

Good Morning Kashmir

15th Year Of Publication

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Holy Town Katra honored as "Best Clean City within UT" with a population below 1 lakh in the prestigious Swachh Survekshan 2023 awards! Congratulations to the citizens & administration for their commitment to maintain a pristine environment and to improve quality of life.

Tremors Felt In J&K

6.0 Magnitude Earthquake Hits Afghanistan

SRINAGAR: Earthquake of magnitude 6.0 hit Hindu Kush region of Afghanistan on Thursday with tremors felt across Jammu and Kashmir.

According to details available, the quake occurred at 02:50 pm. However, there were no immediate reports of any damage or loss of life reported anywhere. As per initial estimates, the epicenter was recorded in the Hindu Kush Region of Afghanistan—(KNO)

Higher Reaches Likely To Experience Snowfall Today



OWAIS GUL

SRINAGAR: Amidst the persistent dry spell in Kashmir, the higher reaches of Kashmir, especially in northern areas are expected to receive light snowfall tomorrow while the day temperature continued to surge across Jammu and Kashmir with Banihal recording the hottest day in the month of January at 23.4 degrees Celsius, surpassing all the previous records.

A feeble Western Disturbance (WD) would likely affect Jammu & Kashmir and under its influence, there is a possibility of light snow over higher reaches.

The higher reaches especially in north Kashmir are expected to witness light snowfall on tomorrow evening or night.

Director Meteorological Department (MeT), Dr. Mukhtar Ahmad said that a feeble WD is approaching on January 17, adding that generally cloudy weather with light snow over isolated higher reaches is expected on the particular day.

He further stated that from January 18-20, the weather is expected to remain generally dry. "Overall dry weather is expected till 20th January," he stated.

Furthermore, a few areas across Kashmir and in Jammu also have recorded an unexpected rise in the maximum temperature while Banihal in Jammu division has recorded the hottest day in the month of January at 23.6 degree Celsius.

An Independent Weather Forecaster, Faizan Arif Keng informed that the previous all-time record was 22.6 degree Celsius recorded on 18 January 2003.

While the maximum temperature has plummeted further at Jammu station where the fifth all-time lowest

'Enhancing Deployment' Terror Activities In Rajouri-Poonch An Area Of Concern: Army Chief

Says Rise In Tourism Indicates Positive Change In J&K

ABID BASHIR

SRINAGAR: The Army Chief General Manoj Pande Thursday said that the past six months have been an area of concern for the troops in Rajouri-Poonch area of J&K where the adversary has "activated proxy outfits and is abetting terrorism." He also said the army has taken "follow-up actions" to ensure people don't feel alienated and that it has also "adopted the affected village in Poonch."

Addressing the annual conference in Delhi, the Army Chief said that the past five to six months have been an "issue of concern for the army" in Rajouri-Poonch region. "After 2003, terrorism was fully dismantled in the area and peace prevailed there till 2017-18. As the situation is getting normal in the Valley, the area of Rajouri-Poonch was chosen by our adversary where it activated proxy outfits and abetted



terrorism," he said.

The Army Chief said that 45 terrorists were killed in the Rajouri-Poonch area in the past few years while five infiltration bids were foiled and 14 terrorists were killed in the hinterland last year alone.

Replying to a query about lack of human intelligence in the Rajouri-Poonch area, General Pande said that strengthening human intelligence is very important and crucial. "We are focussing on synergising our efforts and with other agencies and we are working with them as well. Local support is crucial. Under Operation Sadbhavana, we are engaging with the local community (in Rajouri-Poonch). I personally interacted with the local community there and the army has already adopted the affected village (in Poonch)," he said.

The Army chief said there will be a

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LG Flags Off Exposure Visit Of Students To IIT Kanpur



GMK NEWS NETWORK

JAMMU: Lieutenant Governor Manoj Sinha Thursday flagged off the exposure visit of the batch of 98 Students of Secondary and Senior Secondary from Government schools of J&K UT to IIT Kanpur.

He interacted with the students and extended

LG Reviews Dev, Security Scenario In Jammu Div



GMK NEWS NETWORK

JAMMU: Lieutenant Governor Manoj Sinha Thursday chaired a meeting with the senior officers, Deputy Commissioners, SSPs and discussed various issues concerning development and security in Jammu Division.

