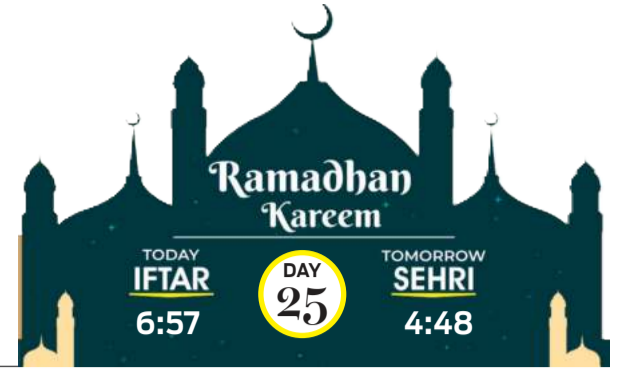


# Good Morning Kashmir

15th Year Of Publication



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### Weather Clears After Rains In J&K

**SRINAGAR:** Weather cleared this morning after rains lashed Kashmir Valley and parts of Jammu even as night temperature recorded increase at some places and dropped at others in Jammu and Kashmir on Thursday, officials said.

A meteorological department official said that in last 24 hours till 0830 hours, Srinagar received rainfall of 6.8mm, Qazigund •P-06

### Srinagar-Leh Highway Reopens

**SRINAGAR:** After a week of closure due to heavy snowfall, the Srinagar-Leh highway has reopened for one-way traffic from Sonamarg.

Hundreds of passengers and vegetable vehicles were stranded in Drass and Sonamarg during the closure.

The Border Roads Organization deployed machinery and workers •P-06

## 'PoK Integral Part Of India' No Party Position But National Stand: S Jaishankar



**AGENCIES**

**KERALA:** Reaffirming India's stand that Pakistan-occupied Jammu and Kashmir (PoJK) is an integral part of India, External Affairs Minister S Jaishankar said that this is not just the Bharatiya Janata Party's position but that of the whole country.

He further said that the prime concern regarding Pakistan is that of terrorism, and if anything unruly happens, it will be given a firm response.

"On the issue of PoJK, there is a national position and not the party's position. The Parliament of India has taken a united stand and every political party in the country has supported that stand. We will never accept that the PoJK is not a part of India. It's a united stand, it remains our stand," Jaishankar said addressing a press conference in Thiruvananthapuram on Thursday.

"The central issue where Pakistan is concerned is terrorism, and on the terrorism issue, we as a party and the government have been very clear that we will not ignore terrorism and won't look away when terrorism happens. If something happens, we will deal with it, we will reply and that has been our record," he added.

On being asked about the relation with China, the Foreign Minister acknowledged that the relationship is challenging, but affirmed that India will compete in a competitive way.

"We have •P-06

## Today's Bharat Eliminates Enemies In Their Own House: PM Modi



**NEW DELHI:** Prime Minister Narendra Modi, in a mega poll blitz in Bihar's Jamui district on Thursday assailed the Rashtriya Janata Dal (RJD)-Congress alliance for their negative politics and also outlined how the country was mustering strength and getting global recognition under the National Democratic Alliance (NDA) government.

PM Modi slammed the Congress for 'bowing before foreign nations' for securing nation's security and sovereignty and said that things have changed drastically now.

"Today's Bharat doesn't seek help from others in defending self, it attacks and eliminates its enemies in their own houses," PM Modi thundered at the public rally, in a clear message to Pakistan harbouring and sponsoring anti-India elements.

Without taking the name of Pakistan, he said that under the BJP-led government, Bharat has restored itself to its previous glory and is punishing its enemies in their own den.

Amused at the massive turnout of people at the Jamui rally, PM Modi also asked, "Is it a poll rally or a victory rally?"

"Today, India is the fifth largest •P-06

**TODAY, INDIA IS THE FIFTH LARGEST ECONOMY AND IS BRACING FOR BIGGER MILESTONES.** Chandrayaan's landing on the Moon shows our growing stature in space science. G20 meetings have become a talking point all across the country and globe."

**PM To Address Rally In Udhampur On April 12**

**JAMMU:** Prime Minister Narendra Modi and Uttar Pradesh Chief Minister Yogi Adityanath will address election rallies in Udhampur and Kathua districts of Jammu and Kashmir on April 12 and April 10, respectively, BJP leaders said on Thursday.

They will be campaigning for BJP candidate and Union minister Jitendra Singh, who is seeking reelection from Udhampur-Kathua Lok Sabha constituency.

"Modi Ji is coming to Udhampur on April 12. Yogi Ji will come to Kathua on April 10. They will address mega rallies," Jammu and Kashmir BJP general secretary Ashok Koul told reporters in Udhampur.

Koul, who was campaigning for Jitendra Singh, said that PM Modi will address •P-06

## 25 New Smart City Buses To Enhance Public Transport In Srinagar



**REHAN QAYOOM MIR**

**SRINAGAR:** Srinagar is gearing up to welcome a fleet of 25 new smart city buses, introduced by the Srinagar Smart City Limited (SSCL). An inspection and trial run of the freshly arrived buses were carried out in the city on Thursday.

Anuj Malhotra, General Manager of Planning & Urban Development at Smart City Srinagar, shared details, saying that the city is all set to receive 25 state-of-the-art smart city buses, which will commence operations in the coming days.

He elaborated on the features of the new •P-06

## UAPA Tribunal Confirms JKDFP As Unlawful Association



**AGENCIES**

**NEW DELHI:** The Unlawful Activities (Prevention) Tribunal consisting of Delhi High Court Judge Justice Sachin Datta has confirmed the banning order of Jammu and Kashmir Democratic Freedom Party (Shabir Shah's JKDFP) as an unlawful association.

The matter was conducted by Additional Solicitor General Aishwarya Bhati and Advocate Rajat Nair for Ministry of Home Affairs. The confirmation order of the tribunal would now be notified by the Government in couple of days

Recently Ministry of Home Affairs (MHA) has constituted the Unlawful Activities (Prevention) Tribunal for the purpose of adjudicating whether there is sufficient cause for •P-06

## CS Reviews Implementation Of New Criminal Laws In J&K



**GMK NEWS NETWORK**

**JAMMU:** Chief Secretary, Atal Dulloo, Thursday chaired a high level Steering Committee Meeting of senior functionaries of Home, Police and Law Departments to review implementation of three new criminal laws in J&K enacted by the Parliament in 2023.

Apart from the Principal Secretary, Home the meeting was attended by DG, Prisons and Crime, Director, Prosecution J&K, ADG, L&O; Secretary, Law, Director, FSL and other concerned officers of the department while Srinagar based officers participated through video conferencing.

The Chief Secretary took note of the measures taken so far regarding the capacity building and training of personnel. He enquired •P-06

## Exotic Apple Craze Red Velox, Pink Lady, Redlum Gala Varieties Rule The Roost



**MUBASHIR AALAM WANI**

**SRINAGAR:** A remarkable trend is unfolding in Kashmir with farmers and horticulturists embracing exotic apple plant varieties over traditional ones.

This surge in interest is reshaping the agricultural landscape of the region, known for its traditional apple cultivation.

In recent years, there has been a noticeable shift towards cultivating exotic varieties of apples, spurred by changing consumer preferences and evolving market dynamics.

Varieties including Red Velox, Pink Lady, Redlum Gala, Scarlet II, Golden Delicious and Jeromine are ruling the roost in Kashmir these days.

These varieties, known for their distinctive flavors, textures, and extended shelf life, are increasingly finding favour among consumers both domestically and internationally.

Aarif Bhat, a progressive farmer from Baramulla district, shares his experience, "I have been cultivating traditional apple varieties for decades, but I decided to diversify my orchard by introducing exotic varieties. The response has been overwhelming, with buyers showing great interest in these apples."

The shift towards exotic apple varieties is not only driven by consumer demand but also by economic factors. Farmers are recognizing the potential for higher returns associated with cultivating •P-06

## 2 Pak Nationals, J&K Resident Arrested By UP ATS

**GMK NEWS NETWORK**

**SRINAGAR:** The Uttar Pradesh ATS on Thursday arrested three terrorists including two Pakistani nationals and a resident of Kashmir.

Reports said, as per intelligence information, the trio was planning to carry out terrorist activities in India and with the help of ISI.

Three Hizbul terrorists, including two Pakistani nationals were apprehended by the UP ATS after they entered India through the India-Nepal border, reports said.

"With assistance from ISI, the terrorists have trained under Hizb-ul-Mujahideen. The trio has been identified as Mohammad Altaf Bhat, son of Khizar Mohammad Bhat of house number 559, Sadiqabad, Rawalpindi, Pakistan, Syed Ghazanfar, son of Syed Mohammad Syed of Taramani Chowk Irfanabad, F-87, House No. 19, Jamia Ali Murtaza Masjid, Islamabad, Pakistan and Nasir Ali, son of Ghulam Ahmed Ali of Karali Pora Hawal Srinagar •P-06

### MOVIES Schedule

Friday 05 April

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**INOX CINEMA SHIVPORA SRINAGAR**

**CREW (HINDI)**  
04:45PM, 07:30PM (U/A)

**GODZILLA X KONG (U/A)**  
04:10PM, 06:45PM (ENG)

**THE FIRST OMEN (ENG)**  
03:15PM, 06:00PM (TBA)

**SHAITAAN (HINDI)**  
02:15PM (U/A)



# DEO Kupwara takes review of Polling Station preparations

GMK NEWS NETWORK

**KUPWARA:** In order to review the progress of preparations being made with regard to Polling Station preparations, accessibility for upcoming Lok Sabha Elections in the district, a meeting was held on Thursday under the Chairpersonship of the District Election Officer (DEO) Kupwara, Ayushi Sudan at Mini-Meeting Hall of the DC Office Complex, here.

The DEO took a detailed appraisal from Nodal Officer Welfare, ACD Kupwara and BDOs about the arrangements being made at Polling Stations, their accessibility and AMFs.

On the occasion, the DEO directed, Nodal Officer Polling Stations/BDOs to check polling stations so that all requisite/



Assured Minimum Facilities (AMFs) including electricity, water supply, shade, ramp and functional toilet facilities at all the 607 designated polling stations is ensured, besides making all welfare measures for

the polling staff and security personnel on poll day. DEO instructed that Aanganwadi workers and ASHAs will take care of queue management of women voters during the poll day.

She stressed on the officers to focus on AMFs and arrange additional chairs and facilities of shade for ailing voters, PwD voters, elderly and Women.

The DEO directed the BDOs to identify the few model polling stations in each assembly segment of the district as model polling stations and undertake some innovative activities, beautification, display of local traditional artifacts, so that these polling stations give a festive look on the poll day and the district gets appreciation.

The meeting was attended by Special Nodal Officer Elections, Sameer Jan; Nodal Officer Welfare, Hakeem Tanveer; ACD Kupwara, Muhammad Muzaffar; CMO Kupwara, Dr. Ramzan; BDOs besides other concerned Officers.

# SVEEP Awareness programme empowers Women Voters in G'bal

GMK NEWS NETWORK

**GANDERBAL:** Government High School Gutlibagh Thursday hosted a significant event aimed at enhancing voter awareness and participation through the SVEEP programme, and a rally of local Pakthoon women folk.

Led by the Assistant Returning Officer (ARO) 18-Ganderbal and the Nodal Officer SVEEP Ganderbal, the programme prioritised engaging women voters from the Pakthoon community, emphasizing their pivotal role in shaping democratic processes.

During the event, key stakeholders engaged in insightful interactions with women voters, highlighting the importance of their active participation in elections.

ARO 18-Ganderbal and the Nodal Officer SVEEP Ganderbal underscored the significance of women's voices in shaping the nation's future, encouraging them to exercise their electoral rights with confidence and conviction.

The programme also featured discussions led by District Level Master Trainers (DLMTs) on the modern democracy's reliance on women's voting



## Voters Awareness program held in Gutlibagh

GMK NEWS NETWORK

**GANDERBAL:** A mega voters awareness programme was Thursday organized at Gutlibagh, here under the aegis of Systematic Voters' Education and Electoral Participation (SVEEP) campaign.

The awareness programme was aimed to raise awareness about voting-related activities and promote electoral literacy among citizens, especially first-time voters in run up to the upcoming Lok Sabha Elections, 2024.

