

Yuzvendra Chahal's
 Milestones On The Way To
 200 IPL Wickets

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High Stakes as Jammu Lok
 Sabha Seat Gears Up for Polls
 Amidst Tight Security, Intense
 Campaign

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Even Listening To Hanuman Chalisa Becomes Crime Under Cong Rule: PM Modi

HT News Network

JAIPUR, APR 23: Prime Minister Narendra Modi on Tuesday sharpened his attack on the Congress, saying it is difficult to follow one's faith under the party and again accused it of hatching a deep conspiracy to snatch people's wealth and distribute it among "select" people.

Referring to the 'redistribution of wealth' remarks made by him at a rally in Rajasthan's Banswara on Sunday, the prime minister said it has angered the Congress and INDI Alliance so much that they have started "abusing" Modi everywhere.

"I have put forth the truth before the country that Congress is hatching a deep conspiracy to



snatch your wealth and distribute it among the 'select' people," he said at a rally in Tonk.

"Two-three days ago, I exposed this vote bank politics of Congress as appeasement politics; this has angered Congress and its INDI Alliance so much that they have started abusing Modi everywhere," he said while asking "why the Congress is scared of the truth and hiding its policies". "It is written in their manifesto that they will survey the wealth. Their leader had said in a speech that X-ray of wealth will be done," he said, adding, "When Modi exposed the secret, your hidden agenda came out and you are trembling".

The prime minister also
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Political Parties Ramp Up Efforts As Anantnag-Rajouri Lok Sabha Seat Garners Attention

HT News Network

SRINAGAR, APR 23: Amidst heightened attention on the Anantnag-Rajouri Lok Sabha constituency in the forthcoming elections, political parties are actively mobilizing resources and crafting strategic campaigns to clinch success in this pivotal electoral arena.

Aspiring candidates, party workers, and supporters are gearing up for a spirited contest, recognizing the importance of this seat.

The Anantnag Parliamentary seat is scheduled for polling on May 07.

News agency KNS reported that amidst a multitude of contenders vying for victory, the spotlight remains firmly fixed on the face-off between Mian Altaf of the National Conference (NC) and Mehbooba Mufti representing the People's Democratic Party (PDP).

Currently held by National Conference leader Justice Hasnain Masoodi, the South Kashmir Lok Sabha seat serves as the battleground for this high-stakes contest. As election fervor reaches its zenith, political factions intensify



their campaign efforts, each determined to outshine the other in the electoral arena. A glance into the annals of history reveals the seat's penchant for political turnover, with no single party managing to retain its grip since 1989.

The legacy of the Anantnag Lok Sabha seat traces back to its inception, where PL Handoo of the National Conference emerged victorious in the inaugural parliamentary polls of 1989.

Subsequent electoral cycles witnessed a kaleidoscope of outcomes, including the deferment of polls in 1991 due to the volatile

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NEWS BRIEF

J&K Police announces Rs 10 lakh reward for terrorist involved in Rajouri killing

JAMMU, APR 23: J&K Police on Tuesday announced a reward of Rs 10 lakh for any information leading to the identification and capture of the terrorist identified involved in the heinous killing of a man in Rajouri district on Monday.

The reward has been announced for the terrorist identified as Abu Hamza for his involvement in terror activities, including the heinous killing of Mohd Razaq in Kunda village of Rajouri on Monday, a police official informed the news agency—Kashmir News Observer (KNO).

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AIIMS Jammu Set to Launch OPD Services in May

SRINAGAR, APR 23: After months of anticipation, the All India Institute of Medical Sciences (AIIMS) Jammu is gearing up to commence its Out Patient Department (OPD) services in May, marking a significant milestone in the region's healthcare landscape.

With the inauguration by Prime Minister Narendra Modi two months ago, preparations have been in full swing to initiate OPD services at AIIMS Jammu, a development eagerly awaited by the residents of Jammu and Kashmir, Ladakh, and Pathankot.

As per the news agency—Kashmir News Observer (KNO), situated along the National Highway in Vijaypur,

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Srinagar Boat Tragedy: Rescue op for missing persons enters 8th day

SRINAGAR, APR 23: The ongoing rescue operation to retrieve the bodies of three missing persons, including a father-son duo and another minor boy, has entered its 8th day, with efforts continuing unabated.

As locals from Gandbal remain hopeful for a swift resolution, they have urged the administration to deploy MARCOs and deep divers into the waters of Jhelum to find the missing persons.

An official present at the spot informed the news agency—Kashmir News Observer (KNO) that the rescue operation, led by the State Disaster Response Force (SDRF), has been tirelessly searching the Jhelum River for

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Cyber Police Unveils Major Mule Account Racket In Kashmir Valley; FIR Registered

HT News Network

SRINAGAR, APR 23: The Cyber Police Station Kashmir Zone, Srinagar investigated a new modus operandi, where individuals are involved in setting up mule bank accounts. These accounts serve as channels for the receipt and transfer of unlawfully obtained funds on behalf of cyber fraudsters. Such activities are pivotal to organized fraud operations targeting vulnerable segments of the society, including homemakers, the economically disadvantaged, auto-rickshaw drivers, labourers, and local vendors.

The funds, often acquired through online fraudulent means such as investment scams, online gaming apps, phishing or identity theft

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BJP Drops Incumbent MP, Fields Tashi Gyalson For Ladakh Lok Sabha Polls

HT News Network

LEH, APR 23: BJP has fielded Tashi Gyalson for 2024 Parliament polls from Ladakh, dropping sitting MP Jamyang Tsering Namgyal.

Tashi Gyalson's candidature was announced by BJP's Chief Election Committee on Tuesday.



Gyalson who is a lawyer by profession is currently the chairman-chief executive councillor of Ladakh Autonomous Hill Development Council in Leh.

The announcement from the party has disappointed the workers of the incumbent BJP MP from Ladakh Jamyang Tsering Namgyal.

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Centre Effects Joint-Secretary Level Reshuffle; 17 Bureaucrats Get New Postings

HT News Network

NEW DELHI, APR 23: Seventeen officers have been appointed as joint secretaries or at equivalent posts in different central government departments and organisations, as part of a bureaucratic rejig effected on Tuesday.

Rajeev Kumar, a 2000-batch



Indian Ordnance Factories Service (IOFS) officer, has been appointed as joint secretary, Ministry of Home Affairs, a personnel ministry order said.

Vrunda Manohar Desai, a 2003-batch officer Indian Revenue Service (Income Tax), has been named as joint secretary in the Ministry of Information &

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Terror Module Member Tasked To Carry Out Target Killings In J&K Held In Punjab

HT News Network

CHANDIGARH, APR 23: The Punjab Police has arrested a member of a terror module who was allegedly being handled by Pakistan-based operatives, officials said on Tuesday.

The Director General of Police, Punjab, Gaurav Yadav, said preliminary investigations reveal that the accused was tasked to carry out target killings in Jammu and Kashmir to create fear and unrest. Pakistan-based operatives were allegedly handling the accused, the DGP said.

"Acting swiftly in an intelligence-based operation, Counter Intelligence (of Punjab Police) #Jalandhar averts target killings planned by cross-border operatives. One member of the terror module arrested with a #Chinese pistol and cartridges," Yadav wrote in a post on X.

According to a Punjab Police statement, the arrested accused has been identified as Lovepreet Singh alias Picho of Udho Nangal village in Amritsar.

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Despite Govt's serious efforts, Jammu-Srinagar National highway remains hazardous for travelers during rainy season

Concerned agencies working rigorously to ensure safety across all stretches: Govt

HT News Network

SRINAGAR, APR 23: Despite the government's earnest endeavors to transform the Jammu-Srinagar National Highway into an all-weather road, it continues to pose hazards for travelers, especially during the rainy season.

Serving as a vital link between the captivating Kashmir Valley and the rest of India, the highway



has witnessed substantial improvements over the years, with initiatives aimed at modernization and widening to ensure year-round accessibility.

However, despite these efforts, travelers encounter significant challenges, transforming their journey into a perilous ordeal, highlighting the persistent dangers along this crucial lifeline.

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Lok Sabha Elections

5 More Candidates File Nominations For Srinagar Lok Sabha Seat



HT News Network

SRINAGAR, APR 23: As the process for filing of Nominations by the Contesting Candidates for the General Lok Sabha Elections-2024 is going on, five more Candidates filed nomination papers from

02-Srinagar Parliamentary Constituency in the Office of Returning Officer (RO) 02-Srinagar Parliamentary Constituency here on Tuesday.

The candidates, including Mirza Sajad Hussain Beigh, Jibran Dar, Shahnaz

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Congress Sabotaged Jammu's Important National Projects, Denied IB Reservation: Dr Jitendra

HT News Network

SAMBA, APR 23: Union Minister Dr Jitendra Singh said here today that Congress and its allies had sabotaged Jammu's important national projects including Shahpur-Kandi project and Ujh Multipurpose Project which would have irrigated the entire belt of dry land along Samba, Kathua and part of Jammu districts. Both these projects could get activated only after the Modi Govt took over in 2014, he said.

Not only this, the Minister alleged, Congress also denied 4% reservation to the people



living along the International Border (IB) of this region.

Addressing public meetings at different locations in district Samba, which is going to poll on April 26th, Dr Jitendra Singh

while campaigning in support of BJP candidate Jugal Kishore Sharma said, Congress and its allied governments have not only caused damage to the

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CONTINUE FROM FRONT PAGE.....

Even Listening.....

charged that it is difficult to follow one's faith under Congress rule. "Even listening to Hanuman Chalisa becomes crime under Congress rule," he said. His remarks come on a day when the country is celebrating Hanuman Jayanti. (Agencies)

Political Parties.....

climate in Kashmir and the ascendance of candidates like Muhammad Maqbool Dar of Janta Dal in 1996. The seat witnessed the rise and fall of political stalwarts, with Mufti Muhammad Sayeed clinching victory in 1998 on the Congress ticket, marking a pivotal moment in the region's political landscape. The 2004 elections marked Mehbooba Mufti's debut in Parliament, securing a resounding victory over her NC adversary Mehboob Beg. In 2009, the tables turned as Mehboob Beg emerged triumphant, only to witness Mehbooba Mufti's return to power in 2014, signaling a decisive shift in the electorate's preferences.

The subsequent electoral bout in 2019 saw Masoodi securing the parliamentary seat for the NC, setting the stage for the upcoming showdown between political heavyweights. As the electoral juggernaut gathers momentum, all eyes are on Anantnag, awaiting the outcome that will shape the region's political trajectory for years to come. (KNS)

Cyber Police.....

are discreetly shuffled between multiple accounts to evade detection. Perpetrators, operating from outside the UT of Jammu and Kashmir, lured potential victims through emails, chatrooms or social media, offering inducements in exchange for renting out their bank accounts. Once trapped, victims unknowingly help in illegal transactions through mule bank accounts, sending the money to the criminal's main accounts. Acting upon the matter, Cyber Police Station Kashmir Zone, Srinagar, has filed a case vide FIR No. 10/2024 under relevant legal provisions and initiated a comprehensive investigation.

Subsequent inquiries have revealed numerous mule accounts operating in various Districts of Kashmir Zone, with transactions totalling crores of rupees. Four individuals from Srinagar city have been identified in orchestrating and managing these mule bank accounts, as well as enticing unsuspecting individuals to participate in these illegal activities. Consequently, these four accused persons identified as Sajad Ahmad Rah son of Mohammad Maqbool Rah residing at Chinar Colony Mehjoor Nagar, Srinagar, Tawqair Ahmad Bhat son of Tariq Ahmad Bhat residing at Banpora Nowgam, Srinagar, Ubaid Ahmad Rah son of Mohammad Ayoub Rah residing at Hamdaniya Colony Bemina, Srinagar and Amir Rah son of Mohammad Maqbool Rah residing at Chinar Colony Mehjoor Nagar, Srinagar have been arrested.

Cyber Police Kashmir urges the public to remain vigilant and guard against falling victim to such fraudulent schemes. Fraudsters often exploit unsuspecting individuals through personal or social media platforms, dangling promises of rewards, incentives, or 'work from home' opportunities. Participation in money mule activities is unlawful and carries severe legal ramifications, including imprisonment. Should you suspect being victimized by money laundering or inadvertently engaging as a money mule, prompt reporting to the authorities is imperative.

BJP Drops.....

Party sources said that Namgyal is not popular among the masses after the current Central Government virtually declined to fulfill the demands of civil society including the Statehood to Ladakh and its inclusion under the Sixth Schedule.

Namgyal had vehemently supported the Modi government for the abrogation of Article 370 and converting Ladakh into a Union Territory.

Local sources told the news agency Kashmir News Trust that this time it will not be an easy journey for the BJP candidate Tashi Gyalson.

The polling is scheduled for May 20 in the constituency. [KNNT]

Centre Effects.....

Broadcasting, for a tenure upto April 12, 2027, it said.

Abhishek Bhagotia, a 2007-batch Indian Administrative Service (IAS) officer of Assam-Meghalaya cadre, will be joint secretary, Lokpal, the order said.

Central Secretariat Service (CSS) officer Rahul Kashyap has been named as secretary, National Commission for Safai Karamcharis (NCSK).

Muthukrishnan Sankaranarayanan will be joint secretary in the Department of Atomic Energy, Shobhit Gupta has been named joint secretary in the Ministry of Civil Aviation, Vimal Anand will be joint secretary, department of commerce and Monalisa Dash has been appointed as joint secretary in the Ministry of Development of North Eastern Region, the order said.

Rahul Jain, a 2005-batch IAS officer of Madhya Pradesh cadre, has been appointed as joint secretary in the Sixteenth Finance Commission under the Department of Economic Affairs, the order said.

Ranjit Singh will be joint secretary, Ministry of Food Processing Industries, Navin Agarwal will be joint secretary, Department of Investment & Public Asset Management, Mahendra Kumar has been named joint secretary, Ministry of Labour and Employment, Vivek Kumar Bajpai will be joint secretary, Ministry of Mines and Rajiv Manjhi has been named as director of Institute of Secretariat Training & Management (ISTM).

Jai Prakash Pandey has been appointed as additional secretary, Union Public Service Commission (UPSC), Lal Chhandama will be joint secretary, Department of Rural Development and Debolina Thakur has been named joint secretary and financial adviser in the Department of Social Justice and Empowerment, the order said.

"In view of declaration of elections to the Lok Sabha, if any of the officers mentioned in the instant communication are on election related duty, they may kindly be relieved after due clearance from the Election Commission of India to take up their new assignment," the ministry said in the order issued to secretaries of all central government departments.

Terror Module.....

Police teams have also recovered one .30-bore automatic Chinese pistol along with a magazine and four live cartridges from his possession, it said.

The statement quoting DGP Yadav said that acting swiftly on intelligence inputs, Punjab police teams from Counter Intelligence, Jalandhar laid a special 'naka' (check barrier) in the area of Rama Mandi, Jalandhar, and arrested the accused after recovering the sophisticated automatic pistol from his possession.

Sharing more details, Senior Superintendent of Police, Counter Intelligence, Jalandhar, Navjot Singh Mahal said that the accused has received money in his bank account via Dubai and procured the pistol along with ammunition from Samba in J&K.

A case was registered on Monday under relevant sections of the IPC and under the Arms Act at State Special Operations Cell police station in Amritsar, he said, adding further investigations are going on.

Despite Govt's.....

The expansion and road-widening efforts have unintentionally introduced new risks for travelers. Loose soil, a byproduct of construction, combined with the rugged landscape, has resulted in a surge of falling boulders, landslides, and shooting stones along various sections of the route, particularly exacerbated during the rainy season.

"Since March of this year, the highway has experienced numerous closures due to landslides or shooting stones triggered by rain. While the overall improvement of the highway has reduced travel time to reach destinations, the rainy season poses significant dangers for travelers on the Jammu-Srinagar Highway," one local cab driver, who frequently travels from Srinagar to Jammu, emphasized the perilous conditions caused by shooting stones and landslides along many stretches of the route.

Essential supplies, including grains, pulses, vegetables, mutton, poultry, petroleum products, and medicines, are transported through this route to the landlocked Valley.

Before the construction of the tunnel between Qazigund and Banihal, commuters relied on the Jawahar Tunnel, which often faced closures due to heavy snowfall in its vicinity.

However, since the inauguration of the new tunnel, this issue has been resolved. Nonetheless, challenges persist during rainy weather, especially along the Banihal to Ramban stretch where ongoing construction work hampers smooth travel, said a traveler.

Rain often triggers landslides, in several areas rendering the road impassable, while sunny days bring the peril of shooting stones, endangering the lives of travelers.

News agency KNS reported that the most treacherous section is from Ramsoo to Banihal, where travelers face a barrage of challenges including landslides, shooting stones, slippery conditions, and gushing seasonal streams, making every inch of the journey perilous.

The Srinagar-Jammu National Highway, designated NH-44, has historical significance as the primary conduit for transportation of goods, people, and military supplies to and from the Kashmir Valley.

Over the years, various infrastructure projects have been initiated to improve its reliability and accessibility.

Projects like road widening, tunnel construction, and snow and avalanche protection measures have been undertaken to make the highway an all-weather lifeline.

Despite these endeavors, the highway continues to face persistent challenges, especially during the rainy season, necessitating frequent maintenance and repair work to keep it operational.

In recent years, significant progress has been made in the development of Jammu and Kashmir's infrastructure. The ongoing

four-laning project involves the construction of tunnels, bridges, and flyovers, aimed at enhancing connectivity and reducing travel time.

Projects like the Ram Ban Viaduct, spanning 1.08 kilometers, and several tunnels in the rough patches have been instrumental in enhancing transportation connectivity in the region.

Additionally, the construction of significant tunnels, such as the one between Qazigund and Banihal, has substantially reduced travel distances and enhanced overall connectivity.

Government officials have confirmed ongoing efforts to enhance travel between Jammu and Srinagar while prioritizing traveler safety.

"These projects are designed to decrease travel time, bolster connectivity, and stimulate economic growth in the region. The completion of new tunnels and road widening initiatives has not only expedited travel but has also catalyzed economic opportunities, resulting in heightened tourism and trade. The concerned agencies are diligently working to ensure the safety of all stretches of the highway. The government's steadfast commitment to improving road infrastructure has markedly elevated the region's overall quality of life by enhancing connectivity and accessibility," said the officials.

Continued investments and maintenance are essential to ensure the highway remains open and operational, serving as a beacon of progress for the region in the years to come. (KNS)

5 More.....

Hussain Bhat and Shamim Ahmad Parray filed their nomination papers as independent candidates. Similarly, Younis Ahmad Mir also submitted his nomination papers today before the Returning Officer (RO) as a candidate of Bharat Jodo Party for the Srinagar Constituency.

The Last date for filing of nomination papers in 02-Srinagar Parliamentary Constituency is April 25, 2024 (Thursday) from 11:00 am to 03:00 pm. The Scrutiny of the nomination papers filed by the Candidates will take place on April, 26, 2024 (Friday).

