Army, BSF Install Modern Anti-Drone Systems Along LoC

Srinagar: In a significant move to thwart the movement of the militants along the Line of Control (LoC), the Army and Border Security Force (BSF) has deployed advanced anti-drone systems in the Kupwara sector of north Kashmir’s Baramulla region.

A joint meeting of the Army and BSF officers was held here today to finalize the plans for the deployment of the advanced anti-drone systems. The deployment of these systems will help in detecting and preventing the movement of the militants along the LoC.

The deployment of these systems is a significant step towards strengthening the security of the area. The system will help in detecting and preventing the movement of the militants along the LoC.

Full Poll Preparation to Ensure Peaceful LS Elections: DGP

Johannes Sangi

Fusuma: Jammu and Kashmir Commissioner of Police (DGP) Dr Shabir Khudwani on Saturday said that police have been fully prepared to ensure peaceful LS polls and the forces will provide a safe environment for the candidates as well as the electorate.

The DGP said that the police have been working in close coordination with other agencies to ensure a peaceful election.

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Centre Notices Implementation of Citizenship Amendment Act

New Delhi: The Union Home Ministry on Monday notified the Citizenship Amendment Act (CAA) — a major highlight of the BJP’s manifesto during the 2019 Lok Sabha elections, the Union Home Ministry on Monday notified the Citizenship Amendment Act (CAA) — a major highlight of the BJP’s manifesto during the 2019 Lok Sabha elections.

The notification, which is the first step towards implementing the CAA, was gazetted today in the Official Gazette. The CAA provides for the naturalization of non-Indian citizens who have not been considered as Indians under the Constitution.

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Rs 4 billion

Gulmarg Receives Fresh Snowfall

Srinagar: Gulmarg, famous ski resort, once again received the fresh snowfall while the plains were bathed in rains as the Western Disturbance (WD) affected Jammu and Kashmir on Monday.

The occasional sunshine was witnessed in Srinagar, the summer capital of Jammu and Kashmir and other areas till late afternoon following which the Gulmarg started receiving fresh snowfall bringing down the mercury at several places. However, rains lashed for some time in other areas this evening.

This year, the region has received under the influence of Western Disturbance, which affected J&K today.

Ed Attaches Property Worth Rs 6.81 Crore


In a joint statement released, the ED said that the searches were conducted at 12 locations across Jammu and Kashmir. The searches were conducted at the premises of the accused persons, their family members, their associates and their business associates.

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Tulip Garden To Feature 5 New Varieties, 1.7 Million Tulips Set To Bloom

SRINAGAR: In a bid to further boost tourism, the Tulip Garden in Srinagar has been designed to feature five new varieties of tulips, including the rarest variety of tulip in the world.

The garden is a popular tourist attraction and attracts thousands of visitors every year.

No Touch Innocent, Don’t Spare Culprit: Our Policy: LG

Jammu: Lieutenant Governor Manoj Sinha on Sunday said that those responsible for unlawful activities and violence in the Valley are making malicious attempts to lure young boys and girls into unlawful activities, adding that ‘don’t touch the innocent and don’t spare the culprit’ is our policy.

The Police and Security forces must remain vigilant and should be ensured that no innocent child or victim to adversary’s suffer four design, ‘LG

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DC Kulgam reviews arrangements for Ramadan

KULGAH: The Deputy Commissioner of Kulgam, Rana Khurshid Khan Mohd convened a meeting of the officials to review and finalize the arrangements for the holy month of Ramadan.

During the meeting, the DC stressed on the need to ensure that there is no shortage of water and electricity supplies in the district. She also directed the officials to ensure the sanitation and lighting of public places. The meeting was attended by the Executive Officers of various departments and agencies.

The DC emphasized the importance of launching special cleanliness drives in the district with a focus on roads, drains, and regular cleaning of public spaces. She directed the officials to ensure that the necessary arrangements are in place to provide a safe and clean environment for the people during Ramadan.

The meeting also discussed the provision ofindsight to the people, especially those who are economically disadvantaged, and how to address their needs during Ramadan.

