

Suryakumar Yadav In Doubt For Mumbai Indians' Season Opener

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Kashmiri Professor Mehr Un Nisa Wins Kaveri's 'Mahila Shakti Vandan Samman' at Arni University

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# In 5 years, MHA Bans 9 Separatist Groups In J&K

'2 Banned In 2019, 3 In 2021, 4 In 2024 Under UAPA'



HT News Network

**SRINAGAR, MAR 18:** In the past five years, the Government of India has banned 10 separatist groups in Jammu & Kashmir.

Details available with news agency—Kashmir News Observer (KNO) reveal that the Union Home Ministry has declared nine separatist

ist groups in J&K as unlawful associations under the Unlawful Activities (Prevention) Act-1967, since 2019.

On February 18, 2019, the Union Home Ministry banned Jamaat-e-Islami, a cadre-based organisation with pan-Kashmir presence. The MHA said that the outfit was

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## Govt Sets Up Tribunals To Adjudicate Whether There Are Sufficient Grounds To Ban 2 JK Groups

HT News Network

**NEW DELHI, MAR 18:** The Centre on Monday constituted two tribunals under Justice Neena Bansal Krishna of the Delhi High Court to adjudicate whether there are sufficient grounds for declaring the Muslim Conference Jammu and Kashmir (Bhat faction) and the Muslim Conference Jammu and Kashmir (Sumji faction) as banned groups.

Both the organisations were declared banned groups by the government on February 28 under the

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## INDIA Bloc's Manifesto Talks About Finishing 'Shakti': PM Modi

HT News Network

**JAGTIAL (TELANGANA), MAR 18:** Alleging that the INDIA bloc's manifesto talks about finishing 'Shakti', Prime Minister Narendra Modi on Monday said the fight is between those who want to destroy 'Shakti' and those who worship them.

Addressing a rally here, Modi said, for him, every mother and every daughter is a form of 'Shakti' and that he worships them.

He said the nation dedicated 'Chandrayaan's' success to 'Shiv Shakti' and the opposition parties are talking of destroying 'Shakti'.

"On Sunday in Mumbai, there was an INDI alliance rally after the announcement of the schedule for elections. They announced

their manifesto in the rally. In Mumbai's Shivaji Park, they said their fight was against 'Shakti'. For me, every mother, every daughter is a form of 'Shakti'. Mothers and sisters, I worship you as 'Shakti'. I am Bharat Maa's 'pujari,'" he said.

"INDI alliance in its manifesto announced to finish/destroy Shakti. I accept their challenge. I will sacrifice my life for the security of mothers and sisters," he further said.

Stating that people's support to BJP is growing continuously in Telangana, Modi said as the voting day nears there is a BJP wave in Telangana, while Congress and BRS will get cleaned up.

The whole country is saying — more than 400 (seats for NDA) on June 4 (counting day), he further said.

Alleging that Congress has

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### NEWS BRIEF

#### Major Fire Erupts In Zabarwan Hills In Srinagar

**SRINAGAR, MAR 18:** A major fire erupted in the forest range of Zabarwan hills in the Brain-Nishat range in Srinagar during the intervening night of Sunday and Monday, officials said.

They said the fire broke out on Sunday evening and spread in a vast area of the forest range of the Brain unit of Zabarwan hills.

A joint operation was launched by the Fire and Emergency Service, Wildlife department, Forest department and Police to bring the fire under control.

Fire and Emergency Service officials said the fire was still going on in a

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#### Northern Army Commander Reviews Ladakh's High Altitude Areas

**JAMMU, MAR 18:** Northern Army Commander Lieutenant General M V Suchindra Kumar on Monday visited the high altitude forward areas and reviewed the operational preparedness in Ladakh sector.

The Northern Army Commander appreciated the efforts of the Indian Army and the Indo-Tibetan Border Police (ITBP) for their relentless efforts in maintaining highest standards of operational effectiveness under challenging conditions, the Northern Command said.

"Lt Gen M V Suchindra Kumar, Army Commander Northern Command, visited formations deployed in

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#### One Killed, Another Injured In Road Accident In Doda

**JAMMU, MAR 18:** One person was killed and another injured in a road accident in J&K's Doda district on Monday, officials said.

Officials said that a car went out of the driver's control and dropped into a gorge on Khilani Marmat Link Road in Doda.

"One person identified as Roshan Lal died on the spot while another, Tanveer Ahmad sustained injuries. The injured person was shifted to the government medical college hospital in Jammu city for treatment. Police have registered a case in this incident," an official said.

#### SIA Files Chargesheet Against Two Narco-Terror Financers

HT News Network

**SRINAGAR, MAR 18:** State Investigation Agency, Jammu and Kashmir police, on Monday filed chargesheet against two accused who along with their other associates were involved



in operating a narco terror financing module in the union territory.

A statement by the Agency said the chargesheet was filed against Zaheed Ahmad Khoja and Zameer Ahmad Lone under various provisions of NDPS Act and UA(P) Act in Special Designated UAPA Court under the NIA Act.

SIA said Khoja was arrested in September last year when he was

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## Formula 4 Car Racing Demonstrates Kashmir's Potential As A Sports & Adventure Hub: Amit Shah

HT News Network

**SRINAGAR, MAR 18:** Home Minister Amit Shah commended the Modi government's persistent efforts in developing Kashmir, emphasizing the transformation of the valley into an investment hub and a paradise for sports and adventure enthusiasts.

His remarks came as

Srinagar played host to the first-ever Formula 4 car racing demonstration event, a spectacle that captivated locals and motorsport aficionados alike.

"The Modi government's continuous efforts to develop Kashmir have not only made the valley an investment destination but also a paradise for sports and adventure enthusiasts,"



stated Home Minister Amit Shah, as per news agency KNS.

He expressed delight at witnessing the Formula 4 car show taking place on the streets of Srinagar, igniting excitement across the globe.

Shah highlighted the region's mountainous terrain, winding roads, off-road trails, and hospitable

local populace, which he deemed ideal for hosting such prestigious events.

Prime Minister Narendra Modi in a post had stated that the event would serve to further highlight the splendor of Jammu and Kashmir.

"This is very heartening to see. It will help further showcase the beauty of

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#### BJP Fully Geared Up For Lok Sabha Election In J&K: Sunil Sethi

HT News Network

**SRINAGAR, MAR 18:** Senior Bharatiya Janata Party leader Sunil Sethi on Monday said that the BJP is fully geared up for the Lok Sabha election to be held in five phases in Jammu and Kashmir beginning from April 19.

Addressing a press conference here,

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#### J&K Government to Fill Over 12,000 Vacancies to Tackle Unemployment

HT News Network

**SRINAGAR, MAR 18:** To address the longstanding issue of unemployment, the Jammu and Kashmir government is going to initiate the recruitment process to fill more than 12,000 vacant positions across various government departments.

As per an official document available with the news agency—Kashmir News



Observer (KNO), the Jammu and

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### GENERAL ELECTIONS-2024

## CEO Issues Guidelines For Printers, Publishers Of J&K



HT News Network

**JAMMU, MAR 18:** In view of the ensuing elections to Lok Sabha, the Jammu and Kashmir Election Office has issued guidelines with regard to printing and publication of election pamphlets, posters and related material across the Union Territory.

The Chief Electoral Officer today issued a public notice to all the registered printers and publishers of the Union Territory of Jammu and Kashmir, informing that the

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### Media Certification & Monitoring Committee To Pre-Certify All Political Advertisements

HT News Network

**JAMMU, MAR 18:** As per the Supreme Court Order dated 13-04-2004 and Election Commission of India's guidelines, all political advertisements by any registered political party or any group of organizations/associations or any contesting candidate/individual shall be pre-certified by Media Certification and Monitoring Committee (MCMC) before telecast/broadcast on TV and cable network/cable channels.

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#### Ramadan Sees Surge In Street Begging Across Srinagar, Elsewhere

HT News Network

**SRINAGAR, MAR 18:** In the ongoing holy month of Ramadan, streets surrounding significant religious sites including Jamia Masjid, Dargah Hazratbal, Syed Kabir Sahab Sonwar, Makdooom Sahab, Dastgeer Sahab shrine at Khanyar and Sarai Bala among others religious places in Kashmir are witnessing a notable increase in population of beggars.

Among the bustling crowds, individuals of various ages and backgrounds can be seen soliciting alms, often approaching devotees

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#### Modi Gave Women 'Ease Of Living' With Dignity: Dr Jitendra

HT News Network

**RAMNAGAR, MAR 18:** Union Minister Dr Jitendra Singh and BJP Candidate for Udhampur Lok Sabha constituency said here today that Prime Minister Modi gave women 'ease of living' with dignity. The evidence of this, he said, is seen in a series of women centric reforms and schemes rolled out by Prime Minister Modi in the last 10 years with an extreme degree of sensitivity which was missing during the earlier regimes for almost six decades after independence, he said.

Addressing a series of election

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#### Meet Abdul Gaffar Kanihami, The Man Preserving Kashmiri Folk Music Legacy For Decades

HT News Network

**BUDGAM, MAR 18:** Meet Abdul Gaffar Kanihami, who has made an important contribution in shaping and preservation of Kashmiri folk music.

Under the guidance of Mohammad Abdullah Ganaie, Abdul Gaffar mastered his folk music abilities and emerged as an iconic figure in the local traditional music landscape.

Hailing from the Kanihama village of Budgam, Abdul Gaffar Kanihami while talking to news agency—Kashmir News Observer (KNO) said that he has devoted his life to safeguarding the rich heritage of Kashmiri folk music.

His collection includes a wide range of traditional Kashmiri folk songs, each of which captures the

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CONTINUE FROM FRONT PAGE.....

**In 5 years.....**

involved in activities aimed at disrupting India's integrity.

Nearly a month later, on March 22, 2019, the MHA declared Jammu & Kashmir Liberation Front (JKLF) as an unlawful association for "supporting extremism and militancy" and indulging in "anti-national activity".

On October 5, 2023, the Union Home Ministry banned jailed separatist leader Shabir Ahmad Shah's Jammu & Kashmir Democratic Freedom Party (JKDFP) for its "anti-India" and "pro-Pakistan" activities.

Two months later, on December 28, 2023, the Union Home Ministry banned the Masarat Alam-led Muslim League, a separatist organisation, for "anti-national and secessionist" activities in J&K.

On December 31, 2023, the MHA banned Tehreek-e-Hurriyat (TeH) which was earlier headed by deceased separatist leader Syed Ali Shah Geelani.

On February 28, 2024, the MHA first banned the Muslim Conference Jammu & Kashmir (Sumji faction) and Muslim Conference Jammu & Kashmir (Bhat faction) over terror charges. They were respectively part of Hurriyat(G) and Hurriyat(M) before August 5, 2019.

On March 12, 2023, the government banned the Jammu & Kashmir National Front over charges of "indulging in unlawful activities, which are prejudicial to the integrity, sovereignty, and security of the country."

On March 16, 2024 the Government of India banned four factions of Jammu & Kashmir Peoples League (JKPL) and Jammu & Kashmir Peoples Freedom League (JKPFL).

The MHA declared 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.

On the same day, the Centre banned Jammu & Kashmir Peoples Freedom League headed by Farooq Rehmani.

**Govt Sets Up.....**

Unlawful Activities (Prevention) Act, 1967 for five years for their anti-India and pro-Pakistan propaganda and for asking people to refrain from taking part in elections.

According to the UAPA, the constitution of a tribunal is necessary for confirming any government decision banning an outfit.

In a notification, the Union Home Ministry said in exercise of the powers conferred by sub-section (1) of section 5 read with sub-section (1) of section 4 of the Unlawful Activities (Prevention) Act, 1967, the central government constituted the Unlawful Activities (Prevention) Tribunal consisting of Justice Neena Bansal Krishna for the purpose of adjudicating whether or not there is sufficient cause for declaring the Muslim Conference Jammu and Kashmir (Bhat faction) (MCJK-B) as an unlawful association.

In a separate notification, the home ministry said a tribunal has been constituted consisting of Justice Neena Bansal Krishna for the purpose of adjudicating whether or not there is sufficient cause for declaring the Muslim Conference Jammu and Kashmir (Sumji faction) (MCJK-S) as an unlawful association.

Earlier, the home ministry had said the Muslim Conference Jammu and Kashmir-Sumji faction (MCJK-S), chaired by Ghulam Nabi Sumji, is known for its anti-India and pro-Pakistan propaganda and its members have remained involved in supporting terrorist activities and providing logistic support to terrorists in Jammu and Kashmir.

The leaders and members of MCJK-S have been involved in raising funds through various sources including Pakistan and its proxy organisations for perpetrating unlawful activities, including supporting terrorist activities, sustained stone-pelting on security forces in Jammu and Kashmir.

Besides, the home ministry said, the MCJK-S has constantly asked the people of Kashmir to refrain from taking part in elections and thereby targeted and hampered the very basic constitutionally recognized fundamentals of Indian democracy.

On the Muslim Conference Jammu and Kashmir-Bhat faction (MCJK-B), chaired by Abdul Ghani Bhat, the home ministry said the group has been indulging in unlawful activities, which are prejudicial to the integrity, sovereignty and security of the country.

The home ministry said the MCJK-B has linkages with banned terrorist organisations and has supported terrorism in Jammu and Kashmir and its members have been indulging in generating feelings of hatred and disaffection against India to separate Jammu and Kashmir from Union of India.

The leaders and members of the MCJK-B have been involved in raising funds through various sources including Pakistan and its proxy organisations for perpetrating unlawful activities, including supporting

terrorist activities, sustained stone-pelting on Security Forces in Jammu and Kashmir.

The MCJK-B, by giving a clarion call to boycott elections on multiple occasions, has also attempted to subvert the will of people and democratic process in Jammu and Kashmir, the home ministry said. (Agencies)

**INDIA Bloc's.....**

made Telangana its 'ATM state', he said the "looted money is going to Delhi".

Addressing a rally of the INDIA alliance at Mumbai's Shivaji Park after the conclusion of his Bharat Jodo Nyay Yatra, Congress leader Rahul Gandhi on Sunday said Prime Minister Narendra Modi won't be able to win the Lok Sabha elections without "EVMs, ED, CBI and Income Tax".

"Our fight against Modi is not on a personal level. Modi is a 'mask' who works for a 'Shakti' (power). He is a shallow man who doesn't have a 56-inch chest," Gandhi said. (Agencies)

**SIA Files.....**

intercepted while transporting a huge consignment of Heroin weighing 3.565 Kgs (valued at more than Rs 25 crores) while Lone is an active terrorist of Lashkar-e-Taiba.

Lone, originally resident of Kashmir and now based in Pakistan and Pakistan Occupied Kashmir has been chargesheeted as an absconding accused.

SIA said Zaheed and Zameer and others in connivance with terrorists of proscribed terrorist organizations, hatched a criminal conspiracy of raising funds by illegally smuggling, trafficking narcotics and contraband from across the border and from the narco proceeds financially support terrorist acts and to fund terror ecosystem.

"In pursuance of the above-mentioned larger criminal conspiracy, the duo and their other associates in close coordination through conversations over encrypted messaging applications planned systematically spreading communal disharmony through terror acts targeted at minority communities," the statement said.

The terror funds were used for personal enrichment and for furtherance of terrorist acts including setting ablaze Government buildings, residential houses of minority communities, police personnel and office of a political party, as directed by various terrorist organisations, active in Jammu and Kashmir, it added.

SIA has been successful in busting the narco terror financing module where in linkages have been found with multiple terror organisations.

The Agency said terrorist outfits active in UT of Jammu and Kashmir are deeply involved in raising terror funds through sale of illegally trafficked Narcotics from across the borders to sustain their terror operations and activities.

Further investigation against other associates of the chargesheeted accused persons in this case will continue, the statement said. (UNI)

**Formula 4.....**

Jammu and Kashmir. India offers great opportunities for motorsports to thrive, and Srinagar is among the top places where it can happen!" remarked Prime Minister Modi.

The Formula 4 car racing demonstration event unfolded against the breathtaking backdrop of the world-famous Dal Lake in Srinagar on Sunday.

Professional Formula 4 drivers dazzled spectators with their high-speed stunts as sleek racing cars zoomed along a 1.7 km track from Lalit Ghat to Nehru Park in the heart of the city. Scores of enthusiastic youths congregated along the picturesque Boulevard road at the foothills of the Zabarwan mountain range to witness the exhilarating event firsthand.

Local authorities emphasized that the event aimed to promote tourism in the region and inspire youth to explore motorsports as a viable career path.

Organized by the Federation of Motorsports Clubs of India, affiliated with the Federation Internationale de l'Automobile (FIA), the event marked a milestone as the first of its kind in the Kashmir Valley.

It underscored the region's potential not only as a scenic destination but also as a thriving hub for sports and adventure activities.

**BJP Fully.....**

Sethi said that BJP has been working for the past five years in Kashmir valley on the ground level and is fully geared up for the election.

"We are ready to go to the people to tell them what the BJP and the Prime Minister Narendra Modi has done for the country and the Kashmir valley where people are living in peace today", the BJP senior leader said.

"This peace has to be taken forward further so that the number of tourists visiting Kashmir increases", he added.

Sethi assured that jobs would be provided to the youth of Kashmir and business, trade and industries would be promoted for that Modi government has already done enough work.

He said that more development would be done in the "Modi 3" government.

The Senior party leader said BJP stood up with the people before and after the Covid period. (UNI)

**CEO Issues.....**

printing and publication of election pamphlets, posters etcetera is being governed by the provisions of section 127-A of Representation of Peoples Act, 1951.

