



# Zero-tolerance policy towards terrorism, JK gears up to host G-20 meet

HT News Network

NEW DELHI, APR 15: Prime Minister Narendra Modi-led regime's policy of zero-tolerance towards terrorism has allowed the people of Jammu and Kashmir to breathe freely. They are eagerly waiting to host the G-20 summit in Srinagar and send a message to the world that Pakistan-sponsored terrorism is on its last leg in the Himalayan region.

India announced Srinagar as the venue for the G20 Tourism Working Group meeting scheduled to take place from May 22 to 24. As of date, the number of active terrorists in J&K has declined to an all-time low with just around 50 terrorists being active in the Himalayan region. It's for the first time since 1990 when Pakistan-

Turn....Zero-tolerance policy....Pg 02



# One Of The Most Powerful Ways To Fight Climate Change Is Behavioural Change: PM Modi

HT News Network

NEW DELHI, APR 15: Prime Minister Narendra Modi has said that one of the most powerful ways to fight climate change is a behavioural change that must begin at every home. Addressing the World Bank event 'Making it Personal: How Behavioural Change Can Tackle Climate Change' via video message, Modi emphasised that small deeds can make a huge impact when billions of people do them together. He stressed that climate change cannot be fought from Conference tables alone but has to be fought from the dinner tables in every home.

In his address, Modi also spoke about India's efforts to address climate change under Mission LIFE and said it is about democratising the process. Elaborating on the mission, he also highlighted its prospects which include making local bodies environment-friendly, saving water and energy, reducing waste and e-waste, adopting



healthy lifestyles, and promoting natural farming and millets.

The Prime Minister Modi illustrated his thinking with examples from India and said, in this matter of mass movements and behaviour transformation; the people of India have done a lot in the last few years. He gave examples of improved sex ratio,

Turn....One Of The Most....Pg 02

## NEWS BRIEF

### Court quashes Cook's detention in Agra Jail under PSA

SRINAGAR, APR 15: The High Court of Jammu Kashmir and Ladakh has quashed the detention of a Bandipora youth lodged in Agra jail under the Public Safety Act (PSA).

The detainee, Ashiq Hussain Teli, son of Ghulam Nabi, a resident of Watrina Bandipora, presently residing at Khoshal Colony Tulibal Sopore, who is a 'Cook', is presently lodged at

Turn....Court quashes....Pg 02

### BSNL daily wagger dies of electric shock in Pattan

BARAMULLA, APR 15: A daily-rated worker working in government-owned Bharat Sanchar Nigam Limited (BSNL) died after receiving an electric shock while on duty in the Pattan area of North Kashmir's Baramulla district. Police sources said that the incident occurred at BSNL Exchange Pattan.

The worker was shifted to hospital

Turn....BSNL daily wagger....Pg 02

### Contractor removes bulbs from streetlights for personal use

SRINAGAR, APR 15: Street lights are installed for the benefit of the general public but believe it or not a man removed the bulbs from street lights for personal use.

Sonamarg Development Authority (SDA) had installed street lights near Gagangeer Park in Sonamarg for the benefit of tourists and visitors

Turn....Contractor removes....Pg 02

### 2 arrested for snatching a bag of tourist in Srinagar

SRINAGAR, APR 15: Jammu and Kashmir Police has arrested two persons who had allegedly snatched a bag of a tourist in Srinagar's Bishamber Nagar area three days ago.

Police said on April 12 evening, an old aged tourist lady was robbed by two bike borne thieves at Bishamber Nagar following which a case was registered in police station Khaniyar.

Turn....2 arrested for....Pg 02

### New Electricity connection to be compulsorily on Pre-Paid Mode: KPDCCL

HT News Network

SRINAGAR, APR 15: To keep pace with latest state of art technology coupled with empowering consumers with transparency, KPDCCL shall register all prospective consumers applying for new Electric connections on prepaid basis.

With this major step

towards better reforms, consumers that are applying for new connections shall be provided smart meters with prepaid functionality for bill payment



The consumers applying for new connections have to apply online at the website www.kpdcl.jkpcdd.net. The consumer shall deposit the security

Turn....New Electricity....Pg 02

### Kashmir's date with dates as AJFAN opens exclusive showroom in Srinagar

HT News Network

SRINAGAR, APR 15: People in Kashmir are trying out the different varieties of these fruits, dates, and nuts as a prominent global store; Ajfan

Turn....Kashmir's date with....Pg 02

### Airlines, and ticket operators complicit in hiking airfares at will in Kashmir

HT News Network

SRINAGAR, APR 15: The Kashmir Chamber of Commerce & Industry Saturday alleged that some Airlines in collusion with bulk ticket booking operators are hiking the airfares at their sweet will in wake of the huge influx of tourists and Non-Resident Kashmiris (NRK).

The Chamber said that the feed-

back received about the tourist inflow to Kashmir Valley by air route indicates that the rush of air travelers to the valley is increasing as besides the tourists, a large number of NRKs, students, and patients taking treatment outside the state are returning for the celebration of Eid festival at their homes and it is learnt that some Airlines in collusion with bulk



Turn....Airlines, and ticket....Pg 02

### J&K Waqf Board Issues Guidelines For Reformative Measures For Its Schools

HT News Network

SRINAGAR, APR 15: Jammu and Kashmir Waqf Board has issued guidelines for schools falling under its jurisdiction in order to take reformative measures under National Education Policy 2020. The Board stated that there shall be no homework for upto class 2nd and no school bags for nursery and UKG.

Turn....J&K Waqf Board....Pg 02



### 6 drug peddlers arrested: Police

HT News Network

SRINAGAR, APR 15: Jammu and Kashmir Police on Saturday claimed to have arrested six drug peddlers in Baramulla & Bandipora and recovered contraband substance from their possession.

A Police party at a checkpoint established near Rest House Bandi arrested a drug peddler identified as Mohd

Turn....6 drug peddlers....Pg 02

### 5-day wet spell from today: Weatherman

Says fresh spell may damage orchards, advises farmers to postpone spraying

HT News Network

SRINAGAR, APR 15: The weatherman on Saturday said that a fresh Western Disturbance is approaching over north India and predicted light to moderate rain, snowfall over higher reaches in Jammu & Kashmir

Turn....5-day wet....Pg 02

### As COVID-19 cases increase, hospitalization not too much: Govt

HT News Network

SRINAGAR, APR 15: The Covid-19 cases in J&K like rest parts of the country have increased in the past few weeks while hospitalization rate hasn't increased too much, officials said Saturday.

As per the news agency—Kashmir News Observer

Turn....As COVID-19 cases....Pg 02

### Health department starts scan and share OPD registration in five hospitals

Such facilities to be made available at all tertiary care, district hospitals: MD NHM

HT News Network

SRINAGAR, APR 15: The health care facilities in Jammu and Kashmir have got another fillip as scan and share OPD registration facilities have started at

Turn....Health department....Pg 02

### Jammu's bicycle-sharing system records 2.89 lakh rides, to complete one year of operations in May

HT News Network

JAMMU, APR 15: The users can rent a bicycle through the Yaana Bikes mobile app, which is available on both Android and iOS, the official added. The minimum membership fee is Rs 50 for five 30-minute rides a day.

he public bicycle-sharing system, introduced for the first time by the Jammu Smart City Limited last May to boost eco-friendly mobility, has recorded over 2.89 lakh rides, an official said on Saturday. More than 23,000 people have used



the service since its launch, he added. The system allows users

to rent out a bicycle from

Turn....Jammu's bicycle....Pg 02

### Ladakh Vision Document -2047 High-level committee constituted to review approaches & strategies for realization of objectives

HT News Network

SRINAGAR, APR 15: The administration of Ladakh Union Territory has set-up a high-level panel to review the approach/strategies for realization of the objectives of the vision document-2047.

The nine-member committee headed by advisor to LG Ladakh will make a comprehensive review of the approach/strategies of different departments for achieving the sustainable, integrated &

carbon neutral objectives of vision document -2047.

According to an order, a copy of which is in possession of news agency—Kashmir News Observer (KNO), the committee shall review the gaps in infrastructural development in various sectors and propose strategies for balanced regional development.

"The committee shall provide recommendations for midterm corrective actions in the approach/strategies of

Turn....High-level committee....Pg 02



**CONTINUE FROM FRONT PAGE.....**

**Zero-tolerance.....**

sponsored insurgency broke out in J&K, the number of terrorists has fallen below the 70-mark.

After the abrogation of Article 370—a temporary provision in the Constitution, on August 5, 2019—the security forces have cast a web around the terror ecosystem from all sides. The crackdown on stone-pelters, separatists and terror financiers has broken the back of terrorists. Nefarious designs of terrorist handlers sitting across the Line of Control to airdrop weapons and cash through drones have also been thwarted as the security forces are maintaining a tight vigil.

In 2017 there were about 350 terrorists active in the region. In 2023, the number has fallen below 50, top police officials said.

During the past three years, the J&K Police and the central armed forces have managed to control terrorism to a large extent by dismantling the system that sustained Pakistan-sponsored insurgency for nearly three decades.

When Narendra Modi became the Prime Minister of India in 2014, he promised the nation that the regime led by him won't tolerate terrorism. PM Modi has kept his word about zero tolerance to terrorism and has pulled Jammu and Kashmir out of a quagmire of uncertainty and chaos fueled by Pakistan and its stooges in the Himalayan region.

After J&K's transition into a Union Territory and scrapping of Article 370, PM Modi-led dispensation launched a decisive battle against terrorism in the region. Security forces were given clear-cut instructions to act tough against terrorists and their supporters but with a word of caution that innocents shouldn't be touched.

During the past three years, terrorists and their supporters have been nailed and no innocent has been harassed. Collateral damage during encounters with the terrorists has been brought down providing much-needed relief to the common people. On the other hand properties of the separatists and a few elements who willfully allowed their houses to be used as terror hideouts have been seized.

Recently, Union Home Minister Amit Shah chaired a meeting in New Delhi to review J&K security. He expressed satisfaction over the lowest-ever count of terrorists in the Union Territory. He directed the security top brass to expedite the efforts to root out remaining terrorists to make peace a permanent feature.

Shah hailed the efforts of police and other security forces for putting in their best to root out terrorism from J&K soil and exuded hope that the number of terrorists in J&K would fall to zero soon.

The Union Home Minister appreciated police, security forces and central agencies, including NIA, working in close coordination with each other to achieve the goal of a terrorism-free Jammu and Kashmir.

Srinagar hosting the G-20 meeting is ample proof of the fact that the people of J&K have rejected Pakistan's propaganda and its agents who sold them illusions like "Azadi". People have rejected violence and embraced peace. They have endorsed all the decisions of the Centre and are moving on the path of prosperity.

It's a great achievement for the people. It's an indication that J&K has shunned the tag of being a terror-hit region marred by violence, street protests, cross-firings and grenade attacks.

Just three years ago, no one would have even thought that Srinagar would host the representatives of the most powerful countries in the world. But the sincere and dedicated efforts put in by the government and the security forces have transformed the "terror capital" of India into the most happening place in the country.

Pertinently, when the Centre announced its decision to end the 70-year-old status quo of J&K by scrapping its so-called special status and dividing it into two Union Territories, Kashmir-based politicians went into mourning and predicted that J&K's connection with India has ended. They accused the Centre of burning the bridge (Article 370). They warned that the Union Territory would descend into chaos and eventually fall into the lap of Pakistan.

None of their predictions came true. As of date they are acting as fence sitters and are counting the mistakes they made when they were in power.

These politicians are aware of the fact that terrorism is about to end, J&K has witnessed massive development and the local youth have said no to guns. But they are refusing to acknowledge it. They are still in denial mode as for them nothing has changed. But everyone knows that they have closed their eyes and don't want to see how the ground situation has improved.

Till politicians ruled Jammu and Kashmir they had created an impression that peace could not prevail in the Himalayan region till talks are held with Pakistan and the terrorist leaders supported by it.

The zero-tolerance policy towards terrorism followed by the PM Modi-led regime has shattered all the myths. It has been proven beyond doubt that Pakistan-sponsored terrorism in J&K is the mother of all ills and it has to be wiped out to end all the fake narratives that were built during the past three decades. After 2019, stone-pelting, street protests, preaching anti-India narrative and shutdowns have become history. J&K people, especially the denizens of Kashmir, are working around the clock without any fear, threat or intimidation.

The gun-wielding terrorists and the separatists, who used to dictate terms, have lost their addresses as the present dispensation in the Centre has cut them to size.

People of J&K, especially the valley, have been the biggest beneficiaries. They are reaping the dividends of peace. Tourism season has become a year-long activity and people are eagerly waiting for the G-20 meeting to be held in Srinagar. They are least interested in what Pakistan is saying and the opinions of the politicians, who misled them for 70-long years.

A common man in J&K has become an equal stakeholder in peace and has endorsed the policy of zero-tolerance to terrorism by becoming the eyes and ears of the security forces in the Union Territory.

**One Of The.....**

massive cleanliness drive, adoption of LED bulbs which helps in avoiding nearly 39 million tonnes of Carbon Dioxide emissions every year. Saving water by coverage of nearly seven hundred thousand hectares of farmland by micro-irrigation, he added.

The Prime Minister further called on global institutions to support countries in encouraging behavioural initiatives like Mission LiFE. He also highlighted that adequate financing methods need to be worked out to support such initiatives and urged the World Bank to increase its focus on climate finance. Mr Modi expressed confidence that initiatives like Mission LiFE would have a multiplier effect in the fight against climate change.

In a tweet, World Bank President David Malpass expressed his delight upon hearing about India's LiFE initiative from the Prime Minister. He acknowledged that appropriate pricing policies and institutions when combined with the right incentives, have the potential to alter deeply ingrained habits and contribute towards environmental protection.

**New Electricity.....**

deposit and first prepaid recharge corresponding to sanctioned load to energize the smart meter.

The Lt. Governor has already launched the Smart Bill Sahuliyat APP(PWA) , SMART BS on 27th February, 2023 to start the new era of transparency where consumers can check, manage and pay their bills on the same portal.

Consumers can additionally make use of any choice of online payment gateway including "mpay" or can even recharge through JK Bank Branch in the same manner as postpaid bill payment. The new smart meter shall be provided and installed by KPDCCL.

This latest development will bring more transparency in power sector reforms of Kashmir Valley and provide reliable power supply by demand side management at consumer level.

**5-day wet.....**

from Sunday (April 16) to April 20. The weatherman also said that there is possibility of damage to orchards and abrupt fall in day temperature.

Director Meteorological department (MeT), Sonum Lotus told the news agency—Kashmir News Observer (KNO) that a fresh spell of intermittent light to moderate rain and snowfall is expected over higher reaches in J&K during April 16-20.

He said that the main activity will be during April 17-18.

During this wet spell, thunderstorms with strong gusty wind reaching (20-30KMPH) and hailstorm are also possible at some places of Jammu & Kashmir, he said, adding that the wet spell is due to approaching of a fresh Western Disturbance over North India.

In wake of the fresh wet spell, there is a possibility of temporary disruption of surface transportation especially over hilly and snowbound areas.

He further said that the waterlogging in low lying areas and damage to orchards is also possible. Besides, there would be an abrupt fall in day temperature by 7-8 degree Celsius.

He advised people that prior to embark on long journey, confirm road status from concerned traffic department.

"Stay informed about the weather, as it is dynamic. Farmers are advised to postpone spraying of orchards, maintain proper drainage of fields during wet weather," he said.

Lotus further appealed tourists and general public to keep warm clothes ready as cold weather may affect your health.

**As COVID-19.....**

(KNO), Bhupinder Kumar, Health and Medical Education Secretary, J&K, while talking to reporters at the sidelines of a Felicitation ceremony organised by district health society held at Pulwama as District recognising outstanding performance in health sector said that since past few weeks a rising trend of Covid-19 cases has been reported in J&K but hospitalization rate hasn't increased that much and there is no need to panic.

He said that the concerned officials and officers have been asked to remain alert and continue the testing of suspected cases in all the hospitals.

"As per government guidelines, testing rate has been increased and all patients having symptoms of influenza and acute respiratory distress are being tested and cases are on rise but hospitalization is not much," he added.

He said that there is no need to panic as the situation is being monitored closely and appropriate steps will be taken in time as the administration has been very successful in managing the previous waves of Covid-19.

Despite the low hospitalization rate, everything has been put on alert and facilities are being enhanced so as to tackle any situation, he said.

While replying to a query, he said that there are proper norms under Indian Public Health Standards (IPHS) to decide at what kind of facility should be and population is the main basis to decide whether there is need for a sub center, CHC Or any other health Institute.

These things are being monitored closely and upgrade decisions are being taken accordingly on the basis of IPHS not on the basis of any individual, he said.

While replying to another query, he said vacancies are being identified regularly and after long time DPCs were done due to which new positions have gone vacant and recently we have identified around 3000 vacancies that are being regularly referred to recruitment agencies.

**Health department.....**

five tertiary care hospitals. A top health official told news agency—Kashmir News Observer (KNO), that scan and share OPD registration facilities have been started at five healthcare institutions so far while the department is planning to start such facilities at more healthcare facilities in coming weeks.

