DC Anantnag attends concluding ceremony of Multi Media Exhibition

ANANTNAG, DECEMBER 10: The Deputy Commissioner (DC) Anantnag, Dr Basharat Qayoom today attended the concluding ceremony of a five day long multimedia exhibition on Azadi Ka Amrit Mahotsav (AKAM) at Sports Stadium Anant-

The exhibition is being organized by the Central Bureau of Communication (CBC), Ministry of Information and Broadcasting, Government of India. The event was also attended by CMO Anantnag Dr MY Zagoo and Joint Director, CBC, Regional Office Jammu & Kashmir and La-

Speaking at the event and addressing the large gathering of students, the DC said that these events create

awareness among the students regarding the struggle undertaken for achieving freedom and the rights guaranteed to them as citizens by the Constitution.

He said students today are the prime victims of drug menace and advised them to be proactive in preventing their peers from falling into this menace

He also highlighted the role of students in ensuring cleanliness and maintaining sanitary conditions in their surroundings. He said that compost pits are being set up in all educational institutions and this will develop acumen among the students regarding generation of organic manure and develop a sensitive attitude towards the ecologi



Joint Director, CBC, Regional Office Jammu & Kashmir and Ladakh thanked the district administration for the support in organizing the exhibition. He said he is hopeful that the exhibition has provided all the visitors an opportunity to familiarize themselves with various events of the freedom struggle and created a sense of belonging and responsibility towards the Nation.

A memento was presented to DC Anantnag by CMO Anantnag and JD CBC Regional Office.

The event was attended by a large gathering of students, officials from various departments and members of the civil society. by the Central Bureau of Communication (CBC).

casting, Government of India. The event was also attended by CMO Anantnag Dr MY Zagoo and Joint Director, CBC, Regional Office Jammu & Kashmir and Ladakh. Speaking at the event and address-

Ministry of Information and Broad-

ing the large gathering of students, the DC said that these events create awareness among the students regarding the struggle undertaken for achieving freedom and the rights guaranteed to them as citizens by the Constitution.

He said students today are the prime victims of drug menace and advised them to be proactive in preventing their peers from falling into this menace.

HOME REMEDIES TO LOWER CHOLESTEROL LEVELS

FARHA AKRAM

igh cholesterol levels can cause concern, and it's normal to feel anxious about it. Many worry about the risks associated with high cholesterol, medications' costs, and potential side effects. Your doctor may suggest statins or other drugs to lower your cholesterol if your levels remain high.

Research suggests that those with elevated levels of low-density lipoprotein (LDL) cholesterol may benefit from statins, as they have been linked to a lower risk of heart attack and stroke. Nevertheless, these drugs may come with some unwanted side effects. In addition, with so many different cholesterol drug types available, it can be challenging to know where to start.

But you can make a few simple changes to your diet and lifestyle that can be beneficial. For example, using natural methods to reduce your cholesterol may reduce the medication you need to take. Additionally, some ingredients in everyday kitchen items can help reduce high cholesterol levels.

Explore the healthy and feasible home remedies mentioned below to manage your cholesterol for a

What Function Does Cholesterol

Cholesterol is an essential lipid found in the body. Typically, the body receives the cholesterol it needs from the liver and animal food sources. Usually, the body excretes any extra cholesterol. However, due to various reasons, sometimes, this system doesn't always work correctly or is regulate your blood sugar levels overwhelmed, which can lead to and thus reduces the production increased cholesterol levels in the of additional cholesterol.

You can now check your cholesterol levels at home with the HealthifyMe Metabolic Panel. This comprehensive and personalised test shows 85+ other parameters in addition to your blood lipid profile. This information can help you make more informed decisions and progress steadily toward your health objectives.

survival, but having too much of it turmeric milk before bedtime can can be damaging. The body needs be beneficial. it to perform several essential functions. These processes include:

It helps build layers around the cell membranes, which protect the cells. You can regulate what enters and exits your cell with the help of these layers.

Aiding the production of bile in your liver, which is essential for the digestion of food.

mones, vitamin d, and other hor- astragalus may provide certain mones in your body

Home Remedies to Manage Choles terol like a Pro

Lowering your cholesterol naturally may seem challenging. Nevertheless, a few simple steps in lifestyle changes make it easier to manage your cholesterol levels.

Increase Your Fibre Intake

both soluble and insoluble forms heart disease. Studies have shown

LDL (low-density lipoprotein) cholesterol levels, often referred to as the "bad cholesterol" due to its increased risk of heart disease.

Dietary fibre acts like a sponge, helping to absorb fat and cholesterol when you eat fatty or cholesterol-rich foods, thus lowering your blood cholesterol levels.

Even when eating a low-fat, lowcholesterol diet, soluble fibre can still help lower cholesterol. Sources of soluble fibre include oats, legumes, fruits (such as oranges, pears and apples), peas, and psyllium. This soluble fibre helps to

Consume Adequate Turmeric

For optimal results, you should incorporate turmeric into your meals regularly. It reduces plaque buildup in arteries and has antibacterial properties.

Studies suggest that having curries, vegetable dishes, and sabzi that contain turmeric can help manage cholesterol levels. Cholesterol is necessary for Additionally, drinking a glass of

Astragalus

Astragalus, a plant commonly used in traditional Chinese medicine, is believed to have an adaptogen-like effect, which means it can help the body withstand various kinds of stress.

It assists in producing sex hor-tionally, research suggests that and LDL cholesterol levels. cardiovascular benefits like man-

Eat Raw Amla Or Drink Amla Juice

According to a study, consuming one or two amla fruits daily can considerably lower bad cholesterol levels. Amla, rich in vitamin C, is one of the excellent natural therapies for lowering cholesterol. Additionally, it aids in the regeneration A healthy diet should contain and repair of bodily tissues.

According to research, green Fenugreek Seeds that soluble fibre can help lower tea contains catechins and other

antioxidant substances that may fenugreek, have been used since help lower "bad" LDL and total cholesterol levels in the body and keep agent, and medicinal herb. They you feeling energetic. So consuming green tea every day can aid in anti-diabetic, anti-inflammatory, lowering high cholesterol.

Omega-3 Fatty Acid Supplements **Produced From Fish Oil**

Fish and fish oils are excellent sources of omega-3 fatty acids. Particularly abundant sources include of fenugreek seeds is generally recherring, sardines, lake trout, ommended daily. salmon, tuna, and other fatty fish.

According to a study, omega-3 Note fatty acids in fish lower the chance of developing heart disease. Therefore, the additional nutrients found in fish can protect your heart health. Furthermore, combining those nutrients plus omega-3 fatty acids can make it more effective.

fatty fish per week may decrease your risk of a heart attack. Omega-3 fatty acid supplements and other meals high in these fatty acids may be helpful if you have heart disease. Walnuts, canola oil, and soybeans are a few examples of good sources.

Garlic

Garlic is renowned for its health benefits and has become a staple in Indian cuisine. It is composed of amino acids, vitamins, minerals, and molecules with sulphur-containing oxygen, all of which are the active components that give garlic its medicinal properties.

Various scientific studies have It also has anti-inflammatory demonstrated that garlic consumpand antibacterial properties. Addition can significantly reduce total Regular Exercise

Coriander Seeds

as vitamin C, folic acid, vitamin A, cholesterol levels. and beta-carotene.

levels (LDL).

Methi seeds, also known as Stop Smoking

antiquity as a spice, flavouring are rich in vitamin E and possess and antioxidant properties.

Research has revealed that the saponins and fibre in fenugreek can reduce cholesterol levels and inhibit its production in the liver. Therefore, taking ½ to 1 teaspoon

There is no one-time fix to reduce your cholesterol levels, but continued effort can result in significant progress over the long term. If cholesterol levels are unstable, consider looking into home remedies along with dietary Eating one or two portions of intervention under supervision of qualified nutritionists for high cholesterol. These approaches are generally low-cost, easy to obtain, and may help you achieve your health goals.

Some Lifestyle Modifications to Lower Cholesterol

Living a healthy lifestyle affects your cholesterol balance significantly. Therefore, it is crucial to be aware of the factors that can have a lasting effect on high-density lipoprotein (HDL) levels. To positively influence your

cholesterol, you should incorporate physical activity and healthy eating into your daily routine.

Regular exercise can signifi- Conclusion cantly benefit a person's health, promoting the elevation of good Ayurveda uses Dhaniya seeds cholesterol and reducing bad choto treat various illnesses, one of lesterol. Unfortunately, the sedenwhich is reducing harmful cho- tary lifestyle of many people over lesterol levels. Coriander seeds the age of 40 can be detrimental to contain essential vitamins, such their health, leading to increased

To prevent this, it is best to Consuming these seeds first begin each day with a few minutes thing in the morning can help boost of mild stretching exercises, such your body's good cholesterol (HDL) as the cobra stretch, knee to chest, levels and decrease bad cholesterol child's pose, and side stretch along with a regular schedule of brisk walking for 20-30 minutes...

Quitting smoking can be challenging, but smoking raises cholesterol levels to a great extent, hence modification of lifestyle is

essential for better health. It is very probable that when one stops smoking, these effects will disappear. In fact, after quitting smoking, HDL levels can begin to increase in as soon as

Moderate Alcohol Consumption

Alcohol consumption is a prominent health issue in today's society. While regular drinkers may have difficulty stopping altogether, it is best to limit or avoid alcohol consumption as excessive drinking can increase cholesterol levels and cause other problems.

Get Access to Several Other Strategies with the Pro Support

Frequent medical examinations and awareness of your cholesterol level are paramount to avoiding the potential for severe diseases due to high cholesterol levels.

The only warning sign of high cholesterol may be an acute ailment such as a heart attack or stroke, so it is essential to receive advice on how to keep it under con-

HealthifyMe, the most popular health and wellness platform globally with more than a million users, offers a ground-breaking invention. This HealthifyPro package includes a blood lipid panel test that includes lipid test to monitor cholesterol levels.

Depending on the results, the expert nutritionists help you create a customised plan to combat the condition. The benefit of the Pro package is that it includes another test after three months to monitor

The programme includes several elements to treat lifestyle disorders caused by metabolic irregularities and poor lifestyle choices, which often manifest as being overweight, underweight, or obese.

These include using sophisticated metabolic panel testing to swiftly measure cholesterol levels and trained coaches to help manage any medical disorders to which you may be more prone.

This revolutionary approach combines the expertise of renowned nutritionists and trainers with the latest technology to create customised diet and exercise plans based on a person's metabolic profile. Valuable for anyone looking to make lifestyle changes, this is a priceless tool that utilises both traditional wisdom and modern advancement.

With so many people worldwide dealing with cholesterol-related issues, you must take action to prevent them. Adopting a healthy lifestyle that includes nutritious eating and regular physical activity is key to avoiding long-term, potentially deadly complications.

However, don't let yourself be complacent; now is the time to switch from an inactive and unhealthy lifestyle to one that promotes vitality and wellness. Doing so will help you steer clear of cholesterol-related problems and live a long and healthy life.

NEWS

Wearing masks for longer time can even hamper cognitive performance

earing a face mask can temporarily disrupt decision-making in some situations, hampering cognitive performance in certain sports, and professions like language interpreters, performers, waiters and teachers, a new study has revealed.

The University of Queensland (UQ) research, published in Proceedings of the National Academy of Sciences, analysed almost three million chess moves played by more than 8,000 people in 18 countries before and during the pandemic.

It found wearing a mask substantially reduced the average quality of player decisions.

"The decrease in performance was due to the annoyance caused by the masks rather than a physiological mechanism, but people adapted to the distraction over time," said Dr David Smerdon from UQ's School of Economics.

The data showed masks were more likely to decrease performance in situations where there was a demanding mental task with a high working memory load.

'This is something to keep in mind for occupations in the STEM fields of science, technology, engineering and mathematics as well as other professions that demand a high level of working memory such as lanquage interpreters, performers, waiters and teachers." Smerdon added.

Dr Smerdon, an Australian chess Grandmaster, said while mask mandates had helped to curb the spread of Covid-19, almost nothing was known about their impact

on cognitive performance. "At the moment there are no large studies on the impact of mask wearing on the general population,"

The study found that while mask wearing had a negative impact on chess performance, the effect subsided after four to six hours of playing.

"The results suggest that the effect of masks may depend on the type of task, the duration of the task and working memory load," he added.

Understanding the impact of mask wearing on decision-making could help individuals and organisations

Boy with twisted intestines gets new lease of life after

14-year-old boy with malrotation, known as twist-Aed intestines, experiencing greenish vomit and excruciating pain due to blockage in the abdomen, has been successfully treated and saved by a team of doctors.

The malrotation is a rarely found in grown-up children and is a congenital anomaly which results from failure of the GI tract to undergo usual counter-clockwise rotation during embryologic development.

As per the health experts, Malrotation may lead to twisting of the intestines, causing blockage of blood supply to the gut, risk of gangrene and complete loss of the small intestine.

The patient who was not able to take his complete meal because of abnormalities underwent emergency surgery at Faridabad Sarvodaya Hospital by a team of experts. The patient was not responding to any medication, and was brought to the hospital with agonizing pain in the abdomen.

'The child presented himself with fever at the hospital and was diagnosed with typhoid. He had intense abdominal pain, so we suspected malrotation as one of the possibilities. This is a medical condition where the intestines twist upon themselves, leading to blockage. It is a very rare occurrence in this age group. The condition needs emergency surgery once diagnosed," said Dr Anand Gupta, Senior Consultant, Paediatrics.

Dr Shweta Kumari Sharma, Consultant, Pediatric Surgery said that the patient was found to have acute intestinal obstruction due to malrotation and midgut volvulus. The child had gone into shock due to falling blood pressure and was having seizure.

"Malrotation with midgut volvulus is a surgeon's nightmare. The three-hour surgery, called Ladd procedure, involved repositioning the intestine to correct the anomaly. The patient's intestine was straightened out, the Ladd's bands were divided, the small intestine was folded into the right side of the abdomen, and the colon was placed on the left side. Resuming blood supply of the whole intestine through denotation saved the child's life. Quick diagnosis and immediate surgery proved to be game changers," said Dr Kumari.

The doctor said "The patient will have to take only liquid and soft diet for a couple of weeks, as it takes time for the intestine to restore the digestive and enzymatic activity. There will be slow and gradual return to

How to Reduce VLDL Cholesterol the Healthy Way?

Cholesterol

PRAGYA SHARMA

few years back, researchers believed high blood Aers believed high bloom cholesterol was the leading cause of heart disease. But $modern\ research\ shows\ that\ \ \textbf{How to Calculate VLDL Cholesterol}$ this idea was only one part of the

lesterol through the blood, and all have different effects on the cholesterol is to get a lipid profile body. These particles are together called lipoproteins. Lipoproteins are a combinablood test to determine your trition of fats (lipids) and proteins in glyceride level. The VLDL will

the blood. Since fats do not read-

VLDL, HDL, and LDL, carry cho-

ily dissolve in the blood, lipoproteins help to transport them. Lipoproteins are categorised based on their density and size. For example, VLDL is a lipoprotein with a very low density and

is considered bad cholesterol. This article discusses VLDL. its functions, and ways to maintain healthy levels.

Understanding VLDL Cholesterol

(VLDL) cholesterol is produced by the liver and released into the bloodstream. It supplies fat (triglycerides) to the body tissues.

