

IPL 2024: Klaasen set for rare battle against Bumrah

DC Srinagar Takes Stock of TB Elimination Programme (NTEP) in the District



J&K Braces Up For Intermittent Wet Spells Till March 31

2 Back-To-Back WDs Affecting UT From Today Evening: Weatherman

HT News Network

SRINAGAR, MAR 26: Two back-to-back Western Disturbances (WD) are likely to cause widespread light to moderate rain and snow during the next 48 hours over Jammu and Kashmir. The Meteorological Centre Srinagar on Tuesday predicted that two back-to-back WDs are likely to hit on March 27 evening and can cause light to moderate rain and snow at a few places over Jammu and Kashmir.

The Met Office said, "Overall, no significant weather activity till March 27 late Evening."

The weather will remain generally cloudy with light rain/snow over higher reaches in many places during March 27-28.

It said the weather will turn



generally cloudy with light to moderate rain or snow at most places from March 29 evening while on March 31, the

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Over 175 Fire Incidents In Srinagar In First Two Months Of 2024

Majority Of Fire Incidents Due To Electric Short Circuits, LPG Leaks: Officials

HT News Network

SRINAGAR, MAR 26: Srinagar is grappling with a concerning surge in fire incidents in recent months, with the majority of the incidents happening due to "electric short circuits and LPG leakage", an official said.

A senior official of the Fire & Emergency Services department told the news agency—Kashmir News Observer (KNO) that during the last two months, over 175 fire incidents have been reported in Srinagar. Most of these incidents, he said, were caused by electric short circuits, followed by LPG gas leaks.

"The ongoing year has so far recorded over 175 fire incidents resulting in the death of at least 3 persons and injuries to two. Primarily, most of them have occurred due to the electric short circuits after indiscriminate use of heating gadgets and excessive load on the wires," the official said.



According to the officials, despite holding frequent fire and safety awareness camps, during the year 2023, district Srinagar received around 550-600 fire calls. Many people, the official lamented, have ignored the Dos and Don'ts of fire safety guidelines issued by the department.

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NEWS BRIEF

Police Arrest An Extortionist With 2 Toy Pistols In Pulwama

SRINAGAR, MAR 26: Police on Tuesday arrested an alleged extortionist and recovered two toy pistols from his possession in Jammu Kashmir's Pulwama district.

Police said that it received information through reliable sources that some persons in the jurisdiction of Rajpora Pulwama were extorting money from the general public by deceitful means through criminal intimidation.

"During the investigation one person identified as Andleeb Ahmad Mir a resident of Rajpora was arrested

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Patwari Among Two Arrested By CBI In Bribery Case In Samba

SAMBA, MAR 26: The Central Bureau of Investigation (CBI) said on Tuesday that they have arrested a Patwari and his associate, Chowkidar, in the Halqa Nanga panchayat in Jammu and Kashmir's Samba district in connection with a case related to accepting a bribe.

The accused were identified as Varun Choudhary, Patwari and Dayal Chand, Chowkidar.

As per the officials, a case has been registered against the accused, Patwari, based on a complaint.

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Money-Doubling-Scam; Srinagar Court Grants Bail To Accused

SRINAGAR, MAR 26: Srinagar Court on Tuesday granted bail to one of the accused Vinoth John Kennedy in alleged multi-crore fraud by Curative Survey Private Limited.

After hearing prosecution and defence counsels advocate Amir Masoodi and advocate Iqra Nazir, the Court of Forest Magistrate, Srinagar, presided over by Feroz Ahmad Khan, observed that charge-sheet in the case has been filed by the Police which means that the investigation of the case is complete and custody of accused for personal interrogation is not required.

Court further observed that

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BJP Would Translate PM's Vision In Punjab: Chugh

HAILS PARTY'S DECISION TO GO SOLO IN LOK SABHA ELECTIONS

HT News Network



CHANDIGARH, MAR 26: BJP national general secretary Tarun Chugh today welcomed the party high command's decision to

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At Kishtwar, Jitendra Says Modi Gave Gujjar Community Priority, Status, Dignity

HT News Network

JAMMU, MAR 26: Union Minister Dr Jitendra Singh and BJP Candidate for Udhampur Lok Sabha constituency on Tuesday said that while Congress led governments in the past exploited the Gujjar community for their vote bank interests, it is for the first time after independence that



Prime Minister Narendra Modi has given the Gujjar community in Jammu and Kashmir priority along with political status by providing political reservation for contesting elections and also given them dignity by holding them in the same esteem as any other section of the society.

Addressing a public rally in

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Ushkara Residents In Baramulla Fume Over Denial Of Fair Land Compensation

HT News Network

SRINAGAR, MAR 26: Dozens of residents in north Kashmir's Baramulla are fuming over the compensation being awarded for the acquisition of their land for the proposed

bypass road.

The residents of Ushkara in Baramulla town, whose land is being acquired for the bypass road - under the prestigious four-laning of Baramulla Srinagar highway- said the

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Wangchuk Ends Fast, Appeals PM And HM To Address Issues Of Ladakh

HT News Network

SRINAGAR, MAR 26: Climate activist Sonam Wangchuk on Tuesday ended his 21-day hunger strike.

He went on a hunger strike to demand statehood for Lada-

kh, demanding constitutional safeguards for Ladakh and its inclusion in the Sixth Schedule of the Constitution.

On the last day of his fast, Magsaysay Award-winning educationist Wangchuk

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Over 100 Designated Docs To Issue Health Certificates To Pilgrims As Amarnath Yatra Likely To Start From June 29

HT News Network

JAMMU, MAR 26: Jammu and Kashmir administration has designated over 100 doctors, who will issue health certificates to the pilgrims of Shri Amarnath yatra likely to start from June 29.

Official sources said that as many as 112 doctors have been designated to issue Compulsory Health Certificates from health centers across the Jammu region.

Notably, advance registration along with a health certificate is mandatory

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Amid Concerns, J&K Students' Association To File A Petition Against Reservation

HT News Network

SRINAGAR, MAR 26: Amid concern against the Government's move to push the reservation quota to 70%, the J&K Students' Association has decided to file a petition against "arbitrary reservation".

The Association which claims to be the largest countrywide student network working for safety, security & welfare of J&K students, said the imposition of a 70% Reservation quota blatantly violates fundamental rights.

"The J&K Students' Association will file a petition against arbitrary reservation & blatant disregard for meritocracy & fair opportunities in the court. We

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This Budgam writer earns fame through her writings

HT News Network

SRINAGAR, MAR 26: A young girl from historical Charar-i-Sharif area has been using her pen to express her emotions in both prose and poetry.

Talking to the news agency—Kash-



mir News Observer (KNO), Aroosa Ashraf, who writes under pen name "Arusa" said that she got her soul attached to paper and spends most of her leisure time in this thing as according to her, "Pen is the ultimate solution for every kind of situation but when carried and balanced

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J&K's Stunning Tourist Destinations Ready To Dazzle In Vibrant Summer Season

HT News Network

SRINAGAR, MAR 26: As winter loosens its grip and the snow begins to melt, the breathtaking landscapes of Gulmarg, Pahalgam, and Sonamarg in Jammu and Kashmir eagerly anticipate the arrival of summer season.

These iconic tourist destinations, renowned for their unparalleled natural beauty and thrilling adventure opportunities, are gearing up to enchant visitors from around the world.



News agency KNS reported that the tourism department, in collaboration with all the other stakeholders, is diligently orchestrating a comprehensive plan to manage and accommodate the expected surge in tourist arrivals to these picturesque locales.

Recognizing the significance of effective coordination and preparation, officials are leaving no stone unturned in ensuring that the infrastructure and

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CONTINUE FROM FRONT PAGE.....

J&K Braces.....

weather will generally remain cloudy with intermittent light rain or snow at a few places. The weather will generally remain dry from April 1-4, the MeT office said. It has also issued an advisory for travelers and tourists to plan their trip accordingly, particularly on March 30. Farmers have been advised to suspend farm operations during March 27-31. There is a possibility of thunderstorms, lightning activity, a hailstorm, and gusty winds from March 27 to 30.

There is also the possibility of landslides, mudslides, and shooting stones during the period in view of inclement weather. The day temperature at most of the weather stations in Kashmir Valley was recorded at 7-8 degrees Celsius above normal the previous day, while the night temperature also improved above normal during the intervening nights of Monday and Tuesday.

Srinagar, the summer capital, had a low of 5.4 degrees Celsius, and it was 0.4 degrees Celsius above the normal of 5.0 degrees Celsius on Tuesday.

The tourist hot spot of Pahalgam in south Kashmir's Anantnag district recorded a low of 0.7 degrees Celsius, and the famous ski resort of Gulmarg in north Kashmir's Baramulla district recorded a low of 2.6 degrees Celsius during the intervening nights of Monday and Tuesday. (UNI)

Over 175 Fire.....

Speaking on the issue, the Fire & Emergency Services official highlighted the need for increased awareness camps, programmes and heightened caution regarding fire safety measures across Kashmir.

"Simple precautions like regular maintenance of electrical appliances, proper storage of flammable materials, and awareness of fire evacuation procedures can significantly reduce the likelihood of such incidents," he stated.

Meanwhile, residents in Srinagar are expressing concerns over the frequent frequency of fire incidents in recent months. They emphasised the importance of measures to prevent loss of life and property.

"We have noticed an increase in fire incidents in Srinagar, and it is worrying. It's crucial for everyone to prioritise fire safety and take necessary precautions to avoid such emergencies," said Tahir Ramzan, a resident of Srinagar outskirts.

BJP Would.....

contest the forthcoming Lok Sabha elections without alliance with any party. In a statement Chugh said the BJP led by Prime Minister Narendra Modi has been the custodian of the interests of Punjabis be it the punishment to perpetrators of 1984 anti-Sikh riots or opening up of the Kartarpur Sahib corridor.

Not only that, the Modi government has introduced a number of pro-farmer policies which have gone a long way to improve the plight of farmers in Punjab. The welfare schemes for the people of the state have made the BJP one of the leading parties of Punjab and in the coming elections the party would demonstrate its strength and the vision of the prime minister winning a majority of the Lok Sabha seats.

At Kishtwar.....

the remote hilly region of Mughal Maidan on the banks of river Chenab in district Kishtwar, Dr Singh said, he was touched by the large number of women and members of the Gujjar community who had added jest and colour to this programme.

While the earlier Congress governments had discarded the Gujjar community and left them to fend for themselves and lead a life of homelessness, Dr Jitendra Singh said, it is Prime Minister Modi who came up with the sensitive idea of providing a pukka / concrete house to every household regardless of caste, creed or religion. As a result, many Gujjar families which earlier lived in makeshift shelters today own a house of their own.

As for the entire region of Kishtwar is concerned, Dr Jitendra Singh said, from a neglected remote area, it has emerged as North India's power hub and has undergone amazing transformation in the last 10 years which is to be seen to be believed.

Dr Singh said today that Jammu and Kashmir's Kishtwar is all set to emerge North India's major "power hub" generating around 6,000 MW of power after the completion of the ongoing power projects.

During his address and later speaking to the media, Dr Jitendra Singh said that 6 to 7 major Hydro power projects have come in the region in a short span of 9 to 10 years ever since Narendra Modi took over as Prime Minister.

Elaborating on this, he pointed out that the largest capacity project is Pakal Dul with a capacity of 1000 MW. Its estimated cost, as of now, is Rs.8,112.12 crore and expected timeline of competition is 2025.

Another major project is Kiru Hydro-

electric project with a capacity of 624 MW. The estimated cost of the project is Rs. 4,285.59 crore and the timeline in this case is also 2025, he said.

The Minister further informed that at the same time, 850 MW Ratle project has been revived as a joint venture between the centre and UT of J&K.

In addition, the existing Dulhasti power station has an installed capacity of 390 MW, while Dulhasti II Hydroelectric project will have a capacity of 260 MW, he added.

Dr Singh said these projects shall not only augment the power supply position thereby making up for the shortage of power supply in the UT of J&K, but the huge investment being made for construction of these projects is also a boost for direct as well as indirect opportunities for the local people.

For six long decades, said Dr Jitendra Singh, the successive governments at the Centre and the State had ignored Kishtwar region because of their vote bank politics. It was only after Prime Minister Modi took over that he changed the work culture and ensured that all neglected regions would be given their due attention and priority so that they may also rise to the same level.

For example, he said, for several years, people here had been agitating and demanding a Degree college for Paddar but Congress and National Conference governments deliberately ignored this demand. It was only after Prime Minister Narendra Modi took over in 2014 that a Degree college was sanctioned for Paddar under Centre's scheme RUSA (Rashtriya Uchchata Shiksha Abhiyan).

Citing another example, Dr Singh said that before 2014, road travel to Kishtwar was cumbersome and on the slightest landslide, the Doda-Kishtwar road got blocked. But today, the road travel time from Jammu to Kishtwar has reduced from over 7 hours in 2014 to less than 5 hours now. Similarly, he said, during these 9 years, Kishtwar has come up on the Aviation Map of India and has been sanctioned an airport under Centre's UDAAN Scheme, which nobody had ever imagined.

Similarly, Dr Singh said, three new national highways including Khilani-Sudhmahadev Highway, a series of Degree Colleges, mobile towers enroute Machail Yatra and other remote areas have also come up during the Modi government, he said.

As for Machail, Dr Jitendra Singh said, mobile towers have been set up, multiple toilet complexes constructed and solar plants installed for regular power supply, and all this happened only after 2014. Not only this, the motorable road to Machail is under fast track construction and the day is not far when Kisthwar to Machail travel would be just about 1 1/2 to 2 hours, he added. (UNI)

Ushkara Residents.....

compensation being paid by the government was not as per the town criteria. "Ushkara is within the municipal limits and even our houses that we built here need permission from the municipal committee. But now when our land is being acquired, we have been considered to be outside municipal limits thereby making us suffer," said a resident Mohammad Ashraf.

He said the land acquired for the bypass passes through the fully grown apple orchards and many residents earn their livelihood from them.

"Now that land is being acquired for the road, we need justice as for as the compensation is concerned," he said.

The residents had already represented the concerned authorities including Divisional Commissioner Kashmir to review the compensation amount however it has been to no avail.

"We are now contemplating to approach the courts with our plea as the authorities have not addressed our grievances", another resident said whose orchard land too is being acquired for the proposed by-pass.

He said that orchardists in other localities of the town including Khanpora, Rangwar and Kanthbagh are being compensated fairly well while the people in Ushkara are being offered the lowest rates as compensation for land acquisition, which is sheer injustice.

The residents have appealed to the UT administration to award them compensation in line with other localities.

A senior official of the Baramulla district said that compensation is awarded as per the stamp rates prevailing in the area.

"However, if anyone is aggrieved, there is a proper procedure which they should follow," the officer said, adding that all procedures for the land acquisition are being followed.

The proposed bypass road would start from Kanispora on the left side of the highway while coming from Srinagar and would emerge on the outskirts of Khanpora locality traversing a distance of around 13 kilometres.

The most of the land acquired for this project- which is the third phase of the Srinagar-Baramulla National Highway

widening and up gradation project- consists of prime Horticulture land of Baramulla, famous for its red delicious apple varieties.

The proposed by-pass road would be connected with the strategic Baramulla-Uri Stretch of the Highway which runs upto Kaman post-the last post on the Line of Control. The work is also underway for the double-laning of Baramulla Uri highway. (UNI)

Wangchuk Ends.....

appealed Prime Minister Narendra Modi and Union Home Minister Amit Shah to show some statesmanship and farsightedness to address the issues of Ladakh.

"We are trying to remind and awaken the conscience of our Prime Minister Mr Modi and our Home Minister Mr Amit Shah to safeguard the fragile ecosystems of the Himalayan mountains in Ladakh and the unique indigenous tribal cultures that drive here," Wangchuk said in a video message posted on X.

"We do not want to think of Modi ji and Amit Shah Ji as just politicians. We would rather like to think of them as statesmen and for that they will have to show some character and farsightedness," he said.

"We hope that our leaders will show some statesmanship and farsightedness when it comes to especially fragile ones like the Himalayas and Ladakh and other eco sensitive zones within the country," he said.

Wangchuk also urged the countrymen to vote cautiously during the upcoming parliamentary polls.

"India is the mother of democracy. We citizens have a very special power. We are the king makers we can compel a government to change their ways or change the government if that doesn't work. So let's remember to use our ballot very carefully this time in the interest of the nation," he said. (UNI)

Over 100.....

for the pilgrims for the pilgrimage. Official sources stated that preparations for the annual yatra have already commenced as health certificates are being arranged in ten districts of Jammu division.

"As the exact date for the start of the yatra is yet to be announced officially but as per reports, it is likely to begin from June 29," they added.

Sources said that the health certificates will be issued from March 15 onwards and will be considered as valid passenger registration.