The Candidates have the option to withdraw their candidature by or before April 29, 2024 (Monday) until 03:00 pm. The voting is scheduled in the Constituency for May 13 under fourth phase.

With Two (02) candidates already filed their nominations on April 22, 2024, the number of candidates to contest from the Srinagar Lok Sabha Seat on Tuesday increased to Seven.

Congress Sabotaged.....

Kandi areas of Samba and Kathua by denying them their due but had also gone to the extent of working against the national interest just to appease certain sections by following an approach of regional discrimination.

Elaborating further, Dr Jitendra Singh recalled that way back in 1960 the Indus Water Treaty was finalised between India and Pakistan by the then Prime Minister Jawaharlal Nehru and Pakistan President Ayub Khan, as a result of which, the three major river waters that India was to share happened to be Ravi, Satluj and Beas. By constructing Shahpur-Kandi Dam, he said, India was to utilize the her share of water from river Ravi for irrigating 3500 to 4000 hectares of land in Samba and Kathua border districts of Jammu & Kashmir as well as Gurdaspur and Pathankot districts of Punjab.

While the Punjab government was forthcoming in cooperating to set up this project, the successive governments in Jammu & Kashmir avoided it on one pretext or the other till Prime Minister Narendra Modi took over in 2014 and the project was revived, he added.

Similarly, Dr. Jitendra Singh said, Congress and its allies had denied 4% of reservation to the youth living along the International Border of Samba while allowing the same to the youth along the LoC, simply because of vote bank politics. This anomaly, he said, was also undone after Prime Minister Modi took over.

Dr. Jitendra Singh said, with the new industry coming up in Samba and the surrounding regions, the entire belt from Kathua to Samba holds the potential to emerge as a major recruitment and training centre of North India particularly because of its connection with three territories mainly Punjab, Himachal Pradesh and Jammu & Kashmir.

Dr Jitendra Singh said that this entire belt has been traditionally known to be inhabited by marshal race and the youth of this area were always known for their valour and bravery in Armed Forces, both before independence and afterwards. But, unfortunately, again it was the Congress government which cancelled the Dogra certificate and denied the youth of this region the opportunities of recruitment in the Armed Forces.

Dr. Jitendra Singh recalled the words of Prime Minister Narendra Modi at the Udhampur rally where he had said that what has happened in the last ten years is just a trailer and that much more is in store to happen in the next five years.

In the context of this region, he said, the earlier ten years were spent in making up for the lapses of the past, but the next five years are going to throw up this region as a frontline runner in India's growth story.

Former Minister Chandra Prakash Ganga, BJP Samba President Kashmir Singh, Senior party leaders Jagvir Singh, Narain Singh, Rashpal Verma, Munish Khajuria, DDCs, PRIs, Mandal Presidents, BJP office bearers, Mahila Morcha members led by Prabhari Arti ji and BJYM activists were prominent among those who accompanied Dr Jitendra Singh at different locations.

J&K Police.....

Muhammad Razaq, a victim of the terror attack in Kunda village of Shadra Sharief, was laid to rest in the local graveyard in which hundreds of people from all over the area participated. He was given a tearful adieu by the family, relatives and people of the area.

According to KNO, the funeral prayers were held at 2.30 pm in Kunda village in which hundreds of the people participated. After the prayers, Razaq's body was laid to rest in the native graveyard where his father was buried.

His father Muhammad Akber was also a victim of terrorism as his throat was slit by the terrorists in the year 2003. Razaq was appointed in the social welfare department on compassionate grounds after his father's killing and was working as a junior assistant in the department. Razaq's eldest son is just 15 years old.

Earlier, once the bullet-ridden body of Razaq reached his home, the pall of gloom descended in the area as everybody was heading towards his house to pay their respect to the departed soul. According to the locals, he was a kind hearted and helpful person who was always ahead of others in reaching out to the people whenever they were in need.

Locals told KNO that terrorists had reached his home by enquiring from locals without ascertaining their identity. They were hiding in his house and once Razaq entered after completing prayers, he was fired upon by the terrorists and injured him critically. He was shifted to the nearby hospital where he was declared dead on arrival.

They believed that terrorists were probably after Razaq's brother Tahir

Khursheed, who is working in the Territorial Army, but there was no confirmation from police and administration.

AIIMS Jammu.....

District Samba, AIIMS Jammu is set to become a hub for medical care in the region. Anticipating a daily influx of 2000 to 3000 patients across various specialty units, meticulous arrangements are being made to ensure a seamless transition.

In the first phase, 183 faculty positions have been created, with 85 staff already appointed and the recruitment process for the remaining underway. Furthermore, out of 800 nursing positions, 520 have been filled, with these nursing staff receiving comprehensive training at Delhi AIIMS. The recruitment process for 88 paramedical posts is also underway, encompassing technicians and other essential medical personnel.

To facilitate the operation of advanced medical equipment initially, senior trained medical staff from Delhi AIIMS will be temporarily deputed to AIIMS Vijaypur for three months.

Dr. Shakti Gupta, Director of AIIMS Vijaypur, expressed optimism about the imminent launch of OPD services, emphasizing the comprehensive preparations underway. Despite delays attributed to the non-availability of adequate and trained staff, AIIMS Jammu is poised to deliver high-quality health-care to the region.

Srinagar Boat.....

the missing bodies of Showkat Ahmad, his son Haziq Showkat, and another minor boy, Farhan Parray. Despite eight days of continuous efforts, no traces of the missing persons have been found so far, he said.

"We are continuously searching Jhelum all the way from Gandbal to Sonwar, and no traces of the missing persons have been found for eight straight days," ASI SDRF Abdul Rashid said, adding that multiple boats have been deployed in the water on the eighth day, but the search has yielded no results yet.

The ASI also informed that the search operation has extended to areas like Chattab Veer and Rajbagh, but there have been no traces of the missing persons.

Downtown resident paves space to young writers, comes up with 'Koh-e-Maran'

SRINAGAR, APR 23: In a bid to provide a platform to the young generation, a 30-year-old youth from downtown Srinagar has been publishing a literary magazine to accommodate the write-ups of young writers and scholars entailing contemporary literature in Jammu and Kashmir.

Talking to the news agency—Kashmir News Observer (KNO), Salim said that he has published several books of fiction writers particularly of women, which includes Harfi Shehreen and Tabasum Zia Kay Afsanay.

He has also published nearly 200 articles so far on social, cultural and literary topics.

"I have published about 200 articles on social, cultural and literary topics," Salim said, adding that he has started a quarterly literary magazine "Kohi Maran", which was first published in July 2021.

The purpose of publishing 'Kohi Maran' was to promote Urdu language and literature in Kashmir especially in the Srinagar

city, he said. "I started publishing a literary magazine titled Kohi Maran in 2021 with a goal to bring the new generation to the folds of Urdu literature. The rich literary reviews, articles or critical write ups published in Koh-e-Maran will be very useful to Urdu language students and research scholars.

Special issue of Kohi Maran will be released on World Book Day with the subject theme of Contemporary Urdu Journalism in Jammu and Kashmir.

He said that a special issue of the quarterly magazine is being issued on World Book Day to celebrate the contribution of renowned journalists in Urdu language here.

He claimed that this special issue of Kohi Maran will be beneficial to literary friends, research scholars, journalists and students interested in taking journalism in Urdu language.

"You can find and read all issues of Quarterly Kohi Maran online from Rekhta," He said.

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EXPO MART OF INT'L STANDARD NEED OF THE HOUR IN KASHMIR: CHAIRMAN CEPC

SRINAGAR, APR 23: Dr. Romesh Khajuria, Chairman of Carpet Export Promotion Council (CEPC) and Chairman of Wool & Woollens Export Promotion Council (WWEPC) under the Ministry of Textiles Govt of India, visited Srinagar (J&K) from April 20 to 22 April 2024.

An interactive meeting was conducted at CEPC's Srinagar Office which was chaired by Dr. Romesh Khajuria with manufacturers, exporters, and artisans associated with the Carpet Industry of J&K, a statement issued to the news agency—Kashmir News Observer (KNO) reads.

Dr. Khajuria's statement underscores the significant role that Srinagar, located in the state of Jammu and Kashmir, plays in the global market for handicrafts and luxury goods. Known for its rich cultural heritage and skilled artisans, Srinagar has long been renowned for producing high-quality handicraft items that are highly in demand by consumers worldwide.

To capitalize on this reputation and further boost the handicraft industry in the region, Dr. Khajuria suggests the establishment of a permanent Expo Mart. This Expo Mart

should be designed following the models of successful Expo Marts such as Bharat Mandapam and Yashobhoomi. The Exhibition Mart in J&K will serve as platforms for showcasing and trading various products on a large scale, providing a space for local artisans, manufacturers, and exporters to display their goods to both domestic and international buyers. Additionally, manufacturers and exporters would have the opportunity to network with potential buyers and investors, facilitating business growth and expansion.

Dr Romesh Khajuria, inter-



acted with the artisans who

crafted the largest hand knotted silk carpet of the world 72X40 ft (1480 sq ft) in village Wailoo Kunzer of Tangmarg in north Kashmir. Under the guidance of Fayaz Ahmad Shah and Abdul Gaffar Sheikh the artisans celebrated the completion of the world's largest silk hand knotted carpet. Crafted over eight years since 2016, this achievement fills Tangmarg, Kashmir, with pride. It's not only a testament to Srinagar (J&K) artisans' skills but also offers employment opportunities.

Dr. Khajuria extends heartfelt congratulations to the dedicated artisans behind this

masterpiece: Mohammad Ashraf Parry, Firdous Ahmad Dar, and Mohammad Maqbool Parry. Despite facing numerous challenges, including the impact of COVID, their perseverance shines through. He is confident that this remarkable creation will attract buyers worldwide, honoring and supporting these artisans' talent and hard work. He also visited M/S Carpets Creativity of Art in Idgah, Srinagar, who are crafting innovative Silk Pashmina Carpets.

Dr. Khajuria, in his address to the gathering, assured that the responsibility given to him by the Office of DC Handicrafts,

Ministry of Textiles, Government of India, for Council's Election 2024, will be undertaken seriously. He is reaching out to the industry to request support in conducting fair and transparent elections for the CEPC.

Dr. Khajuria extends his heartfelt best wishes to all associates of the J&K Carpet industry. Let us join hands and work harmoniously to overcome challenges, seize opportunities, and propel the Handmade Carpet Industry to new heights of excellence and prosperity. Together, we can create a brighter and more vibrant future for our industry.

Proxy candidates in field to help BJP: Rahullah Mehdi

BUDGAM, APR 21: Claiming that proxy candidates of BJP are in the field against the National Conference, Lok Sabha candidate Rahullah Mehdi Tuesday said that the remarks of PM Modi against the Muslims are nothing but sheer frustration.

He said there are not only leaders from some political parties but also independent candidates who act as stooges of the BJP and their only role is



to help BJP.

"We don't accept those decisions taken in 2019. Everything was done forcibly without the consent of the people," he said.

National Conference leader Rahullah Mehdi without mentioning the name of DDC Chairman Nazir Ahmed Khan said that it is ironic that despite being opposed by the majority of six members he is still clinging to the chair and that too with the support of authorities. "Is it democracy? In democracy, you have to respect the majority but here decisions are being imposed upon us against the will of the people," he said. [KNT]

How can Azad, Lone, Bukhari support an anti-Muslim party: Farooq Abdullah

SRINAGAR, APR 23: National Conference president Farooq Abdullah on Tuesday said that it is unfortunate and he feels sorry that Ghulam Nabi Azad, Sajad Lone, and Altaf Bukhari support an anti-Muslim party.

Farooq Abdullah said that these leaders should reconsider their decision and stop supporting to BJP. "Don't they see the attitude of the BJP towards Muslims? Not only in Jammu and Kashmir but across India, Muslims will suffer if BJP comes to power," he said.

He said it is very unfortunate that the Prime Minister of a country has been talking openly against Muslims. He said Islam doesn't teach us to look down on other religions. A Muslim can never snatch the mangalsutra of Hindu women. "Our religion teaches us to respect other faiths," he said.

In response to a question, Farooq Abdullah said that there may not be any more elections in Jammu and Kashmir if BJP is voted to power. "Who knows this party may control the



Supreme Court. They say we will rule till 2047, will they survive till then?

On the BJP's agenda of 'One Nation, One Election', Abdullah said that it is not possible to have a single election for the entire country as each of the 28 states is different. "BJP wants to install one Prime Minister just like the Russian Putin."

Farooq Abdullah also questioned the law that removed the Chief Justice of India from the selection committee for the Election Commission. [KNT]

Recent Geo-Political Developments Reaffirm Relevance Of Hard Power: Army Chief Manoj Pande

NEW DELHI, APR 23: General Manoj Pande, Chief of the Army Staff (COAS), on Tuesday said that the recent geo-political developments have reaffirmed the relevance of a country's hard power.

"The current geo-strategic landscape is characterized by Change, taking place at unprecedented scale and speed. Recent geo-political powerplays have displayed, that where National Interests are concerned, countries will not hesitate to go to war. These developments have reaffirmed the relevance of Hard Power," General Manoj Pande said while addressing participants at the National Leadership Conclave of All India Management Association.

He mentioned that the overall 'rise' of a nation can be said to occur when there is a significant and continuous increase in its Comprehensive National Power.

While 'Economic Power' is the fountainhead of the growth of the nation, it is the 'Military Strength'



that lends it the ability to affect the outcomes, necessary to protect and further its multifarious interests, in expanding strategic horizons, he said.

He said that military strength and capabilities are necessary to prevent war to present a Credible Deterrence, also enabling a robust response to threats and winning wars, when required, across the entire spectrum of conflict.

"In our quest to achieve and sustain a 'Hard Power' quotient, we need to be alive to the implication of external

dependency to meet defence requirements. The impact of supply chain disruptions and weaponization of denial regimes – came to the fore, during the Pandemic and also from the lessons of the ongoing Russia-Ukraine conflict. These developments have underscored that the security of the nation, can neither be outsourced nor be dependent on the largesse of others," he said.

"In the context of capability development, if we are import – dependent for critical technologies on countries that possess them, we must be very clear that we will always remain one technology cycle behind," he added.

The army chief said that the unprecedented trends in the geo-strategic landscape, the limitless potential of Disruptive Technologies, the transforming character of modern Wars and the profound changes in the socio-economic domain, are the four key drivers of IA's Transformation efforts. (Agencies)

Govt promotes J&K as Prime Spiritual Destination Amid Religious Tourism Surge

SRINAGAR, APR 23: In response to the burgeoning trend of spiritual tourism, the Jammu and Kashmir (J&K) government is taking various measures to position the Union Territory (UT) as a premier religious destination.

As per news agency—Kashmir News Observer (KNO), the spiritual or religious tourism is gaining pace within India, with a huge chunk of tourists travelling to various cities and destinations for spiritual bliss.

According to an analysis by online travel aggregator (OTA) MakeMyTrip, spiritual destinations are stealing the show in India's travel market with such locations recording a 97 percent surge in searches in the last two years.

Recognizing the economic and cultural significance of spiritual tourism, the J&K administration has embarked on a comprehensive promotional campaign to highlight the religious diversity and historical significance of the region.

Last year, the Jammu and Kashmir administration announced it has earmarked another 75 tourist destinations to enhance religious tourism in the region.

By leveraging various marketing channels and platforms, including social media, travel expos, and digital advertising, the government is showcasing J&K as a prime destina-

tion for spiritual rejuvenation and pilgrimage.

"After getting a good number of tourists for the last many years, the government is now exploring various tourism segments to further increase the flow of visitors. Last year, the government announced 75 tourist destinations to enhance religious tourism in the region. The promotion part of this project has already started. In Jammu we have many historic temples and in Kashmir we have shrines, mosques and temples to attract devotees from across the world," he said.

Pertinently, J&K boasts a plethora of sacred sites revered by pilgrims and spiritual seekers alike. From ancient temples nestled in the foothills to revered shrines perched atop lofty peaks, the UT offers a spiritual sanctuary for devotees from all walks of life.

Travel agents said they also promote various spiritual destinations of Jammu and Kashmir. "We receive a good number of devotees for Shri Amarnath and Vaishno Devi pilgrimage. So, travel has their separate packages for spiritual tourism. During our promotional events, we showcase the spiritual destination to the participants to promote our union territory as prime spiritual destination of India," said Umar Ahmad, a travel agent—(KNO)

Traditional 'Zool' festival observed with zeal at Aishmuqam shrine

AISHMUQAM, APR 23: Hundreds of devotees thronged the holy shrine of Kashmir's noted saint Sakhī Zainuddin Wali (RA) in Aishmuqam and performed the traditional 'Zool' ritual.

Locals from Ashimuqam told the news agency—Kashmir News Observer (KNO), this year Zool was performed with religious zeal as last year this festival was performed for short time due to the holy month of Ramadan.

"Zool was performed outside cave and most of the people visited the shrine and cave during the day," they said, adding that hundreds of people continue to throng the shrine. The ritual is performed by devotees as a mark of respect for the saint as it is held to mark the beginning of agricultural activity after a prolonged winter season.

The Sufi saint is believed to have settled in Aishmuqam and is said to have gone into deep meditation inside the cave and battled a demon that was petrifying the villagers.

To celebrate his victory, people assemble every year and light up their wooden torch-

es and oil lamps.

More than hundred staircases, leading to the shrine, are also lit up by the devotees on the occasion.

"People enter the cave mausoleum, seeking the blessings to end their miseries," said a devotee, Tanveer Ahmad.

For the thousands of pilgrims, who gather at Ashmuqam, the annual torch festival



also symbolizes the end of the long winter and the beginning of the new sowing season.

People from different communities visit the shrine to spread the message of communal harmony and brotherhood, added Tanveer.

'Over 800 Govt schools in JK with zero student enrolment'

'16,179 schools are with less than 50 enrolments, 2413 single teacher schools; Over 18% Govt schools at elementary level has adverse PTR'

SRINAGAR, APR 23: In Jammu and Kashmir, 'hundreds of government-run schools are with zero student enrolments. Besides, the majority of the institutions are having less than 50 student enrolments.

Moreover, the official documents and latest figures accessed by the news agency—Kashmir News Observer (KNO) states that more than 18 percent of government schools at elementary level here have an adverse Pupil Teacher Ratio (PTR).

The officials from Jammu and Kashmir in 2023 had said that the count of overall public schools had reduced by nearly 19 percent owing to the 'zero or low enrolment of students in government schools'.

However, the Ministry of Education (MoE) in the latest figures regarding the school size and single teacher schools in Jammu and Kashmir has said that, "Out of the total 23,173 schools in the UT, there are 848 schools with zero enrolment."

It also said, "16,179 schools are with less than 50 enrolments. Further, there are 2413 single teacher schools in the UT."

