



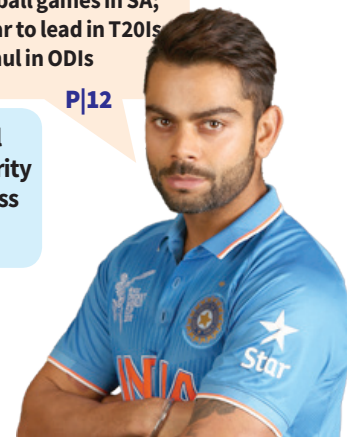
Srinagar  
Saturday  
December 02 | 2023  
17 Jumada Al-Awwal 1445  
Issue No: 282  
Volume: 13

Kohli and Rohit rested  
for white-ball games in SA;  
Suryakumar to lead in T20Is  
Rahul in ODIs

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World AIDS Day a global  
platform to unite in solidarity  
and reflect on the progress  
made in combating

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## Weather improves after rain, snow lash J&K

HT News Network

SRINAGAR, DEC 1: Weather improved on Friday and is likely to remain dry after rains and snow lashed Jammu and Kashmir on Thursday, resulting in the closure of many roads



as a precautionary measure. Jammu and Kashmir received light to moderate rain in the plains and light snow over the middle and higher reaches during the past 24 hours.

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## PM Modi is committed towards 100% saturation of Government schemes and reaching out to the unreached: LG

HT News Network

JAMMU, DEC 01: Lieutenant Governor Shri Manoj Sinha attended 'Viksit Bharat Sankalp Yatra' at Panchayat Dhok Waziran, Nagrota, today.

The Lt Governor congratulated the PRI representatives and people for their enthusiastic participation. He urged them to reach out to maximum number of families, generate awareness about Government schemes and encourage enrolment of potential beneficiaries.

He emphasised the need to replicate the best practices of Panchayat Dhok Waziran to develop model villages in a holistic way for better livelihoods



options, improved quality of life and action-oriented Jan-Bhagidari for a happy, prosperous and peaceful Panchayat.

"Hon'ble Prime Minister Shri Narendra Modi is committed towards 100% saturation of government schemes and reaching out to the unreached. It provides a significant opportunity to rural and urban areas to ensure common man and vulnerable section is empowered," the Lt Governor said.

He urged the people to actively participate in 'Viksit Bharat Sankalp Yatra', avail the on-spot services being provided and disseminate the

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### NEWS BRIEF

#### Woman among 3 drug peddlers arrested in Baramulla

SRINAGAR, DEC 1: Three drug peddlers including a woman were arrested and contraband substances were recovered from their possession in Jammu Kashmir's Baramulla district on Friday, police said.

A team from Sheeri Police Station Sheeri at a checkpoint in at Kitchama near the Service Station intercepted two men and a woman coming towards Kitchama on a scooter.

During the search, 776 grams of contraband "Heroin" like substance were recovered from their possession.

The trio were identified as Riyaz

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#### Father of 4 children found dead mysteriously in Sopore village

SOPORE, DEC 01: A man in his 40's was found dead under mysterious conditions at Zaloora village in Sopore in north Kashmir while his relatives and neighbours alleged the murder, urging the authorities to investigate the matter.

An official told the news agency—Kashmir News Observer (KNO) that on Friday morning, the family of Reyaz Ahmed Mir (48) of Zaloora village falling under the jurisdiction of Police Station Bomai filed a missing report as Riyaz, according to them, had gone missing.

A police party searched for him

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#### Mughal-era mosque in Kashmir in ruins

GANDERBAL, DEC 01: The ancient mosque situated in Malshahi Bagh in Ganderbal tracing its origin to Mughal rule is in ruins in absence of its upkeep by Central Waqf Board.

The Board which currently administers the historic mosque along with 360 kanals of orchard land was constructed by Dara Shikoh in the 17th century as a tribute to his mentor Mullah Akhoun Shah.

As per the news agency—Kashmir News Observer (KNO), despite the Central Waqf Board reaping substantial revenue from the surrounding gardens and shrines, no efforts or funds have been allocated towards the restoration or upkeep of this culturally

TURN ON.....PAGE 02

## Dulloo Joins Back As Chief Secretary Of J&K

Takes round of the Secretariat Campus; listens to employees working there

HT News Network

JAMMU, DEC 01: Atal Dulloo, a 1989 batch IAS officer having vast experience in the UT today joined back as Chief Secretary of J&K after his brief stint in Ministry of Home Affairs as a Secretary, Border Management.

Dulloo being an AGMUT cadre IAS officer has served in J&K for most part of his service. He has earlier been a key person to successfully row the UT amid the lethal Covid-19 crisis as Financial Commissioner, Health & Medical Education.

Before going to central deputation in June this year Dulloo was serving J&K as Additional Chief Secretary (ACS), Agriculture Production Department and has been instrumental in devising of Holistic Agriculture Development Programme (HADP) aiming at revolutionizing the Agri sector here and



many folds increase in farmers income.

Dulloo has also served as Deputy Commissioner of key districts in the erstwhile state and has received many honours including state award for meritorious public service on Republic Day in 2013 and silver medal for successfully conducting

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## Amit Shah hails BSF on 59th Raising Day

HT News Network

JHARKHAND, DEC 1: Union Home Minister Amit Shah on Friday said "Jeevan Paryant Kartavya" (Duty Unto Death) is not just a slogan of Border Security Force (BSF) but till date over 1,900 of its personnel have justified it by making the supreme sacrifice.

"Lakhs of Seema Praharis (border guards) have spent the golden period of their lives away from

TURN ON.....PAGE 02



## 452 drug peddlers arrested, property worth crores seized so far in Baramulla

HT News Network

SRINAGAR, DEC 1: Police have arrested 452 drug peddlers, including 70 hardcore ones, and registered 260 cases under the Narcotic Drugs and Psychotropic Substances (NDPS) Act this year so far in Jammu and Kashmir's Baramulla district, officials said.

Police said as of November 2023, the police have filed 260 cases under the NDPS Act, resulting in the arrest of 452 drug peddlers, including 70 hard-core ones who have been booked under PIT NDPS PSA in Baramulla district.

TURN ON.....PAGE 02

## LeT militant shot dead in Pulwama gunfight

HT News Network

SRINAGAR, DEC 1: Security forces shot dead a Lashkar-e-Taiba militant in an encounter that raged in south Kashmir's Pulwama district, police said.

The encounter broke out during a cordon and a search operation launched by joint forces in Arihal village of Pulwama following an input about militant presence on Thursday.

"During the search operation, the

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## J&K Raj Bhawan hosts Nagaland Statehood Day celebrations

HT News Network

JAMMU, DEC 01: Fostering the spirit of Ek Bharat



Shreshtha Bharat, the Nagaland Statehood Day

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## Cold storages reach full capacity as Kashmiri apple get better rates

HT News Network

SRINAGAR, DEC 01: Following better market rates for Kashmiri apples this year, cold storages in Kashmir have reached full capacity.

As per news agency—Kashmir News Observer (KNO), although the production of quality apples was less in Kashmir due to the weather vagaries, Kashmiri apples this year witnessed a huge market demand across India.

Expecting the market to be even better ahead, farmers have stored their apples in cold storage facilities in large quantities.

President Parimpora Fruit Mandi Bashir

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### Power Crisis.....

## In Kashmir valley, over 50 Pc electricity consumers without meters

The main reasons for the AT&C losses are non-metered consumers: Pr Sec PDD

SRINAGAR, DEC 01: In Kashmir, more than

TURN ON.....PAGE 02



## AIDS cases show rise in J&K

6,305 HIV cases reported since 1998, Region facing increased risk due to tourism, influx of migrant labourers: Officials



HT News Network

SRINAGAR, DEC 01: The cases of HIV/AIDS are increasing with each passing year in Jammu & Kashmir, as a total of 6,305 patients have tested positive in the region from 1998 until October 2023.

A top health official informed the news agency—Kashmir News Observer (KNO) that 1,452 HIV-positive patients have died since 1998 until October 2023, while 3,583 patients are living on Anti-Retroviral Therapy (ART).

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## On World AIDS Day, Doctors ask people to leave stigma, talk openly about HIV

HT News Network

SRINAGAR, DEC 01: As the world observed AIDS Day, the health experts here on Friday said that there is a need to get rid of social stigma so that affected people

TURN ON.....PAGE 02.







# World AIDS Day a global platform to unite in solidarity and reflect on the progress made in combating the HIV/AIDS epidemic: Advisor Bhatnagar

Addresses World AIDS Day celebrations of JKACS at Jammu

**JAMMU, DEC 01:** Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar today remarked that World AIDS Day is a global platform to unite in solidarity and reflect on the progress made in combating the HIV/AIDS epidemic.

The Advisor made these remarks while addressing the remarkable event organised by Jammu and Kashmir AIDS control society (JKACS) in the backdrop of World AIDS Day celebrations at Convention Centre here.

Principal GMC Jammu, MD NHM, Director Health Services Jammu/ Kashmir, Director AYUSH, Additional Director, JKACS, Director Family Welfare and Immunisation J&K, Principals of different colleges, officers of health department, Red Ribbon Club members of Jammu University and medical colleges, paramedical institutes, huge gathering of school and college students were also present on the occasion.

Addressing the gathering, Advisor Bhatnagar commended the collective efforts that have contributed to advancements in treatment and prevention. He also stressed on the

importance of collaborative initiatives between government bodies, non-profit organizations, and the private sector to ensure a comprehensive and sustained approach to combatting HIV/AIDS.

The Advisor highlighted that we as a society need to take ownership of those affected by AIDS or other problems like drug addiction and take proper measures for their well being and take lead in addressing their problems, taking it as our prime responsibility. He added that the theme of this years World AIDS Day 'Let Communities Lead' also reflects on the responsibilities we as a society have to address the issues related to AIDS or any issue in the society. He underscored the need for continued efforts to eliminate stigma, enhance education and provide accessible healthcare for those affected.

The Advisor further said that present LG led Administration is committed to establish state of art medical ecosystem in the UT so that no person of J&K need to go outside for any kind of medical care.

Advisor Bhatnagar on the occasion



also lauded various initiatives of JKACS and their dedication and commitment towards creating a society free from the stigma of HIV/AIDS as well as giving proper facilities to the affected persons.

In his address, the Advisor also praised the affected persons for com-

ing out in the open to speak and share their experiences. He remarked that sharing their struggle and experiences on this platform will give a positive message to the society.

While speaking on the occasion, Additional Director, JKACS, Dr. Manu Bhatnagar reflected on the various

achievements and initiatives of JKACS to control the spread of AIDS as well as create awareness among the society about this virus. She highlighted that this years theme 'Let Communities Lead' is a testament towards role of communities in AIDS control.

The Additional Director further

said that the JKACS has amplified the facilities for the affected persons and recently MoU was signed with GMC Jammu and SKIMS Soura for testing, faster reporting and better treatment of the affected persons.

During the event, Deputy Director, JKACS Dr. Tabassum Ganai presented welcome address highlighting the main motive of organising this programme while as Dr. Monica Dulloo rendered vote of thanks

On the occasion, Advisor Bhatnagar also felicitated winners of different competitions associated with celebrations of World AIDS day.

Earlier, Advisor Bhatnagar flagged off E-auto rally for creating awareness about AIDS and also released balloons in air to mark the occasion. He also visited various awareness booths installed by different wings of Health Department on creating awareness regarding HIV/AIDS, Free HIV Testing, TB Awareness, Ayush Medicines, among others.

During the programme, students of different institutions as well as members of Red Ribbon Clubs presented colourful cultural performances.

## Winged Wonders: Kashmir's Youth Embrace Birdwatching, Scores Join Clubs

**SRINAGAR, DEC 01:** Since his childhood, 20-year-old Farhan Ahmad Lone would take interest in learning about various bird species of Kashmir.

Apart from his regular academic studies, he would often visit various wetlands and forests to explore region's diverse avian population.

A resident of Babagail Boniyar area of Baramulla district, Lone formed a group-Kaziranga Wildlife defenders, which works to explore and document different bird species of Kashmir.



"Since my childhood, I would spend time watching birds in Limber wildlife sanctuary and Dachipora wildlife sanctuary. After my class 10th, my interest in wild life grew more and we went to different wetlands including Hygam to witness and document various bird species," he told news agency—Kashmir News Observer (KNO).

Like Lone, scores of the youth have joined bird watching clubs which work to document the avian population of Kashmir.

Over the past few years, the popularity of bird-watching has soared in Kashmir, giving rise to the establishment of several new clubs dedicated to the art of observing and appreciating the feathered wonders of the valley.

From the iconic Himalayan monal to the elusive bar-headed goose, the region boasts an impressive variety of birdlife, making it a paradise for those eager to explore the world of ornithology.

As per Parvaiz Yousuf, Director Wetland Research Centre, Wildlife Conservation Fund, who is also a member of Salim Ali Bird Watchers Network, Kashmir is a heaven for bird watchers especially during winters when scores of bird species migrate to various wetland of the valley.

"Kashmir has 555 bird species. During winters scores of the bird species throng Kashmir from various parts of the world, so it proves to be a heaven for bird watchers. Bird watchers from the rest of India and abroad visit Kashmir to watch them," he said.

Parvaiz, who is a part of a 90-member bird watching group said while few take bird watching as a hobby, some work extensively to document bird species. "Most of the people join bird watching clubs since it is their hobby to watch birds. Few are photographers who click pictures of beautiful birds visiting Kashmir wetlands. Bird watchers have played an important role in documenting some species which visited Kashmir wetland either for the first time or after a long time," he said.

## Jammu University led 'College on Wheels' academic odyssey comes to end

**JAMMU, NOV 30:** Amid a profound visit to Sewagram at Paunar in Wardha—the final destination of the transformative journey of the Jammu and Kashmir College on Wheels—with female students from various universities and affiliated colleges of the Union Territory taking part in it on Thursday—it came to an end.

The College on Wheels was an initiative of Manoj Sinha, Lieutenant Governor J&K UT and Chancellor University of Jammu.

Under the visionary guidance of Prof. Dinesh Singh, Vice Chairman, Higher Education Council, Government of Jammu and Kashmir, the idea behind this visit was to acquaint students with the philosophy of Mahatma Gandhi.

As per an official communiqué

issued here, officials at Sewagram Ashram provided the students with an insight into its history, enhancing their understanding of this significant institution.