"The Directorate Health Jammu has submitted the details of nominated doctors to the administration," they added and said that the Kathua and Jammu districts boast the highest number of designated health centers, including associated hospitals, community health centers (CHC), and district hospitals.

As per sources, Lieutenant Governor Manoj Sinha, who is also Chairman of Shri Amarnath Shrine Board also recently chaired a meeting here at Raj Bhawan and discussed the arrangements and preparations for the yatra.

The 52-day long pilgrimage concludes on August 19 on the occasion of Rakshabandhan. "After the conclusion of the Lok Sabha Polls, the administration will get busy with Shri Amarnath preparations, likely starting from June 29 and conclude on August 19," sources added.

They said that the registration for the Yatra is expected to begin later next month in branches of various banks, adding, "as soon as the official announcement of the Yatra is made, preparations thereafter will be done on war footing."

In 2023, around 4.5 lakh pilgrims visited Shri Amarnath Cave. (UNI)

Amid Concerns.....

will seek the court's intervention to stay the decision to increase reservation, against unconstitutional acts. Merit must prevail for all students," the Association said in a statement.

"We have sought timing from the J&K Lieutenant Governor regarding the concerns of students. Besides, our delegation will meet concerned ministers and opposition leaders," the statement said.

They, however, made it clear that their stance was not against any community, region, religion, or faith.

"Our concern lies solely with the fairness and balance within the reservation system. While we support the principle of reservation, we believe that a 70% reservation over 30% open merit ratio is disproportionate and unjust. This disproportionality undermines the merit-based approach that is essential for fostering equal opportunities and excellence," they said.

The J&K recently announced a separate 10% reservation for Paharis and other tribes. The administration also amended the Jammu and Kashmir Reservation Rules, 2005 in the light of Jammu and Kashmir Reservation (Amendment) Act, 2023 dated 15.12.2023, Constitution (Jammu and Kashmir) Scheduled Castes Order (Amend-

ment) Act, 2024, Constitution (Jammu and Kashmir) Scheduled Tribes Order (Amendment) Act, 2024 and recommendations of Jammu and Kashmir Socially and Educationally Backward Classes Commission.

The open merit aspirants are fuming over reducing them to mere 30 percent.

"JK admin's decision to increase ST reservation by 10% at the expense of open merit is a blatant disregard for meritocracy and fair opportunities. Slashing open merit to just 30% is a betrayal of 70% population, This isn't appeasement, it's MURDER," an aspirant Sahil Parry posted on X.

While no top politician has opposed the move, the former Mayor of Srinagar J&K Apni Party, Junaid Mattu is the only exception.

"Pahari leaders are speaking up for Paharis. Gujjar leaders are speaking up for Gujjars. But who will speak for victims belonging to the Open Merit category in J&K — the suffocated political orphans in today's circumstances? A cry for meritocracy has no political dividends?," Mattu posted on X recently. (UNI)

This Budgam.....

properly with a voice" Aroosa said that she mainly writes poems in free verse and in Author she has been highly inspired by none but her own struggling life.

Unlike most traditional authors, Aroosa's interpretation of human sufferings is more than genuine and not so hard to get drowned into.

She depicts love, loss, separation and divine power and though having an extraordinary hold in different forms of writings, she has been writing doleful poems and short stories in both English and Urdu while her latest work is: The Fifth Chamber of Heart.

Aroosa claimed that she started writing at her tender age of 11, though the subjects of her writing have always been way beyond her age and as a young poet she has a belief that nature can heal every person better with broken hearts.

"As far my writing is concerned, it started with my degrading mental health and I usually term it as the gift of my worst mental health," she said.

"Anxiety and depression (very common issues in teenagers) which is nowadays major cause of suicides, I utilised it as fuel to my pen," she said.

"I always feel that when you begin to write till your pen breaths it's last breath there are number of evolutions in one's writing, same happened with me at the beginning my writing depicted melancholy then it was romance and nowadays it's resistance, so I never felt a specific gender in my poetry but I have indeed heard from people that my poetry reflects melancholy," Aroosa said.

"My message in writing is to open up but just to yourself and express your emotions, never let them overtake your life," she said.

"Don't look yourself down at least put a step forward and see the world cheering you up, there will be hurdles but you need to feel and get through the struggles in order to taste the success," she said in her message to budding writers, while adding that, "I think if somebody has even tried to write a sentence, it depicts a situation, it depicts some episodes, and it contains a story that he/she is trying to share with the world".

"Not everyone is born Shakespeare one needs to go through that path and this might be a beginning to it," she added

J&K's Stunning.....

facilities are primed to meet the needs and expectations of incoming visitors. Furthermore, efforts are being made to enhance the overall visitor experience through the provision of necessary amenities and services.

This includes ensuring the availability of clean and hygienic restrooms, access to information centers, and the provision of safety and security measures to safeguard the well-being of tourists.

Additionally, promotional campaigns and outreach initiatives are being undertaken to raise awareness and attract visitors to these locales. With the tourism industry in Kashmir witnessing remarkable growth in recent years, authorities are determined to ensure a seamless and enjoyable experience for all travelers.

"Gulmarg has witnessed an unprecedented surge in tourism, particularly with the record-breaking numbers of visitors taking the iconic Gondola ride last year," stated a tourism official.

The Gulmarg Gondola, renowned as one of the highest cable cars globally,

offers breathtaking vistas of the Himalayan peaks, attracting adventure enthusiasts and nature lovers alike.

Last year alone, more than one million tourists embarked on this exhilarating journey, generating significant revenue for the region.

"Following the success of the 2023 tourism season, where we saw an influx of over 2.11 crore tourists, we are optimistic about the upcoming summer season," remarked another official.

The region also saw a surge in pilgrims visiting the revered Amarnath and Mata Vaishno Devi, further underlining the growing popularity of Kashmir as a tourist destination.

Pahalgam, nestled amidst verdant valleys and meandering rivers, is poised to enchant visitors with its serene ambiance and breathtaking landscapes. Serving as a gateway to the renowned Aru Valley and Betaab Valley, Pahalgam continues to attract nature enthusiasts and pilgrims seeking spiritual solace.

Sonamarg, aptly named the "Meadow of Gold," is a captivating destination surrounded by majestic snow-capped peaks and pristine glaciers. Its ethereal beauty and abundance of adventure activities, including trekking and camping, draw adventurers from far and wide.

Local authorities and tourism stakeholders are working tirelessly to enhance infrastructure and tourist facilities, ensuring a memorable experience for visitors.

From upgrading adventure tourism offerings to maintaining the natural beauty of these regions, every effort is being made to showcase the best of Kashmir to the world.

Police Arrest.....

and two toy Pistols used for the crime have been recovered from his possession," police said.

A case under relevant sections of the law has been registered and an investigation set into motion. Further investigation of the case is going on, Police said.

Police also appealed to the general public to be aware that such miscreants who are using unjust terror to do extortions and create a panic atmosphere should be immediately identified and informed to police. (UNI)

Patwari Among.....

It was alleged that the accused demanded a bribe of Rs 50,000 from the complainant for issuing Girdawari land owned by him.

"CBI laid a trap and during the trap proceedings, the accused asked the complainant to hand over the bribe amount to his associate, a Chowkidar, Halqa Nanga, District Samba (J&K). Both the accused were apprehended during the transaction of a bribe of Rs 9,000," according to an official release.

As per the release, searches were conducted at the residential premises of the accused.

The arrested accused will be produced before the Court of Special Judge, Anti-Corruption (CBI Cases), Jammu, on March 27, 2024, it added. (Agencies)

Money-Doubling.....

object of bail is to secure the appearance of the accused person at his trial by reasonable amount of bail.

"The object of bail is neither punitive nor preventive. Deprivation of liberty must be considered a punishment unless it can be required to ensure that an accused person will stand his trial when called upon," Court said.

Court observed that accused has been in custody for a period of more than three months, weighs in the mind of this court and a balance between the rights of the accused as to his liberty and larger public interest of the society has to be struck.

"Accordingly, the application for grant of bail is allowed," Court said.

Earlier, while referring to various provisions of law and Supreme Court judgments, defence counsel Advocate Aamir Masoodi submitted that severity of punishment is very less and punitive clause doesn't prescribe punishment beyond seven years in the present case.

"My client is not required for custodial interrogation as he is lodged in judicial custody now," he added.

On 31 December 2023, J&K Police said that it identified six individuals connected to the fraudulent activities of 'Curative Survey Private Limited, and arrested one person from Tamil Nadu.

The accused company is alleged to have duped hundreds of people across Jammu and Kashmir in lieu of providing sustained monthly income after paying registration fee and participating in online surveys.



DC Srinagar Takes Stock of TB Elimination Programme (NTEP) in the District

All Panchayats in Srinagar District declared TB-free

SRINAGAR, MAR 26: A meeting of District TB Control Society was today held under the Chairmanship of Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat at Conference Hall of the DC Office Complex, to take stock of the progress under TB Free Panchayat initiative. The DC also reviewed the measures undertaken in the direction of eliminating Tuberculosis (TB) from Srinagar District.

being undertaken under National TB Elimination Programme and achievements made so far etc. During the meeting, the DC was informed that all 21 Gram Panchayats in Harwan, Khonmoh, Srinagar and Qamarwari Blocks of Srinagar District have attained Tuberculosis (TB) Free Status by achieving the set target under the initiative. Addressing the meeting, the DC appreciated the efforts of all the stakeholders and directed the Officers to further improve the efforts to deal with gaps and work in close coordination to achieve the goal of



TB free Srinagar. He also emphasized on ensuring that all TB care services are effectively delivered on ground to achieve TB Free Status for the whole Srinagar District by strictly adhering to the NTEP Guidelines. Earlier, the DC was further apprised that in the year 2023, over 2900 presumptive TB tests (60 per 1000 population) were conducted in the Harwan, Qamarwari, Srinagar and Khonmoh Blocks. It is pertinent to mention here that District Srinagar has already received the Gold category award during 2022-SNC

through the Ministry of Health and Family Welfare, GOI. The meeting was attended by Assistant Commissioner Development, Syed Farooq Ahmad; Assistant Commissioner Panchayats, Altaf Ahmad; Chief Medical Officer, Dr Tahir Sajad; District TB Officer, Dr Tehjeena; District Health Officer, Dr Rubeena Shaheen; Block Medical Officer, Hazratbal, Dr Farah; ZMO, Batamalo, Dr Sameena; ZMO Zaidal, Dr Rubeena Aziz; Sr. Resident (MO) Community Medicine, GMC Srinagar Dr. Abdul Rouf and other concerned.

PDD Warns Employees Against Demonstrations, Strike In Light Of SC Ruling, Employees Conduct Rules

JAMMU, MAR 26: The Jammu and Kashmir Power Development Department has warned departmental employees against demonstrations or strikes, citing the government instructions, J&K Government Employees (Conduct) Rules and ruling of the Supreme Court. In an instruction circular issued here today, (circular no. 03-JK PDD of 2024 dated: 26-03-2024), the department said 'it has come to notice that some employees are resorting to demonstrations and strikes in favour of certain assumed demands, which is totally illegal'. Citing the government instructions, J&K Government Employees (Conduct) Rules and ruling of the Supreme Court for dealing with such issues, the circular said that the Rule 20 (ii) of the Jammu and Kashmir Government Employees (Conduct) Rules, 1971 clearly underlines that; no government employee shall resort to, or in any way abet any form of strike in connection with any matter pertaining to his service or the service of any other government employee". Elaborating further, it said that Vide SRO-160 dated 14-7-1995, the Jammu and Kashmir Civil Services (Recognition of Service Association) Rules, 1995 issued by the General Administration Department prohibit Gazetted officers from making associations. These rules further provide that recognition of the Service Associations already registered can also be with-



drawn if the government is satisfied that such association is violating the service conduct rules, or is not fulfilling the conditions laid down in the rules. The Circular also mentioned General Administration Department's communication of 2023, warning the government employees to desist from uncalled demonstrations and strikes, which constitute an act of serious indiscipline and misconduct. Quoting a ruling by the Supreme Court in case Appeal (Civil) No.5556/2003 titled T.K. Rangarajan vs Government of Tamil Nadu (SC 2003) the circular instructions read that the employees have no fundamental, statutory or moral right to resort to strike as there is no law regarding it, and also, according to various service and conduct rules, they are prohibited to go on a strike. "A strike is a powerful weapon; it affects the society as a whole, and the government employees cannot go on a strike affecting society... Government employees cannot claim that they can take the society at ransom by going on strike. Even if there is injustice to some extent, as presumed by such employees, in a democratic welfare State, they have to resort to the machinery provided under different statutory provisions for redressal of their grievances. Strike as a weapon is mostly misused which results in chaos and total maladministration", it said. The circular has warned that employees who intend to go on strike or demonstrations, or those found organising such demonstrations shall be dealt with strictly as per law.

JDI Kmr, DIPR Employees Condole Demise Of Vevaik Puri's Father

SRINAGAR, MAR 26: Joint Director Information Kashmir, Mohammad Aslam and employees of Joint Directorate Information, Kashmir have condole the demise of father of Joint Director Information (Hqr), Vevaik Puri. In a condolence meeting, Joint Director Kashmir expressed deepest condolences with

Vevaik Puri and his family. Deputy Director Information (PR), Ahsan ul Haq Chisti; other officers and employees were also present on the occasion. The officers and officials extended their heartfelt condolences with the bereaved family and prayed for eternal peace of the departed soul.

Lok Sabha Elections 2024

Women's College M.A. Road hosts Henna Art Competition under SVEEP Programme

SRINAGAR, MAR 26: As part of the Systematic Voters' Education and Electoral Participation (SVEEP) programme, a unique Henna Art Competition was today held at Women's College M.A. Road, here in wake of the upcoming General Lok Sabha Election-2024. The event was held on the directions of the District Election Officer (DEO) Srinagar, Dr. Bilal Mohi-Ud Din Bhat to demonstrate the traditional art form of Henna to convey the significance of participating in the democratic process. The DEO applauded the students from various departments who participated in the event and transformed fingertips into miniature canvases of voter education. He said that with elaborate designs ranging from symbols of democracy to reminders of electoral responsibilities, each Henna

creation served as a colourful reminder of the power of the vote. He added that the vibrant display of creativity and civic engagement is aimed to infuse voter awareness into the rich cultural fabric of the student community. Speaking on the occasion, Principal of Women's College M.A. Road, Prof Ruhi Jan, also lauded the initiative, emphasizing the role of educational institutions in nurturing responsible citizenship. She said the event exemplifies our commitment to empowering students not only academically but also as conscientious members of society. "By integrating voter awareness into our cultural activities, we foster a sense of civic duty that extends beyond the classroom," she added. The Henna Art Competition



served as a colorful testament to the intersection of art, culture, and civic responsibility. As the henna designs fade, the spirit of voter

enlightenment ignited during the event continues to leave a lasting impression on the community, inspiring meaningful participation in the electoral process. During the event, one of the participants, Aisha Khan, expressed her enthusiasm, stating, "Using henna as a medium to promote voter awareness is both innovative and effective. It's a fantastic way to engage with people, especially the younger generation, who might not be reached through conventional means." The event was organized by the College students in collaboration with College SVEEP Cell. Besides showcasing their artistic talents, the participants grabbed the opportunity to spark conversations about the significance of voting and the impact of active citizenship.

IPL shoots up demand for Kashmir willow cricket bats across India

SRINAGAR, MAR 26: With the commencement of Indian premiere League (IPL) 2024, the demand for the Kashmir willow cricket bats has soared across the India. The year 2024 is going to be a yet another year for cricket as after IPL, a mega cricket tournament T20 world cup will commence from June. As of now the cricket bat manufactures have enhanced their production to meet the demand in the domestic as well as international market during these two mega cricket contests. Fawzul Kabir, spokesperson of the Kashmir Cricket Bat Manufacturers Association told news agency—Kashmir News Observer (KNO) that the demand of the Kashmir willow cricket bats has doubled this year.

He said the demand is on the higher side due to the ongoing IPL and upcoming T20 world cup. "The demand for Kashmir willow cricket bats has increased this year. With the beginning of IPL, the demand is expected to go up further and we may receive more orders within the domestic market in coming weeks," Kabir said. He said the Kashmir willow cricket bat industry has come into limelight after legendary cricketer Sachin Tendulkar promoted it. "Sachin Tendulkar acknowledged the cricket bat industry of Kashmir. His visit to the local cricket bat manufacturing unit was the shot in the arm for the entire industry. Our sales picked up and more orders started coming especially after he promoted our cricket bats.

Since IPL fever has gripped the entire country, we hope our sales will go up further in coming days," Kabir said. He said the cricket bat manufacturers anticipate the peak during the T20 world cup. "Bigger tournaments like world cup has been always a lucrative season for cricket bat manufacturers of Kashmir. Right now cricket bat manufacturers are busy with the enhancement of the production to meet the demand during the world cup," Kabir said. Currently, Kashmir has 400 factories manufacturing cricket bats. Over 1.5 lakh people are directly and indirectly associated with this trade. Jammu and Kashmir government is also working hard to get a geographic indication (GI) for Kashmir willow bats.