The meeting emphasized the need for a comprehensive strategy for crackdown against drug smugglers, drug hot-spots and cross border smuggling.

The Lt Governor also took appraisal of the status of the key infrastructure projects and the steps taken by the District Administrations to facilitate industries.

NABARD Grants Rs 37446.04 Cr To J&K Priority Sectors



GMK NEWS NETWORK

JAMMU: In a significant stride towards fostering inclusive growth and rural development, the National Bank for Agriculture and Rural Development (NABARD), Jammu and Kashmir, has projected an estimated credit potential of Rs. 37446.04 crore under the priority sector for the Union Territory (UT) of Jammu and Kashmir for 2024-25.

This was announced during the UT Credit Seminar hosted by NABARD here today. The UT focus paper was launched in the seminar.

The event was attended by Dr. Shahid Iqbal Choudhary, Secretary, Rural Development and Panchayati Raj, Baldev Prakash, MD, J&K Bank, Dr. B.N. Tripathi, VC-SKUAST, Jammu, Sandeep Mittal, General Manager, RBI, Ajay Kumar Jha.

Farooq Abdullah Skips ED Appearance Despite Summons



SRINAGAR: National Conference MP and former J&K Chief Minister, Dr. Farooq Abdullah on Thursday did not appear before the Enforcement Directorate (ED) for questioning despite being summoned.

Dr. Abdullah had been summoned by ED to appear before it for questioning on Thursday in connection with the financial irregularities in the Jammu and Kashmir Cricket Association (JKCA). The ED is probing the financial scam in the JKCA during the period Dr. Abdullah headed it and it had charged him in 2022.

812th Urs Khwaja Moinuddin Chishti PM Modi Hands Over 'Chadar' For Ajmer Sharif Dargah



AGENCIES

NEW DELHI: Prime Minister Narendra Modi on Thursday handed over a 'Chadar' which will be offered on the 812th Urs of Sufi saint Khwaja Moinuddin Chishti at the Ajmer Sharif Dargah.

The chadar was presented to Bharatiya Janata Party Minority Morcha national president Jamaal Siddiqui at the Prime Minister's residence in the national capital.

Soon after meeting, PM Modi took to social media platform, X, and said, "Met a Muslim community delegation. During our interaction, I presented the sacred Chadar, which will be placed during the Urs of Khwaja Moinuddin Chishti at the esteemed Ajmer Sharif Dargah."

The delegation will visit Ajmer and offer the chadar on behalf of PM Modi. The Urs festival is an annual festival held at Ajmer in Rajasthan which commemorates the death anniversary of Sufi saint Moinuddin Chishti.

Siddiqui, after coming out of the Prime Minister's residence, said, "This Chadar is a symbol of peace, harmony and Viksit Bharat. The Prime Minister, while maintaining the Ganga-Jamuni Tehzeeb, has presented this Chadar as a tribute to the Dargah of Khwaja Garib Nawaz."

The BJP leader said that the Prime Minister has once again given the message to Hindus, Muslims, Sikhs and Christians to work together to make India a global leader and set an example of peace and brotherhood.

Accident Surge Week-Long Road Safety Prog Begins To Sensitize People



GMK NEWS NETWORK







SRINAGAR: Amidst the rise in road accidents, the week-long National Road Safety programme has commenced in Srinagar while a series of activities are expected to take place in which the commuters and general public will be sensitized about the traffic norms that will help in reducing the fatal accidents.

The Traffic Police authorities as well as the Jammu and Kashmir Transport Department launched the National Road Safety Week in Srinagar. The inauguration ceremony at Srinagar saw the presence of officials and students from various colleges and other educational institutions.

