



सत्यमेव जयते
Government of
Jammu & Kashmir



Khush-haal
Jammu Kashmir

Aman aur Taraqqi ki Nayee Tasveer



Redefining Agricultural Paradigm in Jammu and Kashmir

Dedication to nation of
**Holistic Agricultural Development
Programme (HADP), J&K**

by

Shri Narendra Modi
Hon'ble Prime Minister

March 7, 2024
Bakshi Stadium, Srinagar

KEY FEATURES

- **₹ 5,013 Crore J&K Agri-Transformation :**
Subsistence to ₹65,000 Crore
Economic Powerhouse
- **Boost J&K's Strengths :**
Emphasis on Saffron, Basmati,
Rajmash, Trout, MAP & Vegetables
- **Supercharge Agriculture :**
Increased Seeds, Vegetables, Fruits,
Milk & milk processing
- **Equip 2.5 Lakh Farmers :**
Skill Development via Daksh Kisan Portal
- **2,000 Kisan Khidmat Ghars :**
Digital Support & Market
Access for Farmers
- **Kisan Sathi Portal :**
One-Stop Shop for Applications,
Approvals, Subsidy & Credit
- **Strengthen Market Reach :**
Build 67,000 MT CA Storage &
Robust Value Chains
- **Invest in Infrastructure & Innovation :**
Cold Chains, Processing Clusters,
Regional R&D Focus
- **Ignite Agri-preneurship :**
Create 2.87 Lakh New Jobs &
18,900 Enterprises
- **Empower 13 Lakh Farm Families :**
Uplift 2.62 Lakh Marginal Families,
Focus on Livelihoods

Good Morning Kashmir

15th Year Of Publication

Narendra Modi
@narendramodi

INDI Alliance is rudderless and directionless. It's a group of parties who only want to further their own families.

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2 Die In Late-Night Ramban Accident

RAMBAN: At least two people died in a road accident after a vehicle they were travelling fell into deep gorge near Battery Chashma along Jammu Srinagar national highway in Ramban district late on Monday night, an official said on Tuesday.

An official said that the driver of ill-fated cab was failed to negotiate a sharp curve, and the vehicle fell into a deep gorge about 150 meters near Battery Chashma, Ramban, on NH-44 at 12:30 am. He said soon after the accident police, civil QRT, and SDRF •P-06

Musical Event At Poloview Sets Stage For PM's Visit To Srinagar



REHAN QAYOOM MIR

SRINAGAR: A musical event illuminated the evening at the famous Polo View market here ahead of the arrival of Prime Minister Narendra Modi on Thursday, March 07.

The event, attended by locals, also saw the presence of the Bharatiya Janata Party's State General Secretary Ashok Koul.

The event created an atmosphere of jubilation at the market square as it witnessed performances by local artists that captivated the audience, showcasing the cultural heritage of the region.

Speaking on the occasion, Ashok Koul said, "Our party members have organized the musical event today to welcome PM Modi. It is a reminder for people that our Prime Minister is coming on the 7th, and they should reach Srinagar's Bakshi stadium in large numbers."

Koul added, "BJP's Kashmir unit is working tirelessly and changed the region from terrorism to tourism. Normal life has started in the valley. We are working with a positive mindset."—(KNO)

'World's Terrorism Factory' India Slams Pakistan For Raking Up J&K In UNHRC



AGENCIES

UNITED NATIONS: India has slammed Pakistan as it raised the issue of Jammu and Kashmir at the United Nations (UN) Human Rights Council, saying it should introspect on its own appalling human rights record and "deserved global reputation" as the "world's terrorism factory".

Under Secretary in India's Permanent Mission to the UN in Geneva Jagpreet Kaur exercised the country's Right of Reply at the General Debate at the 55th Regular Session of the UN Human Rights Council on Monday after Pakistan, speaking on behalf of the Organisation of Islamic Cooperation (OIC), raked the issue of Jammu and Kashmir in its statement.

"We have taken the floor previously during this Session and conveyed our disinclination to waste the Council's time in responding to fallacious comments about India, by one particular delegation, which does so as they do not have anything constructive to contribute," Ms. Kaur said on March 4.

Without naming Pakistan, Ms. Kaur said it is unfortunate that "this country continues with its diatribe against India, including by continuing to misuse the OIC's platform to further their own politically motivated agenda."

"We do not wish to dignify such remarks by responding to them and are taking the floor again only to urge that delegation to introspect on their own appalling human rights record and their deserved global reputation as the world's terrorism factory," Ms. Kaur said.

Last week, in a strong retort to Pakistan, India had said in the Council that the country is soaked in the red of the bloodshed from the terrorism it sponsors around the world; the red of its debt-riddled national balance sheets; and the red of the shame •P-06

Will Contest On All 3 LS Seats: NC

SRINAGAR: The National Conference (NC) on Tuesday said that the party will contest all the three Lok Sabha seats of Kashmir division while Congress stated that the talks are still on and the final decision will be made public on March 07.