Awareness programme on Agri, Allied sector schemes held in B’pora

BANDIPORA: The Director of Agriculture (DC) Bandipora, Suneja Kamili, Monday visited different Towns of Agri, Allied sector and organized a day long awareness programme.

The programme was aimed at creating awareness among farmers and allied sector workers about the various schemes and programmes launched by the Government for the development of the agriculture, animal husbandry, and allied sectors. The programme was organized under the aegis of the Department of Agriculture and Animal Husbandry, and was attended by the officials of different agencies.

The programme included the distribution of pamphlets and leaflets on various schemes and programmes, and a demonstration of several Agri, Allied sector technologies. The participants were given detailed information about the schemes and how to benefit from them.

LOK SABHA ELECTION

DEO B’pora constitutes District Grievance Committee

BANDIPORA: In view of the ongoing General Elections in J&K, the District Election Officer (DEO) Bandipora, Rakesh Ahmad, Monday constituted a District Grievance Committee (DGC) in the district.

The DGC has been constituted to address any grievances or complaints received from the people during the election process. The committee has been authorized to initiate action against any violation of election rules.

Secretary visits Govt Press, inspects functioning

SRINAGAR: Secretary, PPI, Dr. Daud Ahmad, visited the Government Press Industrial Estate (GPIE) and inspected the functioning of the various units.

The Secretary was impressed with the progress being made in the various units and expressed his confidence in the departments' ability to meet the demands of the market.

The Secretary also directed the officials to prioritize the smooth functioning of the various units and to ensure that they meet the required standards.

DC B’la ensures AMF at Polling Stations for LS Elections

Srinagar: The District Commissary of Srinagar, Mr. Mushtaq Ahmad, has ensured the availability of AMF (Amidst the Maintenance of Facilitates) at all the polling stations in the district.

The DC has directed the concerned officials to ensure that the AMF is available at all the polling stations in the district. This is to ensure that the voters are able to cast their votes smoothly and without any hindrances.

LOK SABHA ELECTION

Training imparted to Zonal, Sectoral Police Officers

SRINAGAR: The District Election Officer (DEO) Srinagar, Mr. Abbas Mir, has imparted training to the Zonal and Sectoral Police Officers in the district.

The training was aimed at acquainting the officers with the election-related works and responsibilities. The officers were briefed on the various procedures and guidelines that need to be followed during the election process.

The training also emphasized the importance of maintaining law and order and ensuring a peaceful election environment.

During the training, the officers were also made aware of the rules and regulations to be followed during the election process.

The training imparted by the DEO was commended by all the officers, who expressed their appreciation for the timely training.

The officers were also urged to maintain strict vigilance during the election process and to ensure that the election process is conducted in a transparent and fair manner.

Speaking during the training, the DEO highlighted the importance of providing quality education to the voters and to ensure that the election process is conducted in a free and fair manner.

The DEO also reiterated the administration’s commitment to upholding the principles of democracy and impartiality in the election process.

The officers were also informed about the various rules and regulations to be followed during the election process.

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Govt starts conducting safety audit of 10-year-old bridges

Srinagar: The Srinagar Municipal Corporation (SMC) has started a safety audit of 10-year-old bridges across the city. The audit aims to assess the structural integrity and overall safety of these bridges, which have been in service for over a decade and may require maintenance or replacement to ensure public safety.

The exercise is to assess the safety audit of bridges, which have completed 10 years of service. The SMC has constituted an expert committee to conduct the safety audit of these bridges. The committee will assess the structural integrity, durability, and safety features of the bridges. The audit will cover various aspects, including the assessment of structural components, such as the foundation, superstructure, and substructure, as well as the overall condition of the bridge.

The safety audit will provide a comprehensive picture of the current state of the bridge and identify any potential weaknesses or areas of concern. Based on the audit findings, appropriate measures will be recommended to ensure the safety and durability of the bridge.

The safety audit of these bridges is crucial to ensure the safe passage of vehicles and pedestrians. The SMC is committed to maintaining a high standard of infrastructure to provide a safe and comfortable environment for the residents of Srinagar.

