@headlinestodaynews

Price: Rs 02/-



Lt Governor attends Rajya Puraskar Ceremony of J&K Bharat Scouts & Guides

# **Young Generation Key** To Change: LG

### HT News Network

**JAMMU, APR 21:** Lieutenant Governor Shri Manoj Sinha attended the Rajya Puraskar Ceremony of J&K Bharat Scouts & Guides today at Convention Centre.

The Lt Governor, who is also the Chief Patron of Jammu & Kashmir Bharat Scouts & Guides, congratulated the Rajya Puraskar Awardee Scouts & Guides and lauded their contribution to the society.

"With its aspirational vision, Scouts & Guides is leading the change in society especially by serving vulnerable section of the community & enabling the youth leaders to drive transformative change," said the Lt Governor.



The Lt Governor called upon the youth to follow the rich legacy of Mahamana Pt. Madan Mohan Malaviya and dedicate themselves in the service of the nation.

"The young generation is the key to change and today they are eager to play a bigger role in sustainable economic growth and social cohesion. With their commitment to selfless service, Scouts & Guides is contributing to build an inclusive & prosperous society," observed the Lt Governor.

In the fast-changing world, Scouts & Guides will have to turn their voice into action. In the partnership with local administration,

they must engage in social Turn.....Young Generation.....Pg 02

## Kashmir Valley to celebrate **Eid-ul-Fitr on Today**



HT News Network

**SRINAGAR, APR 21:** With the culmination of the fasting month, the Kashmir valley is all set to celebrate Eid-ul-Fitr on Saturday.

Jammu and Kashmir's Grand Mufti Nasir-ul-Islam on Thursday evening announced that the Eid will be cel-

ebrated on Saturday.

"There was no evidence or witness from any part of J&K about the sighting of the moon on Thursday. Hence, Eid-ul-Fitr will be celebrated on Saturday," Islam said.

While the incessant rains played spoilsport during the last four days, Turn.....Kashmir Valley to.....Pg 02

## **NEWS BRIEF**

### **NIA Team Visits Poonch After Deadly** Militant Attack

### ■ MS Nazki

POONCH, APR 21: A day after five soldiers were killed and another injured in a militant attack, a team of National Investigation Agency (NIA) visited the spot here on Friday.

According to the army, its vehicle caught fire while moving from Bhimber Gali to Sangiot in District Poonch after being ambushed by militants amid inclement weather in the area. Five soldiers had died on the spot while one more was injured who was under treatment. Soon after the incident, army and police personnel rushed Turn.....Pg 02

### **Advisor Bhatnagar** extends Eid-ul-Fitr greetings

SRINAGAR, APR 21: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar has extended his warm greetings to the people of Jammu and Kashmir on the auspicious occasion of Eid-ul-Fitr.

In his message, Advisor Bhatnagar said that this festival gives the message of spirit of generosity and charity and helps usher a humane and compassionate society.

The Advisor also said that the festival evokes feelings of brotherhood, compassion and sharing and also strengthens the pluralistic bonds of our country's composite society.

The Advisor also prayed for Turn.....Advisor Bhatnagar.....Pg 02 eral public.

### **Avalanche Warning Issued For Seven** Districts In J&K

SRINAGAR, APR 21: Jammu and Kashmir Disaster Management Authority (JKDMA) on Friday issued an avalanche warning for seven districts during the next 24 hours.

"Avalanche with low danger level is likely to occur above 2500 to 3200 metres above sea level over Doda, Kishtwar, Poonch, Ramban, Baramulla and Kupwara districts in the next 24 hours," the official statement said.

"Avalanche with medium danger level is likely to occur above 2800 metres over the Ganderbal district in the next 24 hours," it added.

"People living in these areas are Turn.....**Avalanche Warning**.....Pg 02

## **Jammu SAI STC** shuttlers qualify for Yonex Sunrise All india Sr N'tal ranking

**■ HT News Network** 

HT News Network

SRINAGAR, APR 21: After four years, congrega-

The authorities had last week disallowed the congregational Friday prayers which had triggered

widespread criticism from politicians and the gen-

parts of Kashmir attended the Friday congrega-

tional prayer at Jamia mosque-located in

**HT News Network** 

**NEW DELHI, APR 21:** Lieutenant

Governor Manoj Sinha's brainchild

and Jammu & Kashmir Government's

flagship inter-sectoral initiative "Mis-

sion Youth", a specially designed pro-

Witnesses said thousands of people from different

Turn.....J&K allows Jumat-ul-Vida.....Pg 02

Mission Youth gets PM's Award

for Outstanding Contribution in Public

Service, Youth engagement in J&K

CS Dr A K Mehta, CEO Dr Shahid Choudhary receive award

tional prayer of Jumat-ul-Vida (last Friday of Ramazan) was allowed at Srinagar historic Jamia Masjid.

**JAMMU, APR 21:** Two girl shuttlers of Jammu based Sports Training Centre, Sports Authority of India have qualified for Yonex Sunrise All india Senior National rankings held at Bahadurgarh, Haryana.

Nadeem Ahmad Dar, Deputy Director SAI while congratulating them on Saturday said Unnati Jaral and Krishika Mahajan, badminton trainees of SAI STC Jammu have qualified for Yonex Sunrise All india senior National rankings held at Bahadurgarh(Haryana) from from April 11 to 18.

He said that Unnati qualified for women singles event while as the duo of Unnati Jaral and Krishika Mahajan qualified for the women's doubles events.

Both girls are first in the history of J&K badminton to qualify for senior National rankings after winning four rounds in qualification.

Although both girls are in Under-19 age group yet they have performed at senior level.

Notably, SAI STC Jammu shuttlers also excelled in recently concluded Inter Turn.....Jammu SAI STC.....Pg 02

### J&K allows Jumat-ul-Vida A Day After Poonch, BSF DG Reviews prayers at Srinagar grand **Security Situation Along IB in Jammu** mosque after 4 yrs



**HT News Network** 

IAMMU. APR 21: BSF Director General S L Thaosen reviewed the security situation along the Inter-

gram for empowering youth made it

to the highest civil services awards

based on outstanding achievements

Prime Minister Narendra Modi

Turn.....Mission Youth Gets.....Pg 02

conferred the coveted Prime

over last two years.

national Border (IB) on the Jammu frontier on Friday, officials said, a day after a terror attack in Poonch near the LoC killed five army

## **Terrorism On Rise In J&K**

**UJJAI, APR 21:** Congress veteran Digvijaya Singh on Friday said contrary to the Centre's claim, terrorism cases are on the rise in Jammu and Kashmir, and referred to the latest attack on an Army vehicle that led to the death of five soldiers.

The Rajya Sabha MP also raised concerns over what he claimed were Chinese markings on the cartridges recovered from the site

### ■ HT News Network

## **Weather improves** after days of rains in J&K

### ■ HT News Network

**SRINAGAR, APR 21:** Weather improves after days of incessant rains amid drop in the mercury in Jammu and Kashmir on

The Meteorological Department predicts mainly dry weather with scattered to fairly widespread light rain or snow over Jammu and Kashmir during the next 24 hours.

Kashmir valley experienced intermittent rains during the past several days while upper reaches received fresh snowfall disrupting normal activities and brought down the temperature.

Sun appeared in Srinagar today after several days of wet weather much to the delight of the people and tourists.

Turn.....Weather improves.....Pg 02

## **Sehrish Asghar Tops In ADP To Get** PM's Excellence **Award**

### HT News Network

JAMMU, APR 21: Dr Syed Sehrish Asghar was conferred with the Prime Minister's Award in Excellence in Public Administration for topping in the execution of Aspirational District Programme (ADP) in Baramulla District.

Launched by the Prime Minister Narendra Modi in January 2018, the Aspirational Districts Programme (ADP) aims to quickly and effectively transform 112 most underdeveloped districts across the country.

Turn.....Sehrish Asghar.....Pg 02

## **Duty Of Bureaucracy To Analyse Whether Political** Party Misusing Taxpayers' Money: PM Modi

Modi's governance reforms infact social reforms: Dr Jitendra



### **HT News Network**

Day, 2023 at Vigyan Bhawan here today. The Prime Minister also conferred the Prime Minister's Awards for Excellence in Public Administration and released e-books on "Viksit

Bharat".

Addressing the gathering, the Prime Minister congratulated everyone on the occasion of Civil Services Day. The Prime

**NEW DELHI, APR 21:** Prime Minister Narendra Modi addressed Civil Servants on the occasion of 16th Civil Services

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

### Young Generation.....

welfare works to complement the government's efforts and to develop new youth networks to promote peaceful, equal and just communities, he added.

The Lt Governor also urged the trainers and teaching community to nurture individual growth and leadership qualities amongst the

"Young generation is the main stakeholder of the future and it is our collective responsibility to provide them with the opportunities to fulfil their potential and strengthen their involvement indevelopment processes," the Lt Governor said.

The Lt Governor asked the J&K Bharat Scouts & Guides to actively contribute to drug abuse prevention programmes.

The Lt Governor also reiterated the UT Administration's commitment to facilitate the smooth operations of J&K Bharat Scouts & Guides.

On the occasion, the Lt Governor felicitated the Scouts & Guides from various schools with Rajya Puraskar Award Certificates.

Sh. Jugal Kishore Sharma, Member Parliament; Sh Ramesh Kumar, Divisional Commissioner Jammu; Wg. Cdr MM Joshi, Commissioner J&K Bharat Scouts & Guides; Ms Nasreen Khan, Administrator, Bharat Scouts & Guides, J&K and Ladakh Chapter, besides Guide Captains, Instructors, Principals, teachers & students from various schools were present.

### Kashmir Valley.....

people flooded markets across the valley for Eid shopping on Thursday. The locals had done most of the shopping for the Eid yesterday, anticipating that Eid may fall on Friday.

The markets did not see much footfall of shoppers on Friday.

While the bakery and mutton shops had witnessed a massive rush of shoppers for the past few days, the traders complained of depressed sales especially in Srinagar on the eve

The joint secretary of the Kashmir Chamber of Commerce and Industries (KCCI), Omar Tibet Bakal said the quantum of trade on Eid as per their estimates used to be around Rs 1500 to 2,000 crores.

"But this year, it will be quite less," he said, adding there are multiple reasons behind the depressed sales.

He said rains, the ongoing works in Srinagar under the smart city project and lack of liquidity played spoilsport this festive season.

In Kashmir, People usually observe Eid-ul-Fitr for two days and the festival begins with congregational prayers in the morning.

The largest Eid prayer congregations in Srinagar are expected at Hazratbal shrine on the banks of the Dal Lake and Jamia mosque in old

The managing body of Jamia mosque-Anjuman Auqaf said Eid prayer will be held at 9 am at the grand mosque.

After Eid prayers, people extend greetings to their kith and kin. Locals prepare a host of delicacies, mostly non-vegetarian, on the festive

### occasion. Jammu SAI....

SAI Badminton tournament held at STC Dhar(MP) wherein they secured a total tally of 10 medals comprising two Gold, four Silver and four Bronze medals.

Dar also appreciated the efforts of the coach Touseef Ahmad and congratulated him for this achievement. This is exemplary and encouraging for all aspiring shuttlers in J&K and achieved only due to hard work and dedication of athletes and coaches, he added.

### Weather improves.....

Regarding the rainfall, the MeT office said Srinagar received 0.7mm, Qazigund had 14.6mm of rainfall, Pahalgam 9.0mm, Kupwara 16.0mm, Kokernag 3.2mm and Gulmarg 8.6mm during the past 24 hours till 0830hours today.

Srinagar recorded a low of 6.2 degree Celsius against 7.9 degree Celsius the previous night and it was 2.7 degree Celsius below normal for the summer capital of Jammu and Kashmir during this period of the season.

The maximum temperature was recorded 7.1 degree Celsius below normal in Srinagar on Wednesday against 21.1 degree Celsius forcing people and tourists to wear warm clothes.

Qazigund recorded a minimum of 4.4 degree Celsius against 7.2 degree Celsius the previous day which was 3.1 degree Celsius below normal for the gateway of Kashmir

Pahalgam recorded a low of 3.5 degree Celsius against 2.6 degree Celsius a day ago and it was 0.5 degree Celsius below normal for the famous tourist spot.

Kokernag had a low of 3.7 degree Celsius 6.2 degree Celsius and it was 3.9 degree Celsius below normal while Kupwara recorded a low of 4.4 degree Celsius against 6.8 degree Celsius and it was 3.2 degree Celsius below normal for the frontier district.

Gulmarg in north Kashmir recorded a low of minus 1.0 degree Celsius against minus 0.6 degree Celsius the previous night. It was 4.3 degree Celsius below normal for the ski resort on Friday, the MeT office said.

### Sehrish Asghar.....

The broad contours of the programme are Convergence (of Central & State Schemes), Collaboration (of Central, State level Nodal Officers & District Collectors), and Competition among districts through monthly delta ranking; all driven by a mass movement.

Key aspects for Aspirational District Programme in Baramulla include establishment of Birth Waiting Wards in Primary Health Centres, Community Health Centres, and upgradation of diagnostic services at all delivery points and Poshan Tracker Tabs for all Anganwari workers.

The Deputy Commissioner Baramulla supported farmers through mechanism, plant protection, nursery strengthening, robust root stocks, quality planning material etc and organised marketing facility established at Sopore which is the second largest Fruit Mandi in Asia.

Severe Acute Malnutrition has been reduced in the district to 0.01 percent from 3 percent and Moderate Acute Malnutrition to 0.039 percent from 11.93 percent. A two-year paramedical diploma course has been introduced for 300 border area students to fill up the critical gap in the health sector.

Under financial inclusion, 56,215 PM Jan Dhan Yojana accounts have been opened in Baramulla District.

### J&K allows.....

Nowhatta area in the old city.

Authorities had also stepped up security in the area. In the past the Jamia mosque has been central to protests and also witnessed violent demonstrations.

Officials said the Friday prayers passed off peacefully at the mosque.

Anjuman Auqaf, the managing body of Jamia Masjid, said thousands of men, women and young people performed Friday prayer at the mosque Srinagar by prostrating themselves before the Almighty Allah and repenting over their sins and seeking forgiveness from their

A spokesperson of the Anjuman said the people at the Jamia mosque were once again disappointed over the absence of Mirwaiz-e-Kashmir, Moulvi Muhammad Umar Farooq who is under house detention for the last nearly four years.

The spokesperson conveyed the Eid-ul-Fitr message of the detained Mirwaiz to the people in a huge public gathering and appealed to them to celebrate Eid with simplicity according to Islamic teachings.

"They were urged to remember the poor, needy, backward and disadvantaged people of society in the festivities," the spokesman said.

With the peaceful conduct of Shab-e-Qadar on April 17 and Jumat-ul-Vida prayers, there is every likelihood that Eid prayers would be allowed at the grand mosque on Friday.

 $An juman\, Au qafhas\, announced\, the\, Eid\, prayers$ 

would be held at 9 am at the mosque.  $The Anjuman \, urged \, the \, people \, to \, come \, before \,$ time and show Islamic unity and discipline on

the occasion. Meanwhile, the Anjuman has demanded release of Mirwaiz before Eid.

### A Day After.....

The Border Security Force's chief arrived at the frontier headquarters in Jammu to take stock of the security situation, they said.

He was welcomed by Additional Director General (ADG), Western Command, PV Rama Sastry and IG BSF D K Boora and other officers.

Boora gave a detailed presentation to the DG, covering all the critical aspects of border security and domination on the Jammu IB & Line of Control in the wake of the terror attack on Thursday, they said.

The IG briefed the Director General about the general security scenario in the area of operation, covering the deployment pattern of BSF battalions and their robust domination on the IB on the Jammu frontier, they said.

The BSFDG also talked to the field commanders about recent threats being faced by the BSF on the LoC and the IB.

A special emphasis was given to the domination on the LoC and the IB in the wake of recent incidents in Jammu and Rajouri area, they said.

### Terrorism On.....

of the attack.

The former Madhya Pradesh chief minister maintained terror activities were largely confined to the Kashmir Valley, but violent incidents are now taking place in new areas like Poonch in the Jammu region of the Union Territory, and this was a matter of concern.

Talking to reporters here, Singh said the Centre had claimed that scrapping Article 370 in Jammu and Kashmir (the constitutional provision granted special status to J&K) in 2019 and demonetisation (2016) will help in fighting terrorism in the erstwhile state, but figures of Defence and Home Ministries suggest terrorrelated incidents have actually gone up since these measures were announced.

"A big attack took place in terrorism-free Poonch which is part of Jammu. Such incidents used to take place in Anantnag and Pulwana (in Kashmir Valley)... now terror attacks have started taking place in new areas," he said.

Five Army personnel were killed and another was seriously injured on Thursday after their vehicle caught fire following a terrorist attack in Jammu and Kashmir's Poonch.

The Army said the vehicle the soldiers were travelling in came under fire from unidentified terrorists and it caught fire because of the likely use of grenades.

