

Dr Andrabi distributes relief cheques among Hazratbal fire victims



@HEADLINESTODA17  
@headlinestodaydaily  
@headlinestoday  
@headlinestodaynews

Srinagar  
Thursday  
April 20 | 2023  
Ramadan 29 | 1444  
Pages: 12  
Price: Rs 02/-

# India under PM Narendra Modi will lead the world, says LG

Lt Governor addresses Y20 Consultation meet at JU

HT News Network

JAMMU, APR 19: Lieutenant Governor Shri Manoj Sinha addressed the Y20 Consultation meet on the theme "Peace building and reconciliation: Ushering in an era of no war" at University of Jammu, today.

The Lt Governor, while highlighting the important role of the young generation in peace-building, urged the youth to follow the ideals of Mahatma Gandhi & Swami Vivekananda to build a global society based on trust and mutual respect.

"Youth is the most significant time to create civilised and cooperative world order with a spirit of oneness and they will offer new hope, innovative

Turn.....India under PM.....Pg 02



## Festive treat: Rajpora's Sheermal

Bread-makers are busy readying orders ahead of Eid

HT News Network

PULWAMA, APR 19: The tradition of getting Sheermal from Rajpora in Pulwama on special occasions like Eid has not faded among people in the Valley.

As per the news agency—Kashmir News Observer (KNO), Sheermal is a furrow surfaced, flat and circular bread with sesame seeds. The bread, which is usually taken with Kashmiri namkeen tea or Sheer Chai, has become an integral part of various social customs and traditions in Kashmir. The bread comes in two varieties—sweet and salty. The sweet Sheermal is taken with Khewa and salty Sheermal is taken with noon-chai.

Ahmadullah Sofi, a bread-maker, said...

## We Will Establish A Drug-Free India By 2047: Amit Shah

HT News Network

NEW DELHI, APR 19: Terming the drug menace a major issue across the country, Union Home Minister Amit Shah on Wednesday announced to make a "drug-free India" by 2047, seeking a "Team India" and "whole of government approach" in the fight against the menace.

Shah made the announcement...

Turn.....We Will Establish.....Pg 02



## Amit Shah directs fast-track construction of roads and fencing in border areas

HT News Network

NEW DELHI, APR 19: Union Home Minister Amit Shah has directed to fast-track construction of fencing and roads in border areas. He presided over 'Chintan Shivir' or a brainstorming session of senior officers of Ministry of Home Affairs in New Delhi.

Turn.....Amit Shah.....Pg 02

### NEWS BRIEF

#### Man killed, his brother injured in mysterious blast in Kishtwar

M S Nazki

JAMMU, APR 19: One person died and his brother was injured in a mysterious blast in Kishtwar district, officials said.

"Initial reports revealed that a suspicious blast occurred in the kitchen of the house of one Mohammad Abass Naik in Symbol village," SSP Kishtwar said.

Turn.....Man killed, his.....Pg 02

#### 7 drug peddlers arrested: Police

SRINAGAR, APR 19: Jammu and Kashmir police on Wednesday claimed to have arrested 7 drug peddlers in Baramulla, Handwara, Kulgam & Anantnag and recovered contraband substances from their possession.

In Baramulla, a police party of Police Station Pattan under the supervision of Mohammad Nawaz at a checkpoint established as Hanjiwara Pattan intercepted a suspicious person who tried to flee but was apprehended tactfully. During checking, officers were able to recover 210 Spasmo Proxyvon capsules from his possession. He has been identified as Syed Ahmad Shah son of...

Turn.....7 drug peddlers.....Pg 02

#### Police rescues nomadic families in Kulgam

SRINAGAR, APR 19: Jammu and Kashmir Police in Kulgam on Wednesday carried out rescue operation and rescued three nomadic families along with their livestock who were stuck in between the river Vaishow near Chambgund.

"At about 2140 hours, Police received information that some nomads along with their livestock were stuck in between the river Vaishow near Chambgund."

Turn.....Police rescues nomadic.....Pg 02

#### Sarpanch Arrested On Rape Charges

SRINAGAR, APR 19: A sarpanch was arrested on Wednesday for allegedly raping a woman in Baramulla district of Jammu and Kashmir, police said. Ali Mohammad was held following a complaint by the victim at the Rafiabab police station, they said. Police said a case under IPC sections 376 (rape), 506 (issue threat) and 109 have been registered against the accused.

## Ahead Of Eid, Online Shopping Gains Momentum

HT News Network

SRINAGAR, APR 19: As only a couple of days are left for Eid-al-Fitr depending on sighting of the moon, e-commerce business is booming in the Valley as almost all the online shopping companies are busy dispatching their products both cash on delivery and pre-paid shipments to thousands of shoppers.

In a recent survey conducted, 74.5 percent of the 50 respondents said they preferred to shop online instead of visiting stores, especially as Eid special discounts start.

Holiday promotions can be seen everywhere as the holy month of Ramadan comes to a close, encouraging shoppers to avail the discounts. According to the survey, the number one reason why people prefer online shopping is its convenience, followed by no crowds and third is no sales pressure and easy payment.

Fashion-related products topped the list. Turn.....Ahead of Eid.....Pg 02

## Rains lash plains, higher reaches receive snowfall in J&K

HT News Network

SRINAGAR, APR 19: Moderate to heavy rains lashed plains of Jammu and Kashmir while upper reaches experienced a fresh snowfall resulting in drop in the temperature on Wednesday, officials said.

The Meteorological Department predicted intermittent light to moderate rain at most places of Kashmir & at scattered places of Jammu today with significant decrease in temperature.

Turn.....Rains lash plains.....Pg 02



## No Alarming Flood Situation In Kashmir, No Need To Panic: Chief Engineer IF&C

HT News Network

SRINAGAR, APR 19: As the Kashmir received incessant rainfall since yesterday, the authorities on Wednesday said that there is no alarming flood situation in the state.

Turn.....No Alarming Flood.....Pg 02

## Rajnath Asks Army To Maintain Strong Vigil Along LAC As Situation Remains 'Tense'



HT News Network

NEW DELHI, APR 19: Defence Minister Rajnath Singh on Wednesday asked the Army to maintain strong vigil along the Line of Actual Control (LAC) with China as the situation in the northern sector remained "tense" in view of deployment of PLA troops.

In his address at the Army Commanders' Conference, Singh, without making specific references, called upon the armed forces to take note of geo-political changes around the world, and accordingly mould their planning and strategies, sources said.

"The situation is tense due to deployment of PLA troops in the northern sector. Our armed forces, especially the Indian Army, will have to continuously keep their vigilance in order to maintain the security of the LAC," he said, according to the sources.

Singh's comments came in the backdrop of the three-year border row in eastern Ladakh.

The defence minister said the security of the country is the "topmost priority" for the government. "I assure all of you that it is the whole endeavour of the government to provide the best weapons and facilities to each and every soldier posted on the border," he said at the conference in Delhi.

The five-day Army Commanders' Conference is currently in progress.

Turn.....Rajnath Asks.....Pg 02

## 24 persons fined Rs 25,000 each for again encroaching upon evicted govt land in B'la

HT News Network

BARAMULLA, APR 19: Acting tough against encroachment, Tehsildar Wagoora in north Kashmir's Baramulla district passed eviction orders and imposed a fine of Rs 25,000 each on twenty-four identified persons (encroachers) who had again encroached upon the evicted state land within the tehsil.

Turn.....24 persons fined.....Pg 02

## Bandipora's Najan Without Drinking Water

HT News Network

SRINAGAR, APR 19: Inhabitants of Najan and its adjoining areas in north Kashmir's Bandipora district on Wednesday complained that their area is without potable drinking water while the concerned department is paying no attention towards their sufferings.

The villagers told the news agency—Kashmir News Observer (KNO) that the administration has failed to provide these basic facilities to the people. "The Jal-Shakti department has left them on God's mercy as it has miserably failed to provide drinking water to them," they said.

They said that they have approached the authorities many times and received assurance of getting the regular water supply soon but no step has been taken by them in this regard so far.

Hussain Ahmed Dar, a local, said the women folk face a lot of hardships in fetching water from different spots. "Amid this Ramadan month, we are without drinking water while the concerned authorities don't pay attention to our sufferings," he said.

He said that the government should look into the matter at an earliest so as to provide drinking water to the people.

Turn.....Bandipora's Najan.....Pg 02

## All-Time Record Of 3.65 Lakh Tourists Visited Srinagar Tulip Garden

HT News Network

SRINAGAR, APR 19: The extraordinary rush of tourists visiting Asia's largest Tulip Garden situated on the foothills of Zabarwan in Srinagar is breaking all the past records as 3.65 lakh have visited the garden during the past one month.

The number of tourists visiting the Tulip garden near Dal Lake surpassed the last year's record of 3.60 lakh on Tuesday when 8,094 tourists including 7,902 domestic, 116 foreigners and 71 locals visited the garden taking the total to all time high 3,65,624. Floriculture Officer Tulip Garden Shaiyiq Rasool said.

The record number including 3,03,870 domestic, 3,154 foreigners and 640...

The record number including 3,03,870 domestic, 3,154 foreigners and 640...

Turn.....All Time.....Pg 02





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

**India under.....**

solutions to tackle the challenges to peace and sharpen social consciousness," said the Lt Governor.

"I see youth bringing about reconciliation & shaping a new world for the good of citizens. Individual as well as society's aspiration can be fulfilled only in conditions of peace & young generation is eager to create a peaceful & prosperous present & future for entire humanity," the Lt Governor observed.

It is the responsibility of the youth to use their collective strength for development and upliftment of humanity. With common values, aspirations and commitment of selfless service, the youth will expand the horizons of peace, prosperity, friendship, cooperation and progress, he added.

The Lt Governor emphasized that the discussions during the Y20 consultation meet should draw an outline of future plans, with the spirit of Sarve Bhavantu Sukhinah- everyone should be happy and prosperous.

Speaking on India's contribution in Peace-building and Peacekeeping, the Lt Governor said, India under the leadership of Hon'ble Prime Minister Shri Narendra Modi Ji, will lead the world to effectively address broader aspects of security challenges that also includes social, political, economic & environmental with the spirit of One Earth, One Family, One Future.

India is one of the world's largest contributors to United Nations Peacekeeping Operations. Since 1950, Indian soldiers have participated in 49 peacekeeping missions in different countries and even today more than 8,000 troops are serving in 10 United Nations missions. It is the testimony to our commitment to global peace and human welfare, added the Lt Governor.

The Lt Governor also observed that Knowledge economy will play an important role in the future and success of Start-ups and Unicorns are giving fresh impetus to India's growth.

The Lt Governor also shared the transformational journey of Jammu Kashmir in the last three years.

"Today, Jammu Kashmir is emerging as a noticeable narrative on bringing civility to the land that was once scarred and wounded by terrorism. The biggest stakeholders of this new and aspiring Jammu Kashmir are the youth," said the Lt Governor.

People, especially youth, are fearlessly pursuing their dreams. Now, economic development, an important stimulus to aspirational society, and basic fundamental rights like education, healthcare, employment, and the pursuit of happiness are no longer hostage to violence. Youth power is the strength of Jammu Kashmir and they have dedicated themselves to rejuvenate the society and to drive inclusive development, the Lt Governor added.

Under the leadership of Hon'ble Prime Minister Shri Narendra Modi Ji, Jammu has been transformed into India's education hub. It houses all the premier institutions, IIM, IIT, AIIMS, IIMC and Central University, the Lt Governor further added.

Prof Umesh Rai, Vice Chancellor, University of Jammu and Sh Ajay Kashyap, Convener Y20 Secretariat gave a brief background of the Y20 consultation meet. Delegates from various countries and universities of India, and youth representatives attended the Y20 Consultation meet.

**Festive treat.....**

maker in Rajpora town, has been working extra hours for the last few days to prepare orders for Sheermal ahead of Eid. Like him, more than 2 dozen bakers in Rajpora are preparing Sheermal.

Ahmadullah recalls that only those who could afford the bread would consume it in the past. But now, almost all can afford to buy the special variety from the village.

Nadeem Ahmad, a baker, said that their variety of Sheermal is high in demand because they have not compromised with quality.

He said that Kashmiris living outside get Sheermal from them in bulk. He said that on Eid and other festive occasions, hundreds of customers from far off places visit the area to purchase.

He said that each baker sells around 4000-5000 kgs of Sheermal on every Eid and people associated with bread making have been earning their livelihood quite well.

Sameer Ahmad, a customer from Anantnag said that they purchase Sheermal and gift some to their relatives as well.

He added that Sheermals are being made in other parts as well but they are not as crunchy and tasty as Rajpora Sheermal.

**We Will.....**

announcement at the inaugural event of the first National Conference of Heads of Anti-Narcotics Task Force (ANTF) of states and Union Territories here in the national capital.

"Prime Minister Narendra Modi-led government is committed to eradicating the menace of drugs. We will establish a

drug-free India by 2047," Shah said while addressing the event.

Shah called for a "whole of government and team India approach infight against the drug menace keeping aside political differences.

"Keeping aside our political differences all the state governments and agencies need to come together to fight against the drug menace, Shah further said," said Shah, adding "We will have to adopt top to bottom and bottom-to-top approach during the investigation of drug trafficking cases."

The Home Minister clarified, saying "I want to tell you today that we are at such a juncture that we can win the battle against the drug menace".

"Those who consume drugs are the victims and those who sell them are the culprits. Strict action should be taken against such people," the Home Minister further added.

He also said that the fight against the drug menace is an international fight and it is not as easy but he assured that "we will establish a new India by 2047".

**Amit Shah.....**

Delhi yesterday. The objective of the Chintan Shivir was to review the work of the Ministry and to evolve action plan to implement Prime Minister Shri Narendra Modi's "Vision 2047".

The Home Minister emphasised on developing ecosystem for cybercrime management, modernization of police forces, increased use of IT in criminal justice system, land border management and coastal security issues.

He said that enhanced use of Artificial Intelligence should be made to utilise the Crime and Criminal Tracking Network and Systems- CCTNS database for critical analysis of crimes.

Shah also stressed on the need to fast-track the recruitment process. He said that meetings of Departmental Promotion Committees should be held regularly so that employees get timely promotions. He also emphasised on taking various welfare measures for Central Armed Police Forces personnel like creating healthcare facilities and improving housing satisfaction ratio.

Shah stressed the importance of training, adding that regular training should be conducted by all wings of the Home Ministry.

Shah suggested that Home Ministry officials should make field visits to monitor development schemes.

**Ahead Of Eid.....**

the list of the most popular online shopping category, followed by footwear and electronics and furniture.

Meanwhile, an online entrepreneur said that female consumers are more likely to purchase everything including household goods, dress materials etc except male folk consumers who are more likely to purchase electronic products.

"Online shopping intention is influenced by the shoppers attitude and belief that it would enhance the effectiveness of their shopping, opinion about the use of online shopping by friends, colleagues, and other influencers, the consumers' perception of the availability of necessary resources and opportunities to shop online, the usefulness it brings, and trust in the retail website or online shopping platform," she explained.

She said consumers were motivated to shop online as it offers convenience.

"It offers convenience, opportunities to compare prices, saves time. There is better potential for reading product reviews before making a purchase, and one can avoid crowded places."

Nazir Ahmad, Banker by profession said he prefers in-store shopping over online shopping. "Call me an old type of person but I am more inclined to traditional shopping, I would like to see and feel the material of any product that I want to purchase, especially clothes and shoes."

He added, "When we shop online, there is a certain level of unpredictability and anticipation - from not being sure when one will receive the package to tracking the order, and waiting for it to arrive. This is just simple event of anticipation and delayed gratification."

Suhail, who has been hopping online for four years, said, "It saves time and you can do it anywhere. You don't need to wait and pay. With a click I can check out easily and avoid the crowds of in-store shopping."

The survey also showed that 90 percent participants used their mobile phone for online shopping while 10 percent said they used a computer.

**Rains lash.....**

from today evening. It said intermittent light to moderate rain at scattered places can occur from April 20-22 and thereafter the weather mainly will remain dry till April 25.

Upper reaches of Kupwara, Bandipora, Zojila and Pir Panjal range of mountains experienced a fresh snowfall resulting in

considerable drop in temperature.

The plains of Kashmir valley including Srinagar experienced heavy to moderate intermittent rainfall disrupting normal activities on the eve of Eid-ul-Fitr likely to be celebrated on Friday or Saturday, depending upon the appearance of crescent.

The day temperature in most places of Jammu and Kashmir remained below 4 - 10 degree Celsius forcing people and tourists to wear warm clothes. Night temperature was recorded 2-3 degree Celsius below normal in Kashmir valley.

Regarding the rainfall, the MeI office said Srinagar received 15.9 mm, Qazigund had 30.0 mm of rainfall, Pahalgam 41.0 mm, Kupwara 26.9 mm, Kokernag 25 mm and Gulmarg 49.6 mm, Udhampur 15.8 mm, Jammu 17.1 mm, Katra 22.2 mm and Kathua 3.4 mm of rainfall during the past 24 hours till 0830 hours this morning.

Srinagar recorded a low of 10.3 degree celsius against the 11 degree Celsius the previous night and it was 2.4 degree Celsius above normal for the summer capital of Jammu and Kashmir during this period of the season.

The maximum temperature was recorded 5.8 degree Celsius below normal in Srinagar on Wednesday against 21.1 degree Celsius on Tuesday.

Qazigund recorded a minimum temperature of 9.2 degree Celsius against 9.8 degree Celsius the previous day which was 2.7 degree Celsius above normal at the gateway of Kashmir.

Tourist hot spot of Pahalgam recorded a low of 5.4 degree Celsius against 5.6 degree Celsius the previous night and it was 2.0 degree Celsius above normal.

Kokernag had a low of 6.5 degree Celsius and Kupwara recorded a low of 6.8 degree Celsius.