"In addition, the number of schools with adverse PTR at the elementary level is 18.43 percent," it reads.

Pertinently, KNO in 2023 reported that the count of overall public schools in Jammu and Kashmir have reduced by nearly 19 percent owing to the 'zero or low enrolment of students in government schools'.

The officials of the department had said that it had some government schools wherein the student enrolment was very low or even some with less than five. "We had merged them with the nearby government schools."

It also said that such schools were being reflected on UDISE as separate schools. "Earlier we used to have 23,117 government schools as per UDISE but in the updated database, we have only 18,820 schools," an official had informed KNO.

The concerned official at that time had also said, "We had nearly 4300 government schools wherein the student enrolment was less than five or zero. As of now there was no such government school with zero enrolment."

The School Education Department in the year 2022 had said that it had identified more than 1200 such government schools that were having low enrolment of students.

It had said that such schools would likely be merged in accordance to the catchment and feasibility of the students.

In April-2022, School Education Department had said that it was all set to merge hundreds of government-run schools of Jammu and Kashmir having an inadequate student enrolment.

DEO Kupwara reviews plan for transportation of Polling Staff, EVMs

HT News Network

KUPWARA, APRIL 23: In order to ensure hassle free transportation of Polling Staff, EVMs and other election related material to the polling stations for smooth conduct of upcoming Lok Sabha Elections-2024 in the district, a meeting of concerned Officers was today held under the chairmanship of District Election Officer (DEO) Kupwara, Ms. Ayushi Sudan. ADDC Kupwara, Gulzar Ahmad Bhat; ADC Handwara, Aziz Ahmad Rather; ASP Kupwara/Handwara; ACR Kupwara, SDM Lolab/Karnah, Dy. DEO, ACP, ENT, Manager SRTC Kupwara and election staff attended the meeting. At the outset, the DEO discussed the Transport plan in a comprehensive manner for smooth dispatch of the poll material and polling personnel. The respective AROs apprised the chair about

the requirements of the vehicles and seating capacity of the vehicles so that they reach and depart polling stations in a hassle free manner especially in far flung and hard to reach areas of the district. He directed the ARTO Kupwara for submission of complete Transport Plan - polling station and Assembly Constituency wise to her office by tomorrow positively. The DEO stressed that all necessary arrangements are put in place for the dispatching of EVMs to designated locations and all arrangements of security and safety of EVMs are made as per the guidelines of the Election Commission of India (ECI). The DEO emphasized that polling staff, security personnel and election related material reach at respective polling stations on time without any hindrance. The DEO also reviewed Assured Minimum Facilities and Communication plan in far off places.



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اطلاع عام

میرا بی بی کنز id نمبر 0209020006161 جو کہ غلام کمار کے نام پر رجسٹرڈ ہے اب تبدیل کر کے عادل حسین کمار ولد غلام کمار کے نام پر رجسٹر کرنا مطلوب ہے اس بارے میں اگر کسی کو کوئی اعتراض ہو تو وہ سات یوم کے اندر محکمہ pdd سب ڈویژن شہنشاہی کے دفتر میں پیش کرے بعد از معاد کوئی اعتراض قبول نہیں ہوگا

المشتر
عادل حسین کمار ولد غلام کمار ساکن
لاری پور اہلگام انت ناگلا ما محمد ملک
ساکنہ بٹکوٹ پھلگام

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ساکنہ بٹکوٹ پھلگام

Office of the SMB Memorial Institute Arwah Zone Beerwah

This is to make public that the date of birth of my son MOHAMMAD ARSLAN NATH S/O MANZOOR AHMAD NATH Mothers Name -SHAMEEMA BANO R/O ARWAH BEERNAH is a bonafide student of this School (SMB Memorial instt. Arwah) according to the school records his date of Birth is corrected as 05-05-2013. Anybody having any objection in this regard may approach the office of Principal SMP Principal S.M.B Memorial Instt. Arwah within 07 days of publication of this notice. No objection shall be entertained after the said time period.

Public Notice Through Father - Manzoor Ahmad Nath...

PUBLIC NOTICE

My father, namely Mr Gh Hassan Wani (Azad), is missing since Friday afternoon. He left home around 3 pm on Friday 19/04/24 and didn't return. If anybody has seen him or knows anything about his whereabouts he may kindly inform us on following No.s.9149777482., 8493079715

**SAJAD AHMAD WANI (SON)
R/O RESHI PORA NANIL ANANTNAG**

PUBLIC NOTICE

I am applying for renewal of seed license under license name WANI SEEDS if anybody has any objection in this renewal of license he /she may file his /her objection in the AGRICULTURE DEPARTMENT OF BARAMULLA within seven days from the publication of this notice after that no objection will be entertained

**NAME ...UZMA NAZIR WANI
W/O ...MOHAMMAD ARIF WANI
R/O ...KREERI DISTT.... BARAMULLA**

PUBLIC NOTICE

I have last my final year marks card under registration no 25762 SJ 2012 Roll No 19513268 now i am applying for its duplicate certificate. If anybody has any objection in this regard he /she may fill his /her objection in the office of KASHMIR UNIVERSITY SRINAGER within seven days from the publication of this notice after that no objection will be entertained.

**Name....ALTAF AHMAD MIR
S/O ...GHULAM MOHAMMAD MIR
R/O ...MANAGAM**

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

**Subject: Registration of Births / Deaths
PUBLIC NOTICE**

This office is in receipt of representation from MOHD AKBER MALIK R/O, MANDLAN PAHALGAM Tehsil PAHALGAM District ANANTNAG for issuance of BIRTH Certificate in favour of my SON namely GULZAR AHMAD MALIK S/O MOHD AKBER MALIK R/O MANDLAN PAHALGAM D.O.B as per documents is 25/09/1958 & event has been o to be occurred at HOME In this connection if anyone have any objection in the registration of birth certificate shall present his/her claim to the office of Tehsildar /BDO office PAHALGAM within 07 days, after that no objection shall be entertained

**REGISTRATION BIRTH & DEATH
(BLOCK DEVELOPMENT OFFICE PAHALGAM)**

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 PATTAN) has submitted case file pertaining to Birth of ABDUL FAZAL S/O TASADUQ HUSSAIN DAR R/O ARAMPORA PATTAN Tehsil PATTAN Dist. Baramulla with verified the date of Birth, as 27/07/2023 and event has been to be occurred 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

انتقال پر ملال

یہ خرابی انتہائی دکھ کے ساتھ دی جاتی ہے کہ ہمارے برادر محمد اسلم چاچری ولد محمد محمد اقبال چاچری منتسب علاقے کے بعد 23 اپریل 2024 کو رحلت کر گئے مرحوم بیرون ملک امرطیبا میں مقیم تھے اور وہیں پہرہ خاک ہوئے۔ 25 اپریل 2024 کو مرحوم کے ایصال ثواب کی غرض سے 11 بجے چند پڑھ بارون میں درعاذ محمد ابراہیم چاچری دعائیں کھلیں معتقد ہوگی۔

از طرف سوگواران
شیر احمد چاچری
9906632984, 9906705040, 6005044434

PUBLIC NOTICE

I purchase vehicle Goods Carrier bearing registration No JK09-3710 with make/model 2007 TATA MOTOR LTD/LPK 1613/36 BOX TIPPER from seller MOHD YASIN SHEIKH S/O HAJAJI MOHD AFZAL SHEIKH R/O VILGAM HANDWARA if anybody has any objection in this regard he /she may contact with ARTO OFFICE Kupwara within seven days from the publication of this after that no objection will be entertained.

**NAME....RAMEEZ AHMAD MALIK
S/O ..GHULAM NABI MALIK
R/O ...LAKHRIPIRA BUDGAM
M.NO 70063 20571**

Office of the Executive Engineer, Electric Division- Ganderbal.

Email: Edgb123@gmail.com Tel No. 0194-2416237 Fax No. 0194-2416237

e-TENDER ABBREVIATED NOTICE
e-NIT No. EDG/025 of 2024-25, dt:22-04-2024

For and on behalf of the Lieutenant Governor of Union Territory of Jammu and Kashmir, Executive Engineer, Electric Division-Ganderbal invites online e-bids from registered A-Class Electrical Contractors/firms for as under:

S.No	Particulars	Estimated Cost (In Lacs)
1	Providing and Laying of 35mmsq 3-core 11KV XLPE cable for temporary Grid connectivity arrangement from Km 5.00 To KM 14 for SANJY-2024.	86.00

The complete tender document is available at website <http://jktenders.gov.in>. Interested bidder/tenderers may view, download the e-Bid document, seek clarification and submit their e-Bid online up to the date and time mentioned in the table below. Bidding Documents contain Qualifying Criteria for Bidders, Specifications, Bill of Quantities, Terms and Conditions of Contract and other details.

i)	Date and Time of downloading/ Sale (Start) of Tender Document	22.04.2024; 16:00 Hrs
ii)	Date & Time of Download/ Sale (End) of Tender Document	06.05.2024; 16:00 Hrs
iii)	Date and time of bidding queries/clarifications	22.04.2024; 16:00 Hrs to 24.04.2024; 16:00 Hrs
iv)	Date & Time of Bid Uploading (Start/End)	22.04.2024; 16:00 Hrs to 06.05.2024; 16:00 Hrs
v)	Commercial/Technical Bid Opening Date & Time	07.05.2024 at 13:00 Hrs
vi)	Financial Bid Opening	Shall be declared later on for the technically qualified bidders
vii)	Venue of Commercial/ Technical Bid Opening	Electronically on J&K Government e-Procurement System website http://jktenders.gov.in
viii)	Cost of e-Bid document	Rs.2000.00 (Rupees Two Thousand Only) (Non-refundable) [Treasury Receipt/Demand Draft]
ix)	Amount of Earnest Money Deposit	Rs.1,72,000/= (Rupees One Lacs Seventy Two Thousand Only)

**DIPK-NB-91/24
Dated:-23/04/2024**

Sd/-
Executive Engineer
Electric Division Ganderbal

SKIE CLASSES

DEAR ALL, WE WOULD LIKE TO INFORM YOU THAT FOR OUR SOURA BRANCH, TODAY, APRIL 22ND, AT 3:30 PM, THERE IS AN ORIENTATION PROGRAM SCHEDULED TO TAKE PLACE. THIS EVENT WILL BE GRACED BY THE PRESENCE OF DR. SADDAM AND HAMID MUFTI. LOOKING FORWARD TO YOUR ATTENDANCE AND ACTIVE PARTICIPATION.

**BEST REGARDS,
SKIE CLASSES**

UNDER THE VIBRANT MENTORSHIP OF SADDAM SIR

**SOURA OPPOSITE SUMO STAND NEAR JKBANK
0194-3502109 | 8899901387 | 7006886386**

BJP neglected rural development in J&K: Sadhotra For unity, stability, integrity of the country, vote and support Raman Bhalla: Rattan Lal Gupta

HT News Network

JAMMU, April 23: The Jammu and Kashmir National Conference launched a scathing attack on the ruling government at the Centre, accusing the BJP-led administration of neglecting the crucial development needs of rural areas in the Union Territory.

In this regard, a day-long convention of JKNC Jammu Rural-A was held here today in support of the INDIA Alliance candidate for the Jammu Reasi Lok Sabha seat, Raman Bhalla, at Sher-e-Kashmir Bhawan Jammu.

During the convention, Ajay Sadhotra, Additional General Secretary of JKNC and former Minister, Rattan Lal Gupta, Provincial President of JKNC Jammu, Sheikh Bashir Ahmed, Provincial Secretary, Pard-



weep Bali, Ayub Malik Provincial Secretaries Jammu, Surjit Singh Manhas, Ghar Singh Joint Secretaries Jammu, Bimla Luthra former MLA, Zeeshan Rana Additional Spokesperson Jammu and several party leaders and workers were present.

At the beginning of the meeting, Raghbir Singh Manhas, District President of JKNC Jammu Rural-A, apprised the senior functionaries of the Party about the deplorable condition of rural areas due to the callous attitude adopted by the

incumbent government in providing basic amenities.

Addressing the party workers, Ajay Kumar Sadhotra former minister expressed anguish against the BJP government's decade-long tenure, lamenting its failure to uplift rural areas despite ample time in power. He deemed it unfortunate that even after a substantial period, basic amenities continue to elude the people residing in rural areas, plunging them into enduring hardships. He minced no words in condemning the hollow promises of unprecedented development made by the government. Despite their tall claims of development, the reality remains grim for the majority of villages across the Union Territory, grappling with severe infrastructural deficiencies ranging from lack of sewerage systems, dilapidated roads, unreliable drinking water supply.

CUKashmir organises workshop on Earth Day

HT News Network



Ganderbal, Apr 23: School of Life Sciences and Department of Chemistry, Central University of Kashmir (CUKashmir) organized a workshop on Earth Day-2024 on the theme "Planet vs Plastics" for the students and faculty members at Science campus-Nunar here on Monday.

Speaking on the occasion, Dr. Chinnappan Baskar, Head, Department of Chemistry highlighted the collective responsibility of every individual to focus on the circular economy for sustainability in the modern era. He emphasized on protecting the earth from hazardous pollution.

Prof. Azra N Kamili, Senior Professor of the Department of Botany highlighted the impact of micro plastics on ecosystems and food chain. She deliberated on the importance of celebrating the earth day to create awareness among the masses about the impact of plastics on ecosystem services.

Prof. Abid Hamid Dar, Dean, School of Life Sciences and HoD Biotechnology emphasized the purpose of celebrating the earth day to educate the young minds of the society about the impact of plastics on human health. He stated that the rampant use of pesticides and chemical fertilizers is making way to the food chain and ultimately responsible for causing dreadful diseases in humans. He described plastic pollution as another major threat to the planet earth and stressed on the multidisciplinary approach to tackle the plastic pollution.

Faculty members, Dr. M. Lateef Khaliq, Dr. Rafiq Lone, Dr. Rakeeb Ahmad Mir and Dr. Shahbaz Ahmad Lone deliberated on the different aspects of impact of plastic pollution on plant and animal health.

Dr. Munazah Qureshi moderated the event and proposed the vote of thanks.

Apni Party aims to expose exploitative politics: Usman Majeed

HT News Network

Srinagar, Apr 23 (KNS): Senior political leader Usman Majeed Tuesday said that Apni Party is aimed to expose exploitative politics of regional parties who hoodwinked people of Jammu and Kashmir over unachievable slogans in last 70 years. In an exclusive interview to Kashmir News Service, Usman Majeed said that Apni Party is a newly launched political party in the political landscape of Jammu and Kashmir and is gaining ground, and winning hearts of people with the passing of each day. "Apni Party will put its best effort in the ongoing Lok Sabha elections. It is a new party with a fresh ideology. There were challenges in the beginning, but people have now understood our vision.

President HAI seeks Govt attention to boost tourism and hotel sector

HT News Network

Srinagar: Newly elected president of the Hotel Association of India (HAI) KB Kachru has said that the tourism and hospitality sector is going to create 50 million new jobs across India by 2030. He appealed to the Government to treat the Tourism and Hospitality sector at par and like other industries, offer it incentives that it deserves.

"We would be happy if all the stakeholders recognize the great employment and growth potential of tourism and hospitality and make it a part of their commitment", Kachru said while talking to the news agency Kashmir News Trust.

"The time has come for India," he says, "to achieve its true development potential and to become the third largest country in the world by GDP. It is now recognized globally that tourism and hospitality can play a very pivotal role in driving such growth. The Vision 2047 report by HAI indicates that contribution of the hospitality sector could reach US \$1 trillion by 2047," he said.

President HAI said, "It would be pertinent and in the national interest that the two focus issues—infrastructure and status at the Centre and industry status in the states find a place in the government's agenda." The vision of the government to reach US \$3 trillion tourism economy and 100 million visitors requires the corresponding creation of accommodation and destination development."

"While such incentives are given to other industries, if extended to the tourism sector they would have a multiplier effect in investment thereby creating corresponding employment opportunities which will be spread over all corners of the country pushing inclusive growth. No development strategy of the country can ignore such pivotal role of the sector or can ignore only at the risk of compromising its vision 47," he said.

KB Kachru who is originally from Kashmir said that unplanned and unstructured development may badly hit the tourism sector. "If we want to give a boost to tourism, we must have a master plan," he said. [KNT]

Lok Sabha Elections 2024 DEO Kulgam flags-off cycle rally under SVEEP to raise voter awareness

Farooq Rather.



KULGAM, APRIL 23: In a concerted effort to promote voter awareness and encourage electoral participation, the District Election Office Kulgam today organized a cycle rally under the Systematic Voters' Education and Electoral Participation (SVEEP) initiative.

The cycle rally was flagged-off by the District Election Officer (DEO) Kulgam, Athar Aamir Khan.

Other officers who were present on the occasion included AROs Viqar Ahmad Giri and Mushtaq Ahmad Lone, Nodal Officer SVEEP Nazia Hassan, DYS&SO, Tehsildar, DSP-HQ, BDO, EO, and other officers.

Commenting from the Laroo Bus Stand, the cycle rally concluded at the Sports Stadium Kulgam.

Engaging students from different colleges and higher secondary schools, the rally aimed to foster awareness and motivate the public, particularly first-time voters, to actively engage in the democratic process.

Speaking at the event, the DEO emphasized the significance of voter education and empowerment.

He highlighted the rally's objective to equip every eligible voter with the necessary awareness, knowledge, and motivation to exercise their voting rights, thereby playing a pivotal role in shaping the democratic process.

'Why Parroting About AFSPA's Revocation Now': Zaffar Manhas Lashes Out Omar, Mehbooba for 'About-Face'

Mushtaq ulislam

Srinagar 23 Apr : Vice President of Apni Party Zaffar Iqbal Manhas lashed out NC's Omar Abdullah and PDP's Mehbooba Mufti for parroting about Armed Forces Special Powers Act's (AFSPA) revocation and said the duo leaders could have repealed it during their terms.

As per the news agency, Zaffar Manhas said that AFSPA and other "black laws" akin to it should have been revoked when the parties of Omar Abdullah and Mehbooba Mufti were in power. "If BJP has said that they will remove it (AFSPA) then it should be welcomed. People will have a sigh of relief with the repeal of this scourge," he said.

He also accused of



Sheikh Abdullah's government for implementing the Maintenance of Internal Security Act (MISA) in J&K to put his political rivals in jails.

He said traditional political parties have pulled the wool over J&K people's eyes for the last 70 years on various issues, including the constitution of People's Alliance for Gupkar Declaration (PAGD), which, as per him, was

pursued to set an agenda for winning the Assembly elections.

"For the election stunt, they formed the PAGD and went to the Supreme Court just to deceive the people as they were actually intending to win the Assembly election on this agenda. People in our party were also looking in the same way but I told them that it should not happen because we knew

that a lot of consideration is given to a state's policies by the Supreme Court of any country. It was quite evident that the parliament had passed it (abrogation of Article 370) and could not have been struck down by the parliament," said Manhas.