It is considered "bad" cholesterol because it can contribute Note to the buildup of plaque in your

sage and restricts blood flow. Furthermore, it may result in cardiac disorders, including coronary artery disease and others.

arteries, which narrows the pas-

Levels?

The CDC states that high cho-Different particles, such as lesterol has no noticeable signs or symptoms. Therefore, the only way to know if someone has high You will most likely need a

> triglycerides and carry them to the cells. The lab can estimate the levels of VLDL by using triglyceride levels. Your VLDL level is approximately one-fifth of your triglyceride level. However, if your triglyceride level is high,

contain the majority of these

The test provides triglyceride Very-low-density lipoprotein readings in mg/dl or mmol/l. Additionally, it is recommended that people abstain from alcohol for at least 24 hours before the

same manner, will not be effec-

VLDL is a type of cholesterol

that can increase your heart attack or stroke risk. Some ways to help control cholesterol levels include eating a healthy diet, being physically active, and not smoking. It's also essential to calculating your VLDL in the maintain a healthy weight. Unfortunately, people with high VLDL

Healthy VLDL Cholesterol Levels

levels may not know they have it

The American Association for Clinical Chemistry (AACC) states that the average VLDL level should not exceed 30 milligrams per deciliter (mg/dl).

Having VLDL levels that exceed this number puts a person at an increased risk of heart disease and stroke. In addition, a study found that women generally have lower VLDL levels than **Exercising** men, resulting in lower overall VLDL-C levels

How to Reduce VLDL Cholesterol? because high cholesterol has no

To lower your VLDL cholesterol, the primary strategy should be reducing triglycerides. One can lower bad cholesterol by making simple lifestyle changes like losing weight, eating a healthy diet, and exercising regularly.

It is also important to switch

lesterol levels.

Physical activity can help increase HDL levels, or good cholesterol, in the body. HDL can help remove VLDL from the blood, so it can be helpful to follow the American Heart Association's (AHA) recommendations of getting at least 150 minutes of moderate-intensity aerobic exercise each week. You can try brisk walking, swimming, or cycling—every day, whenever

to healthy fats and reduce sugar

and alcohol consumption. Medi-

cations can also help lower cho-

Healthy Eating Habits

A heart-healthy diet is low in saturated and trans fats. Therefore, you should avoid or reduce the consumption of sugary and processed foods and minimise your intake of saturated and trans fats. Instead, choose fibrerich foods such as fresh fruits, vegetables, and whole grains.

A study showed that the Mediterranean diet could help lower triglyceride and VLDL-C levels and decrease your risk of heart disease. This diet includes lots of fruits and vegetables, fatty fish, olive oil, and nuts.

Additionally, you should increase your consumption of fatty, omega-3-rich fish. You can talk to an expert nutritionist at HealthifyMe to help create a customised meal plan that can help reduce your VLDL levels.

Quit Smoking and Alcohol

A recent study has found that smoking cigarettes lowers good cholesterol (HDL) levels in the blood and increases the likelihood of developing high blood pressure or diabetes.

These conditions can lead to heart attack and stroke. However, smokers can lower their LDL cholesterol and raise their HDL

cholesterol by giving up smoking. Additionally, quitting smoking

can help to protect arteries from damage. Nonsmokers should also avoid passive smoking to protect their health. Limit your alcohol intake, or

don't drink at all. Study shows that alcohol can increase triglyceride and VLDL-C levels.

Losing Weight The American Heart Associa-

tion (AHA) suggests that people who are overweight or obese are more likely to have high cholesterol. However, they have noted that if an overweight or obese person were to lose just 5-10% of their body weight, it would help improve their cholesterol levels.

Conclusion

There is no one-size-fits-all answer to reducing VLDL cholesterol, as the best approach depends on the underlying cause.

However, some general lifestyle changes that can help lower VLDL cholesterol levels include eating a healthy diet low in saturated and trans fats, exercising regularly, avoiding tobacco use, limiting alcohol consumption and managing conditions that can contribute to high cholesterol, such as diabetes and high blood pressure

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symptoms.

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HEADLINES TODAY

EDITORIAL

Suicidal tendencies among youth on rise across Kashmir

matter of grave Concern in contemporary Scenario is an alarming increase in the number of suicides across Kashmir Valley. It is an unprecedented Scenario across Kashmir valley. It is a social evil and threat to mankind and humanity itself in general.

Suicide estimates suggest fatalities worldwide could rise to 1.5 million by the year 2024. Excluding reacent Covid pandemic suicide is still recorded as the second largest cause of death among people across the globe and it is believed that it will suppress and become the first in the next 10 years across the

Suicide is the slur on society and even UT of JK has not been left untouched by the menace of suicides. It is not unusual to see the reports of suicides in daily newspapers. According to reports of NCRB the erstwhile state recorded a total of 7000 cases between 1990 and 2021.

Depression, anxiety, stress are some factors which leads to suicides

According to research 79% of the urban and rural population in the valley suffers from depression. Suicide is more common in teenagers and youngsters especially females because they are far more sensitive and emotionally weaker than men. They have less tolerance than men. The main question is what are the causes of these suicides, who is responsible for them. What are the factors that leads a person to depression and ultimately to suicide

the growing unemployment, love failures, job instability, child sexual abuse, impulsive personality and even drugs abuse are the casual factors for suicides. Besides that the panic situation created by pandemic cannot be ignored, it creates stress among the people especially young boys and girls. schools were closed, people lost their jobs and drains the wealth as all sources of income were shutdown. It crushes the backbone of economy of country as well. People remain idle in their houses and the growing peskiness leads to depression and ultimately to suicide. Experts also blame the eruption of the armed conflict in the valley which has taken heavy toll on lives. Adding that mental health issues can also be contributing factors

However suicides can be prevented d by proper intervention. Parents and teachers should fix the responsibilities on their children so as to prevent the suicides. People just need to do physical and mental exercise regularly and be more social and fulfill hobbies on priority basis, family members need to be more vigilant and try to understand the change in their members. The Govt should also take the steps to minimize the suicide rates. More employment opportunities should be pitched out for the people. Govt organizations and NGO's should do seminars to motivate the people and should make them aware about the negative impacts of depression. Soner the better sense prevails. Govt should take every possible step to minimize this alarming suicidal rate. Also all the stakeholders have an important role to play to save our future generations.

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Role of Modi Regime in Countering Terrorist Acts

JAMYANG TSERING NAMGYAL

ince terrorism is a threat to global peace, intimidating and destabilizing through their fragmented ideological tags, using any approachable means such as bomb, cyber, narco, and hijacking to destabilize the nation's Government, civil society, social and economic development, and its impact occurs on global peace and security. It is duty of the global leaders to combat and eliminate the terror acts through extending their responsibilities and cooperation.

India under the leadership of Narendra Modi, performing as emerging global leader using global platform to cooperate in countering the terrorist activities with bold actions. In his visit to various nations and organizations, he always alerts every leader on the consequence of ignoring terrorism. In South Asian nations, India is one of the most effective regions of terror activists since

ing dialogue for nation's peace and

Modi Government has already taken some of quickest retaliation steps to counter terrorist activities particularly by Pakistani sponsored terrorist activists in Jammu and Kashmir. In recent history, some of active steps against terrorist activities are surgical strikes in 2015 and 2016, Balakot air strike in 2019, cracking down on terror financing, advocating a strong anti-terror policy globally, strengthened Armed Forces to tackle terrorists, and UAPA law made stronger.

It is envisioned of Narendra Modi to take bold step to ensure global human right and rule of law. On 28-29 Oct. 2022 India hosted special meeting of UNSC Counter Terrorism Committee in Mumbai and Delhi. India under Modi leadership urged 'Zero tolerance on terrorism' and 'No money for terror'. Indian Government clar-

Modi regime, pro-active steps have It knows no boundaries. Further, Special Power Act has been reduced national platform the Prime Minisbeen taken without any compromis- it is ushered that anyone who supports radicalization should have no place in any country. Emphasizing on the internal security, Prime Minister warned India needs to defeat the threat arising from Naxalism both

'gun-totting and pen wielding.

The dealing with terrorism under Modi regime to curb the terror menace has taken crystal clear steps, India has already learnt a listen from post-independence Kashmir history that how neglected sparked burn whole Valley, this is bigger reason for removal of Article 370. Some of preventive measures prescribed bv Prime Minister. Narendra Modi has strongly asked for avoiding any ambiguity in dealing with terrorism and warned against nations that use terrorism as a tool of foreign policy. Now. Prime Minister has already brought many preventive solutions in disputed parts of nations. In Northeast, since 2014 insurgency violence has been down by 80%, ified that there is no good and bad civilian deaths decreased by 89%, terrorism, terrorism is an attack on around 6,000 militants have surrenfrom Indian Independence. Under the humanity, freedom and civilization. dered. Rolling back of Armed Forces covert backing of terror. At the Inter-

from a large part of the Northeast, it is completely withdrawn from Tripura and Meghalaya, 60% of Assam now free from AFSPA, 77% dip in naxal violence, similarly in Arunachal Pradesh, Manipur, and Nagaland majorly normalizing the situation through continuous dialogue for peace.

In his recent directions of Narendra Modi as global leader, there is needed to be minutely dealing with microscopic exercise, it is believed that microscopic exercise is essential that 'a terrorist is an individual. but terrorism is about a network of individuals'. For uprooting terrorism needs a larger, proactive, systemic response, he emphasized that Government must break their support networks and hit their finances. Another essential Herculean task is keeping vigilance on proxy wars; state actors, organizations and Individual that try to create sympathy for terrorists must also be isolated. Further emphasized that the world needs to unite against all kinds of overt and

ter stressed that the role of United Nations Security Council, Financial Action Task Force, Financial Intelligence Units, and the Egmount Groups should boost cooperation in the prevention, detection and prosecution of illegal acts for terrorism. And last his international arena appeals is to strengthen international laws for humanitarian, criminal and refugee for larger interest.

Conclusion: Hitherto India plays a most neutral country to take universal decisions and steps for common causes. Indian comprehensive approach to address terrorism has nodded globally to tackle common problems. India's logic to eliminate terrorism is to fight on every nexus, without associated with any religion, nationality, civilization or ethnic group. India is advancing toward bilateral and multilateral cooperation to curb the menaces of terror-

(The author is sitting Member of Parliament in Lok Sabha from Ladakh constituency)

'No Boycott of Electoral Politics'

REKHA CHOWDHARY

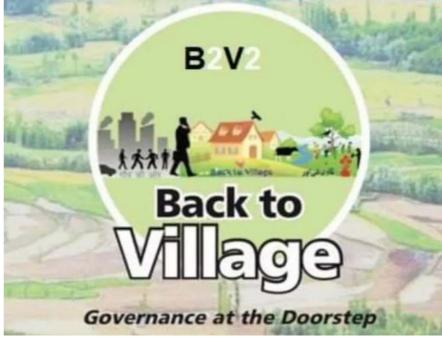
In a very recent statement, the newly reelected President of National Conference, LFarooq Abdullah has stated that the NC will not boycott any future election. Regretting his party's decision to boycott the 2018 Panchavat elections, he has reiterated the point made many a time by Omar Abdullah as well that the party will participate in every coming election. This statement while reflecting the personal response of Farooq Abdullah to the political options before the NC to the emergent political situation, is also representing the response of most of the other Kashmir-based mainstream parties. Despite the severely critical response of the PDP towards the developments in Jammu and Kashmir, Mehbooba Mufti has often made the statement about unconditional willingness of her party to contest Assembly elections, as and when they take place. These parties have come much ahead of the times when 'boycott' was a major narrative of Kashmir's electoral politics and not only the separatists but even the mainstream parties were seen to be using the 'boycott' tool to make their political points. And that is an interesting turn in the history of political parties and elections in Kashmir. Boycott is no more a choice and parties have entered a 'post-boycott' phase of politics.

Even while it would be interesting to analyse the response of the Kashmir-based mainstream parties towards the electoral process and their keenness to participate in elections, despite their resentment to the August 2019 developments, it might be useful to locate this phenomena in the very colourful and (or should we say blemished!) history of electoral politics of Kashmir.

Broadly speaking, it is through four different phenomenon that the history of electoral politics of Kashmir can be retold - the phenomenon of 'elections without polling'; the phenomenon when 'boycott' was buzzword; the phenomenon of 'boycott of boycott politics' and the recent 'post-boycott politics'.

In the first situation which lasted from 1951 to 1967, there was this peculiar phenomenon of 'uncontested returns'. Although it was a state-wide phenomenon, but it was more rigorously applied to Kashmir for a longer period of time - only one candidate, mostly belonging to the ruling party would file the nomination paper and would be declared elected without any contest. So massive was this phenomenon in 1951 that in all but two of the total of seventy-five constituencies of J&K Assembly, there were uncontested returns. In Kashmir, of course, hundred percent candidates belonging to the ruling NC were declared elected without any contest. The process continued in the next three elections. In all 43/75, 34/75 and 22/75 candidates in 1957, 1962 and 1967 Assembly elections respectively, were returned uncontested. One could see that most of these uncontested returns were from Kashmir since Jammu region started witnessing a more effective electoral competition after 1951. Even in 1967, fifty percent of the constituencies in Kashmir saw no contest.

The phenomenon of uncontested returns Governments were made or unmade, impor-



was not without its controversies. All through this period there were allegations that the ruling party (NC led by Sheikh Abdullah till 1953; NC led by Bakshi Ghulam Mohammed til 1962 and Congress lead by G M Sadiq during 1967 election) had its role in manipulating the opposition and managing uncontested returns. Thus during the 1951 Assembly elections, a large number of nomination papers of the Praja Parishad candidates were rejected on the flimsy grounds, as a result of which the Parishad 'boycotted' the elections. During Bakshi's regime, it was alleged that the opposition parties and candidates were intimidated and the infamous 'Peace Brigade' run by his brother so unnerved the opposition candidates that not many in the opposition dared to file the nomination papers. So dismal was the state of affairs that the fact caught national attention and after the 1962 election in an editorial The Hindustan Times raised the question: 'How then did Bakshi Ghulam Mohammed achieve this happy state of affairs in Kashmir? Is it that the policies of his government are so universally accepted that we might as well replace in his domain the process of election by the process of acclamation?... (cited in Balbir Singh's book State Politics in India: Explorations in Political Processes

in Jammu and Kashmir) The implications of the uncontested returns was very clear, that it not only implied the manipulated democratic processes but clearly pointed out the exclusion of large number of people from the electoral process. One can imagine with the phenomenon of uncontested returns continuing from first to fourth general elections, there was a large population in Kashmir which did not exercise its right to cast its vote for twenty years. No wonder that when democracy was taking root in rest of India, in Kashmir there was no space or role for the common voters.

tant policy decisions were being taken but people had no stakes in politics.

