

Amit Shah Reviews J&K Security Preparations Of G20 Meeting In Srinagar

HT News Network

NEW DELHI, APR 13: Union Home Minister Amit Shah on Thursday reviewed the functioning of the security grid and all security-related aspects in Jammu and Kashmir and conveyed the Narendra Modi government's unflinching resolve to the policy of zero tolerance against terrorism. Shah also reviewed the preparations for a G20 meeting to be held in Srinagar next month and directed all relevant agencies to work in coordination for successful conduct of the event.

At the security review meeting, attended by National Security Adviser Ajit Doval, Jammu and Kashmir Lieutenant Governor Manoj Sinha among others, Shah took stock of the functioning of the security grid and various aspects related to security, an official statement said.



The home minister reiterated the Modi government's unflinching resolve to the policy of zero tolerance against terrorism. Turn.....Amit Shah Reviews.....Pg 02

Weather likely to remain dry with rise in day temperature

HT News Network

SRINAGAR, APR 13: Weather is likely to remain dry and day temperature may see a rise in Jammu and Kashmir till April 15, officials said.

Meteorological department forecast mainly clear to partly cloudy sky and day temperature may see a significant rise till April 15 and thereafter see a fall by 2-4 degree Celsius.

It said the weather will remain generally cloudy with intermittent light rain, thunderstorm or lightning with occasionally moderate intensity rains for short periods at scattered to fairly widespread places of Kashmir Division and few places of Jammu Division from April 16-17.

The weather will generally remain cloudy with intermittent light to moderate rain (light snow over higher reaches), thunderstorm with lightning at widespread places of Kashmir Division and few places of Jammu Division during April 18 and 19, while generally cloudy with intermittent light rain, Turn.....Weather likely.....Pg 02

Centre Explores Option Of Tunnel For Connectivity Between Uri Poonch

Between 1947, these areas were connected through Haji Pir pass

HT News Network

SRINAGAR, APR 13: The Government of India is exploring the option of constructing a tunnel across Pir Panchal region for connectivity between strategically important areas of Uri and Poonch.

The Union Ministry of Road Transport and Highways has set the ball rolling for preparation of a detailed project report for a 5.5 kilometer long tunnel across Pir Panchal region.

Before 1947, there was direct connectivity between Uri and Poonch through Haji Pir Pass. The Haji Pir pass now falls on the other side of the Line of Control. The pass was captured by Indian forces during the 1965 War but Pakistan regained its possession as a result of the Tashkent agreement, under which forces of both the countries retreated to their earlier positions.

To begin with, the Ministry of Road Transport & Highways through has now invited a proposal from technical consultants for carrying out detailed project report, pre-construction activities and supervision for construction of highway tunnel of 5.5 kilometer length (tentative) including approaches across Pir Panjal range between Km 75.00 and Km 80.50 on Poonch-Uri Road.

"The consultant should have expertise in carrying out similar kind of job, in similar Turn.....Centre Explores.....Pg 02

NEWS BRIEF

Drone From Pakistan Brought Down Near LoC In Rajouri, Searches Underway

M S Nazki

JAMMU, APR 13: A drone from Pakistan was brought down by security forces as it crossed the Line of Control (LoC) in Rajouri district, and a massive search operation has been launched in the area, officials said. Turn.....Drone From Pakistan.....Pg 02

Water shortage sparks protest in Srinagar uptown

HT News Network

SRINAGAR, APR 13: The residents of Sheikh Dawood (SD) Colony here in the Batamaloo area of Srinagar city Thursday staged a protest against the PHE Department for failing to ensure a regular supply of potable water. Turn.....Water shortage.....Pg 02

Fahad Shah's PSA petition pronounced, details yet to emerge

HT News Network

SRINAGAR, APR 13: Jammu Kashmir High Court pronounced the Public Safety Act petition related to Kashmir-based Journalist Fahad Shah today. Fahad Shah is currently lodged in Kot Bhalwal Jail Jammu. He was arrested by Pulwama police in February last year, for social media posts. Turn.....Fahad Shah's.....Pg 02

Babademb Lane In Shambles, Locals Seek Attention Of SMC

HT News Network

SRINAGAR, APR 13: The dilapidated condition of a by-lane along Babdemb road in Srinagar is giving a tough time to the inhabitants. "The lane near Marriage Hall is dotted with potholes, filled with mud which speaks volumes about the tall claims of the government of improving Turn.....Babademb Lane.....Pg 02

Commissioning of new ILS CAT II by mid-July: Dir Airport

HT News Network

SRINAGAR, APR 13: Following the



completion of the Instrument Landing System (ILS) and its calibration, Srinagar airport authorities are expecting the commissioning of the new ILS CAT II by mid-July this year.

Director Srinagar International Airport Kuldeep Singh Rishi told the news agency—Kashmir News Observer (KNO) that the installation process of ILS Cat II has Turn.....Commissioning of new.....Pg 02

Economic crisis triggers anti-Pak protests in PoK

Vishal Bharti

JAMMU, APR 13: Amidst the economic crisis in Pakistan, several protests were triggered across the Line of Control in parts of Pakistan-occupied-Kashmir (PoK), with the people holding their leaders responsible, and demanding they be given the death penalty for the current situation in the country.

The residents of PoK in a series of videos (accessed by UNI through credible sources) were seen shouting slogans, complaining against the Pakistan government for the all-time high food prices which have overburdened the poor, even as the creamy class enjoyed all the luxuries for free.

There is no employment, good education, proper health care, and infrastructural development, and the government is torturing the needy population, alleged the protestors. Turn.....Economic crisis.....Pg 02

Around 1 lakh tourists visit Pahalgam in last three months

Tourism flow increases with each passing day: Official



HT News Network

SRINAGAR, APR 13: Around one

lakh tourists visited Pahalgam in the first three months of the Turn.....Around 1 lakh.....Pg 02

JPDCL to install over 2.5L smart meters in Jammu City in next 5 months: Official

HT News Network

JAMMU, APR 13: The Jammu Power Distribution Corporation Limited (JPDCL) on Thursday said that more than 2.5 lakhs smart meters will be installed in next five months in the Jammu city.

