

Good Morning Kashmir

15th Year Of Publication

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I extend my greetings to Nari Shakti for their selfless & determined effort to shape the destiny of 'Naya J&K'. They are playing exemplary role in peace & prosperity and will continue to drive UT's future progress & inclusive growth.

Forester Among 2 Arrested For Demanding Bribe



SRINAGAR: Anti-Corruption Bureau (ACB) Friday said to have trapped and arrested a Forester and official of the forest Range office, Watergam, Baramulla for demanding and accepting bribe of Rs 12500 for processing and issuance of Transit Permit.
A statement •P-06

Road Widening Sgr-Jmu NH To Remain Closed On Sat, Sun

RAMBAN: The vehicular movement on the Srinagar-Jammu National Highway will remain suspended for 14 hours on Saturday and Sunday between Nashri and Banihal in Ramban district.
An order reads, "In view of the requisition received from Project Director, NHAI, PIU Ramban, vide above-quoted reference and in order •P-06

Peace Restored In J&K, Won't Permit Disruption: R R Swain

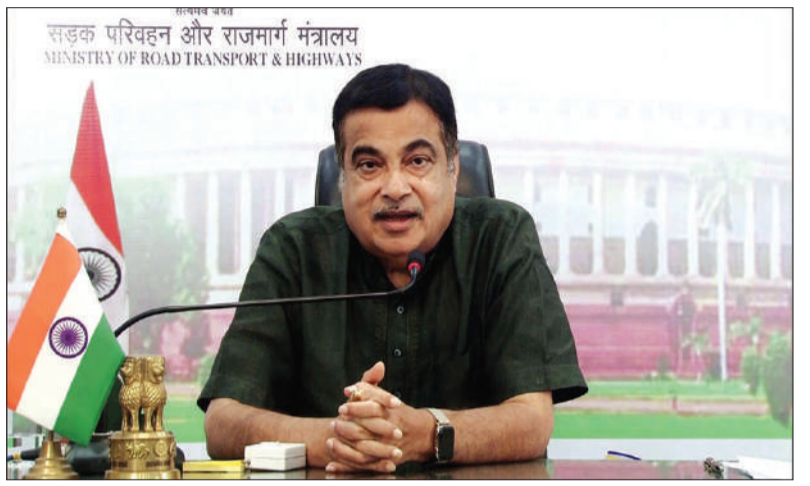


JEHANGEER SHAH
SRINAGAR: The Director General of Police (DGP) R R Swain Friday said that peace has returned to J&K and the police force won't allow it to derail.
Addressing the culmination ceremony of All India Police Water Sports Championship at SKICC here, DGP Swain said that they were a little bit worried about Prime Minister Narendra Modi's visit but "everything went off peacefully."
"Peace has returned to J&K and we will not allow it to derail," the DGP said. "The ability of an adversary has always been limited. It is not an easy task to counter the fear. We are in 2024 and the year 2025 will be self-explanatory."
Later, talking to reporters, the J&K police chief said that the water sports events will be organised at the nook and corner of J&K. "J&K police have taken it as a commitment. We will collaborate with the sports department and the experts to explore the villages and cities where there are water bodies to promote water sports," he said. To a query about absence of J&K police's women •P-06

J&K POLICE HAVE TAKEN IT AS A COMMITMENT. WE WILL collaborate with the sports department and the experts to explore the villages and cities where there are water bodies to promote water sports."

Centre Approves Rs 2,093 Cr Outlay For Highway, Ropeway Projects In J&K

GMK NEWS NETWORK
NEW DELHI: Union Minister for Road Transport & Highways Nitin Gadkari announced on Friday that an allocation of Rs 2,093.92 crore has been approved for widening two highways and a ropeway project in Jammu and Kashmir.
The minister said an outlay of Rs 1404.94 crore has been approved for the widening and strengthening of the Rafiabab - Kupwara - Chowkibal - Tangdhar - Chamkot section of National Highway-701 in Jammu and Kashmir.
He said this initiative, executed under Project Beacon in Baramulla and Kupwara districts on engineering, procurement and construction (EPC) mode under Package I, aims to transform the 51 km route into two-lanes. The highway is critical for logistics in the region as it forms a part of the strategic route connecting Baramulla and Kupwara districts. It plays a pivotal role and is integral to the development of the tourism sector in North Kashmir near the International Border.
Nitin Gadkari in a post on X said, "In



Jammu & Kashmir, an allocation of Rs. 1404.94 crore has been approved for the Widening and Strengthening project of the Rafiabab - Kupwara - Chowkibal - Tangdhar - Chamkot section of National Highway-701."
He said this initiative, executed under Project Beacon in Baramulla & Kupwara districts on EPC Mode under Package I, aims to transform the 51 Km route into 2 lanes with Paved, Shoulder. Critical for logistics in the region, this strategic route connecting Baramulla and Kupwara districts plays a pivotal role and is integral to the development of the tourism sector in North Kashmir near the International Border.
"An allocation of Rs. 126.58 crore has been approved for the development, Operation, and Maintenance of a Ropeway from SDA Parking (Near Zabarwan Park) to Shankaracharya Temple. Spanning 1.05 Km in Srinagar district, this initiative operates on the Hybrid Annuity Mode, utilizing Mono-Cable Detachable Gondola (MDG) Technology with a capacity to transport 700 PPHPD. This project is designed to offer a panoramic view of Srinagar city and Dal Lake, providing a safe and convenient transportation means," said Nitin Gadkari in another post.
He said that it would ensure easy access for individuals with disabilities and senior citizens to visit the temple, reducing travel time from approximately 30 minutes to about 5 minutes. Additionally, it serves as an eco-friendly mode for •P-06

Nitin Gadkari
@nitin_gadkari

In Jammu & Kashmir, an allocation of Rs. 1404.94 crore has been approved for the Widening and Strengthening project of the Rafiabab - Kupwara - Chowkibal - Tangdhar - Chamkot section of National Highway-701.

PAGD Over! NC, PDP Spar Over Seat-Sharing Arrangement In LS Polls



OWAIS GUL
SRINAGAR: The political landscape in Jammu & Kashmir witnessed a tumultuous turn on Friday as the People's Alliance for Gupkar Declaration (PAGD) literally collapsed with National Conference and Peoples Democratic Party trading charges after the former ruled out conceding Anantnag- Rajouri Lok Sabha seat to the latter, citing its poor performance in 2019 Lok Sabha polls.
The alliance between the National Conference (NC) and the People's Democratic Party (PDP) faced a severe setback over the coveted Anantnag- Rajouri seat Addressing a news conference here, National Conference Vice -President Omar Abdullah today •P-06

Women's Day 'Gift' PM Modi Announces Rs 100 Cut In LPG Cylinder Prices

IAN S
NEW DELHI: Prime Minister Narendra Modi on Friday announced the reduction in the prices of LPG cylinders by Rs 100 on the occasion of International Women's Day.
In a post on his official X handle, PM Modi said, "Today, on Women's Day, our Government has decided to reduce LPG cylinder prices by Rs. 100. This will significantly ease the financial burden on millions of households across the country, especially benefiting our Nari Shakti.
"By making cooking gas more affordable, we also aim to support the well-being of families and ensure a healthier environment. This is in line with our commitment to •P-06



Maha Shivaratri Celebrated With Religious Fervour



REHAN QAYOUM MIR
SRINAGAR: Devotees across different parts of the valley came together to observe Maha Shivaratri with fervour and devotion, marking the auspicious occasion with rituals and prayers.
On the occasion, the Shankaracharya Temple, a prominent temple in Srinagar city, was adorned with colourful lights and echoed with the chanting of hymns as devotees gathered to pay homage to Lord Shiva.
Amidst the serene ambience of the temple, devotees offered flowers and fruits and asked for a blessing from lord Shiva. The atmosphere resonated with spiritual energy as devotees immersed themselves in prayer.
A devotee expressed joy and gratitude for being able to participate in the •P-06

Kashmiris Hopeful After PM Modi's Promise Of Better Days Ahead

IAN S
SRINAGAR: Hope and expectations of the people in the Kashmir Valley ran high on Friday, a day after Prime Minister Narendra Modi promised to return the love and warmth people showed towards him.
It was PM Modi's first visit to the Valley after the abrogation of Article 370 and it was the most successful visit to Kashmir by any Prime Minister of the country so far.
People from almost every nook and corner of the Valley braved the chilly morning cold to join PM Modi's public rally.
Congress, National Conference (NC) and the Peoples Democratic Party (PDP) leaders alleged that the crowd was forced by the government to join the rally.
Politics apart, a crowd of the magnitude that turned out to join PM Modi's public rally cannot be truly believed to have been herded.
To push a hundred thousand people into a stadium against their will and expect them to wave and cheer the way they did at the Bakshi Stadium on Thursday definitely needs a better explanation by PM Modi's detractors.
In the not very remote past, some people would not even stand when the national anthem would be played during official functions in Kashmir, not even the local government servants.
Given the body language and the positivity of Thursday's gathering at the Bakshi Stadium, it is not possible to make such a mammoth crowd behave and resonate with hope and expectation unless they had willingly come to the venue.
The fact is that Kashmir has undergone a sea-change. It is no longer a place where people's sentiments were available to be exploited in the name of region and religion. •P-06



PM Modi's Visit Turned New Leaf In J&K: Chug



GMK NEWS NETWORK
SRINAGAR: Bharatiya Janata Party (BJP) National General Secretary Tarun Chug, who is also party incharge for J&K Friday said that Prime Minister Narendra Modi visit here has turned a new leaf in the valley.
Overwhelming response of the people to the PM's visit demonstrated that the people have seen through the nefarious and anti-national game plan of the three families of Nehrus, Muftis and Abdullahs, Chug said in a statement issued.
He said the three families have perpetuated the culture of bullet and violence for their vested interests. "But now the tables are turned and a new era has come in J&K where tourism and development are the new idioms," said Chug.
He said people in J&K have realised the destruction •P-06

MOVIES Schedule
Saturday 09 March

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LAAPATAA LADIES (HINDI) 12:00PM, 05:50PM (U/A)	SHAITAAN (HINDI) ATMOS 12:40PM, 04:30PM 11:00AM (HINDI) (U/A)
GAAMI (TELUGU) 02:00PM (A)	TERI BAATON MEIN AISA ULJHA JIYA (HINDI) 02:45PM (U/A)

DC Ganderbal inaugurates CBC's five-day exhibition

GMK NEWS NETWORK

GANDERBAL: The Deputy Commissioner (DC) Ganderbal, Shayambir on Friday inaugurated a five-day multimedia exhibition of the Central Bureau of Communication (CBC), Ministry of Information and Broadcasting, Government of India at Mini-Secretariat, here.

The DC was accompanied by the Head of CBC J&K, Ghulam Abbas, Field Publicity Officer CBC Srinagar and Field Publicity Officer CBC Anantnag.

The exhibition on Viksit Bharat is being organised by CBC's Field Office Srinagar at the Mini Secretariat Ganderbal from 8th to 12th March 2024.

The five day exhibition aims to showcase various welfare initiatives and schemes of the government, with a special focus on Viksit Bharat, Mission Life, Swachh Bharat Mission and Agnipath scheme.

On the first day, resource persons from the ICDS department delivered insightful lectures about the department's various schemes.

The DC emphasized the importance of effective communication in reaching the grassroots level, ensuring that government schemes reach the masses. He reiterated the administration's com-



mitment to extending support to people in availing the benefits of various schemes.

Head of CBC J&K, Ghulam Abbas, underscored the role of CBC in disseminating information about public welfare schemes of the government and development initiatives effectively.

He mentioned that the media outreach helps in effectively delivering the message and field units of CBC organise such programmes across the length

and breadth of Jammu and Kashmir.

During the event, the DC also visited stalls set up at the exhibition venue by various departments including Agriculture, Health, Horticulture and ICDS.

Attendees were further entertained and informed through cultural performances by the CBC cultural troupes, which highlighted information about various government schemes in an entertaining manner.

The programme witnessed an enthusiastic participation from numerous students from various schools and workers from the ICDS department.

An open quiz was also organised for the audience during the programme. The winners were felicitated by the DC.

Tomorrow, on the second day of the exhibition, resource persons from the health department will deliver lectures about various schemes of the department.

Int'l Women's Day 2024 celebrated with vigour in G'bl

GMK NEWS NETWORK

GANDERBAL: A vibrant celebration of International Women's Day 2024 was Friday held at Ganderbal, as various governmental bodies and organizations came together to honor women's achievements, advocate for gender equality, and raise awareness about women's rights.

The mega event held at the Conference Hall of Mini Secretariat Ganderbal, was organized by the One Stop Centre (OSC) Ganderbal, District Legal Services Authority (DLSA), District Administration Ganderbal, District Hub for Empowerment of Women (DHEW), Department of Education, Department of Social Welfare and Women's Cell Ganderbal.

The theme of International Women's Day 2024, "Invest in Women: Accelerate Progress," set by the United Nations, resonated throughout the event, serving as a poignant reminder of the ongoing need to strive for gender parity, as emphasized by the Global Gender Gap Report-2023 of the World Economic



Forum.