A day after the NC Vice President Omar Abdullah and Peoples Democratic Party (PDP) Chief Mehbooba Mufti attended •P-06

WE DO NOT WISH TO DIGNIFY SUCH REMARKS BY RESPONDING TO them and are taking the floor again only to urge that delegation to introspect on their own appalling human rights record and their deserved global reputation as the world's terrorism factory,"

J&K enthusiastic to welcome PM Modi: Tarun Chugh



MUBASHIR AALAM WANI

SRINAGAR: Bharatiya Janata Party's (BJP) National General Secretary and Incharge Jammu & Kashmir, Tarun Chugh on Tuesday said that the people across Jammu & Kashmir are enthusiastic and keen to welcome the Prime Minister Narendra Modi on March 07,

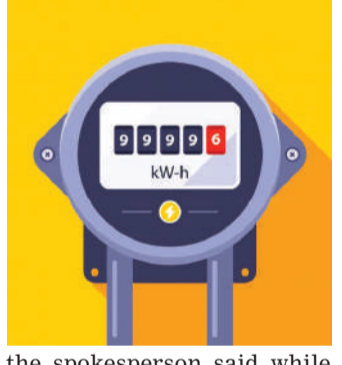
Efforts Underway To Ensure 100% Smart Metering In J&K: PDD

GMK NEWS NETWORK

JAMMU: Stating that Jammu and Kashmir is the only Union Territory across the country where consumers are still provided electricity without meters, a Spokesperson of the Power Development Department (PDD) Tuesday asserted that the areas 'saturated with smart meters' are experiencing significantly reduced losses and improved power supply.

"Concerted efforts are underway to convert the entire consumer base of Jammu and Kashmir to the modern prepaid metering systems so as to ensure a better power supply", the spokesperson said while rebutting the misinformation being circulated across the social media platforms, featuring women protesting against electricity meters, stated that electricity is a commodity, similar to other goods available in the market.

As such, the Spokesperson said it is important to recognize that electricity isn't a free service; rather, it incurs costs at every stage of its journey, from generation at the source to transmission and ultimately distribution. Often, consumers are only aware of the distribution agency, remaining unaware of the intermediate stages and entities involved in supplying electricity to them. At each juncture of the supply chain, accurate measurement of electricity is paramount •P-06



'Sachin Tendulkar's Visit Boosted Sales'



JAHANGEER GANAIE

ANANTNAG: The recent visit of legendary cricketer Sachin Tendulkar to the bat-making industry in Kashmir has sparked a surge in sales and has breathed new life into an industry that has recently gained international recognition.

Bat manufacturing factory owners from Kashmir said their sales have considerably increased following Tendulkar's visit.

Fawzul Kabir, owner of Gr8 Sports and spokesperson of the Kashmir Bat Manufacturers Association, informed that the legendary batsman's visit has served •P-06

Adds 13,000 Rooms Tourist Boom Spurs Homestay Growth In J&K

MUBASHIR AALAM WANI

SRINAGAR: The growing number of tourist arrivals for the last few years has flourished the concept of homestays in Jammu and Kashmir.

Their increasing numbers has subsequently enhanced the room capacity in Jammu and Kashmir, which for the last few years has been receiving record-breaking tourists arrivals.

As per the figures available, as many as 1,485 homestays have been registered across the Union Territory so far.

These 1485 homestays have led to the addition of 13,000 rooms for tourists especially those who look for affordable accommodations.

In February 2022, the Jammu and Kashmir administration and a leading global chain of hotels and vacation homes, launched the rural homestay project 'Crown of Incredible India'.

The administration then announced 50,000 special financial assistance to youth willing to set up a homestay unit.

Since then homestays have mushroomed in Jammu and Kashmir, particularly in border areas and villages, which offer heritage tourism.

"While the concept of homestays was already in Kashmir, we saw more and more homestays coming up in various parts of the valley post Covid-19. From city to towns and far-flung villages, homestays have been set up by youth which provide affordable accommodation to the visitors," said an official of the tourism department. •P-06



Explosive Substance Recovered Near IB



ALI ASAD

SRINAGAR: Security forces in Kathua district of Jammu and Kashmir Tuesday recovered an explosive substance near the India-Pakistan international border. The recovery has prompted a thorough investigation by local law enforcement agencies.

According to reports received, a suspicious polythene bag was spotted in the vicinity of the border, triggering immediate scrutiny. Subsequent examination revealed the presence of an explosive substance within the bag, heightening security concerns in the region. The exact nature and composition of the explosive material have not been disclosed as investigations are ongoing.

Police officials overseeing the probe have affirmed •P-06

MOVIES Schedule

Wednesday 06 March

LAAPATAA LADIES (HINDI)
12:20PM, 02:00PM, 06:00PM (U/A)

OPERATION VALENTINE (HINDI)
04:40PM (U/A)

DUNE PART TWO
12:00PM, 03:15PM, 06:30PM (ENG ATMOS) (U/A)

TERI BAATON MEIN AISA ULJHA JIYA (HINDI)
02:40PM (U/A)

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Good Morning **Kashmir**

EDITORIAL

Lessons From
Bengaluru

Bengaluru is in the middle of a water crisis. The management in the gated communities have asked the residents to use water judiciously while some have asked residents to start looking from private water supply tankers. Every day in Bengaluru one can see thousands of these water tankers ferrying water to different localities, working beyond schedules and always ending up leaving a few unsatisfied customers. These water tankers do not come cheap and the steep demand-supply curve was allowing them to get away even after charging two to three times the government allotted price.

Now the government has taken over the command of these water tankers it means water supply would be rationalized which essentially means that apartment owners with a huge Payscale would be as eligible for a water tanker as a common man. This would essentially mean a lot of top talent in the city opting for "work from hometown" kind of arrangement. This essentially also means that a lot of foreign talent would lose the confidence in Bengaluru being a top IT destination with such crappy infrastructure.

Bengaluru is the IT hub of India with a GDP just 35 percent less than Dubai. However, Bengaluru has no rivers. It is at an altitude of about 800 metres from sea level making it difficult to arrange water from downstream. Now the biggest problem is that it is expanding horizontally and is now effectively a city of 16 million people.

