Srinagar Thursday April 04 | 2024 24 Ramadan 1445 **Issue No: 80** Volume: 14



Mustafizur a doubt for CSK's game against Sunrisers on Friday **Pink Polling Stations; Election** Training programme for Female employees held at Srinagar P|3 EUROGRIP TYPES

Lt Governor Chairs The 72nd Board Meeting Of Shri Mata Vaishno Devi Shrine Board

■ HT News Network

JAMMU, APR 03: Lieutenant Governor Shri Manoj Sinha today chaired the 72nd Board Meeting of Shri Mata Vaishno Devi Shrine Board (SMVDSB) at Raj Bhawan.

The meeting was attended by Members of the Board - Mahamandleshwar Shri Swami Vishveshvaranand Giriji Maharaj; Shri Kul Bhushan Ahuja; Shri Baleshwar Rai; Dr Ashok Bhan; Dr Neelam Sareen; Shri K K Sharma; Shri Suresh Kumar Sharma and Shri Raghu K. Mehta. Dr. Mandeep Kumar Bhandari, Principal Secretary to Lt Governor and Sh Anshul Garg, CEO, SMVDSB also attended the meeting.

The Board reviewed the progress of its various past decisions, progress of different developmental initiatives and

held extensive deliberations on crucial aspects of pilgrim facilitation, ratified and gave in-principle approvals to as many as 27 agenda items to augment pilgrim services and to ensure smooth

functioning of the Board.

Early start of heli-service in the Jammu-Panchhi sector and Medical College of the Board at Kakryal, construction of different buildings in various

Sectors aimed at augmenting capacities etc. were the major decisions taken at the meeting.

The Board observed that direct

Rain Lash Plains Of Kashmir, **Temperature Dips**

■ HT News Network

SRINAGAR, APR 3: Plains of Kashmir valley experienced light to moderate rainfall plummeting the temperature and



disrupting normal activities on Wednesday.

Srinagar and other parts of Kashmir valley lashed by intermittent rains during the day disrupting normal life and bringing down the temperature. It was raining at several places when this report was filed.

TURN ON.....PAGE 02

NEWS BRIEF

Kathua Shootout: Injured J&K Cop Succumbs, **Gangster Dead**

JAMMU, APR3: A Probationary Sub Inspector(PSI) of Jammu and Kashmir Police, who was critically injured in last evening's shootout with gangsters in Kathua district, succumbed to his injuries at a hospital, police said on Wednesday.

One special police officer is also hospitalised while one of the gangsters was killed in the incident.

A police spokesman on Wednesday morning said that on Tuesday night at about 2235 hours, a firing incident occurred between police and gangsters near Government Medical College Kathua, in which one PSI Deepak Sharma, 32, presently posted at Police

TURN ON.....PAGE 02

80-yr-old award winning Aari staple artist seeks govt attention to preserve art

SRINAGAR, APR 03: An elderly and Kashmir's famous Aari staple master artist has been working hard for the past six years to preserve the art and is seeking the government attention to take the art to the next level.

An 80-year-old, Mir Abdul Majeed, who has won the state award in the year 2017, said that there is a need that the government must work to provide the market to the artist instead of providing

Hailing from Kalai Andar area of Old City, Majeed has been associated with this art for the last six decades and

Over 1000 Muslims perform Itikaaf at Darul **Uloom Raheemiya**

BANDIPORA, APR 03: Amidst the holy month of Ramadan, approximately 1000 devout Muslims are participating in Itikaaf at the renowned seminary, Darul Uloom Raheemiya, Bandipora, dedicating themselves to spiritual reflection and worship.

Itikaafis a spiritual practice observed by Muslims during the last ten days of Ramadan. Participants withdraw from worldly activities and distractions, focusing on worship, recitation of the Quran, and acts of remembrance and supplication to seek closeness to Allah.

The management at the seminary informed the news agency—Kashmir News Observer (KNO) that around 1000 individuals, including both youth and TURN ON.....PAGE 02

PDP Decides To Contest All 3 Lok Sabha Seats

■ HT News Network

SRINAGAR, APR 3: In a setback to INDIA alliance in Jammu and Kashmir, Peoples Democratic Party President Mehbooba Mufti on Wednesday announced that the PDP will field candidates for all three Lok Sabha seats in the valley.

Mufti said 'the National Conference has left no option for PDP other than to field candidates and contest the elections'.

She told reporters in Srinagar that the party's Parliamentary Board would take a final call on the candidates and announce the names in the coming days.

Mufti's announcement came a day after NC Vice President Omar Abdullah suggested PDP to refrain from fielding candidates against TURN ON.....PAGE 02

Enhance Preparedness For Peaceful Conduct Of **Upcoming Festivals: IGP Birdi To Officers**

■ HT News Network

SRINAGAR, APR 3: Inspector General of Police (IGP) Kashmir V K Birdi, on Wednesday stressed upon officers to enhance pre-



paredness for peaceful conduct of upcoming auspicious occasions pertaining to different communities.

Birdi directed all the Range DIGs and District SSP to assess & enhance preparedness for upcoming auspicious occasions and festivals pertaining to different communities in Kashmir valley.

The auspicious occasions slated for the coming days include Jumat-ul-Vida, Shabl-Qadr, Navratra, Arfa day, Eid-ul-Fitr, Baisakhi & Ramanavami, holding profound

Modi Govt Connected Doda's Remote Villages With Highway: Jitendra HT News Network JAMMU, APR 3: Union Min gress and its allied governments including the UPA government from 2004 to 2014 could not provide a decent road

ister Dr Jitendra Singh and BJP Candidate for Udhampur, Doda, Kathua Lok Sabha constituency on Wednesday said that whereas for nearly six decades the successive Con-



 $could\,not\,provide\,a\,decent\,road$ connectivity even between the two premier towns of Doda and Bhaderwah in district Doda, it was only after Prime TURN ON.....PAGE 02

Seize Cash, Liquor In Kathua

HT News Network

LS Polls:

Enforcement Teams

JAMMU, APR 3: The enforcement teams on Wednesday have seized significant amount of cash and liquor in Kathua District since the imposition of Model Code of Conduct (MCC) for the Lok Sabha elections.

The enforcement teams, operating diligently across Kathua, intercepted and seized Rs 51.54 lakh in cash along with liquor valued at Rs.39.63 lakh taking the amount of seizure to Rs.91.18 lakh.

These decisive actions underscore a collective commitment to preserve the integrity of the electoral process.

Highlighting the significance of these proactive measures, the District Election Officer Kathua, who also holds the role of Returning Officer, Udhampur Parliamentary Constituency, affirmed that our enforcement teams are unwaveringly committed to maintain the

TURN ON.....PAGE 02

Div Com Kashmir Reviews Arrangements For Eid ul Fitr, Baisakhi, Navratra & Other Religious Occasions

Conducts Extensive Visit To Dargah Hazratbal, Imambara Zadibal & Jamia Masjid

■ HT News Network

SRINAGAR, APR 03: The Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri TURN ON.....PAGE 02



Div Com Reviews Arrangements For Shri Amarnath Ji Yatra-2024

■ HT News Network

SRINAGAR, APR 03: The Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri on Wednesday convened a meeting of Officers to make comprehensive arrangements for annual TURN ON.....PAGE 02

Ahead Of Eid-ul-Fitr, Arabic Traditional Attire Jubba Finds Its Way In Kashmir

■ HT News Network

SRINAGAR, APR 03: Arabic traditional attire Jubba has found its way into the streets of Kashmir, thanks to the holy month of Ramadan during which Muslims mostly prefer to wear modest outfits.

As per news agency—Kashmir News Observer (KNO), ahead of Eid-ul-Fitr, sales of Jubbas have picked up in Kashmir as a large section of the people, mostly youth, prefer to wear it during the festival.

Jubba, also known as Thobe or Dishdasha in other parts of the Muslim world, is a flowing ankle-length garment, typically made of light fabric such as cotton or linen, worn by men. Its loose-fitting nature allows comfort, making it a popu-



lar choice during the festival of Eid Ul Fitr and Eid Ul Adha.

TURN ON.....PAGE 02

Modi Facilitated Return Of Indian Students From Conflict-Hit Ukraine, Says Rajanth Singh

■ HT News Network

GHAZIABAD, APR 3: Defence Minister Rajnath Singh on Wednesday said Prime Minister Narendra Modi facilitated the return of 22,500 stranded Indian students from Ukraine after speaking with leaders of Russia, Ukraine and the US, which no other world leader could do.

Addressing an election rally in western Uttar Pradesh's Ghaziabad, the veteran BJP leader also lauded Modi for transforming India's reputation on the global stage since becom-



ing prime minister in 2014. "India has become a power-

ful country. The world did not TURN ON.....PAGE 02



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CONTINUE FROM FRONT PAGE.....

Lt Governor.....

helicopter service between Jammu Airport and Panchhi Helipad on the Shrine track will not only bolster emergency response capabilities but also improve pilgrimage experience

The Lt Governor, who is also the Chairman of SMVDSB, reviewed the progress of ongoing works and emphasized on timely completion of all projects for the ease of pilgrimage. The important projects in this regard were 'New Vaishnavi Bhawan at the shrine', 'Cottages (near Sports Stadium), Katra', 'Staff Quarters (G+2) at Banganga', 'Covered Holding Area at Adhkuwari', 'Yatri Facilitation Centre at Railway Station, Katra', 'New Yagyashala at Bhawan' etc.

The Board appreciated the facade lighting project initiated for enhancing the aesthetics ambience at Bhawan, Adhkuwari and Darshani Deodi through a captivating visual spectacle and spiritual enlightenment.

Various new projects were also approved by the Board, which include 'Construction of Exit Track at Bhawan', 'Remodelling of Manokamna Area at Bhawan' and 'Covered Waiting Area at Darshani Deodi, Banganga'

The Board appreciated the recent steps taken by the CEO towards development of different temples in and around Katra under its social support initiatives. The Lt Governor asked the CEO to broaden the ambit of this activity by including construction of new temples in district Reasi. He asked the CEO to come up with a comprehensive plan for consideration.

The Board appreciated the Greening initiatives reported by CEO towards improving biodiversity and ecological balance of the area. An elaborate 'Annual Green Plan' for the year 2024-25 was also approved by the Board. The Board desired that for environmental vibrancy of Trikuta Hills, the option of aerial survey and seed dispersal through helicopters must also be initiated.

The Lt Governor emphasized for evolving a robust pilgrim-feedback mechanism, conventional and innovative means, for fostering continuous improvement in the services being provided by the Board.

Earlier, Sh Anshul Garg, CEO, SMVDSB gave a detailed presentation on the present status of varied activities of the Shrine Board and the action taken for implementation of various $decisions \, of the \, previous \, meetings \, of the \, Board.$

Rain Lash Plains.....

Tourists on the Boulevard road near the banks of Dal Lake in Srinagar were seen in warm clothes and rain jackets amid wet weather.

Meteorological Centre Srinagar on Wednesday predicted scattered to fairly widespread light to moderate rain over Jammu and Kashmir during the next 24 hours.

The MeT office said that the weather will remain partly to generally cloudy with light rain/snow at many places with thunder/lightning towards evening on Wednesday. The weather will remain dry on April 4.

There are chances of light rain or snow at isolated places on April 5 thereafter the weath-

er will remain dry from April 6 to 10. operations on April 3 and 5 in view of inclement

The maximum day temperature in Srinagar was recorded 0.7°C below normal of 17.7°C on Wednesday. Barring Kokernag and the ski resort of Gulmarg the day temperature dropped to 1-4°C below normal in other weather stations of Kashmir today.

Srinagar had a low of 8.0°C against the 4.8°C recorded during the intervening night of Tuesday and Wednesday. It was 1.6°C above normal

for the summer capital of Jammu and Kashmir. Pahalgam recorded at 2.5°C against the 0.5°C a day ago and it was 0.8°C above normal for the tourist spot of south Kashmir's Anantnag dis-

Gulmarg settled at 2.0°C against the 0.4°C recorded the previous night and it was 2.8°C above normal for the ski resort of north Kashmir's Baramulla district today, the MeT office said. (UNI)

PDP Decides.....

weather.

them in the three Valley seats. NC has already announced that it would field candidates on all the three seats of Kashmir.

The PDP Chief said the need of the hour was to remain united especially after the abrogation of Article 370, but the attitude of the NC leadership was disappointing which has pushed the party to contest seats from Kashmir.

"Omar sahib during a recent presser said that PDP has no existence and Mehbooba had came at number 4 (in 2019 polls). What happened after that was that my worker who has been with me during the tough times felt insulted and disheartened..... The PDP won 28 seats and kept NC out of power twice in a few years and now they (NC) were saying that the PDP has no existence.

Omar Sahib's language was hard and my worker felt hurt. With which face I will go to my worker and say that Omar sahib says that PDP should restrain from fielding candidates and support them. Is it so easy?" she asked.

"They (NC) have left no door open to us other than to field candidates and contest the elections," the former Chief Minister added.

Mufti said that her party would have left all the seats for NC, but unfortunately the PDP was never consulted.

"During the INDIA alliance meeting in Mumbai, I said there that since Farooq Abdullah is our senior leader, he will take a decision (on seat sharing) and will do justice. I had hoped he would keep the party interests aside. But the NC took the decision to contest all three seats in Kashmir unilaterally," the PDP President

Mufti said the way Omar talked yesterday, the NC leaders could have said this two months

"Faroog sahib could have called me or invited me stating that you have given the responsibility to me to decide and I have decided for some reasons that our representatives could do better or our party workers are not accepting and that is why we have decided to contest all three seats from the valley. ..When this was easy they did not do so. And when you make anyone the head of the family or a judge, it is the judge who should ensure justice," she said.

Reacting to Mufti's decision, Omar Abduallh said that if PDP is contesting from three valley seats, then perhaps they don't want any kind of alliance during Assembly polls too.

"If she has announced to field candidates on all 5 seats, it is her choice. How can I stop her,")mar told reporters.

He said they fielded candidates on 3 seats in Kashmir based on Mufti's formula that was done during the district development council

"For DDC polls, we suggested to them (PDP) that candidates be announced on the basis of 2019 Parliamentary polls and they didn't accept that. The PDP said that the candidates will be announced on the basis of 2014 assembly election results. And it was decided that whichever party had won, they contested the DDC polls. And the same formula was adopted during the Parliamentary polls," Omar said.

The NC Vice President said that they had told PDP that they had kept the alliance option open for the assembly election as there was nothing much in the three parliament seats of

"...If Mehboobaji has decided to field her own candidates on five seats, then perhaps she does not want any kind of alliance even for the assembly elections. We kept the door open, now if she has closed the door then it is not our fault..." he said. (UNI)

Enhance Preparedness.....

cultural and religious importance in the region.

He highlighted the significance of collective efforts in ensuring the safety and security of the populace during these festivities.

During a briefing session, Birdi stressed the participating officers about the overall preparation for peaceful conduct of upcoming events.

The IGP stressed on strengthening surveillance efforts to monitor and thwart activities of elements detrimental to the peace and stability of the region.

He directed officers to implement robust security measures to counter any potential terror threats and ensure the safety of citizens participating in the festivities.

Birdi reiterated for intensifying market inspections in coordination with concerned Farmers have been advised to halt farm magistrates, particularly in anticipation of Eidul-Fitr, to prevent malpractices and ensure all essential commodities are sold at Government approved rates with standard quality and sufficient availability.

He also directed senior officers to facilitate the general public and to ensure that all necessary arrangements are in place.

The IGP also stressed of comprehensive traffic management as well as crowd management plans, with special emphasis on Jumatul-Vida, Shab-l-Qadr & Arfa day to facilitate

smooth flow and minimize congestion on roads. Moreover, the officers were also directed to identify temporary suitable parking spots to accommodate the influx of vehicles and ensure

orderly parking arrangements. The meeting also focused on establishing dialogue and coordination with respective Augaf committees to facilitate the peaceful conduct of Shab-l-Qadr night congregations and Eid-ul-Fitr prayers. (UNI)

Modi Govt.....

Minister Narendra Modi took over in 2014 that the government headed by him connected even remote villages of the district with the National Highway.

Addressing a series of public meetings during his election tour of some of the peripheral hill villages of the district in areas like Marmat, Gandoh, Kastigarh, Bulandpur, Goha, Dhara etc in Doda district, Dr Singh said that even his own native village Kalota did not have a very comfortable road connectivity but the same village now is going to get linked to the new National Highway 244 which is under construction in double shift from Khilani to Sudhmahadev and will be complete in the next few months.

Along with Kalota, the other neighbouring villages like Humbal and Bergana etc, will also get linked with this highway, he informed.

Describing this as a revolutionary transformation, Dr Singh recalled that these are some of the far flung villages where many of our ancestors would not get to see even a motor car in their lifetime but today they are going to get the benefit of a national highway passing through their vicinity.

This, he said, will be a great boost particularly for the youth and the next generation who will be benefited by drastically reduced travel time between Doda and other destinations like Jammu and Srinagar, and thus at the same time

will also benefit trade, revenue and employment

Accusing the Congress and its allied governments of the past, Dr Singh said, the irony is that since independence there has not been a single occasion when an MLA from this region or district was not a Minister in the State Cabinet or the MP from this region who was not a member of the Union Council of Ministers but in spite of that they did not care for the development of their own native villages which also have been provided with basic amenities like Post Office and Bank Branches only after 2014.

