

HEADLINES TODAY

HT EDITORIAL

Kashmir Turning into Suicide Capital : As a Society We Need to Act Before it is too Late...

Suicidal tendencies are on an alarming rise across trouble hit Kashmir Valley. Just today a girl ended her life by committing suicide by hanging herself to death in South Kashmir. An alarming increase in the number of suicides across Kashmir Valley is an unprecedented Scenario in Kashmir valley and a matter of concern for one and all. It is a social evil and threat to mankind and humanity itself as a whole. Suicide estimates suggest fatalities world-wide could rise to 1.5 million by the year 2020.excluding Covid pandemic suicide is the second largest cause of death among people across the globe and it is believed that it will suppress and become the first in the next 10 years(2030) across the globe. Suicide is the slur on society and even UT of JK has not been left untouched by the menace of suicides. It is not unusual to see the reports of suicides in daily newspapers. According to reports of NCRB the erstwhile state recorded a total of 7000 cases between 1990 and 2021. Depression, anxiety, stress are some factors which leads to suicides. According to research 79%of the urban and rural population in the valley suffers from depression. Suicide is more common in teenagers and youngsters especially females because they are far more sensitive and emotionally weaker than men. They have less tolerance than men. The main question is what are the causes of these suicides, who is responsible for them. What are the factors that leads a person to depression and ultimately to suicide the growing unemployment, love failures, job instability, child sexual abuse, impulsive personality and even drugs abuse are the casual factors for suicides. Besides that the panic situation created by pandemic cannot be ignored, it creates stress among the people especially young boys and girls. schools were closed, people lost their jobs and drains the wealth as all sources of income were shutdown. It crushes the back of economy of country as well. People remain ideal in their houses and the growing peskiness leads to depression and ultimately to suicide. Experts also blame the eruption of the armed conflict in the valley which has taken heavy toll on lives. Adding that mental health issues can also be contributing factors. However suicides can be prevented d by proper intervention. Parents and teachers should fix the responsibilities on their children so as to prevent the suicides. People just need to do physical and mental exercise regularly and be more social and fulfill hobbies on priority basis, family members need to be more vigilant and try to understand the change in their members. The Govt should also take the steps to minimize the suicide rates. More employment opportunities should be provided to people. Govt organizations and NGO's should do seminars to motivate the people and should aware them about the negative impacts of depression .in short Govt should take every possible step to minimize this alarming suicidal rate.

LONG FOR YOU...



SHAHID SHAMSHAD KUMAR

You are the moon of my twinkle rays
I long for your nights and days
My love is Scattering through your says
Ah! Your habit of eating American lays
I hold my head down
When I see you on Earth brown
I always remember you
Because my love is like the dew
Since you deceived my draft letter
I loved you more and can't deter
Thousand times I tried to forget you
My effort is...but a rue!
My eyes are down to Earth not towards Sky
Because you are an apple of my eye!
The June becomes longest May
In your deems there seems night like a day!
When you will accept my "Lovely Note"
Oh! When the God will dip my boat!

Digital Technology; the Future of Education.



AADIL GHULAM BHAT

Today is the age of technology. Digital technology is very important and plays an essential role in our daily lives. With the rapid advancements in technology, it has become increasingly important for schools to incorporate digital technology into their curriculum in order to provide students with a more efficient and effective learning experience. This article will look at the advantages of incorporating digital technology into modern education and why schools should do so. One of the primary advantages of incorporating digital technology into modern education is that it enables a more interactive and engaging learning experience. Students can explore complex concepts in a more intuitive and engaging manner by using innovative teaching methods such as videos, animations, and interactive simulations. This can help them understand and retain the material better, making learning more enjoyable and rewarding. Also, the use of modern technology can give students access to more individualised learning opportunities. With adaptive learning approaches, digital platforms may analyse a student's performance and offer customised learning materials and feedback based on their unique requirements and skills. This can help to improve learning outcomes and ensure that

each student is receiving the education they need to succeed. Students can also use digital technology to gain access to a vast array of educational resources, regardless of their location. With the help of online platforms and resources, students may access educational materials from anywhere in the world, giving them the freedom to learn at their own pace and on their own timetable. This is especially useful for students who



live in remote or underserved areas and may not have access to traditional educational resources. Furthermore, digital technology can provide teachers with useful information about student performance and engagement. This can help teachers provide more targeted support and interventions to students in order to improve their outcomes. Additionally, the aims and objectives of digital technology in modern education are multifaceted and include: enhancing student learning. Digital technology allows students to access

