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# **This Election Is About Making** India A Big Global Power In **Next 5 Years: PM Modi**

**HT News Network** 

DAMOH (MP), APR 19: Prime Minister Narendra Modi on Friday said the ongoing Lok Sabha election is about making India a big global power in the next five years and asserted a strong and stable government was needed in view of prevailing situation in the world.

Addressing an election rally at Damoh in Madhya Pradesh, he accused the Congress of weakening the defence sector for decades when in power and alleged the opposition party did not want French made Rafale fighter jets to come to India.

On the other hand, his government is strengthening the



defence sector, said Modi.

"The BJP government is making our defence forces selfreliant; India is exporting weapons to many countries. India is  $exporting BrahMos \, supersonic \,$ cruise missiles to the Philippines," he said.

In an apparent reference to Pakistan, Modi said a neighbouring country which is supplying 'aatank' (terror) is now struggling for 'aata' (flour).

The PM asserted his government was committed to the welfare of the poor and pointed out that the Centre has extended the free ration scheme for five more years for nearly 80 crore beneficiaries.

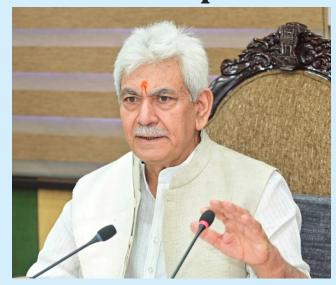
TURN ON.....PAGE 02

# LG Sinha Calls For An Approach **Towards Skill Development**

**■** HT News Network

JAMMU, APR 19: Jammu and Kashmir Lieutenant Governor Manoj Sinha on Friday emphasised on the vital need for upskilling and reskilling of youth and labour workforce as per the evolving skill development landscape to meet the requirements of industries.

Chairing a high-level meeting to review skill development, entrepreneurship and labour welfare here, the Lt Governor called for a whole of government approach towards skill development and providing opportunities for budding entrepreneurs, strengthening measures for the protection of workers, including unorganized workers in terms of statutory minimum wage, social security and healthcare of workers.



The Lt Governor directed for streamlining the process for registration of unemployed youth and labourers in the respective departments and to improve employability of

local youth in development projects.

He said Departments should help unorganized workers to register himself TURN ON.....PAGE 02

# **NEWS BRIEF**

### **Nine Drug Peddlers Arrested In Kashmir: Police**

SRINAGAR, APR 19: Jammu and Kashmir Police arrested nine drug peddlers and recovered a huge quantity of contraband substances from them in Anantnag and Baramulla districts, police said on Friday.

Seven drug peddlers were arrested in the jurisdiction of five police stations in south Kashmir's Anantnag district.

Police arrested two persons identified as Feroz Ahmad Rather and Aijaz Ahmad Mantoo, both residents of Waghama Bijbehara, and recovered  $about\,09\,kg\,of\,poppy\,straw\,from\,them,$ while 16.450 kg of cannabis powder was recovered from the possession TURN ON.....PAGE 02

# Trench collapse claims two lives in Kulgam

KULGAM, APR 19: Two men including a migrant worker died and the son of a victim sustained injuries after a trench collapsed in South Kashmir's Kulgam district.

The incident occurred in Chakpora village of the district.

Local sources told the news agency Kashmir News Trust that one Muhammad Magbool Dar known for digging trenches in the district was digging a trench at the house of one Mudasir Ahmed.

They said that Dar had already completed digging a trench and now was busy digging the other one
TURN ON.....PAGE 02

### **ED Files Prosecution Complaint Against 9 Accused In Srinagar** Court

SRINAGAR, APR 19: The Enforcement Directorate has filed a prosecution complaint under the provisions of the PMLA, 2002 before the special court Srinagar against 9 accused.

In post on X, ED said that complaint was filed against Mohammad Akbar Bhat, Mrs. Fatima Shah, Altaf Ahmad Bhat, Qazi Yasir, Mohammad Abdullah Shah, Sabzar Ahmad Sheikh, Manzoor Ahmad Shah, Mohammad Iqbal Mir and Syed Khalid Geelani alias Khalid Andrabi.

It added that the court has taken cognizance of the complaint.

#### **Estates Deptt Issues Show-Causes Notices** Of Eviction To 42 **Politicians**

**■** HT News Network

**SRINAGAR, APR 19:** The Estates Department of Jammu and Kashmir has issued show-causes notices of eviction to 42 political figures. The department issued these notices on the directions of the

These politicians continued to occupy the Government bungalows, even after being directed by the Estates Department to deoccupy them.

The Estates Department evicted hundreds of people mostly working journalists from their quarters but failed miserably to evict influential politicians both in Kashmir and Jammu.

After the abrogation of Article TURN ON.....PAGE 02

# Your Vote Safe, Come Out In Large Numbers To **Exercise Franchise: CEC Rajiv Kumar**

HT News Network

NEW DELHI, APR 19: Chief Election Commissioner Rajiv Kumar on Friday dismissed apprehensions about Electronic Voting Machines (EVMs) and assured people that their vote was safe and

Kumar asserted that the EVMs



were 100 per cent safe as a large number of safeguards - technological, administrative and process-oriented – were in place.

"It is a settled issue. It is 100 per cent safe. It has been raised in the honourable Court also. We are awaiting judgment, nothing can happen to the machines.

TURN ON.....PAGE 02

**H5N1 Bird Flu Virus** 

**Strain Detected In** 

Milk: WHO

HT News Network

NEW DELHI, APR 19: The H5N1

bird flu virus strain has been detect-

ed in very high concentrations in raw

# **BJP Has Not Fielded Candidate In Anantnag-**Rajouri Parliamentary Seat In Kashmir

■ HT News Network

SRINAGAR APR 19: The Bharatiya Janata Party has not fielded any candidate in the Anantnag-Rajouri Lok Sabha seat in Kashmir.

The last date to submit the



nomination papers for the constituency ended on Friday.

The returning officer of the constituency, Syed Fakhruddin, said that 25 candidates have filed their nominations.

"The nomination papers
TURN ON.....PAGE 02

NC, PDP, Congress No

Match To BJP In J&K:

Kavinder

■ HT News Network

**JAMMU, APR 19:** Underscoring BJP's

unrivaled position in the political land-

scape of Jammu and Kashmir, senior BJP

leader and former Deputy Chief Minister

Kavinder Gupta on Friday maintained

that NC, PDP or Congress are no match

to his party as BJP Government in the

last ten years have won hearts of lakhs

milk from infected animals, the WHO said Friday.



emerged in 1996 but since 2020, an exponential growth has been recorded in the number of outbreaks in birds, while an increasing number of mammals have been affected.

It has led to the deaths of tens of millions of poultry, with wild birds
TURN ON.....PAGE 02

While addressing a number of public meetings ahead of Lok Sabha polls in TURN ON.....PAGE 02

of people.

# **JK UT Govt Proposes Dearness Allowance Hike:**

**Seeks Election Commission's Approval** 

■ HT News Network

SRINAGAR, APR 19: In a proactive move aimed at fortifying the well-being of government employees and pensioners/family pensioners across Jammu and Kashmir, the General Administration Department has initiated a concerted effort by submitting a proposal to the Chief Electoral Officer.

The proposal seeks approval from the Election Commission of India for a significant revision in Dearness Allowance (DA) rates, with the intention of enhancing them from the current 46% to 50% of basic pay/basic pension, effective from January 1, 2024.

This proactive step underscores the government's commitment to addressing

the financial concerns of its workforce and retirees.

News agency KNS reported that the proposal advocates for a revision in the Dearness Allowance (DA) rates, aiming to elevate it from the current 46% to 50% of basic pay/basic pension, effective from January 1, 2024.

This initiative resonates with recent developments in central government policies, wherein Dearness Allowance rates for central government employees have been increased, as indicated by the Office Memorandum issued by the Ministry of Finance.

In light of these developments, the Jammu and Kashmir administration is TURN ON.....PAGE 02

# RAINY WEATHER TO CONTINUE FOR 2ND DAY IN KASHMIR

HT News Network

**SRINAGAR, APR 19:** Rainfall in plains and light snow on mountains continued for the second day in Kashmir, with temperatures dropping across the valley on Friday.

The data available with the MeT office said Srinagar received 6.6mm of rainfall, Qazigund 2.7mm, Pahalgam 19.3mm, Kupwara 18.7mm, Kokernag 4.8mm, and Gulmarg 28.2mm of rainfall during the past 24 hours.

It was raining at Srinagar and some other parts of Kashmir Valley, while some upper reaches experienced light snowfall on Friday.

Currently, the weather is generally cloudy, with light to moderate rain or thunderstorms over most parts of Kashmir and light rain or thunderstorms at isolated places in Jammu Division.

TURN ON.....PAGE 02

# **Elderly Woman Dies As Heavy Rains Drench Kashmir**

**■** HT News Network

SRINAGAR, APR 19: A woman has lost her life after a mud house collapsed due to the mudslide caused by the incessant rainfall in Kokernag
TURN ON.....PAGE 02

### Rain Punctuates 1st Phase LS **Voting In Kathua-Udhampur**

**■** HT News Network

**JAMMU, APR 19:** Voting is underway amid rain in the Kathua-Udhampur Parliamentary Constituency spread across five districts in the first phase of Lok Sabha elections. TURN ON.....PAGE 02

**HT - NEWS** 

# CONTINUE FROM FRONT PAGE.....

#### This Election....

**LATHERADLINES** 

Modi praised Iqbal Ansari, a former litigant in the Ramjanmabhoomi-Babri Masjid case, for accepting the invitation to attend the January 22 consecration ceremony at the Ram temple in Ayodhya, and slammed the opposition for boycotting the event. (Agencies)

#### LG Sinha....

or herself on the e-Shram portal. Various issues such as creating a convergence of skill development schemes, opportunities and strategies for employment generation across the sectors through entrepreneurship, skill gap analysis and skill mapping for upskilling, reskilling of labour force and youth, and effective, efficient implementation of Healthcare, Social Security schemes for labour welfare and Livelihood Generation Schemes for youth and women were discussed in the meeting.

The meeting also discussed and reviewed the progress of various initiatives and schemes such as job fairs, e-Shram Portal, Ease of Doing Business, promotion of Knowledge-Based Service Sector and the digital initiatives including the development of Common Skilling Dashboard and J&K Youth and Skill mobile application.

The meeting was attended by Rajeev Rai Bhatnagar, Advisor to Lt Governor, Atal Dulloo, Chief Secretary; Dr Mandeep Kumar Bhandari, Principal Secretary to Lt Governor; Kumar Rajeev Ranjan, Secretary, Skill Development, Labour and Employment department and CEO Mission Youth and other senior officials. (UNI)

#### Estates Deptt.....

370, some media houses were rendered office-less by the Estates Department.

Some of the political and social figures as per the news agency Kashmir News Trust who have been issued show cause notices include Ghulam Nabi Azad, Muzaffar Hussain Beigh, Kavinder Gupta, Sajjad Gani Lone, Moulvi Imran Raza Ansari, Sat Sharma, G.M. Saroori, Sunil Sharma, Abdul Gani Vakil, Abdul Majid Padder, Hakeem Muhammad Yasin, Ravinder Raina, R.S. Pathania, Pardeep Sharma, Vibodh Gupta, Daleep Singh Parihar, Ravinder Sharma, Neelam Langeh, Shoaib Nabi Lone, Haji Abdul Rashid, MS Panditpuri, Raja Manzoor, Nizam-u-Din Bhat, Mir Muhammad Fayaz, Zafar Iqbal Manhas, Abdul Rahim Rather, Bashir Ahmed Dar, Muhammad Amin Bhat, Sofi Yousaf, M.Y.Tarigami, Yasir Reshi, Surinder Ambardar, Muhammad Abbas Wani, Shafiq Mir, Shilpi Verma, Tariq Ahmed Keen, Sheikh Ishfaq Jabbar, Zahid Hussain Jan, S.S. Channi, Sona-ullah Lone and Reyaz Ahmed

The Estates Department has directed these occupants to appear before the Director Estates in person or through virtual mode to give the written response along with the documentary evidence, if any, in support of the continuation of accommodations of allotment at Jammu and Srinagar or otherwise within 10 days from the date of receipt of these notices.

Pertinently, the Division Bench headed by Chief Justice N. Kotiswar Singh vide its order dated April 3, 2024, had directed both the Director Estates Kashmir and Jammu to deal with these occupants and to pass specific individual orders either for cancellation of accommodation and eviction therefrom or allotment thereof by giving specific reasons for doing so.

### Your Vote.....

Every stage political parties and their candidates are involved. Mock polls are done," he said to questions on doubts raised on the

"There are a large number of safeguards, technological, administrative, and processoriented. Just enjoy the voting. This is a time to enjoy the voting, not doubt anything," the CEC

"Enjoy your voting, your vote is safe, secure and will be recorded as you vote," Kumar said. The first phase of the Lok Sabha elections got underway across 102 constituencies in 21

states and union territories on Friday. "We are getting reports from the field that even if rains are happening, people are really coming out in large numbers. Women, youth, old age people... everyone is rushing towards the polling stations. It is really a delightful situation to see that people are dancing to the

tune of democracy," Kumar said. He said the Election Commission has used technology to a great extent to ensure better voter turnout by reaching out to the youth and women voters by mapping parliamentary constituencies where voting has been traditionally less.

"A turn out plan was made depending on the local context. Lots of celebrities were roped in, a number of organisations have worked with us – petrol pumps, banks, post offices in the outreach program," Kumar said.

"We are very hopeful that people will come out to vote. It is our appeal, please join in this festival of democracy.. youth, women, transgender, PwD, all geographies...It is your right, your duty, your responsibility, your pride," the CEC said.

Kumar, along with fellow Election Commissioners Gyanesh Kumar and S S Sandhu, was monitoring the progress of the election process from the control room set up at the

Election Commission headquarters here.

#### BJP Has....

will be taken up for scrutiny tomorrow," he said.

With the absence of BJP, the Anantnag-Rajouri Lok Sabha constituency that would go to polls on May 7, would see a direct contest between the former chief minister and Peoples Democratic Party candidate Mehbooba Mufti and National Conference's influential Gujjar leader Mian Altaf.

The two parties till recently were part of the Opposition INDIA alliance.

Democratic Party of Azad Kashmir (DPAP) candidate Mohammad Saleem Parray and Apni Party Zaffar Manhas are the other prominent names contesting polls from Anantnag-Rajouri seat.

Recently at a rally in Jammu, Union Home Minister Amit Shah had hinted at not fielding candidates for three Lok Sabha seats in Kashmir. However, the BJP cadre in south Kashmir is baffled at the party decision of not contesting polls.

National Conference Vice President Omar Abdullah hit out at BJP saying the party has not left the ground in Kashmir but was commanding the situation from the back.

The NC leader alleged that BJP was supporting "proxy candidates" in Kashmir.

"Had BJP left the ground it would have some meaning, but this is not the case ... They are commanding the situation from the back", Omar asserted on Friday.

There are over 18 lakh voters in the Anantnag-Rajouri Parliamentary constituency which is spread from Anantnag in south Kashmir to Poonch in Pir Panjal after delimitation. (UNI)

#### **H5N1 Bird....**

also infected as well as land and marine

Cows and goats joined the list last month -- a surprising development for experts because they were not thought to be susceptible to this type of influenza.

US authorities earlier this month said a person working on a dairy farm in Texas was recovering from bird flu after being exposed to cattle.

"The case in Texas is the first case of a human infected by avian influenza by a cow," said Wenqing Zhang, head of the global influenza programme at the World Health Organization.

'Bird-to-cow, cow-to-cow and cow-to-bird transmission have also been registered during these current outbreaks, which suggest that the virus may have found other routes of transition than we previously understood," she told a media briefing in Geneva.

It was only the second case of a human testing positive for bird flu in the United States, and came after the virus sickened herds that were apparently exposed to wild

"Now we see multiple herds of cows affected in an increasing number of US states, which shows a further step of the virus spillover to mammals," Zhang said.

"The virus has also been detected in milk from infected animals."

Zhang said there was a "very high virus concentration in raw milk", but experts were still investigating exactly how long the virus is able to survive in milk.

The Texas health department has said the cattle infections do not present a concern for the commercial milk supply, as dairies are required to destroy milk from sick cows. Pasteurisation also kills the virus.

"It is important for people to ensure safe food practices, including consuming only pasteurised milk and milk products," said Zhang. (KNS)

## NC, PDP.....

Jammu Constituency, the BJP stalwart leader asserted that other parties in the region are no match to the BJP's growing influence and organizational strength. He said that there is no other political outfit in J&K which can guarantee what the PM Modi has in offing therefore people should remained focused and should support BJP in the upcoming phases of polls in J&K like the way the electorate has supported the party in Udhampur Constituency as over 65 percent votes have been casted till 5 PM and there is more time to go making it amply clear that BJP will remain triumphant in this seat.

Citing the BJP's track record of transformative governance and people-centric policies, he emphasized that the BJP has emerged as the preferred choice of the electorate in Jammu and Kashmir. He also highlighted the BJP's commitment to inclusive development, social justice, and national security as key factors driving its popularity among the

The senior BJP leader categorically said that the BJP's robust organizational structure and tireless efforts of its cadre have significantly strengthened the party's presence at the grassroots level, making it a formidable force in Jammu and Kashmir's political circles. He expressed confidence that the BJP's unwavering dedication to the welfare of the people will continue to resonate with voters across the

Kavinder Gupta also took the opportunity to reiterate the BJP's unwavering commitment to upholding the principles of democracy and the rule of law. He emphasized that the BJP's rise in Jammu and Kashmir is a testament to the party's vision of a prosperous, peaceful, and united India. Ahead of polls in Jammu, the BJP leader called upon party workers and supporters to redouble their efforts in furthering the party's agenda of development and good governance.

The former deputy Chief Minister urged voters in Jammu and Kashmir to place their trust in the BJP, highlighting that the Party remains steadfast in its commitment to serving the interests of all sections of society. He asked the people not to get swayed by the bogus narratives by the parties having texture of being dynastic, changing stands for petty interests and remaining corrupt all the time.

Meanwhile, Kavinder Gupta convened a significant meeting with former legislators at Party Headquarters in Jammu, underscoring the paramount importance of maximizing public engagement during the electoral phase. Stressing the foundational role of citizen involvement in the democratic process, he urged for concerted efforts to enhance voter turnout and civic participation.

#### Rainy Weather....

The weather will remain generally cloudy with intermittent light to moderate rain or thunderstorms (light snow over higher reaches) at most places in J&K on April 19, while there is a possibility of light rain at scattered places on April 20, the MeT office

From April 21-25, the weather will remain generally dry, with afternoon thundershower activity at isolated places that can't be ruled out, and from April 26–28, there is a possibility of light rain or thundershower at many places.