There lies the lesson for Srinagar. With a bustling city of around two million people, it would not be long when Srinagar becomes a city of three million people and there on to four million. However, what remains to be seen is whether this horizontal expansion would continue. If Srinagar city continues to grow horizontally with every citizen adamant at a house of his own the effectively at four million the area of Srinagar would be equal to any metropolitan city in India.

Is our infrastructure growing at the same pace? Would we be able to provide power supply, clean drinking water, healthcare facilities to such a huge area? These are some of the questions about which we have to start thinking right from today because even tomorrow could be too late.

The Prophetic **Wisdom**Cultivating Tender Feelings
In The Contemporary World

MUDASIR ALI

"He who is deprived of tenderly feelings is in fact deprived of good."
- (Sahih Muslim 2592)

The timeless wisdom of Prophet Muhammad (peace be upon him) continues to guide humanity towards a life of compassion, empathy, and kindness. The saying, "He who is deprived of tenderly feelings is in fact deprived of good," serves as a profound reminder for the current generation to prioritize understanding, kindness, and acceptance in their interactions with others. It emphasizes the idea that genuine goodness stems from a compassionate and empathetic heart. In an era marked by rapid technological advancements and diverse societal challenges, the need for tender feelings and empathy has never been more crucial.

The Current Generation's Challenge

In the contemporary world, characterized by its rapid pace and global interconnectivity, people frequently become deeply engrossed in the demands of their fast-paced lives, dedicating their energy to the relentless pursuit of personal success and individual achievements. This intense focus on personal goals can inadvertently result in the overlooking or neglect of the delicate and compassionate emotions that bind us to one another as human beings. The saying of the Prophet Muhammad (peace be upon him) gains particular significance in this context, as it underscores the relevance of cultivating tender feelings in a society where digital communication often takes precedence over traditional face-to-face interactions. The prevalence of online communication platforms and social media has created a virtual space where human connection is mediated through screens, potentially diluting the depth of understanding and empathy that can be established through direct, in-person encounters. In this era of technologi-



cal advancement, the Prophet's (peace be upon him) wisdom serves as a poignant reminder of the importance of preserving and nurturing the heartfelt connections that form the basis of genuine human interaction.

The Need for Understanding

The foundation of tender feelings lies in understanding, making it an essential cornerstone for fostering empathy and compassion. In our contemporary world marked by a rich tapestry of cultural, religious, and experiential diversity, actively cultivating understanding becomes imperative for constructing bridges of connection among individuals. The current generation faces the responsibility of actively engaging in the effort to comprehend the unique struggles and challenges faced by others, transcending superficial differences that might otherwise hinder genuine connection. By doing so, the aim is to contribute to the creation of a more harmonious and inclusive society, where the recognition of shared humanity takes precedence over divisive factors. In this pursuit of understanding, individuals can bridge gaps, dispel misconceptions, and build a collective empathy that transcends cultural and societal boundaries.

Kindness as a Virtue

Kindness operates as a universal language that has the remarkable ability to transcend barriers and create a positive atmosphere. The Prophet's (peace be

upon him) emphasis on tender feelings serves as a poignant reminder of the crucial role kindness plays in our interactions. When kindness is embodied in both actions and words, it becomes a powerful force for building connections and fostering goodwill. Acts of kindness extend beyond benefiting the immediate recipient; they have a ripple effect that contributes to the overall well-being of the giver. Engaging in acts of kindness not only brings joy and comfort to those on the receiving end but also provides a profound sense of fulfillment and inner peace to the one offering kindness. In embracing the universal language of kindness, individuals not only contribute to the betterment of society but also experience a personal transformation that enhances their own well-being and spiritual growth.

Acceptance and Embracing Differences

Acceptance assumes a pivotal role in nurturing tender feelings among individuals. It involves the embrace of diversity and a sincere acknowledgment of the unique qualities inherent in each person, thereby fostering a more tolerant and compassionate society. The teachings of the Prophet Muhammad (peace be upon him) provide profound guidance in this regard, urging followers to appreciate differences and refrain from passing judgment on others. By adhering to these teachings, individuals contribute to the creation of an envi-

ronment where everyone feels valued and accepted. Embracing diversity is not merely a gesture of tolerance; it is a conscious effort to celebrate the richness that arises from the multitude of perspectives, backgrounds, and experiences that individuals bring to the collective tapestry of society. In such an inclusive environment, tender feelings naturally flourish, as individuals feel a sense of belonging and understanding, ultimately fortifying the bonds that unite humanity.

Practical Implications

To embody the profound wisdom embedded in the saying of the Prophet Muhammad (peace be upon him), the present generation must actively weave tender feelings into the fabric of their daily lives. This necessitates assuming the roles of attentive listeners, extending support to those grappling with challenges, and practicing acts of kindness without harboring expectations of reciprocity. By embodying these virtues, individuals can collectively contribute to the construction of a more compassionate and harmonious society, allowing them to navigate the intricate challenges of the modern world with grace, empathy, and a deep sense of shared humanity.

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Empowering **India's Daughters**

Women's Equality At The Ballot Box



DR. NOWHERA SHAIK

As the Indian political arena gears up for yet another round of Lok Sabha elections, there's a glaring reality that cannot be ignored: the systematic marginalization of women. Despite India's claims of progress and modernity, its treatment of half its population remains a stain on its democratic fabric. The All India Mahila Empowerment Party, founded to address this imbalance, finds itself at the forefront of a battle for equality and justice. The present government has shown its commitment to women's empowerment by introducing the Women's Reservation Bill in the special session of Parliament. Prime Minister Narendra Modi deserves praise and support for this bold and progressive move, which will transform the political landscape of India and make it more inclusive, democratic, and gender-just.