Increasing efficiency is one more objective of digital technology. Because digital technology can automate administrative tasks, teachers can devote more time to teaching and engaging students. Digital technology can provide personalised learning experiences to meet individual student needs, interests, and abilities. Overall, the objectives of digital technology in modern education are to provide innovative and effective teaching and learning experiences that prepare students for the digital age. Finally, the incorporation of digital technology into modern education is critical to providing students with a high-quality, engaging, and personalised learning experience. Schools can provide students with access to a wealth of educational resources, improve learning outcomes, and prepare them for success in the digital age by incorporating digital tools and platforms into the curriculum. Finally, the incorporation of digital technology into modern education is critical to providing students with a high-quality, engaging, and personalised learning experience. Schools can provide students with access to a wealth of educational resources, improve learning outcomes, and prepare them for success in the digital age by incorporating digital tools and platforms into the curriculum. Schools must embrace digital technology and integrate it into their educational systems to ensure that students have the skills and knowledge they need to thrive in the modern world.

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The Jhelum River: A Majestic Natural Wonder



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The Jhelum River is a symbol of the richness and beauty of this region and its people." Nestled in the heart of Jammu and Kashmir, the Jhelum River is a breathtaking natural wonder that holds a special place in the hearts of the people who call this region home. This magnificent river stretches for approximately 725 kilometers, winding its way through the rugged terrain of the Kashmir Valley and providing sustenance and beauty to the people and landscapes that surround it. The Jhelum River is a crucial source of irrigation water for the region's agricultural industry. The river's fertile banks provide the perfect environment for growing crops, and its steady flow of water is essential for the success of these crops. The agricultural industry is the primary source of livelihood for many people in the region, and the Jhelum River plays a vital role in supporting this industry. Tourism "The beauty of the Jhelum River lies not just in its majestic waters, but in the vibrant culture and history that surrounds it."

the river, where visitors can enjoy the beauty of the river while fishing. The Jhelum River also supports aquaculture, with several fish farms located along its banks. These fish farms provide food and livelihood for the local people, and also contribute to the region's economy. I'm also one of those lucky ones who have spent their childhood around the Jhelum river (Panderathan srinagar) and even today a handful of memories go on circulating in my mind these



Uri-II Hydroelectric Power Project: This project is located on the Jhelum River in Baramulla district of Jammu and Kashmir in India. It has an installed capacity of 240 MW and is operated by the National Hydroelectric Power Corporation (NHPC). Mangla Dam and Power Station: Located on the Jhelum River in the Mirpur district of Azad Kashmir in Pakistan, this project has a total installed capacity of 1,000 MW. It consists of a dam and a power station, and is operated by the Pakistan Water and Power Development Authority (WAPDA). Rasul Barrage Hydroelectric Power Plant: This project is located on the Jhelum River near Rasul Headworks in Pakistan. It has an installed capacity of 22.5 MW and is operated by WAPDA. Trimmu Barrage Hydroelectric Power Plant: This project is also located on the Jhelum River in Pakistan. It has an installed capacity of 39 MW and is operated by WAPDA. Gulpur Hydroelectric Power Project: This project is located on the Poonch River, a tributary of the Jhelum River, in Kotli district of Azad Jammu and Kashmir in Pakistan. It has an installed capacity of 102 MW and is operated by the China Three Gorges South Asia Investment Limited. These hydroelectric power projects are important sources of renewable energy and provide electricity to millions of people in the region and contribute to its overall economic development. Bottom line The Jhelum River is a magnificent natural wonder that holds a special place in the heart of Jammu and Kashmir. Its role in the region's economy and its stunning beauty make it a must-visit destination for anyone looking to experience the best of what this region has to offer. From its fertile banks to its breathtaking landscapes, the Jhelum River is a symbol of the richness and beauty of this region and its people and the waters of the Jhelum River tell stories of ancient empires and modern struggles, of conquests and revolts, of love and loss .The Jhelum River is not just a river, it is a living entity that sustains the people and the land around it.The Jhelum River is a reminder that even in the midst of chaos and turmoil, there is a natural beauty that endures and uplifts.This River connects us to our past, present, and future, as we journey along its banks and discover its secrets. "The Jhelum River is a symbol of resilience and perseverance, as it continues to flow despite the challenges it faces."

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Be the change you want to see in others