"The contingent delved into Gandhi's philosophy of non-violence, simplicity, and communal harmony during their visit to Sewagram. Exploring the historical significance of Sewagram, a pivotal site in India's freedom struggle, provided the students with a deeper understanding of the Father of the Nation's vision, ideals, and principles," it read.

The handout further read that a key highlight of the educational sojourn was the continent's visit to the workshop at Sewagram, witnessing the meticulous process of crafting Khadi clothes.

The College on Wheels initiative aims to broaden students' horizons through immersive experiences beyond the classroom. The Sewagram visit emphasized the program's commitment to fostering cultural understanding, social responsibility, and a holistic approach to education.

"As the contingent returns to Jammu and Kashmir, they carry not only memories of a meaningful journey but also a profound understanding of the principles espoused by Mahatma Gandhi. The College on Wheels initiative remains dedicated to shaping future leaders embodying values of inclusivity, peace, and sustainable progress," it read.

In his message, Prof Umesh Rai, Vice Chancellor, University of

Jammu, the nodal varsity of the journey, expressed hope that the students had an enriching experience during their journey, which will go a long way in enriching their knowledge and wisdom. He hoped the students would go back home with cherished memories of their two-long journey that enabled them to visit various reputed institutions of the country, in addition to historic and iconic places.

"Such visits play a pivotal role in strengthening the bonds of unity and a sense of camaraderie among the students," Prof Rai said, and he wished the participating students all the best in all their endeavors in pursuit of academics.

Later in the day, the students

participated in the second phase of the preliminary Charkha competition. The final competition among the two best students of all institutions shall be held on December 1.

Envisioned by Lieutenant Governor Manoj Sinha, the College on Wheels, a special train exclusively earmarked for the two-week trip of girl students from Jammu and Kashmir to premiere institutions and places in the country, was flagged off from Mata Vaishno Devi University Railway Station Katra on November 19.

The contingent, which comprises 780 students along with their mentors and administrative staff from various universities, participated in the first-of-its kind initiative. (UNI)

## From tragedy to triumph: Armless cricketer from Anantnag inspires nation on 'Sa Re Ga Ma Pa' stage

Bollywood star Vicky Kaushal aspires to portray Aamir's life in a movie

**ANANTNAG, DEC 01:** Aamir Hussain Lone, a resilient armless cricketer from Waghama village of Bijbehara in south Kashmir's Anantnag district, graced the stage of the popular singing reality show "Sa Re Ga Ma Pa" in Mumbai, leaving a lasting impression on the audience and judges alike, with his remarkable journey as a cricketer.

He received a special invitation from Anu Malik to attend a "Sa Re Ga Ma Pa" episode. Accompanied by his father, Aamir expressed immense happiness at sharing the stage with renowned Indian stars such as Anu Malik, Vicky Kaushal, Himesh Reshammiya and others.

While sharing his tragic story on the show, Lone recalled that when he was eight years old, his mother asked him to deliver meals to his brother at their family-owned sawmill. "The sawmill was left operational as my family and other workers had lunch. My jacket got caught in the machinery, which resulted in me being armless," he told the news agency—Kashmir News Observer (KNO).

After the tragic incident, Lone's father, Bashir Ahmad Lone, disposed of the sawmill. Despite his personal tragedy, Lone harboured a deep love for cricket. After completing his first year at Government Degree College Bijbehara, Anantnag, a teacher recognised his cricketing talent and guided him towards para cricket.



"During my childhood, I aspired to be a cricketer like Sachin Tendulkar, with dreams of representing my country. However, the tragic incident shattered my dreams. Yet, my grandmother urged me not to lose hope," Aamir said, adding that one day, he asked his grandmother to roll a ball towards him, and a smile lit up her face. "Wherever she dropped the ball, I moved to hit it. With time, I learned and perfected the techniques of cricket."

Once he joined college, a para cricketer's camp was underway, providing him with an opportunity to play for the para cricket team. "During my turn to bat, I scored 30 runs. This accomplishment led to my selection as the captain of the Jammu and Kashmir para cricket team," Lone said. "In 2015, I played at Wankhede Stadium for my second national appearance, and by 2017, I had the honour of rep-

resenting my country in Para International Cricket in Bangladesh."

After hearing Lone's story on the "Sa Re Ga Ma Pa" show, Bollywood star Vicky Kaushal expressed that he had resolved the biggest problem for him. The actor said he would feel incredibly fortunate to have the opportunity to portray Aamir's life in a movie.

"I am glad I met Aamir Bhai today. The term 'Bahadur' isn't thrown around casually, but it truly fits him. He's a true hero, and I salute his bravery," Vicky shared.

Lone attributed his success to his grandmother, who "played an important role in my achievements". "Until my Grandmother's demise, she dedicated her whole life to me. After that, I had to adapt, managing tasks independently with my feet and chin," Aamir said.

## Fraudulent sanctioning of Rs 250 cr: ED arrests 2 persons in Srinagar

**SRINAGAR, DEC 01:** The Enforcement Directorate (ED) on Friday said to have arrested two persons including former Chairman of JKSTCB and Chairman of River Jhelum Co-operative House Building Society, besides conducted searches at eight locations in a case related to the fraudulent sanctioning of loan to the tune of Rs 250 crores in 2019.

As per a statement issued to the news agency—Kashmir News Observer (KNO), the spokesman said that the Directorate of Enforcement (ED) has conducted search/survey operations at 8 locations in Srinagar, J&K and has arrested two persons namely Mohammad Shafi Dar (the then Chairman of JKSTCB) and Hilal Ahmad Mir (Chairman of River Jhelum Co-operative House Building Society), under the provisions of the Prevention of Money Laundering Act (PMLA), 2002 in a case related to the fraudulent sanctioning of loan by J&K State Co-operative Bank (JKSTCB) to the tune of Rs 250 Crores in 2019 to a fake cooperative society named River Jhelum Co-operative House Building Society, Shivpora, Srinagar.

"ED initiated investigation on the basis of FIR and consequent chargesheets filed by LEA, Srinagar invoking various sections of Ranbir Penal Code (RPC) & Jammu & Kashmir Prevention of Corruption Act (JKPC Act) Samvat 2006 (Corresponding to IPC and PCA) against 05 accused persons viz. Hilal Ahmad Mir (Chairman of River Jhelum Co-operative House Building Society), Abdul Hamid Hajam (Secretary of River Jhelum Co-operative House Building Society), Mohammad Mujeeb Ur Rehman Ghassi (the then Registrar of Cooperative Societies, J&K), Syed Ashiq Hussain (the then Dy. Registrar of Co-operative Societies, J&K) and Mohammad Shafi Dar (the then Chairman of JKSTCB)," the statement said.



# DC Baramulla finalises arrangements for JKSSB Panchayat Secretary Examinations

■ HT News Network

BARAMULLA, DECEMBER 01: The Deputy Commissioner (DC) Baramulla, Dr Syed Sehrish Asgar today convened a meeting of concerned officers to finalise arrangements for the Panchayat Secretary Examination scheduled to be held on 10th of December in the district.

During the meeting, it was informed that 16144 candidates are expected to appear in the Panchayat Secretary examination at 44 centers across the District. For the smooth, free and fair conduct of the examination,

46 Magistrates, 44 Superintendents, 44 Observers and 620 invigilators are being deployed across the district.

Dr. Sehrish, during the meeting, directed concerned officers to meticulously inspect all examination centers and ensure essential facilities such as heating, drinking water, sanitation, proper lighting, and other amenities are in place for the seamless conduct of the Panchayat Secretary Examination.

The DC further issued directives to the concerned departments during the meeting to work in a coordinated and cohesive manner. The Assistant



Regional Transport Officer (ARTO) has been directed to for-

mulate a comprehensive route plan, enhancing logistical coor-

dination. Additionally, the District Treasury Officer (DTO) has

been instructed to install CCTV cameras at the Strong Room.

Moreover, the DC emphasized the importance of videography of examination material during the opening and closing procedures, reinforcing transparency and security measures for the Panchayat Secretary Examination. She also said that CrPC 144 will be imposed around the 200 Meters radius of every examination center on Exam day.

Meeting was attended by Additional Deputy Commissioner Sopore, Shabir Ahmad Raina; Additional SP Baramulla, Divya Dev; Assistant Commissioner Revenue, Peerzada Mum-

taz Ahmad; Sub Divisional Magistrate Pattan, Syed Faheem; Sub Divisional Magistrate Gulmarg, Syed Altaf; Chief Education officer, Balbir Singh Raina; Assistant Regional Transport Officer Baramulla, Muzzam Ali; District Treasury officer Baramulla, Shaziya Rasool and DSP HQ Sopore. Moreover, the DC emphasized the importance of videography of examination material during the opening and closing procedures, reinforcing transparency and security measures for the Panchayat Secretary Examination. She also said that CrPC 144 will be imposed around the 200 Meters radius.

## Viksit Bharat Sankalp Yatra organised in Ramnagri Block of Shopian

■ HT News Network

SHOPIAN, DECEMBER 01: As part of ongoing Viksit Bharat Sankalp Yatra (VBSY) and Prime Ministers scheduled interaction with beneficiaries of VBSY, a programme was organised today at Block Ramnagri of district Shopian.

The ongoing VBSY has marked its vibrant presence in Block Ramnagri and embarked on an impactful journey through various panchayats of

Ramnagri including Ramnagri-B, Saidapora-A, Saidapora-B, Sedow-A and Sedow-B.

The programme was attended by BDO concerned officers of all line departments besides PRLs and local populations.

On the occasion, after interaction, the officers reached out to the citizens eligible under various welfare schemes, disseminating information and fostering awareness about the Government sponsored public centric

schemes.

Meanwhile, people are being given awareness regarding welfare scheme benefits under Ayushman Bharat-PMJAY, PM Garib Kalyan, PM Awas Yojna, PM Ujjwala Yojna, PM Kisan Samman Jan Dhan Yojna etc. to reach to the vulnerable population with the aim to generate awareness regarding the Central Government's welfare schemes and achieve 100% saturation of flagship schemes of the Government.

## Arrangements for ensuing JKSSB Examinations finalized at Budgam

■ HT News Network

DC), Budgam, Akshay Labroo today convened a meeting to finalize arrangements for the ensuing JKSSB OMR based examination of Panchayat Secretaries.

The meeting held at Sheikh-ul-Alam Hall, Budgam was also attended by SSP Budgam, Al- Tahir Gilani, Member/ Observer JKSSB, Yar Ali Khan and Additional Deputy Commissioner, Mehraj-ud-Din Shah.

Stressing on making adequate arrangements for free, fair and transparent conduct of examination at all examination centres, the DC sensitized all the officers about their roles and responsibilities to ensure smooth conduct of the examination. At the outset, ADC Budgam was designated as Chief Inspector for



over all examination centres, while SDMs were also designated as Chief inspectors for examination centres falling in their respective sub-division areas.

Exhorting officers to work in close coordination, the DC emphasized on making foolproof arrangements at all centres and instructed concerned to ensure there

is no lacunae at any centre.

CEO Budgam was instructed that training of all concerned including superintendents, deputy superintendents and invigilators is conducted well in time.

The arrangements for drinking water, heating, electricity, transport; manpower, videography, CCTV

etc at all centres of the district were also discussed in the meeting.

The District Treasury Officer was directed to ensure safe custody of examination material at a strong room facility, besides proper scrutiny and timely receipt and dispatch of examination material.

ARTO and DYSP Traffic Rural were instructed to ensure required transport arrangements besides smooth traffic movement particularly on the examination day.

During the meeting, SSP Budgam said that adequate security arrangements shall be made at all examination centres in the District.

Among others, the meeting was also attended by SDMs, CEO, CMO, ARTO, DTO, Tehsildars, DYSP Traffic and other concerned officers and o

## Gandhi Memorial College, J&K Aids Control Society observe 'World AIDS Day'

■ HT News Network

SRINAGAR, DECEMBER 01: The Red Ribbon club of Gandhi Memorial College in collaboration with J&K Aids Control Society marked World Aids Day.

The event was inaugurated by the Principal, Prof (Dr) G M Lone.

In his introductory remarks, Prof (Dr) G M Lone underscored the importance of observing World Aids Day by laying stress on dispelling myths surrounding Aids.

Prof Syed Ghulam Jeelani, Convener College Red Ribbon Club, delved on the theme - Let Communities Lead, chosen for 2023. He further shed light on various facets of AIDS.

On this occasion different competitions- Face Painting, Painting and Rangoli, were held as proposed by J&K Aids Control Society. The best three students in each category were presented certificates and trophies.

## JK Munificent Angel, SKIMS Soura unite to combat HIV Stigma on World AIDS Day

■ HT News Network

SRINAGAR, DECEMBER 01: In a powerful collaboration, JK Munificent Angels, alongside SKIMS Soura's ART Centre, orchestrated a significant event on World AIDS Day to impact the lives of people living with HIV (PLHIV).

Sponsored by the J&K AIDS Control Society, this initiative not only heightened awareness about HIV but also provided crucial support to PLHIV.

The event fostered a safe and inclusive space for PLHIV, implementing targeted interventions for high-risk groups. The dedicated efforts of the TI staff played a crucial role in its success, showcasing the community's collective commitment to making a positive impact.

Such events go beyond awareness, offering vital support and resources to those affected by HIV. They underscore the importance of compassion, understanding, and unity in the ongoing fight against HIV/AIDS.

By actively supporting those living with HIV, the community works towards freeing them from the associated stigma and discrimination. This collaborative effort signifies a remarkable step forward in the battle against HIV/AIDS, emphasizing the transformative power of community-driven initiatives. Such events go beyond awareness, offering vital support and resources to those affected by HIV. They underscore the importance of compassion, understanding, and unity in the ongoing fight against HIV/AIDS. By actively supporting those living with HIV, the community works towards freeing them from the associated stigma and discrimination.

## Director Agriculture visits SMF Sumbal, Bandipora

■ HT News Network



SRINAGAR, DECEMBER 01: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today visited Seed Multiplication Farm (SMF) Sumbal Bandipora and took stock of the different agriculture activities there.

He also inspected different blocks of the farm where he was briefed by the concerned technical experts.

Speaking on the occasion, Director Agriculture reiterated the department's commitment to the complete transformation of departmental farms. He said that the department is working on a long term plan to make departmental farms the centers of excellence with respect to different crops and agriculture activities.

