

Shane Watson drops out of race to be Pakistan head coach



Expert advises diabetics to monitor diet during Ramadan Sehri for fluid balance

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# Addl Security Requirements Reason For Not Holding Concurrent Polls In J&K: ECI

Announces 7 phase schedule for J&K from April 19 • Committed to hold Assembly polls in J&K soon after LS polls • Political parties must refrain from abuses, hate speeches in campaigning, EVMs 100 percent safe, secure: CEC Rajiv Kumar • Udhampur to go to polls on April 19, Jammu on April 26, Anantnag-Rajouri on May 7, Srinagar on May 13, Bla on May 20

HT News Network

SRINAGAR, MAR 16: Citing "additional security requirements" as a reason for not holding concurrent elections in Jammu and Kashmir, the Election Commission of India (ECI) Saturday announced a 7-phased Lok Sabha poll schedule with J&K's one seat going to polls on April 19.

"There will be seven phased Lok Sabha elections in the country including J&K that will commence from April 19," the CEC said in a press conference at New Delhi, as per news agency—Kashmir News Observer (KNO).

As per the schedule, Udhampur LS seat will go to polls on April 19, Jammu on April 26, Anantnag-Rajouri on

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RAJIV KUMAR

## RE-ACTION!

As ECI announces poll schedule, Pol parties express anguish over delay in assembly elections

HT News Network

SRINAGAR, MAR 16: The political parties in Jammu and Kashmir have expressed resentment over the Election Commission of India's decision not to hold the concurrent parliamentary and assembly polls in the Union Territory.

As per the news agency—Kashmir News Observer (KNO), National Conference (NC) President and

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## BJP-NDA Is Fully Prepared To Contest Elections: PM Modi

HT News Network

NEW DELHI, MAR 16: Prime Minister Narendra Modi welcomed the announcement of the schedule for the General election 2024 by the Election



Commission of India on Saturday and said "BJP-NDA is fully prepared to contest these elections".

In a series of social media posts on "X", Modi said, "On the basis of our track record of good governance and public service, we will go among the people".

He further added that, "The biggest festival of democracy has started."

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## NEWS BRIEF

### PMMSY Scheme Scripts Multiple Successes In Budgam

BUDGAM, MAR 16: The Pradhan Mantri Matsya Sampada Yojana (PMMSY) scheme has emerged as a game-changer in Budgam, providing employment opportunities to unemployed youth.

Spearheaded by the Department of Fisheries Budgam and supported by central sponsorship, the PMMSY scheme has facilitated the establishment of fishery units on a subsidy basis, empowering local youths and fostering economic growth.

One such beneficiary Naseer Ahmad, a resident of Zanigam Budgam while talking to news agency—Kashmir

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### Lack Of Fire Station Raises Alarms In HMT Industrial Estate

SRINAGAR, MAR 16: The unit holders within the Industrial Estate of HMT Zainakote here have expressed deep concern over the absence of a fire station, citing numerous incidents where businesses have been reduced to ashes.

Former president of the Industrial Estate, Kumarji Wanchoo while speaking to the news agency—Kashmir News Observer (KNO) stressed upon the pressing need for a fire tender station, stating that despite four decades of demand, their plea remains unheeded.

"This is the eleventh unit that has burned to ashes. With a fire tender on-site, the damage could have been minimized," Wanchoo lamented.

The aggrieved unit holders

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### Jaundice Outbreak In Pulwama; Nine Test Positive

SRINAGAR, MAR 16: An outbreak of jaundice in Dargund Bellow village in south Kashmir's Pulwama district has raised concerns as nine persons have tested positive, while many others are having symptoms of the disease.

A health official informed the news agency—Kashmir News Observer (KNO) that the screening process is underway, and nine cases have been confirmed positive for jaundice.

Residents allege that contaminated water is the main reason behind the outbreak of the disease. According to locals, they are receiving water

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### Anticipate Record-Breaking Voter Turnout In Kashmir In LS Polls : Div Com

HT News Network

SRINAGAR, MAR 16: A senior government functionary in Kashmir on Saturday said they expect a



record-breaking voter turnout in the upcoming Lok Sabha polls in Kashmir.

Divisional Commissioner, Kashmir, V K Bidhuri said all preparations for the upcoming polls are in place.

"The Election Commission of India team, which recently visited

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### Lt Governor Addresses SRCC's Business Conclave 2024 In New Delhi

HT News Network

NEW DELHI, MAR 16: Lieutenant Governor Shri Manoj Sinha today addressed the Business Conclave 2024 organized by Shri Ram College of Commerce in New Delhi.

In his keynote address, the Lt Governor shared the achievements of J&KUT after abrogation

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### J&K Police Prepared For Upcoming Elections: IGP Kashmir

Stresses Officers To Adopt Modern Technology For Better Policing

HT News Network

SRINAGAR, MAR 16: Inspector General of Police, V. K. Birdi, on Saturday stressed the importance of establishing a robust security grid and fostering collaboration with all stakeholders to ensure a cohesive approach.

He said this while chairing a security review meeting in south Kashmir.

Birdi undertook a significant visit to south Kashmir's Anantnag and district Kulgam, where he chaired a crucial security review meeting and inaugurated a Fitness Gym Centre at District Police Line



Kulgam, a police spokesman said. During his visit to Anantnag, IGP Kashmir inspected the office premises, engaged with officers and officials to gather insights and suggestions for their welfare and operational efficiency.

In Kulgam, IGP Kashmir

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### Gardeners' Dedication Blooms Asia's Largest Tulip Garden; 1.7 Million Flowers To Be Showcased

HT News Network

SRINAGAR, MAR 16: The excitement is in the air as the opening of Asia's largest tulip garden draws near, with expectations high for a successful showcase of natural beauty. The gardeners are excited and hope for a successful show, as they have worked hard to make this spectacular show successful.



Likely scheduled for opening this month, the much-anticipated tulip show is likely to gain attention not only for its stunning display but also for the garden to feature 5 new varieties, among 1.7 million tulips set to bloom, as revealed by the officials earlier.

Speaking to the news agency—Kashmir News

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### NIA Chargesheets 2 Overground Workers In 2023 Kokernag Encounter Case

HT News Network

SRINAGAR, MAR 16: The National Investigation Agency (NIA) on Saturday chargesheeted two accused in the Kokernag Anantnag encounter case.

The encounter now probed by the NIA began on the night of September 13, 2023 when the senior officers came under heavy fire as they approached the suspected hideout in the Gadole forest in Kokernag.

Due to the intense firefight, an Army Colonel, a Major, a Deputy

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### Despite Economic Turmoil, Pak Military Remains Threat For Us: CDS Gen Anil Chauhan

HT News Network

NEW DELHI, MAR 16: Chief of Defence Staff Gen Anil Chauhan on Saturday said Pakistan may be in a kind of economic turmoil but militarily there has been "no denting" in its capabilities and its armed forces "remain a threat for us".

During an interaction at a conclave here, he also said that India has resources to "take care of our borders", especially disputed borders in the north, very well.

He said this in response to a question on some of the biggest security



challenges for India in the 21st century. "I think if you look at the armed forces, the biggest challenge would be mostly external (ones). And

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### MHA Bans 4 Factions Of Peoples League, JKPF

HT News Network

SRINAGAR, MAR 16: The Union Home Ministry on Saturday banned four factions of Jammu & Kashmir Peoples League (JKPL) and Jammu & Kashmir Peoples Freedom League (JKPFL).

In a notification, a copy of which is in possession of news agency—Kashmir News Observer (KNO), the MHA declared the four factions of Jammu and Kashmir Peoples League (JKPL), namely, JKPL (Mukhtar Ahmed Waza), JKPL (Bashir Ahmad Tota), JKPL (Ghulam Mohammad Khan @ Sopori) also known as Jammu and Kashmir Peoples Political League and JKPL (Aziz Sheikh) led by Yaqoob Sheikh, as unlawful associations under the Unlawful Activities Prevention Act-1967.

The MHA said these factions of JKPL are

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### MHA Extends Ban On Yasin Malik-Led JKLF For Another 5 Yrs

HT News Network

NEW DELHI, MAR 16: The government on Saturday extended the ban on 'Jammu and Kashmir Liberation Front (Mohd. Yasin Malik faction)' for a further period of five years.

The ban as an 'Unlawful Association' was extended as it continued to engage in activities that fomented terror and secessionism in Jammu and Kashmir.

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CONTINUE FROM FRONT PAGE.....

**Add Security.....**

May 7, Srinagar on may 13 and Baramulla on May 20.

To a query that ECI didn't announce simultaneous polls for J&K, the CEC said that J&K's Re-Organisation Act was passed in 2019 and Assembly seats were 107 including 24 reserved for PoK people. "After that, a delimitation exercise was done and a delimitation act passed. The number of seats reached 114 including 24 reserved for PoK. These two acts were not in sync till December 2023. So our meter for Assembly polls started in December itself," he said. "During our recent visit to Srinagar and Jammu, the J&K Administration clearly told us that there can't be two elections at a time due to more security requirements. The Administration told us that there will be roughly 8 to 9 candidates for each assembly segment which means approximately, there will be 1000 candidates in fray. This means, each candidate needs to be given proper security cover and for that there was more requirement of additional forces."

However, the CEC said that the Commission is committed to hold Assembly polls in J&K soon after Lok Sabha polls when security forces will be available.

In reply to a query, the CEC said that Electronic Voting Machines (EVMs) are very safe and secure. "There is no question of any discrepancy as far as EVM is concerned," he said.

Earlier, the CEC appealed to the Political parties to refrain from hate speeches and abuses during the campaigning. On the total number of voters, he said that there are 97 Crore voters registered in the country. He said that the major challenges for the ECI in the upcoming elections are: 4M's-Muscle, Money, Misinformation and MCC violations. "Let me clarify that there will be no place for violence in elections," he said.

The CEC Rajiv Kumar welcomed two newly appointed commissioners—Gyanesh Kumar and Sukhviri Singh stating that the "our team is now complete." "We are committed to give nation a truly festive atmosphere for polls," he said, adding that the counting of votes will be done on June 4.

**As ECI announces.....**

incumbent Member of Parliament from Srinagar constituency, Dr Farooq Abdullah has termed the decision as disheartening, saying that the time was apt to implement the Government of India's vision of One Nation and One Election.

"We are very disheartened that the assembly polls have not been announced. Four states are slated to go for the simultaneous assembly polls, but in J&K, we have been denied the elections since 2014," he said.

He added that there could be some suspicious reasons for being out behind the curtains by delaying the assembly polls in Jammu and Kashmir.

Congress leader, Ghulam Ahmad Mir, while talking to KNO said that the general elections were expected to be announced simultaneously with the rest of the country, but the people in Jammu & Kashmir were hoping for the concurrent parliamentary and assembly elections.

"If the situation is conducive for the LS polls in J&K then why not for the assembly elections," he said and termed the statement of ECI about the requirement of additional security for conducting assembly polls as a fake reason. "India is not a small state, when security can be arranged for the four states then why can't for J&K. This is nothing but a fake reason," he said.

Apni Party Senior Vice President, Ghulam Hassan Mir also expressed disappointment over the ECI's decision. He said that they were expecting the ECI to announce concurrent assembly and parliamentary polls in J&K.

"It is unfortunate the assembly polls have not been announced by the ECI when people were expecting it. We demand that there be early assembly polls in Jammu and Kashmir," Mir said.

Peoples Conference (PC) spokesman, Adnan Ashraf Mir said, "I don't think we were of the opinion that the simultaneous polls will be announced in J&K, but we hope the assembly polls are held before September this year. The Supreme Court has already passed a direction to ECI in this regard and we just hope that the directions are followed and assembly polls are held before September 2024."

**BJP-NDA Is.....**

The Election Commission has announced the dates of 2024 Lok Sabha elections. BJP-NDA is fully prepared to contest these elections".

The Prime Minister also expressed confidence that the party will get full "affection and blessings" of 140 crore family members and more than 96 crore voters for the third consecutive time.

The Election Commission of India announced the schedule for the general election in New Delhi, which will begin on 19 April in 7 phases. The counting of votes will take place on 4 June.

"I can clearly see that the coming five years will be about our collective resolve of establishing the roadmap that will guide our trajectory as a nation for the next thousand years and make India the embodiment of prosperity, all-round growth and global leadership" PM wrote on X.

He said, I derive great strength from people's blessings, especially the poor, our farmers, Yuva and Nari Shakti". "When they say '( I am Modi's family)' it fills me with joy and makes me work harder to build a Viksit Bharat. This is THE era to make it happen and together we will! ("This is the right time!") Modi further said.

According to CEC Rajiv Kumar, there are 96.8 crore people who are eligible to cast vote, of which, approximately 47.15 crore are women.

Expressing confidence that NDA will win 400 seats, Union Home Minister Amit Shah said, "This time under the leadership of Modi ji, NDA is going

into the elections with the slogan of 'crossing 400'.

I have full confidence that this time the public will vote to achieve the target of 400 and build a developed and safe India".

Shah also appealed to the youth and women to participate in this "great festival of democracy" by voting in maximum numbers.

"To maintain the pace of India's development journey, cast your vote for a leadership who has a track record of work and a vision to make India developed", he said on X.

Reiterating the same sentiments, Defence Minister Rajnath Singh said, "In this elections, BJP aims to win 370 seats and its resolve to take NDA beyond 400. This has filled the party workers across the country with new energy".

"For us, this election is not just a symbol of gaining power, but also an expression of our dedication and capability to work towards the resolve of building a developed India under the leadership of Prime Minister Modiji" he wrote on X.

BJP President JP Nadda welcomed the announcement of the polls' dates and said, "Elections are the biggest festival of democracy. They are a medium to keep the country and the state moving on the path of development and good governance".

"I urge the people of the entire nation to come out in record numbers to vote and strengthen the foundation of the world's largest democracy" he said. (UNI)

**Shah Urges.....**

which prioritises nation first.

Soon after the dates for the Lok Sabha election were announced by the Election Commission, Amit Shah on X 'urged the youth, women, and all voters to participate in this grand festival of democracy by voting in greater numbers to elect the BJP-led NDA government, which prioritizes the nation first'.

"Today, the Election Commission has announced the Lok Sabha elections 2024. Elections are a grand festival for the world's largest democracy," the Home Minister said in his post.

He said that the country witnessed a historic decade of governance under PM Modi and to maintain the pace of this development, he appealed all to give their mandate to the leadership.

"Under the leadership of PM Shri @narendradramodi ji, the country has witnessed a historic decade of governance, security, welfare of all sections and restoration of our cultural heritage," Shah said.

The Home Minister said, "To maintain this pace of India's development journey, let's give our mandate to leadership that not only has a track record of performance but also a vision to make India a developed nation".

He further said, "Under Modi ji's leadership, this time the NDA is going into the elections to cross the mark of 400 seats. I have full confidence that the people will vote to fulfil this goal and contribute to building a developed and secure India". (UNI)

**Lt Governor.....**

of Article 370 and vision for its future.

"Today J&K is growing at an impressive pace and quiet transformation is taking place in various sectors. We have embarked on a transformation of key economic areas to achieve the goals of inclusive and rapid development to fulfill the aspirations of the people," the Lt Governor said.

Interacting with the students of SRCC, the Lt Governor highlighted the challenges, and achievements in diverse sectors under the leadership of Hon'ble PM Shri Narendra Modi.

Today, Jammu Kashmir has become the centre of innovation, industries, tourism, education, sports, agriculture, health, entrepreneurship and handicrafts, the Lt Governor said.

He said the commitment of the administration towards inclusive development has created an enabling environment for the deprived sections, youth, women and farmers to unleash their true potential.

We have taken concrete steps to create a fear-free, corruption-free and terrorism-free J&K. People-centric governance, efficient public service delivery mechanism, accelerated speed of project completion, saturation of welfare schemes and equal opportunity for all have empowered the common man and improved ease of living, the Lt Governor further added.

The Lt Governor said that policy for him is not just a piece of paper but dreams and aspirations of the people.

"We have made the common man a stakeholder in policy-making and development works are being taken up as per their needs. J&K is making impressive strides in the country in digital connectivity and physical connectivity. Smart City projects have realized the dream of urban transformation and the aspirations and dreams of the youth are blossoming," the Lt Governor said.

The Lt Governor also congratulated the administration, faculty and students of the prestigious institution.

Prof. Simrit Kaur, Principal, Shri Ram College of Commerce; prominent citizens, faculty members and students of the college were present.

**Anticipate.....**

here, was given a complete presentation and they also expressed their satisfaction with regard to the preparations." Bidhuri told reporters in Srinagar. He said that once any order is received from ECI, the elections will be conducted in a free and fair manner.

Bidhuri said that candidates will be provided due security to ensure free and fair elections.

"..I am sure this time there will be record-breaking voter turnout in the polls in Kashmir," he said.

Meanwhile, Inspector General of Police Kashmir Vidhi Kumar Birdi, today said that Police are fully

prepared for the upcoming Lok Sabha election.

"The Jammu and Kashmir police is always ready for any event... We are ready for the polls." Birdi told reporters in south Kashmir's Kulgam. (UNI)

**J&K Police....**

convened a comprehensive meeting with the officers including Deputy Inspector General of police south Kashmir Altaf Ahmad Khan, SSP Kulgam Sahil Sarangal and other police officers.

The meeting centered on strategic measures to enhance security, foster community engagement, combat the threat of OGWs, tackle the drug menace, and ensure the peaceful conduct of upcoming elections, the spokesman said.

SSP Kulgam provided a detailed overview of the proactive measures taken by the police to address challenges at the grassroots level.

IGP Birdi stressed the importance of establishing a robust security grid and fostering collaboration with all stakeholders to ensure a cohesive approach.

He emphasized the importance of leveraging modern technology for transparent and result-oriented policing, particularly in combating drug trafficking.

The IGP underscored the need for swift disposal of pending cases, especially NDPS cases, and urged officers to adopt innovative approaches.

Recognizing the pivotal role of public cooperation, IGP Kashmir urged the officers to devise more effective mechanisms to ensure public safety, particularly in countering misinformation spread on social media platforms.

IGP Kashmir inaugurated the Fitness Gym Centre at District Police Lines Kulgam, encouraging officials to utilize the facility to maintain physical fitness.