He said, it will be a subject of analyses for future historians to understand why for over half a century this region was allowed to remain underdeveloped. Is this because the elected representatives of Congress and its allied parties from this region deliberately did not want the development process to be undertaken in this region so that the people of this region remained backward and uninformed forever and could be fooled into casting their votes after every five years.

Dr Singh said, in the last 10 years under Prime Minister Modi we have sought to follow a new work culture where benefits of equitable development and resources have been provided to every region regardless of vote bank consider-

For example, he said, this is the only constituency which has got not one or two but three centrally funded medical colleges out of which one is in Doda.

Similarly, Dr Singh said, this is the constituency which got the maximum number of degree colleges in the last few years regardless of vote bank consideration.

This, he said, has given rise to a new realisation among the people of this region where all the communities live in harmony that Prime Minister Modi has successfully demolished the false myths and narrative created by the Congress Party about the BJP, and that BJP is the only party which follows in letter and spirit the approach of appeasement of none and justice for all.

LS Polls:

principles of fair and transparent elections. "We are continuously working to swiftly and resolutely identify and rectify any breaches of the model code of conduct," he said.

Such efforts are pivotal in deterring illicit activities that may compromise the democratic process and ensuring that voters can exercise their rights without any external influence or coercion.

As the Lok Sabha elections progress, the administration urges citizens to remain vigilant and promptly report any suspicious activities or violations of the poll code to the relevant authorities. (UNI)

Div Com Kashmir.....

today convened a meeting of Deputy Commissioners and officers of various departments to review the arrangements for the celebration of upcoming religious festivals by different communities including Muslims, Sikhs and

The Div Com reviewed comprehensive arrangements for the observance of Shab-e-Qadr, Friday following and the celebration of Eid ul Fitr. Baisakhi and Navratra in the vallev.

Addressing the meeting, Bidhuri enjoined on all the officers to ensure availability of all requisite services and facilities to the people including electricity, drinking water, sanitation, cleanliness, food items and other essentials.

He also directed for making adequate arrangements of traffic management for smooth movement of vehicles, availability of SRTC vehicles and parking space.

Further, he directed DCs to visit the prominent religious places of all the communities in their respective districts and ensure all the

facilities to the devotees. Earlier, Div Com Kashmir conducted an extensive visit of Dargah Hazratbal Shrine, Imambara Zadibal and Jamia Masjid Nowhatta to take the stock of arrangements for the celebration of Eid ul Fitr and observance of Shab-I-Qadir and Friday following for the convenience

of devotees.

He was accompanied by Deputy Commissioner Srinagar, Dr Bilal Mohi ud din; Director Health services Kashmir; SSP Traffic, Srinagar; Ioint Commissioner SMC; CE, KPDCL; CE Srinagar Smart City Limited and other senior officers of line departments of Waqf Board, PHE and other concerned departments.

During his visit to Dargah, Div Com directed concerned officers to make comprehensive arrangements for uninterrupted electricity and water supply besides opening of newly constructed washrooms for public utility in view

of religious festivals. He also directed the operation of water fountain in the premises of Shrine and grass cutting for the enhancing the landscape of parks. He instructed the Health Department for establishment of a health camp at the shrine with a dedicated medical team besides exhorted on SMC for conducting sanitation drives in the vicinity as well as in the premises of Harzatbal Shrine.

While visiting Imambara Zadibal, Div Com took the stock of arrangements and listened to the demands of locals there. On the occasion, Div Com directed shifting of street light poles to the periphery of premises for increasing the space, besides he also directed the concerned departments for addressing the issue of water

HT - NEWS

He gave directions to the concerned officers for making elaborate arrangements regarding observance of religious occasions.

At Jamia Masjid, he interacted with the members of the community and listened to their issues. On the occasion he instructed all line departments to ensure all the services to the devotees and maintain liaison with the members of the local

Div Com Reviews.....

Shri Amarnath Ji Yatra (SANJY) 2024 to facilitate yatries.

The meeting was attended by DCs and SSPs of Srinagar, Ganderbal, Anantnag and Bandipora besides Directors of Tourism, Health and FCS&CA, SSP Traffic Srinagar, SSP Traffic Rural and Officers of different departments including R&B, PHE, PDD, Sonmarg Development Authority, Pahalgam Development Authority, Information, RDD and ULB.

The meeting deliberated over widening of tracks, snow clearance, underground cabling, power supply to all camps and enroute, establishment of pony sheds, disaster mitigation, pitching of tents and langars.

Besides, the meeting discussed fire safety measures, access control gates, establishment of transit camps, yatra registration, sanitation, disposal of solid waste, mobile toilets, drinking water facilities, registration of service providers, medical facility, supply of firewood, live telecast of Arti Darshan, communication services. supply of fuel, ration and issuance of RFID cards.

Addressing the meeting, Div Com directed the concerned to initiate the process of registration of service providers besides directing all departments for augmentation of their services for SANJY.

Further, he also directed concerned for making adequate arrangements for accommodation, health facility, firewood, ration and kerosene.

He laid stress on the installation of signages on both axis of SANJY and at camps to provide information to the pilgrims regarding nearby facilities, control room contact numbers etc

To ensure cleanliness and sanitation, he exhorted concerned officers to carry continuous sanitation drives and install dustbins for proper disposal of solid waste.

He issued directions to concerned officers to ensure availability of water and electricity, besides he also asked IMD to share accurate information regarding weather activity on a real time basis.

Moreover, Div Com directed BSNL and other communication service providers to augment networking to cover all the shadow areas.

He cautioned officers that activities entrusted to their departments are nonnegotiable and shall be executed smooth-

Ahead Of Eid.....

Inspired by the rich heritage of Arabian attire, Kashmiri youth are embracing these garments as a symbol of contemporary style and cultural amalgamation.

Kashmir has seen a notable increase in demand for jubba over the past several years, particularly on Eid-ul-Fitr and Eidul-Adha.

Many of the males these days can be seen offering Eid prayers in mosques or Eidgahs while sporting white and colored

"I have been in Saudi Arabia for many years and I imbibed the habit of wearing Jubba from there only. In Kashmir I wear it during Eid prayers. Seeing my designer Jubbas, many local youth have now also started wearing it during Ramadan and both the Eids," said Shaheen Ahmad Bhat,

a local. According to retailers, Jubbas have become an essential dress code for men on Eid and other festivals in Kashmir. They claimed that because it's Eid-Ul-Fitr, there is a greater demand for this traditional clothing from the Gulf.

"The trend towards embracing Arabic attire is not merely a matter of fashion; it also signifies a broader cultural exchange taking place in the region. Kashmiri youth are actively seeking inspiration from different cultures, fostering a sense of inclusivity and diversity," sad Sheikh Irfan, a retailer.

He said a variety of Jubbas have hit the market, which are fast attracting the eye of youth. "We have Indian, Omani, UAE, and Saudi Jubbas. Omani is people's favourite because of its design and elegance," Irfan said. He said many youth prefer to buy it on e-commerce website. "Many prefer to buy it directly from e-commerce where there is also a good variety available," Irfan said.

Modi Facilitated.....

take India seriously... But our PM Modi has done a miracle. Today when India speaks on the international stage, the whole world listens carefully. This is India's reputation which has grown rapidly," Singh said.

Referring to the Russia-Ukraine conflict

that has been continuing for the last two years, the defence minister said, "Around 25,000 Indian students were studying in Ukraine. Their parents demanded from our prime minister that the children must be brought back... Every parent in India was worried."

"What no other prime minister in the world could do, our PM did that. He called up Russia's President Putin and Ukraine's President Zelenskyy. Not just that, he even spoke to President Biden of the US, which is considered the most powerful nation.

"Brothers and sisters, you should be proud that the war stopped for four-and-a-half hours and over 22,500 Indian children came back from Ukraine. This is India," he said.

Modi has resolved that India would no longer be counted among poor countries and by 2047, it can become the world's largest economy, Singh said

"You might have read in newspapers that there was a perception about India being a poor and weak nation. This was a worldwide perception. But the miracle that Modi has done in nine years, you would be proud that 25 crore have been lifted out of poverty," he

The Union Minister said sometimes the BIP's opponents question the Government's claims on poverty statistics, but they should check the data of NITI Ayog and international financial firms about the changes

brought about in the last nine years. Noting India's role in providing COVID-19 vaccines around the world, he said the heads of all countries acknowledge that the 21st century belongs to Bharat.

Singh was addressing a rally in support of the BJP's Ghaziabad Lok Sabha candidate $Atul \, Garg. \, Singh \, had \, won \, the \, Lok \, Sabha \, poll \,$ from this seat in 2009 but shifted to Lucknow in 2014.

Ghaziabad goes to polls on April 26 in the second phase of the elections and has over 29 lakh registered voters. (AGENCIES)

Kathua Shootout.....

Station Ramgarh, received head injuries, and SPO Anil Kumar, 40, also posted at Ramgarh, district Samba, got injured during the firing

Agangsterdied in the shoot out, the spokesman said, adding that the injured police officer who was shifted from GMC Kathua to Amandeep Hospital, Pathankot, succumbed to his injuries Wednesday morning during treatment, and his body was shifted to GMC Kath-

PSI Deepak Sharma was a resident of Sangoor in Udhampur district.

The wreath laying ceremony of Sharma will be held at the District Police Lines Samba.

80-yr-old award.....

has trained dozens of people, who have beenearningtheirlivelihoodbytakingforward this art.

Talking to the newsagency—Kashmir News $Observer(\breve{K}NO), Majeed \bar{s} aid that it was around$ 1960 when he started learning this art at Khanyar.

He said that "after a few years, a Japanese lady Mis Halen, brought a staple here and we made caps, skirts, bed covers and other items. Later, I worked at many places and a few years later I started working on my own unit and reached different markets across India through

the Srinagar City's Hari Parbat fort was even kept as a souvenir by former Prime Minister Late Indira Gandhi. Hesaidthatthisworkwasingooddemand especially in foreign countries but its demand

He said that one of his landscape works of

declined after Covid-19 pandemic. Majeed said that the art work is being praised outside Kashmir very well and the handmade Aari staple is in demand in foreign

countries especially Europe. "Government has been trying its best to promote handicrafts but much more needs to be done as instead of providing loans to artists, there is a need to take this art to University and Colleges to impart training to the students so that they too can earn their liveli-

hood," Majeed said. "Though machines have come and most of the works are being done through machines now but handmade items are still in demand," he said, adding that he has written verses of Holy Quran, Urdu and Persian poetry on his art pieces. He said that every person retires but an art knowing person never retires and

earns his livelihood even in old age. Majeed added that he has given training to dozens of boys and girls, who too are

masters in this art now. Over 1000.....

elderly from various parts of the valley, are observing Itikaaf this Ramadan. Approximately 250 food plates (Traamis) are being served daily, covering both Sehri (pre-dawn meals) and Iftaar (breaking of fast).

In addition to those performing Itikaaf, a large number of locals join for prayers and a grand Iftaar on a daily basis.

It is worth mentioning that during last Ramadan, over 600 men observed Itikaaf at this Islamic seminary. Over the years, the seminary has become a popular destination for people from both the valley and outsiders.





LOK SABHA ELECTIONS 2024

Pink Polling Stations; Election Training programme for Female employees held at Srinagar

Training session organized to ensure Female Employees are proficient in operating EVMs at Pink Polling Stations: DEO Srinagar

SRINAGAR, APR 03: In connection with forthcoming Lok Sabha Elections-2024, a specialized training program was today organized by District Election Office, Srinagar at Meeting Hall of the DC Office Complex heretoimpartnecessaryelection related training to female employees for ensuring effective management of Pink Polling Stations in Srinagar District.

The programme was presided over by District Election Officer (DEO), Dr. Bilal Mohi-Ud-Din Bhat to familiarize female employees to be deputed for election duty at pink polling stations with the necessary skills and knowledge of the electoral process.

Speaking on the occasion, the DEO said that the training program is focused on preparing female employees for their roles in facilitating Pink Polling Stations during the upcoming Lok Sabha elections in Srinagar District.

The DEO underlined various aspects of the Pink Polling Stations and roles and responsibility of female employees at pink polling stations and emphasis



on meticulous training of female employees for effective management of pink polling

He added that the training session on the use of Electron-

ic Voting Machines (EVMs) was operating the necessary equiporganized to ensure that female employees are proficient in

ment at designated Pink Polling

During the programme, District Level Master Trainer, highlighted various electoral procedures including voter registration, polling processes, and vote counting.

Deputy District Election Officer, Mir Imtiyaz Ul Aziz, Nodal Officer Pink Polling Stations, Mantasha Binte Rashid, Female Nodal Officers of all 8 Assembly Segments of SrinagarDistrict, Coordinator Manpower and Trainings and other officials of District Election Authority were present in the

Will fight for restoration of statehood to J&K if voted to Parliament: Azad

SRINAGAR, APR 3: Democratic Progressive Azad Party (DPAP) President Ghulam Nabi Azad on Wednesday said he will fight for the restoration of statehood to Jammu and Kashmir if voted in the coming Lok Sabha election.

The DPAP announced on Tuesday that Azad will be contesting the Lok Sabha election from the Anantnag-Rajouri parliamentary constituency.

"I will fight for the restoration of statehood to Jammu and Kashmir" Azad told media persons in Srinagar on Wednesday.



He said presently the gossip which is moving around that statehood would be provided like Delhi and Pondicherry where every decision would be lying with the Lieutenant Governor, is not accept-

"It is not acceptable to Ghulam Nabi Azad and every citizen of Jammu and Kashmir including Hindu, Muslim, Kashmiri, Pahari and Gujri even will not accept it", he said adding "we want the same statehood which was in Jammu and Kashmir from times of Mughals, Sikhs and Maharaja's regime".

He said before the Assembly election could be held after six or eight months or after a year and that time "we will say that there is nothing in our hands. We might say we have statehood but it is a handicapped" state.

"I will use my full power, use my tongue and my influence in the parliament for the restoration of the statehood to Jammu and Kashmir, "he said.

He said with the getting of statehood restored, the things connected with that which were snapped like Article 35A would automatically also be restored.

"If we could get the statehood restored, the Assembly can pass a law that no outsider can seek a job and no outsider can purchase land in Jammu and Kashmir that would restore the provisions of article 35A", he said.

He said until Article 35A was there it was guaranteed that no outsiders can purchase land or seek government jobs in Jammu and Kashmir. He said that he will fight for the jobs in Jammu and Kashmir should be only provided to the residents of the state. (UNI)

"Daal Mein Kuch Kaala hai"

Omar on Azad's contesting LS polls from Anantnag

SRINAGAR, APR 3: National Conference Vice President Omar Abdullah on Wednesday said that there was something fishy about Ghulam Nabi Azad's contesting polls from Anantnag-Rajouri Lok Sabha seat.

Democratic Progressive Azad Party (DPAP) on Tuesday announced that Ghulam Nabi Azad, the former chief minister of Jammu and Kashmir, will contest the Lok Sabha election from Anantnag -Rajouri con-

".. I am quite surprised that

Azad Sahab has chosen to fight from Anantnag-Rajouri-Poonch. I would have thought that if he was that keen to enter the Parliament he should have fought the election from his bastion. His strength is believed to be Chenab Valley. I would have thought he would have fought from Udhampur seat. The fact is that he is not fighting from Udhampur and he is contesting from Rajouri-Poonch, clearly there is more than meets the eye, Omar said while talking to media persons on the outskirts



As the saying goes "Daal mein kuch kaala hai", he remarked.

The NC Vice President said he could not say as to what can be the reason and under what pressure Azad is fighting from the Anantnag-Rajouri seat.

"We have fielded one of our best candidates for the people as Mian Altaf. Whosoever is contesting against him, we hope that Mian Altaf will win the elections with a thumping victory", he added. (UNI)

DC Srinagar Finalizes Arrangements For Jumat-ul-Vida, Shab-e-Qadr & Eid-ul-Fitr

SRINAGAR, APR 03: In order to perform ablution. review the arrangements for auspicious holy occasions of Jumat-ul-Vida, Shab-e-Qadr and Eid-ul-Fitr, a meeting of senior officers of District Administration was today held under the chairmanship of the Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat at Meeting Hall of the DC Office Complex, here.

At the outset, the DC took a detailed appraisal of the arrangements being made by all the line departments required on the auspicious occasions of upcoming Jumat-ul-Vida, Shab-e-Qadr and Eid-ul-Fitr.

The DC directed the Officers of all the line departments to ensure all necessary arrangements are put in place well in advance so that devotees/ people do not face any difficulty during the observance/ celebrations of the holy occasions.

The DC directed the PDD authorities to ensure uninterrupted supply of power during Jamat-ul-Vida, Shab-e-Qadr and Eid-ul-Fitr, while the PHE department was asked to ensure adequate water supply to the people. They were also directed to deploy water tankers at prominent Shrines of the City so that people do not face any difficulty to

tion and cleanliness arrangements at all prominent places of the City particularly at Hazratbal and other main Shrines, besides installation and repairs of the Street lights at important religious places where large congregations are expected

SMC was further asked to take required measures to contain dog menace in the City particularly at prominent Shrines.

Dr Bilal stressed for ensuring adequate Transport and Parking facilities at Hazratbal and other prominent Masjids and Shrines for the devotees visiting Religious places during auspicious days. He asked the concerned authorities to prepare an adequate route plan with the Traffic Department, besides creating temporary additional parking slots so that better transport facilities will be provided to the people during these

auspicious days. The DC directed the Health Department to install medical camps with paramedical staff, critical care ambulance and medicines at main congregation places and major Shrines.