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Lok Sabha Election-2024:DEO Budgam reviews arrangements at collection, distribution centres of Beerwah & Budgam A/Cs

HT News Network

BUDGAM, MARCH 26: The District Election Officer (DEO), Budgam, Akshay Labroo today visited distribution and collection centres of Beerwah and Budgam Assembly Constituencies within the Baramulla Parliamentary Constituency for the upcoming Lok Sabha elections, 2024.

The DEO along with SSP Budgam, Al Tahir Gillani visited centres at SAM Degree College, Budgam, and Boys

Higher Secondary School Magam. On the occasion, the DEO assessed security arrangements including CCTV installation, safety measures, water, electricity supply and other required arrangements at these centres.

He called for round the clock surveillance and security of all election related material and machinery to be kept at these centres during the 5th phase of Baramulla Lok Sabha segment of elections.

The DEO also inspected the accommodation facilities for the security



personnel and instructed concerned to ensure all required arrangements are placed in time at designated locations.

Speaking on the occasion, the DEO maintained that all guidelines of Election Commission of India shall be implemented in letter and spirit.

He said that these centres are being set up as separate enclosure, having separate entrance, in and out CCTV surveillance and other safety measures in place as per the SOP and protocol for these centres mandated by ECI guidelines.

The DC also took assessment of assured minimum facilities at various polling booths in Magam and Budgam areas.

Among others, ADC Budgam, Mehraj-ud-Din Shah, concerned SDM, CPO, Dy. DEO, Nodal Officers, AROs, SE R&B, ExEns of various sectors and other concerned also accompanied the DEO. Speaking on the occasion, the DEO maintained that all guidelines of Election Commission of India shall be implemented in letter and spirit.

ازدفترنائب تحصیلدار کیری

عنوان درخواست منجانب حاجہ بیگم زوجہ محمد اکبر بٹ ساکنہ تحصیل جاگیر نسبت اجرائی لیگل سیر (وارث جائز) سرٹیفیکٹ

اشتہار بمراد آگاہی

ماملہ مندرجہ عنوان الصد میں پٹواری ملحقہ سے رپورٹ طلب کی گئی۔ مطابق رپورٹ پٹواری و ڈیپٹی سرنٹیفیکٹ محمد اکبر بٹ ولد عبد اللہ بٹ ساکنہ تحصیل کو فوت ہو چکا ہے متوفی اپنے پچھلے 04/04/2023 جاگیر مورث مندرجہ ذیل وارثان جائز چھوڑ گیا رشتہ بہرہ امتوتنی

1. حاجہ بیگم زوجہ محمد 62 سال گھریلو کام
2. وجاہت حسین پسر 30 سال مزدوری
3. ... مال حسین پسر 25 سال مزدوری
4. فیض حسین پسر 20 سال زیر تعلیم
5. ... عابدہ بیگم دختر 43 سال گھریلو کام، (شادی شدہ) سیرن خانہ
6. ... عامیہ دختر 35 سال گھریلو کام شادی شدہ سیرن خانہ

اس طور کنڈیگ (6X) افراد پر مشتمل رپورٹ پٹواری مندرجہ وارثان جائز کے علاوہ اور کوئی وارثان جائز نہیں ہے سرنٹیفیکٹ زیر بحث اجراء کرنے میں اگر کسی شخص یا شخص کو کوئی عذر یا اعتراض ہو وہ اپنا عذر یا اعتراض ساتھ دن کے اندر پیش کرے معاذ گزرنے کے بعد کوئی عذر یا اعتراض قبول نہیں ہوگا

نائب تحصیلدار کیری

ازدفترنائب تحصیلدار کیری

درخواست منجانب سائلہ فاطمہ بیگم دختر غلام محمد آہنگر ساکنہ کیری۔ برادر حصول OBC سرٹیفیکٹ تحت ایس اراو۔ 126/294/بجین نو

اشتہار بمراد آگاہی

معاملہ مندرجہ عنوان الصد میں درخواست سائلہ فاطمہ بیگم دختر غلام محمد آہنگر ساکنہ کیری دفتر پٹواری میں زیر کاروائی ہے اس نسبت رپورٹ پٹواری سے (افراد پر مشتمل) عہدہ آمدنی 4 عیال ہوتا ہے سال کا کنڈیہ) تک ہے سال کے افراد نام مندرجہ ذیل ہے 19000

1. غلام محمد آہنگر ولد عبد غفار آہنگر 71 سال مزدوری
2. زریفہ بیگم زوجہ غلام محمد آہنگر 66 سال گھریلو کام
3. ... عنایت اللہ ولد غلام محمد آہنگر پسر 26 سال مزدوری
4. ... فاطمہ بیگم دختر غلام محمد آہنگر 26 سال (شاگرد)

اس کے علاوہ کوئی بھی افراد نہیں بتلایا گیا ہے لہذا تمام عوام خاص و عام کو زیر بحث اشتہار مطلع کیا جاتا ہے کہ اگر کسی کو سرنٹیفیکٹ نکلنے میں کوئی عذر یا اعتراض ہو تو وہ اپنا عذر یا اعتراض ساتھ دن کے اندر اندر پیش کریں معاذ گزرنے کے بعد کوئی عذر یا اعتراض قابل قبول نہیں ہوگا

نائب تحصیلدار کیری

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)/ chokedar has submitted case file pertaining to Birth of NISARA BEGUM D/O MOHD IBRAHIM SOFI R/O AUTHOORA Tehsil kreeri Dist. Baramulla having verified the date of Birth, as 02/01/1972 and event has been shown to be occurred at home 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 entertained

EXECUTIVE MAGISTRATE 1ST CLASS KREERI

Lok Sabha Election-2024 HOI's, BLOs of AC-Shopian imparted Election training

HT News Network



SHOPIAN, MARCH 26: In view of upcoming Lok Sabha Elections, Booth Level Officers (BLO's), Head of Institutions (HOI's) and incharge polling stations were today imparted training at Mini Secretariat, Shopian.

The training was held under the supervision of Additional District Development Commissioner, Shopian, Dr Nasir Ahmed Lone.

The main objective of the training was to provide necessary know how to the staff detailed for election duties in order to prepare them for the smooth conduct of elections in the district.

Speaking on the occasion, ADDC briefed the staff about their significant role in the election process and called upon all to give their best for the conduct of free and fair elections.

BLOs and HOIs were imparted training by the Master Trainers designated for the purpose.

Additional Deputy Commissioner, Shopian, Dr. Zakir Hussain Faaz; Assistant Commissioner, Revenue, Shakoore Ahmed Dar; Dy. District Election Officer, Shopian, Jahangir Ahmed; Assistant Commissioner, Panchayat (Nodal Officer, Trainings) Shopian, Manzoor Ahmed and other concerned were present.

ازدفترنائب تحصیلدار کیری

باجلاس نائب تحصیلدار کیری درخواست منجانب سائلہ فیاض احمد چوپان ولد محمد شعبان چوپان ساکنہ پتھی پورہ تحصیل کیری۔ برادر حصول OBC سرٹیفیکٹ بحق خود

اشتہار بمراد آگاہی

معاملہ مندرجہ عنوان الصد میں درخواست سائلہ فیاض احمد چوپان ولد محمد شعبان چوپان ساکنہ پتھی پورہ کیری دفتر پٹواری میں زیر کاروائی ہے اس (افراد پر مشتمل 07 نسبت رپورٹ پٹواری سے عیال ہوتا ہے سال کا کنڈیہ) تک ہے سال کے افراد نام مندرجہ ذیل ہے 144000 ہے کنڈیہ کی سالانہ کی سالانہ آمدنی مندرجہ ذیل ہے

1. محمد شعبان چوپان ولد غلام محمد چوپان 60 سال مزدوری
2. فنی بیگم زوجہ محمد شعبان چوپان 50 سال گھریلو کام
3. ... فیاض احمد چوپان ولد محمد شعبان چوپان 35 سال . زیر تعلیم
4. ... غلام محمد الدین چوپان ولد محمد شعبان چوپان 32 سال // مزدوری
5. ... جوڑہ بیگم زوجہ غلام محمد الدین چوپان 30 سال // گھریلو کام
6. ... بلکہ بان دختر غلام محمد الدین 02 سال // نوزید
7. ... اعجاز احمد چوپان ولد محمد شعبان چوپان 27 سال مزدوری

اس کے علاوہ کوئی بھی افراد نہیں بتلایا گیا ہے لہذا تمام عوام خاص و عام کو زیر بحث اشتہار مطلع کیا جاتا ہے کہ اگر کسی کو سرنٹیفیکٹ نکلنے میں کوئی عذر یا اعتراض ہو تو وہ اپنا عذر یا اعتراض ساتھ دن کے اندر اندر پیش کریں معاذ گزرنے کے بعد کوئی عذر یا اعتراض قابل قبول نہیں ہوگا

نائب تحصیلدار کیری

Public Notice

My DOB has been wrongly written in my Aadhar Card as 13--05-2004 while my correct DOB is 23-05-2007 according to school records which needs to be corrected. If anybody having any objection in this regard he/she may file his/her objection in the concerned office within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

AAQIB AKBAR KHAN S/o Mohammad AKBAR KHAN

Lok Sabha Elections 2024: DEO Kupwara inspects Strong Room Kupwara, District Election Control Room

HT News Network

KUPWARA, MARCH 26: The District Election Officer (DEO) Kupwara, Ayushi Sudan today inspected various election facilities established by the District Administration, to evaluate the preparedness for upcoming Lok Sabha election 2024 in the district.

Additional Deputy Commissioner (ADC) Kupwara, Mohammad Rouf Rehman accompanied the DEO.

On the occasion, the DEO inspected Strong Room Kupwara and took stock of



its functioning. She also paid a visit to District Election Control Room estab-

lished at Information Office Kupwara and expressed satisfaction over its smooth

functioning. Expressing satisfaction with the overall preparedness observed during the inspection, the DEO underscored the importance of ensuring adherence to prescribed standards of Election Commission of India to uphold the integrity and fairness of the electoral process.

She reiterated the unwavering commitment of the administration in facilitating free, fair, and transparent elections, wherein every eligible citizen can exercise their democratic right with confidence and ease.

Lok Sabha Elections 2024 Awareness Program empowers Young Voters under SVEEP at Baramulla

HT News Network

BARAMULLA, MARCH 26: The District Administration Baramulla today took a proactive step towards fostering civic engagement and empowering young voters with an awareness program held at Azad Gunj Baramulla.

Aimed at educating and informing first-time voters, the event witnessed the active participation of Deputy District Election Officer, Ab Rehaman Bhat and Assistant Returning Officer for Baramulla, Arshid Ahmad Khan.

The program featured a series of engaging activities facilitated by students from various higher secondary schools and colleges in the district. Through interactive sessions and discussions, attendees gained valuable insights into the electoral process, their rights, and responsibilities as citizens.



The Deputy District Election Officer emphasized the importance of active participation in the democratic process, encouraging young voters to exercise their franchise responsibly. The event served as a platform for dialogue and

exchange of ideas, enabling participants to voice their concerns and queries regarding the electoral system.

Speaking on the occasion, Assistant Returning Officer Baramulla highlighted the significance of youth engagement in shaping the future of democracy.

youth engagement in shaping the future of democracy.

Stressing the pivotal role of first-time voters in influencing electoral outcomes, Khan emphasized the need for informed decision-making and active involvement in the electoral process.

The event served as a platform to interact directly with young voters, addressing their queries and concerns while fostering a sense of civic responsibility and empowerment among participants.

In recognition of their enthusiastic participation, certificates were distributed among the participants, acknowledging their commitment to civic engagement and democratic values. Speaking on the occasion, Assistant Returning Officer Baramulla highlighted the significance of youth engagement in shaping the future of democracy.

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Probe Agency Attaches Assets Worth More Than ₹ 124 Crore In Money Laundering Case

HT News Network

New Delhi: The Enforcement Directorate on Tuesday said it has attached assets worth more than 124 crore belonging to various companies as part of a money laundering investigation against Religare Finvest Limited (RFL) and others.

The properties attached, as part of a provisional order issued under the Prevention of Money Laundering Act (PMLA), are in the form of land and farm houses located in the "posh" area of Gurugram and Delhi and belong to RS Infrastructure Pvt. Ltd., Kenwood Mercantile Pvt. Ltd., M/s Goodfaith Builders Pvt. Ltd. and others, the central agency said in a statement. Kenwood Mercantile Pvt. Ltd. and Goodfaith Builders Pvt. Ltd are entities belonging to the M3M group, a Gurugram-based realtor and 430 acres of land in Gurugram and Faridabad belonging to these entities has been attached being the "proceeds



of crime flowing through a maze of companies to the M3M group", it said. The agency alleged a partnership firm by the name of M3M India Holdings -- with its partners Rook Kumar Bansal, Basant Bansal, Abha Bansal and Pankaj Bansal -- had received "proceeds of crime in excess of 500 crore by showing sale of shares of a land owning company RS Infrastructure Pvt Ltd at a grossly inflated value of 726 crore to an entity Lowe Realty Pvt. Ltd. (currently known as Lowe Infra and Wellness Pvt. Ltd.)".

The land owned by RS Infrastructure Pvt. Ltd. was "deliberately inflated" by M3M India Holdings (former shareholder of RS Infrastructure Pvt.

Ltd.) to drain out hefty funds from Lowe Realty Pvt. Ltd. which borrowed the same amount from Religare group, the agency claimed.

A Day After Arvind Kejriwal's Arrest, His Wife's Message

A Day After Arvind Kejriwal's Arrest, His Wife's Message

The ED has filed three charge sheets in this case till now and has frozen assets in the past too in order to "attach the proceeds of crime that originated from the corporate loan book fraud of Religare Finvest Limited". Properties worth 54 crore and USD 1,50,00,000 belonging to RS Infrastructure Pvt. Ltd. and Malvinder Mohan Singh were attached in 2020 and 2021. The nature of the properties attached in India includes land and farmhouse (s) whereas properties attached in foreign jurisdiction include an insurance policy of AXA China Insurance Company (Bermuda) Ltd. belonging to Malvinder Mohan Singh, erstwhile promoter of Religare group, it said.

"Lok Sabha Polls A Fight Between PM Modi, Rahul Gandhi": Devendra Fadnavis

HT News Network

Gadchiroli, Maharashtra: Upcoming Lok Sabha elections are a fight between Prime Minister Narendra Modi whose government has lifted 25 crore people out of poverty and the leadership of Congress leader Rahul Gandhi, Maharashtra Deputy Chief Minister Devendra Fadnavis said on Tuesday.

Addressing a gathering in Gadchiroli after BJP candidate Ashok Nete filed his nomination papers for the Gadchiroli-Chimur (ST) constituency, Fadnavis listed various achievements under the Modi government.

"This fight is not between Ashok Nete and Congress,



but it is a fight between Prime Minister Narendra Modi and Congress leader Rahul Gandhi. I ask you whether the leadership of the country should go to Modi ji or Rahul Gandhi?" he said.

The Congress has fielded Namdev Krisan against Nete, the sitting MP.

Voting will be held in Gadchiroli-Chimur in the first phase of Lok Sabha elections in the east Vidarbha region of Maharashtra on April 19.

Mr Fadnavis also said Modi has created a world record by lifting 25 crore people out of poverty in the last five years. He said India

will become 'Viksit Bharat' under PM Modi's third term where there will be no poverty, unemployment, or inequality, and where the dreams of people will come true. "The last ten years of the Modi government were just a trailer and the entire movie is yet to come," he added.

He listed various welfare schemes launched by the Modi government for the welfare of tribals, Scheduled Castes and OBCs.

Mr Fadnavis said Gadchiroli district, part of which is affected by Naxalism, will be transformed into an industrialised one in the next five years with scope for multiple employment opportunities without touching the water, land and forest of tribals.

JDI Jammu, DIPR employees condole demise of Vevaik Puri's father

Aashiq Hussain

JAMMU, MARCH 24: Joint Director Information Jammu, Atul Gupta and employees of Joint Directorate Information, Jammu have condoled the sad demise of father of Joint Director Information (Hqrs), Vevaik Puri.

In a condolence meeting, Joint Director expressed deepest condolences with Vevaik Puri and his family.

Deputy Director Information (PR), Ankush Hans; Field Publicity Officer, Mukesh Kumar; Cultural Officer, Nasir Ahmed; Youth Information Officer, Monika Sambyal and others were also present.

The officers and officials extended heartfelt condolences to the bereaved family and prayed for eternal peace to the departed soul.

A two minute silence was also observed for eternal peace of departed soul.