Throughout his visit, IGP Kashmir reiterated the commitment of J&K Police to uphold peace, security, and the rule of law, calling for concerted efforts from all stakeholders to safeguard the interests of the community. (UNI)

**Gardeners' Dedication.....**

Observer (KNO), the gardeners said the weeding procedure is going on. "The process for a successful tulip garden show is on, and we have added more varieties of tulips to the show," they said.

Ghulam Mohammad Wani, a gardener who has been working in Srinagar's tulip garden for more than eighteen years, said the work starts in the month of November. "Like a child is taken care of, the same has to be done with tulips," he said, adding that an ocean of people used to visit the tulip garden, and it is a heartwarming time to see the hard work getting paid off.

"All this is because of the hard work of a dedicated gardener, and one can see the beautiful scene of the tulip garden only when a gardener worked hard and his hard work gets praised in this month of tulip festival," he added.

Another gardener said, "Behind the successful tulip show holds a hardworking garden, and as of now, the weeding procedure is on. Before the garden opens, one more weeding procedure needs to be done. It needs an expert gardener to handle the opening deadline procedure from one side and continue the process."

After the successful tulip show, these tulips need to be taken out from the land and then again taken care of for the rest of the year, he added.

Commissioner Secretary Floriculture, Sheikh Fayaz Ahmad has informed that Asia's largest Tulip garden has added five more new tulip varieties this year besides expanding the existing garden area, bringing the total number of tulip varieties to 73.

He said 1.7 million tulips are set to bloom this year in the upcoming season, the groundwork of which has been completed, he said adding that the department has also added another four kanals of land for the parking lot at the tulip garden to ensure a smooth experience for the visitors.

**MHA Bans.....**

indulging in unlawful activities, which are prejudicial to the integrity, sovereignty and security of the country.

It said that members of these factions of JKPL have remained involved in supporting terrorist activities and anti-India propaganda for fuelling secessionism in Jammu and Kashmir.

In a separate notification, the MHA also declared Jammu & Kashmir Peoples Freedom League led by Farooq Rehmani as unlawful association under the UAPA. The MHA said members of the JKPL have remained involved in supporting terrorist activities and anti-India propaganda for fuelling secessionism in Jammu and Kashmir;

".....the leaders and members of JKPL have been involved in mobilising fund for perpetrating unlawful activities, including supporting secessionist, separatist and terrorist activities in Jammu and Kashmir," the MHA said.

The Ministry further said JKPL is involved in promoting, aiding and abetting secession of Jammu and Kashmir from India by involving in anti-national and subversive activities; sowing seeds of disaffection amongst people; exhorting people to destabilise law and order; encouraging the use of arms to separate Jammu and Kashmir from the Union of India and promoting hatred against established Government.

**MHA Extends.....**

Union Home Minister Amit Shah on social media X said, "The Modi government has declared the 'Jammu and Kashmir Liberation Front (Mohd. Yasin Malik faction)' as an 'Unlawful Association' for a further period of five years".

"The banned outfit continues to engage in activities that foment terror and secessionism in Jammu and Kashmir. Anyone found challenging the security, sovereignty, and integrity of the nation

will face harsh legal consequences," he said in his post.

Moreover, the Ministry of Home Affairs (MHA) also declared four factions of the Jammu and Kashmir Peoples League—namely, JKPL (Mukhtar Ahmed Waza), JKPL (Bashir Ahmad Tota), JKPL (Ghulam Mohammad Khan), and JKPL (Aziz Sheikh) led by Yaqoob Sheikh—as 'Unlawful Associations'.

These organisations were involved in inciting terror and abetting secessionism in Jammu and Kashmir.

"The Modi government will remain unsparing to people and organisations involved in terror activities and is committed to suppressing terrorism ruthlessly," the Home Minister added. (UNI)

**NIA Chargesheets.....**

Superintendent of J&K Police were killed. During the initial shootout, another soldier was also injured and his body was found on the third day of the operation.

The operation lasted for seven days in which top Lashkar-e-Toiba Commander Uzair Khan was killed.

NIA said the chargesheet was filed today before the NIA Special Court, Jammu, against Mohammad Akbar Dar and Ghulam Nabi Dar, both residents of Kokernag area of Anantnag. The duo have been charged under various sections of IPC, Arms Act and UA(P) Act.

NIA Investigations revealed that the two accused were working as overground workers (OGWs) for Uzair Khan.

"The duo was helping the terrorists active in the area to commit terror acts & activities in the UT of Jammu and Kashmir. They were providing information about the movement of the security forces, along with logistic support in the form of food, daily need items, etc. They were also harbouring terrorists by providing them shelter," the NIA investigation revealed.

The NIA said the terrorist killed in the encounter was an active member of The Resistant Front (TRF), an off-shoot of LeT.

They said Uzair had joined the LeT in August 2022 and was involved in promoting terror activities against security forces in Anantnag area through Pakistani handlers from across the border.

"He had also been involved in earlier terror incidents in the Kokernag area, and on previous two occasions, he had managed to flee from the clutches of the security forces after taking advantage of the mountainous/forest terrain," NIA spokesman said.

"Both LeT and TRF are proscribed organisations and have been involved in continuous instigation/motivation of Kashmiri youth to join the terror outfits in the name of Jihad," he added.

The NIA said LeT is the largest terrorist group formed in early 1990s, and actively engaged in reviving the network in the Anantnag area. It is working through various off-shoots in Jammu & Kashmir region.

"The two outfits are operating on social media platforms like Twitter, Telegram and Youtube channels to promote their cause and lure unemployed youth to carry out terror activities," NIA said.

The case was initially registered on September 13, at Police Station Kokernag in Anantnag district, and re-registered by NIA on December 5. (UNI)

**Despite Economic.....**

they are of immediate concern. But then external challenge also unite a nation. We have seen it in Kargil, we have seen it in Galwan," Gen Chauhan said.

The interaction was on the subject of 'Vision National Security: The Challenges Before the Indian Military' during the India Today Conclave 2024.

"As far as the armed forces are concerned, our immediate challenge is the rise of China and the unsettled boundary problem. We have two neighbours, both adversarial to us. Both of them profess that their friendship is higher than the Himalayas and as deep as the oceans. And they are both nuclear capable," the CDS said.

But both of them are predictable actually and the Indian military knows that these are the kinds of threats, he said.

"What is unpredictable, and for us what the biggest challenge would be, is the way warfare is changing in future. And, because of this, we will have to introduce new weapon systems, technologies and tactics and strategies are going to change. And, probably organisation systems," Gen Chauhan said.

"This particular path of how to predict and what paths to take right now so that we are at the right place at the right time that I think is the biggest challenge for us," he added.

He was also asked if a "financially weaker Pakistan" continues to remain a threat.

"Pakistan may be in economic kind of turmoil and may be politically also slightly unstable, now they have a proper government. But militarily there has been no denting in its capabilities actually. And, we should.. give full marks to the adversary. That's a better way of looking at things, that is how I look at things," the CDS said.

"They retained their capabilities.... so, Pakistan remains a threat, you can't say that Pakistan armed forces will not remain a threat. Yes, there may be a challenge for them to fight a long war because of the current economic

problems which they have. But they remain a threat for us," he added.

The remarks from the top general of the armed forces comes days after the Indian military conducted the mega exercise 'Bharat Shakti' at Pokhran near the international border, where it showcased the prowess of its indigenous defence equipment and platforms.

Gen Chauhan and other members of India's top military brass had also witnessed the exercise held in the field firing range located in the arid terrain of Pokhran in Jaisalmer district.

As far as the border is concerned, they are "reasonably well secured", the CDS said during the conclave.

"We have resources to take care of our borders, especially disputed borders in the north very well," he said. (Agencies)

**PMMSY Scheme.....**

news Observer (KNO) said that he established a trout unit with a 40 percent subsidy from the department in 2020 under the scheme.

"Today, I along with my four brothers reap substantial earnings from our enterprise. From being job seekers, we have been able to provide jobs to people in our area," he said.

The success stories of Naseer and many others underscore the transformative impact of the PMMSY scheme, which has empowered both male and female youths across Budgam.

Expressing gratitude to the Central government for launching the scheme, Naseer emphasized how he no longer seeks employment but instead creates job opportunities for others.

He highlighted the need for laborers in his unit to manage customer demands, cater to market needs, and ensure the welfare of the livestock.

According to Naseer, the government's initiatives, particularly the PMMSY scheme, have been instrumental in fostering entrepreneurship and addressing unemployment challenges in the region.

He hailed the Department of Fisheries Budgam for their guidance and support in establishing his unit, lauding their efforts in facilitating the process.

District Fisheries Officer, Abdul Ahad told KNO that hundreds of youths have been engaged through various initiatives, each offering subsidies ranging from 40 to 60 percent.

He emphasized the simplicity of the application process, stating that interested unemployed youths can easily apply online and set up their own units with minimal formalities.

**Lack Of Fire.....**

highlighted the paradox of government claims of fostering investment and industrial growth while neglecting essential infrastructure.

Javid Haroon, another unit holder and former president of the industrial estate expressed disillusionment over the lack of response to their repeated appeals for a fire tender. "Is this the government's seriousness towards industrialists? We feel neglected and unheard," Haroon asserted.

Current president of the estate, Farooq Ahmad, echoed similar concerns, stressing that the absence of a fire tender station leaves many businesses vulnerable to devastating fires.

"Despite the evident risk, authorities have shown a lack of urgency and nonseriousness in allocating the fire tender station in our estate," Ahmad remarked.

He said that the recent fire incident that engulfed a plastic factory in Srinagar's HMT industrial estate, underscores the urgent necessity for proactive measures to safeguard businesses from such disasters.

"As unit holders continue to grapple with the aftermath of these incidents, the absence of a fire tender station remains a glaring gap in the industrial estate's infrastructure, raising pertinent questions about the government's commitment to ensuring the safety and prosperity of its industrial sector", Wanchoo remarked.

**Jaundice Outbreak.....**

from a water supply sourced from a tubewell, but the water is highly contaminated.

"Authorities had earlier promised a new water supply scheme for the village, but no action has been taken," they claimed.

They also said the tank of their water supply scheme has not been cleaned for several years. Despite repeatedly informing the authorities about the issue, we have not received potable water, they said.

Chief Medical Officer Pulwama, Dr Tehmeena, told KNO that nine cases of jaundice have been reported from the village.

"We took water samples, but they came back negative as the Jal Shakti Department had already chlorinated the water," she said, adding, "People should not panic but consume boiled water and maintain proper hygiene."

Meanwhile, an official of the Jal Shakti Department informed KNO that the village was receiving water from a spring and tubewell. While the water from the spring is safe, the tubewell has recently collapsed.

He assured that the concerned department has been contacted, and work is expected to commence from Monday. The official also said that water is being supplied to the village after proper treatment.





## Expert advises diabetics to monitor diet during Ramadan Sehri for fluid balance

Advises limiting salt, sugar & spice intake; taking water to stay hydrated

**SRINAGAR, MAR 16:** People, especially those who are diabetic, need to limit the intake of salty, sugary and spicy food during Sehri (pre-dawn) meals in Ramadan to maintain fluid balance in the body, a noted endocrinologist said.

Speaking with the news agency—Kashmir News Observer (KNO), Dr Shariq Masoodi said that people, particularly those with diabetes, should control their consumption of sugar, salt and spices in their meals. "The sodium present in foods aids in maintaining fluid balance, but excessive intake of salty, sugary, and spicy foods can lead to increased thirst as water is with-

drawn from the cells," he said.

Dr Masoodi advised people to drink water regularly throughout Sehri but cautioned against consuming large quantities at once, as it may be quickly eliminated through urine. He suggested alternatives such as lemon water, buttermilk (lassi), coconut water, and unsweetened fruit juice while recommending avoidance of caffeinated beverages due to their dehydrating effects.

For Sehri, Dr Shariq recommended starting with water followed by a balanced diet consisting of green leafy vegetables for fibre, whole grain cereals with a low glycemic index to avoid sudden spikes in blood sugar levels,



a small portion of pulses, fish, chicken, yoghurt, and fruits with skin like grapes, oranges, and

apples. During Iftari, he advised diabetic people to consume sugar-

free fluids and limit themselves to one to three dates based on their disease control. Foods high in carbohydrates, salt, and fat should be avoided.

"The diabetic patients need to monitor blood sugar levels and check their levels several times a day, including before dawn, in the morning, midday, mid-afternoon, before sunset, two hours after Iftar, and anytime symptoms of hypoglycemia, hyperglycemia, or feeling unwell arise," he said.

The endocrinologist emphasised the necessity of proper sleep, recommending 7-8 hours of sleep even if it's divided into two portions.

## Nothing adverse found in test reports, watermelons safe for consumption: Govt

**SRINAGAR, MAR 16:** Amid the controversy, the authorities on Saturday said that watermelons are safe for consumption.

Addressing a press conference, Deputy Commissioner, J&K Drug & Food Control Organisation, Shagufta Jalal, as per the news agency—Kashmir News Observer (KNO) said that they had taken samples from all the districts of the Kashmir valley after apprehensions were raised about the sue of watermelons.

She said that the test results that came today have shown that watermelons are safe for consumption.

"Nothing adverse has come in the test reports and we appeal to the people not to pay heed to rumours," Jalal said, adding that watermelon is not a seasonal fruit.

About action against those who have spread the rumors, Jalal said the matter has been taken up with the higher ups.

## BJP will win 400 seats in LS elections: Tarun Chugh

**SRINAGAR, MAR 16:** Tarun Chugh, BJP National General Secretary & Prabhari J&K and Ravinder Raina, President J&K BJP accompanied by Dr. Narinder Singh, National Secretary, Dr. Nirmal Singh, Parliamentary Cluster Incharge, Jugal Kishore Sharma, MP (Lok Sabha) & candidate for Jammu-Reasi parliamentary constituency in Parliament election 2024, and Ashok Koul, General Secretary (organization), addressed a meeting of Jammu-Reasi parliamentary constituency core group at party headquarter, Trikuta Nagar, Jammu.

Tarun Chugh, on the occasion, stressed that the mood of country is in favour of BJP. He said that the 10 years report card of Modi Govt is full of achievements and it will help BJP to win 400 seats. He said that policies and programmes of Modi government has brought vast changes in the lives of poor and needy as 4 crore people have got houses under PM Awas yojana, 80 crore people are getting free ration, 14 crore people have got tap water connections after independence, 11 crore have got free gas connections under Ujwala yojana, 12 crore toilets have been constructed for poor, 60 crore people have got medical cover under Ayushman Bharat scheme and there is 100 percent medical cover in Jammu and Kashmir and abrogation of 370 and 35A has brought peace, prosperity and progress in Jammu and Kashmir.

Chugh further said that zero tolerance towards terrorism and the will to take bold decisions are appreciated by the people at large, which will give the BJP a decisive victory in the upcoming parliamentary elections to pave the way for the BJP to form the govt for a third consecutive term under the dynamic leadership of Prime Minister Narendra Modi. He said the BJP is committed towards the security of the country and works for its unity and integrity.

Ravinder Raina, while addressing the meeting, focused on the hundred percent coverage of the voters and the areas by the party leaders. He asked the senior leaders of the party present in the Jammu-Reasi parliamentary constituency core group to approach every single voter in this Parliament election. He especially focused on the youth voters. Stressing that the "Yagya of Democracy will not be complete without the complete participation by the youth", he asked the senior leaders of the party to encourage the youth of J&K to vote for the nation by voting in heavy numbers for the Modi government in the Parliament elections 2024.

## Edu Deptt grants one time exemption in favor of teaching, other staff who acquire higher qualification in service

**SRINAGAR, MAR 16:** School Education Department has granted post facto approval to those teachers and other staff of the department who have acquired higher qualification through distance or online mode while being in service without any approval from the competent authority.

The department in an order said that it was a one time exemption in favor of teaching and other staff of School Education Department who have acquired higher qualification during service through distance or online mode without obtaining prior permission from the administrative department.

According to the news agency—Kashmir News Observer (KNO), the Administrative Secretary School Education Department Piyush Singla said, "The issue is related to accord of permission in favor of teaching and other staff of School Education Department who have acquired higher qualification during service through distance or online mode without obtaining prior permission from the competent authority i.e. administrative department, which has now become impediment in finalization of seniorities in various disciplines and cadres."

Singla in the order further said that it has observed that there are a number of incumbents who have acquired their higher qualification without obtaining prior permission from the competent authority "The cases were further examined in light



of government order issued in 2012 and 2017 regarding the validity of degrees obtained through distance mode," reads the order.

School Education Department further said that the matter was taken up with the finance department for opinion. The finance department in 2023 returned the case file with certain observations and relevant part.

"School Education Department may regularize the permission granted to the teachers for acquiring higher qualifications through distance mode or online mode in terms of circular instructions issued by the Finance Department in the year 2022," it reads.

The order further reads that the finance department had said the permission should be granted only if the Universities or institutions are recognized by the UT Government.

"The courses are recognized. Proper entries of the leave availed for the duration of the examinations are recorded in the service book of the teacher."

"Sanction is accorded to grant one-time exemption in favor of teaching and other staff of School Education Department who have acquired higher qualification during service through distance or online mode, as on date without obtaining prior permission from the competent authority i.e.

Administrative Department subject to the fulfillment of conditions as conveyed by Finance Department," it reads.

The order further states that no case for post-facto permission for acquiring higher qualification shall be entertained by the Department henceforth, and only prior permission cases shall be decided as per set procedure or norms.

## Dr Jitendra Launches 'Green Cultivation' Along Highways, Hails Agri StartUp Entrepreneurs

**JAMMU, MAR 16:** In what could be a landmark for the country, Union Minister of State (Independent Charge) Science & Technology; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh today launched Green cultivation along the National Highways beginning from the Ramban-Banihal section of the Highway in Jammu & Kashmir.

The Minister also hailed the successful genre of Agri StartUps evolving into entrepreneurs. This he said, is in keeping with the priorities followed by Prime Minister Sh Narendra Modi over the last 10 years.

To begin with, lavender cultivation will be undertaken along the Ramban-Banihal stretch of J&K National Highway. Dr Jitendra Singh expressed satisfaction that Agri StartUps turned Agri entrepreneurs have joined hands to plant lavender on either side of

the Highway and on its divider over an area of more than one lakh square kilometres.