The MeT office has advised farmers to resume farm operations after April 21.

The inclement weather can temporarily disrupt surface transportation over a few higher reaches, and besides, a few low-lying areas could be waterlogged.

The general public is advised not to venture out near streams, Nallahs, and other water bodies during the next 2 days, the MeT office

It said there is a possibility of landslides or mudslides and shooting stones at vulnerable

The day temperatures witnessed a drop in Kashmir Valley and recorded 3-7 degrees Celsius below normal on Thursday. Barring Gulmarg, the night temperature also slipped down but stayed above normal in all weather stations in Kashmir Valley during the intervening nights of Thursday and Friday.

The minimum temperature recorded at Srinagar during the intervening nights of Thursday and Friday was 9.2 degree Celsius against the 12.5 degree Celsius. However, it was 1.3 degree Celsius above normal for the summer capital of Jammu and Kashmir during this period of the season.

Pahalgam recorded a low of 4.8 degree Celsius against the 7.2 degree Celsius the previous night and it was 1.4 degree Celsius above normal for south Kashmir's tourist spot.

Kupwara had a low of 7.5 degree Celsius against the 10.9 degree Celsius recorded a day ago, and it was 1.4 degree Celsius above normal for the frontier north Kashmir district.

Gulmarg settled at 1.6 degree Celsius against the 3.2 degree Celsius on previous night and it was 0.7 degree Celsius below normal for the ski resort of north Kashmir's Baramulla district. (UNI)

#### Elderly Woman.....

area of South Kashmir's Anantnag. The fresh snowfall in higher reaches and rains in the plains of Kashmir however, continued for the second straight day, bringing the mercury further down in the valley on

A 50-year-old woman died after her 'Kotha' (mud house) collapsed due to a mudslide in Kokernag belt of South Kashmir's Anantnag. An official told the news agency—Kashmir News Observer (KNO) that a mudslide, caused by incessant rains at Takiya Magam, Kokernag, damaged a Kotha belonging to Abdul Hamid, son of Abdul Rehman Ahanger.

During the incident, his wife Saleema Begum was trapped under the debris and sustained injuries. She was subsequently taken to GMC Anantnag for treatment, where she succumbed to her injuries, the

official said. The fresh snowfall in higher reaches and rains in the plains of Kashmir for the second straight day brought the mercury down in the valley while the weatherman has predicted an improvement in the weather conditions from tonight.

According to KNO, several higher reaches including Sadhna Top, Pir Ki Gali, Zojila, Sinthan Top, Razdan Top and Tulail in Gurez continued to receive fresh snowfall for the second straight day while the plains including Srinagar, the summer capital of Jammu & Kashmir, were lashed by the intermittent rainfall.

The intermittent rains and snow have occurred for the two straight days, leading to plummeting of the maximum

temperature across the Valley. With the plummeting of the mercury, the chilly winter conditions prevailed yet again across the valley.

Compared to 17.7 degree Celsius yesterday, Srinagar has today recorded a maximum temperature of 15.5 degree Celsius today, an official in the Meteorological department said, adding that Qazigund also recorded a maximum temperature of 13.6 degree Celsius compared to 15.5 degree Celsius yesterday.

In Pahalgam, the mercury settled at 11.8 degree Celsius compared to 12.5 degree Celsius yesterday while 13.0 degree Celsius was recorded in Kupwara compared to yesterday's 14.5 degree Celsius.

The data shows that most parts of the valley recorded a further dip in the mercury today compared to yesterday.

Although the weather conditions are expected to improve gradually from tonight, Director Meteorological department (MeT), Dr Mukhtar Ahmad Khan said that the possibility of rains at scattered places on April 20 cannot be ruled out.

From April 21-25, he said the weather is expected to remain generally dry while the possibility of afternoon thundershower activity at isolated places can't be ruled out.

However, he said that from April 26-27, the weather would remain generally cloudy while light rain with thunder is expected at many places during the period.

Moreover, the MeT department has issued an advisory, asking the farmers to resume farm operations after April 21st. Temporary disruption of surface transportation over a few higher reaches during 19th April is also expected, it reads, adding that temporary water logging in few low lying areas may be witnessed as well.

General public are advised not to venture out near streams, Nallahs and other water bodies during the next 2-3 days, the advisory reads, adding that there is a possibility of landslides, mudslides and shooting stones at vulnerable places during 18th and 19th April.

Amidst the prevailing weather conditions, the commuters travelling along Srinagar-Jammu National Highway had to face tremendous hardships today as according to them they remained stuck for hours together at Ramsoo, Gangru.

According to the officials, the highway was closed today morning at around 9:30 when a rock fell on the road, blocking the route completely. The officials said more than three machines were pressed into the services to clear the road.

As soon as the road was cleared, the traffic was allowed to ply in the late afternoon, however, the road was closed for the vehicular movement again due to mudslide at Mehad, Ramban and shooting stones at Kishtwari Pathar, Banihal.

#### Rain Punctuates.....

Taking off at a slow pace, the voting is expected to increase as the day progresses, said an official.

He said that most of the parts in Kathua-Udhampur parliamentary constituency are hilly belts, and due to rains, voters in the beginning are coming less in number to the booths, but the percentage will swell later in the day till 6

The official, however, made it clear that voting will continue after 6 pm only in case there are voters waiting for their turn at the polling station premises.

A total of 16.23 lakh voters, including 8.45 lakh male and 7.77 lakh female electorates, are eligible to vote and participate in the electoral process in this constituency.

Moreover, around 23,637 persons with disabilities and 403 persons over 100 years of age are also enrolled to participate in the electoral process. Jammu and Kashmir Chief Electoral Officer, PK Pole, said that around 2,637 polling stations have been established for the first phase of the general elections being held across five districts: Kathua, Udhampur, Kishtwar, Doda, and Ramban.

In total, more than 11,000 polling staff, including reserves, are deployed on duty. There are 19 polling booths manned by women (also called pink polling stations), 14 polling booths manned by specially abled persons, and 17 are being looked after by youths. Also, in order to spread the message about environmental concerns, 20 green polling stations have been established.

He also said that around 1,440 polling stations in Phase I have CCTV cameras for live webcasting to control rooms established at the district and CEO offices. The public campaigning in areas of Kathua-Udhampur Parliamentary Constituency concluded on April 17 evening.

Union Minister Jitendra Singh is eyeing a third consecutive term in the constituency after winning the seat for the BJP in the 2014 and 2019 Lok Sabha elections, facing a major challenge from Congress candidate Choudhary Lal Singh, who had also won the seat twice in 2004 and 2009.

Democratic Progressive Azad Party's (DPAP) candidate G M Saroori, Bahujan Samaj Party (BSP) candidate Amit Kumar, and six independents are also in the race from the Kathua-Udhampur constitu-

The weatherman has predicted generally cloudy skies with light to moderate rain (light snow over higher reaches) at most places, with thunder and lightning indicating temporary disruption of surface transportation in a few higher reaches.

Meanwhile, tight security arrangements with additional deployment of troops, including Jammu and Kashmir Police, are made across the constituency for incident-free voting and to facilitate the voters reaching the polling stations.

The elections to the five seats in Jammu and Kashmir will be held across five phases, almost five years after the abrogation of Article 370. (UNI)

#### JK UT Govt.....

keen on aligning its policies to ensure parity and equitable treatment for its employees.

As per the letter the proposal, with a projected annual financial implication of 626.88 crore, underwent meticulous scrutiny and discussion in a Screening Committee meeting.

Recognizing the significance of timely implementation, especially considering the upcoming Lok Sabha elections and the subsequent enforcement of the Model Code of Conduct, the department has deemed it imperative to seek guidance and approval from the Election Commission of India.

The proximity to the electoral process underscores the necessity for adherence to regulatory frameworks and procedural diligence. Therefore, the government underscores the urgency of obtaining requisite permissions from the Election Commission to facilitate the proposed revision in Dearness Allowance

This measure not only reflects the administration's commitment to employee welfare but also signifies its responsiveness to evolving economic dynamics and governmental policies at the national

As stakeholders await the outcome of the deliberations, the proposed Dearness Allowance hike remains poised as a significant development in the realm of employee benefits and governmental initiatives in Jammu and Kashmir.(KNS)

#### Nine Drug.....

of Suhail Ahmad Dar of Nagam Kokernag and Reyaz Ahmad Mir of Watnard Kokernag.

Police in Uttrasoo arrested Shakeel Ahmad Wani and recovered about 21 grams of Charas, 350 grams of Poppy Straw, and Rs 10,000 in cash from him while at Aishmugam. Police apprehended one more person identified as Ghulam Nabi Bhat of Yenner Pahalgam, along with about 4 kg of poppy straw and 1.25 kg of bung boosa.

During checking, police recovered about 5 kg of cannabis powder from the possession of Indraz Ahmad Thoker, a resident of Waghama Bijbehara.

All seven accused persons were arrested, and cases under relevant sections of the NDPS Act got registered in the five respective police stations of the district.

Two more drug peddlers were arrested at Thatamulla Boniyar and Authorra Kreei in north Kashmir's Baramlla district, along with 30 grams of chars and 200 tables of Psychotropic substances.

A vehicle used by the drug peddlers was also seized, police said. (UNI)

#### Trench collapse.....

adjacent to the old one. Local sources said that after reaching a depth of over 12 feet, the adjacent trench collapsed and Dar along with the non-local worker identified as Abdur

Rehman got buried in it. Khurshid Ahmed, the son of Maqbool Dar raised a hue and cry and even jumped into the trench, clearing debris

under which the duo had been buried. Locals and district administration officials rushed to the spot and the trio was dragged out with the help of a JCB. They were taken to District Hospital Kulgam where doctors declared Maqbool

Dar and Abdur Rehman brought dead. Medical Superintendent of District Hospital Kulgam, Dr Gulzar confirmed the death of duo saying another one is undergoing treatment at the hospital. [KNT]

**CMYK** 



# **CS Reviews Position Of Supplies, Status** Of Paramedic Courses Offered In JK Hospitals

JAMMU, APR 19: Chief Secretary, Atal Dulloo, today took a holistic review of the position of essential supplies and status of paramedical courses offered across different healthcare institutions of the UT of J&K.

The meeting, besides Administrative Secretary, Health&MedicalEducationwas also attended by the Principals of Medical Colleges; MD, JKM-SCL; Director Health Services Kashmir/Jammu and other HoDs of the Department.

During the meeting, the Chief Secretary took note of the steps followed by the J&K Medical Supplies Corporation for floating tenders to acquire drugs, equipments and other machinery for the hospitals. He asked for looking into shortening the time period considerably

to get such vital supplies for health care institutions.

He further asked for framing Essential Drug List(EDL) by each CMO for its early supply to the hospitals besides standardization of the essential equipments list across the healthcare facilities of the UT. He even took notice of the working of the Drugs & Vaccine Distribution Management System (DVDMS) Portal dealing with purchase, inventory management & distribution of drugs, disposables, other necessary materials besides machinery & equipments to various drug warehouses.

Regarding the imparting of different degree and diploma courses in Paramedical Sciences, the Chief Secretary asked about the functionality of the



newly established nursing colleges and paramedic schools in different districts of J&K. He enquired about the kind of physical infrastructure available at each such facility along with the presence of faculty/ tutors imparting training there.

Dulloo observed that since the Department has introduced these courses admitting hundreds of students each year, it is therefore its primary responsibility to ensure their professional upbringing and fruitful engagement for the duration of the courses. He also reviewed the status of infrastructure and manpower in the institutions.

The Chief Secretary also took stock of the recruitment rules, recruitment process and scope

of career development in the courses offered by the paramedic schools. He called for taking measures to augment the necessary infrastructure and arranging of manpower to make such institutions viable and sustainable in long run.

In his presentation the Secretary H&ME, Dr Syed Abid Rasheed Shah highlighted different achievements, ongoing works and plans of the department regarding pacing-up the tendering process in JKMSCL and upgradation of facilities in different paramedical institutions here.

While giving overview about the working of the corporation, he gave out that the Department is seriously contemplating on cutting down the time taken in tendering process considerably. He also revealed that the capacity of PHCs/HWCs is built to include them as users on DVD-MS portal.

Regarding the functioning of Paramedical Institutions, he informed the meeting that most of such institutions had been established in last few years. He asserted that the Department is continuously working on making these institutions better and productive with each passing year.

It was given out that currently the Department operates 28 B.Sc Nursing Colleges, 19 Paramedical Institutions including those in private sector. It was said that the overall intake capacity of these institutions is 1485 and 1660 seats respectively besides adding 143 M.Sc Nursing seats in various institutions of J&K.

It was further elaborated that J&K has a total of 5 New B-Pharmacy institutions with overall intake capacity of 340 seats. It also offers admission to 668 candidates in various B.Sc paramedic courses in different Medical Colleges across the UT, the meeting was

# Post August 2019 situation not acceptable: Mehbooba Mufti

SRINAGAR APRIL 19: Peoples Democratic Party (PDP) President Mehbooba Mufti on Friday said that the main purpose of the party to seek votes in the Lok Sabha election is to tell the country through Parliament that what BJP has done to them in 2019 (abrogation of Article 370) which is not acceptable

Mufti was addressing a rally in Pulwama in support of the party's candidate for the Srinagar Parliamentary Constituency, Waheed Para.

She said Para's candidacy is crucial in representing the voice of the people in Parliament amidst the ongoing political crisis in Jammu and Kashmir.

'The main purpose of the PDP to seek votes is to tell the country through parliament that what BJP has done to us in 2019 ( when J&K's special status was scrapped) is not acceptable to us. The unilateral decisions, stifling of just voices and erosion of constitutional guarantees are unacceptable to the people of Jammu and Kashmir. We will tell this to the people of the country in parliament. This is the reason why attempts to divide our votes must be foiled," the PDP President said.

Para is eminently qualified to represent the voices besides being able to maintain connection with the roots that he had developed as the party's youth leader since inception, she said.

The former Chief Minister highlighted a grim picture of the current state of affairs in Jammu and Kashmir, lamenting the transformation of the erstwhile state into an "open-air prison."

She highlighted the plight of the people, with youth languishing in jails in different states and unemployment rates soaring.

Mufti launched a scathing attack on the Bharatiya Janata Party (BJP), accusing them of seeking to strip away the rights and resources of the people of Jammu and Kashmir, pushing them towards a state of bonded labour.

She said the present time is a testing time. "Not stone or gun-vote is our only weapon and

we must use it now to give befitting reply to the elements who are out there to besiege our conscience and identity," Mehbooba said in her address.

The PDP Chief also urged people to unite against attempts by Delhi to divide their votes, emphasizing Para as the most suitable candidate to represent their interests in parliament. (UNI)

# The decision not to contest polls from Kashmir was the party's decision: Azad

SRINAGAR, APR 19: Democratic Progressive Azad Party (DPAP) President Ghulam Nabi Azad on Friday said that he doesn't take command from anyone and his decision of not contesting the Lok Sabha Polls from Kashmir was his party's decision.

Azad said that he wanted to help the people of J&K.

"When I came from Delhi I had told the people that I would serve the people of Jammu and Kashmir. My people told me that by contesting the parliament elections I am again moving to Delhi and doing the reverse of what I had

said. So I heard them and decided to serve them here only," Azad told media persons after DPAP candidate Saleem Parrey filed his nomination papers for the Anantnag-Rajouri Parliament constituency in Anantnag on Friday.

He said the decision not to contest the Parliament election was taken by the party.

The former Congress leader said that he does not take command from anyone for not contesting the polls.

"The command of Ghulam Nabi Azad is in Ghulam Nabi Azad's hand and not in the hand



of any outside power," he said. On April 2, the DPAP announced that Azad would contest from the Anantnag-Rajouri seat. However, a fortnight later Azad's party named Saleem Parray as their party candidate.

The former Jammu and Kashmir Chief Minister said that Saleem Parray is a capable candidate.

"I am sure that Parray will win the elections comfortably," he

Azad said that the position of DPAP is very good in the Udhampur Parliament Constituency where polling for the first phase is underway Friday.

On the polling, Azad said he believed that holding elections in April is a mistake being made by the state authorities and the Election Commission, as rainfall affects voter turnout during the

The DPAP head said that he has directed his party leaders to refrain from criticizing the oppo-

"We must focus on our work. I respect all my opposition leaders whether they are senior to me or junior to me," he said. (UNI)

### Sajad Lone Ridicules Omar Abdullah For 'Good', 'Bad' Politics

SRINAGAR, APR 19: Peoples Conference Chairman Sajad Gani Lone on Friday ridiculed former Chief Minister Omar Abdullah over his 'good' and 'bad'

Lone highlighted the 'hypocrisy' within the NC and their 'shifting alliances' and differing perspectives depending on their position of power.

Omar and Lone are pitted against each other in north Kashmir's Baramulla Lok Sabha constituency. Omar has been often saying during the campaigning that the NC was not fighting against individual candidates in all three seats of Kashmir, but battling the Central government and the BJP's proxy candidates.

Lone addressed the notion of "Good BJP" and "Bad BJP," drawing attention to the dynamics of NC's relationship with the BJP.

"When the NC is in alliance with the BJP and the "touristy prince" makes a saffron debut by being the first Kashmiri to join the union cabinet led by the BJP—— that is what we call the GOOD BJP. And it is so good to be the poster boy of the GOOD BJP. When NC is rebuffed, and not entertained by the BJP - that is the BAD BJP," Lone said in

Referring to recent statements from the Shiv Sena Unit indicating support for NC in the ongoing Lok Sabha elections, Lone coined the terms "Good Shiv Sena" and "Bad Shiv Sena."

"When NC is in alliance with the SHIV SENA- in the NDA from 1999-2002. OR in the current INDIA alliance——That is the GOOD SHIV SENA. AndtheGOODSHIVSENAwillsupport NCintheongoing Parliament elections. However, when the NC is not in alliance with the SHIV SENA — it is the BAD SHIV SENA. Which in that case is rabidly communal, original Hindutva and of course the planner and executor in Chief of the bloody Mumbai riots where hundreds of Muslims were killed", he

Lone further dissected the dichotomy between "Good Kashmiris" and "Bad Kashmiris" stating that "all those Kashmiris who vote for the NC are the GOOD KASHMIRIS. They are angels who have descended from the skies. As per voting data that is 25% of Kashmiri's. And those Kashmiris who vote against the NC are sellouts, traitors, agents of central agencies and they are stooges of the BJP. As per voting data that is 75% of Kashmiris."

Lone highlighted the changing per-

spectives of the NC on Public Safety

"When the NC is in power and thousands of people in Kashmir are booked under PSA and packed to jails – it is the GOOD PSA and a GOOD LAW. And it is the need of the hour and so essential to save Kashmir. And so thankful the NC is to Sheikh Sahib for having the vision to invent a law as draconian as the PSA. And make no mistakes while in power, no question of repealing the PSA". He added, "When the NC is not in power, people booked under PSA and packed to jails—it is the BADPSA. And while the NC is out of power the PSA should be repealed".