The second phenomenon of 'boycott of electoral politics' started in the period of militancy and continued unto 2002. This phenomenon basically reflected the boycott of electoral exercise either by the voters or by the political parties. Under the influence of separatists as well as the duress of the militants – Kashmir witnessed situations like the 1989 Parliamentary election when Kashmiri voters mostly boycotted the elections (Around 5% voter turnout was recorded during this election). Though there was some reasonable voter turnout during the 1996 Assembly election, even so there were constituencies like Amirakadal, Zadibal and Khanyar where less than 13 per cent voter turnout was recorded. In these and other constituencies of Kashmir, the voter turnout was quite dismal during 2002 Assembly elections as well. (Less than 5 % in Zadibal. Khanyar, Idgah, Batmaloo, Habbakadal, Amirakadal and less than 10% in Hazratbal, Sopore, Anantnag and Sonwar constituencies). Such a lower voter turnout was a result not only of the militants' threat but also of the 'boycott politics' followed by the separatists. Ironically, while there was no space for proper electoral campaign by the political parties, the campaign for boycott politics was undertaken by the separatists in a systematic manner. Throughout 1990s till 2002, political parties could not engage in formal campaigning process – there were no rallies, no public meetings and no doorto-door campaign, but separatists indulged in their campaign.

The era of 'boycott' politics, interestingly was followed by another trend which can be termed as the one related to 'Boycotting the Boycott politics'. During various elections after 2002, Kashmiris in general have shunned the boycott politics and even though the separatists (as well as the militants) con-

tinued to give call for boycott, people ignored such calls. Thus there was massive voter turnout during various elections held after 2002, 2008 Assembly election was the first such election after 1987 when there was a massive political response of people. Following the role played by the separatists during the Amaranth agitation, the separatist leaders had given a call for boycotting the elections, but people completely ignored the call. Similar call for boycotting elections was ignored during the 2011 Panchayat election which recorded more than 80% voter turnout. The 2014 Assembly election similarly saw a high voter participation. It was the situation of vibrant democratic politics that voters had consciously rejected the separatist call for boycott during 2008-2014 period.

In the light of the above history of electoral politics of Kashmir, the emphatic rejection of 'boycott politics' by the parties like NC (and even PDP) can be seen as another phenomenon of electoral politics in Kashmir

the phenomenon of post-boycott politics. These parties, it may be reminded, have a history of using the idea of 'boycott' to put a spotlight to their political position. NC had boycotted the 1996 Parliamentary election protesting the indifferent response of the Centre towards its demand for greater Autonomy. (Having lost out to other parties during this election, it was quick to change its track and participated in the 1996 Assembly elections that took place within months of the Parliamentary elections – and that too without raising any conditions.) In 2018, both NC and PDP boycotted the Panchayat election protesting the lack of assurance by the Centre with regard to Article 35A and

As per the new phenomenon, however, these very parties are now taking a public position on the futility of boycott politics. One can try to explain the reasons for this

Though the pointlessness of the idea of boycott politics would be abundantly clear to any political party seeking to make a mark in the competitive politics, but in the situation in which the Kashmir-based parties have been placed in the post-August 2019 situation - the idea becomes much more precarious. Having lost the core logic of their politics in the wake of abrogation of the special constitutional status of J&K, these parties have been seeking to find their relevance in Kashmir's politics. As the new parties and political actors have emerged on the scene and have been aggressively seeking an opportunity to take advantage of the changed context of politics – these traditional parties can't afford to withdraw from the scene. That is the reason that despite the expectations of their boycott during the DDC elections in 2021, these parties participated. And since the DDC election, these parties particularly the NC, is not only showing its keenness to participate in elections but also showing its flexibility in doing so. Its willingness to participate in elections is without any preconditions - whether related to Article 370 or even restoration of the statehood

> (Feedback welcome at rekchowdharv@ gmail.com)

Empowering Panchayats through B2V initiative

ANKUSH SHARMA

🔁 ack to Village4 is a strategy for bringing rural development in India. Initially, the concept was given by former president Dr. A.P.J. Abdul Kalam and discussed it in his book Target 3 Billion which he co-authored with Srijan Pal

infrastructure and services to be provided in rural hubs these visiting officers will to create economic opportunities outside of cities. Physical connectivity by providing roads, electronic connectivity by providing communication networks, and knowledge connectivity by establishing professional and tech-

be done in an integrated way so that economic connectivity will emanate.

The Government has deployed the visiting officers along with facilators who will go to the their assigned Panchayats and will build the trust between the people and administration. The seriousness of administra-B2V4 proposes that urban tion regarding B2V can be analysed from the fact that act as mentors for one year of these panchayats. The LG led adminstration boosting panchayats by empowering Gram Sabha will give a much needed impetus in the direction of good governance and SELF RULE. The conducting

nical institutions will have to of Gram Sabhas on the 2nd the actual nation-building areas of villages. day of B2V4 are Brahmastra like weapon for information sharing on programmes, schemes, good practices and matters of common interest. The feedback obtained directly during the 1st and 2nd day of visit by officials from the locals of Panchayats will help design Government schemes. It will also help in smooth implementation of government schemes like PMAY, AWAAS+, SBM and other schemes etc. The LG led adminstration Back to village program will help in providing tailor-made customized solutions by taking into considerations of local area needs.

It has been well said that

process begins at the bottom of the pyramid i.e to transform rural India and people at the grassroots must be empowered. The latest Circular No.36-JK (GAD) of 2022 Dated:13.10.2022 is clearly indicating the seriousness of the JK Govt towards the overall development of Rural areas. In this circular it has been said that the people PRIs and the locals present must be empowered with the there virtually. The LG led decision making process in adminstarion is trying to democracy and in this B2V4 is an outstanding example. making B2V4 a grand success The adminstration is taking and fruitful program. every single step so that elected Panchayats can be energised and can be used to redress the local grievances of people living in far flung

The Government has set the target of providing self employment to around 63 thousand people and identifying around 100 tourist spots to boom the economy at local level. In many of the ongoing events during B2V4 the Chief Secretary Dr.Arun kumar Mehta held interactions with various visiting officers, leave no stone unturned for

Conclusion:

In simple terms, it can be said that the idea of 'Back to village' can drill grassroots and broader into the landscape of Jammu and Kashmir. Moreover, B2V is also giving a sense to the people in far flung rural areas that they have a voice and that is heard out. Also ,the panchayats elected would feel empowered, especially when they saw the differrent line department officers rushing to their villages, sitting amidst them and recording their problems. All this gives a sense of empowerment to the people, a crucial and critical element in the grassroots democracy.

democracy more deeper

(The author is working as Assistant Accountant (Panchayat) in Rural Development Department, Rajouri)

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Siblings and the Wonderland - Part - II KILLING THE WITCH



SANA BILAL SHAH

The bear was in the fornt and he was talking with others he was walking and looked behind, also everyone was looking at the bear. Suddenly, the bear HOO" Said the bear. As they looked

entry of south city, we reached at our destination. Yes!!!, Yes!!!" Said the bear with joy and all were happy. As they entry from the gate a troop of soldiers came running with their weapons and a murder of crows came with stones in their beaks. " I think the witch knows that we are coming, they all are coming towards us, I think for killing us" Said Princess Sara. "You are obsuly right Princess" Said the bear and also continued by saying "You three siblings, go to kill the witch, portion is in Princess Sara's bag, We will see these people". " They all are not people but also birds." Said the scarecrow. "Shut hutted on his nose and face. "OUCH, up" Said the bear. Anyways the siblings went to the palace of the up to the object by which bear had real queen of the south city were hutted, they found it the big, large they witch. They went to the court was fighting with crows and the gate of the South city. "It is the to find the witch but nobody was in tiger with the soldiers the scare-

HT EXCLUSIVE / SUNDAY SPECIAL

the court because all were in the war. "I am very fridaned that who only the tiger, bear and scarecrow will fight with so many and also the scarecrow is very coward because of the evil witch" Said Princess Sara. "Don't worry Sara. If we will find and kill the witch every thing will be fine. So, let's find her. Said Prince Ali. "Yes, you are right brother. Let's find her in queens room" Said Princess Noora. " But where we will find it" Said Princess Sara. " let's Find it first" Replied Princess Noora. "Yes" Said Prince Ali. On the other hand the Bear

only ran away.Now, they started find her in the room. They found her in the fifth room of the first floor. The room was very dull and dark. It has only one window and a anther room attached with it. The witch was seeing all activities of the sibling with his magical power making a circle. The sibling entry into the room, the witch said without turning towards the sibling, she was watching toward the wall "I was just waiting for you". Then, she turned towards the sibling and bent towards Princess Noora and said "Hey, I went to your parents, King and Queen. They were happy because they lost you but were sad because they also lost their other two children. They said to me that you should spell only on Princess

cess Noora got angry and said to the Witch "OHH, evil what you will tell me, I will tell you all about your evil works" and then she pushed the witch that she reached to the end if the wall. The witch got very fused and shuted and push the little Princess back that she hutted her leg. The witch laughed. Princess Sara sat down with Princess Noora. Suddenly, the witch fell down but how it was Prince Ali who kicked her and said "Sorry, but it is every brothers duty poor or Princess or powerful, Week or wealthy, strong or anything elsa it is his duty to protect her sisters" The witch got fused and stands to fight with Prince. Princess Sara find it a better Chance and sparkle the portion to upon the witch and she was killed and disappeared. Now, the

EU deal to fight global deforestation

MAZHAR IQBAL MAZHAR

The members of the European Union have agreed on a deal to fight global deforestation and forest degradation. Forests comprise 31% of the world's total land area but this is shrinking rapidly. On December 6, 2022, the European Council and the European Parliament signed a provisional agreement regarding importing and exporting products related to the agricultural sector in the European Union

The agreement will ensure that consumers do not unknowingly become part of activities related to the destruction of forest ecosystems. It will guarantee that the products are not from areas that come under forest protection laws.

The Food and Agriculture Organization estimates that between 1990 and 2020, an area larger than the European Union was lost to deforestation. Due to this dangerous change, the political leaders of European and developed countries have been discussing a forest preservation deal for the last two years.

The EU agreement has been reached 12 months after the European Commission's 2021 propos- into effect, the companies in the als. During the United Nations Climate Change Conference held in Glasgow last year, the leaders emphasised on the importance of chocolate, meat, soy, coffee, cocoa, urgent conservation of forests. They also highlighted the role of biodiversity in achieving sustainable development goals in the

When the new rules come countries



supply chain will have to take strict precautions. Products that will be affected include palm oil, wood, furniture, and rubber. The companies will also need to collect accurate geographic information about the agricultural sector of the importing and exporting

oversee the financial sector. A complete record of remittances in the finance sector is ensured in the member countries through frameworks like FATF. Under the European Convention on Forests. member states must ensure that non-compliance with the rules is

effectively penalised. The EU is a large economy. The

These are similar to laws that new deal will help to prevent global deforestation and forest degradation. Experts believe the deal will help reduce greenhouse gas emissions and damage to biodiversity. The COP 15-UN Biodiversity Conference is happening in Montreal from December 7-19. The Conference to the Parties (COP) will agree to a new set of goals for nature over the next decade through the Convention on Biological Diversity post-2020 framework process.

Recently, 650 scientists wrote a letter to the UK, EU, and US leadership. This letter makes a passionate appeal to stop burning trees (wood) for energy. The authors of this letter are not ordinary people but top scientists. These scientists are urging world leaders to stop burning trees for energy because it is destroying valuable habitats for wildlife. The letter has been written to US President Joe Biden, British Prime Minister Rishi Sunak, and European Commission President Ursula von Der. The letter says that if world leaders agree to protect 30 percent of land and oceans by 2030 at a meeting in Montreal, they must commit to ending dependence on biomass energy from trees (wood, etc.). The letter says that "ensuring energy security is a major social challenge, but the answer is not to burn our precious forests.

Environmentalists believe that the provisional deal signed by the EU leaders is a big success. It was a controversial subject as the European Union has been facing strong resistance from the countries with trade relations. For example, just a few days ago. Canada expressed concern over the EU's proposed laws to prevent deforestation, saving that it amounts to unnecessary restrictions on trade.

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THE HISTORY OF HUMAN RIGHTS DAY AND ITS CENTRAL MESSAGE

DR FIRDOOS AHMAD WANI

"It is absolutely clear that we need to regain the universality of human rights, the indivisibility of human rights, and we need to find a new energy that motivates young people around the world.'

This year's Human Rights Day slogan is 'Dignity, Freedom, and Justice for All' and the call to action is 'Stand Up For Human

The United Nations General Assembly enacted the Universal Declaration of Human Rights (IJDHR) on 10 December 1948 to guarantee the inherent rights of every human being, regardless of caste, gender, race, religion, country, etc. Since then, the 10th of December has been a significant day to remind mankind of the rights they deserve and the rights they violate. While this day is recognised to raise awareness about arose considerably later. Followpeople's social, cultural, political and religious rights, let's have a look at the day's history and events that led to its constitution.

History; Human Right Day

The UDHR is deemed a mile-rulers became universal. stone document that is available in more than 500 languages and is said to be the most translate document formation of an international body in the world, according to the UN's (the United Nations) to safeguard official website. There have been the rights of people, especially the multiple precursors to the 20th- one lacking 'power'. The essence century document and to name a of these human rights principles few, it would be — the Magna Carta first found its place in US Presidrafted in 1215, the English Bill of dent Franklin D. Roosevelt's State Rights of 1689, the French Decla- of the Union Address in 1941. In his ration on the Rights of Man and address, commonly known as 'Four Citizen of 1789, the US Constitution Freedoms', the 32nd US President and Bill of Rights in 1791 and so on. talked about a world that should people of colour, race and religion.

Birth of UN and adoption of UDHR



After World War II, the need to the drafting of the United Nations speak loudly about human rights ing the mass slaughter of Jews, persons with disabilities, gays, and others by Nazi Germany, the desire to defend the rights of individuals from all walks of life against the terrible acts of governments and

Eventually, governments of various countries pledged to the

Charter in 1945 in San Fransico.

Eventually, on February 16, 1946, the UN member states created a Commission on Human Rights to prepare a declaration articulating the basic rights and freedoms guaranteed in the Charter. Under the 'forceful' direction of former U.S. first lady Anna Eleanor Roosevelt, the Commission produced the UDHR, which was accepted by 56 member states on December 10.

What is the UDHR?

The Preamble of UDHR asserts: "Recognition of the inherent dignity and of the equal and inalienable rights of all members of the human family is the foundation of freedom, justice, and peace in the world."Commonly referred to achievements as well as the first However, when these documents stand on four essential freedoms as the international Magna Carta, were translated it was found out — freedom of speech and religion, the UDHR pronounces the internathat the policies ignored women, and freedom from want and fear. tional law that tells a government Largely influenced by Roosevelt's the way its citizens must be treated speech, the voices from across the irrespective of gender, class, sex, world came together to support social background, religion and

so on. The Charter, although not a legally binding document, realises that the treatment meted out to a country's citizen is of international concern, and not limited to the domestic borders.

International bodies have recognised the Charter "as a common standard of achievement for all people and all nations.

It claims that all rights are

'interdependent' and 'indivisible' Currently, the principles of the UDHR have been incorporated into the constitutions of most member countries of the UN.

Human Rights Day 2022: Highlights

Universal Declaration of Human Rights, adopted on December 10, 1948, by the United Nations

UDHR: One of UN's significant enunciation of human rights across the world.

500 languages it becomes very easy to access and get to know about our writer and poet and can be reached basic human rights which are still

being violated in many countries.

The Declaration consists of a Preamble and 30 articles that sets out the basic fundamental rights and freedoms that should be given to everyone.

'Dignity, Freedom and Justice for All' is the theme for Human Rights Day 2022.

