

Memorable ride with Sportsmechanics so far: Rohit

Amelia Kerr powers Mumbai Indians to four-wicket win over RCB in WPL



## NEWS BRIEF

### Navroz celebrated with fervour in Kashmir

HT News Network

SRINAGAR, MAR 21: Holding a religious significance mainly for the Shia Muslims, the Persian New Year Navroz was celebrated with traditional and religious fervor in the Valley on Tuesday along with the other parts of the world.

Many locals here in Srinagar told news agency—Kashmir News

Turn....Navroz celebrated....Pg 11

### Police arrests Mother-Son duo for drug peddling in Budgam

HT News Network

BUDGAM, MAR 21: Continuing its efforts to eradicate the menace of drugs from the society, Police in Budgam have arrested mother-son duo for drug peddling in Budgam.

Police Post Mochwa received a specific information through reliable sources that one person namely

Turn....Police arrests Mother....Pg 11

### CRPF To Take Front Role In Kashmir Before 2024 General Elections

HT News Network

SRINAGAR, MAR 21: Before the general elections going to be held in 2024, CRPF will be the force responsible for counter-insurgency operations in Kashmir Valley.

Reports said that the Ministry of Home Affairs has virtually given a nod to the proposal of replacing the army in Kashmir.

Reports added that Central

Turn....CRPF To Take Front....Pg 11

### Chaitra Navratri: Shrines across Jammu ready to welcome pilgrims

HT News Network

JAMMU, MAR 21: Temples and shrines across Jammu artistically decorated to welcome devotees for ensuing Chaitra Navratri, which is commencing from Wednesday.

As per the news agency—Kashmir News Observer (KNO), specially exported multi-hued flowers used

Turn....Chaitra Navratri....Pg 11

### LG Attends International Day Of Forests Event At Jammu

## Healthy Forests Key To Healthy Living: LG



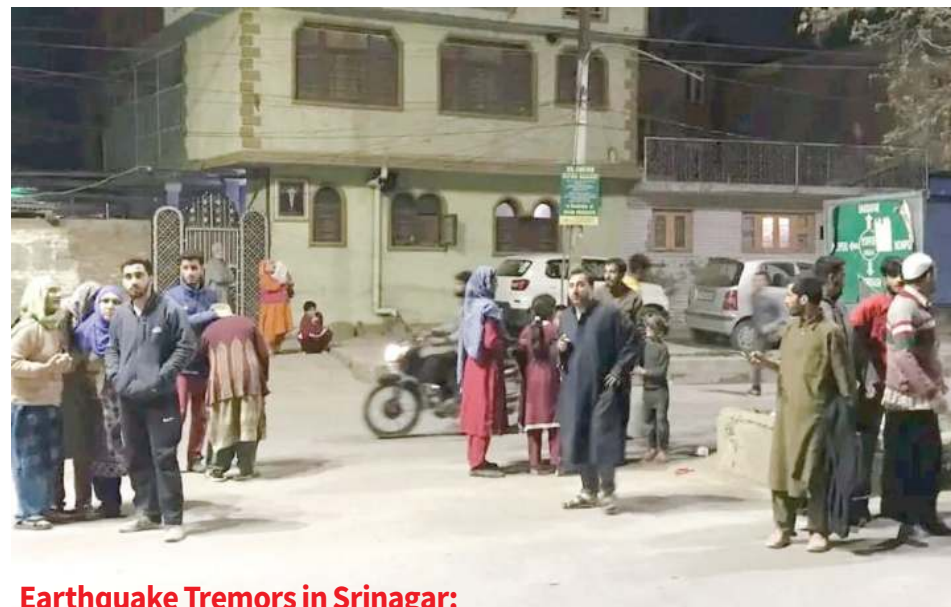
HT News Network

JAMMU, MAR 21: Lieutenant Governor Shri Manoj Sinha attended the International Day of Forests event organized by Department of Forest, Ecology & Environment at Convention Centre, today.

The Lt Governor called upon the people for sustainable management of forests and the judicious use of resources to combat climate change and to ensure well-being of all.

"Healthy Forests is the key to

Turn....Healthy Forests....Pg 11



Earthquake Tremors in Srinagar: As Earth Shook beneath People rushed out of their houses in Srinagar

HT PHOTO ASHIQ KREERI

## 6.6 magnitude quake jolt J&K

HT News Network

SRINAGAR, MAR 21: An earthquake measuring 6.6 on the Richter scale jolted Kashmir and several parts of the country, officials said.



Deputy Director Meteorological department (MeT) told the news agency—Kashmir News Observer (KNO) that the epicenter of the quake,

Turn....6.6 magnitude....Pg 11

## Status Quo Maintained With China On LAC In Ladakh: Army Commander

HT News Network

JAMMU, MAR 21: Northern Army Commander Lt Gen Upendra Dwivedi on Tuesday said status quo is maintained with China on the Line of Actual Control (LAC) in Ladakh and talks are going on at different levels, while the situation is under control in Jammu and Kashmir where efforts are on to stop terror incidents completely.

The General Officer Commanding-



in-Chief (GoC) of Udhampur-based Northern Command was addressing a mega 'Veterans Sampark' rally which was attended by over 800 veterans and 'veer naris' at a unit of Jammu and Kashmir Rifles at Digiana here.

"The status quo is maintained with China on LAC. Talks are going on at different levels and all our formations are at a high level of operation preparedness," Lt Gen Dwivedi, who

Turn....Status Quo Maintained....Pg 11

## After militancy; Police starts war against drugs in South Kashmir

Umair Gull Ganie

ANANTNAG, MAR 21: After militancy, the Jammu and Kashmir Police have intensified the operations against the drug peddling in South Kashmir as 200 drug peddlers have been arrested so far this year, official figures revealed Tuesday.

Figures accessed by the news agency—Kashmir News Observer (KNO) revealed that in the year 2023 so far in South Kashmir, 206 drug peddlers have been booked in four districts

Turn....After militancy....Pg 11

## Why Kashmiri Farmers Switch From Paddy To Horticulture

Raouf Dar

SRINAGAR, MAR 21: Bashir Ahmad, a 50-year-old farmer from Central Kashmir's Ganderbal district would grow paddy on 10-kanals of land earning Rs 25,000 annually.

However, for the last several years, they have been cultivating apples on this same land which fetch them Rs 2.5 lakh annually.

"We have a family of six-people and all are dependent on it. Farmers are switching from paddy to horticulture as it gives good returns," he told news agency Kashmir Indepth News Service (KINS).

Similarly, Mohammad Shafi, 55, and his



family have been associated with fruit production for 30 years.

"We grow fruits on 30 kanals of land.

We have a family of 20 people and all are dependent on earnings of apple

Turn....Why Kashmiri Farmers....Pg 11

## 23 individuals designated as terrorists under UAPA so far since 2020: Centre

Sajid Raina

SRINAGAR, MAR 21: The Union Ministry of Home Affairs on Tuesday said that 23 individuals have been designated as terrorists under the Unlawful Activities (Prevention) Act (UAPA) so far since 2022.

Minister of State for Home Nityanand Rai in a reply in the Lok Sabha, as per the news agency—Kashmir News Observer (KNO) said that 23 individuals have been designated as terrorists under UAPA 1967 and their names have been added in the Fourth Schedule of the Act.

Turn....23 individuals designated....Pg 11

## Anantnag, Pulwama declared Tuberculosis free, Srinagar gets gold

Jahangeer Ganaie

SRINAGAR, MAR 21: Anantnag and Pulwama districts have been declared as tuberculosis free under the sub-national certification for TB elimination of India, officials said here on Tuesday.

State Tuberculosis officer, Dr Adfar Qadri told the news agency—Kashmir News Observer (KNO) that two more districts—Anantnag and Pulwama have been declared TB free.

She said Srinagar has got a gold medal while the UT has got bronze and most of the other districts have maintained the status-quo. "We now have the distinction of having three

Turn....Anantnag, Pulwama....Pg 11

## BOTTOM

## On Navroz, Leech therapy still popular in Kashmir

THERAPY USED TO TREAT PAIN, SKIN AILMENTS

Jahangeer Ganaie

SRINAGAR, MAR 21: Despite being abandoned as a medical cure by modern science long ago, many people in the Kashmir Valley still let leeches suck their blood in hopes of curing everything from swollen joints and headaches to frostbite and acne.

As per the news agency—Kashmir News Observer (KNO), a number of people visited practitioners of 'leech therapy' on the occasion of

Turn....On Navroz, Leech....Pg 11



## Parliamentary committee pushes for representation of minorities in DDCs & BDCs

Nasir Azam

SRINAGAR, MAR 21: The department-related parliamentary standing committee on the Ministry of Home Affairs (MHA) has pushed for giving due representation to minority communities and small groups in the district development councils and block development councils in Jammu & Kashmir Union Territory for redressal of their grievances.

In its report, which was tabled in the parliament during the ongoing budget session, the MP panel headed by BJP's Brij Lal has recommended that the administration of Union Territory may give due representation to the minority communities and smaller groups at these levels of Panchayati Raj system. "The committee takes note of the delegation of powers to the District Development Councils (DDCs)/ Block Development Councils (BDCs) for development in J&K. The committee recommends that due representation may be given to the minority communities and smaller groups in the District Development Councils and Block Development Councils, to

Turn....Parliamentary committee....Pg 11

## Chairman DDC Budgam inaugurates mega plantation drive at Budgam

BUDGAM, MARCH 21: The Department of Social Forestry SGR range Budgam today organized a mega plantation drive at TR Memorial college Of Engineering and Reaserach Hayatpora Budgam. The drive was kick-started by Charman, District Development Council (DDC) Budgam, Nazir Ahmad Khan and Regional Forestry Director, Mehraj Din. The drive was attended by DFO Tanveer Ahmad, Mush-taq Ahmad Gajri, Range Forest Officer, Social Forestry Range Budgam; Abdul Majeed Paray, President JK Trade Union Council; Mehraj ud Din Dar, Alasma Education insitute Budgam International Islamic School Budgam. Principal Al-Asama educational Insitute along with the staff and other officials of Forest Department. In this plantation drive focus was laid on importance of plants in our lives and preservation of green gold.

## DIC Shopian conducts Debate on Water Conservation at CCI Shopian



SHOPIAN, MARCH 21: The District Information Centre (DIC) Shopian in collaboration with Mission Vatsalya, Shopian today conducted a debate on Water Conservation at Child Care Institute (CCI) Shopian. Students from various schools participated in the debate and deliberated on Water Conservation and its Judicious Use. District Information Officer, Showkat Hussain Ganje presided over the function. Staff of Mission Vatsalya and Information department were also present on the occasion. Abid Saki from Mission Vatsalya acted as anchor. DIO, while speaking on the occasion exuded upon students to work hard in their studies so that they have great careers in varied fields of their choice. He also raised awareness among students about the significance of conduct of debate on water conservation. Organisers, participants pledged to use the water judiciously and to desist from polluting water bodies. After the conclusion of the competition, position holders were felicitated with Awards, and all other participating students were provided stationary kits.

## AHD Pulwama distributes 30 crossbreed dairy cows to ST beneficiaries

PULWAMA, MARCH 21: Under the supervision of Deputy Commissioner Pulwama, the Animal Husbandry Department Pulwama distributed 30 crossbreed dairy cows among 30 Schedule Tribe beneficiaries under TSP Phase 2nd for establishment of Milk Village at Sangerwani. Besides, dairy utensils and hand driven chaff cutters were also distributed among the beneficiaries who had been selected by the Committee of officers consisting of DDC, BDC and PRI members of the said village. "This will boost milk production in the district and will improve the socio economic status of poor ST families", said an official.

## SWD Shopian commemorates World Down Syndrome Day

SHOPIAN, MARCH 21: On the eve of World Down Syndrome Day, a series of events were organized by the District Social Welfare office at the Old DC Office Complex in Shopian. The event was presided over by Dr. Mohammad Yusuf, Block Medical Officer, Shopian. On the occasion, experts raised awareness about Down Syndrome. They informed that Down Syndrome is a genetic condition that affects millions of people worldwide. Individuals with Down Syndrome often experience cognitive delays, speech and language difficulties, and other health issues. However, with the right support and care, people with Down Syndrome can lead fulfilling lives. At the event, doctors and experts emphasized the importance of raising awareness about Down Syndrome and creating a more inclusive society. The speakers highlighted the need for early detection and intervention, and discussed various strategies to support individuals with Down Syndrome and their families. The event was an effort to promote the rights and well-being of persons with disabilities. The speakers highlighted the need for early detection and intervention, and discussed various strategies to support individuals with Down Syndrome and their families. The event was an effort to promote the rights and well-being of persons with disabilities.

## World Planting Day: DC Pulwama holds plantation drive in district Urges people to plant more and more trees for protection of environment

PULWAMA, MARCH 21: In connection with the celebration of World Planting Day, a plantation drive was today organised by Deputy Commissioner (DC) Pulwama, Baseer-Ul-Haq Choudhary, here.

On the occasion, the DC planted trees within the premises of the District Hospital Pulwama and kick-started the plantation drive in presence of District Floriculture Officer Pulwama. Speaking at the occasion, the DC said that the aim of celebrating World Planting Day is to generate awareness among the people for the importance of planting trees. He emphasized the role of trees in protection of the environment and

human survival and urged upon all stakeholders including the general public to plant more and more trees in this plantation season.

The DC said that the campaign has been started with the purpose to increase the green cover in the district and in coming days more such plantation drives will be initiated in other panchayats of the District. This day is dedicated to planting whatever you possibly can, from trees, flowers to vegetables, but also spreading awareness of the importance of plants, DC added. Choudhary said that Plants and trees provide food for all terrestrial organisms, supply oxygen, control soil erosion, and are used to



make medicines. He also directed the concerned officers for involvement of

Youth Clubs in plantation drive. On the occasion, trees were

planted on the road dividers among the main routes of the district.

The DC said that planting trees on the road dividers will add to the green cover, besides purifying the environment, absorbing the dust and making the roads greener and cleaner in the district. He added that there is a need to plant more and more trees alongside the main roads of the district to make it more greener.

Other officers including DFO also spoke and gave awareness to the people about the importance of World Planting Day. Chairman MC Pulwama, ACP Pulwama, DySP HQ Pulwama, ACD Pulwama and other officers and officials accompanied the DC on the occasion.

## 03 days Artisan Workshop inaugurated by NIESBUD Noida at SARAS Mela Srinagar

Artisan workshop held for scaling up business activities of existing enterprises

SRINAGAR, MARCH 21: National Institute of Entrepreneurship and Small Business Development (NIESBUD), Ministry of Skill Development and Entrepreneurship, Government of India, inaugurated three days Artisan Workshop for existing enterprises for scaling up business activities in SARAS Mela Srinagar. Additional Director (Regional Directorate of Skill Development and Entrepreneurship), Vinit Kumar Saxena briefed about the importance of such programmes and also the programmes conducted by NIESBUD and NSTI in the UT of Jammu and Kashmir. He also encouraged the participants to work with enthusiasm and ensured further support from NIESBUD in future.



The workshop is organized to support the SHGs and members to aware them about sales and marketing. The three days workshop will cover the areas on e-commerce, market linkages, awareness regarding government schemes, entrepreneurship development, soft and hard skills, product value additions etc. NIESBUD will be providing the basic expertise on how to overcome the

challenges facing during marketing packaging. Dr. Aijaz Mir representing NIESBUD in the UT of J&K thanked the government of J&K for making the workshop a success and also ensured further hand holding and support for SHGs and other aspiring entrepreneurs in future. Dr. Aijaz Mir representing NIESBUD in the UT of J&K thanked the government of J&K.

## World Poetry Day: Cultural Unit Kashmir of DIPR organises Mushaira at Khumriyal, Lolab

SRINAGAR, MARCH 21: On the occasion of World Poetry Day, Cultural Unit Kashmir of Department of Information and Public Relations J&K in collaboration with Anjuman-e-Adab wa Saqafat Lolab today organised a Mushaira at picturesque tourist spot Khumriyal in Lolab.

Rashid Shaheen in his presidential address said that the mesmerizing and magical scenery of Wadi e Lolab inspires to write. He further said that the youth of Lolab are full of talent who need exposure. He thanked Cultural Unit Kashmir, DIPR for promoting art and culture by organising various cultural events.

Chairman, Anjuman-e-Adab wa Saqafat Lolab, Ghulam Nabi Shakir in his address said that Poetic expressions allow us to promote and spread teachings from different languages. The approach is to pre-



serve endangered languages and make more people aware of treasured forms of cultural and linguistic poetic expressions. Earlier, AECO Cultural Unit Kashmir, Syed Sha-keel in his inaugural address said that poetry is a form of art and literature that brings out a beautiful amalgamation of culture, history, and study. World Poetry Day is celebrated every year on March 21 in order to honour the poets to continue to instill the tradition in newer genera-

tions he added. Poets who participated in Mushaira from different places of Kupwara District include Mohammad Sultan Shauq, Abdul Ahad Hami, Mushtaq Sempuri, Irshad Ibn-e-Mukhtar, Ilyas Arman, Adil Tariq Lolabi, Shabnam Lolabi, G.N Shakir, Khurshaed Qureshi, Rashid Shaheen, Dilbar Fayaz, Zameer Ahmed, M. Aamir, Rashid Jowher, Nazir Shahbaz, Altaf Ariz, Af-tab Tariq, Mir Mehran and Nasir Ahmad.

## FDP on thermal characterization and advanced measurement techniques begins at NIT Srinagar

Such programs are important for achieving the long-term goals of New Education Policy: Prof. Sehgal

Srinagar, Mar 21: The two-week-long Faculty Development Programme (FDP) on Thermal Characterization and Advanced Measurement Techniques began at the National Institute of Technology, Srinagar.

The workshop is being organized by the Department of Mechanical Engineering and is sponsored by the All India Council for Technical Education (AICTE) Training and Learning Academy, New Delhi. Head MED Prof. Adnan Qayoum is the Chairman and Coordinator of the program and Dr. Sheikh Shahid Saleem is the Co-Coordinator of the FDP. Dr. Mohammad Mohsin Khan and Dr. Ovais Gulzar (UST Awantipora) are the Conveners of the event. The inaugural ceremony was presided over by Director NIT Srinagar, Prof. Rakesh Sehgal who was Chief Guest. Dean (R&C) Prof. M.F. Wani, Insti-



tute's Registrar, Prof. Syed Kaiser Bukhari, and Prof. (HAG) G.A. Harmain were 'Guest of Honor' on the occasion. The event was attended by all HODs and Deans of NIT Srinagar. In his presidential address, Director NIT Srinagar Prof. Sehgal appreciated the Mechanical Engineering Department for organizing the workshop on the relevant theme and stated that such FDPs are need of the hour. "Such relevant

FDPs have multiple benefits and are important for achieving the long-term goals of New Education Policy 2020. I hope that this program will prove beneficial for participants in multiple ways so that they were able to share their knowledge and experience," he said.

Prof. Sehgal said over the past several years, NIT Srinagar has developed State-of-the-art facilities for research and will continue to expand its

activities. Institute's Registrar, Prof. Bukhari said FDPs are a crucial aspect of academic growth, ensuring the teachers have the latest knowledge and techniques to impart to our students. "This program, in particular, is designed to help the participants learn and implement advanced methods of research, analysis, and measurements of thermal science," he said.

Prof. Bukhari said NIT Srinagar is grateful to AICTE for sponsoring this program. We take pride in hosting this event and are committed to providing top-quality training for the participating faculty members, he said. "The opportunity to learn and network with professionals from different regions is something we should all cherish. With enthusiastic participation, we can create an inclusive and collaborative learning environment that benefits.

## G-20 University Connect CUK holds workshop on 'Green Envnt, Climate Change and Sustainability'



Ganderbal, Mar 21: Department of Politics and Governance, Central University of Kashmir (CUK) in collaboration with Mool Sustainability Research and Training Center organized a one-day workshop on Green Environment, Climate Change and Sustainability under auspices of G-20 University Connect at Sagg-eco Campus here Tuesday. Speaking on the occasion, Assistant Prof. Dr. Khalid Wasim Hassan introduced the students with the relevance of G-20 Presidency of India and the importance of 'Green Environment and Sustainability' for the region of South Asia. He

emphasized the role that academia, particularly students, have to play towards adapting the environment, friendly livelihoods, profession and sensitizing the society about the impact of climate change in the region. He also introduced the students to the working and functioning of MOOL. In the beginning, the students were taken for the short tour of sagg-eco campus where Dr. Shaheena and Ms Lubna (senior members of MOOL) briefed them about the eco-friendly natural farming techniques and traditional techniques used in construction.

## Mega Youth Festival', Youth Engagement initiative held at Kulgam

Youth Engagement, priority of Mission Youth; concerted effort being taken to empower them

Farooq Rather

KULGAM, MARCH 21: The District Administration Kulgam in collaboration with Mission Youth today organised a 'Mega Youth Festival' at the sprawling lawns of mini-secretariat Kulgam.