Lone further added "When NC was in power and people used to be arrested and subjected to third-degree torture—that was GOOD TORTURE. And need of the hour. When the female members meaning sisters or daughters or mothers of the allegedly absconding persons were picked up by the NC regime, as a bargaining tactic to make them surrender, that was a part of GOOD TORTURE. That was a good strategy. And when NC is not in power, all hell breaks loose, and standard policing becomes BAD TORTURE", he concluded.(UNI)

### **Scuttle Nefarious Designs Of ANEs To Disturb The Upcoming LS Elections In Budgam: DIG CKR Pande**

SRINAGAR, APR 19: Deputy inspector general of Police CKR Srinagar Rajiv Omprakash Pande directed police to establish a robust Security grid to scuttle the nefarious designs of any Anti National Elements (ANEs) to disturb the upcoming Parliamentary elections in central Kashmir's Budgam

DIG CKR stressed the importance of establishing a robust Security grid with special attention to minority pockets and non-local clusters in close coordination with sister agencies and the Army to ensure the prevention of any Anti-National Elements (ANEs) disturbing the upcoming Parliamentary

DIG Pande reviewed the preparedness for the Parliamentary elections 2024 and the overall Secu-



rity & Law and Order Scenario in central Kashmir's Budgam district on Friday.

The meeting was attended by SSP budgam Al Tahir Gilani -JKPS, Addl.SP Budgam Ragav S and all the GOs were present.

SSP Budgam provided a detailed overview of the preparation done by District Police Budgam including the deployment plans for the ensuing elections, besides the area domination plan and the disruptive mechanism devised to thwart any possible threat to public tranquility.

He further stressed upon the need for Strict adherence to Standard Operating Procedures (SOP's) during the movement of Security Personnel across

The meeting concluded with a resolve to ensure a free and fair electoral process enabling everyone to exercise their franchise without any fear. (UNI)

# NHRC Directs J&K Chief Secy To Deal Issue Of Slain Poet's Family With 'Humane Approach'

**NEWDELHI, APR 19:** The NHRC has directed Jammu and Kashmir chief secretary to examine with "humane approach" an old issue related to the family of a poet and his son who were killed by militants in 1990, and take action as "deemed appropriate" in the matter.

The complaint or intimation dated July 15, 2020 received from Rajinder Premi in respect of him and his family was placed before the commission on Thursday.

His father, Sarwanand Koul Premi, a poet and freedom fighter belonging to the Kashmiri Pandit community, and younger brother were brutally murdered by militants in 1990, according to the case proceedings uploaded on the website of the National Human Rights Commission (NHRC).

The instant matter relates to "apathetical approach of state government" towards the plight of this affected family of erstwhile state of Jammu and Kashmir by delaying the implementation of decision of a DB (division bench) of erstwhile Jammu and Kashmir SHRC(State Human Rights Commission)," it said.

"Denying the legitimate rights to the NoK (next of kin) of such victims shows lack of sensitivity and compassion on part of the state administration towards such innocent persons whose right to life guaranteed under Article 21 of the Constitution of India was violated for just being a person from one religious community and failure on part of state machinery to prevent such incidents," the proceedings said. The commission in its pro-

ceedings has said that it "considered" the matter on record including various submissions of the complainant.

The state cannot deny the fact that there is "considerable delay in implementation of the decision dated 22.2.2012 of the DB of J&K SHRC," it said.

The NHRC further observed that the family of the complainant is sufferer on account of "failure on part of state administration/ law enforcement agencies to protect the life and property of his family," it added.

The erstwhile state of Jammu and Kashmir was bifurcated into UTs of Jammu & Kashmir and Ladakh in 2019.

The commission directed the chief secretary of the UT of Jammu and Kashmir to "examine the whole issue with a humane approach and take an action as deemed appropriate in the matter", according to the proceedings.

The compliance report be submitted "within a period of eight weeks for official records of the commission," the NHRC said.

"The commission also directs its registry to transmit submission dated 15.4.2024 of the complainant along with instant direction. With this observation/ direction, instant case stands closed. Accordingly, you are directed to take further necessary action at your end as per the directions of the Commission," the rights panel said in the proceedSarwanand Koul Premi was a

"well-known freedom fighter in addition to being a renowned philanthropist, Gandhian, broadcaster, social reformer, litterateur and translator with the knowledge of Hindi, Urdu, Kashmiri, Persian, English and Sanskrit. Being an eminent scholar, he firmly believed in the national integrity amongst all communities," the NHRC mentioned during

the proceedings. During the Quit India Movement from 1942-1946, he also "worked underground" for the cause of nation and "got arrested on six occasions during this timeperiod", it said, adding that Sarwanand Koul Premi was "respected by all communities" in the state.

# DEO reviews preparations for LS polls in Kupwara

#### **HT News Network**

**PUBLICATION**HEADLINES

**CODAY** 

Kupwara, April 19: District Election Officer (DEO) Kupwara, Ms. Ayushi Sudan on Friday convened a meeting of EROs, and other officers to review the preparations for upcoming Lok Sabha elections.

The meeting discussed threadbare various aspects of the preparations which included, the availability of drinking water, electricity, and toilet facilities for camping locations /identified buildings for accommodation of Para-Military Security forces to be deployed

for the LS Polls in Kupwara dis-

The DEO on the occasion, directed EXen PDD and EXen PHE to ensure the availability of electricity and water supply for all the camping locations/ buildings as per requirement ,in consultation with concerned

The DEO fixed a deadline of April 23 for providing electricity and water supply connections and their necessary extension as per requirement to all identified locations.

The pivotal meeting focused on ensuring effective coordination and addressing any con-



cerns regarding the necessary

The DEO said that the District administration is committed

to take all necessary measures for successful conduct of "free,

by SSP Kupwara, SSP Handwara, ADDC Kupwara, ADC Handwara, AROs, Dy.DEO, ARTO, Officers of Para-Military Security Force and other concerned officers.: District Election Officer(DEO) Kupwara, Ms. Ayushi Sudan on Friday convened a meeting of EROs, and other

fair and participative elections."

The meeting was attended

officers to review the preparations for upcoming Lok Sabha elections .The meeting discussed threadbare various aspects of the preparations which included, the availability of drinking water, electricity, and toilet facilities for camping locations / identified buildings for accommodation of Para-Military Security forces to be deployed for the LS Polls in Kupwara district.

The DEO on the occasion, directed EXen PDD and EXen PHE to ensure the availability of electricity and water supply for all the camping locations/ buildings as per requirement in consultation with concerned AROs.

The DEO fixed a deadline of April 23 for providing electricity and water supply connections and their necessary extension as per requirement to all identified locations.

ہر خاص وعام کو اطلاع دی جاتی ہے کی مہوش اشرف دُ ختر مُحداشرف شِخ سکیپنہ بْدِگام جس کا داخلہ ہمارے اسکول میں 2017 / 12 کو ہوا تھا اور برنام کی غلطی کی وجہ سے اسکول ریکارڈ میں اسکا یوم پیدائش 2 1 0 2 / 3 0 / 4 0 موتی ہے جبکہ اسکی اسکی یوم پیدائش 2 1 0 2 / 3 0 / 4 0 موتی ہے جبکہ اسکی اسکی یوم پیدائش 2008/04/16ہے اور اسکی درنگی کرنی مطلوب ہے۔ اگر کسی کو اس ے درج ہوں ، ہی اسے اور ای دری ری سوب ہے ۔ ارسی فواس بارے میں کوئی اعبر الس ہوگا تو وہ سات دن کے اندر اندر پری پرنیل اسلامک ایجو کیشل انٹیٹیوٹ بگر و کے ساتھ رابطہ کریں معیار گزرنے کے لعد تھی بھی تھے مااعبر اض قابل قبول نہیں ہوگا

### اطلاععام

مجے The Silver cloud Home stay کی جشٹیش محکم ٹورازم پہلگام مین کرانی مطوب ہے اگراس بارے مین کسی کو کو پی اعتراض ہوتو و و سات دن کے اندراندر اسسٹنڈ ڈیرکٹرٹورازم پہلگام کے دفتر میں پیش کرے یااس فول نمبر رابطہ کے 7006265428 بعاد بعاد کو پنی اعتراض قبول نہیں ہوگا

زينه بانودختر على محمد گنائي ساكنه

### اطلاععام

مج The Destination Home stay کی رشتیشن محکم ٹورازم پہلگام میں کرانی مطلوب ہے اگراس بارے بین محک کو کو پی اعتراض ہوتو وہ سات دن کے اندراندر اسٹسٹنڈ ڈیریشرٹورازم پہلگام نام نام بیسی اس انداز کی اندراندر اسٹسٹنڈ ڈیریشرٹورازم پہلگام کے دفتر مین پیش کرے یااس فون نمبر رابطہ کرے7006580997 بعاد

المشتهر غلام نبى ولدعلى محمد گنائى ساكنهيهلگام

**JOB** 

**OPPORTUNIT** 

# **PUBLIC NOTICE**

I have lost Date of Birth (DOB) certificate of my Son Sheikh Murtaza Mumtaz. Now I am applying for its duplicate if anybody have any objection in this regard He/She may contact Registar office BB Cantt board office srinagar within seven days from the publication of this notice after that no objection will be entertained.

> NAME..SHEIKH MUMTAZ AHMAD F/O SHEIKH MURTAZA AHMAD **R/O FRASTHAR KREERI.**

تضمون : درخواست منجانب سائل غلام احمد تا ترے ولد عبدل رشد تا ترے بالحذ تُصْدُّمةُ مُحْصِيل كريري شلع بارجموله. بمراد حصول EWS certificate بحق حارس احمد تاترے

# اشتهار بمراد آگاهی

معاملهمندرجه عنوان الصدرمين كاغزات درخواست دفتريذاميس زيركاروائي ہے اس سلیے میں رپورٹ پٹواری ملقہ سے طلب کیا گیا ہے جے عیان ہوتا ہے کہ سائل کے کنبید کی سالانہ آمدانی 68000 تک ہے سائل دھم ورکورکا نقل باشدہ ہے سائل کےافراد خاندمندرجہذیل ہے

2...عاشیبیگم زوجہ غلام احمد تاتر سے 45سال گھر یلو کام

3...عارس احمد تاترے ولدغلام احمد تاترے 19 سال زیر تعلیم

4...قررت لعین دختر غلام احمد تاترے 16 سال زیر تعلیم اسکےعلاوہ کوئی بھی افراد نیس بتلایا گیاہے سرٹیفیکٹ زیرنحش اجرء کرنے میں ا گرسی شخص بااشخاص کوکوئی عرریااعتراض ہوتو و وسات دن کے اندراندر دفتر ہذامیں پیش کریںمعاد گزرنے کے بعد و ئی عزر پااعتراض قابل قبول نہیں

نائب تحصيلدار كريري

#### **GOVERNMENT OF JAMMU & KASHMIR** OFFICE OF THE TEHSILDAR KREERI **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 pertainingto Birth of REHANA FAYAZ D/O FAYAZ AHMAD BHAT R/O BURZWACHAN Tehsil kreeri Distt. Baramulla having verified the date of Birth, as 03/10/2018 and event has been shown to be occured at SDH kreeri for issuance of delay order .In this connection if anyone have any objection to the issuance of delay order of birth certificate shall present his/her claim this office within 07 days, after that no objection shall be entertaine

> **EXECUTIVE MAGISTRATE 1ST CLASS KREERI**

#### **GOVERNMENT OF JAMMU & KASHMIR** OFFICE OF THE TEHSILDAR PATTAN (Executive Magistrate 1st Class)

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

## **PUBLIC NOTICE**

The Registrar Births and Deaths (EXECUTIVE OFFICER MUNICIPAL COUNCIL PATTAN, / BLOCK DEVELOPMENT OFFICER has submitted case file pertaining to Birth of ABDUL FAZAL S/O TASADUQ HUSSAIN DAR R/C ARAMPORA PATTAN Tehsil PATTAN Distt. Baramulla with verified the date of Birth, as 27/07/2023 and event has been to be occured at SDH PATTAN .In this connection .

if anyone have any objection to the issuance of said registration shall present his/her claim this office within 07 days, after that no objection shall be entertaine

**EXECUTIVE MAGISTRATE 1ST CLASS PATTAN** 

# **PUBLIC NOTICE**

My name in driving Licence has been wrongly written as PARVAIZ AHMAD LONE bearing Licence No JK-05 20120033993 while my correct name is PARVAIZ NABI LONES/OGHNABILONER/OTILGAMPATTAN which needs to be changed..if anybody has any objection in this regard he /she may file his/her objection in the ARTO BARAMULLA within a period of seven days from the date from the publication of this notice after that no objection will be entertained

> NAME...PARVAIZ NABI LONE S/O....GH NABI LONE **R/O...TILGAM PATTAN** DISTT....BARAMULLA

# **PUBLIC NOTICE**

That I Smt./Sh. Masooda Ruhee W/o Ghulam Nabi Burgee intend to Sell Plot No. plot no 970 Sector xxx in Housing colony, Ompora, Budgam Kashmir to Smt/Sh. Shuaib Burgee s/o Ghulam Nabi Burgee r/o Green park west Hyderpora Srinagar.

I have applied for NOC for Conveyance Deed for transfer of lease hold rights of above said plot. Objection. if any, may be conveyed to the managing Director, J&K Housing Board, Green Belt Park, Gandhi Nagar, Jammu within a period of 15 days from the date of publication of this Notice.

However, no objection will be entertained after the expiry of the above said period.

> NAME: MASOODA RUHEE W/O GHULAM NABI BURGEE **R/O GREEN PARK WEST HYDERPORA**

I am applying for my Discharge certificate of Class 10Th session 2003 under roll no 39, admission no 755. If anybody have any objection in this regard He/She may contact Headmaster Govt Girls High School Kreeri within seven days from the publication of this notice after that no objection will be entertained.

> NAME..SUMMAIJAN D/O\*GH HASSAN DAR **R/O DOLIPORA \*KREERI**

یگز میکنومجسٹریٹ فسٹ کلاس چرارشریف بداجلاس نائب محصیلدار چراشریف محمد نفيع كوليعنوان: درخواست منجانب محمد آحن ڈار ولد علی محمد ڈار سا كند هردو و علون فعلى پوره تحصيل پرارشريف بغرض يوم پيدائش سرنيفكيك(O D B) بحق پسرنابالغ ارسلان آحن في

# اشتهار بمراد آگاهی

معاملهمندر جهعنوان الصدريين درخواست سائل محمرآحن ڈار دفتر هذا ميس زير کاروائی وتحقیقات ہے ۔رپورٹ چوکمدارعلاقہ سےعمان ہےکہ سائل کاپسر ارسلان آخن مورخه 2011/20/8 کو پیدا ہوا میں ۔اب سائل کو اپنے پسر کی اوم پیدائش سرگفیکیٹ (D Q B) نکالنی مطلوب ہے۔ لہذا اگر کئی نخص یااشخاص کواس َبارے میں کو ئی عذر یااعتراض ہوتو وہ سات دن کے اندراندرعدالت ھذامیں پیش کریں۔بعدازمعیاد گزُرنے کے بعد و ئی جھی عذر يلاعتراض قابل قبول نهيس ہوگا۔

تحريرالصدرنائب تحصيلدار جرارشريف

يگز مکٹومجسٹریٹ فٹ کلاس چرارشریف بہاجلاس نائب تحصیلدار چراشریف مجمد ریف می شفیع کولیعنوان: درخواست منجانب بشیر احمد کمهار ولد علی محمد کمهار ساکنه چرارشریف بغرض یوم پیدائش سر شیفکیٹ(DOO) بحق پسر نابالغ محمه

# اشتهار بمراد آگاهی

معاملهمندر جه عنوان الصدريين درخواست سائل بشير احمدكمهار دفتر هذا ميس زير کاروائی و تحقیقات ہے۔رپورٹ چوکیدارعلاقہ سےعیان ہے کہ سائل کالیسرمحمد عاقب کمہار مورخہ 2019/07/ 13 کو پیدا ہوا ہیں۔اب سائل کو اپیے پسر کی یوم پیدائش سرگفیکیٹ (DOB) نکالنی مطلوب ہے لہذا اگر کئی شخص یا ۔ شخاص کواس بارے میں کو ئی عذر پااعتراض ہوتو و مبات دن کے اندراندر عدالت ھذامیں پیش کریں ۔ بعدا زمعیاد گز رنے کے بعد کو ئی بھی عذریا اعتراض قابل قبول نہیں ہوگا۔

یگز میگومجسٹریٹ فیٹ کلاس چرارشریف بهاجلاس نائب تحصیلدار چراشریف مجمہ نفيع كوليعنو أن: درخواسية منجانب رَياضُ احمد گُو جرحجام ولد الف الدينُ گوجر حجام سائحنه برادُ ئے پتھری تحصیل چرارشریف بغرض یوم پیدائش سرٹیفکیٹ (D B ) بحق پسرانء بریامحمد فوجرحجام وزبیرامحمد فوجرحجام و دختر عربیہ جان

# اشتهار بمراد آگاهی

عاملەمندر جەعنوان الصدر مىں درخواست سائل رياض احمد گو جرحجام دفتر ھذا میں زیرکاروائی و تحقیقات ہے۔ریورٹ چوئیدارعلاقہ سے عیان ہے کہ مائل کے پسرانء برامحدگو برحجام مورخہ 2017 /03 /23 وزّ بیرامحدگو جر عجام مورخه 2018/08/08/ود<sup>ن</sup>ختر عربيه جان مورخه 2011/01/ کو پیدا ہوئے ہیں اب سائل کواسینے پسران و دختر کی یوم پیدائش برنفیکیٹ (D O B) نکانی مطلوب ہے لِهٰذاا گرکتی شخص یااشخاص کواس بارے میں کو ئی عذریااعتراض ہوتو و ہسات دن کے اندراندرعدالت ھذا میں پیش کریں۔بعدازمعیاد گزرنے کے بعد کوئی بھی عذریااعتراض قابل قبول

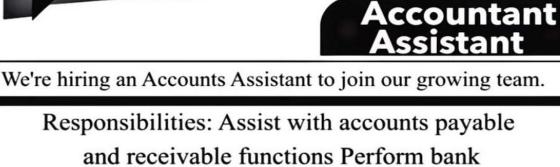
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# JU Vice Chancellor Releases Newsletter of Poonch Campus, Says It Showcases Achievements And Initiatives Of The Campus

#### ■ HT News Network

Jammu, April 19: In order to highlight the academic prowess and community engagement of the Poonch Campus of Jammu University, the Vice Chancellor University of Jammu Prof Umesh Rai today released the Newsletter of the campus.