One should also acknowledge one's spiritual rights as well. Because every right is in vain without spiritual rights.

International Human Rights 2021: Theme

This year's topic, "Equality," alludes to Article 1 of the UDHR, which states, "All human beings are born free and equal in dignity and rights." The theme is consistent with the UN's 2030 agenda, which has been outlined in a document that describes the international organization's approach to finding sustainable solutions "for deeply rooted forms of discrimination that have affected the most vulnerable people in societies, including women and girls, indigenous peoples, people of African descent, LGBTI people, migrants, and people with disabilities, among

What is the aim of human rights day?

Human Rights Day aims to encourage all UN member states to reaffirm the importance of human rights in re-building the world we want, the need for global solidarity, and our interconnectedness and shared humanity.

This year, the main aim of HRD (Human Rights Day) is is Dignity, Freedom, and Justice for All. Both the Declaration and WHO's Constitution assert that health is a funda-With translations in more than mental human right for all people.

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Understanding right to dignity in Islam

UMER RIYAZ

I uman dignity is recognition that human beings possess a special value intrinsic to their humanity and as such are worthy of respect. It unfolds that a person is inherently and by nature venerable and honorable. None has the right to humiliate, insult and diminish the respect of any human being irrespective of the reasons and circumstances. Human dignity is a fundamental value that elevates a person's feeling of being revered creation. Everything that diminishes human dignity contradicts the principle of honor and respect such as torture, insult and humiliation. But unfortunately, the world is witnessing a visible violation of human rights in the contemporary times. The status of human life as well as its dignity is largely depreciated. However, the Quran says: "And We have certainly honored the children of Adam and carried them on land and sea and provided them with good things and preferred them over many of those whom We have created"(Al-Isra:70). Human dignity is a basic principle upon which not only the principles of human rights are based but also all the principles of the divine religions endorse the same. This dignity is equal for every human being irrespective of his cast, creed and gender. However, Islam came with the message of equality without affecting differences in livelihoods, ages, colors and races centuries before the formulation of modern human dignity theories. It was a manifestation of the greatness of the Creator and His wisdom in the construction of the universe within a framework of coexistence, cooperation and integration. The Quran explicitly defines this concept in the following verse: "O people, indeed We created you from male and female and made you peoples and tribes so that you may know one another. Indeed, the most honorable of you in the sight of Allah is the most righteous of you" (Al-Hujrat:13).In other verse it is mentioned: "And among His signs is the creation of the heavens and the earth and the diversity of your languages and colors. Indeed, in that are signs for those of knowledge" (Al-Rome:22). The quality of life of the corporeal being is depended onfood and nourishment while as the souls or ethereal being is dependedon honorwhich diminishes by humiliation, oppression and disrespect. Therefore, the Prophet forbade striking on anybody's face because it is a subject of one's dignity. Similarly, Almighty forbade any action which degrades or lowers human dignity by saying: "O you who have believed, let not a people ridicule another people, perhapsthey may be better than them, nor let women ridicule other women, perhaps they may be better than them, and do not insult one another and do not calleach other by offensive titles. Wretched is the name of disobedience after one's faith. And whoever does not repent then it is those who are the wrongdoers' (Al- Hujrat:11). The aforementioned verses depict that almighty Allah forbade the believers from making fun of others by mocking them and looking with contempt. Moreover, He forbade cursing anyone with unpleasant words because that becomes a catalyst of hatred and lead people to ignorance. Thus, sarcasm and mockery does not emanate except from a soul polluted with arrogance and it is a tool for destroying human relations. The Almighty states: "And speak kindly to people' (Al-Baqarah: 83). Allah commanded mankind not to be suspicious

of any human being including slaves and not to spy on their private lives and follow their shortcomings. Furthermore, He also commanded not to talk ill about them or make backbiting in order to corrupt their image. Allah terms these social evils equivalent to eating the flesh of one's own dead brother. On contrary, He commanded us to protect ourselves from these reprehensible things and to stampout the root of these evils. On the authority of Al-Ma'rur bin Suwaid, he said, "I met Abu Dhar who was wearing a cloak and his slave too was wearing a same so I asked him about the reason. He replied: I insulted a man by cursing his mother so the Prophet said to me: O Abu Dhar you still have some characteristics of ignorance. Your slaves are your brothers..." (Bukhari). Human dignity is a one of the basic spiritsof Islam, it obligated Muslims to observe the human dignity that Almighty Allah bestowed to man with His bounty and mercyin which He did not differentiate between Muslims and non-Muslims. The Prophet resoundingly and reverberatory said onfarewell pilgrimage: "O people, your Lord is one, your father is one, and there is no superiority for an Arab over a non-Arab, nor for a non-Arab over an Arab, nor for a white over a black, nor for a black over a white except with piety." (Bukhari). Islam commanded its followers to preserve the dignity of non-Muslims and respect their feelings and sentiments. The Almighty Allah says: "And do not argue with the People of the Book except in a way that is best, except with those who do wrong among them"(Al Ankabut:46).In Islamic perspectiveman is honored being regardless of his ethnicity, culture, origin, religious belief and his position and value in the society. Almighty said: "And do not insult those who invoke other than Allah, lest they insult Allah as an enemy without knowledge" (Al-An'am:108). There is an explicit prohibition against harming the gods of the other faiths in order to preserve human dignity, freedom, and to respect their religious sentiments and emotions. While interpreting this verse Imam Al-Qurtubi says,it is not permissible for a Muslim to insult their students, their religion, or their churches and not expose anything that leads to that as it is the way that leads person to sin. Preserving human dignity is evident to us in the Prophet's dealings with non-Muslims even with the dead among them. On the authority of Jabir bin Abdullah, he said: "A funeral passed by us, so the Prophet stood up for it, and we also did the same, so we said: O Messenger of God, it is the funeral of a Jew! He said: "If you see the funeral, stand up." (Bukhari). This depicts that Islam is a religion of peace, mercy and justice that seeks to guide people and bring them out of darkness into light. In numerous hadiths, Prophet urged Muslims to uphold the divine morals and to deal others with mercy as Allah is merciful to his servants. In other traditions Messenger of Allah says: "Those who are merciful will be shown mercy by the Most Merciful, and have mercy on those on earth and He who is in heaven will have mercy on you" (Tirmidhi). He also says: "He who does not have mercy will not be shown mercy" (Muslim). Thus, Islamic law preserves human dignity and considers all those acts against the spirit of Islam that undermine human dignity. (The author is Research Scholar, Department of

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BRIEFLY NEWS

Palash Sen's latest song 'Kesariya Baalma' was recorded 17 years ago

ninger Palash Sen has come out with a new Sromantic number 'Kesariya Baalma', which he was written and composed 18 years ago and recorded a year after that.

Band Euphoria's 'Kesariya Baalma' is a love story in the backdrop of Jaisalmer's balmy afternoons, where Palash is seen wheeling away his ladylove through the city's dusty roads on an old school Bajaj Chetak as a rustic and hero-esque tour guide - Gulab Singh. Palash has donned the director's hat once again, with the rest of the band members doubling up as crew.

Starring Mariette Valsan and the singer himself, the unbelievable reincarnation, and the unspoken emotions flowing through the actors is effortlessly built in the video.

He said: "This song was written and composed 18 years back -recorded 17 years back - took me 17 years to conceptualise and release it the way I wanted to. Was written in a moment for that moment. Then 17 years later that moment got shattered. Was it just a dream?"

Alaya F starts shooting for visually impaired industrialist **Srikanth Bolla's biopic**

ollywood actress Alaya F, who is currently riding high on the success of 'Freddy', has commenced shooting for the biopic based on visually impaired industrialist Srikanth Bolla titled 'Sri'.

Alaya took to Instagram, where she shared a picture holding the clapboard of the film. Alongside the image, she wrote: "Back on set! my first day on the Srikanth Bolla biopic, #SRI so excited to begin this journey.'

The film will be directed by Tushar Hiranandani. It will also feature Rajkummar Rao, Jyothika and Sharad Kelkar. It will reportedly narrate the story of an industrialist who didn't let his visual impairment come in the way of his vision and founded Bollant Industries.

Alaya made her Bollywood debut with Saif Ali Khan-starrer 'Jawaani Jaaneman'. She was then seen in 'Freddy'. 'Sri' marks her third movie in the Hindi film industry

Bappi Lahiri's 12-year-old grandson releases new album

inger Swastik Bansal, professionally known as Rego B is the grandson of India's Disco King, late Bappi Lahiri. Rego launched the first song in the album titled 'Superstitious x Rego' which is a collection of songs that are covers of global chartbusters.

He has shot the album with a live band. Talking about the same, he said: "No one has ever released an album full of Justin Bieber, Freddie Mercury, Adele, Stevie Wonder, Charlie Puth, Bruno Mars and Bryan Adams, all the legends in the international music scenes and many more globally renowned artists songs."

He further mentioned: "I am very happy to do it. I believe my grandfather is watching me and blessing me that today I am doing good work".

Rego, who is just twelve years old, entered the Indian music scene with his single 'Bachcha Party' which crossed 5 million views and has also made an appearance with his grandfather on the Salman Khan-hosted television show 'Bigg Boss', 'Sa Re Ga Ma Pa', 'Dance India Dance' with Madhuri Dixit Nene and 'Indian Idol' where he sang 'Disco Dancer'.

Taking the musical legacy forward, Rego belongs to the fourth generation of musicians in the Lahiri family, his great grandparents Bansari Lahiri - the first lady musician, Bappi Lahiri, Rema (Bappi Lahiri's daughter) and Bappa Lahiri

Diljit to Angad Bedi: 'You're the only artist from film industry I'm close to'

ctor Angad Bedi and actor-singer Diljit Dosanjh, who have worked together in the sports-drama film 'Soorma', had quite a reunion during the Mumbai leg of Diljit's 'Born To Shine' tour.

Angad, along with his wife Neha Dhupia attended Diljit's concert in Mumbai recently and took to his Instagram to share a video from the event. He wrote in the caption: "HUNAR BAAKAMAAL!!!! Rab da bandah mera Dosanjhwala!!! (Pure talent, the man of God, my Diljit Dosanjhwala) You are god's own!!!! You are an emotion which will always stay with me. I love you @diljitdosanjh tere varga kadi naai jamna Waheguru chad di kala vich rakhe (may God bestow you with eternal peace and prosperity) #diljitdosanjh #borntoshine".

Diljit spotted Angad amidst the crowd and had a cute chat. Diljit took his mic and said in Punjabi: "I love you brother. It makes me really happy to see you scale new heights of success. You're the only artist from the film industry who I'm close to. And we never made an effort, this bond has happened organically from the time we met on our film, 'Soorma'".

'Soorma', which released in 2018 also starred Taapsee Pannu and told the story of former captain of the Indian national hockey team - Sandeep Singh, who was accidentally shot at in the Kalka Shatabdi Express train, while on his way to join the national team due to leave for the World Cup in Africa two days later.

At Red Sea Film Fest, Hrithik opens up on why his dad didn't want him to enter Bollywood

at length about his career, his charitable work and the professional relationship he has with his father, director Rakesh Roshan at the ongoing Red Sea Film Festival.

"My father was against me coming into films because of the struggle that he had to go through,' said Roshan when asked if his father supported his choice to venture into acting. "He struggled very hard for 20 years and did not want me to go through what he went through. But I think there was something inside me that was really determined," reports Vari-

wanted to prove myself because I grew up with a really bad stutter and this was my one chance to look and feel normal," he continued, telling the audience how the exclusion and isolation he felt due to his childhood stammering led him to set up a charity foundation with the aim of helping children with special abilities.

What this did for me was equalise every one of us in my head. I see myself in every single human being I meet, which makes me able to connect with people very easily. It makes me very empathetic, very tolerant and patient.

"I wouldn't wish this upon my children or the children of the world," he said of the correlation between success and self-esteem experienced by many people in the industry. "I'd rather they grew up with enough self-worth, to be okay with or without the success and then yearn for bettering them-



selves as human beings or actors stating that he "has never been on that into my films myself." or whatever career they choose."

the receiving end of anything nega-The actor does not rely on social tive on social media," something he of cinema is watching Steven Spielmedia for boosting his ego either, attributes to not giving it "much berg's 'E.T.' and Christopher Reeve

ment. I make sure that I am feeling my best when I am doing any social media posts because I don't want to be at the mercy of people to feel good, so to me it's always been

"I need social media to contrib-

ute, to inspire, but I don't indulge.

If you're posting something to feel

better about yourself then you're

setting yourself up for disappoint-

Hrithik, who is one of the biggest names in Bollywood, spoke on the ever-evolving nature of the industry. "It's evolved for the better. It's a process of evolution, we are only going to get better - if you don't,

nature will make sure that you do." The actor also commented on how, at the beginning of his career, films released in Bollywood "had a formula to it, like a recipe," and now that recipe "went out of the

"Cinema now is far more real because the collective consciousness of people as a society is growing, the pandemic has had a beautiful change on us; we are far more understanding, far more understood. This has changed our perception of what entertainment should be like. We are asking for something better and better will come. It's recalibration time.'

Would he like to work in Hollywood? Yes, but if the right story comes along. "I look for scripts that come from a place of true passion and imagination and hope to bring

One of Roshan's first memories

as 'Superman' on VHS. "I went crazy about those films! I'm a big fan of cinema, I love big cinema, I love arthouse, all kinds. I'm a very good student of cinema.'

It took only the moderator mentioning the word "dancing" for the audience at the festival to encourage the actor to do a few steps, chanting songs from Roshan's extensive filmography. Dancing, however, did not come naturally to the star. "It has been a huge part of my career, but it was unintentional. I wasn't a good dancer," he said, telling a story about how he spent an entire night rehearsing on top of a small bed for a musical number in his first film.

"Maybe I do have talent but I'm very hardworking and I do understand music. I can break down music in my head very well. I think the one thing I've been very strict about is that I don't do the steps like they have been shown to me; I try to make them mine. As an actor, that's a blind spot. You do that with the dialogue, and you need to do the same with steps. What is my interpretation of the step? It's a search.'

Roshan is currently working on 'Fighter', India's first aerial action film, scheduled to release on January 25, 2024.

"It's the most humongous thing that I have had the opportunity to at least attempting to achieve," he said of the film before the bodyguards made their way to the stage once again, the shouts of the crowd muffling the actor's heartfelt goodbye: "I hope I keep making good

Ayushmann Khurrana made a major career decision inspired by SRK

ollywood star Ayushmann Khurrana, who was most recently seen in 'An Action Hero', is a huge fan of superstar Shah Rukh Khan - to the extent that he studied mass communication because of him.

SRK had enrolled for a course in mass communication Jamia Millia Islamia, but left to pursue his acting

Talking about the same, the 'Vicky Donor' actor said: "I am a huge fan of Shahrukh Khan. In fact, I even studied Mass Communication because of him. In my films. I have often dedicated some scenes to him."

He also revealed that he once saw SRK's 1997 release 'Dil To Pagal Hai' while standing for three hours straight inside a theatre in Chandigarh.

Ayushmann said: "I was in the seventh grade when 'Dil To Pagal Hai' was released. I still remember, I had gone on my cycle to buy tickets but the theatre was housefull. So, I stood behind and watched the whole film.'