The program was presided over by the ACR Ganderbal (ARO 18-Ganderbal) who, on the occasion highlighted the significance of electoral literacy in empowering citizens and urged everyone, especially first-time voters, to exercise their franchise responsibly in the upcoming elections.

Meanwhile, a pledge taking ceremony under SVEEP was also held to vote enthusiastically in the upcoming Lok Sabha elections.

collective commitment to nurturing informed and engaged citizenry.

# IRCS organises First-Aid awareness programme at Jammu airport

GMK NEWS NETWORK

**JAMMU:** In a significant move towards bolstering emergency response capabilities at the airport, the Indian Red Cross Society (IRCS), J&K organized a comprehensive First Aid awareness programme for the employees of Civil Airport, Jammu Thursday.

The initiative, aimed at equipping airport staff with essential lifesaving skills, underscores a commitment to public safety and health preparedness.

Indian Red Cross Society's First Aid training programme gives the information and skills one need to help adults and children during many emergency situations.

The awareness programme was inaugurated by Director Airport, Sanjeev Kumar Garg.

The training session focused on practical first aid techniques, emergency response strategies, and critical care methods

to address common medical emergencies, CPR (Cardiopulmonary Resuscitation), wound management, and handling of sudden illnesses.

The awareness was imparted to the participants by the Red Cross team of Dr. Manpreet Kaur, Medical Officer, Ravi Kant Magotra, Supervisor Pharmacist and Vironica Marwah, Field Officer.

The training witnessed enthusiastic participation from wide range of airport personnel, like operations staff, security staff, customer service representatives, and maintenance teams, all of whom play a pivotal role in the day-to-day operations of Jammu Airport.

On the occasion, the Director Airport commended the team Red Cross for providing such vital information to the staff which will enhance the safety of passengers as well as empower staff to handle emergencies confidently.

# SMHS Hospital rebuts video clip circulated on Social Media



GMK NEWS NETWORK

**SRINAGAR:** The Authorities of Government SMHS Hospital Srinagar Thursday rebutted the recent video clip recorded at the Emergency Gate of Govt. SMHS Hospital Srinagar by some freelance/self styled journalists regarding Road Traffic Accident (RTA) brought to the hospital that went viral on social media on 02 April, 2024.

An official statement issued in this connection mentioned that the Road Traffic Accident (RTA) brought to SMHS Hospital Srinagar was immediately admitted in the Neurosurgery Ward of the Hospital.

As per the reports from Head of the Department Neurosurgery, the patient is brain dead. Since all

ICU beds at SMHS Hospital were already occupied, the patient was shifted to Super Speciality Hospital and put on a ventilator in the ICU of the Hospital, where a full-fledged Department of Neurosurgery is functional too.

The patient is being managed in the ICU of Super Speciality Hospital under the close and watchful supervision of Departments of Neurosurgery and Anesthesiology, read the statement.

It was further alleged that the clip was made viral on social media by some freelance/self styled journalists in order to sensationalize it to meet their nefarious designs against this prestigious Institution without any knowledge of the case.

# DNO MCC Kulgam reviews functioning of FSTs, SSTs



GMK NEWS NETWORK

**KULGAM:** The District Nodal Officer (DNO), Model Code of Conduct (MCC), Ab Rashid Dass Thursday chaired a review meeting of 09-Flying Squad Teams (FSTs) and 12 Static Surveillance Teams (SSTs) for proper enforcement of the MCC in the district.

The Nodal Officer urged FSTs and SSTs to strictly enforce the guidelines of MCC issued by the Election Commission of India which lays down a list of Do's and Don'ts for political parties, political leaders, political Workers and Govt Officers/ officials to be observed during entire process of General Elec-

tion to Lok Sabha-2024. The Nodal Officer impressed upon the magistrates to work with zeal and zest and beef up the searching and frisking process to check the misuse of Drugs, Liquor, Cash, Gifts etc used for influencing the voters.

The FSTs were directed to play a proactive role in timely disposal of election related complaints through C-vigil App/ESMS App as well as complaints received through offline mode.

The teams were directed to coordinate and cooperate with each other for successful enforcement of the Model Code of Conduct in the district.

# SP College observes World TB Day



GMK NEWS NETWORK

**SRINAGAR:** S.P College Srinagar Thursday commemorated World TB Day 2024 to raise awareness about tuberculosis and foster a spirit of collective action in combating this global health challenge.

The event, organized by the NSS units in collaboration with the Red Ribbon Club, College Health Committee, and Department of Zoology commenced with a Presidential Address by Prof. (Dr.) Ghulam Jeelani Qurashi, setting the tone for the insightful discussions that followed.

The highlight of the event was the expert talk delivered by Dr. Naveed Nazir Shah, Head of Department at the Chest Disease Hospital, Srinagar.

Dr. Shah's presentation on tuberculosis, aligned with this year's theme "Yes, we can end TB," provided attendees with valuable insights into the

disease and the crucial role individuals and communities play in its eradication.

The interactive Question/Answer Session allowed attendees to engage directly with Dr. Shah, further enriching their understanding of tuberculosis and its implications.

The event also featured a drawing competition on the theme of tuberculosis, providing participants with a platform to express their creativity while spreading awareness.

An Awareness March led by NSS volunteers concluded the event, symbolizing the collective commitment to raising awareness about tuberculosis within the college community and beyond.

# Lok Sabha Polls Mehndi Art Competition held at GDC Khansahib



GMK NEWS NETWORK

**BUDGAM:** As part of the ongoing Systematic Voters Education and Electoral Participation (SVEEP) campaign, a Mehndi art competition was Thursday organized by the Electoral Literacy Club of GDC Khansahib.

The aim of the competition was to raise democratic awareness among the newly eligible voters. The activity, apart from beautiful designs, focused on themes like Mera Phala

Vote-Desh Ke Liye, My Vote - My Choice, Vote for a Better India, etc.

The female students of college, particularly the NSS volunteers, took active part in this activity and also pledged to cast their vote without any fear or favour.

Dr. Nargis Bano, Principal of the institution, and Dr. Sajad Padder, NSS Programme Officer and ELC officer appreciated students' enthusiasm and commitment towards democratic values and traditions.

# Sports Activities flourish in Ganderbal



GMK NEWS NETWORK

**GANDERBAL:** The District Youth Services and Sports Office (DYSSO) Ganderbal, in its inaugural phase of the activity calendar, kick-started a series of sports events across the various zones of the district.

The Youth Services and Sports (YSS) Ganderbal continued the momentum by organizing a diverse range of activities including Jump Rope, Rope Skipping, Table Tennis, Cricket, Football, Carrom and Chess.

The events witnessed enthusiastic participation from students representing various schools, showcasing their athletic prowess and competitive spirit.

The dedicated field staff, with their professional expertise, ensured the seamless execution of the events, contributing to the overall success of the initiative.

These sports activities not only promote physical fitness but also foster a spirit of camaraderie and sportsmanship among the youth of Ganderbal.

# First Quarterly UTRC meeting successfully held in Srinagar

GMK NEWS NETWORK

**SRINAGAR:** The District Legal Services Authority (DLSA) Srinagar under the aegis of J&K Legal Services Authority Thursday convened the inaugural quarterly meeting of Under Trial Review Committee (UTRC) in the office Chamber of Principal District & Session Judge (Chairman DLSA) Srinagar.

The meeting was chaired by the Jawad Ahmed, Principal District

& Session Judge (Chairman DLSA) Srinagar and witnessed active participation from key stakeholders, including Ashish Mishra, S.S.P Srinagar; Mr. Syed Ahmad Kataria, ADC Srinagar; Jahangir Ahmad Bakshi, Secretary DLSA Srinagar; Sheikh Zulfikar Azad, SSP, Central Jail Srinagar; Aijaz Ahmad, Chief Prosecuting Offi-

cer, Srinagar; Dr. Sheikh Athar Senior Medical Officer, Central Jail Srinagar; Saad Ganie, Chief Legal Aid Defense Counsel and Zulfi Tasneem, Deputy Legal Aid Counsel.

The committee reviewed the cases of 9 under trial prisoners, engaging in thorough discussions and deliberations. Each case was meticulously examined,

and after thoughtful consideration, the committee formulated suitable recommendations tailored to the specific circumstances of each individual.

Jawad Ahmed, the Chairman of the meeting, emphasized the paramount importance of UTRC gatherings in ensuring fair and expedited trials for under trial prisoners.

# DC Pulwama conducts extensive visit of various religious places

GMK NEWS NETWORK

**PULWAMA:** The Deputy Commissioner (DC) Pulwama, Dr. Basharat Qayom along with SSP Pulwama and team of officers Thursday conducted an extensive visit to various religious places in the district ahead of Eid-ul-Fitr, Shab e Qadr, Baisakhi and Navratra to take stock of arrangements

for the festive occasions. Dr. Basharat visited new Eidgah Pulwama, Gurdwara Chatti Padshahi Shadimarg, Temple Migrant Colony Hall and Imambada Gangoo.

The DC engaged with leaders and devotees at each religious site. The interactions focused on the values of peace, harmony, and togetherness, reinforcing

the message of unity amidst diversity.

Dr. Basharat aimed to emphasize the shared values of love, compassion, and respect that unite people of all faiths in Pulwama. He underlined the importance of celebrating religious diversity and fostering mutual understanding.

The DC directed con-

cerned officers to make comprehensive arrangements for uninterrupted electricity and water supply besides public utility in view of religious festivals.

He instructed the Health Department to establish health camps at the shrines with a dedicated medical team and exhorted on MC for conducting sanitation

drives in the vicinity as well as in the premises of Shrines.

He gave directions to the concerned officers for making elaborate arrangements regarding observance of religious occasions.

Assistant Commissioner Revenue, Pulwama, besides other officers also accompanied the DC.

## OFFICE OF THE EXECUTIVE ENGINEER TRANSMISSION LINE MAINTENANCE DIVISION II SRINAGAR PAMPORE.

Subject: Extension of e-NIT No. TLMD-II/ 08 of 2023-24 dt: 22.02.2024.

No: TLMD II/ 74

dt: 03.04.2024

(Extension-III)

Due to the poor response the fresh dates for e-filing of e-NIT No. TLMD-II/ 08 of 2023-24 dt: 22.02.2024 for the work "Augmentation of GSS Wanpoh by way of replacement of 20MVA, 132/33KV Power transformer by 50MVA, 132/33KV Power transformer to be spared at GSS kulgam under the jurisdiction of TLMD-II Pampore are hereby extended as detailed below:-

Last Date of online filling of e-bids	15.04.2024 upto 04:00 pm
Date of opening of e-bids	16.04.2024 at 04:00 pm

DPK-NB-23-24  
DT: 04/04/2024

Sd/-  
Executive Engineer  
TLMD II Pampore



# Azad-Bukhari bonhomie fails to take-off

Apni Party launches campaign, fields candidates for 2 Kashmir seats

AGENCIES

SRINAGAR: Jammu Kashmir Apni Party (JKAP) has kickstarted its campaign for the upcoming Lok Sabha elections by announcing its candidates for key parliamentary seats.

The party, led by former Jammu and Kashmir Finance Minister Altaf Bukhari, revealed Zafar Iqbal Manhas as its candidate for the Anantnag-Rajouri seat and Ashraf Mir for the Srinagar seat. Dilwar Mir, the general secretary of the Apni Party, made the announcement in Srinagar on Thursday.

Altaf Bukhari, who parted ways with the PDP in 2020 to form the Jammu Kashmir Apni Party, has positioned his party as a



formidable contender in the upcoming polls.

With the Election Commission allotting the 'Bat' symbol to the party, JKAP has emerged as the first political outfit to name its candidate for the Srinagar constituency.

Meanwhile, the National Conference has nominated former Kangan MLA Mian Altaf for the Anantnag-Rajouri seat. Additionally, DPAP chief Ghulam Nabi

Azad has declared his candidacy for the same seat. This has set the stage for a multi-cornered battle.

Speculation had been rife regarding a possible alliance between DPAP and Apni Party, but recent developments suggest otherwise, with both parties opting to chart their independent electoral paths.

In response to queries about a potential alliance,

DPAP indicated that discussions had not progressed significantly, emphasizing the need for each party to focus on its own electoral strategies.

As political maneuvering intensifies, the BJP's strategy for the upcoming elections remains undisclosed.