He said that it would have been an eight wonder if the Supreme Court had reversed the Parliament's decision with regard to revocation of Article 370. "May God let it happen but it seems to be not going to take place," Manhas said.

Apni Party's Vice President also said that they too want all the "black laws" and bunkers to be removed and hoped for Kashmir to become "hub of tourism" and "hub of prosperity", with more tourists' influx in the valley to undergird its economy.

CMO Ramban inspects various Health Centres to ensure quality healthcare services in the district

HT News Network

Ramban, April 23: Chief Medical Officer, Ramban, Kamal Je Zadoo, is steadfastly implementing the vision outlined by Deputy Commissioner Ramban, Bas-eer-UI-Haq Chaudhary, aimed at delivering quality healthcare services to the people. Through meticulous inspection visits to essential healthcare facilities across various Medical blocks, including Batote and Gool, Zadoo ensures the fulfillment of this vision.

During these visits, pivotal health institutions such as CHC Gool, PHC Sangaldan, Rajgarh health institution, Ayushman



Arogya Mandir Tatapani, and Sub-centre Dalwa were thoroughly assessed to guarantee seamless operational efficiency. block-level meetings held at CHC Gool and Rajgarh witnessed active participation from ZMOs, MOs, BAC, in-charge sub-centres, alongside BMO Gool and CHC Gool staff.

Discussions revolved around optimizing the functionality of entire blocks, with a focused approach on crucial schemes such as ABPMJAY, NTEP, and NCD Screening. Emphasis was placed on the indispensable aspects of punctuality, adherence to dress code, and the cultivation of a conducive work culture.

PDP has emerged as 'C Team' of BJP: Omar Abdullah

HT News Network

Anantnag, Apr 23 (KNO): Former Chief Minister and National Conference Vice President Omar Abdullah on Tuesday said People's Democratic Party (PDP) has now emerged as the "C team" of the Bharatiya Janata Party (BJP) after the "A and B teams". Speaking to reporters in south Kashmir's Kokernag area, Omar, as per the news agency—Kashmir News Observer (KNO), said that if the people want to keep communal forces out of power, they must vote for the candidates of the INDIA alliance. He urged the voters to support National Conference candidates on three seats in Kashmir

and Congress candidates on two seats in Jammu and one seat in Ladakh. The remaining parties in Jammu and Kashmir are somehow connected with the BJP, he said.

The NC leader said the "A and B teams" have been meeting secretly with BJP Kashmir In-charge Tarun Chugh. "(BJP leader) Mushtaq Bukhari has openly urged people to vote in favour of the PDP, as voting for PDP is voting for BJP," he said. Abdullah predicted that PDP chief Mehbooba Mufti would approach the BJP to persuade Mushtaq Bukhari to retract his statement. "However, the situation has already become clear, indicating that after the A and B teams, the PDP has now emerged.

Northern Army commander facilitates outstanding achievers of joint training programme at 16 corps battle schools in Doda's Bhalra

HT News Network

Doda, Apr 23 (KNO): As part of the joint training for trainee Police Sub-Inspectors (PSIs) of Jammu and Kashmir police to combat terror in absence of Armed Forces Special Powers Act (AFSPA), northern Army commander Lieutenant General M.V. Suchindra Kumar today facilitated outstanding achievers of the training programme at 16 Corps battle school in Bhalra area of district Doda.

The training programme started on March 18, 2024 and will culminate on April 27.

According to the news agency—Kashmir News Observer (KNO), this training programme was held for 62 deputy superintendents of police (DySPs) including 19 female officers and 1042 PSIs including 109 female PSIs. The training for DySPs was only for two weeks.

The training was aimed at increasing synergy, interoperability and understanding the strengths along with the ethos and culture of each other. The police personnel



have gained the experience of the Indian Army which will help them in understanding and undertaking tasks in prevalent security scenarios in a better manner. It will further bolster the cooperation within the Security

Forces

The training was also important since the government has announced to revoke the AFSPA as union home minister Amit Shah had given hints towards it.

"The Army Commander during his address emphasized the significance of the joint training program between the Indian Army and the Jammu and Kashmir Police and commended the collective efforts towards enhancing operational synergy and interoperability among the forces. He exhorted all ranks to remain physically fit as a hallmark of a professional responder to all security challenges," Lt. Col. Suneel Bhartwal, defence spokesman said.

"Acknowledging the participation of 136 female PSIs, he underscored the commitment towards inclusive training initiatives. The collaboration between the Indian Army and the Jammu and Kashmir Police was emphasized as indispensable in striving towards a secure and prosperous Jammu and Kashmir," the PRO defence added—(KNO)

EDITORIAL

PULL UP YOUR SOCKS SMC

Srinagar city was selected as one of the cities to be developed as a smart city and the work in this regard was taken up by the Srinagar Municipal Corporation (SMC) in this regard. It was expected that the city will be developed on modern lines and people would heave a sigh of relief. However, as on date the people of the city are suffering like anything since there is mess on the roads.

Roads have been dug up at multiple places in the city and the same is impeding the movement of the people as well as vehicles. The wear and tear of the vehicles is causing heartburns to the owners of the vehicles and they feel depressed over the scheme of things. Ideally the works should have been taken up one by one so that proper planning is followed. Since this did not happen the people are up against many odds and there seems to be no relief.

June 30, 2024 is the deadline for finishing the projects under the Smart City Mission but going by the pace of work in Srinagar there are hundred percent chances that Srinagar will miss the deadline. As a result of this there are high chances that the present summer will be full of distress for the city residents given the mess on the roads. The concerned agencies need to pull up their socks so that the projects are completed on time.

The works done under this project in the Lal Chowk area and the adjacent ones have come under scanner since tiles have been broken at many places. Furthermore, the rain water continues to be collected on the main road and streets in the city centre with questions being posed over the drainage system in the city centre and nearby areas. Development has taken place near the clock tower known as Ghanta Ghar and the Residency Road with the nearby areas not being touched upon.

The people at helm should devote their attention towards the development of other areas so that there is no parity whatsoever. This would give a feeling to the people that the present administration thinks about all and not about the selected pockets. The roads need to be developed in the different areas so that the people feel that Srinagar is a smart city in the real sense. There is no need to widen the footpaths since the span of the roads in the Srinagar city is already short.

Women eco-entrepreneurs leading the charge in eco-friendly businesses

Meet path-breakers whose work is inspiring the next generation of women in climate change solutions

In an era where environmental consciousness is paramount, women are at the forefront of sustainable innovation, reshaping industries with their eco-conscious ventures. These visionary entrepreneurs are not only redefining success but also revolutionising the way we think about business and sustainability. From renewable energy to zero-waste solutions, these female leaders are proving that profitability can align harmoniously with planetary well-being.

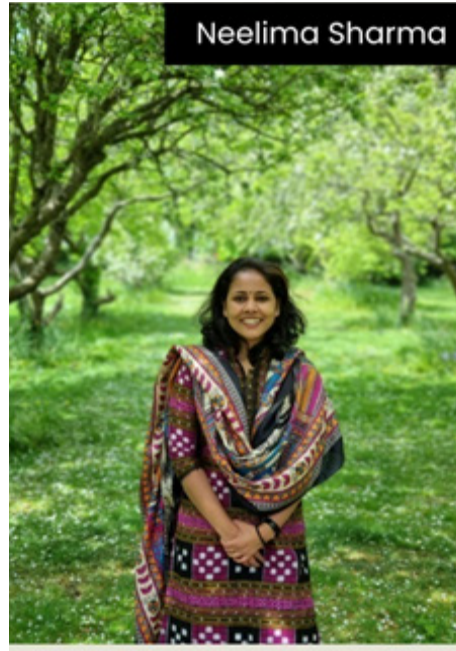
Join us as we delve into the stories of five remarkable women who have founded or invested in green businesses, inspiring change and driving us towards a more sustainable future.

Gul Panag
Renowned Indian actor, producer, and entrepreneur Gul Panag has long been a fervent advocate for sustainable living. Her commitment to a greener future is evident through her entrepreneurial venture, Sunfuel Electric. Co-founded by Gul Panag, Sunfuel Electric is a startup dedicated to providing seamless charging experiences for electric vehicles across India, contributing significantly to the fight against climate change and air pollution.

In addition to her pioneering work with Sunfuel Electric, Gul Panag actively participated in India's inaugural green auction, supporting sustainability and environmentally conscious businesses and startups. Furthermore, her commitment extends to investments in OneGreen.in, Asia's largest online marketplace for natural, safe, conscious and green products. Her multifaceted engagement in promoting eco-friendly initiatives marks her as a prominent figure championing a cleaner and healthier environment.

Neelima Mishra
Hailing from Odisha, Neelima Mishra is at the forefront of the advocacy for gender-inclusive climate action through her social enterprise, Ceiba Green Solutions. Her life took a pivotal turn during the 2019 Arctic Ocean expedition, where she witnessed the alarming volume of waste even in the planet's remotest areas. Upon returning to Odisha, she was faced with pervasive and unhygienic waste in her city. This stark reality led to the establishment of Ceiba Green Solutions.

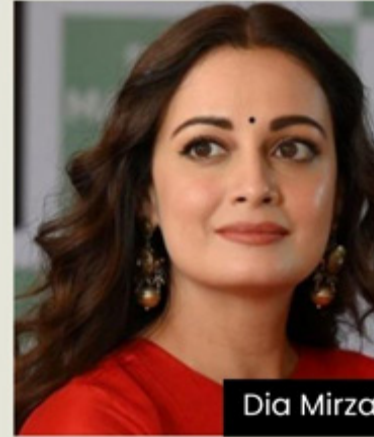
By implementing innovative and comprehensive waste management solutions, the company now provides an extensive array of services including waste disposal and management, recycling, composting, waste-to-



Neelima Sharma



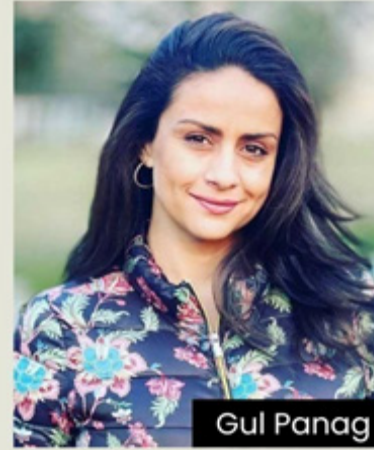
Sai Gole



Dia Mirza



Kunjpreet Arora



Gul Panag

energy solutions, as well as awareness and training programs. It is also actively helping businesses, government agencies, and communities to reduce their carbon footprints and environmental impacts. Its project at the Accountant General Office in Bhubaneswar has led to the composting of around 60 kgs of canteen waste daily which is then utilised as a fertiliser in the office lawn. In recognition of her leadership in combating climate change, Neelima was honoured with the YII Utkal Samman Award by the Governor of Odisha.

Neelima is also an active part of the #GreenHustlers campaign, an initiative by Purpose Climate Lab that aims to integrate the perspectives of eco-entrepreneurs into mainstream discourse and contribute to a diverse and inclusive climate startup landscape

in India.
Dia Mirza
Dia Mirza, acclaimed for her roles as an actor, producer, and entrepreneur, stands as a beacon for environmental stewardship and wildlife preservation. Demonstrating unwavering commitment, she has passionately championed biodiversity conservation and tirelessly campaigned against plastic pollution for decades. As a UNEP (UN Environment Programme) Goodwill Ambassador, she amplifies crucial messages on climate action, air and water pollution to global stakeholders. Her ethos extends beyond advocacy to tangible action, evident in her investment in sustainable ventures.

A discerning eco-investor, Dia Mirza has invested in four sustainable brands. Beco India which offers organic cleaning agents, Shumee which provides wooden toys for kids,

Greenidigo which specialises in sustainable baby wear, and Allter which offers plastic-free diapers. Beyond her successful film career spanning over two decades, she stands as a torchbearer for environmental and wildlife conservation in India. Her dedication extends beyond words to her actions, exemplified by her zero-waste wedding and plastic-free celebration of her son Avyaan's second birthday. At 42, she continues to work ardently, embodying values that she actively instils in her children, aiming to create a greener and more sustainable world for future generations.

Kunjpreet Arora
Hailing from Udaipur, Rajasthan, Kunjpreet Arora, the founder of Angirus India Pvt. Ltd is aligned with the comprehensive approach of the #GreenHustlers campaign, which leverages both online and offline mediums to amplify the voices of eco-entrepreneurs. She has won wide recognition for her valuable efforts to bridge the gap between construction and automation using sustainable technologies. Arora has developed an in-house technology that transforms plastic and industrial waste into bricks, known as 'Wricks'. These innovative bricks are 40% stronger, absorb 80% less water, and weigh 30% lighter than conventional clay bricks. Wricks possess the unique feature of not allowing water to pass through them, effectively preventing wall leakage and degradation, thereby ensuring a longer lifespan. Angirus India will soon establish decentralised Wricks plants in additional tier 1 and 2 cities, to create micro-entrepreneurs and generate livelihoods and employment through the local recycling of waste materials.

Sai Gole
Employing an algorithm-driven approach, BharatAgri provides precise guidance to farmers on crop selection, optimal planting times, and crop management strategies. Co-founded by Sai Gole and Siddharth Dialani, who were part of IIT-Madras's Centre for Innovation, the company was initially established as LeanAgri in 2017 and later rebranded. With approximately 100,000 users, including 2,500 paying farmers, it stands out as the only enterprise in India to successfully monetize information-based agricultural services. The company, which assists farmers through a unique algorithm providing a farming calendar for an entire year via its mobile app, plans to expand its services to Gujarat, Karnataka, Telangana, and similar states which have a primary focus on sustainable agricultural practices.

Lessons from Gandhi's life

A. K. Merchant

In a voice choked with sadness and emotion, two hours after the assassination of Mahatma Gandhi on 30 January 1948, Pt. Jawaharlal Nehru, first Prime Minister of India, while announcing the dastardly act to the nation through All India Radio, inter alia said: "...The light that has illumined this country for these many years will illumine this country for many more years, and a thousand years later, that light will be seen in this country and the world will see it and it will give solace to innumerable hearts..." A little more than seventy-six years ago, Mahatma Gandhi's life was abruptly terminated.

Surely, he would have never thought that his end would be so unexpected, less than six months after he and the whole band of freedom fighters, many of whom had suffered greatly and sacrificed their lives, had secured India's freedom from the colonial yoke. Those who sacrifice their life and endure persecution for the benefit of humankind have a very high station in the sight of God. From the very beginning when the Báb, Martyr Prophet of the Bahá'í Faith, declared his mission, thousands

of followers had to bear the brunt of persecution, several hundred willingly sacrificed their lives. While none of us can fully fathom the mysteries of martyrdom and why so much innocent blood is shed, the history of humankind is replete with soul-stirring episodes of supreme sacrifice, such as that of Jesus Christ and his apostles; Imam Husayn and his entire family, massacred on the plain of Karbala; Guru Tegh Bahadur, who at the urging of his minor son, later Guru Gobind Singh, willingly offered his life, refusing to yield to the diktat of a tyrant, and the assassination of Gandhiji, Father of the Nation.

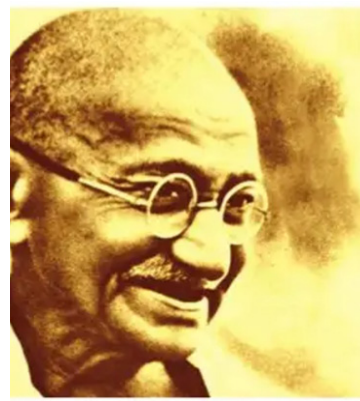
Today let's reflect on the life of Gandhiji. What was the message of his death? What does he have to teach the world? With so much violence everywhere today, what is so significant about Bapu's killing? We can answer these questions with the word "yagna". Yagna was the spirit of his life and the message of his death. Every breath of his life, including the last, was an oblation to his country, his principles and his faith in God. The theme of his life was truly sacrifice.

He could have been a wealthy attorney. He could have had a

relative ease and prosperity. However, he was man devoted to his country and to its freedom. Through his tireless efforts and his simple piety he showed the world how through principles of satyagraha, ahimsa and sarvodaya his fellow-countrymen and women could be inspired and motivated to achieve greatness. However, in spite of national and international acclaim, he never lost his humility, his dedication or his spirit of sacrifice.

Rather, the flames of his true yagna to Bharat mata seemed to only grow until he, himself, was the poornahuti, or final offering. Gandhiji's spirit of non-violence and sacrifice did not only pertain to overt actions. It was a quality of the spirit – a quality of humble love for all human beings. There is a story of a man travelling by train to Porbandar in the same coach as Gandhiji. However, the man did not know that the skinny old man in his coach was Mahatma Gandhi. So, all night long this man lay down on the seat, occupied the entire berth and pushed Gandhiji and put his feet on him and left Gandhiji with barely enough room to sit upright. However, Gandhiji did not fight, nor complain.

How easy it would have been



to shout and say, "I am Mahatma Gandhi; give me room in the coach." But Gandhiji's ahimsa was an ahimsa of the tongue and an ahimsa of the heart. So, he simply let the man use as much of the seat as he desired. As the train pulled into Porbandar, the man mentioned that he was going to see the famous Mahatma Gandhi. Gandhiji still remained silent. He had no need to stray from humility and disclose his identity. As Gandhiji descended from the train to a welcoming crowd of thousands, the man fell at his feet, begging for forgiveness.

Gandhiji, of course, blessed and forgave him, telling him only that he should be more respectful of

others, regardless of who they are. He taught the man the true lesson of sarvodaya, that everyone must be treated with dignity and respect, even those who are less fortunate. Fully aware of his shortcomings, Gandhiji tenaciously clung to truth and virtue all his life. The BhagavadGita was his closest companion and source of guidance. How unfortunate it is that today so many people claim that their lives and their work are "God's". Yet, they use this as an excuse to lie, to cheat and even to kill.

And, at the end it is clear that they merely used God's name in the service of themselves. Gandhiji remained pure and his death is the clearest example. Due to his commitment to ahimsa and complete surrender in God he refused to have bodyguards. Hence, on that fateful day as he climbed the four sandstone steps where people had gathered for the evening prayer meeting, a 'stout young man in khaki dress' made obeisance to him and the very next moment fired three shots from his pistol that was hidden in his pocket.

Gandhiji collapsed on the ground and gasping for breath uttered "hey Ram," "hey Ram." Gandhiji would not have wanted to be only

remembered in history books. He would not want to be remembered only as the freedom fighter who led India to independence. He would want his message to live on; he would want his yagna to continue burning, to continue bringing light and warmth to all the world.