While commending the efforts of Director Poonch Campus, Professor Rakesh Vaid, VCJU said that the Newsletter serves as a comprehensive showcase of the  $remarkab\bar{l}e\,achievements\,and\,initiatives$ undertaken by the Campus. He also lauded the dedication and hard work of the entire team at Poonch Campus, particularly acknowledging the contributions of Dr. Rubia Bukhari in ensuring the productivity and informativeness of the Newsletter. He congratulated the team for their commitment to excellence and service to the community. On this occasion, Director Poonch Campus, Professor Rakesh Vaid, provided a detailed briefing to the Vice Chancellor about the significant



achievements and ongoing initiatives at the Campus. He highlighted the various awareness programs being organized, specifically tailored to benefit the local community, with a particular focus on the agricultural sector and the welfare of farmers in the area. Those who addressed the audiences included Prof Rahul

Gupta(Registrar), Prof. Meena Sharma(Dean of Planning and Development), Prof Seema Langer (Head of the Department Zoology), Prof Dipankar Sengupta(former Director of Poonch Campus), Dr. Ranjeet Kalra and Teaching faculty MMTCDr. Rubia Bukhari, Campus Officer in her address said, "the release

of the Newsletter marks a pivotal moment in the journey of the Poonch Campus, reflecting its dedication to academic excellence, community empowerment and societal development". Others who were present on this occasion included Irfan Goni (Campus Development Officer), Gurmeet Kour(Assistant Poonch Campus) etc. He also lauded the dedication and hard work of the entire team at Poonch Campus, particularly acknowledging the contributions of Dr. Rubia Bukhari in ensuring the productivity and informativeness of the Newsletter. He congratulated the team for their commitment to excellence and service to the community.On this occasion, Director Poonch Campus, Professor Rakesh Vaid, provided a detailed briefing to the Vice Chancellor about the significant achievements and ongoing initiatives at the Campus. He highlighted the various awareness programs being organized, specifically tailored to benefit the local community, with a particular focus on the agricultural.

# LOK SABHA ELECTION 2024 DDC Member Mawar slapped with notice for violating MCC

#### ■ HT News Network

KUPWARA: APRIL 19: Following the instructions of DC Kupwara, Ms. Ayshi Sudan, who is also DEO Kupwara, Additional District Magistrate Kupwara has sought explanation from DDC Member Mawar, Khursheed Ahmad Dar for  $comitting \, brazen \, violation \, of \, Model \, Code \, of \, Conduct \, (MCC)$ by inaugurating a public park at Maratgam Handwara today without any authority.

The Additional District Magistrate in a Letter/Order issued vide DEOK/MCC/2024/19-25 has asked the DDC Member to explain the reasons for violating the MCC norms and submit the expenditure statement incurred on such function within two days, failing which the matter shall be forwarded to Chief Electoral Officer, J&K.

"You are hereby put on notice to respond to the violation of MCC made by you while inaugurating a public park at Maratgam Handwara, Kupwara without proper legal permission from DEO Kupwara as required under rules," reads the notice issued by ADM Kupwara, who is also the Nodal Officer, MCC Kupwara.

## **IUST** faculty bags project sponsored by Indian council of Medical Research.

HT News Network



Awantipora, April 19: Miss Asmat Parveen principal SMMCN & MT has been awarded project on "Comparison of Respiratory Health OF Brick killin worker and Local inhabitants with general population of Kashmir valley" by Indian Council of Medical Research. Congratulating the faculty Vice Chancellor, Prof. Shakil Ahmed Ramshoo, said that as IUST is emerging as a Research Intensive university, faculty should increasingly focus on the areas of societal relevance and contribute towards policy advocacy and bridge the distance between lab and land. He said that the research output of university has seen a significant increase and IUST is exploring collaboration with different national organizations in areas of significant importance. He urged the faculty to respond to the calls for proposals from different funding agencies to further upgrade the research infrastructure. Dean Academic Affairs Prof. A.H.Moon complimented Ms. Asmat and said that IUST under the guidance of Vice Chancellor has devised a policy to reward faculty and researchers for promising research initiative.Dean Research, Prof Shiekh Javid Ahmadd also congratulated the faculty for the project.

# BSI Learning, Australia Signs MoU with Aryans Group of Colleges, India to provide Australian **Qualifications in Chandigarh**

■ HT News Network



Srinagar, 19th AprilChandigarh (India), Date: BSI Learning (RTO 21371) and Aryans Group of Colleges proudly announce the signing of an Expression of Interest (EoI) to create opportunities for Indian students to pursue Australian Qualifications in India with the support of Can And Able Advisory. BSI Learning (RTO 21371), is committed to delivering a learning experience that produces beneficial change for both your people and your organization. BSI Learning aims to develop programs that have measurable effects, not only on your people and their performance but on the bottom-line results of the company.

Aryans Group of Colleges stands as premier consortium of eight educational institutions, offering a diverse array of programs ranging from engineering to law, and business to nursing. With a steadfast commitment to highquality education, Aryans Group has become synonymous with academic excellence and professional readiness. The primary objectives of signing this EoI is to explore a potential collaboration to offer Australian Skillsets and Qualifications in Business, Leadership & Management, Project Management, Retail and Hospitality, and Fitness

"Australia and India share a strong relationship, and Australian educational institutions are set to leverage this partnership to provide skill training to a massive workforce in emerging domains such as digital healthcare and renewable energy. To achieve this goal, BSI Learning is visiting India to build market literacy and skills partnerships. The collaboration between Aryans Group of Colleges and us aims to create pathways for their students in education, innovation, and economic growth" said Ms. Kala Philip, CEO, BSI Learning.

### Police arrests 7 drivers, seizes 7 vehicles for illegal extraction & transportation of minerals in **Baramulla**

#### **HT News Network**

Baramulla April 19: Cracking a whip on illegal extraction & transportation of minerals, Police have arrested 7 drivers and seized 7 vehicles in Baramulla.

The Police initiated the action under the supervision of DySP Hqrs Baramulla, SDPO Tangmarg & Kreeri assisted by SHO PS Tangmarg, SHO PS Kunzer, SHO PS Baramulla & IC PP Wagoora. The police parties seized 6 Tippers, 1 Tractor & arrested 7 drivers at Kunzer, Shrakwara Shrai & Khanpora Baramulla for illegal extraction and transportation of minerals. The accused drivers have been identified as namely Bilal Shah son of Akbar Shah resident of Takiya Batpora, Wakeel Malla son of Assadullah resident of Heing Rajpora, Waseem Ahmad Thokar son of Gh Nabi resident of Khaitangan, Farooq Ahmad Reshi son of Ab Rehman resident of Paraswani, Aadil Hussain Beigh son of Ab Rashid resident of Ganibaba Kunzer, Bilal Ahmad Malik son of Mushtaq Ahmad resident of Drangbal, Bashir Ahmad Dar son of Lal Din resident of Kanispora.

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

People are requested not to indulge in any kind of illegal mining activities from any Nallah/River, as it is the violation of Government rules. Persons found indulging in illegal mining activities shall be dealt as per law.

# DC Baramulla visits 9-Uri AC; ensures AMFs at Polling Stations for the Lok Sabha Elections

#### **HT News Network**

Baramulla April, 19 (KNS): In view of the General Elections to Lok Sabha, the District Election Officer (DEO) Baramulla, Minga Sherpa, accompanied by ARO9-Uri Assembly Segment, Javid Ahmad Rather, conducted a comprehensive inspection of various polling stations within the sub-division Uri today.

The purpose of the visit was to ensure that all polling stations have Assured Minimum Facilities (AMF) as per the ECI guidelines. The DEO conducted a thorough assessment of infrastructure and amenities at each location to ensure a seamless and efficient voting experience

During the visit, the DEO inspected several polling stations in the border villages and conducted a



comprehensive assessment of various essential aspects such as availability of ramps, sanitation facilities, provision of drinking water, and electricity supply—all of which fall under the Assured Minimum Facilities (AMFs), to be provided to the poll parties as per the ECI guidelines.To foster a conducive environment for conducting free, fair, and transparent elections,

the DEO emphasized the

importance of providing adequate facilities to both voters and the polling staff. Meanwhile, Minga

Sherpa praised the dedication and efforts of all the stakeholders involved in the preparations and urged for continued cooperation to guarantee the success of the electoral process.Furthermore, the DEO visited and assessed the arrangements at the Distribution Center in Uri, where from the poll par-

several polling stations in the border villages and conducted a comprehensive assessment of various essential aspects such as availability of ramps, sanitation facilities, provision of drinking water, and electricity supply—all of which fall under the Assured Minimum Facilities (AMFs), to be provided to the poll parties as per the ECI guidelines.

ties and election materials

would be distributed to the individual polling sta-

tions of the assembly con-

stituency during the Lok

Sabha Elections inspected

To foster a conducive environment for conducting free, fair, and transparent elections, the DEO emphasized the importance of providing adequate facilities to both voters and the polling staff.

Meanwhile, Minga Sherpa praised the dedication and efforts of all the stakeholders involved.

# DDC member Rajpora Javed Raheem Bhat joins PDP

#### HT News Network

Pulwama, April 19 Political leader and DDC member of Rajpora Constituency Javed Raheem Bhat has joined the Peoples Democratic Party (PDP) on Friday. Addressing a public gathering in Rohmmu village of Pulwama, laved said that no party except PDP will be able to represent the people of Jammu and Kashmir in Parliament.

He said that PDP is the only party which can become the real spokesperson of the people in



the parliament. Javed Raheem Bhat while talking to the media on the nomination of Waheed ur

the Srinagar parliamentary seat said that he is sure that Waheed ur Rehman will represent the people as well as the Rehman Para by PDP for youth in the Parliament

with a single voice. DDC member Javed Ahmed, who joined the PDP along with hundreds of workers, said that the people's representatives who were given the opportunity to speak in the Parliament in the previous elections disappointed the people of Jammu and Kashmir and it is clear that the people here have faced difficul-

Despite heavy rain, a large number of people participated in the rally organized by DDC mamber in Rohmmu Pul-

# Army provides food, shelter to 250 stranded passengers in Gurez

#### ■ HT News Network

Bandipora April 19 (KNS): The Army's exemplary commitment and tireless efforts in the face of adversity have earned widespread praise, as they provided shelter, food, and worked relentlessly overnight to clear debris for 250 stranded passengers in Tulail Valley.

In the wake of the sudden landslide that trapped 25 vehicles and left passengers stranded, the Army sprang into action, deploying Jawans of 3 Assam Rifles to the scene. Demonstrating unwavering dedication, the Army not only provided immediate shelter and food to the stranded individuals but also worked throughout the night alongside local agencies to clear the debris obstructing the road.

The selfless and round-the-clock efforts of the Army have been instrumental in ensuring the safety, comfort, and well-being of the stranded passengers. Their proactive response and efficient coordination with local authorities have significantly expedited the cleanup process, allowing for the swift restoration of normalcy to the affected region. The successful resolution of the crisis serves as a poignant reminder of the Army's unwavering commitment to serving the community and safeguarding the lives of its citizens, even in the most challenging circum-

# JK People's Party Chief Sheeban Ashai announces his candidature for Srinagar Lok Sabha. Renowned youth entrepreneur Musadiq Mehraj joins party.

#### **HT News Network**

Srinagar, 19th April: Addressing a press briefing in Srinagar today, JK People's Party Chief Sheeban Ashai announced his candidature for Srinagar Lok Sabha constituency for upcoming parliament elections 2024. Stressing on need for a voice of Kashmiris inside parliament; Ashai stated, "When every community and section of society has a voice in Parliament, it is extremely important for Kashmiris to have strong representation at the highest level. Kashmiris have always felt unrepresented in both Houses of Indian parliament where politicians elected from erst while state have not failed to echo sentiments and aspirations of common citizens. Ashai expressed that unequivocal, pronounced manifesto of the party which was brought to light in August 2022 is the biggest testament of JK People's Party's politics of virtuousness. We have never had any hidden agendas, our political road map and ideology is transparent and unambivalent. Ashai welcomed renowned youth activist Musadiq Mehraj on the



momentous day of Lok Sabha announcement and encouraged youth to take initiative in becoming part of policy making. Mehraj hailing from an illustrious family of renowned businessmen in Srinagar is a graduate from Kashmir University in Business Management & a prominent face amongst Srinagar youth. Ashai recalled important events if political significance from last ten years of

BJP's direct and proxy rule in erstwhile state, termed it as one of the darkest times in history of Kashmir. He ingeminated that people have to reject fiendish moves of BIP government, send a strong message of disapproval for illegal, unconstitutional abrogation of Article's 370 and 35A in upcoming Lok Sabha and Assembly elections. Any wrong decision on our part would not only send a wrong message to entire world but also in a way support BJP's idea and style of functioning. Ashai reminded people to not forget the testing times when entire Kashmir was turned into an open jail, thousands of people detained, state suffered losses of more than two lakh crores, about two and half lakh people lost their jobs thanks to the undemocratic abrogation of Article's 370 and 35A. Ashai expressed that in about of decade of political struggle many a times People's party and it's leadership faced Himalayan challanges from the BJP. I still vividly remember the time when in 2021 minutes away from our Hyderpora residence an encounter took place and families pleaded for dead bodies of the deceased. We first hand experienced haplessness of our people.



**PRINCE TO THE ADLINES** 

# **HADP** leads to revolution in agriculture sector

The Holistic Agriculture Development Programme (HADP) has led to a revolution in the agriculture sector. More and more people are taking up the agriculture sector as a viable means of income and as such are contributing towards the household income. Like commercial floriculture commercial agriculture has also taken roots in the Kashmir valley. The agriculture has progressed by leaps and bounds over the past few years with people reaping the benefits.

The silver lining in this whole scenario is that women have taken up agriculture as their profession and more and more female agripreneurs are coming to the fore. Success stories of female agriculturalists are emanating from the different parts of the Kashmir and Jammu regions. Since agriculture has turned into a full-fledged round the year activity vegetables are available to the people in the Kash-

Not long ago the Kashmir valley would face a scarcity of the vegetables during the winter more so when the Srinagar-Jammu national highway would get closed on account of inclement weather. The things have changed in the recent past with the green houses heralding a new revolution in the agriculture sector. Almost all types of vegetables are available to the people round the year and the people are heaving a sigh of relief.

The availability of green vegetables during the winter season has led to less dependence on dried vegetables and the dried vegetables are considered as delicacies by the people. Since some of the doctors have voiced concern over the usage of dried vegetables it is important that necessary caution is followed while using such vegetables. In such a scenario the availability of green vegetables has come as a welcome relief.

Over the years the Department of Agriculture has taken many innovative measures so as to motivate the existing farmers to adopt the new techniques so that there is an increase in the production. It is due to these measures that the young generation has also been motivated to take up agriculture as a full time means of employment. This is a great step since the younger generation is not running after the government jobs.

It is high time that more and more youngsters take a plunge in the agriculture sector so that they turn out to be successful entrepreneurs. This will ensure that more and more people are willing to set up their own ventures rather than going after the government jobs or menial jobs. This would give a new dimension to the economic progress scenario of the Kashmir valley.

# **Smartphones**The future remains steady

The biggest challenge for the planet will be e-waste and sustainability issues. Just tinkering with the packing material and plastics used will help, but in a very small way.

#### ■ Niranjan Gidwani

There is hardly anyone in the world who would not have the answer.

It's the smartphone. This device has become one of the key segments of the consumer electronics business, contributing in a major way to the entire value chain, and has become so central to our lives that it is almost like an extension of our body.

Smartphones are amazing devices. Which is why the world is so addicted to them and why, in so many places around the globe, most people have one.

#### Will this craze carry on forever?

Almost everyone believes that the smartphone is something we will continue to carry with us, both literally and metaphorically. The smartphone market may never see the same meteoric rise that it did some years ago, but the allpowerful pocket computer is surely here

At this point it's hard to function in society without one, and that is not going to change any time soon. A small percentage of the world will get the newest high-end model, many will opt for the mid-to-high range products, and others will use the basic product until it falls apart.

#### So, what does one see in the foreseeable future?

One thing is certain. The form factor and specifications will really evolve. Right now, the world is comfortable with the candy bar design, and that will stick around for quite some time, but a significant portion of the market will become foldable. Foldable phones can change the way content is consumed. These devices can change to a different size to perform a specific task. When unfolded, they can go from being a small smartphone to a tablet type of device. Smartphones and tablets, therefore, could merge.

And as the smartphone market shifts, people are surely going to be looking to get more utility out of that one device.

One feature that has the potential to become more common in smartphones, in the near future, is improved artificial intelligence and machine learning capabilities. Smartphones are already able to perform a wide range of tasks. However, there is still room for

improvement and further development in this area.

Battery technology is another feature that is also ripe for innovation. Smartphones keep getting major upgrades to cameras and sensors, but interestingly, batteries have not changed much in years. Alternatives to lithium-ion batteries will allow for faster charging and longer battery life. Some technologies even allow batteries not to lose capacity over

Imagine that a phone runs out of battery and there is no charger immediately available. That may not be a problem in a few years' time, as it is expected that the next smart devices can be charged wirelessly over the air. There are also devices being planned whose battery could be charged by solar power. This will be a much-needed boost as the global order is shifting to more and faster data consumption and longer hours of usage on the device. However, it will be interesting to see whether brands would improve battery technology soon or prefer the current strategy of selling newer models each

The future holds exciting promise. And yet, since 2017, for six years in a row, demand for new phones has been on the decline. China and North America have been the biggest drivers of negative growth, and more so this year. Global inflation and an uncertain environment

are making consumers reluctant to make faster upgrades to their devices. Refurbished and used phones market is creating another big dent in the new phones market.

Premium and ultra-premium growth is still strong among the top two global brands. The important thing to consider is that there are opportunities in markets that are still under-served. Africa is one continent where many of the phones in use are still feature phones, not fullfledged smartphones. There is also immense potential in India's 5G expansion over the coming years.

Many of us can't imagine life before smartphones, and the tech industry has shown an eager interest in keeping customers coming back on a regular basis to purchase the latest and greatest models. Every year brings a slew of new products and brands are constantly raising the bar on what their flagship smartphones can do. In the process, the e-waste problem also keeps getting bigger and more complex.

About 10 years ago, no-one could imagine how much smartphones would evolve in a decade. However, smartphone technology has accelerated so much that the first smartphones now seem like primitive dinosaurs.

Modern smartphones are now the platform of choice when it comes to accessing information. Years ago, we used countless devices to check the weather, take photos, read emails, or listen to music. However, today we find everything on our smartphone.

Mobile phones have become an extension of ourselves and have changed our lives forever. About 80 per cent of the world's population has a cell phone. We look at our phones an average of over 100 times a day, and some people become extremely anxious if they forget to bring their phone with them.