Ayushmann also had recently posed outside SRK's Mumbai bungalow, Mannat,



'Pathaan' director: 'Wanted to present Deepika in her most glam avatar ever'

'PATHAAN' director Siddharth Anand said that the makers wanted to present Deepika in her most glamorous avatar yet in the upcoming actioner.

The director said: "Deepika Padukone, apart from being a fantastic actor who has grown with each film, is also the hottest actress of our country. Casting her for the character in the film was as organic as it could get. She can be vulnerable and yet very, very sexy just effort-

"So, when you have her in the film, you have to present her in a way that does complete justice to her.'

He added: "I wanted to present her in her most glam avatar ever. That became a mission for the team and me. So, for Besharam Rang, when she is in a visually stunning coastal town of Europe, dancing with Shah Rukh Khan, we decided to just maximise how hot DP could look on screen! And the result will be unveiled when you see this amazing song.

Chopra's spy universe and has the biggest superstars of the country - Shah Rukh



'Pathaan' is part of Aditya and John Abraham - in it. The adrenaline pumping, visually extravagant film presents Shah Rukh Khan Tamil and Telugu.

Khan, Deepika Padukone as a gun-toting spy with a license to kill. 'Pathaan' is set to release

on January 25, 2023 in Hindi.

Why Fatima Sana Shaikh couldn't say no to Ritviz's music video 'Taj'

ctress Fatima Sana Shaikh, who most recently featured in the music video "Taj" composed by Ritviz of "Hum Toh Udd Gaye" fame, has shared that she said yes to the project in an instant.

To quote her, she "didn't even think twice before saying yes".

The video also features Tahir Raj Bhasin, who was last seen in the Taapsee Pannu-starrer "Looop Lapeta".

About the song, Fatima said: "I have always been a huge fan of Ritviz's music and when I got an opportunity to collaborate with him on this music video, I didn't even think twice before

The actress can be seen in a nerdy, geeky look in the romantic song. She revealed that the song is quite special to her, "The moment I heard



the storyline of the song instantly connected with it. from the director, I found The song revolves around a Fatima's "Dangal" co-actress it extremely beautiful and I girl who has grown up in a

ents who hurt more than love and how against all odds she dares to dream.

She further mentioned, "How a little nudge of hope helps her break free. It's been such a wonderful experience working on this song.. it'll always remain special for

On the movie front, Fatima will next be seen in "Dhak Dhak" which has been directed and co-written by Tarun Dudeja, and co-produced by Taapsee Pannu, Pranjal Khandhdiya, and Ayush Maheshwari. She also has "Sam Bahadur" in which she will be seen as Indira Gandhi. The movie, based on the life of India's war hero Sam Manekshaw, also stars Vicky Kaushal in the eponymous role and Sanva Malhotra

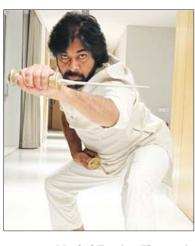
Pawan Kalyan practises martial arts after two decades for 'Hari Hara Veeru Mallu'

superstar tician Pawan Kalyan, who is gearing up for his "Hari Hara Veera Mallu", shared that he has started practicing martial arts after two decades. Pawan took to

Twitter, where he shared a picture of himself practicing martial arts. In the image, he is seen holding a

"After two decades I got into my Martial Arts practice," he captioned the image, however he did not reveal the reason for getting back into it.

"Hari Hara Veeru Mallu" is set in the 17th century against the backdrop of the larly known as Krish.



Mughal Empire. The movie also stars Nidhhi Agerwal, Arjun Rampal, and Nargis Fakhri. It was reported earlier that Pawan will be will be shooting with a crew of 900 people for the film.

It is directed by Radha Krishna Jagarlamudi, popu-

Shantmanu reviews working of FCS&CA department at Jammu

Additional Secretary and Financial Advisor, Food and Public Distribution, Shantmanu, today reviewed working and performance of FCS&CA department here at civil secretariat, Jammu.

He asked the officers to serve the consumers in a complete professional manner so that they don't face any inconvenience.

Director FCS&CA Jammu, Naseem Javaid; Director Finance FCS&CA, Romesh Singh; Additional Secretary FCS&CA, Jugal Kishore Anand; GM FCI, HS Dhaliwal and other officers of Union Ministry of Food and Public Distribution and FCS&CA were

present in the meeting.
During the meeting, threadbare discussion was held on supply position, status of Aadhar Seeding, market checking, online transaction and POS, ONORC transactions, deletion of bogus ration card and other points.

Afterwards, he took status of the ePoS devices installed in Jammu division, wherein he was informed that these devices have been installed in 2889 outlets and distribution process has been fully automated. He was also informed that 2716 POS devices are working in online mode and 173 devices are working through offline mode.



actions on real time basis is 94.01 percent. Giving details of the bogus beneficiaries removed, he was apprised that approximately 1.87 lakh bogus beneficiaries have been removed from the por-

Regarding savings of the food grains, he was told that the savings is 0.78 lakh MTs in the year

Seeking status of ration cards under NFSA, he was informed that there are 752065 ration cards

of ration cards of NFSA and Non NFSA beneficiaries wherein he was informed that the Aadhar seeding is hundred percent in all

While taking note of the One Nation One Ration card scheme, he was apprised that 12236 ONORC transactions have been made till date. He was also informed that 1444 ONORC transactions have been made in the month of November this year.

While addressing the meeting,

officers to work with zeal and enthusiasm to improve overall functioning of the department and provide timely ration supplies to the public at their door-

Elaborating the Government's achievements, Shantmanu said, The Government is spending large amount of money to ensure food security of the public.

Union Additional Secretary lauded the One Nation One Ration Card scheme saying that this initiative has enabled migratory workers, seasonal labour among all other citizens to get ration at any place in the country.

He appreciated the J&K Food

and Civil Supplies & Consumer Affairs Department for achieving 100 percent Aadhar seeding and other milestones within short time. He also appreciated the department for promoting the use of PDS data base for Ayushman Bharat verification in J&K.

Later, Shantmanu also inspected FCI Godown Chatha and asked the officers to ensure that only quality ration is being supplied provided to the consumers.

During the tour, Union Additional Secretary also visited Fair Price shops where the team thoroughly checked all the parameters governing the FPS.

Sheetal Nanda inaugurated Bal Vidyalaya Model AWC in Panchyat Palli, Samba

Commissioner Secretary, Social Welfare, Sheetal

social welfare under pilot project adopted two anganwadi centres, named

the children studying in these CSC Bal Vidhyalava centres



Nanda, today inaugurated a model Anganwadi Centre 'Bal Vidyalaya' in panchayat Palli of Samba district established in collaboration with CSC e- Governance Services India Limited Ministry of Electronics & Informa-

CSC e-Governance Services India Limited, Ministry of Electronics and Information Technology in collaboration with Social Welfare Department has established two Bal Vidayala's (Pre School) one each in Anantnag and Samba under CSR.

Speaking on the occasion. Sheetal Nanda said that the department of as CSC Baal Vidyalaya, one in Anantnag and one in Samba district, "The idea behind this initiative is that anganwadis centres are developed as educational centres for emotional and mental growth of the children apart from working as nutritional centres. The children will be facilitated with modern services such as Smart TV, Alexa Tabs, furniture, uniforms in these Bal Vidyalaya" Commissioner added Secretary.Sheetal da informed that special ECCE programme curriculum 'Nannhe Kadam' has been framed for imparting education to

CSC Bal Vidvalava is an initiative of CSC Academy and the fastest growing network of technology enabled preschools in rural India. It addresses playful and joyful learning for the children in the age group of 3 to 6 years. These preschools function completely in sync with the guidelines of NEP 2020 and NCF at three grade levels i.e. Nursery, LKG and UKG. Our vision is to inspire every child, especially in rural India, for overall growth through safe and inclusive technology enabled playful Early Childhood Care and Edu-

Awareness camps organised for Sheep breeders of Kathua

Director SHD encourages participants to avail govt schemes



JAMMU, DECEMBER 10: Director Sheep Husbandry, Jammu, Krishan Lal today conducted a day long tour of District Kathua under the programme "JAN ABHIYAN" and ASCAD.

An awareness camp for sheep and goat breeders was held at Punjwari in Kathua block and Sallan in Dinga Amb block Kathua. More than 80 breeders participated in the awareness camps. Director, Sheep Husbandry Department, Jammu interacted with Sheep & Goat breeders of the areas and informed the public and PRIs regarding the schemes launched by the Department for the welfare of the people. He exhorted upon the people to come forward to avail the benefits of the employment generating schemes of the department launched by the Government. He asked officers for constitution of FPOs, Livestock insurance under NLM and KCC and implementation of various schemes to double the farmer's income. He discussed with the breeders for implementation of new technologies such as Artificial Insemination, synchronization of estrus and embryo transfer in the field and value addition of the products and also stressed upon the machine shearing.

Various problems put forth by the breeders were redressed on spot by the Director who gave them a patient hearing and also assured them that other issues will also be redressed as per laid down norms in a time bound manner.

Workshop cum Training programme on benefits of EPF held at Udhampur

A day long workshop cum training programme on the benefits of Employees provident fund (EPF) scheme was organized by Employees Provident Fund Office, Jammu under the supervision of Regional Employees Provident Fund Commissioner, J&K and Ladakh, Rizwan Uddin at Conference Hall DC Office Complex Udhampur.

As many as 100 officers/officials of different departments including other stakeholders attended the meeting. Representatives of Provident Fund Office, Jammu briefed the participants about the benefits of EPF scheme. He informed that after abrogation missioner,

applicable in the Union Territory of Jammu and Kashmir. He apprised the participants about the Pension Scheme 1995 (EPS-95) as well as Employees Deposit Linked Insurance Scheme (EDLI) and their benefits.

During the training programme, he informed the participants about the salient features of employees deposit linked insurance scheme 1976. Under this scheme maximum assured benefit up to Rs.7 lakh is paid to the nominee or legal heir of an EPF member, if death occurs while in service, he added.

Later in the evening, PF Com-Rizwan Uddin,

briefed media on the salient features of Employees' Provident Fund Scheme, Employees' Pension Scheme 1995 (EPS-95) as well as Employees' Depos-

(EDLI), with special emphasis on Pension and Insurance Schemes, as these schemes have driven home for the people who work in

He urged the officers and other

of organized workers so that the workers may get these benefits. Officers/stakeholders were asked to comply with the provision of EPF and MP Act 1952. He asked the participants to sensitize the organized workers in their respective departments so that eligible workers can avail the benefits of EPF scheme. He urged the organized workers to come forward and to avail the benefits of these PF schemes. EPFO Regional Office, Jammu is always committed in providing prompt service delivery to all the stakeholders in a transparent. accessible, and convenient man-

Pan District initiative 'Aap Ke Gaon Main Aap Ka Tehsildar' receives overwhelming response

DODA, DECEMBER 10: The maiden programme under Pan District initiative, 'Aap Ke Gaon Mein Aaap Ka Tehsildar' held today received overwhelming response from the people across the dis-

trict initiative, the concerned Tehsildar will visit one village on every Saturday and provide all revenue related services both applied online and offline to the villagers at their doorsteps. He along with his team shall also impart awareness on various schemes of the government. On the first day today, villagers circu-



lated numerous videos, audios, and text messages on the social media appreciating the efforts of district administration in bringing the services to the real, deserving at their doorsteps.

The whole programme is being monby ADCs and SDMs under overall supervision of Deputy Commissioner, Vishesh Paul Mahajan.

During the day long held in different Tehsils, the concerned Tehsildars attested mutations, conducted demarcations, disposed of petty revenue court cases, issued land passbooks, Category/ Caste/ Birth/ Death/ Other revenue certificates.It is pertinent that the Government of UT of Jammu & Kashmir has accorded top priority to provide different services to the citizens at their door steps.

The recently concluded Back to Village — 4 (B2V4), and second phase of My Pride (MTMP) organized to reach out to the public to saturate various schemes being implemented by the Government.

Almost all the revenue services are being provided through online mode and have been included under the Public Services Guarantee Act with the prescribed

Rajouri: Training imparted to officials on registration of births, deaths on CRS Portal

day-long training programme on the registration of births and deaths through the civil registration system was organised today in Rajouri.

The training programme was organised under the overall supervision of Deputy Commissioner, Vikas Kundal, for the stakeholders of the twin districts of Rajouri and Poonch.

At the outset, the DSEO, Sandeep Sharma, who is also Additional District Registrar, while interacting with the participants, said that the Civil Registration System (CRS) is a single mechanism for documenting vital incidents (births, deaths, and stillbirths) as well as their parameters in a continual, permanent, mandatory, and universal manner.

Detailed deliberations on the future roadmap for shifting to online registration through the Web Portal of ORGI (Office of the Registrar General of India) for registration of births and deaths and the action required to be taken by the line departments for implementation of the civil registration system were held during the training program.

While interacting with the trainees, the Deputy Commissioner said that Civil Registration System (CRS) is a single mechanism for documenting vital incidents



(births, deaths, stillbirths) as well as their parameters in a continual, permanent, mandatory, and universal manner

He also highlighted the use and purpose of birth and death certificates, along with the importance of recording the occurrence and characteristics of these vital events, which are subsequently used to study the demographic

profile and other features. The DC also underlined the role of local registrars and areas falling within their jurisdiction for

the issuance of birth and death certificates, followed by imparting training to the master trainers and participants for switching over to the online registration of births and deaths through the CRS Portal, which was done manually in rural areas.

He also urged the trainees to properly acquaint themselves with the Civil Registration System as they are the stakeholders who will implement the system at ground level. The DC also urged the registrars (BDOs & EOs) to work with proper dedication for the implementation of Civil Registration System in letter and spirit. He also emphasized the need for holding training of the informers who shall inform the local registrars about the births and deaths in the areas of their respective jurisdiction.

Later, hands-on training was imparted to the trainees regarding the Civil Registration System. The Assistant Director, Resource Person from the Directorate of Census Operation.

DDC Rajouri reviews functioning of Fisheries Department

JRAJOURI, DECEMBER 10: District Development Commissioner Rajouri, Vikas Kundal today chaired a meeting to review the functioning of the Fisheries

About the implementation of Pradhan Mantri Matsya Sampada Yojana (PMMSY) in the district, the AD Fisheries informed the meeting that the scheme aims to enhance production through expansion, intensification, diversification and productive utilization of land and water

He also apprised that as many as 9 ponds were approved under PMMSY this year and 7 beneficiaries have been selected. Under the Capex Budget, 5 ponds were approved, including three of Carb and two of Trout. While addressing the meeting, the DDC emphasised on extending adequate handholding to the beneficiaries. He also asked to hold regular meetings with the farmers and put in place dedicated efforts to raise their per capita income. The DDC also stressed carrying out social auditing of the activities of the farmers and taking measures to further ameliorate their socio-economic status. He said that with the abundant availability of water resources, the district has a huge potential in the fisheries sector and asked the concerned officer



to promote it as a lucrative self-employ

Officers who attended the meeting were CPO, Mohammad Khurshid; AD Fisheries, Munesh Sharma; CAO, Sohan Singh; Scientist from KVK; Assistant Professor Zoology GDC Rajouri. While addressing the meeting, the DDC emphasised on extending adequate handholding to the beneficiaries. He also asked to hold regular meetings with the farmers and put in place dedicated efforts to raise their per capita income.