However, Indian women face a myriad of challenges from cradle to grave. From gender-based violence to unequal access to education and employment opportunities, the barriers to women's progress are deeply entrenched in societal norms and structures. Despite legislative measures and sporadic initiatives, the pervasive



influence of patriarchy continues to cast a long shadow over the lives of millions of Indian women.

The consequences of this entrenched inequality are far-reaching, affecting not just individual women but the nation as a whole. Studies have repeatedly demonstrated the correlation between gender equality and a nation's socio-economic development. Yet, India lags behind on numerous indicators, its potential stifled by the shackles of gender discrimination.

The empowerment of women isn't just a moral imperative; it's a strategic necessity for India's future prosperity and stability. When women are educated, healthy, and economically independent, they become agents of change within their families and communities. The ripple effects of their empowerment extend far beyond household walls, shaping the trajectory of entire nations.

Moreover, women's empowerment isn't a zero-sum game; it's about creating a more just and equitable society for all. Men, too, stand to benefit from dismantling patriarchal structures and embracing gender equality. By challenging toxic masculinity and redefining notions of manhood, we pave the way for healthier relationships, more resilient communities, and a more inclusive democracy.

It's imperative that political parties prioritize women's empowerment in their agendas. Tokenism and empty promises won't suffice; substantive action is needed to address the root causes of gender inequality. This requires legislative reforms, institutional changes, and a shift in societal attitudes towards gender roles and norms.

The empowerment of women isn't just a lofty ideal; it's a fundamental requirement for true democracy. As India heads to the polls, let's remem-

ber that democracy isn't just about casting ballots; it's about creating a society where every voice is heard, every individual is valued, and every woman has the opportunity to fulfill her potential. The time for action is now, and the All India Mahila Empowerment party is ready to lead the charge towards a more inclusive, equitable, and prosperous India.

India braces itself for the upcoming Lok Sabha elections, the spotlight once again falls on the nation's democratic ethos and the pressing need for inclusive governance. Against this backdrop, the All India Mahila Empowerment party every time championed the cause of gender equality and women's empowerment amidst the political rhetoric and maneuvering.

In the run-up to the Lok Sabha elections, political parties must go beyond tokenism and empty promises, incorporating women's empowerment into their policy

platforms and governance agendas. The All India Mahila Empowerment party sets a precedent by prioritizing women's issues and advocating for meaningful representation in decision-making bodies. By elevating the voices of women and championing their rights, political parties can pave the way for a more inclusive and equitable democracy.

The All India Mahila Empowerment party serves as a catalyst for change, challenging the status quo and envisioning a future where every woman has the opportunity to thrive. The AIMEP has a clear and comprehensive manifesto, that covers all the issues and challenges faced by women in India. The AIMEP believes that women are not weak, but powerful. Women are not victims, but survivors. Women are not followers, but leaders. Women are not a problem, but a solution. Women are not a burden, but an asset. Women are not a minority, but a majority. As citizens prepare to cast their votes, let us remember that true democracy is not just about the exercise of political power but the realization of social justice and equality. The AIMEP is not just a party, but a promise. A promise of a new India, where women are equal, free, and happy. A promise of a new India, where women are the leaders of change, and the architects of destiny. A promise of a new India, where women are the pride of the nation, and the hope of the world.

Author is the Founder and National President of All India Mahila Empowerment Party (AIMEP). She can be mailed at mepcentraloffice@gmail.com

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May You Be The Woman You Want To Be In A Man's World



SHOBHA SHUKLA

"A judge's son is a lawyer, and this lawyer's father is an inspector. Then who is the judge?"

When this question was asked in a training workshop, many participants floundered on the answer. Deep-rooted gender biases and harmful gender stereotypes and narratives, often affect the gendered way we think. Perhaps that is why it is not so obvious to many that a woman can also be a judge as well as a mother!

Article 14 of the Indian Constitution guarantees the right to equality to all its citizens, regardless of their sex or gender. The constitution grants all human beings equal opportunities and rights.

Additionally India has many statutes governing the rights of women. Some of these are:

Right to Compulsory and Free Education Act (RTE Act 2009) makes it mandatory for all children, including girls, between the ages of 6 and 14 to receive education. And yet as per World Bank data, the country's overall female literacy rate is 69% in 2022.

The Equal Remuneration Act, 1976, ensures that men and women receive equal pay for the same work. However, according to the World Inequality Report 2022, men earn 82% of the labour income in India, whereas women earn 18%. In the year between July 2022 and June 2023, an average salaried Indian male made INR 20,666 in a month. A woman, on the other hand, made INR 15,722.

The Protection of Women from Domestic Violence Act, 2005, provides legal protection to women from physical, emotional, and verbal abuse by their spouses or relatives. But according to the annual report of the National Crime Records Bureau out of the 4,45,256 cases of crime against women registered in 2022 (an increase of 4% compared to 2021) domestic abuse or cruelty by husband and/or relatives was the highest reported crime at 31.4%, followed by kidnapping and abduction of women (19.2%), sexual assault on women (18.7%), and rape (7.1%).

And these are the cases that were registered. A lot many such cases go unreported and unheard. Women break the glass ceiling: But why is there a ceiling in the first place?