Senior traffic police

INOX CINEMA SHIVPORA SRINAGAR

Friday, 12 Jan Movies Schedule

 MERRY CHRISTMAS (UA) Hindi ATMOS 06:30PM	 GUNTUR KAARAM (UA) Telugu with Eng Subtitles 03:00PM	 DUNKI (UA) (Hindi ATMOS) 06:45PM
 CAPTAIN MILLER (UA) Hindi 06:20PM	 HANU-MAN (UA) Hindi 03:30PM	 ANIMAL (A) (Hindi ATMOS) 02:20PM

Good Morning Kashmir

EDITORIAL

Alpine Lakes

Kashmir is blessed to have the jagged peaks of mountains and in the lap of those mountains we have hundreds of alpine lakes. Alpine lakes form the pulse of the highland environment and are the most critical metric of flora and fauna of this region. While thousands of trekkers worldwide visit these alpine lakes, camping on their shores and angling in their waters. Right from the early part of the twentieth century many tourists have visited these places for spiritual and mental peace. The lakes like Gangbal and Kaunsarnag hold special significance for Hindus as these lakes are considered holy places. There is always a solace and peace which overwhelms one when one visits these places. There is a calming effect which overcomes one when going trekking to these places. These lakes are full of fish like brown trout and rainbow trout. A permission for angling is provided by the fisheries department where an angler can use an unanimated non-living bait and is allowed to catch a specific number of fish per day. These lakes are our treasures. We need to preserve them at all costs. Most of these lakes are fed by mountain-top or mountain-bottom glaciers. With the absence of snowfall in the core period of winter from two consecutive years the water supply to these lakes could get adversely affected. Consequently, the water fed to rivulets downstream from these lakes could also get affected thus resulting in general water supply shortage. Also, the fact that hundreds of tour operators are offering affordable packages to trek these mountains makes it a matter of concern. These places are ecologically very sensitive and every care must be taken to ensure that over-tourism should not harm this fine balance. Large footfalls can wreak havoc with the ecology of the place. The tour operators who operate these tours must be told to follow a certain protocol like how many nights they are allowed to stay at these lakes, what stuff they can use as bait for angling and strictly advised to clear the area before leaving. These alpine lakes are our most important assets. We need to protect them at all costs.

Concept Of Tawheed

"The Belief In Lailla Ha 'Ill, Hah Creates An Attitude Of Peace, And Contentment And Keeps Away The Tempetations Of Resorting To Base And Unfair Means For Achieving Success"



QYSAR UL ISLAM SHAH

raise be to Allah (SWT). Tawheed (Arabic word) means attributing Oness to Allah (SWT) and describing him as being one and unique, with no partner in his attributes. Allah (SWT) created man and settled him on the earth. Allah (SWT) has kept an unceasing watch over him. Life and death are equally in his hands, whatever a man gains or loses it is all a matter of the will of God. He (God) neither slumbers nor sleep takes over him.

Let us introspect ourselves whether we are following oneness or we attribute to his majesty. In contemporary times I have seen many so-called well-educated people visiting shrines and paying their obeisance not in a proper way, which is quite disheartening. How long shall we dwell in this darkness? Don't we remember the time when prophet Ibrahim (AS) propagated the Oneness, even if he didn't accept his father's saying who was fallen in worshipping idols? The whole incident is revealed in the Holy, "O my father there has come to me a knowledge that which came not unto you, so follow me I will guide you to a straight path, his father said, do you reject my gods O Ibrahim? If you don't stop, I will indeed stone you. So get away from me before I punish you. Ibrahim said, Peace be upon you I will ask forgiveness of my Lord for you. I will turn away those whom you invoke besides Allah. So tawheed is an indispensable part of your Imaan.

The Quran emphasizes the importance of Tawhid in several verses. One of the most significant verses is Surah Al-Ikhlās, which is also known as the chapter of Tawhid. In this chapter, Allah declares: "Say, He is Allah, the One and Only; Allah, the Eternal, Absolute; He begetteth not, nor is He begotten; And there is none like unto Him." [Quran 112:1-4]

The strong belief of Tawheed gives you mental peace. All the Messengers from time to time began their call with Tawheed which they were commanded by Allah to convey to the people. Keeping in mind the teachings of the Holy Quran we must not bow or seek wishes to fulfill before anyone except Allah. Let everything be handed over Almighty to do good for us. Looking at our surroundings people are discussing and debating over the things,



that don't have any relevance in the Holy Quran and Hadith, but proclaiming an unnecessary justification. I am composing this write-up without targeting any sect but just have a perception in my mind of where we are heading towards. We must be enough vigilant while teaching our kids whether in schools, colleges, universities, and abroad.