He said that the QR code-based rapid OPD registration service is being implemented by the National Health Authority (NHA) under its flagship scheme Ayushman Bharat Digital Mission (ABDM).

This facility is ensuring quick and queueless registration of the patients and saving time of patients as well, he said.

He said that the patients can scan the QR code using any health application of their choice (such as ABHA, Aarogya Setu, EkaCare) and share their ABHA profile (demographic information like name, age, gender, and ABHA number) with the Health Management Information system (HMIS) of the hospital.

"This enables paperless registration and thereby instant token generation. The patient saves time and the health facility is able to optimise the need of resources deployed for registration," he said.

"The patient's health records also get digitally linked to their ABHA (Ayushman Bharat Health Account) which they can manage and access from their phone anytime anywhere," He added.

"With increased adoption, patient registrations can be made effortless, seamless and accurate. Our focus is to work closely with the stakeholders to maximise the impact of ABDM-enabled digital health services," he said.

Managing Director National Health Mission Ayushi Sudan who is holding charge of Chief Executive Officer, Ayushman Bharat-Pradhan Mantri Jan Arogya Yojna told KNO said that scan and share facilities are available at five hospitals viz-a-viz GMC Jammu, SMGS Jammu, Gandy Nagar Hospital Jammu, SMHS Srinagar and LD hospital Srinagar.

"Several more are in the pipeline and we shall be including all tertiary care hospitals and District hospitals where such facilities will be made available," Sudan said.

She said that it is expected to pick up in the future.

"In SMHS Srinagar, we have the best response so far. We believe it will pick up once more and more people are made aware about the Scan and Share facility," she said.

**Kashmir's date.....**

opens its exclusive showroom in the summer capital's Jawahar Nagar area here. The large demand for dates during Ramzan is owing to both dietary and cultural reasons. Opening the Iftar (breaking of fast) with dates is customary as dates, rich in iron and vitamins, can give an instant energy boost.

Chairman of the prominent global brand, AJFAN dates, and nuts, Mohamed Kutty Nchikatte, while inaugurating his showroom in the uptown area of Jawahar Nagar, Srinagar, said "At AJFAN, we respect and connect with Mother Nature and earth and we do not do anything that does not go in sync with nature. Hence, dry fruits that we grow at our farm are free of pesticides or insecticides," he said, adding "The cultivation measures that we have been using are purely organic. There is minimal use of machines and we prefer using our hands for our cultivation. We ensure that each pack of our dry fruits is hygienic and does not contain any preservatives. Keeping nature intact and saving the environment is our way of giving back what Mother Nature has given us!"

He said that feasting and fasting go hand-in-hand during Ramzan. The sumptuous spread for Iftar may vary but the feasting in the evening begins with dates, a staple all during the season. Right from roadside vendors and fruit stalls to general stores and supermarkets, one can find it everywhere. "Kashmir is a vibrant market and people love good products here. Also, they have good buying power as well. All we are focusing on at the moment is to provide quality services with world-class products."

Mohamed Kutty informed us that they import varieties of dates, nuts, and dry fruits from countries like Iran, Afghanistan, the USA, and Dubai. He further said that it has been over 10 years since AJFAN flourished in the business. "We already have over 150. From Kerala, Karnataka, and Andhra Pradesh to Maharashtra, Telangana, and Tamil Nadu, our journey has been so far, so good. Our customers are our superstars, and we are glad that we deliver only the best to them. Adding Kashmir to our list has been a pure joy and jubilation for us," he said, adding "The best dates that grow in Saudi Arabia are offered to our customers in India. The hand-picked dates are hygienically processed to ensure the best quality." He appreciated the team of Pied Piper PR & Advertising for their relentless support and publicity of their brand.

Fahad Kutty of AJFAN Dates and Nuts said that at "AJFAN, we replenish the dates coming straight from the farm of the ancient city of al Ula in Saudi Arabia along with a global assortment of exotic nuts, dry fruits, seeds, spices, and other confectionery," he said, adding "Our vision is to become the first choice of customer for dates, dry fruits, nuts and other precious items in fruits and vegetables along with imported drinks and wines by bringing the freshest and highest quality to a maximum number of customers through our own shops across India. Our priority lies with consistently keeping up our customers by serving them the products without compromising the level of quality and our exclusive farm fresh yellow dates are a catch for the season."

**Airlines, and.....**

ticket booking operators are hiking the airfares at their sweet will which is not only affecting the tourist business in Jammu & Kashmir adversely but it also overburdens the Non Resident Kashmiris, local students and patients.

Faiz Ahmad Bakshi, Secretary General, the Kashmir Chamber of Commerce & Industry said that it has already expressed its grave concern about such ill-advised unwarranted fare hiking practice by the concerned airlines' bulk ticket booking operators as it was also observed by the Department-related Parliamentary Committee on Transport, Tourism and Culture, Government of India.

"It appears that the Airlines operators on Delhi/Jammu/Srinagar air route have not taken the clear recommendations of the said Department-related Parliamentary Committee on the subject seriously and are instead hiking the fares irrationally which is tantamount to undue profiteering by the Airlines causing a hurdle to the tourist movement," the Chamber said.

The Kashmir Chamber of Commerce & Industry said that it would earnestly request the Minister for Civil Aviation and Director General Civil Aviation Government of India to have the recommendations of said Depart-

ment-related Parliamentary Committee implemented in letter and spirit without fail.

"The Committee recommends that there should be a mechanism with the Ministry such as capping of upper and lower prices to stop the practice of 'predatory pricing' or the sudden surge in prices even though price buckets are being created as per international aviation norms, a close watch has to be maintained by the DGCA & the Ministry and a mechanism should be devised to monitor the websites of various airlines to prevent them from misguiding passengers," the panel said that in case private airlines do not publish the correct information regarding fares, they should be penalised for it. "The Committee observes that the Ministry of Civil Aviation has a responsibility to the travelling public and the nation at large to ensure that predatory pricing mechanism are not adopted by the airlines under the cloak of free market economy. The committee recommends the ministry should formulate a pricing mechanism for air fares to ensure that passengers are not charged exorbitant prices."

The Chamber said that it also likes to impress upon the Airlines operating Delhi/Jammu/Srinagar route to operate additional flights to meet the growing travel to Srinagar.

**J&K Waqf.....**

According to a circular, the Waqf Board has issued the instructions for daily, monthly and annual timetable and schedule of activities to be undertaken by the schools.

As per the circular daily timetable shall have 6 periods (time slots) of 30 minutes each for teaching subjects. "05 periods for compulsory subjects, like English, Maths, Science, Social Science and Urdu and 6th period to be utilized for teaching of optional subjects, like Computers, Kashmiri, Arabic, Islamiyat, Sufi Saints Literature; on rotational basis."

It reads schools should have compulsorily one hour reserved every day for Extra-curricular Activities, that shall be split into two parts of 30 minutes each in the first and second half of the day.

It reads house system to be established in every school for intra-school co-curricular and sports Competitions.

"To inculcate a sense of belongingness & healthy competition among students, all the school heads are instructed to divide the students into four houses: senior boys, senior girls, junior boys and junior girls, on the names of following famous Sufi Saints Hazrat Sheikh Noor-ud-din Noorani (R.A), Hazrat Sheikh Abdul Qadir Jilani (R.A), Hazrat Sheikh Hamzah Makhdoom (R.A) and Hazrat Shah-e-Hamadan (R.A)

It added sports calendar for the year shall include competitions in sports activities. "Similarly, competitions shall also be held round the year in co-curricular activities. Three days in a month shall be reserved completely for sports & co-curricular competitions. No Academic activities shall be carried out on those days."

It reads school authorities shall allocate at least one period of thirty minutes per month for the House Meetings, so that the House Committee Members can interact, motivate and plan the house activities under guidance of respective House Masters.

"In the month of September and October, Inter Waqf School Competitions shall be carried-out and the winners shall be rewarded. Morning Assembly, after brief Prayers, shall consist of News Headlines, Thought for the day/A brief Talent show of individual or a group of students/ Amazing facts/Personality of the Day/Volunteer for a Minute & similar other exciting stuff. Lectures by teachers during Morning Assembly shall be avoided."

It also reads there shall be no school bag for classes nursery to UKG and no homework for classes from nursery to 2nd. "School Bag Policy & NEP-2020 guidelines in this regard shall be followed strictly. Orientation Programme for School Heads regarding the execution of proposed changes shall be held separately," it added.

**6 drug peddlers.....**

Owais Mughal son of Mir Akbar Mughal resident of Bandi Uri. During search, 38 grams of Brown Sugar was recovered from his possession. He has been shifted to police station where he remains in custody, a police spokesman said in a statement issued to the news agency—Kashmir News Observer (KNO).

Moreover, police said that a police party of PP Delina at a checkpoint established at Main Market Delina arrested two drug peddlers identified as Muzamil Ahmad Ganie son of Ab Rashid resident of Kanlibagh & Mehraj-ud-Din Sheikh son of Mohammad Sultan Sheikh resident of Sangri Colony Baramulla who were travelling on a Motor Cycle bearing registration number JK05E-8026 which was also seized.

During search, 60 grams of Charas was recovered from his possession. Subsequently they have been shifted to police stations where they remain in custody, the statement said.

In another similar action, a Police party of PS Baramulla at a checkpoint established at Stadium Colony Baramulla intercepted a vehicle (Verna) bearing registration number JK05H-0916 driven by Mohd Rafeeq Lone son of Mohd Yousuf Lone resident of Nadihal Baramulla, police said.

During search 101 bottles of Q-Qurex & Torvirex was recovered from his possession. He has been arrested and shifted to police station where he remains in custody. Vehicle used in the commission of crime was also seized. Pertinently, he was the most wanted drug smuggler of Baramulla area, police said.

Moreover, a drug peddler identified as Aadi Naseer Dar son of Naseer Ahmad Dar resident of Seer Jagir along with 5 grams of Brown Sugar was arrested during the investigation of a drug peddling case of PS Pattan, the statement added.

Similarly in Bandipora, a police party at a checkpoint established at Najin Nowgam intercepted a vehicle bearing registration number JK05A-0370 driven by Ab Majeed Dar son of Mohd Qasim Dar resident of Nooripura Budgam. During search, 71 Kgs of Charas Powder was recovered from his possession. He has been arrested and shifted to police station where he remains in custody. Vehicle used in the commission of crime has also seized, police said.

Accordingly, police said that cases under relevant sections of law have been registered at respective police stations and investigations have been initiated.

"We urge the common masses that if you witness drug peddling or any other crime anywhere near you, feel free to contact nearest police establishment or dial 112. People are requested to cooperate with police in curbing the menace of drugs from the society. We reassure the community members that police will act tough against the criminals as per law," police said.

**Jammu's bicycle.....**

designated automatic docking stations and deposit it at another located close to their destination.

"The first-of-its kind public bicycle-sharing system recorded 2,89,032 (2.89 lakh) rides by 23,710 users between May 1 and April 13. The riders covered a total distance of 65,341 kilometres, saving an estimated 16,335 kilograms of carbon (emission)," the official told PTI here. The Jammu Smart City Limited, a special-purpose vehicle constituted in August 2017 by the Jammu and Kashmir government for the implementation of smart city development projects, has set up a network of docking stations across the city.

It has installed 120 docking stations for 720 mechanical bicycles and 80 pedal-assisted electric bicycles in prominent locations, including Jammu University, Jammu busstand, Indira Chowk, the exit gate of the Government Medical College, Super Speciality Hospital, Parade Chowk, the entrance gate of the Jammu airport and the Ragunath Temple, the official said. The users can rent a bicycle through the 'Yaana Bikes' mobile app, which is available on both Android and iOS, the official added.

The minimum membership fee is Rs 50 for five 30-minute rides a day. The highest fee is Rs 1,500 for 1,500 rides of 30 minutes each over a one-year period.

**High-level.....**

the departments if necessary, to ensure that the departments remain on the track towards achieving the goals of vision 2047," reads the order.

The committee, also comprising administrative secretaries of eight departments, shall meet once in six month or as convened by the chairman.

While Principal Secretary, Planning Development & Monitoring Department is its member secretary of the committee, commissioner/secretary, Industries & Commerce, commissioner/secretary, Higher Education, principal secretary, School Education/H&UDD, commissioner/secretary, Public Works(R&B), secretary Tourism, & Culture and secretary, Power/Agriculture/Horticulture are its members.

It is worthwhile to mention that 'Ladakh Vision Document- 2047' was released in December last year by then LG Ladakh RK Mathur.

**Court quashes.....**

Central Jail Agra in the Indian northern state of Uttar Pradesh.

He was arrested by police in Bandipora in January 2022 where he was working as a 'Cook' at a local restaurant.

Police claimed that he was arrested on charges of stone-pelting.

Advocate Bashir Ahmed Tak argued that the detaining authority has not attributed any specific allegation against the detainee. He contended that the detainee was arrested in old cases and on charges of 'fake' stone-pelting.

The court of Justice Sanjay Dhar accordingly quashed his detention and ordered his release from the Agra Jail.

**BSNL daily.....**

after receiving shock, where doctors declared him brought dead.

The deceased has been identified as Mushtaq Ahmad Mir (48) son of Wali Muhammad Mir, a resident of Tantray Pora Pattan.

Police in this regard registered a case under relevant sections of law.

**Contractor.....**

who pass through the road during night hours. Sources told news agency Kashmir News Trust that a contractor without seeking permission from the Authority removed the bulbs from the street lights and installed those near his camping site on the banks of nallah Sindh.

Locals have sought action against the man in question and an answer from SDA on whose behest the contractor removed the bulbs from the street lights along the road near Gagangeer Park.

The matter was brought to the notice of the Sonamarg Development Authority, however, no action was initiated in this regard.

**2 arrested for.....**

During the investigation, the CCTV footage played a huge role in identifying and later arresting the two accused, they said

Police identified the two as Mohammad Asif of Shahdara Sharief, Rajouri and Mohammad Younis Tass of Thanamandi, Rajouri

"Upon their disclosure, stolen property has been recovered. A Gas cylinder & a fresh Tyre (suspected to be stolen) has also been recovered from their possession," police said, adding the accused persons remain under Custody. It said investigations are underway in the instant case.





# Div Com reviews arrangements for ensuing Shab-e-Qadr, Eid ul Fitr

ASKS PEOPLE TO OBSERVE CAB DURING CONGREGATION PRAYERS AS PRECAUTIONARY MEASURE



HT News Network

**SRINAGAR, APR 15:** In order to ensure appropriate and necessary arrangements to facilitate general public to observe forthcoming religious festivals of Shab-e-Qadr, Jumal ul Vida and Eid ul Fitr, Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri Saturday chaired a meeting of officers to review facilities put in place by Dis-

trict Administrations and line departments.

The meeting was attended by Deputy Commissioners, Commissioner SMC, officers of Waqf Board, FCS&CA, PHE, PDD, R&B, Animal Husbandry, Sheep Husbandry, Health, Traffic Police, Metrology and other line departments.

During the meeting, the Div Com reviewed the availability of essential items, Ration, mutton and poultry

in markets for the celebration of festivals.

He was briefed that there is abundance of all the essential items in the market and people would be facilitated through the arrangements of sale points of poultry on all the three occasions.

Div Com directed for the constitution of Joint Enforcement and Market Checking teams to check the quality of food items and illegal profiteering by traders, besides he instructed concerned to inspect the hygiene of workshops of Bakers & Confectioners.

The meeting was briefed about the availability of electricity and drinking water across the Kashmir valley.

With special focus on prime religious places where people throng in large numbers for congregational prayers, Div Com directed concerned officers to ensure availability of power back up, water tankers and sanitation at the Hazratbal Shrine and other mosques and shrines.

He also directed for publication of Traffic routes leading to Hazratbal Shrine and availability of RTC buses for the convenience of devotees.

Additionally, he directed SMC to conduct sanitation drives at Shrines and Mosques besides conducting cleanliness drives of roads to ensure dust free Eid.

The concerned officer of the Health Department was instructed to establish medical camps at Hazratbal Shrine and other places besides educating people regarding Covid Appropriate Behavior.

Bidhuri also appealed to people to adopt Covid Appropriate Behavior (CAB) during congregation prayers on the auspicious occasions as a precautionary measure to avoid spread of Covid-19.



Hundreds of devotees thronged the holy shrine of Hazrat Baba Dawood Reshi, popularly known as Batmaloo Sahib on the occasion of its 374th annual Urs at Batmaloo in Srinagar on Saturday.

## Ramadan: People serve Iftaar to travelers, passersby to 'earn great rewards' from the Almighty

HT News Network

**SRINAGAR, APR 15:** As serving Iftaar to a Muslim is considered a highly-rewarding act in Islam, Muhammad Ramzan from central Kashmir's Srinagar district ensures he never misses carrying out the good deed in the holy month of Ramadan.

The 52-year-old, after every Asr (later afternoon) prayer along with his family members, prepares hundreds of Iftaar kits and serves them to the travelers and passersby on the Srinagar-Baramulla highway at the time of breaking the fast. Muslims fast from pre-dawn to dusk in the month of Ramadan.