"It is the endeavor of JPDCL to install more than Turn.....JPDCL to install.....Pg 02

Judges are like architectural designers while deciding a case: Chief Justice

Judicial Academy organizes interactive programme for Civil Judges of Kashmir

HT News Network

SRINAGAR, APR 13: The Jammu and Kashmir Judicial Academy organized a one day interactive programme on "order/judgment writing, Turn.....Judges are like.....Pg 02



J&K Govt. rolls out homework schedule for students as per school bag policy 2020

HT News Network

SRINAGAR, APR 13: Jammu and Kashmir government on Thursday rolled out "Homework Schedule" for students according to which there shall be no homework for student's up to second standard.

Directorate of School Education Kashmir (DSEK) issued 'Homework Schedule' as per New Bag Policy-2020, to minimize the load as per the School Bag Policy 2020.

It has also mandated a maximum of ten to twelve hours Turn.....J&K Govt. rolls out.....Pg 02



Festival of Baisakhi harbinger of peace & prosperity in J&K

HT News Network

SRINAGAR, APR 13: All Parties Sikh Coordination Committee (APSCC) on Thursday has expressed hope that the festival of Baisakhi will be a harbinger of peace and prosperity in Jammu and Kashmir.

In a statement, APSCC Chairman Jagmohan Singh Raina while expressing joy and happiness over the festival of Baisakhi, said that such festive occasions provide a chance to the people of different communities to come close to Turn.....Festival of Baisakhi.....Pg 02

Thousands Of Devotees Visit Subar Nag Temple In Bharderwah To Celebrate Baisakhi

HT News Network

BHADERWAH/JAMMU, APR 13: Thousands of devotees converged at the ancient Subar-Nag temple Turn.....Thousands of.....Pg 02



No homework for students upto second standard

Maximum Of 10 To 12 Hours Class Work For Secondary, Higher Secondary Students

HT News Network

SRINAGAR, APR 13: Directorate of School Education Kashmir (DSEK) Thursday issued 'Homework Schedule' as per New Bag Policy-2020, according to which it said there shall be no homework for students upto second standard even as mandating a maximum of ten to twelve hours classwork for the secondary and higher secondary students each week. "Heavy homework is an issue, which makes both students and parents stressed because as a general practice it needs to be completed by night and reported in the school next morning. This practice snatches the play time of child, parents' quality time with

child, activities leading to socialization with the family", reads a circular in this regard, a copy of which lies with GNS.

This practice, it remarked, mars student's creativity and there remains no space for a teacher to inculcate creativity, critical thinking and other 21st century skills among students as envisaged in NEP-2020.

"Moreover, it is often observed that homework beyond their capacity is being given to students while as Children should be given an opportunity for creative work at home in which they can take interest along with their family members."

Remarking further that children need to be encouraged to read



books beyond curriculum at home, the circular opines that there is a

need to discuss some of these books in the school which will

improve reading habits of children. "Book clubs may be opened in the school so that children can get variety of books free of cost in the school itself. Children need to be engaged with creative activities and critical thinking, group discussions so that they can express themselves without any fear.

Continuing it, the circular says there will be no homework up to Class-II and a maximum of two hours a week from Classes III-V and for middle schools from Classes VI-VIII, there shall be a maximum of one hour a day that is about five to six hours a week.

For the secondary and higher secondary level there shall be a maximum of two hours a day (about 10 to 12 hours a week).

"Teachers need to work together to plan and rationalise the amount of homework that they assign to students," emphasises the circular.

Remarking that further it has been given to understand that all the concerned teachers of a particular class assign homework without coordinating with each other and thus resulting in heavy burden of homework for a student, the circular further reads that as such it is impressed upon the all the school heads of (both government and private) to ensure that the homework to students is given as per the School Bag Policy 2020 replicated above and strictly adhere to the said schedule without any deviation.

Complex double heart valve surgery performed at Super Specialty Hospital Jammu

HT News Network

SRINAGAR, APR 13: A complex double heart valve surgery was successfully performed by the Department of Cardiovascular and Thoracic Surgery (CVTS) Super Specialty Hospital (SSH) Government Medical College (GMC) Jammu. A doctor at the hospital told the news agency—Kashmir News Observer (KNO) that a 25-year-old female patient was suffering from Rheumatic Heart Disease with Severe Mitral and Severe Aortic Valve Disease. She had multiple admissions for severe heart valve-related problems in GMC Jammu and had been advised surgery long back, he said.

"The patient was very sick in advanced NYHA functional class and was bedridden. For most of the vital organs, besides oral, she needed aggressive injectable pharmacotherapy for weeks together before surgery," the doctor said, adding that the patient was operated on under total Cardiopulmonary Bypass (when Aorta is cross-clamped and the heart is not beating) and moderate hypothermia (decreased temperature during surgery).

"The patient had severely diseased, dystrophic, calcific, stenotic and regurgitant valves. Her diseased Mitral and Aortic Valve were excised, calcium was removed and both the valves were replaced with St Jude prosthesis," the doctor added.

The Cardiac Anesthesia team was led by the Head of Cardio-Thoracic Anesthesia Department Professor (Dr) Pooja Vimesh, and was assisted by Dr Rasmeet, Dr Vikas, Senior Residents and Residents. Senior and other technologists from CTA Vikas Sharma, Sumit and Arif were part of the team. Anesthesia was so smooth that the intraoperative period, extubation and post-operative period were uneventful, the doctor said.

The surgical team led by Dr I A Mir included Dr Arvind Kohli, Dr Shyam Singh, Dr Mohit Arora, Dr Vivek Gandotra, Dr Javid Bandy. The Cardiopulmonary machine (which functions for heart/lung during surgery) as usual was run by Sr Perfusionist Charan Jeet Singh and Roshan Lal. Scrub side/flooring and support services were led by Sr staff Vishaali besides Sapna Kumari, Balvir Kour, Fareena, Renu Nathyal, Rigzen Angmo, Sonia Sharma, Arjumand Shaheen, Susheel Sharma, Sunil and Deepak.

The operating surgeon Dr I A Mir said that before the surgery, the patient needed consultations with the Department of Cardiology, Neurology, Nephrology, Chest Disease Medicine, Dermatology and Dentistry.