"Cartridges recovered (in Poonch) have markings of China. This is a new thing that has come to light that such terror activities in India are

seeing Chinese links," Singh said. Slamming the Centre, Singh claimed the Defence Minister had accepted that China had captured Indian territory but the prime minister was proclaiming that no one had intruded into and seized our territory.

This means the prime minister has termed his own defence minister's statement as false, Singh alleged.

He also claimed a Gautam Adani firm with a Chinese director had entered the defence sector and questioned if this was not an issue of national security.

The Rajya Sabha member said Jammu has been a peaceful place and the terror attack there was disturbing

In the last three years, 1,033 terror attacks have taken place in Jammu and Kashmir and 177 jawans have lost their lives, Singh said.

"In 2019, this number was 594 and in 2020, it was 244. Such attacks are on the rise and we are losing our soldiers," the senior Congress leader added. (Agencies)

### **Mission Youth.....**

Minister's Award for Excellence in Public Administration which was received by the Chief Secretary Dr Arun Kumar Mehta, accompanied bv CEO Mission Youth Dr Shahid Iqbal Choudhary, on the occasion of Civil Services Day held at Vigyan Bhawan, New Delhi today.

CEO Mission Youth, Dr Shahid Iqbal Choudhary earlier made the presentation before the Empowered Committee headed by the Cabinet Secretary  $Rajiv\,Gauba\,leading\,to\,selection\,of\,Mission\,Youth$ in a multi-staged evaluation and selection process over last six months.

Mission Youth clinched the top position in over 600 nominations from across all the States and Union Territories in the Innovation (State) category, while second position was bagged by Gujarat Government's State Organ and Tissue Transplant Organisation (SOTTO). Mission Youth was selected for innovations leading to empowerment of youth in Jammu and Kashmir which included schemes in education, Skilling, coaching, volunteerism and effective use of technology for a very transparent and effective service delivery. With more than 61,000 youth benefitted under schemes and close to 5 Lakh youth engaged over last two years Mission Youth earned the rate distinction of reaching out to maximum youth under any such initiative in

The award carried Rs 20.00 Lakh special Cash Reward for Mission Youth, Citation, a Scroll and a Certificate of Appreciation in favour of CEO Mission Youth Dr Shahid Choudhary for placing in Performance Appraisal Dossier of the officer by the Deptt of Personnel and Trainings as the PMA scheme guidelines.

Chief Secretary Dr Arun Kumar Mehta described the occasion as momentous for Jammu and Kashmir UT especially the youth. He complemented CEO Mission Youth Dr Shahid Igbal Choudhary and his team for outstanding performance and contribution leading to such a rare feat in a short span of over last two years. He reiterated the commitment of administration for taking every step to empower the youth and steps for a very meaningful engagement.

CEO Mission Youth, Dr Shahid Choudhary expressed great satisfaction over the very positive response to the initiatives by youth of Jammu and Kashmir, and proactive measures by the departments and especially Deputy Commissioners in making the scheme a grand success at the ground level. Pertinently, Mission Youth has been picked up as a unique cases study by the Capacity Building Commission of India in collaboration with Harvard Business School for inclusion in courses of top management and public policy schools.

Dr Shahid thanked Lieutenant Governor Manoj Sinha for leadership of Mission Youth and personal efforts to bring stakeholder companies and organisations to Jammu and Kashmir. He expressed gratitude to the Chief Secretary for complete administrative oversight and support, effective role played by Administrative Secretaries, Dy Commissioners, DECCs and HoDs besides

the OSDs and DD Mission Youth The Citation of Honour underlines the special initiatives like Youth Portal, customised livelihood linked schemes like Mumkin and Tejaswini, education support like Parvaz, Youth clubs and the effectiveness of District Level Task Force headed by DCs as many of the unique features of Mission Youth leading to a sustainable and effective platform of youth empowerment in

Jammu and Kashmir. Mission Youth awarded under the Innovation (State) category for PM award has launched more than 15 schemes for youth which include Mumkin, Tejaswini - for women, Parvaz (Graduate): UPSC Coaching, Parvaz (XII): NEET/JEE coaching ,RiseTogether,TouristVillageScheme,Spurring Entrepreneurship, Protsahan, LG Super-75 (Girls &Boys), LG Rolling Trophy in sports, Know-India Love-India: Bharat Darshan, Skill Development courses scheme, Youth Innovation Scheme, SAHAYETA: youth with disabilities, Scheme for youth in distress: Psycho-Social counselling and Hausla among others.

### **Duty Of....**

Minister noted that the occasion of Civil Services Day this year becomes much more special as the nation has completed 75 years of its independence and is starting to move forward to achieve the goals and objectives of a developed India. He highlighted the contributions of those Civil Servants who joined the service 15-25 years ago and emphasized the role of young officers who will contribute towards nation-building in the next 25 years of Amrit Kaal. The Prime

Minister expressed confidence that the young officers are extremely fortunate to serve the nation in this Amrit Kaal. "The responsibility to accomplish the dreams of every freedom fighter of the nation lies upon every shoulder", the Prime Minister remarked as he pointed out the paucity of time but the abundance of potential and courage in the country.

The Prime Minister said that the country is prepared for take off due to the work done in the last 9 years. He said that different results are being obtained with the same bureaucracy and personnel. He acknowledged the role of Karamyogis in the growing profile of the country on the  $global\, stage, for the \, growing \, confidence \, of \,$ the poorest of the poor in 'Sushasan' and for a new momentum of development of the country. He mentioned India rising as the 5th largest economy in the world, taking strides in fintech as India is number one in digital transactions, one of the cheapest mobile data countries and the third largest startup ecosystem in the world. He remarked on transformative changes in the rural economy, railways, highways, port capacity augmentation and the number of airports. He said that the awards today reflect the contribution and sense of service of the Karmyogis.

Recalling his address from the ramparts of the Red Fort on 15th August last year when the Prime Minister invoked the 'Paanch Pran' namely the development of Viksit Bharat or developed India, breaking the slavery mentality, taking pride in India's heritage, strengthening the unity and diversity of the country, and keeping one's duties before anything else, the Prime Minister underlined that the energy emanating from these five resolves will take the nation to its deserved place in the world.

Dwelling on the theme of this year's Civil Service Day being based on the notion of Viksit Bharat, the Prime Minister said that the concept of Viksit Bharat is not limited to modern infrastructure. "It is important for Viksit Bharat that India's government system supports the aspirations of every Indian and every government servant helps every citizen in realizing their dreams and the negativity that was associated with the system in the previous years, turns into positivity", the Prime Minister

 $Throwing \ light on \ decades \ of \ experience$ after India's independence, the Prime Minister stated the importance of last-mile delivery in the implementation of government schemes. He gave examples of results from policies of previous governments and mentioned that there were more than 4 crore fake gas connections, more than 4 crore fake ration cards, and support was provided to 1 crore fictitious women and children by the Ministry of Women and Child Development, fake scholarships were offered to approximately 30 lakh youths by Ministry of Minority Welfare, and lakhs of fake accounts were created under MGN-REGA to transfer the benefits of workers who never existed. The Prime Minister highlighted that a corrupt ecosystem had emerged in the country under the pretext of these fake beneficiaries. He credited the civil servants for the transformation that has taken place in the system where roughly 3 lakh crore rupees have been saved from landing in the wrong hands, which is now being used for the welfare of the poor.

The Prime Minister emphasized that when time is limited, it becomes very critical to decide the direction and working style. "Today's challenge is not about efficiency but in figuring out how to find and remove deficiencies". he said. He recalled the time when in the garb of deficiency even the small aspect was attempted to be controlled. Today, he continued, the same deficiency is being turned into efficiency and removing obstacles in the system. "Earlier, the thinking was that the government will do everything, now the thinking is that the government will work for everyone", said the Prime Minister highlighting the efficient use of time and resources to serve everyone. "Motto of the government is 'Nation First-Citizen First', today's government's priority is prioritizing the deprived", the Prime Minister remarked, informing that the government is going up to Aspirational Districts and up to Aspirational blocks. He said today's government is treating border villages as the first villages rather than the last villages. He said that for 100 percent saturation, we will need even more hard work and innovative solutions. He gave the example of departments asking for NoCs and information that is available somewhere in the system. He said for ease of living and ease of doing business we will have to find solutions for these.

Giving the example of PM Gatishakti Master Plan, the Prime Minister explained that all data layers related to any infrastructure project can be found on a single platform and stressed the need to utilize it to the maximum for better planning and execution in the social sector. He further added that it will greatly benefit in identifying the needs of citizens, tackling issues related to education that might arise in the future, and enhancing communication between departments, districts and blocks while also helping in the formulation of future strategies.

The Prime Minister stressed that the

Amrit Kaal has brought immense challenges along with great opportunities. The Prime Minister elaborated that today's aspirational citizens are not willing to wait for long to see changes in the systems and this will need our full effort, he said. Taking quick decisions and implementing them with speed has become all the more important as the expectations of the world from India have also risen dramatically. As the world is saying that India's time has arrived, there is no time to be wasted by the bureaucracy of the country. "The country has put its faith in you, work while maintaining that trust. Basis of all your decisions should always be the national interest", he insist-

Highlighting the importance and necessity of political parties with different ideologies in a democracy, the Prime Minister stressed the need for Bureaucracy to assess whether the political party in power is utilizing the taxpayers' money for the benefit of the nation. "It is the duty of the Bureaucracy to analyze whether a political party is making use of taxpayers' money for the benefit of their own organization or the nation's", the Prime Minister continued, "if it is using the money to create a vote bank or making the lives of the citizens easier; if it is advertising itself with the government treasure or making the people aware; if it is appointing its own party workers in various organizations or creating a transparent process for recruitment." Recalling the words of Sardar Patel about the Bureaucracy being the steel frame of India, the Prime Minister said that it is time to live up to the expectations and prevent the dreams of the youth from getting crushed along with taxpayers' money from being destroyed.

The Prime Minister told the government servants that there are two approaches to life, first, getting things done and second letting things happen. The first is an active attitude and the second reflects a passive attitude. People with faith in getting things done take ownership in a proactive manner and become the driving force of their teams. "By this burning desire to bring change in the lives of the people you will be able to leave a memorable legacy. You will not be judged by what you have done for yourself but by what changes have you brought in the lives of the people", the Prime Minister told the Karmayogis. Therefore, he said "Good governance is the key. People-centric governance solves problems and gives better results", he said. He gave examples of Aspirational districts that are performing better than other districts on many development parameters due to good governance and the efforts of energetic young officers. By focussing on people's participation a sense of ownership is created among the people and this people ownership ensures unprecedented results, he said. He illustrated this with examples of Swacch Bharat, Amrit Sarivar and Jal Jeevan Mission.

The Prime Minister referred to the District Visions@100 that are under preparation and said that such visions should be prepared up to Panchayat Level. What sectors should be focussed in the Panchayats, blocks, district and the state, changes for attracting investment and identification of products that can be taken up for exports, a clear vision for all this should be developed, he said. He emphasized linking the chain of MSME and Self-Help Groups to promote local products and said "It is very important for all of you to encourage local talent, promote local entrepreneurship and startup culture."

Underlining that he has been the head of the government for more than 20 years now, the Prime Minister expressed delight at getting the opportunity to work with civil servants. He emphasized capacity building and expressed happiness that 'Mission Karmayogi' has become a huge campaign among all civil servants. He underlined that the Capacity Building Commission is taking this campaign forward with full force and said, "The aim of Mission Karmayogi is to utilize the full potential of civil servants." Highlighting the iGOT platform that has been created to ensure the availability of quality training material everywhere, the Prime Minister stressed that training and learning should not remain a formality for a few months. "Now, all the recruits are also being trained on iGOT platform with the orientation module of 'Karmayogi Prarambh'", Shri Modi add-

### NIA Team....

to the spot. Visuals showed semi-burnt bodies of the soldiers lying on the road beside the burning truck.

Official sources told GNS that a team of NIA investigated at the spot even as a massive cordon-and-search operation continues in the area to track down the "attackers". They said army has pressed drones and

### sniffer dogs to trace the attackers. Advisor Bhatnagar.....

peace, progress and prosperity of entire

### Jammu and Kashmir. Avalanche.....

advised to take precautions and avoid venturing into the avalanche-prone areas till further orders," JKDMA said.







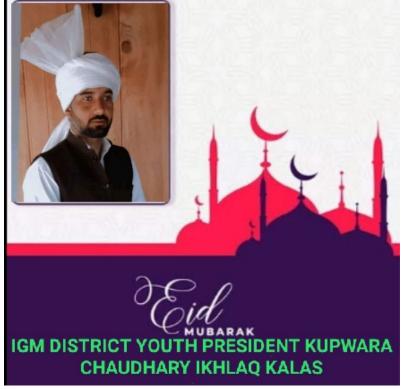


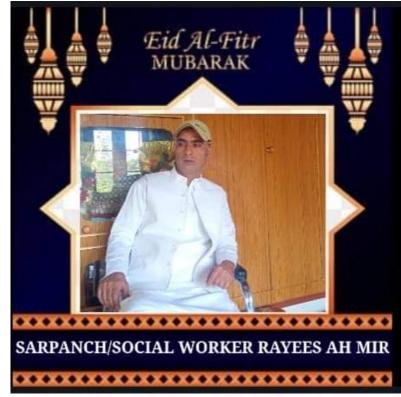




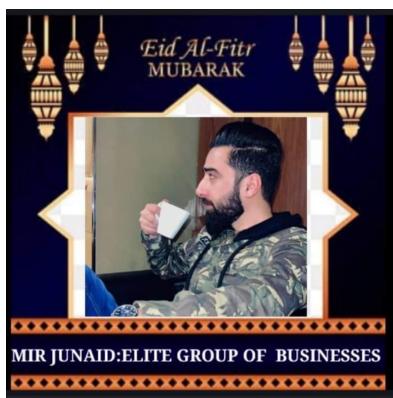




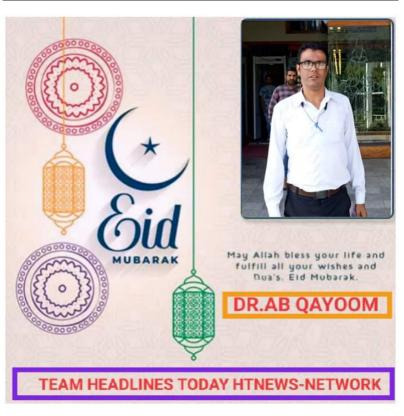
















## Various delegations call on Lt Governor

### **HT News Network**

13HEADLINES

TODAN Voice To The Voice!

JAMMU, APRIL 21: A delegation of National Awardee Teachers from J&K UT called on Lieutenant Governor Shri Manoj Sinha at Raj Bhawan, today.

The delegation led by Sh Sunil Kumar apprised the Lt Governor on various welfare issues of National Awardee Teachers of Jammu Kashmir.

The members of J&K Rehbar-e-Khel Teachers Association headed by its Chairman and International Gold medallist Sh Narinder Chib apprised the Lt Governor on the concerning issues of Rehbar-e-Khel Physical Education teach-

Later, a delegation of Kathua Vikas Manch led by



its Patron Prof. Ram Murti Sharma, and Sh Sahil Bhagat, Sarpanch Kashirah, Udhampur projected various developmental issues of their respective areas.

The representtives of Bhartiya Yog Sansthan also called on the Lt Governor and apprised him on the promotion of Yoga in gov-

ernment schools of Jammu

Kashmir.

The Lt Governor assured the members of the delegations of appropriate redressal of their issues and demands based on merit.

## **Div Com Kashmir inaugurates 4-month** long Exhibition at Kashmir Haat

### **HT News Network**

SRINAGAR, APRIL 21: The Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri today inaugurated a four month long Exhibition at Kashmir Haat Srinagar.

The Exhibition will bring a diverse range of activites including Magic Shows, amusement activites, handicraft and Handloom products and food courts and much more.

The Event has been purposely started on the eve of Eid so as to attract a maximum footfall especially the Gaming zones that have been set for children.

The bid for the current season has been won by the SHARMA BROTHERS for a record amount, and It is for the first time that revenue of such extent has been generated from the Haat

The Div Com emphasized that such type of activites should be replicated at other spots in the Srinagar

Director Handicrafts & Handloom Kashmir Mahmood Ahmad Shah gave a detailed brief about the activites the Department is planning to organize in the coming months at the Kashmir Haat area. The Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri today inaugurated a four month long Exhibition at Kashmir Haat Sri-

The Exhibition will bring a diverse range of activites including Magic Shows, amusement activites, handicraft and Handloom products and food courts and much more.

The Event has been purposely started on the eve of Eid so as to attract a maximum footfall especially the Gaming zones that have been set for children.

The bid for the current season has been won by the SHARMA BROTHERS for a record amount, and It is for the first time that revenue of such extent has been generated from the Haat

The Div Com emphasized that such type of activites should be replicated at other spots in the Srinagar

Director Handicrafts & Handloom Kashmir Mahmood Ahmad Shah gave a detailed brief about the activites the Department is planning to organize in the coming months at the Kashmir Haat area.