The event witnessed enthusiastic participation of youth and members from youth clubs, students, civil society members, employees from across the district.

Secretary Tribal Affairs and CEO Mission Youth, Dr. Shahid Iqbal Choudhary who was Chief Guest on the occasion expressed satisfaction over meticulous arrangements being taken by the Kulgam district administration to engage youth in various



activities and congratulated administration for promoting tourist places and showcasing cultural heritage of the district.

He said, Kulgam youth have excelled in various fields and youth engagement is tremendous in the district.

The District Development Council Chairper-

son Kulgam, Mohammad Afzal Parrey also addressed the huge gathering and expressed concern of the magnitude of Social evils, including drug menace and sought pledge from all youth present to be messengers of social change and commitment towards the socio-economic betterment of the

society. Earlier, the Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat welcomed all the participants and expressed gratitude for their enthusiastic participation in the programme. Speaking on the occasion, DC informed that the District Administration is taking all possible measures to popularise the schemes of Mission Youth so that more and more youth can be engaged in productive activities. He further added that Youth Clubs, comprising more than 800 members in the district have been revitalised which will be equipped with Grants in Aid and Credit Linkage, which will further provide momentum to the campaign of Empowerment of Youth.

## District Admin Srinagar organises Awareness programme on "World Down Syndrome Day"

SRINAGAR MARCH 21: In connection with World Down Syndrome Day observed every year on March 21, the District Administration Srinagar today organized a programme here at Bemina.

The programme was conducted on the directions of the Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad by District Social Welfare officer in collaboration with Volunteer Medicate Society Srinagar.

Speaking on the occasion, District Social Welfare Officer, Dr. Mukhtar Ahmad threw light on importance of the day.

He said on this day, people with Down Syndrome and those who live and work with them throughout the world organise and participate in activities and events to raise public awareness and create a single global voice advocating for the rights, inclusion and well-being of people with Down syndrome.

DSWO also highlighted the various schemes launched by the Government for inclusiveness of these persons for development of society. The theme for this year is "With



Us Not For Us" and is focused on a human rights-based approach to disability - the right to be treated fairly, have the same opportunities as everyone else, and the freedom for people to make their own choices. We are calling on all supporters and organisations to work #WithUsNotForUs to improve the lives of everyone with Down syndrome. Other speakers also spoke on the occasion and unanimously said that the World Down Syn-

drome Day is an opportunity to celebrate the diversity among people irrespective of their condition. It's an occasion to raise awareness about the people with Down Syndrome face in their daily lives. It is a reminder that people with Down syndrome have the right to education, employment, healthcare, and social inclusion, and that they can make valuable contributions to society.

# Justice Moksha Khajuria Kazmi visits Ganderbal

## Takes stock of infrastructure & functioning of District, Munsiff court

GANDERBAL, MARCH 21: Justice Moksha Khajuria Kazmi, Judge High Court of Jammu & Kashmir and Ladakh, who is also Administrative Judge of District Ganderbal, today visited various courts of District Ganderbal.

She was welcomed in District Court Ganderbal by accord of guard of Honor.

Justice Moksha Kazmi took stock of the difficulties faced by litigants, lawyers, staff as well as the judicial officers.

Principal District and Sessions Judge Ritesh Kumar Dubey briefed the Justice Moksha about the ongoing construction projects in District Ganderbal for developing infrastructure.

Justice Moksha Kazmi passed instructions on the spot to Deputy Commissioner and Executive Engineer Public Works Department of District Ganderbal to expedite the process of construction of court building for the court of Additional District and Sessions Judge Ganderbal and also the new court complex.

Justice Moksha Kazmi also interacted with District Administration Deputy Commissioner Ganderbal, SSP Ganderbal and all the Judicial Officers of District Ganderbal and lawyers.

Various instructions were



passed by her Ladyship for not only developing the infrastructure but also disposal of the cases pending before the courts.

Specific instructions were given on the spot to develop digital li-

brary facility for lawyers and also for building lawyers chambers in the existing court complex of District Court Ganderbal.

On this occasion, Chairman Municipal Council Ganderbal, Altaf

Ahmad assured the Administrative Judge that he will construct Lawyers Chambers including court canteen, litigants shed, washrooms etc. in the court complex Ganderbal.

Justice Moksha Kazmi on spot approved the proposal of the Chairman Municipal Council and instructed him to complete the work as quickly as possible.

The lawyers appreciated the Judicial Officers in their dispensation of justice and conveyed their gratitude to High Court for posting a capable and dedicated judicial team in District Ganderbal.

Justice Moksha Kazmi recorded satisfaction for the performance of the Judicial Officers Ganderbal and urged the Judicial Officers to work more to maintain the faith, confidence and trust of the people in the administration of Justice.

While inspecting the various courts, Justice Moksha Kazmi emphasized improvising existing infrastructure for the larger interest of legal fraternity and the litigants.

Later, Justice Moksha Kazmi also visited Munsiff Court Kangan and inspected and passed on the spot directions for developing infrastructure as well as for disposal of the cases pending in the court.

The Bar as well as the Judicial Officers appreciated her Ladyship for taking pains in augmenting strength to the institution of judiciary particularly to District Judiciary Ganderbal.

## World Down's Syndrome Day: SWD organises Awareness/ Counseling programme at Kulgam

Farooq Rather



KULGAM, MARCH 21: To observe the World Down's Syndrome Day, the Department of Social Welfare, Kulgam today organized an awareness cum counseling programme at mini-secretariat, here.

The programme was presided over by Additional Deputy Commissioner (ADC) Kulgam Vigar Ahmed Giri.

Speaking on the occasion, the ADC said that the aim to observe the day is to raise awareness about Down's Syndrome and advocate for the rights and well-being of people with the condition.

Various speakers including the doctors from Health department, Psychology experts from GDC Kulgam and speakers from Social Welfare department and other departments threw light on the syndrome and related Sociological and Psychological issues.

Experts stressed on the fact that though the condition is genetic, but the complications associated with the disorder are manageable with timely medical and psychological interventions.

## NSS team of GDC Beerwah organises Blood Donation Camp

BUDGAM, MARCH 21: A blood donation camp was today organized by NSS team of the Government Degree College (GDC) Beerwah within the college campus. The camp was held under proper medical care and hygiene. A team of doctors and nurses from government District Hospital Budgam and Sub-district Hospital Beerwah, Principal of the college, Prof. Syed Ifat Ara, Dr. Firdous Ahmad Dar NSS Program Officer Unit-I and Dr. Sajid Hussain Rather NSS Program Officer-II along staff and NSS Volunteers were present on the occasion. About 20 units of blood were collected from donors. The chief medical officer and the principal of the college expressed their appreciation for the donors and the entire team for their dedication and commitment towards the humanitarian cause. The response of the students was deemed satisfactory and encouraging.

## JKAACL organises cultural programme at Rajpura

SAMBA, MARCH 21: The Sub Office of Jammu and Kashmir Academy of Art, Culture and Languages in Kathua collaborated with District Information Centre Samba to organise a cultural programme at Rajpura in Kathua. The event was held under the guidance of Secretary JKAACL, Bharat Singh Sarpanch Rajpura, Suresh Basotra was the chief guest on the occasion while Principal Shri Nursing Vidyaapeeth School, Surinder Pal Sharma was the guest of honour. Suresh Basotra praised Jammu and Kashmir Academy of Art Culture and Languages for bringing cultural events to Rajpura. He appreciated the mesmerising performances by the artists and requested that similar events be organised in future. The programme began with a performance by Aziz Folk Theatre Group from Kulgam who performed Dhambali Dance. Other performances included a sufi song by Gulam Nabi Sufi and party from Pulwama; Kashmiri folk by Baba Naseeb u Din Gazi Theatre Group from Kashmir, Sharda Folk Theatre, Wathora Budgam; Dogri Haran Dance by Bodh Raj and party from Damsal; Gojri folk dance by Gojri Music and Dance party Rajouri; Nukkad play by Samooh Theatre Group Jammu; Dogri folk song by Gareeb Dass and party; Dogri Song by Sanjeev Kumar and party and Dogri Bhaakh by Koshalya Devi and party. The programme was conducted by Janak Bhardwaj and coordinated by Shokat Naseem.

## Chairman, KVIC distributes 1200 Bee Boxes to Farmer Clusters of Pulwama, Budgam, Shopian & Ramban districts

PULWAMA, MARCH 21: The Khadi and Village Industries Commission (KVIC) jointly with Field Station Pulwama of CSIR Indian Institute of Indian Medicine, J&K today organised an event wherein 1200 honey bee boxes, bee colonies and equipment were distributed to 120 farmers from districts Ramban, Banihal, Shopian, Pulwama and Budgam of Jammu and Kashmir UT at Field Station Pulwama.

Manoj Kumar, Chairman KVIC was chief guest at the event.

Others present at the programme were J.K. Gupta, Deputy CEO North Zone, KVIC, Dr Shahid Rasool, Nodal Scientist CSIR Floriculture Mission and Scientist Incharge, Field Station Pulwama, S. P. Khandewal, State Director KVIC, J&K, Ritesh Shrivastava, Deputy Director, KVIC, New Delhi, Anil Kumar Sharma, Principal, PMTC, KVIC, Pampore, officers of KVIC, PMTC, CSIR-IIIM and eminent citizens of the valley.

In his presidential address at the event, Chairman KVIC stated that beekeeping as an enterprise can be a significant step for boosting the income and livelihood opportunities for farmers including landless farmers.

Considering the huge area



under horticultural crops like apple and other fruit crops in the UT, keeping bee hives in the crop fields can increase pollination efficiency and improve the crop yield and quality.

In addition to the quality honey, beekeeping can also produce other valuable substances such as beeswax, bee propolis, and bee venom.

To further encourage the beneficiaries, Chairman KVIC motivated them to run their beekeeping activities successfully and take advantage of the Prime Minister's Employment Generation Program (PMEGP) scheme to increase their business.

Speaking about the opportunities through PMEGP scheme in providing employment opportunities to unemployed youth in rural and urban areas, he in-

formations in Jammu and Kashmir can make it an epicentre for Prime Minister's vision of Aatma Nirbhar Bharat.

Earlier, Dr Shahid Rasool in his welcome address informed the chief guest and others about the importance of the event and the various initiatives and mission programmes being implemented in the region by CSIR IIIM for benefit of farmers, society and industry.

Highlighting the importance of honey bee rearing in enhancing the income of farmers through quality honey production and ecological services provided by honey bees for achieving sustainable and quality crop yields, he informed that CSIR under its mission on Floriculture is providing handholding to the farmer clusters through capacity building and honey production through integration of existing orchards and nectar bearing crops with apiculture.

Complimenting State of fice KVIC, Jammu and PMTC, KVIC, Pampore, he apprised the chief guest that the farmer beneficiaries registered under CSIR Floriculture Mission have been provided trainings and the physical infrastructure with their active support and coordination.

## 150 deodar saplings planted at GMC Doda

DODA, MARCH 21: On the occasion of International Day of Forests, Government Medical College Doda collaborated with J&K Forest Department to conduct a mega plantation drive at the GMC campus.

Students and staff of GMC Doda participated in the event with great enthusiasm and planted 150 deodar saplings. A plea was made

for a greener environment with a focus on taking care of the planted trees.

Among those present were the CAO GMC, DIO Doda, heads of various departments and staff members including Range Officer and his staff.

The event was supervised by Principal Government Medical College Doda, Puja Vimesh.

## CUK VC launches weeklong plantation drive

Ganderbal, Mar 21: Under the G20 University connect engaging young minds, Central University of Kashmir (CUK) Vice Chancellor, Prof. Farooq Ahmad Shah Tuesday kick started a weeklong plantation drive at the varsity's Tulmulla campus here.

Registrar, Prof. M Afzal Zargar, Controller of Examinations, Prof. Farooq Ahmad Mir, Director Tulmulla campus, Prof. Shahid Rasool, Finance Officer and Dean DSW, Dr. Mehraj ud Din Shah, I/c Department of Landscape and Green Mission, Dr. Muhammad Latief, Deans of Schools, faculty members and other functionaries were also present during

the event organised by the Department of Landscape Development, CUK. Prof. Shah planted a sapling and highlighted the importance of plantation drives in contemporary times. He quoted several religious scriptures and underscored the need of planting saplings across Jammu and Kashmir for the betterment of the future generations. "Everybody is concerned about the unabated felling of trees and rising pollution, which has caused extensive damage to our serene environment," he said, adding that it is the responsibility of every individual to plant as many saplings as possible to check the environmental.

## Two-Day Cultural Festival concludes at Bani

KATHUA, MARCH 21: On the concluding day of the Two-Day Cultural Festival organised by J&K Academy of Art, Culture and Languages sub-office in Kathua, seasonal artists showcased scintillating performances that enthralled the large gathering. The event was aimed at celebrating Baisakhi Mela in scenic Bani valley and proved to be a crowd-puller.

Sub District Magistrate Bani, Satish Sharma was the chief guest on the occasion. He congratulated JKAACL for their efforts and requested that such events be made an annual occurrence to preserve Bani's craft and culture.

The programme began with a Dogri song by Pankle Kumar and Party of Bani. This was followed by performances including Pahari Geet by Rajeev Herellu; Kud by Yudhishtir and Party; Gaddi Dance by Gorakh Nath and Party; Suhagh & Goorian



by Revi Devi and Party; Gojri Dance by Noosheen Bani; Dogri Folk Dance Phoomiyun by Vipin Kumar and Party; Kud Dance by Devinder Singh and Party; Pahari Dance by Tushar

Cultural Club; Geetru by Kasturi Lal and Party and a Nukkad Natak on the theme of drugs by Saraswati Sanget and Drama Group. SOCA, JKAACL Sub-Office, Kathua, Sanjeev Gupta shared that their goal is to take culture to every household so young people can learn about their roots. He thanked SDM Bani, media outlets, and police department for their support. Sub District Magistrate Bani, Satish Sharma was the chief guest on the occasion. He congratulated JKAACL for their efforts and requested that such events be made an annual occurrence to preserve Bani's craft and culture. The programme began with a Dogri song by Pankle Kumar and Party of Bani. This was followed by performances including Pahari Geet by Rajeev Herellu; Kud by Yudhishtir and Party; Gaddi Dance by Gorakh Nath and Party; Suhagh & Goorian.

## NDRF conducts mock earthquake, landslide exercise in Rajouri

RAJOURI, MARCH 21: 13 BN NDRF organised a district-level mock exercise on earthquake and landslide at DPL Ground Rajouri today. The objective of the exercise was to raise awareness among the community and demonstrate the readiness of the National Disaster Response Force (NDRF) to respond quickly in case of any natural disaster.

The event was attended by Deputy Commissioner Rajouri Vikas Kundal as chief guest, SSP Rajouri, Mohd Aslam and DySP SDRF Civil Defence, Jabeen.

During the exercise, NDRF personnel conducted a mock rescue and relief operation which included rapid deployment of rescue



teams, search and rescue operations, medical aid, evacuation of stranded people and first aid.

The exercise provided all stakeholders with an opportunity to assess their state of preparedness and response mechanism in a simulated setting. It also

helped instill public confidence that help will reach them promptly in case of a disaster. The exercise was successful in creating awareness among the community about NDRF's preparedness and response capability in case of natural disasters.

In his address to the event, Vikas Kundal urged the NDRF team to remain vigilant and be well-prepared to effectively handle any disaster-related issues. He emphasised on prompt response to disasters to minimise their impact on affected populations. The Deputy Commissioner also highlighted the need for local communities to be aware of possible disasters that could occur in their region. He urged them to take necessary precautions and be prepared. He emphasised on building community resilience for effective disaster management and stressed on active participation from all stakeholders.

## DDC Doda discusses District Good Governance Index, Aspirational Panchayats Development Programme

DODA, MARCH 21: District Development Commissioner Vishesh Mahajan chaired a meeting with district and sectoral officers to discuss the District Good Governance Index in Jammu & Kashmir. It was informed that the index is being monitored by the Government of Jammu & Kashmir to improve efficiency across UT districts. For 2022-23, 58 indicators and 116 data items have been finalised, and approved by the government.

The data furnished by all concerned district and sectoral officers was discussed in detail. While reviewing progress made by respective sectors, the DDC said that agriculture and allied sectors are priority sectors that must be



focused on for maximum benefit to farmers. Human resource management was reviewed and the Chief Education Officer was directed to make efforts to bring school dropouts back into school. Health, social welfare, public infrastructure, and other sectors were also reviewed.

DDC Doda also discussed the Aspirational Panchayat Development Pro-

gramme (APDP) during the meeting. The APDP initiative aims to develop aspirational panchayats through convergence of various ongoing district/UT schemes and centrally sponsored schemes/programmes.

On analogy with Aspirational Block Development Programme (ABDP), Jammu & Kashmir has rolled out APDP with aim to ensure expeditious improve-

ment in socio-economic status of most backward panchayats across Jammu & Kashmir.

A total of 100 measurable indicators have been identified across 9 sectors including agriculture and allied activities; health and nutrition; education, rural development and sanitation; beneficiary-oriented schemes, skill development, basic infrastructure, environment and good governance.

Senior Superintendent of Police, Abdul Qayoom; ADDC, Doda Pran Singh; Chief Planning Officer/ District Statistics & Evaluation Officer, Superintending Engineer PWD and Superintending Engineers besides other district officers attended the meeting.

## Mission Shakti, Indian Red Cross Society Jammu organise health camp for homeless

JAMMU, MARCH 21: Mission Shakti's District Hub for Empowerment of Women in Jammu organised a health check-up camp in collaboration with the Indian Red Cross Society Jammu. The camp was held for the inmates of Raen Basera, a home for homeless people situated in Bahu Fort.

The camp focused on the health check-up of the inmates with the help of IRC Society Jammu Medical Officer, Kavita Nijohn. Free medicines and hygiene kits were provided to the inmates and their general problems were also

discussed. The camp was inaugurated by Mission Director of Mission Shakti, Department of Social Welfare J&K, Harvinder Kour who emphasised on the welfare of the inmates.

Others present during the camp included District Mission Coordinator, Shagun Manchanda; Gender Specialist, Khushboo Kapte; Corporator Ward no 48, Sham Lal Basin; Superintendent of Raen Basera, Beena Bakshi; Pharmacist from Indian Red Cross Society Jammu, Ravi Kant Magotra and Joginder Kumar and staff members

from Raen Basera. Mission Shakti's District Hub for Empowerment of Women in Jammu organised a health check-up camp in collaboration with the Indian Red Cross Society Jammu. The camp was held for the inmates of Raen Basera, a home for homeless people situated in Bahu Fort.

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# Rahul Gandhi Seeks Speaker's Permission To Respond To "Defamatory Claims"

New Delhi: Congress MP Rahul Gandhi, under fire for his remarks on Indian democracy in London, has again written to the Lok Sabha Speaker requesting permission to respond to "totally baseless and unfair charges" hurled at him by senior Ministers in the Lok Sabha. He cited house conventions while making the request, and also pointed out that the same rule was earlier invoked by one of the Union Ministers.



"I am seeking this permission under the conventions of Parliamentary practice, the constitutionally embedded rules of natural justice and Rule 357 of the Rules of Procedure and Conduct of Business in Lok Sabha," he said.

The rule allows members to, with the permission of the Speaker, make a personal explanation even when there is no question before the House.

"But in this case no debatable matter may be brought forward, and no debate shall arise," it specifies.

Mr Gandhi accused the members of the ruling government of making "scurrilous and defamatory claims" against him both within and outside Parliament.

"As a result of these allegations, and the rules invoked by these individuals, it is only appropriate that you kindly allow me a right to reply as contained in Rule 357 which allows for personal explanations," he said.

Rahul Gandhi pointed out that Ravi Shankar Prasad, MP and then Minister, had invoked the same rule in the past to give an explanation regarding Jyotiraditya Scin-

dia's comments on him in the Parliament. "Furthermore, there are several examples available on the Lok Sabha Digital Library which show that this right isn't restricted to responding to statements made within Parliament but extends to allegations made in the public domain as well," his letter said. Parliament, like any other institution, is bound by the Constitutional Rules of Natural Justice, which are a guarantee against administrative arbitrariness, he said. They ensure that every person has a right to be

heard in a cause with which they are concerned, he added. "Surely, you would agree that Parliament of all institutions cannot abdicate the responsibility to respect this right when it doesn't suit the ruling regime," the letter read. He further informed the speaker that he would be away, in Karnataka and Kerala, on March 21 and 22. There has been a political stalemate in the Parliament for seven consecutive days over Mr Gandhi's remarks, with the BJP calling

for an apology, while the opposition has called it an excuse to divert attention from their demand of a Joint Parliamentary Committee (JPC) to probe the Adani-Hindenburg issue.

Efforts by the Lok Sabha speaker, in an all-party meeting today, to resolve the issue and get the house to function normally again, failed as both sides refused to blink.

"How can the Oppn demand for a JPC into the PM-linked Adani scam be linked to the BJP's demand for an apology from @RahulGandhi on totally baseless accusations. The JPC is on a real, documented scam. The apology demand is a hoax being raised to divert attention from the Adani scam," Congress MP Jairam Ramesh tweeted soon after the meeting.