Meanwhile, the District Information Centres of Jammu division also condoled the demise of Vevaik Puri's father. Deputy Director Information (PR), Ankush Hans; Field Publicity Officer, Mukesh Kumar; Cultural Officer, Nasir Ahmed; Youth Information Officer, Monika Sambyal and others were also present. The officers and officials extended heartfelt condolences to the bereaved family and prayed for eternal peace to the departed soul.

A two minute silence was also observed for eternal peace of departed soul.

Meanwhile, the District Information Centres of Jammu division also condoled the demise of Vevaik Puri's father.

2.2 Million Videos In India Removed By YouTube Over Violation Of Guidelines

HT News Network

New Delhi: YouTube removed over 2.25 million videos in India between October and December 2023 for the violation of its community guidelines, with the country topping the list of video takedowns ahead of nations like the US and Russia.

Singapore with 1,243,871 video takedowns ranked second on that list and the United States (788,354) was placed third, according to YouTube's data on video removals by the country/region of upload.

Indonesia ranked fourth (770,157), while for Russia the number of video takedowns stood at 516,629, as per YouTube's Community Guidelines Enforcement report that provides global data on the flags YouTube receives and how the Google-owned platform enforces policies.

Globally, during the period (Q4 2023) YouTube removed over 9 million videos for falling foul of its community norms. More than 96 percent of these videos were first flagged by machines rather than humans. The videos were removed for violat-



ing community norms on parameters like harmful or dangerous content, child safety, violent or graphic content, nudity and sexual content, misinformation and others.

The latest report showed that between October and December 2023, over 2.25 million videos (2,254,902) were removed in India for violating YouTube's community guidelines. India topped the list of 30 countries in video removals.

Globally, 20.5 million (20,592,341) channels were removed by YouTube for violating its community guidelines during the quarter ended in December 2023.

The report explained that when a channel is terminated, all of its videos are removed. The number of such

videos removed during this time period due to a channel-level termination stood at 95.5 million (95,534,236).

"A YouTube channel is terminated if it accrues three community guidelines strikes in 90 days, has a single case of severe abuse (such as predatory behaviour), or is determined to be wholly dedicated to violating our guidelines (as is often the case with spam accounts)," YouTube said.

The Google-owned video streaming platform said it works hard to maintain a safe and vibrant community.

"We have Community Guidelines that set the rules of the road for what we don't allow on YouTube," it said.

For instance, it does not allow pornography, incitement to violence, harassment, or hate speech. YouTube said it relies on a combination of people and technology to flag inappropriate content and enforce these guidelines. Flags can come from automated flagging systems, from members of the Priority Flagging program, or from users in the broader YouTube community

BJP would translate PM's vision in Punjab: Chugh

HT News Network



Chandigarh, March 26 (KNS): BJP national general secretary Tarun Chugh today welcomed the party high command's decision to contest the forthcoming Lok Sabha elections without alliance with any party.

In a statement Chugh said the BJP led by Prime Minister Narendra Modi has been the custodian of the interests of Punjabis be it the punishment to perpetrators of 1984 anti-Sikh riots or opening up of the Kartarpur Sahib corridor. Not only that, the Modi government has introduced a number of pro-farmer policies which have gone a long way to improve the plight of farmers in Punjab. The welfare schemes for the people of the state have made the BJP one of the leading parties of Punjab and in the coming elections the party would demonstrate its strength and the vision of the prime minister winning a majority of the Lok Sabha seats. (KNS)

Lok Sabha Election-2024 Under SVEEP campaign, NCC Cadets, NSS volunteers imparted training at GDC Rajouri

HT News Network

RAJOURI, MARCH 26: District Systematic Voters' Education and Electoral Participation (SVEEP) team Rajouri in collaboration with NCC Unit and NSS club today imparted training to NCC Cadets and NSS volunteers at Government Degree College here to encourage them to extend help and support to frail and elderly to cast votes in the upcoming election of Lok Sabha 2024.

The event was supervised by Prof. Iqbal Raina (DNO), Dr. Khalid Reyaz, Prof. Ajaz Nazir and Tanveer Ahmed Chowdhury. The training was imparted to the participants by Prof. Khaleeq Ahmed Qazi, NSS program Officer and Major Tanveer Ahmed Chowdhury. Speaking on the occasion, Prof. Mohammad Iqbal Raina, Nodal Officer SVEEP, said that these collaborative efforts of SVEEP team, NSS Cadets NSS volunteers would not only increase electoral awareness but also garner a strong commitment to maximize the voting percentage in district Rajouri in upcoming election.

SVEEP awareness programme held at ITI Udhampur

HT News Network

UDHAMPUR, MARCH 26: District Administration Udhampur, under the guidance of District Election Officer, Udhampur Saloni Rai, and Deputy District Election Officer, Dr. Anirudh Rai, orchestrated a crucial awareness initiative as part of the Systematic Voters' Education and Electoral Participation (SVEEP) campaign at ITI Institute Udhampur here today. Dr. Preeti Sharma, District Panchayat Officer and designated Nodal Officer of SVEEP, led the session, enlightening participants on the significance of elections as cornerstone of democracy. She emphasized the pivotal role of active engagement in the electoral process for nurturing national growth and development.

Prominent leading Businessman Mr Yatin Join JD(U) in presence of Vivek Bali

HT News Network

Srinagar, 26 Mar : Another feather to the Janata Dal (United), as leading Businessman Yatin Pandita & Suhan Rafiq joins JD(U) party at Parepora, Srinagar Constituency in the presence of the Party General Secretary Vivek Bali who welcomes Pandita's & Suhan's entry. The event witnessed the presence of District President Baramulla Ayaz Darwi and Other Sr leaders, further highlighting the growing support for the JD(U) in the Srinagar Constituency.

Vivek Bali said we welcome



young and enthusiastic people to join for fair and honest politics to serve the public. Pandita & Suhan entry into the party fold is a healthy trend. Common people especially youth want a corruption free dispensation. Ayaz Darwi appealed to Youth to come forward and strengthen the hands of JD(U) as this is

the only party who does politics of truthfulness, transparency and honesty. Bali also apprised the gathering about the important works done by the party since its inception for the welfare of the people of Jammu and Kashmir. He further stressed upon strengthening the party and representing the true aspirations of the people. Senior Party leaders along with party workers were also present on this occasion. He further appealed to the people to come forward and join this party for the sake of development, peace, progress and prosperity which has become the need of the hour.

Patwari among 2 accused arrested by CBI for accepting bribe in Samba

HT News Network

Srinagar, Mar 26 (KNO): The Central Bureau of Investigation (CBI) Tuesday arrested a Patwari of Samba and his associate, Chowkidar, Halqa Nanga, in a case related to accepting bribe from the complainant. As per a statement issued to the news agency—Kashmir News Observer (KNO), the spokesman said that a case was registered against the said Patwari on a complaint. It was alleged that the accused demanded a bribe of Rs 50,000 from the

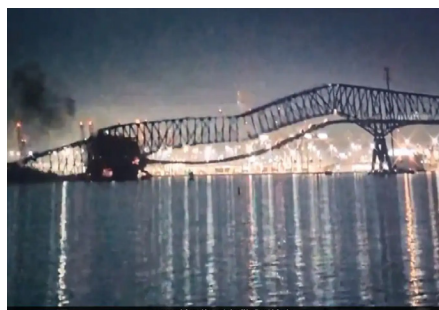
complainant for issuing Girdawari of land owned by him. "CBI laid a trap and during the trap proceedings, the accused asked the complainant to handover the bribe amount to his associate, a Chowkidar, Halqa Nanga, District Samba (J&K). Both the accused were apprehended during the transaction of bribe of Rs. 9,000/-, Searches are being conducted at the residential premises of the accused," the statement said. The arrested accused will be produced before the Court of Special Judge, Anti-Corruption (CBI Cases), Jammu on 27-03-2024, the statement said—(KNO)

"Heroes": All-Indian Crew's SOS Saved Lives In US Bridge Collapse, Says Governor

HT News Network

The container ship that rammed a bridge in US' Baltimore, causing it to collapse almost entirely and sending cars and people plunging into the river below, was manned entirely by a crew of Indians. This was confirmed by shipping company Maersk, which had chartered the Singapore-flagged container ship, named Dali.

According to a report by news agency AFP, several vehicles and nearly 20 people are believed to have fallen into the Patapsco River after the 300-metre-long vessel crashed into one of the legs of the bridge. The ship had a crew of 22 members, all of whom were Indian. Quoting the Synergy Marine Group, which manages the Dali, a report said all crew members had been



accounted for and none of them were injured.

Footage showed lights going out on the ship just before it rammed a leg of the Francis Scott Key Bridge, a portion of which collapsed on the vessel itself.

Maryland's governor said the ship, which was moving at a "rapid" eight knots (nine

miles per hour), issued a Mayday call moments before it collided with the pillar of the bridge and this helped saved lives as some road traffic could be stopped.

"These people are heroes. They saved lives last night," Governor Wes Moore was quoted as saying by news agency AFP.

The Dali struck a pylon of the bridge at approximately 1:30 am local time (11 am IST) on Tuesday. Vehicles could be seen on the road surface as the bridge warped and crashed in sections, with the third tranche cantilevering upwards before it, too, tumbled into the water.

Rescuers said they were still looking for at least seven people, having pulled two people free.

Baltimore Mayor Brandon Scott said maintenance workers were on the bridge at the time of the collision, an incident he

described as an "unthinkable tragedy... like something out of an action movie."

"We have to be thinking about the families and people impacted, folks who we have to try to find," he said.

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In a statement, Maersk said, "We are horrified by what has happened in Baltimore, and our thoughts are with all of those affected... We can confirm that the container vessel 'DALI', operated by charter vessel company Synergy Group, is time chartered by Maersk and is carrying Maersk customers' cargo. No Maersk crew and personnel were onboard the vessel."

"We are closely following the investigations conducted by authorities and Synergy, and we will do our utmost to keep our customers informed," it added.

EDITORIAL

A Vital Necessity for the Faithful

In the holy month of Ramadan, the people of Kashmir, known for their rich water resources, find themselves grappling with a pressing concern - inadequate power supply, particularly during the critical hours of sehri (pre-dawn meal) and iftar. The significance of uninterrupted electricity during this sacred time cannot be overstated, as it directly impacts the ability of households to observe religious rituals and maintain their daily routines.

Ramadan holds profound spiritual significance for Muslims worldwide, marked by fasting from dawn till dusk, prayer, and reflection. In Kashmir, where tradition and faith intertwine deeply, the observance of Ramadan is a cherished tradition, fostering community bonds and spiritual growth. However, the shortage or low voltage of electricity during sehri and iftar disrupts this sacred rhythm, causing unnecessary hardships for the faithful.

The importance of equitable distribution of electricity in Kashmir, given its abundant water resources, cannot be emphasized enough. While the region boasts immense hydroelectric potential, the reality on the ground often falls short of meeting the needs of its populace, especially during crucial times such as Ramadan. Unequal distribution exacerbates the suffering of those already marginalized, depriving them of a basic necessity during a month of heightened spiritual devotion.

The repercussions of inadequate power supply extend beyond inconvenience, they infringe upon the fundamental rights of individuals to practice their religion freely. Access to electricity is not merely a matter of convenience but a prerequisite for fulfilling religious obligations and maintaining essential services. Whether it is preparing pre-dawn meals for sehri or breaking the fast at iftar, uninterrupted power supply is indispensable for ensuring that these rituals can be observed with ease and dignity.

Furthermore, the economic impact of power shortages during Ramadan cannot be overlooked. Businesses suffer due to interrupted operations, exacerbating the already challenging economic conditions in the region. In a time when communal solidarity and support are paramount, such disruptions hinder the ability of communities to come together and support one another.

Addressing the issue of inadequate power supply during Ramadan requires concerted efforts from both government authorities and utility providers. Investment in infrastructure, improved distribution networks, and effective management of resources are imperative to ensure equitable access to electricity for all residents, regardless of their location or socio-economic status.

Additionally, fostering greater transparency and accountability in the management of energy resources is crucial for addressing underlying systemic issues contributing to power shortages. By prioritizing the needs of the community and ensuring fair distribution of electricity, authorities can uphold the principles of justice and equity, central to the teachings of Islam and essential for fostering social cohesion.

To conclude, ensuring adequate power supply in Kashmir during Ramadan, especially during the peak hours of sehri and iftar, is not just a matter of convenience but a fundamental necessity for the faithful. It is imperative that steps are taken to address the underlying issues contributing to power shortages, thereby enabling residents to observe Ramadan with peace and dignity. Only through collective action and commitment to equitable distribution can Kashmir fulfill its potential as a region blessed with abundant resources, both natural and spiritual.

The Wandering Dark Shadow Of World War -3rd



By Mool Raj

Tensions on the front line in Ukraine continue to grow, bringing forward the possibility - as French President Emmanuel Macron declared last week - of a serious and grim expansion of this war further into Europe.

At the same time, other hotspots around the globe, from Asia to Africa, keep heating up. In light of all these events, one cannot help but wonder what a third world war might look like. Obviously, this goes beyond (or before) a nuclear holocaust that would reduce the planet to radioactive waste. Would the new technologies we keep hearing about mean it would be different from the first two world wars?

As we read of new defense tech developments that involve humanoid or drones coupled with artificial intelligence and quantum technology, there is an indirect dissemination of information telling the general public that any potential big war will be similar to science fiction. It will be a war where these drones and humanoids face each other, while children, women and men stay safe at home waiting for a winner. A war where everything is virtual and cyberattacks replace bombs and shells, leaving interruptions to Wi-Fi and short power cuts as the biggest risks.

We will not delve into the point that cyberattacks on key infrastructure, such as energy sites or dams, could cause catastrophic damage. But is this view that many in the general public hold actually true: that they will be safe at home while war takes place in another dimension with lasers and other tech gimmicks we cannot see? A preliminary answer refuting this view comes straight away. It lies in the discreet yet persistent focus of Western leaders on reestablishing a military-industrial capacity. Indeed, all Western leaders are facing the reality that, as



war rages in Ukraine, Russia has a military-industrial capacity that overwhelms all of Europe and the US combined.

On the other hand, the US and Europe can only produce about 1.2 million munitions per year to support Ukrainian forces, according to a senior official from a European intelligence service cited by the American media. And so, the war in Ukraine is already giving us a first answer. War is war and will stay a dirty business. And Macron's declaration on sending troops to Ukraine would not only be a possibility but a certainty if a new world war starts.

If we focus on defense technologies, where does the world stand? In this context, the focus of Western researchers is mainly the competition between China and the US, not with Russia, when it comes to key technologies. It is said that history does not repeat itself but it often rhymes. In that sense, the situation in 2024 resembles the situation in 1935, whether in terms of Western military-industrial capacity or technological competition between the two opposing sides. Moreover, we also notice a similarly troubled world map, where order is no longer clear and conflicts arise in an unpredictable manner, without a clear understanding of the endgame. Conflicts where ideology, brute force and technology all come into the mix. Some even see the Spanish Civil War in many places on the map of the world.

And so, following these lessons of

We will not delve into the point that cyberattacks on key infrastructure, such as energy sites or dams, could cause catastrophic damage. But is this view that many in the general public hold actually true:

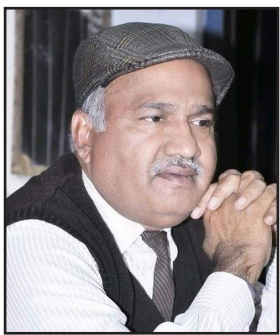
that they will be safe at home while war takes place in another dimension with lasers and other tech gimmicks we cannot see? A preliminary answer refuting this view comes straight away. It lies in the discreet yet persistent focus of Western leaders on reestablishing a military-industrial capacity. Indeed, all Western leaders are facing the reality that, as war rages in Ukraine, Russia has a military-industrial capacity that overwhelms all of Europe and the US combined.

history, how did new technologies impact war? Have they ever prevented the loss of life? The answer is simple and comes in the form of another question. Did this new technology give total superiority to one side and force the other into total submission? Without this, wars take a heavy toll. But this is what happened when vehicles replaced cavalry or when air superiority gave a clear advantage, with soldiers and civilians alike paying a heavy price. One might even say that, today, the length of time for which total superiority lasts has shrunk. It is becoming rare for one side to maintain indefinite total superiority over the other.

The situation in Ukraine with its rules of engagement is probably the best answer to what a world war might look like. The reality is that nothing has changed and war will be a meat grinder in the worst possible sense. Once drones match drones, humanoids match humanoids, AI matches AI and quantum computing matches quantum computing, all technologies and their use will cancel each other out. Then, war will take its usual and ugly form of men killing men and trenches that look like the ones used in the First and Second World Wars, only with more powerful bullets. Thinking, as many of the public tend to believe, that robots and drones will do the fighting, just as apps allow food to be cooked and delivered for us, is complete delusion.