## **J&K Hoteliers Club Sonamarg Chapter President Farooq Hafiz Greets People On Eid-ul- Fitr**

#### **HT News Network**

Srinagar: As The Devotees Across The Globe Celebrate Eid-ul-Fitr, Marking The Culmination Of The Holy Month Of Ramzan, Jammu Kashmir Hoteliers Club Sonamarg Chapter President And Managing Director (MD) of Snow Land A Chain Of Hotels Farooq Hafiz Greets People On Eid-ul- Fitr has Extended Heartiest Greetings To The People In Particular The Muslim Ummah On Eid-ul Fitr.

In His Message, Farooq Hafiz Said That Eid Mubarak To All Countrymen, Especially Muslim Brothers And Sisters! "Celebrated After The Holy Month Of Ramadan, This Festival Is A Holy Occasion To Strengthen Brotherhood And Harmony In The Society.

The Hoteliers Club Sonamarg Chapter President Takes This Opportunity To Reaffirm Its Commitment To Promoting A Diverse And Inclusive Business Environment Where Everyone Can Thrive. We Believe That Diversity Is A Strength That Enriches Our Communities And Economies.

This Festival Is The Celebration Of Sincere Devotion, Charity And Gratitude To The Almighty. On This Occasion Let Us Take Pledge To Help The Needy And Work Together For Human Welfare And Humanity, "He Said

## **PUBLIC NOTICE**

The Electricity connection with Consumer ID No 0206050014248 Registered in the name of Mudasir Ahmad Wani RIO Bilal Abad Lawaypora Srinagar is to be transferred in the favour of Abdul Rashid Jan RIO Bilal Abad Lawaypora Srinagar.

Anybody having any objection, May Contact Assistant Execative Engineer PDD Sub Division Lawaypora Srinagar within a period of 7 days. After that noobjection will be entertained in any case. Owner Name

Abdul Rashid Jan R|O Bilal Abad Lawaypora Srinagar

## 16th Civil Services Day celebrated at Bandipora

### **HT News Network**

BANDIPORA, APRIL 21: The District Administration Bandipora today celebrated the 16th Civil Services Day to recognize the contribution of civil servants towards the development of the Nation under the theme, 'Viksit Bharat -**Empowering Citizens and** Reaching the last mile'.

The event was presided over by the District Development Commissioner (DDC)Bandipora, Dr Owais Ahmad who lauded the efforts of civil servants in achieving developmental

goals across the Nation. He emphasized the importance of public service and urged the officials to continue to work towards the welfare of the people and development of the Nation.

The programme was attended by SSP Bandipora, Lakshay Sharma; ADDC Bandipora, Ali Afsar Khan; ACR Bandipora, Shabir Ahmad Wani and other officers of the District Administration.

Speaking on the occasion, Dr Owais stated that the Civil Services Day celebration provides an opportunity to reflect on the role of civil servants in the devel-



opment of the district and the nation as a whole. He also appreciated the efforts of the civil servants in

tioning of the government machinery.

Dr. Owais said the District Administration of Bandipora has always been com-

mitted to the welfare of the people and will continue to work towards achieving the developmental goals of the district. The 16th Civil Services Day celebration is a testimony to the commitment of the civil servants towards their duty and responsibility towards soci-

The program was coordinated by Program Manager DIC Bandipora Mehraj Wani.

Every year, on 21st April, National Civil Services Day is celebrated in India as a token of appreciation for all officers, engaged in various public departments in the

country, who work tirelessly to run India's administrative machinery. This day also acts as a reminder for civil servants, working in various departments, of the cause to serve the citizens of the country above

At the culmination of the event, various officers, including ADDC, Nodal OfficerCoordination, ADC, ACR, ACP, DFO, Tehsildar Bandipora, PM DIC Bandipora, ExEn PDD Bandipora/Sumbal, DSHO, CAHO were felicitated for their meritorious contributions and

## SHO Zakoora emerges as hero in dousing off fire in Hazratbal

People, property our first priority:- SHO Zakoora

### **HT News Network**

Srinagar, April 20:- A police officer has emerged as a hero in dousing off flames during recent fire incident at Dargah Hazratbal.In a video that went viral on social media, SHO Zakoora Jonesh Varma can be seen at the top floor with fight fighters while dousing flames without caring about his life.On the directions and permission of senior police officers of the district, he first evacuated the civilians in the structures engulfed in fire and



then started dousing off fire.He continued to remain there till fire was fully controlled and his efforts were widely appreciated by the people present there and on social media as well when his video went viral on social media. Varma who emerged as hero said that it was big success for Srinagar police that they ensured no loss of life or

injury in the incident and stopped fire from spreading further. He said that it is our duty that people and their property should be our first priority and to save their lives it is our priority and we feel proud to be part of Srinagar police.His efforts are being appreciated by every section of the society and even he was appreciated by DG police and other higher officials.

Notably, few days before several structures including some residential houses were damaged in a fire incident in Dargah Hazratbal area of Srinagar.

## J&K Contractors Coordination Committee Chairman Ghulam Jeelani Purza Greets People On Eve Of Eid-Ul-Fitr

### **HT News Network**

Srinagar: J&K Contractors Coordination Committee Chairman Ghulam Jeelani Purza extends his warmest greetings to the Muslim community on the occasion of Eid-ul-Fitr . The JKCCC recognizes the  $importance\,of this\,occasion\,to\,our\,Muslim$ brothers and sisters and extends its sincerest wishes for happiness, peace, and prosperity. Purza in his Eid greetings said let's strive for Peace, Harmony & Development on the conclusion of Holy month of Ramadan. I along with my J&K Contractors Coordination Committee Team of members extend my Eid Greetings to all.

The JKCCC acknowledges and appreciates the vital role played by the business community in the development and growth of our economy.

The J&K Contractors Coordination Committee takes this opportunity to reaffirm



its commitment to promoting a diverse and inclusive development where everyone can thrive. We believe that diversity is a strength that enriches our communities and economies.

Once again, on behalf of the The J&K Contractors Coordination Committee, I extend my warmest greetings and best wishes for a joyful and blessed Eid-ul-Fitr.

## **LOST OF RC**

I have lost front Number of my Bike with Raristration No JK01L-7687 while travelling Jawhar Nagar TO Dalgate. Now I have applied for the duplicate of the same if anybody having any objection in this regard he/she may file his/her objection in the office of the R T O Srinagar within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

PUPINDER PAL SINGH S/O FOJWANT SINGH R/O JAWHAR NAGAR MOB NO 9796740800

## **LOST OF RC**

I have lost RC of my vechile (Etiqa) bearing Ragistra tion No: JK06B/2648 at Home . Now I have applied for the duplicate of the same if anybody having any objection in this regard he/she may file his/her objection in the office of the ARTO Doda within a period of seven days from the date of publication of this notice. After that no objection shall be enter-

Name;-Sajad Ahmad S/o:- Mohammad Ayoub R/o:- Ganda Chali Doda

## Jamia Masjid, Dargah witness massive gathering of devotees on last Friday of Ramadan

### **HT News Network**

Srinagar, Apr 21: A massive gathering of devotees was witnessed in Srinagar's Hazratbal Dargah shrine and the historic Jamia Masjid on the last Friday of the holy month Ramadan.

Reports reaching the news agency-Kashmir News Observer (KNO) said that nearly 50,000 devotees offered congregational Friday prayers at the historic Jamia Masjid, which remained closed for the prayers last Friday.

The biggest congregation was, however, witnessed at Hazratbal shrines where the devotees from different parts of the Valley participated in the Friday prayers, where the holy relic of the Prophet (SAW) was displayed during which emotional scenes were witnessed all around.

Large congregations



were also witnessed in others Masjids and shrines including Masjid Jamiat-e-Ahlehadith, Gawkadal; Asar-e-Sharif, Janab Sahib Soura Asar-e-Sharif Shehri Kalashpora Ziarat-e-Makhdoom Sahib, Khanqah-e-Mualla and different Imam-

The biggest congregational prayers were also witnessed at several other shrines in different districts, including Chararisharief in Budgam, Khiram Sirhama & Hazratbal Kabamarg in Anantnag district, Shrines of Hazrat Sultan-ul-Arifeen and Sheikh Hamzah Makhdoom Sahib (RA) located in Ahm-e-Sharief and Gundpora-Rampora, respectively, in Bandipora district and other Masjids as well.

During the special prayers, the religious clerics threw light on the teachings of Islam.

Special arrangements were put in place including sanitation, lightening, traffic management, transport and relevant things for the devotees, officials said.

"We had also established a control room at Dargah Hazratbal where thousands of devotees are expected to gather for Friday congregational prayers and to have a glimpse of the holy relic," officials said.

The authorities had also pressed buses into service to ferry devotees to and from Hazratbal Dargah.

Meanwhile, a spokesperson of the Anjuman Auqaf Jamia Masjid, said that on the occasion of Last Friday of the holy month of Ramadan, thousands of men, women and young people performed Friday prayer at the historical Jama Masjid Srinagar by prostrating themselves before the Almighty Allah, doing Tauba-Wa-Istighfaar - repenting over their sins and seeking forgiveness from their

## 4 including Aquaf **President beaten by PDD** employees in Kulgam

### **HT News Network**

Kulgam, 21-Apr, CNS: Four persons including village head (Aquaf saddar) of Super village in South Kashmir's Kulgam district were beaten by Power Department Development (PDD) employees inside a workshop in Kulgam

Locals said that that on Wednesday due to lightning,

the transformer of village Super was damaged. "Early this morning the people themselves brought the transformer to Kulgam workshop and it was not taken off from the vehicle until late in the evening and when the president of the village and three man accompanying him took down the transform from the vehicle this evening.

The PDD employees turned violent", they said. According to locals, the PDD employees told them to take it down themselves. Later on, the PDD employees got angry and beat the president and those who were with

Talking to CNS, Aquaf president Super Fayaz Ahmed said that the employees who were in the workshop were too rude. "They pushed me down and made me fall straight and beat me with sticks, I requested Deputy Commissioner Kulgam please look into the matter", Ahmed added.

When our correspondent contacted SE PDD Muzaffar Ahmed, he said that he will look Into the matter. "Whoever is found involved in this will be dealt with strictly", he said.(CNS)

# FCIK Demands For Consolidation Of Existing Industrial Base

#### **HT News Network**

SRINAGAR: The Federation of Chambers of Industries Kashmir (FCIK) has urged the central government to consolidate the existing industrial base in Jammu and Kashmir and its ambitious expansion plans for industrial development under the "New Central Sector Scheme" (NCSS) launched in 2021 with an outlay of 28400 Crores over a period of time.

13TH HEADLINES

This was conveyed by FCIK representatives to the Director of the Department for Promotion of Industry and Internal Trade (DPIIT), Dr Kajal, and her team of officers in a meeting held at Sanat Ghar Srinagar. The FCIK was led by members of the Advisory

Committee, Shakeel Qalander and Mohammad Ashraf Mir, with the participation of presidents of various industrial estates, including Lassipora, Khunmoh, Rangreth, Zainakote, Shalteng, Sanat Nagar, Baghi Ali Mardan Khan, Zakura, Ganderbal, Silk Park Zakura, and other constituents.

FCIK representatives conveyed that the desired transformation in industrial development could only take place by following the principles of natural growth, which envisages the consolidation of the existing industrial base before spreading out for expansion. While hailing the NCSS for enhanced industrial development, they said that the plan also required a change in the working atmosphere and system to facilitate existing and



prospective entrepreneurs with flaw-

Recalling the central industrial

scheme of 2002 launched by the then Prime Minister, Atal Bihari Vajpayee, the FCIK representatives regretted

that the scheme could not bring any substantial change owing to inherent deficiencies. They said that the whole scheme, spread over more than a decade, could only attract investment of about 3000 crores, mostly in two districts of 22 districts of the erstwhile state of J&K. They said that NCSS-2021 may, God forbid, meet the same fate if the problems of existing enterprises were not addressed to boost existing and prospective investor's confidence. They informed the visiting team that a whole lot of existing units were presently in complete distress and working on meager capacities much below their break-even, apart from a large number of units that had already

FCIK suggested DPIIT to earmark a

sum of 10000 Crores out of 28400 Crores under NCSS, which could be utilized for incentivizing existing industrial units on revival and rehabilitation of sick units, diversification, modernization, and expansion programs. This initiative could not only save thousands of crores of investment made in existing infrastructure but could also establish a strong foundation for desired expansion plans, said FCIK members, adding that re-enforcing of existing units had the potential of generating one million jobs in a short run. FCIK suggested DPIIT to earmark a sum of 10000 Crores out of 28400 Crores under NCSS, which could be utilized for incentivizing existing industrial units on revival and rehabilitation of sick units, diversification.

## **NCC cadets of GCW Parade** conduct cleanliness drive on Tawi banks

### **HT News Network**



JAMMU, APRIL 21: NCC Cadets of 2 J&K Girls Battalion from Government College for Women, Parade Ground Jammu, organised a cleanliness drive under the Puneet Sagar Abhiyan. The drive focussed on collecting plastic waste near the bank of River Tawi at Har Ki Pauri. The aim was to increase awareness among the local population about the importance of keeping rivers, canals and seashores clean to prevent contamination of water areas.

100 NCC cadets volunteered in this drive, engaging youth in cleaning water bodies. Cadets also installed dustbins in the nearby area and interacted with local residents and shopkeepers/vendors through a street play to spread awareness about the harmful effects of littering water bodies and its impact on the environment.

Various activities were held under this campaign, including rallies as well as a painting competition. The event was held under the supervision and guid-

ance of Principal, Dr SP Saraswat and ANO Lt. Suman

## **Kishtwar administration** celebrates Civil **Services Day**

### **HT News Network**

KISHTWAR, APRIL 21: District Administration Kishtwar organised a programme to commemorate Civil Services Day, dedicated to reflecting on civil servants' contributions and planning for their departments' future.

The event was attended by various district officers, including ADDC Sham Lal; ADC, Inderjeet Parihar; ACR, Varunjeet Singh Charak along with other officials from various departments.

The programme also included a live streaming of Prime Minister Narendra Modi's address on Civil Ser-

## 'Shahrul Ramadhan' talent-hunt festival held at KU; VC chairs valedictory session

### **HT News Network**

Srinagar: A day-long 'Shahrul Ramadhan Festival', an annual activity of the Department of Students' Welfare, was held at the University of Kashmir on Wednes-

Vice-Chancellor Prof Nilofer Khan chaired the valedictory session of the talent-hunt festival, which was attended by a large number of students from the University's teaching departments and affiliated colleges.

Three competitions including Traditional Calligraphy Competition, Contemporary Calligraphy Competition and 'Naat' Competition were held in which students participated with great enthusiasm and passion to showcase their

In her valedictory remarks, the

Vice-Chancellor said such com $petitions\,encourage\,the\,students$ to develop confidence and give vent to their hidden creative talent. She congratulated the Department of Students' Welfare for continuing with the legacy of holding the Shahrul Ramadhan Festival, which started in 2009.

Saying that participation of students is more important than winning the competitions, Prof Nilofer said the festivals like 'Shahrul Ramadhan' ignite the feeling of compassion for others among young students and also encourages them to become good human

The VC later gave away prizes among the winners of the com-

Registrar Dr Nisar A Mir, who was a guest of honour, said such important festivals bring students from diverse backgrounds togeth-



er to learn from each other and rekindle in them the desire to participate in different competi-

Dean Students Welfare Prof Aneesa Shafi highlighted the objectives of various programmes, including the current programme,

being organised by the DSW under the aegis of Y20. She said more extracurricular activities are in the pipeline during the current

academic year. Cultural Officer, Shahid Ali Khan, conducted proceedings of the valedictory session. Vice-

Chancellor Prof Nilofer Khan chaired the valedictory session of the talent-hunt festival, which was attended by a large number of students from the University's teaching departments and affili-

Three competitions including Traditional Calligraphy Competition, Contemporary Calligraphy Competition and 'Naat' Competition were held in which students participated with great enthusiasm and passion to showcase their

In her valedictory remarks, the Vice-Chancellor said such competitions encourage the students to develop confidence and give vent to their hidden creative talent. She congratulated the Department of Students' Welfare for continuing with the legacy of holding the Shahrul Ramadhan Festival, which started in 2009.

## Mayor meets CS, discusses issues of public concern

### **HT News Network**

JAMMU, Apr 20: The Mayor Jammu, Rajinder Sharma met Chief Secretary (CS), Dr. Arun Mehta here, today and discussed various issues of public importance with him.The Mayor discussed the concept of Construction Surveillance System for Jammu city under which construction works can be monitored from the concerned office to stop the ongoing extortion by Enforcement Officers.

Another issue discussed was preventing Nallahs from falling into river Tawi so that the upcoming artificial lake in Tawi may remain clean and hygienic.