The District Development Commissioner (DDC) Ganderbal, Shayambir graced the occasion

as the chief guest, highlighting the importance of fostering a violence-free environment for women in Ganderbal.

He commended the relentless efforts of OSC Ganderbal and other departments in advancing women's empowerment initiatives.

During the event, the DLSA provided crucial information on laws concerning women, with a focus on enhancing legal awareness among women, empowering them with knowledge about their rights and entitlements.

Distinguished speakers addressed various facets of gender equality, women's empowerment, protection from domestic violence, and the imperative for social, economic, and educational empowerment for women.

In consonance with the event, the Department of Education conducted a brief demonstration on voting procedures under the Sweep programme, reinforcing the importance of women's participation in the democratic process.

The event concluded on a resounding note, underscoring the collective commitment to advancing the rights and opportunities of women in Ganderbal.

DHEW Kulgam organizes series of events to celebrate 'Int'l Women's Day'



GMK NEWS NETWORK

KULGAM: In observance of International Women's Day, the District Hub for Empowerment of Women (DHEW) Kulgam Friday organized a series of events to celebrate this significant occasion.

In this connection, a day-long felicitation cum awareness programme was also held at the Auditorium Hall of Mini Secretariat, here which was attended by officers and officials from the DHEW, Social Welfare Department Kulgam and One Stop Centre Kulgam.

Distinguished speakers at the event passionately urged the community to actively participate in empowering women and

emphasized the government's unwavering commitment and resolve towards women's empowerment.

The program served as a platform to inspire collective action and support for gender equality and women's rights.

As a gesture of encouragement, kits were distributed among women achievers and lactating women who recently welcomed baby girls.

During the programme, participants were also informed about various government schemes and programmes aimed at promoting the welfare of women. The event concluded with a rally, marking the culmination of the day's activities.

RSETI celebrates Int'l Women's Day in Ramban



GMK NEWS NETWORK

RAMBAN: State Bank of India, Rural Self Employment Training Institute (RSETI) Ramban celebrated International Women's Day on its campus Friday.

District Development Manager NABARD Aarushi Sharma was Chief Guest, while Lead District Manager Abdul Rashid Sofi was the Guest of Honor.

During the program Trainees shared their experience. DST Neelam narrated her long journey from School to becoming a successful Woman Entrepreneur.

She expressed gratitude to RSETI for support during her struggle. Ex.Trainee Mehroon

Nisa also shared her life and business journey. She thanked RSETI Ramban for support during her journey.

DDM NABARD interacted and made the trainees aware about the Fundamentals Rights and government support for upliftment of women in every sector.

Lead District Manager also interacted and educated the trainees about women upliftment schemes of the government.

Later, gifts were also presented to the Women Domain Skill Trainers & EX. Trainees

Senior Faculty Amrik Singh Raju concluded the program with the vote of thanks.

Yasin Choudhary reviews arrangements for Ramazan

GMK NEWS NETWORK

POONCH: Deputy Commissioner, Poonch, Yasin M. Choudhary chaired a meeting to review the necessary arrangements for the upcoming holy month of Ramadan.

The meeting was attended by Additional District Dev. Commissioner, Sandesh Kumar Sharma, Additional Deputy Commissioner, Tahir Mustafa Malik, Dy. SP Hqrs. Kuldeep Kumar, Deputy CMO, Dr. P.A Khan, Tehsildar Haveli, Azhar Majid, Xen PWD, Imtiaz Khan, SHO Poonch, Kunal Singh Jamwal, CEO Municipality, Yaqoob Choudhary, AD Food, Adil Shabir, ARTO Poonch, Taramani, CAHO, Dr. Younis, DSHO, Ashish Mahajan, representatives from PHE, Fire Services besides other concerned officers were present.

The meeting focused on various important issues



such as ensuring adequate power and water supply, regulating prices of essential items, maintaining cleanliness, managing traffic, enhancing security, providing healthcare facilities, and making other logistical arrangements for this auspicious occasion.

Representatives from different religious organizations actively participated in the meeting, high-

lighting various concerns and offering suggestions for effective arrangements during the Holy Month.

To address the issue of uninterrupted water and power supply, the Deputy Commissioner issued directives to the concerned Executive Engineers from the Jal Shakti and Power Development Department (PDD). They were instructed to ensure a con-

tinuous provision of water and electricity throughout Ramadan. Additionally, the Assistant Director of Food was directed to provide ration as per the needs of the community.

To safeguard consumer interests and prevent unfair practices, regular market inspections will be conducted by officials from the Tehsildars, Food, Civil Supplies, and Consumer Affairs (FCS&CA), Food Safety, Police, and Legal Metrology departments.

The Executive Officers (EO) of Municipalities were asked to maintain high standards of cleanliness and sanitation within their respective areas, especially focusing on religious sites.

Furthermore, the Health Department was tasked with ensuring the availability of comprehensive healthcare facilities throughout the duration of Ramadan.

International Women's Day celebrated in B'la

GMK NEWS NETWORK

BARAMULLA: To recognize the achievements and contributions of women in the society, Social Welfare department Baramulla in collaboration with District Legal Services Authority (DLSA) today organized a day long function at Dak Bunglow here to celebrate International Women's day.

The event was presided by Secretary DLSA Baramulla and was attended by representatives from Social Welfare, Health, Education, NRLM, DHEW, GDC, girl students and women from various backgrounds.

A comprehensive informative session was conducted where the guest speakers talked in length to educate participants about various issues affecting women, including access to education, healthcare, economic empowerment, and legal rights. Experts led engaging discussions, offering insights and strategies to promote gender equality and create a more inclusive society.

Emphasizing on achieving economic independence for empowering women, the speakers urged them to take advantage of government-run beneficiary schemes designed to help them establish their own income-generating enterprises. The speakers further highlighted the significance of women in the overall growth of the society and the role played by them in social, economic, political, educational and judicial fronts.

Later, various educational items including school bags, stationery kits, competitive exam books and baby kits were distributed among young girls.

DAHWA holds annual Shivratri-cum-rural awareness Mela

GMK NEWS NETWORK

UDHAMPUR: The Destitute And Handicapped Welfare Association (DAHWA), in collaboration with district administration, Udhampur, Friday organized the 27th annual Maha Shivratri-cum-rural awareness mela at Khooneshwar Shiv temple, Khoon in Majalta tehsil of the district.

Thousands of people thronged the ancient Aap Shambu Temple to be part of the congregation held amid spiritual ambience of the revered shrine.

On the occasion, the government departments including Agriculture, Health, Veterinary and others established their stalls to educate the farmers regarding their respective schemes. They spoke in length about the procedure and requirements for availing the benefit of these ambitious schemes.

The Agriculture department distributed free seeds among the farmers besides the Health department facilitated the rural participants with free healthcare check up.

The religious Gramin-Kisan mela was organized by DAHWA, on the eve of Mah-shivratri which witnessed a

good participation of devotees who thronged the event and paid obeisance at the historic ancient temple to seek blessings of Lord Shiva.

Founder President DAHWA, Surat Singh Sumbria, inaugurated the mela which was among others attended by government officials and prominent citizens.

Speaking on the occasion, the speakers appreciated DAHWA for organizing this pro-people event since the past over 27 years. They said the event has immensely helped the rural populace avail benefit of various government schemes thus expanding the coverage of beneficiaries.

They lauded the efforts of DAHWA for organizing this annual festival saying that such events help in generating awareness and seeking involvement of village community in various initiatives designed by the government for their welfare.

Lauding the enthusiasm among the participants at the annual feature, Chairman DAHWA and founder of Mela, Surat Singh Sumbria, said the event aims at generating awareness among the rural masses about the government schemes meant for their socio-

economic emancipation.

Sumbria expressed gratitude to all stakeholders especially Deputy Commissioner Udhampur and all departments for extending cooperation in making this festival a grand success. He urged upon the government to observe this annual Maha Shivratri festival officially in view of its popularity and importance for the area. He said that it will go a long way in satiating the religious aspirations of the devotees, as infrastructural development will give rise to the influx of pilgrim tourists giving a big fillip to economic activity in the area.

On the occasion, a scintillating cultural bonanza featuring folk music, folk dances and Dogri songs, was presented by the artists of Cultural Wing, District Information Center, Udhampur besides renowned Ram Diitta party and other local artists on themes like Shiv Parvati Vihaw and Bhajans devoted to Lord Shiva besides awareness oriented events on government schemes.

Among others, Sarpanchs, Panchs, prominent citizens and a large number of devotees were present on the occasion.

International Women's Day celebrated in Poonch

GMK NEWS NETWORK

POONCH: The Department of Social Welfare with the Collaboration of District Administration, SKC GDC Poonch, DLSA and Police Department celebrated International Women's day here in Multipurpose hall SKC GDC Poonch.

The function was presided over by the ADDC Poonch, while Dy. SP Headquarter was the guest of honour.

Principal SKC GDC Professor Aurangzeb, CPO Police Department, SHO, Female Achievers in different fields, District Hub for Empowerment of Women, Sakhi One Stop Centre, CHL and Superintendent Parisha/Palaash were present on the occasion.

Speaking on the occasion, the ADDC highlighted the role of women in nation building. He also threw light on the rights of women and discussed various centrally sponsored women centric welfare schemes that are aimed at providing hand-holding to the women to make them



self-reliant and urged the female folk to avail benefit of these schemes. He also highlighted various steps taken by the district administration towards women empowerment.

DSWO Poonch, Abdul Raheem Mir highlighted the role of DHEW/ OSC in creating awareness about these schemes at grassroots level so that more females are empowered by these schemes. He asserted that the economically independent women is the first major step towards empowerment of women and urged the females to avail benefit of schemes aimed for establishing their own income generating unit.

During the function, various speakers while highlighting the significant role played by women in social, economic, political, educational and judicial fronts said that mass awareness about the rights of women and to acknowledge their achievements is the need of the hour.

Meanwhile, a felicitation ceremony was organized to felicitate and honour the female mates who have shown exemplary services in different fields. A good number of Women were given certificates of appreciation and participation in the Scooty rally which was organised on 6 March 2024 along with mementos.

INTERNATIONAL WOMEN'S DAY

High Court, JKLSA, UT admin organize mega event



GMK NEWS NETWORK

SRINAGAR: The High Court of Jammu & Kashmir and Ladakh, along with J&K Legal Services Authority, in collaboration with administration of UT of Jammu & Kashmir and University of Kashmir, organized a mega event to mark celebration of International Women's Day at University of Kashmir.

The speakers, while speaking on the occasion, advocated women empowerment and active participation in progress and prosperity of the nation for a flourished society.

Chief Justice of High Court of Jammu and Kashmir and Ladakh, and Patron-in-Chief of J&K Legal Services Authority, Justice N Kotiswar

Singh, graced the occasion as chief guest while Vice Chancellor of University of Kashmir, Nilofar Khan, participated as guest of honor. The event was also attended by eminent personalities including Dr. Vijay Lakshmi Brara, Justice Moksha Kazmi Khajuria, Justice Waseem Sadiq Nargal, Principal Secretary to Chief Justice M.K. Sharma, Dr. Naseer Iqbal Registrar University of Kashmir, Farooq Ahmad Registrar Judicial, Amit Gupta, Member Secretary JKLSA Abdul Bari, Joint Registrar Judicial, members of the Registry, Judicial Officers and Officers of J&K Legal Services Authority and High Court, officers of civil and police administration, officers and faculty members of

University of Kashmir, frontline workers of Health and Social Welfare Department, DLSA staff members and Para Legal Volunteers, members of LADC and students. The event was virtually joined from Jammu by Shahzad Azeem Registrar General High Court of J&K and Ladakh.

The event highlighted the invaluable contributions of women achievers from various spheres of life, felicitating them for their outstanding endeavors.

The women achievers Mohsina Sibtain (JKPS), Advocate Masoodha Jan, Advocate Aarifa Jan, Afshaan, Neerja Mattoo and Soliha Bashir expressed their views on the occasion. They highlighted the importance of

conducive environment for overall development of girl child. Additionally, ten success stories from ten districts of the Valley were screened during the event, shedding light on their remarkable achievements, inspiring others to strive for excellence.

Chief Justice also felicitated them for their hard work and dedication.

The program featured special live performances by artists from Cultural Department and Roshni Production, addressing pertinent issues such as drug abuse and violence against women.

Through artistic expression, the audience was sensitized about these pressing concerns, fostering a collective resolve to combat them.

Chief Justice, in his special address, underscored the constitutional and statutory safeguards imperative for women's empowerment, reaffirming the commitment of judiciary towards gender equality and justice for all.

Earlier, Vice Chancellor of University of Kashmir, commenced the event with her opening remarks, emphasizing the importance of creating a conducive environment for women's growth and empowerment.

The celebration of International Women's Day served as a poignant reminder of the collective responsibility to empower women, thereby accelerating progress and fostering a more equitable society.