We are often told that times are changing and more women and girls are demanding to get their rightful



place in society by breaking the glass ceiling, even as they battle the painful blisters caused by the shards. Yes, there could be some iota of truth in it. But the current snail's pace at which this transformation is taking place, has even prompted the United Nations Secretary-General Antonio Guterres to warn us that 'on the current track, gender equality is projected to be 300 years away'.

"Women's rights are being abused, threatened and violated around the world," said Antonio Guterres of the UN. Gender equality implies that women, men, boys and girls of all classes and races have equal access to, and enjoy, the same rights, resources, and opportunities.

Patriarchy on the other hand is a social system in which positions of power, dominance and privilege are primarily held by men. Hence in patriarchal societies (like in India) social norms for men and women are often very different and lead to gender inequalities - when men are valued more than women, and have far greater power, resources, opportunities, entitlements, privileges than their female counterparts.

Right from the time a girl child is born, harmful and gendered social constructs are deeply ingrained in her at every step as she grows up (provided she is lucky enough to not get 'killed' before or just after birth). A report by United Nations Population Fund says that India accounts for nearly one-third (45.8 million) of the total 142.6 million missing females in the world, mainly due to pre- and post-birth sex selection practices stemming from 'son preference'.

Girls are encouraged to play with dolls to prepare them for their already determined future roles of a caregiver. Boys are given toy cars, toy guns and sport equipment to make them bold and aggressive. I have seen that even the return birthday gifts are gendered - lip gloss and nail paint for girls, and

whistles and catapults for boys. All this happens routinely even in the so-called progressive and educated families (in India as well as the West).

Why cannot men do household work and child rearing?

I was a senior faculty in the renowned Loreto Convent College (an all girls' institute) in the past. I once asked my 17-18 year old students, if those who had a brother, ever felt that they were treated unfairly by their parents. All of them said NO, except that the brother could stay out till late in the evening while they were supposed to be back home earlier. They attributed this to their parents' concern for their safety (it never occurred to them that they were unsafe because of the males roaming around at that time of late evening/night).

Carrying the discussion a bit further I asked them if they helped in the household chores, in case their domestic help did not turn up. This time the reply was a big YES. Did their brothers also help? And not a single girl said Yes. Perhaps it was their first realisation of the numerous entitlements and privileges their brother(s) had by being born a male - one of them being freedom from doing any house work.

This is just one small example. Social norms for men and women are often very different, and lead to gender inequalities. Women are expected to be meek, submissive, docile and 'good' mothers and wives.

Men are expected to be 'bold', 'aggressive', and 'primary decision-makers' - giving an easy escape to men from child-rearing and household chores. Men are in-charge to manage finances. With no control over money matters and property/ land rights, women become more vulnerable whereas men gain absolute authority and control over them.

While most parents in urban and economically well-off families are giving the same quality of education

to girls and boys, girls are not exempt from learning how to cook and help in housework. Boys on the other hand are kept away from taking part in 'mundane' chores.

In poorer households, boys' education is prioritized as they are groomed to become future breadwinners, whereas girls are expected to prioritize housework over education to become 'good' wives and mothers.

Thus, from early childhood, sons are valued more than daughters and given more power, resources, and opportunities, which later manifest into entitlement, domination, and control over women. A husband can demand sex at free will and the wife is expected to satisfy him. Lack of bodily autonomy makes her very vulnerable. This also constitutes rape - as non-consensual sexual intercourse regardless of marriage or relationship status, is rape.

With very little decision-making on when (or if) to marry or to have (or to not have) children, women's education and career take a back-seat whereas men get social licenses to prioritize their education and career and not share domestic work and child-rearing.

Motherhood is glorified (and so is womanhood). We have even dedicated special days for them. But short of paying lip service and singing praises of her selfless love and sacrifices, we do very little to share her workload and give her equal rights.

The shameless farce and hypocrisy of it all!

In many parts of India, girls fast on 16 consecutive Mondays every year to get a 'good' (?) husband; a married woman, irrespective of her social and educational status, is expected to fast at least once a year for the wellbeing and long life of her husband. Instead of debunking the myths associated with it and questioning the rationale behind it (there is no reciprocal fast mandat-

ed for men), this fast (called 'karwa chauth') has been glamorised by the show biz industry and celebrated with a lot of fanfare. Then again, there are special fasts to be kept by a mother for the well being of her son(s) - provided she begets one. But none for the daughter.

Gendered division of labour deprives girls and women of equal opportunities for education, work force participation, economic activities as well as leisure activities. To add fuel to fire, we categorise women into being working women and homemakers - as if those who also work outside their homes are 'home-breakers', and also that 'those who do not earn a salary do not do any work', as all household and child rearing chores come under unpaid labour.

Women applying for high profile jobs are often asked 'if they have any plans for marriage'; 'if they have children'; and 'how they will manage office and childcare/ housework'. Has any man ever been asked these questions?

These are just a few examples of socially accepted harmful gender norms and cultural practices that wrongly normalize and justify gender inequality. Gender inequality also sets the underlying tone for violence against women and girls. Women also suffer emotional violence while being forced to, or trying to, conform to social norms. This makes them very vulnerable to other forms of violence, and more difficult to seek help.