Gulmarg in North Kashmir recorded a low of 2.0 degree Celsius which was 0.3 degree Celsius below normal for the ski resort on Wednesday, the MeI office said.

**No Alarming.....**

there is no alarming flood-like situation in the Valley and people need not to panic.

Quoting chief engineer Irrigation and Flood Control Department, Er Naresh Kumar, that there is not alarming situation in the Valley as of now.

"The alert level at Sangam is well below the danger mark and same is in Ram Munshi Bagh. There is no alarming flood like situation as of now and people also need not to panic," he said.

He also said it expected that the weather is likely to improve in the afternoon, so for now there is no need to panic.

Kashmir Valley witnessed incessant rainfall since yesterday, while the weatherman has predicted more rain showers as the day progresses.

An independent weatherman predicted that the higher reaches of Jammu and Kashmir will receive good amount of snow, while plains may get moderate to heavy rain.

He further said that more showers are expected till Friday, while maximum temperature will stay below normal by 4 to 13 Degree Celsius at most places.

**Bandipora's.....**

that residents here could heave a sigh of relief. "We are being forced to fetch and consume filthy water from a nearby stream as there is no proper drinking water supply in the area," said another local resident.

Meanwhile, the residents of the affected village here appealed to the district administration and Jal-Shakti department to look into the matter.

**24 persons.....**

Speaking to the news agency-Kashmir News Observer (KNO), Tehsildar Wagooora, Mubashir Amin (JKAS) said the move was taken to send a stern message to the encroachers over grabbing the government land.

"During the anti-encroachment drives carried out time and again, at least 170 kanals of state/kahcharai land was retrieved from the encroachers at Kachwa Maqam area of the tehsil and was later handed over to the Rural Development Department for undertaking various kinds of development including developing playgrounds for the youth. However, the miscreants later again encroached upon the evicted land, forcing us to take this harsh step," he said.

So far, 24 people have been identified, who have grabbed the state land again and are creating hurdles in the developmental activities undertaken by the government, Amin said, adding that the identified encroachers were also called in his chamber and cautioned against encroaching the land again, but despite warnings, they didn't desist.

Meanwhile, warning the encroachers to desist from violating the government directives in the future and asking them to remove the encroachments immediately, the Tehsildar said they have decided to impose a fine of Rs 25,000

each on the 24 identified persons. The government earlier took the step to retrieve the state land, including Roshni and Kahcharai land and had instructed all Deputy Commissioners to ensure that all encroachments are removed to the extent of 100 percent by January 31, 2023.

**Rajnath Asks.....**

Conference began on Monday. It is deliberating on India's national security challenges along the borders with China and Pakistan and ways to boost combat capability of the force.

Referring to Jammu and Kashmir, the defence minister said it is witnessing peace and stability and there has been a significant decline in the number of terrorist activities in the Union Territory.

"In the North-Eastern states too, there has been a lot of improvement in the internal security scenario following operations carried out by the Indian Army," Singh said.

"Nevertheless, we have to be vigilant against anti-national organisations that challenge the government's efforts for peace," he added.

In his remarks, Singh also said that future warfare will be highly unpredictable due to "many uncertainties".

"In today's changing times, the scope of threats and weapons has become very wide-ranging. There is a need to assess your defense preparedness accordingly," he told the commanders.

The defence minister said there is a need to ensure use of real-time intelligence more effectively so that "we can be fully prepared to face any such future challenges."

He said the welfare and well-being of each and every soldier and ex-serviceman is also an important goal of the government.

The government is working for the armed forces as diligently as the armed forces are working for the security of the nation, he said.

"The government is fully committed to the welfare of not only the armed forces, but also veterans, and their families," Singh said.

The Army Commanders' Conference is an apex-level biannual event that is held in April and October every year.

The conference is an institutional platform for conceptual-level deliberations, culminating in making important policy decisions for the Indian Army.

**All-Time Record.....**

58,600 locals visited the Tulip garden during the past 30 days to enjoy the mesmerizing nature in the lap of Zabarwan hills near the famous Dal Lake.

He said the highest number of 35, 106 tourists including 12,204 domestic, 76 foreigners and 22,826 locals visited the garden on March 22, followed by 23,212 including 21,340 domestic, 68 foreigners and 1,804 locals on April 2 this year.

Prime Minister Narendra Modi on March 24 tweeted in praise of the beauty of Jammu and Kashmir which gave momentum to the flow of tourists visiting Kashmir valley, especially the Tulip garden on the foothills of Zabarwan in Srinagar.

"Jammu and Kashmir is beautiful, and even more so during the Tulip season", the Prime Minister had tweeted.

The impact of the Prime Minister's tweet regarding Jammu and Kashmir and Tulip season had a good effect and gave an impetus to the flow of tourists to the Tulip Garden.

This year four new varieties of Tulip were imported from Holland as part of over 16 lakh blossomed bulbs which added more charisma to the garden.

The four new varieties of Tulips with a rainbow of colors - Cap knowya, Sweet heart, Hamilton and Christmas dream- have been imported from Holland and became a part of the sprawling garden this year.

Usually 68 colourful varieties of Tulip bulbs besides eye-catching flowers of Daffodil, Hyssen, Muscari, spring blooming shops and trees in the garden remain the eye-catching attractions for the visitors and these new four added an additional glamor to the garden.

A water channel which was existing only in the middle of the garden was extended upto the top of the terrace. Besides, a number of fountains were also added to make the environment look more mesmerizing.

A high rise fountain at the top of the garden resembles a jewel into the nature of the garden also.

Free wheelchairs for the specially abled people and senior citizens are available to move around the garden

besides other facilities for the visiting tourists.

**Man killed, his.....**

said. In the blast one person died and one was injured. "Reportedly both brothers had gone to the jungle for collection of Morchella(Guchhi) they found one abandoned rod like rusted object which they brought to home and in the kitchen while heating it blast occurred," the officer said. Police have started investigations to unravel the truth, the officer said. Meanwhile, sources told HT that the injured man has been shifted to hospital.

**7 drug peddlers.....**

Syed Mustafa Ahmad resident of Dewar Yakhnampora Pattan, a police spokesman said in a statement issued to the news agency-Kashmir News Observer (KNO).

"In Kulgam, a police party led by SHO Police Station Kulgam during naka checking at Dalwach intercepted a suspicious person, who has been identified as Ghulam Rasool Bhat son of Ghulam Mohammad Bhat resident of Nussu Badragund. During search, 2.5Kg of Poppy Straw like substance concealed in a bag was recovered from his possession. He has been arrested and a case vide FIR No 64/2023 under relevant sections of law was registered in PS Qazigund and investigation was initiated," police said.

During the course of investigation and based on the disclosure of arrested person, two more drug peddlers identified as Bilal Ahmad Ganaie son of Mohd Jabbar Ganaie resident of Nussu Badragund and Mohd Ayub Malik Ghulam Mohd Malik resident of Brinal Lammar were arrested with 4Kgs of Poppy Straw like contraband substance, the statement said.

Similarly, in another checkpoint established at Dalwach crossing on NHW-44 one more drug peddler identified as Mudasir Ahmad Ganaie son of Bashir Ahmad Ganaie resident of Hassanpora, Bijebhara was arrested alongwith 34 Codeine Phosphate bottles, police said.

In Handwara, a police party of Police Station Vilgam during naka checking at Sumo Stand Vilgam intercepted a person who had attempted to avoid the police party in a suspicious manner. During search, around 30 grams of Charas like substance was recovered from his possession. He has been identified as Basharat Ahmad Tantray son of Bashir Ahmad resident of Dahama, police added.

In Anantnag, a police party of PS Bijebhara at a checkpoint established at Naina Bridge intercepted a vehicle (120) bearing registration number JK02CH-2777 driven by Waseem Farooq Koka son of Farooq Ahmad Koka resident of Naina Batpora. During search, Brown Sugar like substance was recovered from the said vehicle. He has been arrested and the vehicle used in the commission of crime has also been seized, police said.

All the accused persons have been arrested and shifted to respective police stations where they remain in custody. Accordingly, cases under relevant sections of law have been registered in respective police stations and investigation has been initiated, police said.

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

**Police rescues.....**

with their livestock were stuck in between the river Veshaw near Chambgund due to abrupt increase in water level follow amid continuous rainfall during the intervening night of 18/19 April 2023," a police spokesman said in a statement issued to the news agency-Kashmir News Observer (KNO).

Acting swiftly, Police party from Police Station Devsar along with SDRF teams under the supervision of SP Kulgam launched a rescue operation in the said area. During the rescue operation, three nomadic family consisting of 19 members along with their livestock including more than 100 sheep and their essential commodities were shifted to the safer place, police said.

Meanwhile, the community members especially nomads expressed their gratitude towards police for their timely help and necessary assistance.



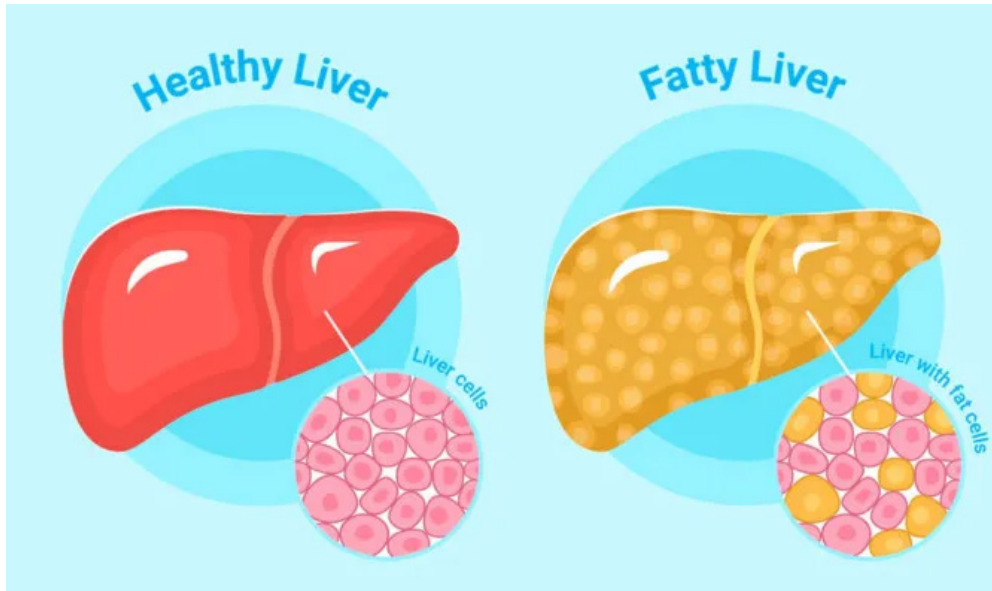


# Junk food behind fatty liver epidemic in Kashmir: DAK

HT News Network

**SRINAGAR, APR 19:** On World Liver Day, Doctors Association Kashmir (DAK) on Wednesday expressed concern over the surge in fatty liver disease which has reached epidemic proportions in Kashmir valley. "Junk food is causing a spike in fatty liver cases in the valley," said DAK President Dr Nisar ul Hassan.

Dr Hassan said junk food has become a routine part of people's lives and has largely replaced homemade meals. Fast food is the quickest meal not just for busy professionals, but there is a rising trend of fast food among children and teenagers. They are often seen eating fast foods like pizzas and burgers. Children are addicted to chips, sugary drinks and frozen ready meals. "This change in dietary habits from homemade to pro-



cessed and convenient foods is the primary factor contributing to enormous burden of fatty liver in Kashmir," he said. The DAK President said according to a new study from

the University of Southern California's Keck school of Medicine published in clinical gastroenterology and hepatology, junk food has been found to cause fatty liver disease.

"If you are obese or diabetic, fast food has even more negative impact on the liver and can lead to even higher amounts of fat in the liver," he said. Dr Nisar said one in three

persons in Kashmir have fatty liver and young people are mostly hit.

The prevalence of disease is 60-70% among diabetics and obese individuals.

He said non-alcoholic fatty liver disease is a life threatening disease in which fat builds up in the liver. It is the commonest cause of cirrhosis or scarring of liver which can cause liver failure and even cancer.

People with fatty liver have a greater chance of developing cardiovascular disease. "In order to prevent this disease, we need to go back to our culture of taking homemade meals and avoid junk food. We need to be on roads and gyms rather than in luxury cars," he said.

"Every year on April 19 World Liver Day is observed to spread awareness about the importance of liver health and educate people on how to maintain a healthy liver," he added.

## Er Rasheed's Family welcome Assam MLA Akhil Gogoi's release under UAPA case

Appeals Chief Justice Of India take cognizance of continuous detention of Er Rasheed

Dr. Ab Qayoom

**LANGATE, APR 19:** Welcoming release of Assam independent MLA Akhil Gogoi who was booked under UAPA by NIA, Er Rasheed's Family has CJJ Mr Dr Justice Dhananjaya Y Chandrachud to take suo moto cognizance of continuous detention of Er Rasheed jailed under UAPA since 2019. In a



statement the family said that while Er Rasheed was signed out from the folk of politicians on eve of abrogation of article 370 and packed in Tihar only for raising legitimate rights of people of Jammu and Kashmir, other politicians of continuous detention of Er Rasheed jailed under UAPA since 2019. In a statement the family said that while Er Rasheed was signed out from the folk of politicians on eve of abrogation of article 370 and packed in Tihar only for raising legitimate rights of people of Jammu and Kashmir, other politicians detained and treated like VIPs in guest houses and posh hotels. The courts are of course the hope for those who are victims of political considerations, but Er Rasheed could not approach the Supreme Court or High Court as the family had no reach to competent lawyers nor are in a position to arrange a huge fee to do so. The statement added. "We humbly request Chief Justice Of India to take cognizance as Er Rasheed has neither committed any crime nor has ever supported violence to raise legitimate issues of people of Jammu and Kashmir. Never has there been any FIR registered as against him anywhere in or outside J&K from the day he gave up the government job and joined politics in 2008. We are not asking for mercy but liberty is at State. His political career is like an open book and even his worst critics can't accuse him of earning even nominal fortune for creating any nominal assets. He was voice of voiceless and his only fault is that he has neither political Godfathers nor hails from any elite class. The honorable supreme court must ensure his release as not only his personal liberty has been snatched but his continuous detention is insult to people's mandate who always showed their faith in Er Rasheed and thus stand a sore in the eyes of those who are building their empire by sufferings of Kashmir.

## Several villages await completion of bridge over Shaliganga river in Budgam

HT News Network

**BUDGAM, APR 19:** The residents of the Shalnar, Frestwar, Arigam and Draggar areas in this central Kashmir's Budgam district are facing severe difficulties due to the non-completion of a bridge over the Shaliganga river in the Arigam area.

The residents told the news agency—Kashmir News Observer (KNO) that the bridge, which connects these villages, has been under construction for the last five years by the PMGSY department but remains incomplete.

The incomplete bridge has led to numerous problems, including difficulty in accessing medical facilities, schools, and markets. "As a result of the delay, villagers have been mostly cut off from Khansahib tehsil headquarters, causing significant inconvenience and suffering," they said. The villagers said despite repeated assurances from the authorities, the bridge remains unfinished, and they are left to bear the consequences.

"The PMGSY Department's failure to complete the construction of the bridge despite the passage of five years has caused considerable inconvenience and suffering to us," said a group of locals of Arigam. They urged the authorities to expedite the construction process.

When contacted, the concerned Executive Engineer of PMGSY said there were some technical issues with the concerned contractor who moved to the high court due to which the process was delayed. He assured that the department will look into the matter.

## Guidelines for deputation of employees to Ladakh: LG issues fresh directions

Directs to repatriate officers from Ladakh who completed 2 years tenure within a month

HT News Network

**SRINAGAR, APR 19:** The Jammu and Kashmir government on Wednesday directed that all the officers, who are on deputation and have completed two years tenure in the Union Territory of Ladakh be repatriated within next one month.

According to the guidelines, a copy of which lies with the news agency—Kashmir News Observer (KNO), the Lieutenant Governor, J&K has directed all the officers whose tenure has got completed as per the policy issued by General Administration Department dated 01-12-2022 must be repatriated preferably within next one month as per the policy guidelines.

It added that all the pending representations regarding repatriation on health grounds be got duly examined as provided in the policy preferably within next one month and a clear view taken in this regard under an intimation to such representing Officers/Employees.

The LG as per the document has

further instructed that the timely decisions on representations under other categories concerning repatriation must also be taken without allowing them to languish for long period of time. "In future all efforts be made to ensure adherence to the timelines and provisions of the policy under reference," it added.

Moreover, all the Administrative Secretaries have been directed to take immediate necessary action on the following points.

"All the Administrative Departments shall submit proposals for repatriation of its employees who have completed two years tenure in the Union Territory of Ladakh and propose suitable replacements as per the Deputation Guidelines within a week positively, enabling this department to place the same for consideration of Competent Authority, keeping in view that all such cases have to be decided in the month of April only, in terms of Transfer Policy and Deputation

Guidelines," it said.

It added that all the Administrative Departments must get the representations examined, received from the employees for repatriation from UT of Ladakh on health grounds as per the provisions of the policy within 15 days in consultation with Health & Medical Education Department and take a clear view/ stand under an intimation to such representing officers/ employees.

"The representations preferred by the employees for repatriation from UT of Ladakh on other grounds shall also be decided expeditiously and the decision must be conveyed to the concerned employees," it further reads.

Further, the Administrative Secretary, Health and Medical Education Department, is requested to facilitate conduct of Special Standing Medical Board for all such cases referred in the third week of April, under an intimation to this department for ensuring that the cases are decided by end of the month of April, 2023, it said.

## Water logging disrupts train service between Qazigund-Banihal section

HT News Network

**QAZIGUND, APR 19:** Incessant rainfall in Jammu and Kashmir has disrupted train service between Qazigund and Banihal section after water logging at Hillar railway station in south Kashmir's Anantnag district.