Similarly, the SMC authorities ment was directed to provide 24×7 were asked to ensure proper sanita-services across the District to tackle any eventuality.

The DC stressed all concerned officers to work with added zeal, energy and close coordination for the successful and hassle-free culmination of large congregations of Jamatul-Vida, Shab-e-Qadr and Eid-ul-Fitr across the district.

In order to curb black marketing, profiteering and hoarding, the DC asked the concerned to intensify the market checking in the City and take strict legal action against the violations. He asked them to ensure all essential commodities are sold at Government approved rates with standard quality and sufficient avail-

Besides, Additional District Development Commissioner Srinagar, Zahoor Ahmad Mir, Additional Deputy Commissioner, Syed Ahmad Kataria and RTO, Kashmir, Syed Shahnawaz Ahmad Bukhari, the meeting was attended, senior Officers of PDD, SMC, PHE, Health Services, Revenue, Information, FCS&CA, Animal & Sheep Husbandry, Fire & Emergency Services and other concerned

DC Srinagar Reviews Arrangements For Festivals Of Navratri & Baisakhi

SRINAGAR. APR 03: The Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat today chaired a meeting of Officers at Meeting Hall of the DC Office Complex here to review the arrangements for festivals of Navratri and Baisakhi in the district.

During the meeting, the DC took department wise review of the arrangements to be put in place for smooth celebrations of the Baisakhi, the festival of harvest and Navratri the festival celebrated on



New Year as per Hindu calendar to be celebrated with traditional enthusiasm and religious fervour on April 09 and April 13 respectively.

At the outset, the DC directed all the line departments to make elaborate measures for the smooth celebrations of the festivals and ensure all basic arrangements are put in place for the devotees well in advance.

On the occasion, the DC passed directions to the PDD and PHE Departments to ensure uninterrupted supplies of power and water at the main Temples and Gurudwaras particularly at Sharika Devi Temple Hari Parbat, Badamwari and Gurdwara Chattipadshai.

He also asked Health authorities to ensure a medical team with ambulance services at the Temple and Chattipadshai, Kathi Darwaza Rainawari and Sharika Devi temple on the Navratri and Baisakhi festivals.

Similarly, SMC authorities were asked to keep sufficient personnel deployed at both the venues for sanitation and cleaning measures. In addition, concerned were asked to make adequate transport and parking arrangements.

Besides, Additional District Development Commissioner Srinagar, Zahoor Ahmad Mir; Additional Deputy Commissioner, Syed Ahmad Kataria and RTO, Kashmir, Syed Shahnawaz Ahmad Bukhari, the meeting was attended by senior Officers of PDD, SMC, PHE, Health Services, Revenue, Information, FCS&CA, Animal & Sheep Husbandry, Fire & Emergency Services and other concerned Officers.

Lok Sabha Elections 2024

DEO Srinagar chairs meeting/Orientation program with representatives of various Political Parties regarding Filling of Nominations

SRINAGAR, APR 03: In view of General Elections to Lok Sabha-2024 scheduled to be held on May 13, 2024 for 02-Srinagar Parliamentary Constituency, the District Election Officer (DEO), Srinagar Dr. Bilal Mohi-Ud-Din Bhat Wednesday chaired a meeting with representatives from various Political Parties at Meeting Hall of the DC Office Complex, here.

The meeting was followed by orientation program to sensitize the representatives of various Recognized Registered, Unrecognized Registered Political Parties and other stakeholders about the process of Nomination filling for the upcoming Lok Sabha Elections as per the instructions of the Election Commission of India.

At the outset, the DEO said that the orientation program provides a platform to sensitize political parties about the various aspects regarding the procedures to be followed while filing Nomination forms for contesting the upcoming Lok Sabha Elections-2024. He said interaction with political parties is of imperative nature to uphold integrity, fairness, and transparency throughout the electoral process.DrBilalurgedrepresentatives of all the political parties to display utmost integrity and responsibility, thereby setting a positive environment for a free,

fair, and peaceful electoral process.

The DEO expressed hope that all the political parties shall cooperate and adhere to the guidelines of ECI, thereby encouraging a conduciveenvironment for the smooth and peaceful conduct of the Lok

During the meeting, the Assistant Returning Officer, Headquarter, Mohammad Aslam Chaudhary gave a detailed presentation about the filling of the Nomination process and briefed the representatives of the various Political Parties about the procedure of filling of Nomination forms in detail.

He also deliberated upon all the

related concepts regarding Nomination filling by the contesting candidates for the Lok Sabha elections for 02-Srinagar Parliamentary Constituency.

The representatives of Political Parties were also apprised that Notification will be issued on 18 April, 2024, the Last date for filing Nominations is 25 April, 2024 and Scrutiny of Nomination shall be held on 26 April, while as 29 April, 2024 is the last date for withdrawal of candidature.

Lok Sabha Elections 2024: Voting Awareness programs under SVEEP held at different places at Kupwara

HT News Network

HEADLINES

KUPWARA, APRIL03: To encourage citizen's especially first time voters, to exercise their right to vote, District Administration Kupwara today organized voter awareness programmes under the Systematic Voters' Education and Electoral Participation (SVEEP) initiative at different places in Kupwara.

The awareness programs were aimed to raise awareness about

various voting-related activities and promote electoral literacy among citizens, especially first-time voters to achieve the target of 80 percent voter turnout for Kupwara district during the Lok Sabha Elections.

A mega Voters Awareness program under the (SVEEP) initiative was organized at Government Higher Secondary School Handwara which was presided over by ADC Handwara/ ARO, 05- Handwara, Aziz Ahmad

District Nodal Officer, SVEEP/CEO



Kupwara, Ab Majeed Dar, Tehsildar cratic system. He urged everyone to Handwara, ZEO Handwara, Cluster Heads, District Cultural Coordinator, Teachers and students from different schools, besides, officials from various departments, first time voters, community leaders and local artists, besides general public also participated in the awareness program.

ADC Handwara, on the occasion, emphasized on the need for people to use their right to vote, underlining that voting determines a country's future and safeguarding the demoexercise their right to vote in the upcoming elections.

On the occasion, the students and the local artists presented election related performances to educate and inspire the voters to use their right to vote responsibly.

Voter's Pledge was also organized where participants pledged to vote enthusiastically in the upcoming Lok Sabha elections.

Motivational skits on voting were presented by students who high-

GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE REGISTRAR BIRTHS & DEATHS BLOCK WAVOORA

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 AYAN AHMAD HAJAM &ZEYAAN AHMAD HAJAM S/O AB-DUL HAMEED HAJAM R/O KACHWA MUQAM Tehsil WAGOORA Distt. Baramulla having verified the date of Birth, as 008/10/2016 & 23/08/2018 and event has been shown to be occured at CHC CHANDOOSA 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 xentertaine

> **EXECUTIVE MAGISTRATE 1ST CLASS WAGOORA**

GOVERNMENT OF JAMMU & KASHMIR

OFFICE OF THE NAIB TEHSILDAR TILGAM PATTAN (EXECUTIVE MAGISTRATE 1ST CLASS) TILGEM PATTAN

Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate.

PUBLIC NOTICE

The Registrar Births and Deaths (Block Development Officer KHAIPORA / chokedar has submitted case file pertaining to DEATH of MOHAMMAD JAMAAL CHOPAN F/O NAZIR AHMAD CHOPAN R/O CHANDER-SEER Tehsil PATTAN Distt. Baramulla having verified the date of DAETH as 17/07/2007 and event has been shown to be occured at home for issuance of delay order .In this connection if anyone have any objection to the issuance of delay order of DEATH certificate shall present his/ her claim this office within 07 days, after that no

PUBLIC HIGH SCHOO

Call: 0194-2456214

JOB OPPORTUNITY

EXECUTIVE MAGISTRATE 1ST CLASS TILGAM

PUBLIC NOTICE

My daughter's name in DATE OF BIRTH certificate has been wrongly written as MUSKANMANZOOR while her correct name is ADEEBA MANZOOR D/O MAN-ZOOR AHMAD WANI which needs to be corrected .. if anybody has any objection in this regard he /she may file his/her objection in the (B MO) / office SDH kreeri within a period of seven days from the date publication of this notice After that no objection shall be entertained.

> NAME.....MANZOOR AHMAD WANI F/O ... ADEEBA MANZOOR R/O..KREERI TEHSIL...KREERI

Fatima is going to correct name as Syed Mahnoor Fatima D/O Sved Fazl ur Rahman.

If any One have any objection he can contact Below mentoned Phone No 9906460936 within 7 days . After that

> Name:-Syed Mahnoor Fatima D/O:- Syed Fazl ur Rahman

PUBLIC NOTICE

This is for information of general public that the (Electric bill) power connection is registered on name Gh Qadir Sheikh S/O ... N.A R/O Barthana Near BabaPora Srinagr ... Now this Connection bearing Consumer ID NO 0203010007314 wants to be transfar on my name Jameela Begum W/O Manzoor Ahmad Dar R/O Barthana SRINAGER

If anybody have any objection in this regard He/She may file his/her objection in the concerned PDD office within seven days from the date of publication of this notice after that no objection will be entertained.

> Name...Jameela Begum W/O ... Manzoor Ahmad Dar R/O .. Barthana Srinagar



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making new reservation.

Must be aware of designing of

Posts/Banners and expert in

performing Emails.

PACKAGE CONSULTANT

Proven 1-2 Years working experience

Bachelor's degree in any discipline

as a tour operator

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









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

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

Sd/- Principal

CHINKRAL MOHALLA, HABBA KADAL, SRINAGAR

EMPLOYMENT NOTICE

Applications are invited for the below mentioned posts:

English Teacher	Science Teacher
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Submit your Resume in the office of the undersigned along with Xerox copies of the qualification certificates between 10 A.M to 1:30 P.M.

SALARY:- NEGOTIABLE **CONTACT NO'S: 9419914880**

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Sd / - PRINCIPAL

Expert in MS word, Excel **OFFICE ADRESS: PEERBAGH MAIN CHOWK SRINAGAR KASHMIR OPPOSITE CITY MALL SHOPPING COMPLEX -190014** Branch Office: 1" Floor Hibra Complex Main Road Ganderbal 191201 Note: Male and Females both can apply and preference will be given nearby areas. **INTERVIEW WILL TAKE PLACE AT OUR BOTH OFFICES Libra Educational Institute** We Are HIRING Qualif.: PG English, B.Ed for Higher Department Salary: 8000 12000 ..

Pick n drop

Transport Commissioner visits Udhampur, Ramban; reviews functioning of Motor Vehicle Department

■ HT News Network

RAMBAN, APRIL3: Transport Commissioner, S.Rajinder Singh Tara, today visited twin districts of Udhampur and Ramban and reviewed functioning of Motor Vehicle Department with directions to the concerned for ensuring services to applicants within specified timelines.

The Commissioner emphasised disposal of all the pendencies besides ensuring transparency in issuance of driving licenses and fitness certificates of vehicles strictly as envisaged in Motor Vehicle Act. He instructed the concerned ARTOs to give wide publicity to technology initiatives of the department like Hit and Run scheme, Road Accident Victim Fund, Registered Vehicle Scrapping Facility, Automated testing Station etc. so that people avail the benefits of these initiatives which would ultimately contribute towards road safety.

Transport Commissioner also visited accident spot in Ramban district and took a detailed review of the road



upto Banihal to have first hand appraisal report of the circumstances leading to the unfortune accident occurred recently.

He directed the Assistant Regional Transport Officer, Ramban, to identify and compile a list of all the black spots along the highway and interior routes in the district and submit detailed report so that necessary steps could be taken to rectify them on priority. He further instructed ARTOs to increase the enforcement activities by laying multiple Nakas during the night hours with special focus on drunken driving, overloading etc.

He stressed on suspension of Driving Licenses, Registration Certificates of repetitive offenders specially drunken drivers and overloading cases. He also reviewed election related transport arrangements in both the districts and directed the ARTOs to make foolproof preparation in coordination with the concerned District Election Officer.

The Commissioner was accompanied by Pankaj Bhagotra, Regional Transport Officer, Jammu and other officers and officials of the Motor Vehicle Department.



Lok Sabha Elections 2024

Police officers imparted training on functioning of EVMs, VVPATs at Doda

HT News Network

PUBLICATIONHEADLINES

DODA, APRIL 03: Police officers and officials were today imparted training about handling of Electronic Voting Machines (EVMs) and Voter Verifiable Paper Audit Trail (VVPAT) machines for the upcoming Lok Sabha Elections-2024 at DPL here.Led by Dr. Akhter Hussain, Nodal Officer Training and Human Resource, the training session witnessed presence of SP, Shakeel Butt, SP Operation Sunil Ji, and other sectoral and zonal officers from the police department.The District Level Master Trainers (DLMTs)



and Assistant Level Master Trainers (ALMTs) provided comprehensive guidance to participants on various aspects of electoral process and operation of EVMs/ VVPATs.The training session covered array of topics like the setup and testing of machines, troubleshooting common issues, and ensuring the integrity and security of the voting process. Participants were also given the opportunity to engage in practical exercises, simulating a polling station environment. Additionally, a mock polling training session was conducted to further enhance

their understanding.

Furthermore, the session included detailed information on the duties of the Flying Squad Team (FST) and Video Surveillance Team (VST), emphasizing their roles in ensuring a fair and transparent electoral process. Police personnel were provided insights into duty schedules and guidelines for handling FST and VST teams, further enriching the training experience.

Overall, the training session served as a crucial preparatory step in ensuring that law enforcement personnel are well-prepared to uphold the integrity of electoral process and facilitate smooth elections in Doda district.

Lok Sabha Elections 2024

Massive SVEEP campaign launched across Rajouri district

■ HT News Network

RAJOURI, APRIL 03: A massive Systematic Voters' **Education and Electoral** Participation(SVEEP)campaign was today launched in Thannamandi and Gambhir Brahmana areas to spread awareness among the voters.

The District SVEEP team collaborated with SVEEP 87-Thannamandi to conduct comprehensive doorto-door campaign on the outskirts of Thannamandi, with a focus on Ward 10, 11, and 12. Simultaneously, another District SVEEP Team mobilized efforts in Gambhir Brahmana for the



same cause.Under the supervision of District Election Officer Rajouri, Om Prakash Bhagat, the teams, comprising Prof. Manzoor Ahmed Dar, Prof. Khalid Rayaz, Prof. Ajaz Nazir,

Mohammad Ayaz Raina, Suhail Malik, Mushtaq Ahmed and Aftab Shawl, led by DNO SVEEP Prof. Mohammad Iqbal Raina, engaged tirelessly with residents and passers-by in Thannamandi and Gambhir Brahmana.

The primary objective of the campaign was to highlight the importance of right to vote, enshrined in the constitution. Members of both teams imparted valuable knowledge about the importance of participation in voting process, underscoring the significance of every registered voter exercising their franchise.

The District SVEEP team reiterated its unwavering commitment to ensure widespread participation in upcoming elections and encourage all eligible voters to fulfill their civic duty by casting their vote.

Lok Sabha Elections 2024

Enforcement teams seize Rs.51.54 lakh cash.

liquor valued Rs.39.63 lakh in Kathua

■ HT News Network

KATHUA, APRIL 03: Enforcement teams have seized significant amount of cash and liquor in Kathua District since the imposition of Model Code of Conduct (MCC) for the Lok Sabha elections.

The enforcement teams, operating diligently across Kathua, intercepted and seized Rs 51.54 lakh rupees in cash along with liquor valued at Rs.39.63 lakh taking the amount of seizure to Rs.91.18 lakh.

These decisive actions underscore a collective commitment to preserve the integrity of the electoral process. Highlighting the significance of these proactive measures, the District Election Officer Kathua, who also holds the role of Returning Officer, 4-Udhampur Parliamentary Constituency, affirmed that our enforcement teams are unwaveringly committed to maintain the principles of fair and transparent elections. "We are continuously working to swiftly and resolutely identify and rectify any breaches of the model code of conduct," he said.

Such efforts are pivotal in deterring illicit activities that may compromise the democratic process and ensuring that voters can exercise their rights without any external influence or coercion.

As the Lok Sabha elections progress, the administration urges citizens to remain vigilant and promptly report any suspicious activities or violations of the poll code to the relevant authorities. Such efforts are pivotal in deterring illicit activities that may compromise the democratic process and ensuring that voters can exercise their rights without any external influence or coercion.

Lok Sabha Elections 2024 General Observer reviews election preparedness in Ramban

■ HT News Network

Ramban, April 03: Gen-

eral Observer for the 4-Udhampur Parliamentary Constituency, Dheeraj Kumar, and Police Observer Daljit Singh today conducted a comprehensive meeting with Assistant Returning Officers (AROs), and Nodal Officers at Conference Hall Maitra to assess and enhance election preparedness. The meeting was attended by District Election Officer, Baseer-Ul-Haq; Senior Superintendent of Police Anuj Kumar; SSP Traffic Rohit Baksotra, Additional District Development Commissioner, Roshan Lal ; Additional Deputy Commissioner Varunjeet Singh Charak; Addl. SP Gourav Mahajan AROs, Dy. DEO and Nodal Officers.