Although the pace of development seems to have slowed recently, smartphones will continue to evolve. My personal view is that AR and VR will surely create a buzz and pockets of interest but may never come close to the popularity of a smartphone.

The biggest challenge for the planet will be e-waste and sustainability issues. Just tinkering with the packing material and plastics used will help, but in a very small way. And interestingly, very few of the big, organised global players are working on a strategy to tap into the used phones segment which will be almost 25 per cent of value sales by 2026.

Smartphones are not disappearing

The writer is Consultant Director, Board Member, Society of Sustainability & Green Materials, Member UAE Superbrands Council, **HBR Advisory Council, Charter Member TIE Dubai** 

# How Mindfulness Practice Reduces Pain

#### Shana Johnson

The practice of mindfulness reduces pain levels in a couple of ways. First, it improves awareness of negative emotions and your ability to control them. Two, it reduces the connection between the parts of the brain that process pain and the parts that generate self-awareness. Together, these factors reduce the pain experience.

#### **Negative Emotions Intensify Pain**

Chronic pain is a physical and emotional experience. Your emotional state, whether it be sadness, frustration, or happiness, affects how you experience pain. Negative thoughts and emotions increase pain levels.

For example, if you have a headache and are angry about a work conflict, the pain feels worse than if you have the same headache while outside, enjoying the sunshine, feeling content and free.

Chronic pain is a physical and emotional experience. Source: Courtesy of Shana

Emotions affect the experience of pain because the brain processes the physical and emotional aspects of pain together. Pain is registered in the brain through

multiple inputs. One set of inputs reports the location and intensity of the pain (physical experience).

Another set of inputs connects to the emotional center of the brain, called the

 $limbic\, system, and\, reports\, how\, unpleasant$ the pain feels (emotional experience).

From here, circuits adjust the pain signal, either increasing or decreasing it. Then, the brain lets you know how it feels.

A negative emotional state increases pain, whereas a positive state lowers pain.

The practice of mindfulness improves your awareness and ability to regulate negative thoughts and emotions-such as sadness, anger, or frustration–thereby reducing the pain experience.

#### Mindfulness Separates "You" From "Pain"

Research shows mindfulness practice reduces perceived pain levels by up to 30

Mindfulness meditation decreases the communication between the parts of the brain responsible for relaying pain information (thalamus) and the parts that generate self-awareness (default mode network).

There is awareness of self, and there is awareness of pain, but they are not mixed into one. Because they aren't working as one, the pain level is lower. Think of this pain communication as if the self is not answering pain's phone calls. The weaker connectivity between the two areas reduces the pain you experience.

Mindfulness fosters a nonreactive sense of self, which includes the experience of pain. The benefits of mindfulness can be gained from a practice of just 20 minutes



Mindfulness Meditation Quick-Start Here is a simple guide to get started on a mindfulness meditation practice.

Sit in a comfortable position. Focus on your breath, paying attention to breathing in and out. Don't think or follow any thought streams that pop up.

Say "in" as you breathe in and "out" as you breathe out; this blocks intrusive

Start with five minutes a day and work up to 20 minutes a day. Find what works

During meditation, don't think about anything. If a thought pops up, do not follow it; refocus on your breath. Think of your thoughts as clouds. You are watching them and letting them pass. Focus on blue skies. If the sky fills with clouds, refocus on your breath, refocus on the

Learn more about chronic pain management in my book Sunbreak: Healing the Pain No One Can Explain.

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# WITHERING SCIENCE

IT IS SLIGHTLY PARADOXICAL FOR ME, A PUPIL OF JUSTIN ROSENBERG, TO WRITE ABOUT THE FUTURE OF POLITICAL SCIENCE

#### **Shubham Sharma**

13TH HEADLINES

It is slightly paradoxical for me, a pupil of Justin Rosenberg, to write about the future of political science. In his 2016 research article International Relations in the Prison of Political Science, Rosenberg had exhorted the students of International Relations to break free from the 'prison' i.e., the designation of IR as a sub-field of political science.

He wrote, "for IR should be regrounded in its own disciplinary problematique: the consequences of (societal) multiplicity." Rosenberg's call beckoned to only a few prisoners (myself included). The message barely reached India, or for that matter South Asia. In the United States, I am yet to hear of a department of 'International Relations' breaking free from the jail of Political Science. Be that as

I will try to focus my discussion on the state of Political Science in India, a country that I know best. From within the social sciences, India has had the distinction of producing stellar economists (two of whom, Amartya Sen and Abhijit Banerjee, have also won the Nobel award), historians and sociologists. No such name comes to mind whilst one thinks of political science. The question is baffling.

It has no readymade answers. The first Department of Political Science was established at the University of Lucknow, (Uttar Pradesh) in 1922. The first issue of the still continuing Indian Journal of Political Science (IJPS) came out in 1939. Despite all this, political science, intellectually speaking, remains in an impoverished state.

The only political science scholar who had received a modicum of international repute was the legendary professor of Delhi University, Randhir Singh. His book Reason, Revolution and Political Theory (1967) was touted as the

THE BURNING **OUESTIONS OF CASTE** AND OTHER FORMS OF **SOCIAL STRATIFICATION WERE TAKEN CARE BY** SOCIOLOGISTS. **POLITICAL SCIENTISTS ALSO LOST GROUND TO** legal scholars on matters such as human rights, constitutional laws, federalism, and statecivil society. Legal luminaries such as Prof. Upendra Baxi and Durga Das Basu became the household names on such matters. The post-Emergency subaltern studies movement in history further caused a lot of young and bright scholars to gravitate away from political

best Marxist take down of the conservative political theorist Michael Oakeshott. His last book Crisis of Socialism: Notes in Defense of a Commitment (2006) running

science



over 1,000 pages was considered to be a landmark achievement by most political scientists/theorists

on the Left. His death in 2016 garnered an obituary in the Londonbased newspaper Guardian. After independence, foreign affairs and international relations came under the tutelage of Prime Minister Jawaharlal Nehru. Big institutions such as the Indian Council of World Affairs (ICWA) and the Indian School of International Studies (which was later merged with the Jawaharlal Nehru University) were established by the government.

These attempts were directed to know the world through an Indian lens. Nehru's participation in the Bandung Conference, his convening of the Asian Relations Conference in New Delhi, the inauguration of the Non-Aligned Movement, India's diplomatic involvement in the Korean War and the decision to chart an 'independent, postimperial foreign policy' led to an unintended, yet consequential, focus on international relations and area studies. Political Science, on the other hand, did not have any immediate national purpose to

The burning questions of caste and other forms of social stratification were taken care by sociologists. Political scientists also lost ground to legal scholars on matters such as human rights, constitutional laws, federalism, and state-civil society. Legal luminaries such as Prof. Upendra Baxi and Durga Das Basu became the household names on such matters. The post-Emergency subaltern studies movement in history further caused a lot of young and bright scholars to gravitate away from political science.

The one area where political scientists tasted both international and national success was the study of secularism. In the aftermath of the Babri Mosque demolition, Prof. Rajeev Bhargava's book Secularism and Its Critics, (OUP, 1998) became the 'go-to' reference to understand Indian secularism, Later on, Achin Vanaik's book The Furies of Indian Communalism and its sequel Hindutva Rising (Verso and Tulika, India 2017) marked a huge (leftwing) advance on secularism studies.

Another major problem plaguing Indian political science is a lack of theory and method. IR in India commands a Talmudist like adherence of Realism and Neorealism. Political Science lacks such a theoretical spine and therefore fails to stand erect. My own experience of studying political science in one the most premier institutions of India, St. Xavier's College, Calcutta revealed that the course was a medley of subjects ranging from IR, Theory, federal is mand Comparative Politics without a theoretical anchorage.

Everything was taught to me, yet all seemed to be lost because the syllabi lacked an overarching theoretical coherence. The benefit of hindsight reveals the miasma. Out of 60 students, only two of us have pursued a career in political science. On the question of method: there was no module on research  $methodology\,at\,the\,undergraduate$ level. Political Science, like other social sciences, has now become a ticket for a cushy career in the civil services. All the major cities

of India have seen a mushrooming of private and money mooching civil services examination preparation centers.

Students with a masters or a doctoral degree in political science are attracted towards these abattoirs of knowledge for quick and easy money. Since 2014, big business has also focused on the funding of mostly right-wing for eignpolicy thinks tanks. The Observer Research Foundation (ORF), currently India's biggest and richest foreign policy think-tank, had its roots in Dhirubhai Ambani's (father of India's richest man Mukesh Ambani) attempt to control the  $media\, space\, through\, his\, new spaper$ 

The Observer. With annual financial inflows over Rs. 35 crore, ORF has become an epistemic behemoth that pales all university IR departments, not to speak of political science, into insignificance. Far from a critical evaluation of the polity, such centres set-up annual jamborees, such as the Raisina Dialogue, touting India's ostensible rise.

 $India \'s\, constant\, slippage\, on\, the$ Global Hunger Index (107th out of 121), and the Press Freedom Index (160th out of 180) are hardly debated or discussed. ORF's constant fixation 'geo-economic' and 'geopolitical' aims to depoliticize debate reflects the actual state of affairs within India. It seems that the English lexicon has no other suffix compared to 'geo' when it comes to political sanitization of debate.

With the current assaults on India's polity, it must be the duty of young and aspiring political scientists to take up the gauntlet. If this does not happen, both the discipline and the people of India, are doomed.

The writer is a PhD candidate, Department of Political Science, University of Connecticut, USA

# Note To Self: Compassion, Not Criticism

#### ■ Robert H. Woody

I've heard it from music performers of all kinds, from highly trained classical musicians to the regular singers at my small town bar's karaoke night: "I'm my own worst critic," they'll tell me as they ignore a compliment I just paid them on their performance. They may start with a "Thanks, but" before they then express their own dissatisfaction with the performance they just gave and quickly move on to explain (usually somewhat boastfully) that they are their own worst critic.

Being hypercritical of yourself—and then telling others about it—amounts to a very peculiar form of perfectionism crossed with virtue signaling. Seemingly, by using "own worst critic" language, musicians aim to convince those around them that they are, in fact, better performers than their actual performances show. There's an aspect of perfectionism wrapped up in this, which is, after all, an irrational (and psychologically harmful) perspective to take. And the virtue signaling is seen in the desire to gain credit in the eyes of others for being such a driven and exacting musician, since they cannot be credited

for giving a perfect performance. Of course, many musicians who adopt the "own worst critic" mentality do not do it only to save face with others. They truly believe that even though perfection may not be attainable, by chasing perfection, they propel themselves to excellence. As I have addressed previously on this blog, the field of psychology refutes this notion and instead has identified serious mental health dangers associated with perfectionism.

What, then, is the better alternative to self-criticism for pushing oneself forward in their quest for musical excellence? A growing body of psychological research indicates that self-compassion is a key trait that high achievers are empowered by. This is a point made wonderfully in a back episode of my favorite podcast The Happiness Lab with Dr. Laurie Santos. In the episode "Dump Your Inner Drill Sergeant," researcher Kristin Neff shares the great power of self-compassion (Dilley, 2021). Especially in a world where so many outcomes in life are not entirely within one's own control, faulting yourself for not accomplishing enough at any given time does not help if you desire to grow and improve. To our psyche, criticizing ourselves for not accomplishing enough can feel like not being enough. It is not motivating. Self-criticism can be deflating and counterproductive in the long run. As Dr. Neff says pointedly in the podcast, "it inhibits your ability to make productive

Indeed, there are especially compelling findings from research that has looked at people who apply self-compassion after experiencing a failure of some kind. People who use self-compassion after a bad performance are more motivated to try again, to work harder and longer as they go forward into the future, and just generally show more determination and grit. Note this, musicians: all these things are antithetical to feeling stuck, defeated, and wanting to give up. And yes, greater motivation, persistence, and determination are products of self-compassion and not

It is also interesting to note that deciding to boost your self-compassion is a better option than trying to boost your self-esteem (Neff, 2011). Boasting self-esteem is no short term project. To change how you feel about yourself, you really need to change yourself substantially. Doing that is no quick trick. People who look for an immediate means of feeling better about themselves, often turn to disparaging others (to make themselves look better in



comparison), which can lead to interpersonal strife...or outright bullying. A more productive approach is to decide to boost your self-compassion, which simply means acknowledging that you are human and therefore, you can make mistakes and have setbacks, but also learn from these negative experiences, and grow and improve

Another great thing about this approach is that compassion is usually something we are already very familiar with, although perhaps not toward ourselves. Most of us intuitively know how to encourage a friend who is down and can help someone in need. Being compassionate may actually be naturally human, even more so than being competitive. Interestingly, Charles Darwin often has been associated with the idea of "survival of the fittest," a philosophy that many ultra-critical performers seem to enthusiastically adopt. In fact, though, Darwin referred to compassion/sympathy as "the almost everpresent instinct" of the human species (Darwin, 1874, p. 113).

It may be very difficult for some musicians to accept self-compassion as a

performer's strength rather than a weakness. Unfortunately, the formative years of some musicians included many learning and performance activities that were steeped in constant criticism as a driving force. Those who persisted through such circumstances may actually credit their musicianship to such negative conditions. Now as accomplished musical artists, they may have come to believe that the threat of failure and the stresses of professional expectations are "necessary evils" that produce growth. They may even rest upon folk wisdom/clichés like "diamonds are only formed under extreme pressure" or "if you can't stand the heat, get out of the kitchen." In reality, however, psychological stressors often produce more generalized anxiety, which, in the case of musicians, make them more susceptible to debilitating stage fright

while performing. Recent research suggests that selfcompassion is a promising approach for musicians trying to stave off performance anxiety. In a study of university music majors in the U.S., Farley & Kelley (2023) found a strong inverse relationship between

self-compassion use and the incidence of performance anxiety. From their findings, these researchers concluded that "an intervention focused on positive self-talk to bolster self-kindness may help reduce the negative effects of MPA in musicians" (p. 1283). This study was the first to firmly establish the relationship between music performance anxiety and self-compassion (i.e., the lack thereof), although previous research had pointed to such an association (Kelley & Farley, 2019; Sigurðardóttir, 2020).

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**HT - NEWS** 

# **HEADLINES** 20-April-2024

# "Opposition Got Bonds Too, Is It Extortion?" **Amit Shah Rebuts Rahul Gandhi**

#### **HT News Network**

New Delhi: Countering the Opposition's charge on the now-scrapped electoral bonds system, Union Home Minister Amit Shah today asked if the Opposition parties would also describe donations they received through bonds as "extor-

Mr Shah's remarks, made in an exclusive interview to NDTV, were a sharp response to Congress leader Rahul Gandhi, who has said the electoral bonds system was the "world's biggest extortion scheme" and called Prime Minister Narendra Modi as "champion of corrup-

Responding to the Opposition parties charge on the issue in the runup to the Lok Sabha polls, Mr Shah said, "Their parties have also received donations through bonds. Is that extortion as well? Rahul Gandhi must tell the people, yes, we have also extorted. And the donation they have received in proportion to the number of MPs is more than what we got. They don't have an issue, there is no allegation of corruption against us. So they are trying to create confusion. They won't be successful."



In a landmark verdict on February 15, the Supreme Court scrapped the electoral bonds scheme on the grounds that it violates the citizens' right to information. The scheme, Chief Justice of India DY Chandrachud said, was unconstitutional and arbitrary and may lead to a quid pro quo arrangement between political parties and donors.

The Constitution bench of five judges held that the stated objective of fighting black money and maintaining the confidentiality of donors cannot defend the scheme. Electoral bonds, the court said, are not the only way to curb black

Subsequently, in data released by State Bank of India and made public by Election Commission of India, the BIP was found to have received maximum funds through these bonds -- 6,986.5 crore -- since they were introduced in 2018. The BIP was followed by Trinamool Congress at 1,397 crore and Congress at 1,334 crore. Countering the Opposition's charge on the now-scrapped electoral bonds system, Union Home Minister Amit Shah today asked if the Opposition parties would also describe donations they received through bonds as "extortion".

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right to information. The scheme,

Chief Justice of India DY Chandra-

# **After India Delivered BrahMos** Missiles To Philippines, PM Modi Said..

#### HT News Network

New Delhi:Prime Minister Narendra Modi on Friday congratulated countrymen after India delivered the BrahMos supersonic cruise missiles to the Philippines as part of the \$375 million deal between the two sides signed in 2022.

Addressing a rally in Domah, PM Modi said, "Now we are also exporting BrahMos missiles. The first batch of this missile is going to the Philippines today. I congratulate all the countrymen on this.

India delivered the Brah-Mos supersonic cruise missiles to the Philippines on Friday, as part of the USD 375 million deal between the two sides signed in 2022.

The Indian Air Force sent its American origin C-17 Globemaster transport aircraft with the missiles to the Philippines to deliver the weapon system to the Philippines' Marine Corps, according to defence sourc-

The export of ground sys-



tems for the BrahMos supersonic cruise missile system along with the missiles started last month itself, they said.

The Philippines is taking delivery of the missile systems at a time when tensions between Manila and China have escalated owing to frequent clashes in the South China Sea. The three batteries of the BrahMos missile system would be deployed by the Philippines in their coastal areas to guard against any threat in the region.The deal has been cleared with multiple approvals from partner nations in the programme. cruise missile, a joint venture between the Defence Research and Development Organisation (DRDO) and Russian Federation's NPO Mashinostroyeniya, is said to be one of the most successful missile programs in the world. Acknowledged as the foremost and swiftest precision-guided weapon on a global scale, BRAHMOS has played a pivotal role in enhancing India's deterrence capabilities.

The Indian Army has integrated multiple BrahMos regiments into its arsenal

# **Supreme Court Orders Medical** Exam Of Teen Rape Survivor To **Abort 28-Week Pregnancy**

#### **HT News Network**

New Delhi: The Supreme Court on Friday ordered a medical examination of a 14-year-old alleged rape victim who has sought termination of her 28-week preg-

A bench comprising Chief Justice D Y Chandrachud and Justice J B Pardiwala assembled at around 4:30 pm to hear the matter urgently, after perusing an e-mail sent on behalf of the rape survivor seeking urgent judicial intervention.

Additional Solicitor General Aishwarya Bhati represented the government in the

The court sought a report from Mumbai's Sion hospital about the girl's possible physical and psychological condition if she undergoes medical termination of pregnancy or if she is advised against it.

The bench said the medical superintendent of the hospital will constitute a medical board and its report be placed before the court on April 22, the next date of the hearing.

The matter will be taken up at 10:30 am on Monday.



The Supreme Court was hearing a petition filed by the girl's mother, challenging an order of the Bombay High Court that had declined to allow the termination of

The counsel appearing in the court on behalf of the petitioner said the minor is 28 weeks pregnant and is presently in

Under the Medical Termination of Pregnancy (MTP) Act, the upper limit for termination of pregnancy is 24 weeks for married women as well as for those in special categories, including rape survivors, and other vulnerable women, such as the differently-abled and minors.