Maha Shivratri celebrated with fervour at Kheer Bhawani Temple

RAJA SYED RATHER

GANDERBAL: Amidst a jubilant atmosphere, Maha Shivratri, locally known as 'Herath', was celebrated with great enthusiasm at the Kheer Bhawani Temple in the Tulmullah area of Ganderbal district.

Devotees, including Kashmiri Pandits, gathered at the temple to pay homage to Mata Ragniya Devi, fondly known as Mata Kheer Bhawani. The temple premises exuded a festive aura as devotees

engaged in special prayers, seeking peace and prosperity for the region.

Sonu, a devotee from Jammu said that he and his family are moved by the atmosphere around them. "It reminds us of our past. I have been coming here since childhood before the exodus. I am seeing the same zeal among people. There is a lot of excitement," he said.

Another Kashmiri Pandit said they were overwhelmed by the greeting messages received from

Muslims at the temples across the valley.

They said authorities had made elaborate arrangements for the pilgrims.

The devotees were seen offering milk, ghee, bel leaves and water to Shivalingam and chanting Vedic mantras for peace and the well-being of humanity.

Deputy Commissioner Ganderbal, Shyambir, also visited the temple and offered prayers there. He extended his wishes for the well-being of all—(KNO)

ELECTION PREPAREDNESS

DC Pulwama inspects Polling Stations

GMK NEWS NETWORK

PULWAMA: The Deputy Commissioner (DC) Pulwama, Dr Basharat Qayoom, who is also District Election Officer Friday visited various polling stations of the Pampore Assembly Constituency to inspect Assured Minimum Facilities, and reviewed the preparedness of administration for the upcoming Lok Sabha elections.

The polling stations visited on the occasion included at Kakapora, ITI Women Pampore, GBHSS Ladoo, Shar Shali, BHSS Khrew, GBPS Wuyan, GBHS Wuyan, GBMS Meej GMS Kadlalab and GUPS Litterbal.

The inspection was aimed to ensure that all polling stations are accessible to voters especially to specially-abled persons. Ramp access, wheelchair facilities, and other facilities were reviewed by the DC.

The DC, accompanied by SSP Awantipora, ADDC Pulwama, ADC Awantipora assessed the facilities, security arrangements and accessibility features at these polling stations.

He emphasized the



concerned departments for ensuring all required facilities at the polling stations so that each and every eligible voter shall participate in the election process without any hindrance.

The DC interacted with staff to review the preparedness and adherence to electoral guidelines, emphasizing the importance of impartiality and transparency throughout the electoral proceedings.

He reiterated the administration's commitment to

conducting free, fair and peaceful elections, urging all stakeholders to cooperate and contribute to the success of the electoral process.

Later, he visited the strong room at Polytechnic College, IUST Awantipora and took stock of handling of election material for the Tral assembly segment.

The DC also reviewed the storage infrastructure, security measures, and inventory management systems in place at stations to handle election material.

GMC Anantnag lacks radiotherapy, CT-simulator, tele-cobalt unit

Attendants, doctors demand regional cancer centre at hospital

JAHANGEER GANAIE

SRINAGAR: Amid the rise in cancer cases, hundreds of patients from South Kashmir in need of radiotherapy and other treatment facilities are suffering due to the absence of radiotherapy facilities at Government Medical College (GMC) Anantnag.

Officials on condition of anonymity said that around 400 new cancer patients were registered at the oncology department in GMC last year.

He said that the department is currently functioning without radiotherapy facilities, CT simulator, state of art medical linear accelerator, a tele-cobalt unit, medical physics and radiation monitoring equipment, chemotherapy hood and accessories for day care

chemotherapy ward.

He said that poor attendants are facing challenges in transporting their patients daily to SKIMS Soura or SMHS for radiotherapy.

Relatives of several cancer patients said that their patients have undergone multiple chemotherapy sessions; however, they now require radiotherapy.

They said that due to the lack of radiotherapy facilities at GMC, they have no option other than to take them for regular radiotherapy for about four weeks to Srinagar.

They further added that it is not easy to transport the patient to Soura from Kulgam or Anantnag daily, especially for those who belong to a financially weak family.

They urged the government to make neces-

sary arrangements in this regard so that poor patients can avail such facilities at GMC Anantnag.

Doctors said that despite having the necessary manpower, the department lacks Tele-cobalt and Linear Accelerator (LINAC) machines, causing patients requiring radiotherapy to suffer.

They said there is an immediate need to establish a regional cancer centre at the hospital with all necessary facilities to cater to patients from South Kashmir and other areas as hundreds of cancer cases are being registered at the hospital every year.

A senior officer of the hospital said that they have recently met Secretary Health in this regard and are expecting that the issue will be resolved soon—(KNO)

HMT Zainakote residents demand urgent road repairs

MUBASHIR ALAM WANI

SRINAGAR: As excitement fills the air for children eager to resume their studies, the residents of Chinar Colony HMT Zainakote, find themselves grappling with a pressing concern about the perilous state of their roads.

The locals in the area stated that the prospect of sending their children to school presents significant challenges due to severely deteriorated road conditions in their area.

Several residents said a stretch of road in their locality has developed extensive potholes, often filled with rainwater, making it impassable for pedestrians and hazardous for vehicles.

Muzaffar Ahmad, a local resident, highlighting the dire situation, stated, "There is no way we can walk on the road, such is the condition of the road. There are big potholes filled with water, and even smaller cars face damage while

crossing our road stretch." The local residents in the area said that the reopening of schools poses a daunting task for them, as they have to find alternative means to transport their children safely to bus stops for pick and drop.

"Due to the damaged road, school buses do not stop in the area for pickups. This is forcing parents to carry their children on their shoulders or in their own vehicles to drop them at their bus stops", said a local in the area.

Expressing concern, another local Mustafa said, "I live adjacent to the damaged road stretch, and the school bus does not stop there for pickup due to the damaged road. I have to carry my child either in my lap or on my shoulders to the bus stop. When I am not around, my child could miss school."

Despite repeated appeals to the authorities for road repairs, residents lamented that their requests have gone unheeded—(KNO)

Baramulla ex-MLA Javid Baig joins NC

REHAN QAYOUM MIR

SRINAGAR: Javid Hussain Baig, former MLA and nephew of ex-deputy chief minister Muzaffar Hussain Baig joined the National Conference (NC) on Friday.

Baig, who was recently expelled from Apni Party, was a PDP legislator from Baramulla assembly segment in 2014.

He joined NC today in presence of NC Vice President Omar Abdullah here at Nawa-e-Subha.

After the abrogation of Article 370, he was expelled by PDP for meeting foreign envoys, who were brought in by the Centre to Kashmir.

In 2020 District Development Council (DDC) polls, he lost both seats in Baramulla assembly segment to Peoples' Alliance for Gupkar Declaration (PAGD)—(KNO)

Man missing since Feb 29 found dead in Budgam village

NAVEED UL HAQ

BUDGAM: Body of a man, who was missing since February 29 from his home in from Dalipora village, was recovered in the nearby Karewas of Badipora area in central Kashmir's Budgam district on Friday.

An official said that the body was found by locals early morning who then informed the police. He said that the man has been identified as Abdul Majeed Lone (60) of Dalipora Nagam. Police have taken cognizance of the incident and have started further investigation—(KNO)

Neglected dustbins irk Pakherpora residents

JAHANGEER GANAIE

SRINAGAR: The dustbins installed at various locations across the Pakherpora area of central Kashmir's Budgam district are not cleared on time, causing inconvenience to the public.

Local residents informed that the Rural Development Department had installed dustbins at several spots, which was initially seen as a positive initiative. However, these dustbins have been left unattended, due to which garbage is being accumulated.

Bilal Ahmad, a local, welcomed the installation of dustbins but said there should be regular clearance. He suggested a weekly schedule for their maintenance. "Officials assured of bi-weekly clearance of dustbins, but they failed to keep their promise," he said.

He added, "Prior to the

installation of these dustbins, residents managed garbage disposal independently. However, with the introduction of dustbins, waste is now being deposited in them. Unfortunately,



neglecting their maintenance creates a new set of challenges."

Another resident, Aabid Ahmad, expressed concerns over the environmental impact of unattended dustbins. He said there is a risk of littering and pollution caused by

overflowing trash. "The authorities must immediately address these issues to maintain public safety and community hygiene," he said.

Locals said the foul

smell emanating from the neglected dustbins has become a pressing issue for them and passersby.

Despite repeated appeals to higher authorities, residents said authorities should take satisfactory measures in this regard.

"With summer approach-

ing, the situation may worsen if immediate action is not taken to address the problem," they said.

An official acknowledged the challenges related to waste disposal in cer-

tain areas.

He said they have some issues regarding the disposal of waste in some areas as locals have failed to provide land for disposal. "We are on it and are working for proper disposal of waste as early as possible," he said—(KNO)

DHEW-Mission Shakti commemorate 'Int'l Women's Day' in Handwara



GMK NEWS NETWORK

KUPWARA: The District Hub for Empowerment of Women (DHEW) Mission Shakti, Department of Social Welfare Kupwara Friday celebrated International Women's Day at Palaash Handwara.

On the occasion,

DHEW Kupwara organised a series of events to celebrate the day which included painting competition, debate and rally.

Winners of painting competition, and debate were felicitated with mementos and appreciation certificates.

Good Morning Kashmir

EDITORIAL

Shrinking Forest Cover

The wild animal sightings have increased over the last decade. The black bears have been witnessed in almost all the districts of Kashmir including Srinagar. Just a few years back a mother bear with her cub in tow was seen from the Rajbagh locality. A lot of people who climb Shankaracharya hillock early morning have witnessed leopard and black sightings quite frequently. Ours is a mountain valley with a considerable forest cover. The Kashmir valley is a very small piece of land as compared to the entire area of Jammu and Kashmir. It is highly congested in the plains. Since the urban areas and towns are getting congested people are now moving towards the hills and buffer zones between forests and civilian land. Due to the thinning out of forest cover and lack of herbivores animals to hunt leopards and black bears often move downhill resulting in man-animal conflicts. These conflicts are often fatal depending on how many humans encounter the wild animal - if a wild animal encounters one human being then it is the human being who pays the price and if a mob gets assembled then the wild animal is cornered and killed.

There was considerable forest cover back during the Afghanistan, Sikh, and Dogra rule. The Dogra rulers in particular were very strict with forest wealth and there was stringent punishment for forest smugglers. In the last thirty years or so many people used the then-ongoing violence as a cover and began cutting down trees in thousands. One must be thankful to the efforts of the current Lieutenant Governor Manoj Sinha who has put curbs on forest smugglers and ensures afforestation efforts are going on in full swing. However, a lot needs to be done in this regard. There must be a blueprint for housing issues of the expanding population - vertical expansion can be one feasible option. Otherwise, an expanding population will always find ways to bend the laws and occupy first the buffer zone and then the proper forest area. Forest wealth is our real wealth. We have to protect it at any cost. No compromise on that.

Why The Literary Academies Are Not Able To Function Properly?



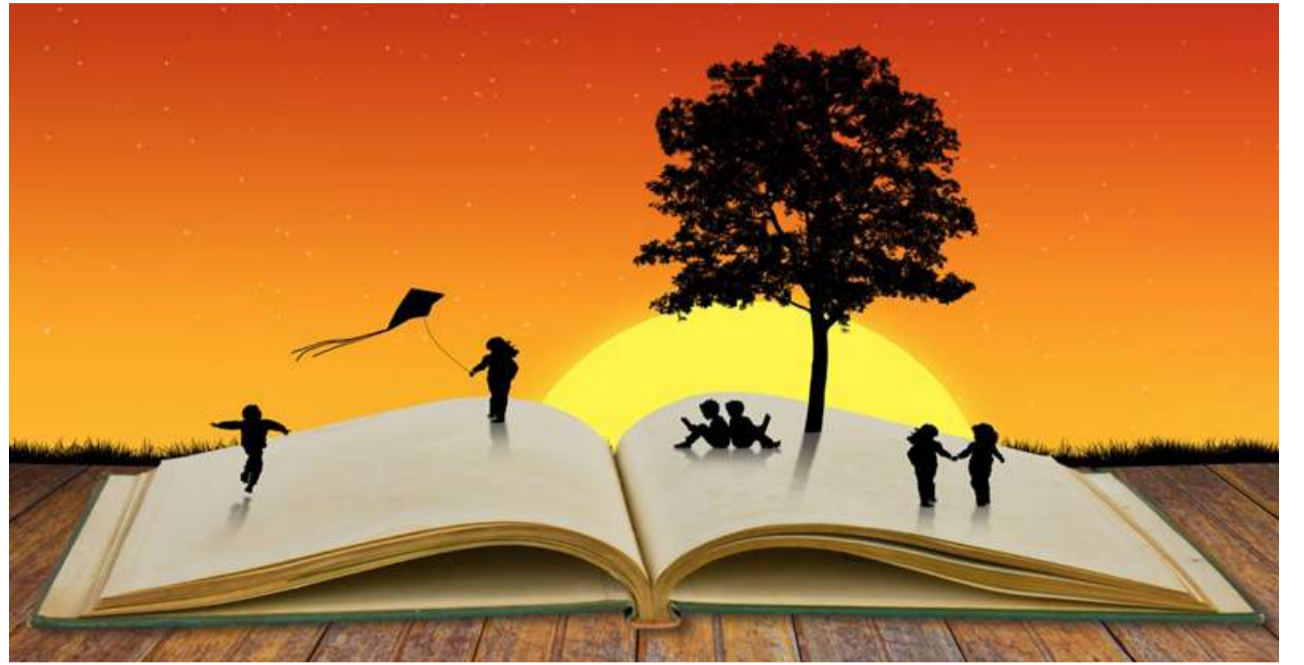
DR. SATYAVAN SAURABH

Literature is the mirror of any country and society. The literary academies there work to keep this mirror clean. But guess what will happen? When the mirror of the country or state is not working properly, it is natural to raise questions about the government there. Yes, something similar is happening in the literary academies of the states of the country. The President of the Sahitya Academy of any state is the Chief Minister of the state. If the institution of which the Chief Minister is the head does not function properly, then you can imagine the condition of other institutions.