As per "127-A Restrictions on printing of pamphlets, posters etcetera; no person shall print or publish, or cause to be printed or published, any election pamphlet or poster which does not bear on its face the names and addresses of the printer and the publisher thereof. No person shall print or cause to be printed any election pamphlet or poster; unless a declaration as to the identity of the publisher thereof, signed by him and attested by two persons to whom he is personally known, is delivered by him to the printer in duplicate and unless, within a reasonable time after the printing of the document, one copy of the declaration is sent by the printer, together with one copy of the document "Where it is printed in the capital of the state, to the Chief Electoral Officer and in any other case, to the District Magistrate of the district in which it is printed".

For the purposes of this section; any process for multiplying copies of a document, other than copying it by hand, shall be deemed to be printed and the expression "printer" shall be construed accordingly; "Election pamphlet or poster" means any printed pamphlet, hand-bill or other document distributed for the purpose of promoting or prejudicing the election of a candidate or group of candidates or any placard or poster having reference to an election, but does not include any hand-bill, placard or poster merely announcing the date, time, place and other particulars of an election meeting or routine instructions to election agents or workers.

Any person who contravenes any of the provisions of sub-section (1) of sub-section (2) shall be punishable with imprisonment for a term which may extend to six months, or with fine which may extend to two thousand rupees, or with both.

It is, therefore, enjoyed upon all the printers and publishers to indicate clearly in the print line the names and addresses of printer and publisher of any election pamphlet or posters or such other material printed by them. Besides, all printing presses have to send the copies or the printed material (along with three extra copies of each such printed material) and the declaration obtained from the publisher as required under section 127-A (2) within three days of its printing. Also, any violation of the provisions of section 127-A (2) and the above directions of the Commission would be viewed seriously and stern action, which may in appropriate cases include even revocation of license of printing press under relevant laws of the state, would be taken.

Before undertaking the printing of any election pamphlets or poster etc, printer shall obtain from the publisher a declaration in terms of section 127-A(2) in the proforma prescribed by the Commission in Append IX-A hereto, this declaration shall be fully signed by the publisher and attested by two persons to whom the publisher is personally known. It should also be authenticated by the printer when it is forwarded to the Chief Electoral Officer or District Magistrate, as the case may be.

Likewise, the printer shall furnish four (4) copies of the printed material, along with declaration of the publisher, within three (3) days of the printing thereof, along with such printed material and the declaration. The printer shall also furnish the information regarding the number of copies of documents printed and the price charged for such printing job, in the proforma prescribed by the Commission in Appendix-B hereto. Such information shall be furnished by the printer, not collectively but separately, in respect of each election pamphlet poster etc., printed by him within three days of printing of each such document.

**Media Certification.....**

According to a notification issued here today by the office of Chief Electoral Officer, Jammu and Kashmir in this regard, the pre-certification will also include advertisements to be displayed in cinema halls/radio including private FM channels, audio visual displays in public places, advertisements in e-news papers, use of bulk SMS/voice messages, advertisements on social media and internet websites. The pre-certification of political advertisements is also applicable on print media as well for one day before poll day (Pre-Poll) and on poll day.

Therefore, all the concerned stakeholders have been informed through medium of this notice to ensure that only the pre-certified political advertisements by MCMC of district or UT Level Committee be telecast/broadcast or posted in social media, internet websites and used in bulk and voice SMSs. Besides, one day before poll day and on poll day only pre-certified print

advertisements by MCMC be published in news papers, print media, magazines, display hoardings, banners, pamphlets etc. Any violation by the concerned in this regard shall be viewed seriously and action as warranted shall be initiated against the violators.

**J&K Government.....**

Kashmir administration will fill 12,264 positions that are lying vacant in various government departments for many years.

The document said that the government since 2019, has filled as many as 31,830 vacancies in various government departments through multiple recruitment drives.

"These 31,830 selections have been made in fair, transparent, and expeditious manner. Interviews have been dispensed for the posts upto the pay level-5," it said.

Official sources told KNO that the vacancies are to be filled in departments including health, Jal Shakti, social welfare department, rural development department and others.

"The government has already enlisted the number of vacancies in various departments. We have a large number of vacant posts in health department. Multiple recruitment drives shall follow this year and all the vacant posts will be filled in a speedy manner," they said.

Officials said the recruitment drive will prioritize transparency and efficiency, adhering to established guidelines and procedures.

The selection process is expected to be conducted rigorously, ensuring merit-based appointments to maintain the integrity of the civil services.

"By filling these vacancies, the government aims to strengthen its workforce, streamline service delivery, and promote inclusive development across the region," they said.

Pertinently, Jammu and Kashmir as per the Ministry of State for Labour and Employment has recorded a decrease in the unemployment rate for graduate persons of age 15 years.

As per the ministry, during 2021-22, the estimated Unemployment Rate (UR) in Jammu and Kashmir was 22.8% for graduate persons of age 15 years. During 2022-23, the estimated unemployment rate in Jammu and Kashmir was 18.3 for graduates aged 15 years.

It is worth to mention that the Jammu and Kashmir Home department has recently referred more than 4,000 vacancies in police constable posts to the Services Selection Board.

**Ramadan Sees.....**

before and after their prayers. The locals from these areas, while speaking to the news agency—Kashmir News Observer (KNO), said despite efforts to curb begging, the surge persists, drawing attention to the need for more effective measures.

Sahil, a local from Nowhatta, said as a regular visitor to Jamia Masjid during Ramadan, "I've noticed a significant rise in the number of beggars outside the mosque".

He added that it's disheartening to see them exploiting the sanctity of this sacred month for their own gain.

"Ramadan should be a time of reflection and generosity, but the prevalence of beggars outside the shrine diminishes the spiritual experience," lamented Umer, another resident.

"We need more sustainable solutions to address poverty and homelessness in our society."

"The authorities and religious leaders should acknowledge the issue as it's a matter of concern," added another local, adding that the presence of beggars outside religious sites is a longstanding problem that requires a comprehensive approach.

Meanwhile, locals from not only Srinagar, but different districts of the Kashmir valley, are requesting the authorities to kindly keep a check on the beginning menace, to either register them so the hard-earned money from localities doesn't go into wrong hands.

**Modi Gave.....**

meetings comprising mostly Women Self Help Groups and a large number of women PRIs, Dr. Jitendra Singh recalled that Modi made history when as Prime Minister in his very first Independence Day address from the Red Fort he gave a call for construction of toilets for women. No one had realised the seriousness of this but in the very first year nearly 4 lakh toilets for women had been constructed and then it turned into a mass campaign to bring up a toilet in every household.

This single decision, he said, not only brought comfort and healthy well-being to the life of women folk but also gave them respect by liberating them from the compulsion of going for open defecation, he said. That is why in some places women toilets were named as Izzat Ghars, he added.

Similarly, Dr. Jitendra Singh said, through the Ujjwala scheme over 10 crore household women were liberated from the unhealthy plight of cooking through smoky kitchens and risking the health of their lungs because now they have the facility of using gas cylinders as an easy and healthy cooking option.

All these schemes, said Dr. Jitendra Singh, have not only brought comfort in the lives of the women of this country but have also given them self-confidence and reduced their dependence on their male counterparts. For example, he said, under the Pradhan Mantri Awas Yojana the "Pukka Makaan" is now constructed in the name of the female spouse or the housewife. On the other hand, under Mudra scheme loans for livelihood without any guarantee are provided and out of these also so far over 60% have been availed by females.

Special schemes to promote Science & Technology among young women have been introduced, said Dr. Jitendra Singh, and these include exclusive scholarships and exclusive programmes dedicated to develop technology skills in a woman at every stage of her life whether she is an adolescent or a youth or a young housewife or a middle aged lady.

Dr. Jitendra Singh said, the enthusiasm and self-confidence that he witnesses among the women even in the remotest villages of his constituency is a testimony of the success of the Modi reforms.

In the end, Dr Jitendra Singh said, just as "Modi ki Guarantee" is in itself a guarantee, he is carrying home the guarantee of thousands of beneficiary women and sisters that they will ensure a mandate of 400 plus seats for Prime Minister Modi by not only casting their own vote but also ensuring the vote of their men folks.

For the Udhampur constituency, he said, the call should be for a victory margin of more than 4 lakh votes to beat the previous record of nearly 3.60 lakh.

**Meet Abdul.....**

essence and significance of the area's culture.

"Radio Kashmir gave me a platform when I first started my career, and I am really grateful to them for supporting me in this field and giving me the opportunity to sing there. In the same way, I am thankful to Doordarshan for making my voice known to the public," he said. "People continued to request me to sing because they thoroughly enjoyed my voice, and I did so without stopping. As a result, I've reached this point where a larger audience is familiar with me." he added.

Recognizing his exceptional talent and dedication, Abdul Gaffar Kanihami has been bestowed with numerous prestigious awards. Among them are the Khilati Hatmukh, Hatmukh award, Shashrang award, Nishan-e-Hami, and Khilate Shams fakeer, all conferred by the state administration of the government of Jammu and Kashmir.

He was also honored with the Sangeet Natak Academy award for the year 2023, acknowledging his significant contributions to the folk music heritage of Jammu and Kashmir.

Through his tireless efforts and unwavering commitment, Abdul Gaffar Kanihami has not only preserved the cultural identity of Kashmir but also elevated the status of Kashmiri folk music on national and international platforms.

**Major Fire.....**

small patch and fire fighting teams were on the job to douse it.

The fire erupted most likely due to the negligence of the local people who are setting ablaze the bone fire for making coal in the area, they said.

Meanwhile, three residential houses were gutted in a major fire incident in Dangi-wacha-Sopore in north Kashmir's Baramulla district overnight. The cause of the fire was due to the gas leakage, they said. (UNI)

**Northern Army.....**

super high altitude areas of Ladakh to review the operational preparedness and border infrastructure development," the Northern Command said on X.

Lieutenant General Kumar assumed charge as the general officer commanding-in-chief of the Udhampur-based Northern Command of the Indian Army in February this year.



# Kashmiri Professor Mehr Un Nisa Wins Kaveri's 'Mahila Shakti Vandana Samman' at Arni University

**SRINAGAR, MAR 18:** Hailing from the Anantnag District of Kashmir, Ms. Mehr Un Nisa had never imagined that her routine teaching and work as an Assistant Professor at Arni University in Himachal Pradesh would one day bring her national honour. The joy of receiving an Award, given by a prominent Social Welfare Organisation Kaveri, reached its tipping point when she was accompanied to the ceremony by her student who has now become an entrepreneur. Ms. Mehr Un Nisa, Assistant Professor, Department of Radiology, Arni School of Allied Health Sciences, Arni University bagged Kaveri's 'Mahila Shakti Vandana Samman,' and become a source of great inspiration to young women of not only her state Kashmir but the entire nation. Apart from academic excellence she worked relentlessly to help students and staff during the heavy flood in Himachal Pradesh that had affected the campus badly. She stood up as a wall against all odds.

The ceremony held in New Delhi witnessed a moment of pride as Ms. Mehr Un Nisa, accompanied by her entrepreneurial student, Ms. Areeba Fatima,



received a standing ovation. Ms. Areeba, who once studied under Ms. Mehr Un Nisa's guidance at Arni School of Allied Health Sciences, Arni University, has since established her own Parlour and Boutique - Emaan Parlour and Emaan Collection, a testament to the mentorship and empower-

ment fostered within the institution. Expressing her jubilation, Ms. Mehr Un Nisa remarked, "This award serves as a profound encouragement not only for me but for my students as well. I owe this honor to Arni University, which provides an enriching envi-

ronment for academic and professional growth." She credited the Chancellor of Arni University, Mr. Vivek Singh, for his visionary leadership, which integrates higher education with entrepreneurship development, thereby nurturing a culture of innovation and excellence.

"Ms. Areeba's journey exemplifies the potential that lies within our students. This recognition motivates me to continue nurturing and extracting the best from our aspiring talents," added the Assistant Professor of Radiology.

Congratulating Ms. Mehr Un Nisa on her remarkable achievement, Mr. Vivek Singh, Chancellor of Arni University, said, "This Award is a moment of pride for Arni University. Ms. Nisa's contributions, reflected through the endeavors of Ms. Areeba and other students, resonate with our vision of 'Skill Comprehensive Higher Education.' Our holistic educational ecosystem aims not only to enhance employability but also to instill entrepreneurial spirit among our students, empowering them to make enduring contributions to society." Moreover the university has also introduced initiatives under which books and other study materials are given free to the needed students.

Ms. Mehr Un Nisa's recognition epitomizes the transformative impact of education in shaping empowered, entrepreneurial leaders, transcending boundaries, and inspiring.

## RPPL & JK Tyre Host Maiden Showrun Of Indian Racing Festival In Srinagar

**SRINAGAR, MAR 18:** Racing Promotions Private Limited (RPPL), led by Hyderabad-based Akhilesh Reddy to host the exhilarating Indian Racing Festival has partnered with JK Tyre, a trailblazer in introducing diverse motorsport sub-cultures in India. This is a landmark moment in Indian motor-racing history, with two of the biggest titans of Indian motorsport coming together to propel the sport to new heights. The Indian Racing Festival 2024, comprising of the Indian Racing League (IRL), the FIA-backed Indian F4 Championship, and JK Tyre FMSCI National Racing Championship (JKNRC) is set to kick-off later this year. The season will span across five rounds for each class, comprising of over ten races throughout the season.

As part of the go-to-market approach aimed at promoting motorsport, the promoters have plans to organise thrilling roadshows nationwide. Kicking-off the season in style, this dynamic promotional



show made its first pit-stop in Srinagar in collaboration with Jammu & Kashmir Tourism against the picturesque Dal Lake.

Srinagar, often referred to as the 'paradise on earth' boasts of unparalleled natural beauty, serene lakes and some rich cultural heritage. Spectators in Srinagar got an early glimpse of what they can expect when the season gets underway, with RPPL and JK Tyre whetting their appetite with a showcase of the Wolf GB08 cars and Formula 4 cars driven by young motorsport icons - Sohil Shah, one of the two champions of IRL 2023, Rishon Rajeev, Formula 4 Vice Champion and Shriya Lohia, Formula 4 India driver. As the engines roared on the 1.6 kms stretch of Dal Lake, throngs of people from all walks of life converged to witness the high-octane action against the backdrop of majestic mountains and shimmering waters.

The event also showcased JK Tyre's legacy as the architects of the domestic racing scene, with fans being treated to a slice of action featuring various categories of motorsport that the company has had a role in building up. This included captivating drift shows by India's drifting champion from Chandigarh Sanam Sekhon, and Pratik Dalal who showcased skilful manoeuvres in their Lexus and BMW cars, superbike daredevils from Coimbatore and Bengaluru who demonstrated the seamless synergy between man and machine and some adrenaline-filled show on four wheels led by India's rally veteran Hari Singh. However, the showstoppers were undoubtedly the 10-year-old karting prodigies from Delhi, Pune, Bengaluru & Chennai who pushed the limits at breakneck speeds of 120 km/hr, delivering excitement beyond the tarmac.

Mr. Akhilesh Reddy, Chairman of Racing Promotions Private Limited said, "I would like to express my gratitude to the Jammu & Kashmir Tourism Department for their assistance in making this show run a reality here in Srinagar. It's a phenomenal event for motorsports in India. I believe this exhibition will encourage the youth of J&K to invest their time watching and learning about motorsport and will also give them hope for a future in the industry."

Mr. Sanjay Sharma, Head-Motorsport, JK Tyre & Industries said, "We are delighted to be bringing the greatest celebration of Indian motorsport to Srinagar. This collaboration between India's two biggest racing programmes, the JK Tyre National Racing Championship, and RPPL promoted Indian Racing Festival, is ushering Indian motorsport into a bright new era. Introducing international standards to the domestic racing circuit, the Indian Racing Festival has everything it needs to identify local Indian talent at the grassroots and take them to the very top of the international motor-racing pyramid."

### TEACHER RATIONALIZATION:

## Rationalization Parameters Compromised, Allege Rationalized Teachers

**SRINAGAR, MAR 18:** The recent rationalization process of teaching staff across Kashmir Valley has been marred by allegations of unfairness and favoritism.

Several rationalized teachers alleged that no specific parameters were followed during the rationalization process.

Some of the teachers informed the news agency—Kashmir News Observer (KNO) that the rationalization process is carried out while considering parameters like subject specialists, enrollment, qualification and stay period etc.

"However, apparently no such parameters were followed during the process," said one of the teachers.

Another teacher said that the subject specialists like Math and Science teachers are working in primary schools and general line teachers are directed to teach math and science in secondary classes.

"Moreover, teachers with a stay period of more than 10 to 15 years were not even touched; instead, teachers with less stay were rationalized," he said.

Some of the rationalized teachers said that the high schools, especially in Srinagar have an acute shortage of staff, particularly Math and Science Teachers. "But nothing was done to address this issue."

Meanwhile another teacher said, "The favoritism in the process took place due to the reason that Cluster Heads were asked to rationalize the staff. They forwarded the names of teachers as per their wish and choice."

"The concerned CEO Offices received the list of teachers from the clusters and rationalized the staff without checking if the parameters were followed or not," he said.

Earlier, a rationalization list was prepared by the ZEOs and was later forwarded to the director for approval.

However, DSEKs office rejected that list and asked the CEOs to carry out a rationalization process at the Cluster level.

"This has created a mess in schools as staff is not distributed rationally in the schools. Teachers who should have been deployed in primary schools are working in high and higher secondary schools and teachers meant for High and Higher Secondary schools are working in primary schools," said a teacher.