Elections are to be held on five Lok Sabha seats in Jammu and Kashmir. In the first phase, elections will be held on Udhampur seat on April 19. In the second phase, elections will be held on Jammu seat on April 26, in the third phase on May 7, on Anantnag-Rajouri seat, in the fourth phase, on Srinagar seat on May 13 and in the fifth phase, on May 20, elections will be held on Baramulla seat—(KNO)

# Cong undermined dignity, honour of Maharaja Hari Singhji: Rana

GMK NEWS NETWORK

JAMMU: Senior BJP leader Devender Singh Rana Thursday lashed out at the Congress for compromising with the dignity and honour of Maharaja Hari Singhji, whose benevolent rule is even now considered as the golden era of Jammu and Kashmir.

"Driven by the policy of appeasement, the Congress under the leadership of Pt. Jawahar Lal Nehru undermined the aspirations of the people to fulfill the ambitions of National Conference", Mr Rana said while addressing the public meetings at Malpur and Seri Panditan in Amb-Gharota Mandal along with former Minister and Sr BJP Leader Sham Lal Sharma, DDC Chairman, Mr. Bharat Bhushan and District President Jammu North, Omi Khajuria.

He said the Congress and the successive governments ignored the contribution of the Maharaja Bahadur in bringing about social and religious reforms and it was only the BJP that not only acknowledged his devotion and dedication towards the people but also declared a public holiday on his birth



anniversary. The Maharaja was the unifying force who devoted all his life towards the welfare and progress of the largest state during the Dogra rule, he added.

Rana said history will never forgive the Congress for its regressive role in dividing the people, differentiating between the regions and indulging in worse type of appeasement that brought Jammu and Kashmir to a situation of morass. But for the course correction by the BJP as per its cherished agenda of Sabka Saath, Sabka Vikas, Sabka Vishwas, Sabka Prayas, things would not have been what they are now, he said adding that even the adversaries of the BJP are now

publicly acknowledging the discernible change in the overall scenario and hoping that the upcoming elections would witness active voter participation.

He said that Jammu and Kashmir has undergone a remarkable journey of transformation, marked by significant shifts in governance, security, and development under the forward-looking leadership of Prime Minister Narendra Modi. From the restoration of peace and stability to the empowerment of marginalized segments and women, the region has witnessed tangible progress and positive change, the notable feature of which is holistic development and opportunities

of progress to all, irrespective of region or religion, caste or social status.

Rana called for continued support to the BJP for steering the nation in general and the Union Territory of Jammu and Kashmir in particular to new heights of progress and development. While challenges remain, these can be met by collective efforts. He stressed the need to maintain unity that is imperative to build trust among the people at large. The BJP has been striving and is committed to address socio-economic disparities and the path forward is defined by resilience, determination, and a shared commitment to building a brighter future for the people of J&K, he added.

# Ramadan best opportunity for smokers to quit, say doctors

'Fasting generates willpower, helps break addictive habits'

JAHANGEER GANAIE

SRINAGAR: Ramadan is a hope for smokers to quit smoking and other bad habits, as it can generate willpower among them, doctors said.

They said that smoking can have an adverse impact on health, and smokers are at risk of having lung cancer. Fasting in Ramadan is the best opportunity for them to get rid of smoking.

Dr Showkat Ahmad, working in south Kashmir, said that besides having enormous health benefits, fasting is the best opportunity for smokers to quit cigarette smoking.

"Fasting develops willpower among people, and a smoker can think that if he can leave smoking for 14 hours while fasting, why not for a full 24 hours and accordingly, forever," he said.

Dr Showkat said that diabetic patients, who wish to fast, must take special care as it is not advisable for them to take long food breaks. He said taking frequent meals after certain durations helps in maintaining their blood glucose

level smoothly. "Diabetic patients must check blood sugar levels

long brisk walks while they are fasting to avoid hypoglycemia and dehydration;



frequently during fasting. If someone feels symptoms of hypoglycemia, an instant blood sugar test should be done to prevent any untoward complication," he added. "Diabetic patients could have slow-absorbing foods, which have a low glycemic index before they begin the fast. These types of food keep your blood glucose level more stable and smooth during the course of the fast.

Dr Ahmad said that diabetic patients must avoid

teins, eat a fibre-rich diet, and eat foods containing essential micronutrients like iron, calcium, and vitamin B12, he advised.

Dr Mir Mushtaq, spokesperson of the Directorate of Health Services Kashmir and Nodal Officer, National Tobacco Control Program (NTCP), said that Ramadan is the best opportunity for people to leave bad habits like smoking, as fasting develops a sense of patience in the person.

Ramadan is an opportunity to make significant changes in one's lifestyle and develop the resolve to make healthy living choices, he said, adding, "The diet should be simple and not differ too much from one's normal everyday diet. It should contain foods from all the major food groups - like fruits and vegetables; bread, other cereals, and potatoes; milk and meat; fish and dairy food alternatives; foods containing fat and foods containing sugar."

Overeating cannot only harm the body but also interfere with a person's spiritual growth during the month, Dr Mushtaq added—(KNO)

# PDP's SOLO RUN Isolation Looms as Party Opts to Contest Lok Sabha Elections Independently

AGENCIES

SRINAGAR: In a move that has raised eyebrows and sparked discussions within political circles, the Peoples Democratic Party (PDP) has opted to go solo in the upcoming Lok Sabha elections, as it has decided to field candidates independently across all three parliamentary seats of the Kashmir valley. While political alliances are forming ahead of the elections, PDP's decision to chart its own course has left the party seemingly isolated on the electoral battleground.

Amidst the evolving political landscape in Jammu and Kashmir, the National Conference (NC) has declared its intent to contest the elections in alliance with the Congress party and remaining allied with the India alliance.

However, the PDP's decision to eschew alliances and contest the elections alone has led to its

perceived isolation within the political arena. "By choosing to navigate the electoral terrain independently, the PDP risks facing formidable challenges and limited support, especially in the backdrop of established alliances between otherwise rival parties," a senior NC leader wishing not to be named said.

While NC and Congress appear to be consolidating their electoral strategies, PDP's independent stance may prove to be a test of its electoral strength and organizational resilience.

"Amid the ongoing election fervor and political maneuvering continues, PDP's decision to forge its path independently has garnered attention and speculation. The party's ability to navigate the electoral landscape without the support of established alliances remains to be seen, marking a crucial juncture in its political trajectory," says a senior political leader—(KNO)

# NC, Congress to Contest Lok Sabha Elections Together in JK: Omar

ALI ASAD

SRINAGAR: In a significant development, National Conference Vice President Omar Abdullah announced on Thursday the readiness of the National Conference (NC) and Congress to jointly contest the upcoming Lok Sabha elections in Jammu and Kashmir.

Addressing media representatives during a youth conference in Nawae-Subh Srinagar, Omar Abdullah emphasized the cohesive approach between the NC and Congress ahead of the polls. He highlighted that while Congress has nominated candidates for two seats in the Jammu division, the NC has decided to field candidates for three seats in the Kashmir region.

Omar Abdullah revealed that NC President Dr. Farooq Abdullah is actively engaged in campaigning for Congress candidates in

the Jammu division, reciprocating Congress' support to the NC in Kashmir. This mutual cooperation signifies a united front aimed at consolidating electoral prospects.

Additionally, Omar Abdullah disclosed plans for both parties to nominate joint candidates across all constituencies in Jammu and Kashmir, emphasizing a concerted effort towards electoral success.

Reflecting on past electoral challenges, Omar Abdullah expressed optimism about voter turnout in Srinagar, urging residents to participate actively in the electoral process scheduled for May 11. However, he voiced concerns regarding the security arrangements for his party's star campaigners and reported instances of interference in scheduled programs. He called for a conducive environment for fair elections—(KNO)

# Secy Health reviews functioning of Maternity Hospital SKIMS



GMK NEWS NETWORK

SRINAGAR: Secretary Health and Medical Education, Dr. Syed Abid Rasheed Shah, who is also holding the charge of Director SKIMS, Thursday visited Maternity Hospital SKIMS and reviewed its functioning.

He had a detailed interaction with the staff and patients. He conducted round of the Maternity Hospital and OPD service areas of SKIMS to assess the medical facilities available to the patients.

He visited the wards, casualty area, operation theatres and OPD areas of the hospital where he interacted with the patients in detail.

Medical Superintendent Maternity Hospital & HOD Gynae & Obstetrics along

with other senior faculty apprised the Secretary of the functioning of hospital including the current state of infrastructure, availability of essential drugs/equipments.

The Secretary, while taking stock of various medical facilities, said that the faculty and staff of the hospital should ensure best patient care services and enhance hospital functioning to reach and benefit maximum number of patients.

Dr. Abid Rasheed also visited OPD service areas of SKIMS and conducted round of various patient care facilities. He interacted with doctors on duty, patients and attendants to assess ground situation and availability of patient care facilities in the hospital.

# Pahroo Chowk, Nowgam residents demand e-bus services

REHAN QAYOUM MIR

SRINAGAR: The residents of Pahroo Chowk, Nowgam in Srinagar Thursday demanded the authorities to launch e-bus service in the locality.

The demand for e-bus service comes as a response to the increasing need for efficient and eco-friendly public transportation options in the locality.

The locals said that with growing concerns about pollution and traffic congestion, they believe that the adoption of electric buses could significantly improve the quality of life in Nowgam.

They added, "We need modern transportation solutions that not only address our mobility needs but also contribute to reducing our carbon footprint."

A resident said, the induction of e-buses is the way forward. "These buses are clean, quiet, and offer a sustainable alternative to conventional diesel vehicles. Also, there is a higher need for these buses in our area, as we are worried because of no transport being available for several hours," he said.

He added that only Sumo and local bus services operate in the area, and we face several problems while navigating our daily routine—(KNO)

# DC Sgr chairs NCORD meeting on Prevention of Drug Abuse

GMK NEWS NETWORK

SRINAGAR: In order to review the measures taken by Law Enforcement Agencies and other stakeholders to curb the menace of drug abuse and drug peddling in Srinagar, a meeting on District Level meeting on Prevention of Drug Abuse & Narcotics Trade (NCORD) was Thursday held under the Chairmanship of Deputy Commissioner Srinagar, Dr. Bilal Mohi-Ud-Din Bhat at Meeting Hall of DC Office Complex, here.

At the outset, the DC took a detailed appraisal and action taken with regard to the directions passed in the last meeting from the concerned members of NCORD Committee. He also reviewed the deterrence measures taken and progress achieved to eliminate drug abuse and its peddling from the Srinagar District.

The DC also reviewed the progress and impact of the anti-drugs awareness campaign in the district.

He called the members of NCORD Committee to keep vigil on vulnerable target groups and places particularly around educational institutions to prevent spread of drugs and save the young generation from drug menace.

Dr Bilal stressed upon the Officers of all the line departments to further intensify the deterrence measures to

# Lal Ded Hospital gets J&K Bank ATM



GMK NEWS NETWORK

SRINAGAR: Enhancing convenience for patients, visitors, and medical staff, J&K Bank Thursday commissioned a permanent Automated Teller Machine (ATM) at valley's LD Hospital to replace its ATM van.

The ATM was inaugurated by the Principal of Government Medical College & Associated Hospitals Dr. Iffat Hassan in presence of Medical Superintendent LD Hospital Dr. Mohammad Muzaffar Jan, Zonal Head (Srinagar) Shabir Ahmad amid a good gathering of valuable customers besides other officials of the Bank and the Hospital.

Speaking on the occasion, Dr. Iffat Hassan thanked the Bank for providing hi-tech banking facility at the hospital, saying, "The facility will not only help the patients and their attendants in times of emergency but

will also meet the banking needs of the medical staff and other visitors to the hospital round the clock."

She commended the Bank for its proactive approach in collaborating with public institutions and facilitating banking access for all.

Reiterating the Bank's commitment to serve people, Zonal Head said, "placement of this ATM within the premises of LD Hospital underscores our commitment to serve the patients and their families, who can now access essential banking services conveniently and round the clock in the hospital itself. Moreover, medical professionals and hospital staff can also benefit from seamless banking facilities right at their workplace."

Hailing the Bank's efforts, people present on the occasion also expressed their gratitude to the Bank's management for the much-needed facility.