Dr Jitendra Singh said here today that this unique initiative has manifold objectives. "It will try to help



mitigate the damage caused to the environment by vehicular emissions, prevent road accidents by discouraging pedestrians from crossing the highway, and add to the beautification of the road", Dr Singh said. This step will not only help reduce pollution and accident proneness on the Highway, but will also promote the agri start-ups involved in the Purple revolution, the Minister added.

Dr Jitendra Singh said it is heartening to witness that his idea of starting green cultivation on national highways has seen the light of the day. "Today will be remembered for J&K having set a milestone in conserving the environment for times to come", Dr Singh highlighted.

The Union Minister said that a new era of agri start-ups began in Jammu and Kashmir, with Aroma Mission born in Bhandarwah of district Doda now being talked about the world over. "Purple revolution has served the twin objective of putting both Bhandarwah and J&K on the world map", the Minister stated, adding that this revolution has now spread to other States, such as Himachal Pradesh, Nagaland and Meghalaya. "By taking a lead in the Aroma Mission, J&K has exemplified that it would have a significant role as a great contributor to the agri economy of India in the next 25 years in the run-up to a developed India of 2047 as envisioned by Prime Minister, Shri Narendra Modi", Dr Singh said.

Stating that agri start-ups have emerged as an alternate and lucrative source of livelihood, the Union Minister said that in no time, it has attracted creative and innovative youth in their droves to make it their career as products emanating from it are fetching high prices in both domestic and foreign markets.

"From mere farmers and agriculturists, lavender cultivators have become brand ambassadors of J&K and proprietors of their increasingly growing companies, earning themselves a name and also making the country proud in foreign lands", Dr Jitendra Singh said. They are now going to become agri industrialists and agri entrepreneurs, he added.

The Minister underscored that the government provided an enabling milieu to agri start-ups to help them sustain their businesses by providing necessary training, industry support and market linkages in the last ten years. Not a single day went by in the last decade when the government didn't take a path breaking initiative", the Minister recalled.

## KPDCL advisory urges consumers to embrace amnesty scheme extension for electricity dues

**SRINAGAR, MAR 16:** In a bid to alleviate the burden of outstanding electricity dues and foster financial relief for consumers, the Kashmir Power Distribution Corporation Limited (KPDCL) has issued a crucial advisory urging consumers to capitalize on the extended Amnesty Scheme-2022.

This scheme, which offers a pathway to settle outstanding electricity dues, has been extended until March 31, 2025, following a recent decision by the Administrative Council.

Chaired by Manoj Sinha, the Lieutenant Governor of Jammu and Kashmir, the Administrative Council's decision specifically benefits domestic electricity consumers.

News agency KNS reported that this extension offers consumers an extended window of opportunity to resolve their outstanding electricity bills under more favorable terms.

The move underscores the commitment of the authorities to support consumers facing financial difficulties, especially

in the wake of various economic challenges.

By extending the Amnesty Scheme-2022, the aim is not only to provide immediate financial relief but also to encourage responsible financial management among consumers.

The advisory serves as a reminder to consumers to seize this opportunity and take proactive steps to address their outstanding electricity dues.

It highlights the significance of availing themselves of the extended scheme before the deadline to avoid potential penalties or further financial strain.

The high-level Administrative Council meeting, attended by Rajeev Rai Bhatnagar, Advisor to the Lieutenant Governor; Atal Dulloo, Chief Secretary, J&K; and Mandeep Kumar Bhandari, Principal Secretary to Lieutenant Governor, had approved the extension of the Amnesty Scheme, aiming to provide respite to domestic consumers grappling with accumulated power dues.

Under the extended Amnesty Scheme, domestic consumers



stand to benefit from a complete waiver of 100% interest and surcharge on outstanding principal amounts. Notably, the domestic consumer category constitutes a significant portion, comprising over 86% of JKPDD consumers, with nearly half of the total energy consumption in the UT attributed to this demographic.

Despite the substantial benefits offered by the Amnesty

Scheme, approximately 30% of domestic consumers, estimated at around 5.50 lakh, either resort to staggered payments or have defaulted on their electricity bills. The accumulation of outstanding power dues, coupled with late payment surcharges and interest, has exacerbated commercial losses for JKPDD and its associated Discoms.

The implementation of the



# DC Kupwara reviews implementation of Food Safety Standard Rules

HT News Network

KUPWARA, MARCH 16: The Deputy Commissioner (DC) Kupwara, Ayushi Sudan today convened a meeting of concerned officers to review the implementation of the Food Safety & Standard Act (FSSA), 2006.

On the occasion, the DC impressed upon the concerned officers to ensure strict implementation of the Food Safety rules so that the consumers get healthy and hygienic food items. She stressed upon the Food Safety Officers to intensify mar-

ket inspections in the district especially in major towns to curb the unhygienic practices by erring food business operators.

Earlier, the meeting held a threadbare discussion regarding various measures put in place for proper implementation of FSS Act. It was given out in the meeting that periodical surveys of food business and special drives shall be held to ensure that all food businesses are licensed or registered.

Besides, the meeting also discussed monitoring enforcements, inspections, sampling prosecution and Adjudication



related to Food Safety in the district inter alia.

Earlier, Assistant Commissioner Food Safety Kupwara, Rafi Ahmad Dar briefed the chair about various measures taken by the department and informed that 1465 number of inspections were conducted during the current year. He also informed that awareness programmes including World Food Safety day and Walkathon under Eat Right initiative were also held to generate mass awareness among the people regarding healthy food practices. ADC Kupwara, Mohammad Rouf Rehman; GM-DIC, AC

Food Safety, ASP Kupwara/ Handwara, Dy. CEO and other concerned officers attended the meeting. Earlier, Assistant Commissioner Food Safety Kupwara, Rafi Ahmad Dar briefed the chair about various measures taken by the department and informed that 1465 number of inspections were conducted during the current year. He also informed that awareness programmes including World Food Safety day and Walkathon under Eat Right initiative were also held to generate mass awareness among the people regarding healthy food practices.

## GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE REGISTRAR BIRTHS & DEATHS BLOCK WAGOORA Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate. PUBLIC NOTICE

This office is in receipt of representation MANZOOR AHMAD BHAT S/O ABUL AHAD BHAT R/O, DURHAMA Tehsil WAGOORA District Baramulla for issuance of Birth Certificate in favour of my SON namely MOHAMMAD DAWAAD BHAT R/O DURHAMA D.O.B as per documents is 28 / 08/2022 & event shown to be occurred at HOME In this connection if anyone have any objection in the registration of birth certificate shall present his/her claim to this office or Tehsildar Kreeri/Wagoora /BDO office Wagoora within 07 days, after that no objection shall be entertained.

REGISTRATION BIRTH & DEATH  
(BLOCK DEVELOPMENT OFFICE WAGOORA)

## GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE REGISTRAR BIRTHS & DEATHS BLOCK WAGOORA Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate. PUBLIC NOTICE

This office is in receipt of representation from GHULAM MOHI UD DIN RATHER R/O, WALRAMAN Tehsil wagoora District Baramulla for issuance of DEATH Certificate in favour of my wife namely JANA BEGUM W/O GHULAM MOHI - UD - DIN RATHER D/O LATE GHULAM QADIR DAR R/O WALRAMAN D.O.D as per documents is 24/12/2015 & event has been o to be occurred at home in this connection if anyone have any objection in the registration of birth certificate shall present his/her claim to this office or Tehsildar Kreeri/Wagoora /BDO office Wagoora within 07 days, after that no objection shall be entertained

REGISTRATION BIRTH & DEATH  
(BLOCK DEVELOPMENT OFFICE WAGOORA)

## GOVERNMENT OF JAMMU AND KASHMIR Office of the Executive Engineer Irrigation Division Ompora Budgam.

[Email ID: ifckmxenidompورا@gmail.com]

e-NIT.No.59OF 03/2024

For and on behalf of the LT. Governor of Union Territory of Jammu and Kashmir e-tenders on percentage basis are invited from approved and eligible contractors Registered with Union Territory of J&K Govt.

S. No	Name of work	Estt. Cost of work amount in lacs	Earnest Money @ 2%	Time of completion	Class of contract	Cost of tender document	Head of account
1.	Stage contract for urgent nature restoration works under M.H. M and R-2702 for Sub-Division Budgam for the Year 2024-2025.	5.00	10000	Financial year 2024-25	All	500	M&R-2702
2.	Stage contract for urgent nature restoration works under M.H. M and R-2702 for Sub-Division Pakherpora for the Year 2024-2025.	5.00	10000	Financial year 2024-25	All	500	M&R-2702
3.	Stage contract for urgent nature restoration works under M.H. M and R-2702 for Sub-Division Chadoora for the Year 2024-2025.	5.00	10000	Financial year 2024-25	All	500	M&R-2702
4.	Stage Contract for urgent nature Restoration works under M.H.2702 (M and R) for Sub Division Beeru, for 2024-25 for Pehjan area of Gogaldara khul (Head reach)	4.50	9000	Financial year 2024-25	All	500	M&R-2702
5.	Stage Contract for urgent nature Restoration works under M.H. M And R 2702 for Sub Division Beeru for 2024-25 for (Tosmaidan area of Suresh khul at Tosmaidan Head reach)	1.50	3000	Financial year 2024-25	All	200	M&R-2702
6.	Stage Contract for urgent nature Restoration works under M.H. M and R 2701 for Sub Division Budgam (Abji Canal) for year 2024-25	5.00	10000	Financial year 2024-25	All	500	M&R-2701
7.	Stage Contract for urgent nature Restoration works under M.H.2 M and R 2711 for Sub Division Budgam for the 2024-25	5.00	10000	Financial year 2024-25	All	500	M&R-2711

No of works Advertised: -07(Seven).  
Position of Funds (Budgetary provision).  
Position of Technical Sanction Accorded.  
Position of Administrative Approval accorded.

The NIT consisting of qualifying information, eligibility criteria specifications, Bill of quantities, set of terms and conditions of contract and other details can be seen /downloaded from departmental website [www.jktenders.gov.in](http://www.jktenders.gov.in)

1.	Publishing date	16-03-2024(6 PM)
2.	Download date start	16-03-2024(6PM)
3.	Bid submission date starts	16-03-2024(6PM)
4.	Bid submission date ends	22-03-2024upto (4 PM)
5.	Bid Opening date	23-03-2024at(11 AM)

The bids shall be deposited in electronic format on the departmental website.

28. No claim shall be entertained on account of disruption of internet services being used by bidders and are advised to upload their bids well in advance to avoid any technical snags in last hours. 36) All other terms and conditions will remain same as laid down in PWD Form 25-double.

Executive Engineer  
Irrigation Division  
Ompora Budgam

DIPK-18051/23  
Date:- 16-03-2024

## اطلاع عام

میری 8th class پاس سرٹیفیکٹ کھینچ رہی ہوں ہے اب اس کی ڈبلکٹ کاپی کوئی مطلوب ہے اگر کسی کو کوئی اعتراض ہو تو سات دن کے اندر اندر گورنمنٹ ہائی سکول بدوٹھل صوبی پورا سلیٹ میں پیش کرے بعد از معاد کوئی اعتراض قبول نہیں ہوگا

المشتمر

شوکت احمد کھانڈے ولد غلام نبی کھانڈے ساکن ہر دو کھتل صوبی پورا تحصیل سلیٹ پھلگام

## اطلاع عام

مجھے Sameer Home Stay at Batkote رجسٹریشن ٹھکانہ پورازم پھلگام میں کرنی مطلوب ہے اگر اس بارے میں کسی کوئی اعتراض ہو تو دو سات دن کے اندر اندر اسٹینڈ ڈیپارٹمنٹ پورازم پھلگام کے دفتر میں پیش کرے یا فون نمبر 01936243224 پر رابطہ کرے بعد از معاد کوئی اعتراض قبول نہیں ہوگا

المشتمر

فاروق احمد کوکا ولد غلام احمد کوکا ساکن بٹہ کوٹ پھلگام

## PUBLIC NOTICE

My Son's name in DATE OF BIRTH certificate has been wrongly written as ZIYAN ALTAf TELI while his correct name is ABDUL HANNAN TELI bearing registration No B- 2023 -1-05261-000184 which needs to be corrected .if anybody has any objection in this regard he /she may file his/her objection in the (B D O) office WAGOORA within a period of seven days from the date publication of this notice After that no objection shall be entertained .

NAMED...MOHD ALTAf TELI  
S/O ...ABDUL RASHID TELI  
F/O...ABDUL HANNAN TELI  
R/O ..SHEIKHPORA TEHSIL...KREERI

## ازنیابت پھلگام

درخواست منجانب نذیر احمد ملک ولد غلام رسول ملک ساکنہ بنگلوٹ پھلگام برآمد وصول RBA سرٹیفیکٹ

## اشتہار بمراد آگاہی

معاملہ مندرجہ عنوان میں درخواست سائل دفتر ذیل میں زیر کاروائی ہے اس نسبت پٹواری حلقے سے رپورٹ منظور مطلوب ہے۔ تقوالات ریکارڈ طلب کے جس سے عیاں ہوتا ہے سائل موصوع بنگلوٹ پھلگام میں رہائش پزیر ہے۔ ذیل افراد ذیل ہے

1. نذیر احمد ملک ولد غلام رسول 42 سال مزدوری
  2. ...ریکانہ زوید نذیر احمد ملک .40 سال گھریلو کام
  3. ...نا مہر نذیر دختر 19 سال زیر تعلیم
  4. ...صدر نذیر دختر 16 سال //
  5. ...سہیب نذیر پسر 14 سال /
- اسکے علاوہ کوئی بھی افراد میں بتلا یا بھیجا ہے سائل کے نمبر کی مہمہ آمدنی 13000 دھائی گئی ہے اسطور سائل کوکل سالانہ آمدنی /109000 تک ہے سرٹیفیکٹ زیر بحث اجراء کرنے میں اگر کسی شخص یا اشخاص کو عور یا اعتراض ہو تو وہ اپنا عور یا اعتراض سات دن کے اندر اندر پیش کریں معاد گزرنے کے بعد کوئی عور یا اعتراض قابل قبول نہیں ہوگا

نائب تحصیلدار پھلگام

## PUBLIC NOTICE

I Sajid Tahir Sofi S/o,Tahir Ahmad Sofi resident of Dogripora would like to inform all that I submit an application form for my DOB certificate under as 12,02,2017 in the Tehsil office of Handwara. If anybody has any objection in this regard he/she may contact the Tehsildar office Handwara within the period of seven days after that no objection will be entertained.

SAJID TAHIR SOFI  
S/O,TAHIR AHMAD SOFI

## PUBLIC NOTICE

I Aazim Rashid S/o,Abdul Rashid Dar resident of Hajin would like to inform all that I submit an application form for my DOB certificate under as 23,11,2022 in the Tehsil office of Handwara. If anybody has any objection in this regard he/she may contact the Tehsildar office Handwara within the period of seven days, after that no objection will be entertained.

AAZIM RASHID  
S/O,ABDUL RASHID DAR

## Union Territory of Jammu & Kashmir OFFICE OF THE EXECUTIVE ENGINEER R&B DIVISION SOPORE .

NOTICE INVITING TENDER

E-NIT.No. 182/ R&B/ Division / Sopore of 2023-24. Dated 15.03. 2024

For and on behalf of the Lieutenant Governor, Union Territory of Jammu & Kashmir, e-tenders are invited by Executive Engineer R&B Div. Sopore (on Aggregate Percentage Basis) from approved and eligible Civil Contractors registered with J&K UT Govt., PWD, CPWD, Railways and other State/Central Govt. for the following work:-

S. No	Name of Work	Adv. Cos (Rs. In Lacs)	Earnest Money @ 2% of Adv. cost	Cost of T/Doc	Time of Completion	Class of Contract	Major Head of Account
1	2	3	4	5	6	7	8
1	Renovation/ Upgradation of room/ Door/ window/ wood tiles/ flooring as per requirement of room/ feasibility at HSS Rampora Zone Dangerpora	0.49568	1000/-	200	07 days	DEE	ADP Programme

Project Authority: Education Department, Position of AAA: Acc ord.

Position of TS: Available

Special conditions:-

- I. The intending tenderers must have sufficient skilled /unskilled labour force.
- II. All intending Bidders have to upload Scanned copy of Earnest money @ 2% as per the circular issued by Chief Engineer PW(R&B) Department Kashmir, vide No. CE/RBK/HD/32857-92, Dated: 01-01-2022.
- III. Intending bidders shall upload scanned copies of documents of valid Registration card (2023-24) PAN / GST registration with clearance of Pervious month or previous quarter 2023-24, Treasury Receipt (Dated between the bid start date and the bid submission end date) deposited in MH0059 and CDR/DR pledged to Executive Engineer R&B Div Sopore. However successful bidders shall produce the original copies of same within 3 days after opening of tenders.
- IV. The successful bidder has to produce an amount equal to 5% of allotted cost as performance security in shape of CDR/FDR within 03 days after opening of tenders and same shall be released after expiry of Defect Liability period (DLP)
- V. The Earnest Money Deposit of 2% of successful bidder shall be released after receipt of 5% performance security.
- VI. The undersigned reserves the right to accept or reject any tender or all tenders without assigning any reason thereof.
- VII. The typographical error in the BOQ like unit of item, quantity of item, rate of item etc. If any found during e-NIT or after end date of NIT, shall be rectified as per the estimate in the allotment/Agreement of work.  
The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from [www.jktenders.gov.in](http://www.jktenders.gov.in) in as per schedule of dates given below:-

1.	Date of issue of Tender Notice	15.03.2024
2.	Period of downloading bidding documents	15.03.2024
3.	Bid submission Start Date	15.03.2024
4.	Bid Submission End Date	22/03/2024 4:00 P.M
5.	Date & time of opening of Bids (Online)	23/03/2024 at 11.00 A.M in the office of Executive Engineer R&B Div. Sopore

General Conditions:

1. The bidders will provide email ID and complete postal address including cell numbers.
2. 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 Website in o/o Executive Engineer R&B Div. Sopore (Tender Receiving Authority).

DIPK- 18024/23  
Date: 16.03.2024

Sd/-  
Executive Engineer  
R&B Division, Sopore



## DEO Rajouri reviews preparedness for Lok Sabha Elections

HT News Network

RAJOURI, MARCH 16: District Election Officer, Om Prakash Bhagat, today chaired a meeting of the Assistant Returning Officers to review preparedness for the smooth conduct of the forthcoming elections.