"It is a routine for me in the month of Ramadan to serve Iftaar to anyone traveling on the highway. A few minutes before Iftaar time, I start distributing Iftaar kits to passersby on the road," Ramzan told the news agency



Kashmir News Observer (KNO).

For him, serving Iftaar is the "happiest and most peaceful moment" for which he spends money from his own earnings. "Serving Iftaar to a fellow Muslim has a great reward from the Almighty," Ramzan said.

Normally, an Iftaar kit consists of a couple of dates, a mineral water bottle, a banana, muskmelon, watermelon, grapes, slices of other fruits, etc. It can also be a cooked rice packet, locally known as biryani, and other delicious eatables.

Another person, Nazir Ahmad, also

has a practice of serving Iftaar, however, not daily but weekly. He serves a glass of 'Babri Byol Treish' (milk mixed with basil seeds) or with the fruit chat.

I prepare around 200 fruit chaat kits and 150 to 175 liters of 'Babri Byol Treish' for Iftaar distribution.

Another neighbour Ramzan, a 33-year-old Nisar Ahmad also serves Iftaar to travelers on the highway.

"Every Ramadan, I ensure that I make the arrangement of Iftaar for those who are traveling on the highway. I make around two buckets of milk mixed with basil seeds and use disposable glasses for distribution," he said.

The scenes are not just confined to a single area of Srinagar but many people from across the valley offer Iftaar to passersby. As the holy month of Ramadan has entered its last phase, more people would make Iftaar arrangements for people.

## Ganderbal farmers urge admin to start desilting Jinder irrigation canal

HT News Network

**SRINAGAR, APR 15:** With agriculture season approaching, the residents of Kawbagh Nunner town in Ganderbal district have urged the district administration to start desilting the Jinder irrigation canal.

They said that after desilting, they will not face any difficulty in irrigating their farms and orchards in the coming season.

The farmers told the news agency—Kashmir News Observer (KNO) that the Irrigation and Flood Control (I&FC) Department has failed to desilt the irrigation canal in the area due to which they were forced to desilt the Jinder irrigation canal on their own last year.

Last year also, we were told that once the paddy season gets over, they will start the desilting process, but it has not started yet.

The farmers said the entire agricultural land comprising thousands of paddy land will turn barren if the irrigation canal from Kawbagh to Gander-



bal is not cleaned this year. "This Jinder irrigation canal is the only source of irrigation for our fields. The canal, as of now, is completely blocked," they said. The locals have appealed to Deputy Commissioner Ganderbal to look into the matter.

## Dr Farooq urges LG Admin to reconsider shifting of DIET, J&KSCERT offices to Govt School premises in Sonwar

HT News Network

**SRINAGAR, APR 15:** National Conference President and Member of the Parliament from Srinagar, Dr Farooq Abdullah has asked the Lieutenant Governor administration to reconsider shifting of DIET and JK-SCERT offices to the Government Boys High School premises in Sonwar.

According to the news agency—Kashmir News Observer (KNO), Abdullah in a statement has said, "A deputation comprising representatives of Sonwar, Shivpora, Indira Nagar and Batwara areas met me yesterday at our Party Headquarters in Srinagar."

"It was brought to my notice that the offices of DIET and JK-SCERT are being shifted by the Education Department to the

Government Boys High School premises, Sonwar Srinagar," he said.

The NC president also said that the locals have also stated that shifting of the offices will not only hamper the academic as well as extracurricular activities of the students there. "It is also going to affect the up-gradation of the school to the Higher Secondary level."

Abdullah said, "In addition to the above, as I gathered, the main cause of resentment by the locals against this decision of the government seems their apprehension that the ground of the said school, which is being used as a play field by the youth of the area since last fifty years, will not be available to them anymore for sports activities."

He requested LG Manoj Sinha

to look into the matter. "I will be grateful, if you kindly look into this personally and have the matter reconsidered in view of the present scenario when a large number of our youth have fallen on the wrong side towards the drugs."

"I fear, if these boys are left without any playground, God forbid, they may go astray," Abdullah added.

## All J&K Scheduled Castes Welfare Association celebrates 132nd anniversary of Dr. Ambedkar

**JAMMU, APR 15:** All J&K Scheduled Castes Welfare Association, Saturday celebrated 132nd Birth Anniversary of Bharat Ratan Baba Saheb Dr. B.R. Ambedkar at Dr. B.R. Ambedkar Community Hall, Old Janipur, here with full fervour and enthusiasm.

Dr. DK Manyal, former Minister, J&K graced the occasion as Chief Guest while as Mohan Lal Kaith, SSP Railways was guest of honour.

The programme started with lighting of traditional lamp and floral tributes to Baba Saheb, a statement issued to the news agency—Kashmir News Observer (KNO) reads.

Addressing the gathering, Dr. DK Manyal advised all the members to come forward for doing Social services to the dalit Samaj selflessly.

Other speakers, who spoke on the occasion included Mohan Lal

Kaith, SSP Railways, Caption. Joginder Pal, Dev Raj Kundal, Krishan Gopal and Pyare Lal while vote of thanks was presented by Om Raj Bhal, Ex-President.

During the programme, the members paid homage to Baba Saheb and recalled his sacrifices and great Contribution for upliftment of the downtrodden.

The Association also presented a Memorandum of demands before the Chief Guest for consideration and onward necessary action by the J&K Government.

The prominent persons who attended this programme included Manohar Lal Bhagat District. President Kabir Sabha, Jammu, Krishan Lal Bhagat, Tripta Devi Social worker from Phallain Mandal, Dr. Madan Lal, Tilak Raj, Naib Tehsildar ( Rtd.), N D Rajwal,

Chairman, Trust ( MSS), Kali Dass President, MSS, Sansar Krotra, President, Guru Nabha Dass Samaj Kalyan Parishad and others Office bearers/ Members of the Association were also present on the occasion RL Bharti, IFS (Rtd.), Patron, Jagdish Bhagat, President, Om Raj Bhal, Ex President, Gopal Dass, General Secretary, MR Majora, Cashier- cum - Office Secretary Shiv Lal, Member, Rajesh Bajgal, Publicity Secretary, Capt. Joginder Pal, District. President, Samba, Krishan Gopal, District President, Jammu ( Rural) Jai Pal, District President, Jammu ( Urban) Dev Raj Kundal, District President, Udhampur, Fakir Chand, Member, Pyare Lal, Member.

The programme was conducted in peaceful manner and concluded with recitation of National Anthem.

## LALU BAJRANGI OF JAMMU EMERGES CHAMPION IN JANDRAH DANGAL

**JANDRAH, APR 15:** Lulu Bajrangi of Jammu defeated Dinesh Pahalwan of Uttar Pradesh in the inter-state wrestling championship played at Jandrah and emerged the 2023-Champion.

Prominent wrestlers from Delhi, UP, Punjab and Himachal Pradesh besides Jammu, Kathua, Doda and Reasi participated in the championship, which was keenly watched by the wrestling fans of the Nagrota Assembly Constituency and across the Jammu division.

In all, 71 bouts were held during the championship. Speaking at a prize giving ceremony, Senior BJP leader Mr Devender Singh Rana said wrestling remains a passion for its practitioners and fans whose number is no less, notwithstanding the challenge being posed by other popular games.

"The enthusiasm among the wrestling fans is reassuring that the game holds big promise for talented youth", Mr Devender Rana said and congratulated the competitors for making the event live and breath-taking by putting in their best in the competition.

He assured the participating wrestlers all encouragement, saying Nagrota Constituency has emerged as a most favoured destination for wrestling competitions. This will certainly motivate the youngsters by watching veterans in action, he added.



## Special Lok Adalat of MACT Cases held across J&K 79 Cases settled, Rs. 6.43 Crore Compensation awarded

HT News Network

JAMMU, APRIL 15: As a part of the calendar of activities for the year 2023 prepared by J&K Legal Services Authority, a Special Lok Adalat was organized throughout the U.T of J&K, today under the dynamic leadership of Justice N. Kotiswar Singh, Chief Justice, High Court of J&K and Ladakh & Patron-in-Chief, J&K Legal Services Authority and under the able guidance of Justice Tashi Rabstan, Executive Chairman, J&K Legal Services Authority as well as Justice Sindhu Sharma, Chairperson, High Court Legal Services Committee.

The focus for today's Lok Adalat was on amicable settlement of MACT cases pending before various tribunals in the UT of J&K and to finally dispose of the same on the basis of consensus arrived at between the parties to ensure immediate respite not only to the parties but also to their family members from the hassles of litigation leading to disturbance in the family. As per the information received from various districts of U.T of J&K, a total of 356 MACT cases were taken up by 25 Benches in



the day long Special Lok Adalat organized at various courts across the UT of J&K, out of which 79 cases were finally settled amicably and an amount of Rs. 6,43,26,000/- was awarded as compensation to the petitioners. Member Secretary, J&K Legal Services Authority, Amit Kumar Gupta, while talking to

media persons informed that this was the 1st Special Lok Adalat of MACT cases and 2nd overall Special Lok Adalat in the current calendar year.

He further informed that as per the schedule of activities prepared for the current calendar year, the next National Lok Adalat which would be the 2nd National Lok Adalat for the current calendar year shall be conducted on Saturday, May 13, 2023, focusing on quick settlement of all sorts of compoundable criminal cases, civil disputes, MACT cases and other cases of various nature pending disposal in different courts of the U.T of J&K. He also exhorted the Advocates in general and litigants in particular to take maximum benefit of the Special Lok Adalats which are being organized by the J&K Legal Services.

## Yasha Mudgul reviews development scenario at Udhampur

HT News Network

UDHAMPUR, APRIL 15: Commissioner Secretary, Cooperatives Yasha Mudgul, who is also Incharge Secretary of the district, today convened a meeting of all departments to review progress on developmental activities being undertaken under different flagship schemes in the district.

Deputy Commissioner, Udhampur, Kritika Jyotsna, Senior Superintendent of Police, Dr Vinod Kumar, Regional Director Survey and Land Records, Nawab Din, Additional District Development Commissioner, Ghan Shyam Singh, Additional Deputy Commissioner, Joginder Singh Jasrotia, Assistant Commissioner Revenue, Rafiq Ahmed Jaral, Chief Planning Officer, Mudassir Yaqoob Zargar and other senior



officers of various departments attended the meeting. Commissioner Secretary took comprehensive review of district Capex budget 2021-22 and 2022-23, financial and physical progress under district Capex budget including CSSs. She apprised that a total of 19397 works of different sectors have been completed so far.

Secretary directed the concerned departments to mobilize their men and

machinery for effective implementation of all schemes and coverage of 100% eligible beneficiaries under all schemes.

While reviewing the road wise progress under RDD and PWD sectors, Commissioner Secretary directed the concerned authorities to expedite the progress of work and achieve the targets set by the government as per the timeline. The district heads of various departments apprised the

Commissioner Secretary about the status of different schemes taken up by their respective departments and their status as on date. Yasha Mudgul directed all the officers to work in coordination for better results at the grass root level. She also stressed the need for creating maximum awareness about the self employment schemes among the unemployed youth so that they could set up their own income generating units for economic prosperity. Secretary Cooperatives stressed upon all the concerned Officers to gear up the process for completion of targets and utilization of 100% funds well before the end of financial year. She directed the Deputy Registrar Cooperative to organize awareness camps across the district in coordination with other allied departments to scale.

## Rent Assessment Committee meet held at Kulgam

Farooq Rather

KULGAM, APRIL 15: A meeting of Rent Assessment Committee (RAC) was today convened at Kulgam under the chairmanship of Additional District Development Commissioner (ADDC) Kulgam, Showkat Ahmad Rather.

On the occasion, the ADDC held a detailed discussion with officers of different departments functioning from rented accommodations in the district and with the owners of these buildings before approving rent cases.

The Committee approved 19 rent cases pertaining to various government departments.

The meeting was attended by ADC Viqar Ahmed Giri, ACR Mir Imtiyaz-ul-Aziz, CMO, AD-Handicrafts and Handloom, AD-Food, Executive Engineers and other officers, besides owners of these rented buildings were also present in the meeting.

## DEO Shopian conducts Awareness session with newly appointed Lumberdars

HT News Network

SHOPIAN, APRIL 15: The District Election Office (DEO) Shopian today held an awareness session with the newly appointed Lumberdars of the district at Mini Secretariat Shopian.

The session was attended by local officials and local Assembly BLO's. The ongoing session was meant to create mass awareness to enhance the pace of enrollment in the ongoing Electoral roll revision. The newly appointed Lumberdars were requested to survey households to ascertain whether the BLO's have reached the families or not.

The district election team headed by Deputy District Election Officer Shopian, Jahangir Ahmed briefed the gathering about various aspects of the revision schedule. Election related audios were played and films related to electoral participation for greater and stronger democracy were also run on the screens in the meeting hall.

The District Election office has so far covered all the tehsils and colleges of the district for awareness and education of the voters.

The participants were informed about the notification issued by the Chief Election Officer J&K according to which the date of filing claims and objections has started from 5th of April and shall continue up to 20th of April.

It was further urged upon participants to identify persons with disabilities and 80 years plus voters and ensure that both the category of voters is appropriately marked and flagged in the electoral roll.

The Lumberdars were also requested to work in close coordination with concerned BLOs, BLAs, PRIs and political parties in the matter.

They were also informed that prospective voters attaining age of 18 on 1st July and 1st October 2023 can also file their claims and the said claims shall be disposed-off by the due dates respectively.

## Special Lok Adalats held at Baramulla, Sopore

HT News Network

BARAMULLA, APRIL 15: In order to facilitate amicable settlement of the disputes and reduce pendency of cases in courts, District Legal Services Authority Baramulla today organized a Special Lok Adalat for Motor & Accidents Claim Tribunal (MACT) cases at District Court Complex Baramulla & Sopore Court.

The Lok Adalat was held under the Chairmanship of Mohammad Yousuf Wani, District Legal Services Authority (Principal District & Sessions Judge), Baramulla and under the Supervision of Muzamil Ahmad Wani, Secretary District Legal Services Authority, Sub Judge Baramulla.

## Secretary chairs felicitation ceremony regarding recognition of Pulwama in health sector

HT News Network

PULWAMA, APRIL 15: Secretary, Health and Medical Education, Bhupinder Kumar, today presided over a felicitation ceremony held to recognize outstanding performance of Pulwama district in health sector.

District Development Commissioner, Pulwama, Baseer-Ul-Haq Choudhary, Director Health Services Kashmir, Dr Mushtaq Ahmed Rather, Deputy Commissioner Shopian,

Sachin Kumar, SSP Pulwama, Mohammad Yousuf, CMOs Pulwama and Shopian, State Tuberculosis Officer, District Tuberculosis Officers, doctors, paramedical staff, health workers and other concerned were present on the occasion.

On the occasion, the participants took an oath against drug abuse.

Various speakers emphasized the need to raise awareness about the ill-effects of drug abuse and help the affected people reach de-addiction centres.



They appealed to the gathering, especially the youth, to unite and fight against drug addiction, terming the menace as one of the stum-

bling blocks for India to achieve its full potential. On the occasion, Bhupinder Kumar expressed happiness over the fact that

recently Pulwama has been declared as TB free district. He said that the entire Kashmir division is gradually moving towards Tuberculosis (TB) elimination. "TB incidences are declining in Kashmir. We will achieve TB elimination by 2025 intensified and active case finding and case screening is being done regularly," he added.

He appreciated the untiring efforts of health employees in achieving these significant landmarks. He lauded the district admin-

istration led by Baseer-Ul-Haq Choudhary for his unparalleled support and guidance.

Secretary said that the department has done an extremely wonderful job in achieving brilliant results during the last few years in TB elimination. He praised the work of State Tuberculosis Officer, Chief Medical Officers Pulwama and Shopian, District Tuberculosis Officers, Block Medical Officers and most importantly the outstanding role of the ground staff.

## Arrangements for Shab-e-Qadr & Eid ulFitr reviewed at Ganderbal

HT News Network

GANDERBAL, APRIL 15: The Additional Deputy Commissioner (ADC) Ganderbal, Mehraj-ud-Din Shah today convened a meeting of all the stakeholders to review the arrangements for ensuing Shab-e-Qadr and Eid-ul-Fitr 2023 at DC Office, here.

The ADC asked the concerned departments to ensure availability of all requisite and essential commodities, especially eatable items, vegetables and milk at approved rates during the ensuing religious festivities.

He directed the officers to intensify the market checking and ensure all commodities including meat, chicken bakery and sweets are sold at already Government fixed rates, besides ensure availability of all essential supplies in the market to avoid hoardings and profiteering.



He directed the officers of all departments to work in a synergized manner to avoid inconvenience to the people.

Municipal Council Ganderbal was asked to maintain cleanliness in the Municipal area on a daily basis and with special focus on religious places.

ARTO Ganderbal was asked to ensure sufficient traffic is available on main routes of the districts.

## ADDC Kulgam reviews arrangements for Jumat-ul-Vida, Shab-e-Qadr, Eid-ul-Fitr

Farooq Rather

KULGAM, APRIL 15: The Additional District Development Commissioner (ADDC) Kulgam, Showkat Ahmad Rather today reviewed the arrangements for forthcoming auspicious occasions of Shab-e-Qadr, Jumat ul Vida and Eid ul Fitr in a meeting held at mini-secretariat, here.