# Absence of waste collection vehicles cause inconvenience to Ganderbal residents

RAJA SYED RATHER

GANDERBAL: Over the past fortnight, the absence of several garbage collection vehicles provided by Block Gund in Ganderbal has stirred frustration among local residents and

hotel owners. Despite paying a monthly fee for waste collection from people, the non-arrival of these vehicles has led to a proliferation of waste on roadsides and unauthorised areas. Residents and busi-

ness owners are distressed by the adverse environmental impacts resulting from the negligence, with streets and public spaces becoming inundated with discarded garbage. Hotel proprietors said they are

facing mounting issues in absence of garbage collection services.

They urged authorities to ensure the garbage collection vehicles arrive regularly without causing inconvenience to them—(KNO)



Good Morning Kashmir

EDITORIAL

# Hoardings Everywhere

This is the time of elections. Campaign hoardings are ruling the roost. They are just ubiquitous, you find them everywhere. They look pretty attractive. At places, they look unavoidable. It is when they are hoisted at important traffic junctions or speeding highways that accidents occur. Then the hoardings do not look all that attractive. Visual pollution is wreaking havoc on the landscape of the Indian mainland. There are points at the Srinagar-Jammu highway where one just cannot look at the countryside because these hoardings block the view. These hoardings come in all shapes, and sizes, have varied content on them, and carry images of all prominent people in society like doctors, politicians, news anchors, actors, and religious preachers. In the west, there are specific zones on the highway where one is allowed to post an advertisement banner or hoarding. You just cannot hoist them anywhere. And this place is fully scrutinized to ensure it does not cause traffic jams or accidents. In third-world countries, we find hoardings everywhere and anywhere. One study needs to be done that out of the hundreds of accidents happening on our highways how many have occurred due to these hoardings? And how many traffic snarls are triggered by a scantily clad actress on these hoardings? Our countryside is beautiful. While we drive on our highways we have a right to see our countryside the way we want to. We deserve an unimpeded view of the meadows, mountains, and valleys. Let these people who erect hoardings at the drop of a hat be guided towards some other medium of advertisement. Visual pollution is a curse on the natural landscape. Unless erecting a hoarding is as important as breathing oxygen it simply should not be there.

# Significance Of Jumu'atul Wida



NIKHAT PARVEEN

Jumu'atul-Wida, the last Friday of the holy month of Ramadan, holds a special place in the hearts of Muslims worldwide. This day is considered a time of great spiritual significance, as believers gather to pray, reflect, and seek forgiveness before the month of fasting concludes. In Islam, Fridays are given great importance. The Prophet Muhammad (peace be upon him) said: "The best day on which the sun has risen is Friday; on it Adam was created, on it he was made to enter Paradise, on it he was expelled from it. And the Last Hour will take place on no day other than Friday." (Sahih Muslim 854). Jumu'atul-Wida, the sacred "Friday of farewell," holds immense significance for Muslims worldwide. The name itself holds significance: "Jumu'atul-Wida" translates to "Friday of farewell." Etymologically, it combines "Juma" (gathering) and "Wida" (farewell). On this day, Muslims gather in mosques and bid adieu to Ramadan. The very name "Jumu'atul-Wida" evokes a sense of solemnity—a farewell to a month of devotion and self-reflection.

While Jumu'atul-Wida holds significant cultural and traditional importance among Muslims worldwide, it's essential to note that there is no specific mention of its significance or special virtues in the Hadith literature attributed to the Prophet Muhammad (peace be upon him). The name "Jumu'atul-Wida" itself does not appear in the Hadiths. Instead, its observance and reverence have been established over time through cultural practices and collective traditions within the Muslim community. While the last Friday of Ramadan remains a time for reflection, prayer, and preparation for Eid-ul-Fitr, it's crucial to differentiate between established religious teachings and cultural observances.

Jumu'atul-Wida, despite lacking explicit mention in Hadith literature, can be understood within the context of cultural and communal practices within the Muslim ummah. While adherence to religious teachings rooted in the Quran and authentic Hadiths is paramount, Muslims also engage in various cultural observances that serve to strengthen communal bonds, instill a sense of identity, and provide opportunities for spiritual reflection. Jumu'atul-Wida, although not mandated by religious texts, has become a cherished tradition among many Muslims, offering a collective moment for prayer, reflection, and preparation for the culmination of Ramadan with Eid-ul-Fitr. It's celebrat-



ed as a time to express gratitude for the blessings of the holy month and to seek forgiveness before its conclusion.

According to Islam, during Ramadan, heaven's doors swing open wide, while hell's gates remain firmly shut. Jumu'atul-Wida falls within this sacred period, making it an opportune time for heartfelt supplications. Believers approach Allah with humility, seeking blessings, guidance, and forgiveness. Generosity and compassion define Jumu'atul-Wida. A sect of Muslims believe that giving to the poor (zakat) on this day brings blessings that resonate throughout the year. Acts of kindness—whether feeding the hungry, supporting the needy, or extending a helping hand—become pathways to spiritual growth. The act of giving becomes a conduit for divine favour. On this day, worshippers converge for Friday Jumu'ah prayers. The mosques echo with heartfelt invocations, seeking Allah's forgiveness and mercy.

This day is a poignant farewell to Ramadan—an entire month of fasting, prayer, and self-discipline. Worshippers carry the spirit of Ramadan forward, cherishing the lessons learned. It is seen as the believers' last opportunity to gather in a month filled with blessings and heightened spirituality. This concept of farewell adds a poignant layer to the day's observances, encouraging Muslims to reflect on their deeds and seek forgiveness. On this particular day, Muslims are encouraged to intensify their acts of worship, seeking to maximize the benefits of the final hours of Ramadan. The emphasis on prayer, reading the Quran, and charitable acts is in line with the Prophet's teachings on maximizing one's devotion during this holy month. The Prophet Muhammad (peace be upon him) emphasized the

importance of Jumma (Friday) prayers in several Hadiths. For example, "Whoever neglects three Jumma prayers, neglecting its importance, Allah will place a seal on their heart." (Abu Dawud 1052). One of the key themes of Jummatal-Wida is seeking forgiveness for one's sins. The Prophet Muhammad (peace be upon him) is reported to have said, "The five daily prayers, and from one Jumma to the next, are an expiation for whatever sins come in between, so long as one does not commit any major sin." (Sahih Muslim 233).

Jummatal-Wida presents an ideal time for Muslims to prepare for Eid-ul-Fitr, the festival marking the end of Ramadan. This preparation involves spiritual cleansing, as well as practical preparations for the celebrations. It's a time of joy and anticipation. This special day offers a chance for spiritual renewal. Muslims are encouraged to use this day to reassess their faith and commitment to Islamic teachings, making resolutions to maintain the heightened level of spirituality experienced during Ramadan. Dua, or supplication, is especially emphasized on Jummatal-Wida. A sect of Muslims believe that prayers made during this day have a high chance of being accepted, as the Prophet Muhammad (peace be upon him) said, "There is such an hour on Friday that if any Muslim makes dua in it, his dua will definitely be accepted." (Bukhari 893).

The gathering for Jummatal-Wida prayers also serves a social function, strengthens community bonds. This social aspect is vital in Islam, which places great emphasis on community support and solidarity. Charity, or Sadaqah, is particularly encouraged on this day. The act of giving, especially in the last days of Ramadan, is seen as

a way to purify one's wealth and earn divine rewards.

Jummatal-Wida offers a moment to reflect on the year that has passed and the time spent away from the last Ramadan. It is a time to assess one's spiritual growth and areas for improvement. Although the exact night of Laylat al-Qadr (the Night of Power) is unknown, the last ten nights of Ramadan are considered the most likely time. Jummatal-Wida, falling in this period, is thus a time of heightened spiritual activity and anticipation. This day encourages Muslims to look forward, carrying the lessons and spiritual gains of Ramadan into the rest of the year. It is a reminder that while Ramadan may end, the principles it teaches should be lived throughout the year. It's a day for Muslims to reassess their faith, reinforce their commitment to Islamic teachings, and ensure that the principles of Ramadan are lived throughout the year. While Jumu'atul-Wida may not be explicitly endorsed in Hadith literature, its observance reflects the richness of Islamic tradition and the unity of the Muslim community. This sacred day provides an invaluable opportunity for believers to gather in prayer, reflection, and anticipation as they bid farewell to the spiritually enriching month of Ramadan. While rooted in cultural practices, Jumu'atul-Wida embodies the enduring values of gratitude, forgiveness, and spiritual renewal that resonate deeply within the hearts of Muslims worldwide.

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# Aitikaaf - A Sacred Journey Towards Spiritual Refinement



AUBAIDD AKHOON

In the serene ambience of the last ten days of Ramadan, Muslims worldwide immerse themselves in an ancient and deeply spiritual practice known as Aitikaaf. This period of seclusion and intense devotion offers a unique opportunity for believers to strengthen their faith, seek divine forgiveness, and reconnect with their Creator away from the distractions of daily life.

"The one who secludes himself for worship in the mosque during Ramadan with sincere faith and hope for a reward from Allah, all of his previous sins will be forgiven." Sahih Bukhari

## Origin and Significance of Aitikaaf

Aitikaaf is highly recommended, during the last ten days of Ramadan, which are considered the most blessed and spiritually charged days of the month. The Prophet Muhammad (peace be upon him) used to observe Aitikaaf every year during the last ten days of Ramadan, and it is recommended for Muslims to follow the beloved Prophet's

Sunnah (way of life). Aitikaaf, rooted in the Islamic tradition, finds its significance in both the Quran and Hadith. It is a time-honored spiritual retreat aimed at fostering a closer relationship with Allah through dedicated worship, contemplation, and the recitation of the Quran. This practice exemplifies the profound commitment to faith and the pursuit of spiritual purity.

## The Essence of Aitikaaf

At its core, Aitikaaf is more than just physical seclusion; it is a journey of the heart and soul towards divine presence. By withdrawing from the chaos of worldly engagements, believers embark on a spiritual voyage to purify their hearts, reflect on their lives, and seek the mercy and blessings of Allah. It is an opportunity to transcend earthly desires and attain a state of peace and contentment.

## Enhanced Spiritual Connection

Aitikaaf serves as a conduit for deepening one's connection with Allah. In the tranquility of the mosque, away from worldly distractions, worshippers can engage in sincere supplication, meditate on the meanings of the Quran, and perform additional prayers. This uninterrupted devotion allows for a profound spiritual

awakening and reinvigoration of faith.

## A Means of Divine Forgiveness

highlighting that even previous sins can be forgiven. This prospect of spiritual cleansing and renewal underscores the mercy and compassion of Allah towards His servants.

The Social and Community Aspect of Aitikaaf

## The Social and Community Aspect of Aitikaaf

While Aitikaaf is a personal journey, it also reinforces the sense of community and brotherhood among Muslims. Observing Aitikaaf together in a mosque creates a powerful sense of unity and shared purpose, as all participants are bound by their common goal of seeking Allah's favor. It is a reminder of the Ummah's collective spiritual aspirations and the strength found in unity.

## Updated Guidelines and Considerations

In observing Aitikaaf, it is

One of the most cherished outcomes of Aitikaaf is the opportunity for forgiveness. The Hadiths promise immense rewards for those who dedicate these days to worship with pure intentions,

collective spiritual aspirations and the strength found in unity.



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# Too Late To Save The Climate?

DR ANDREW GLIKSON

**W**hether anything can be done by humans to arrest, or even reverse, global warming and its consequences for the habitability of planet Earth remains an open question, for which neither climate science nor the media dominated by politicians and economists, oblivious to the basic laws of physics, have a definitive answer. However, it is likely that over the next centuries or longer the flow of cold water from the melting Greenland and Antarctica ice sheets will lead to a transient slow down the rate of warming before the large ice sheets are exhausted.

A projection by NOAA states: "While we cannot stop global warming overnight, we can slow the rate and limit the amount of global warming by reducing human emissions of heat-trapping gases and soot ("black carbon"). However, this projection does not take the amplifying feedback of warming, i.e. from warming oceans, desiccating and burning vegetation and migrating climate zones, as well as the timefactor into account.