The concept of Tawheed and its teachings is dwindling gradually in the younger generation which is a serious cause of concern. We shouldn't rely upon unorthodox mental setup by not sending our wards to different schools prevailing in our state or others but the responsibility that everyone should have in this regard is the strong idea of Tawheed(Oneness). A believer can never be narrow in outlook. He believes in God who is the creator of this universe, after this belief, he/she doesn't regard anything in the world as a stranger to himself. He looks at everything in the world that belongs to Almighty none can even make a dust particle.

Let me share the story of a couple whom I met years and they don't have a child of their own, and they have been running from pillar to post/medical consultation, peers, and so on. As soon as they put everything aside and prayed and lamented before the Almighty they got their child in their family. Look what the Holy Quran says, It is me and my will I give someone only sons, some-

one only daughters, someone both sons and daughters, someone neither daughters nor sons, then why should we attend the worldly peers, and others and others? This is prima facia from the sacred book to every human being. So having a strong belief in Tawheed in contemporary times is just walking on the edge of the knife.

Another verse that highlights the importance of Tawhid is Surah Al-An'am, in which Allah says: "Say (O Prophet Muhammad): 'I am but a man like yourselves, but the inspiration has come to me that your Allah is One God: whoever expects to meet his Lord, let him work righteousness, and, in the worship of his Lord, admit no one as partner.'" [Quran 18:110]

The believer never becomes dependent. He has a firm faith in Allah who is master of all the treasures of the earth and heavens, whose grace, and mercy have no limit, and whose powers are infinite. This faith imparts to his heart extraordinary consolation, fills it with satisfaction, and keeps it filled with hope, although he may meet rejection from all sides of this world, faith in and dependence on Allah never leave him. Strong belief produces in man a very strong determination, patience, and trust in God. When an individual makes up his mind and devotes his resources to fulfilling the divine commands to secure Allah's pleasure he is sure

that he has support and backing from the Almighty. The believer understands that everything is subject to his will, if He wills to give no power in the world can prevent Him from doing so, and if He doesn't will no power can force Him to.

Finally, the Quran emphasizes that belief in Tawhid is not just a matter of words but must be reflected in one's actions. In Surah Al-Ma'idah, Allah says: "They have certainly disbelieved who say, "All h is the Messiah, the son of Mary" while the Messiah has said, "O Children of Israel, worship Allah, my Lord and your Lord." Indeed, he who associates others with Allah — Allah has forbidden him Paradise, and his refuge is the Fire. And there are not for the wrongdoers any helpers." [Quran 5:72]

One who has a belief that Allah knows everything hidden or open is a true believer in Him. People at the helm of affairs must ensure that the education they provide their children is going under the umbrella of Tawheed Or not, if they show a lackadaisical approach at this juncture then it is surely a matter of grave concern. Let Almighty Allah's blessing be upon us and the shadow of Tawheed remain forever there. Then we will be among the successful units of Ummah here and hereafter.

Qysar Ul Islam Shah, a teacher by profession hails from Sonnar Darpura.

Amma Ji: The Beauty Of Simplicity In Wisdom



DR. SHIBEN KRISHEN RAINA

In the bustling rhythm of our daily lives, we often overlook the profound lessons hidden in our routine encounters. This truth was beautifully illuminated through my interactions with an elderly woman who, for many years, worked with us assisting in daily chores. Her punctuality, dedication, and the gentle rhythm of her daily work were as reliable as the dawn. But it was in the subtlety of our everyday conversations that her profound wisdom impressed me, leaving a lasting impact that has remained with me long after her passing away. All of our family members would fondly call her Amma Ji. Our interactions were not filled with grand philosophical discussions but rather with the simple, yet meaningful exchanges of everyday life. Our greetings, inquiries about her

health, and comments on the weather, or the local economy were imbued with an authenticity that is rare in today's fast-paced world. There was a certain rhythm in these conversations, a dance of words that weaved the fabric of a deeper connection.

One day, driven by a spur of curiosity, I posed a question to her about her religious preferences. Her response: "The one who brings benefit Babuji," was a reflection of her practical and unsophisticated spirituality. It wasn't just her answer that struck me, but the unassuming way she delivered it, a testament to her unpretentious wisdom. It revealed a profound understanding of the divine, seen not in stately or mystical terms but in the real, tangible benefits brought to everyday life.