The meeting focused on acquainting the stakeholder-functionaries about the spectrum of their duties spanning across the pre-election, election, and post-election phases. Each phase demands meticulous attention and unwavering dedication to ensure the transparency of the electoral process, the DEO emphasized.

He directed the officers



to discharge their responsibilities with the highest degree of sincerity and dedication. Emphasizing the paramount importance of their role, he underscored the critical need for adherence to ethical conduct and

procedural integrity at every juncture of the electoral timeline.

In line with the overarching objective of facilitating a smooth and fair electoral exercise, the District Election Officer Om Prakash

Bhagat reiterated the significance of upholding democratic principles and fostering an environment conducive to free and fair elections. He accentuated the imperative for each officer to uphold the sanctity of their mandate, thereby ensuring the democratic aspirations of the electorate are safeguarded with utmost diligence.

The meeting was attended by the ADC Rajouri, Rajeev Kumar Khajuria; ADC Nowshera, Babu Ram Tandan; ADC Kalakote, Mohd Tanveer; ADC Koteranka; ACR, Mohd Jhangir Khan; Dy DEO, Shakeel Ahmed; DDE, Zaheer Ahmed Kaifi; SDM Thana- mandi, Abid Hussain Shah; DySP Hqr and other concerned officers.

## Udhampur: Training imparted to FSTs, SST teams ahead of Lok Sabha Election 2024

HT News Network

UDHAMPUR, MARCH 16: A comprehensive training program for Flying Squad Teams (FSTs) and Static Surveillance Teams (SSTs) was organised under the guidance of District Election Officer Udhampur, Saloni Rai here today in the run up to Lok Sabha Elections 2024.

The event took place in the Conference Hall, DC Office Complex in presence of Senior Superintendent of Police, Joginder Singh, Deputy District Election Officer, Dr. Anirudh Rai, Additional Deputy Commissioner, Joginder Singh Jasrotia, Assistant Commissioner Revenue, Dr. Umesh Shan, Additional SP Baljit Singh, and other dignitaries graced the occasion.

The discussions centered on the role of FSTs/SSTs for ensuring the integrity of elections, adherence to the Model Code of Conduct, and robust expenditure monitoring. During the



training session, District level master trainers also provided hands-on instruction to the Flying Squad Teams and Static Surveillance Teams on the functionalities of the eVigil App and the Election Expenditure Monitoring System. The SSP and ADC emphasised the importance of active participation of the trainees to ensure the smooth and peaceful conduct of the elec-

toral process. They urged all officers to foster close coordination to ensure the successful execution of Lok Sabha Elections 2024 in the District.

Furthermore, they stressed the significance of trainees' engagement with the training programs and adherence to election protocols, emphasizing both the do's and don'ts during the electoral process.

## DIPR hosts symposium on Importance of Vote

HT News Network

JAMMU, MARCH 16: Cultural Unit, Department of Information and Public Relations, Jammu today organised a Symposium on the topic "Importance of Vote" at Kalra College of Education Udhampur. The objective was to educate the young generation regarding the importance of Vote and voters during the election and their contribution for making good government. The students presented valuable information on the topic. They were judged on parameters of Pronunciation, Modulation of Voice, Factual Representation, confidence etc. Prof. Ranjana Sharma, Prof. Neha Sharma & Prof. Parul Sharma were the Judges for the day. Pallavi Bharti hosted the event. A total 10 students participated in the competition, even as the first position was bagged by Akanksha Khajuria, Second Position by Vanshika Dubey and third Position by Meenakshi Sharma. Consolation prizes were given to Simran and Sheezan Khursheed.

The College Principal Dr. Neelam Bakshi, in her address as the Chief Guest, educated the students regarding the subject and appreciated the Department of Information & Public Relations for organising such a meaningful event in the school. Among others present were Suresh Kumar, Cultural Assistant, Staff members and a large number of students. The whole programme was conducted under the supervision of Cultural Officer Nasir Ahmed Khan. The College Principal Dr. Neelam Bakshi, in her address as the Chief Guest, educated the students regarding the subject and appreciated the Department of Information & Public Relations for organising such a meaningful event in the school. Among others present were Suresh Kumar, Cultural Assistant, Staff members.

## Rafting event organised by Reasi Admin to promote Voter awareness

HT News Network

REASI, MARCH 16: To promote voter awareness and participation, District Administration Reasi, under the guidance of the District Election Officer, Vishesh Mahajan, organized a rafting event as a part of Systematic Voters' Education and Electoral Participation (SVEEP) program.

The event aimed to engage with the youth and highlight the importance of voting in the upcoming elections. Participants enjoyed the thrilling experience of rafting while also learning about the electoral process and their role in shaping the future of the nation.

DEO Vishesh Mahajan reiterated the significance of every vote and urged the youth to exercise their



democratic right responsibly. He emphasized that such initiatives not only promote voter awareness but also encourage a sense of adventure and camaraderie among participants.

He said that SVEEP activities were also held at the Tehsil and Block levels, marking a significant milestone in bolstering voter awareness and engagement. One notable partici-

part group was the students from Govt. General Zorawar Singh Memorial Degree College Reasi, who joined the rafting event and showcased their support through creatively designed play cards focused on SVEEP activities. Their active involvement underscores the importance of youth engagement in shaping the future of our democracy. The rafting event

received a positive response from the participants, who appreciated the efforts of the District Administration in organizing such engaging and informative activities.

In addition to the rafting event, the Sangam Theater Group staged a captivating Nukkad Natak performance at the Reasi Bus Stand. This initiative aimed to further educate and motivate citizens to exercise their fundamental right to vote in the forthcoming elections, thereby fostering a culture of civic engagement and voter participation.

ADC Kul Bhushan Khajuria, Joint Director Planning Narinder Kumar, ACR Anshumali Sharma, ACD Pardeep Kumar, Dy. DEO Rakesh Kumar, Tehsildar Reasi and Bhomag, BDO Reasi and other district officers were present.

## Jammu: Nodal Officers briefed about electoral process

HT News Network



JAMMU, MARCH 16: District Magistrate Sachin Kumar Vaishya today convened a crucial meeting of Nodal Officers and Assistant Returning Officers to discuss the action plan in anticipation of Parliamentary elections.

The meeting witnessed the presence of SSP Dr. Vinod Kumar, ADDC Sher Singh, ADMs, DIO, ACD as well as SDMs, Tehsildars and other officials. The key officials including nodal Officers were briefed about their role and responsibilities.

The primary objective of the orientation session was to provide a comprehensive understanding of the scope and critical components of the electoral process. Participants were briefed about the role of stakeholder departments and Nodal Officers regarding training, Standard Operating Procedures (SOPs), transportation and contingency plans.

During the meeting, emphasis was laid on studying the guidelines meticulously to ensure effective implementation during the elections. The significance of the eVIGIL mobile application was highlighted, with detailed instructions provided on its essential functions.

## Lok Sabha Elections DIC Rajouri briefs Media Persons about ECI guidelines

HT News Network

RAJOURI, MARCH 16: District Information Officer Rajouri, Mohammad Nawaz Chowdhary today briefed the local media persons about the ECI guidelines regarding reporting of parliamentary polls.

The meeting served as a platform for discussions and strategic planning to facilitate effective media engagement during this crucial electoral period. A detailed brief was given with respect to MCMC and MCC as per guidelines of ECI. Media representatives from Rajouri, stakeholders in the dissemination of information to the public, actively participated in the deliberations, showcasing their commitment to fostering transparent and informed communication channels in the framework of ECI guidelines. The agenda of the meeting encompassed a wide array of topics, reflecting the role of Media in contemporary democratic processes especially with respect to Media Certification and MCC.

## Mock Fire Drill conducted at Sunderbani

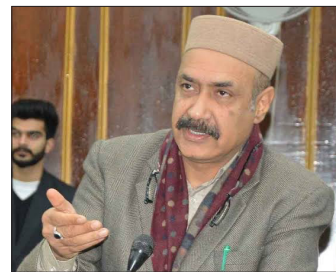
HT News Network

RAJOURI, MARCH 16: Conservator of Forests, West Circle Rajouri, Sandeep Kumar, spearheaded a comprehensive fire drill at Sunderbani. The event showcased the advancements in firefighting techniques and the utilization of state-of-the-art equipment. Sandeep also emphasized the importance of controlled burning, first aid protocols, and the safe disposal of chir pine needles in forest management practices. Divisional Forest Officer, Shweta Deonia, lauded the initiative and stressed the significance of such drills in enhancing forest fire preparedness and response. Dr. Rakesh Verma, Range Forest Officer Sunderbani, along with the local staff actively participated in the event, demonstrating their commitment to safeguard the region's precious forest resources. The exercise not only served as a platform for skill enhancement but also fostered collaborative efforts among forest personnel in mitigating the risks posed by wildfires. Such proactive measures underscore the Forest Department's unwavering dedication to preserving biodiversity and ensuring the sustainability of forest.

## Democratic Festival only for the rest of the country, not for J&K : Basharat Bukhari on withholding assembly elections in J&K

HT News Network

Srinagar :Terming the exclusion of J&K from other four states going to polls alongside Parliament elections "disappointing", Former Law minister of erstwhile J&K State, Syed Basharat Bukhari Saturday said, that Government has finally acknowledged that Situation in J&K was not all well. He said this acknowledgement was in contrast to what the BJP had been making "rhetoric" of, post 370 abrogation. Reacting sharply to ECI's decision of not holding Assembly and parlia-



mentary elections simultaneously in J&K, Mr. Bukhari in a press statement said, that, it was surprising to know that the situation for one "EVM is conducive and is adverse for another EVM" which, according to him- could have given the people of J&K the

right to choose their own government in the erstwhile state. He however, said that one silver lining amidst all the disappointment was that, "J&K Administration which comes directly under the control of the union government by virtue of UT status, has finally conceded to the fact that Situation here is not as good as the Union Government seems to be claiming like." He also questioned the logic given by CEC that - the process of Reorganization and delimitation was complete only in Dec last year after Parliament passed the reorganization amendment act - and asked, "

## H&ME deptt rebuts news regarding alleged favoritism in medical staff selection for Haj deputation 2024

HT News Network

JAMMU, MARCH 16: Rebutting the news published in BuzzBytes newspaper regarding alleged favouritism in medical staff selection for the Haj Deputation 2024, the Health and Medical Education Department has termed the allegations as baseless and factually incorrect while vehemently denying the same. In a communication received here today in this regard, the department has conveyed that the Ministry of Health and Family Welfare, Government of India, sought nominations from the Health and Medical Education

Department for eligible doctors and paramedics to participate in the Haj Deputation 2024. The Health and Medical Education Department promptly circulated the Ministry's communication among all Heads of Departments (HODs), emphasizing adherence to the guidelines and norms outlined in the Ministry's communication, added the document. Subsequently, the Department received nominations from the HODs which were forwarded to the concerned Ministry within the stipulated deadline, read the communication. The department clarified that the role of the Health and Medical Education Department.

## A-One Modern Bakery: Bringing Year-Round Delight to Langate

DR. AB QAYOOM

Langate, Mar. 18: A-One Modern Bakery, the premier destination for bakery and pastry delights in Langate, is thrilled to announce that it is open and serving customers throughout the entire year. Led by the esteemed owner, Lateef Ahmad Ganie, who also serves as the trade president of Langate, the bakery welcomes all residents with open arms and the promise of exceptional treats.

Located conveniently in Langate, A-One Modern Bakery offers an extensive selection of freshly baked goods, including a variety of pastries and specialty items featuring authentic Kashmiri dry fruits. From savory bread to sweet delicacies, each item is crafted with care and expertise to ensure a delightful experience for every customer. Lateef Ahmad Ganie, with his passion for baking and dedication to



quality, has established A-One Modern Bakery as a beloved institution in the

community. Whether you're stopping by for a quick snack, picking up treats for a special occasion, or simply indulging in a moment of sweetness, A-One Modern Bakery promises to exceed your expectations with its delectable offerings and warm hospitality. In addition to its delicious treats, A-One Modern Bakery is committed to providing a welcoming and inclusive environment for all customers. With a focus on customer satisfaction and community engagement, the bakery strives to create memorable experiences that keep patrons coming back for more. As A-One Modern Bakery continues to serve the people of Langate with passion and dedication, it invites everyone to visit and experience the magic of its delightful creations. Whether you're a longtime resident or just passing through, A-One Modern Bakery promises a culinary journey that will leave you craving more.



EDITORIAL

**The Watermelon Controversy in Ramadan**

The recent uproar surrounding watermelon consumption in Kashmir during Ramadan has left both consumers and vendors in a state of perplexity. A Kashmiri Clinical Oncologist's cautionary advice urging people to steer clear of watermelons due to alleged chemical injections used for premature ripening sparked widespread concern. Fruit vendors, quick to refute the claims, sought support from higher authorities, igniting a contentious debate that reached a boiling point.

The controversy surrounding the doctor's claim about prematurely ripened watermelons due to chemicals and injections has caused a significant 50% drop in watermelon sales during Ramadan, leaving fruit vendors astonished. This downturn contrasts sharply with the previous year, which saw record-breaking watermelon consumption during the holy month.

In the midst of the chaos, the crucial question emerged: Are watermelons in Kashmir safe for consumption? While initial panic led to hesitancy among consumers, it also prompted swift action from experts. Rigorous testing and analysis were undertaken to ascertain the veracity of doctor's claims and the safety of watermelon consumption in the region.

After thorough examination, the verdict says that watermelons in Kashmir are indeed safe to eat. Expert test confirmation has allayed fears and restored confidence in this beloved summer fruit. The rigorous testing process serves as a testament to the dedication of authorities in ensuring public health and safety.

However, this controversy sheds light on broader issues within the agricultural sector. It underscores the importance of transparency and accountability in food production and distribution. Consumers have the right to know what goes into the fruits they consume, and vendors must adhere to ethical practices to maintain trust and integrity.

Moving forward, measures must be implemented to prevent similar controversies from arising in the future. Increased regulation and oversight, coupled with educational initiatives for both vendors and consumers, can foster a culture of accountability and transparency within the agricultural industry.

To conclude, while the watermelon controversy in Kashmir caused momentary alarm, it ultimately led to a reaffirmation of the safety and integrity of the region's produce. Let this serve as a reminder of the importance of vigilance and collaboration in safeguarding public health and promoting consumer confidence.



By Mool Raj

In the shadow of our interconnected world, a sinister reality persists, largely hidden from view but inflicting unimaginable suffering upon countless individual, as we move forward towards the better changing world, it is crucial to confront this harsh truth and take an eye on the faces behind the statistics. Modern slavery is defined by UNO (United Nations Organizations) as "The recruitment, harboring, transportation, provision, or obtaining of a person through the use of force, fraud, or coercion for the purpose of exploitation". The modern slavery effects society, which lasts for the rest of their lives and can have impacts on subsequent generations. Slavery skews demography, deteriorates agricultural production, increases gender discrimination and violence. The main victims of modern slavery are men, women and children of all ages.

**Sex trafficking is a form of modern day slavery**

In which a person gets exploited by trafficker which leads to the deterioration of individuals well being. International Labour Organization (ILO) reported 4.5 million victims of forced sexual exploitation and is increasing at an alarming rate. Elements of modern slavery are child slavery, forced criminality, domestic servitude, sexual exploitation, forced labour, forced marriage and sex trafficking. It is being told that the most common form of modern slavery is forced labour and forced marriages. Roughly 49.6 million live in modern slavery out of which 22 million people are in forced marriage. There are myriad causes of Modern day slavery such as:

Lack of knowledge is a major cause of mental slavery. When people don't have access to knowledge, they are more likely to be vulnerable to the opinions and beliefs of others, which can limit their ability to think critically and make independent decisions.

In particular, individuals who lack education and access to information are more susceptible to falling into mental slavery without a solid foundation of



**Poverty is another factor in creating and perpetuating mental slavery, as it can limit individual's opportunities and limit their ability to liberate themselves from oppressive system. Poverty often leads to lack of access to education, healthcare and other essential resources, which can make it**

difficult for people to develop the skills and knowledge. This lack of access can make people feel hopeless, helpless and powerless, which can lead to the feelings of despair and a lack of self esteem. It can increase the possibility that people will be subjected to abuse, exploitation and discrimination, which can further erode their sense of self worth and dignity. The mental toll of poverty can be devastating and can trap people in a cycle of poverty and oppression that can be difficult to escape

knowledge they may not have the vision to critically evaluate information and form their own opinions. As a result, they can blindly accept what they are told, rather than engaging in critical thinking and questioning authority.

Poverty is another factor in creating and perpetuating mental slavery, as it can limit individual's opportunities and limit their ability to liberate themselves from oppressive system. Poverty often leads to lack of access to education, healthcare and other essential resources, which can make it difficult for people to develop the skills and knowledge. This lack of access can make people feel hopeless,

helpless and powerless, which can lead to the feelings of despair and a lack of self esteem. It can increase the possibility that people will be subjected to abuse, exploitation and discrimination, which can further erode their sense of self worth and dignity. The mental toll of poverty can be devastating and can trap people in a cycle of poverty and oppression that can be difficult to escape. Breaking this cycle requires addressing the root causes of poverty and empowering people with the resources and support.

The roots of mental slavery are multifaceted and complex, depending upon the individual, culture and the historical

identity in which it occurs. The main and common factors which contribute to mental slavery are:

Systematic oppression it leads to the effect of mental slavery in which one group holds power and controls over another. It can have many forms like socio-economic and political etc and this can create a sense of powerlessness and even helplessness sometimes.

Mental slavery can also be the result of socialization oppression, in which we are bound to certain beliefs, values and even behaviors that are enforced on us through social norms.

Trauma and fear: Trauma cum fear can be also part of mental slavery, mostly when the situations, arise the individuals feel powerless. Trauma can lead to disempowerment and fear can lead a desire for safety and security which can be exploited by those who are in power or higher ups.

Psychological factor mental slavery can also be influenced by psychological factors, such as low self-esteem, lack of self awareness, fear of uncertainty. These factors can lead to difficult for any individual to break the chains of slavery system and beliefs, even can lead to the sense of discomfort or resignation as per the circumstances.