Having ignored climate science, dismissed climate scientists and repeatedly confected untruths, while global heating accelerates with deleterious consequences (Figure 1), Homo "sapiens" finds itself on track toward carbon poisoning of the atmosphere, the lungs of the inhabitable Earth, acidification of the hydrosphere and coating of the land with carbon and plastics.

In a new paper a group of leading climate scientists (Hansen et al., 2023) indicate mean global temperature is currently accelerating by the middle of the decade toward 2.00C above pre-industrial temperature (Figure 1). The Arctic has been warming nearly four times faster than the rest of the world over the last 43 years, on average around 3° warmer than it was in 1980. Over the past 30 years Antarctica has been one of the fastest-changing places on Earth, warming more than 3 times than the rest of the world.

As the polar regions warm the tropical climate zones expand and the mid-latitudes, where the most fertile soils and the bulk of population live, are contracting.

Agro-climate zones in eastern Europe experienced a northward



migration velocity of 100 km per 10 years over the past 40 years.

Northward migration of climate zones in Europe may be up to two times faster in next decades.

Negative impacts of heat stress are expected to nonlinearly increase in large parts of southern and south-eastern Europe.

Agro-climate zonation of Europe based on growing season length (GSL) and active temperature sum (ATS) for the period between 1975 and 1995. The identified agro-climate zones are named as follows (going from north to south): boreal north (BON), boreal south (BOS), nemoral (NEM), continental (CON), Pannonian (PAN), northern maritime (NMA), southern maritime (SMA) and Mediterranean (MED). (b) The migration of agro-climate zones between the 1975-1995 and 1996-2016 periods. For better distinction, only the areas affected by migration of agro-climate zones are displayed (coloured areas), while grey-colour denotes the areas where the agro-climate zones have not changed.

A projection by NOAA states: "While we cannot stop global warming overnight, we can slow the rate and limit the amount of global warming by reducing human emissions of heat-trapping gases and soot ("black carbon"). This projection takes neither the amplifying feedback, i.e. from warming of the oceans, melting ice sheets, melting of the permafrost, migrating climate zones, nor the timefactor into account.

Factors rendering a potential reversal of global warming in the short term unlikely include:

The rise of mean global heating above a level of ~1.50C and much higher at the poles above pre-industrial temperatures, polar-ward migration of climate zones, melting of the Greenland and Antarctic ice sheets, intensification of extreme weather events, requiring major cooling of the Earth, which is unlikely within the time frame of a tribal-conflicted civilization.

Where scientific breakthroughs would allow effective climate mitiga-

tion, for example global cooling by CO2 drawdown, the question is whether Homo sapiens recorded throughout history as an invasive blood-stained tribal species would be able to avoid destroying its home planet?

The apparent absence of radio signals from technological civilizations in the Milky Way may suggest that advanced civilizations tend to undergo self-destruction, consistent with local observations, referred to as the "Fermi Paradox".

A factor rarely taken into account emerges from the key paper "Ice melt, sea level rise and superstorms: evidence from paleoclimate data, climate modelling, and modern observations that 2°C global warming could be dangerous" (Hansen et al., 2016) (Figure 3).

Here the flow of ice-melt water results in formation of large cold pools in the north Atlantic Ocean and the Southern Ocean (Figure 3), related to an overall decline in mean global temperatures to -0.330C by 2096 (Figure 3B) due to the flow of ice melt water from Greenland and Antarctica.

*“While we cannot stop global warming overnight, we can slow the rate and limit the amount of global warming by reducing human emissions of heat-trapping gases and soot (“black carbon”). However, this projection does not take the amplifying feedback of warming, i.e. from warming oceans, desiccating and burning vegetation and migrating climate zones, as well as the timefactor into account.*

The collision between the cold air and water fronts and the tropical warm air mass would lead to intense storms over large parts of Earth. Such transient cooling may allow Homo "Sapiens" a respite from global warming before his home becomes an uninhabitable planet. (C-Counter Currents)

Author is a Earth and climate scientist

# Effective Strategies For Mindful Internet Use



DR. SHIBEN KRISHEN RAINA

**I**n today's digital era, the advent of the internet has undoubtedly brought our modern society closer together, opening new horizons of knowledge and facilitating seamless communication across the globe. With just a few clicks, we can access a wealth of information and connect with people from all walks of life, transcending geographical boundaries.

However, as with any technological advancement, the excessive use of the internet, particularly among the younger generation and social media enthusiasts, has given rise to concerning drawbacks. Educators and parents alike are grappling with the need to strike a balance, not to discard the internet entirely, but to propose measures to lessen its potential risks.

Sociologists emphasize the fundamental truth that humans are social beings, and maintaining real-life interactions and communication is crucial for both mental and physical well-being. Regrettably, the excessive use of the internet has led to a gradual erosion of cultural and social relationships among our youth. While the internet provides connectivity, the relationships formed through virtual chats and communication can often be superficial or even misleading, leading to feelings of sadness or depression in the long run.

Another major concern among parents is the prolonged screen time associated with internet use,



which can strain the eye muscles and contribute to vision problems at an alarmingly early age. Furthermore, mental health professionals believe that excessive internet use can lead to depression, mental stress, and other psychological issues, such as despair, sadness, and addiction. This can foster antisocial behavior and an increased tendency for anger outbursts.

Scientific research has shed light on the potential neurological consequences of heavy internet use. Signs of toxic matter

have been detected in the brains of excessive internet users, which could worsen over time, affecting concentration, memory, decision-making abilities, goal-setting, and overall resilience. Additionally, this condition may contribute to inappropriate behavior patterns.

As with any technological advancement, the internet presents both benefits and drawbacks, and it is up to us as individuals to choose how we engage with it. While the inept use of the internet continues to rise, it is crucial to raise awareness

about its potential pitfalls and educate users on responsible and balanced usage.

Regular seminars, workshops, academic conferences, and parent-student meetings should be organized to discuss the disadvantages of excessive internet use and promote healthy digital habits. By fostering open dialogues and promoting education, we can empower individuals to harness the positive aspects of the internet while mitigating its potential risks.

Remember, technology is a tool

meant to serve humanity, not to subdue us. We must use the internet wisely, extracting the good it has to offer while remaining vigilant against its potential drawbacks. Only by striking this delicate balance can we truly reap the rewards of the digital age while safeguarding our well-being and preserving the essence of human relationships.

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# Is Brown Rice Actually Good For You?

**B**rown rice is generally considered to be healthier than white rice due to its higher nutritional content and fibre content. However, some factors might make it unfit for consumption. Keep reading as we share the many benefits and downsides of consuming brown rice.

Here are some reasons why brown rice can be considered good for us:

**1. Nutritional content**  
Brown rice contains more nutrients compared to white rice because it retains the bran and germ layers, which are removed in the processing of white rice. These layers contain vitamins, minerals, and antioxidants such as B vitamins, manganese, selenium, magnesium, and phytonutrients.

**2. Fibre**  
Brown rice is a good source of dietary fibre, particularly insoluble fibre, which can aid in digestion, promote bowel regularity, and help prevent constipation. High-fibre diets are also associated with



a reduced risk of various chronic diseases such as heart disease, diabetes, and certain types of cancer.

**3. Lower Glycemic Index**  
Brown rice has a lower glycemic index (GI) compared to white rice. This

means it causes a slower and more gradual increase in blood sugar levels after consumption, which can

be beneficial for managing blood sugar levels, especially for individuals with diabetes or those at risk of

developing it.

**4. Weight management**  
The high fibre content of brown rice can contribute to feelings of fullness and satiety, which may help in weight management by reducing overall calorie intake.

**5. Heart health**  
Some studies suggest that consuming whole grains like brown rice may lower the risk of heart disease by reducing cholesterol levels, blood pressure, and inflammation in the body.

It's worth noting that while brown rice offers several health benefits, it's not suitable for everyone.

Here's why brown rice may not be good for you:

**1. Phytic acid and anti-nutrients**

Brown rice contains phytic acid and other anti-nutrients that can bind to minerals like iron, zinc, and calcium, reducing their absorption. However, soaking or sprouting brown rice before cooking can help reduce the levels of these compounds.

**2. Arsenic concerns**  
Brown rice, particularly organic brown rice, may contain higher levels of arsenic

compared to white rice due to the accumulation of this naturally occurring element in the outer layers of the grain. Long-term exposure to high levels of arsenic can be harmful to health. Rinsing rice thoroughly before cooking and varying the types of grains consumed can help mitigate this risk.

**3. Digestive issues**  
Some individuals may experience digestive discomfort or sensitivity to the fibre content of brown rice, particularly if they have irritable bowel syndrome (IBS) or other gastrointestinal conditions. In such cases, white rice or other easily digestible grains may be more suitable.

In conclusion, while brown rice offers several health benefits due to its higher nutritional content and fibre, it's essential to consider individual health needs and potential drawbacks such as anti-nutrients and arsenic levels. Including a variety of whole grains in the diet and preparing brown rice in a way that minimises anti-nutrients can help maximise its nutritional benefits.

## FROM THE FRONT PAGE .....

### No Party Position

challenging relationships with China. But, this is a country that is confident, which is capable of advancing and defending its interests in a competitive way and we will compete," Jaishankar said.

Jaishankar also refuted any doubts regarding India's relation with its neighbours, adding that there might be "forces" inside India and in the neighbourhood "who want to create problems."

He further said that barring Pakistan and China, India's relationship with the neighbourhood is much better that it has been for a long time.

"If we talk about neighbours, please go to Bangladesh and Sri Lanka and ask people what they think. During their deepest economic trouble, who stood by? Go to Nepal and ask them where do you get your vaccines, who gave you fertilizer and fuel when the Ukraine trouble happened. So, I won't agree that our neighbourhood is not in our favour. There may be forces in the neighbourhood and 'forces behind forces' who create problems...there may be people in India who like to play out this problem," the EAM said.

He added, "As I said we have very abnormal relation with China. With Pakistan, you all know what is the state of current relationship. But, barring those two, our relationship with the neighbourhood has been much better than it has been for a long time." (Agencies)

### Today's Bharat

economy and is bracing for bigger milestones. Chandrayaan's landing on the Moon shows our growing stature in space science. G20 meetings have become a talking point all across the country and globe," PM Modi said while listing out the priorities of the NDA government.

PM Modi also drew a comparison between NDA's progressive governance and Ghamandya gathbanthan's opportunism. He said that RJD kept the state in the 'dark ages' for a long and things started improving only under the NDA government.

Highlighting the government's resolve for a prosperous Bihar, he said that NDA was focused on bringing solar power to the state as against 'laalten raaj' of RJD.

He also said that the RJD regimes created an atmosphere of terror and jungle raj but the BJP-JD(U) alliance was consistently working hard to create a robust infrastructure in the state.

### Pm To Address

a big rally in Udhampur, in which people from Reasi, Nagrota, and Billawar will take part.

Preparations are going on in full swing for the two rallies, he said.

Union minister Jitendra Singh is seeking to retain the Udhampur-Kathua seat for the third time while the Congress has fielded Choudhary Lal Singh, who is facing ED heat in a money laundering case.

The entry of former minister G M Saroori in the electoral fray on the ticket of Democratic Progressive Azad Party (DPAP) has made it a three-cornered contest.

Though there are 12 candidates in the fray, the main fight is between the BJP candidate and his Congress rival.

The Union minister had retained the Udhampur Lok Sabha seat in 2019, defeating Congress candidate Vikramaditya Singh, the grandson of erstwhile Maharaaja Hari Singh. In 2014, Jitendra Singh had defeated former Union minister Ghulam Nabi Azad from the Lok Sabha seat.

Lal Singh, who rejoined the Congress

on March 20, had won the Udhampur seat twice on the party ticket in 2004 and 2009.

Saroori, vice chairman of Ghulam Nabi Azad-led DPAP, is a former J-K minister who had won Inderwal assembly constituency in Kishtwar thrice between 2002 and 2014.

Polling will be held for the Udhampur-Kathua seat in the first phase on April 19, officials said.

As many as 16,23,195 registered voters -- 8,45,283 men, 7,77,899 women and 13 transgender persons -- will vote at 2,637 polling stations across the constituency which is spread over five districts of Kishtwar, Doda, Ramban, Udhampur and Kathua, the officials said.(Agencies)

### Weather Clears

6.0mm, Pahalgam 5.4mm, Kupwara 4.9mm, Kokernag 6.2mm, Gulmarg 2.2mm, Banihal 1.8mm and Baderwah 1.0mm.