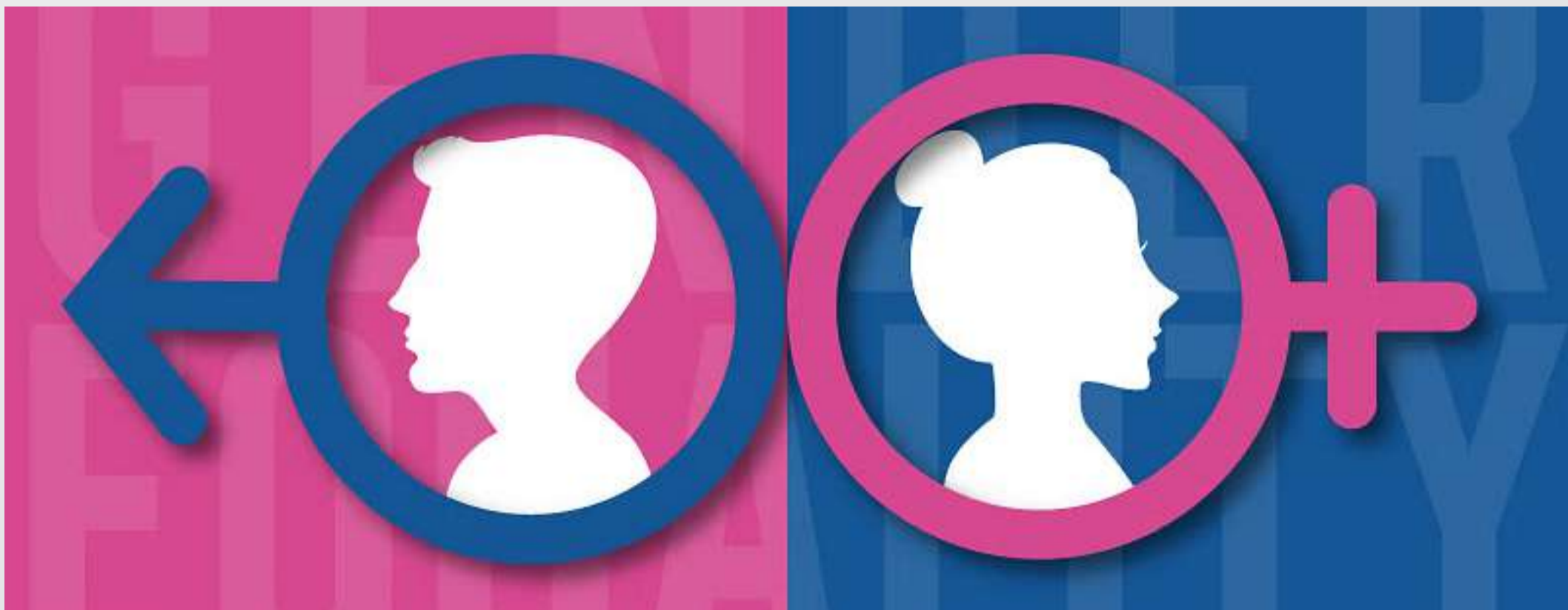
Yes, there are some so called modern families (read men) who 'allow' and 'permit' their womenfolk to wear modern clothes, take up salaried jobs, and enjoy some leisure once in a while. Such few and far between women are deemed fortunate and are expected to be grateful to have landed such a progressive husband who maybe makes breakfast or does housekeeping once a week.

But who gives him the right to decide for her? Why should she take his permission by default? Why should she be grateful for being allowed to move freely within the limits and boundaries set up by him?

It is high time to seek and demand answers to these and myriad other questions from the menfolk - be they our fathers, brothers and husbands - as well as women indoctrinated by them to accept the status quo.

As a sequel to 'May you be the Mother of a hundred sons' - a thought-provoking book by Elisabeth Bumiller, on the lives of women in India - I wish that 'May you be the woman you want to be in Man's world'.

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



10 Fatty Foods That Might Actually Help You Lose Weight

Contrary to popular belief, some fatty foods can help with weight loss when consumed in moderation and as part of a balanced diet. Here's a list of fatty foods, along with how they contribute to weight loss. We also share their overall benefits for the body.

10 Fatty foods that will actually help you lose weight:

1. Avocado
Despite being high in healthy fats, avocados are also rich in fibre and low in carbs. They can help promote feelings of fullness, reduce hunger cravings, and support weight management. Enjoy avocados in salads, on toast, or as a healthy addition to smoothies.

2. Nuts
Almonds, walnuts, pistachios, and other nuts are packed with healthy fats, protein, and fibre. They provide a feeling of satiety and can help moderate food intake. However, keep portion sizes in mind, as nuts are calorie-dense. Opt for raw or dry-roasted nuts without added oils or salt.

3. Olive oil
High-quality extra virgin



olive oil contains monounsaturated fats, which can increase satiety and improve heart health. Use olive oil in salad dressings or for light sautéing rather than deep frying.

4. Fatty fish
Salmon, sardines, trout, and mackerel are excellent sources of omega-3 fatty acids. These fats help regulate appetite, promote fat burning, and reduce inflammation. Grill, bake, or steam fatty fish for a nutritious meal.

5. Coconut oil
Although high in saturated fat, coconut oil consists of medium-chain triglycerides (MCTs) that can boost metabolism and increase feelings of fullness. Use coconut oil in moderation for cooking or baking.

6. Chia seeds
Chia seeds are packed with omega-3 fats, fibre, and protein. When consumed, they absorb liquid and expand in the stomach, promoting fullness and reducing calorie intake. Sprinkle chia seeds over yogurt, oatmeal, or blend them into smoothies.

7. Full-fat yogurt
While low-fat dairy products are often promoted for weight loss, studies indicate that full-fat versions, when consumed mindfully, can be more satisfying and lead to reduced calorie consumption. Choose plain, unsweetened yogurt and add fresh fruits or nuts for a healthy snack or breakfast option.