Today there is indeed more politics in literature and arts than there is in politics. Premchand had called literature a torch that burns before politics. The decline of literature, culture, and language in the last decades will have an impact on future generations. But who cares? The work which should be completed in one year is taking years to complete. The evaluation process for awards is not clear and timely. For example, the annual results of Haryana Sahitya Academy are about to be declared at the end of the year, but it has not been announced yet. Nor has the form for the coming year been released. What games are played inside an academy? Due to a lack of transparency, no one comes to know.

However, no award or honor can be a measure of excellence. Today, the way some worthy and ineligible litterateurs, poets, writers, and artists are adopting the same principle to receive honors and awards and are almost succeeding in their efforts, the selection of honors and awards has changed. Literature cannot do any good in the race for awards.

Today many organizations are working in the world of literature and art.



When I see the working style of these organizations or read any report related to their functions, only one truth comes to the fore. And the truth is that organizations of a particular field or a particular ideology are moving forward by making agreements among themselves. This agreement is such that you will honor us and we will honor you. This trend continues continuously and makes headlines in newspapers and social media. Especially they share such news among themselves. The common reader has nothing much to do with it. Now let's talk about government institutions and awards. Their truth is not hidden from anyone. The stronger the stick, the bigger the medal. It is not known who will get this award as it passes through the intersections of recommendations. No applicant knows. Their monkey business is already well known. Serious allegations are being made across the country regarding the credibility of such awards. The true creator is rarely falling prey to them.

Today the institutions have become one another. They are busy honoring each other and covering themselves with shawls. The greater the recognition, the bigger the medal. Today, liter-

ary academies across the country are busy distributing posts and awards. Looking at the functioning of most of the academies, this seems to be the case. In the last decades, many categories like special litterateur, pioneer artist, literary sage, etc. have been created to present the so-called litterateurs, artists, and their people in the distribution of awards. Various academies reward each other's presidents and also give honors to the judges. There is a lack of transparency in these awards. What kind of literature is there without spiritual practice?

Now the time has come that all the state academies of the country should be made truly autonomous like the Central Sahitya Academy and their work should be completely handed over to the litterateurs and artists. Emphasis will be laid on making the progress of the annual work of any academy timely and completely transparent so that true litterateurs continue to have faith in them.

For example, the announcement of the annual awards of Haryana Hindi Sahitya Academy, which the litterateurs of the state eagerly wait for, the results for the year 2022 have not been released yet even in 2024. From this,

you can guess how much those who show the mirror to society are sleeping. Haryana Hindi Sahitya Akademi gives more than 12 literary awards every year in which the prize money ranges from one lakh to seven lakhs and an amount of Rs 31,000 each is given as an honor in fifteen to sixteen genres under the best work. Apart from these awards, it selects the best manuscripts of the year and provides them with publication grants. But like the government recruitments in Haryana, it is also very sad that the results which were to be declared in August; were not announced even after January of the next year, nor was the form for the year 2023 released in which writers have to apply for the coming year; Why after all?

It is expected that the state governments will investigate the current controversial actions of the academies and appoint deserving and talented writers and artists to the academies. So that language, literature, and culture continue to create new dimensions across the country.

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Diabetes And Chronic Kidney Disease

AEJAZ IQBAL

You may have heard if you have type 2 diabetes, you have an increased risk of kidney disease, often called chronic kidney disease or CKD. Here, we explain what you need to know about preventing kidney disease, how your heart and kidney health is connected, and the role of regular screenings. Read on to learn how to take care of your kidneys and lower the risk of heart disease when living with diabetes.

What Causes Kidney Failure

To understand what causes kidney failure, it's important to understand how healthy kidneys function and what purpose they serve. The kidneys are amazing organs that work hard to filter our body's blood. With thousands of tiny blood vessels, our kidneys act as a full-body filtration system. They separate waste products from essential substances like protein and red blood cells in the body.

Kidney failure occurs when this system breaks down and useful bodily substances, like protein, are unintentionally expelled. Protein is necessary for the body's tissues and organs and we need it to survive. When the filtering system is in the early stages of protein loss, it is called microalbuminuria. More extensive breakdown is known as macroalbuminuria. Thankfully, you can test kidney function to find out about problems early and make changes to prevent kidney disease with a simple screening.

How Are the Heart, Kidneys, and Diabetes Connected

Your kidneys are part of your cardiovascular system and type 2 diabetes can put a lot of stress on both your heart and your kidneys. To stay healthy, it's important for you and your doctor to keep tabs on your risk for problems in both your heart and kidneys and to take care of problems you may have.

What Is a UACR Screening



Our bodies need protein to build muscle, fix tissue and fight infection. But it should be in the blood, not urine, where protein is lost if you have kidney damage. People with a high amount of protein (albumin) in their urine have an increased risk of kidney disease. In these cases, dialysis may be needed to survive. The urine albumin to creatinine ratio (UACR) is a simple test that shows whether albumin is present in the urine.

A UACR test can be an early sign of kidney damage and should be part of your annual screenings if you are a person with type 2 diabetes.

What are the Symptoms of CKD

If you have had Diabetes for many years, you could have kidney damage and not even know. High blood glucose (blood sugar), high blood pressure and diabetes-related complications contribute to kidney disease.

Unfortunately, recognizing early-stage kidney disease by checking for symptoms is

usually not possible. This is because our kidneys will overwork themselves to make up for the early damage, and you may not have symptoms until nearly all functions are gone. Any symptoms you may have wouldn't make you think it's kidney disease. This is why it is so important to see your doctor regularly and get checked, annually.

Does Everyone With Diabetes Develop Kidney Disease

Many people ask if being diagnosed with diabetes automatically means they'll struggle with kidney disease, and the answer is no. Factors that can influence kidney disease development include genetics, long-term high blood glucose, and high blood pressure.

Seeing your doctor regularly and maintaining an ongoing conversation about your health is important. The better you're able to keep your diabetes and blood pressure under control, the lower your chance of getting kidney disease. When you schedule a UACR screening, your doctor will check your

blood pressure, your urine protein ratios and talk with you about lifestyle prevention steps.

What to do for Prevention?

Understand Risk Factors: When you're living with diabetes, high blood glucose levels can cause your kidneys to work harder. Over time, kidney failure is more likely to occur.

Be Proactive: If you Develop kidney disease, you'll likely have little to no symptoms until almost all function is gone. Have a discussion with your doctor about how to protect your heart and kidneys. Regular UACR screenings are key to early detection. When kidney disease is diagnosed early, several treatments may keep it from getting worse.

Manage your Blood sugar and blood pressure: Blood sugar management can reduce the risk of early-stage kidney failure by one-third and may reduce the risk of early-stage kidney disease to more severe kidney disease by half. Some studies have shown tight management can even reverse the

early stages.

Talk to your healthcare team: Some treatments used may limit certain types of foods you eat. You can always talk with your healthcare team before changing your diet.

Get regular screenings: Ask your Doctor for a UACR screening once a year if they haven't scheduled one. This simple urine test is often overlooked but can mean the difference between staying healthy and avoiding dialysis. Your doctor can check your blood pressure, eGFR (estimated glomerular filtration rate), and urine protein ratios and talk with you about lifestyle prevention steps.

If you have Diabetes, there are simple, preventative steps you can take to lower your risk of heart disease. Talk to your doctor about how to keep your heart healthy and get regular UACR screenings to help you understand the health of your kidneys.

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Narendra Modi's Vision Of "Wed In India"



PROF. JASIM MOHAMMAD

Prime Minister Narendra Modi introduces a compelling narrative to repatriate an aspect of Indian culture that has progressively found a place abroad—weddings. Dubbed "Wed in India," this initiative seeks not only to retain the opulence associated with Indian weddings within its borders but also to open new avenues for economic growth and cultural promotion. Drawing parallels with Modi's earlier campaigns such as "Make in India" and "Travel in India," "Wed in India" is poised to leverage the country's cultural heritage, economic capability, and burgeoning high net-worth individual (HNI) population to foster domestic prosperity.

For years, India's affluent have sought out foreign locales for their wedding celebrations which leads to a significant outflow of wealth. The trend of hosting extravagant destination weddings abroad has seen a significant uptick among India's millionaire and billionaire circles. With an estimated 5,000 such weddings taking place outside India annually, the outflow of wealth is substantial, ranging between 75,000 crore to 1 lakh crore. This scenario presents a considerable economic leak that "Wed in India" aims to plug by enticing this affluent demographic to consider India as their primary choice for hosting such grand ceremonies.

The economic ripple effect of retaining these weddings domestically cannot be understated. The last wedding season saw approximately 4.25 lakh crore circulated in the market through wedding purchases, marking a 26% increase from the previous year.

"Wed in India" is a new beginning for India's wedding celebrations. It's like saying, "Let's keep the beautiful weddings at home and show the world how amazing India is!" Imagine all the money that used to fly away to other countries for fancy weddings now staying in India, helping local shops, art-



ists, and hotels grow. It's like keeping the garden watered at home, so all the flowers and trees grow better. It isn't just an idea; it's like planting a seed that could grow into a big tree with roots spreading deep into the economy and branches reaching out to touch cultures from all over the world. This initiative can help make India shine brighter on the map, not just for its places and history, but as a place where love and celebration bring everyone together.

India's diversity of cultures, traditions, and landscapes makes it an ideal destination for weddings that are not just ceremonies but elaborate festivities extending over days. From the royal palaces of Rajasthan to the backwaters of Kerala, and the beaches of Goa, India's each location offers a plethora of destinations that can cater to the luxury and thematic demands of high-profile weddings.

The country's hospitality sector has evolved in tandem. Hotels and service

providers across the country are now adept at organizing weddings that range from medium to lavish budgets, supported by an ecosystem of specialized services that cater to every conceivable need of such grand events.

"Wed in India" like initiatives would promote domestic tourism and also attract international couples looking for exotic wedding experiences. This initiative represents a strategic amalgamation of cultural pride and economic pragmatism. This could position India as a top-tier destination for weddings and would showcase the country's ability to blend tradition with luxury.

By advocating for the retention of wedding celebrations within India, Prime Minister Modi is not merely attempting to curb the economic outflow but is also positioning India as a premier destination for luxury weddings on the global stage. This is not just about preserving the lavishness of Indian weddings; it's about leveraging

them as a conduit for economic growth and cultural promotion.

The economic implications are profound. By keeping these grand celebrations domestic, there's potential to redirect the billions currently spent abroad back into the Indian economy. This could bolster various industries, from local artisans to luxury hotels, and would create a ripple effect of prosperity. Local craftsmen, artisans, and small businesses could benefit from the increased demand for wedding-related services and products. The initiative may also have broader socio-economic implications, such as the promotion of social cohesion through the celebration of shared cultural practices. It could also lead to a more equitable distribution of wealth by involving a wider range of service providers and suppliers from different economic backgrounds.

"Wed in India" could make India a favorite place for couples from all over the world to come and get mar-

ried. They can enjoy the beauty of places like the palaces in Rajasthan, the peaceful backwaters of Kerala, or the sunny beaches of Goa. It's like inviting guests to a big, happy house where every room shows a different color and style of India.

Hosting more weddings in India would help lots of people earn more money and feel proud of their work. From the person who makes beautiful wedding dresses to the chef who cooks delicious meals, everyone would get a chance to show their talent and earn from it. It's like the whole country is working together to throw the world's best party. This initiative could turn India into the world's favorite wedding spot, where every celebration adds to the country's wealth and pride.

