

LOK SABHA ELECTIONS

Nukkad Natak held at Lal Chowk to promote Voter participation

GMK NEWS NETWORK

SRINAGAR: With a view to promote voters participation in upcoming Lok Sabha Elections 2024, a spirited Nukkad Natak performance took centre stage at Ghanta Ghar, Lal Chowk here on Saturday.

District Election Officer (DEO) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat, who is also the Returning Officer (RO) for 02-Srinagar Parliamentary Constituency joined the vibrant Voter Awareness programme organised by District Election Authority at the historic Ghanta Ghar under Systematic Voters' Education and Electoral Participation (SVEEP).

On the occasion, a group of local artists presented theme-based Nukkad Natak on SVEEP. While a large number of School Students, Youth and Citizens participated in the Electoral Awareness programme.

Speaking on the occasion, the District Election



Officer (DEO), Srinagar said that

the aim of the programme was to enhance understanding of voting-related processes and promote electoral literacy, especially among first-time voters, preparing them for upcoming Lok Sabha Elections 2024.

The DEO stressed that the initiative resonates the commitment of the District Administration Srinagar to inspire the young voters towards the electoral process and strengthening democratic setup to empower citizens.

The DEO urged Students to carry forward the

message to their family, relatives and community by underscoring the significance of their participation in nation-building through elections.

He said that a well-informed electorate is fundamental to ensuring a vibrant and representative democracy. He added that SVEEP's primary goal is to build a truly participative democracy by encouraging all eligible citizens to vote.

During the Electoral Awareness programme Signature campaign was also conducted in which all the participants actively participated.

Deputy District Election Officer, Srinagar, Mir Imtiaz Ul Aziz, Deputy Chief Education Officer, Anjum Raja, other senior Officers of the Administration, Information Department, School Education Department and other concerned participated in the event. The event was held under the supervision of District Nodal Officer SVEEP, A H Fani.

Mega voter awareness activities held in Basohli

GMK NEWS NETWORK

KATHUA: In an effort to bolster voter turnout and foster democratic values, a unique mega voter awareness activity took place at picturesque Purthu in Basohli, alongside the famous Ranjit Sagar Lake.

The event, which saw synchronization of para motor sailing with a pool of water boats, immersed the iconic location in the fervor of upcoming elections.

Asha and Anganwadi workers, adorned with placards and specially made election invitation cards issued by District Election Cell, highlighted the district administration's resolve to motivate all to participate in upcoming elections scheduled for April 19.

The event captured attention of both locals and tourists, who joined Voter Pledge ceremony, marking their commitment to exercising their democratic right. A dedicated



wall served as a reminder for voters not to overlook their duty to vote, a fundamental aspect of India's democratic principles.

Participants were equipped with wristbands by the District Election Cell, turning them into

ambassadors for voter awareness, ensuring the message reaches a broader audience ahead of elections on April 19. They were provided informative pamphlets exhibiting step-wise voting procedure to spread message in their

respective locations. Speaking on the occasion, ADC Basohli, Anil Thakur emphasized the pivotal role of such events in reminding people to elect their representatives, devoid of societal biases, and without fail.

CEO, BBDA, Ajeet Singh, highlighted the lasting impact of event at iconic Purthu on electorate's memory, encouraging them to exercise their right to franchise on April 19.

Nodal Officer for SVEEP Kathua, Neeraj Bhargav underscored the continued commitment of District Election Cell under the guidance of DEO Kathua, Dr. Rakesh Minhas to voter education. He emphasized on employing innovative approaches to reinforce the significance of electoral participation. He stressed pivotal role of young and first-time voters in galvanizing voter engagement, urging them to act as ambassadors for civic involvement.

LG visits VYOM Child Development Centre in Jammu



GMK NEWS NETWORK

JAMMU: Lieutenant Governor Manoj Sinha Saturday visited VYOM (Vibrant Young Open Minds) Child Development Centre, at Rop nagar Jammu.

The Lt Governor went around various sections of the centre and took appraisal of the facilities and services being extended to the children.

He appreciated the Social

Welfare Department in collaboration with Brianpreneurs Foundation for the development of children with neurodiverse needs.