Several opposition leaders earlier today protested in the Parliament corridor, and hung a huge banner saying "We want JPC" from the first floor of the building. Rahul Gandhi has refused to apologise, and said he will respond to the allegations in the Lok Sabha. BJP sources, however, said they won't let him speak unless he apologises first, even outside the Parliament.

At Cambridge University, Mr Gandhi had said that Indian democracy is under pressure and opposition voices are being stifled. "The institutional framework which is required for democracy - Parliament, free press, and the judiciary, just the idea of mobilisation, and moving around all are getting constrained. So, we are facing an attack on the basic structure of Indian democracy," he had said.

## Sharad Pawar's NCP's National Status To Be Reviewed By Poll Body: Sources

New Delhi: The Election Commission has decided to review the "national party" status of Sharad Pawar's Nationalist Congress party. The Commission will hear the representation of NCP today, seeking review of its decision.

Sources said the NCP does not satisfy the requirement for national party status anymore.

A political party is recognised as a "national party" if its candidates secure at least 6 per cent votes in four or more states in Lok Sabha or assembly polls. In addition, it has to win at least four Lok Sabha seats.

## Mamata Banerjee To Protest Over Centre's "Discrimination" Towards Bengal



Kolkata: West Bengal Chief Minister Mamata Banerjee on Tuesday said she would stage a two-day sit-in demonstration in Kolkata from March 29 to protest the BJP-led Union government's alleged discriminatory behaviour towards the eastern state.

She claimed the Centre has not released funds for MGN-REGA project and other initiatives of the housing and road departments.

"West Bengal is the only state which has not received anything from the Centre. It has not given us our due money. Even in this year's Union budget, there was nothing for our state," she said.

"Hence, in protest against the Centre's discrimination towards Bengal, I, as the chief minister, will stage a sit-in demonstration under the statue of Dr B R Ambedkar in Kolkata from March 29 and continue it till the evening of March 30," she told reporters at Dum Dum airport before leaving for a three-day trip to Odisha.

Ms Banerjee said she will have a courtesy meeting with her Odisha counterpart Naveen Patnaik during her visit to the coastal state.

## Nitish Kumar Snaps Again Over Use Of English, This Time In Assembly

Patna: Bihar has witnessed yet another flare up from its Chief Minister Nitish Kumar against the use of English language, this time inside the state legislature.

The septuagenarian was visibly upset, on Monday, inside the legislative council of which he is also a member, upon seeing the display board on which things were written in English. In a video clip that has gone viral, Mr Kumar can be seen snapping at Chairman Devesh Chandra Thakur, who incidentally belongs to his JD(U), with the remark "I can see words like honourable and speaking time. What is the point? Do you intend to finish off Hindi? (Hindi ko Khatam kar dijiyega kya)". The exchange took place for less than a minute as the Chairman can be heard pacifying the chief minister with the assurance that amends will be made.

The incident was reminiscent of the dressing down given by Mr Kumar to an upwardly mobile farmer last month when the latter, a management graduate, used many English words while narrating his switch over from a plum job in Pune to taking up cultivation at his native district of Sheikhpura for which, ironically, he was also lavishing praise on the government in the state.

The BJP, which has itself faced accusations of Hindi chauvinism from time to time, used the opportunity to target Mr Kumar, who had been an ally till less than a year ago. "It seems that the chief minister is under tremendous pressure and frustrated at his inability to keep things under control after joining the RJD-led 'Mahagathbandhan'. This shows in frequent outbursts", said former minister Neeraj Singh Babloo. State BJP spokesperson Nikhil Anand was more explicit in a tweet wherein he alleged that the chief minister's behaviour was like "a bull getting mad at a red piece of cloth" and denoted "psychological illness." Another BJP leader, Haribhushan Thakur Bachol, who remains in news for provocative statements, demanded that a "health card" of the chief minister be issued so that people could be assured that the state was in "safe hands". He also cited a slip of tongue by Mr Kumar inside the assembly on Monday when he spoke of having been 'grih Mantri' (Home Minister) in the government of Atal Bihari Vajpayee, despite having never held the portfolio.

## "What Were 80,000 Cops Doing?": Court Slams Punjab Over Amritpal Singh

Chandigarh: The Punjab and Haryana High Court today slammed Punjab police and asked them to submit a status report in their operation against Khalistani leader Amritpal Singh.

"You have 80,000 cops. What were they doing. How did Amritpal Singh escape?," the High Court asked Punjab government. The court remarked that this is an intelligence failure of the state's police.

The court's remarks come amid the Punjab Police action against the Khalistani leader and members of his outfit 'Waris Punjab De'. The Punjab police told the court that they launched a major crackdown against Amritpal Singh on Saturday, and have managed to arrest 120 of his supporters.

The elusive preacher, however, gave the police a slip and escaped their dragnet when his cavalcade was intercepted in Jalandhar district. Amritpal Singh, who the government describes as a Khalistani-Pakistan agent, was last seen speeding away on a motorcycle on Saturday evening in Jalandhar. Singh has been active in Punjab for the past few years and is often seen escorted by armed supporters. He claims to be a follower of the Khalistani separatist and terrorist



Jarnail Singh Bhindranwale and is known as "Bhindranwale 2.0" among his supporters. Earlier today, Punjab Chief Minister Bhagwant Mann said that strict action will be taken against those trying to disturb peace and harmony in the state. "We will not spare any force working against the country. People of this state want peace and progress," Mr Mann said, adding that no incident of violence has been reported since the operation to arrest the Khalistani leader began. The crackdown comes a month after Amritpal Singh and his supporters broke into a police station with swords and guns for the release of one of his aides. Six police officials were injured in the clash.

## Artistically decorated Shri Mata Vaishno Devi Bhawan ready to welcome Chaitra Navratra

Katra, March 21: Adorned with thousands of multi-hued flowers, the holy shrine of Mata Vaishno Devi Ji is all set to host pilgrims who are expected to visit the shrine of Mata Vaishno Devi Ji in large numbers during the ensuing nine-day Navratras beginning from March 22. Noteworthy that before commencement of Navratra, the Chairman, Shri Mata Vaishno Devi Shrine Board (LG, JKUT) already dedicated a 5-storey Durga Bhawan to the pilgrims on March 18. The building has provision to accommodate 3000 pilgrims on a daily basis, bound to give a new shape and structure to the comforts and convenience of the pilgrims visiting the Holy Shrine. The Bhawan is equipped with free and paid accommodation alongwith washroom, locker facilities, a prasad



counter and aesthetically designed Tripti Bhojanalya and buffet for providing hygienic and wholesome food at nominal rates for the convenience of the devotees. Anshul Garg, Chief Executive Officer, Shri Mata Vaishno Devi Shrine Board (SMVDSB) reviewed the arrangements being put in place for pilgrims on the track and other locations which include round-the-clock water and power supply along the track leading to the shrine, sanitation, medicare and availability

of special "fast-related" food at the catering outlets of the Shrine Board. As was done during the Shardiya Navratra, the Shrine Board shall continue to deliver special facilities to the Divyangjan which includes pony and battery car services on complimentary basis, besides, priority darshans at sanctum sanctorum during these Navratras. Arrangements have also been made for a 'Shat Chandi Maha Yagya' at the shrine for peace, prosperity and good health of mankind. The 'yagya' will be telecast live from 11.30 AM to 12.30 PM every day during Navratra. In addition, there will be 'bhajan' and 'bhaint' performances by the renowned artists during morning and evening Atka Aarti to add a spiritual fervour for the visiting pilgrims. It is pertinent to mention.

## Death By Hanging Cruel? Supreme Court Asks Centre To Begin Discussion

New Delhi: The Centre should consider whether there can be a "less painful" alternative to death by hanging way of carrying out death sentences than hanging, the Supreme Court said today.

The Supreme Court asked the Centre to initiate a discussion and collect information to examine if there can be a less painful method than hanging by the neck. Attorney General R Venkataramani was asked to get back to the court on any study on the impact of death by hanging.

The court said it was open to setting up a panel of experts to consider the subject, as it heard a petition seeking a "painless end for death convicts." The petition also suggests shooting, lethal injection or the electric chair instead of hanging. The process is "absolutely cruel", said lawyer Rishi

Malhotra, reading out a Law Commission report. "Yes, it's a matter of reflection."

Even today the question that there should be dignity



tion. We need some scientific data in our hands. Give us some study on the pain caused, we may form a committee. We will keep it for a later date," Chief Justice DY Chandrachud said, posting the next hearing to May 2. During the hearing, the judges discussed the alter-

in death is not in contest or inflicting less pain... Hanging seems to satisfy both these conditions... Does lethal injection satisfy on this count. In USA it was found that lethal injection is found not to be immediate," said Justice PS Narasimha. "Even lethal injection is

painful. Coming to shooting, it was a favourite time-pass of military regimes, in complete violation of human rights," said the Chief Justice.

The judges also called for research on which chemical would be used in the lethal injection.

"We have to see if this method satisfies the test of proportionality and if there is another method which can be adopted, then if death by hanging can be declared as unconstitutional," said Justice Chandrachud. The judges also called for research on which chemical would be used in the lethal injection.

"We have to see if this method satisfies the test of proportionality and if there is another method which can be adopted, then if death by hanging can be declared as unconstitutional," said Justice Chandrachud.

## AAC condoles demise of former Jamiat president, party worker, mother of associate

Srinagar, March 21: Jammu & Kashmir Awami Action Committee (AAC), on behalf of the organisation and its incarcerated Chairman Mirwaiz-e-Kashmir Dr Moulvi Muhammad Umar Farooq who continues to be under house arrest since 5 August 2019, has expressed grief over the demise of the former president of Jamiat Ahle Hadith Jammu & Kashmir Moulana Ghulam Rasool Malik, and the mother of Javed Ahmed Kawa of Alamgari Bazar Srinagar, who has a deep connection with the organisation, and with Mirwaiz family. The deceased's two young sons were martyred in the funeral procession of Hazrat Shaheed-e-Millat Mirwaiz Moulana Muhammad Farooq (RA) on 21 May 1990. The AAC has expressed deep sorrow over the demise of another enthusiastic and active worker of the organisation, Ghulam Mohammad Sofi, son of Lt. Ghulam Qadir Sofi, a resident of Budhgir Kawdara, Srinagar. In a statement, the AAC paid rich tribute to the former president of Jamiat Ahle Hadith for his religious and dawah contribution and his efforts of forging unity among the Millat-e-Kashmir. It paid homage to the late mother of Javed Ahmed Kawa and hailed Ghulam Ahmed Sofi for his selfless sacrifices towards the organisation. The Awami Action Committee expressed its condolences, sympathy and solidarity with the families of all the deceased persons, especially the leaders of Jamiat Ahle Hadith, the Malik family, the Kawa family and the Sufi family; and prayed for Jannat-ul-Firdous to all the departed souls. The Awami Action Committee expressed its condolences, sympathy and solidarity with the families of all the deceased persons, especially the leaders of Jamiat Ahle Hadith, the Malik family, the Kawa family and the Sufi family.

HILLCREST SCHOOL						
NEAR TEHSIL ROAD KREERI						
DETAILS OF MANAGING BODY						
S. NO	NAME	RESIDENCE	OCCUPATION	DESIGNATION	QUALIFICATION	PHONE
1	ER.KHURSHED AHMAD BUDOO S/O:HAIJ GUL MOHD BUDOO	HUMHAMA SRINAGAR	RTD.CHEIF ENGINEER	CHAIRMAN	BE	9419182299
2	MASRAT JABEEN W/O:KHURSHED AHMAD BUDOO	HUMHAMA SRINAGAR	RTD.ASSISTANT COMMISSIONER	MEMBER	MA	889966396
3	AFROZA KHAN W/O:NAZIR AHMAD GANIE	GOUSIA COLONY KREERI	PVT EMPLOYEE	SECRETARY	MA,BED	9541489337
4	SUHAIL TRUMBOO S/O BASHIR AHMAD TRUMBOO	KREERI	BUISNESSMAN	MEMBER	MBA	7006844405
5	BILAL AHMAD BHAT S/O SONAULLAH BHAT	KAREWA KREERI	PVT EMPLOYEE	MEMBER	MA,BED	9797140417
6	SYED NAZIR HUSSAIN GOWHAR	KREERI	RTD PRINCIPAL	MEMBER	MA,	808295943
7	AARIFA RASHID D/O ABDUL RASHID BANDAY	KREERI	PVT TEACHER	MEMBER	MA	9906744628

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### Public Notice

I Waseem Ahmad Bhat son of Mohammad Shafi Bhat R/O Kalantra Payeen, wants to change my daughter's Name as AREEBA WASEEM (New Name) instead of ARBIA WASEEM (present name) if anybody having any objection in this regard he/she may file his/her objection in the Office of Registrar Births And Deaths Rural Development Department Block Wagoora within a period of 7 days from the date of publication of this notice .After that no objection shall be entertained.

Name: Waseem Ahmad Bhat  
S/O : Mohammad Shafi Bhat  
R/O: Kalantra Payeen

### Public Notice

II have lost Registration Certificate (RC) of my motorcycle bearing registration no JK05G 7144.Now I am applying for its duplicate if anybody have any objection in this regard He/She may contact ARTO Sopore within seven days from the publication of this notice after that no objection will be entertained.

GHULAM MOHAMMAD LONE  
S/O AB AHAD LONE

## Israeli finance minister says 'no such thing' as Palestinian people

An Israeli minister with responsibility for the administration of the occupied West Bank drew condemnation on Monday after he said there was no Palestinian history or culture and no such thing as a Palestinian people. Finance Minister Bezalel Smotrich, who triggered global outrage earlier this month when he called for a Palestinian town to be "erased", made the remarks on Sunday in a conference speech during a visit to France. "Is there a Palestinian history or culture? There is none," he can be heard saying in footage of the speech shared widely on social media. "There is no such thing as a Palestinian people." As he made the speech, he stood at a podium covered in what appeared to be a variation of the Israeli flag that showed an Israeli state with expanded boundaries that included the West Bank, East Jerusalem, Gaza and Jordan. A spokesperson



for Smotrich, head of one of the religious-nationalist parties in Prime Minister Benjamin Netanyahu's hard-right coalition, said the flag was set decoration by the conference organisers and that the minister was a guest. Smotrich made the speech on the same day that Israeli and Palestinian officials met in the Egyptian resort of Sharm el-Sheikh for de-escalation talks ahead of the holy month of Ramadan and the Jewish Passover holiday. Palestinian Prime Minister Mohammad Shtayeh condemned Smotrich's remarks, saying they amounted to incitement.

## Sri Lanka Bailout Conditional On Tackling Corruption, Says IMF

Colombo, Sri Lanka: Sri Lanka must not allow entrenched corruption to undermine a bailout for its bankrupt economy, the IMF said Tuesday after signing off on a \$3 billion loan for the crisis-hit nation. The International Monetary Fund approved its long-delayed rescue programme on Monday after China, the South Asian nation's biggest bilateral lender, offered debt relief assurances. But the Fund said the rescue was conditional on tackling the deep-rooted culture of graft and government mismanagement blamed for tipping Sri Lanka into an unprecedented economic crisis last year. Peter Breuer, the IMF mission chief in Sri Lanka, said the government had agreed to enact tougher anti-corruption laws within months during the bailout



negotiations. "We emphasise the importance of anti-corruption and governance reforms as a central pillar of the programme," he told reporters. "They are indispensable to ensure the hard-won gains from the reforms benefit the Sri Lankan people." Breuer said Sri Lanka would become the first Asian economy to be sub-

ject to a comprehensive "governance diagnostic exercise" by the IMF. Sri Lanka went to the Washington-based lender of last resort shortly before defaulting on its \$46 billion foreign debt last April. A critical shortage of foreign exchange had left the island nation unable to finance even the most essential imports, causing severe food and fuel shortages. Sri Lanka's 22 million people also endured runaway inflation and prolonged blackouts, inflaming public anger as the crisis worsened. Huge protests against economic mismanagement and government corruption eventually forced then-president Gotabaya Rajapaksa to flee the country and resign in July. Rajapaksa belongs to a powerful political family accused of squandering public money on vanity projects backed by unsustainable loans from China, which owned around 10 percent of Sri Lanka's debt. Tough Reforms His successor Ranil Wickremesinghe has committed to tough reforms, including the doubling of taxes and an end to generous fuel and electricity subsidies, to bring state finances back under control.

## Russia scrambles fighter as US bombers 'neared border'

MOSCOW: Russia scrambled an SU-35 fighter jet over the Baltic Sea on Monday after two US strategic bombers flew in the direction of the Russian border, but then left, according to the defence ministry in Moscow. "On March 20, radar facilities of the air defence forces of the Western military district on duty over the Baltic Sea detected two air targets flying in the direction of the Russian Federation's state border," the ministry said on Telegram. It said the targets were US Air Force B52H strategic bombers. It said an SU-35 fighter jet took to the air in order to prevent a border violation, and added: "After the foreign military aircraft moved away from the Russian Federation state border, the Russian fighter returned to its base airfield."

## Yemen warring parties agree to swap prisoners

DUBAI: Yemen's Houthi rebels and the internationally recognised government have agreed to swap more than 880 prisoners during negotiations in Switzerland, both sides said on Monday, in another hopeful sign as efforts accelerate to end the war. The agreed exchange comes after Saudi Arabia and Iran, who back opposing sides in the conflict, this month moved towards restoring diplomatic ties after a seven-year rupture. "An agreement has been reached to implement a (prisoner) swap" that will see more than 880 people released in total, said Abdul Qader al-Murtada, the leading Houthi delegate to the Geneva talks, according to the rebel's Al-Masirah TV channel. The exchange is set to take place within weeks, he said. Under the agreement, the Houthis will release 181 detainees, including Saudi and Sudanese nationals, in exchange for 706 prisoners, said Murtada, who heads the Houthi's National Committee for Prisoners' Affairs. Sudanese soldiers have taken part in the Saudi-led coalition. "The swap will be implemented after three weeks," Murtada said. Majed Fadail, a member of the Yemeni government's delegation, said that the Houthis would release former defence minister Mahmoud al-Sabahi and other officials, as well as four journalists. A Yemeni government official, who asked not to be named as he was not authorised to speak to the press, said 15 Saudi citizens and three Sudanese nationals were among those to be freed.

## Japan PM Kishida To Meet Ukraine's Zelensky Today In Surprise Kyiv Visit



Tokyo, Japan: Japanese Prime Minister Fumio Kishida will meet Ukrainian President Volodymyr Zelensky during a surprise visit to Kyiv on Tuesday to offer "solidarity and unwavering support," Japan's foreign ministry said. Kishida is the last G7 leader to visit the war-torn country and has come under increasing pressure to make the trip, as Japan hosts the grouping's summit this May. He has repeatedly said a visit to Kyiv was "under consideration," though security and logistical challenges were reportedly a major obstacle. Kishida was in India on Monday and had been expected to return to Tokyo, but instead flew to Poland, where he reportedly boarded a train to cross into Ukraine. He will express "respect for the courage and perseverance of the Ukrainian people" and offer "the solidarity and unwavering support for Ukraine of Japan and the G7, chaired by Japan," the foreign ministry said. Kishida is expected to return to Poland for summit talks on Wednesday, the foreign ministry said, before arriving back in Tokyo on Thursday. News of the trip was first reported by Japanese media, including national broadcaster NHK, whose reporters in Poland filmed a car carrying the premier in the town of Przemysl, from where foreign leaders have often taken the train into Ukraine. Kishida became the only G7 leader not to have visited Kyiv after US President Joe Biden made a surprise stop to meet Zelensky in February. But Japanese officials were reportedly worried about the security risks of a trip for Kishida, who becomes the first Japanese prime minister to visit an active warzone since World War II.

## Pakistan remains 'country of concern', says US HR report

WASHINGTON: In its first assessment of the human rights situation in Pakistan under the incumbent government, the US State Department notes the human rights situation in the country remains a cause of concern. Released on Monday, the annual State Department report refers to several events that occurred in 2022, including former premier Imran Khan's Azadi March to protest his removal from office. The report also refers to PTI chairman's claim that his march to Islamabad was impeded due to barriers imposed by the federal government, and that participants were subjected to tear gas and arrests. "Two participants reportedly died, and thousands were arrested by security forces." The document, however, also points out, "There were no reports of restrictions on political parties participating in elections, except for those prohibited due to terrorist affiliations" in 2022. 2022 Country Reports on Human Rights Practices covers protests against Imran's ouster, judges' role in media regulation, govt corruption, jail conditions. The report notes that during this period, judges ordered media regulatory agencies to enforce constitutional bans on content critical of the military or judiciary, "compelling media to censor politicians' speeches and election-related coverage deemed anti-judiciary or antimilitary." Organisations that monitored press freedom "reported direct pressure on media outlets to avoid content on possible military influence over judicial proceedings against politicians and positive reporting of opposition leaders," the report adds. The State Department report, however, acknowledges that in the elections held in 2022, "in most areas there was no interference with the right of political parties and candidates to organize campaigns, run for election, or seek votes."