FROM THE FRONT PAGE...

LG

for self-employment & entrepreneurial programmes, benefits of welfare schemes of Government by appointing dedicated nodal officer and CSR initiatives of Corporate to families of Martyrs through a structured way. Family members of Police Martyrs should be connected with quality livelihood opportunities through schemes

like NRLM, Umeed, Mission Youth, and other ongoing programs of the Government, he added. The Lt Governor appreciated Principal and all associated with J&K Police Public School for their noble work of

educating the Children of police personnel. It is education that will transform India as a knowledge power house in the future, he observed.

The new initiative offers Digital Literacy Lessons to 50 J&K Police martyrs' wards and support of connecting them with potential employers. It is aimed at making beneficiaries digitally literate by equipping them with IT & employability skills, it was informed.

Sh Dilbag Singh, DGP appreciated the new beginning of J&K Police Public School in collaboration with Indus Towers. He also lauded the efforts of J&K Police Wives Association for taking the journey of J&K Police Public School to greater heights

School to greater heights. Sh Manoj Kumar Singh, Chief of Regulatory & CSR, Indus Towers spoke on the key features of the Digital Skill Development training and exposing beneficiaries to career development skills.

reer development skills. We are grateful to the J&K Police department for providing the training facility and other basic amenities to seamlessly execute the programme, he added.

Sh Sukesh Thareja, Circle CEO, Jammu & Kashmir, Indus Towers, in his welcome address highlighted the vision of the Indus Towers initiative under the CSR for skill development for Wards of J&K Police Martyrs. Later, the Lt Governor visited the Computer lab where the skill development training will be held and also in-

teracted with the Children and their trainers. Sh Mukesh Singh, ADGP Jammu; Sh Ramesh Kumar, Divisional Commissioner Jammu; senior Police officers; families of Police Martyrs, and Principal, faculty and students of Police Public School were present on the occasional students.

JAMMU

activities. "The efforts are on to wipe out militancy in Jammu and the region will be militancy-free soon," he said. "At some places, militant modules and cells are being activated to maintain their activities but our security grid and agencies are diligent and every day new modules and conspiracies are coming to the fore, which are being busted by the security forces."

"Every day, we continue to make efforts to thwart their plans and conspiracies through a thorough and formal plan of action," the J&K police chief said. "In some cases, modules are being reactivated but they are also being exposed"—(KNO)

MILITANTS HOUSE

orchestrate terror in Jammu and Kahmir, remote controlled from Pakistan," a gazette notification issued by the Ministry of Home Affairs in April said.

Ashiq's three brothers- two of them slain now-were associated with militancy. One of his brothers Abbas Negroo, who was also a militant was killed in an encounter in 2014 and another brother, Reyaz Negroo, is currently lodged in a prison in a militancy case.

This year Ashiq's brother Manzoor Nangroo was found dead in mysterious conditions. Police had claimed that Manzoor was killed due to the rivalry between militant

SKIMS

decreasing use of biomass fuels, less use of Kangri, and using vented heaters.

He said air pollution is affecting every single organ of the body and "we have work to reduce the pollution." "Air quality index in Kashmir is gradually going into

poor category, especially during winters and in the past few days AQI has gone from moderate to severe and there is need to intervene now", He added. He said government is the policy maker and in the recent

past good things have happened like plantation on Hari Parbat and changing Hari Parbat from barren to forest land.

"There is need to take similar initiatives so as to reduce the air pollution. Walking tracks have been constructed is also a good initiative as a part of Smart City Project and there is need to do more small steps so as control air pollution gradually," he said—(KNO)

ANANTNAG

surgery was conducted by a team of doctors led by Dr Malik Azad along with Anesthesia team headed by Dr Sajad Ahmad.

Speaking to KNO, the patient Ghulam Mohammad Ganie said the tumor on his back side was not big in size in the early stage, but the size increased with the passage of time.

"After 16 years, I am able to sleep on my back side now. It was possible only because of doctors and the government Scheme Ayushman Bharat Pradhan Mantri Jan Arogya

Yojana (AB-PMJAY) SEHAT," he said.

Dr Malik Azad said the patient was examined at the hospital and it was around 3.5 kg mass/hall type on his back

pital and it was around 3.5 kg mass/ball type on his back side.
"The patient has not been able to sleep for many years,"
"The patient has not been able to sleep for many years,"

"he said, adding that finally we have done his surgery now and the patient is stable. People should not hide their health issues and should come forward to save their lives," added Dr Malik. Meanwhile, Jammu and Kashmir was bagged first prize

for generating the highest number of Ayushman Bharat Health Account (ABHA) Identity Cards (IDs) on Saturday and got second prize for tele-consultations. The award was presented by Union Health & FW Minister Dr Bharati Pravin Pawar in Uttar Pradesh.

"IT of J&K awarded First Prize in the category for gen-

"UT of J&K awarded First Prize in the category for generation of the highest number of ABHA IDs and 2nd prize for the highest number of Teleconsultations at UHC Day. The award was presented by the Union Health & FW Minister today at Varanasi, Uttar Pradesh", National Health Mission J&K tweeted.

Officials said that about 16 lakh Ayushman Bharat Health Account (ABHA) IDs have been issued in J&K—(KNO) $\,$

TOPS

Varanasi, Uttar Pradesh.

Pertinently, Universal Health Coverage Day is being celebrated every year to commemorate the significance of Universal health coverage which aims to ensure quality healthcare closer to the people without any financial hardship.

hardship. The event was graced by Governor of UP, Anandiben Patel virtually; Mansukh Mandaviya, Union Minister of Health and Family Welfare; Health Ministers of various States and UTs, Senior officials from Ministry of Health and Family Welfare, States, UTs and development partners

Dr Mohammad Shafi Koka, State nodal officer NHM, J&K, attended the function and received the awards from Union Health Minister who personally congratulated the UT of J&K for achieving the milestones in health-care delivery system.

Secretary, Health & Medical Education, Bhupinder Kumar, in a message, said that J&K is all set to become the best model of health delivery system in the country which is evident from huge improvement in several health indicators.

He appreciated the role of officers of Ayushman Bharat Digital Mission J&K for robust implementation of the mission which was launched recently in J&K. "ABDM shall act as a game changer towards smooth and hassle free delivery of healthcare in the UT", he maintained.

NΙΔ

which was registered against the LeT's frontal group TRF in 2021. The case relates to activities of TRF commanders who have been actively radicalising, motivating and recruiting youth of J&K for indulging in violent activities in J&K and other parts of India.

WEATHER

ly dry weather for ten days from December 11 with brief spells of light rain and snow at isolated places. There is no forecast of any major snow spell.

"From tomorrow, expect warmer days and colder nights," the MeT officials said.

LG MEETS

The Lt Governor while interacting with the visiting delegations assured them of redressal of all their genuine

BIRDS

wetland, and a bridge will also be renovated so that more activities are carried out here," he said.

Wildlife Warden Wetlands, Kashmir Ifshan Dewan said they expect 8 to 10 lakh migratory birds this year. She also said that all control rooms have been activated to prevent the poaching of birds.

The wetland is a major stopover and wintering area for migratory Amatidae and a breeding ground for various waterfowl species.

Like every year during this season, the wetlands are still in bloom by various birds that stay there all winter long and go away in March. Wetlands are critical to the maintenance of biodiversity, water collection and availability.

Wildlife experts say these birds are helpful in maintaining the "ecological system" of Kashmir so they should be loved as much as we do with our kids.

It is said that in order to make the long journey a source of comfort, these birds work with this natural skill, which is called "aviation" and this skill is also known as" "aviation" in which birds are found to be more intelligent than humans. This is why they have the ability to create amazing balance in both the length and height of the flight, and on this basis, they tend to make the birds more useful as guides. The report was prepared by an organization called "European re warblers" which specialises in the field—(KNO)

GM(

between 200-2500 per day and under such conditions, how one can expect that it can efficiently function," she added.

"We have been trying to bring a work culture with efficient patient services but it is taking time as there was a nexus which we aren't allowing and some complaints are true which are being rectified while some are just for personal interests and for pressure tactics," Dr Ruby added.

Asked about recent viral videos of the GMC Baramulla, she said that washrooms were being repaired and were not being used for months together.

"The R&B was repairing washrooms of casualty, emergency and other blocks. The door of the washroom was broken and cotton was kept there. Things from the dust-bin of wards were thrown there and this could be mischief, which needs to be investigated," she said.

Asked about sexual harassment case, Dr ruby said they have a women cell besides disciplinary committee and a case of sexual harassment has been enquired, which has been brought in notice of concerned officials.

On asking about the malfunctioning of the GMC, she said that the inquiry officer has visited the college and he knows how the hospital is managing maximum services on minimum infrastructure.

"My message to the people of north Kashmir is to maintain patience and don't compare GMC Baramulla with GMC Srinagar," she said—(KNO)

MVD ORGANISES AWARENESS PROGRAMME FOR TRANSPORTERS AT NARWAL

JAMMU, DECEMBER 10: An awareness programme to apprise the transporters, drivers/conductors and general public about the recent amendments made in J&K Motor Vehicle Rules, 1991 regarding "Contract Carriage Permit Rules" was organised by MVD department here at Trial Ground Narwal.

Assistant Regional Transport Officer (HQ), Jammu, Mohammad Saleem and ARTO (Flying Squad), Jammu, Tara Mani informed the participants about the revised and simplified procedure of obtaining permits for the (Contract Carriages).

The process has been simplified as there is no need to apply for "Letter of Authority" which earlier was mandatory before applying for registration of Contract Carriage vehicles. Further, the contract carriage permit shall be granted to a new vehicle which is compliant with BS-VI or the latest norms laid down by Bharat Stage Emission Standards of GoI," they told the transporters. However, they said it shall not be applicable to any vehicle for which LA has already been issued prior to the date of issuance of the notification and any vehicle for which "All India Tourist Permit" has been issued and permit holder applies for its conversion to local permit after a period of 12 years. "Any person who intends to purchase a fresh vehicle under all "J&K Contract Carriage Permit" have to submit an application along with Domicile Certificate, RC of the vehicle for which the route permit is sought, present address proof, Character Certificate to be issued by the concerned Police Station, copy of the driving License of the applicant or driver, declaration in an affidavit regarding the number of transport vehicles already owned by the applicant either registered in the name of applicant or in the name of firm/company and availability or arrangement of parking space either public or private for existing and for the new vehicle for which the applicant desires to obtain a route permit" they informed. License of the applicant or driver, declaration in an affidavit regarding the number of transport vehicles already owned by the applicant either registered in the name of applicant or in the name of firm/company.

DIPR Kathua Centre hosts multilingual Mushaira, Cultural bonanza

KATHUA, DECEMBER 10: To promote local languages and culture, Department of Information and Public Relations (DIPR) Kathua Centre on Saturday organised a Multilingual Mushaira and Cultural Bonanza here in the Rajiv Gandhi College.

Principal, Indian Public School Barinder Jyot Kour was the Chief Guest, while programme was presided over by Head of Department B.A. B.Ed Integrated, Rajiv Gandhi College Dr. Devinder Sharma in presence of the staff and students of the college.

During the programme, poets recited their creations in Dogri, Urdu, Hindi and Punjabi languages sensitizing the gathering about different dynamics of the social evils like Drug addiction, literacy and Dowry system and its effect on individuals and families.

The prominent among those who recited their writings included Vijay Sharma, Madan Lal Toofan, Shashi Sharma, Sham Lal Khajuria, Sunita Kumari, R.S Katal and Balak Ram.

A scintillating cultural programme featuring Dogri, Hindi and Punjabi songs was presented by the artists of the Information Department which received rounds of thunderous applause from the audience.

Speaking on the occasion, Principal Barinder Jyot kour appreciated the poets and artists for throwing light on the various subjects of social importance through their writings and songs. She extended gratitude to the Information Department for organising the informative programmes

3-Day Workshop on English Language Learning concluded at IUST

Awantipora, CNS, 10-Dec; The Department of English Language and Literature, IUST organized a three-day English Language and Learning (ELL) Workshop for upper primary and secondary school students at IUST.

The workshop aimed to provide four basic skills of English language to students and was attended by about forty students from Govt. Girls High School Noorpora and Govt. High School Awantipora.

The workshop was organized under the University Community Outreach program. Besides having theoretical and practical sessions on English Language writing, the students visited the university library and were provided hands-on training on the language learning software at the University Language Lab.

The programme was lauded by the school administration, as such programs contribute to enhancing the communication skills of the students.

Speaking about the effectiveness of the workshop, Dr. Munejah Khan I/C Dean School of Humanities and Social Sciences IUST said that more programs of this kind will be held in the future as well. She encouraged the students to improve their language skills as good languages are critical for any profession.

Prof. Lily Want, Dean Outreach IUST congratulated the department for conducting the workshop and emphasized that universities have to redefine their role in contemporary times. She deliberated upon how educational institutions, in particular universities, must acquire transformative competencies so that students are able to apply their knowledge and learning in changing circumstances and practical situations. Talking about the role of universities in producing knowledge workers and not just graduates, Prof. Want urged upon all higher educational institutions to replace rote learning with a broad range of skills such as linguistic competencies, critical thinking, creative thinking, and learning to use communicative technological devices.

Ms. Shazana Andrabi, Coordinator Community Connect IUST underlined the importance of conducting such workshops and laid stress on having more such programs in the future to build a strong and healthy relationship between IUST and the community. The workshop was coordinated by Dr. Misba, Coordinator Department Outreach. Prof. Want and Dr. Khan distributed certificates among all the participants. The session ended with a formal vote of thanks delivered by Fayaz Sultan, Sr. Assistant Professor.(CNS)

J&K in dire need to have an elected government:Rafi Mir

Srinagar, CNS, 10-Dec: Apni Party General Secretary and former MLA Pahalgam Rafi Ahmad Mir on Saturday said that Jammu and Kashmir (J&K) is in dire need to have an elected government to ensure public issues and grievances are resolved up to the satisfaction of the masses. He said, "Only the elected public representatives would be in a position to have a grasp over the public issues and capability to resolve these issues."

Mir was addressing a meeting of the Party delegates of Block Pahalgam at Town Hall Pahalgam today. Besides the party delegates and office bearers of Pahalgam Block, senior party leaders including Mohammad Yousuf Bhat, and Gul Mohammad Kully were present at the meeting. According to a press note, certain party matters and issues that Pahagam residents are grappling with were thoroughly discussed in the meeting. On the occasion, Rafi Ahmad Mir, while emphasizing the need for immediate assembly elections in J&K, said, "Most of the public issues and grievances can only be resolved through certain political decisions. And, only an elected government would be able to make such political decisions."