The world which prides towards the progress, it is unsettling to confront the hidden reality of modern day slavery. We can't turn blind eye on the sufferings facing countless individuals. Need of hour, is the collective Consciousness to break this chain of mess for the betterment of tomorrow.

The author is a columnist and freelance writer

**NOT ONLY ARTIFICIAL INTELLIGENCE, SKILL OF ARTIFICIAL INTELLIGENCE IS ALSO IMPORTANT**



Vijay Garg

It's true that the technical skills that helped secure your first promotion may no longer be as effective for your subsequent promotions. If you want leadership, you have to understand emotional intelligence and use it efficiently in your work. Emotional intelligence is one of this year's most important soft skills in the world of work. Let us tell you that in fact, 71 percent of employers consider technical skills while evaluating candidates.

Give more importance to emotional intelligence, essential for your bonding. This is a soft skill that establishes you as a reliable employee in the office. Because of this, they can handle stress better, communicate effectively and are more likely to seek natural support from others in solving problems. Let us understand the presence of emotional quotient or emotional intelligence with some examples: For example, after leaving a small town, you reach your first job in the office, everyone there speaks fluent English. There is a lot of work going on there.



You become nervous in your mind. But instead of running away on the very first day, they decide to try themselves. Let's focus on the reasons why we are feeling nervous. Plan to learn essential skills by talking to people. Example 2: Your client is getting angry with you on the phone call. Although it is not your fault. In such a situation, you will decide to listen to his side completely. Will apologize and seek permission to call him again after checking the facts. This is a matter of emotional

intelligence.

In the first example, instead of looking for shortcomings in the office, the employee decided to do a self-assessment. In the second example, the distress felt by being in the client's situation was anticipated and treated appropriately. That is, emotional intelligence is a soft skill related to the ability to recognize, understand and control one's own and others' emotions. There are clearly three elements involved. Understand the three 'S' Mindfulness -

being self-aware, so as to recognize how your feelings or behavior are affecting others.

Empathy is the ability to recognize and understand the wants, needs, and perspectives of the people around you. Connection The ability to connect with others. Because people like to be in touch with people who have good social skills and thus better networking happens. test yourself like this This skill can be developed easily. Start thinking something like this. # Give the

right perspective to your reactions in the office: Put yourself in the shoes of others and be accepting of any new perspective. see if you Do you focus more on your achievements in office? Right Attitude Humility is a good skill.

This does not mean being shy, but it means that you understand very well the work you did and are completely confident about its results. That's why you don't need a protective shield of your achievements. Do you have the perspective to see your shortcomings? Right attitude: Pointing the finger at oneself is the beginning of self-improvement. Do try to see the shortcomings in yourself with courage. How do you react under stress? Associate Attitude: Being in control and remaining calm is especially valued in the working world. Develop like this. Record your voice and hear what effect it produces. Watch your body language in an office meeting or by recording a video of your conversation with a colleague.

Practice understanding others' body language. Start noticing the points that trigger you and practice not being influenced by them. Before speaking in any meeting, assess the atmosphere and mood of the people present. Try to understand. Practice active listening, that is, do not interrupt the conversation. If you encounter opposition, focus on solutions instead of blaming. In your career, you may have to work among people of different cultures. Therefore, avoid things like trolling, roasting on social media and seek professional help.

Vijay Garg Retired Principal Educational Columnist Malout Punjab

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# EDUCATION TOUR: BENEFITS AND EXPERIENCE



■ Professor (Dr.) Bilal Ahmad

Travel is a journey; one takes for research purposes, gaining knowledge, studying, leisure, or doing business. If an individual decides to stay in another city/ country for more days or settles there, he is now a resident. The rules and conditions of travel are no longer applicable. Traveling is a unique experience as it's the best way to unplug from the pushes and pulls of daily life. It helps us to forget about our problems, frustrations, and fears at home. During our journey, we experience life in different ways. We explore new places, cultures, cuisines, traditions, and ways of living. We could never experience these things at home. This is why travel is such a unique and invaluable life experience. This article focuses on education tour benefits and experience shared by students of Faculty of Agriculture, SKUAST-K after taking part in all India Education Tour 2024. Education is the process of receiving or giving systematic instruction, especially at a school or university. Students gain knowledge and upgrade their skills by using the concepts which they newly learned from their



historical museum, the learners will be excited to learn from someone new. (ii) Entertainment: The learning trips also provide entertainment for students. They often act as a powerful motivator for students. Breaking away from the routine provides students refreshment that might make them more focused back in the studies. Learning and fun always make a great combination. Field trips are considered as a fun, but the students learn as well, whether they realize it or not. No matter how much students learn during an educational trip, their favourite memories may be based on their enjoyment of the day. (iii) Social Interaction: Getting away from the routine atmosphere of the college or school gives students an opportunity to spend time with each other in a new environment. They may be able to connect on more of a personal level without the structure of the nor-

things that are not available at school or college, including exotic wildlife, rare plants, mechanism of industries etc. Discussing the educational trip beforehand is wise because it allows students to know what they will experience during their time away from school/College. (v) Better Exposure: Better exposure is yet another benefit of educational tours in a student's life. Students get to visit new places and this is a great opportunity for students who do not get many opportunities to go on trips. Especially for curious students who have the constant urge for learning new things, these educational tours are a great way of putting their knowledge as well as experiences to test. In education tour, students can learn new things and this practical knowledge will help them in going a long way in their careers. (vi) Passion for Travel: An educational tour can be a safe way to experience the world outside of one's home. In education tour, students are surrounded by other people they know and they are guided throughout the experience by their teacher and other guides. Further, they often pay much less than they would if they went by themselves. When students realize how much they enjoy travelling, it can open new doors for them. They might decide to study abroad to more thoroughly immerse themselves in different cultures. They may also be more likely to travel independently in the future, continuing to broaden their understanding of the world. Cultural Observation: In educational tour, students experience a different culture through their eyes. Nowadays, many travel agencies organize the tours which are offering volunteering opportunities and other chances to see how people of varying socio-economic levels in a variety of local people live. Such experiences can help students develop more compassion for people from different styles of life. It can also help them to reflect on how these issues affect people near their home, inspiring them to work toward change. Independent: In a tour, students away from home and the ease of a regular support system, have opportunities to see what they are capable of accomplishing by themselves. Travelling allows students to develop themselves in ways that cannot be achieved without stepping outside of their comfort zone, becoming more mature, disciplined, independent and self-aware. Better Academic Performance: On an educational tour, students get to experience different styles of teaching and see a new side to their subject of study. When able to see, touch and smell the very things they have learned about in books, students return to the classroom with a deeper connection and greater motivation for their studies.

In this para I am sharing experience/ details of tour shared student Mr Anayat and his friends who took part in all India Academic tour 2024 of FoA, SKUAST-K. The All India Tour journey, organized by SKUAST-K Faculty of Agriculture, Wadura, was transformative for all participants. As part of our 4th-year education program, the 21-day tour provided valuable observation opportunities in various institutions and research works. Led by Dr. Bilal, our tour incharge, and comprising 52 students and 2 faculty members, our journey began on February 15, 2024.

We departed early morning on February 15, 2024 from the College of Agriculture, Wadura, and gathered at Sopore railway station, boarding a train to Banihal. On reaching Banihal, we had a group photograph and Dr. Bilal Ahmad in brief explained purpose, rules and regulations of tour. He framed groups and assigned various duties to group leaders for the smooth disciplined journey. After arriving Banihal, we continued journey towards Jammu, stopping at Peerah for a delicious lunch of Rajma Chawal. En route through the scenic landscapes of Jammu and Kashmir, we were captivated by the region's beauty. Following dinner, we spent the night in Jammu, marking the start of an unforgettable adventure filled with learning, exploration, and camaraderie.

On February 16, 2024, at 8:10 pm, we traveled from Jammu Tawi to Delhi aboard the Shalimar Malani train. Despite initial seating challenges, our group eventually settled into our sleeper class berths within 20 minutes. Interacting with fellow passengers from diverse backgrounds added to the memorable adventure. Despite not all being in the same coach, the journey provided ample opportunities to meet and connect with other travelers. Experiencing the delicious cuisine offered on the train, such as masala chai, samosas, and a biryani, and thali, added to the adventure. After arriving in Delhi at 10:45 am, we enjoyed lunch and prepared for our next journey. Boarding the Kerala Express train at 8:10 pm on February 17, 2024, we embarked on a three-day journey from Delhi to Ernakulam Town, Kerala. This long train travel offered a fascinating and memorable train adventure. As we traversed diverse landscapes, interacting with fellow passengers and sharing stories enriched the experience. The culinary delights onboard added to the journey's charm, from savoring masala chai and samosas to indulging in hearty meals like anda biryani thali. Despite the long duration, the journey was filled with excitement and anticipation, making it a memorable part of our overall travel experience.

Throughout our train tour, Dr. Bilal, our tour incharge, prioritized our safety over his own comfort, rarely sleeping to ensure everyone else could rest well. His selflessness and dedication to our well-being made the journey smoother for all. After arriving in Kerala, we refreshed ourselves following the lengthy train journey. The next day, we explored various agricultural institutions, including Kerala Agriculture University, where we received a warm welcome. Our time at the university involved

ensuing three days, our Hyderabad adventure was filled with excitement and exploration. Amidst our itinerary, the search for Hyderabad biryani was a common quest, adding to the culinary delights of our journey. We marveled at the iconic Charminar, explored the majestic Golconda Fort, and savored serene moments by Hussain Sagar Lake. Amidst the bustling streets, we sampled delectable local cuisine and relished the city's vibrant culture. A visit to Wonderla heightened our adrenaline with thrilling rides and memorable experiences. Our time in Hyderabad was a harmonious blend of historical admiration, cultural immersion, and exhilarating amusement, leaving us with cherished memories to treasure for a lifetime. During our four-day stay in Delhi, we began with a visit to the prestigious ICAR institution, delving into agricultural research. Besides JNU visit, subsequent days were dedicated to exploring Delhi's iconic landmarks, including Jamia Masjid, Humayun's Tomb, Nizamuddin Auliya's shrine, Qutub Minar, and the majestic Red Fort. Immersed in Mughal architecture's splendor, we marveled at the intricate designs and towering minarets, gaining insight into Delhi's rich cultural heritage. The craftsmanship of the Mughal rulers left us in admiration, their legacy evident throughout the city. Our journey through these marvels was captivating, filled with wonder and reverence for Mughal architecture's enduring beauty. On our last day, we indulged in shopping at bustling markets like Sarojini, Chandni Chowk, and Karol Bagh, concluding our stay in Delhi with a memorable blend of exploration and leisure. On March 6, 2024, we began our journey back towards Jammu and Kashmir from Delhi. Arriving in Jammu at 10:00 pm, we then boarded a Bus to Banihal, reaching there at 6:45 am. From Banihal, we boarded a train



Banihal- Guidelines, Tour Rules and Regulations

respected educational institutes. There are different educational techniques by which educators deliver the lessons to the students; organizing an educational tour is one of them. Educational tours play an important role in educating students in a practical and interesting manner. It is a fun and pleasant time while travelling from one city to another with your classmates and friends. It allows students to witness things from a fresh perspective while trying to learn more about new situations in an informal environment. Many colleges as well as Schools nowadays are following the practice of educational tours so that students can learn more effectively. The benefits of educational tours are explained below: (i) Interactive

mal School/College day. Students may be able to spend much of the educational trip day in small groups, observing, chatting and learning about each other. Having a trip in the early part of the term or semester is wise since it will allow the students to make a bond with whom they may not know very well. Also, leaving the classroom for an educational tour places the students in a different social environment. They encounter a new set of folks during the course of the average field trip. These interactions teach them how to behave in different environments. They learn more self-control and communication etiquettes. It creates a sense of teamwork and community among the students as they experience a field trip together. Furthermore,



Learning: Field trips help students to interact with what they are learning. The experience goes beyond reading about a concept; students are able to see it, manipulate it or participate in it physically. These tours provide the students with the opportunity of learning through travel, especially to places that they may not otherwise get to visit. Educational trips provide valuable educational opportunities away from the classroom, without using textbooks and other tools. Students on educational trips can often learn while having fun in a more informal environment. If the educational trip destination has a professional guide who do hands-on teaching to visiting students such as at a science centre or

students can interact with other people from all sections of society. It gives them a chance to gain new perspectives, and learn from complete strangers with unbiased opinions. (iv) New Experiences: Many students do not get to experience the typical trip locations with their families. Because of money constraints or lack of resources, not all parents are able to take their kids to zoos, museums and other field trip destinations. An educational trip gives the opportunity for students to experience new venues or places. Moreover, when students and teachers are together going on a trip, new educational environments and experiences are possible. Students may have the opportunity to observe many



Kerala: Guest House

engaging discussions with scientists and scholars, providing valuable insights into their research efforts. We also embarked on field visits, gaining firsthand exposure to ongoing agricultural studies and innovative methodologies. Additionally, we explored popular tourist destinations such as Marari Beach and forts, indulging in the local culture and enjoying the serene beauty of Kerala. Overall, the trip was enlightening and enjoyable, deepening our understanding of agricultural research while allowing us to experience the rich cultural and natural heritage of Kerala. Reluctantly leaving Kerala, we embarked on a one-day train journey from Ernakulam Town to Bangalore on February 22. Upon our arrival in Bangalore, we wasted no time in immersing ourselves in the local agricultural scene. Visiting institutions like the College of Hor-

departing at 7:15 am, and everyone safely reached their nearest stations, grateful for the journey. This trip was truly life-changing and wonderful, filled with memorable experiences and moments of awe. From exploring iconic landmarks to immersing ourselves in cultural heritage and natural beauty, every aspect of the journey left a lasting impact on us. As we returned home safely, we cherished the memories and experiences of this transformative adventure in our hearts. All students thanked Professor Raihana Habib, worthy Dean FoA, Honble V.C. SKUAST-K, Professor Nazir Ahmad Ganai, Tour incharge Professor Bilal Ahmad, Baby Nusrat Madam, Mr. Sameer, Mr Irshad Ahmad (P.A. Dean, FoA who remained in touch & updated Dean throughout the tour) and all people who supported for the success of this tour. In brief, students gain a better perspective of the



ticulture, we engaged in insightful discussions with scientists and scholars, gaining valuable insights into their ongoing research efforts. Additionally, our time in Bangalore included exploring famous landmarks such as Mysore and the magnificent Mysore Tomb. The rich cultural heritage and stunning architecture of Mysore left a lasting impression on us, making it a highlight of our visit to Bangalore. Despite our reluctance to leave Kerala, our time in Bangalore proved to be equally enriching, combining educational experiences in agriculture with the exploration of iconic tourist destinations.

On February 26, 2024, we embarked on the YNK KCG Express from Bangalore, arriving in Hyderabad the next day. Over the

world around them by going on educational tours as they are brought in direct contact with new situations which prepare them for facing challenges in their upcoming professional lives. The importance of taking the students out of the classroom to absorb, interact and be immersed in history and educational tours have several learning benefits for students to obtain practical information within the brain. Finally, tour incharge and supporting team on reaching Kashmir thanked University administration, students, parents, experts from various institutions for their support.

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# Voting Period Of 2024 Lok Sabha Polls Longest Since First General Elections

HT News Network

New Delhi: The voting period for the 2024 Lok Sabha polls, spread over 44 days, would be the second longest after the first parliamentary elections of 1951-52 that lasted for more than four months.

The shortest voting period for a general election in the country was in 1980 and it was just four days. The total days of the electoral process this time, from the announcement of the polls by the Election Commission on Saturday till counting of votes, is 82.

Lok Sabha polls will be held in seven phases beginning from April 19 and the counting of votes will take place on June 4 for the world's biggest election exercise in which Prime Minister Narendra Modi will bid for a third consecutive term.

Kumar, however, said more phases have to be held in larger states, which have higher number of constituencies and candidates. The country's first general election



was held between October 25, 1951, and February 21, 1952, the longest so far. During the 1951-52 election, 489 seats of the Lok Sabha were allotted across 401 constituencies in 25 states.

There were 314 constituencies electing one member using the first-past-the-post system, and 86 constituencies elected two members, one from the general category and one from scheduled castes or scheduled tribes. One constituency elected three representatives. Due to the challenging logistics,

the election was held in 68 phases. Majority of voting took place in early 1952, but Himachal Pradesh voted in 1951 as its weather was commonly inclement in February and March. The remainder of states voted in February-March of 1952, except for Jammu and Kashmir, where no voting took place for Lok Sabha seats until 1967.

Between 1962 to 1989, the duration of the Lok Sabha elections was between four to 10 days. The shortest election was held in 1980 - from January 3 to 6 - when Indira Gandhi

was voted back to power. Dates are decided based on the geography of regions and other factors such as public holidays, festivals and examinations, Chief Election Commissioner (CEC) Rajiv Kumar said at a press conference on Saturday when asked about the long-duration of polls.

He was also asked if this long schedule could work against opposition parties.

"It has been asked why elections are being held in seven phases and opposition parties have alleged that it may disturb the level-playing field..." Kumar said.

"Look at the geography of the country...there are rivers, mountains, snow, jungle, summers... think of the security forces' movements, they will move in the gaps between phases, through the length and breadth of the country... imagine the pressure on them. There are festivals and exams... when we sit with the calendar, we fix one date, then it has to be changed..." he said.

## In Chhattisgarh, BJP Eyeing To Knock Out Congress In All 11 Lok Sabha Seats

HT News Network

Raipur: An upbeat BJP is eyeing to knock out the Congress in all 11 Lok Sabha seats in Chhattisgarh after its landslide victory in the recent assembly polls in the state, where the grand old party is striving to overcome its shock defeat.

Lok Sabha polls in Chhattisgarh will be held in three phases on April 19, April 26 and May 7. Counting of votes will be held on June 4.

The ruling party hopes to continue the momentum, powered by the 'Modi factor', after it fulfilled various promises, particularly those made to farmers ahead of the state polls, while the Congress seeks to highlight issues related to agriculture, rising inflation, unemployment, and caste census to make a case for it.

The BJP, energised by Prime Minister Narendra Modi's call for 'Abki bar 400 par', has declared candidates for all 11 seats in the state, dropping four sitting MPs and introducing an incumbent state minister into the mix. Three women leaders, including a former MP and a former MLA, figure in its list.