The compounding of the buildings made without Jammu Municipal Corporation (JMC) permission along with introducing the Building Bylaws to give relief to the people and streamlining of the existing Bylaws was also discussed so that people can read these laws and get the site plan



approved. The Mayor also discussed the concept of e-offices to avoid people falling victim to the clerical apathy and to have the work done on first come first serve basis. The burning issue of polythene ban and narcotic addiction was also discussed and Mayor stated that polythene use has created a lot of problem for modern urbanization and has resulted in shrinking and pollution of water bodies.

He proposed that carry bags made of cellulose and starch should be put to public use as these can get easily decomposed

## **Kavinder meets Shinde, seeks** cooperation for tourism promotion

### **HT News Network**

MUMBAI, Apr 21: Senior BJP leader and former Deputy Chief Minister, Kavinder Gupta today called on Maharashtra Chief Minister, Eknath Shinde at his office in Mumbai and sought cooperation for tourism promotion in I&K.

At the outset of the meeting, Kavinder discussed the present political scenario and prevalence of long lasting peace in Jammu and Kashmir. He told Maharashtra Chief Minister that all the bottlenecks which were hindering the occurrence of tranquillity have been removed by the Modi Government by taking revolutionary steps since 2014



with abrogation of Article 370 in 2019 which was the turning point post independence history of India.

The senior BJP functionary from J&K urged Shinde to rope in Maharashtra Tourism Development Corporation (MTDC) to give impetus to the tourism sector in J&K as cooperation between MTDC and its boost tourism in a big way.

MD, KPDCL commissions 33/11 KV, 1x6.3 MVA

Nihalpora Receiving station at Patan

He said that the scenario has totally changed in J&K with vistas of opportunities waiting for the business giants to establish their ventures in the paradise on earth.

Kavinder appealed to Shinde to establish his State's guest houses and accommodations across Kashmir to facilitate the counterpart in J&K can tourists from Maharashtra visiting the Valley.

## Ramban administration celebrates 16th Civil Services Day

### **HT News Network**

RAMBAN, APRIL 21: Ramban district administration celebrated the 16th Civil Services Day under the theme "Viksit Bharat -**Empowering Citizens and** Reaching the Last Mile".

Additional District Development Commissioner, Rajinder Sharma presided over the event and praised civil servants for their efforts in achieving developmental goals. He emphasised the importance of public service and urged officials to continue working for people's welfare and national development.

The programme was also attended by Additional



Deputy Commissioner, Harbans Sharma; District Social Welfare Officer, Rahul Gupta; Chief Medical Officer and Chief Horticulture Officer, among other district admin-

istration officers. Harbans Sharma said that

the district administration is committed to people's

welfare and will continue

working towards district

**National Civil Services** 

Day is celebrated on April

21 every year, in India, to

developmental goals.

national development. The programme was also attended by Additional Deputy Commissioner, Harbans Sharma; District Social Welfare Officer, Rahul Gupta; Chief Medical Officer and Chief Horticulture Officer, among other district admin-

istration officers.

appreciate officers who

work in various public departments. Additional

District Development Com-

missioner, Rajinder Sharma

presided over the event and

praised civil servants for

their efforts in achieving

developmental goals. He

emphasised the importance

of public service and urged

officials to continue work-

ing for people's welfare and

## **HT News Network**

SRINAGAR, APRIL 21: Manging Director (MD), **Kashmir Power Distribution** Corporation Ltd (KPDCL), M Yasin Choudhary test charged 33/11 KV, 1x 6.3 MVA Nihalpora Receiving Station thereby addressing the long pending demands of the people of Patan and Tangmarg.

The Nihalpora Receiving station outgoing feeder will feed power to the people of Patan which will decrease the overall demand on the already existing Patan Receiving Station thud bringing respite to the

people of the Patan and Tangmarg by providing better and reliable power to both the sections of the society through load divi-

Its is wirth mentioning here that before commissioning of Nihalpora Receiving Station, part of Tangmarg and Patan was being fed from the existing Patan Receiving station due to which the outgoing 11KV feeder was heavily overloaded specially during winters with a peak demand of 12 MWs leading to forced curtailments.

With addition of Nihalpora Receiving Station to the system, the total load stands equally segregated between the two parts of the society by way of creation of two separate 11KV outgoing feeders instead of one, which in turn will provide better and reliable power supply to the people of Patan and Tangmarg spe-

cially during winters. Meanwhile, Managing Director, KPDCL also visited Shopian on 19th April and took review of progress of various electrical works being executed by Power Grid Corporation of India Ltd (PGCIL).

These include Augmentations/ Upgradations of already existing 33/11 KV Receiving stations at Landoora, Batpora and Reshipora of District Shopian under PMDP Scheme.

The MD KPDCL on spot directed the officials of PGCIL and KPDCL to complete the augmentations within shortest period of time, so that the people of district Shopian will be provided with a better quality of power supply round the clock and meet their long pending demands.

It is worthwhile to mention, that with these augmentations in district Shopian, the overall power handling capacity of these Receiving Stations will increase from its existing 32.6 MVA to 56.3 MVA.





**PRINCE**HEADLINES

## **Sports Growth in** Kashmir....

Sports have always been an integral part of the cultural fabric of Kashmir. In recent years, there has been a significant increase in the enthusiasm for sports among the people of Kashmir, especially females. This increase in sports enthusiasm is a positive sign, as it not only promotes a healthy lifestyle but also has a positive impact on the overall development of the region.

The growth of sports enthusiasm in Kashmir can be attributed to several factors. One of the primary factors is the increased awareness about the benefits of sports and physical activity. People are now more aware of the importance of staying fit and healthy, and sports provide an excellent platform for achieving these goals.

Another significant factor is the region's increasing availability of sports facilities and infrastructure. The government and private organizations have invested heavily in developing sports facilities, including stadiums, sports academies, and training centers. These facilities have not only provided a platform for people to pursue their sporting passions but have also created employment opportunities for many people in the region.

The growth of sports enthusiasm among females is particularly noteworthy. In the past, girls in Kashmir were discouraged from pursuing sports due to cultural and social norms. However, in recent years, there has been a significant change in attitudes towards women's participation in sports. The government and NGOs have launched several initiatives to encourage girls to participate in sports, including providing scholarships and creating sports facilities exclusively for women.

One of the most prominent examples of the growth of sports enthusiasm among females in Kashmir is the increasing popularity of football among girls. Football has traditionally been considered a maledominated sport, but in recent years, girls in Kashmir have taken a keen interest in the game. The government and NGOs have launched several initiatives to promote girls' football, including the establishment of girls' football academies and the organization of football tournaments exclusively for girls.

The growth of sports enthusiasm among females has had a positive impact on their overall development. Studies have shown that girls who participate in sports are more likely to do well in school, have higher levels of confidence, and are better equipped to deal with stress and adversity. Sports also provide a platform for girls to develop leadership skills, work as a team, and develop a sense of camaraderie and sportsmanship.

The growth of sports enthusiasm in Kashmir has also had a positive impact on the region's economy. The sports industry is a significant contributor to the economy, providing employment opportunities to thousands of people in the region. The growth of sports facilities and infrastructure has also created a demand for goods and services, which has led to the growth of small businesses in the region.

However, despite the significant progress made in promoting sports in Kashmir, there are still several challenges that need to be addressed. One of the biggest challenges is the lack of funding for sports facilities and infrastructure. While the government has made significant investments in developing sports facilities, there is still a need for more funding to create world-class facilities that can attract national and international events.

Another challenge is the lack of awareness about the importance of sports among the general population. While there has been a significant increase in sports enthusiasm among the youth, there is still a need to educate the general population about the benefits of sports and physical activity.

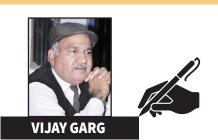
Concludingly, the growth of sports enthusiasm in Kashmir, especially among females, is a positive sign for the region's overall development. The government, NGOs, and private organizations need to continue their efforts to promote sports and provide the necessary infrastructure and facilities to support the growth of sports in the region. With the right policies and investments, sports can become a significant contributor to the economy of Kashmir, while also promoting a healthy and active lifestyle among its people.



**Basic(Primary) Education** 

**Employment: The means** 

of economy and money



Basic education is defined as primary plus secondary level education. It is an evolving program of instruction that is intended to provide students with the opportunity to become responsible and respectful global citizens, to contribute to their economic well-being and that of their families and communities, to explore and understand different perspectives, and to enjoy productive and satisfying lives. The Right of Children to Free and Compulsory Education Act, which was approved by the Indian Parliament on 4th August 2009, explains the modalities of the provision of free and obligatory education for children between the ages of 6 to 14 years in India under Article 21A of the Indian Constitution. India became one of the  $hundred\, and\, thirty-five\, countries\, to\, make\, education$ a fundamental right of every child when the act came into implementation on 1st of April 2010. Basic education is the basic and foremost right of every child. The availability and provision of general education to the child is not only the responsibility of government but also of parents and households. Basic education brings awareness among the masses, opens avenues for opportunities as well as self-advancement and improvement and reduces chronic and intergenerational poverty. As a first step in the creation of welfare and just society, universal basic education is an absolute pre-requisite for sustainable development. In order to compete with the surrounding world, children are prepared from very early childhood. The first six years of a child's life are globally acknowledged as being the most critical years for lifelong development since the pace of development during these years is extremely rapid. This is why basic education is very necessary for all to go ahead in life and get success. It develops confidence and helps to build the personality of a person.

### **Goals of Basic Education**

There are basically four main goals of basic education of a child which are listed below.

Read with comprehension, write effectively, and communicate successfully in a variety of ways and settings and with a variety of audiences.

Know and apply the core concepts and principles of mathematics; social, physical, and life sciences; civics and history, including different cultures and participation in representative government; geography; arts; and health and fitness.

Think analytically, logically, and creatively and to integrate technology literacy and fluency as well as  $different\,experiences\,and\,knowledge\,to\,form\,reasoned$ judgments and solve problems.

Understand the importance of work and finance and how performance, effort, and decisions directly affect future career and educational opportunities.

### **Importance of Basic Education**

Primary education is one of the basic needs of human. The difference that basic education can make to human life is easy to see. There are many important features of getting the basic education in childhood as discussed below.

Deprivation: The most basic issue relates to the elementary fact that illiteracy and innumeracy are forms of insecurity in themselves. Not to be able to read or write or count or communicate is a tremendous deprivation. The extreme case of insecurity is the certainty of deprivation and the absence of any chance of avoiding that fate. The first and most immediate contribution of successful basic education is a direct reduction of this basic deprivation.

Ideal Society: Education provides a platform for a decent livelihood. One can take up a job in industry or another professional service if he is educated. An educated society can help everyone to grow and develop as individuals in their respective fields. Basic education helps you become a useful member of society. Many people of lower income groups have a good lifestyle through basic education. If we want to

making have changed with basic education. It is the primary cause of rising in employment opportunities all over the world. Without education, a person can only perform lay jobs or labour jobs using his hands and legs, but with basic education, he can work using his brain. The advent of the internet, software and other technology could perform well due to education. This makes us generate colossal income and employment opportunities. Maybe if people are not educated. these technologies would be of no use to anyone. So such vast income generation is possible due to educated humans.

see the world as a fair place where everyone is given equal opportunities, basic education is what we require. Education is a must if we want to do away with the existing differences between different social classes and genders. It opens a whole world of opportunities for the poor so that they may have an equal shot at well-paying jobs. Education also plays a major role in women empowerment.

Employment: The means of economy and money making have changed with basic education. It is the primary cause of rising in employment opportunities all over the world. Without education, a person can only perform lay jobs or labour jobs using his hands and legs, but with basic education, he can work using his brain. The advent of the internet, software and other technology could perform well due to education. This makes us generate colossal income and employment opportunities. Maybe if people are not educated, these technologies would be of no use to anyone. So such vast income generation is possible due to educated humans.

Ability to Read and Write: Basic education gives the ability to a person to read and write. As most of the information is delivered in writing. This is because it is important in daily life. An individual with these abilities is an educated person. He/she able to read literature, newspapers, magazines and signboards. He/she is able to get the other people's views and experiences which result in enhancing the individual's knowledge. A person with basic knowledge of education can understand the signboards applied on roads, shopping malls, bus stands, railways stations and airports. Moreover, an individual with the basic education can do his/her daily chores like activities related to banks, shopping and money transactions by his/her own, otherwise, a person with no basic knowledge will be dependant on others just to do his daily chores.

Communication Etiquette: With basic education, a person can communicate in a sensible way. Basic education teaches communication etiquettes like the sense of speech, use of proper gestures and good body language. A person having least required education has a good way to speak and also own other communication etiquettes. The body language of that person reflects confidence due to education. It will be difficult for the person to compose an email, write a letter or even understand the features of a smartphone without basic education. Also, if an individual goes abroad, he can easily survive thereby learning the local language. He will learn the local language easily from the books available in markets for learning that language. With this, you are able to communicate in a proper language with the correct usage of grammar, prepositions, pronunciation, etc.

Express Views and Opinions: Basic education gives the ability to a person to express his own opinions in a well-mannered way. He is able to communicate with the mass audience by writing his views in newspaper articles, writing letters and by making videotapes. Most of the famous poets, authors are not so much educated but they got fame due to their ability to influence people. Though it is true that this ability influencing people is by birth but basic education nourishes their skill. One can even communicate professional and personal issues in written form. They can do by email, letters, books, etc. Many people write novels, poems, stories due to their education.

Better Social Harmony: The basic education is a way by which people of different cultures, religions; sects come together during schooling, college, etc. Thus it helps them understand each other better and stay in mutual harmony. Therefore education can improve social harmony. Education can guarantee a better lifestyle.

#### **Difference Between Educated and Uneducated Person**

There is a huge difference between the educated and uneducated person. Following are some of the aspects in which both are different from each other.

Confidence: An uneducated person has low confidence in social affairs because of lack of proper education. This disability will keep one low in confidence in public affairs whereas the educated person has a high level of self-confidence just because of basic

Respect: Usually, an uneducated is less respected by society. We generally notice this thing that people without basic education are less respected than those with proper education.

Ease of Life: An illiterate person depends on the others to read a signboard or write a bank pay slips etc. on the other hand the literate person does not depend on anyone and will be self-reliant on most of the issues.

Learning: An Uneducated person can gain knowledge of things happening around only by hearing from the others on the flip side the educated person gains knowledge of happenings by even reading books,

Growth in Life: For an uneducated human it is very difficult to occupy higher positions in society whereas there are many chances for the person with a basic education can occupy the higher position in society proper if proper effort is taken.

Hence, these are some of the important aspects of basic education which makes it essential in modern life. If a person does not have a basic education, he will face different sort of problems in his entire lifespan. Basic education is not just an arrangement for training to develop skills; it is also recognition of the nature of the world, with its diversity and richness, and an appreciation of the importance of freedom

> Vijay GarG Retired Principal Educational **Columnist Malout Punjab**



**HT - OPED** 

# Celebrating Eid al-Fitr

## Significance and Meaningful Ways to Celebrate with Charity and Compassion



13TH HEADLINES

Eid al-Fitr, also known as the "Festival of Breaking the Fast," is an important religious holiday celebrated by Muslims all over the world. It is observed on the first day of Shawwal, the tenth month of the Islamic calendar, which follows the holy month of Ramadan. The significance of Eid al-Fitr lies in the spiritual renewal that takes place after the month-long fast and the opportunity to express gratitude to Allah for the blessings received during the month of Ramadan. In this article, we will explore the significance of Eid al-Fitr and how to celebrate it in a meaningful way.

### The Significance of Eid al-Fitr

Eid al-Fitr is a time of joy and celebration for Muslims. It marks the end of the holy month of Ramadan, a time when Muslims fast from sunrise to sunset and focus on spiritual reflection and prayer. The act of fasting is meant to purify the soul and bring one closer to Allah. It is also a time to give charity to the poor and needy, as well as to seek for giveness for one's sins. Eid al-Fitr marks the end of this period of spiritual renewal and a time to celebrate the blessings and mercy of Allah.

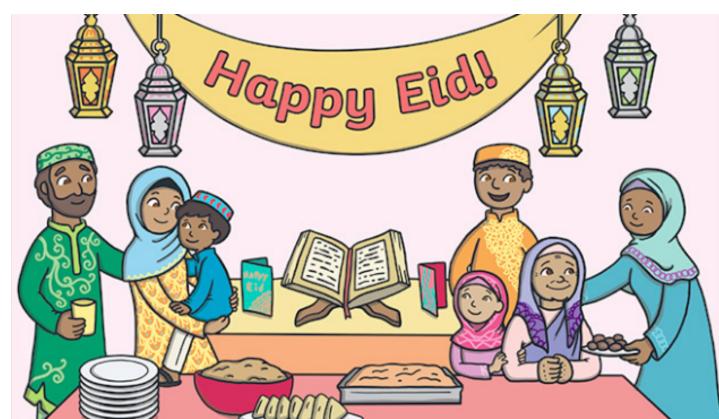
### **Celebrating Eid al-Fitr**

Eid al-Fitr is a time of celebration and joy, but it is important to celebrate it in a meaningful way. Here are some ways to make your Eid celebration more meaning-

Attend Eid prayer: Eid al-Fitr begins with the Eid prayer, which is usually held in an open field or a mosque. Muslims gather to offer this prayer, which is an expression of gratitude to Allah for the blessings received during the month of Ramadan.