The teachers urged the concerned authorities to thoroughly check the list of rationalized teaching staff and unfairness or alleged favoritism cases.

Meanwhile, an official of the School Education Department said, "It was not possible to rationalize the teaching staff at zone level, thus the responsibility of staff rationalization was given to the cluster heads."

The official on asking about the parameters being set for the rationalization process said, "The Pupil Teacher Ratio is the only parameter that was being followed during the rationalization process."

## J&K Admin Sabotaging Assembly Elections, Ruling Like 'Uncrowned Kings': Omar Abdullah

Asserts PAGD 'Intact And Alive'; Says Delimitation Done To 'Divide And Rule'

**KULGAM, MAR 18:** National Conference Vice President Omar Abdullah on Monday strongly criticised the Jammu and Kashmir administration, accusing it of obstructing the conduct of assembly elections in the union territory. He further rejected the reports about the end of the People's Alliance for Gupkar Declaration (PAGD) alliance, saying that the amalgam is "intact and alive".

Addressing a press conference during the launch of his party's election campaign for the Anantnag-Rajouri parliamentary constituency, Omar, according to the news agency—Kashmir News Observer (KNO), said, "The J&K administration does not want to hand over power to the people. The current government wants to continue ruling like uncrowned kings."

Expressing disappointment over the delayed assembly elections, he said, "We wanted elections along with Lok Sabha elections. But, this did not happen. The present government of Jammu and Kashmir interfered in this because they do not want to hand over power to the people again."

Abdullah pointed out the contradictions in the government's stance regarding the security situation, saying, "Earlier, the BJP government claimed that the situation is normal, but when assembly elections are



proposed, an atmosphere of insecurity is created."

Regarding the Election Commission's responsibility to conduct assembly elections before the Supreme Court's deadline of September 30, Abdullah said there is a need for timely elections. "The Chief Election Commissioner has also stated that elections will be held before the deadline," he said.

Responding to concerns about Electronic Voting Machines (EVMs), the NC leader said, "Even if we complain against the use of EVMs in elections, they will still be used as the ECI has again banned the use of paper ballots."

Addressing the controversial Citizenship Amendment Act (CAA), Abdullah criticised the BJP's "discriminatory" policies, saying, "CAA

is not just against Muslims but there are many other minorities who have been kept out of its ambit."

The NC Vice President said that the Bharatiya Janata Party's (BJP's) objective in delimiting parliamentary constituencies in Jammu & Kashmir is "divide and rule". "Delimitation was done in the same way as the British did, divide and rule. That is what is being done here. Kashmir is being fought from Jammu, Hindus from Muslims, and Gujjars from the mountains. The aim is to achieve success in south Kashmir. People are not stupid. They know the BJP's approach in the rest of the country," he said.

Regarding the status of the PAGD, Omar clarified, "The alliance remains intact. We run our own separate parties. Today, I'm talking to you personally does that mean there is no PAGD? It is standing and they will meet in a day or two."

On the question of candidate announcements, Abdullah assured that the party would announce candidates at the appropriate time.

Addressing the electoral bonds controversy, he said there is a disparity in funding between his party and the BJP. "A friend of mine gave us a bond of Rs 50 lakh to run the party. It is Rs 50 lakh versus Rs 6,900 crore. There is no comparison," he said.

## Have Collaborated With J&K Police To Eradicate Drug Menace: CCIK

Ready To Provide Jobs To Youth After Coming Out Rehabilitation Centres

**SRINAGAR, MAR 18:** The Chamber of Commerce and Industries Kashmir (CCIK) on Monday said that they have collaborated with Jammu and Kashmir Police to eradicate the drug menace from the Union Territory.

Addressing a news conference, Tariq Ghani President of CCIK, as per the news agency—Kashmir News Observer (KNO), said that the youth are getting involved in drug menace while some girls have also fallen prey to the nuisance.

"CCIK also has a social responsibility to help the youth to come out of the situation by creating awareness in this regard. I want to inform you that we have collaborated with J&K Police to eradicate the drug menace, who have assured us the complete support in this regard," Ghani said.

He added that the religious clerics should also focus and create awareness in this regard, so that the situation is prevented from getting worse further.



Moreover, he said that the CCIK has decided that the youth after coming out of the rehabilitation centres will be provided jobs at their units.

"I appeal to the parents of these youths to come forward and not hide the involvement of their beloved," he said.

Furthermore, he appealed the government to enhance the facilities at the rehabilitation centres so that the youth will get every possible support which they need to come out of the drug addiction.

# Lok Sabha Election 2024: DEO Baramulla holds press conference

## Stresses on strict adherence to the MCC guidelines issued by ECI

■ Zargar Gulzar

BARAMULLA, MARCH 18: In view of the General Elections to Lok Sabha 2024, the District Election Officer (DEO), Baramulla today held a press conference at Dak Bungalow here to disseminate essential information regarding the do's and don'ts during Model Code of Conduct (MCC) along with the guidelines established by the Election Commission of India (ECI). He was accompanied by

Senior Superintendent of Police, Amod Nagpure, Additional District Development Commissioner, Syed Qamar Sajad and SP Sopore, Divya Dev.

The DEO informed the media about the nationwide enforcement of the MCC following the announcement of the election date by the ECI and stressed that it is mandatory for every individual, including government employees, members of political parties, and any ordinary citizens, to strictly adhere to these guidelines during the



election period. He assured the press that the district administration is fully prepared and has meticulously organized all necessary arrangements for the seamless conduct of the elections as per the schedule announced by the ECI. Emphasizing the significance of voting, Minga Sherpa appealed to the public, urging them to exercise their democratic right by casting their ballots. Speaking at the conference, the SSP said that the police department is taking every possible security measure

to make the environment conducive for the free and fair conduct of the elections in the district. Earlier, the DEO, accompanied by SSP, ADCC, and SP, held a meeting with the representatives of the political parties at the Dak Bungalow to brief them about the guidelines mandated by the Election Commission of India (ECI) and emphasized the paramount importance for every political entity to strictly adhere to these guidelines, ensuring a fair, transparent.

**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 - F/O - 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)**

**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 12.12.2017 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.

**SAJID TAHIR SOFI**  
**S/O, TAHIR AHMAD SOFI**

**ازنیابت پھلگام**

درخواست منجانب سائلہ محمد الطاف دختر محمد الطاف وانی ساکنہ بنگلوٹ پھلگام، مراد اصول RBA سرٹیفکیٹ

**اشتہار بمراد آگاہی**

معاملہ مندرجہ عنوان میں درخواست سائلہ دفتر ذیل میں زیر کاروانی ہے اس نسبت پٹواری علاقہ سے رپورٹ منظور مطلوبہ نقوالا ریکارڈ طلب کے گ جس سے عیاں ہوتا ہے سال موضع سائلہ بنگلوٹ پھلگام میں رہائش پذیر ہے۔ بذیل افراد منتقل ہے

- 1... محمد الطاف وانی ولد محمد اکبر وانی 53 سال، مزدوری
- 2... رفیقہ بانو زوجہ محمد الطاف وانی 50 سال گھریلو کام
- 3... بسملہ الطاف دختر 24 سال زیر تعلیم
- 4... اویس الطاف پسر 20 سال //
- 5... مہوش الطاف دختر 19 سال //

اسکے علاوہ کوئی بھی افراد میں بتلایا گیا ہے سال کے ضمن میں مہمانداری / 75000 تک سے سرٹیفکیٹ زیر بحث اجراء کرنے میں اگر کسی شخص یا اشخاص کو عور یا اعراض ہو تو وہ اپنا عور یا اعراض سائلہ دن کے اندر اندر پیش کریں معاد کرنے کے بعد کوئی عور یا اعراض قابل قبول نہیں ہوگا

**نائب تحصیلدار پھلگام**

**ازنیابت قی پورہ**

درخواست از جانب تاجہ بیگم بیوہ محمد اسحاق حاتم ساکنہ قی پورہ تحصیل ..... حصول مویش کاسٹ پسر و دختر محمد رفیق حاتم و مرید اسحاق پسران محمد اسحاق حاتم ساکنہ قی پورہ

**اشتہار بمراد آگاہی**

معاملہ مندرجہ عنوان صدر کے نسبت سائلہ مندرجہ درخواست نسبت حصول مویش کاسٹ سرٹیفکیٹ دفتر ذیل میں زیر کاروانی ہے رپورٹ پٹواری علاقہ قی پورہ کے مطابق سے عیاں ہوتا ہے سال موضع تاجہ بیگم بیوہ محمد اسحاق حاتم مویش قی پورہ کی رو بہ نسبت سے سال موضع 9000 کوٹھ پڑ ہے سائلہ کے ضمن میں مہمانداری / حاتم سے تعلق تھی ہے سائلہ کے ضمن میں مہمانداری / حاتم سے تعلق تھی ہے سائلہ کے ضمن میں مہمانداری / حاتم سے تعلق تھی ہے

- 1... سمات تاجہ بیوہ محمد اسحاق حاتم، 54 سال گھریلو کام
- 2... محمد امین ولد محمد اسحاق حاتم، 3 مزدوری 32
- 3... محمد رفیق حاتم پسر، 24 سال زیر تعلیم
- 4... مرید اسحاق دختر، 24 سال زیر تعلیم
- 5... تبسم، 32 سال گھریلو کام
- 6... محمد قاسم، 2 سال شیر نواں

اب سمات تاجہ بیگم بیوہ محمد اسحاق حاتم مویش کاسٹ سرٹیفکیٹ حاصل کرنے کی خواہ ہے سرٹیفکیٹ اجراء کرنے میں اگر کسی شخص یا اشخاص کو عور یا اعراض ہو تو وہ اپنا عور یا اعراض سائلہ دن کے اندر اندر پیش کریں معاد کرنے کے بعد کوئی عور یا اعراض قابل قبول نہیں ہوگا

**نائب تحصیلدار قی پورہ**

**ازنیابت پھلگام**

عنوان درخواست از جانب سرودہ بیگم زوجہ غلام رسول وانی ساکنہ لاری پورہ نسبت اجرائی نیگل ہیر سرٹیفکیٹ

**اشتہار بمراد آگاہی**

اسلمندر جہاں صدر میں درخواست سائلہ کے کاسٹ کا شوہر غلام رسول وانی ولد محمد کوفہ ہو چکا ہے اس نسبت سال 2023 / 12 / 19 عہدہ وانی مورثہ خواہاں ہے کہ اسکے حق میں نیگل ہیر سرٹیفکیٹ اجراء کی بارے سے رپورٹ پٹواری علاقہ قی پورہ میں

- 1... سرودہ بیگم زوجہ غلام رسول وانی
- 2... شہزادہ بانو دختر غلام رسول وانی
- 3... نظیرہ بانو دختر غلام رسول وانی
- 4... فردوسہ بانو دختر غلام رسول وانی
- 5... عظمی جان دختر غلام رسول وانی

اس طور کہہ کر (5) افراد پمختل ہے اس کے علاوہ کوئی بھی افراد کہہ نہیں بتلایا گیا ہے سرٹیفکیٹ زیر بحث اجراء کرنے میں اگر کسی شخص یا اشخاص کو عور یا اعراض ہو تو وہ اپنا عور یا اعراض سائلہ دن کے اندر اندر پیش کریں معاد کرنے کے بعد کوئی عور یا اعراض قابل قبول نہیں ہوگا

**نائب تحصیلدار پھلگام**

**ازنیابت پھلگام**

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**اشتہار بمراد آگاہی**

معاملہ مندرجہ عنوان میں درخواست سائلہ دفتر ذیل میں زیر کاروانی ہے اس نسبت پٹواری علاقہ سے رپورٹ منظور مطلوبہ نقوالا ریکارڈ طلب کے گ جس سے عیاں ہوتا ہے سال موضع سائلہ بنگلوٹ پھلگام میں رہائش پذیر ہے۔ بذیل افراد منتقل ہے

- 1... اعجاز احمد وانی ولد محمد اکبر وانی 32 سال، دکانداری
- 2... رحمانہ زوجہ اعجاز احمد 40 سال گھریلو کام
- 3... فہیمہ اعجاز پسر 18 سال زیر تعلیم
- 4... سمیرہ اعجاز دختر 15 سال //
- 5... مادیہ اعجاز 12 سال //
- 6... عارفہ جان دختر محمد اکبر وانی 32 سال گھریلو کام / زیر تعلیم

اسکے علاوہ کوئی بھی افراد میں بتلایا گیا ہے سال کے ضمن میں مہمانداری / 75000 تک سے سرٹیفکیٹ زیر بحث اجراء کرنے میں اگر کسی شخص یا اشخاص کو عور یا اعراض ہو تو وہ اپنا عور یا اعراض سائلہ دن کے اندر اندر پیش کریں معاد کرنے کے بعد کوئی عور یا اعراض قابل قبول نہیں ہوگا

**نائب تحصیلدار پھلگام**

**PUBLIC NOTICE**

My Son's name in DATE OF BIRTH certificate has been wrongly written as ZIYAN ALTAFA 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 ALTAFA TELI**  
**S/O ... ABDUL RASHID TELI**  
**F/O ... ABDUL HANNAN TELI**  
**R/O ... SHEIKHPORA TEHSIL... KREERI**

**PUBLIC HIGH SCHOOL**  
**CHOTTA BAZAR, KARAN NAGAR SRINAGAR**  
**Govt. Recognised**  
**Call: 0194-2456214**

**JOB OPPORTUNITY**

Applications are invited for the post of Teacher in the below mentioned subjects

**Science Urdu and Computer**

**QUALIFICATION: M.Sc/B.Sc/B.ED/M.A/BCA/MCA**

Applications Can Be Submitted In The School By Or Before 5th of March, 2024 [between 10:00AM TO 12:00PM]

Sd/- Principal

# DEO Budgam reviews preparations for upcoming Lok Sabha- 2024 elections

## Calls for strict implementation of MCC & making level playing field for conduct of free & fair polls

■ HT News Network

BUDGAM, MARCH 18: The District Election Officer (DEO) Budgam, Akshay Labroo today reviewed the preparations for the upcoming Lok Sabha- 2024 elections in the district. In this regard, the DEO chaired a detailed meeting of officers at Conference Hall to review preparations and arrangements for the smooth conduct of elections across the district.



At the outset, the DEO called for strict implementation of Model Code of Conduct (MCC) and urged all for strict adherence to all guidelines of Election Commission of India. The DEO emphasized on providing a level playing field to all political parties to ensure free, fair and

smooth conduct of elections in the district. Instruction for strict adherence to vulnerability mapping, timely reporting on defacement of public and private properties, availability of Assured Minimum Facilities at all polling booths, deployment of micro observers, resource availability and manpower, logistics, transport, video surveillance,

SVEEP training and EVM management in all areas of the district were issued. Instructions for sensitization of subordinate staff regarding strict implementation of Model Code of Conduct were also given to all the nodal officers. DEO directed that FST and SST teams shall work in coordinated manner as per the guidelines of ECI. The DEO also instructed

on arranging comprehensive training sessions for all the AROs and nodal officers regarding MCC and other ECI guidelines. The DEO said that a dedicated district level control room has been established to ensure seamless redressal of public complaints and ensure smooth conduct of elections at all polling booths. SSP Budgam, Al Tahir Gillani who also spoke on the occasion, said that all required arrangements for free and fearless elections shall be ensured in the district. Among others, the meeting was attended by the ADDC, ADC, ASP, CPO, Deputy District Election Officer, all SDMs, all SDPOs, all Tehsildars, all district officers, all SHO's of the district.

# GCoE, IASE organises '4 days Martial Art Camp' for female students of college

■ HT News Network

SRINAGAR, MARCH 18: The Department of Physical Education in collaboration with Women's Studies Centre, of the Government College of Education (GCoE), IASE organised '4 days Martial Art Camp' for the female students of the college. Principal of the college, Prof. (Dr.) Seema Naz on this occasion encouraged the

participating female students and also highlighted the importance of martial art and self defensive skills especially for women in day today life. A total number of 31 female students of the college participated in the camp. The focus was on developing self-defensive skills, increased confidence and flexibility, better coordination, improving mental stamina, improving social skills,

developing self-discipline and stress relief to the female participants. The trainee Azmat Khan trained the female students for four consecutive days. She was assisted by Zahid Khan, a student of the college during days of training. The camp was organized from 4th to 7th March, 2024, and the valedictory function of the camp was held on 16-03-2024 in the multi-purpose hall of the college.

**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**

**GOVERNMENT OF JAMMU & KASHMIR**  
**OFFICE OF THE TEHSILDAR KREERI**  
**(Executive Magistrate 1st Class)**  
**Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate.**

**PUBLIC NOTICE**

The Registrar Births and Deaths (Block Development Officer Wagoora) / chokard has submitted case file pertaining to Birth of AIZA AJAZ D/O AJAZ AHMAD WANI R/O WARIPORA BALA Tehsil kreeri Distt. Baramulla having verified the date of Birth, as 16/03/2022 and event has been to be occurred at SDH Kreeri for issuance of delay order .In this connection . if anyone have any objection to the issuance of delay order of birth certificate shall present his/her claim this office within 07 days, after that no objection shall be entertaine

**EXECUTIVE MAGISTRATE**  
**1ST CLASS KREERI**

**MIRANDA PUBLIC HIGH SCHOOL**  
**CHINKRAL MOHALLA, HABBA KADAL, SRINAGAR**

**EMPLOYMENT NOTICE**

Applications are invited for the below mentioned posts:

English Teacher	Science Teacher
Mathematics Teacher	Social Science Teacher
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## District Election Officer Rajouri addresses press briefing regarding preparations for Lok Sabha Elections 2024

HT News Network

RAJOURI, MARCH 18: District Election Officer Rajouri, Om Prakash Bhagat, convened a comprehensive press briefing to outline the preparedness and arrangements for the forthcoming Lok Sabha Elections 2024. With the Election Commission of India (ECI) having recently announced the schedule for the elections, the district is gearing up to facilitate a smooth and fair electoral process.