# Supreme Court Adjourns Ramdev's Plea For Clubbing Of Cases To July

#### **HT News Network**

New Delhi: The Supreme Court on Friday adjourned for July the hearing of a plea filed by yoga guru Ramdev to club FIRs lodged against him in different states over his alleged remarks that allopathy cannot cure Covid-19.

A bench of Justices MM Sundresh and SVN Bhatti granted two weeks' to the states of Bihar and Chhattisgarh to inform it about the status of the first information reports (FIRs) and the chargesheet filed.

It also granted Ramdev's counsel liberty to implead the complainants in the case before the top court and posted the matter to July.

Ramdev approached the top court seeking protection in criminal FIRs lodged against him in various states over his alleged remarks on efficacy of allopathy in the treatment of Covid-19.

 $The yoga\,guru's\,plea\,sought\,clubbing\,of\,FIRs$ 



him and had also sought protection from coercive actions in FIRs lodged by Indian Medical Associations (IMA) Patna and Raipur branches and transfer the FIRs to Delhi.

Ramdev has been booked under Sections and the transfer of cases lodged against him 188 (disobedience to order duly promulgated to Delhi. The plea also sought a stay on the by public servant), 269 (negligent act likely to proceedings in multiple cases lodged against spread infection of disease dangerous to life). 504 (intentional insult with intent to provoke breach of the peace) and other provisions of Disaster Management Act, 2005.

In a video, Ramdev in 2021 was allegedly heard saying, "Allopathy is a stupid science and medicines such as Remdesivir, Fabiflu, and other drugs approved by the Drugs Controller General of India have failed to treat Covid-19 patients."His remarks caused massive outrage and the IMA sent over a legal notice to him.

Police in Chhattisgarh's Raipur had registered an FIR based on a complaint filed by the Raipur's IMA unit against Ramdev for allegedly spreading "false" information about the medicines being used by the medical fraternity for the treatment of Covid-19.

As per the complaint, Ramdev has been allegedly propagating false information and his threatening statements on social media against medicines being used by the medical fraternity, Government of India, Indian Council of Medical Research (ICMR) and other frontline organisations in the treatment of Covid-19.

# Andhra Candidate Delays Campaigning, Conducts C-Section On Woman In Danger

#### **■** HT News Network

Hyderabad: Putting her professional oath ahead of a potentially political one, a candidate for the assembly polls in Andhra Pradesh, who is also a doctor, delayed her campaign to help a woman deliver a baby via a caesarean section.

Gottipati Lakshmi, the TDP candidate for the Darsi Assembly constituency in Prakasam district, was about to leave to campaign on Thursday when she was informed about a woman who was losing amniotic fluid - which can lead to a miscarriage and also endanger the mother-and had been referred to a hos-

pital in Guntur. Ms Lakshmi, who is from a political family but is making her electoral debut, went to the private hospital where Venkata Ramana from Abbayai Palem in the Kurichedu Mandal of the district was admitted.

The doctors at the private hospital had referred her to Guntur. I went there



and conducted the surgery to save the mother and child," Ms Lakshmi told NDTV. The mother and child are healthy.

"I will build a hospital here once the TDP wins,"

Voting will be held for all 175 Assembly constituencies and 25 Lok Sabha seats in Andhra Pradeshon May 13. The YSR Congress Party, led by Jagan Mohan Reddy, had swept 151 Assembly seats and 22 Lok Sabha constituencies in 2019. Chandrababu Naidu's TDP had won 23 and three respectively.: Putting her professional oath ahead of

a potentially political one, a candidate for the assembly polls in Andhra Pradesh, who is also a doctor, delayed her campaign to help a woman deliver a baby via a caesarean section.

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# "Bengal Is New Bihar": BJP Leader's Big Remark On 1st Phase Poll Violence

#### ■ HT News Network

New Delhi: Amid reports of violence from West Bengal on the first day of polling for Lok Sabha election, BJP leader Agnimitra Paul has said "Bengal has turned into Bihar" and alleged that the Trinamool Congress is trying to silence opponents by "threatening or murder-

Three seats in north Bengal are voting in the first phase -- Jalpaiguri, Alipurduar and Cooch Behar. Sporadic incidents of violence were reported in Cooch Behar, where workers of the BJP and Trinamool clashed. Both sides have filed scores of complaints relating to violence and voter intimidation. A senior polling officer, however, said they have received some complaints, but they got no reports of violence, reported news agency PTI.

At 3 pm, eight hours after voting began, the seats had recorded 66.3 turnout. All three Bengal seats polling today are reserved -- Cooch Behar and Jalpaiguri for Scheduled Castes and Alipurduar for Scheduled Tribes. Among the high-profile candidates is Union Minister Nisith Pramanik, contesting for BJP in Cooch Behar.

In a video statement shared by PTI, Ms Paul said, "A few years back we used to see such things in Bihar, but Bengal has turned into new Bihar, new Kashmir. Booth president is being kidnapped. Booth rigging is being done. Opponents have to be silenced...either by threatening or murdering... this is Mamata Banerjee's politics in West Bengal."

Ms Paul, MLA from Asansol South, is contesting the Lok Sabha polls as BJP's candidate in Medinipur.

Ms Paul's remark is a part of the polit-



ical blame game that has started in the wake of the violence.

"The BJP, along with central forces, has unleashed a reign of terror to rig the elections. Our workers are being harassed and beaten," north Bengal Development minister and Trinamool leader Udayan Guha told PTI.

The BJP denied the allegations and claimed that they were targeted in many areas. "The TMC, sensing defeat, is trying to intimidate voters. BJP workers have been assaulted in various areas. Wherever Udayan Guha goes, he provokes people to indulge in violence. In many places, even mediapersons have been assaulted," Mr Pramanik told the media.

In a social media post, Union Home Minister Amit Shah has urged voters to vote to "prevent infiltration and corrup-

tion". "Voting for the first phase of the Lok Sabha elections is ongoing in West Bengal today. I appeal to the people to vote for a government that will ensure poverty alleviation schemes at the grassroots level, prevent infiltration and corruption,

### **Security Personnel, 28, On Poll Duty In Mizoram Dies Of Cardiac Arrest**

#### **HT News Network**

Aizawl: A 28-year-old security personnel on election duty in Mizoram died due to cardiac arrest on Friday, officials said.Lalrinpuia, who was in the second Indian Reserve Battalion (IRBn), was found dead on Friday morning at Vangchhia polling station in Champhai district when other security personnel tried to wake him up, they said. He died due to cardiac arrest around 4.45 am, the officials said. His body was sent to his native Kawlkulh village in Khawzawl district after an autopsy at Champhai district hospital, they said. Champhai Deputy Commissioner and District Election Officer James Lalrinchhana and Champhai Superintendent of Police (SP) Vineet Kumar were present during the send-off ceremony.James expressed his condolences to the family of the personnel and said that state Chief Electoral Officer (CEO) Madhup Vyas was informed about the incident.

### IndiGo Plans Delhi-Gurugram **Electric Air Taxis By 2026. Travel Time: 7 Mins**

#### **■** HT News Network

New Delhi: InterGlobe Enterprises, the parent company of IndiGo, and US-based Archer Aviation will launch an all-electric air taxi service in India in 2026, that will carry passengers from Connaught Place in the national capital to Gurugram in Haryana in just 7 minutes.

Archer Aviation will supply 200 electric vertical takeoff and landing (eVTOL) aircraft that can carry four passengers besides a pilot and operate just like helicopters but with lesser noise and better safety. The 200 planes, each having 12 rotters, will cost around USD 1 billion.

Besides Delhi, the joint venture between InterGlobe and Archer Aviation will launch similar services in Mumbai and Bengaluru to start with. The cost of the sevenminute flight operated with the company's five-seater eVTOL (electric vertical takeoff and landing) aircraft.

# Tehran signals no retaliation against Israel after drones attack Iran

#### HT News Network

13TH EADLINES

Explosions echoed the Iranian city of Isfahan on Friday in what sources described as an Israeli attack, but Tehran played down the incident and indicated it had no plans for retaliation — a response that appeared gauged towards averting region-wide war.

Israel had previously warned it would hit back after  $Iran fired \, hundreds \, of \, missiles \, and \, drones \, at \, Israel \, almost$ a week ago, in retaliation for a deadly strike — which Tehran blamed on its foe — that levelled Iran's consular annex at its embassy in Syria.

While most of the Iranian strikes were intercepted, fears of a major regional spillover from Israel's Gaza offensive have since soared. US media says Israel carried out retaliatory strikes

on Iran; Iranian media denies reports country attacked from abroad Blinken says US not involved in 'any offensive opera-

tions' amid reports of Washington being pre-notified of

Global calls, including from G7, for de-escalation pour inSyria says Israeli army targeted army position in



country's south

The limited scale of the attack and Iran's muted response both appeared to signal a successful effort by worldwide diplomats who have been working round the clock to avert all-out war since the Iranian move last

Iranian media and officials described a small number of explosions, which they said resulted from Iran's air defences hitting three drones over the city of Isfahan. Notably, they referred to the incident as an attack by "infiltrators", rather than by Israel, obviating the need

A senior Iranian official told Reuters there were no plans to respond against Israel for the incident.

"The foreign source of the incident has not been confirmed. We have not received any external attack, and the discussion leans more towards in filtration than attack," the official said.

Jonathan Lord, head of the Middle East security program at the Center for a New American Security, a US think tank, said Iran's response "seems to indicate that Iran is seeking to step down off the ledge, minimise the impact of the attack, and perhaps walk back down the escalation ladder from here".

Israel said nothing about the incident. It had said for days it was planning to retaliate against Iran for Saturday's strikes, the first direct attack on Israel by Iran in decades of shadow war waged by proxies which has escalated throughout the Middle East during six months of battle in Gaza.

The two longstanding foes had been heading towards direct confrontation since a presumed Israeli airstrike on April 1 that destroyed a building in Iran's embassy compound in Damascus and killed several Iranian officers including a top general.

### Apple Removes WhatsApp, **Threads From Its App Store In China**

#### HT News Network

Apple has removed the Meta-owned WhatsApp and Threads from its App Store in China following an order from the country's top internet regulator, Bloomberg reported Friday citing the tech giant.

Beijing engages in some of the world's most extensive internet censorship, with web users in mainland China unable to access everything from Google to many foreign apps without using a virtual private

"We are obligated to follow the laws in the countries where we operate, even when we disagree," said Apple in a statement, according to Bloomberg.

"The Cyberspace Administration of China (CAC) ordered the removal of these apps from the China storefront based on their national security concerns," said Apple, referring to China's internet regulator.

"These apps remain available for download on all other storefronts where they appear."

A Meta spokesperson referred AFP to Apple, which did not immediately respond to a request for comment.

The CAC and the Ministry of Industry and Information Technology -- another top Chinese internet regulatory body -- also did not immediately respond. China is a key market for Apple, which last year topped the country's smartphone market for the first

But thorny issues of censorship and national security have long hounded the US-based firm's operations in China as Beijing and Washington engage in a fierce battle for technological supremacy.

In January, China said it had cracked Apple's encrypted AirDrop communication service, which had once given protesters a vital channel for sharing information during the major 2019 pro-democracy protests in Hong Kong.

# **One Mistake Could Lead To** The Unthinkable In Middle **East: UN Chief**

#### ■ HT News Network

United Nations: More than six months of Israel's military offensive in Gaza has turned the Palestinian territory into a "humanitarian hellscape," UN chief Antonio Guterres said Thursday, also warning that one wrong move could see the Middle East devolve into wider war. World powers have been watching nervously since Israel vowed to retaliate against Iran for its unprecedented weekend assault on its archenemy, with fears soaring that escalating tit-for-tat attacks could push the region towards broader conflict.

Israel's top ally and military supplier, the United States, and Britain unveiled sweeping sanctions against Iran's military drone programme as governments kept up calls for restraint from all sides. In the latest in a series of threats between the two foes, Iranian Foreign Minister Hossein Amir-Abdollahian warned that Tehran would make Israel "regret" any attack on the Islamic republic. While the world's attention has been focused on the Iran tensions, Israel has continued carrying out its offensive on besieged Gaza.

The Israeli army said it had bombed dozens of targets in the territory on Thursday, as Qatar said efforts to broker a truce had stalled."The Middle East is on a precipice," the UN's Guterres said."One miscalculation, one miscommunication, one mistake, could lead to the unthinkable -- a full-scale regional conflict that would be devastating for all involved."The UN chief again called for an immediate ceasefire in Gaza, calling for Israel to do more to allow aid into the territory."In Gaza, six and a half months of Israeli military operations have created a humanitarian hellscape," Guterres told the UN Security Council. His speech came hours before the Security Council is expected to vote on a Palestinian bid for full UN membership. However the bid isexpected to fail, as the veto-wielding US has voiced its opposition.

## **US Aid For Ukraine Won't** Change Battlefield Dynamics, Says Kremlin

#### ■ HT News Network

Moscow: Russia said Thursday that fresh US aid for Ukraine will not change the dynamics on the battlefield, as Washington gears up for a crucial weekend vote on long-stalled military funding for Kyiv.

US House Speaker Mike Johnson said Wednesday he would advance a \$61 billion package of funding for Ukraine, stalled since last year amid political infighting in the Republican Party.

Ukraine has struggled on the battlefield for months, outgunned and outnumbered by Russian forces amid a shortage of Western military aid.

The Kremlin said Thursday it was not bothered by the prospect of a fresh injection of Western arms.

"It won't in any way influence the development of the situation on the front," Kremlin spokesman Dmitry Peskov told reporters Thursday.

"All experts now assert that the situation on the front is very unfavourable for the Ukrainian side. Therefore it will not be able to change anything," he

Ukrainian President Volodymyr Zelensky has said the months-long delay has cost Ukraine lives and ter-

Kyiv is dependent on Western funding to stave off the Russian offensive.

Washington has been Kyiv's most important military backer throughout the conflict, now in its third year.

The lack of fresh funding has become increasingly critical, with Ukrainian leaders urging support on an almost daily basis.

# Kenya mourns defence chief killed in helicopter crash

#### HT News Network

Kenya began three days of mourning on Friday after its defence chief and nine other senior officers were killed in a helicopter crash, the latest military accident involving a high-profile figure.

General Francis Omondi Ogolla, the Chief of the Kenya Defence Forces (CDF), was killed when his helicopter went down shortly after takeoff in a remote forested area of northwestern Kenya on Thursday.

"A distinguished four-star general has fallen in the course of duty and service of the country," President William Ruto said as he announced the deaths that evening.

He said the nation would observe three days of mourning from Friday, with the national flag flying at half-mast across the country and at Kenyan missions abroad.

Ogolla's family announced that a funeral would be held on Sunday at his home in Siaya County in the west of the country, followed by a memorial service in a Nairobi suburb on April 26.

"Final salute" was the front-page headline in the leading Daily Nation newspaper, while The Standard wrote: "General's tragic last moments".



The bodies of the victims, draped in Kenyan flags, were returned to a military base in Nairobi on an air force plane late on Thursday.

'Trying to keep Kenya safe'

Ogolla, a trained fighter pilot, had been promoted to the role by Ruto just a year ago and was about to mark 40 years of military service.

He had been visiting troops deployed in Operation Maliza Uhalifu (Operation End Crime in Swahili) in the North Rift region, where insecurity caused by armed bandits and cattle rustlers is rife.

Ruto said the Air Force had dispatched an investigation team to establish the cause of the crash that involved a "Huey" helicopter.

# Bombs rain on Rafah as US tries to 'prevent' all-out offensive

#### **HT News Network**

RAFAH / UNITED NATIONS: Birds sang and planes rumbled overhead as Abdeljabbar al-Arja dug the remains of his dead neighbours from the rubble in Gaza.

An overnight Israeli strike hit the home where a displaced Palestinian family was sheltering in the southern city Rafah, relatives and neighbours told AFP as they scraped at the soil with their hands.

"We retrieved the remains of children and women, finding arms and feet. They were all torn to pieces. This is horrifying, it's not normal," Al-Arja said, adding that at least 10 people were killed in the blast.

Soon after the war began on October 7, Israel told Palestinians living in the north of Gaza to move to "safe zones" in the territory's south like Rafah.Guterres warns against 'full-scale regional conflict'; Washington expected to veto Palestinian bid for UN membershipBut Israeli Prime Minister Benjamin Netanyahu has since vowed to invade the city, where around 1.5 million people live in shelters, more than half the territory's population."How is Rafah a safe place?" said Zeyad Ayyad, a relative of the victims.In a separate strike on a house in Rafah's Al-Salam neighbourhood overnight



corpses of eight family members including five children and two women, Gaza's civil defence service said. Meanwhile, senior US and Israeli officials held a virtual meeting on Thursday expected to include a discussion of both Israel's plans for the southern Gaza city of Rafah and its consideration of a retaliatory strike against Iran.President Joe Biden has urged Israel not to conduct a large-scale offensive in Rafah to avoid more Palestinian civilian casualties in Gaza, where Palestinian health authorities say more than 33,000 people have been killed in Israel's assault.

'Brink of disaster'At the United Nations, Secretary General Antonio Guterres painted a dark picture of the situation in the Middle East, warning that spiraling.

# Tesla Asks Shareholders To Reapprove \$56 Billion Pay Deal For Elon Musk

#### **HT News Network**

New York: Electric vehicle maker Tesla will ask its shareholders to vote again on a \$56 billion compensation package they had approved in 2018 for CEO Elon Musk before it was squashed by a US court earlier this

In a filing with federal regulators on Wednesday, Tesla Chair Robyn Denholm said the board of directors stood by the original package and argued that the company's "entrepreneurial spirit" had always been one of "big risks for the chance of big rewards."

Musk's payout -- worth as much as \$55.8 billion in 2018 -- was voided in January by a Delaware court, rul-



ing on a complaint by an individual shareholder alleging that Musk had dictated his terms to the board, which was not sufficiently independent from its star CEO.

In the filing with the Securities and Exchange Commission, Denholm expressed the board's continued opposition to the court ruling, insisting it was not how corporate law 'should or does" work.

"Elon has not been paid for any of his work for Tesla for the past six years that has helped to generate significant growth and stockholder value," she wrote.

"That strikes us -- and the many stockholders from whom we already have heard -- as fundamentally unfair, and inconsistent with the will of the stockholders who voted for it."

In a second proposal ahead of the June 13 shareholder meeting, the carmaker asked shareholders to support moving the company's state of incorporation from Delaware to Texas, which "is Tesla's home," Denholm said in the filing.