This brief exchange opened a window into her philosophy of life. Her words were a representation of her simplicity and depth, embodying a worldview where the divine is not an abstract entity but a real presence, discerned in the benefits and blessings of daily existence. It was a stark reminder of how true wisdom often lies not in complex theories but in the simple truths spoken by



those who have lived and experienced the rare realities of life. Sadly, she passed away last year due to an incurable illness. Her physical presence may have left us, but the essence of her wisdom continues to resonate. In our often-materialistic and superficial world, her words serve as a

grounding force, a reminder of the profound truths that can be found in simplicity and practicality. Her views on divinity, grounded in the practicalities of life, challenge us to reconsider our perspectives on faith, spirituality, and the divine. Her legacy is not just in the memories of those who knew

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her but in the timeless wisdom she imparted. She taught us that wisdom does not always come from the learned or the famous but often from those whose insights are sharpened by the ups and downs of life. Amma Ji's words continue to inspire and guide us, a beacon of wisdom in a world that often overlooks the quiet voices that have so much to teach us.

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IDEAS, OPINIONS AND VIEWS EXPRESSED IN ARTICLES PUBLISHED ARE WRITERS' OWN AND MAY NOT BE FOUND IN ACCORD WITH THOSE OF GOOD MORNING KASHMIR

Are We Prepared To Combat Online Gender-Based Violence?



SHOBHA SHUKLA

Gender-based violence is among the most prevalent human rights violations globally. Urgency is palpable as governments worldwide have less than 7 years to end all forms of gender-based violence and deliver on the promise of gender equality for all by 2030. But instead of declining, gender-based violence has become even more sinister and complex because technology-based and technology-facilitated online gender-based violence is also on an alarming rise.

Online gender-based violence is casting a long, oppressive shadow on the freedom and safety of women, girls, and gender-diverse individuals globally. Also, the impact of gender-based violence committed in the virtual space is increasingly spilling over into offline real spaces, sometimes with severe consequences.

Most of the online violence goes unreported

According to a study, the overall global prevalence of online violence against women was estimated to be 85% in 2021. The corresponding figure for the Asia Pacific region was 88%, with adolescent girls and those from vulnerable backgrounds disproportionately affected. And yet most of it goes unreported. Only 1-in-4 women reported online violence to the online platform(s) on which it occurred, while only 14% reported it to any offline protective agency. More than half (54%) of the women who reported personally experiencing online violence knew the perpetrator. Nearly 75% of women surveyed expressed concern about online abuse escalating to offline threats.

"In a 2022 study in Nepal on online violence targeting women journalists, 88.6% of women journalists reported to have been subjected to online violence," said Kalpana Acharya, Editor-in-Chief of Health TV Online, Nepal, who was among the keynote speakers of the first Gender Equality Talks of 2024, hosted earlier this week.

Online gender-based violence is a multi-headed monster

Hafsah Muheed, who is an intersectional feminist and human rights advocate from Sri Lanka, is a member of the 30 for 2030 network hosted by UN Women Asia Pacific. She explained in the Gender Equality Talks that online gender-based violence can take several forms, such as:

Cyber-flashing: targeting persons for their sex, gender, or sexual orientation by sending unsolicited photographs with the intent of silencing a person.

Cyberstalking: surveillance of a person through digital technology. It is often used to prevent victims from escaping an abusive situation, like domestic and intimate partner violence.

Doxing: disclosure of personal data online with malicious intents.

Sextortion: extorting sexual favours by threatening to disseminate a person's intimate images and footage of rape.

Zoom bombing: people joining online gatherings to post racist, sexist, pornographic or anti-Semitic content to shock and disturb viewers.

Impersonation and creation of fake profiles by posing as a person to others, either acting in a harmful manner or extorting money from those the target knows.

Morphing, superimposing, and splicing photographs or videos of the targeted person to create "deep fakes" and uploading them on pornographic platforms.

Non-consensual dissemination of intimate photos, videos and audios of the targeted person, along with threats to circulate these images with the intent of blackmailing the target.

Online sexual harassment and bullying in the form of messaging, emailing, calls, and direct-messaging through a variety of online platforms.

Online threats to share information about an individual (including images or videos) to the public, their friends or family online, unless a demand is met. And many other forms!