During the meeting, detailed discussions were held on the enforcement of model code of conduct, expenditure monitoring, Security plan, Transport and Communication plan besides functioning of VST and flying squads. Reviewing the various plans devised by the civil and police administration for Polling, the Observer said that proper training of poll-

ing staff is the key for successful conduct of elections. He directed the District Administration to ensure quality training and better human resource management to ensure smooth conduct of elections scheduled to be held on April 19, 2024 in the district. Emphasis was placed on conducting Systematic Voters' Education and Electoral Participation (SVEEP)

activities comprehensively throughout the district to enhance voting turnout, with AROs and Nodal Officers urged to adhere to latest guidelines from the **Election Commission of** India (ECI). Furthermore, the General Observer directed teams to enhance readiness for the smooth conduct of general election, emphasizing coordination and providing theoretical and practical handholding to polling staff. Officers were instructed to sensitize vulnerable areas to encourage optimum participation in the democratic process.

Earlier, the DEO presented a detailed overview of election preparedness at the polling station level, including plans related to dispatch of polling parties and collection of EVMs after

Lok Sabha Elections 2024 Training on handling of EVMs, VVPATs for female staff concludes at Doda

■ HT News Network

DODA, APRIL 03: The training session on handling of Electronic Voting Machines (EVMs) and Voter Verifiable Paper Audit Trails (VVPATs) machines for female staff members of model polling stations was successfully concluded at conference hall of DC office complex here.

During the training session, the female staff members were given hands-on experience on operating of EVMs and VVPATs, as well as instructions on troubleshooting any issues that may arise during the voting process.

The training was conducted to ensure that female staff members are well-equipped to handle the voting machines effectively and efficiently during the upcoming elections. It is important for all polling station staff to be trained on the proper operation of EVMs and VVPATs to ensure a smooth and transparent voting process.

The training was conducted by District Level Master Trainers (DLMTs) Dr. Akhter Hussain, Nodal Officer Training and Human Resource and Assistant Level Master Trainers (ALMTs) who provided full guidance to participants in various facets of the electoral process and operator EVM/VVPAT.

Nodal Officer Manpower Management Doda, Manish Kumar, Nodal Officer Training Doda and other concerned were also present at the event. The training was conducted by District Level Master Trainers (DLMTs) Dr. Akhter Hussain, Nodal Officer Training and Human Resource and Assistant Level Master Trainers (ALMTs) who provided full guidance to participants in various facets of the electoral process and operator EVM/VVPAT.

Lok Sabha Elections 2024 Training imparted to Sector Magistrates at Kupwara

■ HT News Network

KUPWARA, APRIL 03: As part of the preparations for the smooth conduct of the upcoming Lok Sabha election 2024, District Election Office, Kupwara today organized a training session for Sector Magistrates/Sector Officers at the Meeting Hall of DC Office Complex, Kupwara.

Training session was presided over by Special Nodal Officer Elections/ NLMT, Sameer Jan. NLMT briefed the participants about their roles in the election process and provided comprehensive information on the preparation and conduct of the upcoming Lok Sabha election 2024.

On the occasion, EVM Hands-on training was also imparted to Sector Magistrates/Sector Officers of all the six assembly segments of Kupwara district. Sector Magistrates were trained about various aspects of the electoral process and practical demonstration was given to them regarding the functioning of EVMs to boost their understanding and proficiency in handling Electronic Voting Machines (EVMs).

Lok Adalat to be held on April 20 at Anantnag

■ HT News Network

ANANTNAG, APRIL 03: In compliance to Plan of Action formulated by J&K Legal Services Authority, Lok Adalat for amicable settlement of Pre and Post Litigation pending before the courts at District Headquarter Anantnag and also at Taluka Courts of the district is scheduled to be held on 20 April, 2024.

The Lok Adalat shall be held under the chairmanship of Chairman District Legal Services Authority (PDJ)

 $\overline{\text{All the concerned Judicial Officers have been asked to}}$ identify MACT and Bank Recovery cases to be taken up in the Lok Adalat and submit the list of the cases to DLSA Anantnag by or before 15-04-2024.

The litigants who are interested to settle their dispute in the proposed

Lok Adalat are directed to approach the concerned courts immediately so that their cases shall be listed for amicable settlement in the said Lok Adalat. Lok Adalat are directed to approach the concerned courts immediately so that their cases shall be listed for amicable settlement in the said Lok Adalat.

Lok Sabha Elections 2024

GPC Chanderkote organises series of activities under SVEEP

HT News Network

RAMBAN, APRIL 03: Government Polytechnic College, Chanderkote has taken proactive strides in promoting civic responsibility towards the electoral process by organizing a series of Systematic Voters' Education and Electoral Participation (SVEEP) activities.

Under the guidance of District Election Officer Ramban, Baseer-Ul-Haq Chaudhary and the supervision of Nodal Officer SVEEP (ACP) Ramban, Ashfaq Khanji,



the endeavour aims at instilling the significance of electoral participation among the youth.

The event witnessed enthusiastic participation from students, faculty, and staff members, including many first-time voters. Resource persons of district SVEEP Cell emphasised the insti-

tution's steadfast dedication to nurturing democratic values and fostering civic engagement among the youth. It underscores the pivotal role educational institutions play in moulding responsible citizens and fortifying the democratic ethos of our nation.

The campaign emphasized 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.

Lok Sabha Elections 2024 **Training session conducted for zonal** /

sectoral Magistrates at Reasi

■ HT News Network

REASI, APRIL 03: In anticipation of forthcoming Lok Sabha Elections 2024, a comprehensive training session was organized today for zonal/ sectoral Magistrates under the guidance of District Election Officer, Vishesh Mahajan at conference hall of DC office here.

Speaking on the occasion, District Election Officer reiterated the unwavering commitment to ensure the integrity and transparency of the electoral process. He emphasized strict adherence to election rules outlined by the Elec-

tion Commission of India (ECI), underscoring the paramount importance of maintaining a fair and equitable electoral environment for all stakeholders.

During the session, magistrates were briefed on their crucial roles and responsibilities. Special attention was given to enforcement of law and order, supervision of polling stations, and guaranteeing the safety and security of voters throughout the electoral proceedings. Notable officials present at the event included Nodal officer for MCC, Kulbhushan Khajuria, Nodal officer for Training.

Rana slams Congress for playing murky games in J&K since 1947

HT News Network

JAMMU APRIL 03: Senior BJP leader Mr Devender Singh Rana today slammed the Congress for its murky games in Jammu and Kashmir post 1947, saying the region witnessed a myriad of political manoeuvres characterized by intrigue, betrayal and manipulation in active connivance with its local political allies in different avatars from time to time.

"From the 1963 Kamraj Plan to Khaliq DC model of MLAs and from 1984 G.M Shah sponsored coup to 1987 rigged elections, the Congress has remained hand in glove in destabilizing Jammu and Kashmir that manifested in dangerous and sinister consequences for the nation to face", Mr Rana said while addressing series of meetings in Panchayat Amb Upper, Amb Lower, Ghaink and Doomi in Amb Gharota Mandal along with DDC Chairman Bharat Bhushan,



District President Jammu North Mr Omi Khajuria and Former MLA Shiv Dev Singh.

He said the manipulation of democratic processes, more importantly rigged elections, coercive tactics and regional imbalances became entrenched tools in the armoury of the political actors seeking to monopolize the control over the then state. It eventually gave rise to separatist senti-

ments and provided fertile ground to the rogue neighbour in the backyard for unleashing terrorism aimed at ethnic cleansing and enforcement of radicalized way of life. The nexus between political elites with clandestine external support perpetuated a culture, unknown to this part of the country that impacted governance hugely. In the process corruption

and nepotism became the order of the day with common people finding themselves pushed to the wall, he added. Mr Devender Rana said the marginalization of various segments of the society including Valmikis, West Pakistan refugees, Paharis, Gujjar and Bakerwals, Scheduled Castes and the other weaker sections of the society only served to deepen the sense of alienation of the people. This state of despondency, however, saw a soothing ending on August 5 and 6, 2019 when the so-called special status got repealed, opening vistas of opportunities for all in the wake of various central laws becoming operative in Jammu and Kashmir, like rest of the country, he said.Mr Rana said the Congress plus allies led reign of discrimination, misgovernance, corruption and deprivation is now the nightmare of the past with hope of holistic development, infrastructural revolution, thrust on education, health and tourism, accountability in governance.

EDITORIAL

TYPER OF LINES PUBLICATION

Enforcing Price Controls Crucial During Ramadan

As the holy month of Ramadan dawns upon us, Kashmiris eagerly prepare to observe this sacred time with devotion and piety. However, amidst the spiritual fervor, the issue of overpricing and profiteering casts a shadow over the festivities. It's imperative for authorities to implement effective measures to curb this trend and ensure that the essence of Ramadan is not overshadowed by exploitative practices.

The observance of Ramadan holds immense significance for the Muslim community in Kashmir, fostering a sense of unity, compassion, and charity. It's a time for reflection, prayer, and coming together as a community. However, the spirit of Ramadan is marred when essential commodities witness unjustifiable price hikes, putting a strain on the finances of families already grappling with economic challenges.

Price gouging during Ramadan is not a new phenomenon, but its impact is deeply felt, particularly by low-income households. Basic necessities such as food items, fruits, and other essentials witness a surge in prices, making it increasingly difficult for families to afford a decent iftar and suhoor. This exploitation not only violates the principles of fairness and equity but also goes against the teachings of compassion and generosity espoused during Ramadan.

To address this issue, authorities must take decisive action to enforce price controls and crack down on profiteering practices. Increased monitoring of markets, stringent penalties for violators, and public awareness campaigns are essential components of any effective strategy. Additionally, initiatives to provide subsidized goods or food assistance programs can alleviate the burden on vulnerable communities.

Furthermore, collaboration between government agencies, traders, and civil society organizations is crucial in ensuring compliance with regulations and fostering a culture of accountability. By safeguarding consumers against unjust price hikes, we uphold the values of fairness and social justice that lie at the heart of Ramadan.

As Kashmir is on this sacred journey of spiritual renewal, let us reaffirm our commitment to preserving the integrity of this blessed month by putting a check on prices and ensuring that no one is left behind in the pursuit of spiritual fulfillment.

Wetlands The Heart And Soul Of Jammu And Kashmir





■ By MooL Raj

World Wetlands Day is an annual celebration that takes place on February 2nd to raise awareness about the importance of wetlands and the need to conserve them. On this day, the Convention on Wetlands, which was ratified as a global agreement in 1971, also celebrates its birthday. Wetlands are defined as areas of land that are saturated with water, either permanently or seasonally, and are critical habitats for many species of plants and animals. They also play a crucial role in maintaining the health of the planet's ecosystems, providing important benefits to humans, and mitigating the impacts of climate change. The theme for World Wetlands Day 2024 is "Wetlands and Human Wellbeing" which highlights the interdependence between wetlands and water and the need to protect and manage these important ecosystems. The theme is particularly relevant this year as the world faces increasing pressure from growing populations, urbanization, and climate change. These factors have led to the widespread degradation of wetlands and the loss of many of these important ecosystems, putting at risk the many benefits they provide.

The other Ramsar sites in the UT of J&K are Mansar-Surinsar, Hokersar, Wullar, Hygam, and Shallbugh. The Gharana Wetland, which was declared in 1981, typically hosts migrating birds from Central Asia, Mongolia, Russia, China, and other nations throughout the world. It is important to note that this water body draws tens of thousands of birds from other continents, providing bird watchers with a wonderful opportunity to observe them up close. The primary draws are purple swamp hens, bar-headed geese, commonteals, Indian moorhens, gadwalls, flocks of greenshanks, etc. He emphasized the importance of educating the local population about the potential of such natural treasures and the advantages they offer to humanity. He placed a major emphasis on utilizing local resources and people for management and conservation in the UT of Jammu and Kashmir to provide sanctuary for both local and migratory birds and to ensure the health of the food chain. Unfortunately, over the past few decades, wetlands have been drained, filled, and converted into urban, industrial, or agricultural land at an alarming rate, leading to a loss of biodiversity and degradation of ecosystem services. In addition to habitat loss, wetlands face multiple threats, including climate change, pollution, and the introduction of non-native species. It is imperative that we take action to protect and conserve wetlands. To do this, we need to better understand the value of wetlands and the services they provide. For example, wetlands play a critical role in water management, filtering and purifying water, and reducing the risk of floods and droughts. They also provide crucial habitats for countless species, including migratory birds, fish, and reptiles, and support local communities through fishing, agriculture, and

To celebrate World Wetlands Day, it is important to raise awareness of the importance of wetlands and the need for their protection. Governments, NGOs, and local communities can work together to protect wetlands by implementing policies and management plans that prioritize conservation and restoration. In addition, education and public engagement programs can be developed to raise awareness of the value of wetlands and encourage their protection. Certainly, there is an absolute need to secure the future of wetlands and the benefits they provide. World Wetlands Day is an opportunity to reflect on the important role that wetlands play in our world and the need for their protection. While much has been done to protect wetlands, there is still much work to be done. By raising awareness, supporting conservation efforts, and taking steps to mitigate the impacts of climate change, we can ensure that wetlands continue to provide critical services and support biodiversity for generations to come.

The author is a columnist and

By Practicing Again And Again, We Can Learn Things In A Very Effective And Better Way



Sahil Manzoor

In fact, this universe is full of mysteries, full of sorrows, full of entertainments, and full of great minds and scholars. That may be the reason we still think we have achieved very little, as this universe has no end point where we can go and stop our search or thirst we have had for thousands of years. Nature has bestowed on humans' great minds, and humans are the most intelligent creation on this earth. Every discovery, innovation, greatness, and saying is behind the hands of humans. Whatever development the world has achieved, like giant spaceships, aeroplanes, and incredible bridges that connect kilometres of distance across water bodies, humans have achieved great achievements in the medical sciences, from major caesareans to minor surgeries. It is very unfor-



tunate that we are struggling with lethal diseases like AIDS (acquired immune deficiency syndrome), which is caused by intercourse with an effective partner, and diseases like cancer, which has now been called CA as people even do not want to

pronounce it as this is very dreadful and lethal disease has full potential to take one's life. Medical science is not so advanced to fight with it completely. I hope, in the end, we will get enough grip to control it completely.

As per scientific studies, the formation of the earth happened. 4.54 billion years ago means crores of years have passed so far. So, can we imagine this world before 3000 years ago? How people were living, what their lifestyle was, how they treated sick people, and how they made their day-to-day demands possible? We are getting clues from historians but are not sure of their actual way of living, one thing is fortunate that every day the world is getting great and small innovations and discoveries. It is well said that necessity is the mother of innovation. Like that, we are taking things into consideration and want solutions from different agencies.institutes.

Today in this article, I am going to share with you what came to my mind when I was having lunch at home at 3 p.m. today, November 30, 2023. Actually, I have realised that by practicing again and again, we can learn things in a very effective and better way. Professional personalities like teachers, doctors, engineers, scientists, journalists, and even every profession have great importance in our day-to-day lives because we are all the creation of the almighty. We have potential, and we can beat whatever challenges are in front of us, but one thing is clear and true: it is not possible that every individual can hold the nation's best position, so we say whatever we are, this is our fate. Where we are, this is our destiny, and

we should keep satisfied with what we

have achieved. First of all, we have to fix our goals. We should know our prime interests, like we should have knowledge about our weaknesses and about our strengths. One more thing we have to do is be passionate (passion can be defined as the strongest will). Some are passionate about their professions, and some are related to their hobbies, like musicians, singers, actors, sportsmen, etc. Being passionate is never final. If you want to go for any big achievements, you have to learn it by practicing again and again, which will make you successful to a good extent. Repeating things boosts your level of confidence and keeps you relaxed. Knowing things in great depth always makes us good and effective professionals. So never let the things you are passionate about get involved in them for a longer period of time. Always take your time, be patient, try to learn them for a longer period of time, and hope we will get good results.

While shooting for a movie, actors and other staff are taking hundreds of shots for a single short or for a 5-minute scene. They are taking a number of takes because they believe that they will get what they need and what makes their work great.

Raiyar-Ich, sahilmanzoor0401@ gmail.com

"The Ethical Mandate: **Compassion for EverySoul**"





13TH HEADLINES

Aubaid Ahmad Akhoon

In the vast expanse of our rapidly evolving world, where the hustle and bustle of daily life often drown out the softer tones of empathy, there lies a sacred calling – a profound duty to nurture compassion and uphold ethical responsibility, particularly towards those navigating the complex terrain of mental disabilities.

In the intricate tapestry of human existence, we are not only tasked with pursuing personal achievements but also with extending a gentle hand of kindness to those who traverse a more challenging path. It is within the rich depths of religious teachings that we find the guiding light, urging us towards empathy, understanding, and benevolence.

"As we work to create light for others, we naturally light our own

way." - Mary Anne Radmacher Across the diverse landscapes of

spiritual traditions, from the compassionate teachings of Buddhism to the principles of loving-kindness in Christianity, resounds a universal plea to embrace the vulnerable and champion their cause. For in uplifting others, we elevate ourselves, fulfilling the sacred injunction of serving our fellow beings with dignity and rever-

Yet, amidst the cacophony of modernity, we find ourselves ensnared in a labyrinth of superficiality, where individuals with mental disabilities are often reduced to mere tokens of inspiration or objects of pity. This distortion of empathy not only diminishes their humanity but also corrodes our own spiritual evolution.

'Compassion is not a relationship between the healer and the wounded. It's a relationship between equals. Only when we know our own darkness well can we be present with the darkness of others." - Pema Chödrön

True compassion, steeped in the wisdom of our faiths, compels us to confront societal injustices and dismantle the barriers that obstruct the well-being of the marginalized. It impels us to advocate for equitable access to mental healthcare, to champion policies that safeguard the rights of every individual, irrespective of their cognitive capacities.