8. Dark chocolate
Dark chocolate with a high cocoa content (70% or more) contains healthy fats and antioxidants. It satisfies sweet cravings and helps control appetite. Enjoy a small piece of dark chocolate as an occasional treat.

9. Eggs
The idea that eggs are unhealthy due to their cholesterol content has been largely debunked. Eggs are packed with healthy fats, essential amino acids, and vitamins. They provide a feeling of fullness and can reduce overall calorie intake when included as part of a balanced diet.

10. Seeds
Flaxseeds, pumpkin seeds, and sunflower seeds are rich in healthy fats, fibre, and antioxidants. These seeds provide a sense of fullness and can be sprinkled on salads, yogurt, or added to smoothies.

Remember, moderation is key when incorporating these fatty foods into your diet. While they offer weight loss benefits, consuming them excessively can hinder progress. Pair them with a variety of nutrient-dense foods, engage in regular physical activity, and consult a healthcare professional for personalised advice.

FROM THE FRONT PAGE

India Slams Pakistan

its own people feel for their government having failed to serve their actual interests."

She said a country that hosts and even celebrates UN Security Council-sanctioned terrorists, "commenting on India whose pluralistic ethos and democratic credentials are exemplars for the world, is a contrast for everyone to see." Hitting out at Pakistan for the "extensive references" to India, Mr. Singh had said it is deeply unfortunate for the Council's platform to have once again been misused to make patently false allegations against India. (Agencies)

2 Die In Late-Night

reached the accident spot and two occupants traveling in the said vehicle were retrieved and shifted to DH Ramban, where both were declared brought dead at hospital.

The deceased have been identified as Hakam Din, son of Abdul Rehman, aged about 25 years and Tariq Ahmed, son of Abdul Rashid, aged about 32 years, both residents of Village Dalwa, Sangaldan, Gool District Ramban. "A case FIR No 48/224 under relevant sections of law has been registered at PS Ramban," official added—(KNO)

Will Contest On

the INDIA bloc meeting in New Delhi, the NC leaders back in Kashmir said that there will be no compromise on any seat in the valley.

"The talks are going on with Congress, but we (NC) will contest from all the seats in Kashmir," Nasir Aslam Wani, party's Provincial President told KNO.

He added that the decision has been made by the party and there will be no discussion over it.

However, Jammu and Kashmir Pradesh Congress Committee (JKPCC) President, Vikar Rasool when contacted, said that there is no decision with regard to the seat sharing yet. "NC might have made public its stand and claim on three seats in Kashmir division, but the fact is that any decision with regard to the alliance and seat sharing will be made public on March 7 only," he said.

PDP Spokesman, Najam-us-Saqib said that NC is adamant to contest on all the three seats. "We firmly believe that it is an existential fight and there is no need to look into the interests and fight for a larger cause. The decision is still pending and a final outcome will be out on March 07," he said—(KNO)

J&K enthusiastic to

Chugh said. He said the vision of PM Modi 'Sab ka saath, sab ka vishwas, sab ka sath' is completely visible in Jammu & Kashmir, adding that every village is getting the proper road connectivity, two AIIMS have been constructed, and tap water connections are being ensured.

"Like other parts of India, people of Kashmir too believe in PM Modi and have tremendous love for him. Nearly 1.5 lakh to 2 lakh people will participate in the rally of PM Modi here. There is lot of enthusiasm among the people for PM Modi and are keen to welcome him," he said—(KNO)

Efforts Underway

to maintain a supply-demand balance, ensuring the financial viability of the sector. Despite meticulous measurement throughout these stages, it's worth noting that accurate measurement and accounting of electricity consumption at the consumers' end remains a challenge in J&K.

"It is pertinent to mention that in J&K, the electricity tariff being charged from consumers stands as one of the lowest across the country", the spokesperson added.

Installing a smart electricity meter can help bear the load of shooting high energy prices and address the fundamental issues plaguing the distribution sector. Smart meters enable precise billing based on actual usage, eliminating the surprise of unexpectedly high bills due to inaccuracies. These tools can quickly detect power outages allowing for a faster response time to restore power. Customers can monitor their electricity usage in nearly real-time and make changes to their consumption patterns leading to lower electricity bills.

He elaborated that the primary sufferers due to deficient metering system are the consumers themselves, experiencing irregular and poor-quality power supply. As such, J&K has undertaken the smart meter installation in three phases under PMDP/RDSS schemes.

The first phase which started in the year 2022 stands completed with installation of 1.5 lakh smart meters in Jammu & Srinagar cities. The second phase covering 5.50 Lakh smart meters is under implementation while the third phase, which comprises remaining 14 Lakh smart meters, has also commenced, targeted for completion by 2026, thereby accomplishing 100% smart metering in J&K.

As regards the pricing/electricity tariff rates being charged from consumers, the said rates are determined and approved by independent Regulatory Commissions and not by the DISCOMs taking into account various factors such as cost of power purchase from generating companies, transmission expenses, staffing, and maintenance costs etc., to ensure that consumers are charged fairly. For example, in J&K, the Joint Electricity Regulatory Commission (JERC) is responsible for determining the electricity tariff.

This is evident from the fact that the metering percentage in J&K is distressingly low with only 51% consumers metered and as such, being charged on flat-rate basis. The flat rate bills, based on rough estimates, do not reflect the actual usage and are hence considered flimsy or unsubstantial even during the time when electro-mechanical meters were in use. As such, in the present era, where energy measurements are digitally done right from the generating end, it is paramount to ensure accurate measurement at consumers' end too.