He was steadfast in his commitment to the law of nonviolence which he believed was the law of love and fervently wanted to make it the law of our species. Bahá'í believe that it is within the power of everyone, just as Gandhiji showed through his life, to bring about positive change. When enough of us prioritize the well-being of future generations above our own instant gratification, the country will progress rapidly and every citizen will benefit greatly from positive and sustainable development.

To this end, the words of Martin Luther King Jr., also a martyr, are so pertinent: "If humanity is to progress, Gandhi is inescapable... We may ignore him at our own risk."

The writer is a social worker, independent researcher and an active member of the Bahá'í community of India. Views expressed are personal.

The Land-Locked Kashmir



By Mool Raj

Historically, Kashmir has always been known as a land-locked country in the high Himalayan Mountains. In the earliest Chinese records Kashmir is described as, "a country enveloped on all sides like a precious jewel by the snowy mountains, with a valley in the south which leads up to it and serves as a gate of the Kingdom". Famous Chinese traveller, Hiuen Tsang describes Kashmir which he calls Kia-shi-mi-lo as a country surrounded on all sides by very high mountains which have very narrow and contracted passes for entry. According to him these natural bulwarks have protected the country from its neighbours who have never succeeded in subduing it. The Greek chronicles also mention Kashmir as Kaspeira, a country surrounded by high mountains whose inhabitants are great footwalkers! In fact, this isolation of Kashmir in the high mountains allowed it to remain unmolested for a long time. In ancient Kashmir there used to be an official called the "Dawara Pati", the guardian of the passes whose job was to keep an eye on all passes which were guarded by garrisons of soldiers.

The conquest of Kashmir by Mughals, even though through treachery, ended Kashmir's isolation. However, even with the passing of the country from Mughals to Afghans, to Sikhs and finally to Dogras, the physical isolation continued. The only access was through the Jhelum Valley road along the River Jhelum. After the events of 1947, even though Kashmir got disconnected from its Central Asian neighbours in the North, yet access became easier towards South. Finally, with the advent of civil aviation, Kashmir is no longer a land locked and isolated "country"! The valley of Kashmir has become a global tourist destination and millions of tourists have been coming here from all over the globe.

Unfortunately, in spite of year round global access to the Kashmir valley, there are still some parts which remind one of the ancient land-locked Kashmir. These places get totally land-locked in winter, in some cases



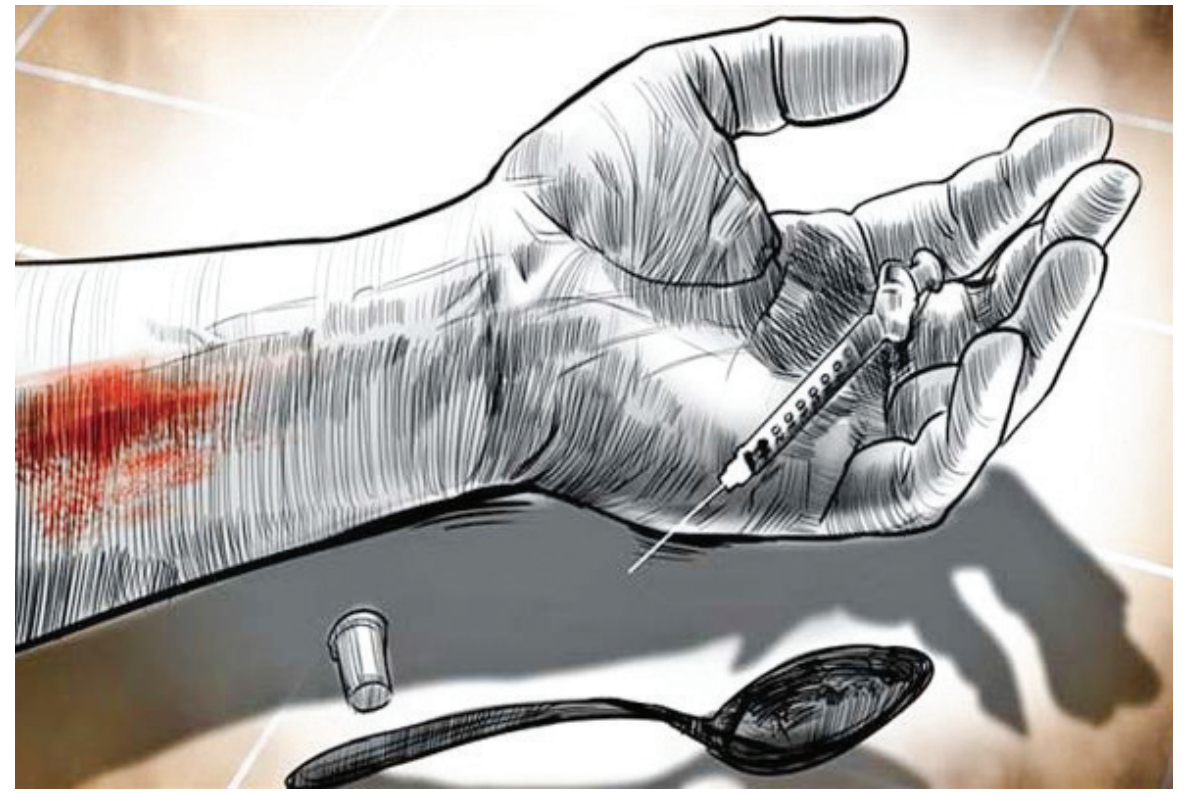
almost for six months or so. These include Gurez and Tiele Valleys; Karnah; Wadwan Valley of Kishtwar. The other areas in the State which remain land-locked in winter are Ladakh where totally land-locked is the remote valley of Zaskar. In this modern age it is unthinkable of people getting totally isolated for months on end. They have no access either by road or by air. The people in these areas face not only a physical trauma but also a psychological one. Unfortunately, most of the rulers in recent times have totally neglected this aspect of winter inaccessibility of these remote areas.

After a wait of decades, the government has finally started work on the Zoji La tunnel to ensure year round access to Ladakh by road. This is a welcome step and one hopes the work would be completed on a fast track. It would have been ideal if notice of inaccessibility of other areas had also been taken. The long term accessibility of these areas would also require construction of tunnels below the passes which get closed in winter due to heavy snowfall. These include the Sadhna Pass, the Razdani Pass, the Simthan Pass, the Margan Pass and so on. These passes would need much shorter tunnels which may be cheaper and easier to construct. Let us hope the government keeps the requirements of these people living in remote areas in view and formulates a plan to

make these accessible in winter also.

Pending construction of tunnels, the government could explore connecting these remote areas by short haul turbo-prop aircraft. These aircraft do not need long and concrete runways and can land on small strips and in some cases even in plain fields. Air Asia and the Indigo Airlines do have these small turbo-prop aircraft and are operating services to some areas. The government needs to explore the possibility of inviting these airlines to survey the areas and start such short haul air services. Even these services could be subsidised to allow reasonable pricing of these flights. At the moment, some of these areas in the state are serviced by MI-17 helicopters of IAF for which the government makes payments to the Ministry of Defence. Similar, treatment needs to be given to the Zaskar area also which too remains totally cut off during winter. Here again sometime IAF courier services are operated. The worst part is the assistance to sick people during winter. Sometimes the concerned Deputy Commissioners do requisition helicopters from the Air Force. However, providing of a regular short haul air service can ameliorate the suffering of these people till these are made accessible on a round the year basis.

The author is a columnist and freelance writer



Drug Addiction

Mir Aunisa

In 2023, a study conducted by (Institute of Mental Health and Neurosciences , Kashmir) revealed that the prevalence of Hepatitis C among drug abusers in Kashmir is 72%. The institute received 150 drug addiction cases per day.

Drug addiction is one of the rapidly growing problem in every corner of the world especially in our valley Kashmir. Drug is something which people use in order to get exciting feeling or they use it in order to forget about any problem by making their body and mind unconscious or make them fall asleep. This menace is demolishing our youth nowadays relentlessly. Some people do it by their own choice, some are addicted to it in order to maintain their prestige in any Peer group or society. Some do it accidentally and after that it make their lives hell. When I thought about the ground situation I was flabbergasted. My mind is only questioning me (who is responsible for this ?) (Is youth themselves responsible for this?) There is a huge network who is putting youth in this menace.

In 2023, a study conducted by (Institute of Mental Health and Neurosciences , Kashmir) revealed that the prevalence of Hepatitis C among drug abusers in Kashmir is 72%. The institute received 150 drug addiction cases per day. It also found that over 33 thousand syringes are being used daily for heroin injections. It has also been revealed that, on an average a heroin addict in Kashmir spends about 90,000 rupees every month.

Study also reveals that one addict walks into Srinagar OPD every 12 minutes. This shows that Valley is going towards a hell situation.

RELIGIOUS VIEW

In Islam, it is clearly mentioned that any usage of such substance is a sin and there is Punishment for it. Prophet (PBUH) clearly explained

the punishment of those who participate in spreading this scourge in the society. In the Hadith, the Jibril came to the Prophet (PBUH) and said " O Mohammad, indeed Allah cursed the wine, it's owner, ite worker, it's processor, it's covayer, it's drinker, it's seller, it's buyer, it's giver and it's taker " .

SOCIAL VIEW

Firstly, they provide them drugs free of cost and when the youth become addicted, then they take from them double cost of their spending. They are like investing in this. There is an alarming situation in our valley. Situation is getting worse day after day. It is destroying their career, their families, their working capacity thus over it is having negative spill over effect on whole society. I myself am cogitating what should we do to come out from this cage of worries. There are enormous real life examples in front of our eyes. The heart aches after hearing about their situation. I myself am perplexed by this. This

menace is ruining the future of our valley. The valley which is known as Paradise on earth have now become the hub of drug peddlers. Their conscience is dead. The valley is at high risk. With each passing day the number of youth indulging in these activities is increasing. This is going to lead dreadful situation in our valley.

Youth is considering it as a short cut to forget about the real life problems. It is a growing concern nowadays. Not only youth but there are other age groups also who are not behind in this race but youth is the most affected section. It has put everyone in Topsy and turvy.

There are many reasons for spreading this menace most important one is growing unemployment rate. The ratio of educated unemployed youth is huge but the number of Job availability is somewhere at the bottom.

Recently heartwrenching incident happened at Sopore (a town in J&K's Baramullah District) where youth murdered his own Mother after taking the dose of drugs. This is the worst incident which has ever happened here. This incident shocked the whole nation. There are many other incidents which totally pushed the humanity back.

If whole society will work collectively against this menace then some good outcomes may come in future. Parents can play such an important role in abolishing this menace. They should keep their eyes on their wards.

Authorities should take strict actions regarding the abolition of this menace. Collectively we can do much better. Inclusively we can cut down it's roots.

EXCESSIVE TREND OF SOCIAL MEDIA IS HAVING A BAD EFFECT ON EDUCATION



Vijay Garg

Social media plays a huge role in human life. It is such a platform from which we can get any information and youth can get various opportunities. It is a tool of knowledge for students. It is such a platform, which is used for dissemination of education in new ways. Today's students get a lot of knowledge through Facebook, Instagram, Twitter, etc., which gives them an opportunity to learn something new. Lives Parents are concerned about children. Also read this Science fiction to inspire children's minds to learn Science fiction to inspire chil-

dren's minds to learn. Many students use social media for several hours every day.

Many parents are also worried that their children are glued to mobile phones all day and pay less attention to studies. If we talk about the effects of social media then our first question is that why do students like social media so much? Why students are so crazy behind this? A live? Can they not live without it, then in answer to this we can say that social media is the identity of today's students, through which they can do whatever they want. Through this they make new friends.

Some people they don't even know well, but still they come close to them through Facebook or Instagram. Employment opportunities are available 95 percent of the youth are using social media because today technology has progressed so much that the means of communication have become very developed.

Through these we can talk and discuss at any time. If seen, of course, social media is having a great impact on the youth and many people are

also getting employment opportunities through it. Our speaking skills are also developing and we can easily express ourselves to someone else. Anyone can express their opinion to others.

Today it seems impossible for us to stay away from it. Children suffering from depression. Many students are suffering from depression due to excessive use of it. After watching various videos here, you start thinking of making yourself like them. Many children use it before going to bed, due to which they do not get a full sleep.

This is the reason that they are suffering from many diseases. Being on the mobile all the time, they are not ready to talk to another person, due to which they become irritated. This is the reason that our mutual relations are also ending. The writing ability of the students is decreasing because they get all the information from social media received, they listen to it. Distracted from studies. There is no doubt that it has its positive aspects.

Students can use it for their educa-



tion. The art of speaking is developed in them. Online jobs can be provided to youth. On the other hand, through a study it was also proved that it has negative effects. Students are getting very attracted towards it and social

media has become their habit. Without it, they feel incomplete. Due to this habit, they are careless from studies, which is indeed a cause of concern for us.

Bad effect on education. It is also

having a bad effect on education. Education is an essential part of everyone's life. First of all education is necessary for every student, through which we can move ahead in life. If we don't study, there will be no employment opportunities and we will be left behind in life. Technology has evolved for our convenience but overuse can also be dangerous. Today's students are getting more influenced by Facebook-Instagram. Bad effect on health. It has a bad effect on the health of children.

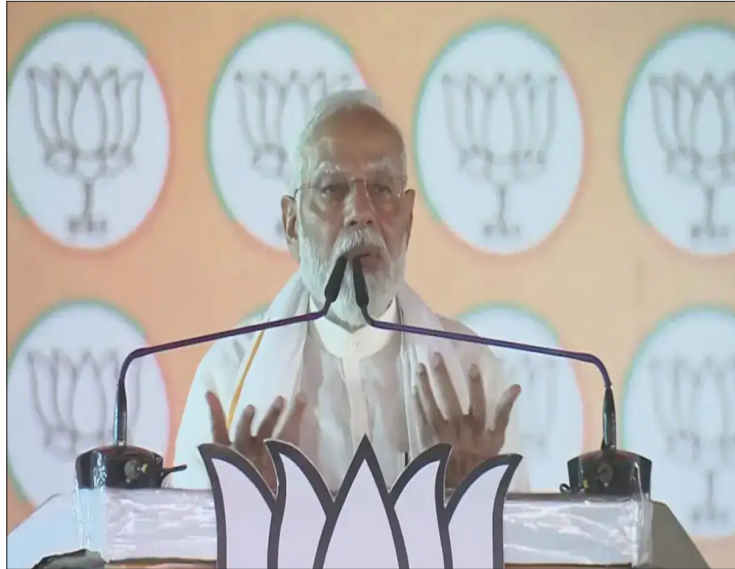
They don't eat on time. Many hours are spent on this. They become lethargic due to not eating on time. Their physical activity is decreasing. Finally, we can say that social media is undoubtedly a very good tool for the youth, if it is used only for necessity. There should not be so much dependence on it that we get caught up in it and do not try to work hard ourselves. So use it but don't let it overwhelm you.

Vijay Garg Retired Principal Educational Columnist Malout Punjab

"They Want To Break Country": PM On Goa Congress Leader's Constitution Remarks

HT News Network

Seizing on the remarks by the party's South Goa candidate, Prime Minister Narendra Modi has hit out at the party and Rahul Gandhi, accusing them of insulting BR Ambedkar's Constitution and attempting to break the country. Addressing a public meeting on Monday, Congress's South Goa candidate Viriato Fernandes had said the Indian Constitution was "forced" on Goa after its liberation from Portuguese rule and that he had said as much to senior party leader Rahul Gandhi ahead of the 2019 Lok Sabha elections. Referring to the remarks, PM Modi said at a rally in Chhattisgarh's Mahasamund on Tuesday, "The Congress's Goa candidate is saying that the Constitution of India does not apply on the state. He has clearly said the Constitution was forced upon Goa and that he had said this to Congress 'shahzada' (prince) in the past." The 'shahzada' jibe, a reference to the Congress' "dynastic politics", has been regularly used by the PM to refer to Wayanad MP Rahul Gandhi. "Is this not an insult to Babasaheb Ambedkar and the Constitution?"



Is this not meddling with the Constitution? This is all part of a well-thought-out conspiracy to break the country. Today, they are negating the Constitution in Goa, tomorrow they will try to negate BR Ambedkar's Constitution all over India," Prime Minister Modi added. The PM's remarks are significant because the Congress has been accusing the BJP of wanting to change the Constitution if it is elected for a third term. This was also stated by BJP's six-time MP

from the Uttara Kannada constituency, Anant Hegde, who had said the party had set a target of 400 Lok Sabha seats for the NDA so that the Constitution could be amended. After the comment, Mr Hegde was kept out of the list of candidates for the Lok Sabha polls. Countering the Congress' charge, PM Modi said, "Leave aside the BJP, even Babasaheb Ambedkar himself cannot abolish the Constitution." "Someone Else Decided Destiny" Mr Fernandes, who had met Mr

Gandhi as part of an NGO, 'Goencho Away', which was pressing for dual citizenship for Goans who have opted for Portuguese passports, had said, "We (during a meeting with Mr Gandhi in a hotel near Panaji) raised 12 demands before Mr Gandhi, and one of them was about (granting) dual citizenship. Mr Gandhi asked me whether the demand was constitutional. We said no." He said the senior Congress leader had told the delegation that the demand would not be considered if it was not constitutional. "I explained to him that the Indian Constitution came into force on January 26, 1950. When Goa was liberated from the Portuguese rule in 1961, you (referring to the then Central government) forced the Constitution on us. We were not included in it," Mr Fernandes said. The Congress candidate said he recalled a speech by Jawaharlal Nehru, Mr Gandhi's grandfather, in which he said that post-liberation Goa will decide its own destiny. "But our destiny was decided by someone else," he claimed. The PM also used the remarks made by the Congress' South Goa candidate to attack Rahul Gandhi.

Heatwave In 4 States Going To Polls On Friday, Experts Fear Drop In Turnout

HT News Network

New Delhi: As the BJP eyes a third consecutive term and the INDIA bloc tries its best to stop it from doing so, parties and voters are not only having to contend with rising political temperatures but also a heatwave sweeping many states, which is seen to have impacted the turnout in the first phase of polls. The voter turnout for the first and biggest phase of the general elections settled at 65.5%, a drop of 4.4 percentage points from the 69.9% seen in the same constituencies in 2019. As many as 13 states and Union Territories are going to the polls in the second phase of Friday and what has got experts as well as the Election Commission worried is that there is a heatwave warning for parts of at least four such states - West Bengal, Bihar, Uttar Pradesh and Karnataka - on that day. Data from Bihar's Nawada and Gaya Lok Sabha constituencies backs the hypothesis that higher temperatures, especially over 40 degrees Celsius, have an impact on voter turnout. On April 11, 2019, the maximum temperature was 35 degrees C in Nawada and the turnout was 52.5%; this dropped to just 41.5% on April 19, when the maximum temperature was 42 degrees Celsius. In Gaya, the turnout was 56% on April 11, 2019, when the maximum temperature



was 35 degrees C, dropping to 52% last Friday, when the maximum temperature was 42. The India Meteorological Department has forecast a hot summer, with an increase in the number of heatwave days. With six phases of polling still left, Chief Election Commissioner Rajiv Kumar and the Election Commissioners held a high-level meeting, which was attended by the IMD chief, to take stock of the situation. A meeting is also planned with Chief Electoral Officers of the states to take stock of necessary facilities like awnings, drinking water and fans at all polling stations. States Affected Dr Naresh Kumar, Senior Scientist at the India Meteorological Department, told NDTV, "We have issued a red alert for heat in West Bengal for the next three days. Temperatures in Bihar will exceed 40 degrees Celsius. A heatwave is expected in eastern Uttar Pradesh after 24 hours and in western Uttar Pradesh after two days.