The Congress has announced six names for Chhattisgarh so far, picking experienced leaders like former chief minister Bhupesh Baghel, two former state ministers and a sitting MP. Four of these are from the Other Backward Classes (OBC), and one belongs to the Scheduled Caste (SC) community.



Just a year ago, the then ruling Congress in the state appeared comfortably placed, riding high on populist schemes and regionalism rhetoric, but the scenario turned on its head in the assembly polls held in November 2023.

The BJP captured 54 seats in the 90-member assembly after running an aggressive campaign on corruption plank, Hindutva and populist promises and topped it with several rallies by PM Modi. Congress managed to win 35 seats, 33 less than it had won in 2018.

In the latest state assembly polls, BJP saw its vote share leap to 46.27 per cent from 32.97 per cent in 2018, while that of Congress dropped from 43.04 per cent to 42.23 per cent.

Since Chhattisgarh was carved out of Madhya Pradesh in 2000, Congress has not fared well in Chhattisgarh in the parliamentary elections of 2004, 2009, 2014 and 2019.

## In Bengal, BJP To Test Mamata Banerjee's Mettle Over Sandeshkhali, Corruption

HT News Network

Kolkata: The gloves are off and battle lines drawn for yet another high-voltage political face-off between Mamata Banerjee-led Trinamool Congress and its prime challenger, the BJP, in West Bengal where 42 Lok Sabha seats, the third highest in India after Uttar Pradesh and Maharashtra, are up for grabs.

Elections to the 42 Lok Sabha seats in West Bengal will be held in seven phases between April 19 and June 1.

While the opposition INDIA bloc fell through in Bengal with Ms Banerjee choosing to walk the 'Ekla Cholo Re' path, the state Pradesh Congress is still keen to forge ties with the Left parties whose hands it already held formally during the 2021 state polls. An official alliance between the two sides for the upcoming Lok Sabha elections is yet to be announced, though.

The BJP, on its part, is likely to rely on its consistent trump card, the popularity and persona of Prime Minister Narendra Modi, while reaching out to the state's electorate. Licking its wounds from the drubbing in the state polls where the TMC restricted the party to just 77 seats in the Assembly floor that hosts furniture for 294 members, the BJP has had a fresh lease of life over issues of widespread corruption under Ms Banerjee's rule and, more lately, allegations of land grab and sexual abuse of women against TMC leaders in the non-descript hamlet of Sandeshkhali in the Sunderbans delta.

For all practical purposes hence, the poll turf of Bengal looks set to witness yet another bare-knuckle PM Modi versus Mamata political fight where the saffron brigade would try and do its best to upset



the Trinamool apple cart by improving upon its previous tally of 18 seats, considered, much to the chagrin of the state's ruling dispensation, the party's best performance yet.

The issues around which the largely three-cornered contest in the state is likely to be centred are as follows:

1. Corruption: Perhaps the most potent of ammunition in BJP's weaponry, the issue of alleged widespread corruption in Trinamool ranks seems to have pushed the party on the political back foot. Although Ms Banerjee calls the phenomena nothing more than an "aberration in the party", top TMC leaders continue to languish in jail for alleged recruitment scams in schools and civic bodies, irregularities in food grain distribution and even cross-border cattle smuggling. 2. Sandeshkhali and women voters: What broke out as an organised violence on a raiding ED team at TMC strongman Shajahan Sheikh's Sandeshkhali residence in early January, quickly metamorphosed into villagers' protests against forceful land grab and sustained sexual atrocities on women.

## "Will Rahul Gandhi Return Electoral Bonds That Congress Received?": Devendra

HT News Network

Mumbai: Maharashtra Deputy Chief Minister Devendra Fadnavis on Saturday hit back at Congress leader Rahul Gandhi for criticising BJP over the electoral bonds scheme and asked whether his party would return the bonds that it has received.

He said Mr Gandhi was critical of electoral bonds as the scheme has stopped his party's source of black money for funding in elections.

Rahul Gandhi, whose Bharat Jodo Nyay Yatra will conclude in Mumbai on Saturday, has been targeting the Narendra Modi-led central government over the electoral bonds scheme. He termed the scheme as an extortion racket used by the BJP for toppling govern-



ments and breaking political parties.

Talking to reporters after the state cabinet meeting, Mr Fadnavis said, "The BJP is the largest party with 303 MPs, so we got 30 per cent of the total bonds, while the rest of the opposition, including

the Congress, received 70 per cent bonds."

"Will Rahul Gandhi return the electoral bonds that the Congress received? Whom did the party threaten to get the funds?" Mr Fadnavis asked.

The BJP leader said electoral

bonds are accounted money that is shown in the balance sheet of political parties as well as that of corporate houses.

"The court will fix the loopholes if there are any in the scheme," the former CM said.

"Rahul Gandhi's outburst is because the source of black money of his party has been sealed. Congress wants black money for election funding," he alleged.

Chief Minister Eknath Shinde, who was present at the press conference, said there was no issue left with Mr Gandhi to speak about.

"He has no right to speak against Prime Minister Narendra Modi. Only 'Modi Guarantee' works in India and people know it. There is no alternative to him. Rahul Gandhi is upset over Modi's popularity the world over," he said.

## BJP Aims For 10/10 In Haryana Again In Lok Sabha Polls, Faces INDIA Bloc Challenge

HT News Network

Chandigarh: Just days before the elections were announced, the ruling BJP made a bold move in Haryana. It replaced Manohar Lal Khattar with state unit president Nayab Singh Saini as chief minister, broke its coalition with the JJP and proved its majority through a trust vote in the assembly.

The chief minister switch comes a few months ahead of the assembly polls, and the BJP may have wanted to bring in a fresh face after the two Khattar terms. But the move is also seen as an attempt to consolidate Haryana's non-Jat vote for the parliamentary polls which will be held in the state on May 25 in the sixth phase of voting.

Mr Saini is from the Other Backward Class community and will help in the consolidation of the non-Jat vote in the state. Simultaneously, the BJP has ditched the Jannayak Janta Party, which came to its rescue when it failed to win a majority in the Vidhan Sabha after the 2019 assembly polls.

Earlier that year, the BJP had won all 10 Lok Sabha seats in Haryana. Particularly after the recent moves, the party is aiming for a repeat performance.

Routed in the last general election, the Congress is the main opposition to the BJP in the state. In a seat-sharing arrangement with the Aam Aadmi Party, the Congress is fighting nine seats in the state, leaving Kurukshetra for the AAP. The JJP and its parent party, the Indian National Lok Dal (INLD), too are in the fray. Both woo the Jat vote.



The BJP will look to cash in on the "clean image" and "transparent administration" provided by previous chief minister Khattar, and highlight the work done by the BJP governments at the Centre and in the state over the past decade.

The Congress is counting on the anti-incumbency factor, somewhat mitigated by the change of CM's.

It will also bank on the popularity of state leaders like former state chief minister Bhupinder Singh Hooda, Randeep Singh Surjewala and Kumari Selja.

In 2019, among the major upsets for the Congress was Mr Hooda's defeat to BJP's Ramesh Chander Kaushik from Sonapat. The party also lost Rohtak, the only seat it had won in the 2014 Lok Sabha polls.

Over the years, the BJP has been trying to make inroads in the Jat-dominated Deswali belt which also comprises the Sonapat and Rohtak regions.

In 2014, the BJP won seven of the eight seats it contested, while the INLD won two and the Congress one - a less one-sided affair than the 2019 polls.

## CBI Arrests Shajahan Sheikh's Brother In Attack-On-Officers Case

HT News Network

New Delhi: The CBI on Saturday arrested three people, including the brother of suspended TMC leader Shajahan Sheikh, for being allegedly involved in the January 5 attack on an Enforcement Directorate team at Sandeshkhali in West Bengal, officials said.

Sheikh Alomgir, who is Shajahan Sheikh's brother, Mafujar Molla, the president of the TMC's student wing in Sandeshkhali, and Sirajul Molla, a local, would be produced before a local court on Sunday.

The agency took into custody Sheikh's brother and two others during their questioning. The Central Bureau of Investigation (CBI) took over three FIRs registered by the West Bengal Police on the directions of the Calcutta High Court.

After detailed examination, and according to technical evidence collected, they were arrested by the CBI today, the officials said.

With these arrests, the number of people nabbed by the CBI in the case has increased to 14.

The agency suspects that these people were allegedly part of the attack on Enforcement Directorate (ED) officials on January 5 and instigated a crowd to target the team when they went to raid the premises of Sheikh at Sandeshkhali in West Bengal, they said. Sheikh was arrested on February 29 after 55 days on the run following violent protests led by women, alleging sexual atrocities and land grab. He went missing after a mob attacked the ED team that went to search his house in an alleged ration distribution scam.

The state CID took over the investigation into the allegations against him. He was later handed over to the CBI on an order of the Calcutta High Court.

On March 10, the court sent him to CBI custody for four days which was later extended by another eight days -- till March 22.

The CBI has taken over the investigation in three cases related to incidents on January 5, when the ED team was attacked by an around 1,000-strong mob. A former state minister has been arrested in the ration scam case.

## PM Releases Campaign Song 'Mai Modi Ka Parivar Hun' Ahead Of Lok Sabha Polls

HT News Network

New Delhi: Prime Minister Narendra Modi on Saturday released a campaign song titled, 'Mai Modi ka parivar hun', showcasing his commitment to all.

In a post on X, PM Modi shared the video and wrote, "Mera Bharat, Mera Parivaar (My India, my family)." The campaign song 'Main Modi Ka Parivar hu' described how India's situation has become better after Narendra Modi became Prime Minister.

The three-minute, 13-second long video portrays the PM with beneficiaries of government schemes such as Pradhan Mantri Ujjwala Yojna, Direct Benefit Transfer (DBT), Har Ghar Nal



Scheme, and Pradhan Mantri Awas Yojana among others. The campaign song was released hours ahead of the announcement of the dates of the Lok Sabha elections by the Election Commission. The dates for the polls will be announced at a press conference scheduled for Saturday at 3 pm.

In a post on X, a spokesperson of the ECI said, "Press Conference by Election Commission to announce the schedule for

#GeneralElections2024 and some State Assemblies will be held at 3 pm tomorrow ie Saturday, 16th March. It will be live streamed on social media platforms of the ECI".

Earlier in 2019, Lok Sabha elections were held in seven phases from April 11 to May 19 and the results were declared on May 23.

On March 4, BJP leaders, including Union Home Minister Amit Shah, and BJP President JP Nadda, added the "Modi Ka Parivar" slogan to their handles on the social media platform X.

Previously, in 2019, following the Prime Minister's "Chowkidar" slogan, BJP leaders, as well as members of the general public, had appended "Main Bhi Chowkidar" to their names.



# "This Is A Different India Today, Now Able To Seek Its Own Solutions": S Jaishankar

HT News Network

New Delhi: Weighing in on the changing global perceptions of India, External Affairs Minister S Jaishankar said the world now sees the country as one that is able to "seek its own solutions".

He said the country stood up for its consumer interests, energy choices and national security, stressing that "this is a different India today".

Speaking at the ET Awards 2023 where he was honoured as the 'Reformer of the Year', Mr Jaishankar said, "Today when the world thinks of India, the world actually sees a country which is able to seek its own solutions, speak its own mind, which will stand up, which stood up for our consumer interests when it came to its energy choices, which stood up for its national security when it came to deploying on our northern frontiers and in staying with the Quad. So this is a different India today, and I cannot tell you how



proud I am to represent it abroad." Mr Jaishankar noted that India, in the past few years, has left a deeper imprint on world consciousness. He said the world saw how India has tackled challenges such as the Covid-19 pandemic and shipped vaccines and other life-saving drugs to 100 nations around the world under 'Vaccine Maitri' even as it was dealing with a public health emergency in its

own backyard.

Highlighting India's global outreach, Mr Jaishankar said, "In the last few years, there's no question we have left a deeper imprint in the world consciousness. When they think of India today, if one is talking in terms of challenges, they see how we handled Covid, how we became through Vaccine Maitri a provider of vaccines to 100 countries across the world. They note

how we take care of our citizens abroad. It could be 'Operation Ganga' or 'Kaveri' or 'Ajay'. It could be the 'Vande Bharat' mission during Covid. They see today the achievements of our businesses in projects abroad, in terms of exports which have gone up. They note, of course, the enormous progress that India itself is making."

Speaking at the event, the External Affairs Minister touched on the burgeoning Indian economy, saying, "They (the world) see today that despite the tremendous global headwinds, this is an economy that is growing at 8 per cent. The fifth-largest economy was 11th (even) a decade ago. It will be (the) third hopefully very soon."

Mr Jaishankar said that the world, even after coming out of the pandemic, continues to face different challenges like the conflict in Ukraine, the conflict in Gaza and maritime concerns in the Red Sea. "There are other issues, some on our borders, some beyond. So the world is not without its challenges," he said.

## Al Shabaab lays siege to hotel in Somalia; 3 killed

HT News Network

MOGADISHU: Three people were killed in an hours-long siege claimed by Al Shabaab fighters at a popular hotel near the presidential palace in the Somali capital Mogadishu on Thursday. Armed fighters stormed the SYL hotel in a hail of bullets before security forces announced they had brought the situation under control after more than 13 hours. It broke a relative lull in violence by the Al Qaeda-linked group, demonstrating its continued ability to strike despite a major military offensive against them.

"Three people died in the attack and 27 others, including nine soldiers, were wounded," a police spokesman told a press conference, adding that the injury toll included three lawmakers.

Security forces also killed five assailants in a gun battle, he added. "Several gunmen forced their way into the building after destroying the perimeter wall with a heavy explosion," Ahmed Dahir, a security official, said. Witnesses described hearing the assailants shoot indiscriminately. "I don't know about the casualties, but there were many people inside when the attack started," said Hassan Nur, who escaped by scaling a wall. Other witnesses said police arrived at the hotel within minutes of the attack, triggering a fierce gun battle.

The United States said it condemned the attack "in the strongest terms".

"The United States has a shared interest with Somalia to advance peace and prosperity, and we remain committed to supporting Somali efforts to defeat Al Shabaab," the US embassy in Mogadishu said in a statement. The government has not commented publicly, but images on state television showed President Hassan Sheikh Mohamud visiting the injured in hospital. The SYL hotel was last hit by Al Shabaab in 2019 when five people were killed.

It is close to the Villa Somalia government complex, a high-security area that includes the presidential palace, the prime minister's office and ministry buildings. "It is a highly significant attack that shatters a sense of calm in Mogadishu that has developed in recent months following some security reforms," said Omar Mahmood, an analyst at the International Crisis Group (ICG), noting that in the past Al Shabaab assaults had increased during Ramadan.

"It also serves as a signal from Al Shabaab that despite much heralded efforts by this government to weaken them, the group remains active and resilient, and even able to hit the government close to home."

## Russian Strikes Kill 20, Injure Over 70 In "Vile" Ukraine Attack

HT News Network

Odesa, Ukraine: Russian missiles pounded Ukraine's Black Sea port city of Odesa on Friday, killing more than a dozen people including rescue workers in an attack President Volodymyr Zelensky described as "vile". AFP journalists on the scene saw bodies covered by blankets strewn on the street, while images from officials showed exhausted emergency service workers smeared with blood and dirt dousing flames and treating wounded colleagues.

Local authorities said Russian aerial bombardments struck residential buildings, ambulances and a gas pipeline, leaving at least 20 people dead and wounding another 73 people, including rescuers.

Maria Slyzovska, who witnessed the attack, said the first strike rocked her mother's home leaving "everything broken" before the second missile hit.

"There were a lot of people there. There was blood and ambulances. We all live in the realities of this Russian roulette," she told AFP.

Zelensky said Russian forces had launched a type of attack known as a double-tap strike on the port hub, with the second projectile plunging into rescue workers at the scene.

City officials said Moscow targeted Odesa with Iskander missiles launched from the Crimean peninsula, annexed by Russia in 2014.

"Russian terror in Odesa is a sign of weakness of the enemy, which is fighting Ukrainian civilians at a time when it cannot guarantee security for people on its own territory," said presidential aide Andriy Yermak.

## Macron Warns Allies Against Imposing Limits On Support For Ukraine

HT News Network

Paris, France: French President Emmanuel Macron on Thursday warned allies against imposing limits on support for Ukraine, saying European security was at stake in Kyiv's battle against the Russian invasion.

With Ukraine suffering military setbacks since the failure of a counteroffensive last summer, Macron had last month shocked some allies by not ruling out sending Western troops to Ukraine. He said in an interview with French television aimed at clarifying his policy that the sending of ground forces was not on the agenda now but Europe had to keep "all options" open in case the war spread.

Macron's comments came as he prepares on Friday to travel to Berlin for a summit on Ukraine with allies German Chancellor Olaf Scholz and Polish Prime Minister Donald Tusk.

He ramed home his insistence that Europe should not show weakness and do everything it could to stop Russia winning a war that threatened the security of ordinary French and European citizens.

"If Russia wins this war, Europe's credibility will be reduced to zero," Macron said in the interview with French broadcasters TF1 and France 2 television.

## New York Judge Orders 30-Day Delay In Trump Hush Money Trial Case

HT News Network

New York: The New York judge presiding over Donald Trump's trial for allegedly covering up hush money payments linked to extramarital affairs ordered a delay Friday in proceedings that had been scheduled to get underway on March 25.

"Trial on this matter is adjourned for 30 days from the date of this letter on consent of the People," Judge Juan Merchan said in a court filing that will push the trial to at least mid-April.

The exact date will be determined at a hearing on March 25 which will also address complaints by the defense team about the disclosure of evidence ahead of trial, the letter said. Prosecutors preparing to try Trump, the first for-



mer US president to face criminal prosecution, said Thursday they would accept a delay of up to 30 days after both sides received a deluge of case documents.

Trump, seeking a comeback as the Republican candidate in this year's election, is accused of covering up hush money payments related to his successful 2016 bid for the White House.

"An immediate adjournment is appropriate," Trump's legal team wrote on Thursday in a letter to the judge.

But it argued "thirty days is not sufficient given the volume of recently produced materials and the nature of the ongoing disputes."