An official told the news agency—Kashmir News Observer (KNO) that train service between Qazigund and Banihal has been suspended as a precautionary measure.

He said due to continuous rainfall for the last 24 hours caused water logging at Hillar railway station, thereby disrupting train service.

The service will be restored after improvement in weather conditions, the official said.



## CS Takes Stock Of Restoration Works Of Mubarak Mandi Heritage Complex

HT News Network

**JAMMU, APR 19:** Chief Secretary, Dr Arun Kumar Mehta Wednesday chaired a meeting to review restoration works and developmental issues of Mubarak Mandi Heritage Complex. Issues discussed in the meeting included finance and release of funds, as well as administrative approval of several other components of this mega project.

A specific issue that was discussed at length was the strengthening of the hillock along Circular Road to provide stability to the land below the structure. The proposal of hiring a Project Management Unit (PMU) was also discussed, and the role of the Culture Department in this regard was considered.

The use of restored structures, including Army Headquarters and Royal Court also came under discussion. Additionally, the restoration of leftover structures like Gole Ghar, Guleri Mahal and Nawa Mahal was also brought up during the meeting.

Dr Mehta called for the immedi-



ate dedication of the restored portions of the complex for public visit and viewing. He also called for designation of parking space around the complex for the convenience of visitors besides initiating daily culture and public activities to increase public interest and footfall to this heritage complex.

Additionally, the Chief Secretary called for putting up a display of heritage items for public viewing with due diligence and care for the precious artefacts.

The meeting was attended by Divisional Commissioner Jammu, Ramesh Kumar; Director Tourism Jammu, Deepika Sharma; Director

Archives, Archaeology & Museums, Pradeep Kumar; Director Finance Tourism, Satnam Singh and Chief Engineer PWD besides several officers. Secretary Tourism, Dr Syed Abid Rashid Shah and Superintendent Archaeological Survey of India besides other officers from Kashmir participated in the meeting virtually.



## Block Diwas program held at Hufroo in Block Nagam of Budgam

### Local participation imperative for development: DC

HT News Network

BUDGAM, APRIL 19: The Deputy Commissioner (DC) Budgam, S F Hamid today chaired the Block Diwas programme at Panchayat Halqa Hufroo in Block Nagam. The programme was held at Government Higher Secondary School, Hufroo, where local PRIs, respected elders and local youth delegations from villages Hufroo, Nowpora, Brinjan, Narpora, Loolipora and other adjacent villages raised their demands with the DC.

The DC gave them patient hearing and assured that all their genuine demands shall be addressed on priority. Stressing on better



Healthcare facilities, the DC instructed concerned to submit proposal for the creation of USG and Digital X-Ray facility at local PHC. He also directed concerned to connect the health institution to the uninterrupted hotline power supply. The DC said that locals participation is imperative for the development of Budgam and instructed Revenue authorities to conduct

a camp to address issues related to correction of land records of local farmers.

Instruction were also given for a joint camp to be organised by PDD, RDD, Agriculture, Horticulture, Animal and Sheep Husbandry departments on April-24.

He said the concerned departments shall ensure prompt services and on spot redressal to the genuine

public grievances during the camp. Besides, concerned departments shall give awareness on different schemes including PM Kisan, PDD Amnesty Scheme, PM-Kusum and facilitate distribution of seed varieties, awareness regarding fertilizers, vaccination of livestock and form submission for various services to the general public.

The DC said that besides overall development of people, self-employment and cleanliness are among top priorities for District Administration in Budgam. He urged local unemployed youth to register under different self-employment schemes to open their own business ventures and become successful entrepreneurs.

## DC Jammu conducts extensive tour of Dansal block

### Inaugurates five Patwar Halqa offices, listens to public grievances

HT News Network

JAMMU, APRIL 19: To get first-hand account of the public grievances, Deputy Commissioner, Avny Lavasa today conducted an extensive tour of the Bhalwal block and listened to issues of locals. Tehsildar, Druv Gupta; BDO, Johnny Kumar along with PRIs, public delegations besides scores of individuals were present in the camp during which they apprised the Deputy Commissioner about the problems being faced by them in day to day life. During the tour, the Deputy Commissioner inaugurated five Patwar Halqa offices at Dansal, Tarah, Kanyala, Kishenpur, Kharta. Later, the Deputy Commissioner held a grievance redressal camp at Kishenpur Kharta. Local Sarpanch, Romesh Singh apprised the DC regarding



major issues which mainly pertained to the supply of water and electricity, revenue services, road connectivity, upgradation of school, cleanliness and sanitation. The Deputy Commissioner gave a patient hearing to the PRI member and passed on the spot directions to the concerned officers for quality redress of their genuine grievances.

She assured that the highlighted issues of public

importance will be taken up with higher authorities besides all the pendency and public service delivery slacks shall be reviewed thoroughly. She directed the officers to leave no stone unturned to provide maximum benefits of government welfare schemes to the people. The Deputy Commissioner also impressed upon the officers to work with zeal to achieve the targets ensuring the delivery of the benefits to

the rural masses.

The Deputy Commissioner also planted a sapling during a plantation drive at Dansal. The Deputy Commissioner gave a patient hearing to the PRI member and passed on the spot directions to the concerned officers for quality redress of their genuine grievances.

She assured that the highlighted issues of public importance will be taken up with higher authorities besides all the pendency and public service delivery slacks shall be reviewed thoroughly. She directed the officers to leave no stone unturned to provide maximum benefits of government welfare schemes to the people. The Deputy Commissioner also impressed upon the officers to work with zeal to achieve the targets ensuring the delivery of the benefits to the rural masses.

## Bandipora Admin conducts Training programme on SBM (G)

HT News Network

BANDIPORA, APRIL 19: A comprehensive training program for officials and officers of the Swachh Bharat Mission (SBM) was today conducted at Bandipora.

The program organised by BDO Office Bandipora, was presided by ACP Bandipora Muzafar Ahmad and was attended by BDO Bandipora Shariq Iqbal and other concerned.

The programme was aimed to enhance the skills and knowledge of the participants and provide them with the necessary tools to implement the SBM effectively.

## Joint Director Information Jammu attends National Workshop on promotion of AVGC sector

HT News Network

JAMMU, APRIL 19: Ministry of Information & Broadcasting organised a National Workshop on the promotion of Animation, Visual Effects, Gaming and Comics at Vigyan Bhawan, New Delhi wherein representatives from Central Government, various State Governments and Industry representatives participated. Secretary, Ministry of Information and Broadcasting (Chairman AVGC Taskforce) and Secretary, Ministry of Skill Development and Entrepreneurship presided over the workshop.

Alongwith draft National AVGC Policy, AVGC Sector Promotion in the Country with Opportunities for India, Making India a Global AVGC hub with a skilled workforce, Model State AVGC Policy, Development of AVGC Infrastructure by States, Talent and Skill Development, Identifying and promoting Local Content by States, Creating World Class Gaming Content in India was discussed.

## Police rescues nomadic families in Kulgam

Farooq Rather

Kulgam April 19: Police in Kulgam carried out rescue operation and rescued three nomadic families along with their livestock who were stuck in between the river Vaishow near Chambgund. At about 2140 hours, Police received information that some nomads along with their livestock were stuck in between the river Veshaw near Chambgund due to abrupt increase in water level follow amid continuous rainfall during the intervening night of 18/19 April 2023. Acting swiftly, Police party from Police Station Devsar along with SDRF teams under the supervision of SP Kulgam launched a rescue operation in the said area. During the rescue operation, three nomadic family consisting of 19 members along with their livestock including more than 100 sheep and their essential commodities were shifted to the safer place. Community members especially nomads expressed their gratitude towards police for their timely help and necessary assistance.

## DC Kulgam chairs meeting of officers, took stock of situation arisen due to incessant rains

Farooq Rather

KULGAM, APRIL 19: To take stock of the situation arisen due to the incessant rains in district the Deputy Commissioner Kulgam Dr. Bilal Mohi-Ud-Din-Bhat today chaired a meeting of officers here at mini-secretariat Kulgam.

During the meeting he took detailed stock of current status of water level of rivers, availability of sand bags, machinery and other arrangements available in the district. He instructed the officers to stay at respective headquarters and not to leave station. He also instructed to keep men and machinery available to tackle any situation. Meanwhile it was informed that control rooms have been made operational at District and Tehsil levels to respond any emergency and needs of people.

## Kishtwar administration gears up to host Sinthan Festival

### DC chairs Meeting to Discuss Arrangements

HT News Network

KISHTWAR, APRIL 19: The modalities for the successful conduct of the Sinthan Festival were today discussed by the district administration Kishtwar here at a meeting chaired by Deputy Commissioner, Dr. Devansh Yadav.

The festival is scheduled to take place for two days on 29th April and 30th April 2023 at Sinthan Maidan.

The meeting was attended by senior officers, including ADDC, Sham Lal; ADC,

Inderjeet Singh Parihar; SDM Paddar, Dr. Rishi Kumar; SDM Chatroo/Marwah, Dr. Mohsin Raza; DPO Kishtwar Sunil Bhutyal, district and sectoral officers, and officials of Jammu & Kashmir Academy for Art, Culture & Languages.

During the meeting, the officials discussed event wise arrangements including finalizing the list of artists, adventure and cultural activities, besides the preparations for the Kishtwar Idol finale and Kishtwar Gift Box Making Competition. The team, including the



SDM, DPO, Indian Army, NHIDCL, range officers, and other officials, were directed to conduct a visit to the

locations to fine-tune the arrangements and activity sites. The meeting also covered various preparatory

aspects related to the festival, such as boarding arrangements for artists and participants, establish-

ment of tentage city, security activities, and stalls for local cuisines, among others. The Deputy Commissioner emphasized the need for a smooth and successful conduct of the festival and urged all stakeholders to work together to ensure the same. The officials were directed to make all necessary arrangements and ensure that the festival is a memorable and enjoyable experience for everyone.

Overall, the meeting concluded on a positive note with the officials pledging their full support.

## Dr Andrabi distributes relief cheques among Hazratbal fire victims

HT News Network

Srinagar, Chairperson of Jammu and Kashmir Waqf Board Dr Darakhshan Andrabi today visited Hazratbal where two days ago a massive fire had destroyed shopping establishments and residential houses. Dr Andrabi took stock of the devastation of the massive fire which had made dozens of families homeless and had also burnt the shopping centre owned by Waqf Board. Dr Andrabi talked to the residents and the business persons who had got effected by the calamity. She was accompanied by Waqf Board Tehsildar cum Magistrate Ishiyah Mohiuddin, Imam of Dargah Dr Kamaluddin Farooqi and local police and civil officers from different departments. Dr Andrabi distributed relief cheques of fifty thousand rupees per family on the spot to the those whose houses



had got damaged in the terrible fire. "I don't believe in visiting the people in distress like tourists and consoling them by hollow statements. We came to hold their hand and offer them a kick starting for their rebuilding their nests. Waqf has limited resources but we wanted to offer these distressed people a small amount to begin with", said Dr Andrabi. She assured all that she will soon submit the request for a suitable compensation to Lieutenant Governor and she was hopeful that adequate help will pour in.

## Heartfelt Condolence from HEADLINES TODAY to Director Extension SKUAST-K Prof DIL MOHD MAGDOOMI on the death of his beloved Mother.

DR. AB QAYOOM

Srinagar, Apr, 19: Team HEADLINES TODAY especially Editor in chief "Syed Jahingher Bukhari and DR. AB QAYOOM" expresses deep condolences to Director Extension SKUAST-K Prof DIL MOHD MAGDOOMI over the demise of his beloved Mother.

"Extremely saddened and shocked to hear about sudden death of beloved mother of Director Extension SKUAST-K Prof DIL MOHD MAGDOOMI over the demise of his Mother. Though it is sad news for all of us, however a matter of fact is that this is an ordinary world and we all should be ready to face death. When a date, time and place meet death becomes evident. " In this hour of grief, we express solidarity with the bereaved family and pray for the eternal peace to the departed soul. The deceased was a lady with her own self-esteem. She was determined in her religious views. She taught her children to



follow the path of honesty, loyalty, truth and Islam.

May Almighty Allah give the departed soul the highest reward in Jannah and may Almighty Allah give patience and sabri Jameel to her family. .Aameen.

## DC Kupwara Chairs DLSWC meeting

### Revised rates for Minor Minerals and Mineral products approved

DR. AB QAYOOM

KUPWARA, APRIL 19: Deputy Commissioner (DC) Kupwara, Dr. Doifode Sagar Dattatray today chaired a meeting of District Level Task Force Cell (DLSWC) for re-fixation of rates of Minor Mineral Blocks of Kupwara district at Mini-meeting Hall of DC office complex.

The meeting discussed threadbare various issues related to e-auction of minor blocks, fixation of revised rates, identification of new sites where e-auction of material in Nallah beds, quarry belts could be undertaken.

It was told in the meeting that in Kupwara district there are 28 Minor mineral blocks which are identified for e-auction. Due to strenuous efforts of Geology and Mining Department, along with Police and Irrigation



and Flood control Departments there is significant control on illegal mining particularly on riverbed mining. Meeting was appreciated that during the financial year 2022-23, Geology and Mining Department has imposed a fine of Rs 97.00 lakhs and seized 490 vehicles for illegal mining. Deputy Commissioner asked the concerned departments to issue an advisory regarding completely banning sand from horticulture Orchards in Karewa belts of Handwara Subdivision and forest areas. The Deputy Commissioner Kupwara who is also chairman of District Level Single Window Committee (DLSWC) for Kupwara district stressed upon the concerned officers to ensure

that there should be no illegal mining outside the registered blocks from any nallah of Kupwara district.

Regarding revision of rates, evaluation and fixing of price for Minor minerals, and Minor mineral products it was told that rates were previously fixed by the Committee in year 2020 and due to price escalation rates need revision.

Finally the District level Single Window Committee headed by Deputy Commissioner Kupwara approved the latest rates which are as under: Revised rates of Sand in 2023-24 are Rs 32.00 Rates of Nallah Bajri are Rs 18.00, rates of Nallah Boulders in 2023-24 are 7.00, rates of Nallah Mukh are Rs 5.50, revised rates of clay are Rs 3.00, revised rates of crushed bajri 10-20 mm are Rs 30, rates of crushed Bajri 40 mm is Rs 29, similarly rates of crushed

## Chief Justice inaugurates fast track Court, Jammu

JAMMU, APRIL 19: Chief Justice, High Court of Jammu and Kashmir & Ladakh, Justice N Kotiwar Singh, today inaugurated Fast Track Court Jammu in presence of Justice Sanjeev Kumar, Judge High Court of Jammu Kashmir & Ladakh (Administrative Judge District Jammu), Justice Rajneesh Oswal, Justice Vinod Chatterjee Koul, Justice Mohan Lal, Justice Rahul Bharti, Justice Waseem Sadiq Nargal, Justice Rajesh Sekhri, Judges of High Court of Jammu Kashmir and Ladakh, Shahzad Azeem, Registrar General High Court of J&K and Ladakh.

### OFFICE OF THE PRINCIPAL GOVT. HIGHER SECONDARY SCHOOL CHOWGAM DEVSAR KULGAM Condolence Message

Today on 19/04/2023 (Wednesday), a condolence meeting was held under the chairmanship of worthy Principal on untimely demise of one of our staff member namely Mr. HAMIDULLAH MIRI (lab bearer), R/O CHOWGAM who breathed his last on 17/04/2023 (Monday). On his sad demise, the whole staff members were shocked and are in deep grief. He was a noble person, man of good qualities, who performed his duties with sincerity and utmost dedication. We extend our heartfelt condolences with the bereaved family and pray to Almighty Allah to bestow "Jannat-ul-Firdous" to the departed soul and confer the entire family patience, strength and courage to bear this irreparable loss. We stand by the whole bereaved family in this trying and testing time.

No HSS/CH/379/25  
07-19-04-2023

PRINCIPAL  
HSS CHOWGAM  
Principal  
Govt. Hr. Sec. School  
Chowgam (Kulgam)



# Weekly Block Diwas: DC Rajouri presides over public outreach camp at Panjgrain

HT News Network

RAJOURI, APRIL 19: As a part of the weekly Block Diwas, Deputy Commissioner Rajouri, Vikas Kundal today chaired a public outreach camp here at block Panjgrain to listen and redress the public grievances at people's doorsteps.

During the public outreach camp, the public and their representatives highlighted a wide range of issues and demands of their areas. They demanded macadamization of roads, upgradation of Govt institutions, paucity of staff, better health care facilities, scarcity of water etc.

Officers of different departments also briefed the public about a number of schemes being implemented in the district and motivated them to avail the benefits of the same.

After giving a patient hearing to the issues projected by the public during the event, the Deputy Commissioner assured them that all their genuine concerns would be redressed in a phased manner.

In his address during the public outreach camp, the Deputy Commissioner said that the Block Diwas ensures doorstep public service delivery and redressal of the genuine grievances of the common man.

He also highlighted that the District Administration is working on a multipronged strategy for the holistic development of all the areas of the district and also sought the active cooperation of the general public in achieving the development objectives of the district.

He called for coordination among the departments and PRIs to achieve the desired development objectives besides timely intervention and action



to mitigate the sufferings of the people. He also highlighted services being provided by different departments through online mode and urged the public to avail the benefits of the same. While highlighting the measures

being taken by the District Administration to eradicate drug abuse, he also sought the active cooperation of the general public in making Rajouri a drug free district. In response to the issue of the speedy

implementation of JJM, the DC said that dedicated efforts are being made in time to provide necessary benefits to the public.

Responding to the other issues and demands highlighted during the public outreach camp, the DC said that timely and quality disposal of the issues of the general public is the top priority of the district administration and asked the officers to work with added zeal to mitigate the sufferings of the general public.