Dress up: It is customary to wear new clothes on Eid al-Fitr. Dressing up for the occasion is a way of showing respect and gratitude to Allah for the blessings received during the month of Ramadan.

Prepare special foods: Eid al-Fitr is a time



to indulge in special foods and sweets. Preparing these foods and sharing them with family and friends is a way of showing love and gratitude.

Give to charity: It is customary to give charity during Eid al-Fitr. This can take the form of giving money or food to the poor and needy. Giving to charity is a way of expressing gratitude to Allah for the blessings received during the month of Ramadan and sharing those blessings with oth-

Visit family and friends: Eid al-Fitr is a time to strengthen family and community ties. Visiting family and friends and sharing meals with them is a way of showing love and building relationships.

Forgive and seek forgiveness: Eid al-Fitr is a time to forgive and seek forgiveness. Muslims are encouraged to forgive those who have wronged them and seek for giveness from those they have wronged. This is a way of purifying the soul and building stronger relationships with others.

Eid al-Fitr is a time of joy and celebration for Muslims. It is a time to express gratitude to Allah for the blessings received during the month of Ramadan and to celebrate the spiritual renewal that takes place during this time. By celebrating Eid al-Fitr in a meaningful way, we can strengthen our faith, build stronger relationships with others, and deepen our sense of gratitude

and compassion. In addition to the above-mentioned ways of celebrating Eid, it is important to remember the less fortunate and marginalized members of society. Instead of spending extravagantly on new clothes and lavish meals, consider donating to charities or volunteering your time to help those in

One way to make a difference is to celebrate Eid with the poor and underprivileged members of your community. Invite them to your home or visit a local charity organization and offer to spend time with those who may be alone or in need of companionship. Share a meal, exchange gifts, and spread joy and happiness to those who may not have the means to celebrate the holiday in the same way.

**Donate to charity organizations** 

Another way to celebrate Eid in a meaningful way is to donate to charity organizations that support those in need. This could include food banks, orphanages, or organizations that provide medical assistance and education to underprivileged communities. By making a donation, you can ensure that those who are struggling have

ebrate Eid and live a better life. Finally, consider using this time of celebration to reflect on the blessings in your own life and show gratitude for all that you have. Take the opportunity to spend time with loved ones, connect with those who may be far away, and appreciate the moments of joy and happiness that come with celebrating Eid.

access to the resources they need to cel-

Eid al-Fitr is a time of joy, celebration, and reflection. By celebrating in a meaningful way, we can deepen our understanding of the significance of this holiday and spread happiness to those around us. This year, let us not forget to help those in need and celebrate Eid with simplicity and humil-

ity, spreading love and kindness to all. Celebrating Eid with the poor and helping the needy, we should also be mindful of the wastage of food during the festivities. It is important to remember that many people around the world struggle to find their next meal, and throwing away food is a waste of precious resources.

To address this issue, we can take steps to reduce food waste during Eid celebrations by planning our meals carefully, avoiding over-preparation, and sharing excess food with our neighbors and friends. Additionally, we can donate excess food to local charities or food banks.

However, it is important to ensure that any donations are made in a responsible and respectful manner. Donations should be given discreetly, without revealing the identity of the poor or needy individuals who are receiving assistance. This can help to protect their dignity and avoid any potential damage to social relations within the community.

By celebrating Eid in a meaningful way, and by making efforts to help the poor and avoid food wastage, we can truly embody the spirit of this important holiday and create a more compassionate and caring

Celebrating Eid with people from other religions is a beautiful way of promoting unity and understanding. It is a perfect opportunity to showcase the peaceful and joyous nature of Islam. By inviting our non-Muslim friends and neighbors to join in our Eid celebrations, we can show them the true spirit of our religion and how it promotes compassion, love, and respect for all.

Moreover, celebrating Eid with people from different backgrounds and cultures is an excellent way to build bridges of friendship and understanding. It is a chance to learn from one another, share traditions, and appreciate diversity. The more we interact and learn from each other, the more we can create a peaceful and harmonious society.

In the end, celebrating Eid with people from different religions is a great way to promote peace, love, and understanding. Let us all come together on this auspicious occasion and show the world the beauty of Islam and the importance of unity in diversity.

The Author is a Renowned Social Activist/Writer, President of Tehreeke-Naujawan & Student Of Cybersecurity, Email:- askirfanattari@

## India-US Defence Relationship



India and US conducted an air exercise in the Northeast's Panangarh, Indian Air Force station. It is a crucial sector under the Indian Army Eastern Command, wherein the country's strike corps for our adversary is located. This exercise will see the involvement of both transport aircrafts and fighter aircrafts. The Cope India 23, the bilateral exercise between IAF and USAF, aims to enhance mutual understanding between the two air forces and share their best practices. Two air forces will work on air mobility and involve transport aircrafts and special forces assets. This is the first phase of the exercise; subsequently, it will cover Kalaikunda and Agra, the Indian Air Force bases.

In addition to this exercise, India will participate in another multilateral exercise with Greece later this month, where mainly NATO countries will participate. These are the routine exercises that various arms of the Indian Armed Forces undertake yearly with friendly countries.

The India-US defence and security relations have witnessed significant progress in recent years, driven by their shared interests and strategic objectives. The cooperation between the two countries has expanded across various domains, including military exercises, intelligence sharing, defence technology and trade, and collaborative research and development. As the strategic partnership continues to evolve, it is expected to play a crucial role in shaping the regional security dynamics in the Indo-Pacific region.

One of the critical aspects of the India-US defence and security relations is their collective visualisation of a free, open, and inclusive Indo-Pacific region. Both

 $India\, and\, US\, acknowledge\, the\, significance\, of\, maritime$ security and freedom of navigation in the Indo-Pacific and have conjoined in areas such as anti-piracy operations, maritime domain awareness, and humanitarian assistance and disaster relief measures.

India-US relations have strategic and economic shared interests based on democratic values. India aspires to become a \$ 5 trillion economy, and selfreliance in defence manufacturing is the key area where the focus has to be laid. India has a liberalised policy of defence manufacturing and established two Defence Industrial Corridors in UP and Tamil Naidu. This can help India to become a crucial partner in the global defence supply chain. Moreover, Buy (Global)-Manufacture in India avenue for sourcing large platforms for overseas to manufacture and sell in India and abroad will further boost the economy.

The US has started supplying defence equipment to India in the past decade. There have been significant American defence companies which have invested in India. India and US defence partnership is anticipated to grow further in the coming days. India has gained from the sophisticated technology supported by the US. A technological gap between India and China needs to be

bridged. Indeed, the US can help India in this regard. Both India and US have initiated actions which indicate the seriousness of defence and security relations. The US Government has recognised India as Major Defence Partner and committed to working toward facilitating technology sharing with India. The US share such technologies with close allies only. Major Defence Partner designation and Strategic Trade Authorisation-1 are unique to India as the US eases higher technology product sales restrictions to India.

The US-India defence partnership has grown by over USD 21 Billion and has tremendous potential to grow further. The 2+2 Ministerial Dialogue between India and the US have been the driving force of partnership between the two countries. The US-India Defence Technology and

Trade Initiative (DTTI) is a mechanism focused on creating new areas of technology cooperation through codevelopment and co-production in the defence sector.

India is a significant player in the Indo-Pacific Region, which many countries, including the US, have recognised. The US has renamed its oldest and strategically  $important (US\,Pacific\,Command)\,as\,Indo-Pacific\,Com$ mand. QUAD, which comprises India, the US, Japan, and Australia, leaders of these countries have resolved to work together closely to advance the shared values and promote a secure, stable and prosperous Indo-Pacific Region. During his visit to India in 2021, The US Secretary of Defence, Llyod Austin, reinforced the US's commitment to a comprehensive and a forwardlooking defence partnership with India as a central pillar of approach to the Indo-Pacific Region. Considering this region's potential and new strategic dynamics, such a critical partnership must remain robust.

Technology dominance will be a decisive factor in the forthcoming battles. Technology development to meet our future warfighting capability should focus on a broad-based programme encompassing all defence-related sciences. The strategy should guarantee that we can develop and transform advanced technology into a reasonable and critical military capability considering affordability, timeliness, dualuse, technology base and modular design. This would enable the country's R&D establishments to focus on specific capability requirements and work out appropriate technologies needed to fulfil these requirements. Identifying critical technologies that are likely to be denied and efforts concentrated on indigenous development of these technologies would be possible. The focus should be on the emerging areas of warfare that have been identified as essential for joint warfighting.

China is making a big bet on disruptive technologies such as AI, advanced robotics, quantum computing, hypersonic systems, new materials and renewable energy to create military dominance. At the same time, India's developments in military science & technology appear to lag behind in scale, pace, steadiness and content. The help of the US is required the most in the development of military science and technology. Ultimately aim is to amalgamate incongruent technologies into a weapon system.

But the moot question is whether or not the Indian Armed Forces have the technology and wherewithal to defend the integrity and sovereignty of the nation. The answer is yes, and it has been demonstrated repeatedly. But if the question is whether they have adequate technology in the embryonic multi-domain environment as befitting a rising power, the answer is not yet. This aspect needs further elaboration.

Geopolitics changes have brought the world's two largest democracies together. The Indo-US ties have  $grown\,more\,robust in the\,past decade. Liberalised\,defence$ policy makes India a manufacturing destination for US companies to increase their investment in India. The significant factors contributing toward strengthening Indo-US ties in the military and security sector are a requirement of geostrategic partnership in the Indo-Pacific Region, safeguarding the national interests and

addressing the disrupting global supply chains. India is focused on implementing reforms in the defence sector-indigenous production and technology absorption, and the US need to embrace technology transfer and co-development in India. This will help India to become an integral part of the global strategic defence market. Further joint exercises between India and the US would enable them to handle contingencies and focus on critical strategic areas. India will get benefitted tremendously from the technology influx as it will create jobs and infrastructure.

The relationship between India and the US is bound to grow robust in the years to come despite the domestic political landscapes in both countries. The urgent requirement is to outline the contours of the relationship on a sustainable basis.

**HT - NATIONAL** 

## "Pandemic Still Not Over": **Centre Asks 8 States To Keep Eye On Covid Cases**

#### **HT News Network**

New Delhi: The centre has asked eight states to keep a close watch on

**HEADLINES** 

**FODAY** 

indicate a possible localised spread of

"This has necessitated a closer look at these states and districts (high



the COVID-19 situation amid rising positivity rate, or infections per 100

"The pandemic is still not over, and we must remain cautious against laxity at any level, which may nullify the gains made in pandemic management so far," Union Health Secretary Rajesh Bhushan said in a letter to the eight states.

Mr Bhushan said while hospitalisation rate and deaths due to Covid have remained low, states and districts reporting higher number of cases may

initial stages," Mr Bhushan said in the The eight states that received the letter are Uttar Pradesh, Tamil Nadu, Rajasthan, Maharashtra, Kerala, Kar-

rates) and the need to institute req-

uisite public health measures to con-

trol and contain such surges in the

nataka, Haryana and Delhi. The number of districts in these states with over 10 per cent positivity rate is UP(1), Tamil Nadu(11), Rajasthan (6), Maharashtra (8), Kerala (14), Haryana (12) and Delhi (11).

The centre asked the states to strengthen Covid surveillance in all districts and monitor trends of influenza-like illness (ILI) and severe acute respiratory infection (SARI) cases.

@HEADLINESTODA17

The states have been told to increase the number of positive samples sent for whole genome sequencing through the INSACOG network of laboratories, especially from any new clusters of cases detected in the community. The Indian SARS-CoV-2 Genomics Consortium (INSACOG) is a consortium of 54 laboratories to monitor the genomic variations in the coronavirus.

India recorded 11,692 new Covid cases, while active cases have increased to 66,170, according to the Health Ministry data updated today.

In the national capital, Covid cases have stabilised and are likely to fall in the coming days, Delhi Health Minister Saurabh Bharadwaj told news agency PTI.

Post a comment

"Covid cases have sort of stabilised. Recently, it was being said that the cases were showing an upward trend. Now, it is likely to taper down in the coming days," he said. "In most of these cases, patients had serious illnesses for a long time and Covid was incidental. But any death is unfortunate, and it should not happen," he

## Assam, Nagaland Agree To Go Ahead With Oil Exploration Along State Border

### **HT News Network**

New Delhi: Assam and **Nagaland Chief Ministers** Himanta Biswa Sarma and Neiphiu Rio have agreed in principle to go ahead with oil exploration in areas along their disputed boundary for the economic benefit of both states.

Himanta Sarma and Neiphiu Rio reached an understanding during a meeting Thursday night, hours after Assam and Arunachal Pradesh governments signed an agreement to resolve their over fivedecade-old border dispute.

Assam and Nagaland are exploring all options to bring an end to the decadesold border imbroglio in an amicable manner, an Assam government statement

During their one-to-one discussion here, the two chief ministers discussed issues of mutual interest and collaboration on oil exploration along the interstate boundary, it said.

Mr Rio told reporters that Assam and Nagaland have in principle decided to go for an MoU on oil exploration in the disputed areas so that oil can be extracted

and royalties can be shared between the neighbouring states.

"Once it is formalised, there is huge potential for exploration of oil inside Nagaland also, And to move forward as the country needs oil in a big way," he

Mr Sarma tweeted: 'Happy to have got an opportunity to spend time with Hon'ble Chief Minister of Nagaland @Neiphiu\_Rio Ji at Assam House, New Delhi. We had an engaging discussion on bringing closure to the ongoing boundary issue and other areas of mutual gains and collabora-

The Nagaland chief minister said he had a fruitful discussion with his Assam counterpart on the out-ofcourt settlement of the boundary dispute with the support and cooperation of ethnic groups from both

sides. "We have discussed about our border and development issues. Because we have to work together, support one another and how to go forward," he said.

Assam and Nagaland

share a 434 km border. The boundary dispute between the two states is more than six decades old and has been marked by several skirmishes. In the last major clash, in 1985 at Merapani, in present-day Golaghat district, 41 people, including 28 Assam policemen, were killed.

There have been several

attempts by the Centre to resolve the issue.

Mr Rio said the governments of Assam and Arunachal Pradesh have signed an agreement on the border dispute and likewise "we are also discussing how we should settle our border dispute outside the court with the support of ethnic groups from both sides"."Once it is formalised, there is huge potential for exploration of oil inside Nagaland also. And to move forward as the country needs oil in a big way," he said.

Mr Sarma tweeted: "Happy to have got an opportunity to spend time with Hon'ble Chief Minister of Nagaland @Neiphiu\_Rio Ii at Assam House, New Delhi. We had an engaging discussion on bringing closure to the ongoing boundary issue and other areas of mutual gains and collaboration."

The Nagaland chief minister said he had a fruitful discussion with his Assam counterpart on the out-ofcourt settlement of the boundary dispute with the support and cooperation of ethnic groups from both

## **Assam Congress Likely To Suspend Woman Who Accused Leader Of Harass**ment: Sources

### HT News Network

Guwahati: The Assam Congress is likely to suspend its former youth wing chief Angkita Dutta, who has accused the Indian Youth Congress president Srinivas BV of harassment and discrimination, sources said on Friday. According to sources, the Assam Pradesh Congress Committee (APCC) has found Ms Dutta's allegations "baseless and politically motivated" and has decided to take disciplinary action against her for tarnishing the image of the party and its leaders.

Ms Dutta, who had filed a complaint against Mr Srinivas at Dispur police station on Wednesday, was summoned by the Criminal Investigation Department (CID) of Assam Police on Thursday over the case.

Sources said that the CID is likely to register a First  $Information\,Report\,or\,FIR\,against\,Mr\,Srinivas\,based\,on$ Ms Dutta's complaint and will conduct a thorough investigation into the matter.

## EAM arrives in Guyana, looks forward to productive visit

### **HT News Network**

New Delhi/Georgetown (Guyana), Apr 21 (UNI) External Affairs Minister S Jaishankar arrived in Guyana on a three-day official visit, his first as foreign minister. He said he looks forward to a productive visit. He arrived on Thursday night, and was received at the Cheddi Jagan International Airport, Timehri by Minister of Foreign Affairs Hugh Todd.

In a tweet, the EAM said:

"Arrived in Georgetown, Guyana to a warm reception from FM Hugh Todd.

"Look forward to a productive visit." EAM Jaishankar is leading a six-member delegation on an official visit to Guyana. A packed agenda has been planned.

"We [have been] working very assiduously over the past few years where we are actively engaging with Guyana from India, working on many new projects [and] building a strong partnership," India's High Commissioner to Guyana, KJ Srinivasa said during a pre-arrival press conference on Wednesday.