The author is a columnist and freelance writer

Changed lifestyle



Vijay Garg

While information technology has given us speed, it has also destroyed our natural qualities. Our memory power has decreased due to dependence on mobile phones. Nowadays, going to new places or big cities, it seems that we will get lost without Google Maps. We sleep with the phone under the pillow while sleeping and open the phone immediately after waking up so as not to miss a post. Today's children use online tools instead of doing the homework given by the school on copies are a plethora of technological tools. There was a time, when house rates were eagerly awaited by the morning newsboy.

Newspapers used to be part of the lifestyle but today we are creating incomplete and wrong understanding about the issues by reading raw

news through social media. It is common to use the phone while eating. Going to the market is not only to buy goods, but also to enhance oneself by interacting with the surroundings, but now-a-days even grocery orders are made on WhatsApp, of various shopping sites.

These selfish schemes have badly trapped us in their cobwebs. The concern is that we are forgetting talking, walking and other social manners as we do all the work from home. Instead of checking the authenticity of any product through use or one's experience, we read through star ratings from Google. The main thing is that the bridge is dug by asking from the mobile. Instead of books, magazines, phones, laptops, tablets, TVs and many other technical tools are in abundance in homes. We don't even remember the last time we used a pen or when read a good book. The expansion of things has stopped. Communication is done through internet shortcuts.

Instead of going out during holidays, priority is given to spending time at home. Social relations and mutual family relations are not only weak, they are dying. At night, children in different rooms are engrossed in online games. The elderly are suffering loneliness in some corner of the house built with hard work. Taught on the mobile screen Gone



are the days of reading books, now everything is read through the screen of a mobile phone. The school education department has to start campaigns like library langar to inculcate interest in reading among children.

The virtual world has reduced the importance of children's loving relationships like grandparents. Children are engrossed in cartoons, web series

or online games instead of stories, which has led to stagnation in physical development. We waste time watching small baseless and nonsensical YouTube video clips about current political and social issues.

Time limit to be determined. Children need that today. Appropriate time frame of mobile should be set for children growing from to person-

ality so that we can have a balanced development of future generation. Even though online education has become an essential part of education due to the call of Corona, there is an extreme need for field activities outside the rooms for physical development. In terms of using mobile phones, setting an example to parents and schools can have a positive impact

on the new generation. This is a very serious issue and for its solution, continuous effective coordination between parents and teachers and schools and homes is essential. Mobile alarm reminds you of important work. A mobile alarm reminds us of any important task. There are various apps instead of copy pen to do pooja reading, exercise, cooking, house accounting etc. Mobile also tracks our sickness or health. Even apps tell us how to eat-drink and get up-sit. Mothers have run out of stories like 'Ek Si Raja Ek Si Rani', instead they hand over mobile phones to their children so that they can enjoy themselves.

I am unaware of happiness and sorrow in life. When our phone from 10 percent. When the battery is low, we get worried. Everyone is used to browsing more than three social media sites on an average. According to a survey, every second person spends 50 hours on the phone during the week. Facebook reminds friends on their birthdays. Spending time in a place with no Wi-Fi and a bad network becomes a nightmare. We are unaware of the people of the street who share the joys and sorrows of life.

Vijay Garg Retired Principal Educational Columnist Malout Punjab

BUSTING EXAM STRESS: BALANCING PHYSICAL HEALTH AND MENTAL WELL-BEING OF STUDENTS



■ Dharmendra Pradhan

Students often face a formidable challenge to strike a delicate balance between achieving academic excellence and maintaining physical and mental health in a fiercely competitive environment. This balance becomes particularly vital during exam periods when students face academic pressure and performance anxiety, deeply impacting their mental health and overall well-being. Exam preparedness is, no doubt, important. But much more important is to maintain a reasonably good balance between study and a healthy life.

Today, exam 'performance' remains so central to the students' over all mental make-up that they do not see anything beyond academic results. This overbearing notion consumes our students and stifles their creativity and talent. We all know far too well that every child is uniquely endowed and all cannot excel academically. Through the prism of exam result, we cannot possibly fathom the talent of a child. Exam results must not be the only barometer of the success in a student's life. All of us - parents, teachers, friends and family - should work in tandem and togetherness to provide the child with a congenial environment to realise his full potential. Exam performance is not only contingent on innate talent but also on several things such as healthy body and agile mind that enhances the physical endurance and sharpen the cerebral focus.



Students bear the burden of expectations of the family, teachers, and society, to excel academically. This leads to an unenviable situation that makes them mentally vulnerable and physically draining. At times, with fatigue, their energy gets sapped and it takes toll on their health and well-being. Excessive stress has been construed to be a factor increasing the risk of mental health problems like anxiety, depression and sleep disorders. Nurturing mental well-being is, therefore, imperative. To overcome these challenges, students should remain ever positive, embrace exercise, meditation and deep-breathing to enhance the level of concentration and focus on their studies, establish a well-organized study routine, break down tasks into manageable chunks, and set realistic academic goals to achieve. Providing access to counselling services and open communication about mental health also create a supportive environment for those grappling with anxiety or other mental health concerns.

It would be edifying to note the following comprehensive ways as to

how students' physical health and mental well-being can be maintained during exams:

Small Breaks and Physical Activity
Physical health is one of the fundamental elements in maintaining our overall fitness and agility. Regular exercise not only improves the cardiovascular health but also serves as a stress-buster. It enhances cognitive function, and the ability to recall information, both of which are crucial to enhance exam performance. While preparing for the exams, students invariably attach priority to their studies over their health. We should encourage them to incorporate some sort of physical activities like stretching, walking, jogging, or yoga that can significantly alleviate stress, helping students recharge their minds.

Balanced Diet and Nutrition
Nutrition plays a crucial role in dealing with the demands of rigorous study and staying healthy. Food is a fuel that nourishes both our body and mind. The quality of food that we eat significantly determines our overall health and mental

well-being. A common mistake that students often make during this crucial period is to eat poorly or take unhealthy food such as junk fast food, chocolates, energy drinks and chips in place of nutritious home-made food. Sometimes they also skip meals during exams because of anxiety and stress or to save their time for exam preparation. Eating a balanced diet rich in vitamins, minerals and fibre provides the necessary fuel for optimal brain function. Adequate hydration is often overlooked but is equally important, as lack of it can substantially impair cognitive abilities and concentration.

Adequate Sleep for Good Health
Quality sleep is equally vital during exam time. There is a direct correlation between sleep and cognitive function, memory retention, and emotional resilience. Students should maintain consistent sleep patterns by going to bed and waking up at the same time, each day. Students who take proper amount of sleep at night are always able to recall better and perform better. Good sleep is also an irreducible minimum for good health.

Supportive and Encouraging Environment: We should create a conducive environment where students can discuss their concerns and seek support from their parents and teachers. Providing access to counselling services for dealing with stress, anxiety, or other mental health challenges should remain a top institutional priority. We should encourage open communication about the pressures of exams and deal with it effectively without getting psychologically entangled.

Exercise and Meditation Practices
Meditation can be a secret weapon to manage exam stress effectively. Students should practise techniques such as meditation, deep breathing, or yoga which can help calm the mind, improve concentration and reduce anxiety. These practices can help alleviate stress and enhance mental well-being.

Time Management
Students should adopt strategies to manage study timings to reduce last minute rush. We all know, how the screen time for the students has gone up due to excessive dependence on electronic medium. We understand that in the present time, electronic medium has become a necessity. But, our students need to strike a balance. Perhaps a digital detox will be essential to free some quality time for exam preparation.

In conclusion, nurturing students' physical health and mental well-being during exams is integral to their overall success. Taking care of students' well-being enhances their academic performance. It prepares them for the challenges they may face beyond the exam hall. We call upon the students to prioritize health and follow a regimen of physical exercise and meditation, digital detox, mental well-being, quality sleep and a healthy diet, besides effective time management strategy. By effectively handling the exam stress, our young students will perform to their potential and emerge as confident and forward-looking youth committed to realising the goals of Vikasit Bharat @2047.

Union Education Minister

Why Leaders Need Flexible Communication Skills

■ David Ludden

Whether you're the CEO of a major corporation or team leader on a small project, you'll find that you spend most of your work time talking with your subordinates. Particularly at higher levels of the organizational hierarchy, managers spend 70 percent to 80 percent of their time in discussion, mostly with those working under them. Leaders employ a variety of communication styles, but generally speaking, the goal is to get their subordinates to work toward a common goal.

According to German psychologists Niels van Quaquebeke and Fabiola Gerpott, leadership communication styles tend to fall into two types, which they call tell-and-sell and ask-and-listen. They outline the differences between these and the right situations for using each in a paper they recently published in the journal Current Opinion in Psychology.

Tell-and-Sell and Charismatic Leadership Style

Leaders may tend to use one or the other style when they engage with their subordinates, but van Quaquebeke and Gerpott maintain that truly effective leaders need to be flexible in their communication styles, using each according to the particular situation and the specific goals the leader hopes to achieve.

In the tell-and-sell approach, leaders communicate a common goal to their subordinates. This is the "tell" part. Leaders then try to convince their subordinates that this is a goal they want to work towards. This is the "sell" part.

To be effective, leaders who use the tell-and-sell approach will have to rely on their personal charisma to win over the hearts and minds of their subordinates. Autocratic leaders may tell their subordinates what to do and expect them



to obey. But without the sell part, subordinates will passively comply to the minimum extent necessary to avoid punishment, and they may even actively work to sabotage their leader's goal.

In contrast, charismatic leaders can actually get their subordinates to want to work hard and make sacrifices, because they have bought into the vision their leader has sold them. We only need to think about famous charismatic leaders such as Steve Jobs or Barack Obama to see just how effective the tell-and-sell leadership style can be in galvanizing a corporation or a country toward a common goal.

Ask-and-Listen and Democratic Leadership Style

The tell-and-sell approach works well when leaders already have a clear vision of a common goal and the pathway to

reach it. But when this isn't the case, leaders can be more effective when they use the ask-and-listen communication style. In this approach, leaders present a general idea of a goal but seek input from their subordinates to clarify that goal as well as to plan the pathway to it.

In the ask-and-listen approach, the leader's role is to create a safe environment for all subordinates to express their opinions. Thus, leaders have to listen to their subordinates' responses without judgment, trusting that the discussion will work its way toward a consensus. Although leaders should refrain from expressing their own opinions at this point, they do need to ask questions and use paraphrases to clarify understanding.

When leaders use the ask-and-listen communication style, they aren't trying

to sell a common goal to their subordinates. Rather, they're trying to lead their subordinates into building a common goal of their own making. Because all members have had their voices heard, and because the group has come to a consensus, dedication to the cause is generally quite strong. This approach works well when there's flexibility in the outcome the leader hopes to achieve.

Choosing the Right Communication Style for the Situation

Both leadership communication styles can be effective, but they work in different ways. The tell-and-sell approach is about giving subordinates a sense of who they are as a group. We are the ones who will make the next major technological breakthrough. We are the ones who will overcome problems to make society better.

In this way, subordinates gain a sense of being part of something bigger than themselves.

In contrast, the ask-and-listen approach is about giving subordinates the sense that they can work together to achieve common goals. Because the leader has listened with an open mind to their ideas, the subordinates feel empowered to put the plan they devised into action, and because that plan arose from the group, they'll generally feel quite devoted to it.

If you've found yourself in a leadership position before, you probably see yourself in one of these two styles. However, as van Quaquebeke and Gerpott point out, it's not a question of which leadership communication style is better. Rather, it's about which one will be more effective in a particular situation.

To be an effective leader, you need to be flexible in your communication style. If you have a clear vision, tell-and-sell is the right approach, but you'll have to rely on your personal charisma to get your subordinates on board. In contrast, if you're looking for a creative solution to a problem, and if your subordinates have sufficient expertise, an ask-and-listen approach is the way to go. And you won't have to sell them on the idea, either, as they'll buy into it themselves.

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David Ludden, Ph.D., is a professor of psychology at Georgia Gwinnett College.

PM Modi To Flag Off BJP's Uttar Pradesh Campaign From Meerut On March 30

■ HT News Network

New Delhi: Prime Minister Narendra Modi will flag off the BJP campaign in Uttar Pradesh -- the state that accounts for 80 Lok Sabha seats -- on March 30 with a mega rally in Meerut. The candidate is Arun Govil, the actor who played Ram in Ramanand Sagar's Ramayan in the 80s, encapsulating a message on the Ayodhya temple, which was inaugurated earlier this year.

Uttar Pradesh, a single state that accounts for the largest number of Lok Sabha seats, is crucial to the BJP's plans to win 370 seats -- the target set by the Prime Minister. The party knows it needs a bigger push in the state if it has to surpass its score of the two earlier elections.

In 2014, the BJP won 71 seats in the state. Five years on, in 2019, the figure shrank to 62, owing to the alliance between the two regional giants -- Akhilesh Yadav's Samajwadi Party and Mayawati's Bahujan Samaj Party. In a handful



of seats, the party had just managed to scrape through, with a margin of a couple of thousand votes.

The BJP is hoping for a better show this time, especially after delivering on its promise to build and inaugurate the Ram temple in Ayodhya.

What also buoys their morale is that the SP-BSP alliance is now history. While Akhilesh Yadav is

with the Opposition bloc India, Mayawati is going it alone in this election. The party also has high hopes from western Uttar Pradesh, a region where they had not done so well last time. In 2014, the BJP had won 24 of the 27 seats in this area. But that number slid by five seats in 2019 -- all eight seats went to the SP-BSP combine.

This time, then BJP hopes rest

on the alliance with Jayant Chaudhary's Rashtriya Lok Dal. The RLD has a significant presence among the Jats in the area -- who comprise 18 per cent of the state's people. Even though the RLD is contesting 2 seats in the state this time, they are expected to add to the BJP vote-share in western UP.

The rest of the BJP's allies in the state include the ADS and the Nishad Party, which have clout among various caste groups.

On the downside, Shivpal Yadav, Akhilesh Yadav's uncle who had walked out of the SP ahead of the 2019 polls and helped the BJP win several seats by eating into SP votes, has patched up with the family now. The rapprochement could make the BJP's task difficult in several seats including Kannauj, where Akhilesh Yadav's wife Dimple Yadav lost to the BJP in 2019. The rapprochement could make the BJP's task difficult in several seats including Kannauj, where Akhilesh Yadav's wife Dimple Yadav lost to the BJP in 2019.

Nirmala Sitharaman Counters Jairam Ramesh's Criticism Of Pension Scheme

■ HT News Network

New Delhi: Reacting to Jairam Ramesh's remark that Atal Pension Yojana is a "poorly designed scheme", Union Finance Minister Nirmala Sitharaman today slammed the Congress general secretary and said that the Congress prefers that the poor should not have pensions so that they are forced to rely on government handouts, which keeps them dependent on "dynasty politicians".

The Congress today attacked the Modi government over the Atal Pension Yojana, alleging it is a "very poorly-designed scheme" and a "paper tiger" that needs officials to hoodwink and coerce people into participating in it.

Lashing out at Congress' criticism of the Atal Pension Yojana, Ms Sitharaman said, "On the Atal Pension Yojana, Jairam Ramesh known for using verbal sophistry to hide facts, is being malicious or is ignorant of the basic tenets of designing a good pension scheme."

She further said that the Atal Pension Yojana is designed based on best practice choice architecture to automatically continue the premium payment unless the subscriber opts out.

"This is a deliberate and beneficial feature which is in the best interest of the subscribers. Instead of requiring people to decide each year to continue, they have to take a decision to discontinue. This makes many of them take the right deci-



sion and save for their retirement," she posted on X. "Richard Thaler (Nobel prize winner in Economics 2017) and Cass Sunstein (a Professor who worked in the Obama administration) are known for their book 'Nudge' which explains the need for proper 'choice architecture' in designing public schemes," she said.

"@Jairam_Ramesh calls it a fixed income pension. He has not bothered to check facts. The minimum return under the APY is guaranteed by the Govt to be at least 8 per cent, regardless of prevailing interest rates and returns. This is an attractive guaranteed minimum return. Govt pays a subsidy to PFRDA to make up for any shortfall in actual returns. If higher investment returns are received on the contributions of subscribers of APY, higher pension would be paid to the subscribers: In fact, currently the returns are more than 8 per cent," she added.

"Encourage Fair, Transparent Legal Process": US On Arvind Kejriwal Arrest

■ HT News Network

New Delhi: The United States government is monitoring reports of Arvind Kejriwal's arrest and has encouraged its Indian counterpart to ensure "a fair, transparent, and timely legal process" for the jailed Delhi Chief Minister and opposition leader, a State Department spokesperson told Reuters this week.

The US' response comes days after Germany's Foreign Office stressed that the Aam Aadmi Party leader, like any other Indian citizen facing charges, is entitled to a fair and impartial trial.

"We assume and expect that standards relating to independence of judiciary and basic democratic principles will also be applied in this case," a German government spokesperson said Friday.