"Congress Will Implement 'Sharia Law' In Country," Says Yogi Adityanath

HT News Network

Amroha: Uttar Pradesh Chief Minister Yogi Adityanath on Tuesday made serious allegations against the Congress and said the grand old party has in its election manifesto expressed its intention to implement the 'Sharia law' in the country and redistribute people's property. Addressing an election rally in Amroha, Adityanath said, "The Congress and its allies have betrayed the country and have once again come to you with their false manifesto. If you look at the Congress' manifesto, they say that if they form a government, we will implement Sharia law." "You tell me, will this country be run by the Constitution made by Baba Saheb Bhimrao Ambedkar or by Shariat?" he asked. Prime Minister Narendra Modi has in his election rallies said the Congress has included redistribution of people's property in its manifesto. "Congress people talk in their manifesto that they will implement 'vyaktigat kanoun' (personal laws). That means

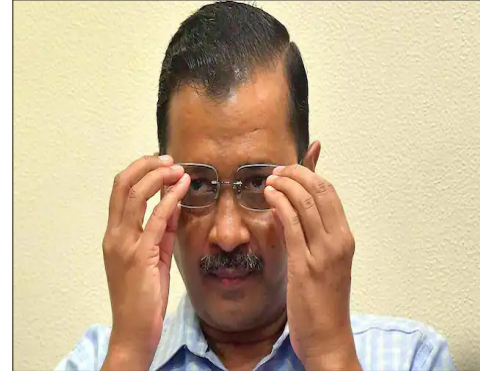


Sharia law will be implemented because Modi ji stopped the practice of triple talaq," Adityanath said. "They say that we will again restore personal law. These people will implement Sharia law..." he added. Escalating his attack, Yogi Adityanath alleged, "The Congress manifesto says that they will take people's property and distribute it. Do you want to allow the Congress and Samajwadi Party to loot your property?" "Look at the condition of these shameless people. On one hand, they are eyeing on your property and the other hand they are making the mafia and criminals their necklace and reciting Fatiha in their name," he added.

Arvind Kejriwal, K Kavitha To Stay In Jail, Custody Extended By 14 Days

HT News Network

New Delhi: Delhi Chief Minister Arvind Kejriwal and Telangana lawmaker K Kavitha - opposition politicians arrested last month - weeks before the start of the Lok Sabha election - in the alleged liquor policy scam - have been sent to extended judicial custody for 14 days. The Aam Aadmi Party boss and the Bharat Rashtra Samithi leader - both in Delhi's Tihar Jail - will be produced in court next on May 7. The Delhi Chief Minister has a plea pending in the Supreme Court, in which he has challenged his arrest March 21 by the Enforcement Directorate on money laundering charges. The court heard the matter on April 15, but denied Mr Kejriwal immediate relief pending a reply from the federal agency. The court will hear the plea on April 29, three days after the election's second phase. Earlier the Delhi High Court rejected the same plea, noting the ED had submitted enough



material to back its claim - that Mr Kejriwal was allegedly involved in forming the now-scraped policy and demanding bribes of 100 crore used to fund the AAP's Punjab and Goa election campaigns. The AAP and Mr Kejriwal have denied all charges, and have counter-accused the Bharatiya Janata Party of "political vendetta" against

a rival before the election. The AAP and the opposition have repeatedly claimed federal agencies - like the Enforcement Directorate - target opposition leaders on instructions from Prime Minister Narendra Modi's government. The centre has denied this claim. In a related matter earlier today, Mr Kejriwal - a Type 2 diabetes patient - received his first shot of insulin in (reportedly) 32 days. The injection was administered after his blood sugar levels spiked to an alarmingly high 320 mg/dl. Mr Kejriwal had moved the court last week and this asking for insulin injections, but the plea had been opposed by the ED, which claimed the Chief Minister had deliberately eaten high sugar food items to elevate glucose levels and apply for medical bail. On Monday a Delhi court directed a panel of specialists from the centre-run All India Institute of Medical Sciences to assess the Chief Minister's condition and establish if insulin is, in fact, needed.

Congress Manifesto Making BJP Jealous, Claims P Chidambaram

HT News Network

Shimla: Former Union Minister P Chidambaram on Tuesday challenged Prime Minister Narendra Modi and other BJP leaders to quote a single para in the Congress manifesto that reflects "appeasement." He was reacting to the allegations by Modi and the BJP against the Congress that its manifesto smacks of appeasement and that if it came to power, it would redistribute people's wealth and also give reservations to Muslims from the quota for SC, ST, and OBC communities. The senior Congress leader emphasised that his party's manifesto has recognised that there is social and economic inequality and aims to bring justice to every section of society "irrespective of religion." "Ask the prime minister to point out one paragraph in the manifesto that leads to the conclusion that we are appeasing any section. We recognise that there is social division and social



and economic inequality in this country. "The most affected people are Scheduled Castes, Scheduled Tribes, and the poor, irrespective of religion, which means poor Hindus, Muslims, Christians, and Sikhs, and we are saying that we will bring justice to every section," said Chidambaram. "If bringing justice is considered appeasement, so be it," he told reporters here. He claimed the people have found the Congress manifesto appealing, which has made the BJP jealous as there was "nothing" in the ruling party's manifesto. The Congress manifesto has become a talking point across the country while nobody is talking about the BJP manifesto, which is not

even a manifesto as its title states, "Modi ki Guarantee," he said. Chidambaram also said that the paucity of resources would not affect the Congress poll campaign, and the people would take care of it. "Yes, we are handicapped; this is not a level playing field. Look at the hoardings, advertisements, and television advertisements by the BJP. No other party can match the BJP because the BJP collected 8,500 crore through electoral bonds," he said. Listen to the latest songs, only on JioSaavn.com "Whatever contributions we got, they are in bank accounts that have been frozen. No bank is allowing us to operate the accounts. We are on an uneven playing field, but the people would make up for that and support the Congress," he said. Referring to Modi's claim of winning 400 seats, he said that the BJP is contesting 25 seats in Tamil Nadu and 20 seats in Kerala and 'will lose all'.

Mayawati Promises To Work For A New State Comprising West UP Districts

HT News Network

Meerut, Uttar Pradesh: BSP chief Mayawati today promised to work for a separate state comprising districts of western Uttar Pradesh and fulfil the "longstanding demand" of setting up a bench of the Allahabad High Court in Meerut, if voted to power at the Centre. Addressing an election rally in support of her party nominee from the Meerut Lok Sabha seat, the BSP chief attacked the Congress and BJP and also targeted the Samajwadi Party (SP) on the issue of reservation, alleging the SP does not want the people belonging to SC/ST communities to get quota benefits. She also said that her party, if voted to power, will work to fulfil the demands and address problems of the region. "We will take positive steps with regards to your longstanding demand of Allahabad High Court bench here in Meerut like that in Lucknow," she said. The central government has not been paying attention to it but when we come to power at the Centre, we will take positive steps in this regard," Mayawati said. Referring to how her government in Uttar Pradesh had passed a resolution for a separate state, which was sent to the Centre, she said, "Since the beginning, our party has been of the view that the western region should be made a separate state for better development of the region. "We had got a resolution passed by the state assembly and sent to the central government but they did not act on it. When our party comes to power at the Centre, your western UP will be made a separate state," she said. The former Uttar Pradesh chief min-



ister alleged that the quota facility meant for the Dalits, adivasis (STs) and OBCs in government jobs has not been filled up in the country for years and the quota in promotions for the SCs/STs has also been made ineffective. "I want to remind the members of the SCs/STs that when the SP was in power in Uttar Pradesh, it had ended reservation in promotions. Will the members of these sections give even a single vote to them and waste it on a party which is bent upon finishing their reservation. The SP does not want SC/ST people to get full benefits of reservation," she said. She also alleged that when an amendment bill for reservation in promotions was presented in the Rajya Sabha, the SP MPs had torn it. "Will such Samajwadi Party do good for the Dalits and shoshits (exploited class). Not only this, the districts, parks, universities that we (BSP government) had made in the name of great men belonging to these sections of society were mostly changed by the subsequent Samajwadi Party government." She also alleged that like the Congress, the BJP's casteist and pro-capitalist thinking and policies have not helped in ensuring the real development and uplift of the poor, Dalits, adivasis.

"Vote For BJP, Mamata Banerjee's Goons Will Be Hung Upside Down": Amit Shah

HT News Network

Kolkata: The Congress and Trinamool Congress leader Mamata Banerjee do not have the guts to touch the Citizenship Amendment Act, Union Home Minister Amit Shah said today, assuring that all Hindu refugees will get citizenship under the new law. Mr Shah was addressing a rally at Karandighi in Bengal's Uttar Dinajpur district to bolster support for BJP candidate from Raiganj Kartik Paul. The Raiganj seat was won by the BJP in 2019. Trinamool has fielded Krishna Kalyani, an MLA, from the north Bengal seat. Raiganj votes in the second phase on Friday. Mr Shah said the Bengal Chief Minister cannot stop infiltration into the border state. "Can Mamata Banerjee stop infiltration? She cannot. Only (Prime Minister Narendra) Modiji can stop infiltration." "You gave us 18 seats last time. Modiji gave Ram Mandir. Give us 35 seats this time, we will stop infiltration," he said. The Home Minister also referred to the Sandeshkhali row, which has emerged as a big talking point in Bengal this election season. "In Sandeshkhali, Mamata Banerjee allowed women to be tortured so that her votebank is not affected. The High Court intervened and today the accused are in jail," Mr Shah said. The island in Bengal's North 24 Parganas had made national headlines after local Trinamool leaders were accused of land grab, extortion and sexual harassment. Mr Shah also brought up the Calcutta High Court's order scrapping about 25,000 appointments of government school staff over alleged irregularities. "Rs 10 lakh to 15 lakh were paid for each job. 51 crore rupees were recovered from (former Bengal minister) Partha Chatterjee's home." "Mamata Banerjee came to power on the slogan of Maa, Maati, Manush. In Sandeshkhali, Maa was tortured, Maati was given to Bangladeshi infiltrators and Manush have been suffering due to corruption," Mr Shah said. "Vote for BJP and Mamata Banerjee's goondas will be hung upside down and straightened," he said.

Asia hit hardest by climate, weather disasters in 2023: UN

HT News Network

Global temperatures hit record highs last year, and the UN's weather and climate agency said Asia was warming at a particularly rapid pace.

The World Meteorological Organisation said the impact of heatwaves in Asia was becoming more severe, with melting glaciers threatening the region's future water security.

The WMO said Asia was warming faster than the global average, with temperatures last year nearly two degrees Celsius above the 1961 to 1990 average.

"The report's conclusions are sobering," WMO chief Celeste Saulo said in a statement.

"Many countries in the region experienced their hottest year on record in 2023, along with a barrage of extreme conditions, from droughts and heatwaves to floods and storms.

"Climate change exacerbated the frequency and severity of such events, profoundly impacting societies, economies, and, most importantly, human lives and the environment that we live in."

The State of the Climate in Asia 2023 report high-



lighted the accelerating rate of key climate change indicators such as surface temperature, glacier retreat and sea level rise, saying they would have serious repercussions for societies, economies and ecosystems in the region. "Asia remained the world's most disaster-hit region from weather, climate and water-related hazards in 2023," the WMO said.

The annual mean near-surface temperature over Asia in 2023 was the second highest on record, at 0.91°C above

the 1991-2020 average, and 1.87°C above the 1961-1990 average. Particularly high average temperatures were recorded from western Siberia to central Asia, and from eastern China to Japan, the report said, with Japan having its hottest summer on record.

As for precipitation, it was below normal in the Himalayas and in the Hindu Kush mountain range in Pakistan and Afghanistan.

Meanwhile, southwest China suffered from a drought, with below-normal precipitation levels in nearly every month of the year. The High-Mountain Asia region, centred on the Tibetan Plateau, contains the largest volume of ice outside of the polar regions. Over the last several decades, most of these glaciers have been retreating, and at an accelerating rate, the WMO said, with 20 out of 22 monitored glaciers in the region showing continued mass loss last year.

The report said 2023 sea-surface temperatures in the northwest Pacific Ocean were the highest on record.

Last year, 79 disasters associated with water-related weather hazards were reported in Asia. Of those, more than 80 per cent were floods and storms, with more than 2,000 deaths and nine million people directly affected.

Tensions flare at US universities over Gaza protests

HT News Network

Tensions flared between pro-Palestinian student protesters and school administrators at several US universities on Monday, as in-person classes were cancelled and demonstrators arrested.

The protests, which began last week at Columbia University with a large group of demonstrators establishing a "Gaza Solidarity Encampment" on school grounds, have spread to other campuses, including Yale, MIT and others.

Some Jewish students at Columbia have reported intimidation and anti-Semitism amid the days-long protest, which is calling for the prestigious New York institution to divest from companies with ties to Israel.

Classes were moved online on Monday, with university president Nemat Shafik calling for a "reset" in an open letter to the school community.

"Over the past days, there have been too many examples of intimidating and harassing behavior on our campus," she said.

"Anti-Semitic language, like any other language that is used to hurt and frighten people, is unacceptable and appropriate action will be taken.

"To de-escalate the rancor and give us all a chance to consider next steps, I am announcing that all classes will be held virtually on Monday," she added.

Last week, more than 100 protesters were arrested after university authorities called the police onto the private campus Thursday, a move that seemingly escalated tensions and sparked a greater turnout over the weekend.

Mimi Elias, a social work student who was arrested, told AFP on Monday: "We are going to stay until they talk to us and listen to our demands.

"We don't want anti-Semitism or Islamophobia. We are here for the liberation of all," Elias said.

Joseph Howley, an associate professor of classics at Columbia, said the university had reached for the "wrong tool" by involving police, which had attracted "more radical elements that are not part of our student protests".

"You can't discipline and punish your way out of prejudice and community disagreement," Howley told AFP.

Disciplinary action As the holiday of Passover began on Monday night, social media images appeared to show pro-Palestinian Jewish students holding traditional seder meals inside the protest areas on multiple campuses, including at Columbia.

Further downtown, police began detaining protesters who had set up their own encampment at New York University at around 8:30pm, the New York Times reported, after the school called the students' behavior "disorderly, disruptive, and antagonising".

There were also demonstrations at MIT, the University of Michigan and Yale, where at least 47 people had been arrested on Monday after refusing requests to disperse.

BBC anchor quits after furore over photos

HT News Network

LONDON: Veteran news anchor Huw Edwards resigned from the BBC on Monday on "medical advice", the broadcaster said, nine months after he became embroiled in a scandal over sexually explicit images involving a teenager.

Edwards, 62, had been the BBC's lead presenter in key events, such as the death and funeral of Queen Elizabeth II, but was suspended in July 2023 when allegations first emerged.

"Huw Edwards has today resigned and left the BBC," the broadcaster said in a statement. "After 40 years of service, Huw has explained that his decision was made on the basis of medical advice from his doctors.

"The BBC has accepted his resignation which it believes will allow all parties to move forward. We don't believe it appropriate to comment further."

Earlier this year the BBC apologised to the family of the man who the broadcaster said Edwards had paid for sexually explicit pictures when he was a teenager. As the accusations became front-page news last July, Edwards' wife Vicky Flind said the father-of-five was "suffering from serious mental health issues" and had been admitted to hospital.

The man's family had complained to the BBC about Edwards in May 2023.

Floods swamp China

HT News Network

QINGYUAN: Floods swamped cities in southern China's densely populated Pearl River Delta following record-breaking rains, sparking worries about the region's defences against bigger deluges induced by extreme weather events.

The province once dubbed the "factory floor of the world" is prone to summer floods.

Since Thursday, Guangdong has been battered by unusually heavy, sustained and widespread rainfall, with powerful storms ushering in an earlier-than-normal start to the province's annual flooding season in May and June.

In Qingyuan, a relatively small city of four million, residents counted their losses. "My rice fields are fully flooded, my fields are gone," Huang Jingrong, 61, told Reuters.

Over the weekend, waterways in Guangdong overflowed including the river near Huang's village. Since Thursday, Guangdong has been battered by unusually heavy, sustained and widespread rainfall, with powerful storms ushering in an earlier-than-normal start to the province's annual flooding season in May and June.

Iraq, Turkiye agree to cooperate against Kurdish militants

HT News Network

BAGHDAD: Turkish President Tayyip Erdogan said relations with Iraq were entering a new phase after the neighbours agreed to cooperate against Kurdish militants, boost economic ties via a new trade corridor and consider Iraq's needs for access to scarce water.

Erdogan was in Iraq on a long-awaited visit, the first by a Turkish leader since 2011, following years of strained relations as Ankara ramped up cross-border operations against PKK militants based in mountainous, mainly Kurdish northern Iraq.

"I shared my belief that the PKK's presence in Iraq will end. We discussed the joint steps we can take against the terrorist organisation PKK and its extensions targeting Turkiye," Erdogan said at a joint news conference with Iraqi Prime Minister Mohammed Shia al-Sudani in Baghdad.

The two countries agreed to a strategic framework agreement overseeing security, trade and energy as well as a 10-year deal on the management of water resources that would take Iraq's needs into account, Sudani said.

Sudani said the two countries would



cooperate to bolster border security and act against non-state armed groups that could be working with terrorist organisations. He did not mention the PKK specifically.

An Iraqi government spokesperson said PKK members were welcome in Iraq so long as they did not engage in political activism or carry weapons. He did not elaborate.

The PKK took up arms against the Turkish state in 1984 and is designated a terrorist organisation by Ankara and its Western allies. Turkiye has conducted a series of cross-border operations against the group in northern Iraq since 2019.

Trump Paid Porn Star To "Protect Family, Reputation," His Lawyer Says

HT News Network

Prosecutors launched the hush-money trial of Donald Trump by revealing new details Monday about how they seek to prove the former president corrupted the 2016 election to bury a sex scandal, while a defence lawyer countered the payment was meant only to protect his reputation.

The trial in lower Manhattan, the first of a former president, involves 34 felony counts alleging Trump falsified business records to cover up a \$130,000 payment to porn star Stormy Daniels to stifle her claims of a sexual liaison. Prosecutors say he falsified records by claiming the reimbursements to his former attorney, Michael Cohen, who paid Daniels, were for legal fees.