# **US, Pakistan discuss 'recent** events in region'

#### **■** HT News Network

ISLAMABAD / WASHINGTON: The United States on Thursday reached out to Pakistan regarding escalating conflict between Tehran and Tel Aviv, even as Islamabad stayed away from condemning the Iranian attack on Israel."US Ambassador Donald Blome met today with Foreign Minister Ishaq Dar to discuss recent events in the region," the US Embassy said in a statement.

FM Dar said he discussed "various aspects of Pakistan-US relations and recent global and regional developments" with Amb Blome without clearly saying what message the envoy had conveyed.

This was the first time that the US has publicly contacted Islamabad on the issue, since Israel hit the Iranian consulate in Damascus, killing a number of its senior commanders deployed there, and the subsequent Iranian retaliatory drone and missile strikes against Israel.

The meeting, moreover, comes ahead of Iranian President Ebrahim Raisi's upcoming three-day visit to Islamabad, due to start from Monday. Interestingly, while Amb Blome was meeting with FM Dar, Iranian envoy Reza Amiri-Moghaddam was also at the Foreign Office to discuss the details of President Raisi's upcoming visit.

# Dubai continues to reel from storm damages

#### ■ HT News Network

DUBAI: Dubai, a city in the desert proud of its futuristic gloss, was on Thursday busy clearing its waterclogged roads and drying out flooded homes two days after a record storm saw a year's rain fall in a day.

Dubai International Airport, a major travel hub, struggled to clear a backlog of flights and many roads were still flooded in the aftermath of Tuesday's deluge.

The rains were the heaviest experienced by the United Arab Emirates in the 75 years that records have been kept. They brought much of the country to a standstill and caused significant damage.

Flooding trapped residents in traffic, offices and homes. Many reported leaks at their homes, while footage circulated on social media showed malls overrun with water pouring from roofs.

Airport struggles to clear backlog of flights, many roads



still flooded Traffic remained heavily disrupted. A highway through Dubai was reduced to a single lane in one direction, while the main road that connects Dubai with the capital Abu Dhabi was closed in the Abu Dhabi direc-

"This was like nothing else. It was like an alien invasion," Jonathan Richards, a Dubai resident from Britain,

"I woke up the other morning to people in kayaks with pet dogs, pet cats, suitcases all outside my house."

Another resident, Rinku Makhecha, said the rain swamped her freshly renovated house she moved into two weeks ago. "My entire living room is just like ... all my furniture is floating right now," she said.

In Dubai's streets, some vehicles, including buses, could be seen almost entirely submerged in water. Long queues formed at petrol stations.

Dubai airport had yet to resume normal operation after the storm flooded taxiways, forcing flight diversions, delays and cancellations.

Dubai Airports Chief Operating Officer Majed Al Joker told Al Arabiya TV he expected Dubai International Airport to reach 60-70 per cent capacity by the end of

# Defacing Heritage: Chinar Trees in Kupwara Nailed with Posters, Environmentalists Sound Alarm

#### DR.AB QAYOOM

13TH HEADLINES

Kupwara, April, 19: In the picture sque district of Kupwara, nestled amidst the majestic Himalayan ranges, stands a symbol of Kashmir's rich heritage – the Chinar tree. With its lush green foliage and striking crimson hues in autumn, the Chinar has long been revered as a cultural and ecological icon in the region. However, recent reports have surfaced, highlighting a disturbing trend that threatens the very existence of these revered trees.In a blatant disregard for environmental conservation and cultural heritage, posters and flexes have been indiscriminately nailed onto Chinar tree trunks across various locations

in Kupwara district. This reckless act not only defaces the natural beauty of these trees but also poses a grave threat to their survival. While talking to HEADLINES TODAY Environmentalists and concerned citizens have raised their voices against this egregious practice, citing the detrimental effects it has on the Chinar trees. The nails used to affix posters can puncture the trees' bark, compromising their vascular systems and rendering them more susceptible to diseases and pest infestations. In some cases, these injuries can prove fatal, leading to the untimely demise of these centuries-old giants. Despite existing legislation aimed at protecting trees, such as the Jammu and Kashmir Forest Act of 1980, enforcement has been sorely lacking, allow-



ing this destructive practice to persist

unchecked. It is imperative that immediate action be taken to address this pressing issue before irreparable damage is done. Authorities must rigorously enforce existing laws and impose stringent penalties on individuals and organizations found guilty of nailing posters to Chinar trees. Furthermore, public awareness campaigns should be launched to educate citizens about the importance of preserving these iconic trees and the negative consequences of their wanton destruction. In a promising development, the Divisional Forest Officer (DFO) of Langate has pledged to take decisive action against offenders and has issued a stern warning to agencies responsible for the installation of posters on Chinar trees. However, collective efforts from both

the government and the public are essential to effectively combat this threat and safeguard Kashmir's natural and cultural heritage. The Chinar tree holds a special place in the hearts of Kashmiris, serving as a poignant reminder of their connection to the land and its rich history. It is incumbent upon us all to rise to the challenge and ensure the preservation of these majestic trees for future generations to cherish and admire. As we commemorate Heritage Day, let us reaffirm our commitment to protecting Kashmir's iconic Chinar trees and upholding our collective responsibility as stewards of the environment. Together, we can make a difference and ensure that these living symbols of our heritage continue to thrive for generations to come.

ا پیخو بکٹو مجسٹریٹ فسٹ کلاس پر ارشریف بداجلاس نائب تحصیلدار پر اشریف محمد شفیع کو لیعنو ان: درخواست منجانب محمد شفیع ہرہ ولد محمد اضل ہرہ سائمنہ تبلہ سرہ تحصیل چرارشریف بغرض یوم پیدائش سرٹیفکیٹ (DOD) بحق پسر نابالغ

### اشتهاربمرادآگاهی

ىعاملەمندر جەعنوان الصدريين درخواست سائل مُحشفیع **ب**ره د**فتر** هذاميس زير باروائی و تحقیقات ہے۔رپورٹ چوکیدارعلاقہ سےعیان ہے کہ سائل کالیسرشاہد شفیع مورخه 2012-05-04 کو پیدا ہوا ہیں۔اب سائل کو اسپینے پسر کی یوم پیدائش سرٹھیکیٹ (DOO) نکانی مطلوب ہے۔لہذا اگر سی تحص یا پیٹیں کو اس بارے میں کو ٹی عذریااعتراض ہوتو و وسات دن کے اندراندر مدالت هذا میں پیش کریں بے بعداز معیاد گزرنے کے بعد کو ٹی بھی عذریا

-ایگز میکٹومجسٹریٹ فسٹ کلاس چرارشریف بداجلاس <del>نائب تحصیلدار چراشریف محمد</del> ربی ری رو خری سے من کی کی از ریہ جات کا جات کی اسام استعادی کا جات کی ساتھ کیا ہے۔ شفیع کو کیبعنوان: درخواست منجانب باسط انجر ولد محمد انجر لاوئے ساتھنہ ہر دورڈھلون فیلی پورہ تحصیل چرارشریف بغرض یوم پیدائش سرٹیفکیٹ (O D

### اشتهار بمراد آگاهی

معاملهمندر جیعنوان الصدرییس درخواست سائل باسط اکبر ولدمحمدا کبرلاو تے والده كانام ساجه بانوساكن هر د و دُّ صلوان فُثلي پوره دفتر حذا ميس زير كاروا ئي و تحقیقات ہے۔ رپورٹ چوکیدارعلاقہ سے عیان ہے کہ سائل کاباسط اکبرمورخہ بارئے میں کو ئی عذریااعتراض ہوتو و وسات دن کے اندراندرعدالت ھذامیں پیش کریں۔بعدازمعیاد گزرنے کے بعد کوئی بھی عذریااعتراض قابل قبول

ایگز یکٹومجسٹریٹ فسٹ کلاس چرارشریف بداجلاس نائب تحصیلدار چراشریف محمد 

#### اشتهار بمرادآگاهی

معاملهمندر جيعنوان الصدريين درخواست سائل عبدل رشيد ڈار دفتر هذامين زیرکاروائی وتحقیقات ہے۔ریورٹ چوکیدارعلاقہ سےعیان ہےکہ سائل کی دختر آسيدرشيدمورخه 2007-07-18 کوپيدا ہوئی ہے۔اب سائيل کواپني دختر کی اوم بیدائش سرٹفکیکیٹ (D O B) نکالنی مطلوب ہے لِہذاا گرمنی شخص یا ت اپیتاں کی ہے۔ اشخاص کواس بارے می*ں کو*ئی عذریااعتراض ہوتو و ہیات دن کےاندراندر عدالت ھذا میں پیش کریں \_ بعدا زمعیاد گزرنے کے بعد کو ئی بھی عذریا اعتراض قابل قبول نہیں ہوگا۔

تحريرالصدرنائبتحصيلدارجرارشريف

یگز میٹومجسٹریٹ فیٹ کلاس چرارشریف بداجلاس نائب بحصیلدار چرانشریف محمد

اید از وجه سریک مصادی می در سر ریب به بازی کا بند کا می است. است. منتاب شوکت اکرم ولد محمد اکرم و گے ساکنه کند دجن تحصیل چرارشریف بمرادعطائی یوم پیدائش سر شیفکیٹ (DOB) بحق

اشتهاربمراداگاهی

معاملهمندر جهعنوان الصدرميل درخواست سائل شوكت آكرم دفمر هذاميل زير

کاروائی و پختیقات ہے۔رپورٹ چوکیدارعلاقہ سےعیان ہے کہ سائل کی دختر

آمنہ جان مورخہ2021-02-24 کو پیدا ہوئی ہے۔اب سائیل کواپنی دختر|

کی یوم پیدائش سرنفیکیٹ (D O B) نکالنی مطلوب ہے لبنداا کر می شخص یا

ت انتخاص کواس بارے میں کو ئی عذریااعتراض ہوتو و ہبات دن کے اندراندر

عدالت ھذامیں پیش کریں۔بعدازمعیاُد گزرنے کے بعد کو تی بھی عذریا

اعتراض قابل قبوڭ نہيں ہوگا۔

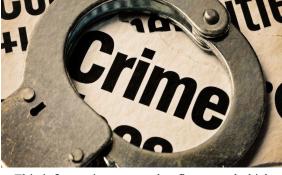
# registered in Sgr from 2019 to Jan-2024

324 cases of crime against women

#### ■ HT News Network

Srinagar, Apr 19: In the past more than five years, at least 324 crime against women cases have been registered in district Sri-According to the official

figures available with the news agency-Kashmir News Observer (KNO), under the Crime Against Women (CAW) head, at least 324 crime against women cases have been registered in district Srinagar from 2019 to January-31-2024 including one dowry case in the year



This information was revealed by the Public Information Officer (PIO) in a reply to Right to Information (RTI) application filed by the activist M M

than five years, the highest number of cases registered under the Crime Against Women (CAW) head in Srinagar was in the year 2023 wherein at least 113

numbers of such cases in the region were registered in the year 2021.

The official figures  $reveal that in the {\it year}\,2019$ at least 48 cases of crime against women were registered in Srinagar under the crime head CAW followed by 47 cases in 2020. In the year 2021, at least 41 such cases registered in the region followed by 70 cases in 2022 and 113 in 2023

It further reveals that in the first month of 2024; at least five cases of crime against women were registered in Srinagar under the crime head CAW-

### Tarigami grieved over death of two labourers in Kulgam

#### ■ HT News Network

Srinagar, April 19 (KNS): CPI(M) leader Mohamad Yousuf Tarigami has expressed grief and sorrow over death of two labourers including a non local who died in Checkpora Ashmuji Kulgam during working in a trench today afternoon.

Tarigami urged the administration to provide adequate compensation to the victim families and free treatment to the injured one.(KNS) A case FIR no 17/2024 u/s 379,420 IPC has been registered in police station Khanyar in this regard, the police said. (KNS)

## **Alleged Violation of Model Code of Conduct: DDC Member Served Notice** in Handwara

#### DR.AB QAYOOM



Langate, April, 19: In a recent development in Handwara, an Additional District Magistrate has served a notice to a District Development Council (DDC) member over an accusation of violating the Model Code of Conduct (MCC). The notice, issued by Additional District Magistrate Rouf ur Rehman, pertains to an incident involving the inauguration of a Public Park at Maratgam Handwara, District

According to reports, DDC member Mawer Khurshid Ahmad Dar has been asked to explain the reasons behind the alleged violation of MCC norms. The notice specifically mentions the inauguration of the Public Park without proper legal permission from the District Election Officer, as required by rules. The notice, a copy of which is available with HEADLINESTODAY, directs Mr. Dar to submit a statement detailing the expenditure incurred on the function within two days. Failure to comply with this directive may result in the matter being forwarded to the Chief Electoral Officer, Jammu and

This development has sparked interest and raised questions about the adherence to election rules and regulations, especially during the sensitive period leading up to elections. It underscores the importance of strict enforcement of the MCC to ensure fair and transparent electoral processes.

Efforts to reach out to Dar for comments on the matter have been ongoing, and further updates will be provided as the situation unfolds. As the investigation progresses, it remains to be seen how this notice will impact the ongoing electoral activities in Handwara and what measures will be taken to address any violations of the Model Code of Conduct.

## **Sajad Lone visits Asif Lone's** residence to offer condolences over the passing of his mother

### ■ HT News Network

Srinagar, April 19(KNS): J&K Peoples Conference President Sajad Gani Lone visited the residence of District President Baramulla Asif Lone to offer heartfelt condolences following the passing of his beloved mother. He was accompanied by Party General Secretary Mohammad Ashraf Mir, Irfan Mattoo and Tasaduq Yaseen.

In a deeply empathetic gesture, Lone conveyed heartfelt condolences and provided solace to the grieving family amidst their bereavement. He acknowledged the deep sense of loss felt by the bereaved family, emphasizing that words cannot fully alleviate the pain of losing a loved family member."We stand united with Asif sahib and hs family in their time of grief. May the departed soul find eternal peace in Jannatul Firdous and may the family find strength and forbearance to navigate through this time of sorrow," he prayed. (KNS)

#### Shuja. such cases have been reg-According to the official istered. figures, in the past more Similarly, the lowest **GMC** Anantnag performs successful

# **Radical Cystoprostatectomy**

#### **HT News Network**

Anantnag, Apr 19 (KNO): The Government Medical College (GMC) Anantnag has achieved a significant milestone in uro-oncological care with the successful completion of a radical cystoprostatectomy.

Led by senior urologist Dr Zahoor Ahmad Gilkar, along with Dr Malik Suhail and a dedicated technical team, GMC Anantnag performed a groundbreaking procedure on a 65-year-old patient diagnosed with Ca Urinary bladder, the hospital management informed the news agency-Kashmir News Observer (KNO).

The patient, who had previously undergone endoscopic resection of the tumour (TURBT), was found to have a high-grade invasive bladder cancer. Dr Nazir Ahmad Wani, Head of the Department of Surgery, provided supervision and guidance to the team throughout the procedure.

Traditionally, cases of this complexity would require referrals to esteemed institutions like SKIMS



Soura or speciality hospitals for radical cystoprostatectomy. However, the skilled team at GMC Anantnag, equipped with unparalleled expertise and state-of-the-art facilities, embraced the challenge, marking a significant milestone in local healthcare, the hospital said, adding that the comprehensive surgery, encompassing both TURBT and radical cystectomy, lasted approximately 5-6 hours.

Dr Zahoor Ahmad Gilkar com-

mended the invaluable support of the anaesthesia team, led by Dr Anjum, whose expertise was instrumental in the success of the proce-Prof Dr Anjum Farhana, Principal

of GMC Anantnag, praised the exemplary performance of the team, highlighting the institution's commitment to delivering tertiary care services of the highest standard, meeting and exceeding the public's expectations.

یگز مکٹومجسٹر بیٹ فیٹ کلاس چرارشریف بہاجلاس نائے تحصیلدار چراشریف محمد ریب در این درخواست منجانب فراج الدین بٹ ولد محمد عبد لله بٹ ساکند چمرار شریف بغرض یوم پیدائش سرٹیفکیٹ (DOB) بحق پسر نابالغ طعیب

معاملەمندر جەعنوان الصدريين درخواست سائل محراج الدين بٹ دفتر ھذا میں زیرکاروائی وتحقیقات ہے۔ رپورٹ چوکیدارعُلاقہ سے عیان ہے کہ سائل كاپسرطعيب محراج مورخه 2016-03-19 كوپيدا مواہيں \_ابسائل كواييغ پسركي يوم پيدائش سرُفيكيك (DOB) نكاني مطلوب بے لبذا ا گرختی شخص یااشخاص کواس بارے میں کوئی عذریااعتراض ہوتو و وسات دن کے اندراندرعدالت ہذامیں پیش کریں۔ بعداز معیاد گُزرنے کے بعد کوئی بھی عذریااعتراض قابل قبول نہیں ہوگا۔

تحريرالصدرنائبتحصيلدارجرارشريف

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# تحريرالصدرنائب تحصيلدار جرارشريف

# Mediterranean diet tied to lower hypertension risk, 20 years' worth of data show

aving hypertension (high blood pressure) can lead to a number of health issues.

13TH CHEADLINES

While diets can reduce the risk of developing hypertension, there is a question of what role specific diets play in the long

Researchers from Greece recently published a study evaluating people's adherence to the Mediterranean diet over a 20-year period.

They found that people who consistently followed a Mediterranean diet had a lower risk of hypertension than those who did not.

Many factors can contribute to developing hypertensionTrusted Source, including following an unhealthy diet.

Some recommendations the American Heart AssociationTrusted Source makes for a healthier diet include consuming whole grains, a variety of fruits and vegetables, and incorporating healthy pro-

Recently, researchers in Greece decided to take a closer look at the cardiovascular benefits of the Mediterranean diet. since many of its features line up with these heart-healthy guidelines.

Looking at data spanning 20 years, the researchers found that people who consistently followed a Mediterranean-style diet had a lower risk of developing hypertension (high blood pressure) than those with the lowest adherence to the diet. According to the Centers for Disease Control and Prevention (CDC) Trusted Source, hypertension affects nearly half of all adults in the United States.

It occurs when someone's blood pressure is 130/80 millimeters of mercury (mm Hg) or higher. When left untreatedTrusted Source, hypertension can lead



to heart disease, stroke, and even kidney

Some ways in which people can reduce or manage hypertension include making lifestyle changes, such as adjusting their diets and exercising more. Doctors often prescribe medications such as ACE inhibitors and beta-blockers to treat hyperten-

With dietary changes in mind, some diets — such as the Mediterranean diet — focus on consuming more plant-based foods. The Mediterranean diet promotes eating vegetables, fruits, nuts, seeds, whole grains, legumes, healthy oils, and moderate amounts of fish and seafood.

While the hallmarks of the diet should lead to a reduction in hypertension, up to now there have been no long-term studies on this subject.