He impressed upon the concerned officers to add more and more crops/ varieties to the cultivation, production menu of concerned farms. The main objective is to ensure the availability of quality and sufficient quantity of seeds of different agricultural crops to the farming community of the region, he added.

Iqbal exhorted upon the concerned officers and farm managers to invite farmers and agri-preneurs to the concerned farms and hold demonstration sessions with them so that the modern scientific technologies could be transmitted to the grassroots level in a comprehensive manner.

## PUBLIC NOTICE

I informed to general public that my Date of birth (DOB) is 03/ 05/ 1983. I was born at Waripora Bala. Now I am applying for my date of birth Certificate (DOB). If anybody have any objection in this regard, He/ She may file His / her objection in the (BDO ) office WAGOORA within seven days from the publication of this notice after that no objection will be entertained.

Name:- RAZIA MAJEED  
D/O:- ABDUL MAJEED SHEIKH  
R/O:- WARIPORA BALA

### Government of Jammu & Kashmir OFFICE OF THE EXECUTIVE ENGINEER R&B DIVISION URI

#### NOTICE INVITING e-TENDER

FOR NABARD WORKS

eNITNo:-94/5621-27/2023-24/RnB/UriDated01.12.2023

Executive Engineer PW(R&B) Division Uri on behalf of Lt. Governor of J&K, invites e-tender (In Single cover System) on percentage rate basis electronic tendering system for the following works including their maintenance for five years from the eligible and approved contractors registered with J&K UT Govt. CPWD, Railways and other State Governments.

1. The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website [www.jktenders.gov.in](http://www.jktenders.gov.in) as per schedule of dates given below:-

S. No	Name of Work	Tendered Cost (Rs in lacs.)			Cost of document (Rs in Lacs)	Earnest Money (Bid Security) (Rs in lacs.)	Time of completion For Construction work	Tender Cal	Time and Date of opening of tenders	Class of contractor
		Construction Part	Maintenance Part	Total cost of work						
1	2	3	4	5	6	7	8	9	10	11
1	Construction of Mughal Road to Wapalhaqamarg to Azadpora by way of Providing & laying of GSB, providing & Laying of WBM Grade-II, 75mm Thick Wet Mix, 50mm Thick Macadam, 25mm Thick Semidense, Construction of R-E/B-Wall, Nallah Muck, khakBajree, Construction of Pipe Culvert and Laying of RCC Pipes at Required spots.(NABARD RIDF XXIX)	215.751 Lacs	21.57 Lacs	237.32 Lacs	0.055	4.75	02 Years	1st	23.12.2023	AAY Class Only

M.H Account = NABARD RIDF-XXIX

Position of funds: Available

Position of AAA = Accorded Vide Govt Order No. CE(R&B)/K/AA/52 of 2023-24, Dated 06/10/2023.

Position of TS = Accorded Vide Govt Order No. CE(R&B)/North/K/TS 35 of 2023, Dated 22/11/2023.

Project Authority: Chief Engineer PW(R&B) Department North Kashmir

1	Date of Issue of Tender Notice	01/12/2023
2	Period of downloading of bidding documents	02/12/2023 from 11.00 AM.
3	Date, Time and Place of Pre Bid meeting	NA
4	Bid submission Start Date	02/12/2023 from 11.00 AM.
5	Bid Submission End Date	22/12/2023 upto 4.00 PM.
6	Date & time of opening of Bids (Online)	23/12/2023 at 11.00 A.M in the Office of the Superintending Engineer (R&B) Circle Baramulla

2. Bids must be accompanied with cost of Tender document in shape of Treasury Challan only (Under MH- 0059 PWD) in favour of Executive Engineer R&B Division Uri(tender inviting authority) (NIT No, Name of Work/Item No. to be mentioned on the Treasury Challan / Receipt) (Refer Govt. order No. O.M.No. A/24 (2017)-651 Dt 07-06-2018 (The Date of Treasury Challan should be between the date of Start of Bid and Bid Submission End Date) and EMD (2% of advertised Cost) in the shape of CDR/ FDR/ BG pledged to Superintending Engineer(R&B) Circle Baramulla(Tender receiving Authority).

3. All the Bidders have to submit Earnest Money/Bid Security (EMD@2% of Advertised Cost) in the shape of CDR/ FDR/ BG. Non submission of Earnest Money/ Bid Security shall render the bidder as No-responsive.

4. The 1st lowest responsive (Successful) Bidder has to produce an amount equal to 5% of contract as Performance Security in the shape of CDR/ FDR/ BG in favour of Superintending Engineer(R&B) Circle Baramulla (Tender Receiving Authority) within 03 Days before fixation of Contract and shall be released after successful completion of Defect Liability Period (DLP) of the work. Failure to produce Performance Security shall render the L1 as non-responsive and case for debarring of the Contractor for a period of 01 Year shall be forwarded to Higher Authorities.

5. The Earnest Money Deposit (EMD@2% of Advertised Cost) in the shape CDR/ FDR/ BG of the successful Bidder shall be released after receiving Performance security @5% of the allotted cost in the shape of CDR/ FDR/ BG and same shall be released after successful completion of Defect Liability Period(DLP) of the work.

6. The date and time of opening of Bids shall be notified on Web Site [www.jktenders.gov.in](http://www.jktenders.gov.in) and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same Web Site in the Office of Superintending Engineer (R&B) Circle Baramulla (tender receiving authority).

7. The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical bids. The earnest money/Performance security shall be forfeited, if:-

a. Any bidder/ tenderer withdraws his bid/ tender during the period of bid validity or makes any modifications in the terms and conditions of the bid.

b. Failure of Successful bidder to furnish the required performance security within the specified time limit. c. Failure of Successful bidder to execute the agreement within 28 days after fixation of contract. d. If at any stage of work, the Bidder back up from the contract, again the Performance security as well as work done claim will be forfeited.

9. Instruction to bidders regarding e-tendering process.

9.1. Bidders are advised to download e bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website [www.jktenders.gov.in](http://www.jktenders.gov.in) to acquaint bid submission process.

9.2. To participate in bidding process, bidders have to get "Digital Signature Certificate (DSC)" as per Information Technology Act-2000. Bidders can get digital certificate from any approved Vendor.

9.3. The bidders have to submit their bids online in electronic format with digital Signature. No bid will be accepted in physical form.

9.4. Bids will be opened online as per time schedule mentioned in Para-1.

9.5. Bidders must ensure to upload scanned copy of all necessary documents with the bid.

9.6. Bidders must ensure to upload scanned copy of all necessary documents with the technical bid. Note:

DIPK-13119/23  
Date: Dec 1 2023

Sd/  
Executive Engineer  
PWD(R&B) Division Uri



# Kathua: VBSY reaches remote blocks of Dhar-Mahanpur & Baggan, panchayats of Kandi block Dinga-Amb

## Vice chairperson DDC urges people to take maximum benefit of welfare programmes and schemes of govt

■ HT News Network

KATHUA, DECEMBER 01: The Viksit Bharat Sankalp Yatra kicked off in the seven Panchayats of Block Dhar-Mahanpur, Baggan and Dinga-Amb of district Kathua, today.

The event witnessed enthusiastic response from PRI members and locals who gathered around the Information, Education and Communication (IEC) setup.

At Panchayat Chilakh-West, Vice-Chairperson District Development Council, Kathua Raghu-nandan Singh, ACD Kathua Kishore Singh Katoch, PRIs and numerous other prominent

people attended the campaign. The programme started with the National Anthem followed by Viksit Bharat Sankalp (pledge) to participants.

The Vice Chairperson, ACD along with other participants took part in the Viksit Bharat Sankalp camp to sensitize the people about the benefits of welfare and developmental schemes launched for their welfare.

The Vice Chairman DDC, in his address, appealed to people to take maximum benefit of the opportunity and enroll for the welfare programmes and schemes of the government targeting last mile potential beneficiaries as envisaged by Prime



Minister Narendra Modi.

People listened keenly to the recorded message from the Prime Minister of India, emphasizing the campaign's significance. Simultaneously, the festivities featured a vibrant display of cultural events presented by local artists.

The yatra showcased different flagship schemes, including the Jal Jeevan Mission, Ayushman Bharat Yojana, Pradhan Mantri Garib Kalyan Anna Yojana, Pradhan Mantri Mudra Yojana, Jan Dhan Yojana, PM Awas Yojana and PM PRANAM Yojana.

It was informed that the IEC Van will traverse through the district according to a pre-defined schedule. A combo of

Information, Education, and Communication (IEC) materials, the van aims to create public awareness about a myriad of Central Government schemes. The initiative aims to bring these transformative schemes closer to the people and foster a spirit of development and progress. The yatra showcased different flagship schemes, including the Jal Jeevan Mission, Ayushman Bharat Yojana, Pradhan Mantri Garib Kalyan Anna Yojana, Pradhan Mantri Mudra Yojana, Jan Dhan Yojana, PM Awas Yojana and PM PRANAM Yojana.

It was informed that the IEC Van will traverse through the district according to a pre-defined schedule.

## Dir Agri launches awareness campaign to mark celebration of 6th Crop Insurance Week

Publicity Van flagged off for spreading mass awareness

■ HT News Network



JAMMU, DECEMBER 01: To mark the celebration of 6th Crop Insurance / PMFBY Week, a function was held at Krishi Bhawan, Jammu, where Fasal Bima Yojna Awareness Van was flagged off by Director Agriculture Production Department, Ram Savak.

Joint Director of Extension, Input and SLUB, representatives from Reliance General Insurance and Iflico Tokio General Insurance Companies, as well as officers and staff of Agriculture department were present on the occasion.

The initiative aims to raise awareness among farmers in the Jammu division through workshops, bank visits, and CSC centers. Throughout the campaign, Information, Education, and Communication (IEC) materials will be distributed to maximize coverage during the Rabi season 2023-24.

The van campaign is being organized by IFFCO TOKIO Insurance Company in collaboration with the Department of Agriculture & Farmers Welfare, Jammu under Pardhan Mantri Fasal Bima Yojna (PMFBY).

Speaking on the occasion, the Director Agriculture said that the purpose of celebrating Crop Insurance Week is to conduct a massive awareness campaign and ensure maximum enrolment of the farmers under the Crop Insurance scheme during Rabi 2023-24. He emphasized that the Fasal Bima Yojna will go a long way in mitigating the financial risk of the farmer suffering from the crop losses and aid in stabilizing the farmer's income. This will also ensure flow of credit in the Agriculture Sector.

Director Agriculture informed that this Van will cover all the panchayats of Jammu District to promote Pardhan Mantri Fasal Bima Yojna (PMFBY) and its coverage among the farming community.

He urged farmers to enrol under the scheme to avail the benefits against weather-vagaries for the notified crops, including Paddy and Maize in the Kharif season and Wheat in the Rabi season with a minimal premium of 2% (Kh)/ 1.5% (Rabi season) as per the Scale of Finance.

## YUVA VANI -One Day orientation program held for unemployed youth of Kishtwar District

■ HT News Network

KISHTWAR, DECEMBER 01: The Career counselling and Guidance Cell (CCGC) of Government Degree College Kishtwar, in collaboration with Agriculture Production & Farmers welfare Department, organised a one day Orientation Programme -YUVA VANI to encourage the unemployed youth of the District to avail benefits of Agriculture and allied sectors schemes being provided under Holistic Agriculture Development Plan (today under HADP). The programme was organised under the patronage of the College Principal Prof. (Dr.) Jyoti Parihar in con- vention of Prof. Asma Javid. Amjad Hussain Malik, Chief Agriculture Officer

Kishtwar & District Nodal Officer HADP was the Chief guest of the event, while Sahil Gandotra, Sub-Divisional Agriculture Officer Padder was the guest speaker. Earlier, the coordinator of event and convener CCGC GDC Kishtwar, Prof. Asma Javid welcomed the Chief Guest, Guest Speaker, officers from Animal Husbandry and Agriculture Department and other participants.

Speaking at the event, Sahil Gandotra highlighted a range of entrepreneurship opportunities for youth under HADP in Agriculture, Animal Husbandry, Horticulture, Fisheries, Sericulture, Apiculture, Extension Marketing and Floriculture.

In his address, Chief Guest Amjad Hussain Malik encouraged the students to explore.

## JKSSB exam: Training program for supervisory staff held in Udhampur

■ HT News Network

UDHAMPUR, DECEMBER 01: To facilitate smooth conduct of the upcoming JKSSB exam for Panchayat Secretary Recruitment, the District Administration Udhampur today organized a training program for supervisory staff under the supervision of Deputy Commissioner Saloni Rai here in the Conference Hall DC Office Complex. Additional Deputy Commissioner Joginder Singh Jasrotia, JKSSB Member Dr Pritam Lal Thapa, District Coordinator JKSSB and Deputy Director Estates, Ajay Bharti and other JKSSB members alongside supervisory staff attended the meeting. At the outset, Dr Pritam Lal Thapa, Member JKSSB, delivered an informative PowerPoint presentation, enlightening the staff about their roles and responsibilities in ensuring a smooth and transparent examination process scheduled for December 10,



2023, at various identified centers across the district.

While addressing the participants, the ADC highlighted the substantial deployment of Center Observer Magistrates, Center Superintendent, Deputy Superintendent, and Invigilation Staff, emphasizing that all necessary arrangements have been meticulously put in place for the examination's seamless conduct. ADC urged the trainees to strictly adhere

to procedures for a transparent examination in their respective centers.

ADC revealed that the District Administration has established 23 examination centers across the district, emphasizing the active cooperation and support from Police, Education, and other related departments for the OMR examination test. The examination is slated for December 10, 2023, from 12 noon to 2 pm at designated examination centers.

## DDC Chairperson Ramban kick starts work on Tractor Link road in Sub-Division Gool

■ HT News Network

RAMBAN, DECEMBER 01: Chairperson, District Development Council, Ramban, Dr. Shamshad Shan today kick started construction work on tractor link road here in the Sub-Division Gool.

The Chairperson kick started construction work on 0.4 km Gagersullah to Peer Nalla tractor link road being constructed at a cost of Rs. 2.45 lakh under Area Development Fund of DDC. Addressing the gathering, the Chairperson said that with the completion of the project, a long pending demand of the area will be fulfilled which will go a long way in easing the life of locals.



The Chairperson directed the Engineers of the Rural Development Department (RDD) to ensure quality and timely completion of construction work which will benefit thousands of souls of the area.