The DEO emphasized the importance of all political parties and contesting candidates adhering to the Model Code of Conduct throughout the electoral



process. He also informed that District Rajouri comprises two Parliamentary Constituencies - Jammu and Anantnag-Rajouri, encompassing a total of five Assembly Constituencies including Nowshera, Rajouri, Budhal, Thanamandi and Kalakote-Sud-

erbari. The district boasts a total population of 642,415 as per the 2011 Census, with 484,632 electors comprising male, female, and third gender voters. Notably, the district exhibits a commendable inclusion effort, with 3,708 PWD electors.

The District Election Officer further briefed that the district has a robust polling infrastructure comprising 680 polling stations across urban and rural areas, with 350 stations planned for webcasting and additional provisions for shadow areas, has been established. Moreover, there are 15 model polling stations.

Adequate human resources have been mobilized, including 5 AROs, 680 BLOs, 27 ZOs, and 71 Sector Officers. Comprehensive training programs conducted by state, district, and assembly-level master trainers ensure the competency of election personnel in carrying out their duties effectively, he added.

## RO-4 Udhampur PC chairs meeting with political parties

HT News Network

KATHUA, MARCH 18: Returning Officer-4 Udhampur Parliamentary Constituency, Dr Rakesh Minhas (DC Kathua), chaired a meeting today with representatives from various political parties in preparation for the upcoming Lok Sabha Elections, 2024.

The objective of the interactive session was to emphasize the strict adherence to the ethical standards outlined in the Model Code of Conduct and other pertinent guidelines established by the Election Commission of India (ECI).

The meeting provided a platform to sensitize political



parties about the paramount importance of maintaining integrity, fairness, and transparency throughout the electoral process. Various pertinent issues were deliberated upon, including adherence to

there was a unanimous acknowledgment of the collective responsibility of all political stakeholders in fostering an environment characterized by ethical conduct and respect for democratic principles.

Returning Officer disclosed that Single Window facility has been put in place for facilitating Political parties/Contesting candidates to get timely permissions and relevant certificates from fully equipped Election Control Room where all facility have been put in place for smooth conduct of Election related activities. On the occasion, relevant material issued by ECI was also distributed among the representatives of political parties.

## DM Jammu mandates weapon deposit for 4914 Arms Licence holders

HT News Network

JAMMU, MARCH 18: A Screening Committee, led by District Magistrate Sachin Kumar Vaishya, has scrutinised 4914 Arms Licences and instructed the holders to submit their weapons to ensure the peaceful conduct of the General Elections for Lok Sabha. An order has been issued by the DM in this regard and the concerned SHO has also been asked to ensure implementation of the order. The arms/ weapons are to be deposited within a period of 7 days and the concerned SHOs shall intimate the licence holders for compliance. These licence holders fall under the categories— a) Arms License of the persons released on bail, b) Arms License of the persons having criminal offences, c) Arms License of the persons involved in rioting at any time but especially during the Election, d) Other licence holder(s) having potential to disturb the Election Process. The list of the licence holders shall also be published in the media and displayed at the office of SSP, SDMs, Tehsildars and Police Stations. A Screening Committee, led by District Magistrate Sachin Kumar Vaishya, has scrutinised 4914 Arms Licences and instructed the holders to submit their weapons to ensure the peaceful conduct of the General Elections for Lok Sabha. An order has been issued by the DM in this regard and the Senior Superintendent of Police has also been asked to ensure implementation of the order. The arms/ weapons are to be deposited within a period of 7 days and the concerned SHOs shall intimate the licence holders for compliance.

## Returning Officer Udhampur PC held interactive session with Flying Squad teams

HT News Network

KATHUA, MARCH 18: The Returning Officer for the Udhampur Parliamentary Constituency, Dr Rakesh Minhas (DC Kathua) chaired a meeting today with the Flying Squad Teams assigned for the upcoming Lok Sabha Elections- 2024.

The primary objective of the session was to acquaint the teams with their roles, responsibilities, and the adherence to the stringent ethical standards mandated by the Election Commission of India (ECI).

During the meeting, Mr. Sanjay Sharma emphasized the pivotal role of the Flying Squad Teams in ensuring the integrity and fairness of the electoral process. He underscored the importance of impartiality, diligence, and adherence to the Model Code of Conduct in



all their activities.

The discussions encompassed various aspects, including the identification and monitoring of suspicious activities related to electoral malpractices, enforcement of election-related laws, and swift action against any viola-

tions detected. Additionally, the teams were briefed on the proper procedures for handling complaints and reporting incidents promptly to the concerned authorities.

Dr Rakesh Minhas reiterated the significance of upholding the democratic

principles and ensuring a level playing field for all candidates and political parties. He urged the Flying Squad Teams to discharge their duties with utmost diligence and impartiality, thereby contributing to the conduct of free, fair, and transparent elections.

The session also witnessed the clarification of queries or concerns raised by the Flying Squad Teams.

The Returning Officer expressed confidence in the dedication of the Flying Squad Teams and urged them to perform their duties diligently to uphold the sanctity of the electoral process.

The meeting was attended by senior officials, including SSP Kathua Shivdeep Singh Jamwal, ADC Ranjit Singh, ASP Kathua, ACR Kathua, SDM Hiranagar, Dy DEO Kathua, DIO Kathua and other concerned officers.

## DEO Reasi chairs meeting with Nodal Officers on Election preparedness

HT News Network

REASI, MARCH 18: The District Election Officer Reasi, Vishesh Mahajan, chaired a meeting with all nodal officers to discuss and review the preparedness for the upcoming elections.

Key points addressed included the establishment of a control room, maintenance of law and order, coordination for the movement of polling parties, provision of parking facilities, EVM training, and transport management systems.

DEO Vishesh Mahajan emphasized the significance of these aspects in ensuring the smooth conduct of the electoral process. He emphasized that each polling station should be decorated, clean, well-equipped with electricity, water supply, and proper toilet facilities to ensure the convenience of voters and polling staff. DEO Reasi urged all nodal officers to continue their concerted efforts to uphold the integrity and transparency of the electoral process in Reasi district. ADDC Sukhdev Singh Samyal, ADC Kulbhushan Khajuria Nodal officer for MCC, PO Poshan Mohammad Anwar Banday Nodal officer for training, ACD Pardeep Kumar Nodal officers for logistics, Dy. DEO Rakesh Kumar, DIO Nasir Ahmed Nodal officer for SVEEP and other Nodal officers were present in the meeting.

## Awareness Programme under SVEEP held at DIET Rajouri

HT News Network

RAJOURI, MARCH 18: In an effort to promote voter awareness and participation, an awareness programme under the Systematic Voters' Education and Electoral Participation (SVEEP) initiative was conducted today at DIET Rajouri, under the guidance of District Election Officer Rajouri, Om Parkash Bhagat.

The event saw active participation from approximately sixty teachers representing fifteen educational zones across the district, along with faculty members from DIET Rajouri. Mr. Mohammad Ayaz Raina, a member of the District SVEEP Cell, delivered an insightful presentation on SVEEP, emphasizing the importance of mass participation of electorates in the upcoming elections to strengthen democracy. Participants were encouraged to carry the message of SVEEP to their respective communities. The programme concluded with the distribution of informative pamphlets among the attendees, reinforcing the message of ensuring no voter is left behind, in line with the vision to achieve maximum voter turnout. Professor Mohammad Iqbal Raina, the District Nodal Officer (DNO) for SVEEP, supervised the programme to ensure its success.

Lok Sabha Elections-2024

## DEO Ramban bolsters official machinery for seamless Lok Sabha Election conduct, MCC implementation

HT News Network

RAMBAN, MARCH 18: In view of the ensuing Lok Sabha Election 2024, District Election Officer, Ramban, Baseer-Ul-Haq Chaudhary chaired a meeting of all nodal officers to assess the progress, focused on ensuring proper arrangements at polling booths, adherence to Election Commission guidelines and maximizing voter participation. ADC, Varunjeet Singh Charak, ARO Ramban S. Harpal Singh, and Nodal Officers of various committees were present on the occasion. The DEO issued necessary directions to all the nodal officers for the enforcement of the Model Code of Conduct to maintain the sanctity of the electoral process.

## Samba DC chairs meeting on election preparedness

HT News Network

SAMBA, MARCH 18: With the implementation of Model Code of Conduct, a meeting regarding election preparedness was convened today by the Deputy Commissioner Samba, Abhishek Sharma with all Nodal officers to review the preparedness of the forthcoming Lok Sabha elections. Chairing the meeting, the DC asked



all to render exemplary services with dedication and devotion to maintain peace and order in District Samba. DC informed that Sector Magistrates, FST, VST, SST and VVT have

already been deployed round the clock and urged them to monitor any possible violation of MCC ahead of the Election to the Lok Sabha.

He also urged the team of EEMC (Election

Expenditure Monitoring Cell) to be abreast with the legal framework, monitoring and enforcement mechanisms and the reporting requirements which is a crucial aspect.

## DM Ramban directs all gun license holders to deposit weapons ahead of Lok Sabha Elections

HT News Network

RAMBAN, MARCH 18: The District Magistrate/ District Election Officer (DM/DEO) Ramban, Baseer-Ul-Haq Chaudhary directed all licensed arms holders to deposit their arms at the nearest police stations within 07 days in view of Lok Sabha polls-2024.

The District Magistrate asked all the civilians and forces personnel (retired and serving) presently residing within the territorial jurisdiction of District Ramban and who are in possession of arms and ammunition on a valid arms licence shall deposit their arms

and ammunition in the concerned police stations within a period of seven days from the date of issuance of the order. This measure is for preventive law to ensure conduct of peaceful, free and fair polls during the General Election to Lok Sabha- 2024. In a statement, the Additional District Magistrate said that the prohibitory orders under Section 144 of the CrPC had come into force with effect from March 16, as per the Election Commission of India (ECI)'s Model Code of Conduct. Further, the order clarifies that there shall be a complete prohibition on issuance of new arms licence till the culmination of election process.

## Chief Education Officer Doda Ensures Minimum Assured Facilities (AMF) In Polling Stations of Zone Ghat Doda.

Amir Iqbal Khan

Doda, March 18: In order to streamline the election related amenities, Chief Education Officer Doda Parkash Lal Thapa along with District Education Planning Officer Doda Dr. Anis Ahmed today conducted a physical verification of schools in Zone Ghat in which polling stations have been established.

The purpose of verification was to ensure full assured minimum facilities at the polling stations for Lok Sabha Elections 2024 which are going to be held from April 19 (Phase-I). The CEO also directed the officials that no posters/writing or hoardings of any kind relating to political parties or any other organisations are on the walls or premises of government school buildings. The Chief Education Officer Doda along with DEPO Doda had a comprehensive inspection of examination centers of HSS Ghat, HSS Jodhpur and HSS Jatheli reaffirming the administration's dedication to maintaining the integrity



and fairness of the examination process.

The aim of the visit of CEO was to enforce strict adherence to established protocols and swiftly address any

potential challenges encountered during the ongoing examinations. During the inspection Chief Education Officer Doda PL Thapa meticulously assessed the facilities and arrangements, prioritizing optimal conditions for students. On this occasion, interactions with examination staff and supervisors provided valuable insights and facilitated prompt issue resolution. Emphasizing a secure and conducive examination environment, Chief Education Officer directed officials to maintain vigilance and implement stringent measures against malpractices to underscore commitment of the education department to transparent and merit-based processes.

He further highlighted the importance of supporting examination centers and ensuring seamless processes reflecting the administration's dedication to excellence in education.

"Stakeholders can trust in the administration's commitment to prioritizing examination integrity, contributing to the holistic development of students in District Doda," he asserted.

EDITORIAL

## Jaundice Crisis in South Kashmir

The recent surge in jaundice cases in Dargund Bellow village, in Kashmir's Pulwama district, demands immediate attention from local authorities and health agencies. With nine confirmed cases and numerous individuals displaying symptoms, the situation underscores the pressing need for swift intervention to contain the outbreak and prevent further spread.

While investigations are ongoing, contaminated water sources have emerged as the primary suspect behind the outbreak. Access to safe drinking water is a fundamental human right, yet in many regions, including rural areas like Dargund Bellow, it remains a persistent challenge. The absence of clean water infrastructure not only jeopardizes public health but also exposes communities to the risk of water-borne diseases such as jaundice.

The repercussions of the jaundice crisis extend beyond mere health implications. Such outbreaks inflict significant economic burdens on affected families, exacerbating their already challenging circumstances. Moreover, the broader community suffers from the disruption caused by illness, hindering productivity and straining local resources.

In light of these developments, it is imperative for authorities to take proactive measures to address the underlying issues contributing to the jaundice outbreak. This entails immediate steps to ensure access to safe drinking water through the implementation of robust water purification systems and regular monitoring of water quality.

Furthermore, community-wide awareness campaigns are crucial to educate residents about preventive measures, symptoms of jaundice, and the importance of seeking timely medical assistance. Collaborative efforts between healthcare professionals, government agencies, and local stakeholders are essential to effectively combatting the crisis and safeguarding public health.

As the authorities mobilize resources to tackle the jaundice outbreak, prioritizing the well-being of affected communities must remain paramount. Every individual deserves access to clean water and adequate healthcare, and concerted action is needed to uphold these fundamental rights and prevent similar crises from recurring in the future.

# The Vanishing Green Belt Causing Climatic Change



By Mool Raj

The most extensively used words these days are the "Climate Change"! The weather in most parts of the world has been behaving in a strange way. Some places are getting extremely hot while as in some places the weather is colder for this part of the year. In some of the Arab countries the temperatures have crossed sixty degrees Celsius while as in some parts of Europe it is getting cooler than usual. In our sub-continent in many places the temperature has crossed fifty degrees Celsius. There are many factors for this drastic climate change but the most talked about is emission of harmful gases from automobiles, power plants and other similar industries. Apart from the fact of an astronomical increase in the emissions, the other major contributing factor has been the fast vanishing green cover all over the world due to so called "Development"! The green cover had been absorbing these emissions especially Carbon Dioxide and purifying the air. The absorption of carbon Dioxide enriches the oxygen content in the air. It has been estimated that the conversion of a part of the Sahara desert in Africa can absorb millions of tons of carbon dioxide and purify the air. The Chinese have already gone ahead with converting some of their desert areas into green belts. While as these people so conscious about their environment are trying to convert deserts into green belts, we, on the other hand are converting our green belts into barren land which may ultimately turn into deserts!

We have virtually massacred our lush green forests in many places. According to forest policy of India 33% of the total area of every region in plains and 60% in the Himalayan region must be under forest but unfortunately the forest area in India is not more than 22%. Similarly forest area of Jammu and Kashmir is not more than 20% of the total area of the state. However,



according to Satellite it is not more than 10% of total area of Jammu and Kashmir. Over 14,000 hectares of forest land has been encroached upon by the people in the J&K state as per 2010 survey. According to the record of forest department 9,496 hectares of forest land in the Jammu region and 4877 hectares in Kashmir valley had been encroached with total forest area of 20,230 km<sup>2</sup>. This area was largely distributed in the Kashmir valley and the Jammu region. Leh and Kargil are mostly devoid of forest vegetation. Of the total forest area in the state, 8128 km<sup>2</sup> is in the Kashmir valley, and 12066 km<sup>2</sup> in Jammu, and 36 km<sup>2</sup> in Ladakh region.

In addition to intentional deforestation by timber smugglers, some government agencies and even people bordering the forests, the green belt has further been damaged by large scale conversion of agricultural land for construction of private houses, residential colonies, and some state government offices including one responsible for planned development of the state! There are no two opinions that agriculture is the primary eco-

economic activity in Kashmir. Almost 75% people are linked with agriculture in the valley. In fact, in earlier times Kashmir was self-sufficient in food and vegetables but not now. The bulk of our food grains and vegetables are imported from outside. In addition, residential as well as commercial buildings have been constructed on agricultural land. These days a number of shopping complexes, residential colonies and even government buildings are coming up on the once agricultural land. The government departments responsible for protecting the land use are totally silent or rather intentionally mum for certain considerations, both political and monetary. Under the revenue rules a piece of agricultural land had to remain unproductive for at least for 40 years before it could be declared unusable for agriculture and put to some other use. This rule seems to have disappeared from the revenue department rule book! In 2012, the State High Court had directed all Deputy Commissioners to strictly ensure the implementation of the Agricultural Act and the Land Revenue Act. The concerned Commissioners

were directed to monitor implementation of these directions on the ground. Unfortunately nothing was done and the violations of both the acts continue unabated.

Incidentally, our ancestors left for us a land which was described by Mughal Emperors as the "Heaven on Earth"! They had said, "If there is a heaven on Earth, it is this, it is this and it is this!" If Kashmir has to survive as a "Paradise on Earth", then the green belt has to be saved. The government alone cannot do it. One has to have a strong and universal movement involving all the citizens to save Kashmir's green belt. The movement has to involve the entire society regardless of political beliefs or affiliations. If Kashmir's environment goes, it is immaterial whatever political or physical set up it has in future. The unusual weather being experienced is giving us a warning. If we do not heed the warning and act now, we are doomed! We would be unfortunately leaving a hell for our future generations!