He also passed on spot directions to the concerned departments for ensuring the redressal of the issues highlighted by people on priority and in a time bound manner.

In conclusion, the public outreach camp at Panjgrain under the weekly Block Diwas program provided an effective platform for the public to raise their grievances and demands,

and for the government officials to listen to them and take necessary actions to address them.

Officers who accompanied the Deputy Commissioner during the public outreach camp were CPO, Mohammad Khurshid; ACP, Sheraz Chowhan; DSWO, Wakeel Ahmed Bhatt and other district and sectoral officers. Responding to the other issues and demands highlighted during the public outreach camp, the DC said that timely and quality disposal of the issues of the general public is the top priority of the district administration and asked the officers to work with added zeal to mitigate the sufferings of the general public.

He also passed on spot directions to the concerned departments for ensuring the redressal of the issues highlighted by people on priority and in a time bound manner.

## Doda Admin conducts market checking ahead of Eid-ul-Fitr



HT News Network

DODA, APRIL 19: To check overpricing, profiteering and black marketing ahead of Eid-ul-Fitr, Additional Deputy Commissioner Dr. Ravi Kumar Bharti, leading an officers' team consisting of EO MC Ninad Sen, Law Officer, AD FCS&CA, Food Safety Officer and Police y conducted intensive market checking in Doda town.

The market checking was conducted on the directions of the Deputy Commissioner, Vishesh Mahajan.

While interacting with the shopkeepers, the team members asked them to display rate lists at prominent places and adhere to the rates approved, keep shops neat and clean and ensure that all package commodities sold to the consumers must bear MRP, Package date, Net Content and other related information.

## GDC Marheen carries out Plantation Drive under 'Mission Life'

KATHUA, APRIL 19: The Eco club of GDC Marheen, in collaboration with the Department of Environmental Sciences, under the aegis of Mission Life carried out a plantation drive in the College premises today.

A large number of saplings of various plants were planted by students, staff members under the supervision of principal of the college Dr. Anupama Gupta.

Speaking on the occasion, the Principal of the College raised awareness among the students about the urgent need of afforestation and motivated the students to plant more and more trees to conserve nature. She said global warming is increasing on an alarming scale thereby affecting the ecological balance of the planet.

The event was organised under the supervision of Convener of Eco club Prof. Deepak, and Head, Department of Environmental Sciences Prof. Sheetal Sharma.

A large number of Volunteers participated in the event. The staff members present during the plantation drive were Mr. Pardeep, Dr. Munisha Devi, Prof. Sonika Jasrotia, Dr. Eva Sharma Prof. Nisha Taak and Prof. Charan.

# My Vote My Right: Kathua administration's social media campaign encourages huge participation of citizens

HT News Network

KATHUA, APRIL 19: Continuing its efforts to promote voters' participation, the Kathua administration is implementing innovative SVEEP activities as part of the ongoing SSR. The District Election Officer, Rahul Pandey, has been leading the efforts to ensure that every eligible voter in the district exercises his democratic right.

The administration has been conducting several awareness campaigns, including the 'Pledge to Vote' initiative, which aims to motivate voters to take a pledge to participate in the electoral process.

To reach out to the youth, the administration has launched a series of voter education programs in colleges and universities across the district. These programs aim to inform young voters about the importance of voting and to

encourage them to register as voters.

Pertinently, ECI has issued a revised schedule under which claim and objections shall be taken till 06 May 2023, Claims and objections shall be disposed by 15 May 2023 and Final publication of Electoral Rolls shall be held on 27 May 2023.

The SVEEP campaign has also been utilizing social media platforms to create awareness about voting, information about the electoral process, voter registration, and means of updation. The administration has also launched a social media campaign, #My Vote My Right, to encourage citizens to participate in the electoral process.

To ensure that voters in remote and inaccessible areas are not left behind, the administration has set up special voter facilitation centres in these areas. These centres provide assistance to voters



in the registration process and help them with any queries related to the electoral process.

"The Kathua administration is committed to ensure that every eligible voter exercises their democratic right. We are constantly exploring innovative methods to drive voter participation and make the electoral process more acces-

sible and inclusive", said District Election Officer Rahul Pandey.

The administration's efforts have received widespread support and appreciation from the community leaders, civil society organizations, and the general public. These efforts are expected to result in a more informed and engaged electorate and a more

vibrant democracy in the district.

Besides, the District Election Cell has launched an intensive door to door campaign to cover all eligible persons, and an extensive awareness drive through SVEEP van which today covered different parts of AC Jasrota constituency. The SVEEP campaign has also been utilizing social media platforms to create awareness about voting, information about the electoral process, voter registration, and means of updation. The administration has also launched a social media campaign, #My Vote My Right, to encourage citizens to participate in the electoral process.

To ensure that voters in remote and inaccessible areas are not left behind, the administration has set up special voter facilitation centres in these areas. These centres provide assistance to voters in the registration process and help them with any queries.

## Weekly Block Diwas: Public Outreach programmes held at 4 locations in Doda

HT News Network

DODA, APRIL 19: To listen to the issues and grievances of the people, the Public Outreach Programmes were held today at four different locations across Doda district as part of the weekly Block Diwas program. The weekly Block Diwas program was held at Sonwara Panchayat, Sub Division Gandoh; Health & Wellness Centre Jathi, Sub Division Assar; Tehsil Headquarter Thathri, Sub Division Thathri; and Eidgah Chakarbhathi, Panchayat Sindra, Block Bhalla, Sub District Bhaderwah. Block Diwas is aimed at getting first-hand appraisal of the problems and development aspirations of the people. It also aims to ensure equitable development of rural and urban areas by fulfilling popular aspirations of the people. Block Diwas program is being organised weekly on every Wednesday at different locations of the district to reach out to the people and listen to their grievances, aspirations, and demands. Several public



delegations, individuals besides PRI members, projected the local demands and problems being faced by the public at all the four locations today. Public and PRIs put forth a range of issues/ demands. They demanded augmentation of water supply and electricity, macadamization of roads, meeting dearth of staff in schools and hospitals, upgradation of schools, banking facilities in rural areas, etc. The presiding officers of the Block Diwas, along with officers in charge of all the departments, gave patient hearing to the issues and demands and assured to resolve.

## DC Ramban review arrangements for Eid-ul-Fitr

HT News Network

RAMBAN, APRIL 19: Deputy Commissioner, Ramban, Mussarat Islam today convened a meeting of concerned officers, religious leaders and Imams of various mosques to review the arrangements put in place for Eid-ul-Fitr.

ADC, Harbans Lal Sharma; Addl. SP, Gourav Mahajan; ACR, Gias-Ul-Haq and other senior officers and religious leaders attended the meeting. During the meeting, a threadbare discussion was held on arrangements for Eid celebration being made by the different departments besides timing of Namaz-e



-Eid in different Mosques. The DC urged the religious leaders to inform the people about the timing of Eid congregations and the traffic movement plan finalized for different mosques. The DC instructed the concerned officers to keep a strict vigil on the overcharging and black-marketing of essential commodities during the festive days besides ensuring quality of eatables. He also directed AD FCS&CA

to conduct frequent market checking besides making sure availability of essential commodities in all areas of the district. The DC directed CEO Municipal Council Ramban to ensure cleanliness drives in and around religious places and mosques. He also passed similar directions to EOs of MC Banihal & Batote. The DC also directed the SDMs and concerned Tehsildars to ensure all necessary.

## SVEEP: Poster making, slogan writing competition held at GDC Marheen

HT News Network

KATHUA, APRIL 19: The Voter Literacy Club of Government Degree College Marheen, in collaboration with IQAC cell and NSS Unit, organized a poster making and slogan writing competition under the aegis of Systematic Voters' Education and Electoral Participation (SVEEP). The programme was organized under the patronage of the Principal of the college Prof. (Dr.) Anupama Gupta, while it was supervised by Convener, Voter Literacy Club



Pardeep, and NSS PO Dr. Sonika Jasrotia.

The other faculty members present in the programme were Prof. Deepak Gupta, Dr. Munisha Devi, Prof. Eva Sharma and Nisha

Tak. The Principal of the college, in her address, appreciated the participating students for taking keen interest in such activities. She said students must be aware of their Right to fran-

chise which is a potent tool in democracy besides knowing their fundamental rights and duties enshrined in the Constitution of India.

The students were informed that an exercise of Special Summary Revision-2023 is being carried out from 05 April to 20 April 2023 across Jammu and Kashmir and all eligible must approach their respective BLOs to get registered or update their credentials in Electoral Rolls. The Principal of the college, in her address, appreciated the participating students for taking keen interest.

## DC Reasi reviews progress of RDD sector works

HT News Network

REASI, APRIL 19: Deputy Commissioner Reasi Babila Rakwal today chaired a meeting to review the implementation and progress achieved under the Rural Development sector schemes in the District.

The DC asked for regular review of works taken up by BDOs to keep a close track on the pace of progress for timely completion and use of quality material.

Reviewing the scheme wise works, the DC laid thrust on speeding up the process of allotment and early completion of already tendered works so as to achieve set targets within



the set timelines. The DC also directed BDOs to devise a mechanism to ensure that all revenue implications are

cleared before the tendering process. The DC further directed all BDOs to work out the estimates, rate list and BOQ and clear the pen-

dencies at the earliest.

A threadbare review was also held on flagship schemes including Amrit Sarovar, MGNREGA, ODF etc.

The meeting was attended by ADDC Jyoti Slathia, CPO Sunita Kanchan, ADC Anirudh Rai, ACP Pradeep Kumar, Xens, AEE's and other concerned officers. The DC asked for regular review of works taken up by BDOs to keep a close track on the pace of progress for timely completion and use of quality material.

Reviewing the scheme wise works, the DC laid thrust on speeding up the process of allotment and early completion of already tendered works.



EDITORIAL

## Shooting Stones Snatching Human lives....Who Cares?

The Jammu-Srinagar highway, the lifeline of the people of Jammu and Kashmir, has been witnessing recurring incidents of shooting stones and landslides, causing massive disruptions in traffic movement and leading to several unfortunate deaths. The recent incidents have once again brought to the fore the negligence of the authorities and the lack of attention towards the safety of the people.

The shooting stones and landslides on the Jammu-Srinagar highway have been a perennial problem, particularly during the monsoon season when the region receives heavy rainfall. However, despite knowing the risks involved, the authorities have failed to take necessary measures to mitigate the hazards. This lack of preparedness and planning has resulted in several fatal incidents, causing immense loss of life and property.

The recent incident on the Jammu-Srinagar highway, in which several people lost their lives due to shooting stones and landslides, is a grim reminder of the negligence of the authorities. The incident has not only caused a massive disruption in traffic movement but has also exposed the inadequacy of the rescue and relief efforts. The slow response of the authorities in providing immediate medical assistance and rescue operations has added to the misery of the affected people.

In a recent tragic incident, just yesterday, two persons were killed as a large-sized shooting stone hit a truck they were travelling in, near Digidole along Jammu-Srinagar highway.

It is high time that the government takes cognizance of the gravity of the situation and takes necessary steps to prevent such incidents in the future. The safety of the people should be the topmost priority of the authorities. The government should conduct a comprehensive study of the terrain and geology of the region and identify the vulnerable areas that are prone to landslides and shooting stones. It should also take necessary measures to stabilize the slopes and ensure proper drainage systems to prevent soil erosion.

The authorities should also invest in the latest technologies and equipment to monitor the movement of rocks and boulders on the highway. The installation of advanced warning systems, sirens and real-time monitoring devices would help alert the authorities and the public about the potential risks and enable them to take necessary precautions.

Moreover, the government should also focus on the rehabilitation of the affected people and provide them with necessary support and assistance. The families of the deceased should be compensated adequately, and the injured should receive proper medical treatment and rehabilitation facilities in quick time.

The recurring incidents of shooting stones and landslides on the Jammu-Srinagar highway have caused immense loss of life and property and have exposed the negligence of the authorities. The government should take immediate steps to prevent such incidents in the future by investing in the latest technologies and equipment, conducting a comprehensive study of the terrain and geology of the region, and providing necessary support and assistance to the affected people. The safety of the people should be the topmost priority of the authorities, and they should take all necessary measures to ensure their well-being.



SUMAN LONE



The Sadhna tunnel is a 6-km long tunnel located in the Karnah region of Jammu and Kashmir. The tunnel is considered to be a crucial infrastructure project for the region as it will connect Tangdhar and Karnah with the rest of the valley, which is currently only accessible through a treacherous road that remains closed for a significant portion of the year due to heavy snowfall.

Recently, the Ministry of Road Transport and Highways, led by Nitin Gadkari, visited Jammu and Kashmir to review various road and tunnel projects in the region. However, when asked about the status of the Sadhna tunnel, neither the Minister nor the Lieutenant Governor gave a clear response, leaving the hopes of the locals hanging.

The people of Tangdhar and Karnah have been eagerly waiting for the construction of the Sadhna tunnel, which has been delayed for several years. The delay in the project has caused significant inconvenience to the locals who have to



rely on the treacherous road to travel to other parts of the valley.

The inauguration of five tunnels with a length of 45km by the Ministry of Road Transport and Highways during their recent visit has raised the hopes of the people of Karnah and Tangdhar. However, the lack of clarity on the status of the Sadhna tunnel has left them wonder-

ing when they will get the crucial infrastructure project that will connect them to the rest of the valley.

It is imperative that the Government of India provides a transparent and clear update on the status of the Sadhna tunnel project and the reasons for the delay. The people of Karnah and Tangdhar deserve to know

when they will get this crucial infrastructure project that will significantly improve their connectivity with the rest of the valley.

The writer is a Student of Amar Singh College Srinagar, Can be reached at sumanlone86@gmail.com

## Importance Of Eid ul Fitr According To Islamic Perspective



ER AIJAZ AHMAD



**Finally, Eid ul Fitr is a time of celebration and thanksgiving, as Muslims gather with family and friends to share meals, exchange gifts, and offer prayers of gratitude for the blessings bestowed upon them by Allah (God). This celebration serves as a reminder of the importance of community, and the need to come together to support one another in times of joy and hardship alike.**



In the name of almighty Allah the most gracious, most merciful, cherisher and sustainer of the whole world.

Eid ul Fitr is celebrated 1st shawal after the completion of Ramzan ul mubarak. The shawal ul mukaram is the 10th month of the Islamic calendar. According to literally meaning eid means 'festival' or celebration but according to Arabic eid means 'feast'. According to dictionary (Fitr) means the 'breaking of a fast'.

This day has a significance according to Islamic perspective.

Eid ul Fitr is an important festival celebrated by Muslims around the world, marking the end of the holy month of Ramadan. It is a time of joy, gratitude, and reflection, as well as a time to give to those in need.

From an Islamic perspective, Eid ul Fitr holds great significance for several reasons. Firstly, it marks the completion of a month-long period of fasting and spiritual purification, during which Muslims abstain from food, drink, and other worldly pleasures from dawn until sunset. The act of fasting is seen as a means of attaining spiritual closeness to Allah (God), as well as a way of developing self-discipline, patience, and empathy for those less fortunate.

Secondly, Eid ul Fitr is a time of forgiveness and reconciliation, as Muslims are encouraged to mend relationships

and seek forgiveness from those they may have wronged during the past year. This is in keeping with the teachings of Islam, which emphasize the importance of treating others with kindness, compassion, and respect.

Thirdly, Eid ul Fitr is a time of generosity and charity, as Muslims are expected to give to those in need, especially the poor and marginalized. This is done through the distribution of Zakat (obligatory charity) and Sadaqah (voluntary charity), which serve to support the less fortunate and build stronger, more caring communities.

The term Eid appears only once in the Holy Quran's Surah Al-Ma'ida, the fifth Surah. It refers to the "Solemn Festival."

Eid al Fitr serves as a reminder to all Muslims that Ramadan was a success and that their prayer was accepted.

According to the Quran, Allah says, "Oh you, who believe, fasting is most important for you, as it was for those who came before you, to reach God-consciousness." (Quran 2:18)

Finally, Eid ul Fitr is a time of celebration and thanksgiving, as Muslims gather with family and friends to share meals, exchange gifts, and offer prayers of gratitude for the blessings bestowed upon them by Allah (God). This celebration serves as a reminder of the importance of community, and the need to come together to support one another

in times of joy and hardship alike.

It was told that Abu Sa'eed radhi-Allahu 'anhu said: The Messenger of Allah almighty used to come out on the day of al-Fitr and al-Adha to the prayer place, and the first thing he would do was to offer the prayer. [sahi Bukhari, 956]

In the first rak'ah he should say Takbeerat al-ihraam (say "Allahu akbar" to start the prayer), after which he should say six or seven more takbeers, because of the hadeeth of 'Aa'ishah radhiAllahu 'anha, "The takbeer of al-Fitr and al-Adha is seven takbeers in the first rak'ah and five takbeers in the second, apart from the takbeer of rukoo'." Narrated by Abu Dawood and classed as saheeh by al-Albaani in Irwa' al-Ghaleel, 639.

In summary, Eid ul Fitr holds great significance in Islam as a time of spiritual purification, forgiveness, generosity, and celebration. It is a time to reflect on the teachings of Islam, strengthen our relationships with others, and give to those in need, all while expressing gratitude for the blessings bestowed upon us by Allah (God).

Author is an occasional writer, quote writer, engineer, social worker. He belongs from the budgam district, ratherajaz@gmail.com





FAHEEM UL ISLAM



# Silent Suffering: The Mental Health Crisis In Kashmir

In Kashmir, suicide is becoming a bigger problem due to a sharp rise in cases that have been documented in recent years. The area has experienced social and political upheaval, which has had an adverse effect on the citizens' mental health. A study from the Department of Psychiatry at the Government Medical College Srinagar found that Kashmir has higher suicide rates than the country as a whole.