No surgery performed at DH Shopian in last two days as DG set develops technical snag

We are on it, will rectify it soon: MS

HT News Network

SHOPIAN, APR 13: No surgeries were performed at district hospital Shopian for the last two days as the diesel generator set has developed some technical snag even as authorities claim they are working to rectify it as soon as possible.

Several patients from district Shopian whose surgeries were scheduled on Wednesday and Thursday have been delayed as no surgeries were performed.

Waseem Ahmad, a patient, told the news agency—Kashmir News Observer (KNO), that surgery of his sister was scheduled on Wednesday, however, they had to return back after they were informed that DG set isn't working properly.

This being a district hospital should have a backup facility available as technical snags can happen anytime, he said.

Another patient said that the hospital has a hot line and they can perform surgeries if they want but it seems they are least bothered about it.

He said that this being a district hospital and authorities should have made alternate arrangements within hours as even two days have passed but no steps have been taken yet.

Patients along with attendants said that they can't visit some other hospital this time for surgeries as if they will visit some other hospital, they will have to go through tests and other diagnosis again and it will further



delay our treatment. They requested District Mag-

istrate Shopian, CMO Shopian and other officials to take immediate

steps in this regard so that poor patients won't have to suffer anymore. Dr Rubina Deputy Chief Medical Officer Shopian who has been given charge of Medical Superintendent District Hospital as well while talking to KNO acknowledged that surgeries haven't been performed at the hospital as DG set has developed some snag and is giving around 300 v power.

"If we will put it in use it can damage all our equipment worth crores. There was a power shutdown on Wednesday and operating without backup can prove fatal," she said. "We are on it and will either make any alternate arrangement or rectify the errors of the existing DG set as soon as possible."

Stone quarry worker dies after falling from cliff in G'bl

GANDERBAL, APR 13: In a tragic incident, a worker fell to death at a stone quarry in the Safapora area of central Kashmir's Ganderbal district on Thursday.

An official told the news agency—Kashmir News Observer (KNO) that a worker Gulzar Ahmad Mir, son of Ghulam Mohammad Mir, a resident of Kondbal Safapora, who was working at a stone quarry lost his balance and fell from a high cliff, resulting in his death on the spot.

Police were immediately informed and a team from the local police station was dispatched to the site, the official said, adding that the police have started an investigation in this regard.

Nepal man found dead in Nallah Sindh at Kangan

GANDARBAL, APR 13: The body of a Nepalese national was found in Nallah Sindh in central Kashmir's Kangan area on Thursday, officials said.

An official told the news agency—Kashmir News Observer (KNO) that the body that was recovered from Nallah Sindh was identified as Chabi Lal Vishwakarma, a Nepalese national and son of Nar Singh, resident of Karnali Nepal.

"The body was spotted by locals during evening hours and was immediately reported to the authorities. Upon arriving at the scene, the police launched an investigation and were able to identify the deceased," they said. The cause of death has not been determined yet while a thorough investigation has been started in this regard, they said.

Chadoora Road Accident:

Critical teenager succumbs, say Officials

BUDGAM, APR 13: One among the two teenagers, who was critically injured in a road accident at Chadoora area of Central Kashmir's Budgam district on Wednesday afternoon, succumbed to his injuries, officials said on Thursday. Officials sources told the news agency—Kashmir News Observer (KNO) that two teenagers were injured after the bike they were riding on skidded off the road at Borwah area of Chadoora.

He identified the injured as Imran Farooq son of Farooq Ahmad Lone (15) and Moomin Altaf son of Mohammad Altaf Sheikh (18)—both residents of Yarikalan Chadoora.

He said the duo was shifted to sub-district hospital Nagam where from they were shifted to SMHS and Bone and joint hospital Srinagar.

An official told KNO that one among them (Imran) who was being treated with head injury succumbs to his injuries, while another is being treated and stated to be stable.

Meanwhile, police have taken cognizance of the incident and have started further investigation in this regard.

DGP greets people, JK Police parivar on Baisakhi, Dr B R Ambedkar's Jayanti

JAMMU, APR 13: Director General of Police (DGP) Dilbag Singh Thursday greeted the people of the UT, families of Police martyrs, JK Police personnel & forces and their families on the auspicious occasions of Baisakhi and Birthday of Dr B R Ambedkar.

In his message issued to the news agency—Kashmir News Observer (KNO), the DGP said that the Baisakhi festival is celebrated to welcome the new harvesting season of the year and on this special day the great Saint Warrior Shri Guru Gobind Singh Ji Maharaj has created Khalsa Panth, who are committed to serve others without a thought for own wellbeing.

He prayed for communal harmony and brotherhood among the people of J&K UT.

On the occasion of Bharat Ratna Dr Ambedkar jayanti the DGP said that the modest beginnings of his life and becoming the pioneer of Indian Constitution, Dr Ambedkar's life is an inspiration to follow and to make the nation proud.



World famous Qari-Quran from Iran, Aaqayi Ahsaan Bayaat Hamdani recite the Holy Quran at Jamia Masjid Srinagar during his visit to the Valley in Srinagar on Thursday.

EDITORIAL

Water Crisis In The Valley of Gushing Streams...

As the holy month of Ramadan approaches, Srinagar, the capital city of Jammu and Kashmir, is facing a severe shortage of water. The situation has been exacerbated by the ongoing conflict in the region and the mismanagement of resources by the local authorities.

Water is a vital resource for human survival, and its shortage can have dire consequences, particularly in a month where Muslims fast from dawn to dusk. The availability of water during this period is of utmost importance, as it is needed for both consumption and purification. However, in Srinagar, the situation is dire, with residents facing long hours without access to clean water.

The primary reason for the water shortage in Srinagar is the mismanagement of resources by the local authorities. The government has failed to adequately address the issue of water scarcity, despite being aware of it for years. Instead, they have focused their attention on other issues, leaving the water crisis to worsen.

In a recent event, the female protesters displaying empty buckets and pitchers blocked the road and disrupted traffic to attract the attention of the concerned authorities in the Batamaloo area of Srinagar city. The scarcity of water in the area is making it difficult for them to get on with their life.

There has been an increase in the events like these that came in the forefront in last couple of months with the difficulties being increased in the Holy month of Ramadan.