On the occasion, the ADDC reviewed availability of meat, poultry, ration and LPG in the district besides other essential items in markets. The meeting was informed that a sufficient quantity of essential items including ration, fish, meat



and chicken besides LPG gas is available for public consumption. ADDC directed concerned officers to ensure smooth power and drinking water supply during these days to people. EOs were directed to conduct sanitation and cleaning drives at

Masjids, Eidgahs and Shrines. Regarding transport facility to the devotees who throng to shrines/mosques for congregational prayers, ADDC directed concerned officials.

## Director Agri. Kmr. inaugurates distribution of hybrid vegetable seedlings raised under Hi-tech polyhouses

HT News Network

SRINAGAR, APRIL 15: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today inaugurated distribution of hybrid vegetable seedlings (4th cycle) raised on scientific lines under (controlled conditions) hi-tech poly houses at kitchen gardens Lalmandi, here.

The Director handed over the vegetable seedlings (tomato, chillies, capsicum, brinjal) to the farmers of Srinagar district and adjacent areas.

Speaking to the farmers, the Director highlighted the role of vegetable cultivation in the overall development of the agriculture sector. He assured the farmers of every possible technical support from the department during the cultivation of different vegetable crops.

He said that valley wide seedling distribution will



continue in a phased manner. He said demand for vegetable seedling is increasing every year as backyard farming and kitchen garden farming is increasing which is an encouraging trend for the overall development of the agriculture sector. The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today inaugurated distribution of hybrid vegetable seedlings (4th cycle) raised on scientific

lines under (controlled conditions) hi-tech poly houses at kitchen gardens Lalmandi, here.

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Speaking to the farmers, the Director highlighted the role of vegetable cultivation in the overall development of the agriculture sector. He assured the farmers of every possible technical support from the department during the cultivation of different vegetable crops.

Iqbal said the department has already taken all the necessary steps to provide seedling to the farmers and for that both the public and private sector are playing their role. He said working in this direction, from 27th of Jan 2023, the department has provided four cycles of vegetable seedlings raised on scientific

## ADDC Bandipora reviews status of APDP

HT News Network

BANDIPORA, APRIL 15: The Additional District Development Commissioner (ADDC) Bandipora, Ali Afsar Khan on Saturday chaired a meeting of concerned officers to review the status of the Aspirational Panchayat Development Programme (APDP) at mini secretariat, here.

The meeting was attended by District Nodal Officer Coordination Mohd Ashraf Hakak who is also holding charge of Assistant Commissioner Development, Assistant Commissioner Panchayat Muzaffar Ahmad and BDOs of various blocks.

ADDC on the occasion said that the programme is aimed at improving the performance of areas on various development parameters.

He said the activities under APDP shall be monitored by BDOs at Block Level and concerned Nodal Officers at District Level.

While reviewing the progress made under the programme the meeting discussed threadbare various indicators of the programme.

The ADDC said that the administration is committed to take all necessary measures to achieve the programme's objectives. He stressed on the importance of converging the efforts of various stakeholders to achieve the desired outcomes of inclusive and sustainable development and to ensure benefits reach the grass roots level.

He also stressed on the importance of strengthening the capacity of panchayats to plan, implement, and monitor development programmes.



# Secretary visits lithium reserves site, holds review meeting in Reasi

## HT News Network

REASI, APRIL 15: Secretary, Mining, Amit Sharma, today visited lithium reserves site located in Salal-Haimna area of Reasi district and held a review meeting regarding progress made in this regard by the district administration.

He was accompanied by Director Geology & Mining, O.P. Bhagat, Joint Director, Jammu H.L. Langeh, District Mineral Officer, Reasi, Shafiq Ahmed, Tehsildar, Sarpanches, and prominent citizens of the area.

During the site visit, the officers informed that the demarcation work on the lithium reserves site has been completed few days back which is spread in an area of around three square kilometres. Accordingly, revenue department has also completed

the task of creation of lists of habitations, plantations and others assets falling within these demarcated limits, he added.

The public of the area requested the Secretary to ensure that fair compensation is paid to the persons whose assets are coming within the zone of lithium reserves.

Secretary assured that all care and due diligence shall be shown by the concerned authorities including DC Reasi and her team for ensuring it.

Amit Sharma further mentioned that the UT administration led by Lieutenant Governor and Chief Secretary are looking forward towards taking next steps for Lithium extraction in Reasi at the earliest. He added that the process has already been initiated under their visionary directions towards appointing a transaction



advisor and auction platform to carry forward extraction process for this potentially rich reserves of lithium to the tune of 5.9 million tonnes, second highest in the world.

Later, Secretary convened a meeting with DC Reasi, Babila Rukwal and Director Geology & Mining besides district officers of different departments to review progress made

regarding assets identification so that this process goes-on parallel while Government is finalising RR plans towards extraction of this strategic mineral Lithium. This way, this rare discovery of Lithium in J&K can boost-up UT economy exponentially besides creating ample employment to the jobless local youth here.

Secretary assured that the Government shall take all possible steps and measures to make this lithium discovery a reality soon and meet the decided timelines for extraction of same, with total support from Union Government. Secretary assured that all care and due diligence shall be shown by the concerned authorities including DC Reasi and her team for ensuring it.

Amit Sharma further mentioned that the UT administration led by

Lieutenant Governor and Chief Secretary are looking forward towards taking next steps for Lithium extraction in Reasi at the earliest. He added that the process has already been initiated under their visionary directions towards appointing a transaction advisor and auction platform to carry forward extraction process for this potentially rich reserves of lithium to the tune of 5.9 million tonnes, second highest in the world.

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## DC Doda sensitises officers about redress of online grievances

### HT News Network

DODA, APRIL 15: Deputy Commissioner Doda Vishesh Mahajan today sensitised the officers about the timely disposal of the online grievances forwarded to them by DC office.

The DC directed the district heads of line departments not to act mere as post office and look into the genuineness of the reply submitted by their subordinate offices.

The DC also interacted with the complainants and responding officers virtually and discussed the issue/grievance in depth. He emphasized on timely and quality disposal of grievances and asked the Grievance Cell of DC office to inform the nodal officer of the response received and disparities if any therein.

The Nodal Officer was asked to take the cognizance of the non-genuine responses and review the status fortnightly. The DC also decided to review the status on monthly basis henceforth.

## Arrangements for Jamat UI Vida, Eid UI Fitr, reviewed in Rajouri

RAJOURI, APRIL 15: Deputy Commissioner Rajouri, Vikas Kundal today chaired a meeting to review the arrangements for Jamat UI Vida and Eid UI Fitr in the district.

During the meeting held with the officers and members of religious organisations and traders, he asked the concerned departments to take advance measures for uninterrupted water and power supply, medicare facilities, parking and transport and other necessary arrangements. The Deputy Commissioner Vikas Kundal emphasized the need to provide all essential facilities to the public, including drinking water, sanitation, medicare, transport, and uninterrupted power and water supply etc. He directed the police authorities to deploy adequate personnel to ensure public security, while the traffic authorities were directed to prepare traffic management and parking plans to facilitate hassle-free movement of vehicles on the scheduled days. The concerned officers from the PDD and Jal Shakti Department were instructed to ensure uninterrupted power and water supply to the general public during the festive days. The fire and emergency department was directed to keep their fire tenders on alert 24/7, while the EO MC was directed to ensure cleanliness in the town during the festivals. Furthermore, the Health Department was instructed to keep all medicare facilities available to the public to meet any emergencies, and the concerned officer from FCS & CA was directed to intensify market checking to prevent overpricing, profiteering, and black-marketing. The Deputy Commissioner also emphasized the importance of putting all necessary arrangements in place.

## GCW Udhampur organises investiture ceremony

### HT News Network

UDHAMPUR, APRIL 15: Government Degree College for Women Udhampur today organised an Investiture Ceremony for the elected Student Council members.

The motive behind the Investiture Ceremony was to strengthen the Indian democracy since, India without a doubt is the biggest democracy in the world where the citizens exercise power by voting.

Based on the principle of Democracy, the Students' council was formed by the Student's Welfare Committee of the college under the conensorship of Prof. Sumita Rao.

The student council was framed in the similar way as per the election process mentioned in our Constitution. The members of student council including President, Vice President, Secretary, Joint Secretary etc were elected in the similar manner as the members of Lok Sabha and Rajya Sab-



ha are elected in general elections. The Principal, Prof. Monika Sharma, was the chief guest on the occasion.

In her address, she congratulated the elected council members and said that the Students Council of college represents righteousness, respect, integrity and leadership. She wished them good luck in their future endeavours

and emphasized, "If your actions create a legacy that inspires others to dream more, learn more, do more and become more, then you are an excellent leader."

The worth of the badge lies in taking up responsibilities whole heartedly with a sense of pride and Self-Worth".

Special guest on the occasion was Beena Gandotra, mother of

present president of the College. Earlier, Prof. Sumita Rao presented a formal welcome address where she spoke about the contribution of such ceremonies in enhancing the sense of pride in the students.

Vishakha Gandotra, Sem- V (President), Swati Gandotra, Sem-III (Vice President), Manmeet Kour, Sem-V (Convenor), Shabnam, Sem-

III (Secretary), Kashish Mahajan, Sem- I (Joint Secretary), Rupali Kumar, Sem- III (Treasurer), Sunila Thakur, Sem- I (Joint Treasurer), Uzma Tahir Sem- V (Gen. Secretary) and Neha Devi, Sem- V (Cultural Secretary) were congratulated for being elected as Student Presidium members for the academic year 2022-23.

The dignitaries on the dais conferred the leaders with badges and sash. Principal Monika Sharma, handed over the Torch which symbolises the light of spirit, knowledge, leadership and life, to the President. The torch relay expresses the handing down of traditions from generation to generation.

After this an oath ceremony was also held. The leaders took the pledge to serve the institution and fulfil their responsibilities to the best of their abilities in accordance with the vision and mission of the institution. The speeches delivered by the President and some other members of Student Council created much enthusiasm.

## DDC Kathua kick starts JJM projects worth Rs 6 cr in Panchayat Damra east

### HT News Network

KATHUA, APRIL 15: District Development Council Chairman Kathua, Col Mahan Singh (Retd), today kick started JJM Project worth Rs 6 Crore in Damra West Panchayat of Mahanpur Block, the other day. The work started with the formal foundation laying ceremony where PRIs and a large number of locals were also present. Project encompasses two OHT of 30000 gallons each, two bore wells of 12 inch capacity each with 5000 gallons per hour capacity, two sump tanks of 10000 gallons capacity each, lying of more than 25 KM water pipe of various sizes etc. The scheme on completion will cater to the safe drinking water needs to more than 500 houses of Damra East Panchayat. Speaking on the occasion DDC Chairman thanked Prime Minister Narendra Modi, LG Manoj Sinha, Dr Jitendra Singh MoS PMO for implementing JJM Scheme to cater for drinking water to each household in the country. DDC Chairman asserted



that Jal Jeevan Mission Scheme is being executed in district Kathua at a fast pace as Rs 1400 Crore has been earmarked to execute more than 700 projects under which drinking water supply will be provided to every household. "This along with around 700 new handpumps installed during the last two years will resolve drinking water problems in the district, particularly in the Kandi region of the district, Col Mahan added. XEN PHE Kathua Vikram Dogra, AEE Billawar Sub Division, Sarpanch of Damra Chander Prabha Pathak, Sarpanch Dhamlad Sher Singh, Shanti Bushan and residents were present in large numbers.

## DDC Vice Chairperson inaugurates Baisakhi Mela at Devika (Nainsoo)

### HT News Network

UDHAMPUR, APRIL 15: Underscoring the importance of preserving our traditions, rich culture and festivals in the teeth of so-called trend of modernity, Juhi Manhas Pathania, Vice Chairperson DDC Udhampur yesterday threw open traditional Baisakhi Mela at Devika (Nainsoo).

Anwar Choudhary, Addl SP Udhampur; Dalip Abrol, CEO Udhampur; Raghubir Singh, SHO Udhampur; Sham Singh, NT Ramnagar, and other senior officers of Tehsil and Police administration, besides prominent people and general public were present. The Mela was organised



by the Shiv Mandir Devika Mela Prabhanda Committee, Nainsoo with the active support of the District administration.

Every year a 3-day Baisakhi Mela is organised on the bank of holy Devika River. The Mela concludes with a grand Dangal on flanks of river Devika where wrestlers from various parts of State as well as

adjoining states participate. People from different parts of Udhampur and adjoining areas attend this historic Mela.

The historic Baisakhi Mela or 'Basoa' as it is called in local parlance, is an annual event organised on the eve of first Baisakh, on the bank of holy Devika river in Udhampur.

## Special Summary Revision

### Chief Electoral Officer visits Polling Stations in Samba District

#### HT News Network

SAMBA, APRIL 15: Chief Electoral Officer (CEO) of Jammu and Kashmir, Pandurang Kondbarao Pole today visited polling stations in Samba district to assess the overall conduct of the ongoing special Summary Revision exercise for the year 2023 for which special camps are being organised to facilitate the public.

The Chief Electoral Officer (CEO) was accompanied by District Election Officer Samba, Anuradha Gupta. During the visit to the polling stations, the CEO reviewed the facilities provided to applicants and voters, interacted with the BLOs and election staff and stressed the need for conduct of smooth revision process in the district.



The CEO reviewed the facilities provided to applicants and voters visiting the special camps organized and interacted with the Booth Level Officers (BLOs) and election staff, as well as locals.

The CEO started the visit by inspecting polling stations including PS Bari-Brahmana, Vijaypur and Swankha where the special Summary Revision exercise is underway. He reviewed the process of revision of electoral rolls and verified the facilities pro-

vided to applicants, including the availability of forms, assistance for filling forms, and proper arrangements for receiving and processing applications. He also checked the arrangements made for voters visiting the special camps organized to facilitate the revision process.

During his interaction with the BLOs and election staff, the CEO emphasized the importance of impartiality, transparency, and efficiency in the revision process. He stressed the need for thorough verification of applications and inclusion of eligible voters in the electoral rolls, while ensuring that no ineligible names are included. He also urged the officials to provide prompt and courteous assistance to applicants and voters, and to resolve any grievances or issues.

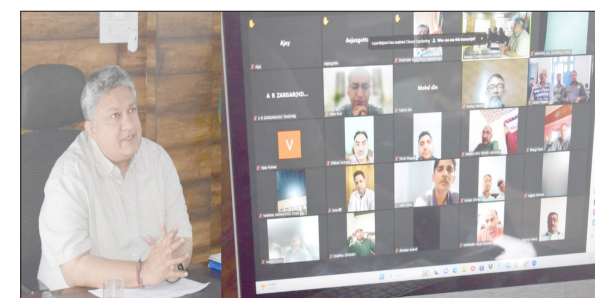
## Doda Admin discusses HADP

### Hosts online interaction of Agro Officials, FPOs & Farmers with 'KISAN Se'

#### HT News Network

DODA, APRIL 15: District Administration Doda has cleared decks to launch the Holistic Agriculture Development Plan (HADP) in the district. A meeting in this regard was chaired by Deputy Commissioner Doda, in which officers from all the departments associated with agricultural activities participated along with online participants representing Farmer Producer Organizations (FPOs) of the district and farmers from across the district.

The HADP aims at holistic development of the agri-



culture sector by pushing agriculture and allied sectors to a new trajectory of growth with economy, ecology, and equity as its guiding pillars. The GI tagging of the products, integrated farming, and handholding of the farmers for better produce and linking their products with fair market

are some of the objectives of the HADP.

From 24th of April till 31st of August this year, officials of agriculture and allied departments shall visit each panchayat to formulate a holistic plan for that panchayat and its further compilation to draft district level plan.

An interaction of the farmers and members of FPOs with KISAN Se (an agricultural products branding company) was also held through virtual mode. CEO of KISAN Se Nitin Puri presented a detailed presentation on how the farmer's product is launched in the national and international market with a brand keeping intact the producer's details, with maximum benefit to Farmers avoiding middle man's share.

DC has urged the departments to promote the signature products of our district like Rajma, Gucci, Walnut, Lavender, etc. He has asked the departments.



EDITORIAL

## Electrocution Concerns in the Valley....

Electrocution, a fatal consequence of electrical shock, has been on the rise in Kashmir, posing a severe threat to human life. Despite the alarming number of electrocution cases, the government seems to be indifferent to the issue. The situation is a clear indication of the government's disregard for public safety, which needs immediate attention.

The valley has witnessed an alarming number of electrocution deaths in recent times. In the year 2021 alone, over 70 deaths have been reported due to electrocution, and the numbers are still rising. Most of these deaths are caused by the low-hanging live wires, which are a common sight in the valley. The wires are often left unattended, and the concerned authorities seem to be least bothered about the safety of the public.

In a recent tragic incident, a BSNL employee died after he was electrocuted while performing his duties in north Kashmir's Baramulla district. The 48-year-old old employee received an electric shock when he was repairing a wire in the Pattan area.

The lack of access to safety kits, shock-proof jackets, and gloves from authorities to those involved in repairing high-tension wires, might save a number of lives but unfortunately, none of these are being provided to these officials who have to get the job done manually on an emergency basis as being one of the essential services.