The Chairperson also asked the PRIs to personally monitor the execution of work to ensure quality and timely completion of

developmental works and implementation of all youth and beneficiary oriented schemes in their respective areas. The Chairperson also interacted with the people and listened to their issues of developmental needs.

Among others, PRIs, JE Ravi Kumar from RDD and a large number of the general public present on the occasion.

## Chairperson DDC Udhampur inaugurates work on 2 vital Road Projects

■ HT News Network

UDHAMPUR, DECEMBER 01: District Development Council Chairperson, Udhampur Lal Chand today inaugurated two projects viz Upgradation of road from T16-Choprasop to Sunari, Kambal Danga via Chak and construction work of 9.50 KM road from Tikri to Chirayi via Sukka Talab.

Former MoS, Pawan Kumar Gupta; BDC Chairperson of Block Udhampur, Balwan Singh and District Development Councillor Udhampur-I, Puran Chand were also present.

Sarpanch, Panchayat Chopra Shop, Sarpanch Panchayat Halqa Sunari, Hartaryan, and officials of PMGSY, including the superintending engineer, executive engineer, and junior engineer concerned were also present. The road from Tikri to Chirayi via Sukka Talab is being constructed at a cost of Rs 9 crore. BDC Chairperson Block Tikri, Nisha Sharma and District Development Councillor Tikri Ashu and other PRI members of the area.

The total length of the road from T16-Choprasop to Sunari, Kambal Danga via Chak is 12.925 KM. The road will be upgraded at an allotted cost of Rs. 1243.83 lakh for the construction part and Rs. 209.90 Lakh for the maintenance part, totaling Rs. 1453.73 lakh. The department has to complete the up-gradation work within the stipulated period of 18 months.

After the inauguration of the work, the chairperson congratulated the public of the area and informed them that road connectivity is a prerequisite for overall development and is the first priority of the government. He added that the road will provide better commutation facilities to the surrounding 15-20 panchayats. After the completion of the project, the logistics facilities



ties and economic development in the area will be enhanced. The chairperson specially thanked MoS PMO Dr. Jitendra Singh for sanctioning important projects which are the long pending demands of public of the area.

Ex-MoS, Pawan Kumar Gupta, BDC Chairperson, Balwan Singh and DDC Councillors Udhampur-I, Suran Chand also congratulated the public of the area for the development and urged the officials of the department to work with full zeal and honesty in order to maintain the quality of the work. The people of the area thanked the DDC Chairperson and other prominent people present there for their continuous efforts for the development of the area.

## Shrine Board's Gurukul excels at North Zone Youth Festival held at Himachal Pradesh

■ HT News Network

Katra, December 1: Students of the Shri Mata Vaishno Devi Gurukul have brought laurels to the Shrine Board by winning haul of 11 medals in 08 events during 3-day North Zone Youth Festival held from 28 - 30 November, 2023 at premises of Ved Vyas Campus of Central Sanskrit University, New Delhi.

In the mega event around 300 students from Central Sanskrit University and Adarsh Maha Vidyalaya of Sanskrit, along with its various campuses situated in J-K, Him-



achal Pradesh, Haryana, Uttar Pradesh and Uttarakhand including Shri Mata Vaishno Devi Gurukul, Katra participated in various competitions.

The events organised during the festival included Rangoli, translation competition, Sanskrit News writing, Computerized Sanskrit, Educational Short Film, Solo San-

skrit Song, Group Song & Dance Competition and various sports events like High Jump, 100 / 400 Meter Sprint, Badminton, Volleyball, Kabaddi, Kho-Kho, Chess and Wrestling.

As many as 40 students of SMVD Gurukul participated in the event and won 02 Gold medals in Group Song and Rangoli; 03 silver medals in Sanskrit News writing, Yogasana and Wrestling; besides secured 06 bronze medals in the categories of Educational Short Film making, Solo Sanskrit Song, Wrestling and High Jump events. The winning students were congratulated by CEO, SMVDSB for this spectacular performance.

### World AIDS Day celebrated in GMC, other health institutions in Doda

DODA, DECEMBER 01: A series of events spreading awareness on prevention and control of AIDS were held today in Government Medical College Doda and other health institutions across the district. At Government Medical College, the programme was organized

by the Department of Community Medicine under the guidance of the GMC Principal, Dr. Puja Vimesh. The event started with a pledge taking ceremony on World AIDS day. After that, HOD community medicine Dr Suresh K Kotwal initiated the event

with warm words and summarized the importance of celebrating World Aids Day. Other faculty members like HOD Microbiology, HOD Forensic medicine HOD Dermatology and faculty from other Departments like Dr. Younis Saleem (Professor) .



EDITORIAL

Journalism has Become Casualty Amid inauthentic yet powerful Social Media

Mass Communication has undergone drastic transformation amid the contemporary Social media Scenario. Journalism has become Casualty number one to the Powerful yet ill effects of Social media. The way we absorb and communicate information and news online has changed drastically since social media was born.

Social media has allowed news to be accessed in real time and Social media can also be used to identify trends and make predictions. However the non Serious but highly Powerful Social Media Scenario has somewhat tarnished the image of Professional Mass Media Practitioners.

As a journalist one feels ashamed to see the journalistic ethics being grounded and tarnished in the worst ever manner. Although a negligible number of professional People have carved their niche even amid this mad race however a mushroom growth of pseudo Journalists has definitely tarnished the image of the entire Media Community.

Today's Editorial is the outcome of unethical media practices which we face quite frequently after the evolution of Social media. Every Tom Dik and Harry has become Journalist and is leaving no stone unturned to bring bad name to this otherwise serious and noble profession. In a vibrant democracy Media is considered to be the fourth estate or pillar of the democratic setup which acts as a catalyst to give shape to government policies and the Socio-Political and administrative setup of the country. It acts as a critique to guide government policies towards a Positive direction. So as to contribute in the Positive growth of a democratic Nation. However the contemporary scenario is putting across a dismal picture of the otherwise sensitive profession. Mushroom growth of social media channels without any know-how of basics of media ethics and professional qualifications or expertise is proving cancerous for the noble profession.

Unaware of basic media ethics these pseudo Journalists post some heart wrenching visuals and unconfirmed information on social media. Posting and then sharing of such information/ news has become a fashion statement for these pseudo journalists and bloggers. Unaware about A B C of journalism these so-called media persons are tarnishing the image of the whole media Community across J&K.

In a mad race towards increasing the subscribers on Social media platforms they can go to any extent in unethical reportage. At times in many of these cases the Pseudo Journalists are acting as black mailers in various capacities. The height of the thing is that even the major and popular media houses have the ground staff working with them without any Remuneration/Salary. They are in a way forced or willingly managing their earnings by nefarious means.

Here the authorities have a role to play to put this all important house in order. Which they should rather start to do so, as sooner the better sense prevails.

Although Authorities have issued advisory for the unauthorized social media handlers, however Senior journalists attribute the unethical reportage to the encroachment of social media into the mainstream journalism. Mainstream media and social media has sort of amalgamated. Anyone with a Facebook page, a smart phone and a logo is reporting senselessly on any sensitive issues without any journalistic ethics.

Pertinently there are set guidelines from Press Council of India (PCI) for reporting on any serious or sensitive issue.

Professionally speaking any sensitive stuff goes through many professional filters before it gets published but with the many social media platforms, they hardly know these guidelines or study them. Reason for this menace is the absence of any accountability mechanism in place for social media platform.

Impartial observers of the scene are of the opinion that the media houses should take up the issue with the DIPR and the Concerned Government Authorities not to encourage these pseudo Journalists who resort to unethical journalism, and bring a bad name to the noble profession.

According to the guidelines issued by the Press Council of India (PCI), newspapers and news agencies must not place stories about any sensitive issue prominently and unduly repeat such stories. The need of the hour is for the authorities to Act, and Act now. The concerned nodal agencies should check on the people who are not even remotely associated with the journalism profession and are misusing the social media platforms for their vested interests. As these pseudo journalists are not only defaming the noble profession but also hammering a big dent on the reputation of Journalism as a profession which is otherwise the fourth Estate of Vibrant Democracy like India.

An Allegory For The Importance Of Unity In Diversity

■ Aubaid Akhoon

In a mystical land, nestled between towering mountains and shimmering lakes, there existed a kingdom unlike any other—the Kingdom of the Talking Trees. In this realm, wisdom flowed as freely as the crystal-clear streams that wound through the enchanted forests and life thrived in perfect harmony.

Within this kingdom, there resided three distinct species of sentient trees: the Elder Oaks, the Wise Willows and the Nobliie Pines. Each species had unique qualities and wisdom to offer, and they coexisted peacefully for generations, sharing knowledge, stories, and laughter.

One fateful day, a new tree arrived at the outskirts of the kingdom—a towering Redwood from a distant land. Its arrival was met with great curiosity and excitement, for no one in the kingdom had ever encountered such a magnificent tree. The Redwood, however, was not like the others. It had a towering ego and believed itself to be superior to the native trees.

The Redwood began to boast about its enormous height and the grandeur of its homeland. It belittled the Elder Oaks, mocked the Wise Willows, and dismissed the Noble Pines as insignificant. The harmony that had graced the Kingdom of the Talking Trees for centuries was now threatened by arrogance and discord.

The native trees, recognizing the growing divide, sought counsel from the ancient Tree of Wisdom, a giant Sequoia known for its unparalleled insight. The Tree of Wisdom listened carefully and then shared a profound lesson: "In our diversity lies our strength, and in our unity lies our harmony. Each tree has its unique qualities, and when we embrace our differences, we become stronger together."

Inspired by this wisdom, the native trees decided to confront the Redwood with kindness and understanding. They



organized a grand festival to celebrate the Redwood's unique qualities, acknowledging its impressive height and strength. The Redwood, humbled by this gesture of unity, realized the error of its ways and apologized for its arrogance.

As time passed, the Redwood grew to appreciate the wisdom of the Elder Oaks, the grace of the Wise Willows, and the resilience of the Noble Pines. It learned that true greatness lay not in towering over others but in standing tall with them.

The Kingdom of the Talking Trees was once again filled with harmony, as the trees learned to value and respect one another's strengths and differences. They flourished together, sharing their wisdom and stories, knowing that unity and diversity were the keys to their enduring happiness.

And so, the Kingdom of the Talking Trees became a beacon of wisdom for all lands, teaching a valuable lesson to society: Embrace diversity, respect one another's unique qualities and find

strength in unity. For in the tapestry of life, it is the harmony we create together that makes us truly magnificent.

**"Allama Iqbal, the great poet and philosopher has it:**

**"Fard qaaim rabt millat se hai tanha kuch nahi, Mauj hai dariya mein aur beroon dariya kuch nahi."**

**Translation:** 'An individual is nothing without a connection to the community; they are like a wave in the sea, with nothing beyond the sea.'

These profound words resonate with the essence of our story in the Kingdom of the Talking Trees. Just as the native trees found their strength in unity and diversity, so too does this verse remind us that our individual significance is deeply intertwined with our bonds to the community.

Like the waves in the vast sea, our actions and impact are part of a larger whole and it is in our collective efforts that we find true meaning and significance."

Applications of the Story

**Unity in Diversity:** The Kingdom of the Talking Trees serves as an allegory for the importance of unity in diversity. This concept is not only applicable to forests but also to human society. Emphasize the significance of embracing cultural, ethnic, and ideological diversity to foster a more harmonious and prosperous world.

**Educational Initiatives:** Consider developing educational programs or workshops inspired by the story to teach children and adults alike about the value of unity and respect for differences.

**Environmental Conservation:** The story highlights the interconnectedness of nature and the importance of preserving diverse ecosystems. Connect this message to real-world environmental efforts and initiatives, encouraging readers to take action in protecting our planet.

**Social Harmony:** Use the story as a conversation starter on promoting harmony and understanding in society. Discuss the impact of prejudice, discrimination, and ego on human relationships and how lessons from the Kingdom of the Talking Trees can be applied in our communities.

**"Enchanted Unity:** Talking Trees' Tale" is a tale that resonates deeply with its readers and offers timeless wisdom. It not only entertains but also educates, making it a valuable contribution to literature with a lasting impact.

**Aubaid Ahmad Akhoon is a renowned Columnist & Motivational Speaker and an Associate Editor of the Weekly Publication 'Education Quill.' He currently serves as the Senior EDP Head at DD Target PMT Kashmir, a reputable institute renowned for its coaching classes in the medical/ JEE/Foundation Classes. akhoon. aubaid@gmail.com**

The Role Of Technology In The Future And Its Impact On Society

■ Vijay GarG

Technology has played a crucial part in developing the modern world, from the development of the wheel to the most recent advances in artificial intelligence.

Our lives have gotten simpler, more productive, and more interconnected as a result of technological advancements. Technology has brought about many good improvements that have altered the way we connect and the environment, from cell phones to virtual reality to artificial intelligence.

However, technology's effects on society have not always been beneficial. Despite its many favorable effects, it has also generated undesirable side effects that must be handled. Some of the negative effects of technology on society include technological dependency, cyberbullying, and privacy invasion. The increasing use of automation and AI has sparked worries about the loss of jobs and the widening income divide.

The future of technology appears even more interesting in light of the constant emergence of new technologies. While these innovations may usher in welcome improvements, it is essential that we not lose sight of the risks they may pose and take measures to mitigate them. Some of the most important technological developments that will define our world in the next years will be discussed, as will the good and negative effects of technology on modern society.

Future Of Technology:

1. Artificial Intelligence

One of the most fascinating developments in modern technology is artificial intelligence (AI). Voice recognition, picture identification, and NLP are just a few of the domains where AI has made great strides. Yet AI has many more promising applications than that. AI might significantly alter the healthcare, financial, and transportation sectors. It also has the potential to aid in the fight against climate change and extreme poverty.

2. Internet Of Things

The term "Internet of Things" (IoT) describes the global system of interconnected computing devices that can exchange data and instructions through the Internet. Many sorts of sensors, from those used in industry to those in the household, fall under this category.

There has been a lot of success with the IoT in automating homes, controlling energy usage, and improving transportation. The Internet of Things (IoT) is now pervasive, and it is anticipated that this trend will only accelerate in the years to come.

3. Augmented And Virtual Reality

Both augmented and virtual reality have seen significant growth in interest over the past several years. The goal of both virtual reality (VR) and augmented reality (AR) is to allow users to interact with digital information superimposed over the physical world.

Uses for these technologies may be found in entertain-

ment, instruction, and medical treatment, among others. Virtual and augmented reality experiences are anticipated to be ever more realistic and immersive.