The lack of water has severe consequences for the people of Srinagar, especially during Ramadan. The fast is a time of spiritual reflection and increased devotion to Allah, but it is also a time of physical deprivation. Without access to water, Muslims in Srinagar will face increased difficulty in completing their fasts, which can lead to dehydration and other health issues. Moreover, the lack of water also limits their ability to perform ablution, a necessary ritual before prayers.

The situation in Srinagar requires urgent attention from the government and other relevant stakeholders. First, the government must prioritize the provision of clean water to its citizens, especially during Ramadan. This can be achieved by investing in infrastructure and improving the management of water resources. The government should also work with humanitarian organizations to ensure that water is distributed fairly and efficiently.

Finally, it is crucial that the people of Srinagar also take steps to conserve water. Water conservation measures such as fixing leaks, reducing water usage, and recycling wastewater can go a long way in reducing water scarcity. Furthermore, it is essential that people come together to share resources, such as wells and tanks, to ensure that everyone has access to water.

In conclusion, the water shortage in Srinagar during Ramadan is a severe problem that requires urgent attention. The government must prioritize the provision of water to its citizens, work towards resolving the ongoing conflict, and encourage water conservation. Moreover, the people of Srinagar must come together to support one another and ensure that everyone has access to this vital resource. By working together, we can overcome this crisis and ensure that everyone in Srinagar has access to clean water, especially during Ramadan.



VIJAY GARG



Intellectual Disability or Mental Retardation is considerably sub-average brain functioning, existing from the early infancy or birth and results into limitations of the capability of conducting normal activities for the everyday living.

Definition: Intellectual disability, also known as "mental retardation," is described by the IDEA (Individuals with Disabilities Education Act) as "considerably sub-average common intellectual functioning, offered concurrently [altogether] with the deficits in adaptive actions and clear during the developmental period which adversely affects child's educational operation." Two main components are there in this definition: student's IQ as well as his or her ability to work independently generally known as the adaptive behaviour.

Common Traits of Intellectual Disability

According to the NICHY (National Dissemination Center for Children with Disabilities), the IQ under 70-75 specifies an intellectual disability. The deficits of "adaptive behaviour" quoted by IDEA prove to be trickier to assess. Factors considered consist of the ability to comprehend and take part in the conversations, to understand and pursue social norms as well as to do activities like getting dressed or using the bathroom. NICHY clarifies that the sources of intellectual disabilities differ from pregnancy problems and complications during birth to general conditions (like fragile X-syndrome or Down syndrome) and physical problems early in the life, together with diseases like measles, contact with toxic substances like mercury or lead, etc.

Many traits may point towards the intellectual disability. The NICHY (National Institute of Child Health and Human Development) has listed the following early indicators:

- Delay in reaching developmental milestones like talking and sitting up
- The problem in comprehending conventional social behaviours or understanding the action consequences
- The problem in remembering things
- Weaker problem-solving skills

Mentally retarded children lack social and theoretical abilities. They can't match well with the others because of language underdevelopment and face difficulty in education as well as dealing with everyday actions. Their IQ ranking is lower than average however this doesn't indicate that these kids can't learn how to look after themselves. The level of learning relies on the problem's difficulty level. Majority of children can be taught a sufficient amount if suitable care and the environment is given to them. They can live a partly independent life.

Need for Special Educational Curriculum for Them

The children who are suffering from the intellectual disability need a special education curriculum. Certain other activities like music, dance, yoga, art & craft etc. may be introduced for these children so that they can understand how to work together while doing the activities. They must also get physical training that can include games, sports, and drills. Their interaction skills may be improved using the sign language. This entire procedure of conveying education to them relies on the aim to make these children as much autonomous as possible. Rather than offering them studious knowledge, they need to be taught everyday activities and skills.

The myth is that intellectually disabled children can only be educated if they are trained together in an institution. They need care and inclusion to find out the ways of autonomous living. The government also promises educational and more services for them.

Their wide-ranging educational plans need to be developed through a team of paediatricians, physicians, speech therapists, and adolescent psychiatrist with the help of school authorities and family as per the retardation level. Before you introduce the child in a classroom, his mental issues should be tackled properly. No weakness should be build up in the child because it can obstruct the enthusiasm of learning. Great care should be taken while choosing whether a child should be sent to a normal school or should be sent to any special school. At times, some wrong decisions may overburden his capabilities and put extra strain on the limitations also. Despite offering academic awareness, they need to be taught activity modification methods and must be vocationally trained for the occupations as well as live autonomously.

In India, significant prevalence is there for mental retardation with urban and rural areas. According to the Persons with Disabilities Act, there needs to be obligatory support for early detection, prevention, employment, education, and personal facilities with psychological retardation.

Special education has become one type of treatment for a person suffering from intellectual disabilities. All these children need services of different experts. Special education may aid in assimilating the skills and knowledge from different disciplines and may

Special Education For Children With Intellectual Disability



join them. Special educators may prove to become the most important and inventive persons for children dealing with intellectual disability problems.

Educational Challenges

Being parents you can have doubts about education and the long-term future of your child. Teachers can definitely see that giving education to students having intellectual disabilities associated with many challenges. However, the fact is that they will study but they will take longer time. Clearly, intellectual disability produces a lot of educational challenges which must be defeated. These include:

- Difficulty in completing difficult tasks
- Improper behaviour
- Limited vocabulary
- The problem in understanding new thoughts
- Tips for Parents and Teachers

Educating people who are suffering from intellectual disabilities needs patience and awareness. Awareness engages a serious effort of choosing words and activities wisely. For example, if a student shows artistic talent, support him or her through offering assignments related to the skill. Parents can aid by suggesting associated activities which their children may use as hobbies. Additionally, carefully choosing your words can reduce possible problems sourced by students' restricted vocabularies.

Patience is an essential part of addressing the above mentioned educational tests. You will probably need to check lessons or fix student's improper behaviour many times. Another way of making the repetition more efficient is to convey verbal instructions with extra cues; for instance, show pictures for repeating spoken directions.

To fight difficulty in completing compound tasks, NICHY recommends dividing these jobs into smaller steps. This organization also suggests providing instant feedback for helping a child to learn while he or she performs a step properly.

One last advice does not inevitably correspond to some particular academic barrier however rather attends to the educational focus, at least with higher school level. Examine student's skills to choose how to carry on with the transitioning to maturity. For example, do the students having the capabilities which will allow the students to survive on their own? If yes, the later years of school need to concentrate on enhancing the ability which will let them live without help.