Moreover, as custodians of the

media and entertainment industry, we bear a solemn duty to harness the power of storytelling for enlightenment and empowerment. Rather than exploiting the struggles of those with mental disabilities for sensationalism, let us wield our platforms to amplify their voices, nurturing understanding and eradicating stereotypes.

In the grand tapestry of humanity, each thread - regardless of its shade or texture – is imbued with divine purpose. Let us, therefore, weave a more resplendent world, where compassion forms the warp and ethical responsibility the weft, fashioning a fabric of inclusivity and solidarity that enfolds every member

As we heed the clarion call to cultivate compassion and uphold ethical responsibility, let us not waver in our resolve. Let us stand as sentinels of illumination, guided by the luminous teachings of our faiths, illuminating the path towards a more compassionate and inclusive world for all.

About the Author: Aubaid Ahmad Akhoon is a distinguished Educational Columnist, Motivational Speaker, and Associate Editor of the weekly educational publication 'Education Quill.' akhoon. aubaid@gmail.com

The Himalayas-Global Treasure At Risk

By MooL Raj

The Himalayas are a majestic and awe-inspiring mountain range that stretches across several countries in Asia, including China, India, Nepal, Pakistan, and Bhutan. The range is home to the highest peaks in the world, including Mount Everest, and it is also home to a rich and diverse array of plant and animal life. However, the Himalayas are also a fragile ecosystem that is under threat from a number of factors, including climate change, overuse and over-exploitation of resources, and rapid population growth.

Climate change is one of the biggest threats to the Himalayas. The region is already experiencing the effects of rising temperatures, with glaciers and snow cover melting at an alarming rate. This is having a significant impact on the water resources of the region, with many rivers that originate in the Himalayas experiencing reduced flows and increased flooding. This is causing problems for the people who live in the region, as well as for the animals and plants that depend on the rivers for survival. Another major threat to the Himalayas is the overuse and over-exploitation of resources. The region is home to a rich and diverse array of plant and animal life, and it is also an important source of water, timber, and other resources. However, these resources are being depleted at an alarming rate, with many species at risk of extinction and many habitats being destroyed. This is having a significant impact on the people who live in the region, as well as on the animals and plants that call it home. Rapid population growth is also a major threat to the Himalayas. The region is home to millions of people, and the population is growing at an alarming rate. This is putting pressure on the environment, as more and more land is being cleared for agriculture and development. This is also having a significant impact on the people who live in the region, as it is making it increasingly difficult for them to access the resources they need to survive. The fragile Himalayan mountain system is a global treasure that needs to be protected. The governments of the countries that the range runs through, as well as the international community, need to take action to address the threats that are facing the Himalayas. This includes reducing greenhouse gas emissions to slow down the effects of climate change, implementing sustainable resource management practices, and promoting sustainable development in the region. Only through collective effort, can we ensure that the Himalayas will continue to be a source of wonder, inspiration, and life for generations to come.

Therefore, in order to reduce greenhouse gas emissions within the jurisdiction of the local government, a number of steps can be taken. One key strategy is to promote the use of renewable energy sources such as solar and wind power. This can be done by providing incentives for individuals and businesses to install solar panels or wind turbines, or by investing in largescale renewable energy projects such as wind farms or solar power plants. Additionally, regulations can be put in place to reduce emissions from industrial and transportation sources. This can include implementing stricter emissions standards for vehicles and requiring industries to adopt cleaner production methods. Implementing sustainable resource man-



agement practices is another critical step in protecting the fragile Himalayan mountain system. One key strategy is to create protected areas for endangered plant and animal species. This can include setting aside land specifically for the conservation of species such as the snow leopard or creating national parks or wildlife reserves. Additionally, the local government $should\,regulate\,the\,logging\,and\,mining\,industries\,to$ ensure that they are operating in an environmentally sustainable manner. This can include implementing strict regulations on the cutting of trees or imposing taxes on mining companies that are not operating in an environmentally friendly way. This can include investing in infrastructure and services that support small-scale, low-impact tourism. This can include building hiking trails, providing basic facilities such as toilets and shelters, and investing in local guides and tour operators. Additionally, the government should provide alternative livelihood options for local communities, who often rely on resource extraction as their main source of income. This can include providing training and support for alternative livelihoods such as farming, or investing in small businesses and micro-enterprises.

Finally, in order to effectively protect the Himalayas, the local government must work closely with other countries and the international community. This can include sharing data and expertise and working together to address cross-border issues such as Transboundary pollution and the impacts of climate change. Additionally, the local government should be $a\,part\,of\,international\,agreements\,and\,initiatives\,such$ as the Paris Agreement and the United Nations Framework Convention on Climate Change to coordinate efforts to protect the Himalayas.

Overall, protecting the fragile Himalayan mountain system requires a multifaceted approach that addresses the various threats facing the region. The local government must take a leadership role in this effort, working with communities, NGOs, and other stakeholders to implement effective conservation and sustainable development strategies. With such efforts, the Himalayas will continue to be a source of wonder, inspiration, and life for generations to come.

The author is a columnist and freelance

The Transformative Power of Pretend Play For Children



By MooL Raj

Imagination is a powerful tool that shapesour understanding of the world and drives innovation. From childhood fantasies to groundbreaking scientific discoveries, the human capacity for imagination knows no bounds. At the heart of this creative process lies pretend play – a fundamental aspect of humandevelopment that not only entertains but also fosters cognitive, social, and emotional growth. In this editorial, we explore the myriad benefits of pretend play and its enduring significance in shaping the human

experience. Pretend play, often referred to as imaginative or symbolic play, involves children creating imaginary scenarios, assuming different roles, and engaging in makebelieve activities. Whether it's playing house, exploring distant galaxies as astronauts, or battling dragons as valiant knights, pretend play allows children to inhabit alternate realities and experiment with different identities. While it may seem frivolous to some, research has shown that pretend play serves as a vital platform for learning and development.

One of the key benefits of pretend play is its role in fostering creativity and problem-solving skills. When children engage in imaginative play, they are not bound by



the constraints of reality. Instead, they are free to explore new possibilities, experiment with different outcomes, and develop innovative solutions to challenges they encounter. By flexing their creative muscles, children learn to think outside the box, adapt to changing circumstances, and approach problems from multiple perspectives – skills that are invaluable in navigating the complexities of the modern world.

Furthermore, pretend play provides a safe space for children to explore and make sense of their emotions. Through role-playing and storytelling, children can express their fears, hopes, and desires in a nonthreatening environment. Whether they're reenacting scenes from their favorite fairv tales or staging elaborate dramas with their

friends, pretend play allows children to process complex emotions, develop empathy, and build emotional resilience. By immersing themselves in imaginary worlds, children learn to regulate their emotions, communicate effectively, and navigate social interactions – skills that are essential for healthy emotional development.

Moreover, pretend play serves as a powerful tool for language development and communication skills. As children engage in imaginative play, they use language to negotiate roles, establish rules, and convey their intentions to others. Whether they're engaging in dramatic play with peers or engaging in storytelling with adults, children are constantly honing their verbal and nonverbal communication skills.

Through this process, they learn to express themselves clearly, listen actively, and collaborate with others - skills that are essential for success in school, work, and relationships.

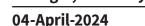
In addition to its cognitive and social benefits, pretend play also plays a crucial role in promoting physical development and motor skills. Whether they're building elaborate forts with blankets and pillows or engaging in imaginative play outdoors, children are constantly refining their gross and fine motor skills through active play. By engaging in physical activities such as running, jumping, climbing, and balancing, children develop strength, coordination, and spatial awareness - skills that are essential for overall physical health and

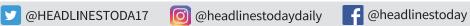
Despite the myriad benefits of pretend play, it is increasingly marginalized in today's fast-paced, technology-driven world. With the rise of smartphones, tablets, and video games, many children are spending less time engaging in imaginative play and more time passively consuming digital media. While technology undoubtedly offers new opportunities for learning and entertainment, it is essential to recognize the unique value of pretend play in promoting holistic development.

As parents, educators, and caregivers, it is our responsibility to cultivate environments that encourage and support imaginative play. Whether it's providing children with open-ended toys, creating imaginative play spaces, or simply setting aside time for unstructured play, there are countless ways to nurture children's creativity and imagination. By prioritizing pretend play in our homes, schools, and communities, we can empower children to become curious, confident, and compassionate individuals who are equipped to tackle the challenges of the 21st century.

In conclusion, pretend play is not just child's play – it is a powerful catalyst for learning, growth, and self-discovery. By embracing the magic of imagination, we can unlock the full potential of our children and inspire them to dream big, think creatively, and shape a brighter future for themselves and generations to come. As the poet Pablo Picasso once said, "Every child is an artist. The problem is how to remain an artist once we grow up." Let us nurture the artist within each child and celebrate the transformative power of pretend play in shaping the human experience.

> The author is a regular columnist and freelance writer







"Undertrial Prisoners Have No Right To...": Arvind Kejriwal Bail Hearing

HT News Network

New Delhi: Delhi Chief Minister Arvind Kejriwal and the Enforcement Directorate traded sharp barbs and hard-nosed legal arguments in equal measure Wednesday, as the Delhi High Court heard the Aam Aadmi Party boss' plea for interim relief. Mr Kejriwal was arrested last month-and has been sent to the national capital's Tihar Jail till April 15 - for his role as the "kingpin" in the alleged liquor policy scam.

During the arguments Additional Solicitor General SV Raju, representing the ED, issued a strong rejoinder to arguments about the timing of Mr Kejriwal's arrest, declaring "criminals are supposed to be arrested and put in jail". "Under-trial prisoners have no right to say, 'we will commit a crime and we will not be arrested because elections are here'. This is completely ridiculous," Mr Raju declared.

Earlier, appearing for Mr Kejriwal, senior advocate Abhishek Manu Singhvi began his argument by claiming "sole purpose of the arrest (of the Delhi Chief Minister) is to humiliate... incapacitate" the



AAP, which is seen by many as the only real challenger to the BJP for Delhi's seven Lok Sabha seats.

"Efforts are being made to break AAP," he said, arguing that the ED "does not have any evidence" and that the arrest of the sitting Chief Minister was unwarranted, particularly before an election. After hearing both sides, the court reserved its order for Thursday afternoon."Suppose a political person commits a murder before the election. Will he not be arrested? Will his arrest harm (the election)? You commit a murder and say I cannot be arrested because it will violate..." Mr Raju declared, trying to draw a parallel to the corruption charges against Mr Kejriwal.

The ED - which Mr Kejriwal earlier said had no real evidence of his involvement, much less his central role in the alleged scam also insisted "a money trail is there... we have traced the money trail".The ED further waved away claims by Mr Kejriwal that his arrest and that of ex-Deputy Chief Minister Manish Sisodia, was largely based on statements by accused-turned-approvers.

The AAP has pointed to a pattern - the first of multiple statements do not name party leaders, and it is only after arrest and questioning that the accused-turned-approvers change their statements.

Responding to this - which question was also posed by the Supreme Court Tuesday, as it gave AAPMP Sanjay Singh bail - Mr Raju argued accused persons may change their statement after being presented with evidence. "When accused is confronted with material (then) they say 'I was wrong'."

'You cannot avoid statements and say, 'No, no... these cannot be trusted. Cash payment was made... cash that was not accounted for. Source of the cash was a bribe... it could be 100 crore or a little less than that. This has been accepted by the AAP candidate as well," he continued.

In a detailed pushback to arguments by Mr Kejriwal's lawyer, Abhishek Manu Singhvi, the Additional Solicitor General insisted the Chief Minister is "personally involved in all of this".

Mr Singhvi earlier argued the ED "does not have any evidence" and that the agency made no attempt to first take his statement; this was when an ED team was at the Chief Minister's residence.

"Level playing field' (before an election) is not just a phrase. It is part of 'free and fair elections' which is part of a democratic structure. This case reeks of timing issues," Mr Singhvi began.

"Half In Jail, Half On Bail": BJP Chief JP Nadda Slams INDIA Bloc Leaders

HT News Network

Jaipur: The opposition INDIA bloc is an alliance of dynastic parties, half of whose leaders are in jail and half out on bail, BJP National President JP Nadda said today.

Mr Nadda made the remarks while addressing an election rally in Rajasthan's Jhalawar. The BJP has renominated Dushyant Singh from the Jhalawar-Baran Lok Sabha constituency.

"The INDI Alliance is a 'Bhrastachar Bachao Alliance (save corruption alliance)'. It has parties in which the president is from the family, the general secretary is from the family and ministers are also from the family. These are parties of the family," Mr Nadda said.

He asked, "Is Rahul Gandhi out on bail or not? Are Sonia Gandhi, Chidambaram, (AAPRajya Sabha MP) Sanjay Singh out on bail or not? Are Arvind Kejriwal, Manish Sisodia in jail or not?'

"Half the leaders of the INDI Alliance are in jail and half (out) on bail," he said.

Mr Nadda also hailed Prime Minister Narendra Modi, saying the country has progressed at a fast pace under his leadership."Today, India's aspiration is that there should be a corruption-free government. There should be a developmentoriented government. The country progressed at a fast pace under the leadership of Modi ji," Mr Nadda said.

Through unimagined development, India should stand as a "developed coun-



try", he said. The BJP leader also claimed the situation in villages has changed under Modi's leadership. There were 18,000 villages with no electricity, which became electrified after Modi became prime minister in 2014. Highlighting the development works done by the BJP-led Centre, Mr Nadda said 3.5 lakh villages have been connected by paved roads. Eighty crore people are being given free ration, resulting in lifting 25 crore people above the poverty line.He said 55 crore people -about 40 per cent of the population, including the poor, rickshaw-pullers, tea vendors, bus drivers, and cleaners -- have been given a yearly insurance facility of 5 lakh under Ayushman Bharat for serious illnesses.In Rajasthan, the Lok Sabha elections will be held in two phases during this month. In Rajasthan, the Lok Sabha elections will be held in two phases during

Pragya Thakur Pulled Up By Court For **Skipping Malegaon Trial Hearing**

HT News Network

Mumbai: Less than a month after issuing a bailable warrant against her for her repeated absence in hearings related to the 2008 Malegaon blast case, a special court in Mumbai has pulled up BJP MP Pragya Thakur once again.

Ms Thakur, who is the prime accused in the case, gave the hearing a miss on Wednesday as well and the special National Investigation Agency (NIA) court observed that her continued absence is hampering the trial. The Bhopal MP has repeatedly cited health reasons for not attending the hearings and the court has now directed the NIA to submit a status report on her health condition by Monday, April 8. The BJP leader, who was given bail in the case on health grounds, has often been spotted playing cricket and basketball and dancing. She had also skipped going to court earlier after being admitted to a hospital, but had attended a public event the same day.

On September 29, 2008, an explosive device strapped to a motorcycle had exploded near a mosque in Maharashtra's Malegaon, killing 10 people and injuring



over 100. Ms Thakur is accused number 1 in the case and she and six others are being tried under the stringent Unlawful Activities Prevention Act and sections of the Indian Penal Code. Issuing the bailable warrant against Ms Thakur on March 11, the court had noted, "It was specifically directed that the accused No.1 (Thakur) remain present on March 11, along with medical certificates, considering her last application. Despite aforesaid directions neither she is present nor the original

medical certificate is produced on record.' Her lawyer had told the court that her doctor in Bhopal had said she was feeling dizzy and could travel at her own risk.

The court had cancelled the bailable warrant after the BJP leader had appeared before it on March 22.

Mamata Banerjee Joins Tea Estate Workers At Farm, Serves Tea At Roadside Stall

HT News Network

Jalpaiguri: Ahead of the Lok Sabha polls, West Bengal Chief Minister Mamata Banerjee on Wednesday had tea at a local stall in Jalpaiguri."Smt. @MamataOfficial brings warmth and conversation to a local tea stall, embracing the spirit of the residents over a steaming cup of teain Jalpaiguri!," Trinamool Congress posted on social media platform X.

She also met and interacted with school children. The West Bengal CM joined tea estate workers in the plucking of tea leaves.

"Smt. @MamataOfficial connecting with the brilliant young minds in Jalpaiguri today. Their innocence and curiosity ignite our optimism for a better future!"TMC

"Smt. @MamataOfficial paiguri while playing drums in



strengthens ties, joining tea estate workers in the timeless ritual of tea leaf plucking," it stated in a subsequent post. While interacting with people on Tuesday, she danced with the tribal community in Jal-

Jalpaiguri.

arlier on Tuesday, the Trinamool supremo hit out at the Bharatiya Ianata Party-led Centre, terming it a "Jumla" government and alleg-

disaster."I thought I would not say it but this is a JUMLA government. Even yesterday, the Centre had a meeting with the RBI. Where is the impartiality here? An impartial election means that in a democracy, all must get justice. We don't do partiality with any kind of relief. Our government is humanitarian. How did the Prime Minister ask his workers to go and give money? I didn't ask my party workers to do anything of this sort. BJP has never stood by the people in times of need and disaster," she said at Mercy Fellowship Church in Jalpaiguri.The Lok Sabha elections in 42 Parliamentary Constituencies of West Bengal are scheduled to take place in seven phases, which will start on April 19 and conclude ing that it has never stood by the on June 1. The counting of votes people in times of need and will be held on June 4.

"Was Asked To Forgive And Forget": Sachin Pilot On Feud With Ashok Gehlot

HT News Network

New Delhi: Burying the hatchet with his party rival Ashok Gehlot, Congress leader Sachin Pilot has said he will "100 per cent" campaign for his senior colleague's son Vaibhav who is contesting the Lok Sabha polls from Jalore.