4. Blockchain

Bitcoin and other cryptocurrencies rely on the underlying technology known as the blockchain. Nevertheless, blockchain technology may be used for more than just cryptocurrencies. Blockchain is a distributed ledger that facilitates safe data storage and transfer. Financial services, healthcare, and supply chain management are just a few examples of sectors that might benefit greatly.

5. 5g Networks

The fifth-generation (5G) mobile networks will be significantly quicker and less laggy than the existing fourth-generation (4G) networks. New uses, including autonomous vehicles, smart cities, and telesurgery, may be made possible by 5G networks. In some regions of the world, however, infrastructural issues have slowed the introduction of 5G networks.

6. Quantum Computing

Computing in the quantum realm involves the application of quantum mechanical concepts to the computation process. Problems that are now intractable with classical computing may be amenable to solutions with quantum computing.

The creation of novel materials and the simulation of complicated chemical events are only two examples of how quantum computing may be put to use. But in its infancy, quantum computing faces several technological hurdles that must be conquered before it can be broadly embraced.

7. Biotechnology

Innovations in industry and medicine that make use of biological systems, cells, and creatures are called "biotechnology." Medicine, farming, and even power generation are just some of the many fields that might benefit from biotechnology. When new illness remedies and cures are discovered, biotechnology is poised to play an increasingly larger role in people's lives in the years to come.

8. Robotics

Automatic devices that can carry out certain tasks are the focus of robotics research. Several industries could benefit from the use of robotics, including construction, medicine, and transportation. There is hope for the future of robotics in creating machines with human-like cognitive abilities.

9. Cloud Computing

Computing in the cloud involves transferring data to and storing it on remote servers. Data storage and retrieval have been completely transformed by cloud computing. As more and more programs and services are built to take use of cloud computing, its prominence is only projected to grow. Cloud computing, for instance, may run AI programs like voice assistants and picture

identification services.

10. Cybersecurity

Cybersecurity is becoming increasingly crucial as the prevalence of technology grows. Cybersecurity is the practice of keeping computers and networks safe from intrusion via electronic means. The prevalence of cyber threats suggests that protecting data will only grow in significance.

Impact Of Technology On Society

Positive Impact:

1. Better Communication

The advancement of communication is one of the most noticeable benefits of technology to modern civilization. Thanks to technological advancements, we can now send and receive messages instantly and with greater ease.

People from all over the world can communicate with one another because of the widespread availability of social media, messaging applications, and video conferencing technology. Because of this, people can maintain relationships with their loved ones, expand their social circles, and form communities with shared interests and values.

2. Enhanced Information Access

With the advent of the internet, formerly inaccessible knowledge is now at everyone's grasp. The Internet has made it possible for anybody to gain exposure to new ideas, practices, and perspectives with only a few mouse clicks. Hence, people are better able to pursue knowledge on their own time and widen their perspectives. Also, this has aided in the spread of knowledge in vital areas like health, science, and politics, allowing for more well-informed citizens.

3. Increased Education

Because of technological advancements, learning is now more convenient and productive than ever before. As e-learning platforms proliferate, students no longer need to be physically present in a classroom to benefit from its content.

As a result, students may now study whenever and wherever they like, making for a more adaptable educational system. Interactive learning technologies, such as simulations and virtual reality, have also been developed thanks to technological advancements, which make education more interesting and useful.

4. Efficiency Gains

Thanks to technological advancements, a wide variety of tasks may now be completed more quickly and with less material waste. Companies may save money and boost production by using robots for routine activities like data input and manufacturing. Because of this, businesses have been able to expand their offerings, boosting the economy and leading to the creation of new jobs.

**Vijay GarG Retired Principal Educational columnist Malout Punjab**







The charges were filed against the eight Indian navy veterans on March 25 and they were tried under Qatari law. All of the former Navy officers had "unblemished stints" of up to 20 years in the Indian Navy and had held important positions, including that of instructors in the force, former military officials had said. The Indian nationals, who worked with private company Al Dahra, were arrested in August last year reportedly in an alleged case of espionage.



# At COP28, UN chief says ending fossil fuel use only way to save burning planet

■ HT News Network

United Nations Secretary General Antonio Guterres told world leaders on Friday that the burning of fossil fuels must be stopped outright and a reduction or abatement in their use would not be enough to stop global warming.

"We cannot save a burning planet with a fire hose of fossil fuels," Guterres said.

The 28th UNFCCC Conference of Parties commenced in Dubai's Expo City on Thursday with 52,000 party delegates and 90,000 non-party delegates joining this year's proceedings.

The summit opened with good news for poor nations struggling to cope with natural disasters, as delegates adopted the "loss and damage fund" to help the developing world bear the cost of climate-driven damages.

In a speech at the opening ceremony of the summit today, the UN chief said: "The 1.5-degree limit is only possible if we ultimately stop burning all fossil fuels. Not reduce. Not abate."

He urged fossil fuel companies to invest in a transition to renewable energy sources and told governments to help by forcing that change — including through the use of windfall taxes on industry profits.

"I urge governments to help industry make the right choice by regulating, legislating, putting a fair price on carbon, ending fossil fuel subsidies, and adopting a wind-fall tax on profits," he said.

Addressing the world leaders, Guterres asserted that climate justice was long overdue and developing countries were being devastated by disasters they did not cause. "Extortionate borrowing costs are blocking their climate action plans and support is far too little, far too late."

He went on to say that the climate challenge was not just another "issue to the inbox" but protecting the climate was the world's "greatest test of leadership".



"I urge you ... make this COP count, make this COP a game changer, make this COP the newer hope in future of modern times," the UN chief concluded.

Meanwhile, Britain's King Charles said the world was "dreadfully far off track" on addressing climate change and that the global economy would be in peril unless the environment was rapidly repaired.

He told world leaders the dangers of climate change were no longer a distant risk, and urged them to take more action.

"I pray with all my heart that COP28 will be another critical turning point towards genuine transformational action," he said, in reference to the 2021 summit held in France.

"We are seeing alarming tipping points being reached," Charles cited the impact of climate change globally, including floods in India and Pakistan and severe wildfires

in the United States, Canada and Greece.

"Unless we rapidly repair and restore nature's unique economy, based on harmony and balance, which is our ultimate sustainer, our own economy and survivability will be imperiled," he said.

UAE president announces \$30bn fund to bridge climate finance gap

Separately, United Arab Emirates President Sheikh Mohammed Bin Zayed announced the establishment of a \$30 billion climate fund for global climate solutions that it hopes will lead to \$250 billion of investment by the end of the decade.

Dubbed ALTRRA, the fund will allocate \$25 billion towards climate strategies and \$5 billion specifically to incentivise investment flows into the Global South, according to a statement by the COP28 Presidency.

In collaboration with global asset managers BlackRock, Brookfield and TPG, ALTRRA has committed \$6.5 billion to climate-dedicated funds for global investments, including the Global South, the statement said.

ALTRRA was established by Abu Dhabi-based alternate investment manager Lunate, and COP28 Director-General Majid Al Suwaidi will serve as ALTRRA's chief executive officer. PM Kakar joins world leaders at high-level summit

Earlier, caretaker Prime Minister Anwaarul Haq Kakar joined world leaders at the Dubai Expo City for the high-level segment at the summit.

According to a statement issued by the PM's Office, the premier was received by the UAE president and Guterres upon arrival at the venue.

He also had an informal conversation with King Charles ahead of the segment and held a separate meeting with Dutch Prime Minister Mark Rutte on the sidelines of the summit. A statement released by the PMO said the two leaders discussed bilateral relations and exchanged views on international and regional issues of mutual interest, including the situation in Afghanistan.

## Khaleda's party to boycott Bangladesh polls, calls vote 'farcical'

■ HT News Network

DHAKA: Bangladesh's main opposition officially boycotted upcoming general elections on Thursday, removing the only party that could have offered a realistic challenge to Prime Minister Sheikh Hasina's fourth consecutive term in power.

The Bangladesh Nationalist Party (BNP), led by former premier Khaleda Zia, said since thousands of its members had been arrested in a sweeping crackdown, it had not applied to contest a single seat on the last day of filing candidate nominations before the January 7 polls.

"We are boycotting the election," A.K.M Wahiduzzaman, a spokesman for the party, told AFP.

"We remained steadfast to our stand that we will not take part in any election with Sheikh Hasina in power".

The BNP and other parties have held mass protests calling on Hasina to quit power and let a neutral government run the polls, demands the government has said are unconstitutional.

Human Rights Watch warned on Monday of a "violent autocratic crackdown", with almost 10,000 opposition activists arrested and at least 16 people killed since protests escalated in October, including two police officers. Wahiduzzaman, accusing Hasina



of having "rigged the previous two elections", said the number arrested was even higher.

"She has arrested more than 18,090 of our leaders and supporters in an unprecedented crackdown since late October 28 to rig another election," he said.

"We won't join any farcical election." Hasina has overseen massive economic growth during her 15 years in power, but there has been international alarm over democratic backsliding and thousands of extrajudicial killings.

Other key opposition parties have also said they will boycott the elections, including the Jamaat-i-Islami and the Islami Andolon Bangladesh.

Election Commission spokesman Shariful Alam said they would confirm who was participating later on Thursday.

## Russia bans 'international LGBT movement'

■ HT News Network

MOSCOW: Russia on Thursday banned the "international LGBT movement," claiming it was an extremist group in a move that cements a long crackdown on the community as the Kremlin pushes ultra-conservative social values.

The conservative turn promoted by President Vladimir Putin — often portrayed as an existential fight against Western liberal values — has accelerated since the offensive in Ukraine.

The supreme court handed down the ruling in Moscow on Thursday, journalists in court reported. It did not say whether certain individuals or organisations would be affected by the ruling.

Judge Oleg Nefedov ruled that "the international LGBT public movement and its subdivisions" were extremist, and issued a "ban on its activities on the territory of Russia".

The hearing took place behind closed doors and without any defence present. Fewer than 10 people



had gathered outside the court. "I hoped more people would come (to show support), but very few people came," said Ada Blakewell, a journalist.

"It shows how scared everyone is... to talk about anything related to LGBTQ people." The judge said the order should be executed immediately — though some rights NGOs said there would be bureaucratic delays. "It's causing a huge panic, because it's completely unclear who will be prosecuted under this ban," Noel Shaida, the head of communication at LGBTQ rights NGO Sphere Foundation, said.

If applied to individuals, the "extremist" label means

gay, lesbian, transgender or queer people living in Russia could face years in jail. It also opens the way to the criminal prosecution of any group protecting the rights of these communities in Russia. Judge Oleg Nefedov ruled that "the international LGBT public movement and its subdivisions" were extremist, and issued a "ban on its activities on the territory of Russia".

The hearing took place behind closed doors and without any defence present. Fewer than 10 people had gathered outside the court. "I hoped more people would come (to show support), but very few people came," said Ada Blakewell, a journalist.

## US plans lunar landing 50 years after last Apollo mission

■ HT News Network

WASHINGTON: More than 50 years after the last Apollo mission, the United States will try once again to land a craft on the Moon on January 25, said the head of what could be the first private company to successfully touch down on the lunar surface. The lander, named Peregrine, will have no one on board. It was developed by American company Astrobotics, whose CEO John Thornton said it will carry NASA instruments to study the lunar environment in anticipation of NASA's Artemis manned missions.

Several years ago, NASA opted to commission US companies to send scientific experiments and technologies to the Moon — a programme called CLPS. These fixed-price contracts should make it possible to develop a lunar economy, and provide transport services at a lower cost. "One of the big challenges of what we're attempting here is attempting a launch and landing on the surface Moon for a fraction of what it would otherwise cost," said Thornton on Wednesday at a press briefing at his company's base in Pittsburgh. "Only about half of the missions that have gone to the surface of the Moon have been successful," he said. "So it's certainly a daunting challenge. I'm going to be terrified and thrilled all at once at every stage of this." Takeoff is scheduled for December 24 from Florida aboard the inaugural flight of the new rocket from the ULA industrial group, named Vulcan Centaur.

## Gaza crisis looms over climate talks in Dubai

■ HT News Network

DUBAI: Israeli aggression against Gazans pushed its way to centre-stage at UN climate talks in Dubai on Thursday, with campaigners calling for a ceasefire.

More than seven weeks into the deadly bombardment, the COP28 talks opened with a moment's silence announced by Egyptian Foreign Minister Sameh Shoukry, the COP27 president, for all civilians who have perished during the current unrest in Gaza.

The unrest also dominated the activist agenda, with chanting, keffiyeh-wearing climate justice defenders urging a ceasefire and an end to Israel's 17-year blockade of the Gaza Strip. -ADVERTISEMENT-

"We are here to express our solidarity with the Palestinians and call for a permanent ceasefire," Lily



Nacpil, representing a coalition of 350 climate justice organisations, told a press conference on the sidelines of the COP gathering.

Israeli President Isaac Herzog, who arrived in the United Arab Emirates on Thursday, met with UAE President Sheikh Mohammed bin Zayed Al Nahyan as part of Israel's ongoing efforts to see the release of prisoners.

Palestinian president Mahmud Abbas is also expected to be at COP28

and will be in the same room as Herzog on Friday, as they are scheduled to give speeches just minutes apart. Some activists at the press conference chanted "Free Palestine" and other slogans.

"It's our duty as protectors of motherland and the mother Earth, and also protectors of humans, to speak up publicly and demand a ceasefire and the end of the occupation," said Rania Harrara of the MENA Feminist Taskforce.

Dozens of people also

attended a separate gathering calling for an end to the Israeli aggression.

"We see the same rich countries who say there is no money to help pay for the damage they caused to the climate, say they have no problem paying for bombs raining on innocent people," said Asad Rehman, lead spokesperson for the Climate Justice Coalition.

The activists at COP28 included Tariq Luthun from Gaza, who is a member of the Climate Action Network. The 32-year-old based in the United States said the vast majority of his family is in the narrow Palestinian territory, including extended family members who have died in the latest attacks by Israeli forces.

"If we don't take stances in moments that are so high urgency like this, we allow a precedent to be set where this kind of violence becomes normalised."

## Death toll from Israeli strikes on Gaza on Friday rises to 32: Health ministry

■ HT News Network

Jerusalem, Dec 1 (UNI) The death toll from Israeli strikes on the Gaza Strip on Friday morning has increased to 32, the enclave's Health Ministry said.