## Trump Family Failed To Disclose 17 Gifts They Received From India

Washington: Former US President Donald Trump has failed to disclose gifts worth \$250,000 given to the First Family by foreign leaders which included \$47,000 worth of gifts by Indian leaders, including Prime Minister Narendra Modi, the then President Ram Nath Kovind and Uttar Pradesh Chief Minister Yogi Adityanath, a partisan democratic Congressional committee have alleged in a report. The report is titled "Saudi Swords, Indian Jewelry, and a Larger-than-Life Salvadoran Portrait of Donald Trump: The Trump Administration's Failure to Disclose Major Foreign Gifts." The report presents preliminary findings from Committee Democrats' ongoing investigation into former President Trump's failure to disclose gifts from foreign government officials while in office, as required by the Foreign Gifts and Decorations Act. Trump, a Republican, served as the 45th president of the United States from 2017 to 2021. "Committee Democrats are committed to determining the final whereabouts of these missing big-ticket gifts — such as golf clubs, the larger-than-life custom portrait of Donald Trump from El Salvador, and other potential unreported items — and whether they may have been used to influence the president in his conduct of US foreign policy," said Congressman Jamie Raskin, Ranking Member of the Committee on Oversight and Accountability. The report alleges that Trump, 76, and the First Family failed to report more than 100



foreign gifts with a total value of over a quarter of a million dollars. In November 2021, the State Department's Office of the Inspector General issued a report on significant problems at the Office of the Chief of Protocol during the Trump administration, including "missing items of a significant value." The report determined that a "lack of accurate recordkeeping and appropriate physical security controls contributed to the loss of the gifts." According to the report, the documents revealed that the Trump family received 17 unreported gifts from India with a total estimated value of more than \$47,000. Among these gifts was a \$8,500 vase by Yogi Adityanath, a \$4,600 model of the Taj Mahal, a \$6,600 Indian rug by former president Kovind, \$1,900 cufflinks by Prime Minister Modi.

## ICC prosecutor urges Russia to 'repatriate Ukrainian children'

LONDON: International Criminal Court (ICC) prosecutor Karim Khan urged countries on Monday to find "the stamina to deliver on justice," as ministers from dozens of capitals met to discuss boosting support for ICC probes into the war in Ukraine. The gathering of more than 40 ministers in London follows the issue on Friday of arrest warrants for Russian President Vladimir Putin and his Commissioner for Children's Rights, Maria Lvova-Belova. They are accused of the war crime of "illegal deportation" of Ukrainian children following Russia's invasion of Ukraine in Feb 2022. Moscow responded by announcing it had opened its own criminal inquiry into Khan and several ICC judges, branding the warrants "unlawful." But the ICC chief prosecutor told the London conference that the court's investigation into the treatment of Ukrainian children was apolitical, independent and one of "the hallmarks



of my office". "We need to have, collectively, the stamina to deliver on justice," Khan said, calling the conflict in Ukraine a "moment of a reawakening" for the ICC system. "This needs to be a moment where we realise if we don't cling to the law, we may have nothing to cling to in the future." He also decried arguments made that the thousands of Ukrainian children sent to Russia were "humanitarian" evacuations. Moscow opens 'criminal probe' against ICC after Putin arrest warrant "The evidence may will tell a different story," Khan said, imploring Moscow to "repatriate the children". "Let them learn their own

language in their own schools, instead of being in unfamiliar environments with permanent adoptions by strangers," he added. Moscow response Russia said on Monday that "The Russian Investigative Committee has opened a criminal case against the prosecutor of the ICC Karim Ahmad Khan" and several ICC judges, the Investigative Committee said, based on their "unlawful" decision to seek Putin's arrest. Khan is being investigated on the grounds of "criminal prosecution of a person known to be innocent... and preparation of an attack on a representative of a foreign state enjoying international protection," the statement from the Investigative Committee said. The meeting in the UK capital, hosted by justice minister Dominic Raab and his Dutch counterpart Dilan Yesilgoz-Zegerius, follows repeated ICC calls for more support for its Ukraine probes.

## Urgent Climate Action Needed To Limit Warming To 1.5 Degrees: UN Report

New Delhi: The world is very likely to miss the most important climate target of limiting global temperature rise to 1.5 degrees Celsius above pre-industrial levels but drastic and urgent action in this decade can prevent it, a UN panel on climate change said in a report on Monday. India welcomed the Intergovernmental Panel on Climate Change's Synthesis Report, saying it endorses the country's call for equity and climate justice. The Synthesis Report is a summary of all the reports the IPCC produced since 2015 on the reasons and consequences of global temperature rise due to anthropogenic emissions. Releasing the report, the body of the world's leading climate scientists said keeping warming to 1.5 degrees Celsius above pre-industrial levels requires deep, rapid and sustained greenhouse gas emissions reductions in all sectors. "A resilient, liveable future is still available to us, but actions taken in this decade to deliver deep,

rapid and sustained emissions cuts represent a rapidly narrowing window for humanity to limit warming



to 1.5 degrees Celsius with minimal or no overshoot. If we delay action, losses and damages will rise, and additional human and natural systems will reach adaptation limits," it said. "Humanity is on thin ice - and that ice is melting fast... The climate time-bomb is ticking. But today's IPCC re-

port is a how-to guide to defuse the climate time-bomb. It is a survival guide for humanity. The 1.5-degree limit is achievable. But it will take a quantum leap in climate action," UN Secretary General Antonio Guterres said in a video address. "This report is a clarion call to massively fast-track climate efforts by every country and every sector and on every timeframe. Our world needs climate action on all fronts: everything, everywhere, all at once," he said. Guterres urged rich countries to reach net zero by 2040 and developing countries to aim for 2050. He called for phasing out of coal by 2030 in OECD countries and 2040 elsewhere. "The Synthesis Report underscores the urgency of taking more ambitious action and shows that, if we act now, we can still secure a liveable sustainable future for all," IPCC Chair Hoesung Lee said.

## French govt narrowly survives no-confidence vote

PARIS: President Emmanuel Macron's government narrowly survived a no-confidence motion in the National Assembly on Monday, after bypassing the lower house to push through a deeply unpopular change to the pension system. The outcome will be a relief to Macron: a successful no-confidence vote would have sunk his government and killed the legislation, which is set to raise the retirement age by two years to 64. But the relief could be short-lived. For one thing, the vote was closer than expected. Some 278 MPs voted in favour of the tripartisan, no-confidence motion, just nine short of the 287 needed for it to succeed. In addition, unions and protesters have vowed to carry on with strikes and protests against the pension reform. Observers say Macron's failure to find enough support in parliament to put his pension proposals to a vote has already undermined his reformist agenda and weakened his leadership. As soon as the narrow failure of the vote was announced, lawmakers from the hard left La France Insoumise (LFI, France Unbowed) shouted "Resign!" at Prime Minister Elisabeth Borne and brandished placards that read: "We'll meet in the streets." "Nothing is solved, we'll continue to do all we can so this reform is pulled back," LFI parliamentary group chief Mathilde Panot told reporters. Violent unrest has erupted across the country in recent days and trade unions have promised to intensify their strike action, leaving Macron to face the most dangerous challenge to his authority since the "Yellow Vest".

## 20 years after US invasion, war-scarred Iraq faces uncertain future

Iraq on Monday marked 20 years since the start of the US-led invasion that toppled dictator Saddam Hussein, but no official celebrations were held. The oil-rich country remains traumatised from the years of war, occupation and bloody sectarian turmoil that followed the operation launched on March 20, 2003. A semblance of normalcy has returned but Iraq still battles a range of entrenched challenges, from political instability to poverty and rampant corruption. Neighbouring Iran, the major Shia power and arch-foe of the United States, now wields much influence in Iraq, whose Shia majority was freed from the oppression of Sunni strongman Hussein. Prime Minister Mohamed Shia al-Sudani, who is backed by a pro-Iranian coalition, at an event on Sunday did not speak of the US invasion but only of the "fall of the dictatorial regime" of Hussein, who was caught, tried and executed. At a Baghdad conference on the eve of the anniversary, Sudani said: "We remember the pain and suffering of our people in those



years that were dominated by senseless wars and systematic sabotage." The government planned no events to mark the anniversary, and Baghdad's streets on

Monday looked busy as ever, with most people more focused on the month of Ramadan due to start later this week. "It's a painful memory" for the country,

said Fadel Hassan, 23, a journalism student. "There was a lot of destruction and too many victims — innocent people, Iraqis and American soldiers." The US march to the war started under then-president George W Bush and gained pace in the aftermath of the September 11, 2001 attacks on the United States by Osama bin Laden's banned militant group Al Qaeda. Bush, backed by British prime minister Tony Blair, argued that Saddam presented a major threat and was developing weapons of mass destruction, although none were ever found. Operation Iraqi Freedom was launched with a ground invasion led by 150,000 US and 40,000 British forces, and the "shock and awe" bombing of strategic sites. Within three weeks, Hussein's regime had fallen, and the invasion forces took control of the capital Baghdad on April 9. TV footage beamed around the world soon showed US Marines toppling a giant statue of Hussein, and later Bush declaring the "Mission Accomplished" aboard an American warship.

EDITORIAL

## 'BOUIN' ; The Heritage tree of Kashmir at the verge of extinction

The growing concern world over about the environment protection and saving mother earth from further degradation gaining momentum day in and day out. However in our part of the world different parameters are being adopted. Majority of the water bodies across rural as well as urban Kashmir have dried up. Great sain of Kashmir Nund RESHI (RA) had predicted and given lessons on environment long back when he said..

ANN POSHE TELI  
YALI WAN POSHE...

'BOUIN', the tree which was historically introduced to Kashmir by the Islamic missionaries, which later became an identity of Kashmir has turned out to be the victim to unplanned and so called developmental activities. With every passing year 'BOUINS'- The Chinar trees, are becoming a rare sight. Thanks to the unplanned construction activities and absence of any future planning to save this heritage tree. Gracing the paths and gardens of exotic Kashmir, over the years the Chinar is now at the verge of depletion because of human apathy and the administrations indifference.

As spring dawns into Kashmir and plantation season begins. Administration will soon be seen holding ceremonial plantation drives across Kashmir. However these Chinars, once abundant, are increasingly becoming a rare sight.

Gods of nature have always taken mercy on Kashmir. If there is a heat wave there is rain immediately after. If there is drought there has been snow too, but despite this mercy Kashmir continues to suffer. That is because the cruel human hands continue to destroy what nature has given in abundance. Cruelty with nature and human interference galore is eating up the vitals of the paradise. Take for example the environment; immense damage is done to it undermining the nature's benevolence. The natural environment is getting decayed due to rapacious interference by human beings. All its facets like rivers, jungles, pastures, gardens are on the verge of destruction. Nothing has been spared, not even its unique feature, the majestic Chinar tree. Due to the apathy of administration and lack of self-discipline of the people, this 'king of trees' is under the axe of smugglers and their mentors among the officialdom. Visit any corner of the valley, including the protected Naseem Bagh on the shores of Dal Lake, one gets the impression that the gracious chinar tree, which has added to the picturesque beauty of Kashmir for centuries is close to extinction. Every year, the number of Chinars is decreasing. The Chinar trees, which flourished everywhere in the valley, is increasingly becoming a rare sight even though there is a lot of clamour about the rule of law, economic prosperity and environmental awareness. The chinar was considered to be a wealth, because it contributed not only to the beauty of Kashmir but also to its resources. Chinar wood is as good for furniture, as for making 'papier machie' items like wall hangings. It has also been one of the main sources of firewood for the rural lot whose firepots (Kangris) are filled by charcoal of red chinar leaves in winter. Gone are the days when one would come across gigantic chinar trees. These have been and are still being cut down ruthlessly. Revenue, forest or police agencies either do nothing or connive actively. The laws are flouted. It is unfortunate that there is no government agency, which would use government land, parks or gardens or even highways for the conservation of this majestic tree. Both the administration as well as citizens seem to be totally apathetic to this great loss. People shun its growth to save land. It is also normally planted in kitchen gardens for ornamental purposes. Chinar leaves engraved on Kashmiri traditional pots like 'Samavar' (tea pot) etc and other decorative items are used to adorn drawing rooms. The chinar tree is grown in Greece, Macedonia, Armenia and Northern Persia, besides Kashmir and western Himalayan region. Chinar or oriental tree (botanical name - Platanus orientalis) popularly known as 'bouin' in Kashmir is a large, graceful deciduous tree, which is closely associated with the culture and folklore of Kashmir. It is considered to be the manifestation of nature's bounty that the valley is blessed with. There are frequent references to the grandeur of chinar in Kashmiri literature. The famous mystic poetess Lal Ded, also known as Lal Ishwari (1320-1390 AD) made the reference to this tree in an epigram containing: "Virtuous and loving wife to the cool and refreshing shade of bouin (chinar) on a hot summer day." In the Akbarnama written by Abul Fazal, it is mentioned, "The emperor took 34 persons inside the hollow trunk of an aged chinar tree." Similarly, emperor Jahangir, in his memoirs has made mention of a huge plain tree, in the hollow of which he and his seven companions could be comfortably accommodated. These and other references were used as a source to try and establish the date when the Chinar was introduced in Kashmir, which usually has been ascribed to the Mughal emperor Jahangir (1605-1627 AD) and Shah Jahan (1627-1658 AD) who brought it from central Asia. But history was rewritten some years ago when an investigation on charcoal remains from archeological site at Simthen in South Kashmir revealed that this tree was in existence centuries before. The history of the tree has been traced back to 500 AD and the importance of the majestic tree has increased in archaeological context. But no one has awakened to the danger to its actual existence, neither the people nor the government.

# Stress Management For Youth in Jammu & Kashmir



DR. SYED IRFAN YAQOUB

Jammu & Kashmir is a beautiful state with stunning landscapes and cultural diversity. However, living in a region with political instability, conflict, and uncertain circumstances can cause stress and anxiety for many young people. The youth of Jammu & Kashmir face numerous challenges, including academic pressure, social expectations, and economic instability, which can affect their mental health.

It is essential for young people in Jammu & Kashmir to learn effective stress management techniques to cope with the challenges of life. Here are some tips that can help the youth manage their stress levels:

1. **Identify the Source of Stress:** Understanding the cause of stress is the first step to managing it effectively. Take some time to identify what triggers your stress. It could be academic pressure, family conflicts, or social pressure. Once you know the source of your stress, you can take steps to address it.

2. **Practice Relaxation Techniques:** Relaxation techniques such as deep breathing, meditation, and yoga can help reduce stress and anxiety. Spend some time each day practicing relaxation techniques to calm your mind and reduce tension in your body.
3. **Exercise Regularly:** Exercise is a natural stress reliever. It helps release endorphins, which are the body's natural mood elevators. Regular exercise can also help improve sleep quality and boost self-confidence.
4. **Connect with Others:** Social support is critical for managing stress. Spend time with friends and family members who make you feel happy and supported. Join a community group or club that interests you, or consider volunteering for a cause you are passionate about.
5. **Take Breaks:** Taking breaks is essential for preventing burnout. Make sure to take breaks throughout the day to recharge your batteries. Engage in activities that bring you joy and help you relax.
6. **Practice Time Management:** Poor time management can cause stress and anxiety. Make a schedule and stick to it. Prioritize your tasks and break them down into manageable chunks. Avoid multitasking, as it can cause

7. **Practice positive self-talk:** Negative self-talk can contribute to stress and anxiety. Practice positive self-talk and affirmations to boost your confidence and self-esteem.
8. **Seek professional help:** If you're experiencing severe stress and anxiety, seek professional help. A mental health professional can help you manage your stress and improve your mental health.

In conclusion, stress is a common experience, but it can be managed with the right tools and strategies. By implementing the above tips, the youth of Jammu & Kashmir can reduce their stress and maintain their mental well-being. Remember, taking care of your mental health is just as important as taking care of your physical health.

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## Home Remedies for Crows' Feet



SHAHNAZ HUSAIN



Crow's feet are the fine lines that appear around your eyes and are a part of the gradual changes that your skin experiences as you become older.

The lack of antioxidants and elasticity is the main reason why crow's feet appear on the face.

These fine lines and wrinkles referred to as "laugh lines," are common sign of aging.

As we get older, our skin loses elasticity, and you won't replace dead skin cells so quickly resulting in crow's feet, lines, and wrinkles.

While the common notion is that crow's feet occur majorly due to ageing, however in certain cases it could also be due to a stressful lifestyle, exposure to the sun, pollution, and general environmental damage.

If you are looking to prevent the onset of crow's feet or at least delay its formation, then you can try some home remedies.

For crow's feet and tiny wrinkles, apply pure almond oil daily around the eyes and massage lightly, using only the ring finger, for one minute around each eye. Massage in one direction only. Leave on for 15 minutes and wipe off gently with moist cotton wool.

Many anti-ageing ingredients are easily available at home:

Cucumber has an astringent effect, which tightens the skin. They also contain Vitamins and other nutrients that soothe and reduce ageing signs. Apply cucumber juice around the eyes and at the outer corners daily and rinse with plain water after 15 minutes.

Egg white can be applied around the eyes to tighten the skin. Beat egg white and apply around the eyes, especially on the outer corner of the eyes. Wash off with plain water after 15 minutes.

Green tea is a powerful antioxidant. Take half cup of water and 2 teaspoons of green tea. Bring the water to a boil. Put tea leaves in a ceramic bowl. Pour



the hot water over it and keep for 2 minutes. Strain and cool the liquid. Soak cotton wool pads in the tea and apply them as eye pads over closed eyes. Leave it on for ten minutes. Lie down and relax while you do this. You may repeat the process again for another ten minutes.

Apply aloe vera gel around the eyes daily. Aloe Vera is an antioxidant and rich in Vitamins A, C, E and B 12. Rinse it off with plain water after 15 minutes.

Exfoliation removes dead skin cells and helps the regeneration of new cells. Crush sesame seeds (til) coarsely and mix it with honey. Apply on the face and rub gently on the face, including the skin on the outer eye region with small circular movements. Wash off with water.

Fruits like bananas, apples, papaya, and watermelon can be mixed together and applied as a mask around the eyes. Papaya, rich in enzymes, cleanses the skin of dead cells and helps cell renewal. Banana tightens the skin. Apples and oranges are rich in vitamins and minerals. Watermelon hydrates the skin. Apply and wash off after 15 minutes.

Or, take papaya pulp, and add lemon juice and a pinch of turmeric. Use this to massage the skin around the eyes lightly. This helps to brighten the skin around the eyes.

Soak a few strands of saffron in milk for half an hour. Soak cotton wool pads and use them as eye pads. This relieves dryness and prevents wrinkles.

Never leave the house without sun-

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screen. This way, you minimize exposure to the sun - which is the leading cause of wrinkles and fine lines.

Maintain a healthy sleep cycle. Sleep allows the body precious time to repair skin cells and rejuvenate them.

Follow a balanced diet that provides your body with vital proteins, fats, vitamins, minerals, etc. Keep your skin moisturized at all times.

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

# This is the holy month of Ramadan! Ramadan/Ramzan Mubarak to all!

M S NAZKI

Intellect is a part of good faith. Intellect is the light, the heart is the direction, the month of Ramadan teaches you exactly that!

In Ramadan, you should eat less and think more. And one thing more among many others is that what this month teaches wholesomely is that a man is certainly free, but he is responsible for this freedom before God as before men. This responsibility is inevitably moral. In order of this morality, to be free is to protect the freedom of others and their dignities!

It is a matter of faith and devotion towards the supreme power that guides the human race. It is good to pay gratitude to the supreme power that guides us!

The first time I came to know about month of Ramadan or Ramzaan when I was in class five and I had several Muslim friends and we all studied in Presentation Convent Jammu (in those days it was a co-education school). The names were extremely fascinating, Danish Ayub Khan, son of an extremely popular politician, Nasser Goni younger brother of a famous lawyer, Javed, Jameel and the list is endless. One day after the school hours they took me to their home somewhere ahead of Shaheedi Chowk. Now some fabulous architecture has come up where the officialdom stays, those days also it did. I used to stay in Raghunath Bazaar. Throughout the afternoon and in the evening we played and it was towards evening that Danish's mother called us all! That was the first time I heard the word Iftaar! We all sat in a circle around a beautifully embroidered mat which later when I grew up I came to know that it is called as Dastarkhan. It was a great evening meal where not a dish was missing! That evening I have not forgotten today. But history was to repeat itself 42 years later when my elder daughter (now married and now living in Melbourne, Australia) had an extravagant evening Iftaar in her friend Shaheen's house! That is the spirit of Ramadan, it brings friends together and spreads a message of peace, love, tranquility and brotherhood of humanity! I have learned that one should say Peace! to those who shout their hatred for one's being and presence or at one's passage and the more you look into and understand yourself, the less judgmental you become towards others! These are yet another lesson that this holy month teaches!