JASWINDER PAL SHARMA

Be the change you want to see in others" is a quote famously attributed to Mahatma Gandhi. The idea behind this phrase is that if we want to see a change in the world, we must first embody that change ourselves. In other words, we can't expect others to change if we're not willing to change ourselves first. This concept can be applied to a variety of different situations, from personal growth and development to societal issues. In this article, we'll explore what it means to "be the change," why it's important, and how we can implement this philosophy in our own lives. What Does it Mean to "Be the Change"? At its core, "be the change you want to see in others" means that we must model the behavior we want to see in others. If we want to see kindness, we must be kind. If we want to see honesty, we must be honest. This idea is closely related to the concept of leading by example. By embodying the qualities we want to see in others, we can inspire those around us to do the same. Why is it Important to "Be the Change"? There are a few reasons why it's important to "be the change." First, as mentioned earlier, modeling the behavior we want to see in others is a powerful way to inspire change. When we see someone behaving in a way that aligns with our values, we're more likely to adopt those values ourselves. Second, "be the change" encourages personal growth and development. By striving to embody the qualities we want to see in others, we're constantly pushing ourselves to be better people. This can lead to a greater sense of fulfillment and purpose in life. Finally, "be the change" is a way to take responsibility for our own actions. Instead of blaming others for the problems in the world, we can recognize that we have the power to create change through our own behavior. This empowers us to take action and make a difference, no matter how small. How Can We "Be the Change"? So, how can we implement the philosophy of "be the change" in our own lives? Here are a few ideas: Start with Yourself The first step in "being the change" is to focus on your own behavior. What qualities do you want to embody? What behaviors do you want to model? By starting with yourself, you'll be better equipped to inspire change in others. Lead by Example Once you've identified the qualities you want to embody, it's important to lead by example. This means demonstrating those qualities in your own behavior and interactions with others. Whether it's kindness, honesty, or something else, strive to be a model for the behavior you want to see in others. Speak Up Another way to "be the change" is to speak up when you see behavior that doesn't align with your values. This doesn't mean attacking or criticizing others, but rather respectfully expressing your opinions and standing up for what you believe in. By speaking up, you can inspire others to do the same. Volunteer and Give Back Finally, one of the most powerful ways to "be the change" is to volunteer and give back to your community. Whether it's donating to a charity, volunteering at a local organization, or simply helping out a neighbor in need, acts of kindness and generosity can inspire others to do the same. Conclusion "Be the change you want to see in others" is a powerful philosophy that can inspire personal growth, create positive change in the world, and empower us to take responsibility for our own actions. By starting with ourselves, leading by example, speaking up, and giving back, we can embody the qualities we want to see in others and inspire change in the world

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Director Youth Services & Sports reviews arrangements for finals of historic LG Rolling Trophy

JAMMU, MARCH 2: Director Youth Services and Sports, Subash Chander Chibber reviewed the arrangements for the finals of the prestigious LG Rolling (Cricket) Trophy to be organised by the Department of Youth Services and Sports on March 9, 2023 at MA Stadium, here. The Director Sports chaired the meeting of the officers and the conveners of various committees and issued strict directions to them with regard to holding the finals of this cricketing extravaganza in a most befitting manner. Director Sports along with Secretary J&K Sports Council, Nuzhat Gul visited the venue and took

stock of the preparations. Chibber said that LG Rolling (Cricket) Trophy despite involving around 42,000 youth across the UT in its first edition, has witnessed the matches being conducted smoothly and the event has been a grand success so far, adding that the heads of various committees should leave no stone unturned to help this historic finals set an example. It is pertinent to mention here that before the finals between Jammu and Anantnag on March 9, the (hardliner) for the third place will be played between Doda and Ganderbal on March 8, 2023. The meeting was attended



by Joint Director Youth Services and Sports (J)-Suram Chand Sharma (Overall Incharge of the event); Joint Director YS&S (K), Bashir Ahmed on virtual mode (Chairman); Deputy Director Youth Services and Sports (C) Jitender Mishra (Organising Secretary); Deputy Director YS&S E&S, Ravi Kumar (Joint Organising Secretary); Accounts Officer Directorate, Sunil Kumar (Convener Finance Committee); Divisional Sports Officer J&K Sports Council, Ashok Singh; District Youth Services and Sports Officer Jammu, Sukhdev Raj Sharma (Convener Reception Ceremony Committee); Officer Directorate.

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Maymol Rocky announces squad for AFC U-20 Women's Asian Cup qualifiers

Chennai, Mar 2 (UNI) India Under-20 women's Head Coach Maymol Rocky on Thursday announced a 23-member squad for the Group F matches of the AFC U-20 Women's Asian Cup Uzbekistan 2024 Qualifiers Round 1 to be played in Vietnam from March 7. Apart from India, hosts Vietnam, Singapore and Indonesia are the other three teams in the group. The qualifiers have been divided into eight groups. The eight group winners will progress to Round 2, where the four best sides will earn a spot in the Finals where they will join the three highest seeds from the AFC U-19 Women's Championship Thailand 2019 - champions Japan, DPR Korea and Korea Republic - and the hosts nation Uzbekistan. India U-20 Women's Team head coach Maymol Rocky feels that her side is ready for the challenge ahead in Vietnam.

"We came back from Bangladesh and had an almost three week camp in Chennai, so the girls are ready. We've played some practice matches here and definitely the senior team helped us a lot in terms of gaining more confidence and preparing well," she said. With a number of new players in the squad, the head coach believes that it will help provide a further push to the rest of the players. "We have some new players in the squad who have never played before, and they have come in with the bustling spirit of any newcomer. That will help push the other players as well."