The author is a columnist and freelance writer

## How Holi Affects Our Mood and Mental Health, The Science Behind Holi Colors



Vijay GarG

Holi is a festival celebrated with a lot of enthusiasm and zeal. It is a time when people forget all their differences and come together to celebrate the victory of good over evil. This festival not only brings people closer but also has a significant impact on our mood and mental health. Let's take a look at how Holi affects our minds and why it is good for our mental well-being.

**Colours:** The colours used during Holi have a profound impact on our mood. Colours are known to influence our emotions, and the bright & vibrant colours used during Holi can evoke positive emotions such as happiness, excitement, and enthusiasm. They also have a therapeutic effect (stimulating the release of dopamine) on our minds and help us feel rejuvenated and refreshed.

**Music:** Music is an essential part of Holi celebrations. The beats and rhythm of the music can instantly lift our mood, making us feel happy and energetic. It also has a calming effect on our minds and can help us relax & de-stress.

**Social connections:** Holi is a time when people come together to celebrate and have fun. The social connections we make during this festival can positively impact our mental health. It helps us build relationships and

bliss.

**How Holi Affects our Mood & Mental Health**

Holi is a festival celebrated with a lot of enthusiasm and zeal. It is a time when people forget all their differences and come together to celebrate the victory of good over evil. This festival not only brings people closer but also has a significant impact on our mood and mental health. Let's take a look at how Holi affects our minds and why it is good for our mental well-being.

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**Social connections:** Holi is a time when people come together to celebrate and have fun. The social connections we make during this festival can positively impact our mental health. It helps us build relationships and

strengthen bonds with our friends and family, which can give us a sense of belonging and reduce feelings of loneliness as well as isolation.

**Playfulness:** Holi is a festival that encourages playfulness and childlike behaviour. Playing with water & colours and indulging in fun activities can help us let go of our inhibitions and enjoy the moment. This playful attitude can affect our mental health positively and help us feel more carefree and relaxed.

In addition to these scientific explanations, Holi also has a cultural significance. It celebrates the triumph of goodness, promoting unity and harmony among people of different backgrounds and beliefs. This cultural aspect of Holi can have a positive impact on our mental well-being by promoting a sense of community and connection.

**Benefits of Using Natural Colour**

Let me paint you a picture, my friend. Imagine playing Holi with artificial colours that not only leave you with stains but also cause skin irritations and rashes. Now, imagine playing Holi with natural colours that not only give you vibrant hues but also have numerous benefits for your skin and hair. That sounds like a no-brainer, right? Using natural colours in Holi is not just an eco-friendly choice, it's also a beneficial one. Natural colours are made from organic ingredients like

flowers, herbs, and fruits, which have a soothing and nourishing effect on our skin and hair. They also have therapeutic properties that can help calm and relax our minds. So, not only will you have a blast playing Holi, but you'll also come out of it looking and feeling rejuvenated. Plus, you'll be doing your bit for the environment by opting for natural colours. So, let's embrace the natural side of Holi and colour the town red, green, yellow, and pink with natural colours!

**How to Make Plant-Based Natural Colours**

**Making plant-based natural colours for Holi is a fun and creative process, and it's super easy to do! Here's a quick guide on how to make your own natural colours:**

**Green colour:** Grind dried Gulmohur leaves, spinach leaves, or pine needles into a fine powder.

**Yellow colour:** Mix turmeric powder or gram flour with water to form a paste. You can also use dried marigold or sunflower petals, which can be powdered and mixed with water.

**Red colour:** Pomegranate, the bark of crab apple trees, and Red Sandalwood Powder can be used to extract our rich red colour. You can also use hibiscus flowers which can be ground into a fine powder and mixed with water.

**Saffron colour:** Soak the flowers of

the Tesu tree in water overnight. The resulting water will have a beautiful saffron colour.

**Blue colour:** Soak indigo leaves in water overnight. Alternatively, you can use blue hibiscus flowers or jacaranda flowers, which can be ground into a fine powder and mixed with water.

**Purple colour:** Boil beetroot in water until the colour is extracted. You can also use purple grapes or blueberries, which can be mashed and mixed with water.

**Brown colour:** Mix dried tea leaves with water to form a paste. You can also use Katha, which is a natural plant extract that gives a brown colour.

**Different Holi colours in different bowls with spoons**

Don't let toxic synthetic colours ruin your Holi fun! Herbal colours are scarce but worth the extra cost to protect your skin, hair, and health. Cheap synthetic colours contain lead oxide, diesel, and other harmful chemicals that cause rashes, allergies, and even acute skin diseases. Moreover, everyone else uses them too, so you're not avoiding the risks. So, go green and get creative with your natural plant-based colours this Holi, and have a blast!

**Pieces of Advice to Keep in Mind!**

Alright, folks, listen up! It's that time of the year again when we go crazy with colours and drench each other with water. That's right, it's Holi time!

But before you dive headfirst into the festivities, let's go over some tips to ensure you have a safe and enjoyable Holi experience.

First things first, put on some old clothes you don't mind getting ruined. Trust me, that Gucci shirt you've been eyeing is not Holi-proof.

Next up, slather on some coconut oil or petroleum jelly all over your skin. It will make it harder for the colours to stick to your skin and will also help prevent skin irritation.

Don't forget to wear some old shoes or flip-flops because the last thing you want is to ruin your new Nikes in a puddle of coloured water.

Lastly, if you have long hair, tie it up in a bun or braid it to avoid a tangled mess. Or, if you're feeling adventurous, you can always go bald like Britney Spears

**Bottom line**

In conclusion, Holi is more than just a festival of colours; it is a celebration of life and a time to connect with our inner child. The colours, music, social connections, and playfulness of this festival can have a significant impact on our mood and mental health. So, go ahead and embrace the festive spirit of Holi to experience the joy and positivity it brings.

Vijay GarG Retired Principal Educational Columnist Malout

# Boosting the popularity of social media posts



■ **Sheikh Aqib Farooq**

Computer scientists created a new algorithm to recommend tags for social media posts which should boost the popularity of the post in question. This algorithm takes into account more kinds of information than previous algorithms with a similar goal. The result is a measurably improved view count for posts which use the tags recommended by this new algorithm. Such research could be useful commercially and for other researchers who study online behavior.

Xueting Wang is a postdoctoral researcher at the Yamasaki Laboratory.

As a keen user of social media sites, she was puzzled by how different posts by different people achieve notoriety or fade into obscurity.

Driven by this curiosity Wang, her colleague Yiwei Zhang and their supervisor, Associate Professor Toshihiko Yamasaki, investigated the relationship between social media content, the tags attached to content and the people who post it.

"It is well-known in our field that tags for social media posts are important," explained Wang.

"It's also known that the nature of these tags, and the relative popularity of the user in question, can impact

the popularity of a post -- for example the number of views. What I wanted to do was come up with a system to recommend suitable tags for your posts that would demonstrably improve their popularity."

This is far easier said than done. Computers are exceptional at precisely defined mathematical tasks; however, some of the social concepts explored by the researchers, such as a user's popularity, are too vague for a computer to process directly.

Wang and team had to carefully define every aspect of the problem in mathematical terms for an algorithm to be possible.

"We had 60,000 publicly available images with tags, number of views and associated user data from photography website Flickr to experiment with," continued Wang.

"That gave us enough source data to make a system to score different user and image details, and assign numerical values to things. This meant we could perform different functions on the data."

Wang and team used this data to rank the effective success of a specific tag in contributing to the image's view count.

Essentially, successful tags were recommended by this process that resulted in a 20-percent boost to the

popularity of a post.

But what sets their approach apart from others is that it takes into account who created the post.

The system cleverly imitates the tagging behavior of people with high social popularity scores to recommend effective tags.

"The algorithm is called the 'user-aware folk popularity rank' and it is the first of its kind to be, as the name suggests, aware of the user in how it recommends tags," said Wang.

"We see from our results that carefully selected tags which express emotional impressions rather than just literal representations of the image content will be more effective. But all the tags the system produces are from an existing pool and it would be good to grow our system so it can generate new ideas."

**About the Author:**  
**Sheikh Aqib Farooq stands as a multifaceted professional with a wealth of experience in skill development, civil service training, and the art of commentary. His contributions have not only empowered individuals but have also enriched the intellectual discourse in the spheres he has engaged with.**

# The World Is Obsessed With Early Success



■ **Amir Iqbal Khan**

There must have been a period in your life when your parents told you to be like that boy who often comes first in studies and he must have been your neighbour or classmate and you will never like this comparison. And then when you grow up and your parents and relatives again start saying look how successful that boy is. He has a good job, a big car, huge property, and you are just there. It is but natural that no one likes such social comparison.

The reality is that the world is engaged in this race and race. People all over the world are in a race to become rich and successful quickly, in which if you have a good job, car and much money at a young age, then fine, otherwise you are a useless and inefficient person. Society is putting undue pressure to succeed quickly and earn money quickly.

**A 20 year old boy who is looking for a job. The 30 year old boy who cannot get married because according to the society, he is not yet successful. The 40 year old man is suffering from midlife crisis. A 50 year old person who is worried about retirement every day.**

And most of the people have become victims of negative attitude due to this social comparison and are getting depressed with each passing day. A 20 year old boy who is looking for a job. The 30 year old boy who cannot get married because according to the society, he is not yet successful. The 40 year old man

is suffering from midlife crisis. A 50 year old person who is worried about retirement every day.

Some of the richest people in the world, Elon Musk, Bill Gates, Mukesh Ambani are people who became billionaires in their early 20s and 30s. Early success was romanticized in popular culture because of these great entrepreneurs. All of them got so much media coverage that we all started to understand that if not early success, then life is wasted.

The result of all these things was that imbalance and anxiety started in the society.

There has been an unwritten agreement in the society that success in life makes you a worthwhile person. If you got rich in your 20s and 30s otherwise you are a big time loser.

Often you must have underplayed many people in life and you must have thought that person is completely useless. But one fine day he strikes gold and looks like he's on the road to success.

If you are also a parent and you expect your child to do everything quickly, you are treading the wrong path. You are putting undue pressure on your child which will eventually lead him to depression. Everyone should get ample time to discover their talents so that he can live a meaningful life.

# Women: The Symbol of Power!

Women in the society has ensured the stability progress and long term development

"One is not born, but rather becomes a women"



■ **Qysar ul Islam Shah**

March, 8 is celebrated the International women's day across the world. Women- the noblest creation of God. The day is celebrated and dedicated for gender parity or advocate for gender equality. This day acknowledges their invaluable contribution towards binding society. The day serves as a platform to raise awareness about social, political, and cultural achievements of women worldwide.

Women plays a key role in socio-economic development of the society. Women in the society has ensured the stability, progress, and long term development. At global level women comprise 44 percent of the world's agriculture labour and 33 percent at national level. Women's contribution can forge pathways in establishing the society an instrumental in bringing

about social change. Their role is immeasurable and profound. They are the embodiment of power, love and affection. From politics to education, business to social service, culture to sports, aerospace to journalism, Science and technology, literature to entertainment, entrepreneurship, environmental conservation etc women are making profound impact in every field.

Women have been proven an essential contributors to the economy. Even they have been proving successful entrepreneurs and standing their own at higher rates than men. Women empowerment is essential as their empowerment leads to improved health outcomes, economic growth and development and poverty reduction. It has been observed that when women is represented in political leadership, they brought diverse perspectives and resulted in more informed decision making.

The power of women also lies in sustainable development and quality of life in the family. Their role can be assessed as wife, leader, administrator, manager, most importantly the mother. Hence it can be said with an iota of doubt that women assume a great significance in the society. They have attained an immense success and appreciation in every field, be it sports, politics and academics. A



women needs to understand her rights so that she can walk at par with men. Mother Theresa, Pritbha patil, kalpnana chawla and a lot more have been very significant in their own sphere and model for every women across the globe.

It is a fact that women are intelligent, powered with multifaceted skill. Their painstaking attitude is always remarkable. They put heart and soul together in whatever they undertake. They have been admirably serving as doctors and nurses. There is no denying fact that women in India have made considerable progress in last few decades. Women all over the world have been made to suffer discrimination and deprivation and they have all along being denied even basic rights. The global concern has steadily grown past few decades and has resulted in efforts to bring women into mainstream of life mainly through socio economic activities aimed at empowering them and thus restoring equality between the sexes. On the one hand government is in a constant endeavour to empower women by initiating campaigns such as "Beti Bachao, Beti Padhao". The most contented thing is that people now embrace the girl child and celebrate women's day owing to women's role in society with fervor. Today women are adorned with

patience and perseverance which has helped them to attain the pinnacle of success. They are acting as the second wheel of vehicle in the family. They act as the main constituent in progress and development. Earlier women were seen as housewives, who were only projected to cook, clean and take care of family, now they have been observed as successful in decision making, leadership that too in most optimal manner.

In the end, women is considered as a basic unit of society, they make family, and family make home, home make society and finally society make country. Life would be simply unthinkable without women. They are inseparable part of life. They should be celebrated every day, their efforts should be valued by everyone, and they should be appreciated what they have been doing. Women occupies the power to bring illumination of development and build a bright family as well as society. Many women in today's world are immensely contributing towards each and every sector of the economy. They stand as a pillar of inspiration for modern indian women and give us the pride in celebrating Women's Day.

**Qysar ul Islam Shah teacher by profession and columnist**

# BJP To Contest 17 Seats, JDU 16, Chirag Paswan's Party 5 In Bihar

HT News Network

New Delhi: The NDA formally announced its seat-share formula in Bihar this evening, which placed the BJP firmly as the 'big brother' in the state with 17 seats to contest. Chief Minister Nitish Kumar's Janata Dal United, which previously had the pole position in the alliance in Bihar, will contest on 16 seats. Chirag Paswan's Lok Janshakti Party will contest on five seats, Jitan Ram Manjhi's Hindustan Awam Morcha and Upendra Kushwaha's RLM gets one seat each.

The LJP faction led by Chirag Paswan's uncle Pashupati Paras -- who landed a cabinet berth after splitting the party three years ago -- is not part of the NDA. The Paras faction was dropped after it became clear that Chirag Paswan's unit had complete command over the Paswan vote. The community comprises 6 per cent of the voting population.

The BJP has taken Nawada -- a stronghold of the LJP -- and has given Sheohar to Mr Kumar's JD(U) in place of Gaya and Karakat. The JD(U) has also got Kishanganj, which it lost to the Congress last



time. Sources said Nitish Kumar had lobbied hard to get the Sheohar seat, from where it is likely to field Lovely Anand who joined the party this evening. Lovely Anand is the wife of former MP Anand Mohan and mother of Chetan Anand, then RJD MLA who openly sided with Nitish Kumar's JD(U) during the vote of confidence.

Mr Kumar's JD(U), which broke the Grand Alliance a second time and joined hands with the BJP early this year, appeared nonchalant about the shift in its status.

"We are confident that the NDA will win all 40 seats," Sanjay Jha of the Janata Dal United said today. Even in 2019, the two parties, after a silent and bitter face-off, had decided on a 50:50 formula and contested on equal number of seats. The division was 17 seats each for the BJP and Mr Kumar's Janata Dal United and six for Lok Janshakti Party, then led by Chirag Paswan's father Ram Vilas Paswan.

Mr Kumar, who changed camp after being upset over multiple issues in the INDIA bloc, has said

he would now stay with the NDA "forever". The BJP has taken Nawada -- a stronghold of the LJP -- and has given Sheohar to Mr Kumar's JD(U) in place of Gaya and Karakat. The JD(U) has also got Kishanganj, which it lost to the Congress last time. Sources said Nitish Kumar had lobbied hard to get the Sheohar seat, from where it is likely to field Lovely Anand who joined the party this evening. Lovely Anand is the wife of former MP Anand Mohan and mother of Chetan Anand, then RJD MLA who openly sided with Nitish Kumar's JD(U) during the vote of confidence.

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# Election Commission Removes Home Secretaries Of 6 States, Bengal Top Cop

HT News Network

New Delhi: The Election Commission on Monday afternoon issued orders for the removal of six Home Secretaries - including the top bureaucrats from Gujarat, Bihar, and Uttar Pradesh.

The ECI also directed the transfer of Rajeev Kumar, Bengal's Director-General of Police, the top cop of a state that has seen several instances of poll-related violence in recent years. Vivek Sahay, who was Director-General and Commandant of the Home Guards, has been appointed the new Bengal DGP. The re-shuffle, not an uncommon move by the Election Commission before major polls, also included the transfer of the Jharkhand, Himachal Pradesh, and Uttarakhand Home Secretaries, as well as senior officials attached to the offices of the Mizoram and Himachal Pradesh Chief Ministers. In addition, Iqbal Singh Chahal, who is Commissioner of the Brihanmumbai Municipal Corporation, and other officials in municipalities across Maharashtra, was removed too. All of this comes less than a month before the 2024 Lok Sabha poll; the ECI on Saturday said voting will begin on April 19 and run over seven phases till June 1.

This is, in fact, the first re-jig by the ECI since it announced polling dates, and it came after a meeting of Chief Election Commissioner Rajiv Kumar and his two associates, the newly-appointed Gyanesh Kumar and Sukhbir Singh Sandhu. The



poll panel has underlined its commitment to a level playing field for all parties in Lok Sabha and Assembly elections, as well as state by-polls over the next 100 days.

Sources said the personnel removed were found to be holding dual charge in the offices of the respective chief ministers of each state, and this could compromise, or be seen to be compromising, required neutrality, particularly in relation to law-and-order before, during and after polling.