Effective Teaching Techniques for People Having Intellectual Disabilities

Individuals having intellectual disabilities advantage from same teaching techniques used for teaching people with the other learning disputes. It includes studying disabilities, autism, and hyperactivity disorder.

One such technique is breaking the learning jobs in smaller steps. Every learning job is introduced, with one step with one time. It avoids overwhelming the students. When the student masters one step, then the next step is initiated. That is a step-wise, progressive, and learning approach. This is an attribute of several learning models. Only one difference is size and number of chronological steps.

The second technique is to transform the approach of teaching. Extensive verbal directions and theoretical lectures are useless teaching techniques for most of the audiences. Majority of people are kinesthetic students. It means they study best when doing an assignment "hands-on." It is contrary to thinking about doing it in the abstract. The hands-on tactic is particularly useful for students suffering from Intellectual Disability. They study best while information is real and observed. For instance, there are many ways of teaching the gravity concept. Teachers may talk about gravity theoretically. They can explain the force for the gravitational pull. Secondly, teachers might show how the gravity works through dropping something. Thirdly, teachers may ask the students directly about the gravity by doing an exercise. Students might also be told to jump or drop the pen. Majority of students keep more details from experiencing the gravity firsthand. The concrete gravity experience is much easier to recognize than theoretical explanations.

Third, people having Intellectual Disability do best with learning environments where visual support is

used. It might consist of pictures, charts, and graphs. The visual tools are valuable in helping the students to recognize what actions are projected of them. For example, using the charts of mapping students' development is extremely effective. Charts may also be used as the means of offering positive support for suitable and on-task performance.

A fourth teaching technique is to offer direct and urgent feedback. Individuals having Intellectual Disability need instant feedback. It allows them to create a connection between their activities and the teacher's response. Delay in offering feedback makes that hard to make a connection between the source and effect. Therefore, the knowledge point can be missed.

While we teach children having intellectual disabilities, we should remember many factors. Initially, we should set goals which are most significant for the children. Learning names of planets cannot be as significant as learning on how the plants grow. Then we should make the materials as well as set the environment in order that it supports a child's learning. In conclusion, we should use a few teaching methods for teaching and motivating the children to learn. Let's explore some efficient teaching methods for students having intellectual disabilities.

Baby Steps: Children suffering from intellectual disabilities should be learnt using baby steps. Each skill, task, or activity should be crashed into smaller baby steps. The children are taught one step at one time. Gradually, they learn to merge the baby steps for learning a better concept. For instance, we won't teach the concept of the red colour within one day, so initially, we will teach sorting of red and then matching of red, after that identifying the red, and then naming the red and lastly generalizing the red. Using that way try to break all skills into smaller baby steps.

Chaining: Chaining is a procedure of breaking the task into smaller steps and teaches them in a chronological way. This is generally used for teaching everyday living skills. For instance, we initially teach a child for holding the pant with both hands, and we teach him to grip it and take it down on his legs. Subsequently, we teach to hold that, bring that down to the legs, as well as put a leg inside. The procedure is named forward chaining. In backward chaining, you teach children last steps first. We complete the activity for the child as well as allow the children to do last steps on their own. After that, we do this movement until the second last step. In that way, a child does some activities and we do less till child can do the entire activity to his own.

Group Learning: Group learning is among the most efficient teaching methods for students having intellectual disabilities. That is when you bring the children together with the group of teaching different skills. Children usually do better while they are within the group. Behavioural difficulties are fewer and children encourage each other. One difficulty of the group learning is you need sufficient hands for helping children learn mutually.

Hands-on Learning: Hands-on learning is the procedure of user actions and on the tasks of teaching skills. All the children particularly children having intellectual impairments study best using this procedure. An example might be to do science experiments and discover science concepts. One more idea is using play dough plus making letter shapes and learn letters. Hands-on learning is an enormous way of learning math.

Play-Based Learning: Play-based learning is while we use play activities for teaching cognitive skills. For instance, if a child is playing with cars, we can just sit there and play too. During our play, we use statements like "Can you give that to me? May I play with a red car?" In that way, we help children to learn skills while they are playing.

Positive Reinforcement: Positive reinforcement is reinforcing the children positively when they learn new skills or practice or do known skills. It is an enormous way of motivating children having intellectual disabilities. Employ reinforcements which are suitable for the children.

These are only a few efficient teaching tactics for students having intellectual disabilities. The finest way to teach is understanding the child, understanding his capabilities and his requirements.

Vijay Garg Retired Principal Educational Columnist Malout Punjab



IRFAN ATTARI KASHMIRI



Digital Forensics: The Essential Tool for Fighting Cybercrime

Cybercrime is a growing problem, with losses estimated to reach \$6 trillion annually by 2021. In order to combat this threat, law enforcement and security professionals need to be able to collect and analyze digital evidence. This is where digital forensics comes in.

Digital forensics is the process of identifying, preserving, analyzing, and documenting digital evidence. It can be used to investigate a wide range of crimes, including data breaches, identity theft, and fraud.

Digital evidence can be found on a variety of devices, including computers, smartphones, and tablets. It can also be found in the cloud, on social media, and in email.

Digital forensics is a complex and specialized field. It requires a deep understanding of computer science, data storage, and networking. Digital forensics experts also need to be able to testify in court.

The demand for digital forensics experts is growing rapidly. As cybercrime becomes more sophisticated, law enforcement and security professionals will need to rely on digital forensics to investigate and prosecute these crimes.

How Digital Forensics Works

The digital forensics process typically begins with the collection of evidence. This can be done by seizing a device, downloading data from the cloud, or extracting data from a network.

Once the evidence has been collected, it must be preserved. This means making sure that the evidence is not altered or tampered with.

The next step is to analyze the evidence. This can be done manually or with the help of specialized software. The goal of the analysis is to identify and extract relevant data.

The final step is to document the findings. This includes creating a report that details the evidence that was collected, how it was analyzed, and the findings of the analysis.

The Importance of Digital Forensics

Digital forensics is essential for fighting cybercrime. It can be used to identify and prosecute criminals, recover stolen data, and prevent future attacks.