Earlier in the day, Al Arabiya broadcaster reported, citing the Palestinian Health Ministry, that six people died and dozens were injured in Israeli strikes.

"The number of victims of the massacres of the Israeli occupation within three hours after the end of the truce rose to 32; dozens sustained injuries of varying degrees; the majority [dead and wounded] were women and children," the ministry said in a statement.

Earlier in the day, the Israel Defence Forces said Hamas broke the humanitarian pause, prompting Israel to resume combat.

The Wall Street Journal reported late on Thursday that the two sides had agreed to extend a temporary humanitarian pause for eighth day.

However, no official confirmation has been made yet.

The latest truce expired at 07:00 a.m. local time (05:00 GMT) on Friday.

## 5.2-magnitude quake hits Central Alaska- GFZ

■ HT News Network

Beijing, Dec 1 (UNI) An earthquake with a magnitude of 5.2 jolted Central Alaska at 2023-12-01 05:50:25 GMT on Friday, the GFZ German Research Centre for Geosciences said.

The epicenter, with a depth of 91.3 km, was initially determined to be at 63.02 degrees north latitude and 150.62 degrees west longitude.

## UK govt steps in to stop Telegraph deal

■ HT News Network

LONDON: Britain's media minister said on Thursday she would intervene in the acquisition of the Telegraph Media Group by Abu Dhabi-backed RedBird IMI, on public interest grounds as it might impact the accurate presentation of news or free expression of opinion.

The right-leaning Daily Telegraph broadsheet and Spectator magazine, favourites of politicians in the leading Conservative Party, are being sold after Lloyds Banking Group in June seized control following a long-running dispute with former owners, the Barclay family.

But the government told RedBird in the letter that the minister was concerned about the potential for it to influence the Telegraph's operations.

"My Department has today written to the Barclay family and RedBird IMI, the current and proposed owners of Telegraph Media Group (TMG), to inform them that I will be issuing a Public Interest Intervention Notice (PIIN)" media minister Lucy Frazer said in a statement.

## "There Is No Plan B": Democrats Have No Backup To Biden For 2024 Elections

■ HT News Network

Washington: The Democratic Party has no Plan B if President Joe Biden decided for any reason to halt his 2024 re-election campaign, and a sudden need to replace him as its standard-bearer would spark a messy intraparty battle. Despite weak poll numbers and questions, including from some Democrats, about his age, Biden has stuck to his plan to seek a second term after clearing the field of serious Democratic primary challengers when he announced in April that he was running again. Even if more Democratic candidates were to jump in now, the path forward would be unclear as deadlines to get on the primary ballot in critical states such as Nevada, South Carolina and Georgia have already passed. Biden loyalists, citing his record in office, argue that the party does not need a backup plan to defeat probable Republican nominee Donald Trump, who Biden beat in the 2020 election.

Among the possible scenarios if the president, 81, did drop out: Democrats could pick another nominee next August at their convention, or even later, in line with party rules.

## Russia Assumes Western Sanctions Will Last For "Many Years": Kremlin

■ HT News Network

Moscow: Russia is working on the assumption that sanctions against it by the United States and its allies will last for many years, but that US influence on the world economy is waning, Kremlin spokesman Dmitry Peskov said on Friday.

Peskov was commenting on an interview in which US Assistant Secretary of State for Energy Resources Geoffrey Pyatt told the Financial Times that Washington was aiming to halve Russia's oil and gas revenues by the end of the decade. "We have no doubt that these sanctions will last for many years. Even without statements from the respected (US) representative, we already knew this. We assume this when formulating our line," Peskov told reporters.



# DC Bandipora reviews arrangements for smooth conduct of JKSSB exams

■ HT News Network

**BANDIPORA, DECEMBER 01:** In connection with the ensuing examinations of Jammu and Kashmir Service Selection Board (JKSSB) scheduled to be held on December 10, a review meeting was today held under the Chairmanship of Deputy Commissioner (DC) Bandipora, Dr Owais Ahmad at Conference Hall, Mini Secretariat, here.

At the outset, the DC discussed threadbare the arrangements to be put in place for the smooth conduct of the JKSSB forthcoming examination.

It was given out that the examination is being held at 21 centers in the District.

During the meeting the police department was directed to ensure adequate deployment of Police personnel.

Similarly, the Traffic Department was directed to ensure proper traffic arrangements in and around the designated examination centres.



While proper escort is provided to the JKSSB for transportation of material to the exam centres through the Vehicles of RTO for transport of the material.

Likewise, PDD was asked to ensure uninterrupted power supply at the Centers.

During the meeting, it was decided that section 144 Crpc shall be imposed around the examination centres.

While supervisors and duty magistrates were also deployed to ensure smooth and hassle free conduct of examination.

The meeting was attended by ADC Bandipora Umar Shafi, ACR Bandipora Shabir Ahmad, besides other concerned. While proper escort is provided to the JKSSB for transportation of material to the exam centres through the Vehicles of RTO for transport of the material. Likewise, PDD was asked to ensure uninterrupted power supply at the Centers. During the meeting, it was decided that section 144 Crpc shall be imposed around the examination centres.

## DC Budgam reviews action taken on issues raised by people during Public Darbar

### Stresses on timely execution & redressal of actionable demands/ grievances

■ HT News Network

**BUDGAM, DECEMBER 01:** The Deputy Commissioner (DC), Budgam, Akshay Labroo today chaired a meeting to review action taken on issues raised by general public during a public darbar chaired by Principal Secretary Dheeraj Gupta on October- 27 at Sheikh-ul-Alam Hall in Budgam.

During the meeting, the DC took issue wise review of action taken.

At the outset, the DC instructed officers to ensure timely completion and redressal of all actionable demands/ grievances projected by people of Budgam during the public darbar.

He impressed upon all concerned to ensure prompt public service delivery and redressal of genuine demands of the general public.



The DC said that the district administration is committed towards ensuring completion of developmental projects of the area in a time bound manner. He said all

the suggestions of people which were duly recorded shall be strictly pursued for taking them to the logical end.

The meeting among others was attended by ADDC Budgam, Dr Akramullah Tak, ACD, CPO, SDM, CMO, CEO, Executive Engineers from different engineering wings, BDOs, Tehsildars, EOs and other concerned officers and officials.

It is apt to mention that the Government of Jammu and Kashmir has deployed the Administrative Secretaries to conduct Public Darbars in the assigned districts to hear and redress the grievances of the general public. He impressed upon all concerned to ensure prompt public service delivery and redressal of genuine demands of the general public.

The DC said that the district administration is committed towards ensuring completion of developmental projects of the area in a time bound manner. He said all the suggestions of people which were duly recorded shall be strictly pursued for taking them to the logical end.

## TLSC Kangan organizes Awareness programme on World AIDS Day

■ HT News Network

**GANDERBAL, DECEMBER 01:** Tehsil Legal Services Committee (TLSC) Kangan today observed World HIV/ AIDS Day at Trauma Hospital Kangan.

The programme, organized under the Chairmanship of Chairman TLSC Kangan, Easar-Ul-Nabi was attended by Medical Superintendent Trauma Hospital Kangan, Dr. Salma and medical and Para Medical Staff of hospital, Resource Person Advocate Sajad Ahmad Khan, Staff Members and PLVs of Tehsil Legal Services Committee Kangan and general public.

Chairman TLSC Kangan said on the occasion that HIV/AIDS can only be prevented by making society aware about proper preventive measures and how to maintain a hygienic life.

Dr. Shabir Ahmad Rather and Dr. Insha delivered lectures on the said topic and highlighted ways, methods and preventive measures to prevent the spread of HIV Aids.

Dr. Shabir Ahmad Rather speaking on the occasion said that the theme of this year's day is 'Let Communities Lead' because Change depends not on a moment but on a movement. He urged the gathering to spread awareness among common people how to prevent HIV Aids.

Resource Person Advocate Sajad Ahmad Khan threw light on the statistics of HIV AIDS in India and the World. He said as of 2020 AIDS has killed between 27.2 million people in India and 47.8 Million people worldwide and an estimated 37.7 million people are living with HIV, making it one of the most important global public health issues in recorded history. He also said in many regions of the world, the death rate from the AIDS epidemic has decreased by 64% since its peak in 2004.

## DC Kulgam reviews beautification measures of Towns

■ Farooq Rather

**KULGAM, DECEMBER 01:** In order to review the steps being taken for beautification of towns falling under municipalities of the district, the Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today convened a meeting of all the concerned officers at mini-secretariat, here.

At the outset, Executive Officers of Municipalities elaborated on measures being taken by them for beautification of towns.



During the meeting, DC reviewed measures being taken for beautification wherein threadbare discussion was held on face-

lift of market places, creation of open and green spaces, street lighting, traffic signals, development of pavements, creation of ven-

dor zones in all four towns of Kulgam district.

He emphasized that with the smaller and creative interventions, we can beautify our towns and give them a better aesthetic look.

The DC during the meeting also reviewed the status of works and instructed to ensure timely completion of works.

ADDC, Showkat Ahmad Rather; ACR, Mir Imtiyaz Ul Aziz; JDP, Zahid Sajjad; SE R&B, AEEs, EOs, Town Planner and other concerned officers attended the meeting.

## Training for smooth conduct of ensuing JKSSB's OMR based exams held at Kulgam

■ Farooq Rather

**KULGAM, DECEMBER 01:** In order to ensure smooth conduct of

upcoming OMR based examination for the posts of Panchayat Secretaries being conducted by JKSSB, a Training session of Superintendents/ Dy Superintendents was conducted at mini-secretariat Kulgam, today. The Training was imparted by Ghulam Hassan Sheikh, Member JKSSB and Viqar Ahmed Giri ADC Kulgam (Chief Inspector). This was informed that the examination has been scheduled on 10th

December 2023 in 35 Centres in District Kulgam. During the Training session, the participants were sensitized about the SOPs of the examination.

It was further reiterated that Mobile Phones/ Smart watches/ other gadgets shall not be allowed in the examination centres. The session ended with a question and answer session regarding the queries for the conduct of examination.

## DLSA Kishtwar organises awareness event to observe World HIV AIDS Day

■ HT News Network

**KISHTWAR, DECEMBER 01:** District Legal Services Authority (DLSA) Kishtwar, in collaboration with the Department of Health and Family Welfare today organised a comprehensive awareness program in the District Hospital to mark observance of World HIV AIDS Day. The initiative aimed to educate, inform, and engage participants in understanding the implications of HIV AIDS in the society. Advocate Pooja Shan and Advocate Iram Sabha led the program as resource persons. Dr. Mohd. Yaqoob Mir (CMO) and Dr. Yudhveer Singh Kotwal (Medical Superintendent) provided essential insights into the prevention of spread of AIDS, emphasizing measures pivotal to its control and eradication from the country.

The event witnessed valuable contribution from the students of the nursing college, further highlighting the importance of collective efforts towards combating this global health concern. The theme for this



year's World AIDS Day, "LET COMMUNITIES LEAD," underscores the significant role communities play in shaping the HIV response and global health at large. This day serves as a crucial platform to assess achieved progress, raise awareness about persisting challenges, and mobilize all stakeholders to redouble their efforts, ensuring the success of the HIV response. Moreover, the program stressed the critical need to eradicate AIDS from the country without discrimination. Upholding the principles of equality.

## Rehabilitation of street vendors in Kupwara Town being held to ensure Decongestion on roads

■ HT News Network

**KUPWARA, DECEMBER 01:** In a significant move towards urban development and inclusive growth, the Municipal Council Kupwara has undertaken shifting and rehabilitation of street vendors to approximately, 07 Kanal of State Land near Sumo stand Lolab.

Recognizing the vital role played by street vendors in the informal economy, this initiative aims to create a more organized and sustainable urban environment in the town.

The initiative focuses on reducing congestion in crowded market roads by relocating street vendors to designated zones. This strategic move is geared towards creating a more efficient and harmonious cityscape with smooth traffic flow.

The district administration is committed towards ensuring the livelihood security of street vendors. Adequate measures are being implemented to safeguard their economic interests and provide sup-

port for a smooth shift.

The relocation will offer development of infrastructure in the new designated vending zone, including amenities such as proper stalls, sanitation facilities, and waste management systems to enhance the working conditions of vendors in days to come.

A robust public awareness campaign preceded to inform citizens about the rationale behind this initiative. The move has received huge support from the vast majority of people who believe that transformation will help bring positive impact on both vendors and the overall urban landscape. Municipal Council Kupwara is actively involved in ensuring a seamless transition by involving Street vendors, as key stakeholders, in the decision-making process. Their insights and feedback are considered to make the transition process more inclusive and responsive to their needs.

This initiative reflects the District Administration commitment towards balancing urban development with social inclusivity.

## DHEW Shopian organises awareness programme under BBBP

■ HT News Network

**SHOPIAN, DECEMBER 01:** The District Hub for Empowerment of Women (DHEW) Shopian under Mission Shakti today organised an awareness programme, at Keller, Shopian under 'Beti Bachao Beti Padhao', a step towards empowerment of girls through education.

The programme was attended by Sarpanch, Panchs, AWWs, Asha workers, social activists, local women and students.

DHEW officials highlighted the essence of empowerment of women, their role in society and encouraged the women to fight against all the odds of the society including gender-based discrimination.

The speakers and community leaders shared their insights and stories to motivate the young girls and encouraged them to pursue their dreams in diverse fields.

The event left a positive impact on the attendees, reinforcing the message that every girl deserves a fair chance at education and a prosperous life.

The team also highlighted government initiatives and schemes meant for women empowerment and asked them to avail the opportunities for their overall upliftment.

## Program under UBA 2.0 organized at IUST

■ HT News Network

December 1, 2023 - Islamic University of Science and Technology (IUST) organized a two-day Health Awareness Drive targeting the girl students of High School Gooripora under University's Unnat Bharat Abhiyan (UBA) 2.0 program.

The programme organized by the office of Dean Outreach in collaboration with IUST Health Centre, was coordinated by Er. Romana Yousuf, IUST UBA Coordinator. Focused on spreading health awareness among adolescent girls, the program emphasized on Women's Health particularly Menstrual Health and Hygiene, while advocating the significance of improved sanitary amenities for girls both at home and within educational institutions. Prof. Lily Want, Dean Outreach IUST said that this program signifies IUST's commitment to holistic education and societal welfare, reinforcing the institution's dedication towards nurturing well-informed and healthy communities.