For example, in the case of Uttar Pradesh, Sanjay Prasad -- the Principal Secretary to Chief Minister Yogi Adityanath -- had been given additional charge of the Home Department in 2022.

Bengal's ruling Trinamool hit out at the removal of Mr Kumar, who is seen by the opposition as be close to Chief Minister Mamata Banerjee's party. In the past, the state government has also questioned the last-minute re-shuffle of senior officials so close to an election, arguing it hampers prep work.

# "Don't Make Me...": Chief Justice's Tough Talk To Lawyers' Body President

HT News Network

New Delhi: The president of the Supreme Court Bar Association was in for some tough talk by Chief Justice of India (CJI) DY Chandrachud during the hearing on electoral bonds today. Adish Aggarwala, senior advocate and president of the lawyers' body, had sought a suo motu review of the Supreme Court's landmark judgment last month in which it scrapped the electoral bonds scheme and directed the State Bank of India to release all details of political funding made through bonds. When Mr Aggarwala mentioned the matter today, the Chief Justice replied, sternly, "Apart from being a senior counsel, you are president of SCBA. You have written a letter invoking my suo motu powers. These are all publicity-related stuff and we will not get into this. Do not make me say anything more. It will be distasteful."

Solicitor General Tushar Mehta dissociated from Mr Aggarwala's request. "We don't support this." The senior lawyer had earlier sparked a row when he wrote to President Droupadi Murmu, urging her to



seek presidential reference of the Supreme Court judgment in the electoral bonds case. The Supreme Court Bar Association had distanced itself from his views and said members of the panel had not authorised Mr Aggarwala to write to the President. "It has become expedient for the Executive Committee of the Supreme Court Bar Association to make it abundantly clear that the members of the committee have neither authorised the President (Aggarwala) to write any such letter nor do they subscribe to his views as expressed therein.

"The Executive Committee of the Supreme Court Bar Association further views this act as well as the contents therein as an attempt to overreach

and undermine the authority of the Hon'ble Supreme Court of India and unequivocally condemn the same," a resolution issued by the bar association's Secretary Rohit Pandey said.

The resolution said that the letter by Mr Aggarwala appears to have been written by him in his capacity as Chairman of All India Bar Association. "However, it is noticed that below his signature on said letter he has inter-alia mentioned his designation as President of the Supreme Court Bar Association," it said. The resolution said that the letter by Mr Aggarwala appears to have been written by him in his capacity as Chairman of All India Bar Association. "However, it is noticed that below his signature on said.

# "Always Trying To Change My Words...": Rahul Gandhi On PM's 'Shakti' Jab Fadnavis

HT News Network

New Delhi: Congress MP Rahul Gandhi on Monday responded to criticism by Prime Minister Narendra Modi about his use of the word 'shakti' -- a reference to the feminine divine energy -- when describing the opposition's bid to defeat the ruling Bharatiya Janata Party in the April/May Lok Sabha election.

The PM and the BJP had accused Mr Gandhi and the opposition, including the Congress-led INDIA bloc, of wanting to destroy 'shakti', and extended the comment to "...denying the existence of Lord Ram". "I accept their challenge. I will sacrifice my life," the PM said in Telangana's Jagtial.

Mr Gandhi then countered accused the PM of "always trying



to change the meaning of my words by twisting them in some way or the other", and said he had spoken about a "power (or 'shakti') that has captured institutions, media, industry, and the entire constitutional structure of India".

"... he (PM Modi) knows I have spoken a deep truth. The power that I mentioned, the power that

we are fighting... the mask of that power is Modiji. This is such a power that has captured institutions... the Central Bureau of Investigation, the Enforcement Directorate, the Income Tax Department, the Election Commission, the media, and the entire constitutional structure of India," he declared. "I recognise that power...

Modiji also recognises that power. This is not religious power. It is the power of corruption and falsehood. And this is why, whenever I raise my voice against him, Modiji gets upset and enraged," Mr Gandhi thundered at a 'Bharat Jodo Nyay Yatra' event in Mumbai.

Mr Gandhi was seen as referring to claims by the opposition that the BJP uses central agencies, like the CBI, ED and Income Tax Department, to target and intimidate rivals, particularly before an election. Mr Gandhi also spoke about a "senior (Maharashtra political) leader" who quit the Congress.

"Weeping... he told my mother (Congress matriarch Sonia Gandhi), 'Sonaji, I'm ashamed to say, I do not have the power to fight this people, this force. I do not want to go to jail!'"

# Tamil Nadu vs Governor Over Minister's Appointment Reaches Supreme Court

HT News Network

New Delhi: The Supreme Court on Monday agreed to consider a plea of the Tamil Nadu government against the refusal of Governor RN Ravi to appoint senior DMK leader K Ponmudy as a minister in the state cabinet.

The governor has recently refused to re-induct the senior DMK leader and former Higher Education Minister into the state cabinet, saying it would be against constitutional morality. A bench comprising Chief Justice DY Chandrachud and justices JB Pardiwala and Manoj Misra took note of the submissions of senior advocate Abhishek Singhvi, appearing for the state govern-



ment, there was some urgency in the matter which should be listed for hearing. "Please send an email. I will look into the email," the CJI said.

The governor, in a letter to Chief Minister MK Stalin, said the apex court only suspended the conviction Ponmudy by way of an interim order. The governor refused to appoint the

leader in the Stalin cabinet. Recently, the state government reinstated Ponmudy as a legislator after the Supreme Court suspended his conviction in a disproportionate assets case. The governor, in a letter to Chief Minister MK Stalin, said the Supreme Court only suspended the conviction Ponmudy by way of an interim order.

# Court Directs Delhi Jail To Take AAP MP Sanjay Singh To Parliament For Rajya Sabha Oath

HT News Network

New Delhi: A Delhi court has directed Tihar Jail officials to take Aam Aadmi Party leader Sanjay Singh, who is arrested in the excise scam case, to Parliament on Tuesday to enable him to take oath as a Rajya Sabha member.

Special Judge M K Nagpal directed the jail superintendent to ensure adequate security during Singh's movement.

"The Jail Superintendent concerned is directed to ensure that the accused is taken to Parliament on 19.03.2024 under adequate security for the purpose of making and subscribing of oath as a Member and after the oath, he is also brought back to the jail safely," the judge said. In an order passed on March 16, the judge said that during the visit Singh will not be permitted to use a mobile phone or talk with any other accused, suspect or witness in this case, or in the connected case of the CBI.

He shall also not be permitted to address the press or hold any public meeting, Judge Nagpal said. However, he may be permitted to meet his counsel as well as his family members during the visit, the judge said.

He passed the order while granting Singh exemption from personal appearance before the court on March 19, when the case is listed for further hearing.

Sanjay Singh was arrested by the Enforcement Directorate in a money laundering case linked to the now-scrapped Delhi excise policy case and is presently in judicial custody. The ED started its investigation based on a CBI



case. The ED is probing the money laundering part of the alleged scam.

It is alleged in the CBI case that irregularities were committed while modifying the excise policy to extend undue favours to licence-holders; licence fee was waived or reduced and the L-1 licence (granted for the wholesale supply of Indian liquor) was extended without the competent authority's approval.

The beneficiaries allegedly diverted "illegal" gains to the accused officials and made false entries in their books of account to evade detection. The judge said that during the visit Sanjay Singh will not be permitted to use a mobile phone or talk with any other accused, suspect or witness in this case, or in the connected case of the CBI. It is alleged in the CBI case that irregularities were committed while modifying the excise policy to extend undue favours to licence-holders; licence fee was waived or reduced and the L-1 licence .

# Ex-Delhi Minister Back To Jail After Supreme Court Rejects Bail Request

HT News Network

New Delhi: Former Delhi health minister and AAP leader Satyendar Jain returned to Tihar Jail on Monday, hours after the Supreme Court dismissed his regular bail plea in a money laundering case.

"Jain arrived at Tihar jail in the evening. The formal procedure of lodging him in the prison is on," a jail official said. Mr Jain left his Saraswati Vihar residence in northwest Delhi around 6 pm to surrender at the jail. The top court rejected an oral request by Jain's counsel to allow him to surrender in a week's time. The SC had on January 17 reserved its verdict on his regular bail plea.

# Probe Agency Conducts Raids In Fake Cancer Drugs Case, Recovers Rs 65 Lakh

HT News Network

New Delhi: The Enforcement Directorate on Monday raided multiple locations in Delhi-NCR as part of a money laundering investigation linked to a fake cancer drugs manufacturing and selling racket, news agency PTI sources said.

The federal agency searched a total of 10 locations and recovered about 65 lakh in cash from two locations. The money laundering case was registered taking cognisance of a recent Delhi Police crime branch case registered to probe an organised criminal racket allegedly involved in the manufacturing and selling of cancer and chemotherapy drugs to certain hospitals in Delhi-NCR, the sources said.

The premises of main suspects and their associates such as Vipul Jain, Suraj Shat, Neeraj Chauhan, Parvez Malik, Komal Tiwari, Abhinav and Tushar Chauhan were covered. Out of the total cash, 23 lakh was recovered from a bean bag kept in the house of Suraj Sharma, the sources said.



# DEO Samba chairs meeting with Political Parties ahead of Lok Sabha Elections 2024

■ HT News Network

SAMBA, MARCH 18: District Election Officer, Samba, Abhishek Sharma today convened a crucial meeting with representatives from various political parties in preparation for the forthcoming Lok Sabha Elections in 2024.

The primary objective of the meeting was to emphasize on the significance of upholding the highest ethical standards as outlined in the Model Code of Conduct and other relevant guidelines established by the Election Commission of India (ECI).

Key discussions during the session included issues such as adherence to MCC provisions, obtaining permissions for media advertisements and campaign logistics, as well as initiating candidate bank accounts in accordance with stipulated timelines.

The meeting served as a platform to sensitize political parties about the imperative nature of maintaining integrity,



fairness, and transparency throughout the electoral process. It emphasized the collective commitment of all stakeholders towards fostering an environment characterized by ethical conduct and accountability. The DEO reiterated the pivotal role of political parties in upholding the democratic ethos of the nation and urged cooperation and adherence to the guidelines set forth by the ECI.

The meeting served as a reaffirmation of the collective commitment towards ensuring a democratic electoral process characterized by integrity, transparency, and ethical conduct.

He expressed confidence in the cooperation and adherence of all political parties to the guidelines outlined, there-

by fostering a conducive environment for the smooth conduct of the Lok Sabha Elections.

Among the attendees were distinguished officials including SSP Vinay Sharma, ADC Suresh Sharma, GM DIC Gurpreet Singh, Deputy DEO Harvinder Singh, DIO Ashiq Rafiq Malik, and representatives from various political parties. The DEO reiterated the pivotal role of political parties in upholding the democratic ethos of the nation and urged cooperation and adherence to the guidelines set forth by the ECI.

The meeting served as a reaffirmation of the collective commitment towards ensuring a democratic electoral process characterized by integrity, transparency, and ethical conduct.

He expressed confidence in the cooperation and adherence of all political parties to the guidelines outlined, there-

## Adhere to MCC: DEO Bandipora, holds meet with political party representatives

■ HT News Network

BANDIPORA, MARCH 18: The District Election Officer (DEO) Bandipora, Shakeel ul Rehman on Monday convened a meeting of political party representatives to discuss various measures under Model Code of Conduct (MCC) to ensure fair and transparent elections in the district.

The meeting was attended by Nodal Officer MCC Umar Shafi Pandit, Dy DEO Mohammad Rafeeq Bhat, ARO Bandipora Shabir Ahmad wani, ARO Sumbal Amir Choudhary, Nodal Officer Expenditure Monitoring Sheikh Aabid Manzoor, Nodal Officer MCMC Dr. Naseer Ahmad, DLMT, representatives of different political parties including Bhartiya Janta Party, Congress, DPAP, JKAP, JKNC, JKNPF, AIP, NYP, PDP, AAP and other concerned.

The DEO on the occasion said that district administration has made all the necessary preparations to conduct the upcoming parliamentary polls in a free, fair and transparent manner.

He stressed strict enforcement of the model code of conduct across the district.

The DEO emphasised maintaining peace and order during the electoral process and urged political parties to adhere to the model code of conduct.

He stressed the importance of maintaining a peaceful and conducive environment for campaigning and urged political parties to refrain from engaging in any activities that could incite violence or violate the model code of conduct.

Discussions were also held on the importance of ethical campaigning practices, including the dissemination of accurate information and refraining from spreading misinformation or engaging in negative campaigning.

## Training for polling staff held in Reasi

■ HT News Network

REASI, MARCH 18: In order to equip the polling staff about their roles, duties and necessary guidelines of Election Commission of India to be followed during Lok Sabha Election in segments, Nodal Officer for Training, Mohammad Anwar Bandy, (District Programme Officer ICDS, Reasi) presided over a training session for polling staff under the overall supervision of the District Election Officer, Reasi Vishesh Mahajan.

During the training, collection of polling material, collection and installation of EVMS, setting up of polling stations and commencement of polls was thoroughly discussed with the trainees.

The process of sealing, installation and functioning of the EVMS was also demonstrated by the master trainers besides the procedure to be followed in case of challenge vote, refuse vote and vote under declaration was also briefed to the trainees.

## Lt Governor meets Family members of missing Seaman

■ HT News Network

JAMMU, MARCH 18: Family members of the missing Seaman from Jammu Sh Sahil Verma, called on Lieutenant Governor Shri Manoj Sinha, today at Raj Bhawan. The Lt Governor assured every possible support from the administration to the family to ensure the safe return of Sahil Verma.

The Seaman hailing from Jammu's Ghou Manhasan area went missing on 27th February from Indian Naval Ship. Senior Advocate Sh Abhinav Sharma was also present.

## Rs 70 each fixed as Sadq-e-Fitr this Ramadhan: Grand Mufti J&K

■ HT News Network

Srinagar, Mar 18 (KNS): Grand Mufti Jammu and Kashmir, Mufti Nasir-ul Islam Farooqi Monday announced the Sadq-e-Fitr (Zakaat-ul-Fitr) as rupees seventy per person this holy month of Ramadhan.

The Grand Mufti highlighted the significance of the charity under the (Sadq-e-Fitr), saying after reaching upon a consensus with the scholars of different schools of thought, the amount has been fixed as rupees seventy per person. He said the special kind of charity has also to be paid on behalf of the infants.

Sadq-e-Fitr is a religious charity paid by Muslims across the world by or before Eid-ul-Fitr prayers. (KNS)

## Police conducts training programme for Sector Police Officers in Sopore

■ HT News Network

Srinagar, March 18: Police in Sopore conducted a training programme for Sector Police Officers for forthcoming Lok Sabha Elections 2024 at DPL Sopore.

The training program focused on equipping sector police officers with the necessary skills and knowledge to effectively manage their sectors during the General Lok Sabha Elections. The training session was conducted by DySP DAR Sopore Shri Dr. Hilal Ahmad Hilal-JKPS. Addressing the officers about their role.

## DEO chairs Bankers meeting on Model Code of Conduct for Lok Sabha Election 2024



■ HT News Network

UDHAMPUR, MARCH 18: District Election Officer, Udhampur, Saloni Rai, presided over a crucial meeting concerning the Model Code of Conduct (MCC) and the pivotal role of bankers in ensuring the smooth conduct of Lok Sabha election 2024 in the district.

Additional Deputy Commissioner, Joginder Singh Jasrotia, Deputy DEO, Dr Anirudh Rai, AROs, LDM,

BMs and others stakeholders attended the meeting. Detailed discussions were held on various aspects which includes facilitation in opening bank accounts by candidates and issuing cheque books, for sending suspicious transaction report exceeding Rs.10 lakh, for explaining the procedure to be followed for ATM vans as per guideline of Ministry of Finance, ensure compliance of provisions related to defacement of property.

During the meeting, bankers were also briefed on the utilization of the cVIGIL portal and the standard operating procedures (SOP) to be followed for the seizure of any unidentified cash during the MCC period.

Additionally, detailed discussions were held on the procedure for cash remittance between banks, with a mandate for reporting any cash withdrawals exceeding Rs. 10 lakhs to the Election Commission of India (ECI).

Moreover, Sr. PO Ganderbal provided the participants with a basic understanding of the new Criminal Laws, namely Bhartiya Nyaya Sanhita, Bharatiya Nagarik Suraksha Sanhita, and Bharatiya Sakshya Adhiniyam. Pro-

## Police arrests 3 drug peddlers, contraband substances recovered

■ HT News Network

Baramulla March 18: Continuing its unwavering efforts to eradicate the menace of drugs from the society, police have arrested 3 drug peddlers in Baramulla, Sopore and Pulwama. Contraband substances were recovered from their possession. In Baramulla, a police party of Police Station Tangmarg headed by SHO PS Tangmarg at a checkpoint established at Hospital Crossing Tangmarg intercepted one person. During search, 50 grams of contraband Charas like substance was recovered from his possession. He has been identified as Ishfaq Ahmad Khan son of Mohammad Sultan Wani resident of Chountpathri Tangmarg. He has been arrested and shifted to PS Tangmarg where he remains in custody. In Pulwama, a police party led by SHO Police Station Kakapora at a checkpoint established near Railway Crossing intercepted a suspicious person who tried to flee from the spot but was apprehended tactfully. During search, Brown Sugar like substance concealed in a polythene bag and a digital weighing machine was recovered from his possession. He has been identified as Irfan Ayoub

Khan son of Mohd Ayoub Khan resident of Begumbagh. He has been arrested and shifted to police station where he remains in custody. In Sopore, police received a specific input about possession of narcotics substance by one Muhammad Altaf Dar son of Ghulam Qadir Dar resident of Mumkak, Sopore. On receipt of this information, a Police party led by SHO PS Sopore, under the supervision of SDPO Sopore Shri Sarfaraz Bashir-JKPS, executed a meticulously planned raid at the residence of the said accused. During search, huge quantity of psychotropic substances including 2016 capsules of spasmoproxyvon (84 strips) were recovered and the accused was promptly arrested.