"Online gender-based violence is a mirror of some form of violence happening in our offline world - by way of attitudes, and by the way we behave with one another. We are a patriarchal and an ableist society, because of which we have wrongly 'normalised' harmful narratives, social norms or attitudes," rightly said Kirithi Jayakumar, a women's rights activist, researcher, peace educator, lawyer and writer. She founded and runs The Gender Security Project and is the Head of Community Engagement at World Pulse.

Anonymity, which is one of the elements of online violence, "is a deciding factor on how the recurrence or prevalence of someone harassing you online or committing any form of online violence, multiplies by unimaginable numbers," said Tanmaya Kshirsagar, an Indian classical vocalist, writer, and an intersectional feminist. She is also part of 30 for 2030 Network of UN Women Asia Pacific.

How online gender-based violence impacts us

There is documented evidence to show that survivors of online gender-based violence have experienced emotional and physical harm, sexual assault, femicide (in the form of so called 'honour

killings'), and even suicide. It results in social isolation, with the survivor withdrawing from public life, including their family and friends. Girls skip or drop out of school to avoid bullying connected to online gender-based violence, and women have quit

Media's role in combating online violence

Media must play a role in minimizing online violence by promoting digital literacy, raising awareness, initiating gender sensitive education, and advocating for a strong legal framework, added Nepal's former President of Health Journalists Association Kalpana Acharya. Media must combat harmful narratives and social norms within itself as well as through its channels - and this includes all forms of online violence.

"Indonesia is experiencing a surge in cases of online gender-based violence since the last few years. A report from the National Commission on Women states that cases of online gender-based violence have risen by 300% since 2021. The Woman National Commission Annual Records 2021 showed that online gender-based violence during the pandemic era had increased manifold - from 241 cases in 2019 to 940 cases in 2020," said Rita Widiadana, former Editor of The Jakarta Post, and Board

and online gender-based violence while carrying out their journalistic duties, said Rita.

Rita shared that Indonesia has implemented a number of programmes to protect girls and women against online violence such as SafeNet Programme; Perempuan Aman Internetan (How to use Internet safely for women); Respect (UN Women, WHO, UNFPA, and other partners); among others. The Indonesian government has also enacted laws which guarantee the right to protect personal data. But there are no clauses in this law that specifically protect survivors of sexual violence in cyberspace. Rita called upon revising this law so that survivors of online gender-based violence can receive full protection against cyber criminals.

Xari Jalil, a senior journalist and Editor of VoicePK (prominent digital media for human rights in Pakistan) said that women journalists are facing offline and online violence even within the media houses. "Most women have been targeted by some form of online gender-based violence whether it is revenge porn, or other forms," said Xari. She shared a case study of a "woman who was victim of revenge porn and killed herself leaving

women and LGBTQIAP+ peoples, said Zevonia Vieira, Chief Editor of Neon Metin Media and President of Association of Journalists of Timor-Leste. She stressed upon the need for better digital security training and the campaign against a draft cybercrime law in her country, which she believes is more aligned with political interests rather than protecting people's rights.

What do the youth say?

Bangladesh enacted a law in early 2000s to address online violence against women and girls but it was not enough. Cyber Security Act (CSA) which was being discussed recently also became more of a political instrument, said SM Shaikat of SERAC-Bangladesh. "We have to look at these laws in a different way: is it working for those more at risk of online violence among women, girls, gender diverse peoples, and others?"

Tanya Kherra of Samanta Foundation in Uttarakhand state of India shared the data from National Crime Records Bureau: "50,035 cases were registered in 2020 for cybercrime. In 2022, the number of such cases went up to over 66000 (30% increase). Among the motives behind such cases of cybercrime, the biggest one was sexual exploitation."

Joshua Dilawar who leads Y-PEER Pakistan and is a peer youth leader for gender equality, stressed upon the need for male engagement in helping combat online violence. He shared about a transgender woman who is contesting national assembly elections and has faced a barrage of online harassment, bullying, hatred, and doxing.

Indigenous and gender-diverse peoples more vulnerable

Matcha Phorn-In, who is a feminist leader and a force for change on gender equality, indigenous rights and human rights, and leads Sangsan Anakot Yawachon in Thailand, said that "during the pandemic, students were forced to use online tools for education without necessary safeguards to protect them against online violence and abuse. For indigenous peoples the challenge has gone up manifold as they are still fiercely struggling to get justice in terms of sexual orientation, gender identity and expression. They have many levels of vulnerability that also puts them at heightened risk of online violence and abuse."