Prosecutor Matthew Colangelo used his opening statement Monday to sketch out a criminal conspiracy involving Trump, Cohen and David Pecker, who ran the company that owned the National Enquirer and agreed to buy and bury negative news about the former president. The plot, he said, began in a May 2015 meeting in Trump Tower. "The evidence will show this was not spin or strategy but a plan to influence the election to help Donald



Trump get elected," he said. "It was election fraud, pure and simple."

The trial takes place as Trump, 77, seeks to return to the White House in a rematch with President Joe Biden. It's one of four prosecutions hanging over the presumptive Republican nominee, who calls the case election interference and a witch hunt by Democrats.

Trump attorney Todd Blanche had a different spin on the events.

"Spoiler alert: there's nothing wrong with trying to influence an election," Blanche said. "It's called democracy."

He assailed the prosecution case and their witnesses. Daniels had threatened to go public with her account of having sex with Trump in 2006, which was "almost an attempt to extort" him, Blanche said.

Germany, Britain act against 'Chinese spies'

HT News Network

BERLIN: Germany and Britain on Monday both swooped on suspected spies accused of passing on secret information to China, as concern deepens in the West over aggressive Chinese espionage.

In Germany, investigators arrested three German nationals in the west of the country suspected of sharing information on maritime technology, prosecutors said in a statement.

The trio, named as Herwig F, Ina F. and Thomas R., are accused of taking part in an information-gathering project funded by Chinese state agencies, as well as illegally export-



ing a laser to China. Powered By Streamlyn In Britain, two men were charged with handing over "articles, notes, documents or information" to China between 2021 and last year. Police named the men as Christopher Berry, 32, and Christopher Cash, 29, who previously worked at the UK parliament as a researcher.

Beijing rejects espionage accusations The German arrests and British charges come amid repeated Western warnings of Chinese intelligence services targeting advanced technologies. German Interior Minister Nancy Faeser warned of the "considerable danger posed by Chinese espionage in business, industry and science".

"The area affected in the current case — innovative technologies from Germany that can be used for military purposes — is particularly sensitive," Faeser said.

Defaming China China firmly rejects accusations that it carried out spying activities in Germany, its embassy in Berlin said on Monday, after three Germans were arrested on suspicion of working with the Chinese secret service.

"We call on Germany to desist from exploiting the espionage accusation to politically manipulate the image of China and defame China," a spokesperson for the embassy said in an emailed statement.

After Iran's "Harsher Response" Vow, Hezbollah Launches Rockets At Israel

HT News Network

New Delhi: Hezbollah last night launched a barrage of rockets at an Israeli army headquarters in northern Israel amid tensions between Israel and Iran. Hezbollah is an armed group based in Lebanon that is funded financially and militarily by Iran. A statement from Hezbollah confirmed the rocket attack on the headquarters of the 3rd Infantry Brigade of the 91st Division at Ein Zeitim Base, claiming to have launched "dozens" of Katyusha rockets — 82 mm and 132 mm rockets that are frequently used by the armed group. The attack was allegedly in response to Israeli incursions into southern Lebanese villages, including recent strikes on Srifa, Odaiseh, and Rab Tlatin, as reported by Lebanon's official National News Agency (NNA).

The Israeli military, in its response, identified approximately 35 rocket launches originating from Lebanon into the Ein Zeitim area but reported no casualties. Israeli forces retaliated by targeting the sources of the rocket fire.

Since the onset of hostilities, casualties have mounted on both sides. In Lebanon, at least 376 people, predominantly Hezbollah fighters, have been killed.

200 bodies exhumed at Gaza hospital

HT News Network

JERUSALEM: The head of Israeli military intelligence has resigned after accepting responsibility for the failures that allowed the devastating Hamas-led attack on Israel on Oct 7, the military said on Monday.

Major General Aharon Haliva, a 38-year veteran of the military, was one of a number of senior Israeli commanders who said they had failed to foresee and prevent the deadliest attack in Israel's history.

"The intelligence division under my command did not live up to the task we were entrusted with. I have carried that black day with me ever since," he said in a resignation letter released by the military.

He will remain in post until a successor is named. Israeli media and commentators expect further resignations once the main military campaign in Gaza wraps



up. US hints at sanctioning Israeli military unit over abuses in West Bank The Oct 7 attack badly tarnished the reputation of the Israeli military and intelligence services, previously seen as virtually unbeatable by armed

Palestinian groups like Hamas. In the early hours of the morning, following an intense rocket barrage, thousands of fighters from Hamas and other groups broke through security barriers around Gaza, surprising Israeli forces and rampaging through communities in southern Israel.

Some 1,200 Israelis and foreigners were killed in the attack, most of them civilians, and around 250 were taken into captivity in Gaza, where 133 remain as hostages, according to Israeli tallies.

The head of the armed forces, Lieutenant-General Herzi Halevi, and the head of the domestic intelligence agency Shin Bet, Ronen Bar, both accepted responsibility in the aftermath of the attack but have stayed on while the war in Gaza has continued. By contrast, Prime Minister Benjamin Netanyahu has so far not accepted responsibility for the Oct 7 attack, although surveys indicate that most Israelis blame him for failing to do enough to prevent or defend against it.

PM Modi synonymous with trust, hope, credibility: Rana

■ HT News Network

SURINSAR APRIL 23 - Senior BJP leader Mr Devender Singh Rana today said Yashasvi Prime Minister Narendra Modi's leadership has become synonymous with trust, hope, and credibility, resonating deeply with people of Bharat.

"Modi Ki Guarantee has become a household assurance and confidence among the people that the government under him will deliver whatever promised to assuage the urges and aspirations of every Indian, irrespective of religion, region or caste", Mr Devender Rana said while addressing people at Bain Bajalta, Tutan Di Khui, Aithem, Surinsar and Sidhra here today along with Pt. Rameshwar Dutt Sharma, Mr. Som Nath Khajuria,

Ex- Sarpanches Bodh Raj, Krishan Singh, Anil Sharma, Anil Barsala, Mohan Singh, Abdul Mehmood, Abdul, Sardar Singh, Sham Singh, Tara Chand, Mohd Sadiq, Mukhtyar Ahmed, Jagdish Khajuria, Bhushan Singh and others.

He said the Prime Minister's credibility on global landscape has made every compatriot proud, who believe in what Modiji says on the basis of deliverance during the past one decade, be it fighting coronavirus, evacuating Indians and others in distress in conflict ridden countries across the continents, initiating host of measures to mitigate the miseries of people, providing rations to over 80 crore countrymen, facilitating basic amenities like Izzat Ghars, Har Ghar Jal, Ujwala scheme, renewed education policy, health for all, start



up mission, vocal for local and host of other welfare initiatives. "Seeing is believing", Mr Devender Rana said while referring to the other initiatives like infrastructural

development, technological advancement Digital India, and Swachh Bharat Abhiyan that have not only transformed the socio-economic landscape but have also instilled hope and

confidence among citizens for a brighter future. PM Modi's unwavering commitment to the welfare of every Indian has further solidified his image as a leader who stands for the aspirations of all, he said, adding that his policies, aimed at empowering the marginalized, promoting economic growth, and fostering a conducive environment for entrepreneurship, have further reinforced confidence in every section of society.

He said Modi Ji embodies the aspirations of a new India, driven by innovation, entrepreneurship, and inclusive growth. This has benefited every segment of larger Indian society. The Union Territory of Jammu and Kashmir has not remained aloof but joined the nation as equal and proud partner in the country's growth trajectory. He referred to the Prime Minister's

vision for 'Naya Jammu and Kashmir' and said this has become a success story post 2019 political developments, which have manifested in peace, paving way for economic activity, tourism resurgence and overall development. The transformation of Jammu and Kashmir is the biggest Modi Ki Guarantee that is discernible in a big way, he added.

Mr Rana exhorted the people to further strengthen the hands of Prime Minister Modi, saying every vote cast during the ongoing elections to Lok Sabha will give new wings to India's pace of development and civilizational resurgence. His hat-trick in government will open up vistas of opportunities for all, especially the youth, who are going to be the future, not only of the great nation of India but the entire world, he added

Plain gold jewellery exports grew 61 pc in FY24

■ HT News Network



Chennai: Exports of plain gold jewellery, which had been low during the Covid years, surged 61 per cent in FY24. For FY24, exports of plain gold jewellery surged by an impressive 61.72 per cent to \$ 6792.24 million as compared to \$ 4199.96 million in FY23. "Total Gold jewellery (plain and studded jewellery), which saw a 10.47 per cent decline between April 2023 to September 2023, rebounded strongly in the latter half of the year, achieving a growth of 46.91 per cent," as per the data of the Gems and Jewellery Export Promotion Council. Gross export of total gold jewellery (both plain and studded) for the FY 2023-24 grew 16.75 per cent to \$11230.18 million over the comparative figure of \$9618.80 million for the previous year. The UAE is the largest market of Indian plain gold jewellery and in FY24 also emerged as a significant market registering a growth of 107.2 per cent to reach \$4,528.66 million compared to \$2,185.67 million in the previous year. Markets of UAE and Bahrain accounted for over 85 per cent of India's plain gold jewellery exports. During the Covid years, the market had seen a lull. However, after the India-UAE CEPA came into effect, exports have seen a remarkable spurt. "The increase in plain gold jewellery exports may be attributed to the pragmatic foreign trade agreements by the Govt. The implementation of India-UAE CEPA couldn't have come at a better time, especially when the industry faced various challenges with economic downturns in major export markets and escalating geopolitical concerns, all of which led to the decline in demand," Vipul Shah, Chairman, GJEPC, said. Australia also witnessed a growth of 37 per cent in plain gold jewellery exports attributing its growth to the India-Australia ECTA. However, the overall gross exports of gems and jewellery in FY24 declined 14.45 per cent to \$ 32285.85 million compared to \$37737.05 million in the preceding period. Cut and polished diamond exports in FY24 decreased by 27.58 per cent to \$15967.02 million compared to \$22047.72 million in the previous year. Gross export of coloured gemstones grew 14 per cent and platinum gold jewellery exports by over 400 per cent. Australia also witnessed a growth of 37 per cent in plain gold jewellery exports attributing its growth to the India-Australia ECTA. However, the overall gross exports of gems and jewellery in FY24 declined 14.45 per cent to \$ 32285.85 million compared to \$37737.05 million in the preceding period. Cut and polished diamond exports in FY24 decreased by 27.58 per cent to \$15967.02.

"Can Explain Manifesto To Him": M Kharage On PM Modi's Muslim League Jab

■ HT News Network

In a strong riposte to PM Narendra Modi's twin jabs of a Muslim League imprint on the party's manifesto and an alleged promise of "wealth redistribution to infiltrators", Congress President Mallikarjun Kharge has said the PM should stop his attempts at dividing society and grant him time so that he can explain the document's contents.

In a series of speeches at election rallies this month, the PM had said that the promises made in Congress' manifesto were reminiscent of the thoughts that the Muslim League had before Independence. In a rally in Rajasthan on Sunday, PM Modi had also given rise to a controversy by claiming that the Congress intended to seize people's property and redistribute it to Muslims. "They will not even leave your 'mangalsutra,'" he



had said. Addressing a gathering in Kerala's Wayanad - Congress leader Rahul Gandhi's constituency - on Tuesday, Mr Kharge took all the allegations head-on. "PM Modi says the Congress Manifesto is a Muslim League manifesto. I request him, if he gives me time, I will take our manifesto and explain it to him. Where are we saying that something is only for Muslims? We are doing things for all. Our manifesto is for the poor, farmers, youth women and everybody. He just wants to divide

the society and keep talking about Hindu-Muslim," the Congress president said. Referring to the Congress' promises for the youth and women, Mr Kharge continued, "Yuva Nyay is for all. Naari Shakti is for all. It is not only for Muslims, not only for Scheduled Castes, Scheduled Tribes, those below the poverty line. It is for all. During the UPA era, we have given some rights without the people asking for them. For example, the Mahatma Gandhi National Rural Employment Guarantee was given by Sonia Gandhi and the BJP had opposed it."

"They said that by bringing in MGN-REGA, Congress was bringing poverty to the country. We made MGN-REGA a right, education a right, food security a right. These things can't be taken away even if PM Modi and (Union Home Minister) Amit Shah wish to do so. These are permanent rights brought by the UPA government," he added.

Childcare Leave For Women Is A Constitutional Mandate, Says Supreme Court

■ HT News Network

New Delhi: Observing the issue as "serious", the Supreme Court on Monday held that denying childcare leaves to a mother who is taking care of a child with disabilities, would violate the constitutional duty of the State to ensure equal participation of women in the workforce.

A bench comprising Chief Justice DY Chandrachud and Justice JB Pardiwala also directed setting up of a committee headed by the chief secretary of Himachal Pradesh to take a policy decision on the issue of grant of child-care leaves (CCLs) to the working women having children with disabilities.



It said the plea raised a "serious" issue and "participation of women in the workforce is not a matter of privilege but a constitutional requirement and the State as a model employer cannot be oblivious of this". Also ordered that the Centre be made party to the case and sought the assistance of Additional Solicitor General Aishwarya Bhati in adjudicating

it. It, meanwhile, also directed the state authorities to consider the plea for grant of CCL to the petitioner woman, an assistant professor in the Department of Geography in the state. Her son suffers from a genetic disorder and has undergone several surgeries since birth. She exhausted the sanctioned leaves due to the treatment of her son and the central civil

service rules provided for CCLs. "The child care leave sub-serves an important constitutional objective where women are not denied an equal opportunity in the workforce," the bench said, adding that the denial of such leaves may compel a working mother to leave the job and it is more crucial for a woman having a child with special needs. It directed the state government to revise its policy on CCL to make it consistent with the Rights of Persons with Disabilities Act, 2016. It said that besides the chief secretary, the committee will have secretaries of women and child development and the social welfare department of the state and it will have to take a decision on the issue.

از نیابت چو ار شریف

ایگزیکٹو مجسٹریٹ فٹ کلاس پرائیمری برائے نصاب تحصیلدار پڑا شریف محمد شعیب کوئی عنوان درخواست منجانب سائل ریاض احمد ڈار ولد محمد الطاف ڈار سائمنو گام نسبت اجرائی RBA سرٹیفکیٹ تحت ایس آر 294. او

اشتہار بمراد آگاہی

معاملہ مندرجہ عنوان الصدیقین درخواست سائل ریاض احمد ڈار ولد محمد الطاف ڈار سائمنو گام نو گام دفتر زمینیں زیر کاروانی ہے اس نسبت رپورٹ پنواری سے عیاں ہوتا ہے سائل ریاض احمد ڈار ولد محمد الطاف ڈار دھڑا کا مستقل باشندہ ہے سائل کا نمبر (07) افراد پر مشتمل ہے کنڈی مہمان آمدنی 666 نیک ہے سائل کے افراد نام مندرجہ ذیل ہے

1. محمد الطاف ڈار ولد محمد الطاف ڈار 45 سال مزدوری
2. نسیمہ نسیم زویہ محمد الطاف ڈار 42 سال گھریلو کام
3. ... ریاض احمد ڈار ولد محمد الطاف ڈار 19 سال زیر تعلیم
4. ... خوشی دختر محمد الطاف ڈار 18 سال زیر تعلیم
5. ... محمد اسلام ولد محمد الطاف ڈار 12 سال
6. ... بکسم دختر محمد الطاف ڈار 17 سال
7. ... ماریہ بچان دختر محمد الطاف ڈار 05 سال

اس کے علاوہ کوئی بھی افراد میں بتایا گیا ہے لہذا اتمام عوام خاص و عام کو بزرگیعہ اشتہار مطالع میا جاتا ہے کہ اگر کسی کو سرٹیفکیٹ نکلنے میں کوئی عوریا اعتراض ہو تو وہ اپنا عوریا اعتراض سائل کے اندر اندر پیش کریں معاد گزرنے کے بعد کوئی عوریا اعتراض قابل قبول نہیں ہوگا

نائب تحصیلدار چو ار شریف

Press Note



Today 18-04-2024 all Kashmir Folk artists association organised a meeting cum association inauguration, all the Folk Theatres and Dhamali Groups of Kashmir Valley are present and creates a managing Body of association are elected for five years and also distributed of application certificates to Group leaders of All groups, Folk theatre ustdas. The following members are elected for managing Body.

1. Shah e Jahan Ahmad bhagat as chairman
2. Fayaz Ahmad Rather as General Secretary
3. Farooq Ahmad Shah as deputy Chairman
4. Nazir Gulgami as Organiser
5. Dilawar Ahmad Bhat as petron
6. Manzoor Ahmad shah As joint Secretary
7. Manzoor Ahmed bhat as CASHIER.

IN THIS OCCASION MANY GUESTS FROM DIFFERENT DEPARTMENTS ARE PRESENT.

Brinda Karat Questions "Credibility" Of Poll Body Over PM Modi's Speech

■ HT News Network

United Nations: UN Secretary-General António Guterres has appointed Gita Sabharwal of India as the United Nations resident coordinator in Indonesia.

Sabharwal, who took up her post on Monday, brings close to 30 years of experience in development supporting climate transition, sustainable peace, governance and social policy, while leveraging digital technology and data to accelerate the Sustainable Development Goals (SDGs), the UN said in a statement.

Sabharwal has been appointed as the UN resident coordinator in Indonesia with the host government's approval, it said.

"Just landed in Jakarta! Very honoured as I look forward to serve, as @UN Resident Coordinator (designate), the govt and people of #Indonesia through @UNinIndonesia, together with 26 UN agencies in one of the region's largest economies, in support of #SDGs," Sabharwal said in a post on X.

Previously, Sabharwal served as the UN resident coor-



dinator in Thailand and as peacebuilding and development adviser for the United Nations in Sri Lanka. Before joining the UN, Sabharwal was the Asia Foun-

ation's deputy country representative for the Maldives and Sri Lanka and held positions as the poverty and policy adviser for the United Kingdom's Department for International Development in India and Vietnam.

The UN resident coordinator is the highest-ranking representative of the UN Development System at the country level. Resident coordinators lead UN country teams and coordinate UN support to countries in implementing the 2030 Agenda. The resident coordinator is the designated representative of -- and reports to -- the UN secretary-general, according to the world body. Key duties and responsibilities of resident coordinators include representing the United Nations at the highest levels of State and, together with the relevant agency representatives, fostering engagement with the government, civil society, bilateral and multilateral partners, academia and the private sector in order for the UN development system to help address the country's needs, priorities and challenges to fulfil the SDGs, the world body said. Previously, Sabharwal served as the UN resident coordinator in Thailand and as peacebuilding and development adviser for the United Nations in Sri Lanka.