Accordingly, cases under relevant sections of law have been registered in respective police stations and further investigation have been initiated.

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

## Police organises awareness programme on New Criminal Laws in Ganderbal

■ HT News Network

Ganderbal March 18: Police in Ganderbal organised an awareness Programme on the New Criminal Laws at Govt. Degree College Ganderbal. The programme was chaired by SSP Ganderbal Shri Sandeep Gupta-IPS. The Programme was attended by DySP Hqrs Ganderbal Shri Gh Hassan-JKPS, Sr. PO Ganderbal Shri Abdul Aziz Zaindari, DySP DAR DPL Ganderbal Shri Nazir Ahmad, SHOPS Ganderbal, Lecturers & Students of Degree College Ganderbal. The event also witnessed significant participation from renowned educationists, social workers and respectable citizens. On the occasion, SSP Ganderbal Shri Sandeep Gupta-IPS talked about the



amended criminal laws and asked the participants that these new laws are being implemented for speedy justice and are time bound. Moreover, Sr. PO Ganderbal provided the participants with a basic understanding of the new Criminal Laws, namely Bhartiya Nyaya Sanhita, Bharatiya Nagarik Suraksha Sanhita, and Bharatiya Sakshya Adhiniyam. Pro-

cuting Officer Dr. Tabasum also throw light on the said theme.

The participants present in the event appreciated the role of Ganderbal Police for organising such an important programme & applauded in providing the much needed awareness to the participants. The Programme was attended by DySP Hqrs Ganderbal Shri Gh Hassan-JKPS, Sr. PO Ganderbal Shri Abdul Aziz Zaindari, DySP DAR DPL Ganderbal Shri Nazir Ahmad, SHO PS Ganderbal, Lecturers & Students of Degree College Ganderbal. The event also witnessed significant participation from renowned educationists, social workers and respectable citizens. On the occasion, SSP Ganderbal Shri Sandeep Gupta-IPS talked about the amended criminal laws and asked the participants that these new laws.

## Lok Sabha Elections-2024: DM/ DEO Bandipora bans advertisements at the cost of public exchequer

■ HT News Network

BANDIPORA, MARCH 18: In terms of the instructions of Election Commission of India, vide No. 437/6/ INST/ ECI/ FUNCT/ MCC/ 2024 (ADVERTISEMENTS) dated 2nd January, 2024 the District Magistrate/ District Election Officer (DM/ DEO) Bandipora, Shakeel ul Rehman today ordered ban on advertisements at the cost of public exchequer.

An Order No. 37-DEO/Bpr of 2024 Dated: 18-03-2024, reads that no advertisements shall be issued in electronic and print media highlighting the achievements of the Govt. at the cost of public exchequer. If any advertisement has already been released for telecast/broadcast or publication in the print media, it shall be ensured that the telecast/broadcast of such advertisements on electronic media is stopped forthwith and that no such advertisement is published in any newspapers, magazines, etc., i.e. in print media, from the date of announcement and it shall be immediately withdrawn. The order further clarifies that these instructions shall remain in force till the culmination.

## Decade-long Wait Ends: Victory for Village Bakihakar as Bridge Construction Approved

■ DR. AB QAYOOM

Handwara, Mar, 18: (HT) In a momentous development for the residents of Village Bakihakar and surrounding areas, the long-awaited approval for the construction of the Village Bakihakar Bridge over Nallah Talri has been granted by the government. This milestone achievement, following a ten-year wait, stands as a testament to the unwavering dedication and relentless efforts of DDC Rajawar Mir Sulaiman.

The demand for the bridge's construction stemmed from the devastating floods of 2014, which left the bridge damaged and severed vital connectivity between the area and sub-district headquarter Handwara. Consequently, residents faced significant challenges in accessing essential services due to restrictions on heavy and loaded vehicles.

"Thanks to the proactive stance of DDC Rajawar Mir Sulaiman and the overwhelming support from the com-



munity, the project has been approved under 5054 NABARD (RIDF-XXIX), with a project cost of 12.84 Cr. The construction of a 3x26Mtr Span Truss Girder bridge has been entrusted to "Hafiz Construction Company Private Limited" through E-Tendering, marking a significant step towards addressing the area's infrastructure needs". Administration The announcement of the project's

approval has sparked jubilation among residents, particularly those in Village Bakihakar, who have eagerly awaited this crucial infrastructure development. They extend heartfelt gratitude to the R&B division Handwara, district administration, and especially to their elected representative, DDC Rajawar Mir Sulaiman, for his steadfast dedication to addressing their needs. DC Rajawar Mir Sulaiman expressed his satisfaction at the project's approval, highlighting its significance as a message to those in power who have politicized vital issues for decades. He reaffirmed his commitment to continue working tirelessly for the betterment of society and the welfare of his constituents, promising to prioritize infrastructure development and address pressing community needs.

This approval marks a significant victory for Village Bakihakar and stands as a beacon of hope for future infrastructure projects aimed at enhancing connectivity and improving the lives of residents in the region. (HT NEWSNETWORK)

# Lok Sabha Elections 2024: DEO Ganderbal chairs meeting with Political Parties

HT News Network

GANDERBAL, MARCH 18: The District Election Officer (DEO) Ganderbal, Shyambir today chaired a significant meeting with representatives from various political parties at the V.C Room, here.

During the session, DEO underscored the paramount importance of adhering to the highest ethical standards delineated in the Model Code of Conduct and other pertinent guidelines of the Election Commission of India (ECI).

He emphasized the need for political parties to uphold democratic values and urged them to demonstrate integrity and responsibility, setting a positive precedent for a free, fair, and peaceful electoral process.

Master trainers provided insights into essential aspects of Lok Sabha elections, including the process of lodging complaints as per MCC provisions, obtaining permissions for media advertisements, campaign vehicles, and other pertinent matters.

Discussions throughout the meeting highlighted the collective commitment of all political stakeholders



towards fostering an environment characterized by ethical conduct, accountability, and respect for democratic principles. DEO expressed confidence in the cooperation and adherence of all political parties to the outlined guidelines, thereby ensuring a conducive environment for the smooth conduct of the Lok Sabha Elections. The meeting was attended by SSP Ganderbal, Sandeep Gupta; Additional District Development Commissioner, Mushtaq Ahmad Simnani; ASP Ganderbal, Deputy DEO alongside representatives of political parties. During the session, DEO

underscored the paramount importance of adhering to the highest ethical standards delineated in the Model Code of Conduct and other pertinent guidelines of the Election Commission of India (ECI). He emphasized the need for political parties to uphold democratic values and urged them to demonstrate integrity and responsibility, setting a positive precedent for a free, fair, and peaceful electoral process. Master trainers provided insights into essential aspects of Lok Sabha elections, including the process of lodging complaints as per MCC provisions.

## Forest Department organizes pre-event to celebrate 'International Day of Forests'

HT News Network

SRINAGAR, MARCH 18: The Urban Forest Division, Srinagar, J&K Forest Department in collaboration with the District Legal Services Authority (DLSA) Srinagar today organised a pre-event to the main function to celebrate the International Day of Forests on March 21st 2024.

On the occasion the department organized several events under the theme 'Forests and Innovation: New Solutions for a Better World'.

This dynamic event saw enthusiastic participation from various stakeholders including Officers and officials of Forest Department, educators, staff and Paralegal Volunteers of DLSA Srinagar, students of several school and community members. The students of Amar Singh College Srinagar also participated in the event.

The event commenced with Green March rally kicked-off by Pradeepchandra Wahule, Conservator of Forests, Srinagar Circle in presence of Jahangir Ahmad Bakshi, Secretary DLSA Srinagar, Dr. Mehraj Ahmad Sheikh, DFO Urban Forestry Division, Srinagar, Aarif Nazir Assistant Soil Conservation Officer, Javid Ahmad, Range Officer, S. Park, Zulfi Tasneem Deputy LADC Srinagar, Nazir-be-Nazir, Chairman National Society for Protection of Water Resources, Wetland and other officers of the Urban Forest Division Srinagar.

The rally, a symbol of unity and commitment to environmental conservation, resonated with the spirit of the International Day of Forests.

Following the rally, participants converged at Bal Van, where Pradeepchandra Wahule, CF Srinagar Circle, spearheaded a plantation drive, underscoring the vital importance of tree planting in sustaining our ecosystems.

Together with the enthusiastic involvement of students, officials of Forest Department and Para Legal Volunteers of DLSA, Srinagar, the initiative aimed to foster a culture of environmental stewardship among the youth.

Simultaneously, the vibrant energy of creativity filled the air as students showcased their artistic talents in a Painting Competition centered on the theme of 'Forests and Innovation'. Their compelling artworks served as poignant reminders of the critical role forests play in driving innovation for a sustainable future.

The competition culminated in a heartfelt felicitation ceremony honoring the young artists for their exceptional contributions. Following the rally, participants converged at Bal Van, where Pradeepchandra Wahule, CF Srinagar Circle, spearheaded a plantation drive, underscoring the vital importance of tree planting in sustaining our ecosystems.

Together with the enthusiastic involvement of students, officials of Forest Department and Para Legal Volunteers of DLSA, Srinagar, the initiative aimed to foster a culture of environmental stewardship among the youth.

## Lok Sabha Elections-2024: DEO Kulgam chairs meeting with Political

Farooq Rather

KULGAM, MARCH 18: The District Election Officer (DEO) Kulgam, Athar Aamir Khan today chaired a meeting with representatives from various political parties at the mini-secretariat, here.

The meeting was attended by representatives from BJP, CPIM, INC, JKNC and other political parties.

The objective of the meeting was to underscore the importance of adhering to the highest ethical standards outlined in the Model Code of Conduct, and other applicable guidelines of ECI in view of the forthcoming Lok Sabha Elections, 2024.

The representatives of political parties were also apprised about the Apps like cVIGIL, which enables citizens to report violation of Model Code of Conduct (MCC), Suvidha Candidate App, Voter helpline App, Saksham-ECI



App, Ncore App, RTI Online portal and other Apps to ensure a smooth and transparent elections.

Election manuals and related material was also distributed among

the representatives of these political parties.

The meeting was also attended by SSP Kulgam, Sahil Sarangal; Dy-DEO, AROs and other officers.

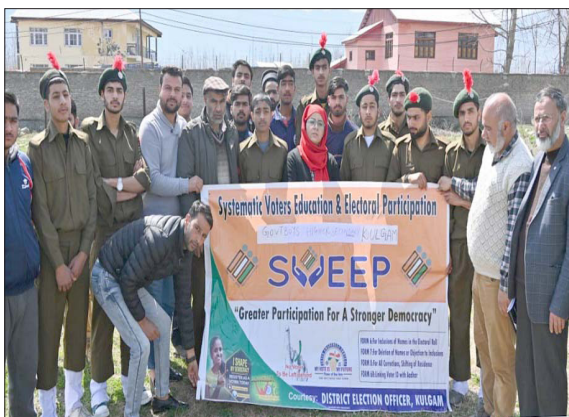
## SVEEP Cell Kulgam engages Young Voters through varied Awareness Activities

Farooq Rather

KULGAM, MARCH 18: SVEEP Cell Kulgam in collaboration with key stakeholders conducted a series of Systematic Voters' Education and Electoral Participation (SVEEP) activities aimed at creating awareness among young voters regarding importance of vote. In this connection, programmes were held at various places and a mega SVEEP programme was carried out at Boys Higher Secondary School Chawalgam, Kulgam.

Nodal officer SVEEP (ACP, Kulgam), CEO Kulgam and other officers and officials, besides young voters participated in the event.

Several engaging activities were organized



throughout the program to educate and empower young individuals about their role in the electoral process. Interactive sessions, informative presentations and discussions were conducted to enlighten participants about the importance of voter registration, polling procedures and the significance of

exercising their voting rights. Nodal officer SVEEP (ACP Kulgam), Nazia Hassan highlighted the pivotal role of youth in shaping the future of the nation and urged them to actively participate in the democratic process. She urged the youngsters who have attained the age of 18 to get enrolled to become a voter

and to participate in the electoral process. Participants expressed their commitment to spreading awareness among their peers and communities, thus fostering a culture of informed and responsible citizenship. In this connection, programmes were held at various places and a mega SVEEP programme was carried out at Boys Higher Secondary School Chawalgam, Kulgam. Nodal officer SVEEP (ACP, Kulgam), CEO Kulgam and other officers and officials, besides young voters participated in the event.

Several engaging activities were organized throughout the program to educate and empower young individuals about their role in the electoral process.

## Lok Sabha Election-2024: DEO Bandipora briefs Banks regarding monitoring of Election Expenditure

HT News Network

BANDIPORA, MARCH 18: The District Election Officer (DEO) Bandipora, Shakeel ul Rehman on Monday convened a meeting with representatives of various banks to discuss and coordinate efforts for the smooth conduct of the upcoming electoral process for Lok Sabha Election-2024.

Nodal Officer MCC/ADC Umar Shafi Pandit, DyDEO Mohammad Rafeeq Bhat, Nodal Officer Expenditure Monitoring Committee/ DTO Bandipora, Sheikh Aabid Manzoor, Member Expenditure Monitoring Committee/ DIO Bandipora Dr. Naseer Ahmad, LDM Bandipora and Branch Heads of all Banks operating in the district were also present on the occasion.

The DEO on the occasion emphasized the importance of maintaining financial integrity throughout the electoral process and directed Banks to adhere strictly to guidelines and procedures of Election Commission of India to prevent any instances of malpractice or misuse of funds.

He highlighted the role of banks in election expenditure monitoring and asked them to monitor unusual transactions and suspicious transactions to ensure elections are held in a fair manner.

The DEO directed the banks operating in the district to open dedicated counters for election purposes to facilitate prompt service to the candidates.

Nodal Officer Expenditure monitoring, Sheikh Abid Manzoor also highlighted the role of banks in expenditure monitoring and asked the concerned officers of banks to submit daily reports to the District Election Office regarding the suspicious withdrawal of cash during elections.

He asked them to monitor unusual and suspicious cash withdrawal or deposit of cash in a bank exceeding Rs. one lac and unusual transfer of amount through RTGS during the election process.

He also asked the bank heads to monitor cash deposit and withdrawal from bank accounts of political parties besides monitoring online and digital transactions.

The Nodal Officer Expenditure Monitoring Committee also stressed on banks to ensure the following of necessary SOPs for transporting Cash by ATM Vans and ensure that the cash vans shall not under any circumstances transport cash of any third party.

## District SVEEP Cell Rajouri organized awareness programme for young voters at Himalayan Super School Dhangri

DR Abdul Qayoom



RAJOURI, MARCH 18: Team of SVEEP Cell Rajouri organised awareness for young voters at Himalayan Super School Dhangri under the able guidance and direction of District Election Officer Om Parkash Bhagat. The team was headed by Nodal Officer SVEEP Cell Rajouri accompanied by Dr. Khalid Rayaz and Prof. Ajaz Nazir.

The programme started with the welcome address by Dr. Khalid Rayaz, one of the member of SVEEP cell. Speaking on the occasion Prof. Mohd Iqbal Raina Nodal Officer for SVEEP said that the objective of SVEEP is to encourage young voters to participate in the electoral process and make informed decisions while casting your votes.

He urged the young voters to exercise their franchise without fail and contribute to the strengthening of democracy.

The programme was attended by staff and good number of students. At the end the formal vote of thanks was presented by Principal Iqbal Shawl of Himalayan super School Dhangri Rajouri.

## DEO Bandipora addresses press conference, briefs media regarding Election Schedule

HT News Network

BANDIPORA, MARCH 18: In view of General Elections to Lok Sabha-2024 scheduled to be held on 20th May 2024 in Bandipora district being part of the Baramulla -1 Parliamentary Constituency, the District Election Officer (DEO) Bandipora, Shakeel ul Rehman today addressed a press conference at Mini Secretariat, here today.

The DEO said that all the necessary circulars detailing the enforcement of the Model Code of Conduct to maintain the sanctity of Electoral Process have been issued.

He said that Bandipora district as part of the Baramulla-1 Parliamentary Constituency has 3 assembly segments including 14-Sonawari, 15-Bandipora and 16 Gurez comprising of a total of 312 polling stations with 137 polling stations in 14-Sonawari, 144 polling stations in 15-Bandipora and 31 polling stations in 16-Gurez with assured minimum facility available at all polling stations across the District.



He revealed that the Gazette Notification will be issued on 26th of April, 2024 for Baramulla-1 Parliamentary Constituency. The DEO said that 3rd May, 2024 is the last date for filling Nominations and on 4th May, 2024 scrutiny of Nomination shall be held while as 06th May, 2024

is the last date for withdrawal of candidature.

He said 20th may is the poll date for Baramulla -1 Parliamentary Constituency and counting of votes shall be held on 4th of June 2024.

The DEO informed that Bandipora has 258675 Electors as on 18th of March 2024 with 131761 Males, 126908 females and 06 TGs.

Giving details regarding SVEEP activities, the DEO said that 213 camps were conducted during special Summary revision, in which 3743 new voters were added.

He also highlighted various activities conducted under SVEEP including Screening of documentary on Electoral participations, Youth Rally for generating Awareness about Voter Registration, Booth Level Camps for demonstrating Saksham application for PwD Voters and involving youth icons for generating voter awareness.