State-level ‘India Skills Competitions’ held at IIM

The SMC, in collaboration with the Ministry of Skill Development and Entrepreneurship (MSDE), GoI, and the National Skill Development Corporation (NSDC), hosted State-level Competitions of Cooking skills at institutions of Hotel Management.

The candidates from different states presented their skills in various categories, including fruit and vegetable preparation, meat and poultry handling, and dessert making. The competition aimed to identify the best culinary talents and provide them with opportunities to represent their state in national competitions.

The winners were awarded certificates and prizes for their outstanding performance. The event was attended by the Director, Institute of Hotel Management, Srinagar, who congratulated the winners and expressed his confidence in their future success.

The State-level Competitions will be followed by the National Skill Competitions, which will be held across the country. The winners of the National Competitions will represent their states in the World技能 Olympic (WSOC) 2024, the world’s largest skills competition.

The event was also attended by the Secretary, Ministry of Skill Development and Entrepreneurship, who lauded the participants for their efforts and expressed his confidence in their future success.

The State-level Competitions were held at the Institute of Hotel Management, Srinagar, and were attended by the Director, Institute of Hotel Management, Srinagar, who congratulated the winners and expressed his confidence in their future success.
Ramadan Blessings

The holy month of Ramadan is here. Ramadan is a month of blessings. It is a month in which all able-bodied Muslims are required to observe fast from pre-dawn to sunset. Ramadan has more to do with spiritual rejuvenation, good deeds, charity, and social work. The concept of Ramadan is to give food and clothes to the poor, have mercy on the people doing manual labor, help each other, speaking truth, working with honesty, showing honesty in all business transactions, weighing things properly, and maintaining good hygiene.

The holy month of Ramadan entails waking up during pre-dawn hours necessitating power supply during those hours. In the decades of 90s when Ramadan fell in January, winter months most of the times during Sehri there would be no power supply. The situation has improved somewhat but still we see that in a lot of areas there is little to power supply during pre-dawn Sehri hours. The same holds true during Taraweeh hours. There have been frequent power cuts during these hours as well. The acclimatization is duly borne. Ensure proper power supply during these hours.

Ramadan is a month of piety, charity, and justice. We must do introspection around us and see how many unskilled, unemployed youth we have around us and try to empower them with the requisite skills so that they can find a foothold for their careers. For those already earning enough we must ensure that they are able to get married provided by the circumstances. This is a month when we have to care as much for others as well as ourselves. The love of your life will not always be the love for your work.

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The Deadly Divide in 2024

Manmade Barriers Block Access To TB Care

B

nations of the Global North were diagnosing and treating drug-resistant TB, TB in children or extra-pulmonary TB (TB of body parts other than lungs).

“We cannot have double standards,” rightly said Dr. Lucia Ditiu, who was speaking at the 2024 World Social Forum (WSF 2024) in Nepal.

Science has told us to test, treat and prevent TB but are we using them?

Ditiu has taken charge of the global Stop TB Partnership in 2021. TB guidelines are uniform for rich and poor nations alike.

TB challenges in the Global South are so persistent and deadly that they are draining health secu-

"Like justice, health is never given, it is won.\n\n\nLike justice, health is never given, it is won.\n\n\nLike justice, health is never given, it is won."

A million? Science has gifted us tools to test, treat and prevent TB but are we using them?

"Science has never been at fault, it is us who have to unmake the TB response," said Dr Lucica

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2014. But it did not become a much sought-after elimination

"The acceleration of doing upfront DST before initiating the treatment is clinical malpractice, said Dr Mario Rangelino over 10 years ago to CNS. But drug-resistant TB has been a reality for everyone in need?\n\n\nBut richer nations in the Global North were diagnosing and treating drug-resistant TB, TB in children or extra-pulmonary TB (TB of body parts other than lungs).\n\n"We cannot have double standards," rightly said Dr. Lucia Ditiu, who was speaking at the 2024 World Social Forum (WSF 2024) in Nepal.
Post-Workout Meal: Avoid These Foods For Better Overall Health