Prosecutors say Trump illegally covered up remittances to his longtime aide Michael Cohen to reimburse him for payments made to bury stories revealing Trump's alleged extramarital sexual relations with pornstar Stormy Daniels and a Playboy model. He denies the charges.

A New York grand jury indicted Trump in March 2023 over the payments made to Daniels, whose real name is Stephanie Clifford.

Trump has previously described the proceedings as a "disgrace."

"It's a rigged state. It's a rigged city. It's a shame," he had said.

## Hamas, Houthis Hold Rare Meet To Discuss Their Actions Against Israel: Report

HT News Network

Palestinian Territories: Senior figures from Hamas and Yemen's Houthi rebels held a rare meeting to discuss coordinating their actions against Israel, Palestinian factional sources told AFP on Friday.

Hamas and the Houthis belong to the "axis of resistance", a collection of Iran-backed movements hostile to Israel and the United States that also includes Lebanon's Hezbollah and Iraqi militias.

The Houthis have attacked Red Sea shipping for months since the Israel-Hamas war broke out on October 7, saying they are targeting Israeli-linked vessels in solidarity with Palestinians in Gaza.

According to sources from Hamas and Islamic Jihad, leaders from the two Palestinian Islamist groups, as well as the Marxist Popular Front for the Liberation of Palestine, held an "important meeting" with Houthi representatives last week.

The groups discussed "mechanisms to coordinate their actions of resistance" for the "next stage" of the war in Gaza, the sources said without identifying where the meeting took place.

The Palestinian groups and the Houthis also talked about a possible Israeli ground



assault into southern Gaza's Rafah, said the sources, who requested anonymity.

According to the United Nations, around 1.5 million people are crowded into and around Rafah, Hamas's last stronghold in Gaza, most of whom are displaced and crammed against the Egyptian border in dire living conditions. Israeli Prime Minister Benjamin Netanyahu's office said on Friday he had approved the military's plan for an operation in Rafah.

The Houthis confirmed they would continue their attacks on Red Sea shipping to "support the Palestinian resistance", according to the Hamas and Islamic Jihad sources. The rebels' leader Abdul Malik al-Huthi said on Thursday their attacks would expand to target ships avoiding the Red Sea by navigating past South Africa's Cape of Good Hope.

## Indian-Origin Couple, Daughter Burnt To Death At Canada Home

HT News Network

New Delhi: An Indian-origin couple and their teenage daughter were killed after a "mysterious" fire broke out at their home in Canada's Ontario province. Police said that incident occurred on March 7, as the bodies were completely burnt and were identified yesterday.

The victims have been identified as 51-year-old Rajiv Warikoo, his wife 47-year-old Shilpa Kotia, and their 16-year-old daughter Mahek Warikoo. They were found dead in their home on Big Sky Way



and Van Kirk Drive.

The incident was reported as a residential fire, but after their initial investigation cops said that the fire may not have been accidental. Constable Taryn Young of Peel Police described the fire as "suspicious" and said that they are combing through all evidence available to ascer-

tain the cause. "At this time, we are investigating this with our homicide bureau, and we are deeming this as suspicious as the Ontario Fire Marshal has deemed that this fire was not accidental," Mr Young told news channel CTV. A fire engulfed a home at the Big Sky Way and Van Kirk Drive area of Brampton on

March 7, a press release by the Peel Police said.

Eyewitnesses reported hearing a loud explosion before the inferno engulfed the residence, adding to the puzzling circumstances surrounding the incident. Kenneth Yousaf, a neighbor of the deceased family, recounted the harrowing moment when he witnessed the house fully engulfed in flames.

Yousaf said he was alerted to the fire last week by a family member, who heard a big "bang." "When we came out, the house was on fire. So sad. Within a few hours, everything was down to the ground,"

## Trudeau says he mulls quitting his job

HT News Network

OTTAWA: Canadian Prime Minister Justin Trudeau, whose Liberals are trailing badly in the polls, said on Friday he thought about quitting his "crazy job" every day, but insisted he would stay in office until the next election.

That vote must be held by October next year and recent surveys of public opinion show the Liberals would be crushed by the right-of-centre Conservatives. Pollsters say voters are tiring of Trudeau, who took office in Nov 2015.

"I could not be the man I am and abandon the fight at this point," he told French-language broadcaster Radio-Canada in a lengthy interview.

Asked whether he thought about quitting, he laughed and replied: "I think about quitting every day. It's a crazy job I'm doing, making the personal sacrifices... of course, it's super tough, it's super boring at times."

Last year, Trudeau and his wife Sophie announced they were separating after 18 years of marriage.

The Conservatives say they will axe a carbon tax introduced by the Liberals, address the government's budget deficit, tackle a housing crisis and crack down on crime.

## India Abstains From Voting On UN Resolution On Islamophobia

HT News Network

United Nations: India abstained in the UN General Assembly on a draft resolution introduced by Pakistan and co-sponsored by China on Islamophobia, asserting that the prevalence of "religiophobia" against Hinduism, Buddhism, Sikhism and other faiths facing violence and discrimination must also be acknowledged rather than singling out just one religion.

The 193-member General Assembly adopted the resolution 'Measures to combat Islamophobia', introduced by Pakistan on Friday, with 115 nations voting in favour, none against and 44 abstentions, including India, Brazil, France, Germany, Italy, Ukraine and the UK.

India's Permanent Representative to the UN Ambassador Ruchira Kamboj voiced condemnation of all acts motivated by anti-Semitism, Christianophobia and Islamophobia but asserted that it is crucial to acknowledge that such phobias extend beyond Abrahamic religions.



"Clear evidence shows that over decades, followers of non-Abrahamic religions have also been affected by religiophobia. This has led to the emergence of contemporary forms of religiophobia, particularly anti-Hindu, anti-Buddhist and anti-Sikh sentiments," she said, in an explanation of India's position on the resolution.

India stressed that the adoption of the resolution should not establish a precedent that could result in numerous resolutions centred on phobias tied to specific religions, "potentially dividing the United Nations into religious camps." "It is crucial for the UN to maintain its stance above such religious concerns, which have the potential to fragment us rather than unite us under the banner of peace and harmony, embracing the world as one global family," Kamboj said.

India called on all member states to consider the broader scope of religious discrimination that persists globally.

"While the issue of Islamophobia is undoubtedly significant, we must acknowledge that other religions are also facing discrimination and violence. Allocating resources solely to combat Islamophobia, while neglecting similar challenges faced by other faiths, might inadvertently perpetuate a sense of exclusion and inequality," she said.



# NIT Srinagar faculty member along with his team secures patent from Panjab University Chandigarh

HT News Network

Srinagar, Mar 16: A faculty member from Department of Physics, National Institute of Technology (NIT) Srinagar, Dr. Vijay Kumar and his team have received a patent for their research titled as "Biodegradable Packaging Film and How to Make It" from Panjab University Chandigarh.

The other collaborators of Dr. Kumar include Dr. Vishal Sharma (Panjab University Chandigarh), Dr. Kashma (DAV College, Sector-10, Chandigarh), and Sonal Choudhary (Panjab University Chandigarh).

The whole team was granted a patent for

their research titled "Biodegradable Packaging Film and a Process for its Preparation thereof."

Dr. Vijay said that it is a significant milestone for us, marking a culmination of hard work, dedication, and innovative thinking. Developing sustainable solutions has always been a core focus for us, and this patent approval reaffirms our commitment to environmental stewardship, he said.

"Mostly our biodegradable packaging film offers a sustainable alternative to traditional packaging materials, addressing the growing need for eco-friendly solutions in today's market," Dr Vijay said.

He said that the present invention relates



to a biodegradable packaging film comprising agarose, neem gum, hydroxyapatite and polysorbate 80. "The invention also relates to a process for the preparation of said biodegradable packaging film. The present biodegradable packaging film incorporates natural ingredients and is prepared by green synthesis," he added.

Another team member of the group, Dr. Vishal Sharma said in today's era, the most pervasive and enduring recent change to the environment is the accumulation and fragmentation of plastics.

"Plastic has lured humans due to its empowered quality of life whether it is through the ease of packaging or due to its flexibility,

longevity, plasticity, or its overall convenience to humans," she said.

Dr Sharma said that however, on the contrary, the plastics have proved to be very harmful for humans, animals, and plants. Plastic causes harm to the habitat in the form of pollution, space-usage, contamination, and its quality of persistence.

They further cause serious health issues due to Bisphenol A (BPA) and phthalates which leech into the water and finally to the complete environment.

In view of the above, there exists a need in the state of the art to provide a packaging film, which is prepared by a completely green method as well as natural materials.

## Lok Sabha Election-2024: Training for employees held at Bandipora

HT News Network



BANDIPORA, MARCH 16: In preparations to Lok Sabha election 2024, the District Election Office Bandipora organised a training programme for employees of various Departments at mini secretariat, here.

The training programme was aimed to provide employees hands-on experience regarding conducting polls and handling different poll processes during Lok Sabha Election-2024.

The training was provided by Master Trainer Manzoor Ahmad Bhat in presence of Election Nodal Officer/Ex. Engineer R&B Asadullah Najar.

On the occasion Master trainer highlighted the role of employees in facilitating the election process.

Emphasis was placed on upholding ethical standards throughout the electoral process, including maintaining neutrality, confidentiality, and fairness in all interactions with voters and other stakeholders.

The employees also received training to assist voters with special ability or other special needs to ensure that every eligible voter can exercise their right to vote.

## Drug Control Authority conducts intensive inspection of medical shops in Yaripora & Frisal of Kulgam

HT News Network

KULGAM, MARCH 16: Drug Control Authority today conducted intensive inspection of medical shops in Yaripora and Frisal areas of district Kulgam regarding CCTV installations and computerized billing system.

During inspection, 3 show-cause notices were served regarding non issuance of cash memos and improper storage of medicine requiring cold storage.

Chemists were given real time demonstrations for raising digital invoices and maintaining records of all medicines, especially scheduled formulations.

An awareness camp was also held at Yaripora regarding the computerized billing system and its advantages. Chemists of the area have affirmed to secure compliance for CBS installation.

## Tajamul Sadeeq: A Beacon of Inspiration in Jammu and Kashmir

DR Abdul Qayoom



Kupwara, Mar, 16: Advocate Tajamul Sadeeq's journey from the humble village of Haftrada, Kupwara, to becoming a prominent figure in both legal and social spheres in Jammu and Kashmir is truly inspirational. At just 27 years old, Tajamul has already made significant strides in advocating for justice and uplifting the marginalized communities. His educational journey began at HSS Vilgam and culminated with a BALLB degree from Kashmir University, where his academic excellence was complemented by a fervent passion for social change. Tajamul's involvement in student activism and dedication to helping the underprivileged showcased his commitment to making a difference.

Transitioning into the legal profession, Tajamul's dedication to social justice remained steadfast. He worked tirelessly with various NGOs, striving to uplift marginalized communities and advocate for their rights. His efforts were recognized with his recent appointment as Deputy Advocate General at the High

Court of Jammu and Kashmir, where he continues to champion justice on a broader platform.

Throughout his journey, Tajamul has been supported by his elder brother Rayees Chaudhary, as well as a network of friends and mentors who have played pivotal roles in his success. Tajamul's achievements stand as a testament to the power of collaboration and support from colleagues in the legal field, community leaders, and educators. Tajamul Sadeeq's story serves as a beacon of inspiration, illustrating how dedication, support, and a steadfast commitment to social welfare can lead to impactful achievements. His journey from a young student activist to a key legal figure in Jammu and Kashmir exemplifies the transformative potential of a purpose-driven life.

## Distt Admin Ganderbal undertakes mega plantation drive under SVEEP

HT News Network

GANDERBAL, MARCH 16: The Deputy Commissioner (DC) Ganderbal, Shyambir today undertook a significant plantation campaign at Tara Gali, Badarkund area in Ganderbal under Systematic Voters' Education and Electoral Participation (SVEEP).

This plantation initiative, organized by the District Administration in collaboration with NLCO under Mission 50,000, is a pivotal component of the SVEEP program.

The event witnessed the enthusiastic participation of various stakeholders including DFO Sindh Forest Division Ganderbal, Chairman NLCO, students from diverse educational institu-



tions, NRLM, officials Social Forestry and local residents. Under the banner of Mission 50,000, the District Administration Ganderbal aims to plant 50,000 saplings across pre-identified clusters in the district. This ambitious endeavor commenced today and aligns with the overarching goals of SVEEP.

Addressing the attendees, DC emphasized the

dual purpose of the plantation drive. Firstly, it aims to instill awareness among the local populace regarding the pivotal role of trees in our ecosystem. Secondly, it seeks to underscore the significance of active participation in the electoral process.

Shyambir urged everyone to contribute to this noble cause by planting at least one sapling during the

campaign and actively engage in the upcoming elections.

He also solicited the cooperation of the community in safeguarding and nurturing the planted saplings, emphasizing the collective responsibility towards environmental conservation.

The mega plantation drive underscores the District Administration's commitment to environmental sustainability and civic engagement, marking a significant step towards a greener and more participatory future.

Meanwhile, the DC also kick-started the Spring Revival Initiative under Mission Aab-e-Hayat to ensure restoration and preservation of natural springs in the district.

## 03-day awareness programme on the new criminal laws conducted by Police in Budgam

HT News Network

Budgam March 16: Police in Budgam organised an awareness programme on the New Criminal Laws at Govt. Degree College Magam.

The Programme was attended by SDPO Magam Shri Aftab Awam-JKPS, Principal GDC Magam, Assistant Public Prosecutor Magam, SHO Magam and IC PP Narbal.

The event witnessed significant participation from renowned educationists, prominent individuals and students of GDC Magam.

They were provided with a basic understanding of the new Criminal Laws, viz, Bharatiya Naya Sanhita, Bharatiya Nagrik Surksha, Bharatiya Sakshya Abhiyaan.

The participants appreciated the role of Budgam Police in organising such an important programme and thanked the J&K Police efforts, in providing the much-needed awareness.

## Police facilitates Police Community Partnership Group (PCPG) meeting in Handwara

DR Abdul Qayoom

Handwara March 16: Continuing unwavering efforts to bridge the gap between police & public, Police in Handwara facilitated a Police Community Partnership Group meeting (PCPG) at Police Post Magam.

The meeting was chaired by ASP Handwara and was attended by Numberdars, Chowkidars and respectable citizens of concerned area including members of Auqaf Committees etc.

On the occasion, the participants highlighted various issues of public importance and they were assured by the chairing officer that their genuine grievances pertaining to police will be resolved on priority and that of civil administration will be taken up with the concerned departments for their early redressal. The participants were stressed to co-operate with Police in maintaining law and order in the area and in identifying anti-national and anti-social elements who always try to disrupt the peaceful environment. The participants in the meeting assured their full co-operation to Police in tackling social evils and also appreciated the efforts of Police in facilitating community interaction meets where participants express their opinions freely.

## DEO Rajouri reviews preparedness for Lok Sabha Elections

HT News Network

RAJOURI, MARCH 16: District Election Officer, Om Prakash Bhagat, today chaired a meeting of the Assistant Returning Officers to review preparedness for the smooth conduct of the forthcoming elections.

The meeting focused on acquainting the stakeholder functionaries about the spectrum of their duties spanning across the pre-election, election, and post-election phases. Each phase demands meticulous attention and unwavering dedication to ensure the transparency of the electoral process, the DEO emphasised.

He directed the officers to discharge their responsibilities with the highest degree of sincerity and dedication. Emphasizing the paramount importance of their role, he underscored the critical need for adherence to ethical conduct and procedural integrity at every juncture of the electoral timeline. In line with the overarching objective of facilitating a smooth and fair electoral exercise, the District Election Officer Om Prakash Bhagat reiterated the significance of upholding democratic principles and fostering an environment conducive to free and fair elections. He accentuated the imperative for each officer to uphold the sanctity of their mandate, thereby ensuring the democratic aspirations of the electorate are safeguarded with utmost diligence. The meeting was attended by the ADC Rajouri, Rajeev Kumar Khajuria; ADC Nowshera, Babu Ram Tandan; ADC Kalakote, Mohd Tanveer; ADC Koteranka; ACR, Mohd Jhangir Khan; Dy DEO, Shakeel Ahmed; DDE, Zaheer Ahmed Kaifi; SDM Thanamandi, Abid Hussain Shah; DySP Hqr and other concerned officers.

## J&K Judicial Academy, e-Committee Supreme Court of India organize refresher programme, ECT-9-2024

HT News Network

JAMMU, MARCH 16: Under the patronage of Chief Justice, High court of J&K and Ladakh, Justice N. Kotiswar Singh and guidance of Justice Sanjeev Kumar and other members of Governing Committee for Judicial Academy, the J&K Judicial Academy in collaboration with e-Committee, Supreme Court of India organized one day refresher programme (ECT-9-2024) for staff members of District Courts of twin UT's of J&K and Ladakh at J&K Judicial Academy, Janipur. The training programme was inaugurated by Justice Sanjeev Kumar, Chairman, Governing Committee for Judicial Academy in presence of Mr. Anoop Sharma, Registrar Computer, High Court of J&K and Ladakh, who was the resource person in the day long event. Justice Sanjeev Kumar, in his inau-



gural address, observed that the technology has proved a great accelerator in almost all aspects of human lives including dispensation of justice. He noted that e-courts represent a more viable alternative to conventional courts, harnessing technol-

ogy to expedite legal proceedings. He highlighted that Court staff forms the backbone of our judicial system and any shortcoming at their part adversely impacts a judge's ability to deliver justice. Elaborating further, Justice Kumar said

that in J&K 15-16 courts are paperless now wherein entire records have been digitized but still we are facing difficulties because of certain issues faced by the staff in adapting to the new technology. He advised the participants to transform their mindset and switch over to the technology for larger benefit of the society. The Chairman further highlighted that e-Courts have the potential to revolutionize the administration of justice particularly for underprivileged and marginalized communities facing barriers to traditional court systems by reshaping access to justice and enhancing efficiency, transparency and fairness. Director, J&K Judicial Academy, Y P Bourne, while presenting welcome address, highlighted the core purpose and importance of the programme. He stated that e-Courts Project was conceptualised on the basis of "National Policy and Action Plan for Implementation.



# Practical Tips For A Healthy Kidney



Dr Hilal Malla  
[Nephrologist]

The theme for World Kidney Day 2024, is Kidney Health for all – Advancing equitable access to care and optimal medication practice. This theme emphasizes the importance of ensuring everyone, regardless of background or location, has access to the care and medication they need.