The lack of action on the government's part has resulted in a growing sense of fear and anxiety among the citizens. They fear for the safety of their children, who are often seen playing near the poles with live wires hanging from them. Despite several pleas to the authorities, no action has been taken to address the issue. The situation is dire, and the government's inaction has only added to the problem.

One of the major reasons behind the government's indifference toward the issue is the lack of accountability. The officials are responsible for ensuring public safety often turn a blind eye to the issue and fail to take necessary action. In some cases, the officials responsible for maintaining the electricity infrastructure are involved in corruption, which has resulted in the use of sub-standard material, posing a grave danger to human life.

The situation is worsened by the lack of awareness among the public. Most people are unaware of the precautions they need to take to avoid electrocution. This ignorance has resulted in a large number of accidents, many of which have proved to be fatal. The government needs to take the initiative to create awareness among the masses and educate them about the precautions they need to take to avoid such accidents.

The government must take immediate action to address the issue of electrocution in the valley. They must hold the officials responsible for maintaining the electricity infrastructure accountable and ensure that they use only high-quality materials to avoid such accidents. They must also take necessary action to remove the low-hanging live wires and ensure that the electricity infrastructure is regularly maintained.

Moreover, the government must invest in creating awareness among the masses. They must launch a campaign to educate the public about the precautions they need to take to avoid electrocution. The campaign must be conducted in the local language and must be made accessible to everyone.

In conclusion, the rise in the number of electrocution cases in Kashmir is a cause of concern. The government's indifference towards the issue is alarming and needs immediate attention. The government must take necessary action to address the issue and ensure the safety of the public. It is time for the government to be accountable for its actions and take necessary measures to prevent such accidents in the future.

# Knowledge of technical textiles to skill students in diversified areas



VIJAY GARG

The UGC has directed the institutions imparting textile education to develop a curriculum for technical textiles. This directive has been issued as part of the National Textiles Mission, an initiative by Ministry of Textiles which aims to promote the technical textiles sector. The Textile Ministry has also issued 'General guidelines for enabling of academic institutes in Technical Textiles'. The ministry will fund the HEIs to upgrade the labs and train the faculty to teach the subject. New courses on technical textiles will help students to boost their productivity in textiles industry, increase exports and sustainability.

### Increasing demand

Technical textiles are engineered products with a definite functionality, which finds its use in industries such as automobiles, construction, health-care, and geotextiles and more. In addition to this, there also exists a domain of smart textiles and such textile material can be used to make clothes that get adjusted as per the environmental and climatic conditions. Smart textiles can be used in designing the special clothing for the army personnel deployed in adverse climatic zones. As part of pursuing a course on technical textiles, students would be introduced to the concept of geotextiles. This type of textile material is used in providing the proper layering to roads which is essential to prevent the water seepage. The institutes will introduce short courses offering credit of 1-2, at the UG and PG level. Engineering, Design, and Fashion Technology students are eligible for the courses.



### Offering practical training

As per reports, the government has allotted a financial outlay of Rs, 1,480 crore for 2020-21 to 2023 -24 academic session to implement the National Textiles Mission. The course is being introduced with the aim to promote technical textiles. The government has announced four components — Research, Innovation and Development; Promotion and Market Development; Export Promotion and Education Training, and Skill Development, under education, training and skill development measures for promotion of technical textiles.

Speaking to Education Times, SR Shah, head, department of Textile Chemistry, Maharaja Sayajirao University, Vadodara, says, "We would modify the existing curriculum of textile streams and include the concepts of technical textiles for textile processing

technology and other functional textile courses. In addition to this, we are in the process of starting short-term courses on technical textiles once they get approval from the governing body of our university," says Shah. "The curriculum for these short-term courses would be decided by the expert committee of our department," he adds. The chemical modification of textile eventually enhances its usability. For instance, if cotton produced genetically acquires antimicrobial and absorbency properties, it becomes usable in the healthcare sector. The aim is to equip the students in chemical processing to increase the utility.

"Textile Engineering and Chemical textile students will have to study 60% theory and 40% of practical work, based on the revised curriculum," adds Shah. Gujarat and several other southern

states are a hub of textile industries. The new courses in the textile sector will boost productivity and sustainability by skilling the students.

Elangovan N, former director, NIFT Kannur (Kerala), says, "There is an urgent need to develop the curricula relating to technical textiles in the institutes that are located around the textile hubs of the country as students residing in these areas need to be skilled in this domain. It is also essential to upskill students in this emerging domain as the industry needs technically skilled manpower. The technical textiles should have been in focus much earlier. Students also need to be motivated to pursue courses related to technical textiles as it is an emerging field."

Vijay Garg Retired Principal Educational Columnist Malout Punjab



BHARATH NANDA

Pakistan has long been associated with a terror nexus, a web of homegrown insurgency, support to Taliban, and funding from the West. In recent years, the country's security situation has continued to deteriorate, and the role of the Pakistani army generals in profiting from western aid has come under scrutiny. Despite these developments,

## Pakistan Terrorism. A game less understood

the situation in Pakistan has not received adequate attention from Western allies and the international community.

The Taliban has been a major challenge in the Afghanistan war on terror, and Pakistan's Inter-Services Intelligence (ISI) has been accused of providing support to the group. The ISI has been accused of training, funding, and arming the Taliban. The Taliban, which was ousted from power in Afghanistan in 2001, has since then carried out numerous attacks in the country, leading to the deaths of civilians and NATO troops.

Pakistan's support for the Taliban has made it difficult for the Afghan government to stabilize the country. The Taliban has been using Pakistan

as a base for carrying out attacks in Afghanistan, which has led to the deaths of civilians and NATO troops. The Taliban has also been using Pakistan to smuggle weapons and other supplies into Afghanistan.

The deteriorating security situation in Pakistan has been largely attributed to a homegrown insurgency. The Pakistani Taliban, which is a group of Islamic militants, has been responsible for numerous attacks in the country, targeting civilians and security forces. This has led to a large number of deaths and injuries.

The West has also played a role in funding the terror nexus in Pakistan. The United States has

The country's strategic importance in the region, as well as its nuclear weapons program, have made it difficult for the international community to take decisive action against Pakistan. This has allowed the country to continue providing support to the Taliban and other extremist groups, which has made it difficult to stabilize the region.

The international community must take action to address the terror nexus in Pakistan. This includes putting pressure on Pakistan to stop providing support to the Taliban and other extremist groups. It also means providing support to the Afghan government in its efforts to stabilize the country and defeat the Taliban.

Pakistan army create a hoax of depleting internal security situation to attract western aid. Recent Peshawar bombing was also under probe, whether ISI had intentionally planted the bomb to showcase deteriorating security situation and raise narrative of funds for fighting terrorism. Pakistan GHQ are taking major chunk of profit from arms sales to Ukraine, in spite of the economic crisis in the country.

Furthermore, the West must take steps to ensure that aid provided to Pakistan is not being misused by army generals for personal gain. This could include greater transparency and accountability measures, as well as increased oversight by international organizations.

The Pakistan terror nexus is a complex and multifaceted problem, with links to homegrown insurgency, support to the Taliban, and funding from the West. The role of Pakistani army generals in profiting from western aid has further complicated the situation. The continued support provided to the Taliban by Pakistan's ISI, as well as the country's homegrown insurgency, continue to be major challenges in stabilizing the region and winning the war on terror in Afghanistan. The international community must take action against Pakistan's support for terrorist groups and ensure that aid is being used for its intended purposes. Only through concerted efforts can the region be stabilized, and the threat of terrorism effectively countered.

Bharath Nanda is a Geopolitical Analyst and IT Entrepreneur based out of Jammu



# Laylat al-Qadr: The Most Important Night in Islam

Laylat al-Qadr, also known as the Night of Power or the Night of Decree, is one of the most important nights in Islam. It is believed to be the night on which the Quran was first revealed to the Prophet Muhammad, and it is considered to be a night of great blessings and rewards.

The exact date of Laylat al-Qadr is unknown, but it is believed to fall within the last ten nights of Ramadan,

visible rays.

The moon appears full and bright. There is a sense of peace and tranquility in the air. People feel more energetic and motivated to worship Allah.

People experience dreams that are indicative of the night of Laylat al-Qadr.

It is important to note that not everyone will experience

"People experience dreams that are indicative of the night of Laylat al-Qadr." (Sahih Bukhari)

It is important to remember that these are just signs, and not everyone will experience all of them. However, if you see any of these signs, it is a good indication that you may be experiencing Laylat al-Qadr.

The beginning of Ramadan is determined by the sighting of the new moon. This means that the start

The Quran says that Laylat al-Qadr is better than a thousand months of worship.

This means that even a single act of worship on this night is worth more than a thousand months of worship on any other night.

Muslims believe that the gates of heaven are open and the devils are chained on Laylat al-Qadr. This means that it is a night when prayers are more likely to be answered and evil is less likely to be successful.

It is common for Muslims to stay up all night on Laylat al-Qadr in prayer, recitation of the Quran, and other acts of worship. Some Muslims also go to the mosque on this night to pray together.



the ninth month of the Islamic calendar. Muslims often spend these nights in prayer, recitation of the Quran, and other acts of worship.

There are many different beliefs and traditions associated with Laylat al-Qadr. Some Muslims believe that the gates of heaven are open and the devils are chained on this night. Others believe that angels descend to earth to bring blessings to those who are praying.

Regardless of the specific beliefs and traditions, Laylat al-Qadr is a night of great importance to Muslims. It is a time for reflection, prayer, and devotion, and it is a chance to seek forgiveness from Allah and to ask for His blessings.

Here are some of the dua (supplications) that Muslims often recite on Laylat al-Qadr:

"O Allah, You are Most Merciful, and I love mercy. So bestow mercy upon me."

"O Allah, forgive me all my sins, both small and great, those which I have committed openly and those which I have committed in secret."

"O Allah, guide me to the straight path, the path of those upon whom You have bestowed favor, not of those who have evoked [Your] anger or of those who are astray."

Laylat al-Qadr is a night of great opportunity for Muslims. It is a night when their prayers are more likely to be answered, and it is a night when they can seek forgiveness from Allah and ask for His blessings. Muslims should make the most of this special night by spending it in prayer, recitation of the Quran, and other acts of worship.

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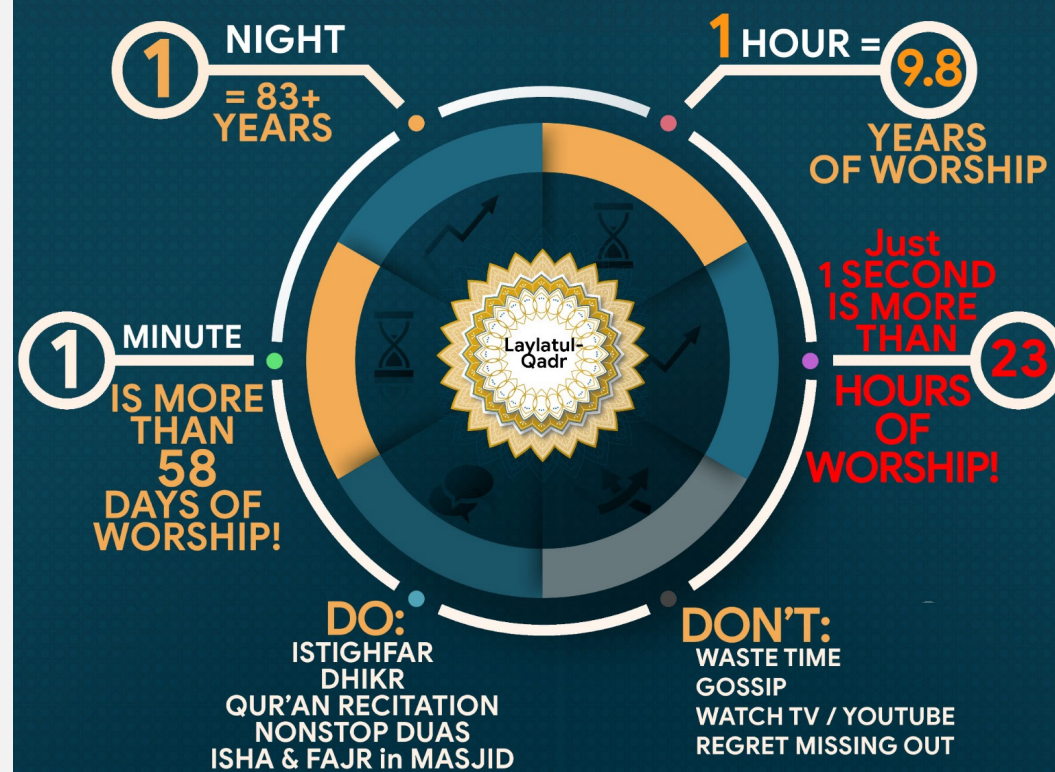
There are many different traditions associated with Laylat al-Qadr. Some Muslims give charity on this night, while others decorate their homes or mosques.

Laylat al-Qadr is a night of great joy and hope for Muslims. It is a time to reflect on their lives and to ask Allah for forgiveness and guidance. It is also a time to celebrate the gift of the Quran and to renew their commitment to Islam.

There are a number of authentic signs of Laylat al-Qadr that have been narrated in the hadith. Some of these signs include:

The night is calm and serene, neither hot nor cold. The sun rises on the following morning without

## ~THE NIGHT OF POWER~ TAKE ADVANTAGE OF EVERY SECOND!



Seek out The Night of Power. Give up more sleep, every second is extremely valuable. This may be your last chance.

The night is worth more than 1000 months (97:3). Calculations based on 8.5 hours between Maghrib & Fajr.

perience all of these signs. However, if you see any of these signs, it is a good indication that you may be experiencing Laylat al-Qadr.

Here are some of the hadith that mention the signs of Laylat al-Qadr:

"The night of Qadr is a calm, serene and peaceful night. It is not hot nor is it cold..." (Sahih Ibn Khuzaymah)

"The sun rises on the morning following the night of Qadr red and feeble, as if it were a brass dish." (Sahih Muslim)

"The moon appears full and bright on the night of Qadr." (Sunan Ibn Majah)

"There is a sense of peace and tranquility in the air on the night of Qadr." (Tafsir Ibn Kathir)

"People feel more energetic and motivated to worship Allah on the night of Qadr." (Tafsir Qurtubi)

of Ramadan can vary from year to year, depending on when the new moon is sighted. In some countries, Ramadan begins on the same day for everyone, while in other countries, it can begin on different days for different communities.

This can make it difficult to find Laylat al-Qadr, as it is believed to fall within the last ten nights of Ramadan. However, there are a few things that Muslims can do to increase their chances of finding Laylat al-Qadr.

Pray all night. The Prophet Muhammad (peace be upon him) said, "Whoever prays the night of Qadr with faith and hoping for its reward, his previous sins will be forgiven." (Sahih Muslim)

Recite the Quran. The Prophet Muhammad (peace be upon him) said, "The best of deeds on the night of Qadr is prayer." (Sunan Ibn Majah)

Give charity. The Prophet Muhammad (peace be upon him) said, "Whoever gives charity during the

night of Qadr, it is like giving charity equal to the amount of the sun and the moon." (Sunan Ibn Majah)

Spend time with family and friends. The Prophet Muhammad (peace be upon him) said, "The best of company on the night of Qadr is the company of a righteous man." (Tafsir Ibn Kathir)

By following these tips, Muslims can increase their chances of finding Laylat al-Qadr and reaping the rewards that it has to offer.

Here are some additional tips for finding Laylat al-Qadr:

Make a sincere intention to find Laylat al-Qadr. This means that you should truly want to find this night and make an effort to do so.

Spend the last ten nights of Ramadan in worship. This includes praying, reciting the Quran, giving charity, and spending time with family and friends.

Don't give up hope. Even if you don't find Laylat al-Qadr, you should still continue to worship Allah and make dua. Allah is Most Merciful and He will reward you for your efforts.

There are a number of signs and surahs associated with Laylat al-Qadr. Some of the signs include:

The night is calm and serene, neither hot nor cold. The sun rises on the following morning without visible rays.

The moon appears full and bright. There is a sense of peace and tranquility in the air.

People feel more energetic and motivated to worship Allah.

People experience dreams that are indicative of the night of Laylat al-Qadr.

Some of the surahs associated with Laylat al-Qadr include:

Surah Al-Qadr (97): This surah is named after Laylat al-Qadr and it speaks about the greatness of this night.

Surah Al-Fajr (89): This surah speaks about the importance of repentance and forgiveness.

Surah Al-Bayyinah (98): This surah speaks about the truth of Islam and the falsehood of disbelief.

Surah Al-Ikhlâs (112): This surah is a declaration of the oneness of Allah.

Surah Al-Falaq (113): This surah is a supplication for protection from evil.

Surah An-Nas (114): This surah is a supplication for protection from the evil of the whisperer.

It is important to note that these are just signs and surahs, and not everyone will experience all of them. However, if you see any of these signs or recite any of these surahs, it is a good indication that you may be experiencing Laylat al-Qadr.