The Indian government reacted strongly to the comment, summoning the German envoy and labelling the Foreign Office spokesperson's remark "blatant interference in internal matters".

"We see such remarks as interfering in our judicial process and undermining the independence of our judiciary," the External Affairs Ministry said, "Biased assumptions are most unwarranted."

Asked about India's protest to Germany, the State Department spokesperson told Reuters, "We refer you to the German Foreign Ministry for comment on their discussions with the Indian government."

Prime Minister Narendra Modi's government has not yet reacted to the US State Department.



The Enforcement Directorate took Mr Kejriwal into custody last week - in dramatic circumstances after a Delhi court refused protection from arrest - following a late-night raid at his residence.

He was sent to custody of the central agency for seven days; i.e., till Thursday.

Mr Kejriwal was arrested in connection with the alleged liquor policy scam that has roiled the AAP, and the national political landscape, less than a month before the 2024 Lok Sabha election.

The Chief Minister's arrest has triggered furious protests in Delhi, with the AAP joined by opposition parties, including INDIA bloc allies Congress, the Trinamool of Bengal Chief Minister Mamata Banerjee, and Tamil Nadu's ruling Dravida Munnetra Kazhagam, in condemning the agency's action. In Delhi on Tuesday several AAP workers were detained by police as they attempted to march on the PM's home. The BJP, meanwhile, took out a mega march of its own to press for Mr Kejriwal to quit.

"Shakti Swaroopa": PM Dials Sandeshkhali Victim, BJP Basirhat Pick Rekha Patra

■ HT News Network

New Delhi: Prime Minister Narendra Modi today called up a sexual harassment victim from Bengal's Sandeshkhali, also the BJP's candidate from Basirhat Lok Sabha seat, and asked about her poll preparations.

In his telephonic conversation with Rekha Patra, the Prime Minister asked her about the mood of the people and called her Shakti Swaroopa (embodiment of Shakti). Ms Patra told the Prime Minister about the sufferings of the people of the island, who have alleged harassment by Trinamool Congress leaders.

Starting the conversation in Bengali, the Prime Minister told Ms Patra that she has signed up for a huge responsibility. Ms Patra told him that he "is like a God" for the women of Sandeshkhali. "We feel Ram ji is with us," she said. The Prime Minister replied that he is grateful that Sandeshkhali's women have blessed him.

He then asked her how the people of Sandeshkhali responded to her choice as the BJP's



candidate. In her reply, Ms Patra referred to Trinamool strongman Sheikh Shahjahan, who is now in the custody of Enforcement Directorate in connection with a mob attack on the agency's officials. "From 2011, we could not vote here. We want proper security so that we can cast our votes. We are thankful for your support."

Ms Patra also said some women on the island

had held protests after she was chosen as the candidate. "They have sent a message to us and said they did everything on the Trinamool's instructions and promised they won't repeat this. There is no enmity. We will work for anyone," she said.

The Prime Minister praised her for wishing the best for those who protested against her. "BJP has done a great job by making you a candidate," he said.

Ms Patra said she is confident of public support. "I am from an underprivileged family. My husband works in Chennai. We struggle to make ends meet. I want to do something to ensure that people get work here and they don't have to leave the state," she said.

The Prime Minister said he is confident of her win. "You are Shakti Swaroopa, you send such powerful people to jail. We will together fight for the honour of women, not just in Basirhat, but across Bengal. You have my full support," he said.

BJP To Go Solo In Punjab, Stage Set For 4-Way Fight For 13 Lok Sabha Seats

■ HT News Network

Chandigarh: The BJP will go solo in the election for 13 Lok Sabha seats in Punjab, state party chief Sunil Jakhar said in a video message today, putting an end to speculation on a possible tie-up between the BJP and its estranged ally Shiromani Akali Dal (SAD).

"The BJP will be contesting the Lok Sabha polls in Punjab alone. The party has taken this decision on the basis of feedback from the people, party workers and leaders," Mr Jakhar said, stressing that the Narendra Modi government had worked tirelessly for Punjab and the work is not hidden from anyone. While it is the BJP that has officially pulled the plug, the Akali Dal had dropped broad hints on its plan to go solo after a meeting of its core committee this Friday.

The key reason behind the two parties not joining hands appears to be a mismatch in their core ideological planks. The Akali Dal's panthic agenda to reach out to Sikhs appears to clash with the BJP's nationalist posturing. Also, unlike in 1996, when the Akali Dal joined hands



with BJP for an alliance that lasted over two decades, the Sukhbir Singh Badal-led party set conditions for another tie-up.

The party resolution said that the Centre must honour its commitment to release all Sikh prisoners who had completed their terms and fulfil all promises made to farmers.

"The party will continue to put principles above politics, and it will never deviate from its historic role as a champion of the interests of Khalsa Panth, all minorities as well as all Punjabis," the resolution said.

"As the sole representatives of the Sikhs and of all Punjabis, the party will continue its fight for more powers and genuine autonomy to the states," it added. Doubling down on its support to farmers protesting against the

Centre, which had prompted Akali Dal to exit the NDA in 2020, the resolution said Akali Dal will continue to champion the cause of farmers and farm labourers. "SAD is the largest representative democratic organization of the farmers and has always been in the forefront of fighting for their interests," it said.

It also opposed "any attempts to dilute, in letter or in spirit, the Constitution of India as framed by Babasaheb Bhim Rao Ambedkar." With BJP and the Akali Dal deciding to go solo, the Lok Sabha polls in Punjab is set to be a four-way fight. INDIA allies Congress and Aam Aadmi Party had earlier announced that they will contest alone in Punjab, where they are on opposite sides of the political aisle.

Madhya Pradesh Woman Attempts Suicide With 3 Daughters, 1 Survives: Cops

■ HT News Network



Bhopal: In a tragic incident in Madhya Pradesh's Bhopal on Tuesday, a woman hanged herself along with her three daughters, following which the woman and her two daughters died while one girl was admitted to hospital in a serious condition, a police official said.

The incident occurred in Rondia village under the jurisdiction of Gunga police station in the state capital on Tuesday morning. Those who died were identified as Sanjeeta (28), Aradhya (5) and Shrishti (1.5) while one girl undergoing treatment has been identified as Manu (2.5 years). On getting the information, the police rushed to the spot and started an investigation into the matter.

Bhopal Superintendent of Police (SP, rural) Pramod Kumar Sinha told news agency ANI. "We received information at 7:30 in the morning that a woman had hanged herself along with her children in Rondia village under Gunga police station. Acting on it, the police reached the spot and found that the woman along with her two children were dead and a girl was sent to the hospital."

After that, the police called the FSL (Forensic Science Laboratory) team and after performing the Panchnama, all the bodies were sent for post-mortem examination, he added. "In the preliminary investigation so far, we came to know that the woman was in trouble with her in-laws. Her husband was addicted to liquor and also used to beat the woman. Information about dowry harassment and torture due to having only three girls and not having a son has also come to notice. We are investigating all aspects and whatever facts are revealed, based on it action will be taken," the officer added.

After Karnataka Man Loses Rs 1 Crore In IPL Betting, Wife Dies By Suicide

■ HT News Network

Bengaluru: Darshan Babu is an engineer who is fond of betting on cricket matches and has been placing major bets on Indian Premier League (IPL) games since 2021. He often borrows money after losing a bet, or to place one when he is short on funds. His 23-year-old wife, tired of the constant harassment by creditors, died by suicide.

Ranjitha was found hanging at her home in Karnataka's Chitradurga on March 18. According to the family, Darshan had racked up a debt of over 1 crore.

He worked as an assistant engineer in the Minor Irrigation Department at Hosur and had been ensnared in the realm of IPL betting from 2021 to 2023. This took a major toll on the couple's finances. Allegedly, he had borrowed over 1.5 crore to place bets after his luck ran out and he lost all his money. While he managed to return 1 crore, cops say that he still has a pending loan of 84 lakh.

Ranjitha married Darshan in 2020. She realised the truth about Darshan's involvement in betting in 2021, claims her father Venkatesh.

In his complaint, Venkatesh said that



his daughter was extremely distressed due to the constant harassment by moneylenders and this led to her suicide. He has also named 13 men who had allegedly lent the money.

He said that his son-in-law was lured into betting with a promise of quick money. "He (Darshan) was not willing to get into betting, but the suspects forced him saying it was an easy way to get rich. They promised to finance his betting activities against some blank cheques as security," he said.

Cops during their investigation found a suicide note, where she detailed the harassment they faced. Darshan and Ranjitha have a two-year-old son.

Israeli operation rages around major Gaza hospitals

■ HT News Network

GAZASTRIP: Israeli forces fought fighters in besieged Gaza on Monday including around at least two major hospitals, raising fears for the patients, medics and displaced people trapped inside.

Troops and tanks have encircled Gaza City's Al-Shifa Hospital, the territory's biggest, for a week and more recently moved on the Al-Amal Hospital in the main southern city of Khan Yunis.

While Israel has labelled its operations "precise" and said it has taken care to avoid harm to civilians, aid agencies have voiced alarm about civilians caught up in the fighting. UN chief Antonio Guterres, on a crisis visit to the Middle East, has pleaded for an end to the "non-stop nightmare" for the 2.4 million people trapped in Gaza's worst-ever crisis.

As Israel's top ally the United States has also voiced rising concern. US Vice President Kamala Harris stressed on ABC TV that a Rafah invasion would be "a huge mistake" and, when asked whether she would rule out "consequences" for Israel, replied that "I am ruling out nothing". "We are suffering" The health ministry in the



Gaza Strip put the total Palestinian death toll at 32,333, most of them women and children. Bombardment and fighting in Gaza killed another 72 people overnight, according to the ministry. More than 50 airstrikes rained down on the Gaza Strip, said the Hamas government press office. Food and water shortages have deepened the suffering, especially in northern Gaza where residents, mostly women and children, were waiting in line to fill up jerrycans and buckets in Jabalia. Palestinians living near Al Shifa report hellish conditions, including corpses

in the streets. "We don't even have food to give us the energy to go to collect the water — let alone the innocent children, women and the elderly," said one man, Bassam Mohammed al-Haou. Another local man, Falah Saed, said "we are suffering a lot from water shortages because all and pipes and pumps have stopped working since the beginning of the war". Hospital battles Palestinians living near Al Shifa have reported hellish conditions, including corpses in the streets, constant bombardment and the rounding up of men, who are stripped to their underwear and questioned.

The Al Shifa raid was in its eighth day and the military reported detaining some 500 people. Israel has said the operation will continue until the last militant is "in their hands", signalling an extended presence at Al Shifa, which troops also raided in November.

At Al Amal Hospital, the Palestinian Red Crescent said Israeli forces had surrounded all entrances and prohibited hospital staff from leaving.

The military said its Al Amal operation included "raids on several terrorist infrastructure sites in the area and located explosive devices, RPGs (rocket-propelled grenades) and military equipment".

US Bridge Collapses After Ship Collision, Vehicles, People Fall In Water

■ HT News Network

Washington: A major bridge in the US city of Baltimore almost entirely collapsed Tuesday after being struck by a container ship, sending multiple vehicles and up to 20 people plunging into the harbor below.

Dramatic footage showed a 300-meter vessel hitting a footing of the Francis Scott Key Bridge, sending the steel-built structure crashing into the Patapsco River.

Lights from what appear to be vehicles can be seen on the road surface as the bridge warps and crashes in sections, with the third tranche cantilevering upwards before it, too, tumbles into the water.

Several small explosions can also be seen during the rapid collapse. "Unfortunately, we understand that there were up to 20 individuals who may be in the Patapsco River right now as well as multiple vehicles," Kevin Cartwright of the Baltimore Fire Department told CNN. "So we have... a mass-casualty multi agency incident underway."

"We understand that there could have potentially been a vehicle, a tractor trailer or a vehicle as large as a tractor trailer on the bridge at the time that it collapsed." The footage appeared to show the ship going dark twice in the moments before the collision, with thick black smoke issuing from the ship's funnel, possibly indicating activity from the engine.

US Woman Beats Mother To Death With Cooking Pan, Calls 911 To Admit Crime

■ HT News Network

A woman in the US beat her mother to death with a cooking pan and then called the emergency number 911 to confess the brutal killing, according to NBC News. Quoting police, the outlet further said that a domestic dispute was the cause behind the woman's extreme action. Police were called to the home at Westchester Avenue in Bronx, New York City and found a woman with a severe head injury just before 4 am. They further said that the 46-year-old woman was unresponsive with a visible wound to the back of her head. Her 26-year-old daughter, identified by the outlet as Skydajah Patterson, called 911 and told the operator, "I just killed my mom." She alleged she did this in self-defence as her mother tried to attack her.

As per Metro, the policemen found Patterson still holding the kitchen pot that was full of blood.

No other witnesses were present at the scene, as per the police.

The officers who reached house took 46-year-old Selma McLean to Lincoln Hospital, where she was pronounced dead.

Her daughter, meanwhile, was taken into custody. The police have not immediately revealed what charges she may face.

Selma Mclean had reportedly called cops two times in the past saying she was being attacked by her daughter, as per Metro.

5 Chinese Nationals Killed In Suicide Bomb Attack In Northwest Pakistan

■ HT News Network

Peshawar: Five Chinese nationals were killed in an explosion when their convoy was attacked by a suicide bomber in northwest Pakistan on Tuesday, a top police officer said. A suicide bomber rammed an explosives-laden vehicle into a convoy of Chinese engineers which was on its way from Islamabad to their camp in Dasu in the Khyber Pakhtunkhwa province, Mohammad Ali Gandapur, the regional police chief, told news agency Reuters. "Five Chinese nationals and their Pakistani driver were killed in the attack," Mohammad Ali Gandapur said. Dasu is the site of a major dam and the area has been attacked in the past. A blast on a bus had killed 13 people, including nine Chinese nationals, in 2021. The Khyber Pakhtunkhwa police had reached the spot and started relief operations. The rest of the people in the convoy have been protected, Mohammad Ali Gandapur said.

Bring Ex Pakistan PM Imran Khan, Wife To Court On April 4, Orders Court

■ HT News Network

Islamabad: A Pakistani court on Monday ordered authorities to present jailed former premier Imran Khan and his wife Bushra Bibi on April 4 during the hearing of their appeal seeking bail in different cases.

District and Session Court judge Tahir Abbas Sipra heard the case on the plea filed by the couple seeking bail in the cases about the forgery of receipts for Toshakhana gifts, while Mr Khan had also filed a petition to seek bail in a May 9 violence case as well.

The order was issued after the Adiala jail officials failed to mark Mr Khan's attendance through a video link for which the order was issued at the last hearing. Last week, another district and sessions court approved a request seeking to produce Khan and PTI leader Shah Mahmood Qureshi in court, directing authorities to ensure the politicians' production on April 20.

The petition, requesting their production, was heard by Judicial Magistrate Mureed Abbas about the Parliament attack case against Mr Khan and others. Mr Khan had been implicated in dozens of cases since his removal from government in April 2022.

Trump wins lifeline in civil fraud case

■ HT News Network

NEW YORK: Donald Trump was thrown a huge lifeline on Monday when an appeals court slashed what could have been a crippling demand for a nearly half-billion-dollar bond payment and also gave him 10 more days to pay.

The Republican presidential candidate got the unexpectedly positive news about his New York civil fraud case while he was sitting in court for another case — a hearing in his upcoming criminal trial over paying hush money to a porn star.

Trump had been facing a Monday deadline to pay the huge original bond pending an appeal against a judge's decision that he is liable for fraudulently conspiring to inflate his net worth.

Trump had made clear he was unable to find the \$454 million and he risked seeing New York state confiscate parts of his property empire in response. Now with Monday's decision, he will have 10 more days to pay just \$175 million.

Writing on his Truth Social app, Trump said he would "abide by the decision of



the Appellate Division and post either a bond, equivalent securities, or cash".

The 77-year-old Republican began his day of twin legal crises in a Manhattan courtroom at a hearing to set a new date for his trial over payments he made on the eve of the 2016 presidential election to make sure porn star Stormy Daniels did not publicise a sexual encounter.

"This is a witch hunt," Trump told reporters before walking into court.

The hush money trial had been scheduled to begin on Monday but was delayed at the last minute because tens of thousands of pages of potential evidence were belatedly produced by prosecutors.

EU probes Apple, Google, Meta under new digital law

■ HT News Network

BRUSSELS: The European Union on Monday hit Apple, Google parent Alphabet and Meta with the first-ever probes under a mammoth digital law, which could lead to big fines against the US giants.

Among six firms named as market "gatekeepers" under the EU's landmark Digital Markets Act — along with Amazon, TikTok owner ByteDance and Microsoft — the companies have been obliged to comply with the new law since March 7.

"We are not convinced that the solutions by Alphabet, Apple and Meta respect their obligations for a fairer and more open digital space for European citizens and businesses," said the EU's internal market commissioner, Thierry Breton.