Digital forensics is also important for civil litigation. It can be used to prove or disprove liability in cases involving data breaches, identity theft, and fraud.

The Challenges of Digital Forensics

Digital forensics is a challenging field. The volume and complexity of digital evidence is constantly increasing. This makes it difficult to collect, preserve, and analyze evidence.

Another challenge is the ever-changing nature of technology. New devices and software are constantly being developed, which can make it difficult for digital forensics experts to keep up.

The Future of Digital Forensics

The future of digital forensics is bright.

The demand for digital forensics experts is expected to grow significantly in the coming years.

This growth is being driven by the increasing sophistication of cybercrime and the growing importance of data. As more and more data is stored and transmitted electronically, it will become even more important to be able to collect, preserve, and analyze digital evidence.

Digital forensics is a vital tool for fighting cybercrime. It is a complex and challenging field, but it is essential for protecting our data and our privacy.

Digital Forensics: The Essential Tool for Fighting Cybercrime

Cybercrime is a growing problem, with losses estimated to reach \$6 trillion annually by 2021. In order to combat this threat, law enforcement and security professionals need to be able to collect and analyze digital evidence. This is where digital forensics comes in.

Digital forensics is the process of identifying, preserving, analyzing, and documenting digital evidence. It can be used to investigate a wide range of crimes, including data breaches, identity theft, and fraud.

Digital evidence can be found on a variety of devices, including computers, smartphones, and tablets. It can also be found in the cloud, on social media, and in email.

Digital forensics is a complex and specialized field. It requires a deep understanding of computer science, data storage, and networking. Digital forensics experts also need to be able to testify in court.

The demand for digital forensics experts is growing rapidly. As cybercrime becomes more sophisticated, law enforcement and security professionals will need to rely on digital forensics to investigate and prosecute these crimes.

How Digital Forensics Works

The digital forensics process typically begins with the collection of evidence. This can be done by seizing a device, downloading data from the cloud, or extracting data from a network.

Once the evidence has been collected, it must be preserved. This means making sure that the evidence is not altered or tampered with.

The next step is to analyze the evidence. This can be done manually or with the help of specialized software. The goal of the analysis is to identify and extract relevant data. The final step is to document the findings. This includes creating a report that details the evidence that was collected, how it was analyzed, and the findings of the analysis.

The Importance of Digital Forensics



Digital forensics is a vital tool for fighting cybercrime. It is a complex and challenging field, but it is essential for protecting our data and our privacy.

The field of digital forensics is constantly evolving, as new technologies and methods are developed to collect, preserve, and analyze digital evidence. In recent years, there has been a growing focus on the use of artificial intelligence (AI) in digital forensics.

AI can be used to automate many of the tasks involved in digital forensics, such as identifying and extracting data from devices. AI can also be used to analyze data and identify patterns that might be missed by human analysts.

The use of AI in digital forensics has the potential to revolutionize the field. AI can help to make digital forensics more efficient and effective. It can also help to improve the accuracy of digital forensics investigations.

However, there are also some challenges associated with the use of AI in digital forensics. One challenge is that AI systems can be biased. This means that they may make decisions that are unfair or discriminatory. Another challenge is that AI systems can be hacked. This means that they could be used to manipulate or destroy digital evidence.

Despite these challenges, the use of AI in digital forensics is likely to continue to grow in the future. AI has the potential to make a significant contribution to the fight against cybercrime.

Here are some of the ways that AI is being used in digital forensics:

Identifying and extracting data from devices: AI can be used to identify and extract data from devices, such as computers, smartphones, and tablets. This can be done by analyzing the device's file system, memory, and other storage locations.

Analyzing data: AI can be used to analyze data and identify patterns that might be missed by human analysts. This can be done by looking for correlations between different data points, such as email addresses, IP addresses, and file names.

Reconstructing events: AI can be used to reconstruct events that took place on a device. This can be done by analyzing the device's timeline, logs, and other data.

Identifying threats: AI can be used to identify threats, such as malware, viruses, and ransomware. This can be done by analyzing the device's security logs and other data.

The use of AI in digital forensics is still in its early stages, but it has the potential to revolutionize the field. AI can help to make digital forensics more efficient and effective. It can also help to improve the accuracy of digital forensics investigations.

Digital forensics is a complex and challenging field that is essential for fighting cybercrime. It is a field that is constantly evolving, as new technologies and methods are developed to collect, preserve, and analyze digital evidence. The use of AI in digital forensics has the potential to revolutionize the field, but there are also some challenges associated with its use. Despite these challenges, the use of AI in digital forensics is likely to continue to grow in the future.

The Author is a Renowned Social Activist Student of Tehreek-e-Nau-Jawan & Kadam Of Cybersecurity, Irfan Attari Kashmiri, Email: askirfanattari@gmail.com



M S NAZKI



Children are the future of tomorrow of J&K!

It is a Union territory now but tomorrow like yesterday it may become a State again!

It is a known fact that children move stones with their feet. Men move rocks with their hands. Women move mountains with their hearts! And it is the woman from whom we all are born! Children have to be shaped on three principles! One is customs and traditions and heritage of the family because a family makes a society and thereafter develops the community! We all grow up in the given circumstances! But education is a must to any given child and he/she could be any born but without any future! The future we all should get together to make his/hers! Health care is a must again for a child! The government has taken several steps to improve the same, facilities created by the present set up of governance and administration is exemplary but still what is required is awareness among the poor!

A Child always grows into his Area of Strength, then he/she calls it his/her identity. If that child seems lost, it's because he/she feels he/she has no 'Strength'. He/she would go searching until he/she finds it. Even if he/she finds it at the wrong place. That's why, it is okay to show your child the dream you have for him/



her. So it may become where he finds his own. Or else, he/she could find it where you may not like. Every growing child looks to grow into something that he/she can call his/her identity. His/her first love! Dance... Music... Cooking... Any hobbies... Or interest... Any! Uncover that child's identity with him/her and for him/her... Before he/she gets it where you would rather he/she doesn't! That is the nature of a child and we were all once upon a time children!

It is from home where the standards are set, in school they are keenly observed, in higher classes the polishing of the talent and the potential is groomed, in professional colleges the child once and now a grown up boy/girl is taught how to make the best use of his/her talent and then finally he/she becomes a professional that is class apart! Jammu was slow to take off but with changing times the kids too have changed! They love competition and want to make it! For sure Jammu of tomorrow will be in safer hands!