Regarding night temperature, he said, Srinagar recorded a minimum of 7.2°C against 8.0°C on the previous night and it was 0.8°C above normal for the summer capital of JK for this time of the year.

Qazigund recorded a minimum of 7.4°C against 7.0°C on the previous night and it was 2.3°C above normal for the gateway town of Kashmir, he said.

Pahalgam recorded a low of 2.8°C against 2.5°C on the previous night and it was 1.1°C above normal for the famous resort in south Kashmir.

Kokernag, also in south Kashmir, recorded a minimum of 6.1°C against 6.8°C on the previous night and it was 1.0°C above normal, the official said.

Kupwara town recorded a low of 4.9°C against 6.8°C on the previous night and it was 0.3°C below normal there, the official said.

Gulmarg recorded a low of minus 1.0°C against 2.0°C on the previous night and it was below normal by 0.2°C for the world famous skiing resort in north Kashmir's Baramulla district.

Jammu, he said, recorded a minimum of 17.5°C and it was above normal by 0.4°C for the winter capital of J&K.

Banihal recorded a low of 9.0°C, Batote 10.4°C and Baderwah 7.2°C, he said.

With regard to the forecast, he said, generally dry weather is expected during next 24 hours.

On Friday, he said, weather is likely to be partly cloudy with "light rain/snow at isolated places".

"Isolated to scattered light rain/TS is expected over Jammu and Kashmir from the early morning of Friday".

From April 6-10, he said, generally dry weather is expected.

From April 11-12, he said, generally cloudy weather is expected with light rain/snow at isolated places.

"From April 13-15, generally cloudy with intermittent light rain/snow at many places is expected."(GNS)

### Srinagar-Leh

to clear the snow along the treacherous Zojila Pass, facilitating the reopening.

Traffic police officials confirmed that vehicles are allowed to travel from Sonamarg to Kargil, with priority given to passenger vehicles and essential transportation like Tata mobiles carrying vegetables.

Heavy vehicle traffic remains prohibited on the highway for safety reasons amid ongoing winter conditions.

### 25 New Smart City

buses, saying these have length of over 12 metres. "These buses are a significant upgrade from the previously acquired 9-metre buses, with a seating capacity

of 35 passengers along with additional standing room," he said, adding that the news buses offer enhanced comfort, including more spacious seating and highback seats.

Speaking about the total number of buses, Malhotra said they have made an addition of 25 new buses to the existing fleet, bringing the total count to 100 smart city buses, including the previous 75.

The inspection and trial run of the smart city buses were overseen by key figures such as RTO Kashmir, Syed Shahnawaz Bukhari and Anuj Malhotra, alongside other officials—(KNO)

### UAPA Tribunal

declaring the Jammu and Kashmir Democratic Freedom Party as an unlawful association.

Notification issued stated that the central government hereby constitutes the Unlawful Activities (Prevention) Tribunal consisting of Justice Sachin Datta, Judge, High Court of Delhi, for the purpose of adjudicating whether or not there is sufficient cause for declaring the Jammu and Kashmir Democratic Freedom Party (JKDFP) as an unlawful association.

The Government of India in October 2023 had declared 'Jammu and Kashmir Democratic Freedom Party' (JKDFP) as an 'Unlawful Association' under Section 3(1) of the Unlawful Activities (Prevention) Act (UAPA) 1967.

Press statement issued in this regard stated that, this organization has been involved in anti-national activities since year 1998 and its members have always promoted separatism and terrorist acts in India.

The members of this organization, by inciting the people, want to make Kashmir a separate Islamic state, which is prejudicial to the sovereignty, security and integrity of India.

Many criminal cases have been registered against this organization under various sections of UAPA 1967, IPC 1860, The Arms Act 1959 and Ranbir Penal Code 1932. (Agencies)

### CS Reviews

about the batches of police officers from each wing who had got the required training and education about new laws.

He called for designation of a senior Police Officer as a single point contact for implementation of these laws across J&K. He observed that this Nodal Officer should address all the issues and facilitate between different wings of police department in adoption of all the changes made in these laws within the stipulated timeframe.

He asked about the changes to be made in Police Manual here. He told them to look into the need for issuing the SO's for meeting the purpose within deadline. He sought suggestions from members of the steering committee about the efforts made so far and the way ahead to make maximum out of the available time.

In his presentation, the Principal Secretary, Home, Chandraker Bharti, threw light on different initiatives taken by the local administration in this pursuit, so far. He revealed that the three pillars of our strategy in implementation of these laws rest on capacity building and training of the staff, requirement of additional manpower, if any and the requirement of upgradation of hardware and technological interventions to be made.

It was also revealed that the committees and study groups were constituted for having insights into these laws and framing a roadmap to implement these laws in the UT.

It is pertinent to mention here that

the Bharatiya Nyaya Sanhita, Bharatiya Nagrik Suraksha Sanhita and the Bharatiya Sakshya Adhiniyam had been recently notified by the MHA for their implementation from July, 2024. These are going to replace the Indian Penal Code, 1860; Code of Criminal Procedure, 1898; and the Indian Evidence Act, 1872, respectively.

### 2 Pak Nationals,

Jammu and Kashmir, India," reports said—(KNO)

### Red Velox, Pink

these premium varieties. "A box of Red Velox apples costs almost 30 percent more than the traditional variety. So, growers are increasingly shifting from traditional to exotic varieties to make more money," said Mohammad Shahbaz, an apple dealer.

As such various entrepreneurs have emerged in the valley who grow the nurseries of such varieties to sell growers during the season.

"We grow varieties of apple plants in the nursery. For the last five years we have been associated with the farming of these varieties and growers come from various districts to buy saplings from our nursery," said Abdul Quyoom Bhat, an entrepreneur.

Pertinently, the government too is encouraging and promoting the high density apple plantation in Kashmir to grow the income of farmers.

The department of horticulture has set a target to bring 5500 hectares of land under the Modified High-Density Plantation Scheme in Jammu and Kashmir by 2026.

According to government figures, Kashmir exports more than 20 lakh metric tonnes of apples every year, and the horticulture industry is pegged to be worth around 9,000 to 10,000 crore including the employment it generates. Kashmir produces 75 per cent of the total apple production in the country—(KNO)

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# PM Modi's determination set to bring Tesla to Indian roads soon

IAN S

**NEW DELHI:** It was in 2015 when Prime Minister Narendra Modi visited the Tesla facility in Palo Alto, California and Elon Musk took him for a tour of his electric car plant, convincing the PM that electric vehicles are going to be the next big disruptor. Nearly a decade later, the Tesla is set to come to - and be made in - India.

The tech billionaire is finally sending a team of experts to scout for a possible location to set up a \$2-\$3 billion EV plant in the country.

Reports say that on top of the Tesla CEO's mind are three states - Gujarat, Maharashtra, and Tamil Nadu - which have an EV infrastructure in place, as well as ports which make it easier for the electric car giant "to export cars".

The credit goes to PM Modi's persistent efforts in convincing Musk to look at India as his next big destination to establish a Tesla Gigafactory and export EVs to the rest of the world. In June last year, PM Modi met Musk in the US and appreciated his efforts at making technology accessible and affordable in various sectors.

The Prime Minister invited Musk to explore opportunities in India for investments in the elec-



tricity mobility sector. After meeting the Prime Minister, Musk started exploring setting up his own supply chain ecosystem in India, thus producing cheaper electric cars that might even start from Rs 20 lakh.

In Musk's own words, "He (PM Modi) really cares about India because he's pushing us to make significant investments in India, which is something that we intend to do and we're just trying to figure out the right timing".

PM Modi "really wants to do the right thing for India. He wants to make sure that the advantage from investments accrues to India's advantage, which is, you know, obviously, that's the job", the billionaire told reporters after meeting the PM.

India has more "promise than any large country in

the world", he added.

Last November, Union Minister Piyush Goyal also visited Tesla's state-of-the-art manufacturing facility in California. He posted on X that it was "extremely delighted to see talented Indian engineers and finance professionals and contributing to Tesla's remarkable journey to transform mobility".

"Also proud to see the growing importance of Auto component suppliers from India in the Tesla EV supply chain. It is on its way to double its component imports from India," the Union Minister added.

The Tesla owner, however, apologised to Goyal for not being able to meet him as he was unwell.

In the new EV policy announced last month, the PM Modi-led government

has reduced the customs duty to 15 per cent, albeit with certain riders. A minimum investment of Rs 4,150 crore (about \$500 million) will be needed to set up EV manufacturing facilities, production will start within three years and reach 25 per cent DVA (domestic value addition) by three years and 50 per cent DVA within 5 years at the maximum, according to the new EV policy.

This now paves the way for Musk to enter the Indian market.

India's EV market has the potential to achieve over 40 per cent penetration with \$100 billion revenue by 2030. This growth is expected to be driven by strong adoption (over 45 per cent) in both two-wheeler (2W) and three-wheeler (3W) categories, with four-wheeler (cars) penetration projected to grow to more than 20 per cent, according to a recent report by Bain & Company and Blume Ventures.

India is also making progress in building its EV charging infrastructure to phase out diesel vehicles in a stipulated time frame. Additionally, government initiatives like the Faster Adoption and Manufacturing of (Hybrid &) Electric Vehicles (FAME) scheme have further incentivised EV adoption.

# CM Vijayan attacks Rahul Gandhi over missing flags in roadshow

IAN S

**THIRUVANANTHAPURAM:** Chief Minister Pinarayi Vijayan on Thursday slammed Rahul Gandhi and the Congress party for showing 'disrespect' to their party flag.

CM Vijayan was referring to how the Congress on Wednesday decided not to display flags of its own and that of its ally IUML during the roadshow ahead of Rahul Gandhi's filing of nomination papers for the Wayanad Lok Sabha.

"They got scared of the BJP as in 2019 when Rahul came to file his nomination papers and at their roadshow, the green flags of the IUML and the Congress flags were tied together. The BJP used the pictures to campaign in North India stating that these were Pakistani flags. Do the Congress leaders here know what the Congress flags used to depict during the pre-independence struggle," asked CM Vijayan.

"The Congress party wants the vote of the IUML, but not their flag and for that, the Congress party also decided to forego their flag. This act doesn't augur well and the Congress is afraid of the BJP," added CM Vijayan.

He also took potshots at K.C.Venugopal, the Congress general secretary and a Rajya Sabha member from Rajasthan.

"Even though he has two more years before his term ends, he decided to contest from Alappuzha



and this was done to ensure that in case he wins, then a by-election to the Upper House from Rajasthan will be held and the BJP will win it. At the moment the BJP doesn't have a majority in the Upper House and is short by four seats. This is being done to help the BJP, but the people at Alappuzha (where Venugopal is contesting) will ensure that his seat is intact in the Upper House as he will be defeated here," added CM Vijayan.

The Chief Minister slammed the Enforcement Directorate for its probe into the real estate major DLF in 2019. "A few years later all know that when the involvement of Priyanka Gandhi's husband Robert Vadra surfaced, everything just disappeared," said the CM.

He alleged that he suspected a secret deal that Congress had struck with the SDPI (the political arm of the now-banned PFI). The SDPI early this week decided to support the UDF, and the CPI(M) and BJP went hammer and

tongs on this.

K.C. Venugopal, however, hit back at CM Vijayan and said that he need not worry about what the Congress party does and instead, he should be more worried about the way Kerala has slid down on all fronts.

"Has anyone ever heard CM Vijayan attacking PM Modi, instead he attacks Rahul Gandhi and all know why he is doing this," said Venugopal.

Leader of Opposition V.D. Satheesan said CM Vijayan need not be overly concerned about the Congress party. "CM Vijayan should be more worried about his party and the Congress doesn't require any advice from him. CM Vijayan is afraid of PM Modi and all his acts of attacking the Congress party is to help PM Modi and keep him in good humour," said Satheesan.

He also said, "Congress party is the one which strongly opposes both minority communalism and majority communalism and we do not want the

support of the SDPI."

Reacting to the flag controversy, IUML General Secretary P.M.A. Salam slammed CM Vijayan and wrote on his Facebook page that while they are working hard to ensure that the national flag is intact, CM Vijayan is keener to ensure the CPI(M) can retain their national party status.