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Collective Narcissism - A Debate On Sectarianism

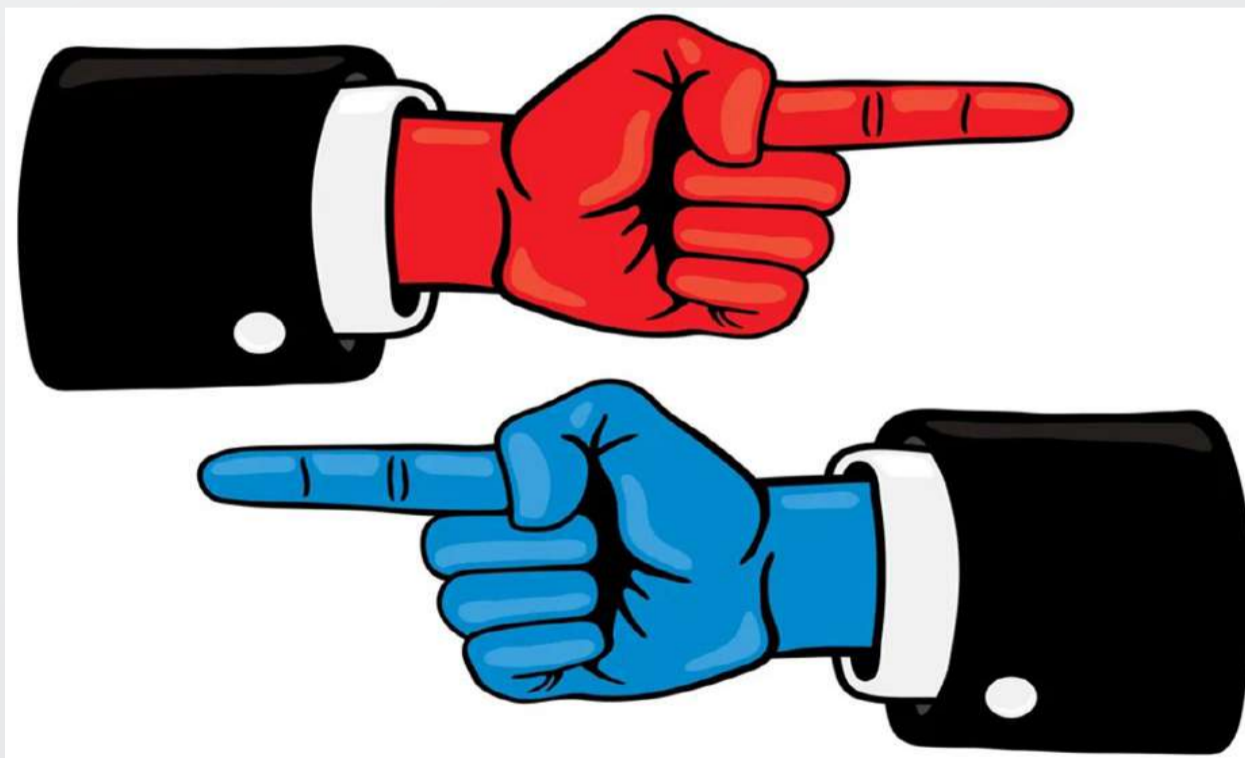
MOHD ISHAQ SHAH

Jonathan Swift is one of the most renowned authors of 17th century Ireland and a notable satirist of his times whose fame as a satirist rests upon great literary works like Gulliver's Travels, Tale of a Tub, Battle of the Books, Modest Proposals, etc. Swift in his famous novel, Gulliver's Travels, has exploited the term mentioned above up to the brim, and its application is crystal clear in the land of Lilliput who fight over a trivial issue of religious significance and social relevance.

In social psychology, collective narcissism (or group narcissism) is the tendency to exaggerate the positive image and importance of a group to which one belongs. The group may be defined by ideology, race, political beliefs/stance, religion, sexual orientation, social class, language, nationality, employment status, education level, cultural values, or any other ingroup. While the classic definition of narcissism focuses on the individual, collective narcissism extends this concept to similar excessively high opinions of a person's social group and suggests that a group can function as a narcissistic entity.

Collective narcissism is related to ethnocentrism. While ethnocentrism is an assertion of the in-group's supremacy, collective narcissism is a self-defensive tendency to invest in unfulfilled self-entitlement into a belief in an in-group's uniqueness and greatness. Thus, the in-group is expected to become a vehicle for the actualization of frustrated self-entitlement. In addition, ethnocentrism primarily focuses on self-contentedness at an ethnic or cultural level, while collective narcissism is extended to any type of in-group.

In Sigmund Freud's 1922 study Group Psychology and the Analysis of the Ego, he noted how every little canton looks down upon the others with contempt, [4] as an instance of what would later be termed Freud's theory of collective narcissism. Wilhelm Reich and Isaiah Berlin explored what the latter called the rise of modern national narcissism: the self-adoration of peoples. "Group narciss-



ism" is described in a 1973 book entitled The Anatomy of Human Destructiveness by psychologist Erich Fromm. In the 1990s, Pierre Bourdieu wrote of a sort of collective narcissism affecting intellectual groups, inclining them to turn a complacent gaze on themselves. Noting how people's desire to see their groups as better than other groups can lead to intergroup bias, Henri Tajfel approached the same phenomena in the seventies and eighties, to create social identity theory, which argues that people's motivation to obtain positive self-esteem from their group memberships is one driving force behind in-group bias. The term "collective narcissism" was highlighted anew by researcher Agnieszka Golec de Zavala who created the Collective Narcissism Scale and developed research on intergroup and political consequences of collective narcissism. People who score high on the Collective Narcissism Scale agree that their group's importance and worth are not sufficiently recog-

nized by others and that their group deserves special treatment. They insist that their group must obtain special recognition and respect.

The Scale was modeled on the Narcissistic Personality Inventory. However, collective and individual narcissism are modestly correlated. Only collective narcissism predicts intergroup behaviors and attitudes. Collective narcissism is related to vulnerable narcissism (individual narcissism manifesting as distrustful and neurotic interpersonal style), grandiose narcissism (individual narcissism manifesting as exceedingly self-aggrandizing interpersonal style), and low self-esteem. This is in line with the theorizing of Theodore Adorno who proposed that collective narcissism motivated support for the Nazi politics in Germany and was a response to undermined sense of self-worth.

During his first voyage, Gulliver is washed ashore after a shipwreck and finds himself a prisoner of a race of

tiny people less than 6 inches (15 cm) tall, much like little people in mythology, who are inhabitants of the island country of Lilliput. After giving assurances of his good behavior, he is given a residence in Lilliput and becomes a favorite of the Lilliput Royal Court. He is also permitted by the King of Lilliput to go around the city on the condition that he must not hurt their subjects.

At first, the Lilliputians are hospitable to Gulliver, but they are also wary of the threat that his size poses to them. The Lilliputians reveal themselves to be a people who put great emphasis on trivial matters. For example, which end of an egg a person cracks becomes the basis of a deep political rift within that nation. They are a people who revel in displays of authority and performances of power. Gulliver assists the Lilliputians to subdue their neighbour the Blefuscuans by stealing their fleet. However, he refuses to reduce the island nation of Blefuscu to a province of Lilliput, displeasing

the King and the royal court. Gulliver is charged with treason for, among other crimes, urinating in the capital though he was putting out a fire. He is convicted and sentenced to be blinded. With the assistance of a kind friend, "a considerable person at court," he escapes to Blefuscu. Here, he spots and retrieves an abandoned boat and sails out to be rescued by a passing ship, which safely takes him back home with some Lilliputian animals he carries with him.

So, Kashmir at present is the victim of collective narcissism where every sect of the religion claims to be supreme and shows its tendency to such a great extent that no other group or sect has any importance. While drawing an analogy between the Land of Lilliput and the land of Kashmiri people, I concluded that this tendency has deprived the people of their reasoning and logical power to the effect that they have ceased to think rationally that the basic structure of the religion is same and the different interpretations of various concepts related to this basic structure are of secondary importance. Just like the question of the feud between the low heels and the high heels and the religious principle of breaking an egg at a convenient end as per the consciousness of the man is of core importance.

Now and then we see that the clerics associated with the different sects claim to be the most rationalist ones and so do the group of people following thereof. And every second day we watch another video of some different person attacking back the former one. So, the situation has become like what Swift has titled "Battle of the Books".

The different sects like Hanafi, Deobandhi, Ahle-Hadeeth, Salafi, Shaafi, Maaliki, and Huambali are nothing more than the different supers structures of the basic one that is laid upon the Quran and the Hadith (Sayings of Beloved Prophet) and my ingenuity compels me say that if these misconceptions that have led to the collective narcissism are not eradicated in time, the people would fall victim to the other people like Blefuscu.

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Here's Why You Should Incorporate Black Turmeric Into Your Diet

Black turmeric, scientifically known as *Curcuma caesia*, is a rare and highly valued variety of turmeric. It is nicknamed 'Black Turmeric' due to its dark blue or blackish colour, which differentiates it from the common yellow turmeric.

In traditional medicines, black turmeric has been used for its potential medicinal properties. It contains several bioactive compounds like curcuminoids, essential oils, and flavonoids, which may contribute to its health benefits.

The potential health benefits associated with turmeric (including yellow turmeric) are primarily attributed to its active compound called curcumin. In this article, we discuss in detail the various ways in which black turmeric can boost our health.

10 Ways in which consuming black turmeric can boost our health:

1. Anti-inflammatory properties

Black turmeric contains curcumin, which has potent anti-inflammatory effects. These properties can help



reduce inflammation in the body and alleviate symptoms of conditions like arthritis, inflammatory bowel disease, and respiratory conditions.

2. Boosts immune system
The presence of antioxidants in black turmeric helps strengthen the immune system, protecting the body against infections, viruses, and other diseases.

3. Enhances digestion

Black turmeric stimulates the production of digestive enzymes, promoting healthy digestion and reducing problems like bloating, gas, and indigestion. It may also help in preventing gastric ulcers.

4. Supports liver health

Black turmeric aids in the detoxification process by promoting liver health. It helps to flush out toxins and supports the regeneration of liver cells,

which can improve overall liver function.

5. Improved brain health

The curcumin in black turmeric has been linked to improved brain health. It can enhance memory, boost cognitive function, and help reduce the risk of neurodegenerative diseases like Alzheimer's and Parkinson's.

6. Natural pain relief

Black turmeric has anal-

gesic properties that can help alleviate pain and discomfort.

It may be beneficial for individuals suffering from chronic pain conditions like fibromyalgia or arthritis.

7. Cardiovascular health

Consuming black turmeric can have positive effects on cardiovascular health. It helps lower bad cholesterol levels, reduce blood pressure, and prevent the buildup of plaque

in arteries, reducing the risk of heart disease.

8. Anti-cancer properties

Curcumin in black turmeric exhibits anti-cancer properties by inhibiting the growth of cancer cells and preventing their spread. It may be beneficial in the prevention and treatment of various types of cancer.

9. Skin health benefits

Black turmeric can improve

skin health by reducing inflammation, promoting wound healing, and combating various skin conditions like acne, psoriasis, and eczema.

10. Improves overall well-being

By providing various health benefits, black turmeric improves overall well-being. It can enhance energy levels, boost mood, reduce stress, and promote better sleep quality, leading to a healthier and happier life.

While black turmeric shares some similarities with yellow turmeric, it is crucial to consult with a healthcare professional or herbalist before using it for medicinal purposes. They can provide you with personalised advice based on your specific health conditions and needs. Additionally, it is important to remember that like any other herbal supplement, its consumption should be moderate and mindful.

In conclusion, while black turmeric may have potential health benefits, further scientific research is needed to validate these claims. It is always advisable to seek professional guidance to make informed decisions about your health and well-being.

FROM THE FRONT PAGE

Peace Restored

team in the event, the DGP said that women cops are good at policing and recording keeping. "It's a matter of time and very soon we will have women's teams as well," he said.

Present on the occasion, LG's Advisor Rajiv Rai Bhatnagar said that there has been a great growth in sports infrastructure and the administration is committed to expand it and involve all sections.

ADGP J&K Vijay Kumar, while thanking the participants of the event said that he was hopeful that all participants will remember the water sports championship. "There was a great enthusiasm among the participants and we are hopeful that more participants will join us in the future endeavours," he said—(KNO)

Centre Approves Rs

transport, creates employment opportunities for the local populace, and brings economic benefits to the region by enhancing tourism, the Minister added.

"In Jammu and Kashmir, an allocation of Rs. 562.40 crore has been approved for the Upgradation and Strengthening project of the Nashri-Chenani section of National Highway-244. Spanning 39.10 Km in districts Udhampur & Ramban, this initiative operates on the EPC mode under National Highway (O). With Patnitop being a prominent tourist spot, the road's enhancement is poised to offer improved connectivity to Patnitop, thereby fostering the economic development of the region," he added in the post on X.

He said an allocation of Rs 562.40 crore has also been approved for the upgradation and strengthening project of the Nashri-Chenani section of National Highway-244. Spanning 39.1 km in districts Udhampur and Ramban, this initiative operates on the EPC mode under National Highway (O).

The road's enhancement is poised to offer improved connectivity to Patnitop, a tourist hotspot in Jammu, fostering economic development of the region.