Suicide is a complicated problem with a big impact on people, families, and society. People in Kashmir are frequently discouraged from seeking support and assistance due to the stigma attached to mental illness, which can result in feelings of helplessness and despair. Additionally, there are few mental health resources available, which makes it difficult for those who need them to get timely and effective therapy. Suicide is a problem in Kashmir that needs to be addressed right away. Raising awareness and understanding of suicide and mental health concerns is essential, as is reducing stigma and facilitating better access to mental health treatments. The underlying social and economic issues that fuel suicidal behaviour must also be addressed. To reduce suicide in Kashmir, a number of actions can be implemented. These include broadening access to mental health treatments, raising awareness of mental illness, supporting weak people and their families, and tackling the underlying social and economic causes of suicidal behaviour. Community leaders, civil society, and the government can all work together to alleviate Kashmir's suicide problem. We can build a culture where mental health is valued and people are helped on their path to recovery and healing by cooperating.

Kashmir's scenic valley, renowned for



its stunning scenery and extensive cultural legacy, has recently been in the spotlight for all the wrong reasons. Over the past few years, the region has seen a troubling rise in suicide rates, particularly among young people. A report by the Jammu and Kashmir Police claims that the valley alone saw 170 suicide cases in 2020. This trend is alarming and needs immediate intervention. There are many different and intricate causes for the recent increase in suicide rates in Kashmir. Since the area has been embroiled in violence for many years, the populace has experienced high levels of stress, trauma, and uncertainty. Instability in the economy and social pressures have combined to create a toxic atmosphere that can have a negative impact on mental health. The absence of mental health treatments and

resources in the area is another factor that has led to the surge in suicide rates in Kashmir. Many people do not have access to the care and assistance they require while they are dealing with mental health problems including depression, anxiety, and post-traumatic stress disorder (PTSD). Many people are discouraged from getting assistance due to the stigma and shame associated with mental health, which exacerbates the issue. Kashmir is not an exception to the huge impact the COVID-19 pandemic has had on mental health everywhere. Job losses, financial difficulty, and social isolation are all consequences of the epidemic and can all raise the risk of suicide. There is an urgent need to invest in mental health services and resources in Kashmir to deal with this escalating catastrophe. This entails boost-

ing awareness and lowering stigma surrounding mental health as well as expanding access to counselling, treatment, and medication. Supporting and helping individuals who have been affected by the unrest in the area is also crucial.

A multifaceted strategy that addresses the underlying causes of suicidal behaviour is needed to prevent suicide in Kashmir. In Kashmir, the following actions can help prevent suicide:

**Improve access to mental health resources:** The area desperately needs to improve access to mental health services like therapy, counselling, and medication. This can be done by building additional mental health institutions and clinics and by recruiting more mental health specialists.

**Raising awareness and eradicating stigma:** The stigma associated with mental illness makes it difficult for many people in Kashmir to seek treatment for mental health problems. The general population must be made aware of mental health issues and the value of getting care. Campaigns for public health, educational initiatives, and outreach to the community can all help with this.

**Expanding economic chances is important** because the absence of options in the area can lead to a sense of pessimism and despair. Increasing employment prospects and making investments in economic growth might enhance general societal wellbeing and lower the suicide risk.

**Limiting access to deadly weapons is important** since many suicides in Kash-

mir are carried out with the help of firearms, which are widely available there. Suicide can be avoided by restricting access to deadly weapons and poisons. This can be accomplished by enforcing stronger laws and raising public knowledge of the risks associated with these practises.

In conclusion, suicide is a serious problem in Kashmir that needs to be addressed right away. The dramatic rise in suicide rates has been attributed to a number of factors, including the area's long history of conflict, a lack of mental health services, and unstable economic conditions. The danger of suicidal behaviour can be decreased by taking certain precautions, therefore it's important to keep this in mind. In the end, all societal members in Kashmir must work together to prevent suicide. We may work towards a future in which suicide is no longer a common problem by expanding access to mental health resources, boosting awareness, offering support to individuals affected by the conflict, and restricting access to lethal means. It is crucial to keep in mind that suicide is not a failing of the individual but rather of society as a whole. By working together, we can build a Kashmiri community that is more encouraging and caring. The necessity of prioritising mental health and eliminating its stigma cannot be overstated. It's alright to not feel okay, and asking for help indicates strength rather than weakness. It is time for us to unite and acknowledge how important mental health is for both individuals and the larger community. The goal of suicide prevention is to prevent suicides, but it's also important to promote mental health, social peace, and compassion for one another. Work towards a time where suicide is no longer a tragic reality and where everyone in Kashmir has access to the treatment and support they require to live a happy and meaningful life.

**Faheem ul Islam hails from Achan pulwama and is pursuing his master's degree in international relations from department of strategic and security studies Aligarh Muslim University.**

## The Central Command Indian Army!



M S NAZKI



As always I will talk about the battles that were fought in history of Lucknow:

To the chants of 'Bajrang Bali, Ya Ali' and 'Ek pita ki dui santaan, ek Hindu ek Musalman' (Two children of a father, one Hindu, the other Muslim), the Mohammadi and Mahaveer (Hanuman) flags were first raised in Awadh at the Battle of Chinhat in which Hindus, Muslims, Sikhs, Taluqdaars and farmers came together to fight the British. At a time the country's environment is rife with communal flare-ups, June 30 marks the anniversary of the Battle of Chinhat which is said to be the first organised battle the British lost to a united Indian population after their fall in Kremlin, Russia.

Historians believe the cries resonating Ismailganj on the border of Chinhat brought to the fore the true secular character of the country's populace and the event needs only to be revisited but also never forgotten.

A lot of things around the Chinhat battle were not documented by the British since they were the losers but oral history preserves several indignant slogans coined at that time, such as the Mangal Pandey Aalah (folk song of Bundelkhand) recounts events after his martyrdom and speaks about the battlecry of 'Ya Ali, Bajrang Bali' that was used then,' said historian Amresh Mishra.

'He has also mentioned it in his book 'War of Civilisations: India AD 1857'. 'There were other slogans too such as 'Allah o Akbar', 'Har Har Mahadev' and the one that goes 'Deen, deen, deen, Hindu aur Musalman ka ek hee deen' referring to the righteous call of duty towards the nation being the same!

Several other slogans of unity filled the air 160 years ago in Lucknow. 'Mohammadi and Mahaveer flags symbolising Hanuman are well documented to have been part of the battle and so was the slogan of deen,' said SZH Jafri, a history professor of Delhi University, who specialises on topics related to the uprising of 1857!

On June 30, 1857, the British tasted defeat at the hands of a band of men comprising not just the protesting

soldiers but also peasants, farmers, Taluqdaars and clerics. 'Nawab Ali, the Mahmudabad Taluqdaar was first to commit his forces to the uprising and with the sepoy revolt and civil unrest, the movement turned into an organised battle.'

What happened next baffled the British who had underestimated the Indian strength. When Henry Lawrence, then chief commissioner of Awadh, crossed over the Kukrail bridge towards Chinhat, he was met by some fighters at Ismailganj who lured the British army towards Chinhat, only to reveal a large number of natives hiding in mango groves. An organised battle was then fought and the British suffered heavy casualty, while those who survived retreated to the Residency!

India's Historic Battles : Lucknow, 1857: By Rosie Llewellyn Jones is a wonderful book and I have that on my library shelf (at the moment right in front of me)!

The brief as far as the book goes: The city of Lucknow was the epicentre of the uprising of 1857. In Lucknow, 1857 - part of a new series of books on India's historic battles - historian Rosie Llewellyn-Jones examines the conflict in detail, from the British annexation of Awadh to the Indian response and the subsequent revolt by sepoys. The defeat of a unit of the East India Company's army at Chinhat led immediately to the siege of the extensive British Residency in the heart of the city. Here, nearly 3,000 people - British, Indian and Anglo-Indian - held out for four and a half months. The winter saw huge defensive barricades being built around Lucknow, but with their superior firepower, the British recapture was the inevitable outcome.

Another incident about which many would not be knowing is the storming of the Sikander Bagh took place on 17 November 1857 by British troops under the command of Sir Colin Campbell. The villa was built by Wajid Ali Shah. During the Siege of Lucknow, the villa became a stronghold and was occupied by over 2000 Sepoy Rebels, many of whom were slain by the 93rd Highlanders and 4th

Punjabi Infantry!

Battle of Alambagh (Lucknow) Nov 1857 was yet another episode and was part of Indian Mutiny! The location was Alambagh, Lucknow, Uttar Pradesh, Presidency: Bengal

The result was British success. After Havelock's attempt to relieve Lucknow Colin Campbell was made Commander in Chief and left Cawnpore (Kanpur) on 9 November. With 4,700 troops and 32 guns he attacked the rebels at Alambagh and the Jelalabad Fort. Lieutenant Hugh Gough won a Victoria Cross! But India had awakened and Lucknow was the place from where the awakening started! The roots of the Britishers had been shaken up and now Central Command, Indian Army sits entrenched here!

If you only read the books that everyone else is reading, you can only think what everyone else is thinking. The officers and the men in Central Command read a different book in which the terms are siple, display courage with style, display valor with sophistication and when in pain and trauma just smile and that is enough to relieve the pain of others even if you are in trauma or in a tormented zone. That is What General Raja Subramani has uppermost in his mind!

History of warfare has the tendency to roll on! And thus a fresh chapter begins! One more in Central Command has just begun with Lieutenant General N. S. Raja Subramani AVSM, SM, VSM is a serving general officer of the Indian Army. He currently serves as the General Officer Commanding-in-Chief Central Command. He earlier served as the Chief of Staff of the Northern Command.

Subramani attended the National Defence Academy, as part of the 67th course. He then was part of the 77th course of the Indian Military Academy.

Subramani was commissioned into the 8th battalion, The Garhwal Rifles (8 Garh RIF) in December 1985. Early in his career, he served as a Divisional officer at his alma-mater - the National Defence Academy.

He attended the Joint Services Command and Staff College in Bracknell, UK. After completing the course, he

returned to India and was appointed Brigade major of a mountain brigade.

Subramani commanded the 16th battalion, The Garhwal Rifles (16 Garh RIF) in Assam. The battalion was deployed in a counter-insurgency role as part of Operation Rhino.

For his command of 16 Garh Rif, he was awarded the Sena Medal for devotion to duty. He subsequently was appointed the Defence attachw at the Embassy of India in Astana, Kazakhstan. In the rank of Colonel, he also served as the Assistant Military Secretary in the MS branch at Army headquarters.

He later served as the Colonel General Staff (Operations) at Headquarters Eastern Command. In Jammu and Kashmir, he served as the Deputy Commander of a Rashtriya Rifles sector.

Promoted to the rank of Brigadier, Subramani commanded the 168 Infantry Brigade in Samba. On 26 January 2015, he was awarded the Vishisht Seva Medal.

He was then selected to attend the National Defence College in New Delhi, as part of the 55th course. After the course, he was appointed Deputy Director General Military Intelligence (DDGMI) at Army HQ. He subsequently served as the Brigadier General Staff (Operations) in the Eastern Command.

Subramani was promoted to the rank of Major General and appointed General officer commanding 17th Mountain Division in Sikkim. He then moved to the Defence Services Staff College, Wellington as the Chief Instructor (Army).

On 26 January 2020, he was awarded the Ati Vishisht Seva Medal. On 3 February 2020, he was promoted to the rank of Lieutenant General and appointed General officer commanding Uttar Bharat Area.

On 12 February 2021, Subramani took command of one of the strike corps of the Army - II Corps. He took over from Lieutenant General Surinder Singh Mahal.

After a year-long tenure, he moved to the Northern Command in Udhampur as the Chief of Staff, taking over in May 2022.

In March 2023, Subramani succeeded Lieutenant General Yogendra Dimri as General Officer Commanding-in-Chief Central Command, who superannuated on 28 February 2023.

Subramani was awarded the Sena Medal in 2005, the Vishisht Seva Medal in 2015 and the Ati Vishisht Seva Medal in 2020.

The General Officer holds a Master of Arts Degree from King's College, London and an M Phil in Defence Studies from Madras

Thus the General Officer Commanding officer of a command carries tremendous operational experience and has the distinction of commanding a battalion during 'Operation Rhino', an Infantry Brigade along the International Boundary and the Black Cat Division in North East India. The General Officer also commanded Uttar Bharat Area in 2020 and the premier Kharga Corps at Ambala.

The staff appointments tenanted by the General Officer include Divisional Officer at National Defence Academy, Brigade Major of a Mountain Brigade, Assistant Military Secretary in the Military Secretary Branch, Colonel General Staff at Headquarters Eastern Command, Deputy Director General of Military Intelligence in the Integrated Headquarters of MoD, Brigadier General Staff in Eastern Command, Chief Instructor at Defence Services Staff College, Wellington and Chief of Staff at Headquarters Northern Command.

For his exemplary dedication, the General officer has been awarded Ati Vishisht Seva Medal, Sena Medal and Vishisht Seva Medal. By the career profile of the great man one can make out that everything is superlative about the man. From great looks to a majestic gait to professional excellence it seems that he will a far distance! By the way Central Command is the pivot! They could be anywhere or every where in no time and that is their speciality!

You can't wait for inspiration. You have to go after it with a club. Perhaps that is what the General must be telling his officera and men under his command! (Concluded)



# India Overtakes China, Is Most Populous Nation With 142.86 Crore People

HT News Network

New Delhi: India has become the world's most populous country, overtaking China, shows data released by the United Nations today. According to UN estimates, India's population is 142.86 crore against China's 142.57 crore.

This is the first time that India has topped the UN list of most populous countries since it started collecting population data in 1950.

China is facing a looming demographic decline as birth rates plunge and its workforce ages. Several regions have also announced plans to boost birth rates -- but official efforts have so far failed to reverse the decline.

India has no recent official data on how many people it has because it has not conducted a census since 2011.

India's once in a decade census was due to be held in 2021 but was delayed due to the coronavirus pandemic.

Nearly 1/4th of India's population is under the age of 14, according to the UN data. 68 per cent of the population India is on its way to becoming the world's most populous country, overtaking China with almost 3 million more people in the middle of this year, data released on Wednesday by the United Nations showed. The demographic data from the United Nations



Population Fund's (UNFPA) State of World Population Report, 2023 estimates India's population at 1,428.6m or 1.4286 billion against 1.4257bn for China. The United States is a distant third, with an estimated population of 340m, the data showed. The data reflects information available as of February 2023, the report said.

Population experts using previous data from the UN have projected India would go past China this month. But the latest report from the global body did not specify a date for when the change would take place. UN population officials have said it was not possible to specify a date due to "uncer-

tainty" about the data coming out of India and China, especially since India's last census was conducted in 2011 and the next one due in 2021 has been delayed due to the pandemic. Although India and China will account for more than one-third of the estimated global population of 8.045bn, the population growth in both Asian giants has been slowing, at a much faster pace in China than in India. Last year, China's population fell for the first time in six decades, a historic turn that is expected to mark the start of a long period of decline in its citizen numbers with profound implications for its economy and the world.

# India coordinating very closely with Saudi, UAE, US, UK on safety of Indians in Sudan

HT News Network

New Delhi, Apr 19 (UNI) The situation in Sudan is very tense and India is coordinating closely with various countries to ensure the safety and security of Indian nationals there. External Affairs Minister S Jaishankar has spoken with his counterparts in Saudi Arabia and UAE in the context, and both have assured their practical support on the ground, sources said.

The Quartet countries of US, UK, Saudi Arabia and UAE have a key role and we are engaging them accordingly, said sources.

"Our Ambassador in Washington DC and High Commissioner in London are in touch with their respective host Governments. We are also working with UN, which has a substantial presence in Sudan," the sources added.

In New Delhi, the Ministry of External Affairs has set up a dedicated Control Room. The MEA is in continuous touch with the Embassy in Khartoum and is getting regular reports of the status of the Indian community.

The Embassy in turn is in



touch with the Indian community and individuals through multiple methods including WhatsApp groups, the sources added. The situation on the street in Sudan is very tense and movement is very risky at this stage.

"Our priority is safety of movement and the well-being of individuals where ever they are located," the sources added.

"While both the Ministry and the Embassy are continuously monitoring the situation, concerns of safety and security constrain us from putting out specific details," the sources said. On Tuesday late night, EAM Jaishankar in tweets spoke about his telephonic conversation with his counterparts from Saudi Arabia

and the UAE.

"Thank HH @ABZayed, Foreign Minister of UAE, for the exchange of views on the situation in Sudan.

"Our continuing contacts are helpful."

"Spoke to Foreign Minister of Saudi Arabia, HH @FaisalbinFarhan just now.

"Appreciated his assessment of the Sudan situation. Will remain in close touch," he said in tweets.

On Tuesday, amid the escalating fighting in Sudan, the Indian Embassy said that it has come across many instances of looting and urged Indian nationals not to venture out and ration their supplies.

In a tweet, the Indian Embassy also asked the Indians in Sudan to remain indoors. "We have come

across many instances of looting. All Indian nationals are advised please not to venture out. Please ration your supplies. The situation may continue for a few more days. Please try to take help from your neighbours. Please stay at home and remain safe," it said.

On Sunday, an Indian national was killed when he was hit by a stray bullet in Khartoum amid the clashes between the Sudanese Army and the paramilitary.

On Tuesday, EAM Jaishankar said the Indian Embassy in Khartoum is in constant touch with the Ministry of External Affairs regarding the 31 members of the Hakki Pikki tribe who are stranded in Sudan.

"Plans regarding them have to take into account a very complicated security scenario. The Embassy is in constant touch with the Ministry in that regard," he said.

The EAM got into a spat on Twitter with senior Karnataka Congress leader Siddaramaiah, who alleged the central government was yet to do anything to help the members of the Hakki Pikki tribe return to India.