He added, "People have a democratic and constitutional right to have their own elected representatives at the helm of affairs. J&K should not bedeprived of this right." He assured the party delegates that Apni Party leadership will not leave any stone unturned to raise the public issues to the notice of concerned authorities to ensure these issues are sorted out without any further delay." (CNS) He assured the party delegates that Apni Party leadership will not leave any stone unturned to raise the public issues to the notice of concerned authorities to ensure these issues are sorted out without any further delay." (CNS)

NC's senior VP central zone resigns from basic membership of party

Srinagar, Dec 10 (KNO): National Conference's (NC) senior vice president central Zone and Incharge for Khansahib constituency, Manzoor Ahmad Wani on Saturday resigned from basic membership of the party. Wani has sent a resignation letter to party president, General Secretary, a copy of which lies with the news agency—Kashmir News Observer (KNO). ""I Manzoor Ahmad Wani from Khansahib constituency of District Budgam resign from the basic membership of J&K National Conference as well as from the post of Senior Vice president central zone," the resignation letter reads—I Manzoor Ahmad Wani from Khansahib constituency of District Budgam resign from the basic membership of J&K National Conference as well as from the post

With the help of Indian army the vehicle which fell into river Jehlum was pull out into river



On 4th December near chandanwari a Hyundai I-20 car fell into river Jehlum and when this news spread in the area the whole area's villagers were shocked. This was notified by BDC Boniyar to the Junior adjutant of Ist Field regiment and then junior adjutant conveyed this message to commanding officer Ist Field Regiment responded by immediately sending rescue squad to the spot. With tireless efforts and strong will rescue squad pull the car out of the river. Due to the depth of the river rescue squad suffered a lot for 3 days. The rescue squad led by Subedar Ran Bhadra Singh was successful and they handed vehicle back to that owner. This initiative was highly praised by BDC Boniyar, social worker Mubarak, vehicle owner Arjumand and also by locals thanks to Commanding Officer ist Field Regiment

HDFC Bank conducts Blood Donation Camp

Jammu, Dec 10, KNT: HDFC Bank conducted a Blood Donation Camp at its Bahu Plaza Branch, Jammu as a part of its national blood donation.

A number of people including employees participated enthusiastically in this endeavour.

The camp was inaugurated by the bank's customer Vicass Pandita, MD – S R Technomed. Present from HDFC Bank on the occasion were Circle Head – Retail Rakesh Joshi, Circle Head – Operation Arun Channa, and other officials Sameer Raina, Mr. Abhishek Khajuria, Rattanjeet Singh, Gurpreet Singh Johal, Ahilan Sankaran and Gaurav Arora along with staff from Government Medical College.

A total of 38 donors donated successfully in this camp. [KNT]

Food Safety Department Organises Rally On "Eat Right School, Eat Right Creativity" At Doda

Amir Iqbal khan



Bhadarwah, Dec 10:In order to epitomize the real purpose and objectives of 'Eat Right School and Eat Right Creativity' in District Doda, today a rally was organized by the Department of Food Safety DFCO Doda in collaboration with Doda District Administration and School Education Department.

The rally was flagged off by Dr. Ravi Kumar Bharti - Additional Deputy Commissioner Doda (Adjudicating Officer FSSA Distt. Doda). ADC was accompanied by Pralad Bhagat Chief Education Officer Doda, Ayaz Mugal DEPO Doda, Ramesh Babu Zonal Education Officer Doda, Rubi Naz Principal Govt. Hr. Sec. School (Boys), Imran Tantary Nodal Officer Eat Right School Doda, Mohsin Zonal Nodal Officer and other Staff members of Higher Secondary School (Boys) Doda along with 04 other Schools of the cluster.

The students and staff of the Cluster having 04 Schools with more than 100 students participated in the rally. The rally started from Clock Tower Doda via differents markets and finally culminated at Boys Higher Sec. School Doda.

In his address, Additional Deputy Commissioner Doda appreciated the Department for its dedication. He also encouraged the participants for the exploration of the National initiative of Eat Right School and Eat Right Creativity. He explained the aim of the initiative in extensively reaching out with discipline and Commitment so as to create mass awareness for the Consumers to Eat Right, Eat Healthy and Eat Fortified.

The participants in the rally raised the slogans, Awo kum karain thora Tail chini aur Namak". Eat Right, Eat Healthy, Eat Fortified.

Assistant Commissioner Food Safety DFCO Doda Taraq Ahmed Butt led the Expedition under the Aegis of FSSAI carrying forward the directions of Comissionerate FDA J&K headed by Shakeel ul Rehman Commissioner FDA J&K Srinagar.

To make maximum coverage of the initiative in the Schools under "Eat Right India" especially by adding up in School Curriculum the Books like yellow books 1,2, pink Book, Activity Book from Nidhi App, books were distributed among the Heads of the Schools of the participating Clusters as a start up.

Meanwhile, other initiatives so implemented included MDM Registrations under FSSA, Magic Box Demonstrartions, Debate and painting competitions etc. The program of Eat Right School and Eat Right Creativity were held in the Schools including Govt. GMS Nagri Doda, Govt. City MS Doda, Govt. MS Sah Mohalla and Govt. GGMS Doda.

"These Schools are at the stage of monitoring, evaluation and Certification on the portal of "Eat Right School". As on date these Schools are registered on the portal and HWC certificates have been issued properly," Assistant Commissioner FSA informed.

The Department also displayed motivational messages on pole kiosks at different locations aided with digital media outreaches, Hoardings, Banner, posters under the Campaign of "Eat Right School" and "Eat Right Creativity" at Doda.level and to keep the children updated, on Healthy, fit and sound life style," he added.

Sukhvinder Sukhu, 4-Time MLA, To Be Himachal Chief Minister: Sources



Shimla: The Congress's Sukhvinder Singh Sukhu, who headed the party's campaign committee in Himachal Pradesh, will be appointed the next Chief Minister, sources said today. Mr Sukhu, 58, is an MLA from Nadaun in Hamirpur district. He is likely to take oath to-

Mr Sukhu, a former president of the Himachal Pradesh Congress, is also a four-time MLA and is considered close to party leader Rahul Gandhi.

He, however, did not have a smooth working relationship with six-time Chief Minister Virbhadra Singh, who died in July last year. Until now, state Congress chief Pratibha Singh, the wife of Virbhadra Singh, and Leader of the Opposition in the outgoing assembly Mukesh Agnihotri had been angling for the Chief Minister's post.

Vastly different in origin from the ex-royal Virbhadra Singh, Mr Sukhu, as an activist at Himachal Pradesh University in Shimla, led the National Students' Union of India's state unit in the late 1980s.

Earlier this evening, after it came to be known that Pratibha Singh will not be the Chief Minister, her supporters protested at the hotel where the party's central observers are staying. They stopped the car of Chhattisgarh Chief Minister Bhupesh Baghel, one of the central observers, yesterday before the party's crucial meeting and asserted their support for Pratibha Singh. Pratibha Singh had staked her claim to the job with a sharp reminder for the leadership in Delhi. She said the elections were fought and won in the name of Virbhadra Singh and it would be "a disaster" to sideline his family.

But she doesn't have popular support among the party's newly-elected 40 MLAs, which is why she has been dropped from the contest, sources said.

In a meeting of the Congress high command on Friday, MLAs had allowed the party president to pick the legislature party leader, who will also be the next chief min-

"Rs 100 Crore To Buy 10 Delhi Councillors": AAP's Big **Claim Against BJP**



New Delhi: Aam Aadmi Party's today accused the Bharatiya Janata Party of trying to "buy" it's recently-elected councillors in the Municipal Corporation of Delhi (MCD). The BJP has come down to its "dirty games," the

Accompanied by three AAP councillors -- Dr Ronakshi Sharma, Arun Nawariya, and Jyoti Rani -- senior AAP leader and Rajya Sabha member Sanjay Singh addressed the media, and said that despite getting 30 fewer seats in the recently concluded civic body polls in Delhi, and losing 80 seats as compared to the last elections, the BJP is down to "dirty games, just like the horse-trading of MLAs in Maharashtra, Arunachal Pradesh, Uttarakhand, Madhya Pradesh, Karnataka, Goa, and Gujarat' They are applying the same "formula" of buying elected representatives in Delhi, Mr Singh added, while appealing to the Delhi Police Commissioner to arrest and jail those who are "trying to murder democracy and insult the people's mandate" through threats and money.

"BJP is such a shameless party, that it says the Mayor will be theirs, even after getting 30 fewer seats than us," Sanjay Singh said.

A man named Yogendra Chandolia called up Ms Sharma and said the BJP's state president Adesh $\bar{\text{K}}\text{umar}$ Gupta would like to talk to her, Mr Singh claimed, adding that Mr Gupta and BJP workers mentioned a budget of 100 crore for buying MCD councillors.

"This 100 crore was to buy just 10 councillors. The Bharatiya Khokha Party (AAP's jibe at BJP for alleged horse-trading) has a budget of 10 crore for each councillor," he said

Mr Nawariya said those who supported him and were seen with him were targeted and abused. "They went to their houses and hurled filthy abuses." he said, adding that they are threatening his supporters of dire consequences. "About me, they have clearly said they would kill me before I take the oath," he added.

Delhi Civil Polls Was "Toughest" Election For **AAP So Far: Arvind Kejriwal**

New Delhi: Delhi Chief Minister Arvind Kejriwal on Saturday said the "heavy BJP machinery" deployed during campaigning made the MCD polls the Aam Aadmi Party's toughest election so far and accused the saffron party of trying to "buy" its councillors. The AAP national convener claimed that the BJP has started telephoning his party's councillors and offering them up to 20 lakh each."This election was very, very tough. A few people say it was an easy election, but it was not. The way they conspired against us and the way they used state machinery against us, it was the toughest elections we ever contested," Mr Kejriwal said in his address to the newly elected councillors."Heavy BJP machinery deployed during campaigning made the Municipal Corporation of Delhi (MCD) polls the toughest election for AAP so far,'

Referring to purported videos of jailed minister Satyender Jain getting special treatment, the chief minister said the BJP pressured the media to spread "propaganda against us". "They (BJP) will try to buy you. They have started calling the councillors. Somebody is being offered 10 lakh and some 20 lakh," the AAP national convenor said."I am completely sure no one from you will fall for their offer. However, we need to expose them. Put your phone on recording and whenever there is a call from them, record it," he added.

Xi's visit ends Saudi Arabia's 'monogamous marriage'

United States is not asking Saudi Arabia to choose between Washington and Beijing, but it does see Chinese President Xi Jinping's visit to the country as an attempt to exert influence in the region.

The comments came at two separate briefings this week at the White House and the State Department as Mr Xi completed his two-day visit to Saudi Arabia.

"It's certainly not a surprise that President Xi is travelling around," John Kirby, spokesperson for the White House National Security Council, told reporters on Wednesday. "We are mindful of the influence that China is trying to grow around the

world.' The State Department, however, was more elaborate. "We are not asking countries to choose between the United States and the People's Republic of China," said the department's spokesperson Ned Price when asked to comment on the visit.

"Our goal is to give countries the most attractive choice and to make the United States the most attractive choice in terms of what we bring to the



Mr Price focused particularly on America's defence ties with various Middle East countries, adding that no country could match America in the region "when it comes ... integrating the defensive capabilities that are so important, so vital to

many of our partners across the Middle East". The American media, however, underlined Riyadh's desire to reduce its dependence on Washington while reporting about Mr Xi's visit, and the warm welcome he received in Saudi Arabia. In an analytical piece on

the visit, the Foreign Policy magazine referred to a 2004 interview then-Saudi foreign minister Saud al Faisal gave to a former Washington Post journalist, David Ottaway.

In that interview, Mr Faisal said the US-Saurelationship wasn't "Catholic marriage" where only one wife was allowed; it was a "Muslim marriage" where four "Saudi Arabia is not seeking divorce from the United States; it is just seeking marriage with other countries," Mr Ottaway

The Wall Street Journal noted that the visit allowed the world's top oil importer to "deepen (its) relations with the top ex-

The report pointed out that Xi Jinping and King Salman signed a comprehensive strategic partnership agreement affording

The two leaders also pledged to visit each other every two years.

The two countries signed dozens of commercial agreements, initially valued at more than \$29 billion, in sectors such as clean energy, technology and manufacturing.

Those include setting up a Huawei cloud-computing region, building an electric-vehicle manufacturing plant in Saudi Arabia and supplying green hydrogen batteries for a futuristic Saudi city.

The Foreign Policy, however, noted that Beijing cannot replace Washington on the issue that "matters most to the Saudis: their security in a rough neighbourhood".

But the report warned that "the days of Riyadh's monogamous marriage Washington are with probably" over. In today's Cold War 2.0 and the competition with China and Russia – "not only will Saudis refuse to choose sides, but (are) also likely to move closer to Beijing and Moscow as (their) interests warrant"

The New York Times noted that Mr Xi's visit "highlights Beijing's renewed bid to compete with Washington after

impression of the sleek

new jets flying past Mount

Fuji and over London and

In a joint statement, the

Myntra's EORS-17 is live with a whopping 17 lakh styles across leading fashion, beauty, and lifestyle brands



Bengaluru, December 09, 2022: The 17th edition of Myntra's biannual End of Reason Sale (EORS), India's largest fashion shopping carnival is set to bring millions of fashion aficionados in the country, on-trend looks from across the globe. This edition of EORS is bigger with a 70% higher style count than the previous winter edition, raising the bar with over 17 lakh styles across 6000+ popular domestic and international brands on offer, and is being held from the 10 to 16 of December '22. The 7-day event is poised to provide unmatched offers across categories like winter wear, party wear, ethnic wear, beauty and personal care (BPC), and home and lifestyle, among others and is expected to cater to ~5 million unique customers across the country.

What should shoppers look out for?

Consumers can choose from an extensive selection of fashion, lifestyle, home decor, beauty and personal care (BPC) products at sharp value offers and unprecedented prices, from leading brands like USPA, Lakme, Dorothy Perkins, boohoo, Nasty Gal, H&M, MASIC, Anomaly, Etude, Levis, Louis Philline, Kenneth Cole, Nike, Puma, Adidas, Boat, Red Tane, HRX Baggit, Lavie, Anouk, Vishudh, Mamaearth, MAC, Benefit,

Bath and Body Works, among others.
Some of the key category highlights include the Sports segment, with about 2000+ brands across footwear and apparel on offer, followed by the BPC segment, which will host 1400+ brands at never-before prices, offering more than 70K styles, including incredible offers on Maybelline and Lakme, buy 1get 1 offer on brands like Nivea and WOW. In addition, premium brands like MAC, Kama Avurveda, and Forest Essentials are also giving free gifts and other exciting offers to engage shoppers. New launches in the segment that are set to captivate consumers include, leading brands such as Anomaly, MASIC, Freeman, and Etude, among others. Some of EORS 17's key categories include Sportswear, Partywear, Men's Casual Wear, Women's Ethnic, Women's Western wear, Winter Essentials, Work wear, Accessories, Personal Care, Kids, and

Sports.
Myntra plans to enthrall customers with 130+ new brand and collection launches for EORS-17, with 18 leading brands housed under 'EORS Specials', including Dorothy Perkins, boohoo, Nasty Gal, Anomaly, MASIC, Etude, Edheads, Indiffu-sion, and Koton, among others. First-time shoppers can expect a flat 500 off on their initial transaction, along with free shipping on their first four orders, while also receiving exciting coupons for future use. Limited-time programs such as Brand Mania and Happy Hour will also roll out special offers. Last-mile delivery

With a remarkable year on year growth, EORS-17 is projected to deliver orders seamlessly with assistance from Myntra's acclaimed Kirana model, providing critical support in the delivery process during the event. Over 16,000 Kirana partners and franchises will cater to pin codes across the country, supporting 80% of the deliveries associated with the event. This symbiotic model allows the Kirana partners an additional source of income. Myntra will also efficiently utilize all its robust Forward Distribution Centres (FDCs) for a smoother, hassle-free delivery process during and after EORS.