- **Fried foods**: These contain unhealthy fats, sodium, and low essential nutrients. AVOID REPLACEMENT OPTIONS
- **High-fat foods**: These include fatty foods like French fries, fried chicken, and ice cream. AVOID REPLACEMENT OPTIONS
- **High-fibre foods**: These include foods like fruits, vegetables, and whole grains. AVOID REPLACEMENT OPTIONS
- **Processed or fast foods**: These include chips, burgers, and sugary snacks. AVOID REPLACEMENT OPTIONS
- **Beverages to rehydrate**: Avoid sugary and sweet drinks. Instead, opt for water or low-calorie, fruit-flavored drinks. AVOID REPLACEMENT OPTIONS
- **Alcohol**: Excess alcohol consumption can lead to dehydration and other health issues. AVOID REPLACEMENT OPTIONS

Instead, consume the following post-workout meal options for effective recovery:

- **Grilled chicken or turkey**: Rich in protein and easy to digest. AVOID REPLACEMENT OPTIONS
- **Greek yogurt**: High in protein and low in fat. AVOID REPLACEMENT OPTIONS
- **Quinoa or brown rice**: High in protein and complex carbohydrates. AVOID REPLACEMENT OPTIONS
- **Sweet potatoes**: They are a good source of vitamins and minerals. AVOID REPLACEMENT OPTIONS
- **Fat or lactose-free dairy options**: These can provide protein and calcium. AVOID REPLACEMENT OPTIONS
- **Avocados or nuts**: Include healthy fats for easy digestion. AVOID REPLACEMENT OPTIONS
- **Fruits**: They contain natural sugars and vitamins. AVOID REPLACEMENT OPTIONS
- **Dairy products**: They can provide a good source of protein and calcium. AVOID REPLACEMENT OPTIONS
- **Vegetables**: Include a variety of vegetables for vitamins and minerals. AVOID REPLACEMENT OPTIONS
- **Water**: Stay hydrated to replenish fluids lost during exercise. AVOID REPLACEMENT OPTIONS

Remember, individual nutritional needs may vary. It is essential to listen to your body. Consult with a healthcare professional for personalized advice based on your body's unique needs and requirements.
TDP, BJP, Jana Sena begin talks on seat sharing for Andhra Assembly, LS polls

In New Delhi last week, the TDP also decided to re-join the NDA in order to curb the flourishing of its own party in the state. The TDP and Jana Sena Party members met the President of India, Ram Nath Kovind, and the TDP's Andhra Pradesh President, K. Anathalavattu and others, to discuss the possibility of re-joining the ruling in the coming assembly elections of the Andhra Pradesh.

India today

Jana Sena Party's Political Affairs Committee President, Pawan Kalyan, on Thursday, March 12, ordered the 5-judge panel to forthwith stop the SBI to forthwith stop the SBI to forthwith stop the SBI from taking any action against the state bank's expenses and ordered that the TDP and Jana Sena Party members meet the President of India, Ram Nath Kovind, on Thursday, March 12.

India today

In its order, the Con...
CS favours ecosystem to generate 50,000 new success stories in paradise

**Pulwama athletes clinched medals in state-level Soft Tennis Championship**

**Srinagar**: Several athletes from south Kashmir’s Pulwama and Anantnag districts have won medals in state-level Soft Tennis Championship. The tournament was held at Pulwama, Anantnag and Srinagar. The athletes from the three districts have performed well and won several medals, including gold, silver and bronze.

**Pulwama**: Pulwama district has been a hub for sports activities, with soft tennis being one of the most popular sports in the district. The district has produced several national and international level athletes in soft tennis. The district authorities have been encouraging the athletes to participate in such tournaments, and the results reflect their hard work and dedication.

**Anantnag**: Anantnag district has also been contributing to the growth of sports activities in the state. The district has a long history of producing successful athletes in various sports, and soft tennis is one of them.

**Srinagar**: Srinagar has been a cradle of sports activities, with软网球 being one of the popular sports in the city. The district has a rich history of producing successful athletes in软网球, and these tournaments are a testament to the quality of软网球 players in the city.

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