### India records 11,692 Covid cases with 19 deaths in 24 hours

### **HT News Network**

New Delhi, Apr 21 (UNI) India recorded 11,692 fresh cases of Covid -19 during the last 24 hours as per the latest update by the Ministry of health and Family Welfare on Friday. With the addition of these cases the active caseload stood at 66,170 which is 0.15 per cent of the total cases as per the Health Ministry.

The death toll has risen to 531,258 with 19 new deaths reported in the last 24 hours from various parts of the

As many as 10,780 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 (4,42,72,256)

## "No Challenge To PM Modi In 2024": Nitish Kumar's Former **Aide Meets Amit Shah**

### **HT News Network**

Patna: Former JD(U) parliamentary board chief Upendra Kushwaha, who met Union Home Minister Amit Shah the previous day, on Friday asserted that he saw "no challenge" to Prime Minister Narendra Modi in the 2024 Lok Sabha polls.

Talking to reporters at the airport upon returning from Delhi, Mr Kushwaha also scoffed at Bihar Chief Minister Nitish Kumar's efforts to achieve "opposition unity", pointing out that only those parties were with the JD(U) supreme leader with whom he had an alliance in the state.

"You all are free to make speculations. I will disclose only as much as I deem proper", Mr Kushwaha said when asked by reporters as to what transpired during his conversation with Shah on Thursday evening.To a pointed query as to whether entry into the NDA was on the agenda, Mr Kushwaha, who formed Rashtriya Lok Janata Dal after breaking away with JD(U) a few months ago, said "I do not find myself in



the time comes, I will speak more".

Notably, Mr Kushwaha had formerly been an NDA ally, while he was heading Rashtriya Lok Samata Party, and enjoyed a ministerial berth in the first Narendra Modi ministry. He quit the BJP-led coalition ahead of the 2019 Lok Sabha polls and sided with the 'Mahagathbandhan' which then included RJD, Congress and a couple of other smaller parties. However, he grew disillusioned by the time assembly polls were scheduled a year later, and he fought the elections as part of a motley coalition.

## Arvind Kejriwal criticises law & order situation in Delhi **HT News Network**

New Delhi, Apr 21 (UNI) Delhi Chief Minister Arvind Kejriwal on Friday without naming anyone criticised the law and order situation in the national capital after a firing incident took place at Delhi's Saket Court premises.

Delhi Chief Minister Arvind Kejriwal criticized the current Law & Order situation in the national capital and tweeted, "The law and order situation in Delhi has completely broken down. Instead of obstructing the work of others and doing dirty politics on everything, everyone should focus on their own work. And if he does not manage, then he should resign so that someone else can do it."

Earlier in the morning, a firing incident took place outside South Delhi's Saket Court no 3, sources said.

It is reported that around four rounds were fired by a person who dressed up as a lawyer. A woman was injured during the incident of firing, now she has been rushed to a nearby hospital for treatment, sourc-

Several teams of Delhi Police have reached the spot and started investigating



the matter and trying to ascertain the reason of the firing incident, sources said.

When the Delhi Police was contacted regarding this incident, officials said they would share the details soon as investigation is underway. Delhi Chief Minister Arvind Kejriwal criticized the current Law & Order situation in the national capital and tweeted, "The law and order situation in Delhi has completely broken down. Instead of obstructing the work of others and doing dirty politics on everything, everyone should focus on their own work. And if he does not manage, then he should resign so that someone else can do it."

Earlier in the morning, a firing incident took place outside South Delhi's Saket Court no 3, sources said.

## UNICEF supported cold chain point improves efficiency of RI process in Jharkhand

### **HT News Network**

ported cold chain point improves efficiency of RI process in J'khand

New Delhi, Apr 21 (UNI) A public health centre (PHC) at Nagri block in Jharkhand's Ranchi district has set an example on how to improve the efficiency of the routine immunization(RI) process and the overall effectiveness of the health centre by setting up a cold chain point.

The story revolves around the PHC at Nagri block which struggled to be efficient for a long time. One of the prominent reasons was the lack of a cold chain point.

The lack of a cold chain point led to delays in the vaccination process, which prompted mothers to move from one PHC to another in search of vaccines. This resulted in delayed vaccina-



tion and immunization dropouts, as per the 'The State of the World's Children

(SOWC)- 2023' report released by the United Nations International Children's Emergency Fund (UNICEF) on Thursday.

According to the report, UNICEF's advocacy helped in creating a new cold chain point which has transformed the PHC and improved the RI process. UNICEF's periodic effective vaccine management (EVM) assessments, advocacy efforts, and capacitybuilding

initiatives have been crucial in ensuring full immunisation coverage in Jharkhand, it claimed.

The report reads, "UNI-**CEF used EVM assessments** to periodically monitor the condition of cold chain points and storage units. After identifying the centres requiring additional cold

chain points, it installed an ice lined refrigerator and a deep freezer at the Nagri PHC to minimise vaccine travel time. To improve the capacity of cold chain handlers, it provided training and backup support, such as solar equipment procurement, to

immunization centres, and monitored information systems."

"The pandemic (Covid) and a lack of equipment and trained personnel initially delayed the cold chain's activation. However, UNI-CEF continued to strengthen the capacity of cold chain handlers in all districts, including training Sushma Manjula Lakra at Nagri PHC,identifying missed-out children, enrolling them in the vaccination programme, supporting the supply chain, and managing information systems," it

## SC grants 4 wks protection to OpIndia editor & CEO

### **HT News Network**

New Delhi, Apr 21(UNI) Supreme Court of India has granted four weeks of protection to Editor of 'OpIndia' Nupur Sharma, and its CEO, Rahul Roushan, from arrest in the FIR filed against them on the charges of "spreading fake news" about targeted violence against Bihari migrant labourers in Tamil Nadu.

Supreame Court in its order said that no coercive action for four weeks can be taken against the OpIndia Editor &CEO, and asked them to approach Madras HC for quashing of the FIR.

A bench of the Supreme Court, headed by the Chief Justice of India (CJI) Dr Dhananjaya Yeshwant Chadrachud passed the order on hearing the pleas filed by Nupur Sharma & CEO Rahul Roushan, against any coercive action against them for their act.

"Protection granted to the petitioners (both Nupur and Rahul) for 4 weeks," the CJI led bench said in its order

Nupur and Rahul had moved the Supreme Court against arrest/coercive action by Tamil Nadu government for a case against them over report on targeted violence against migrants from Bihar.

The Apex Court, in its order, however, refused to quash the FIR, and asked them to move the Madras High Court

for quashing of the FIR (First Information Report). While granting interim protection to both the accused-Nupur and Rahul- the CJI led bench said, since the petitioners have effidacious alternate remedy under appropriate law, thereby we direct no coercive steps be taken against petitioners for four weeks.

Senior advocate, Mahesh Jethmalani, appearing for accused duo, said that the editor and her husband are the two petitioners. The editor has a six year old child.

To this, the CJI said, we cannot entertain the question of quashing, but we will protect her.



## 15,700 Deaths In Europe In 2022 Linked To Heatwaves: UN's Climate Change Report

### **■** HT News Network

**19TH LADLINES** 

New Delhi: Record levels of heat-trapping greenhouse gases have led to increased incidences of droughts, floods and heatwaves on a global scale, the World Meteorological Organisation's (WMO) annual report for 2022 said. At least 15,700 deaths in Europe in 2022 were linked to heatwaves.

The WMO, an agency of the United Nations, in its report said real-time data from specific locations show that levels of the three greenhouse gases - carbon dioxide, methane and nitrous oxide - continued to increase in 2022.

Droughts, floods and heatwaves affected communities on every continent including India and cost many billions of dollars, the report said. Antarctic sea ice fell to its lowest extent on record and the melting of some European glaciers was, literally, off the charts, it said.

Global mean temperatures for the past eight years have been the highest on record; in 2022, it was 1.15 degree Celsius above the 1850-1900 average.

"While greenhouse gas emissions continue to rise and the climate continues to change, populations worldwide continue to be gravely impacted by extreme weather and climate events,"



WMO Secretary-General Petteri Taalas said in a statement today.

"For example, in 2022, continuous drought in East Africa, record breaking rainfall in Pakistan and record-breaking heatwaves in China and Europe affected tens of millions, drove food insecurity, boosted mass migration, and cost billions of dollars in loss and damage," Mr Taalas said.

Top row: Monthly globally averaged mole fraction (measure of atmospheric concentration), from 1984 to 2021, of (a) CO2 in parts per million, (b) CH4 in parts per billion and (c) N2O in parts per billion. Bottom row: The growth rates representing increases in successive annual means of mole fractions for (d) CO2 in parts per million per year, (e) CH4 in parts per billion per year and (f) N2O in

parts per billion per year. Click here for high-resolution pic. The report said the monsoon onset in India was earlier and the withdrawal later than normal in 2022. The pre-monsoon period was also exceptionally hot in India and neighbouring Pakistan.

Th extreme heat reduced grain yields and led to a number of forest fires, particularly in the hill state of Uttarakhand, the report

"Heatwaves in the 2022 premonsoon season in India and Pakistan caused a decline in crop

vields. This, combined with the banning of wheat exports and restrictions on rice exports in India after the start of the conflict in Ukraine, has threatened the availability, access to and stability of staple foods within international food markets and posed high risks to countries already affected by shortages of staple foods," the WMO report said.

There was also significant flooding in India at various stages during the monsoon season, particularly in the northeast in June 2022, with over 700 deaths reported during the season from flooding and landslides, and a further 900 from lightning.

Near-surface temperature differences between 2022 and the 1991-2020 average. The map shows the median anomaly calculated from six data sets. China had the most extensive and longlasting heatwave since national records began, extending from mid-June to the end of August 2022, and resulting in the hottest summer on record by a margin of more than 0.5 degree Celsius. It was also the second-driest summer on record, with most of the southern half of China - apart from Guangdong province - having seasonal rainfall 20 per cent to 50 per cent below average.

## **Canada To Send Sniper Rifles, Radios** In New \$28 Million **Ukraine Aid Package**

#### ■ HT News Network

The Canadian government on Friday announced C\$39 million (\$28.9 million) in new military assistance for Ukraine that will include 40 sniper rifles, 16 radio sets and a donation to a NATO fund to help Kyiv in its war against Russia

The latest round of Canadian aid, which also includes ammunition for the rifles, was announced by Defence Minister Anita Anand at the Ramstein Air Base in Germany, where NATO defense officials are meeting to discuss new military supplies for Ukraine.

The rifles and ammunition will be sourced from Canada-based Prairie Gun Works, while the radios will be from L3Harris Technologies, according to a statement from the Canadian defense ministry.

The contribution to the NATO fund, of about C\$34.6 million, will help to provide Ukraine with fuel supplies and other assets.

"The donations and support announced by Canada today will help ensure that Ukraine has what it needs to defend its sovereignty, independence, and territorial integrity," Anand said.

Canada is among Kyiv's staunchest supporters and has committed billions of dollars in aid, including over C\$1 billion in military assistance, since the start of

### Russia's invasion last year. **Indian-American Radha Iyengar Plumb Becomes US's Deputy Under Secretary of Defence**

### HT News Network

The US Senate has confirmed Radha Iyengar Plumb, a national security expert, as the Deputy Under Secretary of Defence for Acquisition and Sustainment, the latest Indian-American to be named by the Biden administration for a key position.

President Joe Biden had nominated Radha Iyengar Plumb, currently serving as Chief of Staff to the Deputy Secretary of Defence, to this prestigious position in June 2022."By a vote of 68-30, the Senate confirmed Radha Iyengar Plumb to be the Deputy Under Secretary of Defence," US Senate Periodical Press Gallery tweeted on Tuesday.

Prior to her appointment as the Chief of Staff, she was the Director of Research and Insights for Trust and Safety at Google and had previously served as the Global Head of Policy Analysis at Facebook.

Ms Plumb previously was a Senior Economist at the RAND Corporation where she focused on improving the measurement and evaluation of readiness and security efforts across the Department of Defence.

She also held a number of senior staff positions on national security issues at the Department of Defense, the Department of Energy, and the White House National Security Council.

## Rishi Sunak Extends Fid Wishes To Muslims In UK, **Around The World**

### **HT News Network**

rime Minister Rishi Sunak has issued Eid greetings to the British Muslim community, reflecting on their contributions to life in the UK. In a message issued overnight on Thursday as Eid al Fitr is marked around the world over the course of this weekend, Sunak said he looked forward to wel-

community to Downing Street to celebrate the festival. "As Ramadan comes to an end, I would like to send my warmest wishes to Muslims in the UK and around the world as they mark Eid al Fitr," said Sunak.

coming representatives from the British Muslim

"Eid is a timely opportunity to acknowledge the shared values which bind us together, particularly your compassion and dedication to contribute to charity and philanthropy. This was evident earlier this year, through the community's outstanding response to support the victims of the earthquake in Turkey and Syria," he said.

### **Singapore to execute** man over 1 kg of cannabis

### **HT News Network**

Singaporean man is scheduled to be hanged next week for conspiring to smuggle a kilogram of cannabis, rights groups said, in the city-state's first execution in six

Singaporean Tangaraju Suppiah, 46, will be sent to the gallows on Wednesday, according to a notice from the prisons department received by his family and posted on social media by rights activists.

Amnesty International condemned the decision on

Friday, calling it "extremely cruel". "If carried out, this execution would be in violation of international law and in stubborn defiance of continued outcry over Singapore's use of the death penalty," a spokesperson from Amnesty's regional office told AFP.In many parts of the world — including in neighbouring Thailand - cannabis has been decriminalised, with authorities abandoning prison sentences, and rights groups have been mounting pressure on Singapore to abolish capital punishment.

## **UK deputy PM Dominic Raab** resigns after bullying proben

### ■ HT News Network

British deputy prime minister Dominic Raab resigned from the government on Friday following an independent investigation into complaints that he bullied colleagues, the latest scandal to force out one of Prime Minister Rishi Sunak's top min-

The loss of the third senior minister over their personal conduct in the last six months will damage Sunak's efforts to revive the governing Conservative Party's fortunes and is a major embarrassment as he had entered Downing Street in October promising a government of integrity.

Raab resigned in a letter to the prime minister before the report was made public, his departure a setback to Sunak just two weeks ahead of English local council elections where his Conservatives are predicted to fare badly.

Sunak's office declined immediate com-

"I called for the inquiry and undertook to resign if it made any finding of bullying whatsoever," Raab's letter said. "I believe it is important to keep my word."

As deputy prime minister, Raab had no formal powers but stepped in for the prime minister if he was away from parliament or incapacitated. However he was a close political ally of Sunak and helped launch his campaign to be prime minister last

The resignation will also do little to



improve the public perception of his government following the scandal-ridden tenure of Boris Johnson and the chaotic economic policies that brought down Liz Truss after less than two months.

The months-long investigation into Raab's behaviour heard evidence from multiple government officials about complaints of bullying at three different depart-

Raab, who was also justice minister, requested the investigation in November following formal complaints about his behaviour by government officials. He said he felt "duty bound" to accept the outcome of the inquiry but also staunchly defended his conduct.

He said the report had concluded he had not once sworn, shouted or physically intimidated anyone in four and a half years, and had dismissed all but two of the claims against him.

## Heavy gunfire in Sudan as Eid ceasefire calls ignored

### **HT News Network**

Sudan's warring forces battled on Friday with heavy gunfire and explosions in the capital Khartoum and elsewhere in the country, as they ignored appeals by world powers for an end-of-Ramazan ceasefire.

More than 300 people have been killed and thousands wounded since the fighting erupted Saturday between forces loyal to Sudan's army chief Abdel Fattah al-Burhan and his deputy, Mohamed Hamdan Daglo, the commander of the powerful paramilitary Rapid Support Forces (RSF) who is commonly known as Hemeti.

The Central Committee of Sudan Doctors said that overnight, as the Eidul Fitr celebrations marking the end of Ramazan began, "several areas of Khartoum were bombed" and reported "shelling and clashes" for the sixth straight night.

Screengrab showing an April 21 Facebook post by the Central Committee of Sudan Doctors. — Facebook/Sudandoctorscom-

Khartoum has seen some of the fiercest fighting with air strikes and tanks firing in densely packed districts, with most of its five million people sheltering at home in baking heat without electricity, food or water. Communications are heavily dis-

Both UN Secretary General Antonio Guterres and US State Secretary Antony Blinken called separately for a ceasefire of "at least" three days to mark Eid, as explo-

sions and gunfire resounded in Khartoum.

The RSF, a powerful force formed from



members of the Janjaweed militia that led years of extreme violence in the western Darfur region, said they would commit to a 72-hour ceasefire starting at dawn (4am

But, like two previously declared 24-hour ceasefires, it failed to take hold.

The crackle of intense gunfire continued Friday morning, with columns of black smoke rising across the capital.