"It's understandable why CM Vijayan is jittery as every sector in our state is in shambles. Moreover, the SNC Lavalin case in which he is a party is being repeatedly postponed in the apex court. All know that CM Vijayan has always been at the forefront of appeasing the Sangh Parivar forces. CM Vijayan and the Sangh Parivar forces are two sides of the same coin. Like the BJP, CM Vijayan also doesn't wish that the Congress comes to power as he knows all his cases will return to haunt him and hence he has raised the 'flag' issue," said Salam.

The IUML is the second biggest ally of the Congress-led UDF.

# 'I was expelled after I quit', claims Sanjay Nirupam on his ouster from Cong

IAN S

**MUMBAI:** Senior Congress leader Sanjay Nirupam on Thursday alleged that he was expelled after he submitted his resignation from the party.

He posted his brief resignation letter of April 3 (Wednesday) on social media, which has a tongue-in-cheek reference to Congress President Mallikarjun Kharge.

"I have finally decided to fulfill your much-awaited desire and hereby announce that I choose to resign from the primary membership of the All India Congress Committee," Nirupam said.

"This communication may be considered as my resignation letter. Kindly acknowledge the same," said the letter which he sent Wednesday evening.

Along with the letter, Nirupam took jibes at the Congress saying, "Looks like, immediately after the party received my resignation letter last night, they decided to issue my expulsion."



Good to see the such promptness."

Upset at not being nominated for the Mumbai North West Lok Sabha seat, the journalist-turned-politician had turned rebel and said he would announce his next course of action soon and promised to give a detailed statement on the fracas later in the morning.

Nirupam expressed his ire publicly after the Maha Vikas Aghadi ally Shiv Sena (UBT) had declared the candidature of Amol G. Kirtikar for the seat last week. He had given a severe tongue-lashing to the SS (UBT) and the Congress seat-sharing negotiators.

Nirupam had also launched a vicious veiled attack -- without taking names -- at Congress President Mallikarjun Kharge, state Chief Patole and Mumbai Chief Varsha Gaikwad, for allegedly falling at the knees of the SS(UBT).

Incidentally, Nirupam is a former two-time Rajya Sabha MP from (undivided) Shiv Sena and an ex-Mumbai North Lok Sabha MP of the Congress.

Sensing his banner of revolt, the state Congress also dropped him from the LS state list of the party's star campaigners on Wednesday.

## EXPLOITATION OF SANDESHKHALI'S WOMEN

# Those responsible will spend rest of their lives behind bars: PM

IAN S

**KOLKATA:** Prime Minister Narendra Modi on Thursday said that those responsible for the oppression and exploitation of women at Sandeshkhali in West Bengal's North 24 Parganas will have to spend the rest of their lives behind bars.

"Recently the entire country has witnessed how the ruling Trinamool Congress and the state government have tried to defend and protect those who are responsible for the exploitation of women at Sandeshkhali. But I can say that they will not be spared and those responsible for such heinous acts will have to spend the rest of their lives behind bars," he said while addressing a rally in Cooch Behar district.

The PM cautioned that the Trinamool will suffer heavily because of what happened at Sandeshkhali.

"Only Trinamool Congress is responsible for what had happened against women at Sandeshkhali. Trinamool Congress will have to pay heavily for that," he said.

He also accused the Mamata Banerjee-led government of subjecting people of the state to suffering by not allowing different centrally-sponsored schemes to be implemented in West Bengal.

"The West Bengal government has not allowed



the implementation of the Ayushman Bharat scheme in the state. Anyone from West Bengal having the Ayushman Bharat card could have undergone treatment in Mumbai had he or she fallen sick there. Those who want to get treated outside West Bengal would have got the treatment facilities had they been allowed to avail of the Ayushman Bharat facilities. The Chief Minister has deprived the people of the state of that," the Prime Minister said.

He also alleged that despite the Union government clearing lots of funds under different central-sponsored projects for West Bengal, those projects could not be implemented because of the obstruction created by the state government.

The forthcoming Lok Sabha polls are the right opportunity to give a fitting reply to Trinamool Congress for all its misdeeds, he said.

"So I request the voters to line up in front of the polling booth after sunrise and give your mandate against oppression," he added.

# BJP MP Hema Malini files nomination from Mathura

IAN S

**MATHURA:** BJP MP Hema Malini filed her nomination papers from Mathura Lok Sabha constituency on Thursday.

Hema Malini, who is seeking her third term in Lok Sabha, was accompanied by UP minister Swatantra Dev Singh.

UP Chief Minister Yogi Adityanath, who addressed a public meeting in support of Hema Malini after she filed her nomination papers, slammed the Congress for its "anti-women" stand.

He said that the remarks made by a Congress leader against BJP MP Hema Malini reflected the mindset of the Congress.

"They are not even getting candidates for the elections and are borrowing from other parties," he stated.

Meanwhile, earlier talking to reporters, Hema Malini said that she was grateful to Prime Minister Narendra Modi and the BJP leadership for giving her a chance to serve the people of Mathura again.

## MISINFORMATION CAMPAIGNS

# BJP's Chandrasekhar registers police complaint against Cong in Kerala

IAN S

**THIRUVANANTHAPURAM:** The BJP candidate from the Thiruvananthapuram Lok Sabha constituency, Rajeev Chandrasekhar on Thursday registered a police complaint against a Congress leader for spreading misinformation and allegedly engaging in criminal conspiracies.

Union Minister, Rajeev Chandrasekhar, accused the leader of morphing his old photograph with Union Minister, Pratima Bhoomik.

In his complaint filed before Delhi Police, Chandrasekhar said that J Moses Joseph Dacruz, a member of the Thiruvananthapuram District Congress Committee, and the National Executive Committee of the All India Fishermen's Congress, morphed the image of Pratima Bhoomik with the face of PK Indira, wife of CPI(M) leader, EP Jayarajan.



Later this was circulated on various social media platforms including Facebook and WhatsApp.

The caption accompanying the image falsely implied a professional and business connection between Indira, Chandrasekhar and Jayarajan.

Incidentally, the issue of a business deal between Chandrasekhar and Jayarajan was doing the rounds last month and the Congress alleged that this was yet another example of the secret pact between the BJP and the CPI(M) in Kerala.

Chandrasekhar further stated in his complaint that this manipulation

was executed with the aim of deceiving the public and garnering sympathy through misleading information.

"This act was a deliberate effort to disseminate false and frivolous content on social media, advancing both personal and political agendas through criminal conspiracy and misinformation campaigns," said Chandrasekhar.

In yet another case filed before the Chief Electoral Officer, Kerala, Sanjay Kaul and Additional Chief Electoral Officer and Nodal Officer in charge of the Model Code of Conduct, Adeela Abdulla, he alleged that the Congress had published a defamatory video (first published on X, from the official handle of the Kerala Pradesh Congress Committee) making various unsubstantiated allegations with the premise that he had submitted a false affidavit on assets before the Election Commission at the time of his Rajya Sabha election.

# 'D-voter' issue in Assam to be solved in 6 months: Himanta Biswa

IAN S

**GUWAHATI:** Assam Chief Minister Himanta Biswa Sarma on Wednesday said that the BJP-led Central and state governments will resolve doubtful voter (D-voter) issues faced by some people in the state within the next six months.

Sarma was in the state's Barak Valley region on Wednesday to extend support to two candidates of BJP - Parimal Suklabaidya and Kripanath Mallah, as they submitted their nominations for the upcoming Lok Sabha polls.

In Assam, voters who have been denied the right to vote because of doubts about their citizenship, are known as D-voters.

As of February this



year, 96,987 D-voters were registered in the state, according to the Assam government.

The Chief Minister said: "People residing in Karimganj and Hailakandi districts have been facing the D-voter issue for a long time. Now, the Central government has implemented the Citizenship Amend-

ment Act (CAA) and the D-voter issue will be completely solved."

In response to a query during the Assam Assembly's budget session earlier this year, Sarma said that more than 1.59 lakh people had been identified as "foreigners" in the state and that over 96,000 voters had been tagged as D-voters.

Government of Jammu and Kashmir  
**JOINT DIRECTORATE OF AGRICULTURE**  
**EXTENSION KASHMIR.**  
**NOTIFICATION**  
 As per notification issued by Director Agriculture Jammu (Controller Fertilizer J&K) vide No.Agr/Dev-14/Req/2023-24/278-305 dated:13.04.2023, it is hereby notified that no dealer/retailer shall sell or offer for sale any fertilizer at a price exceeding the Maximum Retail Price (MRP) of different fertilizers (Straight and complex) as printed on the fertilizer bag by the concerned companies for agricultural use as indicated hereunder:-

Product	IFFCO	NFL	MRP in Rs.		
			CFCL	IPL	KRIBCHO
Urea/Neem Coated Urea (Per bag of 45Kg)	266.50	266.50	266.50	266.50	266.50
DAP/Imported DAP (Per Bag of 50Kg)	1350.00	-	-	1350.00	-
MOP (Per Bag of 50Kg)	-	-	1700.00	1700.00	-
NPK 12:32:16(Per Bag of 50Kg)	1470.00	-	-	-	-
Nano Urea (Per bottle of 500ml)	225.00	-	-	-	-

Any sale above the printed Maximum Retail Price (MRP) will be punishable under the Essential Commodities (EC) Act, 1955.

Sd/-  
(Ghulam Mohammad Dhobi)  
(Deputy Controller Fertilizer J&K)

DIJK-27-24  
 DT: 04/04/2024  
 Joint Director Agriculture, Extension Kashmir.



# Urs of Hazrat Sheikh Dawood (RA) celebrated with zeal

REHAN QAYOOM MIR

SRINAGAR: Devotees from across the region gathered at the shrine of Hazrat Sheikh Dawood (RA) in Batamalo Srinagar to observe the annual Urs of the revered Sufi saint with fervor and reverence.



The atmosphere was charged with religious fervor as men and women from different walks of life offered prayers and paid homage to the saint known for his teachings of peace, harmony, and spirituality.

The Urs of Hazrat Sheikh Dawood (RA) is observed annually on the anniversary, attracting devotees from far and wide who seek blessings and spiritual solace at his shrine.

Locals expressed joy while saying the Urs of Hazrat Sheikh Dawood (RA) is not just a religious event, but a reminder of the rich spiritual heritage of our region.

“It is a time for reflection, prayer, and coming together as a community,” Wahid, a local resident said.

Another devotee expressed his gratitude for being able to participate in the Urs, added it is a blessing to be able to visit the shrine and seek the saint's blessings. “His teachings continue to inspire and guide us in our lives,” she said.

Moreover, the administration ensured adequate arrangements for the smooth conduct of the Urs, including security measures and facilities for the convenience of pilgrims—(KNO)

# 17 Candidates Vie for Jammu Seat as Nomination Deadline ends

AGENCIES

SRINAGAR: As the deadline for nomination filing ended on Thursday, the electoral battleground for the Jammu parliamentary seat is witnessing a flurry of activity, with 17 candidates throwing their hats into the ring. With today marking the last day for nominations, contenders are making their final moves to secure their place in the electoral fray ahead of the April 26 voting day.

The nomination filing deadline for the Jammu parliamentary seat is set for April 4, until 3 pm, with scrutiny scheduled for April 6 and withdrawal of nominations by April

8. Amidst this backdrop, Wednesday saw a surge in nominations, with four additional candidates stepping forward to join the

Jammu Kashmir People's Conference, independent candidate Atul Raina, and Ganesh Chaudhary from the Hindustan Shakti



electoral race. Among the latest contenders are Ratan Lal and Roop Krishi Dhar from the

Sena. Notable candidates include Jugal Kishore Sharma from the BJP and Raman Bhalli from

the Congress, indicating a diverse field of contenders vying for the parliamentary seat.

The entry of candidates like Shikha Bhandral from the National Awami United Party and religious preacher Swami Divyanand adds further dimension to the electoral landscape.

Following delimitation, the Jammu parliamentary constituency now comprises 18 assembly constituencies, reflecting a significant voter base of 17.66 lakh spread across diverse regions. From Bishnah and Suchetgarh to Kalakot-Sunderbani, the constituency embodies the rich tapestry of Jammu's socio-political fabric—(KNO)

# Farooq Abdullah Rallies Support for Congress in Katra

GMK NEWS NETWORK

JAMMU: National Conference President Farooq Abdullah made a fervent appeal for unity and collective action during his campaign visit to Katra in support of the Congress party. Addressing a public gathering, Farooq Abdullah underscored the imperative of safeguarding the Constitution of India, asserting that the India Alliance is committed to this noble cause.