The DEO also mentions the use of Election related IT platforms, including cVIGIL, ENCORE, SUVIDHA, ERONET, NGRS portal, etc. During the press briefing, the DEO/DC was accompanied by ADC, DyDEO, DIO and other concerned officials.

# Teenage External Relationships and Effective Parenting: Nurturing Healthy Bonds



By Aiman Bashir Khan

Teenage relationships can often be challenging and confusing aspects of adolescence. In today's rapidly changing world and with the impact of Western nations and digitalization, teenagers are constantly exposed to a wide range of influences that can shape their views on love, intimacy, and relationships. As teenagers transition into young adulthood, they often seek to establish external relationships outside the family unit. These relationships play a crucial role in their social and emotional development, shaping their identity and influencing their choices. However, these external bonds can also present challenges and risks that require effective parenting strategies to navigate.

Teenage relationships can be a pivotal part of adolescence, shaping emotional growth and social skills. While these experiences provide opportunities for personal development and self-discovery, they can also be challenging and complex. Parental involvement and support play a crucial role in helping teenagers navigate the highs and lows of relationships.

Teenagers form connections with peers, romantic partners, and other individuals outside their immediate family circle. These relationships provide them with support, validation, and a sense of belonging. They offer opportunities for growth, self-discovery, and the development of social skills. At the same time, external relationships can expose teenagers to peer pressure, conflicts, and negative influences that may impact their overall physical and mental well-being.

As teenagers navigate the intricate world of relationships, the role of parents in guiding them through this journey is

paramount. Parenting styles and approaches significantly influence how teenagers perceive and handle relationships. Understanding the dynamics between teenage relationships and effective parenting is crucial in fostering healthy connections and building strong foundations for the future.

"Parents can be firm, strict, disciplined, and loving as well – violence and abuse are not required to discipline children."

Effective parenting in the context of teenage relationships involves fostering open communication, setting clear boundaries, and modelling healthy relationship behaviours. It is essential for parents to create a safe space for their teenage children to share their thoughts and concerns about relationships without fear of judgment. By engaging in honest and non-judgmental conversations, parents can help their teenagers develop a deeper understanding of their emotions and learn to make informed decisions.

So, what does effective parenting in the context of teenage relationships entail?

## Healthy Communication

Open and honest communication is key. Parents should create a safe space where teenagers feel comfortable discussing their relationships, concerns, and experiences. By actively listening and offering guidance without judgment, parents can foster trust and support their teenagers through relationship challenges.

## Setting Boundaries

Establishing clear boundaries and expectations regarding relationships is essential. Parents should educate teenagers about healthy relationships, consent, and respect. Setting boundaries helps teenagers understand their own limits and empowers them to establish healthy boundaries in their relationships.

## Role Modeling

Parents are powerful role models for teenagers. By demonstrating healthy com-

munication, conflict resolution, and respect in their own relationships, parents set a positive example for their teenagers to follow. Modelling healthy relationship behaviours can significantly influence how teenagers approach and navigate their own relationships.

## Monitoring and supervision

Stay involved in your teenager's social life while respecting their need for independence. Monitor their activities, friendships, and online interactions to identify any red flags or warning signs of unhealthy relationships.

## Empathy and Understanding

Teenagers need compassionate and understanding parents who acknowledge their feelings and experiences. Empathy plays a crucial role in fostering strong parent-teen relationships and helping teenagers feel supported as they navigate the complexities of teenage relationships.

## Building self-esteem

Help your teenager develop a strong sense of self-worth and confidence. Support their interests, hobbies, and talents to boost their self-esteem and resilience in navigating external relationships.

## Providing guidance

Offer guidance and advice to your teenager on navigating peer pressure, conflicts, and difficult social situations. Help them develop problem-solving skills and coping strategies to handle challenges effectively. Be the parent to your kids which is all about being the parent our children need, and not the friend they want.

## Encouraging Independence

While parental guidance is essential, allowing teenagers to make their own decisions and learn from their experiences is crucial for their growth. Encouraging independence and autonomy within the boundaries of safety and support helps teenagers develop critical thinking skills and navigate relationships more

effectively.

Ultimately, building strong and supportive relationships with teenagers requires a balance of guidance, understanding, and respect. Effective parenting in the context of teenage relationships involves creating an environment where teenagers feel valued, supported, and empowered to make informed decisions. By recognizing the importance of parental involvement in teenage relationships and adopting effective parenting strategies, parents can nurture healthy bonds with their teenagers and equip them with the skills and confidence to navigate relationships successfully. With the right guidance and support, teenagers can forge meaningful connections, develop essential life skills, and lay the groundwork for fulfilling relationships in the future.

In conclusion, teenage external relationships can be a formative and transformative aspect of adolescence and are an essential aspect of adolescent development that requires careful navigation and support from parents. By adopting effective parenting strategies, families can empower teenagers to cultivate positive and enriching connections with their peers and community, setting a foundation for their social and emotional well-being in the years to come. Ultimately, a supportive and nurturing family environment can empower teenagers to develop healthy and fulfilling relationships both now and in the future.

"Children need discipline, rules, regulations, and tough environmental exposure, but it has to be age-appropriate and not the type and nature that breaks them down—it has to be gradual and consistent with compassion."

*The writer is a Professional Social Worker (MASW), currently working as a Mental Health Counsellor (Mission Vatsalya, Government of Jammu and Kashmir, and can be reached at eaimankhan328@gmail.com.*

## NEWS

# 6 Suggestions for Positive and Effective Parenting



**Help Wanted:** Adults to coordinate growth and development of new product from inception to maturity. Must be willing to take responsibility for health, safety, education, emotional well-being and social development. Minimum 18 year commitment. Hours: 24/7. Pay: Meager. Guidelines not fully developed; instructions not included. No potential for promotion or advancement.

## 1. Appreciate the value of play:

It is a child's work. Play is critical to all aspects of a child's development, but is often overlooked as a valuable tool. Play can prevent discipline problems, offers a natural way for children to learn, and is essential in the formation of a positive relationship between parent and child.

## 2. Talk with and listen to your child.

It's important to make eye contact and use gentle touch when communicating with your child. Give clear and consistent instructions -- but not too many at once. Remember the importance of non-verbal communication, and be sure to hold a child for comfort or to share smiles and hugs.

## 3. Build your child's brain and body.

Provide healthful meals and snacks and model good eating habits. Encourage exercise by being active with your child and limiting time in front of the television or playing video games. Support your child's efforts in school and provide opportunities to learn and explore by visiting the library, museums, zoos and other places of interest.

## 4. Be your child's first source of information.

Encouraging your children to ask questions now, makes it easier for them to ask questions when they are older. By answering questions from your child with honesty and openness, you can create a relationship of mutual trust and respect that can prevent your child from developing unsafe habits or taking unnecessary risks.

## 5. Learn how children develop and know your unique child.

When it comes to your child, the real expert is you, the parent. Know all areas of your child's development -- physical, intellectual, social, emotional and moral -- and remember there is nothing to be ashamed of if your child needs special help to progress at his or her own best rate.

## 6. Cherish your child's individuality.

Support your child's interests and talents. Try to spend time alone with each of your children every day. Praise your children's differences and avoid comparing them or asking why they can't be like someone else.



# Effective measures to keep your kidneys healthy

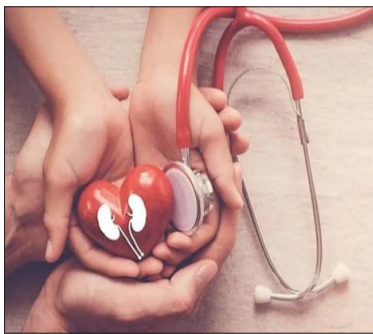
Our kidneys play a pivotal role in filtering waste and maintaining fluid balance in the body. However, kidney health is often overlooked until complications arise. This is why, understanding the importance of dietary choices and lifestyle habits can significantly impact kidney health and overall well-being.

## Importance of diet for kidney patients

Diet plays a crucial role in managing kidney health, especially for individuals with existing kidney conditions. According to Dr Partha Karmakar, consultant and coordinator, nephrology and dialysis unit at Narayana Hospital, Howrah, a balanced diet low in sodium, phosphorus, and potassium, while high in quality protein, is essential for kidney patients to maintain optimal function and slow disease progression.

Incorporating foods like fresh fruits, vegetables, whole grains, and lean proteins can support kidney health.

Proper hydration is crucial for kidney function as it helps flush toxins from the body and prevents the formation of kidney stones. Dr Rajesh Aggarwal, chief and senior consultant, nephrology, Sri Balaji



Action Medical Institute, advised adequate hydration, achieved through regular water intake. According to him, it supports optimal kidney function and reduces the risk of urinary tract infections. "Aim to drink at least eight glasses of water per day, adjusting intake based on activity level and environmental factors," said Dr Aggarwal.

## Avoid Over-the-Counter medications

Over-the-counter (OTC) medications can pose risks to kidney health, particularly when used indiscriminately. "Opt for safer alternatives like paracetamol or crocin for pain relief, and always consult with a healthcare professional before taking any medication. Avoiding OTC medications, especially non-steroidal anti-inflammatory drugs (NSAIDs), can help

prevent kidney damage and preserve kidney function over time," Dr Aggarwal added.

## Manage diabetes

Diabetes remains a significant risk factor for kidney disease, highlighting the importance of diabetes management in kidney health. Dr Sudeep Singh Sachdev, director and senior consultant, nephrology, Narayana Hospital Gurugram said, "Controlling blood sugar levels through medication, diet, and exercise is paramount in preventing kidney complications associated with diabetes."

Monitoring blood sugar regularly and adhering to a diabetic-friendly diet can significantly reduce the risk of kidney disease progression".

Dr Singh Sachdev said that comprehensive guidelines for maintaining kidney health emphasise on the minimal use of painkillers, particularly avoiding certain types that can exacerbate kidney issues.

"An active lifestyle with regular moderate exercise not only benefits overall health but also promotes kidney function by improving circulation and reducing the risk of conditions like hypertension and diabetes, which are major contributors to kidney disease," said Dr Singh Sachdev.

# Risk of Cancer Higher for People Living with Worsening Metabolic Syndrome

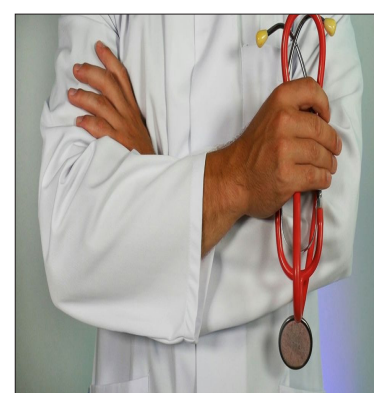
A study has found a link between worsening metabolic syndrome and cancer risk.

The risk for breast, endometrial, kidney, colorectal, or liver cancer was significantly higher.

Experts say the metabolic effects of this condition could work together to increase risk. The best way to lower your risk is by reducing abdominal fat. Eating a nutritious whole-food diet and exercising can help. A study Trusted Source published online ahead of the April 1, 2024 print version of Cancer has found that worsening metabolic syndrome appears to increase the risk of developing cancer. According to the National Heart, Lung, and Blood Institute, metabolic syndrome Trusted Source is a clustering of symptoms that increases a person's risk for coronary heart disease, diabetes, and stroke. It may be recognized by the presence of three or more of the following symptoms:

- Abdominal obesity
- High blood pressure
- High blood sugar
- High blood triglycerides
- Low HDL (often referred to as "good" cholesterol)

Breast, endometrial, kidney, colorectal, and liver cancers were especially associated with this metabolic condition. Per the study authors, management of metabolic syndrome could be an effective way



to modulate cancer risk. Worsening metabolic syndrome linked to cancer risk

To examine how metabolic syndrome affects cancer risk, the researchers studied 44,115 Chinese adults with an average age of 49 years. Researchers calculated metabolic syndrome scores for participants based on the presence of each of the five metabolic syndrome symptoms, with a score of 0 being the lowest and a score of 5 being the highest. The study participants were then placed into one of four different metabolic syndrome trajectories based on trends observed in their metabolic syndrome scores between 2006 and 2010. These trajectories were: While the first three groups maintained steady metabolic syndrome scores over time, the elevated-increasing group started out with

elevated scores that rose over the course of the study period.

The four groups were then followed between 2010 and 2021. During this time frame, 2,271 people were diagnosed with cancer. When the team compared the elevated-increasing group with the low-stable group, they found that the risk of developing any type of cancer was 1.3 times greater. The researchers further found that the elevated-increasing pattern and concurrent chronic inflammation was associated with a greater risk for breast, endometrial, colorectal, and liver cancer. Kidney cancer, however, was mainly seen in those in the elevated-increasing group who did not have without chronic inflammation. Why metabolic syndrome might increase cancer risk Dr. Michael Sturek, a member of the American Physiological Society, said the authors were correct in stating that metabolic syndrome is a constellation of factors, including obesity, high blood cholesterol and triglycerides, high blood pressure, mild increases in blood sugar, and chronic inflammation. "These factors are interconnected and act synergistically to promote the adverse growth of tumors," he explained. Sturek, who was not involved in the study, went on to note that this has previously been shown in other studies as well.



## SMART STATS - DEEPTI SHARMA BAGS IMPACT HONOURS IN WPL 2024

**NEW DELHI:** Royal Challengers Bangalore swept most of the honours in WPL 2024 - apart from the trophy, they also took the Orange and Purple Cap awards - but the prize for Most Valuable Player (MVP) went to UP Warriorz' Deepti Sharma. According to ESPNcricinfo's Smart Stats, which gives a rating value to every batting and bowling performance based on match context, Deepti got a rating of 82.85 impact points (on a per-match basis), with Marizanne Kapp and Ellyse Perry taking the next two spots. Though Warriorz didn't even make the playoffs, Sharma had an outstanding

tournament with both bat and ball. She was the leading run-scorer for her team, and the fifth-highest among all batters in the tournament, despite batting only twice in the top four. (She scored 147 runs in those two innings.) Her 295 runs came at an average of 98.33 - she was dismissed only three times in eight innings - and a strike rate of 136.57. With ball, she was the second-highest wicket-taker for Warriorz with 10, at an economy rate of 7.23.

Apart from the sheer number of runs and wickets, what earned her more impact points was the match context

and pressure under which she performed. Despite batting in the middle or lower-middle order, she scored 107 more runs than the next-highest run-getter for Warriorz. A good example of her lone-ranger act was in Warriorz' last game of the tournament, against Gujarat Giants: requiring 153 to win, Warriorz fell eight short, but Deepti scored an unbeaten 88 out of the team total of 144; the others in the top six made a combined contribution of 13 runs.

Overall, she scored 27.1% of Warriorz' total bat runs in the tournament, which is only marginally lower than Perry's

27.3% of RCB's bat runs in the nine games she played. However, Deepti's strike rate of 136.57 was much higher than the team's overall strike rate of 118.4; in Perry's case, her strike rate of 125.72 was as much as the team's strike rate of 126.52. These factors meant that Deepti's overall batting rating of 43.32 - third among all batters with a five-match cut-off - was marginally higher than Perry's 41.11.

With ball too, she had an outstanding tournament, which is reflected in her bowling rating of 39.53, the fourth-best among those who played at least five matches. Deepti's economy rate of 6.30

in the middle overs was the best among the 17 bowlers who bowled at least 10 overs during this phase in the tournament, while in the death overs she took six wickets from just eight overs.

She also dominates the list for most impactful performances in a match. Her 2 for 22 and unbeaten 88 against Giants fetched her 199 points, while her other big all-round performance - 59 and 4 for 19 against Delhi Capitals fetched 197.5 points. Those are the two leading performances in a match, and is followed closely by Perry's stunning 6 for 15 against Mumbai Indians.

## Suryakumar Yadav In Doubt For Mumbai Indians' Season Opener

**NEW DELHI:** Suryakumar Yadav might not be fit in time for Mumbai Indians' IPL 2024 season opener against Gujarat Titans on March 24 as he continues his recovery from an ankle surgery he had earlier in the year.

While Mumbai Indians head coach Mark Boucher did not provide a definitive fitness update, he did not confirm that Suryakumar had been cleared to play by the BCCI's medical staff either. He will miss the two warm-up matches MI will play on Monday and Wednesday before travelling to Ahmedabad.

"Surya at the moment is on the guidance of the Indian cricket team as well," Boucher said at the pre-season press conference in Mumbai on Monday. "Just waiting for updates on that. I don't like to micromanage. We've got a world class medical team that's in control of all of that. Yes, the past, we have had a few fitness issues. We are always going to be in that sort of domain of having fitness issues as other teams are as well."

"Every time I look at my WhatsApp's there's reports of other teams also losing players. We trust our medical team that they're doing the right things. Look, if we lose one or two from fitness perspective, it is what it is. That's important and we just have to keep on the right track and sharp on replacements."

Suryakumar last played in December during the limited-overs leg of India's tour of South Africa. He picked up an ankle injury while scoring 100 off 56 balls in the third T20I in Johannesburg and went on to have two surgeries - one for his ankle and another for a sports hernia. His recovery ruled him out of the T20I series against Afghanistan at home in January, India's last international assign-



ment in the format before the 2024 T20 World Cup in the USA and the West Indies starting on June 1.

Suryakumar was aiming to return in the DY Patil T20 Cup, a private

annual event in Mumbai, in the lead up to the IPL but he is presently at the National Cricket Academy in Bengaluru and is to receive clearance from the BCCI medical staff.

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