Matcha is right: All forms of gender-based violence (including online and technology-facilitated ones), are deeply rooted in discriminatory social norms and gender inequality. They intersect with racism, homophobia, transphobia, ableism and other discriminatory systems prevalent in our patriarchal societies and all of them have harmful consequences.

The way forward

Technology-based and technology-facilitated online gender-based violence is certainly preventable. But prevention efforts must be suitably tailored and directed at all levels to end online violence.

Also, youth involvement is important to tackling online gender-based violence, as consumers aged 13-39 years form the largest group (65% of all social media users worldwide (with those in the 20-29 years making up nearly one-third of these).

Keeping this in mind, UN Women Asia Pacific, and the '30 for 2030' Network facilitated by it, has launched a "Youth Guide To End Online Gender-Based Violence" toolkit. This toolkit provides the young people with the tools and expertise to become aware of, and understand the various forms of online gender-based violence, to educate and involve peers and others in the community to work to prevent such violence.

We have to invest in feminist technologies, involving more women, girls and gender-diverse peoples, in design and development of digital solution and close the gender digital gap ensuring equitable and safe access to virtual spaces for everyone. A coordinated multi-stakeholder action is necessary to bring about systemic changes.

Shobha Shukla is the award-winning founding Managing Editor and Executive Director of Citizen News Service and is a feminist, health and development justice advocate. She is a former senior Physics faculty of prestigious Loreto Convent College and current Coordinator of Asia Pacific Regional Media Alliance for Health and Development (APCAT Media) and Global AMR Media Alliance (GAMA). Follow her on Twitter @shobha1shukla or read her writings here www.bit.ly/ShobhaShukla



killings'), and even suicide.

It results in social isolation, with the survivor withdrawing from public life, including their family and friends. Girls skip or drop out of school to avoid bullying connected to online gender-based violence, and women have quit

member of Global AMR Media Alliance (GAMA) and Asia Pacific Media Alliance for Health and Development.

The National Commission and the Indonesian Press Council stated that women journalists in Indonesia face a high risk of experiencing both offline

her children behind" - another grim reminder of serious consequences of virtual violence.

Online attack against gender diverse peoples in Timor-Leste

Cyber-bullying and harassment is on the rise in Timor-Leste for girls,

MP Khatana commends Govt's Developmental Initiatives in J&K

NEWS NETWORK

BARAMULLA: In a significant address at the Viksit Bharat Sankalp Yatra program held at Government Higher Secondary School, Pattan, Member Parliament (MP) Rajya Sabha, Er. Gulam Ali Khatana Thursday lauded the efforts of the Prime Minister Narendra Modi-led central government in the comprehensive rebuilding and development of the Union Territory of Jammu and Kashmir.

During his speech, MP Khatana underscored the remarkable progress witnessed in the region's infrastructure, attributing it to the steadfast commitment of the government. He highlighted ongoing projects that have played a pivotal role in reshaping the landscape of Jammu and Kashmir, with several nearing completion.

In an impassioned plea to the local community, MP Khatana urged citizens to actively engage



in the reconstruction of what he termed as "Naya Kashmir" (New Kashmir). He expressed optimism, noting the improved situation in Kashmir and citing statistics of over 2 crore tourists visiting the region in the past year. He also commended the groundbreaking decision to host the G20 meet in Kashmir.

Anticipating the completion of the Railway project for Kashmir in the near future, MP Khatana highlighted its significance in connecting the Valley with the rest of India, fostering economic and cultural exchange.

Enumerating key developmental initiatives, Khatana detailed ongoing road infrastructure projects, power initiatives, and the concerted effort to boost tourism in previously unexplored areas. Encouraging citizens to avail themselves of various government schemes, Khatana stressed their potential to uplift the common masses.

Post his address, MP Gulam Ali Khatana actively engaged with the public, inspecting stalls set up by government departments to disseminate information on implemented schemes. This gesture exemplified his commitment to transparency and ensuring public awareness of government initiatives.

Katra earns recognition as 'Best Clean City within Union UT'

GMK NEWS NETWORK

KATRA: In a significant milestone, Katra has been honored as the "Best Clean City within Union Territory" with population 1,00,000, showcasing its commitment to environmental sustainability and community well-being.