The IUST team including University Medical Officer Dr. Zahida Rasool and Ms. Shaiqa Nasreen, also distributed health kits among the female students.

## JAKFAS welcomes Atal Dulloo on assuming charge as new CS

■ HT News Network

**JAMMU, DECEMBER 01:** The Jammu & Kashmir Finance and Accounts Society (JAKFAS) extended a warm welcome to Atal Dulloo, upon his assumption of the charge as new Chief Secretary of Jammu & Kashmir.

Director General Budget, Yaqoob Itoo; Iftikhar Hussain Chauhan, President JAKFAS; Vice President (J), Sonam Singh; Joint Director Budget, Shafaat Yehya; Deputy Director Codes, Sonika Arora; Deputy Director Codes, Shafait Rehman; Deputy Director Budget, Shahnawaz Ahmed; Accounts Officer, Tariq Malik; and Accounts Officer, Vishesh Kapoor, presented a bouquet on behalf of the Society.

Expressing their happiness, the members of JAKFAS wished Dulloo all the best for his new role and offered their heartfelt wishes for his success as the Chief Secretary of the UT. KVK Kulgam organizes day long Awareness programme

## PUBLIC NOTICE

I have lost my Tavera permit while travelling from Pulwama to Srinagar bearing number 'JK03B-6772'. Having permit number- 2238/MC/Anantnag. Now I want to apply for it's duplicate . Anybody having any objection should contact ARTO Anantnag within 7 days from the publishing of this notice.

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S/O- Ali Mohammad Lone  
R/O- Malikpora Pulwama.  
Contact no- 7006799643/ 9797135101



# Exercise May Help Treat and Prevent Postpartum Depression, Study Finds

Postpartum depression is a debilitating condition affecting 1 in 8 pregnancies Trusted Source.

Diagnoses are often overlooked, meaning the prevalence of postpartum depression (PPD) may be higher than current estimates.

Treatment for postpartum depression may range from antidepressants to psychotherapy and social support.

Now, a new meta-analysis found that moderate-intensity exercise was significantly effective in reducing postpartum depression compared to standard care. The findings were published November 29 in the journal PLOS ONE.

Also of note, the study authors say that exercise is also associated with preventing postpartum depression onset.

"The results of our study are intriguing," study co-author Renyi Liu, a PhD student and associate professor at the China University of Geosciences in Wuhan, told Healthline.

"While we anticipated positive outcomes associated with exercise, the remarkable degree of effectiveness, especially with moderate intensity and frequency, was surprising. This reinforces the potential role of exercise in managing and preventing postpartum depression."

While there are countless benefits to exercise, experts caution it should not be considered a substitute for first-line postpartum depression treatments, particularly in severe cases. Can exercise help postpartum depression?

The new research builds on prior evidence Trusted Source suggesting the benefits of exercise for postpartum depression. The meta-analysis includes 26 studies comprising 2,867 subjects across 11 countries and regions, including China, where the study was conducted.

Researchers compared subjects who participated in various forms of aerobic exercise to a control group receiving standard care. The types of exercise studied included:

■ dance



- swimming
- cycling, walking, running
- yoga
- other sports

The analysis shows the effectiveness of aerobic exercise in both prevention and treatment for postpartum depression is significant compared to standard care, with a stronger emphasis on prevention.

The authors found the optimal prescribed exercise regimen is 3–4 times per week at moderate intensity for 35–45 minutes.

All forms of exercise studied were effective in treating and preventing postpartum depression with the exception of the yoga group.

"Based on our research findings, initiating an exercise program during pregnancy and continuing postpartum appears to be beneficial," Liu said.

"However, individual circumstances may vary, and it is advisable to consult healthcare providers to tailor exercise recommendations based on specific needs and conditions." The researchers noted limitations in their findings, such as potential selection bias and variations in participant exercise regimens.

The risk of bias was evident in the yoga group, Liu said, which did not show a

significant improvement in postpartum depression symptoms or onset compared to the control group. Still, Liu noted that yoga is still considered a viable option for exercise.

"The aim was to identify a more optimal aerobic exercise based on its effectiveness. After grouping, the variability in the intervention effects within the yoga group is most likely attributed to a risk of bias in the results of studies that employed yoga as an intervention," Liu said.

"This bias may arise due to various factors, such as study design, intervention type, and participant characteristics."

Other factors, such as mood enhancement from team-based and supervised exercise, may have also affected the study's outcomes.

The authors wrote it's important to "exercise caution" when interpreting the findings. They say further research is needed to fully understand the effects of various forms of exercise, including yoga, on postpartum depression.

Exercise vs. antidepressants for postpartum depression

Liu explained that the standard care group in the meta-analysis involved education, psychological support, and recommendations for physical activity without

prescribing structured exercise.

The standard treatment group did not, however, closely examine antidepressant use.

"Medication was not included in the preventive process for PPD," Liu said. "In the treatment of PPD, medication usage is generally considered based on the severity of the condition and patient preference. In this study, which primarily focuses on treatment, the reported interventions almost entirely exclude the use of antidepressant medications."

Clinical psychologist Dr. Eynav Accortt, PhD, director of the Reproductive Psychology Program and assistant professor in the Department of Obstetrics and Gynecology at Cedars-Sinai in Los Angeles, emphasized the value of psychotherapy and antidepressants for treating postpartum depression.

Accortt was not involved in the study.

Severe cases of postpartum depression may interfere with an individual's ability to function and may require fast-acting antidepressants like the recently approved postpartum depression pill, Zuranolone.

According to Accortt, while research continues to show the benefits of exercise for postpartum depression, there's typically only a slight reduction in symptoms.

"Exercise is not a treatment for moderate to severe postpartum depression or anxiety," she told Healthline.

"When people tout this claim as if you don't even need your antidepressants, you don't need to go to psychotherapy, all you got to do is exercise, that's really a simplified and actually dangerous approach."

Accortt noted that exercise may be a helpful adjunctive therapy for postpartum depression, but, in many cases, it is usually in combination with psychological or medical treatments.

Physical activity is often recommended during pregnancy and postpartum once your physician has cleared you for exercise.

However, a pregnant and postpartum person may experience significant physical changes that prevent them from safely engaging in certain forms of exercise.

## FOOD

### 05 Warm And Comforting Drinks You Must Have This Winter Season



As winter wraps its chilly embrace around the world, there's nothing quite like sipping on a warm and comforting beverage to ward off the cold. Winter drinks offer a diverse palette of flavors, each contributing to the season's warmth and comfort. Whether you prefer the classic elegance of hot chocolate or you're a 'chai' fan, there's a perfect winter beverage waiting to be savored during this festive season.

From traditional classics to trendy concoctions, winter drinks offer a delightful array of flavors and aromas that evoke feelings of coziness and joy.

#### 1. Hot Chocolate Heaven:

At the top of the list is the timeless classic – hot chocolate. Velvety, rich, and topped with a dollop of whipped cream or marshmallows, hot chocolate is the epitome of winter indulgence. Experimenting with various types of chocolate, from dark and intense to creamy milk chocolate, adds a personalized touch..

#### 2. Comfort in a Cup:

For those seeking a caffeine boost with a winter twist, flavored lattes step up to the plate. Whether it's a spiced pumpkin latte or a gingerbread-infused creation, these aromatic brews provide the perfect balance of warmth and comfort.

#### 3. Chai Charm:

Indulge in the aromatic embrace of chai tea, a popular winter beverage that originates from South Asia. The blend of black tea, aromatic spices, and warm milk creates a soul-soothing experience that transcends cultural boundaries. Customize the spice level to suit individual tastes for the perfect cup.

#### 4. Cider Serenity:

Apple cider, simmered with cinnamon sticks and cloves, captures the essence of autumn and winter. Served warm, this beverage offers a delightful blend of sweetness and spice, making it a versatile choice for both family gatherings and quiet evenings at home.

#### 5. Peppermint Perfection:

Peppermint-flavored drinks add a refreshing twist to winter sips. Whether it's a peppermint mocha or a simple peppermint hot cocoa, the cool and invigorating flavor profile provides a delightful contrast to the cold weather outside.

## Improving Deep Sleep May Help Avoid Dementia: Study

According to one study, a 1 percent reduction in deep sleep per year for people over the age of 60 results in a 27 per cent increased risk of dementia. The study also implies that improving or sustaining deep sleep, commonly known as slow-wave sleep, in later life may aid in the prevention of dementia.

The study, led by Associate Professor Matthew Pase, from

the Monash School of Psychological Sciences and the Turner Institute for Brain and Mental Health in Melbourne, Australia, and published today in JAMA Neurology, looked at 346 participants, over 60 years of age, enrolled in the Framingham Heart Study who completed two overnight sleep studies in the time periods 1995 to 1998 and 2001 to 2003, with an average of five years between the two stud-



ies. These participants were then carefully followed for dementia

from the time of the second sleep study through to 2018. The researchers found, on average, that the amount of deep sleep declined between the two studies, indicating slow wave sleep loss with ageing. Over the next 17 years of follow-up, there were 52 cases of dementia. Even adjusting for age, sex, cohort, genetic factors, smoking status, sleeping medication use, antidepressant use, and anxiolytic use,

each percentage decrease in deep sleep each year was associated with a 27 per cent increase in the risk of dementia.

"Slow-wave sleep, or deep sleep, supports the ageing brain in many ways, and we know that sleep augments the clearance of metabolic waste from the brain, including facilitating the clearance of proteins that aggregate in Alzheimer's disease," Associate Professor Pase said.

## High Blood Sugar: More Junk Food, Lack Of Exercise Is Spiking Diabetes Risk In Young Indians, Says Experts

Shifting lifestyles, with almost zero exercise and increased consumption of junk foods, are the major reasons behind the significant surge in Type 2 diabetes cases among younger populations, both globally and particularly in India, in the last 10 years, said doctors on Thursday ahead of World Diabetes Day.

World Diabetes Day is observed every year on November 14 to raise awareness about the blood sugar condition. India, also known as the diabetes capital of the world, has witnessed a troubling increase in Type 2 diabetes prevalence among young adults, as studies indicate a steady surge in cases among those aged 20-40. A recent Indian Council of Medical Research-INDIA DIABetes (ICMR-INDIA) study showed that a tenth of all Indians have diabetes. The country is home to 101 million diabetics and 136 million pre-diabetic people. The concerning trend poses substantial long-term health challenges involving other functions of the body



like the cardiovascular system, kidneys, and more.

"In young individuals, potential signs of Type 2 diabetes include frequent urination, increased thirst, excessive hunger, unexplained weight loss, chronic fatigue, blurred vision, slow wound healing, and recurring infections. These symptoms may indicate elevated blood sugar levels and should prompt medical evaluation. Early detection and management are vital to prevent complications associated with diabetes," said Dr. Mohit Sharma, Senior Consultant, Internal Medicine, Department of Endocrinology, Amrita Hos-

pital, Faridabad.

He called for continued monitoring as many times, the symptoms tend to go unnoticed. "The number of people suffering from diabetes is continuously increasing. Previously, we used to see diabetes only in the older population but currently we are seeing increasing cases of diabetes in the younger population," Dr Tushar Tayal, Lead Consultant, Department of Internal Medicine, CK Birla Hospital, Gurugram, told IANS. "The main factor for developing diabetes presently is our lifestyle. Life-style, if we talk about it, there's a lack of exercise,

and then eating junk food and food which is rich in refined flour and refined sugar, and lots of trans fat," he said.

Type 2 diabetes significantly also impacts the cardiovascular system, increasing the risk of heart attacks, angina, sudden cardiac death, heart failure, strokes, and peripheral arterial disease. It can also have an adverse effect on an individual's kidneys.

Younger individuals, especially women in some cases, often face a higher threat of falling prey to diabetes with a history of gestational diabetes and early puberty. In addition, ethnic and racial minorities, lower socioeconomic backgrounds, and exposure to urban environments also make for higher susceptibility rates, the doctors said. The health experts recommended following a disciplined lifestyle to help overcome the risk factors. "Exercise for 150 minutes per week, or do 30 minutes of brisk cardio activity every day which can be cycling, jogging, running, swimming, brisk walking," Dr Tayal said.

## Iron Deficiency: Why Iron Is A Dietary Essential For Young Girls?

Iron plays a pivotal role in meeting the dietary needs of young girls, especially during the crucial phase of adolescence. This period is marked by rapid growth and development, making sufficient iron intake of paramount importance. According to Mr. Subhadeep Dasgupta, Business Head at Gritzo, "Iron's diverse functions also encompass supporting growth, muscle development, and the maturation of vital organs during this pivotal life stage."

"Iron contributes to sustaining energy levels, cognitive function, and a robust immune system, all vital components for young girls as they venture into new environments and social settings." "The commencement of menstruation amplifies the significance of meeting their increased iron needs. Monthly blood losses necessitate the prioritization of iron-rich foods, including lean meats, poultry, fish, legumes, and fortified cereals. Combining these dietary choices with sources of vitamin C, such as citrus fruits and leafy greens, is essential as it enhances iron absorption," Mr. Subhadeep further highlights.

In an interview with Zee News English, Dr Vijay Ramanan, Sr. Consultant Clinical Haematologist, Director Clinical Hematology, Bone Marrow & Stem Cell Transplant, Ruby Hall Clinic Pune says, "It's important for



young girls to consume iron-rich foods like lean meats, poultry, fish, beans, lentils, fortified cereals, and dark leafy greens usually cooked in iron utensils. Additionally, pairing these foods with sources of vitamin C can enhance iron absorption."

#### Importance of Iron in Diet

Preventing Iron-deficiency Anemia: Young girls entering puberty experience a surge shared by in their iron requirements due to menstruation, making the prevention of iron-deficiency anemia a top priority. Iron is indispensable for the production of hemoglobin, a protein that carries oxygen in red blood cells. Anemia can lead to fatigue, weakness, and diminished concentration, negatively impacting their academic and daily activities. Supporting Growth and

Development: Iron plays a crucial role in cell growth and differentiation, which is vital for the growth spurt that characterizes adolescence. Ensuring an adequate iron intake supports the development of muscles, organs, and overall physical growth.

Cognitive Function: Proper brain function is reliant on iron. Inadequate iron intake can result in cognitive deficits, affecting memory, concentration, and learning abilities in young girls.

Immune System Support: Iron is an integral part of the immune system, defending the body against infections and illnesses.