In his speech, Farooq Abdullah lambasted the BJP, accusing them of seeking to dismantle the foundational principles of the Indian Constitution. He emphasized the need for concerted efforts to counteract such threats and preserve the democratic fabric of the nation.

“The BJP's agenda threatens the very essence of our Constitution. We must stand together to defend the values enshrined in it. Saving the Constitution is our collective responsibility, and we must rise to the occasion,” said Farooq Abdullah.

Highlighting the importance of unity in the face of divisive forces, he urged the people to unite against attempts to infringe upon their rights and freedoms. He decried the BJP's attempts to impose its ideology on the populace, asserting that such actions undermine the pluralistic ethos of the nation.

“I urge you all to join hands and confront these forces of division. Our strength lies in our unity. Let us rally behind our common cause and ensure that our voices are heard,” he said, urging support for the Congress candidate in the upcoming elections.

Meanwhile, amidst political maneuvering in the Kashmir Valley, Farooq Abdullah expressed confidence in the National Conference's prospects in the Anantnag-Rajori constituency. His statement comes in the wake of divergent stances between the National Conference and the People's Democratic Party (PDP) regarding seat-sharing arrangements—(KNO)

# DC Kupwara reviews arrangements for upcoming festivals

GMK NEWS NETWORK

KUPWARA: The Deputy Commissioner (DC) Kupwara, Ayushi Sudan Saturday chaired a meeting of Officers at Meeting Hall of DC Office Complex to review the arrangements for the celebration of upcoming religious festivals of different communities.

DC comprehensively reviewed the arrangements to be put in place for the observance of Jumad-ul-Vida, Shab-e-Qadr and celebration of Eid ul Fitr, Baisakhi and Navratra in the district.

Addressing the meeting, Ayushi emphasized upon all the officers to ensure availability of all requisite services and facilities to the people including electricity, drinking water, sanitation, cleanliness and other essentials.

The DC directed the line departments to take elaborate measures for the smooth celebrations of the festivals and ensure all basic arrangements are put in place for the devotees well in advance.

On the occasion, the DC passed directions to the PDD and PHE departments to ensure uninterrupted supplies of power and water to the Masjids, Temples and Gurudwaras particularly in wake of the upcoming religious festivals like Jumad-ul-Vida, Shab-e-Qadr, Eid, Navratra and Baisakhi in the district.



She enjoined upon the PDD authorities that there should be no power cuts during Sehri and Iftar.

She instructed PDD officers to make the defunct transformers functional within 24 hours positively.

The DC directed Tehsil-dars to intensify the market checking and instructed the concerned departments to undertake intensive market checking in all important markets so that illegal profiteering is controlled and no hoarding is done.

Similarly, EO MC Kupwara was directed to activate the Municipal staff and ensure sanitation, cleaning measures and Chooona marking outside the Masjids, Eidgahs and other religious places.

DC instructed EO, MC to cover the open manhole at Hospital road and make

fully functional the toilet blocks at Rigipora.

She also asked Health authorities to ensure a medical team headed by a Medical Officer with ambulance services remains available on call.

DC also had interaction with traders and members of the Auqaf committees and listened to their issues.

ACD Kupwara was directed to pass directions to Secretary Panchayats to ensure sanitation and cleanliness near Masjids, Eidgahs, temples and Gurudwaras located in rural areas of the district. Meeting was attended by Additional Deputy Commissioner Kupwara, Muhammad Rouf Rehman; Additional Deputy Commissioner, Handwara, Aziz Ahmad Rather; PO ICDS, FM DIC, Additional SP Kupwara, EXen PHE, EXen PDD, CMO, AMO, Tehsil-dars, DY. SP Traffic, EOMC and other concerned Officers.

# Govt extends working days, duty hours in GMCs, GDCs of J&K

GMK NEWS NETWORK

SRINAGAR: In order to improve patient care, Health and Medical Education Department has extended working days and hours in all Government Medical and Dental colleges in Jammu and Kashmir.

According to an order, new reporting time in GMCs and GDCs will be 9 am while relieving time will be 5 pm on all days

except Saturday.

“In order to improve patient care, 9 am will be reporting and 5 pm will be relieving time on weekdays with half an hour lunch break from 1:30 pm to 2:00 pm on all days except Saturday in all government medical and dental colleges of J&K,” reads an order.

The order states that on Saturdays reporting time shall be 9 am and relieving time will be 1:30 pm—(KNO)

# Property Worth Lakhs Attached in North Kashmir

GMK NEWS NETWORK

SRINAGAR: Jammu and Kashmir Police in Baramulla on Thursday said to have attached illegal properties worth Rs 20 lacs belonging to notorious drug peddler in the district.

“Continuing its action against drug peddlers, Police in Baramulla attached properties (1 Kanal & 10 Marlas Land and single-story residential house worth approx. Rs 20 lacs) belonging to notorious drug peddler namely Farooq Ahmad Mir son of Gh Mohiuddin Mir resident of Zaspura Tangmar, District Baramulla,” a police spokesman said in a statement issued.

The property was identified as illegally acquired property during the course of investigation/enquiry conducted by Police. The property was prima facie acquired from illicit trafficking in Narcotic drug and Psychotropic substances by the drug peddler, police said.

This operation reaffirms the commitment of Police to combat the drug menace. Local people of the area hailed the initiative of Police, police added—(KNO)

The action was taken

# DC B'la reviews arrangements for Eid-Ul-Fitr, Jumad-ul-vida

GMK NEWS NETWORK

BARAMULLA: In view of the auspicious occasion of Eid-ul-fitr, Jumad-ul-vida, Shab-e-Qadr, Baisakhi, and Ramnavami festivals, the Deputy Commissioner (DC) Baramulla, Minga Sherpa, conducted an extensive tour of several religious places in district Baramulla Thursday to review arrangements put in place for the seamless celebration of these festivals.



He was accompanied by SSP Baramulla, Amod Nagpure, and other officers during his tour.

During the tour, the DC visited several important religious places, including Eidgah Jadeed and Eidgah Qadeem in Baramulla, Eidgah Sopore, Syed Janbaz Wali Shrine, Chati Padshahi Gurdwara and Shelputri Mandir in Baramulla to inspect the arrangements thoroughly and ensure that devotees do not encounter any difficulties on the days of celebration.

The DC interacted with the local representatives, attentively listened to

their concerns, and issued immediate directives to the concerned officers for the prompt resolution of their genuine issues.

On the occasion, the DC directed the officers of all the line departments to ensure all necessary arrangements are put in place well in advance so that devotees do not face any difficulty during the observance of the holy occasions.

Meanwhile, Minga Sherpa directed officers for enhancement of facilities at the Eidgahs, emphasizing the need to ensure all services are fully opera-

tional for the convenience of devotees gathering for Eid-ul-Fitr prayers.

Furthermore, the DC instructed the PDD authorities to ensure an uninterrupted power supply, while the PHE department was entrusted to ensure ample supply of water at the religious sites, ensuring a hassle-free celebration of the festivals.

Additionally, the DC directed the concerned department to ensure proper sanitation and cleanliness in and around the religious places for the celebration of auspicious occasions.

# DC B'pora conducts extensive tour of far-flung Bothu village

GMK NEWS NETWORK

BANDIPORA: The Deputy Commissioner (DC) Bandipora, Shakeel ul Rehman on Thursday conducted an extensive tour of upper reaches of the far-flung Bothu village and inspected various aspects at the village.

The DC interacted with locals, listened to their issues, and assured them resolution of their genuine grievances.

During the visit, he also visited High School Buthoo to assess the infrastructure and educational resources in the School.

While interacting with teachers and students, the DC emphasized the importance of quality education in shaping the future of youth.

He also visited the shrine of Hazrat Bibi



Arifa popularly known as “Ded Mouj” to assess the arrangements for Jumad ul Vida and Shab e Qadr. The DC took stock of facilities available for devo-

tees at the shrine. Local Auqaaf committee members apprised the DC regarding various works taken up and put forth various demands.

# FSD conducts extensive milk drive, market checking in G'bal

GMK NEWS NETWORK



GANDERBAL: The Food Safety Department Ganderbal Saturday conducted an extensive market checking drive against adulteration and unhygienic food products especially milk supplies and associated dairy products

The drive was taken up on the directions of District Development Commissioner Ganderbal, Shyambir and the checking team was led by Food Safety Officer Ganderbal.

During the drive, a massive crackdown was started near Nagbal against the load carriers and lorries used for milk supply and services. The team collected around a dozen samples of cow milk, cheese and other dairy products.

Later, the team conducted market checking from Duderhama to Qamaria Chowk during which shopkeepers and other Food business operators were checked and advised to maintain hygienic food services. They were also sensitized about the rules and regulations of Food Safety.

The traders were also warned of serious action if they fail to display price lists in the shops and price tags labelled on the food products.

# Jumad-ul-Vida being observed with religious gaiety today

AGENCIES

SRINAGAR: Jumad-ul-Vida, the last Friday of the holy month of Ramzan, is being observed today with religious fervour and gaiety across Jammu and Kashmir.

The biggest congregations are traditionally held at revered Hazratbal shrine and historic Jamia Masjid in here.

Thousands of people in Kashmir are expected to offer congregation in other shrines and masjids

including Masjid Jamiat-e-Ahlehadith, Gawkadai, Asar-e-Sharif, Janab Sahib, Sura; Asar-e-Sharif, Shehri Kalashpora; Ziarat Dastgeer Sahib, Khanyar, Ziarat Dastgeer Sahib, Sarai Bala; Ziarat-e-Makhdoom Sahib and Khanqah-e-Mualla.

Thousands of people are also expected to offer congregational prayers in Pulwama, Kakapora, Tral, Bijbhera, Nayana, Lasibal, Sernal, Qazigund, Koker-nag, Ka'aba Marg, Asar-e-Sharif Pinjora, and other

parts of southern Kashmir region.

In north Kashmir's, large congregations are expected in all the three districts including Baramulla, Bandipora and frontier Kupwara district. In Baramulla, large congregations is expected in Astan-e-Aliya Khwaja Sahab, Astan-e-Aliya Janbaaz Wali (RA) and Masjid Baitul Mukarram.

In the Sopore town, the largest congregations are likely at Jamia Masjid,

Khanqah-e-Mualla and Tujjar Shrief.

In Kupwara district, the largest congregation is expected in Main town where thousands of people are expected to offer the Friday prayers. The other gatherings are expected in Bohama, Trehgam, Ragi-pora, Rawatpora, Lalpora Lolab and other mosques. In Bandipora, largest congregation prayers is expected in Jamia Masjid in Main town and Ajas. (GNS)

# Govt forms FGMC to review current status of glacier lakes in J&K

GMK NEWS NETWORK

SRINAGAR: The government on Thursday accorded sanction to the constitution of Focused Glacial Lake Outburst Flood (GLOF) Monitoring Committee (FGMC) for the Union territory of Jammu & Kashmir.

Headed by Principal Secretary to the Government, Home Department, the FGMC shall have 16 members, according to a government order. However, Deputy Commis-

ioners of the concerned districts shall be permanent invitees to all meetings of FGMC, it said. “The Chairperson may co-opt any member(s) to obtain required technical and inter-disciplinary Input(s) for the Committee.”

“Facilities to be extended to the Committee members shall be governed in terms of Section 21(3) of the Disaster Management Act, 2005.” The Committee shall be assisted by concerned Department(s) in their field studies/observations, it said

The terms of the reference to the committee include to review the current status of glacier and glacial lakes in the Union territory of J&K and identify the vulnerable glacial lakes in J&K in terms of GLOF, as per the list provided by National Disaster Management Authority.

It is to also suggest the site-specific best technical measures to minimize glacial threat in identified glacial lakes and the roles and responsibilities of the

different stakeholders. Further it is to suggest action required on human resources generation/capacity building towards the study and management of glacial retreat and associated threats; to suggest any other specific measures to minimize the glacial threat in J&K. The proposed Committee may, as and when required also consult leading experts/organizations and to ensure compliance with relevant technical standards, regulations and best practices.