The Holy Town was conferred the honour at Swachh

Survekshan 2023 awards ceremony held today at Bharat Mandapam, Convention Center in New Delhi.

This prestigious accolade is a testament to the tireless efforts put in to maintain highest standards of cleanliness, implementing effective waste management practices and fostering a sense of civic responsibility among its residents.

Key highlights contributing to this achievement include innovative waste disposal initiatives and a sustained community awareness campaign. The award was received by Puneet Sharma, Director, Urban Local Bodies, Jammu alongwith Rajat Abrol, Chief Executive Officer, Municipal Committee, Katra and Nitin Sharma, Sanitary Inspector, Municipal Committee, Katra.

Abid Rasheed makes surprise inspection at SMGS Hospital

GMK NEWS NETWORK

JAMMU: Secretary Health & Medical Education, Dr. Syed Abid Rasheed Shah Thursday conducted a surprise inspection at Shri Maharaja Gulab Singh (SMGS) Hospital to assess the medical facilities provided there.

Accompanied by Principal GMC Jammu & Associated Hospitals, Dr. Ashutosh Gupta, Medical Superintendent SMGS Hospital, Dr. Dara Singh, EXEN, Heads of Departments, Senior Professors, Doctors, Paramedics, and other stakeholders, Dr. Abid Rasheed in detailed examined various departments.

The Secretary's inspec-



tion covered ENT Head & Neck Surgery wards, NICU, Triage, Ayushman Bharat facilitation center, ICU of Gynecology & Obstetrics, and MICU.

During his visit, Dr. Rasheed actively engaged with patients, their attendants, doctors, and paramedics, seeking valuable feedback on the quality of

services and healthcare facilities at the hospital.

Addressing the medical professionals, he emphasized the importance of promptly addressing any issues flagged by the staff. The Secretary assured that the government considers the health sector a top priority and is committed to resolving identified concerns.

Dr. Abid Rasheed also inspected the new block building, assessing key infrastructure components such as the oxygen plant, laundry, and parking space. He issued on-the-spot instructions to prioritize works in civil and mechanical engineering aspects.

Highlighting the hospi-

tal's potential to become a state-of-the-art facility, he expressed optimism about its growth. Dr. Rasheed inspected a 240-bedded maternity hospital and directed executive agencies to complete pending work within stipulated time, pledging enhanced maternity care services for the population of Jammu division.

The Secretary also reaffirmed the administration's commitment to delivering the best possible treatment and health facilities to the people of Jammu and Kashmir.

The department continues to work tirelessly towards this goal, striving for excellence in healthcare provision, he added.

Prerna Puri chairs public darbar in Budgam

GMK NEWS NETWORK

BUDGAM: Commissioner Secretary, Information Technology, Prerna Puri, Thursday visited Budgam and presided over a public darbar to take stock of public issues besides reviewing developmental activities in the district.

Deputy Commissioner, Akshay Labroo, Additional District Development Commissioner, Dr. Akhramullah Tak, Assistant Commissioner Development, Sub District Magistrates, Executive Engineers of different wings besides other district and sectorial officers were present on the occasion.

The locals from different villages and towns, social activists, youth delegations and other prominent figures participated in the event and raised issues concerning their respective areas besides giving their suggestions on further streamlining of government functioning.

Addressing the public

darbar, the Commissioner Secretary exhorted upon the district administration for ensuring timely resolution of public issues besides extending prompt service delivery to common masses.

Prerna Puri said that aim of conducting this people friendly event is to bridge gap between the administration and the people ensuring effective implementation of all government programs and policies. She said such events provide opportunities for government representatives and general public to share the same platform, listen to each other and discuss things threadbare to take them to their logical end.

Commissioner Secretary appreciated the district administration Budgam for its commitment towards sustainable development of the area specifically beautification of Budgam. She hoped that the administration shall continue to work with same spirit ensuring holistic development of all towns of the district.

REMEMBRANCE

DR. GULZAR SAHIB

"Your passing leaves a void that cannot be filled, but your light continues to shine through the heart's & soul's of all those whose lives you touched"

**DEEPLY REMEMBERED BY:
FAMILY/ABRAR PHARMACY**

MAZBOOTI SE BANI HAR

— DEEWAR SE JHALAKTE HAI —

DIL KE EHSAAAS



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