The holy month of Ramadan is here and it is all about fast, prayers and food. This annual celebration of the Muslim community is the biggest extravaganza that has many restrictions and it is believed that these restrictions bring you close to the almighty and make the journey of life easier.

The festival that lasts for 29-30 days and calls for fasting during the daylight hours and once the sun sets down, people break the fast with dates (khajur). The most notable thing about this fasting is that you are not allowed to drink water during the day.

There is a certain group of people that are exempted from fasting during the holy month that includes children, elderly and pregnant women. It is believed that those with low immunity should avoid fasting, keeping health factors in mind and should only observe fast when considered medically fit.

This year, Ramadan commenced at sunset on Friday, April 1, 2022 and will end at sunset on Sunday, May 01, 2022, but the

specific dates change every year depending on moon sightings.

To end this introductory part of the story I will relate to the readers an incident from Delaware, USA. In fact my sister-in-law has two daughters and it was the elder ones (Lisa Pathania's birthday day!) They are a group of friends, some Americans and some from this part of the globe. This one she related to me on the telephone as I held this story for three days. Here is the incident. Leena was excited to receive the invitation for Lisa's birthday party. Then she learnt that the party fell during Ramadan on a day she had planned to fast. Not to offend her friend, Leena decided to attend the party, but it was not to eat or drink anything there. That proved harder than expected when all other friends began to enjoy lemonade and cake. Whole evening she was with my sister-in-law playing video games. Later, Leena returned home to pray and eat dinner with her family, who expressed how proud they were of her. After fasting, Leena was all the more thankful for the food before her, including a special surprise. Her friend had sent her the packed cake (Leena's share) snacks and the lemonade which the rest were having during the birthday party! This is what I call a human bond. Friendship is one relation which we develop suddenly and it is up to us whether to carry on with it or whether to drop it! But the one that develops in the month of Ramadan never cracks! That's my experience!

When Ramadan comes, the gates of Paradise are opened and the gates of Hell are closed, and the devils are put in chains. The Prophet Mohammed

According to Islam, fasting during the holy month of Ramadan is considered as one of the five pillars of Islam that also includes a declaration to god, doing charity, standing for five prayers each day, and travelling to Mecca for pilgrimage. The practice of fasting helps cleanse the soul and requires people to avoid sinful human behaviors like fighting, sexual activities and cheating others.

### I. The origin of Ramadan

Ramadan, one of the months in the Islamic calendar, was also part of ancient Arabs' calendars. The naming of Ramadan stems from the Arabic root 'ar-ramad,' which means scorching heat. Muslims believe that in A.D. 610, the angel Gabriel appeared to Prophet Muhammad and revealed to him the Quran, the Islamic holy book. That revelation, Laylat Al Qadar or the 'Night of Power' is believed to have occurred during Ramadan. Muslims fast during that month as a way to commemorate the revelation of the Quran. The Quran consists of 114 chapters and is taken to be the direct words of God, or Allah. The hadith, or accounts by the companions of Prophet Muhammad's thoughts and deeds, supplement the Quran. Together they form the religious texts of Islam.

### II. The story of Ramadan

At the age of forty, Prophet Muhammad began spending some time in solitude in a cave within a mountain called al-ira in Mecca, Saudi Arabia. There, the Prophet would ponder on the questions that bothered him. One day while spending time in the cave at al-Hira, archangel Gabriel or Jibraeel visited the prophet. This was around 610 CE. The archangel took hold of Muhammad and commanded him to read. Terrified, Muhammad refused twice before actually asking what it was that he was supposed to read. Gabriel replied, 'proclaim in the name of thy Lord and cherisher, who Created man, out of a clot of congealed blood: Proclaim! And thy Lord is Most Bountiful, who is taught by the pen, taught man that which he knew not.' Gabriel then introduced himself and told Muhammad that he was the messenger of Allah. Thinking that he had been accosted by an evil spirit, Muham-

mad fled the cave and ran down the mountainside. As he did so, Gabriel appeared in its true form filling the entire sky above him. The sky had become green, which is incidentally where Islam gains its official color. A terrified Muhammad returned home, told his family of what had happened, sought the wisdom of a particularly devout Christian relative who then told him that he had been chosen as a prophet of God as prescribed in the books before him. What followed throughout that month was that Gabriel started visiting the prophet with further revelations. This went on for a month until the whole Quran was revealed to Prophet Muhammad. This month came to be known as Ramadan. Muslims were first commanded to fast in the second year of Hijra 624 CE.

As per the belief, it is the time when Allah gave the first chapters of the Holy Quran to the Prophet Muhammad in 610 CE. According to Muslim beliefs, it was during Ramadan, precisely on the night of Laylat al-Qadr that the Quran was first revealed to mankind. The Night of Power or Laylat al-Qadr as it is called, was the night when the word of Allah is said to have been revealed to Prophet Muhammad. The whole month is spent by Muslims in spiritual reflection and increased devotion and worship as the tablets of Ibrahim, the Torah, the Psalms, the Gospel and the Quran are believed to have been sent down on the 1st, 6th, 12th, 13th and 24th days of Ramadan. The last ten days of Ramadan are meant to commemorate the time that the Quran was revealed to Prophet Mohammed on the night of 'Laylat Al Qadr'.

### III. Beliefs that have to be followed since the traditions were set during the Christ Era (CE)

These tenants have been followed down the ages and will continue to be followed to infinity and trust me they are absolutely wonderful. This is what happens in brief:

#### IV. Suhoor and Iftar

During Ramadan, the fast begins at sunrise, when the white thread becomes distinct from the black thread, (Al-Baqarah 2:187), and ends at sunset. Most Muslims rise before dawn for an early meal, known as Suhoor. Whilst observing the fast Muslims are forbidden to eat, drink, smoke or take part in sexual intercourse. According to tradition, the Prophet Muhammad broke his fast at the end of each day with a date, a custom that is widely practised amongst many Muslims; the meal prepared for ending the fast is known as Iftar and is considered to be a time for families to gather together and break bread.

Although fasting is compulsory there are many who are exempt from observing it. The elderly, the sick, those who are on a journey and women who are pregnant or menstruating are not expected to keep the fast. Because fasting is an act of worship, they are required however, to make up an equal amount of days later in the year. Those who are unable to do so must feed a needy person for each day that has been missed. Every one of you who is present (at his home) during that month should spend it in fasting, but if anyone is ill, or on a journey, the prescribed period (should be made up) by days later. Allah intends every facility for you; He does not want to put you to difficulties is the belief that has carried on and on since ages and ages!

Avoiding water during the daylight hours is considered as an act of 'sabr' (patience) that is linked to remembering God. Roza never preaches to avoid food and water at the cost of your health. The month is all about restrictions that bring you closer to the almighty and guide you to living a peaceful life. An act full of simplicity, emotional and pious!

The most important facet in the 24 hours are the prayers and giving away alms (zakat). The belief is that the good deeds

and intentions in the month of Ramadan bring greater rewards than at any other time of the year. This is partly based on the belief that in this month the gates of heaven are opened while the gates of hell remain shut.

Throughout this month there are long nightly prayers during which lengthy chapters of the Quran known as taraweeh are recited, these prayers, although not compulsory, are greatly recommended.

Muslims also pay Zakat during the month, which is the third pillar of Islam, requiring Muslims to give to the needy and poor. Those who can afford to pay this generally do so during the month of Ramadan, although Zakat can be paid at any time during the year.

In the last ten days of Ramadan many Muslims go into seclusion, known as Itikaf, for prayer and meditation in the search for Laylat-ul-Qadar or the night of decree. According to Islam, this is the anniversary of the night that the first verses of the Quran were revealed to Prophet Muhammad, it is also believed that on this night their destiny for the following year is decided and many spend this night in supplication to God. The exact date that this night falls on is uncertain, but it is widely agreed that it occurs in the last ten days of the month.

The Islamic calendar, which is believed to begin in A.D. 622, is a lunar one. It has twelve lunar months of approximately 354 days and because it is eleven days shorter than the solar year, Islamic holy days tend to shift eleven days earlier each year and correspond with the Gregorian calendar. The Islamic calendar began the day after the Hijra, the flight of Prophet Muhammad (pbuh) from Mecca to Medina. The current Islamic year is 1429.

These were the facts box regarding the holy month of Ramadan celebrated all over the globe with devotion as well as fervor.

Now this is a small little story which I read in a book titled 'Folk Tales from Turkey'. To end this beautiful story of Ramadan I will relate this one to the readers briefly. 'Nabeel, a kindhearted shoemaker, bought gifts of new clothes for his wife, mother, and daughter for Eid al-Fitr, the festival celebrated at the conclusion of Ramadan. As an afterthought, he decided to buy a pair of trousers for himself. The trousers were four fingers too long, so he requested his family to help him alter them, but they are all too busy for the Eid celebrations. His younger daughter Aftaab got up and said Dad give it to me, I will do what you want with them but I have a question, 'Why did you buy four fingers long trousers?' 'I thought I had long legs and it would fit me but perhaps with age they have shrunk and hence the trouser is four fingers longer' responded Nabeel with a smile! Nabeel's pants got hemmed, but not in the way he had expected. Aftaab knew that she had messed it up but Nabeel patted her, 'not to worry child, whatever, still you did it for me my child. Pants were not important but what you did for me was!' The next day Nabeel was in the pants looking as good as ever when his family smilingly walked up to him in the clothes he had bought and said these lines loudly, 'Allah keep my family away from all the bad omens as we bid this Ramadan farewell and now anxiously wait for the next year's holy month! His wife in a sarcastic remark said, 'Nabeel, please make sure that next year you buy trousers that are four fingers shorter than what you bought this time for yourself! Everyone in the family burst into laughter! Ramadan teaches you togetherness in family as well as society!' A very happy Ramadan/Ramzan Mubarak folks of UT Jammu and Kashmir! May peace, calm, love for humanity and tranquility dwell upon UT Jammu and Kashmir!



VIJAY GARG

The formative years, starting from conception up to eight years of age, is a period of extraordinary growth and development in a child's life. A sizeable body of research suggests that nearly 90% of brain growth occurs before kin-

integrated approach to education and care. Here, the Finnish government supports the child's learning and development without necessarily pressuring kids to learn too much, too soon.

In essence, the purpose of early years of education goes beyond earning good grades, prestigious degrees, and hefty salary packages. Its aim is to provide children with strategies to help them develop a lifelong love for learning.

India's standing on education front With over 158.7 million children under the age of six years, the country has a unique opportunity to accelerate its overall growth by improving the quality



by creating more engagement through classroom discussions and activities involving logic, problem-solving skills, analytical abilities, creativity and rational decision-making.

Learning through play: Play is healthy, and educators can encourage learning by providing children with resources that stimulate divergent thinking. Consider a good blend of indoor and outdoor activities which can be played safely by every child.

Improving budgetary allocation: India spent only 0.1% of its gross domestic product (GDP) on early childhood education in 2020-21, according to a report released by the Centre for Budget and Governance Accountability (CBGA) and non-profit Save the Children foundation. We need to increase the fund allocation and ensure its proper implementation so that children receive age-appropriate care and education.

Better teacher training: Teaching young children is a highly skilled work that requires a sensitive understanding of child development. We need courses that are both accessible and affordable. And let us not forget competent compensation.

Early childhood is a window of opportunity for us to help children lead more enriching lives. It plays a key role in improving our economy and is one of the most critical investments a country can make for its overall development. It is about time we accord it the importance it deserves and work towards introducing more innovation into the early growth and development of children. The benefits will be for all to see.

Vijay GarG Retired Principal  
Educational Columnist Malout  
Punjab

## Early childhood Education is a golden Period for opportunities

ergarten. Children at this age are incredibly impressionable and, therefore, the social, emotional, and cognitive skills that they pick up during this time are likely to lay the foundation of their adulthood.

Nations around the world have acknowledged the need for and the importance of Early Childhood Education (ECE). Finland, notably, has earned accolades for its 'educare' model, which is an

and access to early childhood programmes. Last year, the Union Education Ministry introduced the National Curriculum Framework (NCF) for the foundational education of children in the three to eight years age group. Taking cues from ancient Indian traditions, NCF proposes a Panchakosha Vikas (five-fold development) model, where the curriculum is centered around physical development, development of life energy, mental devel-

opment, intellectual development, and spiritual development. The National Education Policy 2020 (NEP 2020) has also proposed several structures for pre-school education, including standalone Anganwadi centres and Balvatikas as well as the co-location of Anganwadi centres and Balvatikas with primary schools for functional linkage.

Undeniably, there have been policy efforts to reform the existing education

model. However, there are still several issues which need to be addressed. To begin with, the pervasive and deeply ingrained culture of rote learning and exam-centric approach, where learning takes a backseat in the mad race for marks. The evaluation system requires a relook. Innovative ways to overhaul the existing system

We are currently grading students on their ability to regurgitate the subject matter which may not necessarily be an accurate reflection of their abilities or knowledge. There are several key strategies that educators, policymakers and other stakeholders can leverage to improve the quality of education.

Equal respect for all subjects: We need to ensure that children understand the importance of every subject and cultivate curiosity around it. This will help build skills that are required for healthy self-expression and growth in life.

A more meaningful evaluation system: Shift focus from mugging to improving learning outcomes. This could be done

## And the wait is Over ; Ramadhan is Round the Corner

**R**AMADHAN; One of the Holiest months of Islamic Calendar is about to begin. Cleaning out the closet feels great. You go through all of your stuff, throw away whatever you don't want, and give away things you don't need. In the end, you know you are left with more space, a clean area, and peace of mind.

Now that Ramadan is around the corner, this is a great time to take account of ourselves and go through a very similar process with our soul. What negative feelings or thoughts hide in the shadows of our hearts? Are we even aware of how this "stuff" spreads toxicity throughout our soul, which then seeps into our relationships? When we rid ourselves of emotional "baggage" we free up space in our hearts to soak in all the positive outcomes of Ramadan.

To begin this spring cleaning, it is helpful to reflect on the following verse:

"O you who have believed, fear Allah. And let every soul look to what it has put forth for tomorrow – and fear Allah. Indeed, Allah is Acquainted with what you do." (Surah Al Hashr, 59:18)

It is only when we allow ourselves to truly take account of what is in our hearts that we are able to process what we find. Who are we avoiding? What grudges do we hold? What negative thoughts do we ruminate over? Once we are able to face what lurks within, we can figure out ways to get over them. Actually writing down the answers to the above questions has been proven to be a helpful way to start tackling the toxic thoughts we store in our main processing center. Next, let us think about how Allah, Exalted is He, prescribes the process of purification.

"Those who spend in the way of Allah both in affluence and hardship, who restrain their anger, and pardon others. Allah loves such good-doers." (Surah 'Ale Imran, 3:134) Why does Allah mention giving money, first in the time of ease, then in the time of difficulty, before addressing two emotional strengths? And even then, why does Allah mention exercising control over anger before excusing others (a higher level of forgiveness)?

Perhaps practicing gratitude in times of prosperity prepares one for the ability to acknowledge blessings, even during times of hardship. What effect does this type of training have on one's understanding? We may consider the possibility that engaging in a constant state of gratitude develops satisfaction. Additionally, gratitude in the form of donation fosters a sense of compassion – being able to connect with others by connecting with something similar within ourselves. Gratitude, which leads to satisfaction and compassion creates an environment in which anger is less likely to develop, since anger is a reflection of turmoil that exists within the individual. So in a way, satisfaction despite life's challenges allows one to engage with others from a place of peace within. We see a very inspiring application of part of this verse in the following exchange between Ali ibn Al-Husain (also known as Zayn Al-Abideen), the great-great-grandson of the Prophet Muhammad, peace and blessings be upon him, and his servant. Abdur-Razzaq As-San'ani (d.211 AH) said: A slave-girl of 'Ali bin Husain was pouring water on him while he was preparing for prayer. Accidentally the jug slipped from her hands and fell on his face causing his face to be injured. He raised his sight towards her in anger. She recited 1. He said to her: 'I have restrained my anger'. She then recited 2. He said: 'I have forgiven you'. She further recited 3. He said: 'Go now you are free'. Imagine that – spending in the way of Allah, is a demonstration of gratitude which promotes satisfaction and compassion. That compassion, in turn, prevents the early sprouting of anger and rage. Keeping anger at bay facilitates the ability to think rationally and process possible reasons why someone may be worthy of your forgiveness. These three qualities of being charitable, controlling anger, and forgiving others put us on the path of ihsan (excellence). And Allah loves those who exhibit ihsan (as mentioned in the verse above, 3:134). So let's recap spring cleaning for the soul. First, take stock of your negative feelings towards aspects of your life and towards others. Sometimes this process makes us feel uncomfortable, so we shut down the introspection and abort it prematurely. Allow yourself to sift through these nagging negative thoughts and try to evaluate them. Are these negative thoughts really worth the mental and spiritual drain? Do others really deserve the old grudge?

# Ramadan: Cultivating Piety through Worship, Quran, Charity, and Self-Control.



AUBAID AHMAD AKHOON

“The month of Ramadan is the month in which the Quran was sent down as a guidance for mankind and as clear signs that show the right way and distinguish between right and wrong.” - Quran 2:185

Ramadan is a blessed month that holds tremendous value and status for believers. It is a time to break free from materialism and focus on the Hereafter. Two months prior to Ramadan's arrival, prayers are offered for its attainment, and the month itself is named "scorching" due to the scorching heat when it first appeared in Islam. Fasting during this month is mandatory for believers, and it aims to purify and service humanity, removing the deficiencies that arise from the fog of the world. Fasting helps to instill the habit of controlling desires and impulses, promoting taqwa, and weakening the urge to engage in sinful activities. It is also a way to imitate the purity of angels who always obey Allah's commands. Fasting requires self-discipline and endurance, and it is said to be half of patience. Ramadan is a time for reflection, renewal, and seeking Allah's love and salvation, transforming hearts and minds rather than changing daily routines. Ramadan is a chance to build your emaan. Let's prepare ourselves to replenish our imaan.

The moon of Ramadan does not come alone, it generally accompanies heaps of bliss and favors. May we as a whole pay the value for having this respectable month.

The Prophet Muhammad (pbuh) said : when the month of Ramadan starts, the gates of the Heavens are opened and the gates of Hell are closed and the devils are chained. Sahih-Al Bukhari Fasting book 30, hadith 9 Sahi Muslim the book of fasting

Ramadan is a month of spiritual significance for Muslims all around the world. It is a time to fast and engage in acts of worship, with the goal of attaining piety and developing a deeper connection with Allah. While fasting and performing Taraweeh prayers are important components of Ramadan, they are only a part of the bigger picture. The true objective of Ramadan is to cultivate a sense of accountability towards Allah and prepare for the Hereafter. Ramzan A Month Of Piety & Salvation To attain piety in Ramadan, Muslims

should aim to increase the amount of worship they engage in. This can include reciting optional prayers that they may not perform in other months. This can include reciting nawafil (optional) prayers that they may not usually recite on other months. Additionally, they can recite four rakats of Tahajjud before Sehri and some rakats of Chasht if they sleep after Ishraq and engage in as many voluntary acts of worship as possible. Abundance of recitation of the Holy Quran Ramadan is a best way to acquire knowledge

Reciting the Quran abundantly is another crucial aspect of Ramadan. Muslims should strive to read the Quran daily and reflect on its teachings. The Holy Quran was revealed to Prophet Mohammed (PBUH) during this month, and it is a comprehensive book of all the principles and branches of religion. Qur'an is an enlightened leader, a precise balance, a strong preacher, an informed and insightful leader, a dark light, a strong orator and it is a mercy to the worlds and a book that separates truth from falsehood. It is also a collection of historical, political, military, educational, jurisprudential, ethical, doctrinal, natural, hygienic, industrial, philosophical, literary, mathematical and other sciences and subjects.

History has shown that even if one tries to extinguish the light of the Qur'an, diminish its excesses, distort and change it or cast doubt on its characters, one will not succeed and never succeed. Enemies of Islam and misguided people despite all their tricks, deceptions and efforts for hundreds of years, have not been able to extinguish the light of the Qur'an in the slightest, and there will never be the slightest change in the word of Allah. In the lives of all the religious leaders, the use of the Holy Qur'an is very much seen, but with the arrival of the month of Ramadan, the routine of recitation would increase exceptionally.

Therefore, we also have to increase the amount of recitation in this blessed month as compared to normal days. The common man should also recite at least three verses daily, so that at least three verses of the Holy Qur'an are recited throughout the month. By reciting and understanding the Quran, Muslims can gain a deeper understanding of Islam and its teachings. "In Ramadan, we learn to control our desires, practice self-restraint, and develop a sense of empathy and compassion for those in need."

In addition to engaging in acts of worship, Muslims should also strive to give to charity and help others during Ramadan. This can include giving Zakat or Sadaqah to those in need, donating to charitable organizations, and engaging in acts of kindness towards others. By doing so, Muslims can develop a sense of empathy and compassion towards others, which is a core principle of Islam. "Ramadan is about breaking bad habits, not putting them on pause"

There are nine days left or seven days or five days left till the end of the month (Bukhari). By Most of the scholars have taken this to mean that the Holy Prophet meant odd nights.