In an interaction with PTI editors at the news agency's headquarters, the Congress general secretary said a redux of the 2004 election when the party won the polls despite the India Shining campaign of the NDA is very much on the cards."Repeat of 2004 is very much possible given the circumstances, given the unrest among most people. What you don't see in the media is the real sentiment on the ground. This politics of jumlas and overconfidence (by the BJP) has its limits," Mr Pilot said earlier this week.

Asked how he has been able to shake off his past differences with Mr Gehlot and the former Rajasthan chief minister's 'nikammanakara' jibe at him in 2020. Mr Pilot said, "I saw no advantage in replying in



the same coin, I refused to be provoked, chose dignity and grace over name-calling and, more importantly, decided to show a large heart and move on." This, he said, was better for the party, better for his state and certainly better for him."I can look back and say with pride, I never used any words that are unbecoming of a public figure, I have never used language that is derogatory because the value system ingrained in me since childhood has taught me to show respect to elders no matter what the circumstances and I always maintained that," Mr Pilot said.Sachin Pilot recalled the meeting in Delhi last year when he sat down with party president Mallikarjun Kharge and former AICC chief Rahul

Gandhi."I was asked to forgive and forget and move on, which is exactly what I have done, that was the need of the hour for the party and the state." "I will 100 per cent go (to campaign for Vaibhav Gehlot)," Mr Pilot said in response to a question."Last time (in 2019 polls) when I was the Rajasthan Congress president, I pushed for his (Vaibhav Gehlot's) ticket to get finalised from Delhi, I went for his nomination. He could not win the polls that time but I had campaigned for him. This time he is fighting from another seat, Jalore. I will definitely campaign for him this time also," Mr Pilot said. On why he and Ashok Gehlot, two of the biggest names in Rajasthan Congress were not contesting elections.

Vistara Expects To **Resume Normal Operations** By Weekend: Sources

■ HT News Network

New Delhi: Vistara expects to resume normal flight ops by the weekend, company sources told NDTV Wednesday evening, hours after CEO Vinod Kannan and senior members of his management team held a virtual town hall with striking pilots. Company sources said the pilots had been promised a course correction to address concerns in the wake of Vistara's merger with Air India. This, sources said, will include improved growth potential once the merger is complete and better rostering of pilots, which is expected by May. The pilots have been told that opportunities to earn more will exist post the merger.

Almost 100 per cent of the pilots have now accepted the new contract, sources said, adding that no protest had been expressed by pilots during the virtual town hall. Emphasising the point that crisis brought on by pilot shortage is nearing an end, Vistara sources also said only 24 flights were cancelled today compared to the 52 affected yesterday.

The airline had earlier said it faced a "significant number" of flight cancellations and delays "due to various reasons including crew unavailability". It also said it had decided to temporarily reduce the number of flights it operates "to ensure adequate connectivity across our network"."We acknowledge and are deeply concerned about the inconvenience this has caused to our customers. Having said that, our teams are working



towards minimizing the discomfort to the customers," the airline said.

Vistara pilots had called in sick to protest the revised salary structure ahead of the merger with Air India. The pilots were sent a revised pay structure over mail and asked to sign on a short notice. The pilots were also warned that those who did not sign would be left out of the merger. Pilots have complained that their cost to company (CTC) had been reduced in the new contract, in which they are mandated to fly 40 hours as opposed to 70 hours earlier. Sources in the airline, however, said that under the new structure pilots were incentivised to fly more, and that they could, in fact, earn more than they did earlier.

The centre is monitoring the situation and has sought daily reports from Vistara. Civil Aviation Minister Jyotiraditya Scindia had asked the airline to share the steps they are taking to deal with the inconvenience caused to passengers.

Boxer Vijender Singh Switches From Congress To BJP

HT News Network

New Delhi: In another jolt to the Congress weeks before the Lok Sabha elections, boxer Vijender Singh has joined the Bharatiya Janata Party (BJP). The Olympian had joined the Congress in 2019 and unsuccessfully contested the general elections from the South Delhi constituency, losing to the BIP's Ramesh Bidhuri. Sources said the Congress had planned to field the 38-year-old against BJPMP Hema Malini, who has been named as a candidate from the Mathura seat once again. The move is expected to help the BJP consolidate votes from the Jat community, which is especially important in Haryana and Western UP. The boxer is expected to campaign extensively for the BJP in these two areas.

Naveen Patnaik Set To Contest From Hinjili Assembly Seat

■ HT News Network

New Delhi: Odisha Chief Minister Naveen Patnaik is set to contest for a record sixth time from the Hinjili assembly seat for the Biju Janata Dal (BJD). Mr Patnaik is the second longest-serving chief minister after Sikkim's Pawan Kumar Chamling. Winning in 2024 will help him overtake Mr Chamling. 1. Naveen Patnaik was born on October 16, 1946, in Cuttack to former Odisha Chief Minister Biju Patnaik and Gyan Patnaik. He went to school $at St Joseph's \, Convent \, in \, Cuttack \, before \, moving \, to \, Welham \,$ Boys' School in Dehradun and later to The Doon School. Mr Patnaik pursued his Bachelor's Degree in Arts at Kirori Mal College, Delhi University. He is also a gifted painter with a keen interest in history and culture..



China won't 'sit idly by' on tech curbs, Xi tells Biden

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HT News Network

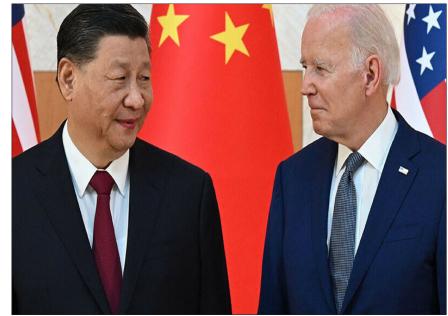
13TH HEADLINES

WASHINGTON: President Joe Biden and Xi Jinping clashed in a telephone call on Tuesday about US trade restrictions on technology and on Taiwan, but they looked to manage their tensions, with two top US officials to head shortly to

The telephone conversation was the two leaders' first direct interaction since a summit in November in California that saw a marked thaw in tone, if not the long-term rivalry, between the world's two largest economies.

Treasury Secretary Janet Yellen will leave on Wednesday and visit both Guangzhou, the southern city emblematic of China's manufacturing power, and Beijing, with Secretary of State Antony Blinken due in China in the coming weeks, officials

"Intense competition requires intense diplomacy to manage tensions, address



conflict. And this call is one way to do

misperceptions and prevent unintended that," a US official said in a briefing to

The official said the talks were not aimed at resolving differences, and the two leaders were open about heated disagreements. Xi accused the United States of creating economic risks with Biden's sweeping ban on high-tech

"If the United States insists on suppressing China's high-tech development and depriving China of its legitimate right to development, we will not sit idly by," Xi warned, according to Chinese state

Biden rebuffed his appeal, with the White House saying he told him "the United States will continue to take necessary actions to prevent advanced US technologies from being used to undermine our national security, without unduly limiting trade and investment."

The White House said Biden pressed Xi to ensure "peace and stability" across the Taiwan Strait ahead of the inauguration on May 20 of President-elect Lai

White House hosts muted Ramazan event as Biden's Israel policy draws anger

HT News Network

The White House held a scaled-down Iftar dinner on Tuesday to celebrate Ramazan, after some invitees turned the president down over frustrations in the Muslim community over his policy toward Israel's military campaign in Gaza.US President Joe Biden met with Muslim leaders before having a small dinner with senior Muslim officials in his administration, first lady Jill Biden, Vice President Kamala Harris and her husband. "President Biden will host a meeting with Muslim community leaders to discuss issues of importance to the community," the White House press secretary Karine Jean-Pierre told reporters on Tuesday, explaining these leaders would rather have a meeting than a dinner. The White House "adjusted the format to be responsive," she said. One of the attendees, Dr Thaer Ahmad, an emergency room doctor who spent at least three weeks in Gaza, told CNN that he walked out of Tuesday's meeting before it ended."Out of respect for my community, out of respect for all of the people who have suffered and who have been killed in the process, I needed to walk out



of the meeting," Ahmad said. Ahmad, who said he was the only Palestinian-American in the meeting, said "there wasn't a lot of response" from Biden.

"He actually said he understood, and I walked away," Ahmad told CNN.

The event is a sharp contrast to last May when Biden hosted a reception for Eid. Dozens of attendees cheered Biden at the White House as he told the crowd: "It's your house."

Muslim members of Congress who attended that event included Representatives Ilhan Omar and Rashida Tlaib, who is Palestinian American.

They are now among the biggest critics of Biden's Gaza policy.

Deadly strike on Iran consulate 'crossed a line': analysts

HT News Network

BEIRUT: A deadly strike blamed on Israel against Iran's diplomatic mission in Damascus could trigger a spillover of the Gaza crisis across the region, an escalation Tehran had sought to avoid, analysts said.

Monday's strike levelled the consular annex of the Iranian embassy and killed 13 people, including seven members of Iran's Islamic Revolutionary Guard Corps (IRGC), Iranian state media reported.

They included two senior commanders of the Guards' Quds Force foreign operations arm, Brigadier Generals Mohammad Reza Zahedi and Mohammad Hadi Haji Rahimi, Iranian officials said. Ali Vaez of the International Crisis Group called the attack "a significant escalation". "By targeting an Iranian diplomatic facility, Israel has crossed a line," he said. After months of aggression in Gaza, Israel is now stepping up its operations against Iranian and pro-Iran commanders in Lebanon and Syria, a move observers fear could spiral into all-out war.

Say Netanyahu thinks Israel will have to fight 'war with Iran' and he wants US to join itAlthough Iran has said it wants to avoid full-scale war, supreme leader



Ayatollah Ali Khamenei warned on Tuesday that "Israel will be punished" for the Damascus strike, while President Ebrahim Raisi said the raid "will not go unanswered".

The Damascus strike could signal that Israeli Prime Minister Benjamin Netanyahu, entangled in Gaza for nearly six months, is preparing for a wider regional conflict.Under pressure from Washington, "Netanyahu is running out of time to conduct the war in Gaza, and is instead turning to Lebanon and Syria to weaken the Iranian regional military effort," said Nick Heras of the New Lines Institute for Strategy and Policy. "Israel views the conflicts against Hamas in Gaza and Hezbollah in Lebanon as two fronts in a transnational war against Iran, which the Iranians run from Damascus," Heras added.

9 dead, hundreds injured in most powerful Taiwan quake in 25 years

HT News Network

At least nine people were killed and more than 800 injured on Wednesday by a powerful earthquake in Taiwan that damaged dozens of buildings and prompted tsunami warnings that extended to Japan and the Philippines before being lifted.

Officials said the quake was the strongest to shake the island in decades, and warned of more tremors in the days ahead.

"The earthquake is close to land and it's shallow. It's felt all over Taiwan and offshore islands," said Wu



Chien-fu, director of Taipei's Central Weather Administration's Seismology Centre.

Strict building regulations and widespread public disaster awareness appear to have staved off a major catastrophe for the earthquake-prone island, which lies near the junction of two tectonic plates.

Wu said the quake was the strongest since a 7.6-magnitude struck in September 1999, killing around 2,400 people in the deadliest natural disaster in the island's history.

Wednesday's magni-

tude-7.4 quake hit just before 8:00am local time (0000 GMT), with the **United States Geological** Survey(USGS) putting the epicentre 18 kilometres south of Taiwan's Hualien City, at a depth of 34.8 kilometres. Three people among a group of seven on an early-morning hike through the hills that surround the city were crushed to death by boulders loosened by the earthquake, officials said. This photo taken by Taiwan's Central News Agency (CNA) on April 3 shows a damaged building in Hualien, after a major earth-

quake hit Taiwan's east.

Outcry after Ghana priest marries 13-year-old girl

■ HT News Network

WASHINGTON: A traditional Ghana priest has sparked a national outcry after marrying a 13-year-old girl, prompting calls for his arrest. The 63-year-old priest Nuumo Borketey Laweh Tsuru XXXIII, also known as Gborbu Wulomo, married the girl in a traditional ceremony on Saturday near the capital Accra. The girl and her mother were placed under police protection soon after the mar-

'The allegations, if proven, constitute a criminal offence for which all persons involved must face prosecution," a

statement from the attorney general's office said. Under Ghanaian law, the legal minimum age for marriage is 18. Police and officials say the girl is 13, but the traditional authorities involved say she is 16.Defending his actions, the priest's spokesperson insisted the marriage was not about sexual relations. Without giving her age, he said the girl would not be expected to fulfil marital duties until she reaches the legal age of consent, which is 16 in Ghana. "It's not a marriage ceremony. There is nothing sexual attached to it. The priest has three customary wives already. It's a customary role to help the priest with his

riage as Ghana's attorney general opened an investigation.

spiritual duties," spokesperson Mankralo.

WHO reports sharp rise in newborn deaths in Gaza

HT News Network

GENEVA: Newborn mortality is rising sharply in the Gaza Strip, with babies being born underweight, the World Health Organisation said on Tuesday, citing medics on the ground. "From different doctors, particularly in the maternity hospitals, they're reporting that they're seeing a big rise in children born with low birth weight, and just not surviving the neonatal period because they're born too small," WHO spokeswoman Margaret Harris said at a briefing in Geneva. She said that at Kamal Adwan, the only paediatric hospital in northern Gaza, "at least 15 malnourished children are coming in per day, and the needs are just getting ever more severe".



statistics on child mortality because of the devastation in the Palestinian territory after six months of Israeli aggression, with

The WHO is unable to establish precise Harris saying many people do not even get to hospital. She cited a stabilisation centre set up last week, saying the inpatients were typically children with med-

you have got an underlying condition, malnutrition will kill you much more quickly, so they become the most urgent patients," she said.On Monday, the Israeli army pulled out of Gaza City's Al Shifa Hospital after a two-week military operation that left much of the complex in ruins and bodies scattered on the dusty grounds. The hospital was the biggest in the Palestinian territory."Al Shifa Medical Complex is gone forever," its acting director Marwaan Abu Saadah said in a WHO video filmed at the scene. Harris added: "It's no longer able to function in any shape or form as a hospital." "Destroying Al Shifa means ripping the heart out of the health system," she said, noting that it was a major hospital with 750 beds.

ical illnesses as well as malnutrition."If

Google agrees to delete records from Incognito tracking

HT News Network

Google has agreed to delete billions of records and submit to some restrictions on its power to track users, under the terms of a proposed legal settlement, BBC News reported. The deal aims to resolve a class action lawsuit brought in the United States in 2020, which had accused the tech giant of invading people's privacy by collecting user data even when they were browsing in 'private mode'. The suit had sought \$5 billion in damages. Google is supporting the deal, though it disputes the claims. It has already made changes in response to the lawsuit.

The data deletion will also apply outside of the United States. Tech giant accused of invading people's privacy by collecting user data

In January, shortly after the two sides announced plans to settle the case, the company updated its disclosures to make it clear that it still tracked user data even when users opted to search privately or using its "Incognito" setting. That mode provides some increased privacy because it does not save the browsing activity to the machine being used. Google settles lawsuit for 'private mode' tracking That same month, the firm said it was starting to trial a feature that would automatically block third-party cookies, which help track user activity, for all Google Chrome users.

Iran vows to punish Israel over **Damascus embassy attack**

HT News Network

DUBAI: Iran said on Tuesday it would take revenge on Israel for an airstrike that killed two of its generals and five other military advisers at the Iranian embassy compound in Damascus, heightening the risk of further escalation in conflict in the Middle East.

The strike marked one of the most significant attacks yet on Iranian interests in Syria, where Israel has stepped up a long-running military campaign against Iran and groups its backs as the Gaza war has rippled around the Middle East.

Until now, Iran has avoided directly entering the fray, while backing allies' attacks on Israeli and US targets. Israel has not declared responsibility for the attack which destroyed a consular building adjacent to the main embassy building in the upscale Mezzeh district on Monday night, killing seven members of Iran's Revolutionary Guards (IRGC).

Iranian UN mission calls attack 'violation' of diplomatic principlesBut a senior Israeli government official, speaking to Reuters on condition of anonymity, said those hit had "been behind many attacks on Israeli and American assets and had plans for additional attacks".Iranian Supreme Leader Ayatollah Ali Khamenei vowed revenge. "The Zionist regime will be punished by the hands of our brave men. We will make it regret this crime and others it has committed," he said.Khamenei's political advisor Ali Shamkhani, in a post on X, said the United States "remains directly responsible whether or not it was aware of the intention to carry out this attack".

According to Axios, citing a US official, Washington told Tehran it "had no involvement" or advanced knowledge of the Israeli strike.

Iranian state media said the death toll was 13, including six Syrians. Two security sources in Lebanon said at least one member of the Lebanese group Hezbollah was killed in the strike.

Israel bombed World Central Kitchen aid convoy travelling on 'pre-approved route' 3 times: report

■ HT News Network

An Israeli strike which killed seven people working for the aid charity World Central Kitchen (WCK) in Gaza on Monday night targeted the convoy travelling on a "pre-approved route" three times, according to a report by Israeli newspaper Haaretz.

The strike on the WCK convoy killed citizens of Australia, Britain and Poland as well as Palestinians and a dual citizen of the United States and Canada.

WCK, which was founded by celebrity chef Jose Andres, said they had been travelling in two armoured cars emblazoned with the charity's logo and another vehicle.Despite coordinating movements with the Israeli military, the convoy was hit as it was leaving its Deir al-Balah warehouse after unloading more than 100 tonnes of humanitarian food aid brought to Gaza by sea, WCK said.On Tuesday, Israeli Prime Minister Benjamin Netanyahu said the airstrike in Gaza was unintended and "tragic" as the military pledged an independent inquiry."Unfortunately in the past day there was a tragic event in which our forces unintentionally harmed non-combatants in the Gaza Strip," Netanyahu said in a video statement.