This led researchers from the School of Health Sciences and Education at Harokopio University of Athens, in Greece, to conduct a study that lasted 20 years to see what benefits adhering to the Mediterranean diet can have.

The study began in 2002 and lasted through 2022. The researchers invited 4,056 people living in Greece to participate, and of that group, 3,042 signed up.

The average age of the participants at the beginning of the study was 41 years, with men making up 44% of the group and women making up 56%. One of the requirements for participating was that participants could not be hypertensive at the beginning of the study.

The researchers collected a variety of information on the participants at the beginning of the study. They made sure the participants did not have cardiovascular disease, checked glucose and cholesterol levels, checked their body weight and blood pressure, and conducted an

interview to gauge their dietary and lifestyle habits.

To see how well the participants followed aspects of the Mediterranean diet at the beginning of the study, they assigned them a MedDietScore, scoring positively based on consuming the following food

> fruits vegetables whole grains potatoes legumes fish olive oil.

The participants received points based on these food groups. Higher scores indicated better adherence to the diet. Participants could lose points for consuming "non-Mediterranean" foods or food groups, including full-fat dairy products, poultry, and red meat.

Over the next 20 years, the researchers followed up with the participants to assess their MedDietScore, check their vitals, and look for the development of hypertension, high cholesterol, diabetes, and cardiovascular disease. The researchers included 1,415 participants in their final sample. They found that participants who closely followed the Mediterranean diet had the lowest risk of developing hyper-

Participants in the group who had the lowest MedDietScore - and therefore did more poorly at adhering to the diet - had hypertension rates of 35.5% at the end of the study. The middle group had a hypertension rate of 22.5%

#### **NEWS**

# **L**ealth Benefits Of Avoiding Sugar **Completely**



voiding sugar completely can have several health benefits, as excessive sugar intake has been linked to various health issues. In this article, we outline some of the benefits one might achieve from avoiding sugar completely.

#### 1. Weight management

Sugar is high in calories but low in nutrients, leading to excessive calorie intake without providing satiety. By cutting out sugar, you can reduce overall calorie consumption, making it easier to achieve and maintain a healthy weight.

#### 2. Reduced risk of obesity

 $Excessive \, sugar \, consumption \, is \, strongly \, linked \, to \,$ obesity, as it contributes to increased fat storage, particularly visceral fat around organs. Cutting out sugar can help prevent weight gain and reduce the risk of obesity-related health problems.

#### 3. Improved blood sugar control

High sugar intake can lead to spikes and crashes in blood sugar levels, increasing the risk of insulin resistance and type 2 diabetes. Avoiding sugar helps stabilise blood sugar levels, reducing the risk of insulin resistance and promoting better glycemic control

#### 4. Lower risk of heart disease

Excessive sugar intake has been associated with an increased risk of heart disease, including elevated triglycerides, LDL cholesterol, and blood pressure. By avoiding sugar, you can improve lipid profiles and reduce cardiovascular risk factors.

#### 5. Better dental health

Sugar is a primary contributor to tooth decay and cavities, as it feeds harmful bacteria in the mouth that produce acid. Cutting out sugar reduces the risk of dental caries and promotes better oral hygiene, leading to healthier teeth and gums.

#### 6. Improved skin health

High sugar intake can contribute to skin issues such as acne, inflammation, and premature aging. Sugar consumption triggers inflammation and glycation processes, which can damage collagen and elastin fibres in the skin. Avoiding sugar may help improve skin clarity, reduce inflammation, and slow down aging.

#### 7. Enhanced mental clarity

Sugar consumption has been linked to cognitive impairments, including brain fog, poor concentration, and memory issues. By stabilising blood sugar levels and reducing inflammation in the brain.

# Are plant-based meat substitutes really better for the heart than meat options?

s plant-based meat substitutes gain popularity, researchers in Singapore have conducted a study comparing their effects on health to those of traditional meats, with a specific focus on heart health and diabetes risk.

The research, involving 89 adults at risk for type 2 diabetes, found no significant heart health benefits of plant-based meat diets over those including animal meat, challenging the notion that these alternatives offer the same health advantages as whole plant-based

Highlighting the nutritional differences between plant-based meat analogues and animal meats, the findings suggest a need for the food industry to develop nutritionally enhanced and environmentally sustainable plant-based meat substitutes.

of Clinical Nutrition, scientists looked at how diets  $containing \, real \, meat \, compare \, to \, those \, using \, plant-based$ meat alternatives, especially in terms of cardiovascular

health and diabetes risk. Diets rich in plant-based foods have been found

In new research, published in The American Journal



beneficial for heart and metabolic health, thanks to their wide variety of health-promoting components like vitamins, fibres and antioxidants.

However, for those who regularly eat meat, switching to such diets can be challenging due to deep-seated cultural, historical, and social influences on meat

consumption, as well as socioeconomic factors. Plant-based meat analogues (PBMAs) are designed to mimic the taste and texture of real meat using sustainable ingredients and are becoming increasingly popular worldwide.

Health impact of plant-based meat analogues

This new research focused on comparing the effects of diets based on plant-based meat analogues (PBMAs)  $and \, traditional \, animal-based \, meats (ABMs) \, on \, the \, heart$ health of Singaporeans at a higher risk for type 2 dia-

The main question was whether replacing animal meat with PBMAs would improve heart health and reduce the risk of chronic diseases.

In this 8-week study involving 89 participants, half were asked to eat PBMAs, and the other half ate animal meats. The researchers looked at levels of bad cholesterol, blood sugar and blood pressure, among other health indicators.

The findings showed no significant changes in cholesterol profiles for either diet, but both diets were

linked to improvements in some blood sugar markers. There was no clear advantage of one diet over the other in improving heart health.

# Seeing Clearly At Every Age: Eye Health Tips For Women In Their 20's 30's, 40's

Thile many women experience most of their visual acuity in their 20s, this is also a crucial period to start good practices that will protect their eyes over time. Even if eyesight appears great, routine eve exams are necessary because they might identify early indications of disorders like astigmatism, hyperopia, or near sightedness. In addition, protecting the eyes from damaging UV rays and lowering the chance of cataracts and other UV-related eye issues in later life can be achieved by wearing sunglasses with UV protection outside. Dr. Avani Sapovadia, Cornea & Refractive consultant at Netradeep Maxivision eye hospital, Rajkot shares some eye health tips for every age group women for clear visibility.

Women approaching their 30s may experience mild changes in their vision, such as presbyopia, characterized by difficulties focusing up close. Prescription eyeglasses or contact lenses made especially for close vision tasks can help with this age-related decline in the eye's accommodating capacity. Additionally, keeping appropriate ergonomics and taking regular breaks from screens are two ways that practicing good digital hygiene can help reduce eye strain that comes with using a computer or smartphone for extended periods.

Hormonal changes related to



perimenopause and menopause, which affect many women in their 40s, can affect eye health. Hormone changes during this period increase the prevalence of dry eye syndrome, which causes symptoms like irritation, dryness, and impaired vision. The health of the ocular surface can be preserved and discomfort can be reduced by using artificial tears or lubricating eye drops. Furthermore, as they age, women in their 40s should be especially aware of the importance of getting frequent eye exams to check for symptoms of age-related disorders such as glaucoma and age-related macular degeneration (AMD).

Apart from taking age-specific factors into account, women across the board can gain from leading a healthy lifestyle that promotes general eye health. Maintaining eye health and lowering the risk of diseases like cataracts and AMD can be achieved by eating a balanced diet high in vitamins, antioxidants, and omega-3 fatty acids. Other crucial elements in maintaining good vision and preventing vision loss include abstaining from smoking and excessive alcohol use, controlling chronic health disorders like diabetes and hypertension, and maintaining a healthy weight.

Women may protect their eye health and guarantee healthy vision at any age by taking preventive measures in their 20s, 30s, and 40s. Women can live with the best possible visual acuity and ocular comfort for the duration of their lives.

# **Heat Stroke In Summer: Symptoms, How To Prevent**

ith summer in full blast and mercury levels soaring across the country, the dangers of heat stroke continue to rise. As Dr Mukesh Mehra, Director, Internal Medicine, Max Super Speciality Hospital, Patparganj, points out, "Due to prolonged exposure to high temperatures and insufficient hydration, sometimes the body's thermoregulatory mechanisms fail, leading to heat stroke. This critical heat-related illness is marked by a body temperature 104°F (40°C) or higher, and if not addressed promptly, it can lead to health risks which can even turn fatal." The doctor points out that it's essential to understand the complex interplay of causes, identify the symptoms, and then take preventive measures accordingly to lower the chances of heat stroke.

Dr Mukesh Mehra points out some heat stroke symptoms and adds that prompt action is key:

1. When the core body temperature is over 104°F (40°C), it means there's hyperthermia - which means the body is unable to dissipate heat.

2. Heat stroke can cause the central nervous system to malfunction. You can see a changed mental status which can include confusion, delirium, irritation to even coma. These stem from thermal injury to the



3. One can suffer from hot, flushed, and dry skin. There might be no sweating as evaporative cooling

4. Heat stroke can put a strain on your cardiovascular health. It can lead to rapid heart rate or Tachycardia as the heart works to maintain circulation as metabolic demand increases.

5. Due to central nervous system perturbations, one can experience neurological disturbances like headache, dizziness, and in severe cases, seizures

6. As the body redirects blood flow from the gastrointestinal tract to vital organs, there can be gastrointestinal symptoms like nausea, vomiting, and diarrhoea.

1. Stay Hydrated: Ensure that there is adequate fluid intake so that there is evaporative cooling. This way, you can prevent dehydration-related thermal strain.

2. Manage Your Environment: Limit exposure to the sun during peak heat hours, seek shade, and opt for cooling aids like fans or air conditioning.

3. Pick The Right Clothes: Wear clothes made of lightweight, breathable fabric that allows heat dissipation and lets you perspire.

4. Acclimatise: Let your body adapt slowly to hot environments through progressive exposure.

5. Take Breaks: Regular breaks are a must especially when you are performing strenuous activities to prevent excessive heat accumulation.

# India Need To Make An Effort To Invest In Mayank Yadav

Special Talents Need Additional Resources To Get The Most Out Of Them

**NEW DELHI:** Everybody agrees that Mayank Yadav is a special talent. It's very rare to have someone who can consistently bowl around 145kph and go up to the mid-150s. Mayank's got something that you can't buy: pace and control.

But he also has an injury history, and in this he is not unique. We have seen a number of Indian fast-bowling talents break down. Rohit Sharma, I remember, had expressed his frustration about bowlers picking up injuries frequently. Mayank's body needs management and it needs great strengthening. How do we ensure his talent gets the chance to blossom fully?

I am a big American sports fan and I particularly follow the NBA, where the top players invest, or have others invest, in themselves to the tune of millions of dollars, in terms of having support staff and systems. Tennis players, too, do the same. I believe it is time for cricket to go that way - for the top franchises and national teams to preserve special talents like Mayank and support their growth.

Pat Cummins is a very good example of someone who came in as a teenager, found that the stresses of the game were too much for his particular technique and his body. He had to come out, rehabilitate, make himself different technically, and come back a few years later. And as we've found out, Cummins has managed to build an exceptional career, where he has developed into one of the best fast bowlers and captains.

It would be a good idea for Mayank at the start of his career to have the inputs Cummins found he required. Whether it's Lucknow Super Giants, Mayank's IPL team, or the BCCI, they can through trial and error



undertake a project - not an experiment, mind you - to say, "This guy is a diamond. Let us see if we can allocate some sort of funding and see where this goes."

Give him a personal strengthand-conditioning trainer for, say, a year. Attach that person to him, not just have the player fly somewhere every six weeks for those resources. Maybe have another medical person on the panel as well. And perhaps a dietician too. Build him up.

You don't have to tell a guy what to do right. But I can tell a guy what not to do because I have made the same mistake. I can tell him what to do to avoid that. We don't have to leave a lot of these things up to players finding out

Mayank will still be playing cricket through this, to be clear; just that this person is attached to him. See how that pans out after a year. You have got the resources for an effort like this.

Whether in the future Mayank plays a lot of red-ball cricket. whether he plays all formats, or whether you keep him as a whiteball option, you will be able to know after a year or two. So it is a worthwhile project, not only for India and LSG, but for the world game. This young kid, who is 21 now, by the time he's 23 or 24, when his body has matured, he can give you almost a decade of excellent fast bowling. That's one thing I'd like to see happen.

Alongside the physical development, it is also imperative that young fast bowlers like Mayank get to hear the right voices. I came through at a time when the great Malcolm Marshall was around. While I thought Marshall was one of the greatest tactical fast bowlers that I interacted with, I could only talk with him when we were on the field together or when we

were in the dressing room togeth-

er. Had I been able to access his

insights more often, and while I

was younger, it would have expe-

dited my learning curve. I have no doubt about that. So I get a little frustrated that icons like, say, Jasprit Bumrah, are not made to interact frequently with young fast men. When we hear Bumrah speak, we know that he understands the game. He's clear in his thinking and he's

a great communicator. For the next generation, the Under-19 guys, and even for those who are playing alongside him, you could organise some formal Zoom meetings and have him share his wisdom with them. Bumrah doesn't have to fly everywhere; just utilise technology.

Let him talk through formal bowling plans, preparation, what he would do in certain situations. Let him talk through variations in pace and lengths, and how he sees the game. Expedite that learning curve. It doesn't have to be something that happens every month - half-yearly or quarteryearly should work. And I can tell you that won't hurt anyone.

It's like going to university, where you have guys who have been there and have done it before. MS Dhoni is a similar example. Excellent captain. If you want to bring in your next generation of leaders, why not tap into his expertise? I'm not saying that these two gentlemen are the only people to talk to, but you get the drift.

I picked up something always from talking to Wasim Akram when Derbyshire played Lancashire at Old Trafford. I picked up a lot from Marshall, as I said. Michael Holding, when I met him briefly early in my career, gave me something that I had to sift through and that I could hold on to. You can give players a lot of inputs without overloading them with too many different opinions. This is like a university of fast bowling. Why not formalise it?

Kartik Tyagi might run into Bumrah after an IPL match and he might stand and talk to him for five minutes. We could do more than that. I thought Tyagi was someone who could have pushed on, but he has had injuries.

# **Sixy Ashutosh Sharma Is Making Up For Lost Time**

**MUMBAI:** Ashutosh Sharma is a six-hitting machine. In 18T20 innings, he has clubbed 43 sixes; that's an average of 2.38 sixes per game. He hit seven of these on Thursday to revive Punjab Kings' floundering chase of 193 and put them on the brink of an unlikely win against Mumbai Indians.

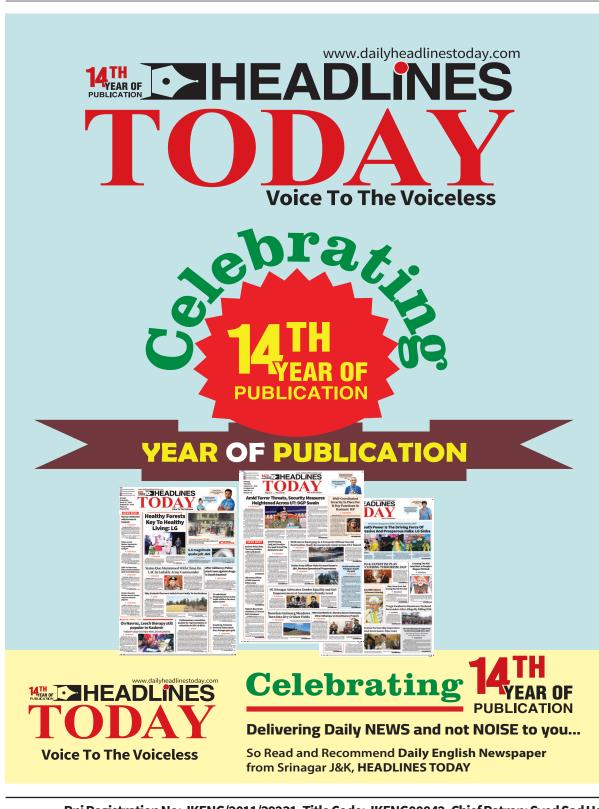
But it was that one six off the penultimate ball of the 13th over against Jasprit Bumrah which is likely to linger in his - and the people's - consciousness for a while though his blitz ended in vain.

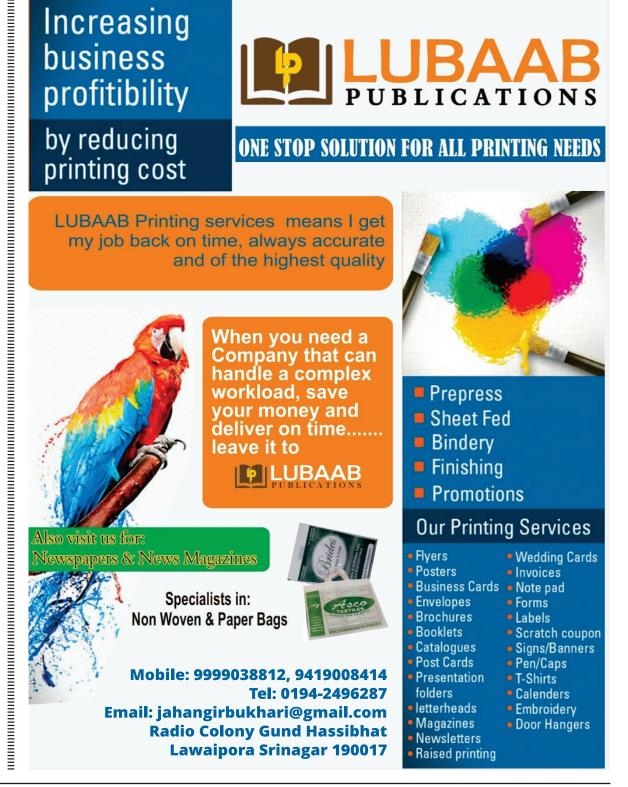
Sure, it was a free-hit, but this was against Bumrah - the leading wicket-taker in IPL 2024, going at an economy rate of under six this season. Before this, Bumrah had conceded just two sixes in the tournament. But Ashutosh wasn't going to let an opportunity pass. He anticipated the yorker, went low and across his off stump, down on one knee and



swept Bumrah over deep backward square-leg. No wonder Ashutosh was smiling ear to ear as he walked across to his partner and bumped fists with a little jump and child-like enthusiasm. "That was a dream to sweep Bumrah for a six and it came off today. I have been practising these shots, and I played it against the best bowler in the world," Ashutosh said after the game.

Ashutosh has batted four times in IPL 2024 and each time walked in with Kings in trouble. On debut against Gujarat Titans, he came in with the required rate at 11.11 (50 off 27), and took Kings to an unlikely win with an unbeaten 15-ball 33. In his next game, the required rate was 15.33 (69 off 27) when he arrived. Kings lost by two runs.





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