In a statement announcing the probes, the European Commission, the EU's anti-trust regulator, said it suspects the measures the firms have put in place so far "fall short of effective compliance."

Investigations could lead to big fines against US giants.

One of the main tech lobbying groups, CCIA, whose members include the three giants targeted, lambasted the probes,



accusing the EU of "jumping the gun" and acting too hastily.

The EU's competition commissioner, Margrethe Vestager, insisted regulators had "definitely" not rushed to probe the companies. Senior officials have acknowledged that changes are already taking place, but suggest they do not go far enough.

Under the new rules, the commission can impose fines of up to 10 per cent of a company's total global turnover. This can rise to up to 20 per cent for repeat offenders. In extreme circumstances, the EU can order the breakup of companies.

Unlike the traditional rules that saw probes last for years, the DMA demands regulators complete any investigation within 12 months of its start.

UN expert accuses Israel of several acts of genocide

■ HT News Network

GENEVA: A UN rights expert said on Monday there were "reasonable grounds" to determine that Israel has committed several acts of "genocide" in Gaza, also evoking "ethnic cleansing". Francesca Albanese, the UN special rapporteur on the rights situation in Palestinian territories, said there were clear indications that Israel had violated three of the five acts listed under the international genocide convention. "The overwhelming nature and scale of Israel's assault on Gaza and the destructive conditions of life it has inflicted reveal an intent to physically destroy Palestinian as a group," she said in a



report. Albanese, an independent expert appointed by the UN Human Rights Council but who does not speak on behalf of the United Nations, said she had found "reasonable grounds to believe that the threshold indicating the commission of... acts of genocide against Palestinians in Gaza has been met". The report, entitled "Anatomy of a Genocide",

listed those acts as: "Killing members of the group; causing serious bodily or mental harm to the group's members; and deliberately inflicting on the group conditions of life calculated to bring about its physical destruction in whole or in part". Israel's diplomatic mission in Geneva said the country "utterly rejects the report". Albanese's report, which she is due to present to the Human Rights Council on Tuesday, maintained that Israel's "genocidal acts" followed "statements of genocidal intent". She said that statements by some senior Israelis declaring an intent to forcibly displace Palestinians and replace them with Israeli settlers meant that "evacuation orders and safe zones have been used

'Bruised, battered' Moscow suspects paraded in court

■ HT News Network

MOSCOW: Russia has ordered at least seven men, accused of killing at least 137 people in a massacre at a concert hall in the Russian capital, to be held on "terror" charges, even as the death toll is expected to climb.

The men face life in prison, although Russian officials have clamoured for the lifting of a moratorium on the death penalty to deliver even harsher sentences.

In a series of late-night court hearings in Moscow that ran into the early hours of Monday, four of the men — with bruises and cuts over their faces — were dragged into the court in front of dozens of reporters who had assembled at the capital's Basmanny district court.

Russia's FSB said it had detained a total of 11 people. Security service officers wheeled one in to the hearing on a medical gurney, following reports and videos on Russian social media of bloody interrogations after the men were arrested on Saturday.

One of the suspects was shown having part of his ear cut off and stuffed into his mouth.

Another was shown with his hands tied and his hair held by an interrogator, a black boot beneath his head. Another was questioned in a hospital bed.

Security Council finally ends paralysis on Gaza

■ HT News Network

UNITED NATIONS: The UN Security Council finally passed a resolution on Monday, demanding an immediate ceasefire in Gaza during Ramadan, an unconditional release of prisoners, and urgent expansion of aid into the besieged Palestinian enclave.

Reacting promptly after the vote, UN Secretary General António Guterres emphasised that the long-awaited resolution must be implemented as the council's failure to do so "would be unforgivable".

The decision came after last-minute discussions within the council successfully avoided another potential veto.

The draft resolution was passed, because



the US did not use its veto and abstained.

However, a Russian amendment failed due to insufficient votes. In the substantive vote, 14 members voted in favour of the resolution. US Ambassador Linda Thomas-Greenfield emphasised that in adopting the resolution, the Security Council demonstrated support for ongoing diplomatic efforts led by Washington, Qatar and

Egypt to achieve an immediate and sustainable ceasefire, secure the release of all prisoners, and alleviate the suffering of Palestinian civilians in Gaza. "The United States fully supports these critical objectives," she affirmed. "These objectives formed the basis of the resolution we proposed last week, a resolution that Russia and China vetoed." Thomas-Greenfield

asserted that the US was tirelessly "engaged in diplomatic efforts to realise them on the ground". She called on the council members to recognise that a ceasefire could have been achieved "months ago" had Hamas been willing to release the prisoners, accusing the group of obstructing peace efforts. "Therefore, I urge the members of this council to unequivocally demand that Hamas accept the deal on the table," she said. Algeria, the only Arab member of the council, expressed the hope that the draft would put an end to the massacres that have been going on for five months. "Finally, the Security Council is responding to the calls of the international community and the [UN] secretary general," Algeria's Ambassador Amar Benjama said.

NIT Srinagar hosts expert talk on 'FactSage & applications in Process Modeling'

HT News Network

Srinagar, Mar 26: The Department of Metallurgical and Materials Engineering (MME) in association with Dhaatu Mitra Club on Tuesday organized an expert talk on 'FactSage & applications in Process Modeling' by Dr. Srishilan C of IIT Jammu. Registrar and Head MME, Prof. Atikur Rahman expressed his gratitude to resource persons and stated that such events are aimed to expose students to a variety of topics beyond

their curriculum.

"It provides a platform to interact and exchange ideas with eminent experts. It helps scholars, students to develop an all-round and nuanced view of a topic and research opportunities," Prof. Rahman said.

Dr. Srishilan is presently working as a full-time Assistant professor at Indian Institute of Technology Jammu. His research interests in Computational modeling of process metallurgy, high temperature pyro-metallurgical processes and metallurgical waste recycling. In his



talk, Dr. Srishilan provided a comprehensive introduction to FactSage and its versatile capabilities. He discussed its applications in materials research and process design optimization. Dr. Srishilan provided valuable insights into the significance of computational thermodynamics and demonstrated how coding can be effectively implemented in metallurgy to enhance student interest.

During his talk, he also provided guidance to students on pursuing internships, engaging with faculty, and navigating application processes.

Dr. Srishilan gave insights and importance of computational thermodynamics and how to implement coding in metallurgy to boost interest of students. He also mentioned that NIT Srinagar, being located in a winter zone, is considering the introduction of Winter-rise to facilitate additional internship opportunities.

Dr. Srishilan highlighted that several other strategies to promote engagement among chemical, metallurgical, and materials engineering students will soon be implemented.

Lok Sabha Election-2024 DEO interacts with BLOs of Jammu district

HT News Network

JAMMU, MARCH 26: District Election Officer (DEO), Sachin Kumar Vaishya today convened a meeting of Booth Level Officers (BLOs) at General Zorawar Singh Auditorium here to review preparations for upcoming Lok Sabha elections in the district.

Interacting with the BLOs, the DEO laid emphasis on their integral role in electoral framework. He delved into details of voter registration and distribution of Elector Photo Identity Cards (EPIC). He also shed light on the provisions being implemented for voters aged 85 and above, and those for specially-abled voters, to ensure their equitable participation.

The DEO urged functionaries to inspire voter engagement, emphasizing on the importance of maintaining a non-partisan approach.

To encourage voter participation, the DEO also flagged off a Systematic Voters' Education and Electoral Participation (SVEEP) Van on the occasion. This mobile initiative will traverse each assembly constituency in the district, with its inaugural stop being Marh.

Nodal Officer SVEEP, Dr. Vikas Sharma, was also present on the occasion.

Lok Sabha Elections 2024

SVEEP program held at Govt. HSS Jakhed Udhampur

HT News Network

UDHAMPUR, MARCH 26: A programme on SVEEP (Systematic Voters' Education and Electoral Participation) was held today at Govt. Higher Secondary School (HSS), Jakhed, Dudu here in which more than 600 persons participated.

Sub-Divisional Magistrate, Dudu, Dr. Manmeet Kumar was the chief guest on the occasion.

While speaking on the occasion, the SDM highlighted the importance of participation in democracy through voting and also encouraged the people to actively participate in upcoming elections.

Nodal Officer of the programme, Ishwar Das while welcoming the participants, appealed people to cast their vote in upcoming Parliamentary elections.

During the event, the SDM also flagged off a mega rally on SVEEP. Moreover, students presented various skits on the importance of SVEEP. Through skit programmes, the students also encouraged the divyang persons and their family members on the importance of casting the vote.

Lok Sabha Election-2024 Training sessions on handling of EVMs, VVPAT machines concludes at Doda

HT News Network

DODA, MARCH 26: Series of training sessions on proficient handling of Electronic Voting Machines (EVMs) and Voter Verifiable Paper Audit Trail (VVPAT) machines culminated here today. The sessions were held in two shifts across three venues at Community Hall Doda, Community Hall Baderwah and Government Degree College Kilhotran (Gandoh). The focus was on intensive training of 2700 active participants.

The participants were imparted hands-on training on efficient operation of EVMs and VVPAT machines in the upcoming elections. Participants, including Assistant Returning Officers (AROs), Nodal Officers from Doda, Baderwah, and Kilhotran, as



well as Tehsildars and other officials, actively engaged in learning the intricacies of these vital voting technologies. Under the guidance of Master Trainers, encompassing District Level Master Trainers (DLMTs) and Assistant Level Master Trainers (ALMTs), the sessions ensured comprehensive skill development of polling staff. On the occasion, practical demonstrations elucidated the func-

tioning of EVMs and VVPAT machines, enhancing participants' understanding and proficiency in managing the voting process.

The training sessions proved highly successful, equipping participants with the knowledge and expertise necessary to facilitate smooth and accurate voting processes, thereby reinforcing the integrity of electoral system.

Lok Sabha Elections 2024

Awareness drives intensified under SVEEP across Banihal

HT News Network

RAMBAN, MARCH 26: In a proactive endeavour to enhance voter awareness and engagement, District Administration Ramban organised series of activities under Systematic Voters' Education and Electoral Participation (SVEEP) campaign.

The events, conducted in the Sub-division of Banihal, aimed to brace citizens involvement in electoral process and cultivate culture of civic responsibility.

Held under the guidance of District Election Officer Ramban, Baseer-Ul-Haq Chaudhary, the campaign emphasized on the pivotal role of strong civic engagement in shaping the democratic landscape.



The vibrant participation of youth, alongside members of the public and election personnel, underscored the collective commitment to fostering an informed electorate.

Resource Persons and members of the district SVEEP Cell were dispersed across key locations and institutions like ITI Banihal

and Government Higher Secondary School, Tethar, in addition to other strategic areas. Through comprehensive presentations, the resource elucidated the imperative of inclusive voter participation in safeguarding democratic principles and fortifying the electoral framework. Assistant Commission-

er of Panchayat, Ashfaq Kanji, serving as District Nodal Officer (DNO) for SVEEP, played a pivotal role in ensuring the seamless execution of the programme. The events, conducted in the Sub-division of Banihal, aimed to brace citizens involvement in electoral process and cultivate culture of civic responsibility. Held under the guidance of District Election Officer Ramban, Baseer-Ul-Haq Chaudhary, the campaign emphasized on the pivotal role of strong civic engagement in shaping the democratic landscape.

The vibrant participation of youth, alongside members of the public and election personnel, underscored the collective commitment to fostering

Illegal extraction and transportation of minerals Police arrests 03 persons, seizes 03 vehicles in Kulgam

Farooq Rather

Kulgam: March 26: Acting tough against the elements involved in illegal extraction and transportation of minerals, Kulgam police under the close supervision of SSP Kulgam have arrested three persons and seized three vehicles involved in the commission of crime.

A Police party of Police Station Kund during Naka checking at Kanchloo Crossing intercepted the vehicles (Tractors) loaded with illegally extracted minerals. The accused drivers were arrested and the vehicles used in the commission of crime have also been seized.

Accordingly, cases vide FIR No. 09 & 10/2024 under relevant sections of law stands registered at Police Station Kund and investigation set into motion.

Persons found indulging in illegal mining activities shall be dealt as per law. Community members are requested to share information regarding the crimes in their neighbourhood with their concerned police units.

Police organises awareness programme in Kulgam regarding the newly amended criminal laws

Farooq Rather

Kulgam: March 26: District Police Kulgam on the directions of SSP Kulgam "Shri Sahil Sarangal-IPS" organized an awareness programme regarding the newly amended Criminal Laws at Shemstar international School Qazigund.

The awareness programme was attended by students & general public who were made aware regarding the three new Criminal Law Acts viz Bharatiya Nayaya Sanhita, Bharatiya Nagrik Surksha Sanhita, Bharatiya Sakshya Adhinyam

SHO Police Station Qazigund vividly evaluated the laws and gave a comprehensive lecture of the old laws and new laws. The highlight of the programme was that the participants were involved in interactive discussions enhancing the practical knowledge of the law.

General public and students lauded the efforts of Kulgam Police for organising such informative awareness programmes.

Two days Plantation Drive concludes at GDC Khansahib

HT News Network

BUDGAM, MARCH 26: Two days campus plantation drive on eve of International Day of Forests culminated today at Government Degree College (GDC) Khan Sahib. The drive was organized by the NSS unit and NCC wing of GDC Khansahib from 25-26 March, 2024.

Deputy Commissioner Budgam, Akshay Labroo and SSP Budgam, Al-Tahir Geelani had jointly inaugurated the event on 25th March 2024. They were accompanied by SDM Khansahib, Tariq Ahmad Malik, SDPO Gh. Mohiud-Din and SHO Khansahib. Principal of the college, Dr. Nargis Bano warmly welcomed the guests and thanked them for visiting the institution. On the second day on 26th March, 75 NSS volunteers and NCC cadets led by NSS PO Dr. Sajad Padder and ANO NCC Prof. Asma Husan respectively took active part in plantation drive.

DEO Reasi inspects various polling stations

REASI, MARCH 26: District Election Officer (DEO), Reasi, Vishesh Mahajan today conducted thorough inspection of various polling stations in the 57-Reasi constituency to evaluate the preparations for the Parliamentary Elections 2024. During the inspection, the DEO visited polling stations at Govt. Girls High Secondary School Reasi, Govt. High School Gran, and Govt. High School Ghair Mari. He assessed the provision made for basic amenities like electricity, water supply, sanitation facilities and accessibility for Persons with Disabilities (PWD) voters. The DEO emphasized that all polling stations should be well prepared and sanitized for the elections. He instructed the concerned authorities to promptly address any deficiencies to ensure a hassle-free voting experience for the voters.

Lok Sabha Election-2024

Distt Admin B'la hosts Voters Awareness Program under SVEEP at Sopore

HT News Network

BARAMULLA, MARCH 26: The District Administration Baramulla today organized a successful Voters Awareness program under the Systematic Voters' Education and Electoral Participation (SVEEP) initiative at Fruit Mundi, Sopore.

The event aimed to raise awareness about various voting-related activities and promote electoral literacy among citizens, especially first-time voters, in anticipation of the upcoming Lok Sabha Elections 2024.

The event, graced by the presence of Additional Deputy Commissioner of Sopore, Shabir Ahmad Raina, witnessed enthusiastic participation from various stakeholders, including Deputy Nodal Officer SVEEP Iftikhar Bashir, Booth Level Officers (BLOs), principals, teachers, students from different schools, and officials from various departments.



Participants were treated to engaging skits and interactive sessions designed to educate and inspire active participation in the democratic process.

Speaking at the event, ADC emphasized the significance of electoral literacy in empowering citizens and urged everyone, especially first-time voters, to exercise their franchise responsibly in the upcoming elections.

Furthermore, he underscored the vital role of every eligible voter in shaping the future of the nation, and encouraged attendees to elect representatives who can understand and address their aspirations effectively.

Booth Level Officers played a crucial role in educating participants about the electoral process, stressing the importance of their right to vote and their role as active participants in the democratic system.

As a token of appreciation for the active participation of local youth and students, certificates of participation were distributed by ADC and other officers present at the event.

Tips to play safe Holi



SHAHNAZ HUSAIN

The most awaited summer festival is upon us! Holi is here and the excitement is at an all-time high because of all the fun that comes along with it. Holi holds a special place in everyone's heart.

The sacred festival brings an opportunity to connect, rejoice and rejuvenate. Down the ages, people have been delighted to splash colours on their near and dear ones to celebrate the occasion with gaiety and fun. The use of colours during Holi is not just for fun. The traditional Holi colours were extracted from plants like turmeric, neem and Palash and therefore had several positive health benefits.

To make sure that Holi 2024 is the happiest for you, here are a few tips.

Young babies have very delicate skin and immature immune systems. It is best not to put any colours on babies younger than six months because of their delicate skin. A red sandalwood tika should be enough to symbolically celebrate the festival.

We often do not pay attention to the protection of our eyes while playing Holi.