# Gangster Atiq Ahmed's Killers Sent By Court To Police Custody For 4 Days

HT News Network

Prayagraj, Uttar Pradesh: The three persons accused of killing gangster-turned-politician Atiq Ahmed and his brother Mohammad Ashraf were sent to police custody for four days by the court of chief judicial magistrate in Prayagraj today. Loveesh Tiwari, Mohit and Arun Kumar Maurya were produced in the court amid tight security this morning as the police sought a seven-day remand. Passing the order later, the court sent them to police custody for four days - from 2 pm on Wednesday till 5 pm on April 23, district government advocate Gulab Chandra Agrahari said. Atiq Ahmad, 60, and his brother Ashraf were shot dead at point-blank range by three men posing as journalists in the middle of a media interaction on Saturday night while police personnel were escorting them to a medical college in Prayagraj for a checkup.

# Cabinet clears bill to curb piracy, also nod to National Quantum Mission

HT News Network

New Delhi, Apr 19 (UNI) The Union Cabinet chaired by Prime Minister Narendra Modi on Wednesday approved the draft Cinematograph Act 2023 seeking to curb content piracy which has been hurting the film and entertainment industry. The legislation will be brought for consideration and approval of Parliament in the upcoming session. Briefing media after the Cabinet meeting, Information and Broadcasting (I&B) Minister Anurag Thakur said the bill to curb piracy had been introduced in the Rajya Sabha in 2019 and thereafter suggestions came from the Standing Committee. "(Subsequently), we also had a comprehensive discussion on it with participation from the general public, stakeholders and the industry," Thakur said in Hindi after the Cabinet meeting. The Minister said that best international practices have been incorporated into it (draft Cinematography Bill) so that the Indian film industry does not suffer losses from piracy. He further said, "This bill will live upto the expectations of the industry.

# PM trying to save Adani: Congress

HT News Network

New Delhi, Apr 19 (UNI) The Congress on Wednesday launched a fresh attack on the BJP-led government at the Centre over Adani issue, alleging Prime Minister Narendra Modi, Cabinet Ministers and MPs of the ruling dispensation of trying to save billionaire businessman Gautam Adani.

The party also said truth can not be hidden and it will come out. The Hindenburg Research Report on Adani Group alleged that it had engaged in stock manipulation and accounting fraud schemes over the course of decades.

Addressing a press conference at party headquarters, Congress spokesperson Supriya Shrinete while referring to the Adani issue said, "Prime Minister Narendra Modi and his government, Union Ministers and MPs are trying to save Gautam Adani."

# BJP's 'Hypocrisy' Counter To Rahul Gandhi's Support For Caste Census

HT News Network

New Delhi: BJP sources on Wednesday cited the critical stance of previous Congress governments on the issue of caste census to accuse Rahul Gandhi of "hypocrisy" after the Congress leader came out strongly in support of the census demand in a bid to corner the ruling party.

Congress leader and then Union minister Ajay Maken had written in 2010 to then Rajya Sabha MP Ali Anwar that a decision to "discourage community distinction" based on caste was taken keeping in view the spirit of the secular state enshrined in the Preamble of the Constitution of India, BJP sources noted.

In 2018, the then Karnataka chief minister Siddaramaiah did not publish the findings of a caste-based census before the state assembly elections, they said.

They added that Rajiv Gandhi had hit out at the VP Singh government during a debate in Parliament in 1990 for implementing the Mandal Commission report, which had recommended reservation for Other Backward Classes. He had termed it as an attempt to divide the country on caste lines and alleged that it was not very different from



what the Britishers had done, the sources said.

In 2010, a Group of Ministers headed by Pranab Mukherjee had never reached a conclusion on the issue of caste census as many senior Congress leaders were against such a census, BJP sources said.

They also cited the country's first prime minister Jawaharlal Nehru's stand against caste census and noted that Indira Gandhi followed by Rajiv Gandhi had put the Mandal Commission on the back burner when they were in power.

The BJP has so far not taken an official stand on the issue of caste census, a demand first raised by regional parties like the RJD and the JD(U) and then supported by most other opposition parties.

# E Shinde's Party's Warning 'If Ajit Pawar Joins BJP With Group Of MLAs'

HT News Network

Mumbai: Shiv Sena spokesperson Sanjay Shirsat has warned that if NCP leader Ajit Pawar joins BJP with a group of party leaders, then the Eknath Shinde-led Shiv Sena will not be part of the government in Maharashtra.

Talking to reporters in Mumbai on Tuesday, Mr Shirsat, whose party shares power with the Bharatiya Janata Party in Maharashtra, said he thinks the Nationalist Congress Party (NCP) will not go with the BJP directly.

"Our policy is clear about it. The NCP is a party which betrays. We will not be with the NCP even in power. If the BJP takes NCP with them, Maharashtra will not like it. We decided to move out (of the earlier undivided Shiv Sena led by Uddhav Thackeray) because people didn't like us going with the Congress and NCP," he said.

Mr Shirsat said Ajit Pawar has not said anything which

means he doesn't want to be in the NCP.

"We left the Congress-



NCP (which were part of the previous Maha Vikas Aghadi government) because we didn't want to be with them. Ajit Pawar doesn't have a free hand there. Therefore, if he leaves the NCP, we will welcome him. If he comes along with along with a group of NCP (leaders), we will not be in the government," the Shiv Sena leader said.

He said Ajit Pawar's displeasure is because his son Parth Pawar lost election earlier. His displeasure has no connection with the case of a plea seeking disqualification of 16 Shiv Sena

MLAs pending before the Supreme Court.

Mr Shirsat was recently

November 2019 with Devendra Fadnavis). After two-and-a-half years, Sharad Pawar said it was an experiment to revoke President's rule," he claimed.

Mr Shirsat said Ajit Pawar has not clarified over the incident till date.

The Devendra Fadnavis-Ajit Pawar government formed in a hush-hush ceremony in November 2019 had lasted for three days.

Mr Shirsat said Ajit Pawar is a big leader and he will not tell easily about what is going on in his mind.

He also slammed the Maha Vikas Aghadi's move to hold rallies in parts of the state, as a show of unity and strength. "We have to search for Ajit Pawar's stand in the ongoing rallies of MVA. He could not speak at the rally in Nagpur. The party which has only 15 MLAs (referring to Uddhav Thackeray's group) is the one which has 54 MLAs is side-tracked. This is disrespect of Ajit Pawar," he said.

appointed spokesperson of the Shiv Sena-led by Chief Minister Eknath Shinde. Parth Pawar was defeated in the 2019 Lok Sabha poll from Maval constituency in Maharashtra. "Ajit Pawar not being reachable is not a new thing. But his displeasure, which is being shown by the media, and our case (pending before the Supreme Court) has no relation. Ajit Pawar is disgruntled since his son Parth Pawar had lost the election," Mr Shirsat said. "Ajit Pawar was held responsible for the oath ceremony held at dawn (in

# Cabinet clears bill to curb piracy, Rs 6003 cr National Quantum Mission

HT News Network

New Delhi, Apr 19 (UNI) The Union Cabinet on Wednesday decided to bring legislation (Cinematography Act 2023) in the upcoming session of the Parliament to curb piracy which hurts film and entertainment industry.

Briefing media after the Cabinet meeting, Information and Broadcasting (I&B) Minister Anurag Thakur said the bill to curb piracy had been introduced in the Rajya Sabha in 2019.

"Thereafter some suggestions came from the Standing Committee. Subsequently, we also had a comprehensive discussion on it with participation from the general public, stakeholders and the industry," Union Information and Broadcasting (I&B) Minister Anurag Thakur said after the cabinet meeting.

The Minister further said that best international practices have been incorporated into it (draft Cinematography Bill) so that the Indian film industry does not suffer losses from piracy. "The bill will be discussed further when it is introduced in the coming session of the Parliament. It is going to be a revolutionary step in the direction of curbing piracy. Film industry is going



to significantly benefit from it," Thakur said. The Cabinet chaired by Prime Minister Narendra Modi also approved the National Quantum Mission with a budgetary provision of Rs 6,003 crore to accelerate quantum technology led economic growth. "Thereafter some suggestions came from the Standing Committee. Subsequently, we also had a comprehensive discussion on it with participation from the general public, stakeholders and the industry," Union Information and Broadcasting (I&B) Minister Anurag Thakur said after the cabinet meeting.

The Minister further said that best international practices have been incorporated into it (draft Cinematography Bill) so that the Indian film industry does not suffer losses from piracy.

# "Will Resign If Proved": Mamata Banerjee On Alleged Call To Amit Shah

HT News Network

Kolkata: West Bengal Chief Minister Mamata Banerjee on Wednesday said she would step down if it was proved that she had called Union Home Minister Amit Shah after her party, the Trinamool Congress, lost its national party status.

"I was surprised and shocked... I will resign if it is proven that I called up Amit Shah over Trinamool's national party status," Ms Banerjee told reporters at a news briefing at the state secretariat.

The Trinamool was stripped of its national party status by the Election Commission earlier this month after a review of its eligibility.

The leader of the opposition in West Bengal, Suwendu Adhikari, had claimed on Tuesday that Ms Banerjee had dialled Mr Shah to request him to intervene and restore the Trinamool's national status.

Mr Adhikari, a former close aide of Ms Banerjee who defected to the BJP before the 2021 assembly elections, was lying, the Chief Minister said.

Ms Banerjee also commented on the intensifying efforts by opposition parties to team up against the BJP ahead of next year's national elections.

"Sometimes silence is golden. Don't think the opposition is not sitting together. We all exist, and everybody is maintaining relations with each other. When it comes, it will happen like a tornado," she said.

The Trinamool chief, however, was more circumspect on a question on the Supreme Court case over legalising same-sex marriage, saying, "I will not say anything because the matter is sub-judice. I love people who love others. This matter is sensitive, and I have to see the pulse of the people. I will have to see the order of the court, and then we can form an opinion."



# Israeli forces shoot 7 Palestinians in occupied West Bank

HT News Network

NABLUS: Israeli forces shot and wounded seven people in a raid on Tuesday in the occupied West Bank, the Palestinian health ministry said as the Israeli army confirmed an operation was underway.

The ministry reported "six minor injuries from live fire" reached a governmental hospital in Jenin, while another person shot had been admitted to a nearby hospital following the raid in the northern West Bank city.

A statement from the Israeli military said "security forces are currently operating in the Jenin (refugee) camp", without giving further details.

There was no immediate confirmation of the identity of those wounded in Jenin, a hotbed for Palestinian armed groups.

Two Israeli men sustain injuries in east Jerusalem attack blamed on Palestinians

Frequent incursions by Israeli forces have led to clashes with local youth or militants, with at least 25 Palestinians killed in the city this year and no Israeli fatalities.



The latest raid comes amid a spike in violence in Israel and the West Bank, which Israel has occupied since the 1967 war.

The conflict has claimed the lives of at least 96 Palestinians, 19 Israelis, one Ukrainian and one Italian this year, according to an AFP count based on Israeli and Palestinian official sources.

Two Israelis wounded  
A suspected Palestinian gunman wounded two Israeli men near a Jewish site in annexed east

Jerusalem on Tuesday, Israeli authorities said, with security forces conducting a manhunt for the perpetrator. The shooting comes amid a period of deadly attacks and military raids across the occupied West Bank, along with killings in Israel.

Israeli police announced a suspected "shooting terror attack" in the Sheikh Jarrah neighbourhood of east Jerusalem targeting two motorists, who according to medics were rushed to hospital.

"Police officers are at the scene conducting searches for the suspect who fled," the force said in a statement.

Israeli security forces closed off streets in the neighbourhood, where an AFP journalist saw officers entering a Palestinian home, with a drone and helicopter as well as police dogs aiding the search.

Officers enforcing the shutdown prevented cars and people from moving in the centre of the

neighbourhood, as heavily armed forces combed the area.

Police announced they had found the perpetrator's gun near the scene of the attack, which took place near the tomb of Simeon the Just — Shimon Hatzadik in Hebrew — a site frequented by religious Jews. The weapon was identified as a Carlo makeshift submachine gun, which Palestinians manufacture in the West Bank.

Hadassah hospital said they received a 48-year-old gunshot victim lightly wounded, and Shaare Zedek medical centre said it was treating a man in his 50s in moderate condition.

Two-minute siren  
The search was punctuated by a two-minute siren marking Israel's Holocaust Remembrance Day, honouring more than six million Jews killed by the Nazis during World War II. Jerusalem mayor Moshe Lion, speaking at a city hall ceremony, said one of the Holocaust's main lessons was "to never be helpless in the face of those seeking to harm us".

Later in the morning, most of the security forces had left Sheikh Jarrah, with roads reopened and traffic flowing as normal, a journalist said.

## Beijing hospital fire death toll rises to 29, director detained

HT News Network

The death toll in a fire that ripped through a hospital in China's capital Beijing has risen to 29, a city official said Wednesday.

The fire at the Beijing Changfeng Hospital in the Fengtai District broke out at around 1pm (5am GMT) on Tuesday and was extinguished about half an hour later.

Li Zongrong, deputy mayor of the district, expressed his "deep condolences" as he announced the new toll at a press conference.

Twelve people, including the facility's director, have been detained in connection with the fire, said Sun Haitao from Beijing's public security bureau, adding that representatives from a company renovating the hospital were among those being held.

State broadcaster CCTV reported that a preliminary probe revealed the blaze had been caused by "sparks generated during the internal renovation and construction of the inpatient department of the hospital".

The sparks "ignited the volatiles of the flammable paint on the site", CCTV said.

Social media users posted videos on Tuesday of people sitting on external air conditioning units, while others clinging to ropes jumped from the building.

The victims were 16 women and 13 men, Li said. "We feel deep remorse and guilt," he told journalists.

"On behalf of the Fengtai district party committee and district government, I hereby express our deep condolences for the victims, and express our sincere respects to the victims' families, the injured and their relatives, and apologise to the people of the whole city." CCTV reported that out of the 29 dead, 26 were patients at the hospital, two were hospital staff and one was a patient's family member.

There were still 78 patients being treated at the hospital, who have been moved to the facility's west building, CCTV said.

## Russia summons Western diplomats over 'meddling' in dissident's case

HT News Network

MOSCOW: Russia's foreign ministry summoned the US, British and Canadian ambassadors for a dressing down on Tuesday after they condemned the conviction of an opposition politician on treason charges.

A Moscow court jailed Kremlin critic Vladimir Kara-Murza, who holds Russian and British passports, for 25 years on Monday after a trial he and the West said was politically motivated.

Kara-Murza, 41, had lobbied Western governments for sanctions that were later imposed on Russia and individual Russians for purported human rights violations, and condemned what Moscow calls its "special military operation" in Ukraine.

The Russian foreign ministry accused the three ambassadors of "crude interference in Russia's internal affairs and activity incompatible with their diplomatic status", Interfax news agency reported.

There was no immediate comment from the three embassies. The US, British and Canadian ambassadors had made a joint appearance in front of TV cameras on the steps of the Moscow court on Monday to condemn the verdict against Kara-Murza and demand his release.

British Ambassador Deborah Bronnert delivered her remarks in Russian so that Russian-language TV channels could potentially broadcast them.

## Focus On Reproductive Rights Rather Than Soaring Population: UN

HT News Network

Geneva, Switzerland: Rather than fixating on the impact of the world's soaring population, the world should look at women's reproductive rights to shore up "demographic resilience," the UN said Wednesday.

The United Nations Population Fund (UNFPA) -- the UN's sexual and reproductive health agency -- acknowledged there was widespread anxiety over the size of the world's population, which is expected to peak at around 10.4 billion during the 2080s.

But the UNFPA said the focus should be on giving women more power to control when and how they have children.

"The question is: 'Can everyone exercise their fundamental human right to choose the number and spacing of their children?' Sadly, the answer is a resounding no," said UNFPA chief Natalia Kanem.

She said that "44 percent, almost half of women, are unable to exercise bodily autonomy. Unable to make choices about contraception, healthcare and whether or with whom to have sex. And globally, nearly half of all pregnancies are unintended."

She said countries with the highest fertility rates contribute the least to global warming and suffer the most from its impact.

In its flagship annual "State of World Population" report, the UNFPA found the most commonly-held view is that the world's population is too big.

But it said that passing the eight billion mark "should be a reason to celebrate. It is a milestone representing historic advances for humanity in medicine, science, health, agriculture and education".

"It is time to put aside fear, to turn away from population targets and towards demographic resilience -- an ability to adapt to fluctuations in population growth and fertility rate," it said.

"The world population is rapidly reordering itself," Kanem told a press conference.

## Heavy gunfire rocks Khartoum right after Sudan truce due to take effect

HT News Network

Heavy gunfire shattered a 24-hour truce deal in Sudan on Tuesday, shortly after it was due to take effect under US pressure on warring military factions to pause fighting that has touched off a humanitarian crisis. Loud shooting reverberated in the background of live feeds by Arab television news channels in the Khartoum capital region minutes after the agreed 6pm (1600 GMT) onset of the ceasefire deal, and warplanes could be seen in the skies above.

The conflict between Sudan's military leader and his deputy broke out four days ago, derailing an internationally backed plan for a transition to civilian democratic rule four years after the fall of autocrat Omar al-Bashir to a popular uprising and two years after a military coup.

The fighting has triggered what the United Nations has described as a humanitarian catastrophe, including the near collapse of the health system.

At least 185 people have been killed across the sprawling country.

US Secretary of State Antony Blinken, speaking in Japan, said on Tuesday he had telephoned both army chief General Abdel Fattah al-Burhan and paramilitary leader General Mohamed Hamdan Dagalo of the Rapid Support Forces (RSF), appealing for their rival forces to cease fire "to allow the Sudanese to be safely reunited with families" and to provide them with relief.