Forester Among

issued reads that Anti Corruption Bureau received a complaint from a resident of Rafiabad District Baramulla alleging therein that he is resident of Rafiabad and has timber business at Rafiabad.

"He purchased timber from different places and recently sold about 375 Cft timber to a customer from Srinagar for which he needs transit permit from Range Office, Watergam, Baramulla. Accordingly, he submitted four applications online under National Transit Pass System (NTPS) which is required for transporting timber from Baramulla to Srinagar."

As per the statement, he further stated that when he visited Range Office, Watergam, he was given one transit permit for transportation of timber but the concerned Forester Mansoor Ahmad demanded bribe of Rs 3500 for said issued permit and also told him that he had to pay more for other three pending permissions.

"Under these circumstances the complainant approached Anti Corruption Bureau with written complaint and requested for legal action against concerned officers of forest Range office, Watergam for demanding bribe from complainant for processing and issuing transit permit in his favour," the statement reads.

"On receipt of the complaint as per laid down norms the allegations were discreetly verified which revealed that the forester in connivance and conspiracy with other officials of the Range office, Watergam is demanding bribe of Rs 3500 from complainant for one transit permit already issued to complainant and is also demanding bribe for processing and issuance of Transit Permit through online National Transit Pass System (NTPS) in other three pending applications of complainant," it added.

After proper verification of the contents of complaint a case FIR No. 01/2024 U/S 7 of Prevention of Corruption Act 1988 (as amended in 2018) & section 120-B IPC was registered at PS ACB Baramulla against accused public servant Mansoor Ahmad and other officials of Range Office, Watergam and investigation was commenced, the statement reads.

"During the course of investigation a trap team was constituted which laid a successful trap and caught the accused public servant namely Mansoor Ahmad and one other official of Range office Watergam red handed while demanding and accepting bribe of Rs 12500 from complainant. Both the accused public servants were arrested on the spot after completing all legal formalities and the bribe money was also recovered from them. The role of other officials in bribery case is also being looked into," it said, adding that further investigation in the case is going on.

Sgr-Jmu NH To

to ensure the safety and well-being of the general populace/travelers/drivers, sanction is hereby granted in favour of NHAI, PIU Ramban, for taking 14 hours traffic haltage from 10 PM on 09.03.2024 to 12 Noon on 10.03.2024 for widening of carriageway to 2 lanes at Dhalwas, during haltage the widening at other places will also be taken up for restoration from Nashri to Banihal in strict adherence to the conditions outlined in the aforementioned communication received from the Project Director NHAI, PIU Ramban."

"Senior Superintendent of Police, Ramban and Senior Superintendent of Police, Traffic, NHWs, Ramban, shall implement the above orders in letter and spirit," the order states—(KNO)

NC, PDP Spar Over

declared that the NC would field candidates from all three seats in the Kashmir valley during the upcoming LS polls.

He stated that conceding the Anantnag seat to the PDP was out of the question. Omar Abdullah justified the decision by citing the PDP's dismal performance in the 2019 LS polls, asserting that supporting PDP was illogical.

He expressed openness to offering the seat to Congress if they chose to contest against the BJP, but firmly ruled out accommodating the PDP. Accusing the PDP of breaching coalition principles and engaging in social media attacks against the NC, Omar emphasized that the alliance's primary purpose was to represent the aspirations of the people of Jammu and Kashmir.

He criticized the "PDP's mudslinging tactics and stressed that responsibility for maintaining the alliance should not solely rest on the NC".

In a swift response, PDP President Mehbooba Mufti termed the NC's decision as a "setback to the hopes of the people of J&K". She accused the National Conference of breaking PAGD unity, saying that Omar Abdullah has himself said that PDP is out of the alliance.

She asserted that the PAGD was formed to represent the core interests of Jammu and Kashmir, emphasizing the need to prioritize the region's welfare over individual political gains.

When asked about Omar's jibe of PDP standing 3rd during the 2019 LS elections from Anantnag seat, Mehbooba said that both Farooq Abdullah and Omar Abdullah have lost elections in the past. "Does that mean they should not contest again? This logic is bizarre," Mehbooba said—(KNO)

PM Modi Announces

empowering women and ensuring 'Ease of Living' for them." This decision is one of a series of steps

that PM Narendra Modi has been consistently taking since he first took oath of office in 2014. His commitment to women-led development has been a consistent leadership and policy approach.

Under his leadership, the Gujarat government established a high-powered committee dedicated to women's welfare, which formulated the 'Nari Gaurav Niti' on January 23, 2002 -- just three months after PM Modi assumed office.

This policy emphasized creating awareness among all administrative departments about women's socio-economic, educational, and developmental needs and actively involving them in its implementation (an approach that continues even today).

Then, in 2006, the Gujarat state government formally introduced the 'Nari Gaurav Niti' policy to promote gender equality and sensitize government departments to the importance of women's welfare.

As India's Prime Minister, Narendra Modi continues to prioritise the empowerment of women and the promotion of women-led development -- principles deeply ingrained in his leadership philosophy.

Maha Shivaratri Celebrated

sacred festivities. "Maha Shivaratri is a time for introspection and spiritual rejuvenation. Being here at the Shankaracharya Temple fills her heart with peace and tranquillity," she expressed.

Another devotee, Rakesh Kumar, said, "The auspicious day transcends religious boundaries and brings people together in reverence for Lord Shiva. It is a reminder of the importance of faith and spirituality in our lives."

Maha Shivaratri was also celebrated in many parts of Kashmir Valley—(KNO)

PM Modi's Visit

done by the three families in J & K. "There's a new hope and optimism among them and the PM's visit had infused new confidence among the people of J&K," he said—(KNO)

Kashmiris Hopeful

Kashmiris have understood that PM Modi 'Hai tau Mumkin Hai' and this hope could visibly be seen on every smiling face that was present at the public rally.

"He is the Prime Minister of the country. He has done so much for the poor citizens. Ayushman gold card, free ration, Beti Bachao, Beti Padhao, Ujjwala LPG connections, safe drinking water, road and rail connectivity. After all, these things did not happen of their own.

"PM Modi has promised to ensure that Kashmir's arts and crafts reach their glory once again and I trust him to do that," said a local artisan, Nazir Ahmad, 48, who attended the rally.

Interestingly, even those the Prime Minister did not promise to do anything for, are hoping that their problems would be solved.

Imran Bhat is a daily rated worker in the Jal Shakti department. He has been a daily rated worker like thousands of others for over 20 years. He expects that his services would be regularised by PM Modi.

"He has promised to bring peace and prosperity to every home in J&K. We are breadwinners of about 63,000 families across J&K. At Rs 9,000 per month, I am unable to send my two children to school and also ensure their healthy upbringing.

"I am sure that PM Modi will get our services regularised. He alone can get it done since all successive governments in J&K so far only made hollow promises to us", Imran said after he left the Bakshi Stadium.

Local police were in the forefront of managing the security and safety of the VVIP and the people who came in such large numbers to attend the public rally.

People adhered to every security protocol detailed by the police and the respect was mutual among the people and the local policemen in and around the venue.

"This has happened because of PM Modi. Our uniform is respected now. There were days when a policeman would not carry his identity card for fear of the stone pelters and the anti-national elements. And today, we are proud of the dignity and honour this uniform gives us. Who made this change possible in Kashmir? It is Modiji and his determination to have the rule of law back in Kashmir," said Suleman Khan, an asset sub-inspector of J&K police.

Taxi operators, hoteliers, tour and travel operators, artisans, people engaged in retail trade, small industrialists and others have hope of a better tomorrow ahead because PM Modi has given them the guarantee of such a future.

"He said during his speech that he wants every tourist to spend 5 to 10 per cent of the travel budget in buying local products.

"He himself bought some handicraft items and Agri-products when he visited the local stalls yesterday. He has a vision for revival of local arts and crafts.

"He needs our support to fulfill our dream of a 'Naya Kashmir' in which everybody lives without fear and with honour and self-respect," said Naseer Ali, local wood carving artisan.

The way people are sharing the details of the public rally with their family and friends leaves one in no doubt that the gathering was voluntary. Past experience tells you that people wouldn't even whisper having attended a 'Pro-India' public rally in Kashmir. Thousands are proudly speaking of what they heard PM Modi say inside the Bakshi Stadium. Believing that the participants were nudged by the government to tell stories like this to family and friends is clearly a blind man's refusal to see the writing on the wall.

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Strong action initiated against agents who deceitfully sent Indians to Russia: MEA



IAN S

NEW DELHI: The Ministry of External Affairs said on Friday that it has initiated strong action against agents and unscrupulous elements who deceitfully sent Indian nationals to Russia under the pretext of providing them with security guard jobs.

The remarks came after the Central Bureau of Investigation (CBI) busted a ring trafficking Indians to Russia raiding over 10 locations in seven cities associated with the agents. "Strong action has been initiated against agents and unscrupulous elements who recruited them on false pretexts and promises," Ministry of External Affairs spokesman, Randhir Jaiswal, said addressing a weekly media briefing.

He informed that India has strongly taken up the matter with the Russian government for the early discharge of its nationals stuck there. The CBI raids were con-

ducted in Delhi, Mumbai, Chennai, Thiruvananthapuram, Ambala, Chandigarh, and Madurai, following which some suspects were detained for questioning, and it reportedly emerged that the number of Indians sent by these firms to Russia is 35.

Spokesperson Jaiswal said that the agency has collected incriminating evidence from the raids and a case of human trafficking has been registered against several agents.

He urged citizens to be cautious of the offers made by job agents.

"We once again appealed to Indian nationals to not be swayed by offers made by agents for support jobs with the Russian army. This is fraught with danger and risk to life."

We remain committed to the early release of our nationals serving as support staff with the Russian army and the eventual return home," Jaiswal added.

A second Indian national, 30-year-old Mohammed

Asfan from Hyderabad, died this week while serving with the Russian Army on the frontlines of the conflict with Ukraine, raising pressure on the Indian government to seek early discharge of citizens in the conflict zone.

Before Asfan, 23-year-old Hemal Ashwinbhai Mangulkar from Gujarat was killed in a Ukrainian air strike.

He had travelled to Russia last December and was serving as a "security helper" with the Russian Army at Donetsk.

Jaiswal said that the Indian authorities are in touch with the families of both victims and are trying to get their mortal remains back to India as soon as possible.

"We are in touch with the Russian authorities. The deaths happened some distance away, in areas far away from the capital, so there are certain procedures to be followed. We are doing that and doing our best to bring back the mortal remains," Jaiswal said.

WOMEN'S DAY

How gender barriers collapsed in the man's world of hotel kitchens

IAN S

NEW DELHI: There was a time when a woman in a five-star hotel's kitchen was such an oddity, as a senior chef remembered some years ago, that she and a couple of new female inductees decided to do exactly what the men did: use foul language and light up a cigarette during breaks.

Seeing women just like them, that too women who used English profanities, the male chefs grudgingly accepted them, but also gave them some friendly advice: If they wanted to get married and have children, like all good women should do, they should quickly seek a transfer to the patisserie, which was air-conditioned and the duty hours were regular.

You could imagine their utter shock when these 'achche ghar ki ladkiyan' told them bluntly that they had come to become chefs and the hot kitchen was their way forward.

Unlike the case in people's homes, kitchens in five-star hotels and restaurants were a man's world where generous dollops of suspicion and contempt used to be heaped upon women who 'trespassed' into them.

That was the world that Veena Arora walked into in 1994, after having grown up in Bangkok and trained in London, when she joined the Thai restaurant named Silk Orchid at the then Holiday Inn (now known as The Lalit in New Delhi).

Arora left The Imperial, where she presided over the iconic Spice Route restaurant, last year to turn

a chef-entrepreneur, satisfied that pioneers like her have made a difference to their industry's old mindset.

Less than two decades after Arora's entry into

Gujarati family in Mumbai and studied at the prestigious hospitality school at Les Roches, Switzerland) met her in a chef's uniform and (obviously, she had been conditioned by cook-

the right frame of mind."

Talking about her decision to stay put in the hot kitchen (she earned her spurs with the Irani-Parsi restaurant chain, Soda Bottle Opener Wala), she

ing free from traditional constraints. Families now recognise the positive impact of women working in the industry, supporting their roles as providers and caretakers."

Life, indeed, has changed for women in the profession. "From being the underdogs who had to work extra hard to getting noticed, getting the big-ticket opportunities, to the present, it's been a journey full of ups and downs," Gulati said.

Despite being married into the family that owns the established and popular Gulati restaurant at Pandara Road in New Delhi, Gulati launched the Spice Route, a pan-Indian eatery in Saket, and then, during the Covid lockdown, the Call Chotu food delivery service.

With 30 years to look back upon -- 30 years that have seen trail-blazing chefs such as Nita Nagara, Madhu Krishnan, Manisha Bhasin and Ritu Dalmia -- Arora sees the change in the right perspective.

She said: "The evolution is evident in today's kitchens, where women are not only accepted but celebrated. Specialised kitchens with an all-female staff highlight the capability of women to successfully run restaurants and manage kitchens independently. It reflects the resilience, strength and competence of women in large-scale industrial kitchens, and their success in challenging and redefining traditional gender roles."