Pre-buzz advantages of EORS Myntra's pioneering live-commerce proposition M-Live, in collaboration with 25+ leading brands, is committed to offering their products at EORS prices prior to the kick-off of the event. Top three spenders during the event shall be hand picked to win an assured holiday to Dubai from Cleartrip. Insiders will also avail free shipping on all orders, and one-of-akind price reductions of up to 20%, in addition to the already unmatched prices on offer during the mega fashion carnival. Shoppers can also avail exciting bank offers from Kotak and ICICI offering a 10% instant discount, while users of Paytm will get assured cashback on the wallet and postpaid transac-

Consumer engagement & marketing initiatives Myntra has also launched a mega-marketing campaign,

in keeping with the magnitude of EORS, roping in India's most-admired celebs, Kiara Advani, Ranbir Kapoor, Virat Kohli, Anushka Sharma, Vijay Deverakonda, Samantha Prabhu and, Siddhant Chaturvedi, among others to elucidate the grandeur of India's biggest fashion carnival. There are also 300+ exciting live sessions planned on Myntra's social plat form, M-Live, augmenting visibility and representing brands on offer, alongside popular creators such as Santoshi Shetty. Karron S, Shaurya Sanadhya, Varun Verma, and Nitibha

Kaul, among others. Speaking about Myntra's marquee fashion gala - EORS, Sharon Pais, Chief Business Officer, Myntra, said, "EORS has been a mainstay for fashion enthusiasts across the country with 16 successful editions to its credit, and we are confident the 17th will pack a punch, for it keeps getting bigger and better every year, including the selection and sheer number of brands participating with an array of the versatile styles on offer. The event also presents multiple opportunities for Myntra to empower its key partners across the fashion ecosystem, including Kirana store partners, small and medium scale brands, and supply chain partners. We are looking forward to catering to the millions of shoppers that wait with bated breath for the EORS to elevate their looks and outfits for the new year and the upcoming party season to wrap up the year in style.' About Myntra

Myntra is one of India's leading platforms for fashion brands and in m-commerce play. An integral part of the Flipkart Group, Myntra brings together technology and fashion to create the best experience in the fashion and lifestyle space in India. Myntra platform offers a wide range of over 5000+ leading fashion and lifestyle brands in the country such as H&M, Levis, U.S. Polo Assn., Tommy Hilfiger, Louis Philippe, Jack & Jones, MANGO, Forever 21, Marks & Spencer, W, Biba, Nike, Puma, Crocs, M.A.C, and Fossil and many more. Myntra services over ~20,000 pin codes across

Japan, UK, Italy to make next-generation fighter jet

LONDON: Britain, Italy and Japan said on Friday they will jointly develop a future fighter jet in a project that UK Prime Minister Rishi Sunak said would guarantee national security and safeguard thousands

The three nations held out the prospect of cooperation with European and US allies, which are developing their own "sixth-generation" planes, vowing to maintain "interoperability" among all the allies against threats from the likes of China and Russia. The new "Global Combat Air Programme" is slated to produce its first jets by 2035, merging the three nations' costly existing research into new aerial war

technology, from stealth



sors."We're one of the few countries in the world that has the capability to build technologically advanced fighter aircraft," Sunak told reporters on a visit to a Royal Air Force base in eastern England.

"That's important because capacity to high-tech sen- it means we can keep the accompanied by a set of

country safe from the new threats that we face," he said. "It also adds billions to our economy and supports tens of thousands of jobs across the country. But it's also good for our international reputation." The announcement was

three countries said the project would "accelerate our advanced military capability and technological advantage" at a time when "threats and aggression are increasing" worldwide. That's important because it means we can keep the country safe from the new threats that we face," he said. "It also adds billions to our economy and supports tens of thousands of jobs across the country. But it's also good for our international reputation.' The announcement was accompanied by a set of images showing an artist's impression.

France, Spain to build hydrogen pipeline at a cost of \$2.6bn

ALICANTE: France and Spain have agreed in principle to build an underwater pipeline between Marseille and Barcelona at a cost of \$2.6 billion to carry green hydrogen, Spanish Prime Minister Pedro Sanchez said on Friday, adding he hoped the European Union would partly fund the project. The pipeline will have a capacity of two million tonnes a year and be ready by the end of the decade, Sanchez said at a summit of Mediterranean Europe-

The decision to pursue the project comes as an energy crisis caused by the war in Ukraine has accelerated European plans to bolster renewable energy as an alternative to Russian

an Union leaders in the south-eastern

Spanish port city of Alicante.

The corridor will make Iberia "a major energy hub" and form part of a "European hydrogen backbone" allowing the bloc to pump hydrogen across the



lion tonnes of clean hydrogen a year and import a further 10 million tonnes by 2030, European Commission President Ursula von der Leyen said.

"Hydrogen is a game changer for Europe," von der Leyen said. "We want to make hydrogen a central part of our energy system in the transition to climate neutrality." Green hydrogen is made from electrolysers powered by renewable energy. Portuguese Prime

Minister Antonio Costa said the Iberian peninsula's abundance of sunshine and wind used for renewable energy would make producing the hydrogen competitive. French President Emmanuel Macron

said the pipeline could also be used

to send hydrogen produced in France from nuclear energy - so-called red hydrogen - in the opposite direction. Reuters reported earlier that the undersea part of the 455-kilometre pipeline would cost around two billion

euros, rising to 3 billion depending on its route. An additional pipeline connecting Spain and Portugal will cost 350 mil-

lion euros, according to a document provided by Spain.

The submarine section will be known as BarMar, while the entire hydrogen corridor connecting Spain and Portugal to France will be called H2MED, Sanchez confirmed.

Bangladesh opposition mounts huge protest in Dhaka

Tens of thousands of supporters of Bangladesh's main opposition party descended on Dhaka Saturday to protest against the government of Prime Minister Sheikh Hasina and demand new

"Sheikh Hasina is a vote thief," they chanted at the Golapbagh sports ground where the rally was being held, as the crowd spilled over into the surrounding

Tension was high in the capital after security forces stormed the headquarters of the opposition Bangladesh Nationalist Party (BNP) on Tuesday, leaving at least one person dead and scores injured.

Supporters of BNP take part in the party's last divisional rally in Dhaka on Saturday. — AFP Two of the party's top leaders protests around the country de-

charges of inciting the violence, adding to the 2,000-odd activists and supporters the party said had been detained since November 30 to try to prevent the rally from going ahead.

Western governments — along with the United Nations — have expressed concerns over the political climate in Bangladesh, one of the fastest-growing economies in Asia.The country was long aligned with the United States but in recent years, Hasina has courted deeper ties with China, with Beijing bankrolling some

structure projects Supporters of BNP take part in the party's last divisional rally in Dhaka on Saturday. —AFP The opposition has been holding

of her multi-billion-dollar infra-

manding Hasina resign and call an election under a caretaker government — which she has re-

jected outright. A BNP official claimed that some 200,000 people had joined Saturand fair election," spokesman Zacial transport.

day's rally by mid-morning. "Our main demand is Sheikh Hasina resign and parliament is dissolved and let a neutral caretaker government step in to hold a free

hiruddin Swapan told AFP. Dhaka Metropolitan Police spokesman Faruq Ahmed dismissed the figures, saying the

venue could not hold more than 30,000 people. Supporters of BNP take part in

the party's last divisional rally in Dhaka on Saturday. — AFP There had been no violence so

far, but SWAT teams, counter-terrorism units and canine squads were on standby, he added. Police set up checkpoints on

routes into the city and security was tight across the sprawling metropolis of some 20 million

Only a handful of cycle rickshaws and cars plied Dhaka's normally congested roads, with BNP officials accusing the government of triggering an unoffi-

DC Kathua reviews execution of schemes by JK Sports Council, YSS Department

ty Commissioner Kathua, Rahul Pandey today convened a meeting of concerned officers to review the schemes and works being executed by Jammu and Kashmir Sports Council, Youth Services and Sports Department in the district.

At the outset, XEN JK Sports Council gave a brief account of the works undertaken by the council and apprised Deputy Commissioner about the physical and financial status of works including prestigious Arun Jaitley Memorial International Stadium, Hiranagar, Water Sports Complex Basohli etc.

The DC while taking work wise review of the projects impressed upon the JKSC authorities to speed up the execution of works so that their completion shall meet the time-

Highlighting the need to adhere to the timelines fixed for the financial progress set by the government, the DC called upon the concerned field



functionaries to ensure that all ongoing and new projects shall meet

the physical and financial timelines. The DC directed XEN REW to make

existing infra, proper leveling in Mini Stadium, Hiranagar as the stadium is centre of sports activities in Hiranagar besides catering to the needs of youth athletes of the big border belt of the district.

The DC also directed XEN Sports Council, DYSSO to jointly inspect all ongoing projects and submit the status of work along with the action plan for achieving the progress of works within timelines. He also directed XEN Sports council to handover Sports assets to the District unit of Youth Services and Sports department so that utilization of these assets for sports activities besides their proper upkeep can be

While reviewing the works being executed by REW, the DC laid stress on removing all bottlenecks besides speeding up the ongoing works with special emphasis on achieving financial progress within the cut off

drawcard.

magnitude,"

mains Portugal's biggest

ences, 90 per cent of the

about Ronaldo, that's his

coach Fernando Santos

told reporters on the eve

of their clash against

Morocco, vindicated af-

ter his decision to leave Ronaldo on the bench for

their last-16 tie against

Switzerland saw his side

run riot in a 6-1 win. "At

our press conferences, 90

per cent of the questions

are always about Ronal-

do, that's his magnitude,'

Portugal coach Fernan-

do Santos told reporters

on the eve of their clash

against Morocco, vindi-

cated after his decision to

Portugal

Ibaad and Kabir got selected for the National **Sqay Championship**



Srinagar, Dec 10: Two youngsters from Kashmir, Ibaad Adil Bhat, and Kabir Malik, have been select ed to compete in the National Sqay Championship. The 23rd National Sqay Championship will be held in Jammu from December 30 to January 2. Ibaad Adil of Tyndale Biscoe and Kabir Malik of Burn Hall have been selected for the J&K team for the competition. The J&K Sports Council screened the J&K team for the competition at Polo Ground in Srinagar.

Padma Shri Awardee Faisal Ali **Dar (J&K) Selected For National Martial Arts Award 2022**

Lone Musaib



Bandipora :- Padma Shri Awardee Faisal Ali Dar from Bandipora Jammu and Kashmir UT has been Selected for the National Martial Arts Award 2022, to be held at Talkatora Stadium New Delhi, on 14th December 2022.

Faisal Ali Dar is an Indian martial arts coach, and first person to receive the Padma Shri Award in sports from Jammu and Kashmir. He was conferred with the national award for his contributions in promoting sports through martial arts and his works for keeping

US sportswriter Grant Wahl dies after 'acute distress' covering FIFA World Cup: agent

Well-known US football journalist Grant Wahl died suddenly on Friday after collapsing while covering a match at the World Cup in Qatar, his agent said. US Soccer said it was "heartbroken to learn" of Wahl's death. His wife responded to the US Soccer statement on Twitter, saying she was "in complete shock".

Qatar's World Cup organisers, the Supreme Committee for Delivery and Legacy (SC), paid tribute to Wahl's "enormous love of football" and offered condolences to his family, friends and media colleagues. Wahl, a former Sports Illustrated sportswriter who moved to the Substack online publishing platform, had been tweeting about the Netherlands-Argentina match earlier on Friday.

His agent, Tim Scanlan, told Reuters that Wahl had "appeared to suffer some kind of acute distress in the start of extra time" at the quarter-final match.

Duckett's fifty extends England lead after Pakistan collapse in second Test



Opener Ben Duckett scored a steely half-century to put England in poll position in the second . Test against Pakistan in Multan on Saturday.

The left-handed batter had compiled a solid 58 at the break, his second fifty of the match, to push the visitors to 89-3 and an overall 168-run lead.

England had bundled Pakistan out for 202 in their first innings.

Left-arm spinner Jack Leach destroyed the hosts with figures of 4-98, also completing 100 wickets in 31 Tests.

Spin was also Pakistan's key weapon, with debutant Abrar Ahmed dismissing Will Jacks (four) and Joe Root (21) to follow up his 7-114 in England's

first innings of 281 Ahmed also had a hand in Zak Crawley's dismissal for three, running him out with a direct hit from mid-on as the batter at-

first Test and 63 in the

first innings, has so far hit five boundaries.

In the morning session, Pakistan's batters wasted a strong position after they resumed at 107-2 with skipper Babar Azam and Saud Shakeel looking to build a solid lead.

But once Azam was bowled off fast bowler Ollie Robinson for 75 in the seventh over of the day, the innings was jolted with seven wickets falling for just 37 runs.

Leach dismissed Shakeel (63), Mohammad Rizwan (ten) and Mohammad Nawaz (one) for his three wickets in the day.

After Leach's inroads, Root joined the act with his looping off-breaks, dismissing Agha Salman (four) and Mohammad

With lunch extended for the last wicket, Faheem Ashraf (22) and Ahmed (seven not out) held on for 23 runs before Mark Wood broke the partnership. Root had figures of 2-23 and Wood 2-40.

Ahead of Morocco clash, Portugal's lodestar for the future defends its current icon

DOHA: There are profound parallels between situations Vahid Halilhodzic and Cristiano Ronaldo find themselves in. Yet, it couldn't be more different. Halilhodzic feels he should be in Qatar, having led Morocco to World Cup qualification. Ronaldo is in Qatar but now his role having diminished; he's more likely to be on the bench when Portugal take on Morocco in their quarter-final on Satur-

Halilhodzic was sacked by the Moroccan Football Federation ahead of the World Cup after differences had widened between him and some of the players who have starred in the team's run

ty-over format.his century is a spe-

cial one for Kohli as it comes after a

huge gap of more than three years.

Kohli, who went through a severe

dip in form earlier this year, came

back to his own in the T20 format



to the last eight in Qatar. In an interview with French publication So Foot earlier this week, Halilhodzic stated that instead of being in Qatar, "I'm here in the rain". As specks of rain fell in Doha Friday afternoon,

clouds gathering, Ronaldo might as well find himself on the bench under the rain on Saturday. But he might still, unlike

Halilhodzic, end up winning the World Cup and there remains no denying that Ronaldo still re-

Virat Kohli Slams 72nd International Century In ODI Surpasses Ricky Ponting To Reach 2nd Spot In Elite List

> India a massive foundation. Kohli remains the only batter to have a combined average of more than 50 across all three formats. among those who have more than 50 international centuries.

when opening batter Ishan Kishan

slammed a belligerent 210 to give

Australia's Steve Smith averages above 50 but he still has only 41 international tons to his name.

This is a special century for Kohli as it comes after a long break. He last scored a ton in August 2019 against West Indies. In the interim he went past the 50-run mark on 10 occasions but never even entered the 90s. There was a phase in the

tempted a quick single. Duckett, who smashed a maiden century in the

Increasing business



as he slammed his maiden T20I century in the Asia Cup and ended the ICC T20 World Cup as the highest run-getter. Kohli slammed 11 boundaries and 2 sixes on his way to reach his century on a day

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