The ceasefire deal will not extend beyond the agreed 24 hours, Army General Shams



El Din Kabbashi, a member of Sudan's ruling military council, said earlier on al-Arabiya TV.

A Reuters reporter in Khartoum said he heard tanks firing shortly after the truce was due to take hold.

It was unclear in the chaotic din who was behind the various bouts of gunfire, though the RSF issued a Facebook statement shortly after the truce was to take effect blaming the army for violations.

One resident told Reuters they had heard an air strike being carried out in Omdurman, Khartoum's sister city on the opposite bank of the Nile River.

Fighting had appeared to tail off close to the deadline for the ceasefire, which coincided with iftar.

Warplanes and explosions

Earlier in the day, the sounds of warplanes and explosions echoed across Khartoum. Residents in the neighbouring cities of Omdurman and Bahri reported air strikes that shook buildings and anti-aircraft fire.

Fighting also raged in the west of the country, the UN said.

## Saudi foreign minister meets Syria's Assad on first trip to Damascus since war

HT News Network

Syrian President Bashar al-Assad met with Saudi Arabia's top diplomat in Damascus on Tuesday, state media reported, ending more than a decade of diplomatic deep-freeze between the two countries.

"President Bashar al-Assad meets Saudi Foreign Minister Faisal bin Farhan," Syria's official news agency SANA reported.

The Saudi prince arrived in Damascus on Tuesday afternoon on the first visit to Syria's capital by a Saudi official since the start of the country's civil war in 2011.

Assad has been politically isolated in the region since the conflict began, but a flurry of diplomatic activity has been underway in the past week as regional relations shift following a decision by Saudi Arabia and Damascus's ally Iran to resume ties.

The trip comes less than a week after Syrian Foreign Minister Faisal Mekdad visited Saudi Arabia, also on the first such visit since the conflict began.

Last week, diplomats from nine Arab countries met in the Saudi city of Jeddah to discuss ending Syria's long spell in the diplomatic wilderness and its possible return to the 22-member Arab League after Damascus was suspended in 2011.

The diplomats stressed the "importance of having an Arab leadership role in efforts to end the crisis" in Syria, according to a statement by the Saudi foreign ministry.

Saudi Arabia severed ties with Assad's government in 2012 and Riyadh had long openly championed Assad's ouster, backing Syrian rebels in earlier stages of the war.

Several other Arab countries also cut ties



with Syria as some powers bet on Assad's demise.

But regional capitals have gradually been warming to Assad as he has clawed back most of the territory lost to rivals, with crucial backing from Russia and Iran.

The United Arab Emirates (UAE), which re-established ties in late 2018, has been leading the charge to reintegrate Damascus into the Arab fold.

Arab outreach

A February 6 earthquake that wreaked devastation in Turkey and Syria sparked Arab outreach to Assad's government, and the surprise rapprochement between Riyadh and Tehran was announced the following month.

Assad himself has visited both Oman and the UAE since the quake.

Syria's foreign minister visited this month Algeria and Tunisia on the heels of trips to Saudi Arabia and Egypt in a diplomatic push.

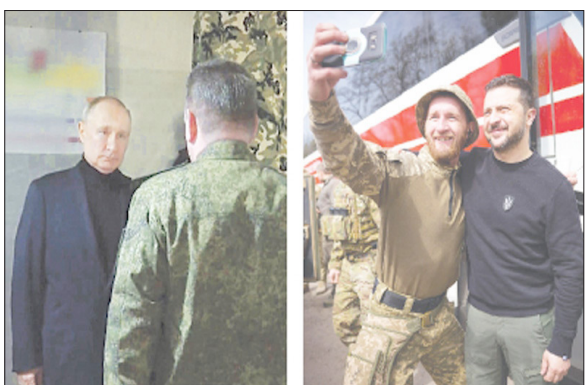
Syria is to reopen its diplomatic mission in Tunisia and appoint an ambassador there, following a similar move announced by Tunis.

## Russian, Ukrainian leaders visit frontline towns, meet troops

HT News Network

KYIV: Ukrainian President Volodymyr Zelensky met troops in a frontline town Tuesday, a day after Russian leader Vladimir Putin visited occupied zones as Kyiv builds up to an expected counteroffensive. While 45-year-old Zelensky spoke with soldiers in the heavily bombed town of Avdiivka in eastern Ukraine, the Kremlin's footage showed Putin, 70, visiting the occupied territory in the south and east, under a veil of secrecy.

Putin's visit came as China's Defence Minister Li Shangfu was in Moscow to demonstrate what he called Beijing's "determination" to stronger Russia ties. Mos-



cow has been seeking allies to confront the West as its war in Ukraine causes immense destruction and suffering but is far from the goal of capturing control of the country. Mykhailo Podolyak, an adviser to Zelensky, called Putin's trip "a 'special tour' of the mass murders' author", adding he went to Ukraine's occu-

pied territories "to enjoy the crimes of his minions for the last time". Zelensky meets troops in eastern Ukraine; Putin secretly tours occupied territory. Zelensky went to Avdiivka, located close to Russian-controlled city of Donetsk, and thanked troops for their service, his office said.

A video also showed Zel-

ensky standing outside with soldiers in the heavily-bombed town, apparently not wearing protective gear. "I have the honour to be here today, to thank you for your service, for defending our land, Ukraine, our families," Zelensky told the soldiers.

Putin visits occupied territory. Putin visited the partly Russian-occupied Kherson and Lugansk regions and heard reports from top commanders on Monday, and the Kremlin made the trips public a day after it happened.

Moscow portrayed the trips as a marker of its control in occupied Ukraine, but Russia does not fully hold those areas despite claiming them after a widely-condemned annexation last year.

## UN warns of exit from Afghanistan in May

HT News Network

UNITED NATIONS: The UN warned on Tuesday that it would pull out of Afghanistan in May if the Afghan Taliban do not allow its local women staff to return to work.

Also on Tuesday, the United Nations Development Programme (UNDP) released a study, which warned that restrictions on women's rights will worsen economic catastrophe in Afghanistan.

The country's de facto rulers indicated their inclination to ban Afghan women from working for the UN in December last year. On April 12, they issued a decree saying that Afghan women employed by the UN could no longer report for work. They have rejected UN appeals to review their position.

Special Representative of the Secretary-General for Afghanistan Roza Otunbayeva last week issued a statement, declaring that the UN was launching an operational review to determine whether it can stay in the country despite the ban. The review period expires on May 5.

Says move would be 'heartbreaking' but unavoidable if Taliban ban on working women continues

A UN statement explained, "UN national personnel in Afghanistan -- both women and men -- have been instructed not to report to UN offices" during the review period. But it did make "limited and calibrated exceptions" for those involved in "critical tasks." Since their return to power in August 2021, Afghan Taliban have implemented a series of discriminatory measures that restricted Afghan women and girls from participating in most areas of public and daily life.



## Yasha Mudgal reviews functioning of Cooperative Societies

HT News Network

JAMMU, APRIL 19: Commissioner Secretary, Cooperative Department, Yasha Mudgal, today convened a meeting to review functioning of different authorities vested with the powers to register Cooperatives/Cooperative Societies in Jammu and Kashmir. The meeting was informed that there are 8763 Cooperative Societies in J&K, of which, 3611 have been registered by Registrar Cooperative Societies J&K, 4421 by Director Handloom & Handicrafts Kashmir and 672 by Director, H&H Jammu. Commissioner Secretary emphasized upon the concerned for regular

monitoring of financial status of all Cooperatives besides ensuring audit of these Cooperatives. She asked the registering officers to share the data base of Cooperatives registered by different authorities. Commissioner Secretary directed for making use of a single window online portal for registration. Commissioner Secretary gave nod for audit of Cooperatives registered under 1989 Act through the Auditors available with Registrar Cooperatives. She asked for identification and review of dormant/inactive Cooperatives for de-registration under norms so that only serious Cooperatives are allowed to function. Among others, Registrar Cooperatives



Director Handloom & Handicrafts Kashmir; Director H&H, Jammu; Director CAD, Jammu; Director Finance, Cooperative Department; Director Horticulture (P&M), Additional Secretary, Cooperative Department; ARCS, Jammu/Kashmir; Joint Director, H&H, Kashmir; Deputy Director CAD, Kashmir and other concerned officers were present in the meeting in person and online. Commissioner Secretary, Cooperative Department, Yasha Mudgal, today convened a meeting to review functioning of different authorities vested with the powers to register Cooperatives/Cooperative Societies in Jammu and Kashmir.

The meeting was informed that there are 8763 Cooperative Societies in J&K, of which, 3611 have been registered by Registrar Cooperative Societies J&K, 4421 by Director Handloom & Handicrafts Kashmir and 672 by Director, H&H Jammu. Commissioner Secretary emphasized upon the concerned for regular monitoring of financial status of all Cooperatives besides ensuring audit of these Cooperatives.

She asked the registering officers to share the data base of Cooperatives registered by different authorities. Commissioner Secretary directed for making use of a single window online portal for registration. Commissioner Secretary gave nod for audit of Cooperatives registered under 1989 Act through the Auditors available with Registrar Cooperatives. She asked for identification and review of dormant/inactive Cooperatives for de-registration under norms so that only serious Cooperatives are allowed to function. Among others, Registrar Cooperative Societies J&K; Director H&H, Jammu; Director CAD, Jammu; Director Finance, Cooperative Department.

## Doda: DC, SSP visit Eidgahs, Mosques, Market ahead of Eid Ul Fitr Take stock of sanitation, other facilities

HT News Network

DODA, APRIL 19: To facilitate smooth and hassle free Eid prayers and celebrations across District, the Deputy Commissioner, Visheh Mahajan along with SSP Abdul Qayoom, President MC Doda, Ved Prakash Gupta and a team of officers visited Jamia Masjid and Eidgah, here today. SE Jal Shakti Department Anil Gupta; EO, MC, Nenad Sen; Officers from MC, JPDC and other departments accompanied. Later, the DC along with SSP, ADC Bhaderwah Ch. Dilmir, ASP Bhaderwah Kameshwar Puri, EO MC Bhaderwah Yousf-Ul-Umar,

and others visited Jamia Masjid, and Eidgah in Bhaderwah. They also inspected the market at Bhaderwah. The DC directed the PHE (JSD) and PDD (JKPCL) departments to ensure regular water and electricity supply availability to the people across the district. He also asked the Municipal authorities to ensure sanitation of roads leading to the Eidgah, while the Transport Department was asked to ensure traffic regulation so that people coming to Eidgah don't face any inconvenience. During the market inspection at Bhaderwah, the DC urged the shopkeepers to avoid overpricing, maintain hygiene in the market, adhere to the



rates approved and obey food safety and standard regulations. To facilitate smooth and hassle free Eid prayers and celebrations across District, the Deputy

Commissioner, Visheh Mahajan along with SSP Abdul Qayoom, President MC Doda, Ved Prakash Gupta and a team of officers visited Jamia Masjid and

Eidgah, here today. SE Jal Shakti Department Anil Gupta; EO, MC, Nenad Sen; Officers from MC, JPDC and other departments accompanied.

Later, the DC along with SSP, ADC Bhaderwah Ch. Dilmir, ASP Bhaderwah Kameshwar Puri, EO MC Bhaderwah Yousf-Ul-Umar, and others visited Jamia Masjid, and Eidgah in Bhaderwah. They also inspected the market at Bhaderwah. The DC directed the PHE (JSD) and PDD (JKPCL) departments to ensure regular water and electricity supply availability to the people across the district. He also asked the Municipal authorities to ensure sanitation of roads leading to the Eidgah, while the Transport Department was asked to ensure traffic regulation so that people coming to Eidgah don't face any inconvenience.

## DC Kupwara distributes food items among needy, destitute in Kupwara

HT News Network



KUPWARA, APRIL 19: Deputy Commissioner Kupwara, Dr. Doifode Sagar Dattatray who is also Chairman of District Red cross Committee Kupwara today distributed food kits among the poor and needy families at DC Office complex Kupwara.

Around 400 Food kits were distributed among the poor, and needy families, widows, destitute and orphans from the District Red cross fund. Food kits contained food items, eatables, spices and edible oil.

Vice Chairman, District Development Council Kupwara, Haji Farooq Mir, Additional Deputy Commissioner Kupwara Gh. Nabi Bhat were present on the occasion.

Beneficiaries poor, widows and Orphans have thanked Deputy Commissioner Kupwara for extending them timely help, awareness.

## FCS&CA imposes fine of Rs. 16k on 25 erring traders; seals 01 mutton shop

HT News Network

SRINAGAR, APRIL 19: The Enforcement squad of Food Civil Supplies and Consumer Affairs (FCS&CA) Department today imposed a fine of Rs. 16300 on 25 erring shopkeepers in Srinagar for violating Essential Commodities Act, 1955 and also sealed one mutton shop.

The drive was conducted under the supervision of Assistant Director Enforcement, Fayaz Ahmad Shah. The action against the erring was taken during a massive drive launched within the vicinity of Srinagar City i.e. Lal Chowk, Dalgate, Nishat, Shalimar, Nowpora, Qamarwari, Karan Nagar, Rambagh, Chanapora & Bagh e Mehtab areas, etc.

During the course of action as many as 137 establishments were inspected, out of which 25 erring traders were penalized for violating Essential Commodities Act, 1955.

The drive will continue in the same passion in future as well and whosoever is found violating the norms will be brought to justice.

In case of any complaint, people may contact the toll free number 18001807011.

## Free Medical Camp held at Fire & Emergency Services, Headquarters Batamaloo

HT News Network

SRINAGAR, APRIL 19 In connection with observance of Fire Service Week commencing from 14th April to 20th April 2023, a Free Medical camp was today organised at Fire & Emergency Services Headquarters Batamaloo Srinagar. Employees of Fire & Emergency Services and a good number of civilians participated in the event. During the Camp, a general checkup was conducted by a team of Doctors in which a number of free tests such as HBA1C, BSR, BSF, TSH, CBC, Micral, VPT, ECT and Ophthalmological checkup were done and free medicines were distributed. The entire exercise was conducted under the supervision of Dr. Ibrar Bashir Sherazi, Medical Officer, Fire & Emergency Services, Srinagar on the directions of Alok Kumar, ADGP, Director, Fire & Emergency Services, J&K. Employees of Fire & Emergency Services and a good number of civilians participated in the event. During the Camp, a general checkup was conducted by a team of Doctors in which a number of free tests such as HBA1C, BSR, BSF, TSH, CBC, Micral, VPT, ECT and Ophthalmological checkup were done and free medicines were distributed. The entire exercise was conducted under the supervision of Dr. Ibrar Bashir Sherazi, Medical Officer, Fire & Emergency Services, Srinagar on the directions of Alok Kumar.

## DC Kulgam presides mega Grievances Redressal camp at Qaimoo

Farooq Rather



KULGAM, APRIL 19: To take first hand appraisal of public grievances and demands, the Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today visited Qaimoo area and presided over a mega grievance redressal camp held at block complex Qaimoo. The programme witnessed overwhelming response from PRLs and general public especially from youth who participated to highlight issues and grievances confronting their areas for early redressal. ADC Viqar Ahmed Giri, ACR Mir Imtiyaz Ul Aziz, ACD Mohammad Imran Khan, CEO, CMO, Tehsildar, BMO and other officers also remained available in this grievance redressal camp.

Delegation of People from the Qaimoo, Redwani, Wanpora, Sonigam and other areas apprised the DC about their issues and developmental requirements of their areas. The DC after giving patient hearing to all the issues raised during the proceedings addressed some of the immediate nature of grievances on spot and issues required to be redressed at higher level were also noted.

## District-level orientation program on uploading of thematic GPDP held at Doda

HT News Network

DODA, APRIL 19: A district-level orientation cum training programme on Uploading of thematic Gram Panchayat Development Plan (GPDP) for FY 2023-24, organised by Rural Development and Panchayati Raj Department, was held today at Zila Vikas Bhawan Doda and BDO office Bhaderwah.

The training was organised under the overall supervision of ACD, Phulail Singh, who also attended the program at the twin locations. Besides, as many as 110 field functionaries attended the training programme on day 1 at the designated locations, including the master trainers BDO Bhaderwah Sunil Kumar, BDO Khaleni Sanjay Bhardawaj and Panchayat Secretary Rashid Hussain and Operator Naseer Ahmed.

The orientation programme focused exclusively on People's Plan Campaign- 2023 for uploading of thematic GPDP under Localized Sustainable Development Goals (LSDGs) mapped into nine themes by Ministry of Panchayati Raj, including Poverty Free and Enhanced Livelihoods Village, Child-friendly Village, Women-friendly Village, Healthy Village, Self



Sufficient Infrastructure Village, Socially Secured Village, Water Sufficient Village, Village with Good Governance and Clean and Green Village.

Speaking to the Participants, the ACD said that the thematic approach to GPDP with focus on LSDGs would ensure convergence of resources and augment community participation at panchayat level in consonance with all the stakeholders and line departments. It is also aimed to achieve saturation on all SDGs by 2030.

Further speaking he instructed all

the attended field functionaries to acquaint themselves fully so that all the panchayat level GPDP plans shall be uploaded on the designated portal error free and under time bound manner.

The resource persons/Master trainers from the department gave a detailed presentation on the process, procedure, action plan, activities regarding preparation of thematic GPDP along with demonstration on uploading the approved GPDP on the eGram Swaraj portal.

## NC espouses Kashmiri Migrants' cause, BJP only exploited them: Rattan Lal Gupta

HT News Network

JAMMU, APR 19: Rattan Lal Gupta, Provincial President Jammu and Kashmir National Conference (JKNC) Jammu has asserted that National Conference has always stood for the cause of Kashmiri Migrants and shall continue the same for all times to come while Bharatiya Janata Party (BJP) has only exploited them to the hilt by making hollow promises. He expressed this while addressing a meeting of office bearers of Youth Wing of Minority Cell Jammu and Kashmir National Conference (JKNC) held at the Party headquarter at

Sher-e-Kashmir Bhawan, Jammu under the chairmanship of Jatin Bhat, President Minority Cell Youth Wing JKNC Jammu here today.