# At G7 Ministers' Meet, India's Request To Rich Nations

HT News Network

New Delhi: Meeting the global target of achieving net zero emissions by 2050 will require developed nations to scale up their emission reduction efforts, India said at the G7 Ministers Meeting on Climate Energy and Environment in Japan's Sapporo on Saturday.

This will create opportunities for developing nations like India to address the needs of its people, which will also build resilience against the adverse impacts of climate change, environmental degradation, and pollution, Union Environment Minister Bhupendra Yadav said at the plenary session of the G7 minister's meeting. He also emphasised that developing countries require access to adequate means of implementation, finance, and technology to effectively combat climate change and address environmental challenges. "The global goal of reaching net zero by 2050 needs enhanced emission decoupling by developed nations. This will provide space for countries like India to achieve the development



required for its people, which will provide necessary defence against the impacts of climate change, environmental degradation and pollution," he said.

Net zero means achieving a balance between the greenhouse gases put into the atmosphere and those taken out. "IPCC AR6 report re-emphasises that development is our first defence against climate change," Mr Yadav said.

"We do hope that developed countries will make good on their commitments on finance for combating climate change and provide for the same for dealing with the environmental degradation and biodiversity loss," a statement quoting the minister said.

Mr Yadav said while efforts have been made to

establish policy frameworks to tackle climate change, it is now imperative for governments worldwide to engage individuals and promote greater public participation in the fight against climate change.

Prime Minister Narendra Modi had last year launched 'Mission LiFE' (lifestyle for environment) which calls for a global mass movement for inducing behavioural changes focused on "mindful and deliberate utilization" of resources.

The G-7 includes Canada, France, Germany, Italy, Japan, the United States and the United Kingdom. During the G-7 summit in Germany last year, the participating countries established a shared objective of transitioning towards a predominantly decarbon-

ized electricity supply by 2035.

At an event in New Delhi last month, Mr Yadav had said that India is free to use its resources to fulfil the energy needs of its people and countries historically responsible for climate change cannot ask it to stop its development.

India firmly believes that any action to combat climate change must be based on the principles of equity and Common but Differentiated Responsibilities and Respective Capabilities (CBDR-RC).

Equity essentially means that each country's share of carbon dioxide emissions is equal to its share of the global population.

The CBDR-RC principle recognises that each country is responsible for addressing climate change but developed countries should bear primary responsibilities as they account for most of the historical and current greenhouse gas emissions.

According to the Union Environment Ministry, India is home to 17 per cent of the global population but accounts for only four per cent of global carbon.

# "Sachin Pilot's Turn Won't Come Because...": Amit Shah On Congress Rift

HT News Network

MBharatpur: Targeting the Congress in Rajasthan over infighting, Union Home Minister Amit Shah on Saturday claimed the party will always give precedence to Chief Minister Ashok Gehlot over Sachin Pilot as his contribution is higher in filling its coffers with the "corruption" money from the state.

"Pilot sits on dharna on any pretext, but his number will not come because his contribution in filling the coffers of Congress party is less and Gehlot's contribution is higher," Mr Shah said while addressing booth-level party workers meeting in Bharatpur.

Mr Gehlot has made the Rajasthan government an "adda" (hub) of corruption and has looted the state. This money of corruption has gone to the coffers of the Congress party," the BJP leader alleged.

On the acquittal of the accused in the 2008 Jaipur bomb blast case, Mr Shah alleged that the Congress government did not present proper arguments in the high court due to vote bank politics.

"The government is doing vote bank politics on the



deaths of blast victims," he alleged.

He that it is "a 3-D government in Rajasthan and three Ds stands for 'dange' (riots), 'durvyavhar' (ill-treatment) with women and 'Dalit' atrocities. People "will vote out the government in elections," Mr Shah said and professed that the BJP will form the government with a 2/3 majority in assembly elections and will again win all 25 seats in Lok Sabha elections in Rajasthan.

He said that the BJP will go to elections on the basis of the work of the Modi government, the party ideology and the popularity of Prime Minister Narendra Modi. "Ashok Gehlot-led

level party workers meeting in Bharatpur.

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## Agencies torturing suspects, claims Kejriwal

HT News Network

New Delhi, Apr 15 (UNI) Delhi Chief Minister Arvind Kejriwal on Saturday claimed that the Enforcement Directorate and Central Bureau of Investigation have accused former Deputy Chief Minister Manish Sisodia of destroying his 14 phones while five of them are in ED's custody and one with CBI which shows the agency's seizure report. Kejriwal, in a press briefing, accused the central probe agencies of producing false evidence in Court. "The agencies produced fake evidence before the court because there was no evidence of scam," he alleged. Kejriwal alleged, "The investigative agencies have been torturing the suspects and pressurizing them to falsely name others so that agencies make false cases against us." "No scam has happened in Delhi excise policy but agencies are trying to falsely prove it by torturing suspects that corruption happened," alleged Kejriwal.

CM said that the agencies alleged there was a scam of Rs 100 crore in Delhi excise policy but not a single rupee has yet been found after 400 raids. "When agencies didn't find money after several raids, they alleged the money was used in the Goa election, then they raided all vendors and recorded their statements but nothing suspicious was found of them too as all the payments were made through cheques. We have already submitted all the documents of election to the Election Commission," claimed Kejriwal.

## India logs 10,753 new Covid cases

HT News Network

New Delhi, Apr 15 (UNI) India has recorded 10,753 fresh Covid-19 cases in the last 24 hours, taking the active caseload to 53,720 according to the Union Health Ministry on Saturday. The toll has risen to 5,31,091 with 21 new deaths have been reported in the last 24 hours in various parts of the country, which include 6 deaths in Delhi alone. As many as 6,628 patients recovered from the disease in the last 24 hours. The total number of people who have recuperated from the disease is 4.42 crore (4,42,23,211). The COVID-19 recovery rate stood at 98.69 per cent whereas the fatality rate was recorded at 1.19 per cent. Meanwhile, the daily positivity rate was recorded at 6.78 per cent while the weekly positivity rate was pegged at 4.49 per cent. The Ministry said, 397 vaccine doses of COVID have been administered during the last 24 hours under the nationwide vaccination drive. Around 220.66 cr Total Vaccine doses (95.21 cr Second Dose and 22.87 cr Precaution Dose) have been administered so far under Nationwide Vaccination Drive, said the Ministry. Meanwhile, 92.38 cr Total Tests conducted so far; 1,58,625 tests conducted in the last 24, as per Ministry data.

## UP: 6 die, 8 injured as SUV rams into tree

Shravasti (UP), Apr 15 (UNI) Six persons were killed and eight others were injured when a SUV rams into a tree in Ikauna area of Shravasti district here in Uttar Pradesh on Saturday, a senior police officer said here. Superintendent of Police (SP) Prachi Singh said that the incident took place near Sundarai village when the SUV rams into a tree around 6 am. "The SUV was taken out with the help of an earthmover and the injured were taken to the community health center where doctors declared 6 dead," she said.

## Congress 3rd List For Karnataka Polls Out, Big Decision On Siddaramaiah

HT News Network

New Delhi: The Congress on Saturday announced its third list of 43 candidates for the May 10 Assembly polls in Karnataka, and turned down the request of senior leader and former Chief Minister Siddaramaiah to contest from the second seat - Kolar.

Senior BJP leader and former Deputy Chief Minister Laxman Savadi, who joined the Congress on Friday, has got the ticket from Athani in Belagavi district.

Also, senior JD(S) leader KM Shivaling Gowda, who had joined the Congress recently, has been fielded from Arsikere.

The Congress has announced tickets to at least 16 fresh faces in the third list.

They include former Union Minister and Opposition's nominee for the Vice President polls Margaret Alva's son Nivedit Alva, and former state Minister Motamma's daughter Nayana Jyothi Jhavar.

The party on March 25 announced the first list of 124 candidates, and second list for 42 constituencies (including in Melukote where it's backing a candidate of a different party) on April 6. With the third list of 43 candidates, the party has so far announced the nominees for 209 out of total 224 seats.



The Congress has fielded Kothur G Manjunath from Kolar, the second seat from where Mr Siddaramaiah wanted to contest.

While Mr Siddaramaiah's name was announced as candidate from his home turf of Varuna in the first list itself, the Congress legislature party leader had maintained that he wished to contest from Kolar too, as the second seat, if the party high command agrees.

Mr Siddaramaiah who currently represents Badami in Bagalkote district, had earlier announced that he will be contesting from Kolar, but backtracked after party leadership reportedly cautioned him regarding the "risks" there, following which he opted for his earlier constituency Varuna, which is currently represented by his son Dr Yathindra Siddaramaiah.

## PM compliments people of Wansoi village in Nagaland

HT News Network

New Delhi, Apr 15 (UNI) Prime Minister Narendra Modi on Saturday lauded people of Wansoi village in Nagaland for adopting progressive gender policies.

In a tweet Rajya Sabha MP from the North Eastern state, S Phangnon Konyak informed that the women of Wansoi has been allowed to enter the Morung and play the log drum for the first time. In hitherto tradition it never allowed women to even step inside a morung.

Responding to the MP's tweet, the PM in a tweet, "A very important step, which will give a boost to dignity and empowerment of women. Compliments to the people of Wansoi village."

"A tribute of gratitude to the collective wisdom of Wansoi village leaders who have understood that in today's progressive society women also are equal members and allowed women of Wansoi to enter the Morung and play the log drum for the first time! hitherto tradition never allowed women to even step inside a morung," Konyak said. She added, "As Guest of honour, I joined the Khiamniungan women as



they stepped forward in ringing in a new era of Nari Shakti The New India as envisaged by our PM Narendra Modi is showing results." Responding to the MP's tweet, the PM in a tweet, "A very important step, which will give a boost to dignity and empowerment of women. Compliments to the people of Wansoi village."

"A tribute of gratitude to the collective wisdom of Wansoi village leaders who have understood that in today's progressive society women also are equal members and allowed women of Wansoi to enter the Morung and play the log drum for the first time! hitherto tradition never allowed women to even step inside a morung,"

## Special Delhi Assembly Session On Monday After CBI Summons Arvind Kejriwal

HT News Network

New Delhi: The Arvind Kejriwal government has called a special session of the assembly on Monday to discuss the Central Bureau of Investigation's summons to the Chief Minister in the liquor policy case.

Mr Kejriwal's deputy Manish Sisodia is already in jail for alleged corruption in framing the liquor policy case, which was scrapped later.

The Aam Aadmi Party (AAP) government has alleged the centre has weaponised the Central Bureau of Investigation (CBI) and the Enforcement Directorate (ED) to go after opposition leaders with false cases.

"The situation is not good. It should be discussed in the assembly. Leaders of the Delhi government will speak about what is going on," AAP MLA and minister Saurabh Bharadwaj told reporters today.

Mr Kejriwal, who has been summoned tomorrow by the CBI, has threatened to file a case against both the CBI and the ED for alleged perjury by filing false affidavits in courts. "We will file appropriate cases against CBI and ED officials for perjury and producing false evidence in courts," Mr Kejriwal tweeted. Law



Minister Kiren Rijju, responding to Mr Kejriwal's tweet, took a swipe at the Delhi Chief Minister over his threat.

"Forgot to mention that you will file case against the court also if it convicts you? Let the law take its own course and we must believe in rule of law. Will you go to court against ED, CBI and if the court also goes against you, then will you go against the court too?" Mr Rijju tweeted. Mr Kejriwal alleged the ED in its chargesheet said Mr Sisodia destroyed 14 phones and the IMEI numbers - a unique identity of each phone - were included in documents given to the court. "The

seizure memo shows that out of these 14 phones, four are with the ED and one with the CBI. Most of the other phones are active and are being used by (AAP) voters. The ED and the CBI know about these phones. They are misleading the court by filing false affidavits," Mr Kejriwal alleged.

Mr Kejriwal is scheduled to visit the CBI's office near central Delhi's Lodhi Road at 11 am tomorrow. The Delhi Police have made tight security arrangements as AAP workers could gather to protest. Mr Kejriwal is scheduled to visit the CBI's office near central Delhi's Lodhi Road at 11 am tomorrow.

## Indians In Sudan Asked To Stay Indoors Amid Army-Paramilitary Clash

HT News Network

Khartoum, Sudan: Indians in Sudan have been asked to take shelter by the country's mission in the African nation following explosions and gunfire in the capital city as paramilitaries and the regular army traded attacks on each other's bases.

"In view of reported firings and clashes, all Indians are advised to take utmost precautions, stay indoors and stop venturing outside with immediate effect. Please also stay calm and wait for updates," a tweet from the Indian Embassy in Khartoum read. Violence flared in Sudan on Saturday after weeks of deepening tensions between military leader Abdel Fattah al-Burhan and his number two, paramilitary commander Mohamed Hamdan Daglo, over the planned integration of the paramilitary Rapid Support Forces (RSF) into the regular army.

Witnesses reported "confrontations" and loud explosions and gunfire near an RSF base in south Khartoum. The RSF said its forces had taken control of Khartoum airport after witnesses reported seeing truckloads of fighters entering the airport compound.

Gunfire was heard near the airport, as well as near Burhan's residence and in Khartoum North. Civilians were seen running for cover as artillery exchanges rocked the streets, news agency AFP reported.

The two sides traded blame for starting the fighting. "The Rapid Support Forces were surprised Saturday with a large force from the army entering camps in Soba in Khartoum and laying siege to paramilitaries there," it said in a statement.

It said a "sweeping attack with all kinds of heavy and light weapons" was underway.

The RSF said its fighters had also taken control of the airport in Merowe, north of Khartoum.



# Japan PM Kishida evacuated unhurt after explosion at speech: report

HT News Network

Japanese Prime Minister Fumio Kishida was evacuated unhurt after a suspect threw what appeared to be a smoke bomb at an outdoor speech in western Japan on Saturday, domestic media reported.

A loud explosion was heard, but the premier took cover and was unharmed while police subdued a man at the scene, public broadcaster NHK said.

The incident occurred at the Saikazaki fishing harbour in Wakayama prefecture, some 65 km (40 miles) southwest of Osaka city.

Former Prime Minister Shinzo Abe, the longest-serving leader of modern Japan, was assassinated with a homemade gun last July while campaigning for a parliamentary election, shocking the nation and prompting a review of security for politicians, who routinely press the flesh with the public.

Japanese Prime Minister Fumio Kishida attends his outdoor speech at Saikazaki fishing port in Wakayama, Wakayama Prefecture, south-western Japan on Saturday, in this photo released by Kyodo. — Reuters



Kishida had just started to deliver the speech after touring the harbour when Saturday's incident occurred, NHK said. The speech was scheduled for 11:40 am (02:40 GMT), according to Kishida's ruling Liberal Democratic Party.

Kishida was to continue his Saturday afternoon campaign schedule after the incident, the

LDP confirmed via its Twitter account.

NHK footage showed crowds running away as several police officers appeared to pin a man to the ground before removing him from the scene. The man appeared to be in his 20s or 30s, media said.

A representative of Wakayama's prefectural police headquarters told Reuters he could not answer

questions about the incident.

A woman on the scene told NHK that she saw an object flying overhead and "it gave me a bad feeling, so we ran away unbelievably fast. Then we heard a really loud noise. It made my daughter cry."

Kishida is to host a Group of Seven (G7) summit in Hiroshima next month. G7 foreign ministers are to meet on Sunday in the resort

city of Karuizawa. Former Prime Minister Shinzo Abe, the longest-serving leader of modern Japan, was assassinated with a homemade gun last July while campaigning for a parliamentary election, shocking the nation and prompting a review of security for politicians, who routinely press the flesh with the public.

Japanese Prime Minister Fumio Kishida attends his outdoor speech at Saikazaki fishing port in Wakayama, Wakayama Prefecture, south-western Japan on Saturday, in this photo released by Kyodo. — Reuters

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## Yemen prisoner swap starts as truce talks set for second round

HT News Network

A major prisoner exchange involving hundreds of captives from Yemen's civil war got underway on Friday after truce talks ended with an agreement to hold a second round.

The first plane departed Sanaa, the rebel-held capital, for government-controlled Aden hours after a Saudi delegation departed without a fresh truce but with plans to meet again.

Both initiatives come a month after Gulf heavyweights Saudi Arabia and Iran, who back opposing sides in the Yemeni conflict, agreed to re-establish ties, prompting a wider rapprochement across the troubled region.

On Friday, 322 prisoners will fly on International Committee of the Red Cross planes between Sanaa and Aden, on the first day of an operation that will see 887 prisoners released.

"The first flight from Sanaa has left," ICRC media adviser Jessica Moussan told AFP, signalling the start of the three-day exchange.

Among the prisoners to be released by the Houthis on Friday are Yemen's former defence minister, Major General Mahmud al-Subaihi, and the brother of the ex-president, Major General Nasser Mansur Hadi, officials said.

The biggest prisoner swap since 2020 is taking place after a delegation from Saudi Arabia, which launched a military intervention in support of the beleaguered govern-



ment in 2015, held talks with Yemen's Iran-backed Houthis this week in an attempt to end hostilities.

The Saudi delegation, led by Ambassador Mohammed al-Jaber, left Sanaa late on Thursday without a finalised truce but with an agreement to meet again, according to Houthi and Yemeni government sources.