"This happens in war. We are conducting a thorough inquiry and are in contact with the governments. We will do everything to prevent a recurrence," he said.

Australia, Britain and Poland — countries which have generally been friendly towards Israel - all demanded action to protect aid workers, underscoring

Netanyahu's increasing diplomatic isolation over Gaza.

In a report carried on Tuesday, Haaretz — citing defence sources familiar with the details - said an Israeli drone fired three missiles "one after the other" at the aid convoy."According to the defence sources, the cars were clearly marked on the roof and sides as belonging to the organisation, but the war room of the unit responsible for security of the route that the convoy travelled identified an armed man on the truck and suspected that he was a terrorist," the publication

RDD Secretary reviews SANJY 2024 preparedness with district officers

HT News Network

SRINAGAR, APRIL 3: Secretary, Rural Development Department (RDD) and Panchayati Raj, Dr Shahid Iqbal Choudhary, today reviewed Shri Amarnathli Yatra (SANJY) 2024 plan viz a viz sanitation facilities, measures aimed at sustainability and zero waste management systems being put in place by the Department of Rural Sanitation in collaboration with the district administration.

Director General, Rural Sanitation, Anoo Malhotra, Assistant Commissioners Development (ACDs) and Assistant Commissioners Panchayats (ACPs) of Anantnag and Ganderbal district made a detailed presentation about the sanitation plan including mobilisation of manpower, machinery and installation of required infra-

structure. Various aspects related to sanitation, waste management, and overall preparedness for the yatra were covered.

Dr Shahid emphasized the importance of meticulous planning and coordination to ensure the safety and comfort of pilgrims throughout Baltal as well as Chandanwari routes. He laid stress on advance coordination with stakeholder departments and organisations including Jal Shakti Deptt, Kashmir Power Development Corporation Limited and Border Roads organisation for ensuring availability of water supply, power supply and movement of machinery, respectively.

Dr Shahid reiterated the department's commitment towards expediting the approval process for necessary measures, ensuring timely implementation of plans, and providing adequate support to address any challenges that may arise during the yatra. He elaborated measures being initiated by the department to ensure a smooth and successful SANJY 2024, emphasizing the importance of collaboration and innovation in addressing infrastructure challenges. He encouraged the team to explore new technologies and methodologies to improve the pilgrimage experience for devotees.

Earlier, Assistant Commissioner Panchayat (ACP) Ganderbal gave a detailed presentation about the proposed plan for this year's yatra,

For the yatra through Baltal route, the Rural Development Department (RDD) is planning to deploy required sanitation workers operating in 12-hour shifts per day to oversee sanitation activities. In addition, provisions are being made for hiring of tractors to manage garbage removal along the Baltal Axis, alongside plans for installing toilet and bath units at various camp locations and en route from Nilgrat to the Holy Cave.

Moreover, a substantial allocation of dustbins along the Baltal Axis is being planned to maintain cleanliness and hygiene standards.

The meeting outlined strategies for repair and renovation of Community Sanitation Complexes (CSCs) along the Yatra route. Additionally, provisions are also being planned for electrifying CSCs to ensure pilgrims' access to essential facilities. Furthermore, plans were detailed for hiring skilled workers to address any sanitation challenges arising from choked drains and sewer lines during the

Assistant Commissioner Panchayat (ACP) Anantnag outlined comprehensive plans to ensure cleanliness and efficiency along this Chandanwari route.

In Anantnag district, RDD is planning to deploy 20 per cent of manpower for path maintenance and beautification activities starting 15 days before commencement of the Yatra. To support the staff involved in Yatra operations, tents will be installed at camp sites, and control rooms will be established at District HQand Pahalgam. Additionally, waste management capabilities will be enhanced with the installation of bailing machines and shredders at camp sites.

For effective communication with pilgrims, LED boards will be strategically placed along the Pahalgam Axis to provide information and updates. Logistical arrangements will be made, including the hiring of ponies to transport dust bins and signage from Chandanwari to Panjtarni/Holy Cave, as well as for VIPs visiting the Holy Cave.

Concerns were raised about the condition of existing facilities, such as toilets, at pilgrimage sites, with emphasis placed on the importance of conducting thorough inspections to address any maintenance issues.

Furthermore, officials emphasized the significance of solid waste management and implementation of effective sanitation practices throughout the pilgrimage route. Plans were discussed to tender projects for waste management units and to ensure proper disposal of waste to prevent environmental degradation.

Additionally, discussions centered around the need for clear timelines and detailed plans for each camp along the yatra route.

Officials stressed the importance

Illegal extraction & transportation of minerals

03 persons in Kulgam

Police seizes 03 vehicles, arrests

■ Farooq Rather

Kulgam: April 03: Cracking a whip on illegal extraction

and transportation of minerals, police have seized three

A Police party led by IC PP Mirbazar seized three

vehicles (Tippers) at Mirbazar Chowk. besides, arrested three drivers on the spot, involved in illegal extraction

and transportation of minerals. The accused drivers

have been identified as Muzaffar Ahmad Lone son of

Abdul Salam Lone resident of Shankarpora dooru,

Anantnag, Mohammad Aarif Dar son of Noor Moham-

mad Dar resident of Hetiwara Lethpora, Awantipora and

Aadil Ahmad Lone son of Gull Mohammad Lone resident

of Shankarpora Dooru, Anantnag. They have been

shifted to police station Qazigund where they remain

vehicles and arrested three drivers in Kulgam.

Lok Sabha Elections 2024 DEO Bandipora conducts comprehensive inspection of polling stations

HT News Network

BANDIPORA, APRIL 03: The District Election Officer (DEO/DC) Bandipora, Shakeel ul Rehman today conducted a comprehensive inspection of various polling stations of Bandipora including Chaliwaan- Chittaybandi, Brar and other adjacent areas.

The visit was aimed to ensure smooth conduct of elections and assess readiness and functionality of polling stations for the ongoing General Elections to Lok Sabha-2024.

The DEO was accompanied by DyDEO Mohammad Rafeeq Bhat, ACD Mumtaz Ahmad Pir, Tehsildar and other concerned officers.

The DEO on the occasion inspected accessibility measures, besides availability of Assured Minimum Facilities at polling stations.

Areas needing improvement were promptly identified besides DEO passed on spot directions to address the issues in order to guarantee a fair and transparent elec-

The DEO emphasized that all necessary arrangements are in place to facilitate smooth voting and uphold the integrity of the electoral system.

He also directed the concerned to ensure preparedness and adherence to ECI guidelines besides stressing that all guidelines of Election Commission of India shall be implemented in letter and spirit.

Director Agriculture visits Harwan, Dara, Theed, Faqir Gujri areas of Srinagar

SRINAGAR, APRIL 03: The Director Agriculture Kashmir, Chowdhary Mohammad Igbal today visited Harwan, Dara, Theed and Faqir Gujri areas of Srinagar district to take stock of the current scenario of oilseed (mustard) crop and other agriculture crops in the area.

While talking to the farmers, Director Agriculture expressed satisfaction over the crop status of different agriculture crops including Mustard. He said the scientific interventions adopted by the farmers have started bearing fruits.

Director Agriculture directed the concerned officers to work in close coordination with the farmers and guide them in all the pre and post harvest operations. He asked farmers to take all the precautionary measures during different agriculture activities.

Director Agriculture was accompanied by Chief Agriculture Officer Srinagar, Manohar Lal Sharma and other officers of the department.

Langate's Heartfelt Embrace: Showket Hassan **Pandit Grateful for Community Condolences**

DR.AB QAYOOM

Langate, April, 03: Amidst the recent loss of his father, Ghulam Hassan Pandit, in Wahipora Langate, Showket Hassan Pandit, the Senior Leader and Former Block Development Council Chairman of Langate, has been overwhelmed by the outpouring of support and condolences from the local community In a statement issued today, Pandit expressed deep gratitude to everyone who took the time to visit his residence and offer their condolences during this difficult time. He extended his thanks to individuals from various walks of life, including political, social, religious, administrative, media fraternity, trade bodies, villagers, friends, and all others who provided sympathy and support. Pandit emphasized the importance of the support he received, stating, "I am much thankful to all of them who stood with me in this difficult times."



His acknowledgment highlights the strength of solidarity and empathy within the community during times of grief.The collective support and condolences from the community reflect the high regard and respect with which Ghulam Hassan Pandit was held.Pandith expressed his heartfelt appreciation, saying, "Your support made a tremendous difference

during this challenging time. I am truly grateful for each and every one of you who offered your presence and kind words of support."This statement serves as a testament to the unity and compassion of the local community in Langate, as they come together to support one of their own during a time of loss.

Accordingly, case vide FIR no 97/2024 under relevant sections of law has been registered at Police Station Qazigund and investigation has been initiated People are requested not to indulge in any kind of

in custody.

illegal mining activities from any Nallah as it is the violation of Government rules. Persons found indulging in illegal mining activities shall be dealt as per law.

Sajad Lone presides over impactful block meeting in **Handwara**

■ Dr Abdul Qayoom

Srinagar, April 03 (KNS): J&K Peoples Conference President Sajad Lone chaired a significant block meeting of Block Lower Rajwar and Handwara town today while reaffirming the party's dedication to grassroots engagement and community mobilization.

The event witnessed a formidable gathering of dedicated workers from two blocks, highlighting a groundswell of support and activism within the party.

In his address, Sajad Lone articulated his profound satisfaction at the exponential surge in support for Peoples Conference, echoing sentiments of hope and renewal permeating throughout the Kashmiri political landscape."The evolving political dynamics in Kashmir signal a profound shift towards genuine change and inclusive governance," asserted Lone. "Our mission is anchored in the principles of honesty, transparency and service to the people, devoid of empty rhetoric or superficial promises. It is incumbent upon us to fulfill the aspirations of our people and pave the way for a future defined by prosperity and opportunity."Mr. Lone also highlighted the need for party members to strengthen connections with grassroots communities, emphasizing the proactive engagement and transparent communication."As we stand at the crossroads of history, we are reminded of the profound responsibility entrusted to us by the people of Kashmir. Our mission transcends mere political rhetoric, it is a solemn covenant to safeguard the interests of the marginalized, uplift the downtrodden and champion the cause of social justice. Let us forge ahead with courage and conviction, mindful of the transformative power of unity and collective

DC Shopian tours Keegam tehsil, interacts with public Instructs DMO to check illegal mining in the area

HT News Network

SHOPIAN, APRIL 03: The Deputy Commissioner (DC) Shopian, Faz Lul Haseeb today visited and inspected the Nallah Bala Nowpora, Allowpora where he interacted with the public and listened to issues.

People flagged-off various issues including allegations of illegal mining in the area. The people of Bala Nowpora, Allowpora apprised the DC that the illegal mining damages the local water sources and orchards.

The DC after listening to them patiently, directed the District Mining Officer Shopian and his team for checking and stopping the illegal mining forthwith, if



occurring in the area.

He instructed concerned to continuously monitor the area and enhance inspections in the area against the persons involved in violations and take strict action against anyone found violating the norms.DMO on the occasion apprised that strict action including seizure of

machinery, vehicles, and other penal action shall be taken against the violators.

The DC was accompanied by ADC, Shopian, Dr. Zakir Hussain Faaz; Tehsildar Keegam and DMO Shopian.: The Deputy Commissioner(DC)Shopian,Faz Lul Haseeb today visited and inspected the Nallah Bala Nowpora, Allowpora

issues.People flagged-off various issues including allegations of illegal mining in the area. The people of Bala Nowpora, Allowpora apprised the DC that the illegal mining damages the local water sources and orchards. The DC after listening to them patiently, directed the District Mining Officer Shopian and his team for checking and stopping the illegal mining forthwith, if occurring in the area. He instructed concerned to continuously monitor the area and enhance inspections in the area against the persons involved in violations and take strict action against anyone found violating the

where he interacted with

the public and listened to

Arrangements for Eid-ul-Fitr & Navratra discussed at Ganderbal

HT News Network

GANDERBAL, APRIL 03: The Deputy Commissioner(DC)Ganderbal,Shyambir today convened a meeting to deliberate and plan for the smooth celebration of the upcoming Navratra and Eid-ul-Fitr festivities in district Ganderbal.

The meeting entailed a comprehensive discussion on various aspects of arrangements, including security measures, provision of safe drinking water, uninterrupted power supply, first-aid services, sanitation, availability of fire tenders, street lighting, cleanliness and transport management in the district.

Heads of different departments were issued necessary directives to ensure meticulous arrangements in their respective domains, with special emphasis on cleanliness and security to avert any



untoward incidents during the festive

The Jal Shakti department was entrusted with ensuring a consistent supply of drinking water, while the Ex. Engineer PDD was directed to ensure uninterrupted power supply throughout the festival

Maintaining the cleanliness of the town was highlighted, with the EO Municipal Council Ganderbal directed to take necessary actions especially in and around major Mosques and Eidgah Duderhama where major congregation prayers are expected. Civil society's cooperation was encouraged in keeping the town clean.

Similarly, BDOs were directed to take cleanliness measures in their respective jurisdictions.

In order to prevent profiteering and black marketing by business establishments operating in Ganderbal, the Food Safety department was directed to conduct market checking across all markets of the district to ensure all essential commodities are sold at Government approved rates as per the quality standards.

The Traffic Department received instructions to deploy an adequate number of personnel in areas prone to traffic

congestion. ARTO Ganderbal was directed to ensure adequate transport facility on all the roads of the district besides transport service shall be made available on Ganderbal-Hazratbal and Ganderbal-Soura routes on all important days like Shabi Qadir, Jumatul-vida and Eid.

G.A.Mir expressed grave concern over failures to release payments to contractors

HT News Network

New Delhi April 3 (KNS): Contractors dealing with different departments are begging for the release of their payment against the work done despite the completion of the financial year. The payments as per the financial plans should have been cleared before 31st March, but this year the story is different thereby pushing the contractors towards economic distress, besides leaving them unable to clear the payments against supplies they used to receive from different suppliers and agencies for executing the allotted works. All India Congress Committee (AICC) General Secretary and former J&K PCC President Ghulam Ahmad Mir made these comments today while reacting to the economic crisis confronting contractors due to the non-release of payments against the work done. Mir expressed grave concern over the economic distress confronting contractors due to the non-release of payments despite the completion of financial year 2024.

tallow wasn't replaced with vegetable oil

Although beef tallow may seem an

advantageous type of fat in high-heat

cooking, the emphasis should not be on promoting its widespread use but rather

on recommending the rare use of high-

heat cooking techniques. Because, as it is

known, these cooking techniques can lead

to the release of carcinogenic substances

as well as loss of nutrient content. How-

ever, as long as these cooking methods are rarely used, there is no harm in using

Within this context, it's important to consider the differences between olive oil

and beeftallow when incorporating them

into your meals. For salads or vegetable

beef tallow instead of vegetable oils.

or was replaced with canola oil.

NEWS

7Superfoods To Help Improve Quality Of Sleep



mproving the quality of sleep can be influenced by various factors including lifestyle, environment, and diet. Incorporating certain foods into your diet, known as "superfoods," can potentially aid in better sleep quality. Read on as we share a list of superfoods to help improve your sleep

1. Kiwi

Kiwis are rich in antioxidants and serotonin, which can help regulate sleep cycles. They also contain folate, which may contribute to better sleep. Eating 1-2 kiwis about an hour before bedtime may help improve sleep quality.

2. Almonds

Almonds are a good source of magnesium, which has been linked to better sleep. Magnesium helps relax muscles and promotes calmness. Consuming a small handful of almonds as a pre-bedtime snack can potentially aid in sleep.

3. Cherries

Cherries, particularly tart cherries, are one of the few natural sources of melatonin, a hormone that regulates sleep-wake cycles. Drinking tart cherry juice or eating a small bowl of cherries in the evening may help improve sleep quality.

4. Salmon

Salmon is rich in omega-3 fatty acids, which have been associated with improved sleep quality by reducing inflammation and promoting serotonin production. Grilled or baked salmon served as a dinner option can be beneficial for sleep.

5. Bananas

Bananas contain magnesium and potassium, which help relax muscles and nerves. They also contain tryptophan, an amino acid that can contribute to the production of serotonin and melatonin. Eating a banana as a bedtime snack or incorporating it into a smoothie can be a good way to promote better sleep.

6. 0ats

Oats are a good source of complex carbohydrates, which can help increase serotonin levels. They also contain melatonin. Consuming a small bowl of oatmeal a few hours before bedtime may help improve sleep quality.

7. Walnuts

Walnuts are another good source of omega-3 fatty acids, which have been linked to better sleep. Additionally, they contain melatonin and tryptophan. Eating a small handful of walnuts as a bedtime snack can potentially aid in sleep.

The Truth About Beef Tallow: What Are the Health Effects?

eef tallow, a form of rendered beef fat, has been a culinary staple for centuries. While its historical use persists, questions about its health effects remain. As interest in traditional and whole-food diets grows, so does curiosity about the healthiness of $be eftallow. This \, article \, examines \, its \, nutri$ tional content, potential benefits, risks, and its place in scientific dietary recommendations.

Nutritional profile of beef tallow

Beef tallow is a traditional ingredient commonly used in preparing various meat dishes. Its solid form at room temperature indicates its high saturated fat content, characteristic of animal-origin fats.