It is narrated from Hazrat Ayesha that the Prophet (Pbuh ) said: Look for the night of Qadr in the odd night of the last ten nights of Ramadaan. (Bukhari, Muslim, Ahmad, Tirmidhi)

Hazrat Ayesha said: I asked the Holy Prophet (Pbuh ) : O Messenger of Allah! What should I do if I find out Shab-e-Qadr Prophet said: Recite this prayer: "O Allah! You are the Forgiver. If you like to forgive, forgive me."

Ramadan is not just about changing our schedules; it is about changing our hearts. The ultimate goal of fasting is to attain piety, which requires more than just abstaining from food and drink. It involves cultivating obedience to Allah's commands, suppressing the desires of the flesh, and emulating the purity of the angels. Praying for oneself, loved ones, and the world of Islam during Ramadan is an excellent way to seek Allah's forgiveness and blessings.

"Ramadan is the month of blessings. Whose beginning is mercy, whose middle is forgiveness, and whose end is freedom from fire." - Prophet Muhammad (Pbuh) Bottom line : attaining piety in Ramadan requires a concerted effort to increase acts of worship, recite the Quran abundantly, give to charity, and control one's behavior and speech. By doing so, Muslims can deepen their understanding of Islam, become more faithful, and develop a stronger connection with Allah.

As the month of Ramadan nears, We await its arrival with cheers. A time of blessings and grace, A chance to seek Allah's face. Forgiveness and mercy abound, In this month, a treasure found, Allah's blessings in great measure, Overflowing with divine pleasure.

Words cannot do justice to express, The inner peace and spiritual caress, That Ramadan brings to our soul, Filling our hearts with a glow. O Ramadan, we eagerly await, The arrival of your blessed state, May we be guided on the path of right, And experience the joy of this holy sight

The author holds the following positions:

•Educational Columnist •Motivational Speaker •Associate Editor of the weekly 'Education Quill' •Senior EDP Head at DD Target PMT in Kashmir,

The Opinion / Views expressed by the Author are his own and daily Headlines Today doesn't Own, Acknowledge or Support the same.

## Budgam: The Mirzapur of Kashmir? A Look at the Recent Spate of Violent Killings and Commendable Efforts by Local Authorities



Irfan Attari Kashmiri

The district of Budgam, located in the central region of Kashmir, has been witnessing an alarming rise in crime in recent times. The incidents of killings, kidnappings, brutal murders, and knife attacks have increased, making



it the crime capital of Kashmir. One of the most horrific incidents that shook the district was the barbaric murder of a woman whose body was cut into pieces and buried at different locations by a carpenter named Shabir Ahmad Wani. The victim's brother reported her missing on March 8, and after a probe was launched, the police rounded up several suspects, including Wani. Following sustained interrogation, Wani confessed to his involvement in the crime, and the police recovered the body parts. The incident has sent shock waves across the district and has raised concerns about the safety of women.

Another incident involved the stabbing to death of a government employee in the Nasrullahpora area of Budgam. Qaiser Zargar from Kuzwera Gowherpora area of Budgam had a scuffle with another person in Nasrullahpora that resulted in his death. According to initial reports, the person involved in the scuffle attacked him with a knife. The victim's family is

demanding justice, and the police have assured them that the accused will be brought to justice.

In another shocking incident, a man was beaten and attacked with a knife by his in-laws and wife in Budgam. The victim sustained injuries and had to be hospitalized. However, when the media spoke to his wife, she denied the incident and said that he was harassing them, and they filed a police complaint against him. The police are investigating the matter to get to the bottom of the case. Furthermore, the Budgam police arrested

taken swift action in cracking the blind murder case and arresting the accused involved in the heinous crime. The police officers have shown great dedication and commitment towards ensuring justice for the victim and her family.

In recent times, there have been a series of disturbing incidents in Budgam, including the brutal murder of a woman and a knife attack resulting in the death of a man. Such incidents have caused fear and panic among the residents of the district. However, the police have been proactive in addressing these incidents and taking

appropriate action to bring the perpetrators to justice. They have also been successful in apprehending a woman who was involved in the kidnapping of a child. The efforts of the police have helped in maintaining law and order in the district, and their timely response has helped to prevent any further escalation of violence. Their dedication and commitment to their duty are indeed commendable and appreciated. It is important for the police to continue their efforts to maintain the safety and security of the residents of Budgam. The community must also come forward and support the police in their efforts to fight crime in the district. By working together, we can ensure that Budgam remains a safe and peaceful place to live in. The recent incidents of killings, kidnappings, and brutal murders in Budgam have raised concerns among the residents of the district, and it is unfortunate that Budgam is being referred to as the "Mirzapur of Kashmir."

The reference to "Mirzapur" is drawn

from the popular web series that depicts the violent and lawless underbelly of a town in Uttar Pradesh. The comparison suggests that Budgam is also turning into a lawless and violent district, where criminal activities are rampant, and the law enforcement agencies are maintaining law and order. However, it is important to note that such comparisons are not entirely accurate, and they undermine the efforts of the police and the administration to maintain peace and order in the district. While the recent incidents of crime are concerning, it is crucial to acknowledge that the police have taken prompt action and have been successful in solving Criminal Cases. It is essential to avoid sensationalizing the issue and instead focus on addressing the root causes of the problem. The authorities must work together to identify the factors that contribute to the rising crime rate in the district and take appropriate measures to address them. The residents of Budgam must also play an active role in maintaining law and order in their communities. By staying vigilant, reporting any suspicious activities to the authorities, and cooperating with the police, the community can help prevent criminal activities in the district. While the recent incidents of crime in Budgam are concerning, it is important to avoid making comparisons to fictional representations of lawlessness and violence. Instead, we must work together to address the root causes of the problem and ensure that Budgam remains a safe and peaceful place to live in. In conclusion, the recent incidents in Budgam have brought to light the need for the authorities to take immediate action to address the issue of rising crime in the district. The safety and security of the citizens must be the top priority of the administration, and they must work towards creating an environment that is free from crime and violence. The citizens must also come forward and cooperate with the authorities to maintain law and order in the district.

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The Opinion / Views expressed by the Author are his own and daily Headlines Today doesn't Own, Acknowledge or Support the same.



# Ordinary Kashmiris Prefer 'Gram Sabha' over 'Vidhan Sabha': AJKPC

## Postpone L.A Elections and Extend term of Existing PRIs: AJKPC

Srinagar, 21/March/2023: All Jammu and Kashmir Panchayat Conference (AJKPC), the premier registered organization of elected Panchayat members working for strengthening the grass root level democratic institutions in J & K today held a special Press Conference in the city wherein besides Anil Sharma, President of the AJKPC other senior functionaries of the organization from Kashmir Zone also addressed the media. AJKPC President who has been on tour of different Panchayats, Blocks and districts of Kashmir division since last fortnight briefed the media person about the AJKPC team's experience and expectation of the people of Kashmir with regard to working of PRIs in Jammu and Kashmir. He commended the people of Kashmir division and stated that contrary to the perception as made by a section of media, majority of Kashmiris believe in peace, democracy and



development. Sharma claimed that during their interaction with the ordinary Kashmiris it could be easily concluded that people there prefer 'Gram Sabha' over 'Vidhan Sabha'. He said there is general belief in the minds of People of Kashmir region that all the previous regimes had exploited them with different political slogans but did nothing on ground. He appealed the Prime Minister Narendra Modi and

Union Home Minister Amit Shah to with hold Legislative Assembly elections for next two years and instead extend the tenure of existing panchayats as people of J & K have witnessed an era of development through Panchayats during Last 3 years which they had not even experienced during last 70 years. He said ordinary people of Jammu and Kashmir easily associate themselves with the Gram Sabhas as they are within their reach whereas a commoner cannot even enter a Vidhan Sabha, nor the MLAs accessible to them. He stated at present instead of 89 MLAs J & K have over 40,000 elected Panchayat representatives who are working day and night for the betterment of rural population. Gram Sabhas are the real model of participatory system of democracy and decentralization of Power, he further added. It is pertinent to mention here that from the last 15 days.

## All arrangements of inauguration of Sharda Yatra temple and Gurudwara put in place by district administration

TEETWAL (KUPWARA), MARCH 21: All arrangements in place for inaugural function of Sharda temple and Gurudwara at Teetwal situated close to line of control in Kupwara district.

The inauguration of Sharda yatra temple and Gurudwara is being held tomorrow on March 22. The district administration Kupwara, has made elaborate arrangements for the inaugural function.

Meanwhile Deputy Commissioner (DC) Dr. Doifode Sagar Dattatray today took a detailed review of arrangements with the concerned officers which was joined by SDM Karnah Dr. Gulzar Ahmad Rather and other officers of Tehsil administration Karnah on virtual mode from Teetwal.

Meanwhile a large number of Kashmiri pandits and other devotees from different states of the country including Karnataka, Tamilnadu, Bangalore, Chennai took part in mantar-ucharan today at Teetwal held at Sharda Yatra temple. Devotees were led by Ravinder Pandita, Chairman Save Sharda committee Kashmir.

On the occasion, Kashmiri Pandit women recited mantras in Kashmiri language.

## Community Mobilization Programme Conducted in Zone Langate

KHURSHIED RESHI



KUPWARA, Community Mobilization programme was held by Zonal Education office Langate on 18th and 20th of March 2023 in which Officers, SMC members, PRIs, Parents, HOIs and students participated. Both the phases were presided by Chief Guest Worthy Chairman DDC Kupwara Mr. Irfan Sultan Pandith-pori, the mobilization programme was attended by Dy Chief Education Officer Kupwara Mr. Manzoor Ahmad Bhat sb as guest of honour. Besides that Member DDC Mawar, BDC Langate, BDC Qazibad, Educationists, Prinsipal BHSS Langate, Principals of Higher Secondary Schools, Headmasters of High schools, Sarpanchs / Dy Sarpanchs, SMC members, parents and HOIs were present. Different cultural programs were presented by school students in the form of songs and skits. The program began by the inaugural speech of ZEO Langate Mr. Naseer sb, followed by an impressive speech by Dy. CEO kupwara, different speakers including educationists, Principals, Headmasters, Public representat

## Farewell accorded to CMO Kulgam official on attaining superannuation

Farooq Rather

Srinagar, 21-Mar; Grand Farewell Party was Organized today by the staff of CMO Office Kulgam (Both Regular/NHM) for Superannuation Retirement of Masood Ahmad Senior Most Section officer in Health Department on 31-03-2023.

Deputy CMO Kulgam, District Health Officer Kulgam and BMO's besides, other Officers/Officials from various Health Institutions/Blocks were also participated in the function.

It is pertinent to mention here that the said Section Officer is well known for his honesty, dedication and most helping hand.

Furthermore, Mushtaq Hussain working as District Store Keeper is also proceeding on superannuation retirement. All Staff Members as well as participants prayed for their happy, joyful and prosperous post retirement life ahead. They shared their experiences and happy moments spent together in the Institution with the rosary of words and music.

They praised the professionalism of retiring officials and said that the officers have earned name and fame by dint of their diligence, commitment and exemplary devotion. They said that officials always worked hard for the cause of the Zone. They through their service career performed their allotted duties with dedication and brought kudos for the department. They prayed for their peaceful future.

Masood Ahmad Section Officer extended his greetings to all Officers/Officials and thanked them for such love and respect shown by them. (CNS)

## International day of Forests: DC Kick starts Mega Forest drive at GDC Kulgam

Farooq Rather

KULGAM, MARCH 21: On the eve of International Day of Forests being celebrated every year on 21st of March, mega Plantation drive was today organized by Forest division Kulgam at Government Degree College (GDC) Kulgam. This year the day is being celebrated with the theme, "FORESTS AND HEALTH".

The Plantation drive was kick-started by the Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat by planting a sapling of cedrus deodara within the premises of GDC Kulgam.

The programme was attend by College faculty, Officers from Social Forestry, Forest Protection Force, members of NSS volunteers, NGOs, media fraternity and students of GDC Kulgam.

The DC in his address highlighted the role of forests in providing abundance of Ecosystem services and thereby promoting healthy lives.

During the event plant saplings were also distributed among NSS volunteers.

Later, a Booklet compiled by Kulgam Forest division "Let us Conserve Biodiversity" was also released. The Plantation drive was kick-started by the Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat by planting a sapling of cedrus deodara within the premises of GDC Kulgam.

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## International Day of Forests

Social Forestry Div Kupwara in collaboration with GDC Sogam Organizes mass plantation drive at Dardpora Lolab



KUPWARA, MARCH 21: On the eve of International Day of Forests, Social Forestry Division Kupwara in collaboration with NSS unit and Eco-Club of Government Degree College (GDC) Sogam organized a mass plantation drive at Muqam Dardpora Lolab (Compartment No. 45).

The programme was headed by Prof Mehbooba Bano, Vice Principal G.D.C. Sogam and D.F.O Social Forestry Division Kupwara, Dr. Fayaz Ahmad Bhat.

On the occasion, 65 NSS volunteers along with NSS Programme Officer Qaiser Bashir, HOD Botany, Dr. Mukhtar Ahmad, H.O.D Economics, Mohd Rafi and Range Officer Social Forestry, Sajid Mehboob and employees from Social Forestry Department participated in the event.

The programme was started by plantation of Chinar saplings by Vice Principal and D.F.O. Social Forestry followed by plantation drive by volunteers and Social Forestry staff. More than 500 saplings of different species including Conifers, NRs, Poplar and fruit plants were planted during the said event.

The programme concluded with the distribution of mementos to D.F.O Social Forestry Dr. Fayaz Ahmad Bhat and Range Officer Social Forestry Sajid Mehboob for their extra-ordinary contribution in organizing the said event as well as for their afforestation efforts in the area.

## Slathia pays tribute to Martyr Hav Rakesh Kumar on his 15th Shaheedi Diwas



SAMBA MARCH 21- Jammu and Kashmir Pradesh BJP Vice President and Former minister Mr Surjeet Singh Slathia today paid glowing tributes to martyrs, who stood firm like a rock in defense of the nation in most challenging situations and offered their supreme sacrifices.

"We salute the valour of our brave jawans and officers, who laid down their lives while defending the integrity and sovereignty of the nation", Mr Slathia said while leading people in paying homage to Martyr Hav Rakesh Kumar, Shaurya Chakra, at a homage giving function on his 15th Shaheedi diwas held at Village Dariee in Samba district this morning. "By offering supreme sacrifice, Hav Rakesh Kumar has made his village and the entire Jammu and Kashmir proud", Mr Slathia said, adding that martyrdom of brave soldiers and officers remain source of inspiration for the compatriots, especially the youth. The nation will always remain indebted to the valiant martyrs who give their today for secure tomorrow of the country, he maintained.

The former minister, who was chief guest at the homage giving function, said Samba in particular has been the land of Warriors who have contributed immensely in defence of the country, especially in the past over seven decades. He lauded the heroic role of the armed forces in coming to the rescue of the people during the times of distress like natural calamities and defending the borders at the pearl of their lives. Mr Slathia said that the best tribute to the martyrs would be to join the efforts of rebuilding India and making it the Vishwa guru, the mission initiated by prime minister, Mr Narendra Modi.

The local functionaries and the prominent citizens, including Additional Deputy Commissioner Samba Mr Rakesh Dubey, Commanding Officer 24th Sikh Regiment Col Karamjeet Singh, Superintendent of Police Samba Surinder Choudhary, Sarpanch Bimla Devi and others.

## JKECC seeks one hour early departure from office work for employees during Ramdhan

Srinagar, 21-Mar, : J&K Employees Coordination Committee (JKECC) has urged LG administration to facilitate government offices staff to leave one hour before the office leaving time during the month of Ramzan.

In a statement issued to CNS, President JKECC/Chairman, JKTA and National Convener/National Secretary, IPSEF Shah Fayaz said that in the holy month of Ramdhan employees should be given a relief by curtailment in working hours during the month of blessings and forgiveness in order to attend ifayari on time.

Shah further added that employees working in different offices, institutions should be given one hour early departure so that employees will attend ifayari on time and it will boost morale of employees and it will be a welcome gesture from the LG Administration.

In this regard JKECC, an amalgam of employees of Jammu & Kashmir UT in particular and Indian Public Service Employees Federation in general appeals LG Shri Manoj Sinha, Chief Secretary Dr AK Mehta, IAS, Divisional Commissioner Kashmir, AK Bidhuri and Divisional Commissioner Jammu Ramesh Kumar IAS to address this demand of employees. (CNS)

## "Agnipath Outreach Program" organised by Army in Kupwara

Srinagar, 21-Mar; 'Agnipath Outreach Program' was organised by Army at Government Degree college, Kupwara. The aim of the event was to spread awareness of the government initiative and to motivate students to don the uniform and serve the nation. Over 200 students and college professors attended the seminar. Various aspects of the scheme viz. eligibility criteria, selection procedure and documentation process were discussed in detail. The presentation was followed by an interactive Q&A session. Even the principal and vice principal addressed the students and motivated them to join the army. The program was another step in strengthening the Army's relationship with the youth of Kashmir. (CNS) Over 200 students and college professors attended the seminar. Various aspects of the scheme viz. eligibility criteria, selection procedure and documentation process were discussed in detail. The presentation was followed by an interactive Q&A session. Even the principal and vice principal addressed the students and motivated them to join the army.

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اوقات سحر و افطار رمضان المبارك 1444 هـ / 2023 م

**برائے وادی کشمیر**

**نیت روزہ**

وَيَصُومُ غَدَ تَوَيْتٍ مِنْ شَهْرِ رَمَضَانَ

**دُعَا نِے افطار**

اَللّٰهُمَّ اِنِّى لَكَ صُجَّدٌ وَبِكَ اَمْنٌ

وَ عَلَيكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ اَقْتَضَيْتُ

نوٹ: شہریان کے اوقات ای نقشہ کے مطابق ہیں۔

رمضان المبارک 2023ء	ایام جمعہ	ختم سحری	وقت افطار
07	16	4:45	06:58
08	17	4:43	06:59
09	18	4:42	07:00
10	19	4:41	07:01
11	20	4:39	07:01
12	21	4:38	07:02
13	22	4:36	07:03
14	23	4:34	07:04
15	24	4:33	07:05
16	25	4:32	07:05
17	26	4:31	07:06
18	27	4:30	07:07
19	28	4:28	07:08
20	29	4:27	07:09
21	30	4:25	07:10

رمضان المبارک 2023ء	ایام جمعرات	ختم سحری	وقت افطار
23	1	5:08	06:48
24	2	5:06	06:48
25	3	5:05	06:49
26	4	5:04	06:50
27	5	5:02	06:50
28	6	5:00	06:51
29	7	4:58	06:52
30	8	4:56	06:53
31	9	4:56	06:54
01	10	4:55	06:54
02	11	4:53	06:55
03	12	4:52	06:55
04	13	4:50	06:56
05	14	4:48	06:57
06	15	4:47	06:57

# Is Black Rice Good For Weight Loss? Let's Find Out



HIRAL PATEL

Black rice has many names, such as forbidden rice, purple rice, and emperor's rice. There are over twenty variants of black rice. This rice has a fantastic taste and is also very nutritious. It belongs to the species *Oryza Sativa L.*

Black rice is considered one of the most beneficial due to its lesser calorie and carbohydrate content compared to white rice. Additionally, it contains abundant dietary fibre, making it perfect for those trying to manage their weight.

With overweight and obesity becoming a primary concern in today's world, one must take measures to reduce their weight and body mass index (BMI). Therefore, regular physical exercise is necessary, and one must be mindful of what one eats.

#### Interesting Facts about Black Rice

Black rice, native to China, made its way to the rest of the world several centuries ago. In the past, it was reserved for the consumption of royals due to its nutritious value and thus was aptly named "forbidden rice".

Nowadays, people acclaim it for its health benefits, and people looking to lose weight can replace white rice with black rice. Despite its tricky texture, it is still a favourite among health enthusiasts.

#### Nutritional Properties of Black Rice

As per USDA, the nutritional properties of one hundred grams of raw black rice are:

Nutrient	Amount
Energy	356 kCal
Protein	8.89 g
Total Lipid	3.33 g
Carbohydrate	75.56 g
Iron	2.4 mg

Black rice has the highest protein in comparison to other types of rice. In addition, it is rich in iron, calcium, potassium, anthocyanins, carotenoids, amino acids, fatty acids, antioxidants, flavonoids, etc. The abundance of these essen-

tial minerals in black rice makes it highly beneficial for health. It significantly helps the human body during the growth and development stages.

According to one study, reducing the consumption of high-calorie foods is crucial if you want to lose weight successfully. Instead, opt for options low in fat and rich in dietary fibre. Black rice is an ideal food choice for obese and overweight individuals as it meets these requirements.

#### Is Black Rice Good for Weight Loss?

Weight loss is one of the potential benefits of eating black rice. It is rich in nutrients and loaded with antioxidants, such as anthocyanins, which give it its characteristic black colour.