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What to Know About Stage 4 Breast Cancer Remission and Recurrence

When cancer is in remission, it's not visible on imaging or other tests. There's a chance it's still in the body but too small to detect. Recurrence means the cancer has returned, either in the original site or in nearby lymph nodes. There's no current cure for stage 4 breast cancer, but it can be treated and managed.

Most people with stage 4 breast cancer have alternating periods of disease stability and disease progression.

It isn't clear why stage 4 cancer doesn't progress further in some people, yet others who have the disease don't survive. In most cases, stage 4 cancer is likely to return, even if a person enters remission.

This article looks at remission and recurrence for people living with stage 4 breast cancer.

What is stage 4 breast cancer?

Stage 4, or metastatic, breast cancer means the cancer has spread — or metastasized — beyond its point of origin to other organs and tissues. For people who received a diagnosis between 2013 and 2019, the 5-year relative survival rate for stage 4 breast cancer is 31% Trusted Source. Although remission is an important milestone during cancer treatment, it doesn't mean the body is free of cancer. When cancer is in remission, healthcare professionals can't see the disease on imaging or other tests. There's a chance the disease is still in the body but at a level that's too small to detect.

When treatment destroys all cancer cells that could be measured or seen on a test, it's called a pCR. This stands for pathological complete response or pathological complete remission.

A partial response or partial remission means the cancer partly responded to the treatment, but the treatment didn't destroy it.

However, continued advances in chemotherapy and other breast cancer treatments have led to improved survival rates Trusted Source for people with stage 4 cancer.

A 2017 review reports that advanced therapies are extending the amount of time before cancer becomes detectable again. There's an indication that further improvements, especially in areas such as immunotherapy and targeted therapy Trusted Source, will increase the number of people living with stage 4 cancer.

HEALTHLINE NEWSLETTER

Get Our Weekly Breast Cancer Newsletter

Join over 100K subscribers in receiving guidance on treatment options, managing symptoms, and the latest on condition breakthroughs.



Breast cancer recurrence means the disease has returned after it was undetectable for some time.

The cancer may return in the same breast where doctors first diagnosed it. This is called local recurrence. Or the cancer may come back in the lymph nodes near the spot where the tumor first developed. This is called regional recurrence.

Treatment for stage 4 breast cancer may include targeted therapies, hormonal therapies, or immunotherapy. A comprehensive and exhaustive treatment plan may rid your breast tissue and surrounding lymph nodes of cancer.

However, cancer may spread to another organ, such as the liver, brain, or lung. If tests identify the cancer cells in other organs outside the breast as breast cancer cells, it means the cancer has metastasized. Even though cancer is growing in one of those organs, it is still stage 4 breast cancer.

If the cancer cells in one of those organs differ from the breast cancer cells, it indicates two types of cancer. A biopsy can help determine this.

Living with breast cancer recurrence: management and support Breast cancer recurrence can be worrying and upsetting. If you have a breast cancer recurrence and feel overwhelmed and distressed, consider joining a breast cancer support group. Some people find talking with others about their fears and frustrations helpful.

You may find inspiration and companionship in sharing and hearing other people's stories. But if you have

depressive symptoms or troubling side effects from the treatment, it's important to talk with your doctor.

You may also be eligible for a clinical trial testing a new procedure or therapy. Clinical trials can't promise success, but they may allow you to try a new treatment before it becomes available. Your doctor can talk with you about clinical trials for breast cancer treatment. Trusted Source and help you decide whether this may be an option for you. There's no cure for stage 4 breast cancer. The 5-year relative survival rate for people with stage 4 breast cancer is 31%, based on women who received a diagnosis of breast cancer between 2013 and 2019. With advances in treatment, people with metastatic breast cancer are living longer. According to a 2018 study Trusted Source, the median survival time for metastatic breast cancer increased from 21 to 38 months between 1990 and 2010.

Can you live 30 years with metastatic breast cancer? While some people have been living with stage 4 breast cancer for more than 15 years, the 5-year relative survival rate for women with metastatic breast cancer in the United States is 31%.

A relative survival rate gives an idea of how long someone with a specific condition may live after their diagnosis compared with someone without the condition. For example, a 5-year relative survival rate of 31% means that someone with that condition is 31% as likely to live for 5 years as someone without the condition.

While there is no cure for metastatic breast cancer, it's possible to manage the disease with treatment for a number of years. It's also possible for the cancer to go into remission. It can go into complete remission (when there are no cancer signs or symptoms) or partial remission (when the cancer is still present but has become smaller).

While there's no data on how long remission can last, new treatments can help to control the cancer, relieve symptoms, and allow people to live longer.

What are the odds of surviving stage 4 breast cancer? Although there's no cure for stage 4 breast cancer, treatments are available, and survival rates continue to improve. The 5-year relative survival rate for people who have been diagnosed with stage 4 breast cancer is 31%. This means that, on average, people who have stage 4 breast cancer are about 31% as likely as people who don't have that cancer to live for at least 5 years after receiving a diagnosis.

NEWS

Why You Shouldn't Consume Apple Cider Vinegar Daily



While apple cider vinegar (ACV) is touted for its potential health benefits, consuming it daily may not be suitable for everyone due to various reasons. Read on as we share reasons why you shouldn't consume ACV daily.

1. Tooth enamel erosion

ACV is acidic, and frequent exposure to acidic substances can erode tooth enamel over time, leading to tooth sensitivity and decay. To prevent this, consume ACV diluted with water through a straw, rinse your mouth with water after drinking it, and wait at least 30 minutes before brushing your teeth.

2. Digestive irritation

Some individuals may experience digestive discomfort, such as stomach pain, bloating, or diarrhoea, when consuming ACV, especially if taken on an empty stomach or in large amounts. To prevent digestive issues, start with small amounts of ACV diluted in water and consume it with food.

3. Low potassium levels

There is a risk of hypokalaemia (low potassium levels) with excessive consumption of ACV, which can lead to symptoms like muscle weakness, fatigue, and irregular heart rhythms. To prevent this, consume ACV in moderation and ensure a balanced diet with potassium-rich foods like bananas, sweet potatoes, and spinach.

4. Interference with medications

ACV may interact with certain medications, such as diuretics, insulin, and digoxin, leading to potential side effects or reduced effectiveness of the medications. To prevent interactions, consult your healthcare provider before consuming ACV, especially if you are taking medications regularly.

5. Oesophageal damage

The acidity of ACV can potentially cause irritation and damage to the oesophagus, particularly if consumed undiluted or in large quantities. To prevent this, always dilute ACV with water before consumption and avoid drinking it straight.

6. Delayed stomach emptying

ACV may slow down the rate at which the stomach empties its contents, leading to feelings of fullness, bloating, and discomfort, especially in individuals with gastroparesis or other digestive disorders. To prevent delayed stomach emptying, limit your intake of ACV and consume it in moderation.

7. Skin irritation

Applying undiluted ACV directly to the skin can cause irritation, redness, and even chemical burns, especially for those with sensitive skin. To prevent skin irritation, always dilute ACV with water before using it as a topical treatment, and perform a patch test on a small area of skin before applying.

How To Take Care Of Your Hair In Summer

The crop of hair on your head is more than just aesthetics. Yes, hair does enhance the way one looks but hair is also closely linked to one's confidence and mood. So taking care of your tresses becomes essential, especially during inclement weather which directly impacts hair health. As mercury soars across the country, it brings with it many hair-related problems including excessive hair fall, dryness, and lack of lustre. Dr Mukesh Batra, Founder & Chairman of Dr Batra's Group of Companies, shares, "On average, individuals



typically shed around 50-150 hair strands a day. However, this number can increase

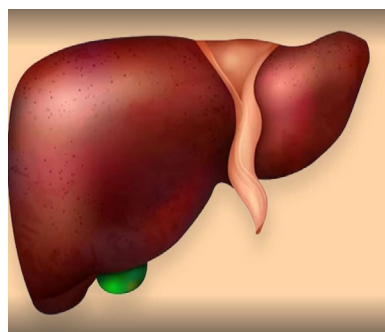
to over 150 hair strands daily during the summer." Dr Batra goes on to refer to a study by the Wimpole Clinic which reveals that "during summer, female hair loss can surge by up to 6% daily, exceeding the usual rate". "While commercial hair care products offer temporary solutions, it is best to incorporate wholesome, homeopathic treatment in daily routine for long-lasting, holistic hair health. These natural remedies help promote hair growth and nourish the hair from the inside out," says Dr Batra.

A comprehensive strategy is required

to achieve holistic hair health and internal nutrition plays a very important role. "Ensuring an ample supply of vital nutrients like protein, biotin, folate, sulfur, zinc, Vitamin A, Vitamin D, and Vitamin B12 is essential for sustaining excellent hair health. Besides, incorporating iron-rich foods like green leafy vegetables, cocoa powder, dark chocolate, oatmeal, cereals, beans, tofu, nuts, seeds, and lean proteins into one's diet can improve iron storage and ferritin levels that are essential for healthy hair growth," states Dr Batra. As mentioned earlier, nutrition.

Want To Manage Your Liver Health And Boost Energy?

World Liver Day falls in April, and it's a good time to step back and understand how the liver processes everything we eat and drink, filters out unwanted substances, and supplies the body with energy. It's responsible for around 500 essential functions. Simply put, it helps keep the body running. When the liver doesn't function properly, the body struggles. For people with chronic liver disease, the liver is less able to complete vital functions. This can cause symptoms that impact everyday life.



Weight loss, aches in the right side of the ribs, and feeling weak are signs to watch your liver health. Other symptoms include excess fluid in the abdomen, not feeling hungry, your skin or eye whites turning yellow, and swelling in your legs or stomach. One of the most common symptoms is fatigue – a feeling of extreme tiredness and low energy levels. We all get tired, but chronic fatigue is far more than ordinary tiredness. Almost one in ten people suffer from chronic fatigue. The percentage is much higher for people with liver problems. People with liver issues feel a lack of energy throughout the day, even if they are getting good sleep. It's as if the body is unable to recharge.

The liver helps regulate essential molecules such as serotonin and dopamine. These molecules send signals throughout the body, which affect how we feel. When the liver is not working properly, it disrupts the

work of these molecules. This can result in low energy and exhaustion. Dr. Kaushal Madan, Principal Director & Head of Clinical Hepatology, at Max Hospitals, New Delhi said, "Chronic liver disease can have a significant impact on people's well-being. Some of the symptoms are visible, like yellowing of the skin or eye whites, also known as jaundice. Other symptoms – such as persistent fatigue and weakness – are less visible, but that doesn't make them any less debilitating. People with chronic liver disease need to identify their condition and understand the lifestyle changes they can make and any treatment they may need to improve their symptoms."

Dr. Jejee Karankumar, Medical Affairs Director, Abbott India commented, "It's important to detect liver disease early so it can be managed well. This is vital given the rapidly growing number of non-alcoholic fatty liver disease cases. Timely diagnosis can guide treatment and lifestyle decisions, which can help people living with the condition better understand and address symptoms, including fatigue."

Eat nutritious, well-rounded meals. Exclude foods with unhealthy fat, including processed foods, which can prevent additional fat build-up in your liver.

Know Benefits And Important Nutrients To Consume During Pregnancy

Intake of all essential nutrients becomes more important than ever during pregnancy. Consumption of a healthy, well-balanced diet helps in the proper development of the baby. However, it can often become difficult to meet all nutritional requirements during pregnancy.

The daily requirement of certain vitamins and minerals increases during pregnancy which cannot be fulfilled through diet alone. Therefore, doctors encourage all pregnant women to take their prenatal vitamins.

Prenatal vitamins are supplements that help provide the baby with all essential nutrients for healthy growth and development. These supplements help cover any nutritional gaps in the diet. Prenatal vitamins reduce the risk of several pregnancy-related complications. Here, let's understand the benefits of taking prenatal vitamins, essential nutrients to focus on and more.

1. Folic acid

It is usually advised to take folic acid while planning pregnancy as well as during pregnancy. Folic acid helps reduce your baby's risk of neural tube defects. Folic acid is a B vitamin that the cells need for the growth and development of the baby.



2. Calcium

The baby requires calcium for proper development of bones, teeth, muscles and nerves. Therefore, expecting mothers must consume enough calcium. It will also prevent mothers from losing their bone density as the baby might use calcium for adequate development.

3. Iron

The body requires high doses of iron during pregnancy. Therefore, pregnant women are at a higher risk of developing iron-deficiency anaemia. Adding enough iron supplements to the diet can help reduce the risk of preterm delivery, low birth weight and infant mortality. Adequate iron levels also help ensure an optimal supply of blood and oxygen

to the fetus.

4. Vitamin D

It is essential to take vitamin D supplements on a daily basis during pregnancy. Vitamin D assists in the absorption of calcium. It is also essential for your bones, brain, cardiovascular health, immunity and respiratory health.

5. Protein

During pregnancy, your blood volume increases, and you are growing new tissues and a new life. Therefore, your daily protein requirement also increases.

Along with these, a pregnant woman may also require vitamin C, omega-3 fatty acids, choline, iodine and more according to the existing health status of the mother.



Yuzvendra Chahal's Milestones On The Way To 200 IPL Wickets

The Rajasthan Royals legspinner achieved the landmark against Mumbai Indians on Monday

NEW DELHI: 200 Wickets for Yuzvendra Chahal in the IPL, the first bowler to reach the milestone. Dwayne Bravo is second on the list of leading wicket-takers in the IPL with 183 scalps. 2 Players with 200-plus wickets in a T20 competition before Chahal in the IPL. Danny Briggs (219) and Samit Patel (208) have 200-plus wickets in England's T20 Blast. 158 Chahal's wickets in the 125 IPL matches he played in India. Only Bhuvneshwar Kumar (160) has more wickets

than him in IPL matches in India. Chahal has 42 wickets in the UAE, which is the joint highest along with Jasprit Bumrah. 7 Hauls of four wickets or more for Chahal in the IPL, the second most most in the league along with Lasith Malinga. Sunil Narine leads the list with eight hauls of four or more wickets. 20 Instances of Chahal taking three or more wickets in an IPL match. Only Jasprit Bumrah (22 times) has taken more three-plus wickets than Chahal in the IPL. 4 Bowlers with 50-plus

wickets for two franchises in the IPL, including Chahal. Piyush Chawla (KKR and Punjab), Axar Patel (Punjab and DC) and Rashid Khan (SRH and GT) are the other bowlers on the list. Chahal is the only player with 100-plus wickets for RCB in the IPL. He has 61 wickets for Rajasthan Royals and is their joint second highest wicket-taker in the IPL behind Sidharth Trivedi (65). 52 Wickets for Chahal at the Chinnaswamy Stadium in Bengaluru in 42 IPL matches. Only

three other bowlers have bagged 50-plus wickets at a venue in the IPL. 152 Wickets for Chahal in the middleovers (7th to 16th over) - the most for any bowler in this phase. Amit Mishra (139) is next on the list. Chahal's strike rate (17.30) in the middle overs is only behind Kagiso Rabada (15.88) and Bumrah (17.28) among the 42 bowlers with 30-plus wickets in this phase. 16.7 Chahal's bowling strike rate in the IPL is the fifth best among 71 bowlers to have picked up 50-plus wickets.

Jaiswal bats himself back to form, for Royals and for India

LONDON: Yashasvi Jaiswal is back. He will say he never went away, and his strike rate will agree. But for a run machine, IPL 2024 was lukewarm. Before Monday night.

Coming into his eighth game of the season, Jaiswal had scored 129 runs striking at 145.78, but only averaging 17.28. He was getting starts but was usually guilty of going too hard at the ball, losing his shape and his wicket in the process. He had failed to make it out of the powerplay six times out of seven, falling to pace on every occasion. Not having a fifty was also concerning, especially with everything being looked from a T20 World Cup point of view.

On Monday, against one of his favourite IPL opponents, over 88 minutes and 60 balls, Jaiswal answered at least some of the questions: there was no form slump, and no need to change his approach. In Jaipur, Jaiswal hit his second century against Mumbai Indians in three innings, finishing with an unbeaten 104 at a strike rate of 173.33. And while the finishing was top-notch, the pacing of his innings was what set it apart.

Jaiswal had a strike rate of 110 in the first ten balls of his innings.

That went up to 180 after 20 balls. By 30 balls, he had got to his maiden half-century of the season. What had changed was how Jaiswal was allowing the ball to come on to his bat rather than go after it. He struck five fours and a six in the powerplay, all with the flourish and timing we are accustomed to.

"It's more the Yashasvi Jaiswal we know. I think he took his time early on, played some conventional shots and then we all know what he could do," Wasim Jaffer said on ESPNcricinfo's TimeOut. "He has everything in his armoury, but he just needed a little bit of time to bat out of that powerplay, which he did. Those failures helped him to realise that this is how he needs to approach a T20 innings."

"I really enjoyed [batting] from the start, and I was just trying to make sure that I was watching the ball properly and playing my cricketing shots, which I think I did today"

Jaiswal scored his first boundary, a straight six over Gerald Coetzee's head, on the first ball of the fourth over. Coetzee didn't take to being treated like that kindly. What followed were four searing

back-of-a-length balls bowled at around the 150kph mark. Jaiswal was rushed into a pull on the fifth ball of the over, with the top edge just clearing the wicket-keeper.

But it was the final delivery of that Coetzee over that would have pleased Jaiswal no end. A 151.1kph bolt was delivered around the length area on off stump. Jaiswal just stood tall and punched the ball through covers. #Jaz-ball was on.

"I really enjoyed [batting] from the start, and I was just trying to make sure that I was watching the ball properly and playing my cricketing shots, which I think I did today," Jaiswal said after on the official broadcast of the game. "I really enjoyed it, I really loved it. I am trying to keep doing what I do. Some days are tough, and some days are good. I was just playing - that is all. I didn't have anything in my mind."

He had a slice of luck when on 50, as Nehal Wadhwa shelled a simple catch at long-off, and Jaiswal knew it was his night. No Mumbai bowler was spared - not even Jasprit Bumrah - as Jaiswal heaved him away for six over deep square leg followed by a four to fine leg. He was lethal against spinners, collecting 47 off 25 balls at a strike rate of 188, while he struck at 162.85 against the quicks.

It took Jaiswal 59 balls to reach his second IPL century, and as he removed his helmet and thumped the air, there was relief written all over his face. Three balls later, Royals had registered their seventh win of the season.

"He is the most exciting young player in world cricket at the moment. There are a couple out there, and he is right at the top of that conversation," Tom Moody said. "[An] all-format player, how he has grown so quickly, from his Under-19 journey to international cricket to IPL stardom is quite remarkable. It is a privilege to watch. Some of those cover drives today were right out of the top drawer."

"I don't think he needs anyone. He is always filled with a lot of confidence," Royals captain Sanju Samson said. "We knew that it is just a matter of one game. I think the way he batted in the powerplay, he was calm, composed and he knew that things are under control. We knew in the dugout that he is playing some [nice] cricketing shots today and he will be fine today. Really happy for him."

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