Health effects of beef tallow

According to a study conducted by the Cochrane group, a renowned center of meta-analysis research, reducing saturated fat consumption reduces the risk of cardiovascular disease by 21%. This strategy typically involves replacing saturated fats, such as those found in beef tallow, with healthier alternatives like polyunsaturated fatty acids or nutritious carbo-

However, one animal study might cause confusion as it suggests positive effects of beef tallow on lipid profile and other health markers. It compared a high-fat diet with one containing beef tallow, and surprisingly, found that replacing other fats with beef tallow reduced serum total cholesterol and non-high-density lipoprotein cholesterol levels.

Furthermore, mice on the high-fat diet with beef tallow had lower fat levels in their fat tissue. Also, switching to a diet with beef tallow, which had a healthier balance of omega-6 and omega-3 fats, boosted the activity of an enzyme called

phospho-AMP-activated protein kinase. This enzyme helps regulate how cells use energy and reduces stress in the liver and fat tissue.

While these findings may suggest poten-

Is beef tallow better than other forms of fats?

Alongside high-quality and nutritious



tial benefits of consuming beef tallow, it's crucial to consider the study's comparison. One group was fed a high-fat diet containing soybean oil and lard (saturated fat from pigs), while the other group had some of the lard replaced with beef tallow. However, since the amount of lard was reduced in the second group, we can't conclude that beef tallow is healthier than other fats, like vegetable oils, based solely on this study.

Nonetheless, for some cooking techniques, the use of beef tallow can actually give us an advantage compared to several vegetable oils with low smoking points, such as sunflower oil. This is particularly true for high-temperature cooking applications, where beef tallow tends to remain more stable compared to vegfat sources such as olive oil, which have proven protective effects against metabolic diseases and possess qualities such as anti-cancer and anti-inflammatory properties, claiming that beef tallow is healthier would only be speculation.

Beef tallow generally contains fewer unsaturated fatty acids compared to vegetable oils, making it more stable for cooking. This stability suggests fewer harmful substances are produced during cooking, such as polycyclic aromatic hydrocarbons and lipid oxidation. However, a study comparing burgers made with beef tallow versus those made with vegetable oil found intriguing results. While burgers with beef tallow had less lipid oxidation, they also had higher levels of polycyclic aromatic hydrocarbons, especially when beef

dishes, olive oil may be a preferable choice due to its potential health benefits. And when it comes to grilled or fried meat dishes with beef tallow, moderation is key.

You can choose beef tallow sourced

How to choose beef tallow

from grass-fed or pasture-raised animals. These animals are typically raised in more natural and humane conditions, resulting in higher-quality fat. Beef tallow should appear creamy white or pale yellow in color, with a mild odor. Avoid tallow that smells rancid or has a strong, off-putting scent, as it may indicate spoilage. For packaging, glass jars or vacuum-sealed pouches are preferable options.

Make sure to read labels to see if there are any additives. It is better to choose beef tallow that is minimally processed and free from additives or artificial ingredients. Pure, unadulterated tallow is the best choice for culinary use.

If the brand doesn't provide the necessary information that we mentioned above, think twice. Choose brands or suppliers that provide transparency regarding their sourcing and production methods.

How To Incorporate Wellness Into Your Wedding Preparations

he air is abuzz with excitement and joyous celebrations this season, and one of the reasons is the ongoing wedding season. From attending cosy winter weddings to breezy spring wedacross families go into making them remarkable and auspicious celebrations. However, amidst the hustle and bustle of preparing for the grand affair, there is one thing we should continue to focus on -cultivating a

healthy lifestyle. It's the secret to feeling your best and being able to relish every moment of the wedding festivities. Sheryl Salis, Registered Dietitian and Founder, Nurture Health Solutions, Saffola Nutrition Partner dings, lengthy preparations guide us through five simple, everyday steps that can be seamlessly integrated to maintain a healthy lifestyle alongside the

chaos of wedding preparations. During wedding preparations, savour the joy of good food and avoid post-event guilt by



being a little mindful of health. This can be achieved through clever portion control. Here's a practical move: Trade that 12-inch plate for a 9-inch one.

Fill half with non-starchy, lowcalorie veggies like broccoli and spinach, and limit carbs such as rice and chapati to a modest one-fourth of the portion. Let protein options like eggs, chicken, soya and dal join the party

in the remaining space. Sipping some water before the feast is also a great tip as it helps distinguish between hunger and thirst. And remember to chew your food well, giving your taste buds a delightful encore by relishing each bite.

With these simple adjustments, your meals become a celebration of joy and health, leaving you nourished and ready for the festivities ahead.

Fats play a crucial role in a healthy diet. So, learn about the better ones to make an informed choice about eating right. Choose good fats like MUFA and PUFA. MUFA helps increase good cholesterol while PUFA reduces bad cholesterol. While cooking, opt for multisource (blended) edible oils - a healthier alternative.

What Is Emotional Flooding and **How Can You Overcome It?**

■ Zargar Gulzar

Baramulla, April 3,; In a significant development, the Government Medical College (GMC) Baramulla has fulfilled a long-pending demand of the public by installing an advanced Fibroscan Unit. This unit, equipped with state-of-the-art medical technology, will enhance the diagnostic capabilities of the hospital and benefit patients in the North Kashmir region.

The newly installed fibroscan unit at GMC Baramulla offers a range of essential medical procedures, including, Fibroscan of Liver.

The installation of Fibroscan technology is particularly noteworthy. It provides a non-invasive assessment of liver health by measuring liver stiffness. This diagnostic tool is especially beneficial for patients with fatty liver disease, as it helps evaluate the degree of liver fibrosis without the need for a biopsy. Administrative Support and Public DemandThe initiative to install this advanced endoscopic unit was taken on the directions of Dr. Syed Abid Rashid IAS, the Administrative Secretary of Health and Medical Education. Dr. Rashid's vision for improving healthcare infrastructure in the region has led to this significant



The public had long advocated for the installation of a Fibroscan at the hospital. Patients suffering from fatty liver disease faced challenges in accessing timely and accurate diagnostic services. With the new Fibroscan in place, they can now breathe a sigh of relief, knowing that their liver health will be assessed efficiently and without invasive procedures.The Associated Hospital GMC Baramulla celebrates this achievement as another milestone in its commitment to providing quality healthcare services to the community. The availability of advanced diagnostic tools ensures that patients receive timely diagnoses, leading to better treatment outcomes.

upgrade at GMC Baramulla. As the Fibroscan becomes operational, medical professionals at GMC Baramulla are better equipped to manage liver-related conditions effectively. The installation of this unit reflects the dedication of the healthcare team and the government's commitment to meeting the healthcare needs of the people in the region.

In conclusion, the installation of the Fibroscan at GMC Baramulla marks a significant step forward in improving medical services and addressing the long-standing demand of the public. Patients can now look forward to accurate diagnoses and better management of liver health, thanks to this state-ofthe-art technology.

Unsafe Sleep Habits Are Involved in Most Sudden Infant Deaths

he vast majority of sudden infant deaths in the United States involve unsafe sleep habits, according to a new

Between 2011 and 2020, more than three-quarters of sudden unexpected infant deaths involved multiple unsafe sleep factors, including co-sleeping.

That's according to a recent study published in Pediatrics, which examined 7,595 cases of sudden infant deaths among residents of 23 U.S. jurisdictions. Of these cases, 59.5% were sleep surface sharing when they died, and most were younger than three months-old.

Sleep surface sharing, or co-sleeping, refers to when an adult and infant sleep together on the same surface, such as a bed, couch, or chair. It's highly discouraged by experts and considered to be quite dangerous, putting an infant at a higher risk for injury, sudden infant death, and situations like an adult accidentally rolling over them. According to the study, 75.9% infants were in an adult bed when they died.

The researchers found that infants who died while sleep surface sharing were more often aged 0 to 3 months, non-Hispanic Black, publicly insured, lying supine, found in an adult bed or chair/couch, had a higher number of unsafe sleep factors present, were exposed to maternal cigarette smok-



ing prenatally, were supervised by a parent at the time of death, or had a supervisor who was impaired by drugs or alcohol at the time of death.

"Most SUID, regardless of sleep location, had multiple unsafe sleep factors present, demonstrating the need for comprehensive safe sleep counseling for every family at every encounter," the authors wrote.

Safe sleeping for newborns According to the U.S. Department of Health and Services, a safe sleep environment for a baby is firm (returns to its original shape quickly if pressed on), flat (like a table, not a hammock), level (not at an angle or incline), and covered only with a fitted sheet.That's because research has shown that babies who sleep on soft surfaces or with items are at higher risk of sleep-related death including sudden infant death syndrome (SIDS), entrapment, suffocation, and strangulation. Sleep surfaces that aren't level can cause positional asphyxia, which is when a baby's body position gets in the way of their breathing.

"SUID deaths in the U.S. are still higher than in most other countries, and this is unacceptable," said researcher Fern Hauck, M.D., MS, a safe-sleep expert at UVA Health and the University of Virginia School of Medicine, in a news release. "Clinicians and others caring for infants need to have thoughtful conversations with families at risk to understand the barriers to following safesleep guidelines and find ways to work together to overcome them."



Mustafizur a doubt for CSK's game against Sunrisers on Friday

Mustafizur a doubt for CSK's game against Sunrisers on Friday

NEW DELHI: Mustafizur Rahmanisadoubtfulstarterfor Chennai Super Kings' next IPL game against Sunrisers Hyderabad in Hyderabad on Friday. It is understood that the left-arm seamer has returned to Bangladesh to sort out his visa, along with the rest of the travelling contingent, for the upcoming T20 World Cup, which will be hosted by the West Indies and

13TH CHEADLINES

The T20 World Cup will kick off on June 1, less than a week after the IPL final on May 26 in

Mustafizur had provided a potent point of difference to CSK's attack with his whippy cutters and extra pace, claiming a chart-topping seven wickets in three games at an average of 15.14 and economy rate of 8.83. Four of those seven wickets came in a space of ten balls on his CSK debut, against Royal Challengers Bengaluru, in the season opener on March 22 at Chepauk. He is the only Bangladesh player to have attracted a bid in the IPL 2024 auction.

In the potential absence of Mustafizur, CSK could bring back Sri Lanka mystery spinner Maheesh Theekshana against Sunrisers. England's offspinbowling allrounder Moeen Ali is the other overseas option for CSK. This might result in CSK breaking up a strong pairing between Mustafizur and Matheesha Pathirana, who also operates at the death in T20

"Having options all the way through your line-up is very important," CSK bowling consultant Eric Simons, said on the eve of their game against Delhi Capitals in Visakhapatnam. "One of the things is having a squad that gives you balance. You can make those sort of adjustments. If you can't make those adjustments, then you can't utilise the assets that you've got.

makes a big difference to our balance and what we can achieve. And the fact that they're so different...having a left-armeris important, some of the balls are kind of slow, but what he [Mustafizur] does, and then the uniqueness of Matheesha as well, that's a massive asset. No one likes to face him - our batsmen don't like to face him - so I'm sure the opposition doesn't

"But having the batting

strength we have, having the

allrounders in the top order, that

If CSK want to replace Mustafizur with a local option, then a fit-again Mukesh Choudhary

could get a game. The Maharashtraleft-arm seamer, though, has not played a competitive match since December 2022 because of multiple injuries. At the end of IPL 2022, he had suffered a rib fracture and then a lower-back injury.

"Injury is always tough, like coming back from an injury is always going to be very difficult to get back into the team," Choudhary told reporters in Chennai earlier this season. "This year we have eight fast bowlers. So, it's difficult to play in the team. But I'm trying my bestandI'mfitnowandbowling really well.

Moody: Mayank 'definitely in the conversation' for **T20 World Cup**

BENGALURU: Mayank Yadav has played only two IPL games but the conversation has already started if he should be part of India's squad for the T20 World Cup in June. On his IPL debut on Saturday, Mayank picked up 3 for 27 against Punjab Kings and was named the Player of the Match. During his spell, he clocked 155.8kph, the fastest delivery of IPL 2024.

Three days later, against Royal Challengers Bengaluru at the Chinnaswamy Stadium, he bettered it. He clocked 156.7kph and picked up 3 for 14 to claim his second consecutive Player-of-the-Match award.

Talking on ESPNcricinfo's show T20 Time Out Live, Tom Moody said: "He is definitely in the conversation. Whether you take that risk punting on him or not is another conversation because you also need to consider what skillset you need in that reserve fast bowler - is it someone who is a powerplay bowler, or someone who has the ability to bowl at the death, all those subtle skillsets are important when you are talking about a T20

Mitchell McClenaghan, Moody's co-panellist, said if Mayank continues in the same manner, he would be "right in the mix" to join the T20 World Cup squad.

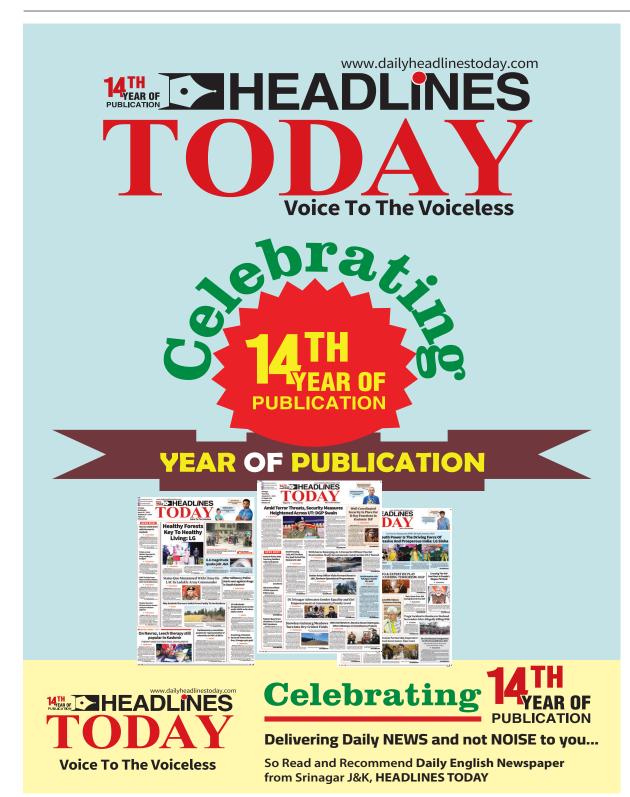
"If his form continues throughout this tournament, the World Cup starts six days after the IPL, I think it would be crazy not to look at the players who are in form going into that tournament," McClenaghan said. "He may not have the caps behind him, but if he continues this vein of form and can keep his pace up throughout the whole tournament and keep winning games - he has won two games in a row, his first two games - then you are right in the mix. Long shot but you wouldn't say never."

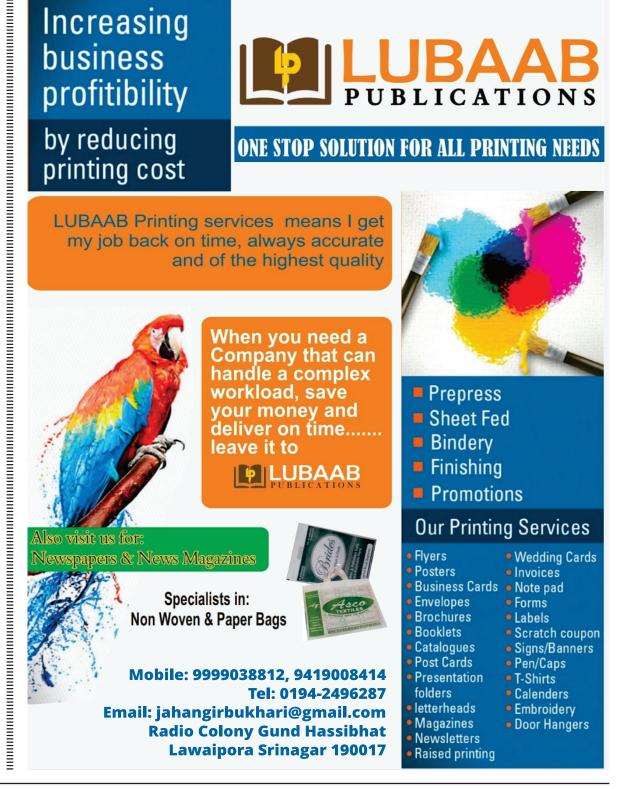
Fast bowler Varun Aaron also had the same view. "I think no matter what the chatter is, he should focus on one game at a time," he said. "Because that is going to automatically help him make his case. With the kind of work he has put in in the last two games, that does bring a lot of eyeballs but it has to be repeated over a period of time. The T20 World Cup, I am sure, he is going to be a contender if he backs it up with a few more performances because he is bowling absolute gas."

Apart from the searing pace, what has stood out is Mayank's accuracy. On Tuesday, he bowled 17 dots in his spell, and not a single wide or no-ball.

"What's so impressive is it's not only just the pace - it's like everyone likes seeing a Nicholas Pooran hit the ball out of the ground, it is exhilarating to watch-but it's his control," Moody said. "Not only he has got the control, but he looks like he has got quite a mature head on his shoulders with regards to how he is bowling, and what lines he is bowling and lengths he is bowling. He is a real find."

A aron was equally impressed with Mayank's control."Going into the game, we said that lines are going to be important," he said. "Not just lines, even lengths he adapted. He bowled a few yorkers, it's not just bowling back of length and being one-dimensional. The ball to Cameron Green was beautiful. He had hit him for a really convincing pull the previous ball.





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