#### Treatment for Iron Deficiency

For effective treatment to rectify iron deficiency as shared by Dr Vijay-Sr. Consultant Clinical Haematologist, suggests:

1. Deworm with Albendazole, Ivermectin, or an appropriate deworming agent to address worm infestations.
2. Use iron supplementation with tablets, typically every alternate day to minimize the risk of constipation or diarrhea.
3. Opt for iron utensils in cooking and reduce the consumption of black coffee, tea, and betel nut.
4. Incorporate iron-rich foods like dark jaggery, green leafy vegetables, or liver into the diet to maintain healthy iron levels.



# INDIA GO DOWN 3-4 TO GERMANY AT FIH WOMEN'S JUNIOR WORLD CUP

**SANTIAGO, DEC 1:** India failed to hold on to early leads as Germany came back from behind to register a narrow 4-3 win in a thrilling FIH Hockey Women's Junior World Cup game here in Chile on Friday.

For India, Annu (11'), Ropni Kumari (14'), and Mumtaz Khan (24') were the scorers, while Sophia Schwabe (17'), Laura Pluth (21', 36'), and Carolin Seidel's (38') netted goals for Germany.

Playing their second game in the elite tourney, India quickly settled into a passing rhythm, dominating the exchanges in the opening quarter by controlling possession and continuously testing Germany's defensive line.

Despite their early efforts, India were thwarted by Germany's sturdy defence, prevent-

ing them from scoring until the closing minutes of the quarter. It was during this period of sustained pressure that the Indian team secured consecutive penalty corners, and Annu (11') capitalised on the second opportunity with a powerful shot, finally putting her team in the lead.

Shortly after breaking the deadlock, India further solidified their position as Ropni Kumari (14') elegantly found the net with a well-executed shot from another penalty corner. The first quarter concluded with India leading 2-0, marking a successful start for the team.

Germany, determined to turn the tide, approached the second quarter with renewed zeal. Their efforts bore fruit as Sophia Schwabe (17') scored an impres-



sive field goal, reducing the deficit for Germany. Building on this momentum, Laura Plu-

th (21') fired a powerful strike to level the score.

However, India swiftly responded as Mumtaz Khan (24') skillfully put the ball past the opposition's goalkeeper, shifting the momentum back in India's favour and putting them in front again as they went into the half-time break with a 3-2 lead.

Determined to maintain their lead, India prioritized ball possession in the third quarter, yet Germany managed to level the score. Laura Pluth (36') struck for the second time, equalizing the game. Motivated by their resurgence, Germany intensified their attacks, seizing the lead with Carolin Seidel's (38') goal from a penalty corner.

India, eager to retaliate, increased their frequency of

attacks. But, despite their efforts, the score remained 4-3 in favour of Germany by the close of the third quarter.

The final quarter witnessed an aggressive display from both sides, with Germany coming close to extending their lead. However, Indian goalkeeper Madhuri Kindo's exceptional save in a one-on-one situation denied Germany a chance to extend their lead.

Meanwhile, India earned consecutive penalty corners in the dying minutes but failed to convert. The fourth quarter concluded without any goals, culminating in a 4-3 victory for Germany.

The Indian team will next take on Belgium in their third match of the tournament on December 2 at 18:30hrs IST. (UNI)

## PRESS RELEASE

On behalf of Netball Association Of Jammu & Kashmir we are excited to announce another opportunity for trails for talented and dedicated registered netball players under NAJK at Matipora Pattan sports field on 2-12-2023 & 3-12-2023 in the under 16 (Sub-junior), under 19 (Junior) and Senior categories for upcoming UT Tournament. Aspiring athletes who are already registered members and interested to be registered (freshly) are invited to showcase their skills and passion.

The trials will provide a platform exclusively for registered players within these age brackets to demonstrate their abilities, teamwork, and commitment to the game. It is pertinent to mention here that players from this UT championship will be selected for upcoming National Championship. This initiative aims to identify and nurture the next generation of netball stars among our registered membership, fostering their growth and development within the sport.

"We are thrilled to provide this exclusive opportunity for registered netball players across different age groups to Demonstrate their potential and passion for the sport. These trials represent a vital step in our commitment to fostering talent and excellence in netball among our registered membership, and we look forward to uncovering and nurturing the future stars of the game.

For further information and registration details contact: 7006429347, 7006299285

## Dominica pulls out of hosting T20 World Cup matches

**LONDON, DEC 1:** Dominica will not host any matches during the 2024 Men's T20 World Cup. The government of Dominica took the decision stating the country's inability to complete work on practice and match venues before the tournament commences.

Dominica was one of seven countries in the Caribbean shortlisted to host the T20 World Cup, which will be co-hosted by the West Indies and the USA from June 4 to 30 next year. This list was determined by the ICC in coordination with CWI based on the bids from local governments. It is understood that all major cricketing destinations across the West Indies submitted bids, barring three countries: Jamaica, Grenada and St Kitts & Nevis.

According to the Dominica government's statement, Windward Park had been shortlisted to host one group match and two Super 8 games, subject to the venue meeting obligations set out in a Memorandum of Understanding (MOU).

"Several tangible actions were taken both at the Windward Park Sports Stadium and at the Benjamin's Park including the commencement of upgrading and enhancement of the practice and match venues, various assessments and the creation of additional pitches where necessary," the Dominica government's statement read. "However, the implementation timelines submitted by the various contractors revealed that it would not be possible to complete these works within the stipulated timeframe before the commencement of the tournament. As a result, a decision was taken not to host any of the matches in the ICC Men's T20 World Cup 2024 as it would not be prudent for the Government of Dominica to commit to hosting these games.

"In light of Dominica's sterling reputation in hosting international cricket, this decision is considered to be in the best interest of all. The Government of Dominica thanks Cricket West Indies (CWI) for its partnership over the years and looks forward to continued collaboration in the future. The Government of Dominica extends best wishes to the organisers for a successful tournament in June 2024."

Johnny Grave, CWI chief executive, said that the board understood Dominica's reasons for withdrawing from the process. In a press release, CWI added that it was working with the ICC to confirm the T20 World Cup schedule and that an announcement was "expected imminently".

## West Indies' Shane Dowrich announces international retirement

**ANTIGUA, DEC 1:** West Indies' Shane Dowrich has retired from international cricket with immediate effect. The 32-year-old was named in West Indies squad for England ODIs, which begin from 3 December, but withdrew and stated his intention to retire from the game. Cricket West Indies have decided not to name a replacement for Dowrich with captain Shai Hope set to take over wicket-keeping duties.

Dowrich, who made his international debut in 2015, played one ODI in 2019, against Bangladesh, an ICC report said. He has been a more regular

presence in the Test side, having played 35 matches, scoring 1570 runs at an average of 29.07 with three centuries and nine fifties to his name. He also effected 90 dismissals.

"We want to thank Shane for contribution when he played for West Indies," said Miles Bascombe, CWI's Director of Cricket.

"He is a disciplined, hard-working cricketer who always gave his utmost in front and behind the stumps. He had a memorable series in 2019 when he made an outstanding Test century on home soil in Barbados to help us beat England and win the Wisden



Trophy," Bascombe said.

"We respect his decision to retire and appreciate it is not an easy one to make. We wish him all the best as he steps away from the international stage," he added.

West Indies will host England for three ODIs and five T20Is from December 3 to 21.

West Indies ODI squad: Shai Hope (c, w), Alzarri Joseph (vc), Alick Athanaze, Yannic Cariah, Keacy Carty, Roston Chase, Matthew Forde, Shimron Hetmyer, Brandon King, Gudakesh Motie, Kjoert Ottley, Sherfane Rutherford, Romario Shepherd, Oshane Thomas.

## Australia's ODI World Cup champions enter 2024 IPL auction at highest base price

The ten franchises have a total of 77 slots to fill at the auction on December 19 in Dubai

**DUBAI, DEC 1:** Seven of Australia's ODI World Cup winning squad - Pat Cummins, Travis Head, Mitchell Starc, Josh Hazlewood, Steven Smith, Josh Inglis and Sean Abbott - are among 25 players to enter the 2024 IPL player auction with a base price of INR 2 crore (USD 240,000 approximately).

The auction will take place on December 19 in Dubai, the first time it has been held outside India. New Zealand batting allrounder Rachin Ravindra, who scored 578 runs at a strike rate of 106 and took five wickets at the World Cup, has listed his base price at INR 50 lakhs (USD 60,000 approximately).

Some of the other significant players in the highest base price band are fast bowler Gerald Coetzee, who was South Africa's highest wicket-taker at the World Cup, and England batter Harry Brook, who was released by Sunrisers Hyderabad, along with Harshal Patel, Shardul Thakur, Umesh Yadav and Kedar Jadhav.

The ten franchises have a total of 77 slots to fill, of which 30 can be overseas players. Based on skillset and performance at the recent ODI World Cup, Starc, Head and Ravindra are being tipped to spark fierce bidding among the franchises. If Starc gets bought, he will be returning to the IPL after eight years, having last played the 2015 season for RCB. He did enter the 2018 auction, where he was bought for INR 9.4 crore by KKR, but missed the season because of injury. This time, however, Starc is keen to utilise the IPL as preparation for the 2024 T20 World Cup in June.

Head was the Player of the Match in the semis and finals of the 2023 ODI World Cup last month. He hasn't played the IPL since 2017, when he was part of RCB and played ten games across two seasons, scoring 205 runs at a strike rate of 138.51.

On Friday, the IPL shared with the franchises a long list of 1166 players who had registered for the auction. The final pool, however, will be much smaller after the teams submit the names of players they are interested

STATE OF THE SQUAD				
MONEY IN INR CRORE				
FRANCHISE	MONEY SPENT	MONEY AVAILABLE	AVAILABLE SLOTS	OVERSEAS SLOTS
CSK	68.6	31.4	6	3
DC	71.05	28.95	9	4
GT	61.85	38.15	8	2
KKR	67.3	32.7	12	4
LSG	86.85	13.15	6	2
MI	82.25	17.75	8	4
PBKS	70.9	29.1	8	2
RCB	76.75	23.25	6	3
RR	85.5	14.5	8	3
SRH	66	34	6	3
Total	737.05	262.95	77	30

in to the IPL. The long list includes 45 players from Associate nations, 909 uncapped players of which 812 are Indian, and 18 capped Indian players.

Base Price INR 2 crore (USD 240,000 approximately): Harshal Patel, Shardul Thakur, Umesh Yadav, Kedar Jadhav, Mujeeb Ur Rahman, Sean Abbott, Pat Cummins, Josh Hazlewood, Travis Head, Josh Inglis, Mitchell Starc, Steve Smith, Mustafizur Rahman, Tom Banton, Harry Brook, Ben Duckett, Jamie Overton, Adil Rashid, David Willey, Chris Woakes, Lockie Ferguson, Gerald Coetzee, Rilee Rossouw, Rassie van der Dussen, Angelo Mathews

Base price INR 1.5 CR (USD 180,000 approximately): Mohammad Nabi, Moises Henriques, Chris Lynn, Kane Richardson, Daniel Sams, Daniel Worrell, Tom Curran, Marchant de Lange, Chris Jordan, Dawid Malan, Tymal Mills, Phil Salt, Corey Anderson, Colin Munro, Jimmy Neesham, Tim South-ee, Colin Ingram, Wanindu Hasaranga, Jason Holder, Sherfane Rutherford

Base price INR 1 CR (USD 120,000 approximately): Ashton Agar, Riley Meredith, D'Arcy Short, Ashton Turner, Gus Atkinson, Sam Billings, Michael Bracewell, Martin Gupthill, Kyle Jamieson, Adam Milne, Daryl Mitchell, Wayne Parnell, Dwaine Pretorius, Alzarri Joseph, Rovman Powell, David Wiese

## Kohli and Rohit rested for white-ball games in SA; Suryakumar to lead in T20Is, Rahul in ODIs

**NEW DELHI, DEC 1:** Rohit Sharma and Virat Kohli have taken a break from the white-ball leg of the South Africa tour next month. As a result, Suryakumar Yadav will continue to lead the T20I side and KL Rahul will take over the ODI captaincy once again.

Suryakumar gets to continue in the leadership role after the ongoing T20I series against Australia because Hardik Pandya, who had been leading in the format after the T20 World Cup last year, is still out with an ankle injury he picked up during the recent ODI World Cup.

Both Kohli and Rohit have not played any T20Is since the T20 World Cup last year when they lost to England in the semi-finals in Adelaide.

After taking a break from the current T20I series against Australia that started just four days after the World Cup final against the same opponents, Shubman Gill, Ravindra Jadeja, Kuldeep Yadav and Mohammed Siraj all returned to the T20I squad for the South Africa tour. The players who make way for them are Shivam Dube, Axar Patel, Prasidh Krishna and Avesh Khan. Axar and Avesh are, however, part of the ODI squad, and Prasidh in the Test side.

While the batting line-up mostly remains the same for the T20Is, the bowling attack will have a lot more experience with the return of Jadeja, Chahal, Kuldeep and Siraj, perhaps a hint towards how the team management and selectors are rethinking for the T20 World Cup just more than six months away.

The ODI squad sees a lot more changes with only Rahul, Shreyas Iyer and Kuldeep retained from the ODI World Cup squad. Rinku Singh and B Sai Sudharsan earned their maiden ODI call-ups whereas Rajat Patidar was recalled after he had been part of the squad earlier this year against New Zealand as a replacement for Iyer, but didn't get a game then. Also back in the ODI side were Yuzvendra Chahal, Sanju Samson, Ruturaj Gaikwad, Tilak Varma, Washington Sundar, Mukesh Kumar, Avesh, Arshdeep Singh and Deepak Chahal, who also recently returned to the T20I set-up for the Australia series.

Chahal has picked up nine wickets in the last week in four one-day games for Haryana in the ongoing Vijay Hazare Trophy, including a six-for against Uttarakhand. Samson, too, is representing Kerala in the tournament but has managed just one fifty in four innings for a total of 101 runs at an average of 25.25.

Unlike for the Test and T20I squads, the BCCI release did not name a vice-captain for the ODIs.

Rahul was the India vice-captain during the World Cup after Pandya's injury and has led the ODI side in nine games overall, the first of which was in South Africa in early 2022, when India were whitewashed 3-0. Rahul soon led India again, for a 3-0 series win in Zimbabwe later that year. He has also captained India in the absence of Rohit in three other ODIs all of which they won - one in Bangladesh in December last year and twice against Australia in the home ODIs before the recent World Cup.