Eating black rice regularly can help you achieve a healthy weight and maintain it on a long-term basis. Let's dig deeper to understand how black rice facilitates weight:

#### Rich in Proteins

Research shows that adequate protein consumption can help lose weight. Black rice is especially beneficial for this purpose, as it has a higher protein content than other types of rice.

When one consumes proteins, the body burns fat for energy. This process is known as Dietary-induced Thermogenesis (DIT). It results in the release of heat from the food we eat.

This heat increases our energy expenditure, which can lead to weight loss. Therefore, black rice protein is an excellent option to promote DIT and facilitate weight loss.

#### Promotes Metabolism

The nutrients in black rice help boost metabolism, which is integral to successful weight management.

Studies have suggested that having a higher metabolic rate can make it easier to lose weight in less time, as the calories burn faster. Additionally, having a higher met-

abolic rate helps reduce fat and bad cholesterol, which can lead to weight loss.

#### Rich in Fibre

Eating black rice can make one feel full for a longer period and thus reduce cravings. Dietary fibre intake can also lead to better digestion and regular bowel movements.

One study has found that those who are obese or overweight can lose weight if they increase their dietary fibre intake.

#### Full of Anthocyanins Pigment

Anthocyanins, antioxidants, are great boosters of weight loss, and the black colour of black rice comes from this pigment. Studies have proven that anthocyanins, derived from plants, can positively reduce weight, prevent cardiovascular issues, and more.

Therefore, black rice can help with weight management and promote overall wellness. So eating it can help to manage one's weight, and although the colour changes to purple after cooking, it still contains anthocyanins.

#### Rich in Antioxidants

Antioxidants found in black rice have the potential to burn fats, bad lipids, and triglycerides, which can help you rapidly reduce belly fat. Therefore, consuming food rich in antioxidants is a great way to benefit from the many health advantages, such as weight loss.

#### Note

Black rice is a type of whole grain high in fibre and nutrients, making it a healthy addition to a weight loss diet. The fibre in black rice can help you feel full and satisfied, which may help you eat less and reduce your overall calorie intake. Black rice is also a good source of antioxidants and other nutrients that can help support overall health.

#### Health Benefits of Black Rice

Adding black rice to your diet could bring many benefits, includ-

ing weight loss. Here are seven other reasons to try cooking with black rice right away:

#### Cancer-protective Properties

Black rice being an excellent source of anthocyanins, can potentially reduce one's risk of developing cancer. Additionally, those diagnosed with cancer in its early stages may get some benefits from black rice consumption.

#### Reduces Inflammation

Chronic inflammation can be potentially harmful to one's health and can damage cells and organs. However, the anti-inflammatory properties of black rice can help reduce inflammation, particularly chronic inflammation.

#### Reduces Risks of Cardiovascular Diseases

Consuming too many calories and unhealthy carbohydrates can have a detrimental effect on heart health and can even lead to cardiovascular diseases.

However, black rice is an excellent alternative, as it is low in calories, is a good source of complex carbohydrates and can help reduce the risks associated with cardiovascular issues.

#### Enhances Brain Health

Those who experience difficulties with mental capabilities should incorporate black rice into their nutrition.

This rice has high antioxidant properties that can minimise the pressure on the brain, reduce free radical damage and promote a healthy mind.

#### Helps with Constipation and Eases Digestion

The high fibre content in black rice helps promote smooth digestion and gut health. Additionally, it can reduce constipation, aiding in smoother bowel movements.

#### Strengthens the Retina and Improves Sight

Black rice contains high

amounts of lutein and zeaxanthin, two carotenoids known for their role in supporting eye health. These antioxidants help to protect the cells in your eyes and to reduce the effects of UV radiation.

#### Keeps Type 2 Diabetes at Bay

Black rice is an excellent option for those looking to prevent or manage diabetes, as it is low in calories and high in complex carbohydrates and carbohydrates dietary fibre.

In addition, this food helps keep blood sugar levels stable by allowing the body to experience a slower, more gradual increase in glucose and insulin rather than an unchecked spike.

#### Note

Being overweight is often the cause of many chronic illnesses, such as heart strokes and diabetes. Consequently, effective weight management is key to maintaining your health. Adding black rice to your diet is a great way to gain dietary fibre and anthocyanins, two essential elements for weight loss. With the HealthifyMe Pro 2.0 app, you can easily keep track of all your health information, from the number of calories you consume to your cholesterol levels. In addition, you can access all the health details you need with just a single tap.

#### Conclusion

Maintaining good health is essential for a happy life. It doesn't necessarily mean one has to be physically attractive; instead, one should be fit and healthy.

Obesity and being overweight, the everyday problems of today, require people to take action to reduce their weight. A great way to start is to make changes to one's diet.

For example, adding black rice to their diet can be beneficial, as it can help to manage weight and shed those extra pounds.

SOURCE: HEALTHIFYME

## NEWS

## Can walking 6,000 steps a day improve heart health in the elderly?

Walking between 6,000 to 9,000 steps daily may significantly reduce the risk of cardiovascular disease (CVD) in older adults, a new study has shown.

According to the study published in the journal *Circulation*, researchers found that individuals walking between 6,000 to 9,000 steps daily had a reduced risk of cardiovascular disease, including heart attacks and strokes, by 40 per cent to 50 per cent.

The study analysed data from over 20,000 people in the US and 42 other countries, in which the average age was 63.2 years, plus or minus 12.4 years, with 52 per cent being women, reports *Medical News Today*.

The study found that for every 1,000 steps added, there was an incremental reduction in CVD risk.

"There was no upper limit at which there was no additional benefit in our study. Each incremental increase was associated with lower heart disease risk in older adults," said Dr Amanda Paluch, a physical activity epidemiologist and kinesiologist at the US-based University of Massachusetts Amherst.

The study discovered a progressive reduction in CVD risk for people who walked up to 15,000 steps per day.

Moreover, the study suggests that people who want to reduce their risk of CVD should set goals that feel more attainable than the commonly cited 10,000-steps-a-day target, which is not based on scientific research.

However, the study found no association between increasing one's steps and lowering CVD risk for younger adults.

Dr Paluch believes this is not surprising given that CVD is primarily a disease of the elderly. According to the study, only 4.2 per cent of younger adults had a subsequent CVD event, compared to 9.5 per cent of older adults.

"This does not mean that younger adults shouldn't be exercising for their cardiovascular health," said Dr Paluch.

"For younger adults, being physically active benefits many of the precursors of cardiovascular diseases, such as high blood pressure, obesity, and type 2 diabetes. These conditions are more likely to develop in younger adults, and are important for early prevention of cardiovascular disease," she added.

## British-Indian doctor saves man's life twice on flight to India

A British-Indian doctor battled for five hours to save a fellow passenger, who almost died twice during a 10-hour Air India flight.

Vishwaraj Vemala, a consultant hepatologist at University Hospitals Birmingham NHS Foundation Trust, was flying from the UK to Bengaluru with his mother when a 43-year-old man suffered a cardiac arrest.

Vemala attempted to resuscitate the passenger, who at the time did not have a pulse and was not breathing.

"It took about an hour of resuscitation before I was able to get him back. Luckily, they (the cabin crew) had an emergency kit, which included resuscitative medication to enable life support," Vemala said while sharing his experience.

Apart from oxygen and an automated external defibrillator, Vemala, with the help of other passengers, managed to get hold of a heart-rate monitor, blood pressure machine, pulse oximeter and glucose meter to keep an eye on the patient's vital signs.

The passenger then went into cardiac arrest for a second time, and this time it took longer to resuscitate him.

"In total, he was without a good pulse or decent blood pressure for nearly two hours of the flight, alongside the cabin crew, we were trying to keep him alive for five hours in total," Vemala said in a statement released by University Hospitals Birmingham.

Concerned for the passenger's chance for survival, Vemala and the pilot tried to get permission to land at the nearest airfield in Pakistan, but their request was denied.

Instead, they were able to arrange for landing at the Mumbai airport, where an emergency crew was waiting for them on the ground.

By the time the flight landed, the passenger was resuscitated and was able to speak.

# Black Grapes for Diabetes – Healthy or Risky?

MEHAK SHAH

Despite their diminutive size, black grapes are a surprisingly potent source of nutrition. Containing polyphenols, antioxidants and flavonoids, the humble grape may help prevent chronic diseases such as diabetes.

At first glance, it might seem that the natural sugars in fruits such as grapes might cause a spike in blood sugar levels, especially for those with diabetes.

However, studies indicate that eating black grapes may actually help to manage the condition. Not only are they delicious and cooling, but also offer a range of health benefits.

Fruit contains a type of sugar called fructose, which is different from the other kinds of sugar found in things like chocolates, white sugar, and baked goods. Since the body absorbs fructose slowly, there is no significant spike in blood glucose levels when eating fruits.

Diabetes – An Overview

When you have diabetes, your body either does not produce enough insulin (Type-1) or cannot effectively use the insulin it produces (Type-2). As a result, it leads to more sugar absorption in your bloodstream, increasing blood sugar levels. Over time, high blood sugar levels can cause serious health issues, such as heart disease, stroke, kidney disease, and eye problems.

Managing diabetes involves making healthy lifestyle choices, such as eating healthy, exercising regularly, and monitoring blood sugar levels. Eating a nutritious diet that includes fruits, vegetables, whole grains, and lean proteins is essential, as is engaging in regular physical activity. If you have diabetes and wish to include grapes in your diet, you can speak to a registered dietitian at HealthifyMe for individualised advice.

#### Grapes and Diabetes – The Effect

For those with diabetes, eating fruit, such as green and purple grapes, is recommended. Despite the negligible risk of elevating blood sugar levels, the body needs



carbohydrates to generate energy which grapes provide.

Furthermore, grapes are rich in beneficial micronutrients, like

vitamins, minerals, and various phytochemicals that can help prevent diseases. Thus, they make a great source of both micro and

macro nutrients for people with diabetes.

Glycemic Index

SOURCE: HEALTHIFYME

SOURCE: HEALTHIFYME

CONTINUE FROM FRONT PAGE.....

Healthy Forests.....

Healthy living of people and it should be our topmost priority to safeguard these precious natural resources. Every element produced by nature nourishes us. Since time immemorial, the health & well-being of humans, animals & environment around us are interlinked", said the Lt Governor.

The Lt Governor emphasized on striking a perfect balance between society and environment for a healthy ecosystem and a strong economy.

"Nature is a great source of wisdom. The more we learn from nature, the more we understand that forests are not only an integral part of our existence but also essential for our mental, physical health and well-being. A society that is closer to nature is more prosperous", the Lt Governor said.

On this International Day of Forests, let us rededicate ourselves to protect nature and conserve forests with the spirit of "One World, One Health". We must protect and nurture economic, social and environmental values for the benefit of present and future generations, the Lt Governor observed.

The Lt Governor directed the J&K Rural Livelihoods Mission to launch Van Sakhi Yojana in coordination with Forest Department for the socio-economic empowerment of the women entrepreneurs associated with the sector.

The Lt Governor asked the Forests Department and other stakeholders to ensure that policy on 'Sustainable Utilization of Non-timber Forest Produce in J&K' is fully operationalized on ground to maximize its benefits to the people, especially women and tribal communities.

The Lt Governor further emphasized on promoting high-value forest produce like Gucci mushroom and Artemisia herbal plant which can be found in abundance in the forests of Jammu Kashmir to bring significant improvement in the quality of life of the forest-dependent population without harming the forests.

The Lt Governor highlighted the efforts made in the last two years for protection of natural resources and for extending economic benefits, livelihood and entrepreneurship opportunities to tribal families.

Under the guidance of Hon'ble Prime Minister, Shri Narendra Modi ji, a large population of our tribal families dependent on forests have been granted their Forest Rights for which they have been waiting for years, he said.

The Lt Governor asked the Tribal Affairs Department and the districts administration to work in mission mode for granting individual rights under the Forest Rights Act and establishment of Van Dhan Kendras.

He complimented the Forest Department and allied wings for achieving higher targets under "One Beat Guard, One Village" programme under the campaign "Har Gaon Hariyali" and for their forest conservation awareness efforts.

With more than 55% green cover, Jammu Kashmir is ahead of many other states and UTs, the Lt Governor said.

The Lt Governor also gave valuable suggestions for sustainable management of forests.

The Lt Governor said the 2.5 billion population of the world is dependent on forests in one way or the other. From our ancient texts to the latest and greatest invention of Artificial Intelligence Tool, you can find one thing in common i.e. the entire universe is made of the five elements (Panch Tatva), he observed.

We must move ahead with the mantra of Panch Karma – the five major goals for the next one year. Non-Timber Forest Produce scheme must encourage associated Self-help Groups and communities to work on conservation of forests and plantation, said the Lt Governor.

Forest-related education in schools and participation of students in plantation drives must be ensured. Van Dhan Kendras and Self-help Groups should be involved in branding and marketing of forest-friendly products, he noted.

The Lt Governor said the inclusion of Panchayati Raj Institutions in Van Se Jal and Jal Se Jeevan program will make a greater impact in our campaign for conservation of natural resources. Further, we have to make the re-forestation campaign a mass movement, he added.

On the occasion, the Lt Governor presented the UT-Level Awards of Forestry & Wildlife Conservation to the frontline staff of Forest and Wildlife Department for their outstanding contribution.

He also felicitated the Village Panchayats for their efforts in the greening of common village lands.

Publications on "Forests for Livelihood" & "GIS-Based Land Use and Eco-System Resource Mapping of Kishtwar High Altitude National park" and "Forest Song" were also released by the Lt Governor.

Earlier, the Lt Governor inspected various exhibition stalls which focused on sustainable utilization of Non-Timber Forest Produce including medicinal, aromatic plants and various technologies.

Sh. Dheeraj Gupta, Principal Secretary to Government, Department of Forest, Ecology & Environment; Dr Mohit Gera, Pr. Chief Conservator of Forests / HoFF; other senior officers and people from all walks of life were present on the occasion.

6.6 magnitude.....

which struck at 10:17 pm IST, was the Hindukush region of Afghanistan.

Meanwhile, damages caused by the earthquake couldn't be not ascertained at this moment.

Mobile telephony was disrupted in many areas.

Reports reaching KNO said that the phone calls are getting disconnected as the services have been affected in many areas.

Status Quo.....

took over the charge of the Army commander of the Northern Command and the Colonel of the Regiment of Jammu and Kashmir Rifles and Ladakh Scouts on February 1 last year, said.

The Indian Army and the Chinese People's Liberation Army (PLA) have been locked in a standoff in multiple areas along the LAC in eastern Ladakh since May 2020.

Lt Gen Dwivedi also talked about continuity of the ceasefire on the Line of Control (LoC) with Pakistan but said there have been some infiltration attempts which have been successfully foiled by the Indian Army.

"The situation in the hinterland is largely under control. Our counter-insurgency/counter terrorism grid is fully working with civil administration and efforts are on to stop terror incidents completely," he said.

Maj Gen (retd) Govardhan Singh Jamwal; Director, Sainik Welfare Department, J and K, Brigadier (retd) Gurmeet Singh Shan; Commander, 92 Infantry Brigade, Brig SK Goswami; and Commandant, JAK Rifles regimental center, Brig Rajesh Sharma also attended the rally, which was jointly organized by 7 JAK Rifles and 26 Infantry Division.

"The purpose of this rally is to reach out to the ex-servicemen

of Jammu and Kashmir Rifles, their closest relatives and veer naris living in the nearest district of Jammu and surrounding areas, to solve their problems and anomalies related to pension and to get medical help from medical experts," Lt Gen Dwivedi said.

On the occasion, latest information was disseminated about the welfare schemes run by the Indian Army and the central and state governments for ex-servicemen, their families and veer naris.

The Northern Commander said since most of the soldiers and ex-servicemen of the regiment are from Jammu and Kashmir, Himachal Pradesh and Punjab, the Army will organise more such rallies in these areas to reach out to the ex-servicemen and solve their problems.

"It is my endeavor to meet my ex-soldiers and brave women at their homes. We have met ex-servicemen and veer naris in Kupwara, Srinagar, Palampur, Leh, Akhnoor, Rajouri and Dehradun and will organise rallies in Anantnag, Amritsar, Jutogh and Darjeeling in the future," he said.

Talking about the bravery of the JAK Rifles, Lt Gen Dwivedi said the regiment was raised in Jammu in 1820 and has given a wonderful example of its valor and sacrifice, conquering areas like Tibet, Gilgit, Yasin, Darel, Hunza-Nagar, Chilas and Chitral under the leadership of General Zorawar Singh.

"The regiment has participated in every war since 1820 and was made an integral part of the Indian Army as the Jammu and Kashmir Regiment. In 1963, our regiment was again renamed as Jammu and Kashmir Rifles regiment which has set many examples of service to the country in every field and was honoured with a total of 2,365 awards including two PVC, two AC, one Padam Bhushan, five MVC, 11 KC," he said.

Referring to the Agniveer scheme, he said under the new policy there will be a written test first and only those who pass the written test will be called for physical and medical tests.

He said the Army is committed to provide alternate career options to its veterans and has set up Army Welfare Placement Organisation and Directorate of Resettlement North Zone.

The Army commander also informed the gathering about the transit facility set up by Garud Defense Guidance Cell (GDGC) at Raiwala and Rishikesh, which provides the facility of stay for jawans with their families at Raiwala (Raiwala Retreat) and Rishikesh (Holiday Home) during their journey.

He said the 14th Reunion and 31st Biennial will be organised at JAK Rifles Center later this year.

As a gesture of respect and gratitude, war veterans, gallantry awardees, veer naris and next of kins were felicitated in recognition of their contribution in the service of the nation.

After militancy.....

which includes Anantnag, Kulgam, Shopian, Pulwama and Police district Awantipora while 22 notorious peddlers have been detained under PIT NDPS Act.

Figures suggest that 151 First Information Report's (FIR's) have been registered in different Police Station of South Kashmir against people involved in drug trade. "This year till date, 140 drug peddlers have been arrested in Anantnag and Kulgam, 27 in in Shopian and equal number in Pulwama while 17 in Police district Awantipora," the data shows.

As per the data, 59 FIR's have been registered in Kulgam district, 50 in Anantnag, 19 in Pulwama, 13 in Shopian and 10 in PD Awantipora. "Twelve people have been booked under Prevention of Illicit Traffic (PIT) in Narcotic Drugs and Psychotropic Substances Act (NDPS) in Shopian, five in Anantnag, three Pulwama and two in PD Awantipora", data further reveals.

Talking to KNO, Senior Superintendent of Police (SSP) Anantnag, Ashish Kumar Mishra said the list of accused persons, evading arrests for long have been handed over to other states for their involvement in Narcotic crimes. "Advance notice in terms of section 46 and 47 NDPS Act have been issued and got executed through all Police Stations", he said.

He said with special directions to involve Sarpanches, Panches, Namberdaras, Chowkidars, respectable citizens and Imams to aware all the farmers with regard to illegal sowing of Poppy and Cannabis.

In an exclusive chat with KNO, Deputy Inspector General of police South Kashmir range Rayees Muhammad Bhat said fight against narcotics have been taken up and assets raised through illegal means are under scrutiny.

"All districts of South Kashmir have taken up the fight against narcotics and assets raised through such illegal means shall also come under scrutiny", he said.

DIG urged people to cooperate and where the case merits, rehabilitation and alternative livelihood should be supported as far as possible by the community.

Why Kashmiri.....

produce. Besides, 20 people are also working with us during the cultivation season. We make a good earning out of it and fetch us Rs 4 lakh profit annually," he said, who hails from Anantnag district.

The conversion from agriculture to horticulture has one simple reason as fruits bring more money to farmers than rice.

According to figures of Department of Horticulture Jammu and Kashmir, the area under horticulture cultivation was 82,486 hectares in 1975 which went up to 3,30,956 hectares in 2021, indicating around 400 percent increase in the area under horticulture for the last 47-years.

The largest horticulture crop grown in J&K is apple. In 1975, the area under apple production was 46,189 hectares which increased to 1,64,854 hectares in 2021 including 1,47,130 hectares in Kashmir and 17,724 hectares in Jammu

Horticulture is the mainstay of Kashmir's economy with seven lakh families according to figures of Horticulture Department Kashmir are directly or indirectly associated with the sector.

Horticulture contributes over eight percent to the Gross Domestic Product (GDP) of Jammu and Kashmir.

While figures of Agriculture Department Kashmir say that from 1,62,309 hectares in 2012-2013, the area under paddy cultivation decreased to 1,34,067 hectares in 2021-2022.

A senior official of Horticulture Department said horticulture gives far better returns to farmers than agriculture.

"There are many government sponsored schemes under which farmers can avail benefits to grow fruits on their land and increase the production," he said.

He said horticulture is the backbone of Kashmir's economy and asks farmers to cultivate fruits. "Horticulture sector is getting far better returns than paddy cultivation. So farmers should focus more on the horticulture sector as fruits like apples are largely grown in the valley unlike rice which is cultivated in many parts of the country," he added.