Women no longer have to swear to earn their respect in the hot kitchen.



Silk Orchid, author and Parsi cuisine exponent Anahita Dhondy can happily remember how as an industrial trainee from IHM Aurangabad, she was pushed into the banquet kitchen of New Delhi's Taj Mahal Hotel by the executive sous chef, who wanted them rise and shine by burning their hands and scalding their skin.

The gender barrier was finally coming down, but old attitudes continued to persist, as chef and restaurateur Chiquita Gulati, discovered much after she was running her own show.

A relative of hers (she grew up in a well-to-do

ery shows!) exclaimed: "Kya baat hai, aaj toh tum chef bane hue ho! (My, my, you are dressed up like a chef today!)" To quote Gulati: "It was a subtle reminder of the gender stereotypes that continue to linger even in my own circles."

Of course, the transition has been physically demanding. As Dhondy says, remembering her days at the Taj banquet kitchen, "Honestly I hated it at first. It is loud and hot, it is noisy and hectic, quite the opposite of the air-conditioned pastry room where ambient music is played just to keep you in

mentions her Le Cordon Bleu batch. "Most of the Indians in my batch in London became pastry chefs, except three: Vanishika Bhatia, Urvika Kanoi and I. And I am so glad we did that because we are all successfully running our own businesses."

Fortunately for women chefs, as Arora points out, families too have changed the way they view the profession.

"Over time, as women proved their strength and dedication, perceptions shifted," Arora said. "Educated women emerged stronger, more independent and confident, break-

Sudha Murthy, philanthropist and educationist nominated to RS, PM hails move



IAN S

NEW DELHI: Sudha Murthy, country's leading philanthropist and educationist was nominated to the Rajya Sabha by President Droupadi Murmu on Friday.

Prime Minister Narendra Modi himself took to X, to share the information about her nomination. He hailed her nomination to the Upper House and said that her presence in the House will be a powerful testament to nation's 'Nari Shakti'.

PM Modi said that he was delighted over her nomination to Rajya Sabha and said, "Sudha Murthy ji's contributions to diverse fields including social work, philanthropy and education have been immense and inspiring."

Sudha Murthy is the wife of Infosys founder NR Narayana Murthy and also the mother-in-law of Brit-

ish Prime Minister Rishi Sunak.

"Her presence in the Rajya Sabha is a powerful testament to our 'Nari Shakti', exemplifying the strength and potential of women in shaping our nation's destiny," PM Modi further wrote on X, while wishing her a fruitful Parliamentary tenure.

Besides being the wife of Narayana Murthy, Sudha Murthy has created a name and fame for herself on the back of her tremendous work in the fields of education and philanthropy.

She is an epitome of India's rich culture and civilisation and also doesn't shy away from propagating them from various platforms.

Her teachings and values are perfectly aligned with the 'Bharatiyata' and marks the reawakening of Indian customs and traditions.

10 years of Modi govt equal to 60 years of Cong rule: Anurag Thakur

IAN S

BENGALURU: Speaking at the Viksit Bharat Ambassadors programme in Bengaluru on Friday, Information and Broadcasting (I&B) Minister Anurag Thakur lauded the milestones and landmark achievements of the last 10 years under the NDA government, and attributed them to the ambition and vision of Prime Minister Narendra Modi.

The I&B Minister impressed upon the Viksit Bharat attendees about India's feats and rising stature in various sectors, ranging from education to health, and economy to technology.

"Today, India has 150 airports, as compared to 75 earlier; today, the National Highway network stands at 1.50 lakh km, as compared to 98 lakh km earlier; today, more than 700 medical colleges are in operation, as compared to about 350 earlier," he pointed out.

Tearing into the previous Congress governments, the minister said that the poor and the marginalised were forced to live in penury for many years after Independence, and it was during the 10 years of Modi government that more than 250 million people were lifted out of

the poverty line.

"The work done in the 10 years of Modi government is equal to the work done in 60 years by the Congress governments," Anurag Thakur stated.

The Sports Minister also encouraged the Viksit Bharat attendees to make this a people-powered

Modi government, it has now become the fifth largest economy in the world," the minister said.

He also cited many figures to explain how the government's pro-people schemes have brought about changes in people's lives.

"In the 10 years of Modi government, 40 million

used in Bengaluru on Friday under the flagship banner of Viksit Bharat Ambassadors, both presided over by Anurag Thakur.

The first event witnessed the participation of more than 50 prominent people, including Unicorn founders, institution builders, developers, sportspersons,



movement and become drivers of the massive transformation that is presently underway.

Besides citing the Indian economy's growing stature, he also said that the country has seen a marked shift from a 'stagnant to moving economy', which he attributed to the exemplary leadership of PM Modi.

"From fragile five, the country has moved to be the fifth largest economy. In UPA eras, the country was the 10th largest economy, but in the 10 years of

pucca houses have been allotted to people, 100 million people have got LPG cylinders, 130 million people have got access to piped water, while 80 crore people have received free ration," the minister said, as he asserted that this can happen only in India.

Anurag Thakur also greeted the women on International Women's Day, and made it a point to congratulate Padma Bhushan Sudha Murthy on getting nominated to the Rajya Sabha.

Two events were organ-

and celebrities, while the second event saw a gathering of over 500 people, attended mostly by leading professionals and entrepreneurs from the city.

The 'Viksit Bharat Ambassadors Programme' is one of the flagship events of the Modi government to power the country to new heights of growth.

PM Modi has made a clarion call to one and all to join this people-powered movement and help the country turn into Viksit Bharat by 2047.

ED raids multiple locations in Kolkata in school-job-case



IAN S

KOLKATA: The Enforcement Directorate (ED) was conducting raids and search operations at multiple locations in and around Kolkata on Friday morning in connection with the cash-for-school-job case.

Till the time the report was filed, the central agency insiders have confirmed about the operations at three different locations.

One of the three places where the raid and search operations were being conducted was the residence of a para-teacher Abdul Amin at New Town in the northern outskirts of Kolkata.

Amin, according to sources, is an extremely close confidante of former West Bengal education minister and Trinamool Congress secretary general Partha Chatterjee, who is currently in judicial cus-

tody in the case.

The second place where the simultaneous raid and search operations were being conducted is the residence of an individual, Chandan Chattopadhyay, at Rajarhat also in the northern outskirts of Kolkata. A land-dale agent by profession, according to sources, Chattopadhyay had close links with Prasanna Roy, the middleman arrested by the central agency in connection with the school job case.

The third place of raid, according to sources, is the luxurious accommodation of one individual Kamal Agarwal, at the post Diamond City North housing complex at Nagerbazar also in the northern outskirts of Kolkata. However, at the time the ED sleuths started the raid and search operations there, Agarwal, a businessman by profession, was not at his residence.

PM urges top digital content creators to start 'Create on India Movement'

IAN S

NEW DELHI: Prime Minister Narendra Modi on Friday gave a clarion call to the top digital content creators of the country to start a 'Create on India Movement' to promote awareness about the country's products and rich cultural heritage to the world. Several individuals were awarded for their outstanding contributions in various categories.

Pankhiti Pandey received the 'Green Champion' award, Keerthika Govindasamy was recognised as the 'Best Storyteller', Maithili Thakur was named

the 'Cultural Ambassador of the Year', Gaurav Chaudhary received the award for the 'Best Creator in Tech Category', and Kamiya Jani was honoured as the 'Favourite Travel Creator'.

Addressing the first National Creators Award function at the Bharat Mandapam in the national capital, PM Modi told the award-winners that they had creative power that could serve as a catalysing agent to accelerate the progress of the country by increasing awareness about the 'New India' that people want to know about.

The Prime Minister said India

was now making rapid strides to cover lost ground in setting up semiconductor (chip) manufacturing facilities. PM Modi mentioned the Rs 10,300 crore allocation for the IndiaAI Mission, that was approved by his Cabinet on Thursday, as an important step towards bolstering India's AI ecosystem. "I am confident of the success of these ventures, because I have great faith in the talent of the youth of the country, my role is only to clear the hurdles to pave the way for you to go ahead," he remarked.

The Prime Minister urged the content creators to become the

brand ambassadors of India and promote the 'vocal for local' campaign. He exhorted them to use AI to translate their content into other languages such as German and Japanese to make the world aware of the innovations that were taking place in India and highlight the various brands and tourism hotspots that were of interest to people around the globe.

He said that the Archaeological Survey of India (ASI) was discovering various ancient artefacts that were hundreds of years old. Content creators can use their talent to bring these findings to life spread greater

awareness about them.

On the occasion of the International Women's Day, PM Modi also urged the content creators to spread the message of empowering women in the country.

He pointed out that boys and girls were not being treated equally in homes. For example, girls are questioned and scolded by their parents if they come home late whereas boys are not. There was a need to spread awareness on this subject to end this discrimination, he added.

The Prime Minister also said that there was a need to highlight the important role that woman

were playing in the rural economy which stretched across agriculture, cattle rearing and weaving. He pointed out that western experts were of the view that there are not enough women in the Indian workforce, but this view was incorrect. PM Modi also exhorted the award winners to focus on spreading a positive message to school children so that they do not get stressed, especially during exam time.

Content that will make their studies more interesting and enable them to enjoy their experience will go a long way in achieving this, he added.

The National Creators Award that were presented by the Prime Minister is an effort to recognise excellence and impact across domains, including storytelling, social change advocacy, environmental sustainability, education, gaming, among others. The award is envisioned as a launchpad for using creativity to drive positive change.

Over 1.5 lakh nominations were received across 20 categories. About 10 lakh votes were cast for digital creators across various award categories, with 23 winners, including three international creators, being selected.

BREAKING BARRIERS, BUILDING FUTURES

BRICS CCI WE's 4th Annual Summit highlights women's achievements

IANAS

NEW DELHI: With the emphasis on women-led development in India's G-20 Presidency and Prime Minister Narendra Modi's vision of fostering inclusivity and driving positive change, BRICS CCI WE, the women's empowerment vertical of the BRICS Chamber of Commerce and Industry, hosted its fourth Annual Summit and Felicitations 2024 on the theme "The Changing Narrative: Women Development to Women-Led Development".

BRICS CCI WE also unveiled a report, 'New Era of BRICS: Horizons in Tech and Business for Women Empowerment', with special emphasis on the technology and entrepreneurship landscape for women across the BRICS countries.

The summit was graced by diplomats from the Embassies of Russia, China, Brazil, South Africa, Iran, Cuba, Costa Rica, Chile, Belarus, Gambia, Angola, Chad, Comoros, and Venezuela, among others.

Sonal Mansingh, Padma Vibhushan awardee and Member

of Rajya Sabha, was the chief guest at the Summit.

Shazia Ilmi, national spokesperson of the BJP Swati Singh, former Minister of State (Independent Charge) for Women and Child Welfare, Government of Uttar Pradesh; Sanjay Bhattacharyya (Retd.), former BRICS Sherpa and Secretary to Government of India; and Ajay Chaudhary (IPS), Special Commissioner of Police in charge of Special Police Unit for Women & Children and Special Police Unit for North-East Region, also addressed the gathering.

In her welcome address, Ruby Sinha, President, BRICS CCI WE, said, "The transition from women's development to women-led development signifies not just a change in narrative, but a commitment to empower half of our population. Women are no longer viewed as passive recipients of aid, but as active agents of change, capable of leading and shaping their own development and that of their communities."

Chief guest Sonal Mansingh said in her address, "Women's leadership is indispensable in building a more equitable and prosperous society. The Summit catalyses amplifying women's voices and ensuring their active participation in all spheres of life."

The Summit also honored extraordinary women who have made significant contributions to the advancement of women's development.

Poonam Dhillon, actor, entrepreneur and politician, was felicitated with the BRICS CCI WE Trailblazer Lifetime Achievement award for her illustrious career, which not only enriched the entertainment industry, but also paved the way for women's empowerment and leadership in diverse sectors.

Poonam Dhillon said, "Empowering women is not just a moral imperative, but also a strategic necessity for sustainable development. By championing women-led initiatives, we can unlock untapped potential and pave the way for a more inclusive future."

Raimati Ghiuria, Queen of Millets from Odisha, Meenakshi Gopinath, Founder and Director of WISCOMP (Women in Security, Conflict Management and Peace), and Latika Bhandari, taekwondo athlete, were felicitated as BRICS CCI WE Women Icon Trailblazers.

B.B.L. Madhukar, Director General, BRICS CCI, said, "The fourth Annual Summit and Felicitations of BRICS CCI WE marks another milestone in our journey towards promoting women-led development. By



harnessing the collective expertise and resources of the BRICS nations, we can create a more inclusive and equitable world for future generations."

In her speech, Shazia Ilmi said, "Women's empowerment is at the heart of our collective progress. Through concerted efforts and policy interventions, we can create an enabling environment where every woman has the opportunity to fulfil her aspirations and contribute to the society."