Avoid wearing contact lenses. The harsh chemicals can cause an infection by smearing your lens. Wear sunglasses/goggles to avoid any sort of optical injuries from any misfired water balloons and to prevent colours from coming in contact with the eyes. Avoid touching your eyes while playing Holi. Do not rub your eyes! Rubbing can aggravate the problems further.

Dress yourself and your kids in full-sleeved clothes to create one more barrier between your skin and the colours.

Moisturizing skin with a natural oil-based moisturizer before heading out to play with colours is very important for a smooth, supple and healthy skin. This

dryness. This also provides protection against colours.

You'll need to protect your nails too! Paint your nails with two coats of good



quality nail paint to prevent your nails from getting stained. This helps to protect the nails from absorbing Holi colours.

The real problem is the removal of colours after playing Holi. Rinse the face with plenty of plain water and then use a cleansing cream, or lotion. Apply and massage it on the face. Then wipe off with moist cotton wool. Remember to cleanse the area around the eyes too, using a light touch. A cleansing gel helps to dissolve the colours and facilitates their removal.

To make your own cleanser, take half a cup of cold milk and add one teaspoon of any vegetable oil, like "til," olive or sunflower oil. Mix well. Dip cotton wool into this mixture and use it to cleanse the skin.

Use ubtan, a pack made with gram flour, curd and turmeric to remove the colour from your skin gently. This pack will not only help to reduce the colour of your skin, but it will also nourish it in the process and keep the damage away.

Sesame seed (til) oil can be used to remove colours from the body, massaging it on the skin. This not only helps to remove the colours, but gives added protection to

the skin. Sesame seed (til) oil actually helps to counteract sun-damage. While bathing, scrub the body gently with a loofah or wash cloth. Immediately after your bath, apply a moisturizer on the face and body, while the skin is still damp. This helps to seal in moisture.

If there is itching, add two tablespoons vinegar to a mug of water and use it as a last rinse. This helps to reduce itching. However, if the itching continues, and there is rash and redness, there may be an allergic reaction to the colour. Consult a doctor as soon as possible.

While washing the hair, first rinse with plenty of plain water to wash away the dry colours and tiny particles of mica. Then apply a mild herbal shampoo, working it into the hair with the fingers. Massage the scalp gently and rinse thoroughly with water again.

Beer can be used as a last rinse. It will soften and condition the hair. Add the juice of a lemon to the beer. Pour over the hair after shampooing. Leave on for a few minutes and rinse off with plain water.

The day after Holi, mix two tablespoons of honey with half a cup of curd. Add a pinch of turmeric. Apply this on the face, neck and arms. Leave it on for 20 minutes and wash it off with water. Helps to remove tan and soften the skin.

Within the next few days give your hair a nourishing treatment. Mix one tablespoon of pure coconut oil with one teaspoon of castor oil. Heat and apply on the hair. Then dip a towel in hot water, squeeze out the water and wrap the hot towel around the head, like a turban. Keep it on for 5 minutes. Repeat the hot towel wrap 3 or 4 times. This helps the hair and scalp absorb the oil better. Wash your hair after an hour.

Avoid travelling to overcrowded places if you have any chronic respiratory diseases, and celebrate safely at home.

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

NEWS Health Benefits Of Showering In Cold Water



Showering in cold water, also known as cold water therapy or cold hydrotherapy, has been associated with numerous health benefits. In this article, we discuss the many benefits of taking a cold shower and explain its benefits.

1. Improved circulation

Cold water causes vasoconstriction, which is the narrowing of blood vessels. When you expose your body to cold water, your blood vessels constrict, helping to push blood towards your vital organs. Once you warm up, your blood vessels dilate, leading to improved circulation throughout your body.

2. Enhanced immune function

Cold water exposure stimulates the production of white blood cells, which are crucial for fighting off infections and diseases. It also activates the body's natural defence mechanisms, making you more resilient to illnesses.

3. Increased metabolism

Cold water triggers the activation of brown adipose tissue (BAT), also known as brown fat, which burns calories to generate heat. This can lead to an increase in metabolism and potentially aid in weight loss.

4. Reduced inflammation

Cold water immersion has anti-inflammatory effects by reducing swelling and inflammation in muscles and joints. This can help alleviate soreness after exercise and promote faster recovery from injuries.

5. Enhanced mood and mental well-being

Cold water exposure triggers the release of endorphins and other feel-good hormones, leading to improved mood and reduced symptoms of depression and anxiety. The shock of cold water can also serve as a natural stress reliever by diverting your focus away from negative thoughts.

6. Improved skin and hair health

Cold water closes the pores and tightens the skin, which can prevent dirt and bacteria from entering and reduce the risk of acne and other skin conditions. It also constricts the hair cuticles, making the hair appear shinier and smoother.

7. Better sleep

Cold water therapy can promote better sleep by regulating body temperature. After exposure to cold water, your body temperature drops, which signals to your brain that it's time to sleep. Additionally, the release of endorphins and reduction in stress can contribute to more restful sleep.

Watch Out For These Signs And Symptoms Of Protein Deficiency

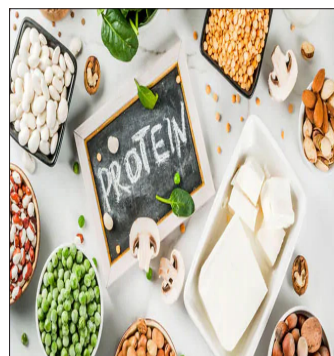
Protein is an essential macronutrient that you need on a daily basis. Protein is the building block for your muscles, hair, skin and hormones. There are several food sources of protein. However, not many pay attention to their daily protein intake. You might have witnessed fitness enthusiasts being obsessed with their daily protein intake. For better health and overall well-being, every individual must pay attention to

their protein intake. The amount of protein you need depends on your age, body weight and gender.

If you are wondering whether you are consuming enough protein or not, here are some signs and symptoms of protein deficiency that can help you determine.

1. Skin, nail and hair issues

Your hair, skin and nails are largely made of proteins like elastin, collagen, and keratin.



Therefore, severe deficiency of protein can contribute to brittle

nails, hair loss or flaky skin.

2. Loss of muscle mass

Adequate protein consumption helps build and maintain muscle mass as well as strength. It is also crucial for the maintenance of the existing muscle mass. Loss of muscle mass is one of the first signs of protein deficiency that one could notice.

3. Increased appetite

Protein fuels your body and controls your appetite. If you

find yourself munching more than usual, protein deficiency could be the reason. Also, adequate protein consumption can keep you full for longer and help with weight loss.

4. Edema

Edema is unusual swelling or puffiness, especially in legs, feet and hands. Protein deficiency can cause fluid retention in tissues or body parts. However, there can be several possible reasons behind edema.

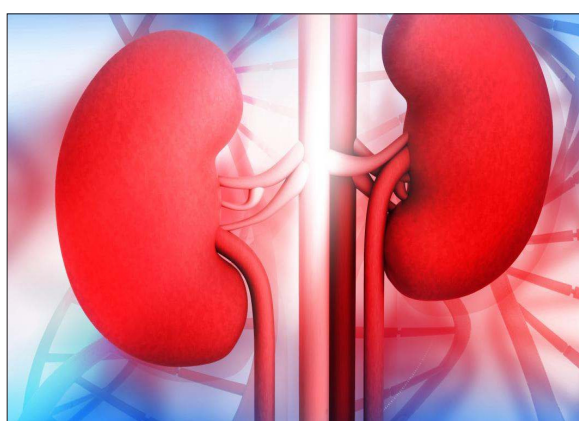
Is Loss Of Appetite An Indication Of Early Signs Of Kidney Disease?

Decreased appetite, also known as poor appetite or loss of appetite, refers to a reduced desire to eat. The medical term for this is anorexia. Various mental and physical health issues can lead to decreased appetite, which may be accompanied by symptoms like weight loss or malnutrition. If not treated, these symptoms can pose serious health risks. Therefore, it's important to identify the underlying cause of decreased appetite and address it promptly.

Dr Manoharan B, Senior Consultant - Nephrology, Manipal Hospital Varthur Road & Whitefield, Bengaluru shares how a decreased appetite can be indicative of early signs of kidney damage and diseases.

Symptoms of Decreased Appetite

Several conditions can cause decreased appetite. Typically, once the underlying condition is treated,



appetite tends to return to normal. However, if left untreated, decreased appetite can lead to more severe symptoms given by Dr Manoharan:

- extreme fatigue
- weight loss
- a rapid heart rate
- fever
- irritability
- a general ill feeling, or malaise

Decreased Appetite in Chronic Kidney Disease "Persistent decreased appetite can lead to malnutrition or deficiencies in essential vitamins and electrolytes, which may

result in life-threatening complications. Therefore, it is crucial to seek medical attention if you experience a decreased appetite that persists beyond the duration of an acute illness or lasts longer than a few weeks", says Dr Manoharan. "The gradual decrease in glomerular filtration rate among individuals with chronic kidney disease is often accompanied by a notable decline in food intake. Around one third of chronic dialysis patients report experiencing a fair or poor appetite, directly impacting patient

outcomes in a negative manner. Appetite regulation involves the gastrointestinal tract hormones such as ghrelin, cholecystokinin, and the brain, which integrates the stimuli in the hypothalamus area", he adds further.

Causes of Anorexia in Chronic Kidney Disease

Dr Manoharan highlights, "In non-dialyzed chronic kidney disease patients and those undergoing maintenance dialysis, anorexia is primarily linked to the buildup of unidentified anorexigenic compounds and inflammatory cytokines. Additionally, alterations in appetite regulation, such as amino acid imbalances, contribute to increased transport of free tryptophan across the blood-brain barrier. This results in a hyper serotonergic state, which is conducive to reduced appetite. Increased PTH levels in patients with CKD are also associated with poor appetite."

Daily Workout Routine: When Is The Best Time To Exercise For Maximum Results?

The timing of your physical activity is a pivotal factor that can affect the efficiency of your exercise routine and the speed at which you reach your health goals. Finding the ideal time to exercise is a personal endeavor, influenced by individual lifestyle, daily commitments, and biological clocks.

Engaging in physical activities during the morning hours offers several advantages, such as a boost in energy levels, mood enhancement, and an accelerated metabolism throughout the day. An early workout session also promotes adherence to a consistent exercise schedule by decreasing the likelihood of postponing fitness activities. Fitness Professional, Nutrition Expert, and Athlete, Rayansh Thakur, suggests methods to determine the most effective workout times for optimum results.

Skipping Warm-Up and Cool-Down: Forgoing a proper warm-up increases injury risks, while skipping cool-downs can cause muscle soreness and stiffness. Dynamic stretching before exercises and static stretching afterwards are critical for injury prevention and recovery.

Excessive Training:

Overtraining without adequate rest not only leads to burnout and decreased performance but also



heightens the risk of injuries. Rest and recovery are vital for muscle repair and strengthening.

Optimal Nutrition for Workout

Success:

Overlooking the significance of balanced nutrition can stall your fitness progress. Embracing a diet that balances carbohydrates, proteins, and fats is vital. Such a nutritional foundation not only fuels your workouts but also accelerates muscle recovery, setting the stage for sustained progress and peak performance.

Crucial Role of Hydration: Neglecting adequate fluid intake can undermine the effectiveness of your workout, manifesting as fatigue, muscle cramps, or diminished enthusiasm. Ensuring you're well-hydrated before, during, and after your workout sessions is non-negotiable for maintaining optimal performance and facilitating recovery.

Breaking the Monotony:

A static workout regimen is a recipe for stagnation and disinterest. Injecting variety into your routine—whether through exploring new exercises, integrating different equipment, or varying the intensity and type of workouts—can reignite your passion for fitness, challenge your muscles in novel ways, and foster continued growth and engagement.

By fine-

tuning the timing and structure of your workout regimen and side-stepping these widespread missteps, you position yourself for a more fruitful and enjoyable fitness journey. Whether it's adapting your schedule to include morning workouts or enriching your routine with diverse activities, the strategic planning and execution of your exercise endeavors are paramount to realizing your wellness aspirations.



IPL 2024: Klaasen Set For Rare Battle Against Bumrah

KOLKATA: Over the last couple of years, Sunrisers Hyderabad's Heinrich Klaasen has developed into one of the most fearsome hitters in T20 cricket. He was their top-scorer in IPL 2023 - 448 at a strike rate of 177 - and has begun 2024 with a ferocious display at Eden Gardens, where his 63 off 29 balls nearly upstaged Andre Russell. While all of the other SRH batters got starts against Kolkata Knight Riders, Klaasen was the sole reason they stayed in the chase as long as they did.

On Wednesday, against Mumbai Indians in Hyderabad, Klaasen could face a brand-new challenge. Well almost. His head-to-head battle with Jasprit Bumrah is only one-ball old, and he scored one run off it. In ODIs, he's faced 20 deliveries from Bumrah and scored 18 runs for one dismissal. Amid the glut of international and franchise cricket, the prospect of a new match-up between two players on top of their game is a rarity.

Given Klaasen's importance to Sunrisers, Mumbai could well keep the majority of Bumrah's overs for when he's in the middle. They will certainly minimise bowling spin to Klaasen - since

the start of 2023 he averages 148.5 and has a strike rate of 193 against spin in T20 cricket. But Klaasen's no mug against pace either. He has a career strike rate of 148.45 against the quicks, and dispatched Mitchell Starc for three sixes in an over on Saturday.

Bumrah, though, is usually in a league of his own. After missing IPL 2023 with a back injury, he made his comeback to the league with a spell of 3 for 14 in Mumbai's season opener against Gujarat Titans despite two of his overs coming at the death. All of which sets up the prospect of a tantalising battle with Klaasen, as both Mumbai and Sunrisers gun for their first points of IPL 2024.

The match is especially significant for the Sunrisers, who lost seven out of eight home games last season, and would love a winning start in Hyderabad this year.

In his first match as Mumbai Indians captain, Hardik Pandya travelled to the home of the team he first led in the IPL, and found himself booed at the Narendra Modi Stadium in Ahmedabad. He was also the subject of much vitriol on social media, especially for asking Rohit Sharma to field on the boundary. Some

of Hardik's other captaincy decisions also came under scrutiny, like opening the bowling himself and bringing on Bumrah only in the fourth over of the Titans innings, and batting at No. 7 below Tim David. Will Hyderabad be kinder to Hardik Pandya?

Aiden Markram led the Sunrisers franchise in the SA20 - Eastern Cape - to back to back titles but his stock has dropped in Hyderabad and he was replaced as captain by Pat Cummins ahead of this season. Markram was picked for SRH's opening game in Kolkata and made 18 off 13 balls. After a poor IPL 2023 - 248 runs at a strike rate of 126 - he needs to find form quickly this year to stay ahead of Travis Head and Glenn Phillips in the overseas pecking order.

Legspinner Wanindu Hasaranga is yet to join the Sunrisers squad and is expected to be unavailable for at least another week as he consults doctors overseas about chronic pain in his left heel. The question for Sunrisers is whether to persist with Marco Jansen, who was expensive against KKR, as their overseas bowling option for a while longer.

Hasaranga's Sunrisers debut to be delayed by at least a week



NEW DELHI: Wanindu Hasaranga is expected to be unavailable for Sunrisers Hyderabad for at least another week as he consults doctors overseas about chronic pain in his left heel.

Although Hasaranga played in Sri Lanka's limited-overs series against Bangladesh in March, ESPNcricinfo understands he did so through substantial pain. Sri Lanka Cricket's medical staff have assessed him, and suspect the pain is down to musculo-skeletal apparatus in his left heel having become worn.

SLC's doctors have asked Hasaranga to seek further medical opinion on the exact nature of the injury, and how best to manage it. He is expected to travel out of Sri Lanka to do so next week.

In any case, he has not joined the Sunrisers squad yet, and there is no set date on when he will do so. The target, for both SLC and Hasaranga himself, is likely to be the T20 World Cup in June, where he is set to captain his national team.

If his condition requires further rest, treatment, or rehabilitation, his return to the IPL will likely be delayed further.

Hasaranga had a spectacular 2022 IPL season for Royal Challengers Bangalore for whom he took 26 wickets at an economy rate of 7.54. Sunrisers had paid INR 1.5 crore (approx USD \$181,000) for him at the most-recent auction.

Earlier this month, Hasaranga was suspended from playing Sri Lanka's ongoing Tests against Bangladesh, after racking up eight demerit points for breaching article 2.8 of the players' code of conduct during the third ODI against Bangladesh. Had Hasaranga, who had just come out of Test retirement prior to the ban, been unavailable for the red-ball games, he would have missed the initial matches of Sri Lanka's next international assignment: the T20 World Cup in June.

SLC, however, dismissed claims that Hasaranga's return from retirement was a ploy to make sure he was available for the T20 World Cup, stating that he had informed them in an email on March 16 of his desire to be considered for Test cricket selection going forward, citing his improved fitness levels.

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