"There is an initial agreement on a truce that should be announced later on if finalised," a Houthi official said on condition of anonymity, in the information that was confirmed by a government source.

"There is an agreement to hold another round of talks to further discuss points of difference."

The Houthis seized control of Sanaa in 2014, forcing the internationally recognised government to flee and triggering the Saudi-led military intervention the following March. Hundreds of thousands of people have been killed by direct and indirect causes in a war that has triggered one of the world's worst humanitarian crises, according to the United Nations.

## UK Imposes Export Bar On Painting Of Indian Soldiers During World War I

HT News Network

London: A portrait by Anglo-Hungarian painter Philip de Laszlo of two Indian soldiers who fought in World War I was placed under a temporary export bar by the British government to allow time for a UK institution to acquire the "wonderful and sensitive" work to prevent it leaving the country.

The unfinished portrait, valued at around GBP 650,000, depicts cavalry officers Risaldar Jagat Singh and Risaldar Man Singh – junior troop commanders in the British Indian Army's Expeditionary Force who served at the Battle of the Somme in France and presumed to have died in action.

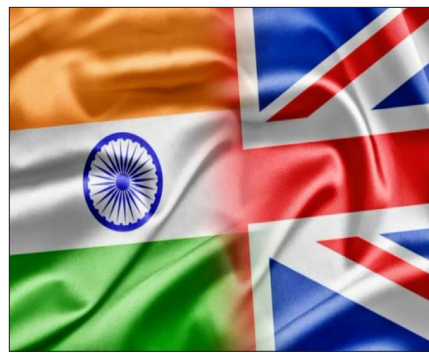
The painting is extremely rare in depicting active Indian participants in the First World War.

"This wonderful and sensitive portrait captures an important moment in our history as soldiers were drawn from across the globe to help fight in the trenches of the First World War," said Lord Stephen Parkinson, UK Arts and Heritage Minister.

"I hope this magnificent painting can remain in the UK to help tell the story of those brave soldiers and the contribution they and so many others made to Allied victory," he said.

Around 1.5 million Indian soldiers were deployed during World War I and according to records, the two soldiers in the painting sat for the artist in London two months before being sent to France to fight in the trenches.

It is described as a fine example of a portrait by the renowned 20th-century



artist, which captures an important moment in British history as soldiers from across the British Empire came to fight in Europe.

The painting appears to have been created for de Laszlo's own collection and it remained in his studio until he died in 1937.

The UK government's decision to impose an export bar follows the advice of the Reviewing Committee on the Export of Works of Art and Objects of Cultural Interest (RCEWA).

The committee made its recommendation based on the criterion for its outstanding significance to the study of the Indian contribution to the war effort and the individuals involved.

"Philip de Laszlo was one of Britain's most distinguished society portrait painters of the early 20th century. But this sensitive portrait, the more powerful because it is unfinished, offers an exceptionally rare glimpse not of maharajahs or generals but of two 'ordinary' middle-ranking Sikh soldiers about to depart for the horrors of the Battle of the Somme," said RCEWA Member Peter Barber.

## China voices 'concern' over Taliban policies on women rights

HT News Network

Chinese Foreign Minister Qin Gang said his country is "concerned" about the impact of recent policies introduced by Afghanistan's Taliban government on the rights of women, state media reported on Friday.

Qin's comments at a regional summit in Samarkand, Uzbekistan, come after a decision by the conservative Taliban authorities to bar women from working for the United Nations sparked international outrage.

"China and other friendly neighbours of Afghanistan are concerned about the recent policies and measures taken by the Afghan side and their possible impact on the basic rights and interests of Afghan women," Qin told reporters on Thursday, according to the official Xinhua news agency.

But the foreign minister added that while the issue of women's rights and interests is very important, "it is not the whole issue of Afghanistan, nor is it the core or root cause of Afghanistan's problems". "We should neither turn a blind eye to this problem nor ignore it," he said.

Taliban authorities have imposed a slew of restrictions on Afghan women since seizing power in 2021.

Taliban officials have argued that their extension of curbs on female employment to include the UN's operations in the country.

## Cultural exchange with Indonesia to be enhanced: PM's aide, Pak

HT News Network



Indonesian Ambassador Adam Tugio on Friday met Adviser to the Prime Minister on Political and Public Affairs National Heritage and Cultural Division Engineer Amir Muqam to enhance cultural exchange between the two countries.

During the meeting, discussion was held on several areas of cooperation with a particular emphasis on enhancing cultural exchange and people-to-people contact between Indonesia and Pakistan, especially in the fields of education, culture and tourism.

Mr Muqam welcomed the future prospects for collaboration between the embassy of Indonesia and the National Heritage and Cultural Division, underscoring its potential to further strengthen the bilateral and cultural ties between Indonesia and Pakistan.

The twosides agreed to work together to enhance trade and investment and strengthen bilateral relations. Mr Muqam said Pakistan was looking forward to further strengthening relations with Indonesian cultural heritage.

In the past, Indonesia and Pakistan had promoted cultural and religious links that would play an important role in the economic integration of both countries.

## Death toll from Myanmar junta's strike on village rises to 171

HT News Network

BANGKOK: The death toll from an air strike on a central Myanmar village rose to an estimated 171 victims on Friday, according to a team member involved in cremating bodies and media reports.

Myanmar has been in crisis since the military toppled Aung San Suu Kyi's civilian government in a February 2021 coup, with an estimated 3,200 civilians killed as part of the junta's crackdown on dissent.

There was no official death toll from Tuesday morning's strike on Pazi Gyi village in the central Sagaing region, although military authorities confirmed they had carried out an operation in the area.

A villager involved in cremating the bodies, who asked not to be identified to protect his safety, said on Friday his team had revised its death count up to 171 from 130 a day earlier. He told AFP 109 men, 24 women and 38 children were killed. Another 53 wounded were receiving medical care, he said.

Myanmar's National Unity Government, a shadow body dominated by former lawmakers from Suu Kyi's party, tweeted a chart on Friday with a total of 168 fatalities.

Pazi Gyi was deserted on Friday, with villagers too scared to return.

The attack drew international outrage with the UK calling the UN Security Council to meet to discuss the incident. The Association of Southeast Asian Nations strongly condemned the air strikes.

The junta confirmed on Wednesday it had launched "limited" air strikes in the area and blamed some of the deaths on mines planted by anti-junta fighters.

It also said on Friday rebels had dropped four bombs from a drone that killed eight people, including five children in the Sagaing region. The attack drew international outrage with the UK calling the UN Security Council to meet to discuss the incident. The Association of Southeast Asian Nations strongly condemned the air strikes.

The junta confirmed on Wednesday it had launched "limited" air strikes in the area and blamed some of the deaths on mines planted by anti-junta fighters.

## French court okays core of Macron's pensions reform

HT News Network

PARIS: France's constitutional court on Friday approved the key elements of President Emmanuel Macron's pension reform, paving the way for him to implement the unpopular changes that have sparked months of protests and strikes.

The nine-member Constitutional Council ruled in favour of key provisions, including raising the retirement age to 64 from 62, judging the legislation to be in accordance with the law.

Six minor proposals were rejected, including efforts to force large companies to publish data on how many people over 55 they employ,



and a separate idea to create a special contract for older workers. The decision represents a victory for Macron, but analysts say it has come at a major personal cost for the 45-year-old while causing months of disruption for the country with sometimes violent protests that have left hundreds injured.

The president's personal ratings are close to their lowest-ever level, and many voters have been outraged by his decision to defy hostile public opinion and ram the pensions law through the lower house of parliament without a vote.

"Stay the course, that's my motto," Macron said on

Friday as he inspected restoration efforts at the Notre-Dame cathedral, four years after a devastating fire gutted the Gothic masterpiece.

Police are expecting up to 10,000 people to gather again in Paris on Friday night, with the presence of several hundred left-wing radicals raising fears of more vandalism and clashes that have marred recent rallies. The Constitutional Council, a short walk from the Louvre museum in the centre of the French capital, has been protected with barriers, and dozens of riot police are on guard nearby.

Opponents remain to be seen if the months-long effort to block the changes by trade unions will continue, with labour leaders.

## Sudanese paramilitary force claims control of Khartoum airport amid clashes with army

HT News Network

Sudan's paramilitary Rapid Support Forces (RSF) said on Saturday that it had taken control of Khartoum international airport, as clashes erupted with the army.

Gunfire could be heard in several parts of Khartoum and eyewitnesses said gunfire was also heard in adjoining cities.

A Reuters journalist saw cannons and armoured vehicles deployed in the streets and heard the sound of heavy weapons fire in the vicinity of the headquarters of both the army and RSF. The RSF said in a statement it had been able to take control of Khartoum international airport in the capital and the Merowe military base in the north of the country.

On Saturday there was a heavy exchange of gunfire in Merowe, eyewitnesses told Reuters. A statement by the RSF on Saturday called the army's actions a "brute assault" and called for it to be condemned. It said that the RSF had been in contact with local and international mediators to inform them. Earlier, the RSF said the army had surrounded one of its bases and opened fire with heavy weapons.

Sudan air force conducting 'operations' The Sudanese air force is conducting operations to confront the powerful paramilitary RSF, the army said in a statement on Saturday, as clashes broke out across the country.



## DC Ganderbal discusses development of Kullan Baltal road, other works Directs APCO & MEIL to follow norms of PCB in letter and spirit

### HT News Network

KUPWARA, APRIL 13: The District DGANDERBAL, APRIL 15: The Deputy Commissioner (DC) Ganderbal, Shyambir today chaired a meeting to review the beautification and other development works to be undertaken at Sonamarg tourist destination. During the meeting, a detailed discussion was held on various works including repairing of roads, installations of street light along Sonamarg market, drainage, augmentation of

water supply, underground power cabling through Z-morph tunnel and works to be taken under CSR by executing agencies of Z-morph (APCO) and Zojila (MEIL) tunnel projects. The DC took a comprehensive review of development of road from Kullan to Baltal and fixed timeline for carrying necessary patch working and repairing of the said road wherever road has got damaged and both executing agencies of tunnel projects were directed that chain mounted machines shall not ply on macadamized road.



Executive Engineer Jal Shakti was directed that underground power cabling shall be completed by 30 May, 2023. Beautification plan for Sonamarg market was also discussed and CEO Sonamarg Development Authority was asked to finalize the design of lights that are to be installed throughout the market besides MEIL was directed to complete the laying down of water pipes through the market upto 20 May, 2023. The CEO was also directed to install signage and publicize the rate list of

various services besides a dedicated Complaint Cell shall also be established for the convenience of tourists. The meeting also discussed rehabilitation of affected inhabitants of Rezan village due to landslide, corporate Social Responsibility related issues, compensation to NOKs of dead laborers, muck dumping, disposal of solid waste, adherence to pollution norms, etc. While discussing the compensation to affected inhabitants of Rezan village, GMNHIDCL was asked to submit a report within 3 days.

## DC Kupwara chairs interactive meeting with newly appointed Lamberdars at Town Hall Kupwara

### HT News Network

KUPWARA, APRIL 15: District Administration Kupwara today organised an interactive cum sensitization meeting of newly appointed Lamberdars of the district here at Town Hall Kupwara. The meeting was chaired by Deputy Commissioner Kupwara, Dr. Doifode Sagar Dattatray ACR Kupwara, Irfan Bahadur; Tehsildars of Kupwara, Handwara, Machill; besides, all Lamberdars attended the meeting. Addressing the meeting, the Deputy Commissioner congratulated the Lamberdars for their new appointment and emphasized upon their role and responsibility for carrying out their jobs. The Deputy Commissioner

said that the government has taken keen interest in reforming the institution of Lamberdars by appointing educated youth in a fair and transparent manner. He stressed upon all Lamberdars to give top most priority to the matters and assignments pertaining to the larger interest of the people. He directed them to take their role and responsibility in a sensitive manner as they are a crucial part of the Government in implementation of different public welfare policies and schemes. He directed them to ensure timely completion of all assignments coming from District Administration and UT Government. Referring to drug addiction, the Deputy Commissioner said that 250 drug victims have been



already rescued and rehabilitated by the District Administration and asked the Lamberdars in identification of more such victims for their smooth recovery and rehabilitation. On the occasion, Tehsildars

provided a detailed awareness to the participants about their role and responsibility under different legislations including Lamberdari Act 1972 and Lamberdari Rules 1980. The awareness given include reporting of death and missing of

any person in the village, besides, reporting of untoward incidents like fire, outbreak of epidemic disease, preparation of revenue records, damage to forests. Their coordination with Revenue, Police, Health and other Government departments were also highlighted. On the occasion, Tehsildars provided a detailed awareness to the participants about their role and responsibility under different legislations including Lamberdari Act 1972 and Lamberdari Rules 1980. The awareness given include reporting of death and missing of any person in the village, besides, reporting of untoward incidents like fire, outbreak of epidemic disease, preparation of revenue records, damage to forests. Their coordination with Revenue.

## Dy. DEO Kupwara inspects SSR activities in various polling stations

### HT News Network

KUPWARA, APRIL 15: On the directions of Deputy Commissioner Kupwara who is also District Election Officer Kupwara, Dy. DEO Kupwara, Mehraj-u-din Wani today conducted inspection of various polling stations to check the progress achieved under Special Summary Revision (SSR) process in the district. The Election department Kupwara also observed special camp day today. The Dy. DEO along with Resource Persons conducted awareness programmes under SVEEP in various schools including GHSS Sogam and High School Chandigam. Meanwhile, pamphlets were distributed among the students which gave details about enrollment, correction of voter details, EPIC Aadhaar linkage and facilitation apps of Election Commission of India. The Dy. DEO also inspected various polling stations and got feedback from the concerned BLOs about the progress achieved under SSR.

## DDC Vice Chairman lays foundation stone of water Supply Scheme at Wavoor

### HT News Network

KUPWARA, APRIL 15: Vice Chairman District Development Council Kupwara, Haji Farooq Mir today laid the foundation stone of Dug well (Source) for Water Supply Scheme Surigam-Wavoor-Bun Maidanpora which will be constructed at a project cost of Rs 9.30 lacs. This scheme is being executed by Jal Shakti department PHE division Kupwara. This scheme will benefit more than 15000 souls of Wavoor A, Wavoor B, Maidanpora A, Maidanpora B, and Surigam Panchayats. While speaking after laying the foundation stone of the project, Vice Chairman, District Development Council Kupwara said that the DDC Council Kupwara along with District Administration is committed to provide clean drinking water and other essential facilities to all households of Kupwara district. Vice Chairman impressed upon the Jal Shakti authorities to complete the project within stipulated time.

## Prof. Shahid Rasool appointed Dean Academic Affairs, CUK

### HT News Network



Ganderbal, Apr 15: In a first, the Central University of Kashmir (CUK) Vice Chancellor, Prof. A Ravinder Nath appointed Dean School of Media Studies, Prof. Shahid Rasool, as Dean Academic Affairs of the varsity on Thursday. Prof. Shahid is the first Dean Academic Affairs of the University. In a separate order Prof. Shahid was also appointed as Officer on Special Duty (OSD) to Hon'ble Vice Chancellor. A former US Fulbright Fellow in Communication Technology, from Syracuse University, New York, Prof. Shahid has earlier served as Director, CEMCA, Commonwealth of Learning, Vancouver, Canada; Director, EMRC, University of Kashmir; Media Advisor, University of Kashmir; Head, Media Education Research Centre, UoK; Executive Director, BBC-WST project for promoting social affairs reporting and State Coordinator - Fundamental Duties and Rights Cell, for 70th year Celebrations of Indian Constitution in UTs of Ladakh and J&K. Appointed as Director (Professor) EMMRC, KU in 2007, Prof. Shahid has over 34 years of experience in teaching, research, production, and direction of educational films, e-Content, Multimedia and MOOCs, authored scores of research papers/policy reports/articles, and one Book titled: Educational television in India; produced and directed over 300 ETV films including 5 National level Award Winning educational documentaries. Supervised, as Director, development of over 500 e-contents.

## Anjuman Nusrat-ul-Islam condoles demise of renowned scholar Moulana Syed Rabi Hasan Nadvi

### HT News Network

Srinagar, Apr 15: Anjuman Nusrat-ul-Islam, on behalf of the institution and its incarcerated Chairman Mirwaiz-e-Kashmir Dr Mirwaiz Muhammad Umar Farooq, has expressed deep grief over the demise of the renowned Islamic scholar Moulana Syed Muhammad Rabi Hasan Nadvi, who was the President of All India Muslim Personal Law Board and also the head of the world-renowned religious institution Darul Uloom Nadwat-ul-Uluma, Lucknow. In its condolence statement, the Anjuman said that from the time of its previous presidents, the Mufassir-e-Qur'an Mirwaiz Moulana Muhammad Yusuf Shah, Shaheed-e-Millat Mirwaz Moulvi Muhammad Farooq, to the current Mirwaz-e-Kash-

mir Dr Moulvi Muhammad Umar Farooq, the sincere academic, religious and da'wa relations with the great personalities and elders of Nadwa, especially the Mufakkir-e-Islam Hazrat Ali Mian Nadvi and Moulana Rabi Nadvi are unforgettable in every way. The Anjuman paid rich tribute to Moulana Rabi Nadvi for his lifelong educational, teaching, literary, reformative, dawah and milli services and expressed condolence and solidarity with Darul Uloom Nadwat-ul-Uluma and the family members in Rai Bareilly. He prayed for Jannat-ul-Firdous to the deceased Moulana. Meanwhile, the Anjuman expressed deep grief over the demise of Muhammad Muzaffar Sheikh of Nowshehra.