'Nightmare scenario'

Dozens of Sudanese army supporters protest against the United Arab Emirates' influence in internal Sudanese politics in Port Sudan on April 20, 2023. Arabic slogan on the banner over a crossed picture of the Emirati ambassador in Sudan reads: "The people of (Sudan's) Red Sea state reject the presence of the UAE ambassador in eastern Sudan. No to the foreign interference in the country's affairs." — AFP

On Thursday, dozens of Burhan loyalists protested in Port Sudan against the presence of the ambassador of the United Arab Emirates, which has been accused of links to Daglo.

## Ukraine War: Russian Fighter Jet **Accidentally Bombs Own City**

### **HT News Network**

A Russian fighter jet accidentally bombed one of its own cities near the Ukraine border, according to a report in the BBC. The explosion left a 20-metre crater in the city and even blew a car on to the roof of a shop, the outlet further said. Three people were injured and several buildings damaged due to the impact of the blast. The region of Belgorod has been repeatedly shelled since Russian President Vladimir Putin sent troops to Ukraine in February

Videos posted on social media show the moment the ammunition hit the ground. Heavy traffic streamed along the road



when the bomb struck, creating a huge crater and lifting a vehicle on to the roof of a supermarket. In a brief statement, the Russian defence ministry admitted that one of its Su-34 fighter bombers had "accidentally discharged aircraft ordnance" at 22:15 local time on Thursday, as per the BBC.

Regional governor

Vyacheslav Gladkov said two women were taken to hospital for treatment. "Thank God no one was killed," he said on social media.

Metro reported that the governor also declared a state of emergency following the explosion.

In a message on Telegram, he confirmed that there was

### of the city, and that four cars and four apartment buildings had been damaged by the blast, the outlet further said in the report.

Metro said that the blast was caused by a modernised FAB-500M62, a Sovietdesigned 500-kilogram general purpose airdropped bomb.

It has been designed to be high precision, and has been used to strike targets

in Ukraine. Videos posted on social media show the moment the ammunition hit the ground. Heavy traffic streamed along the road when the bomb struck, creating a huge crater and lifting a vehicle on to the roof of a supermarket. In a brief statement.

## Russia releases first feature film shot in space

### **HT News Network**

MOSCOW: The first feature film shot in space premiered in Russian cinemas on Thursday, as Moscow delighted in beating a rival Hollywood project amid a confrontation with the West over Ukraine. The Challenge is about a surgeon dispatched to the International Space Station (ISS) to save an injured cosmonaut. Russia sent an actress and a film director for a 12-day stint on the ISS in October 2021 to film scenes aboard the orbiting laboratory. The Russian crew beat a Hollywood project announced in 2020 by "Mission Impossible" star Tom Cruise together with Nasa and Elon Musk's SpaceX.

At a Kremlin gala this month, Russian President Vladimir Putin lauded the film. "We are the first to have shot a feature film in orbit, aboard a spacecraft. Once again the first," he said. The Soviet Union pioneered space travel — sending the first dog, man and woman into orbit — and the film crew's mission added to a long list of firsts for Russia's space indus-

try after several setbacks, including botched launches. In The Challenge, a surgeon played by 38-year-old Yulia Peresild – one of Russia's most glamorous actresses – is sent to the ISS to save a cosmonaut injured during a spacewalk.

Director Klim Shipenko, 39, who was in charge of camera, lighting and sound, brought back 30 hours of footage, 50 minutes of which were used in the final cut.

**HT-BUSINESS** 

## Div Com Jammu reviews progress on Special Summary Revision in districts

#### **HT News Network**

JAMMU, APRIL 21: Divisional Commissioner, Ramesh Kumar, chaired a meeting with District Electoral Officers to review the progress on the Special Summary Revision of Electoral Rolls. Pertinently, the date for filing claims and objections regarding the Special Summary Revision of Photo Electoral Rolls has been extend-

13TH EADLINES

ed to May 6, 2023 The Divisional Commissioner reviewed the progress achieved in the districts and inquired about the number of applications received, as well as the number of claims and objec-

tions. He instructed District Electoral Officers to conduct revisions according to guidelines and schedule, and to expedite the process for achieving targets. He also asked them to ensure timely disposal of claims and objections.

The Divisional Commissioner directed District Electoral Officers to complete the revision of the special summary, including the addition of new voters and deletion of duplicate voters, within the extended date. He also instructed them to pass instructions to all officers and officials associated with the Special Summary Revision(SSR) to work with dedication and zeal to complete the exercise in



a time-bound manner with 100 per-

District Electoral Officers were instructed to ensure that the list of

Booth Level Officers (BLOs), along with their contact numbers, is uploaded

on websites and pasted on notice boards for public information. It was reported that various mega camps have been organised in districts for young voters' awareness. The Divisional Commissioner stressed organising special camps and campaigns in colleges and villages, as well as door-to-door campaigns for achieving

The meeting was attended by Additional Commissioner Jammu, Deputy DEOs of Jammu, Kathua and other concerned officers while all other District Election Officers participated in the meeting through video conferencing.

## Bandipora Admin books 30 traders for overcharging, Rs 20K fine recovered

### **HT News Network**

BANDIPORA, APRIL 21: The District Administration Bandipora on Friday booked atleast 30 traders for violating different legal metrology rules including over charging and realized a fine of Rs 20,000 from the erring.

The action was taken by the Legal Metrology Department (LMD) after complaints were received against the unscrupulous traders who during the market inspection drive on Friday across the district were found operating in violation of the Legal Metrol-

Officials further stated that on the directions of Deputy Com-



missioner Bandipora Dr Owais Ahmed, Legal Metrology Department(LMD) intensified its market checking operations in order to ensure that businesses in the area

comply with legal requirements for accurate rates of commodities and weighing and measuring

instruments. The fine was collected from

different traders which include Bakery, Vegetable and Mutton

The shopkeepers were warned to refrain from any unfair trade practices during the auspicious occasion of Eid.

Moreover, the consumers were advised to check the various mandatory declarations on the products before purchasing them including MRP and expiry date. The District Administration Bandipora on Friday booked atleast 30 traders for violating different legal metrology rules including over charging and realized a fine of Rs 20,000 from the erring.

The action was taken by the Legal Metrology Department (LMD) after complaints were received against the unscrupulous traders who during the market inspection drive on Friday across the district were found operating in violation of the Legal Metrology laws.

Officials further stated that on the directions of Deputy Commissioner Bandipora Dr Owais Ahmed, Legal Metrology Department (LMD) intensified its market checking operations in order to ensure that businesses in the area comply with legal requirements for accurate rates of commodities and weighing and measuring instruments.

The fine was collected from different traders which include Bakery, Vegetable and Mutton

### **Police organises Iftar Party** in Awantipora

### **HT News Network**

Awantipora. April 21: In order to bridge the gap between Police and public, Police in Awantipora organised an iftar party at Marriage Hall Awantipora.

The Iftar Party was attended by officers from Army, CAPF, civil administration, religious preachers and political representatives.

During the iftar party, an interaction was held between the invitees with a view to send the message of communal harmony, brotherhood, peace & tranquillity in

## **Sheeban Ashai greets** people on the auspicious occasion of Eid- Ul- Fitr.

### **HT News Network**

Srinagar, 21st April: Jammu Kashmir People's Party Supremo Sheeban Ashai today extended Eid Ul Fitr greetings to entire Muslim Ummah and world at large. Ashai in a statement said, "May this auspicious occasion prove as a harbinger of peace and prosperity in entire subcontinent; ease sufferings of nations tormented by wars and conflicts, particularly in the Muslim world. Felicitating people over Eid celebrations and conclusion of holy month of Ramadan, he stated that Eid Ul Fitr is a reward from Almighty for supplications and prayers offered in the sacred month. Ashai prayed that all earnest obsecrations; prayers for forgiveness, repentance of Muslim Ummah be accepted by Almighty and may Allah SWT ease sufferings of the Muslim world. He urged privileged classes in society to help those who do not have any resources to celebrate, we must include underprivileged in our happiness. There is no superior act than sharing our resources with people who need them the most. Ashai wished that candles of piety; faith remain lit forever & foster bonds of unity, amity and brotherhood amongst people in J&K and everywhere else in the world. JK People's Party Chief asked society at large to most particularly remember those and their families who have been made to languish unjustly in jails across India; impressed upon Government to immediately release religious clerics Maulana Mushtaq Veeri, Maulana Dawoodi, Maulana Almadni and most particularly Mirwaiz-E-Kashmir Moulvi Mohammad Omer Farooq. Teachings of Islam, observance of holy month of Ramadan edify Muslims compassion, love and respect for each other. Islamic pedagogy, way of life leads people towards path of righteousness and piety". Entire Party top brass extended it's warm wishes to Muslim Ummah on the occasion of Eid Ul Fitr and prayed that this Eid bring smiles on the faces of every section of society across Jammu & Kashmir.

## **NC** pays glowing tributes to Bodhraj Bali on his 20th death anniversary

### **Farooq Rather**



JAMMU APRIL 21ST: Jammu and Kashmir National Conference on Friday paid glowing tributes to former minister and senior party leader Mr Bodh Raj Bali on his 20th death anniversary, describing him as a leader par excellence who devoted all his life in service of the people of Jammu and Kashmir. Leading the party cadre in paying floral tributes to Mr Bali, at a function held at Sher-e- Kashmir Bhavan here this morning, Provincial President Jammu Mr Rattan Lal Gupta highlighted the immense contribution of the veteran leader in the development and progress of Jammu and Kashmir. Paying tributes to Mr Bali, Provincial President Jammu Province Mr Rattan Lal Gupta said that the departed leader worked with a sense of commitment.Mr Gupta said that Mr Bali worked tirelessly for the upliftment of poor and down-trodden in different capacities. His contribution in strengthening National Conference at the gross root level in the Jammu Province remains a high point of his political career, he said, adding that the veteran leader made a distinct mark by serving.

## CBI Asks Ex-J&K Governor Satya Pal Malik To **Answer Queries Related To Insurance 'Scam'**

### **HT News Network**

NEW DELHI, Apr 21: The Central Bureau of Investigation has issued notice to former Jammu and Kashmir governor Satya Pal Malik to answer some queries related to insurance scam, said officials.

Reacting to the CBI move, Malik said that the Central Bureau of Investigation (CBI) has asked for his presence at the agency's Akbar Road guesthouse here for "certain clarifications".

"They want certain clarifications for which they want my presence. I am going to Rajasthan so I have given them dates from April 27 to 29 when I am available," Malik said.

The CBI had examined him in connection with the alleged scam last

Last April, the probe agency had registered two FIRs in connection with corruption allegations levelled by former Jammu and Kashmir Governor Satya Pal Malik in the awarding of contracts for group medical insurance scheme for government employees and work related to Kiru hydroelectric power project in the erstwhile

The central agency had named Reliance General Insurance and Trinity Re-Insurance Brokers Limited as



state administrative council meeting on August 31, 2018. It was alleged that there were glaring deviations from the government norms in the contract awarded to Reliance General Insurance like absence of an online tender, removal of an original condition that the vendor should have experience of work-

After allegations of irregularities surfaced, the scheme, which was supposed to come into operation in October 1, 2018, was scrapped, they said.

In the scheme which was initially

ing in the state and companies having

turnover of Rs 5,000 crore among

signed up with RGIC for one year, the employees and pensioners would have got Rs 6 lakh cover for themselves and five dependent family members by paying an annual premium of Rs 8,777 and Rs 22,229 for employees and pensioners, respectively.

In a sensational claim, Malik, who was the Governor of Jammu and Kashmir between August 23, 2018 and October 30, 2019 had claimed that he was offered a Rs 300 crore bribe for clearing two files.

After going to Kashmir, two files came to me (for clearance), one belonging to Ambani and another to an RSSaffiliated man who was a minister in the previous Mehbooba Mufti-led PDP-BJP coalition government and claimed to be very close to the prime minister, he had said. (Agencies)

area, angle iron mesh-wise

fencing, stabilization of

landslides and slips through

engineering and biotic mea-

sures, natural and artificial

regeneration of forests by

planting of conifer and

broadleaved species and

repair/renovation of migra-

tory routes of nomads have

been undertaken at the cost

"To protect the forest land

of Rs 2.20 crore.

### **Tahira Tabassum greets** people of the nation on **Eid-ul-Fitr**

### **HT News Network**

SURANKOTE: Social Worker &  $Sarpanch \, Buffliaz \, BT a hira \, Tabas$ sum has extended her heartiest greetings to the people of the nation on the auspicious occasions of Eid ul Fitr.In her message of felicitations, observed that these auspicious occasions provide an opportunity to pray and seek blessings from the almighty. May the festivity of the holy



Eid ul Fitr strengthen the bond of brotherhood amongst all the sections of society and bring sustained peace, progress, and prosperity in J&K.

### On jummah tul vida Officials conduct tour of different areas in kulgam

### **Farooq Rather**

Kulgam, 21-Apr: On the directions of DC kulgam Dr. Bilal Mohiuddin bhat(IAS), officials including ADDC Showkat Ahmad Rather, ACD Mohammad imran Khan , Tehsildar Head quarter Ali Mohammad conducted tour of different areas in district kulgam on the occasion of Jummah tul vida. The officials took the stock of arrangements for the devotees. During the tour, the officials also interacted with the devotees and enquired about the facilities being provided by the administration.

### Nearly 85000 hectares of area treated against 6581 ha forest land diversion for eco-restoration of the

### **HT News Network**

JAMMU, Apr 21: Nearly 85000 hectares (ha) area has been treated by the Compensatory Afforestation Fund Management and Planning Authority (CAM-PA) across Jammu and Kashmir as against 6581 hectares of forest land diverted for various types of developmental activities. Moreover, vulnerable forest areas in and around Jammu city have been secured from the encroachers by installing chain link fencing.

As per the official data available with EXCELSIOR during the past over one decade a total of 6581.65 hectares of forest land was diverted for non-forestry purposes across Jammu and Kashmir and against this 84439 hectares of area has

been treated by planting 557.97 lakh saplings by CAMPA, which has the primary task of ensuring compensatory afforestation.

The situation has improved significantly during the past four-five years as on one side the diversion of forest land for non-forestry purposes has witnessed decline and on the other side treatment of area by CAMPA has increased enormously. In 2019-20 and 2020-21,

794 hectares and 884.13 hectares of forest land was diverted for developmental activities but the diversion declined to 298.97 hectares in 2021-22 and 216.98 hectares in 2022-23. However, treatment of area has witnessed sharp rise and this is evident from the fact that compensatory afforestation was done on 6636 hectares



of area in 2019-20 and in 2022-23 the same was on 10445 hectares of area. In 2022-23, record 61.77 lakh saplings were planted under the close monitoring of CAMPA and the survival rate of the plants is up to the expectations of the concerned authorities.

During the just concluded financial year (2022-23) 10445 hectares of area was treated under CAMPA while

as 44.06 lakh Rft fencing was done and demarcation of forest was done by installing 14071 boundary pillars.

Moreover, for securing vulnerable forest areas in and around Jammu city, fencing work was carried out under CAMPA at Bathindi, Dungian, near Batra Hospital, Kheri and Roop Nagar. "A total of 28,800 Rft chain link fencing has been constructed covering 1000 hectares of forest area at the cost of Rs 3.5 crore to prevent encroachments", official sources said.

Disclosing that due to heavy grazing and other anthropogenic factors the forest areas around Patnitop-Nathatop tourist circuit falling mainly in Batote Forest Division and partly in **Udhampur Forest Division** have degraded over a period of time, sources said that

around Dera-Ki-Gali from

encroachers, mesh-wire fencing of 30280 Rft covering the area of 120 hectares has been constructed", sources said. Further, city forests have been created at different places like Jangi Morh near Batote, Sungli Puneja near Bhaderwah and in Reasi. These city forests will become major public attraction once these are opened.



# Gray Hair and Aging: Could 'Stuck' Stem Cells Be to Blame?

@HEADLINESTODA17

our hair has stem cells near the roots, and they are important in making your hair brown, black, or another natural color. But these cells need to move to a different part of the follicle and change to produce hair color. When these special stem cells get "stuck" and can no longer do their job, gray hair comes out instead, new research reveals.

Called melanocyte stem cells (McSCs), these cells need to mature into melanocytes, or pigment cells. They can last for years but die sooner than other cells nearby, such as hair follicle stem cells. This difference can explain why people go gray but still grow

A new finding is that these cells can move within the hair follicle without losing their "stemness." Similar to recycling, they start as "undifferentiated" stem cells, move and mature to perform their hair coloring duties, erty surprised researchers. and then change back to more primitive stem cells.

The traditional belief was stem cells stay primitive, mature when needed, and then die off. Now it's believed to be more of a

"It was thought that melanocyte stem cells are maintained in an undifferentiated state, instead of repeating differentiation and de-differentiation," said senior investigator Mayumi Ito, PhD, a professor in the Ronald O. Perelman Department of Dermatology and the Department of Cell Biology at NYU Langone Health in New York City.