Rattan Lal Gupta was the Chief Guest in the today's meeting which was called to discuss the issues and problems being faced by the people belonging to Kashmiri Pandit Community who are living across Jammu region. Jatin Bhat, President Minority Cell Youth Wing JKNC Jammu at the very outset highlighted the problems of Kashmiri migrants displaced due to terrorist onslaught in the Valley. The issues discussed and deliberated during the



meeting pertained to cash assistance provided to displaced families, over aged youth suffering on account of exodus from the Valley, allotment of shops within the Kashmiri Migrant camps and the pitiable condition of tenements/quarters besides many other significant issues. Rattan

Lal Gupta while addressing the gathering lamented that BJP has exploited Kashmiri Pandit migrants to the hilt just for satiating their vote bank interests. He said that it is really unfortunate that despite increased cost of living amid sky rocketing prices and peak inflation the cash assistance being

paid to the Kashmiri Migrants has not been enhanced for the past so many years. He said while DA of the employees was also hiked due to high cost of living, the Kashmiri migrants are unable to meet their ends with the meager cash assistance and these people are out on roads protesting for relief enhancement and other issues. He appealed to the Govt to immediately announce a reasonable hike in the cash assistance being provided to them.

The senior NC leader said that the BJP Govt had made promises to rehabilitate the KP migrants in the Valley but these proved to be a

cruel joke as no steps were taken in this direction since 2014. He dared the BJP Govt to reveal what steps have been taken by it for employment of KP unemployed youth including those who are now barred due to their being over aged. He urged the Govt to provide appropriate one time settlement compensation to the over aged Kashmiri Pandit youth. Regarding the KP employees appointed under PM Package, Rattan Lal Gupta said that it is not justified for the Govt to make migrant employees as scapegoats by forcing them to resume their duties in absence of adequate security for them in Valley.



# CLAY MASKS TO COOL SKIN THIS SUMMER

Summers are here, and it's time for all of us to change our skincare game. As the weather changes, so does your skin.

It's not just heat exhaustion that you should be worried about during the heat-wave. It can have several effects on the skin. In this scorching heat, your dermal layer needs hydration more than ever. With the extra heat and humidity, the skin actually produces more sebum (oils), resulting in oily-feeling skin.

From brightening up your skin to restoring your skin's natural balance and much more, clay masks are like a quick fix for your beauty problems.

Clay masks provide a deep cleanse while being gentle on the skin, leaving it feeling refreshed, renewed, and radiantly glowing. They nourish your skin and make you feel more natural. The bonus is that they need a minimum amount of time to reach optimal effect.

Clay masks help pull out pore-clogging build-up, but are still gentle enough to avoid stripping of the skin and promote healthy hydration.

Clay masks are great for absorbing oil and also contain a variety of minerals that have different skin benefits.

During summer, in particular, the action of a clay mask can be really beneficial for inflamed, heated-up, and porous skin.

Use a clay mask once a week to remove all the gunk and dirt from the skin.

Fuller's Earth, or multani mitti, is easily available. A natural clay, it is white or light beige in colour and contains several minerals. It is of particular benefit to oily skins, as it absorbs and reduces oiliness from the skin surface. It also refines the pores and tightens the skin. In fact, it helps acne and pimple prone skin and can be used along with sandalwood, neem, mint, etc. It becomes dry when applied on the skin, tightening the skin and serving the purpose of a useful face pack.

#### For oily skin:

Mix Fuller's Earth (multani mitti) with rose water into a paste and apply on the

face, avoiding the lips and area around eyes. Wash it off when it is dry.

#### For acne-prone skin:



## SHAHNAZ HUSSAIN'S BEAUTY TIPS HT EXCLUSIVE



Mix Fuller's Earth with sandalwood paste, rose water and neem leaf powder into a paste. Apply the same way and wash off when dry.

#### For acne marks:

Mix Fuller's Earth with one teaspoon lemon juice and rose water into a paste. Apply on the face. Wash it off when it is dry.

For normal to dry and normal to oily skin, mix 1 teaspoon Multani mitti with aloe vera gel into a paste. Apply on the face, avoiding

the lips and area around eyes. Wash it off after 15 minutes with plain water. If there is acne, add 2 drops of Tea Tree Oil to the mixture.

and reduce oiliness, mix one teaspoon each of Fuller's Earth, baking soda and active charcoal. Add rose water or mineral water to make a paste. Apply on the face, avoiding the lips and area around eyes. Wash it off after 15 minutes.

#### Kaolin clay

Kaolin clay is found in different colors and types and does not dry the skin as compared to other clays.

White kaolin clay is mild and works on sensitive skin. It is also used in anti-wrinkle masks. Red kaolin clay is rich in iron dioxide and is more potent. It is used in body wraps.

Mix Half The Bag Of Clay With A Small Amount Of Water Or Coconut Oil to form a paste. Apply facial evenly leaving eyes and nostrils clear. Relax for 20 Minutes for the mask to dry and rinse off with warm water. Any excess Clay can be used as a body mask.

#### Dead Sea Mud Mask For Summer

The Dead Sea Mud mask has a powerful pulling effect. It addresses dullness, smoothes out roughness, and restores the skin's health and radiance, much like a multi-purpose facial. It is rich in minerals that can hydrate and nourish the skin, plump it up, and increase its suppleness to make it smooth.

Take a clean glass bowl. Combine the clay of with the required amount of water or rose water and mix it to achieve a smooth consistency. Apply the prepared mask evenly to the face and let it sit for approximately 10 minutes. Wash it off with warm or cool water.

When finished, apply a toner.

You can mix a pack at home, but keep your skin type in mind and add ingredients accordingly.

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

Thanks and Regards  
Dr. G.L. Mahajan, PhD New Delhi  
Mobile/ Whatsapp -----  
#9868520019

## NEWS

### Junk food behind fatty liver epidemic in Kashmir: DAK



Srinagar, Apr 19: On World Liver Day, Doctors Association Kashmir (DAK) on Wednesday expressed pressing concern over surge in fatty liver disease which has reached to epidemic proportions in Kashmir valley. "Junk food is causing spike in fatty liver cases in the valley," said DAK President Dr Nisar ul Hassan. Dr Hassan said junk food has become routine part of people's lives and has largely replaced home-made meals. Fast food is the quickest meal not just for busy professionals, but there is a rising trend of fast food among children and teenagers. They are often seen eating fast foods like pizzas and burgers. Children are addicted to chips, sugary drinks and frozen ready meals. "This change in dietary habits from homemade to processed and convenient foods is the primary factor contributing to enormous burden of fatty liver in Kashmir," he said. The DAK President said according to a new study from the University of Southern California's Keck school of Medicine published in clinical gastroenterology and hepatology, junk food has been found to cause fatty liver disease. "If you are obese or diabetic, fast food has even more negative impact on the liver and can lead to even higher amounts of fat in the liver," he said. Dr Nisar said one in three persons in Kashmir have fatty liver and young people are mostly hit.

The prevalence of disease is 60-70% among diabetics and obese individuals.

### Signs your lungs haven't fully recovered from COVID

#### Risk of COVID-19 in lungs

Despite recovering from COVID-19, patients can still see long haul effects of the disease. The pandemic has caused severe lung damage in many COVID-19 patients. Some symptoms were so severe that they were said to be irreversible. However, the studies suggest that the damage may improve with time. Here are some symptoms that may persist in the lungs long after COVID recovery:

#### 02 Shortness of breath

Comprehensive heart and lung exams could help determine why some COVID-19 survivors still experience shortness of breath. Several patients had previously had regular testing, such as pulmonary function tests, echocardiograms, chest x-rays, or standard activity tests, with results that were either normal or did not address the reason why they were still experiencing shortness of breath.

#### 03 Fluid in the lungs

Patients with COVID-19 frequently have excessive fluid in their lungs, which makes breathing challenging. In the early stages of the disease, protein fluid that leaks into the lungs of COVID-19 patients can persist for a while.

#### 04 Ground-glass appearance in the lungs

The pulmonary symptoms of COVID may resemble ground glass. Acute and chronic ground-glass opacities can be distinguished from one another. Exercises that improve breathing can help with COPD and its aftereffects by clearing mucus and other fluids from the lungs and increasing oxygenation there.

# Weight Loss Tied to Premature Death for Older Adults

Many of us go through much of our lives thinking that a little bit of weight loss might be good for our health. But according to new research, by the time we reach old age, weight loss may be associated with an increased risk of premature death.

A study published April 10 in JAMA Network Open examined the connection between changes in body weight and longevity among healthy older adults, including 16,703 people 70 and older in Australia and 2,411 individuals 65 and older in the United States. None of the participants had any conditions known to cause premature death among older adults, such as cardiovascular disease, dementia, physical disabilities, or life-limiting chronic illnesses.

Over an average follow-up period of 4.4 years, a total of 1,256 people died. Weight loss of at least 5 percent was associated with a 33 percent higher mortality risk for men and a 26 percent higher mortality risk for women. And weight loss of at least 10 percent



was associated with an almost tripled mortality risk for men and a more than doubled mortality risk for women.

"It is important for older adults to be aware that even a small weight loss of 5 percent, especially in the absence of any evident disease, can significantly increase the risk of mortality," says the lead study author, Sultana Monira Hussain, MBBS, PhD, MPH, a senior research fellow at the School of Public Health and Preventive Medicine at Monash University in Melbourne, Australia. If this happens, people need to

see their primary care provider, because it could be an early warning sign of previously undiagnosed health problems that could hasten death, Dr. Hussain says.

Can Unintentional Weight Loss Cause Premature Death?

When researchers looked at some common causes of death among older adults, they found that weight loss was associated with increased mortality from both cardiovascular disease and cancer.

For example, weight loss of at least 10 percent was associated with a more than tripled risk of

death from cancer among men and an almost tripled risk for women. And weight loss of at least 10 percent was also linked to a more than tripled risk of death from cardiovascular disease among men and an almost double risk for women. The study wasn't a controlled experiment designed to prove whether or how weight loss might directly cause an increased risk of premature death.

One limitation of the study is that researchers lacked data on why people lost weight, although the study team did note that weight loss surgery — the main cause of this magnitude of weight loss for younger individuals — is rarely done for older adults.

Another drawback of the study is that researchers lacked data on any changes in physical activity levels that might impact both body weight and overall health during the study period, the researchers noted.

Unintentional Weight Loss May Be a Sign of Underlying Problems. There are many possible reasons why weight loss might indicate medical issues that older adults need to address, says Bellal

Joseph, MD, a professor of surgery at the University of Arizona College of Medicine in Tucson who wasn't involved in the new study.

Unexplained weight loss could be a sign of malnutrition, which can lead to physical weakness, difficulty with mobility, fatigue, and increased risk of infection and chronic illness, Dr. Joseph says. It can also be a sign of frailty, a syndrome caused by age-associated depletion of physiological reserves, leading to an increased risk of falls, disability, and death due to increased susceptibility to stressors, Joseph adds.

Weight loss can also lead to loss of muscle mass, which reduces body strength and increases frailty among older adults, Joseph says. And weight loss can also be a sign of depression, anxiety, or other mental health issues.

"If left untreated, any of these can lead to further physical decline and even premature death," Joseph says. "Therefore, it is essential to consult with a doctor to determine the cause of the weight loss and take steps to address any underlying issues."

# What are the worst fruits for someone with diabetes?

The National Institute of Diabetes and Digestive and Kidney Diseases Trusted Source recommends that people with diabetes include fruits as part of a balanced diet.

Eating fruits and vegetables may put a person at lower risk of developing heart disease and cancer. Fruit is also an important source of vitamins, minerals, and fiber.

However, fruit can also be high in sugar. People with diabetes must keep a watchful eye on their sugar intake to avoid blood sugar spikes.

That said, there is a difference between the type of sugar in fruit and the type of sugar in other foods, such as chocolate and baked goods.

This article will explore which fruits a person with diabetes should eat and avoid and how they relate to diabetes.

#### Fruits to avoid

In general, a person should not have to exclude fruit from their diet. In fact,

one 2017 study Trusted Source suggests that eating fruit can actually help prevent diabetes.

However, it may be worth people who already have diabetes limiting their intake of the following fruits.

#### Fruits high in sugar

The glycemic index (GI) shows how much a certain food can raise a person's blood sugar after they have eaten it.

If a food has a GI score of between 70 and 100, it is high in sugar. Some fruits with a score in this range include:

#### WATERMELONS

overly ripe bananas

These fruits are still safe for a person with diabetes to eat. However, they should do so in moderation. Consuming larger portions of fruits that have lower GI scores may be more suitable for a person with diabetes.

Most other fruits have a low-to-medium GI score. Learn more about

low and medium GI foods here.

#### THE SUGAR MYTH

Many people believe that since fruit is often high in sugar, people with diabetes should avoid it.

However, the sugars in fresh fruit are not "free" sugars. Free sugars are added sugars and those present in honey, syrups, nectars, and unsweetened fruit and vegetable juices. The sugar in fresh fruit is fructose, which does not have much of an effect on a person's blood sugar or insulin levels, according to one 2017 article Trusted Source.

Foods such as chocolate, baked goods, and some sodas have high levels of free sugars, which do cause spikes in blood sugar.

#### Fruits high in carbohydrates

According to Diabetes UK, the amount of carbs a person eats has the most impact on their blood sugar levels. If a person is following a low



carb diet, they should identify which carbs they are eating that are low in nutrients or unhealthy in other ways and cut those out first. Fresh fruit carries many health benefits, so it may not be first on the list.

#### FRUIT JUICE

The Centers for Disease Control and Prevention (CDC) Trusted Source state that drinking fruit juice during a meal or on its own quickly raises a person's blood sugar levels.

However, the combination of fiber and simple sugars in fruit slows the absorption of sugar into the blood

when a person eats whole fruits.

A 2013 research paper Trusted Source looked at how fruit consumption affects the likelihood that a person will develop type 2 diabetes.

The results showed that people who consumed more whole fruit were less likely to develop the condition. People who drank larger amounts of fruit juice were more likely to develop the condition.

#### DRIED FRUIT

A person can also include dried fruit in their diet, as long as it was not dried with added sugar.

In a 2017 study Trusted Source, researchers found a positive correlation between eating nuts and dried fruit and the prevention of type 2 diabetes.

The American Diabetes Association (ADA) confirm that dried fruit can be a good option for people with diabetes, but they should be mindful of the fact that portion sizes can be small.



**pixels Pvt.Ltd**  
EXCELLENCE WITH PERFECTION  
Branding | Designing | Printing | Web | Event | Advertising

**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 / Photograph
- ★ 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

Contact Us: +91-8491031542  
+91-9682300109

# Career Point

## Coaching Institute

INTRODUCING COACHING FOR CUET ENTRANCE EXAM

Offers Coaching Special For

- Arts & Commerce
- 11<sup>th</sup> | 12<sup>th</sup>
- 8<sup>th</sup> | 9<sup>th</sup> | 10<sup>th</sup>
- IAS | KAS | JKSSB | SSC

g Crossing Chowk Zakura, Near Womens College

## 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

SERVICE FOR ALL LAPTOPS

DELL hp lenovo

7006618090

The Prophet (SA) said:  
*Whoever builds a Masjid for the sake of Allah Almighty, like a sparrow's nest or even smaller, Allah Almighty will build for him a house in Paradise. [Ibne 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: **052701010000951**  
IFSC Code: **JAKA0HBEIGH**  
Info at: **8899969463**

J&K Est. 1972

# Yateem Trust

Serving the Deserving

51 YEARS OF EXCELLENT SERVICE TO HUMANITY

1972-2023

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.

www.jkyateemtrust.org | jkyateemtrust@gmail.com

## FREE CRITICAL CARE

AMBULANCE SERVICE-24X7

SRINAGAR | BARAMULLA  
ANANTNAG | KUPWARA

Call: 9484-100-200, 0194-231-0018

EMERGENCY MEDICAL SERVICE  
FREE 24x7  
CRITICAL CARE  
AMBULANCE SERVICE  
Srinagar | Anantnag | Baramulla | Kupwara  
For Acute Medical and Surgical Emergency  
Call: 9484-100-200, 0194-231-0018

ISSUED IN LARGER PUBLIC INTEREST BY DAILY HEADLINES TODAY

## HELP POOR VOLUNTARY TRUST

SHARE A TOUCH OF LOVE THIS RAMADAN  
DONATE | GIVE ZAKAT | GIVE HOPE

WE ARE ACCEPTING

# Zakat

Donate Your Zakat & Sadaqah In Below A/c No.

**CD-0392010100001433**

J&K Bank, Solina, Srinagar, Kashmir  
IFSC Code: JAKA0SOLINA

With Your Support We Can Save Lives & Empower The Community

100% Of Your Donation Will Go Towards Someone In Need

www.hpvttrust.org | hpvttrust@gmail.com | hpvt@rediffmail.com  
(+91) 871-703-3309 | (0194) 231-2056  
Baran Pather, Haft Chinar, Opp. Iqbal Park, Srinagar-190009 J&K

MIDDLE MAN

## DAWAT-E-NIKAH

Find Your Perfect Life Partner With Us

UNMARRIED PEOPLE OR PARENTS CAN CONTACT US FOR MATRIMONIAL SERVICES (SHADI KARWANAY KA LIYA)

Call or Whatsapp We Will Visit Your Home

Special Coverage Area  
**SRINAGAR**  
**BARAMULLA**

**CALL 7006517694**

WHATSAPP YOUR DETAILS WE WILL VISIT YOUR HOME

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

Special Coverage: **SRINAGAR & BARAMULLA**