## Justice Gupta, Judge HC of J&K, Ladakh inspects DCC Shopian; takes stock of various activities

### HT News Network

SRINAGAR, APRIL 15: Justice Puneet Gupta, Judge High Court of Jammu & Kashmir and Ladakh who is also Administrative Judge for District Shopian today inspected District Court Complex (DCC) Shopian and took stock of various activities there. On his arrival at the District Court Complex, Justice Gupta was welcomed with a ceremonial Guard of Honor. He inspected District Court Shopian and reviewed the working of the District Judiciary. He emphasized the need to ensure fair and speedy disposal of cases with priority to the old cases. He also interacted with the Members of the Bar, who projected various demands before him. The Administrative Judge assured the Members of the Bar that their genuine demands will be addressed without any delay.



Speaking on the occasion, Justice Gupta appreciated the warm welcome and assured all possible help within the bounds of laws. He further said that better facilities for litigants, lawyers and Judges are the need of the hour and all steps required to ensure justice at doorstep shall be taken up. Farooq Ahmad Bhat, Registrar Judicial High Court of Jammu and Kashmir and Ladakh at Srinagar, SSP Shopian and Additional Deputy Commissioner Shopian were also present during the inspection. Justice Gupta also interacted with the District

Administration with regard to infrastructural requirements of the newly under construction Court Building at District Shopian. He also had a brief interaction with Judicial Officers at the District Headquarter and took stock of problems faced by the judicial officers and employees posted in District Court Shopian. Earlier, Raiz-ul-Haq Mirza, Principal District and Sessions Judge, Shopian gave a brief presentation regarding the working of the District Judiciary and the steps taken to ensure fair and speedy disposal of cases as well as the infra-

structural requirements of the District. At the same time, the Administrative Judge Shopian directed the District Legal Service Authority to organize an awareness programme in order to spread firsthand knowledge with regard to Government schemes. He stated that victim compensation cases be forwarded to the Member Secretary without any delay. On his arrival at the District Court Complex, Justice Gupta was welcomed with a ceremonial Guard of Honor. He inspected District Court Shopian and reviewed the working of the District Judiciary. He emphasized the need to ensure fair and speedy disposal of cases with priority to the old cases. He also interacted with the Members of the Bar, who projected various demands before him. The Administrative Judge assured the Members of the Bar that their genuine demands will be addressed without any delay.

## Chairman DDC Budgam visits Gurdwara Beerwah Extends greetings over the auspicious occasion of Baisakhi

### HT News Network

BUDGAM, APRIL 15: The Chairman, District Development Council (DDC) Budgam, Nazir Ahmad Khan visited Gurdwara Beerwah on the auspicious occasion of Baisakhi. The visit was aimed at extending his greetings and good wishes to the Sikh community on this joyous occasion. Chairman DDC was welcomed by the members of the Gurdwara management committee and was accompanied by a team of district officials. During his visit, Chairman DDC interacted with the devotees. He also took a tour of the premises and inspected the arrangements made by the management for the smooth conduct of the festival. Speaking on the occasion, Chairman DDC extended his warmest wishes to the Sikh community on the occasion of Baisakhi. This festival symbolizes the spirit of brotherhood, unity and compassion, and reinforces the bond of communal harmony and peace in the society, he added.



He further said that the District Administration is committed to ensuring that all communities can celebrate their festivals in a peaceful and conducive environment. We

have made all necessary arrangements for the smooth conduct of the festival, and urge everyone to celebrate it with joy and harmony, he added.

The Chairman's visit to Gurdwara Beerwah was highly appreciated by the members of the Sikh community, who expressed their gratitude for his kind gesture. This visit is a testament to the district development council's commitment towards promoting communal harmony and fostering goodwill among the different communities living in Budgam. During his visit, Chairman DDC interacted with the devotees. He also took a tour of the premises and inspected the arrangements made by the management for the smooth conduct of the festival. Speaking on the occasion, Chairman DDC extended his warmest wishes to the Sikh community on the occasion of Baisakhi. This festival symbolizes the spirit of brotherhood, unity and compassion, and reinforces the bond of communal harmony and peace in the society, he added. He further said that the District Administration is committed to ensuring that all communities can celebrate their festivals in a peaceful and conducive environment. We have made all necessary arrangements.



# HOW MUCH DAILY PROTEIN INTAKE IS REQUIRED TO BUILD MUSCLE?



Protein may be a buzzword in wellness and bodybuilding, but it's also essential. So, in some ways, one nutrition expert doesn't mind that people are paying attention to grams of protein on nutrition labels.

"Protein is the building block for muscles," says Dr. Anupama Chawla, the director of the Division of Pediatric Gastroenterology and Nutrition at Stony Brook Children's Hospital.

Indeed, research from 2018 Trusted Source indicates that muscle protein breaks down in the human body. Consuming more protein is essential to rebuilding — and even building more — muscle.

As you might expect, consuming more protein than you take in is what helps build more muscle. And that's part of the reason why people are honing in on the nutrient when purchasing food.

"It has become a fad because of the significant [focus] on weight loss and muscle building," Chawla says. "It's become an 'in thing' where everybody is reading the protein content."

But pump the breaks before pouring an entire tub of protein powder into tomorrow morning's breakfast smoothie. Experts and research indicate that there is such a thing as too much protein.

Though Chawla is happy protein is getting attention because of its importance to the human diet, she cautions against going to extremes, such as consuming an all-meat diet.

Too little is not good, and too much is not good," Chawla says. How much should you be consuming? That depends. Here's what the research, health experts, and guidelines say.

How much protein should you be consuming? The current Recommended Daily Allowance (RDA) Trusted Source is 0.8 grams of protein per kilogram of body weight.

"This means a person weighing 140 pounds only needs 51 grams of protein per day and another person weighing 200 pounds only needs 73 grams of protein per day, which is much less than "we are led to believe" by social media," says Dana Ellis Hunnes, PhD, MPH, RD, a senior dietitian with UCLA Medical Center.

Trista Best, MPH, RD, a registered dietitian at Balance One Supplements, adds that this number equates to about 10 to 35% of our daily recommended caloric intake.

But, as with many aspects of medicine, there's room for nuance. For example, age is one reason to up the protein intake.

"Older adults [around ages 65 to 70] should eat a little more, roughly 1 gram per kilogram or -45 gram per pound of body weight because they don't absorb quite as well and are more prone to muscle loss and bone fractures," Hunnes says.

Some athletes also may require more to support their training regimen and physical activity.

For example, a 2016 position statement from the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance recommended that:

physically active people take in 1.2 to 2 grams of protein per kilogram of body weight or 0.5 to 0.9 grams per pound of body weight, whether they are endurance or strength athletes.

base whether they consume the high or low end of these recommended amounts on intensity or working out or restricting calories athletes consume 0.25 to 0.3 grams of protein per kilogram of body weight no more than two hours post-exercise to aid in increasing muscle.

Chawla agrees with these recommendations, with Chawla recommending anyone consuming 2 grams of protein per kilogram of body weight do so under the guidance of a medical profes-

sional to ensure the body, particularly the kidneys, continue to function correctly.

"This is because the kidneys have to work harder to eliminate the waste by-products from protein metabolism," says Kimberley Rose-Francis, RDN, CDCES, CNSC, LD, a registered dietitian nutritionist:

Hunnes strongly recommends consuming the lower end of the position's statement, no more than 1.3 grams per kilogram per day.

"We can only absorb and utilize a certain amount of protein at any time," Hunnes says. "More than that just turns into excess calories and eventually into fat. So, if we take in more than we need, we cannot use it, and it either goes to waste in our urine or becomes fat if we eat too many calories overall."

Recent research on protein intake and muscle mass

Protein is essential for building and maintaining muscle mass but consuming too much can negatively affect your health. Leah Flores/Stocksy

The position statement was from 2016. What does more recent research point to?

Like Hunnes, a 2022 meta-analysis of 69 studies suggested sticking to the lower end of the position statement's recommendations. Based on previous research, authors indicated that eating 1.5 grams of protein per kilogram of body weight, which equates to 0.7 grams of protein per pound, should be enough to build strength when combined with resistance training. The point about resistance training is a reminder that muscle mass is not simply a product of protein intake.

"If someone wants to build more muscle, they need to up the intensity of their strength training — higher weights, higher reps, or both — and break down their muscle fibers. Then, they need to eat a healthy diet," Hunnes says.

A 2022 study Trusted Source of more than 4,800 Chinese individuals 60 and older suggested

that male participants who consumed more than 78 grams per day and females who consumed 68 grams per day had the most protection against low muscle mass. They consumed less than 20 grams of protein per meal, and the majority of protein came from plant-based sources.

Another 2022 systematic review and meta-analysis Trusted Source of protein intake in healthy adults suggested that 1.6 grams of protein per kilogram of body weight per day could help individuals under 45 years old increase body mass slightly. People older than 45 only saw marginal increases.

A 2020 systemic review and meta-analysis of previous randomized control trials indicated that upping daily protein intake by up to 3.5 grams per kilogram of body weight over the course of several meals could help people grow or maintain muscle mass.

Risks and symptoms of excessive protein intake

Consuming too much protein — over 2 grams per kilogram of body weight per day comes with risks, notes Rose-Flores, including: kidney dysfunction unwanted weight gain increased risk for osteoporosis azotemia

Research from 2020 Trusted Source indicates that high protein diets did not increase the risk for kidney or bone health but called for longer clinical trials. However, a "high protein diet" was classified as 1.07-1.60 grams of protein per kilogram of body weight, not 2 grams, as Rose-Francis indicated.

Additionally, Best notes that people consuming too much protein for their weight and activity level may experience the following:

- irritability
- dehydration
- fatigue
- nausea
- Risks and symptoms of inadequate protein intake

Chances are, if you live in the US, you're getting enough protein.

"If you're eating a fairly varied diet, and you're getting enough calories in this country — and you don't have medical conditions such as protein-losing enteropathy or liver failure — you're almost definitely getting enough protein," Hunnes says.

What are the signs that you aren't getting enough?

"An inadequate [amount of] protein can result in a weakened immune system, malnutrition, edema due to fluid imbalance, hair thinning, and muscle loss are some long-term complications resulting from inadequate protein intake," Rose-Francis says.

Not surprisingly, research from 2019 Trusted Source indicates that people who do not consume enough protein have decreased muscle mass and strength.

Great sources of protein "The best, or healthiest, sources of protein are those from lean animal meats or plants," Best says. These include:

poultry (3 oz. of turkey contains about 25 grams of protein Trusted Source)

fish (3 oz. of salmon contains about 22 grams of protein Trusted Source)

eggs (one large hardboiled egg contains about 6 grams of protein Trusted Source)

For vegetarians and vegans, plant-based proteins, like beans, tofu, and lentils, provide an alternative — but these sources are not always equivalent.

"There are 20 amino acids, nine of which are essential, meaning they are required to be taken in through the diet because the body cannot make them," Best says. "Animal proteins have these nine already, which makes them complete proteins. However, not all plant sources are complete proteins."

That doesn't mean they aren't beneficial or that you need to consume animal-based proteins to get adequate amounts to build or maintain muscle and overall health.

## NEWS

### In Conversation: How diet may help with endometriosis

Worldwide, millions of people who menstruate have endometriosis, a gynecological condition that can cause debilitating symptoms and severely impact a person's



quality of life, mental health, and productivity. Yet treatments for endometriosis remain limited, and many people continue to struggle with symptom management. Could dietary interventions help? Endometriosis is a gynecological condition in which endometrial-type tissue — similar to the tissue lining the inside of the uterus — grows in other parts of the body.

While endometrial-like tissue most commonly affects Trusted Source other organs in the pelvic and abdominal areas — such as the fallopian tubes, bladder, and intestines — research shows that in some cases it is much more far-reaching, impacting the heart, lungs, and even brain. Some research suggests that endometriosis can affect every single organ in the human body.

This condition can cause long menstrual periods (longer than 7 days), heavy bleeding, excruciatingly painful cramps that may cause a person to faint, nausea and vomiting, pain during and after sex with vaginal penetration, fatigue, and spotting between periods, among several other symptoms.

For people who receive a diagnosis of endometriosis, there are relatively few treatment and management options, which are not effective for everyone, and which do not guarantee long-term relief even for those for whom they do work.

This has led medical doctors, researchers, and individuals with endometriosis alike to search for additional relief methods, and one of these is centered on nutrition.

In this month's installment of the In Conversation podcast, we discuss why endometriosis can be so difficult to manage, and some of the ways in which dietary changes may help relieve symptoms such as pain and heavy bleeding. Our guests are Dr. Hana Kahleova and Hannah Alderson.

Dr. Kahleova is director of clinical research at the Physicians Committee for Responsible Medicine — a nonprofit organization headquartered in Washington, DC — and one of the authors of a recent review looking at nutrition as a factor in the risk for and management of endometriosis. The review appeared in the journal *Frontiers in Nutrition* in February 2023.

Alderson is a registered nutritionist with the British Association For Nutrition And Lifestyle Medicine (BANT) and founder of The Positive Method — The Path to Happier Hormones. Her precepts for well-being stem from her own long journey seeking a diagnosis and treatment for polycystic ovary syndrome (PCOS) and endometriosis, which she shared with us on the podcast.

You can listen to this month's conversation in full below, or on your preferred streaming platform for podcasts:

Excruciating pain, elusive diagnosis According to data cited by the World Health Organization (WHO), around 190 million Trusted Source menstruating individuals around the world are affected by endometriosis, which can severely impact their quality of life.

The figure given by the WHO may be an underestimate of the real number of endometriosis cases, since this condition is underdiagnosed, and it can take up to 11 years for a person to receive the correct diagnosis.

# Can Probiotic Sodas Really Help You Improve Your Gut Health?

Probiotic and prebiotic sodas are gaining popularity.

The sodas are made with ingredients said to support a healthier gut.

Experts say probiotic and prebiotic sodas may help you hit your recommended daily fiber allowance, improve digestion, and support immune function.

However, some have a high sugar content and may cause digestive issues like bloating and gas.

Research on the health benefits of probiotics and prebiotics is limited.

What's the first drink you reach for when you're thirsty?

For many people, it's a can of soda. But if you're looking for a healthy swap, you could soon be replacing your usual beverage with a soda that claims to have added benefits.

Recently, probiotic and prebiotic sodas have been gaining popularity, thanks in part to reviews on TikTok.

In fact, search 'probiotic soda' on the social media platform, and you'll

get 119m results, with many users reviewing popular gut-health sodas from brands like Poppi, Olipop, and Culture Pop.

These fizzy and sweet drinks are said to have less sugar than conventional sodas and are made with ingredients believed to support a healthier gut.

What is the difference between prebiotics and probiotics?

To put it simply, probiotics are live microorganisms, usually bacteria, that live in our gut and keep it balanced and healthy.

Prebiotics are a type of fiber that we can't digest. They serve as food for the probiotics, helping them grow and flourish in our gut.

Probiotics and prebiotics work together to keep our digestive system healthy and balanced, so are there any benefits to consuming them in a soda?

Why the interest in probiotic and prebiotic sodas is growing Marilia Chamon, registered nutri-



tional therapist, gut health expert, and founder of Gutfulness Nutrition, isn't surprised that probiotic and prebiotic beverages are taking off. She says their newfound popularity is the result of several factors.

Firstly, people are becoming more

aware of the importance of gut health. "Increasing awareness of gut health and the role of the gut microbiome in overall well-being has driven interest in products that claim to support gut health," Chamon surmises.

Secondly, she says the appeal of

these sodas is rooted in convenience.

"As a beverage, they provide a tasty way to incorporate beneficial microbes and dietary fibers into one's routine, making them an attractive option for consumers who want to improve their gut health without making significant dietary changes," she explains.

Are these sodas really good for your gut?

While a growing number of people are reaching for these drinks as a healthier alternative to traditional sodas, are they actually beneficial for your gut and overall health?

Chamon isn't entirely convinced.

"I personally can't see much benefit to it, apart from increased fiber intake," she says. "If you eat a western diet, based mostly on refined sugars and carbohydrates, and a high intake of animal proteins and saturated fat with little consumption of whole foods, prebiotic sodas can contribute to your daily recommended fiber intake," she explains.

"However, I would rather people focus on improving their dietary patterns instead of relying on prebiotic sodas to support their health goals," she added.

While Chamon says these sodas can be a convenient and enjoyable way to incorporate dietary fiber into one's daily routine, she believes they should not replace a diet rich in whole foods; one that includes:

- fruits
- vegetables
- whole grains
- legumes
- nuts and seeds

Chamon says the main question to ask is, "What are you taking probiotics for?"

"Probiotics are strain-dependent and different strains offer different health benefits. Ideally, you should be looking for a strain that has been studied and proven to help with the specific symptom you are looking to address," she explains.



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