No Wealth, No Health: Who Should Pay for the Right to Health?

DR. K MADAN GOPAL

With Rajasthan becoming the first State to pass the Right to Health Bill, the echoes of constitutionalizing the right to health have found new voices across India. Although the Indian Constitution has not explicitly guaranteed the fundamental right to health, the constitution's framers and founding fathers, with their incredibly far-reaching visions, imposed on the State a duty in the form of Directive Principles of State Policy in Part IV of the Constitution. The Directive Principles of the State Policy call for the State to guarantee social and economic justice to its citizens, including healthcare, and have become the foundational stone for the right to health through various articles like Art. 38, 39(E), 41, 42, 47, and 48A. However, these Directive Principles of State Policy are non-justiciable, i.e., they cannot be enforced in a court of law. Thus, they only have persuasive value. Further, there are numerous references to public health and the State's function in providing healthcare to citizens in the Indian Constitution. Item number 6 in the 7th schedule of the Indian Constitution obliges the State to enhance public health. Article 243G and Entry 23 of the 11th Schedule – Health and sanitation, including hospitals, primary health centers, and dispensaries – also endow the Panchayats and municipalities with the power to strengthen public health.

The right to health is included within the scope of the right to life, as guaranteed by Article 21, according to numerous rulings by the Supreme Court of India. The government had a constitutional obligation to provide health services to its citizens.

Why the Right to Health?

Although India's existing constitutional provisions, legal precedents, and international commitments provide a strong foundation for a right to health, such a right has yet to be explicitly recognized by law, with the Government Health Expenditure (GHE) standing at 1.28% of GDP, the government needs to consistently catch up to the National Health Policy's goal of allocating public investment of 2.5% of GDP to healthcare. Moreover, over the past fifteen years, the national share of total health spending has decreased by about one-fourth. The total health expenditure as a percentage of GDP decreased from 4.2% to 3.2% between 2004–05 and 2018–19. Contrary to international trends, where health spending as a percentage of GDP has risen over the past 20 years and is close to 10%, the Indian healthcare system continues to be gravely underfunded. As per the latest National Health



Accounts, out-of-pocket expenditure (OOPE) as a percentage of total health expenditure still stands at a staggering 48.2%. Further, government hospitals account for a mere 17.34% of the total current health expenditure (CHE). The numbers and figures indicate the State of healthcare in India and the vast disparities therein. With the government's involvement, this skew can be fixed.

Even the international experience of various countries showcases that the nations that have made solid legal obligations on the State to provide healthcare services to its citizens record better health outcomes. The Western Pacific Nations, like Cambodia, Fiji, Japan, the Philippines, and Vietnam, explicitly mention the right to health in their constitutions and strongly oblige the State to provide

as Korea, Indonesia, the Maldives, Nepal, Thailand, and Timor Leste recognize the right to health and healthcare as a positive constitutional right and oblige the State to ensure the progressive realization of these rights. Furthermore, a quick review of constitutional amendments in Latin American countries shows that the region's right to health has significantly expanded, resulting from governmental programs, civil society lobbying, and legal safeguards in advancing the developments. India is in a position where it can expand on the health commitments it has already made under multiple national and international frameworks to create a country that is both healthy and prosperous. In addition, a quick review of constitutional amendments in Latin American countries reveals that

synergistic combination of legal protection, bottom-up pressure from civil society organizations, and the government's motivation and proactive action.

Further, India has assumed the G20 presidency this year, so it is an opportune time for constructive discussions and deliberations on formulating legally justiciable public health legislation in India. Such legislation would not only leapfrog India's journey towards achieving its target of achieving universal health coverage as envisaged in the National Health Policy, 2017. Still, it would also ensure that India achieves Sustainable Development Goal 3 of good health and well-being well before the proposed timeline of 2030.

To convert this 'intent' into 'action' and 'action' into 'outcome,' firstly, there is a need to bring all the stakeholders in the healthcare delivery system to one table so that a comprehensive and robust Right to Health legislation can be envisaged in a consultative and collaborative manner.

Secondly, such legislation might have significant financial implications for the nation and these can be a barrier in our path towards universal healthcare coverage. Implementing the right to health in a country like India is expected to cost the nation's exchequer very heavily. Further, fulfilling the government's obligations under such legislation would necessitate additional funds for human resource deployment, infrastructure development, reimbursement of the private sector, and public health functions.

Moreover, without adequate funding mechanisms, such legislation is likely to negatively affect the nation's fiscal deficit, already

standing at 6.4 per cent of GDP as per the revised estimates 2022-23. Therefore, the financial implications of such legislation must be extensively considered. The government can explore ways to mitigate those costs, such as creating additional revenue streams, increasing taxes, redirecting funds from other budget areas, utilizing the private sector financing pathways like CSR funding, community resource pooling, etc.

Further, the Right to Health can inculcate a bottom-up expansion approach with a systematic expansion of coverage from poor to lower-income and, only then, to upper middle-income groups. Such an approach would not only help prioritize service delivery to those who need it most. Still, it will also prove financially feasible and viable.

Thirdly, such legislation must fence the providers' rights in the healthcare service delivery systems, which remains a neglected aspect, making the healthcare providers susceptible to frequent abuse. Finally, the right to health is a much broader concept, encompassing the medical domains and crossing into the social, political, and economic spheres. As rights must be inherently realized within the broader social, political, and economic spheres, the formulation of such an act immediately implies that factors determining health and ill health, which are not only biological or "natural" but also aspects of societal, political, and economic relations, are taken into account and worked upon. Therefore, a "right to health care" is a better alternative and more practical way to conceptualize the right to health in India, at least in its infant stages.



healthcare services to their citizens. Further, the constitutions of various South Asian nations such as the region has witnessed a significant expansion of the right to health, which is attributable to a

NEWS

High Blood Sugar: How Stress Can Impact Diabetes,

Stress and anxiety can affect your daily life up to an extent that they may even affect your eating and sleeping schedule. One may feel excessively hungry or lose appetite. Stress can also affect eating habits and physical activity levels, which



can also impact blood sugar levels. For example, some people may turn to unhealthy foods or skip meals when they are stressed, which can cause their blood sugar levels to fluctuate.