23 individuals.....

Among the 23 designated terrorists, 3 are from Jash-e-Mohammad outfit, 5 from Lashkar-e-Tobia and 6 from Hizbul-

Mujahideen outfit.

Lashkar-e-Tobia terrorists include Hafiz Talha Seed, Sheikh Sajad alias Sajad Gull, Habibullah Malik, Mohammad Amin Khubab and Arbaz Ahmad Mir.

Those associated with JeM include Mohiuddin Aurangzeb Alamgir, Ashiq Hussain Nengroo and Ali Kashif Jan. Those who are associated with Hizbul Mujahideen include Imtiyaz Ahmad Kandoo, Showket Ahmad Sheikh, Basit Ahmad Reshi, Basheer Ahmad peer alias Imtiyaz Alam, Irshad Ahmad alias Idrees and Dr Asif Maqbool Dar.

Those who belong to other organizations include Mushtaq Ahmad Zargar alias Latram of Al-Umar-Mujahideen/JKLF, Arjumand Gulzar Dar of Al Badr, Nafiq Nai alias Sultan of Tehreek-ul-Mujahideen, Zafar Iqbal alias Salim of Harkat-ul-Jihad-Islami, Bilal Ahmad Beig Babar of JKIF, Sheikh Jameel-ur-Rahman of Tareek-ul-Mujahideen, Ajaz Ahmad Ahangar of Al-Qaida, Arshdeep Singh Gull alias Arsh Dala of Khalistan Tiger force and Harwinder Singh Sandhu of Babar Khalsa International—(KNO)

On Navroz.....

Novroz on Tuesday as the therapy is believed to be more effective on this particular day.

Scores of people were seen standing in queues, waiting for their turn to go through the procedure, at many places in the valley, especially at Dargah Hazratbal and other places.

It is believed that leeches can cure frostbite, skin diseases and other blood infections, as they suck out the impure blood from the body.

Leech therapy on Novruz has been a common practice in many parts of the valley as people believe being treated on that day is more effective.

Mohammad Salim, a practitioner of leech therapy said he has been doing this practice for the last 40 years and people are getting relief with leech therapy.

"As per my experience, people are getting cured with this therapy. People understand that this therapy is the best cure for their illness which they don't get from other medications," he said.

"I tried medicines of almost 10 to 20 thousand rupees but couldn't find any relief in my pain with any medication. But later when I tried this leech therapy, I am now feeling relief in my pain," said Shakeel Ahmad, a patient from Srinagar.

When the leeches feed on blood, chemical substances like hirudin, proteins and bio-active molecules from the leeches' saliva mix with the patient's blood," said Sameer Ahmad, a Unani Doctor.

"As this thins the blood, hirudin is helpful in cardiac diseases. These substances have analgesic, anti-inflammatory, anticoagulant and anti-microbial functions," He said.

The practice of leech therapy is very old and the tradition is still kept alive in Kashmir, particularly on Novroz.

Practitioners earlier used to collect leeches from local water streams and rivers but now those connected with this trade get them from outside of Kashmir.

Leech therapy is said to be a long-practiced procedure in the Perso-Arabic traditional medicine of Unani, which is practiced in Muslim culture in South Asia as well as modern day Central Asia.

Parliamentary.....

facilitate proper addressal of their issues," reads the report, a copy of which is with news agency—Kashmir News Observer (KNO).

In its meeting held on February 16, 2023, the parliamentary panel discussed the steps taken by the UT administration to delegate financial powers and adequate representation to the minority community in district development councils/block development councils in J&K.

The DDCs and BDCs are respectively second and third tiers of Panchayati Raj system in Jammu & Kashmir. The elections for them were held in 2019 and 2020.

In October 2020, the Government of India amended J&K's Panchayati Raj law for holding direct elections for district development councils in the UT.

The Sarpanchs and Panchs constitute the electoral college for BDCs—(KNO)

Anantnag, Pulwama.....

districts with TB three as Budgam was declared TB free in 2021," she said.

She added last year Kashmir had got 3 gold medals and now they have got upgraded and Pulwama and Anantnag have been declared TB free.

"TB incidence is declining in Kashmir. We will achieve TB elimination by 2025 as we are doing intensified and active case finding and case screening," she said.

She said they had taken several measures over the years to develop infrastructure and employ manpower for the early detection and effective treatment of the disease.

Last year Anantnag, Pulwama and Kupwara got Gold during Sub National Certification for TB Elimination in the country while Baramulla district had then got Bronze medal (1 in 56 districts).

Notably, there are 4 categories of recognition in achievement of reduction of case targets, the top spot being TB-free status meaning 80% reduction.

The other categories include gold medal category (over 60% reduction), silver medal category (over 40% reduction) and bronze medal category (over 20% reduction).

Budgam was the first district to be declared TB free. Sub-national certification is an initiative to mark the progress of districts, states and UTs towards TB free status, which was initiated in 2020 to achieve the target of TB free India by 2025.

The sub-national certification is a process introduced by the Union Health Ministry in 2021 to reward well-performing States/districts when they achieve specific milestones in TB elimination.

The Health Ministry has set a target of reducing incidence of new TB cases by 80% to end TB by 2025 while efforts towards TB elimination vary across States/Districts.

In India, the Revised National TB Control Program (RNTCP) provides free TB treatment to all government medical facilities through the Directly Observed Treatment Short course Strategy (DOTS) system, recommended by the World Health Organisation.

Under this system, a patient is given an identification card that tracks their site of infection, severity and treatment course and adding them to a national database—(KNO)

Navroz celebrated.....

Observer (KNO) that while marking the celebrations, families mainly from the Shia community wish and greet each other 'Navroz Mubarak', with children wearing new dresses.

"The day starts with the special prayers and during the day friends and relatives visit the families to greet each other, wearing new clothes children go to the parks with their peers", Imran Ahmad, a local Srinagar resident said.

He said that on this special festive day Muslims mainly from the Shia community during pre-dawn hours go to the graveyards to pray for their deceased family members or relatives and that a day before the marking of the festival they also prepare special dishes, which include fish, meat, chicken and Nadroo.

On the day of Navroz, people traditionally prefer to go for leech therapy which is considered to be an old practice for the treatment of various ailments as the practitioners believe that leech therapy cures many diseases like skin diseases, arthritis, chronic headaches, sinusitis, etc.

Many people think attaching live leeches to the human body can cure chronic diseases. This old-age traditional method of curing diseases is still prevailing in Kashmir.

Navroz, which literally means a 'new day', is the beginning of the New Year of the Persian calendar. The day also marks the beginning of farming and plantation in the Kashmir valley, the festive day also marks the formal arrival of the spring season in the valley, while farmers believe that seeds sown on Navroz blooms into healthy plants.

Meanwhile, Lieutenant Governor Jammu and Kashmir Manoj Sinha also extended his warm greetings to the people, on the occasion of Navroz. In his message, the Lt Governor said that the auspicious occasion of Navroz symbolizes new beginnings and celebration of seasons.

"May the festival bring happiness, health and prosperity to all," the Lt Governor said—(KNO)

Police arrests.....

Mohammad Yaqoob Khan son of Sirajudin and his mother has concealed contraband substance in their residential house at Gopalpora Chadoora. On receipt of this information, a police party of Police Post Mochwa led by Insp. Mudasir Shafi along with 1st class executive magistrate B. K Pora raided the specific spot and recovered 31 Sticks of charas weighing 1Kgs & 122grams from the said house. Both mother & son have been arrested on spot and have been shifted to the police station where they remain in custody.

Accordingly, a case vide FIR No. 46/2023 under relevant sections of law has been registered at Police Station Chadoora and investigation has been initiated.

Community members are requested to come forward with any information regarding drug peddling in their neighbourhood. Persons found indulging in drug peddling will be dealt as per law. Our consistent actions against drug peddlers should reassure the community members that we are making efforts to keep our society free from the scourge of drug menace.

CRPF To Take.....

Reserve Police Force will be inducted in a few districts of both Kashmir and Jammu regions before being given complete responsibility to deal with militancy.

Sources said that CRPF is working towards reducing the age profile of its troops in the valley by rotating younger troops from other battalions as also inducting newly recruited soldiers into the region, however, the leadership role will be assigned to senior officers.

Reports said that MHA is keen to project normalcy in Kashmir before the general elections. The role of the Army has not been decided yet, if sources are to be believed, their strength will be reduced and may be used as a backup during anti-militant operations if the need arises.

Harsha Kakkar, the former Major General said that the CRPF has some experience with counter-insurgency having been involved in anti-Naxal operations for a prolonged duration. He however added that dealing with insurgency in Nexal areas is quite different from Kashmir.

"The MHA is eager to project normalcy in the valley especially after removal of article 370 and imposition of central rule. It could be a major election plank for forthcoming elections in 2024, apart from being exploited for possible J and K elections, if held this year. There is no doubt that this decision is likely to be implemented in a rush as the government is seeking to draw political mileage from it, especially with the ongoing G 20 presidency. It could push all progress made over years into jeopardy over multiple shortcomings, which must be addressed prior to the changeover, the retired army officer opines.

Chaitra Navratri.....

to decorate, the holy shrine of Shri Mata Vaishno Devi, which is set to host pilgrims during the ensuing nine-day Navratras.

The Bhawan is nestled in Trikuta Hills of Katra town in Reasi district of Jammu and Kashmir.

Similar arrangements were done at Bawe Wali Mata temple for auspicious days of Navratras.

Special arrangements were also put in place for some special rituals but the rush of devotees was much less than expected.

Chief Executive Officer, Shri Mata Vaishno Devi Shrine Board, Anshul Garg on Tuesday reviewed the arrangements being put in place for pilgrims on the track and other locations which include round-the-clock water and power supply along the track leading to the shrine, sanitation, medicare and availability of special "fast-related" food at the catering outlets of the Shrine Board.

To facilitate the smooth pilgrimage of Divyang pilgrims, SMVDSB decided to provide priority darshans, free pony and battery car service to Divyang pilgrims from this Navratra.

Arrangements have also been made for a 'Shat Chandhi Maha Yagya' at the shrine for peace, prosperity and good health of mankind.

The 'yagya' will be telecast live from 11.30 AM to 12:30 PM every day during Navratra.

The CEO appealed to the pilgrims that all the pilgrim-centric facilities including helicopter tickets, battery car, accommodation, Aarti Darshan, Havan and donation can be booked online through the Official Website of Shrine Board: www.maavaishnodevi.org and MATA VAISHNO DEVI APP, only.

"The Board has not authorized any agent, agency or person to use the Shrine Board's name to sell or undertake online bookings for any services which are being provided by Shri Mata Vaishno Devi Shrine Board," he added.

A meeting to review security and Yatra management arrangement in coordination with security agencies already presided by the Chief Executive Officer for action on diverse fronts for hassle free pilgrimage including issuance and verification of RFID cards, effective crowd management, augmentation of holding areas, working out plans for decongestion of the entire track, particularly the Bhawan area, separation of entry, exit routes at Bhawan and all time surveillance through dedicated CCTV network of over 700 cameras.

Earlier, before Navratra, the Chairman, SMVDSB Lieutenant Governor Manoj Sinha dedicated a five-storey Durga Bhawan to the pilgrims on March 18.

The building has provision to accommodate 3000 pilgrims on a daily basis, bound to give a new shape and structure to the comforts and convenience of the pilgrims visiting the Holy Shrine—(KNO)

# Sports Council Cricket Academy girls beat Women's College Cricket team in "Khelo India-10 Ka Dum"



**SRINAGAR:** Khelo India 10 Ka Dum events continued with a friendly cricket match played between Sports Council Cricket Academy girls and Women's College Cricket team at TRC Cricket Academy ground, Srinagar. Earlier winning the toss Women's College invited Cricket Academy to bat, a decision which looked quite good initially as fielding team drew first blood by sending the opener Bisma and one down batter Ummat back to pavilion without troubling score card much.

However, Snowber, Insha and Arwin steered the team well with their individual contributions of 44, 25 and 26 runs respectively while Saba was pick of the bowlers for the Women's College claiming 3 wickets. In response Women's College team suffered early jolt losing both openers with scoreboard yet to cross double figure mark. The middle order assault led by

Nazia and Saba added quickfire runs to the total and team very well looked to chase the target at ease however, which was not the case to be. Insha struck a vital blow sending Saba back to dugout with her individual score of 23 runs and batters that followed were all in tatters. With regularly losing wickets at the other end, Nazia tried single handedly to keep scoreboard ticking but her dream run was halted by a peach of a delivery from Saba

who clean bowled the top scorer just short of what could have been the first fifty of the match but she was left short of six runs, with her individual score card reading 44 while Insha, Arwin-I and Samia bagged a wicket each and winning the match for the team by 37 runs. Secretary J&K Sports Council, Nuzhat Gull in her message to the female cricketers asked them to remain all geared up as Sports Council is planning to organize Women's Cricket Tournament this summer and teams drawn from all the districts of the union territory shall participate in the event. The preparations for today's match were supervised by Abid Nabi, Junior Cricket Coach Sports Council and he was assisted by Faisal Fayaz in the endeavor.

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## Memorable ride with Sportsmechanics so far: Rohit

**CHENNAI:** S Ramakrishnan's Sportsmechanics celebrated 20 years of its association with the BCCI and the Indian cricket team at a glittering function on Monday. India captain Rohit Sharma, head coach Rahul Dravid, bowling coach Paras Mhambrey, batting coach Vikram Rathour and other support staff of the team graced the function.

Coming from a humble background, Ramakrishnan established a company that could simultaneously provide video analysis of all the Ranji Trophy games in the country and international matches. Not only did he develop software for video analysis but also for coaching and scoring.

He started his first job with a laptop and a video camera to record the player's batting and bowling at the nets of the Sishya school grounds. Then, he started doing video analysis at the MRF Pace Foundation and has grown from strength to strength to be the video analyst of the India team. Several of his staff members have been and are with the Indian team as video analysts. "Twenty years is a long time.

At that time, I never knew that we would go this far. We were able to upgrade our software and grow as data analysts," said Ramakrishnan. Both Sharma and Dravid congratulated him for his contribution to Indian cricket. "It has been a memorable journey so far for 20 years. The next journey will be even more memorable like how Rahul Bhai said. He summarised nicely how we all use his data. My personal experience too has



been good with the data we use," said Sharma. "In 2013, they sent me to open the innings, I used the data to know what the other opening batters in the world were doing. The data came in handy."

The legendary Sachin Tendulkar complimented Ramakrishnan's contribution via a video message. "Thanks to the data of Ramky, the meetings (team) became more precise and purposeful," he said. Former India pacer L Balaji's career was uncertain due to injury. But Ramky's inputs not only made him recover but also play for India again. Dravid, who has used the Sportsmechanics data both as a player and coach, appreciated the effort of the organisation.

"Congrats Ramky and Sportsmechanics, we have come a long way when you see sports data analysis. Ramky and Sportsmechanics have been in the forefront right from the start.

## Amelia Kerr powers Mumbai Indians to four-wicket win over RCB in WPL

**NAVI MUMBAI:** Mumbai Indians on Tuesday reclaimed the top spot in the points table with a four-wicket victory against Royal Challengers Bangalore in the Women's Premier League, riding on Amelia Kerr's all-round heroics.

Chasing a modest 126 to win here at the DY Patil Stadium, Mumbai Indians stuttered post a fiery start and also failed to knock off the target in 11.3 overs - a condition that would have helped them improve net run rate over Delhi Capitals.

Mumbai Indians eventually finished at 129 for 6 in 16.3 overs. RCB, however, signed off from the competition with their sixth loss in eight league matches.

All-rounder Kerr was at top of her game with figures of 4-0-22-3 and an unbeaten 31 from 27 balls (4x4s) to take Mumbai Indians over the line.

Kerr added 47 runs for the fifth wicket with Pooja Vastrakar (19) to revive Mumbai Indians who were rocked twice in quick succession.

Sobhana Asha halted Nat Sciver-Brunnt's charge by dismissing her for 13, while captain Harmanpreet Kaur (2) fell for her first single-digit score in the competition.

Kanika Ahuja claimed two wickets in one over to finish as the pick among the bowlers for RCB.

At the start, the opening pair of Hayley Matthews (24 from 17 balls, 2x4s, 1x6s) and Yastika Bhatia (30 off 26 balls, 6x4s) laid the foundation with a 53-run stand.

Delhi Capitals will face UP Warriorz in the final league game later in the day at the Brabourne Stadium, post which the WPL points table would be finalised.

While the team finishing at the top will get a direct entry into Sunday's final, the second and third-placed teams will battle in the eliminator on Friday to fill up the second slot of the summit clash.

Earlier, Kerr snapped three wickets as Mumbai Indians produced a disciplined effort to restrict RCB to 125 for nine. Kerr (3/22) validated MI captain Harmanpreet Kaur's decision to bowl first, taking full advantage of a spin-friendly track, while Matthews (4-0-18-0) and Saika Ishaque (1/30) were also on the money.

Both Kerr and Ishaque joined Sophie Ecclestone of the UP Warriorz for most wickets (13) in WPL. Mumbai made an early breakthrough when a horrible mixup between Devine (0) and Smriti Mandhana culminated in the former being run out.

## Focus on Surya as Indian top-order burn midnight oil to tackle 'Mitchell The Menace'

**CHENNAI:** The prima donnas of Indian batting will have to put their best foot forward while tackling the lethal in-dippers from Mitchell Starc when they face Australia in the series-deciding third ODI here on Wednesday.

If Starc is giving sleepless nights to the batters, the other 'Mitchell -- Mitchell Marsh -- has sent the Indian bowlers on a leather hunt by hitting nearly a dozen sixes (11) across two games.

Tackling 'Mitchell The Menace' will be topmost on the Indian team's agenda.

The series is locked at 1-1 and the starry quartet of Rohit Sharma, Virat Kohli, Shubman Gill and Suryakumar Yadav will have to bat out of their skins to stop the left-arm pacer, who is gearing up to once

again bring the ball back viciously into the right-handers while taking a few away.

A sea change on the technical aspect, as well as mental make-up, will be the need of the hour, and Starc has exposed their frailties pretty badly.

The white ball games in India are mostly played on flat decks, where one can get away by hitting through the line, where one doesn't need too much of feet movement.

A batter can plonk the front foot and hit deliveries across the line with a fair degree of success.

But Starc, blessed with better skill sets, changed the questionnaire with deliveries that would either straighten in the off-middle line or cut back sharply towards leg-middle after a fair amount of deviation

in the air.

The Indians have known what Starc has done for the longest time but they failed to factor in that conditions in Mumbai and Visakhapatnam would assist his bowling a bit more.

In Mumbai, there was help off the surface but in the coastal city of Visakhapatnam, the ball did more in the air than off the surface.

The refurbished Chepauk, with all its stands being open for public viewing, will be hosting an international game after quite some time and the re-laid pitch will attract a lot of attention.

Normally, Chepauk produces a track that is effective for slow bowlers and run-scoring in the middle overs might be difficult.

## Four years after 2019 World Cup, questions remain over India's 'No 4' spot

**CHENNAI:** There was an interesting moment during the post-match press conference after the India-England clash during the 2019 ODI World Cup. Rohit Sharma was asked by a reporter if he was surprised to see Rishabh Pant, Shikhar Dhawan's injury replacement, at No. 4 (an important position in the lineup) in his first WC match.

The centurion on that day took a pause and said, "Not really because you all guys wanted Rishabh Pant to play right?" he had said. "You all guys where is Rishabh Pant?"

Where is Rishabh Pant? There he is at No. 4." Although the then vice-captain had deflected the question in his typical candid manner, four years on, it still remains relevant. And this time, Sharma is the one who is at the helm, set to lead India into another ODI World Cup, this time at home.

In the two years leading up to the 2019 edition of the event, India had used as many as 11 batters at the aforementioned position with Ambati Rayudu playing the most (15) games. However, Rayudu was left out

of the squad at the last moment with Shankar taking his spot. KL Rahul started at No. 4 before moving up when Dhawan got injured. It remained a flexible position where different batters came in based on match situations throughout the tournament before Pant was drafted in.

While the shuffling around hasn't been as drastic as it was four years ago, there is a similar pattern in 2023 as well. Since September 2020, India have played seven batters at No. 4 in 41 games, with Shreyas Iyer topping the list (13 games).



Surkhah Zehra Correspondent of daily Headlines Today receiving a award of appreciation at a function in Srinagar

**AIFMP Appeal**

**PRINTERS to observe 22nd March as BLACK DAY**

**To Protest Against The Unprecedented Price Hike Of Paper & Raw - Material**

All India Federation of Master Printers has appealed the printers fraternity to observe March 22nd has the black day to press there demands in wake of unprecedented hike in paper and other raw material prices .AIFMP, the countries most prestigious printers body has appealed the government of India to intervene into this matter of Urgent attention as the unprecedented hike of printing material has almost broked the backbone of printing industry across the nation. After facing the crucial phase of covid lock down and coming out of that terrible phase the price hike has left no store returned to colapse the printing industry.