### **How to Style Thinning Hair**

Four easy steps to styling thinning hair The process involves different compartments in the hair follicle – the germ area is where the stem cells regenerate, the follicle for melanoma. Melanomas are cancers that leagues used 3D intravital imaging and bulge is where they get stuck. A different develop from the same pigment cells, melasingle-cell RNA sequencing, for example.



they change. This "chameleon-like" prop-

how gray hair might get started, a next step will be to search for a way to stop it.

follicle may help prevent gray hair," Ito said.

The research has been performed in mice to date, as reported online April 19 in the high plasticity of original melanocytes." journal Nature. But the findings could translate to humans.

is similar between mice and humans, we in melanoma," said Melissa Harris, PhD, an speculate that human melanocytes may associate professor in the Department of to change] during hair regeneration," Ito Birmingham.

### A Melanoma Clue?

environment in each location dictates how nocytes. Unlike other tumors, they can

self-renew. This "plasticity," or ability to change easily, makes melanomas difficult Now that investigators have figured out to eliminate and the most serious form of

"Our study suggests normal melanocytes "Our study suggests that moving mela- are very plastic and can reverse a differennocytes to a proper location within the hair tiation state. Melanoma cells are known to be very plastic," Ito said. "We consider this feature of melanoma may be related the

The finding that melanocyte stem cells "are more plastic than maybe previously "Because the structure of the hair follicle given credit for ... certainly has implications also demonstrate the plasticity [or ability Biology at the University of Alabama in

Hair follicles are tiny, so it took advanced The study also could have implications technology to do the research. Ito and col-This level of precision allows them to cells in the same way."

**Hair-Raising Detail** 

**HT - HEALTH** 

track the stem cells in almost real time as

they age and move within each hair follicle.

It happens eventually for most guys. What

"This paper uses a nice mix of classic and

modern techniques to help answer a question that many in the field of pigmentation

biology have suspected for a long time. Not

all dormant melanocyte stem cells are created equal," Harris said. (She was senior

author of a January 2021 study that proposed

a combination treatment to reverse the loss

"The one question not answered in this

paper is how to reverse the dysfunction of

the melanocyte stem cell 'stuck' in the hair

bulge," Harris said. "There are numerous

clinical case studies in humans showing

medicine-induced hair re-pigmentation,

and perhaps these cases are examples of

dysfunctional melanocyte stem cells becom-

that the melanocyte stem cells are 'strand-

ed,' and are not getting the right signal to

amplify and appropriately migrate in order

to provide pigment to the hair shaft," said

Paradi Mirmirani, MD, a dermatologist who

specializes in caring for people with hair

disorders and faculty member of the Amer-

It could be challenging to provide stem

cells with the right signals to keep them

mobile and maturing, "but the first step is always to understand the underlying basic

mechanism," said Mirmirani, who prac-

tices in Vallejo, CA. "It would be interesting

to see if other factors such as smoking, stress,

and others influence the melanocyte stem

ican Academy of Dermatology.

"The standout concept in this paper is

of stem cells and the graying of hair.)

**Unanswered Questions** 

ing 'unstuck."

The Basics: Men's Hair Loss

can you do about it?

@headlinestodaynews

### **NEWS**

## Is adding baking soda to your dosa batter harmful for health? What experts say

**By Parmita Uniyal** 



Do you frequently add baking soda or Eno to your cake, idli or dosa batters? Excess use can be damaging to your health. Experts explain.

Baking soda is often used as a leavening agent in baking goods such as cakes, muffins, breads and cookies and also in making dosa, idli, dhokla for speeding up fermentation and raising batters. Alternatively, Eno, an over-the-counter antacid brand is also used for the same purpose. Considering both baking soda and Eno work very quickly in raising batters, they are frequently used by chefs and home cooks for food preparations. But is it healthy to use them frequently in your recipes? Nutritionist Juhi Kapoor in her recent Instagram post warned about the excess use of baking soda or Eno in food batters as its prolonged and excessive usage can be detrimental to health. (Also read: Food blogger's Korean dosa with noodles and cheese has appalled the

Nutritionist Juhi Kapoor in her recent Instagram post warned about the excess use of baking soda or Eno in food batters as its prolonged and excessive usage can be detrimental to health.(Pinterest)

Nutritionist Juhi Kapoor in her recent Instagram post warned about the excess use of baking soda or Eno in food batters as its prolonged and excessive usage can be detrimental to health.(Pinterest)

"Soda bicarb is alkaline in nature and alters the alkalinity of blood (increases Blood PH). The blood ph is controlled in a very tight range in the body through bodily processes. But with any change in this ph - body may suffer severe illnesses. Increase in alkalinity can result in metabolic alkalosis - which may impact kidney function and result in fluid retention in the body. In the long run, this can cause renal failure and other chronic diseases. Further, sodium bicarbonate can impact body metabolism and muscle physiology," says Kapoor in her post.

"If we talk of soda it's called sodium bicarbonate. So, occasionally one can have this in a small amount taking half a teaspoon. But too much on a daily basis is harmful because as per WHO the sodium consumption is restricted. Same goes for Eno, it is a fruit salt with 60% sodium. So. Eno is better than soda if we add it to cheela, idli or cake rather than adding pure soda. But Eno should also be taken occasionally and not on a daily basis because that can increase blood pressure, people use it as antacid so, a small amount occasionally say not more than 5gm to be taken at a time which can be added in cheela and others is fine but not on regular basis," says Jyoti Khaniojh, Nutrition and Dietetics, Max Hospital Patparganj.

Sonia Bakshi, Nutritionist and Founder DtF discusses the side effects of excessive use of baking soda or Eno in food.

1. The most common side effect of consuming Eno regularly is high blood pressure or hypertension. Eno contains sodium bicarbonate that can increase blood

2. All antacids weaken the immune function. They increase the risk of bacterial infections and allergic

3. In some cases, consumption of regular antacids like Eno can also cause renal failure and other chronic diseases.

**Frozen Strawberries Recalled Due to Hepatitis A Outbreak** 

nationwide recall of organic frozen strawberry products is same retail brand of frozen organ-Lunderway. The FDA is ic strawberries prior to becoming advising people who ate the prod- ill," the CDC investigation report ucts to get vaccinated against stated. henatitis A to prevent liver infection and symptoms like nausea and jaundice.

The recalled products were sold at major retailers including Trader Joe's, Costco, and ALDI, plus other regional retailers and sup-

Five cases of hepatitis A in Washington state are linked to eating frozen strawberries, the FDA has warned. Two of the people were hospitalized. The illnesses started between Nov. 24, 2022, and Dec. 27, 2022, according to the CDC. The five people who were sickened all reported eating frozen strawberries and ranged in age from 38 to 61 years old.

"Traceback and epidemiological investigations show that people with outbreak-associated cases in Washington purchased the

The two strawberry suppliers whose products are being recalled are California Splendor and Scenic Fruit, which sold products under a variety of brand names. Brand labels included in the recall are Kirkland Signature, Simply Nature, Vital Choice, Made With, PCC Community Markets, and Trader Joe's Tropical Fruit Blend.

Recalled products can be identified by their "best by" dates, which range from April 25, 2024, to November 20, 2024, or by lot codes printed on the package. A full recall list is located on the FDA website.

All the strawberries in the recalled products were sourced from Baja California, Mexico. Last year, Baja California-grown straw-



berries were also linked to a hepatitis A outbreak that is the identical strain of the virus found in this latest outbreak.

People who have eaten recalled products within the last 14 days should contact their local health department or health care provider to discuss getting a vaccine or antibody treatment to prevent illness, the CDC advises. Hepatitis Asymptoms can take 2 to 7 weeks to appear and can last a few weeks to several months, although not everyone will have symptoms. In addition to nausea and yellowing

of the skin, people may experience decreased appetite, upset stomach, vomiting, fever, darkened urine or lightened stools, joint pain, diarrhea, or fatigue.

In a statement, Trader Joe's explained to customers that its Tropical Fruit Blend product "may have the potential to be contaminated with Hepatitis A," but said no illnesses have been reported.

A letter addressed to Costco members read, "Although Hepatitis A has not been detected in this product, out of an abundance of caution, consumers should stop consuming the food and return it to their local Costco for a full refund."

In a statement, ALDI explained it had pulled affected products from its shelves and offered refunds, adding that "according to the latest information we have, there are no reported illnesses related to the recalled product."

## The Heart Attack You Didn't See Coming, "MINOCA" cases are rising, especially in women.

INOCA stands for myocardial infarction with non-obstructive coronary arteries. As its name suggests, it's a type of heart attack without any blockages (obstructions) in the main coronary arteries. A related condition, called INOCA (ischemia with non-obstructed coronary arteries), has many of the same symptoms but without the actual heart attack.

When diagnosing a heart attack, doctors typically look for blockages in the main coronary arteries. If any are found, they use various methods (such as bypass surgery, angioplasty, or stents) to restore blood flow. Then they prescribe medication, dietary changes, exercise, and other lifestyle changes to prevent more arterial plaque and clots from forming.

Conrad, who lives in Yucaipa, CA, already had a healthy lifestyle. She was a vegetarian with normal blood pressure and cholesterol, and no family history of heart disease. In fact, she'd finished a 5K the weekend before her symptoms started.

The morning after, her primary care doctor told her she'd probably had a heart attack and should get to the ER. A blood test showing elevated levels of a protein called troponin later confirmed that. She was admitted to the hospital and given an angiogram (imaging of the inside of blood vessels in this case, in the heart).

There was no sign of plaque in her main coronary arteries.

"I'll never forget it," she says. "One of the techs in the room said, 'Your arteries are perfectly clear. You should celebrate with some McDonald's french fries."

Conrad says that before she was discharged, she wasn't given any explanation for her heart attack, no prescription for medication, not even a referral to a cardiologist. "My husband and I were driving home, and we were like, 'OK, what now?''



MINOCA may account for up to 25% to 30% of all heart attacks in women (and less than 10% in men), according to C. Noel Bairey Merz, MD, director of the Barbra Streisand Women's Heart Center at Cedars-Sinai Medical Center in Los Angeles. The symptoms of MINOCA are the same as those of a classic heart attack that happens in someone with coronary artery disease. But because no blockages are found in the main coronary arteries, patients often leave the hospital unsure about what caused their MINOCA heart attack and how to prevent another

During the next 3 years, Conrad estimates she had 20 more episodes. None were as severe as the first one and, as far as she knows, none were heart attacks. She visited the ER three more times, but after being sent home as before, she stopped going.

Conrad consulted a cardiologist, who suspected spasms in the coronary artery wall and prescribed nitroglycerin for her chest pain (angina). She eventually quit her job as a local government finance director because she worried the stress might be contributing to her condition. "I thought, 'Well, this is something I'm just going to have to live with," she says.

Searching for a Cause As with Conrad, MINOCA or INOCA

can seriously affect a person's life. Consider the findings of a survey published in January 2023, based on 297 people in an international INOCA patient support group:

34% had lived with symptoms of chest pain, pressure, or discomfort for more than 3 years before their INOCA diagnosis.

78% were wrongly told at some point that their symptoms weren't related to their heart.

75% cut their work hours or stopped working altogether due to their condi-

About 70% said their mental health and life outlook had declined.

More than half (54%) said their symptoms negatively affected their relationship with their partner or

Cardiologist Harmony Reynolds, MD, of NYU Langone Health and colleagues recently studied the blood vessels of 301 women who had had heart attacks. In their study, published in 2021, they took a different approach. Instead of using the typical angiogram to look for arterial plaque, they used various forms of imaging with higher resolutions.





HEADLINES PUBLICATION

Graphics, Printing & **Marketing Services** 

- Banner
- Sign Board
- Alphabet Sign Board T-Shirt Printing
- Stickers Print / Cut
- Invitations
- **Photo Printing**
- **PVC ID / Lanyard Lace** Rush ID
- **Temporary Plate**
- Video Films / Photograh
- **Coffee Mugs**
- DTP **Bill Book**
- **Visiting Card Brochure**
- **Letter head**
- **Screen Printing**
- Vinyl **Offset Print**
- Website **Logo & Branding Service**







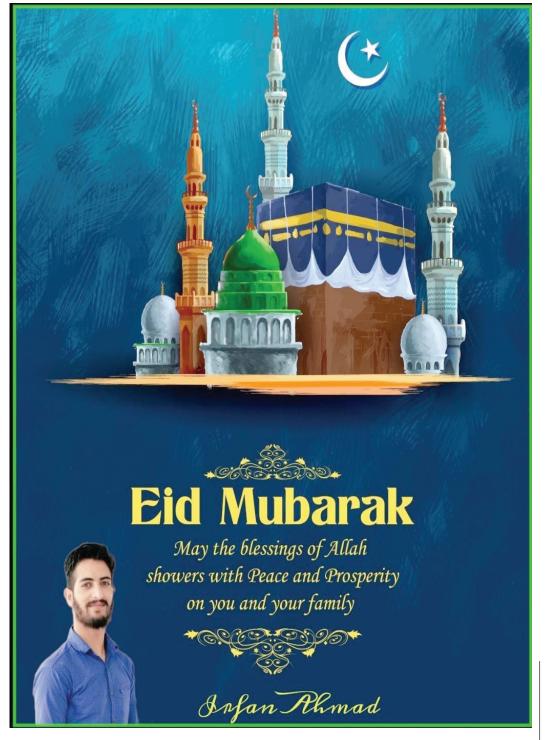
**CALL OR WHATSAPP** 7006618090

**EMAIL** 

srpixels2021@gmail.com ADDRESS Room No 12, **Huda Ash Abi Guzar Central Market** 

Lalchowk

**Srinagar** 



## **Laptop Care House**

Wholesale Dealer Of New And Pre Used Laptops

DEALS IN ALL KINDS OF LAPTOPS AND ACCESSORIES

**REPAIRING OF: ALL TYPES OF LAPTOPS & DESKTOPS** 









7006618090





The Prophet (SA) said: Whoever builds a Masiid for the sake of Allah Almiahty, like a sparrow's nest or even smaller, Allah Almighty will build for him a house in Paradise. [lbne Mahah] "Whoever builds a mosque, desiring thereby Allah's pleasure, Allah builds for him the like of it in paradise." [Bukhari]

### MARKAZI JAMIA MASJID TILAGAM (Pattan)

Masjid is under construction and needs huge finances for its completion. For the last two years no work could be undertaken because of financial constraints. Those who want to earn the pleasure of Allah & His Prophet(SA) are requested to donate generously.



Please transfer money on the following Account of Masjid & earn a place in Jannat ul Firdous:

J&K Bank **Branch Hyderbeigh** Account Number: 0527010100000951 IFSC Code: JAKAOHBEIGH Info at: 8899969463



Fifty years ago The Jammu and Kashmir Yateem Trust was born of a dream to help orphans and destitute.

In 1972 first and the oldest charitable organization of J & K, JKYT was established by Late A. K Tak Zainagiri, a renowned Philanthropist.

Today, 5 decades later, It runs 12 Orphanages, 15 Craft cum Computer centres apart from providing monthly rations to scores of destitute families at 80 branches, schooling assistance, wedding kits, medical help, income generation units, and many other programmes.

Pertinently, J&K Yateem Trust does not get any Govt. or Foreign aid. It is only our esteemed donors who pay their Zakat and Donations to us with which this humanitarian aid is provided to deserving people.

### **HELP US TO HELP THEM!**

to SB A/C No. of J&K Yateem Trust

## 0002040100004258

J&K BANK B/U: Amira Kadal Srinagar

e-Banking transfer, M-Pay through Smartphone. Visit our Central office 24x7

Baran pathar Haft chinar Opp. Iqbal Park Sgr. 0194-2310559, 7006034564, 9419070958 **Divisional Office** 

Maisuma near fire service station Srinagar 0194-2475114,9419009219,9419488948

Note: Donations made in favour of the Trust earn Income Tax Exemption.



jkyateemtrust@gmail.com



Coverage Area: Srinagar, Budgam, Baramulla, Ganderbal & Anantnag

Special Coverage: SRINAGAR & BARAMULLA

Rni Registration No: JKENG/2011/39231, Title Code: JKENG00842, Chief Patron: Syed Sad Ud Din Bukhari (Saidi), Owner, Printer Publisher & Editor: Syed Jahangir Bukhari, Published From: Lubaab Publications Building Radio Colony Gund Hassibhat Lawaipora Srinagar - 190017, Printed At: Lubaab Publications, (Offset Printing Press), Radio Colony Gund Hassibhat Lawaipora Srinagar J&K 190017, Contact Us: Advertisement Section: Dailyheadlinestoday@gmail.com, Advt. Section: 7006846797, 9999038812, Editorial Section: 9419008414, 9596084712, Email: Dailyheadlinestoday@gmail.com, Website & Email: http://Dailyheadlinestoday.com Dailyheadlinestoday@gmail.com, Jahangirbukhari@gmail.com, Printing Press Section: Sheikh Mushtaq: 9697071471