Hence, managing stress through techniques such as exercise, meditation, and deep breathing can help to reduce the impact of stress on blood sugar levels. Additionally, people with diabetes may need to adjust their medication or insulin doses during periods of stress to help manage their blood sugar levels. Dr Priyamvada Tyagi, Consultant – Endocrinologist, Max Super Speciality Hospital, Patparganj, East Delhi, explains how stress can impact blood sugar levels and ways to manage it. Dr Tyagi shares that stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. "Everyone experiences stress to some degree. Persistent stress can lead to increased levels of cortisol, and adrenaline (fight or flight hormone) in our body which can increase blood sugar levels. Chronic increase in blood sugar levels increases the risk of complications associated with diabetes," Dr Tyagi said.

What is listeriosis, the deadly bacterial infection caused by eating contaminated salad?



A Michigan based salad kit producer has voluntarily recalled lettuce produced and sold on April 5, 2023 due to listeria contamination, CNN reported. The U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS) has issued a public health alert on April 7 for ready to eat salad products. "The U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS) is issuing a public health alert for ready-to-eat (RTE) fresh salad products with chicken and ham that contain Food and Drug Administration (FDA) regulated lettuce that has been recalled for possible Listeria monocytogenes (Lm) contamination," the public health alert read. Listeriosis is a bacterial infection caused by consuming foods contaminated with Listeria monocytogenes. It is a serious infection and can be life threatening for older adults, those with weakened immune systems, pregnant women and their newborns. On the current alert issued on listeriosis, the US FSIS says "there have been no confirmed reports of adverse reactions"

Why are silent heart attacks increasing at an alarming rate?

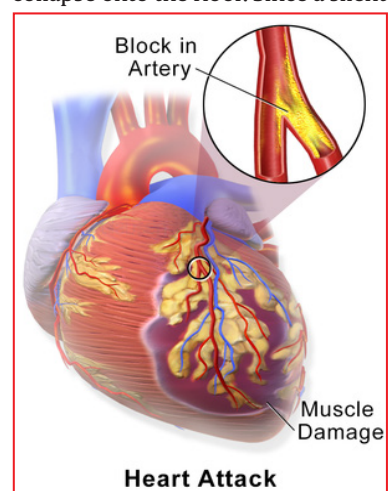
A 65-year-old woman with a history of Type 2 diabetes was managing her diabetes well with a healthy diet, regular exercise and medication as prescribed by her doctor. However, she had not been feeling quite herself lately. She had been experiencing shortness of breath, fatigue and chest discomfort, but she attributed these symptoms to her age and diabetes. She was referred to me for evaluation and investigations revealed that the patient had suffered a silent heart attack. Coronary angiography revealed that she had significant blockages in her coronary arteries, which had caused the silent heart attack. She underwent angioplasty and is currently on regular follow-up.

Another 50-year-old smoker with a history of exertional breathlessness and wheezing was being treated for asthma control with no noticeable benefit. This gentleman was again referred to me for evaluation which revealed heart failure as the reason

for his symptoms. Heart failure had been caused by a silent heart attack. He improved with heart failure treatment and appropriate management of his Coronary Artery Disease (CAD). Incidental findings are common in medicine and often lead to diagnostic and management dilemmas. One such perplexing patient group – individuals without symptoms who are found to have a previously undiagnosed heart attack or silent myocardial infarction (SMI) – is increasing in prevalence at an alarming rate.

People often don't know they've had a silent heart attack until weeks or months later when a healthcare provider finds heart damage. Missing signs or symptoms normally unrelated to a heart attack can make it tricky to identify a silent heart attack. But it still causes damage like any other heart attack, hence it is a matter of great concern. If you have ever seen a movie where an actor has a heart attack, you've probably seen them

clutch their chest, groaning with severe crushing pain, drenched in sweat, eyes rolling back before they collapse onto the floor. Since a silent



heart attack doesn't produce any noticeable symptoms, it goes unrecognised by the patient.

WHAT IS A SILENT HEART ATTACK?

A heart attack is called "silent" when it has no symptoms, mild symptoms or symptoms people don't connect to a heart attack. SMI symptoms can feel so mild, and be so brief, they often get confused for regular discomfort or another less serious problem, very commonly dismissed as "gas", flu like symptom and thus ignored.

HOW DOES A SILENT HEART ATTACK AFFECT THE BODY?

The heart needs oxygen-rich blood to function. If plaque (comprising cholesterol and other substances) builds up in the walls of arteries supplying blood to the heart, this blood flow is significantly reduced. The blood flow can be completely cut off when there is a rupture of the plaque followed by blood clots occluding the lumen of the artery leading to a heart attack. Less often, a coronary artery spasm can cut off the blood flow. The

longer the heart has no blood flow, the more damage that occurs.

In SMI, because there is no pain, a person may not know they have suffered a heart attack and may not seek medical attention in time. Without timely treatment, silent heart attacks can be deadly. These can happen in sleep or wide awake. They can happen when one just goes through something very physically or emotionally stressful or becomes quickly more physically active and even when physically active outside in the cold. A 2018 study found that people who have had a silent heart attack have the same long-term survival as those who have had ordinary heart attacks. The authors found that about half of all survivors of a silent heart attack died within 10 years of the incident, which is the same rate as for survivors of other heart attacks. However, people who have had a silent heart attack are at risk of other complications, such as heart failure and stroke. According

to another 2018 study, a person who has had a silent heart attack has an estimated 35 per cent higher risk of heart failure than a person without a history of heart attacks. People in their early 50s or younger have an even greater risk.

HOW COMMON IS A SILENT HEART ATTACK?

Fifty to 80 per cent of all heart attacks are estimated to be silent in various populations. According to the American Heart Association, SMI accounts for about 170,000 of the estimated 805,000 heart attacks in the US.

WHO DOES A SILENT HEART ATTACK AFFECT?

It is estimated that silent heart attacks are commoner in women, the elderly and in diabetics. Risk factors for a silent heart attack, which are the same as for a recognised heart attack, include:

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"Whoever builds a mosque, desiring thereby Allah's pleasure, Allah builds for him the like of it in paradise." [Bukhari]

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