Kidney disease is a global public health problem, affecting over 750 million persons worldwide (70-80 crore, 10% of world population). The burden of kidney disease varies substantially across the world, as does its detection and treatment.

World Kidney Day is celebrated on 2nd Thursday of March every year. So, this year 14th March, 2024 is the world kidney day and campaign theme for this year is: kidney health for all-advancing equitable access to care and optimal medication practice.

This day offers us an opportunity to raise awareness regarding kidney diseases, preventive measures and optimal treatment opportunities to those who are suffering.

World over, many countries still lack access to basic diagnostics, a trained nephrology workforce, universal access to primary health care, and renal replace-

ment therapies. Although, India and in particular our state of Jammu and Kashmir has made many strides in the management of kidney disease patients but there is still a long way to go to serve our patients

injudicious use of painkillers, infections, kidney stone diseases and inherited and genetic diseases.

All diabetic patients should maintain a strict glycaemic control by following

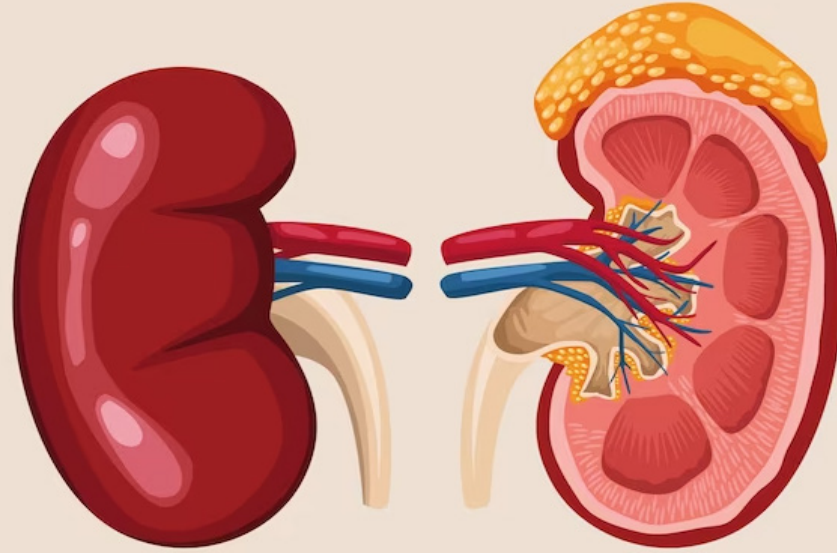
in those who are overweight, daily brisk walking for 30mins, eating green leafy vegetables rather than processed junk food helps kidneys and overall health of body in a big way.

Drink 10-12 glasses of water daily. It helps to keep body hydrated and lowers risk of kidney stone formation.

Even patients with near total loss of kidney function (<10% of remaining function) called CKD, can live a respectable and productive life with dialysis support. With the advent of automated and better biocompatible machines and accessories, dialysis in current era is much safer and effective for toxin removal from body.

Dialysis modalities are broadly of 2 types: 1: Haemodialysis (or blood dialysis) which is done in facility where patient needs to visit 2-3 times/ week. The other one is called peritoneal dialysis done manually daily at home. An updated version of peritoneal dialysis is the automated peritoneal dialysis (APD) where the peritoneal dialysis is done by the bedside machine during night, while patient being asleep, thus giving the patient an opportunity to be dialysis free during the day.

Kidney transplantation is the best treatment available for such patients, where a relative of the patient donates his one kidney to the ailing patient. The new transplanted kidney perform all the functions of the body as done by his own kidneys and improves the quality of life, although some medications need to be taken by the patient lifelong. The transplant surgery is a safe and success rate of 95% is achieved after surgery.



better particularly starting a deceased donor kidney transplantation programme. This needs the awareness regarding the burden of kidney disease in our state and sincere efforts by the medical fraternity, government, NGO's, civil society and religious heads.

Useful tips for kidney health:

Diabetes and hypertension (high BP) are the most common causes of kidney failure world over. Other being chronic glomerulonephritis (protein losing conditions intrinsic to kidneys), prolonged or

dietary and medication advice. Glycated haemoglobin (HbA1C) should be done regularly (3 monthly) with the target to keep it below 7%

For those patients who have uncontrolled blood pressure regular monitoring, lifestyle changes and medications to keep it under control (i.e below 130/80 or age-appropriate levels). Regular follow up with your doctor and monitoring is important to save your kidneys, heart and brain from harmful effects of high BP.

Life style changes like weight reduction

## NEWS

### Gingivitis: How Our Gums Affect Our Teeth & How To Improve It



The health of our gums greatly influences the health of our teeth and overall oral hygiene. Gingivitis is one of the more common and less chronic gum diseases. Some of the most common symptoms of gingivitis are irritation, inflammation, redness, etc. Gingivitis appears on our gingiva. Gingiva is the gum that surrounds the base of our teeth.

Untreated gingivitis can later lead to periodontitis and even tooth loss. Having clean and healthy gums helps manage the health and longevity of our teeth. In this article, we discuss the link between good gum and teeth health. We also list ways in which you can maintain the good health of your gums and teeth.

#### 1. Brush twice daily

Although this goes without saying and is one of the most common pieces of advice, many often skip this step. It is essential to brush daily, especially before going to bed. Food and bacteria build-up from throughout the day can do serve damage to our teeth and gum.

#### 2. Get regular dental clean-ups

Similar to full body checkups, it is essential to get regular oral checkups. A dentist can help you identify any oral diseases you may be prone to or may be showing symptoms of. A dentist may also be able to thoroughly clean your teeth which may not be possible at home.

#### 3. Stop smoking

Smoking causes irreversible damage to our bodies including our oral health. Smoking can make us prone to gum diseases as it lowers our overall immunity. In addition to this, smoking slows down healing which might disrupt recovery from pre-existing gum diseases.

#### 4. Incorporate mouthwash

Mouthwash helps provide an extra push of cleanliness to your oral hygiene routine. Mouthwash can help reduce plaque that may have built up due to gingivitis.

#### 5. Try flossing

Flossing is not widely practiced in Indian households. However, it may provide various benefits that may not be sufficient through brushing. Flossing helps remove plaque and other things that may have housed the crevices between our teeth.

In conclusion, taking proper care and cleaning your mouth regularly can help you lower your risk of gingivitis and other gum diseases. Maintaining good health of your mouth may even help lower the risk of other chronic diseases.

## Having Depression May Increase Heart Disease Risk By as Much as 64%

Women with depression have an increased risk of developing cardiovascular disease than men.

Women may be more vulnerable to the physiological effects of depression. Also, women experience hormonal changes later in life, and the cardioprotective effects of estrogen begin to diminish, putting them at a heightened risk for cardiovascular disease.

There are several limitations of this study. Further research is needed.

A new study shows people with depression have a greater risk of developing cardiovascular disease, but more women experience heart disease due to depression compared to men.

The findings were published March 12 in JACC: Asia. Researchers examined the relationship between depression and cardiovascular outcomes by analyzing data from the JMDC Claims Database between 2005 and 2022. They found 4,125,720 eligible participants. The median age was 44 years, and 2,370,986 participants were men.

The study found that men with depression were at



a 39% increased risk for heart disease whereas women with depression had a 64% increased risk of heart disease.

"This is an interesting study of sex-specific associations between depression and risk for cardiovascular disease in a large sample of Japanese adults," said Dr. Allison Gaffey, assistant professor of cardiovascular medicine at Yale School of Medicine. "Managing depres-

sion seems essential for heart disease prevention. Results add to the evidence in favor of addressing depression—through screening, referral, and treatment—to reduce the risk for heart disease in men and women."

Gaffey was not involved in the study.

The connection between depression and heart health There are three main ways that depression and heart disease are connected, according to Dr. Roy C. Ziegelstein, MACP, Professor of Medicine and Vice Dean for Education at Johns Hopkins University School of Medicine. Ziegelstein was not involved in the study.

First, depression is a risk factor for the development of heart disease, and this study highlights that relationship. Some consider depression a "non-traditional" cardiovascular risk factor. Trusted Source with other, perhaps better known, risk factors being considered "traditional" (e.g., high blood pressure, diabetes, high cholesterol, and cigarette smoking).

Second, heart disease is associated with an increased likelihood of developing or being diagnosed with depression. These two aspects together lead to the description of the relationship between depression and heart disease as "bidirectional".

## 1 Billion People Have Obesity Worldwide, What Researchers Say is the Cause

A new report has found that obesity trends have shifted significantly in the last 30 years.

Researchers find rates of obesity have risen drastically.

Experts say that the study further cements what those in the field have known for a long time.

A new analysis, recently published in the Lancet Trusted Source, has found that the worldwide trends among people who are either obese or underweight have shifted over the last 30 years.

Now over 1 billion people are estimated to have obesity and the number of people who are underweight has decreased.

Obesity rates have risen significantly since 1990

The report looks at 3,663 studies, spanning from 1990 to 2022, and involves 222 million people overall. The indicator used was body mass index, which the authors acknowledged is an imperfect, though widely available, measure.

The researchers, who were part of the NCD Risk Factor Collaboration in conjunction with the World Health Organization, found that, in the vast majority of the world, the combined issues of being underweight/thin or obese have increased.

The number of people who are obese has increased significantly



since 1990.

For women, 2003 was the last year that the average person was more likely to be underweight than obese. For men, that year was 2009.

Today, more than a billion people in the world today can be characterized as having obesity.

Dr. Chris Damman, a clinical associate professor at the University of Washington who specializes in internal medicine and gastroenterology, says that this research confirms what those in the field have known for decades and highlights serious concerns about the trajectory of these trends.

"As we transition from countries which have had [a] higher prevalence of underweight we're moving directly into overweight, obesity, and metabolic disease," Damman said. "We're really trading one problem

for another. And the study confirms that understanding of what's happening with nutrition in the world."

The report also found that not only are more adults trending towards having obesity, so are children and adolescents.

The increasing number of obese adults worldwide was evident as early as the 1970's and 1980's, according to Dr. Eric Sternlicht, PhD, an associate professor at Chapman University who teaches a range of courses in their health sciences faculty. However, he says that this trend translating to younger populations is a growing problem.

For context, over the timespan studied, 1990 to 2022, the number of children with obesity rose drastically, Sternlicht said. The number of girls with obesity rose from 1.7% in 1990 to 6.9% in 2022. For boys with obesity, the number rose from 2.1% in 1990 to 9.3% in 2022, according to the report. "Our kids are no longer eating the traditional diets," Sternlicht said. "So, it's not surprising to me, as we become more mechanized, and especially with the advent of smartphones and computers, the amount of activity that individuals are doing is reduced." While there are still significant parts of the world where people are underweight, the steady rise of people with obesity has made headlines.

## What Are Early Signs Of Kidney Disease In Children Parents Must Not Ignore?

The kidneys are vital organs that play a crucial role in maintaining overall health.

They perform several essential functions, including filtering waste products, excess salts, and fluids from the blood to form urine, which is then excreted from the body. Additionally, the kidneys help regulate the balance of water, acid-base balance, and electrolytes such as sodium, potassium, and calcium. They also play a key role in regulating blood pressure by controlling blood volume and the amount of sodium retained in the body.

Furthermore, Dr Darshan Rangaswamy, Pediatric Nephrologist, KMC Hospital Mangalore adds, "The kidneys produce hormones like erythropoietin and active Vitamin D, which are important for increasing haemoglobin levels and maintaining calcium balance for promoting bone health, respectively."

#### Kidney Disease in Children

"Kidney disease in children is often overlooked but can have significant impacts on health and quality of life. Children with kidney disease experience a range of disorders that affect the kidneys, including congenital conditions, inherited genetic diseases, acquired diseases due to infection, autoimmunity, or drug toxicity, and rarely, cancers of the kidney and



urinary tract. The incidence and prevalence of kidney ailments in children have increased significantly in recent years due to improved recognition and treatment," highlights Dr Darshan.

#### Symptoms of Kidney Disease in Children

In children kidney disease range from congenital conditions of abnormalities in kidney development, inherited genetic diseases, acquired diseases due to infection, autoimmunity or drug toxicity and rarely cancers of the kidney and urinary tract. Symptoms can vary depending on the specific type of kidney disease, Dr Darshan shares common signs which include:

**Urination changes:** Increased or decreased frequency of urination, bedwetting (especially in a child who was previously dry at night), foamy or bloody urine.

**Fatigue:** Weakness, lethargy, or irritability.

**Poor appetite:** Nausea, vomiting, or weight loss.

**High blood pressure:** This is more common in older children and adolescents.

**Growth problems:** Delayed growth or short stature. Pain: Abdominal pain, back pain, or flank pain.

When To Seek Professional Help?

Dr Darshan concludes, "It's important for parents to be aware of these symptoms and consult with a paediatrician and/or paediatric nephrologist if they suspect their child may have kidney disease. Early detection and treatment can help manage kidney disease and improve outcomes for children. The real impact of chronic kidney disease in children from developing countries is often under-recorded due to lack of paediatric renal services, accessibility to renal replacement therapy, and poor healthcare resource allocation." Keep a check on your kids overall health, in this guide to keeping your child's kidney health. Read types, symptoms, and impacts of kidney disease, here.





## GREEN-POWERED RCB SHORT ON LEGSPIN AND DEATH-BOWLING OPTIONS

### Where RCB finished last season

For the first time in four seasons, RCB missed the playoffs after being in contention until their final group game, where they were blindsided by a Shubman Gill century at the M Chinnaswamy Stadium. It meant they finished sixth, with seven wins and seven losses.

### RCB squad for IPL 2024

Faf du Plessis (capt), Glenn Maxwell, Virat Kohli, Rajat Patidar, Anuj Rawat (wk), Dinesh Karthik (wk), Suyash Prabhudessai, Will Jacks, Mahipal Lomror, Karn Sharma, Manoj Bhandage, Mayank Dagar, Vijaykumar Vyshak, Akash Deep, Mohammed Siraj, Reece Topley, Himanshu Sharma, Rajan Kumar, Cameron

Green, Alzarri Joseph, Yash Dayal, Tom Curran, Lockie Ferguson, Swapnil Singh, Saurav Chauhan

### Player availability

RCB have all their players available right through the season.

There had been doubts over Cameron Green's availability for the first two games, but he is due to arrive in India ahead of the tournament opener after being given the green signal to miss the Sheffield Shield final by Cricket Australia.

After missing the five-Test series at home against England to be with his family for the birth of his second child, Virat Kohli is set to return to competitive cricket. He will link up with the squad at a pre-tournament camp in Bengaluru

ahead of the opening game on March 22 in Chennai.

### What's new at RCB this year?

Green's acquisition during the pre-auction trades potentially gives them a four-overs bowler and batter in the top six. There's also out-and-out pace, with the option to bring one of Lockie Ferguson and Alzarri Joseph into the first XI.

### The good - Patidar and Akash Deep come in hot

RCB have seen several of their key Indian players enjoy a breakthrough season over the past few months.

Rajat Patidar's return after missing IPL 2023 because of a heel injury strengthens their top order. Patidar, who struck the

first hundred by an uncapped Indian in the IPL playoffs in 2022, has been capped in Tests and ODIs over the past three months.

Fast bowler Akash Deep's excellent returns for India A against the England Lions in January-February led to him being handed a Test cap against England in Ranchi.

Fast bowler Vijaykumar Vyshak has come in the selectors' radar after earning a fast-bowling contract on the back of an excellent domestic season for Karnataka. His 39 wickets in eight Ranji Trophy matches in 2023-24 were the second-highest among fast bowlers this season. He also contributed wholesomely with the bat, hitting 343 runs

in 13 innings.

### The not-so-good - no leggie or death-overs back-ups

They lack an experienced legspinner having released Wanindu Hasaranga. They will have to rely on the uncapped Himanshu Sharma or Karn Sharma, who has featured in barely a handful of games for the franchise over the last two seasons. Without Harshal Patel, they also need to find a death bowler.

### Schedule insights

RCB open their campaign with an away fixture in Chennai, where they haven't beaten CSK since 2008. They then return to play three straight home games before flying to Jaipur to end their first leg of matches as per the tournament's schedule.

## Shane Watson drops out of race to be Pakistan head coach

**NEW DELHI:** Shane Watson has pulled out of the race to become Pakistan's head coach after being the PCB's preferred candidate.

Watson, the former Australian allrounder who coached Quetta Gladiators this season in the Pakistan Super League (PSL), was in advanced discussions over the last week regarding him taking over as Pakistan's limited-overs coach. It is understood he had seriously considered the offer after thoroughly enjoying his time in Pakistan during the PSL and was excited by the prospect of working with Pakistan's players.

But ESPNcricinfo understands that Watson has decided to honour his current coaching and commentary commitments for the time being. Watson currently has a commentary deal at the IPL and a head coaching role in Major League Cricket with San Francisco Unicorns, on top of his role with Quetta Gladiators. He also has a young family and is based in Sydney.

A full-time position with Pakistan would have seen him assume charge with immediate effect ahead of Pakistan's next limited-overs series against New Zealand at home in April and commit to Pakistan's limited-overs programme year-round.

Watson's decision to pull out of the race means Pakistan remain without a head coach ahead of the five-match T20I series against New Zealand. Pakistan are also due to play T20Is against England in May ahead of the T20 World Cup in June.

While news reports in Pakistan suggested the PCB's offer to Watson ranged around US\$2 million a year, ESPNcricinfo understands the actual figure was closer to half that number. It is understood the PCB's financial offer played no part in Watson's deci-



sion to withdraw.

The speed at which developments occurred concerning the PCB's interest in Watson as head coach meant that accepting the offer would have necessitated pulling out of his other roles at short notice, which is understood to be the main reason for withdrawing. Watson was appointed head coach of Quetta Gladiators late last year. He won a title with Gladiators as a player in 2019.

He has rung the changes at the top

in his first season as coach, most notably playing a leading role in replacing Sarfaraz Ahmed - who had served as captain of the franchise for eight years - with South Africa's Rilee Rossouw.

Gladiators started extremely strongly and qualified for the playoffs for the first time in five seasons. However, they lost momentum towards the tail-end of the tournament and were eliminated by Islamabad United on Friday.

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