Cybeart announces multi-year deal with Mumbai Indians

Mumbai, Mar 2 (UNI) Cybeart, a leading gaming chair brand across Canada, India and Middle East has partnered with Mumbai Indians, as the team's official merchandising partner on a multi-year deal.

Making a giant leap from Esports to sports, Cybeart will cater to Mumbai Indians' global fan base by providing them with unprecedented level of comfort with their exclusive, next-gen chairs. Through this strategic partnership, Cybeart will also leverage maximum engagement with India's cricketing audience to become a household name in the country's chair industry.

"Cybeart is thrilled to partner with India's leading cricket team of the T20 circuit. Mumbai Indians is one of the most followed sporting teams all over the world and have multiple domestic as well as continental titles to their name. While we entered the Indian market only four months ago, we have quickly made our presence felt within the industry with our high-quality, comfort valuing products and this association is a testament to our growth. We aim to provide India with the highest level of ergonomic designed chairs that not only save them from serious health issues related to a bad posture but also do it in a luxurious way," said Krutik Patel, Founder of Cybeart. Mumbai Indians is one of the most successful franchise T20 team in the world with a world class squad of superstars such as Rohit Sharma, Suryakumar Yadav, Jasprit Bumrah, Jofra Archer, Ishan Kishan and many more. As part of the upcoming season, Cybeart will have chairs in the team hotel for players to experience the superior comfort while fans will also get the opportunity to do so, at the team's home

Injured Nadal out of Indian Wells, Miami Masters

LOS ANGELES: Rafael Nadal will miss the ATP 1000 events at Indian Wells and Miami, the 22-time Grand Slam champion confirmed on social media on Tuesday. "I am sad that I won't be able to compete at Indian Wells nor Miami," Nadal said in a tweet which came after Indian Wells officials announced he had withdrawn from the tournament in the California desert that starts next week. "Very sad not to be there. I'll miss all my US fans but I hope to see them later this year during the summer swing." The news comes after the Spaniard said in late January he expected to miss six to eight weeks with the hip flexor injury he sustained at the Australian Open. "We wish Rafa continued healing, and hope to see him back at the BNP Paribas Open next year," Indian Wells tournament director Tommy Haas said in a statement. Nadal, who said on Jan 26 that tests had confirmed a moderate muscle tear in his left hip, posted video on Twitter showing him training in the gym. "Took my time off, started rehab, gym and physiotherapy as instructed by the doctors," he said. "Getting ready to come back in the best conditions." That likely means for the clay-court season that starts in mid-April and leads into Ro-



land Garros, where he would be chasing a 15th French Open title in May. Nadal, who made history as the first man to win 21 Grand Slam singles titles at the 2022 Australian Open, hobbled out of this year's edition in January after just two matches. Nadal, whose stellar career has been marked by injuries, was adamant that he would continue playing. Nadal, who made history as the first man to win 21 Grand Slam singles titles at the 2022 Australian Open, hobbled out of this year's edition in January after just two matches. Nadal, whose stellar career has been marked by injuries, was adamant that.

Rizwan happy with more competition for keeper spot

KARACHI: The emergence of a number attacking wicket-keeper/batsmen in Pakistan is not a competition that intimidates national team mainstay Mohammad Rizwan, who, instead, is on a search for more of his breed. Rizwan's ability with the gloves has never been looked at with doubt but in the last two and a half years, he has silenced many who used to consider him as a batter who cannot hit the ball hard. Since being promoted to the top of Pakistan's T20 batting order in late 2020, Rizwan has consistently scored quick runs for the national side as well as in franchise T20 leagues including the HBL Pakistan Super League.



The Multan Sultans captain, however, is not anymore the only wicket-keeper/batter in the country who can strike sixes and fours at will, which may have been the case two years ago. In the ongoing eighth season of the PSL, Peshawar Zalmi's Mohammad Haris and Islamabad United's Azam Khan have demonstrated their ability to clear the boundary consistently more than once. Both players have already worn their international caps and are in line to replace Rizwan when the time comes. The Pakistan vice captain, however, wishes to see more quality wicket-keepers added to the nation-

al squad. "I'd love to have not one or two but at least five wicket-keepers in the Pakistan squad," Rizwan told Dawn on Wednesday. "But they need to meet the required standards for it. I'm not fazed by the competition; in fact, I'm myself trying to search for more wicket-keepers in Pakistan." Rizwan is impressed by Quetta-born youngster Haseebullah Khan in particular. The 18-year-old left-hander was Pakistan's highest run-getter in last year's U-19 World Cup and topped the run-scoring charts in the Pakistan Cup - the national 50-over tournament.

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