Regarding power availability, there persists a misconception among consumers that J&K is a power surplus Union Territory due to its abundant water sources, however, the reality is that J&K relies solely on hydro power plants for electricity generation, which are subject to limitations due to seasonal dependence.

The hydro power plants generate at their maximum capacity only during 4-5 months of peak water flow in rivers, while their generation diminishes for the rest of the year. Quantitatively, out of the existing installed generation capacity of 3500 MW, 1140 MW is contributed by UT-owned plants, the main ones being 900 MW Baglihar, 110 MW Lower Jhelum, and 110 MW Upper Sindh, while the remaining 2300 MW comes from central sector plants such as Salal, Dul-Hasti, Uri, and Kishanganga. During winters, power houses in J&K, under both central and state sectors, can only generate a maximum of 600 MW against their rated capacity of 3500 MW due to reduced water levels in the rivers.

Moreover, with peak demand reaching up to 3200 MW during winters; it's evident that J&K's power demand cannot be solely met by hydroelectric power plants. So the remaining power requirement during winters is met through thermal-based Central Generating Stations (CGS) situated outside J&K.

Moreover, it's crucial to acknowledge that the Government of J&K has indeed made significant investments in recent years to harness the maximum hydro potential, with four mega Hydel Projects worth Rs. 22,207 crore under development and agreements

signed for four additional projects totaling Rs. 29,600 crore. It is evident that the development of hydro power plants entails huge investment. As such, the hydro power plants are developed on a debt-equity pattern, where a substantial amount is raised in the form of debt from financial institutions, which must be repaid to them through the sale of power once the plants become operational.

Moreover, the debt is secured against a mortgage, encompassing all assets of the plant, including the dam, which are pledged to the financial institution providing the loan.

Unfortunately, J&K faces challenges with low recovery rates. In the financial year 2022-23, while the power purchase cost amounted to Rs. 9,886 crore, the collection from the sale of power to consumers was only Rs. 3,652 crore.

Consequently, to clear power dues owed to generating companies, J&K has been compelled to avail loans totaling Rs. 32,000 crore in the past two years alone under liquidity infusion schemes of the Government of India, such as Atma Nirbhar Bharat and the LPS Rules 2022.

Therefore, the claim of the protestors with regard to 'our power, our water' is baseless, as consumers in this context are not producers but recipients of electricity supplied to them by various entities involved in the process. While water is abundant in J&K, generating electricity from it demands significant effort and investment. Additionally, as mentioned above, hydro power alone is insufficient to meet the region's demand.

'Sachin Tendulkar's

as an endorsement of the quality bats produced in the region.

"This endorsement has resonated with cricket enthusiasts not only in India but also in other countries, leading to a notable uptick in demand," he said.

Kabiir said Sachin's interaction with craftsmen and his appreciation for their dedication and skill has garnered widespread attention. This has attracted cricket lovers to own bats endorsed by the legend himself, he said.

The bat industry in Kashmir, renowned for producing high-quality bats, has witnessed a resurgence in recent years, reaching the international stage. Many lesser-known international players have used Kashmiri bats at the international level.

Following Tendulkar's visit, manufacturers have reported an increase in orders from local, domestic and international markets. They said the cricket legend's endorsement is a recognition of their efforts, adding that Kashmiri bats are of exceptional quality and can compete favourably with English bats.

Various bat manufacturers echoed similar sentiments, saying that Sachin Tendulkar's visit is an endorsement of the high quality of Kashmiri bats. We believe that his visit will prove beneficial for the industry in the long run, they said.

On February 17, 2024, Sachin Tendulkar visited a bat manufacturing factory in the Cherso area of Awantipora in south Kashmir's Pulwama district. During his visit, he appreciated and encouraged bat manufacturing companies to continue their exemplary work and promised to promote Kashmiri bats himself—(KNO)

Explosive Substance

that all possibilities, including potential links to hunting activities prevalent in the area, are being meticulously explored. The discovery of the suspicious bag has prompted heightened vigilance, with law enforcement personnel and Border Security Force (BSF) units intensifying patrols and surveillance efforts along the border.

It is worth noting that this incident comes just thirteen days after a similar security breach occurred in the same vicinity. On

February 22, 2024, BSF personnel thwarted a Pakistani drone incursion in the Maniyari area of Hiranagar, driving away the unmanned aerial vehicle.

Subsequent search operations led to the recovery of an Improvised Explosive Device (IED) in the vicinity, underscoring the persistent security challenges faced by border authorities—(KNO)

Tourist Boom Spurs

The Unique Selling Proposition (USP) of these homestays lies in their ability to offer an authentic experience of the region. Unlike conventional hotels, which often provide a more standardized experience, homestays allow visitors to immerse themselves in the local culture and lifestyle.

"Staying in a homestay gives travelers a chance to connect with the essence of Kashmiri hospitality. Guests get to experience our traditions, cuisine, and warmth firsthand," says Mohammad Shafi, who runs a homestay in the scenic town of Pahalgam.

For tourists, the appeal of homestays lies not only in their affordability but also in the personalized experience they offer. Many travelers seek to escape the hustle and bustle of city life and yearn for a more tranquil and intimate setting.

"Staying in a homestay allowed me to experience the true essence of Kashmir. The hosts treated me like family, and I got to explore the region through their eyes. It was an unforgettable experience," remarked Supriya, a tourist from Mumbai, who arrived in Kashmir last week—(KNO)

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