Sameep Shastri, Vice Chairman, BRICS CCI, said in his address, "The Summit underscores the importance of wom-

en's empowerment in shaping the narrative of development. As we strive for progress, it is imperative to create opportunities and support mechanisms that enable women to thrive as leaders and change-makers."

Sanjay Bhattacharyya (Retd.), Former BRICS Sherpa and Secretary to Government of India, stated, "The BRICS CCI WE Annual Summit underscores the significance of women's leadership in driving socio-economic progress and fostering inclusive growth. Through collaborative efforts, we can harness the potential of women entrepreneurs and leaders to build a better future

for all." Ajay Chaudhary (IPS) said, "Ensuring the safety and security of women is paramount for their empowerment. By strengthening the law enforcement mechanisms and promoting gender-sensitive policies, we can safeguard women's rights and dignity."

The Summit also recognised the achievements of emerging women entrepreneurs, both within and outside the BRICS CCI network, such as Niti Batra, Director of Joy Travels Pvt. Ltd., Amrita V. Chowdhury, Director of Gaia Smart Cities Solutions Pvt. Ltd., N.J. Anitha, Vice-President of SNJ Breweries Pvt. Ltd., and Renu Sharma, CEO of Rajwarah Jewellers, for their exemplary contributions to entrepreneurship and innovation, fostering economic growth and empowerment.

The Summit was also attended by Ashok Kr Singh, Vice Chairman, BRICS CCI, Ruhail Ranjan, Director Finance, Shabana Nasim, Chief Patron, BRICS CCI WE, Ansh Virmani, Country Director, BRICS CCI-UAE Chapter, Ankita Sachdeva, Joint Director, BRICS CCI, and members of the governing body and members of the Chamber.

The eminent panelists engaged in insightful discussions on the theme of wom-

en-led development in India and elucidated on the pillars of women-led development, including education, enterprise, financial literacy, and leadership mentoring.

These included Kalpana Sharma, Former Additional Secretary to Lok Sabha, and Senior Advisor - BRICS CCI; Kanta Singh, Deputy Country Representative, UN Women India; Anuradha Agrawal, Indian Council of Agricultural Research (ICAR); Gauri Jauhar, Executive Director, Energy Transition & Cleantech Consulting, S&P Global Commodity Insights; Ankit Jhamb, Honorary Advisor, BRICS CCI; Shweta Punj, Deputy Editor, Moneycontrol.com and Co-founder, Whypoll; Gaurav Choudhury, Co-founder and CEO at Earshot Media; Anita Makkar, Founder Principal, The HDFC School; Shormishtha Ghosh, Governing Body Member, BRICS CCI; Amrita V. Chowdhury, Director, Gaia Smart Cities Solutions Pvt. Ltd.; and Semenushkova Ekaterina, Founder, Atlas Social and Cultural Relations Development Centre.

The fourth Annual Summit of BRICS CCI WE concluded with a renewed commitment to advancing women's leadership and catalysing inclusive development globally.

Bollywood actress Warina Hussain to Lead Mega Walkathon in Srinagar

MUBASHIR AALAM WANI

SRINAGAR: In a bid to emphasize zero tolerance against crimes targeting women, a grand walkathon is set to take place in Srinagar today.

Organized by International Human Rights Organisation Jammu and Kashmir Chapter and Maverick Foundation local, the event aims to raise awareness and advocate for the safety and empowerment of women in society.

As per the organisers, Loveyatri fame Bollywood actress Warina Hussain will also take part in the three kilometre-long walkathon, which will begin from Eco-park Boulevard.

Organisers said that this is the first such walkathon being held in Srinagar as



the organisation earlier held it in many cities of India including Mumbai, Bangalore, Hyderabad.

"This is the first such walkathon being held in Kashmir. This walkathon holds significance in taking stand against crimes targeting women and fostering an environment of safety and respect for women in society. It's

imperative that we come together as a community to show our unwavering support for women's rights and to send a strong message that crimes against women will not be tolerated," Asif Iqbal National Media-incharge International Human Rights Organisation said.

Organisers said the other segments of the walkathon will be held in other cities also including Chandigarh, New Delhi, Mumbai, Hyderabad and Bangalore.

"After Srinagar, a similar walkathon will be held in Chandigarh with a message about zero tolerance for crime against women. A walkathon will be also held in New Delhi, later Mumbai, Hyderabad and Bangalore," Iqbal said.

The organisers anticipate a mega participation in the walkathon in Srinagar. "There is an open invitation for everyone. We are expecting students from schools, colleges and professionals also participating in the walkathon. The basic idea is to raise awareness and prevent crime against women across the country," Iqbal said.

The walkathon comes at a time when incidents of violence against women continue to be a pressing concern globally, including in the region. By organizing such events, organizers aim to not only raise awareness but also encourage dialogue and action to address the root causes of gender-based violence and discrimination—(KNO)

EC holds security review ahead of announcing LS poll dates

AGENCIES

NEW DELHI: The Election Commission on Friday held meetings with top Home Ministry and Railway officials on the deployment and movement of security personnel across the country ahead of the upcoming Lok Sabha elections, sources said.

The EC top brass is also learnt to have discussed with home ministry officials the possibility of holding assembly polls in Jammu and Kashmir alongside state assembly elections in Andhra Pradesh, Odisha, Sikkim and Arunachal Pradesh.

While the Supreme Court had in December last directed the EC to hold assembly polls in Jammu and Kashmir by September 30, there was no official word on whether assembly polls in J-K can be held with Lok Sabha polls expected to take place in April-May.

The terms of the state assemblies of Andhra Pradesh, Odisha, Arunachal Pradesh and Sikkim end on different dates in June and state elections there will be held alongside Lok Sabha polls.

Whenever assembly elections are held in J-K, they will be the first since Article 370 of the Constitution were abrogated and Jammu and Kashmir was divided into two Union territories in 2019.

The electoral exercise in Jammu and Kashmir is usually spread over a month.

Following the delimitation, the number of assembly seats has gone up from 83 to 90, excluding the seats allocated to Pakistan Occupied Kashmir.

In December last, the Supreme Court had directed the poll panel to hold assembly elections in Jammu and Kashmir by September 30.

During the meetings, the

poll panel is learnt to have underlined the need for timely movement of central forces being deployed for election duty.

The Commission is also learnt to have stressed the need for good coaches in trains which will be used for the movement of security personnel. It also pressed for food on board such trains.

The poll panel was represented by Chief Election Commissioner Rajiv Kumar and fellow Election Commissioner Arun Goel, and other senior officials.

During the deliberations, the EC insisted on meeting the deadline of early next week for "advanced induction" of security personnel.

The Commission also demanded sufficient number of helicopters for deployment of central forces in difficult terrain, including areas affected by Left Wing Extremism.

The poll panel has also asked for cashless treatment of personnel in case of injury or other medical emergencies during poll duty deployment.

The meeting comes days before the Commission is likely to announce schedule for the Lok Sabha elections.

The crucial deliberations also come days ahead of the Commission's Jammu and Kashmir visit early next week to review poll preparedness.

The EC has sought 3.4 lakh Central Armed Police Force personnel for Lok Sabha and four assembly polls.

With nearly 97 crore voters, the EC would set up approximately 12.5 lakh polling stations across India.

Last time Lok Sabha polls were announced on March 10 and were held in seven phases beginning April 11. Votes were counted on May 23.

WOMEN'S DAY

Society must acknowledge contribution, important role of women: CJ

MUBASHIR AALAM WANI

SRINAGAR: The Chief Justice of Jammu and Kashmir and Ladakh N Kotiswar Singh Friday said that the society must acknowledge the contribution of women and shall give them all the spaces and rights they deserve.

Speaking during the International Women's Day at University of Kashmir, Justice Kotiswar said, "Women have been playing an important role in the society but somehow in the modern times, the same has not been recognized."

The Chief Justice said, "This is the day when we remind ourselves of the important role played by women and also inspire ourselves so that we acknowledge the role played by the women."



"We also have to make ourselves aware about the difficulties faced by the women which often are created by the men and it is an attempt to mind that there cannot be any discrimination against the women," he said.

Justice Kotiswar further said that we must recognize the potential and the

rights of women so that we are equal partners in society.

"The contribution of women has to be acknowledged to make our society a better society without any discrimination and provide all the spaces women deserve which men have deprived them of," he said—(KNO)

Betraying J&K in genes of PAGD constituents: Altaf Bukhari

GMK NEWS NETWORK

SRINAGAR: Apni Party President Syed Mohammad Altaf Bukhari Friday termed PM Narendra Modi's Kashmir visit a "welcome step", and hoped restoration of Statehood to J&K, conduct of simultaneous LS and Assembly polls, and return of Kashmiri Pandits in a dignified way to their homeland.

Responding to a rift between NC and PDP over seat-sharing pact, Bukhari said the outlook both parties exhibited is true to their character as this behavior is in their genes. "They always duped Jammu & Kashmir and its people for their personal gains. The formation of PAGD was nothing but a huge wrongdoing these parties committed with people of Jammu & Kashmir in past seventy years," he said.

Bukhari welcomed Prime Minister Narendra Modi's March 7 Kashmir visit a "welcome step". He

said the message of Kashmiri's is loud and clear that they want peace and it is what PM Modi has made it a mission.

Bukhari hoped that Apni Party is looking forward to PM Modi for restoration of Statehood, healing touch, simultaneous conduct of Parliamentary and Assembly elections in J&K and a concrete road map for the return of Kashmiri Pandits to their homeland.

To a query he said that for AP every day has been a challenge and the biggest challenge was to convince people that we speak truth. "People came to know that Apni Party is the only political outfit who speaks truth, and it is our biggest achievement," he said.

He said truth has been a biggest casualty in all these seventy-years in Kashmir. "Apni Party many speak bitterly, but it is clear that we don't tell lies to people," Bukhari told KNS on party's 4th raising day event.

On Article 370, he responded that Apni Party

didn't wait for final verdict rather we went to New Delhi and met Prime Minister and Home Minister there and ensured reservation of jobs and land for local population. "Also due to our strenuous efforts we ensured release of 2500 to 3000 people from jails," he added.

"We listen to people and give shoulder to their grievances. Though we are not in power but trying our best to ease out the sufferings of common people," Bukhari held.

He said our party has a "distinction" of raking up people's concern while other political parties are not even ready to listen to their people.

He also said that Apni Party is a 4-year old small child (new born political party), and I can't say we will sweep elections, but Apni Party is an important player in the political arena of Jammu & Kashmir. This is the reality and it will remain a reality," Bukhari said. (KNS)

Sonamarg Hosts Special Cricket Match for Visually Impaired Youth



GMK NEWS NETWORK

SRINAGAR: To foster sports engagement among visually challenged youth, members of the RTI Movement and Koshish, in collaboration with the JK Blind Welfare Trust, organised a special cricket match in Sonamarg.

Speaking on the occasion, SDPO Kangan SP Muzaffar Jan appreciated the initiative taken by members of the RTI Movement and Koshish, who have been supporting the members of the JK Blind Welfare Trust. He expressed that the JK Police would be happy to support such initiatives for persons with disabilities in the future.

Chairman of the Jammu and Kashmir RTI Movement, Dr Raja Muzaffar Bhat, who was also present, emphasised that persons with disabilities often experience mental depression, and there is an urgent need to involve them in various recre-

ational activities.

"Visually challenged youth playing cricket, especially on snow, may seem unimaginable, but we are making it happen, and it is possible. We need to be optimistic and must support visually challenged individuals, involving them in various activities to prevent mental depression. Today's cricket match and outing in Sonamarg are part of this program," said Raja Muzaffar, who is also the Patron of the JK Blind Welfare Trust.

Chairman of the JK Blind Welfare Trust, Showkat Ahmad Lone, and General Secretary Shafat Sofi extended their gratitude to SDPO Kangan SP Muzaffar Jan, Chairman of Birla Open Minds School Pampore, GM Lone, Principal Dr Mehnaz, and the management of Snowland Hotel for their support. SHO Sonamarg, Zahoor Turk, and social activist Mushtaq Ahmad Lone were also present at the event.

Kashmir records drop in night temp

GMK NEWS NETWORK

SRINAGAR: Night temperature recorded a drop at most places in Kashmir Valley with Gulmarg recording minus 7.6°C on Friday.

A meteorological department official said that Srinagar recorded a minimum of 1.8°C against 2.1°C on the previous night. It was below normal by 1.5°C for the

summer capital of Jammu and Kashmir for this time of the year, the MeT official said.

Qazigund recorded a minimum of 0.4°C against 1.8°C on the previous night and it was 1.8°C below normal for the gateway town of Kashmir, he said.

Pahalgam recorded a low of minus 3.4°C against minus 0.4°C on the previous night and it was 2.0°C below normal for the

famous resort in south Kashmir.

Kokernag, also in south Kashmir, recorded a minimum of 0.5°C against 0.1°C on the previous night and it was 1.4°C below normal, the official said.

Kupwara town recorded a low of 1.1°C against 2.5°C on the previous night and it was 0.7°C below normal there, the official said.