Ms. Harvinder Kour, Mission Director, ICPS, J&K; eminent Neurologist, Dr Sushil Razdan; Ms Sunaina Tickoo, Founder & CEO Brianpreneurs, senior officials of Social Welfare Department and members of Brianpreneurs Foundation were present.

Leopard Spotted in Srinagar, Wildlife Dept Mobilises Teams

GMK NEWS NETWORK

SRINAGAR: After reports emerged on social media regarding leopard sightings in the outskirts of Srinagar, specifically in the Rangpora and Elahibagh areas, the Jammu and Kashmir wildlife department officially confirmed the animal's presence in the area on Saturday.

A senior wildlife official said that they have received "video evidence" of the leopard's presence in the Malabagh area.

"People must be careful from now onwards. Children should not be allowed to move out, especially during morning and evening hours, and during the Fajar and Esha prayers,

people should go in groups with sufficient lights," the official warned.

The official further said that teams have been dispatched and cages are being installed at multiple locations in the area. Additionally, a drone survey will be carried out in the entire area.

"Teams have been deputed, and cages are being installed in Ahmadnagar, Rangpora, and Malabagh areas. Our department's vehicles are patrolling and sensitising the area," he said.

The official added that there is a high possibility that only one leopard is roaming in the area, noting that the animal typically roams within a territory with a radius of 20 km.

Ather Energy launches family scooter Rizta



GMK NEWS NETWORK

SRINAGAR: On the occasion, of its community day, Ather Energy launched its latest electric scooter, 'The Rizta' in a function held here.

Designed and engineered as a scooter for the entire family, the Rizta prioritizes comfort, convenience, and safety. It comes with a host of new connected features to enhance the riding experience including features like SkidControlTM and WhatsApp on the dashboard.

Speaking on the occasion, Tarun Mehta, Co-Founder & CEO, Ather Energy, said, "We entered the two-wheeler market with our performance scooter, the 450 series, which was recognised in the industry. Now, we are setting foot in the family segment with the Rizta,

which has been designed and engineered with the Indian family in mind. It focuses on key aspects such as comfort, safety and connected tech, which we believe makes it an upgrade from the conventional scooters in the market.

Rizta will reflect Ather's proposition of quality, reliability, and safety." Ather also rolled out AtherStack 6.0, the latest upgrade to its software stack.

The latest update brings a host of new features and experiences to the scooters including a new mobile app, integration with WhatsApp on the Ather dashboard, live location sharing, ping my scooter, auto reply to calls and Alexa integration.

Existing Ather owners will also get AtherStack 6.0 as an over-the-air update with some of these features.

Special Awareness campaign under SVEEP held in Samba villages

GMK NEWS NETWORK

SAMBA: In a significant step towards promoting electoral participation and strengthening democracy, special awareness campaign under Systematic Voters' Education and Electoral Participation (SVEEP) was conducted in village Chamliyal and Abtal.

This pivotal initiative was orchestrated under dynamic supervision of District Election Officer (DEO), Samba, Abhishek Sharma.

The program aimed at enlightening inhabitants of these villages about crucial importance of their

vote in democratic process.

The event was further enriched by valuable participation of members from civil society, who eloquently spoke on the occasion, casting light on the vote's vital role in strengthening of democratic foundations.

Apart from general public, the officers also interacted with BSF jawans and briefed them regarding Service Voter Portal which is a web-based application developed by Election Commission of India (ECI) to help service voters register to vote and manage their voter registration details.

Terrorist Hideout Busted in JK's Resai

GMK NEWS NETWORK

SRINAGAR: Security forces on Saturday claimed to have busted a terrorist hideout in Resai district of Jammu and Kashmir.

The police in a statement said that, acting on the reliable information regarding presence of a hideout in the general area of mahore sub divi-

sion, a joint operation was launched to sanitise the area which was jointly led by Resai Police and Army 58 RR in the Lancha area of Mahore.

"During the search and cordon operation security forces recovered huge quantity of arms and ammunition from the hideout in Lancha area of Shajroo," the police said.

PUBLIC NOTICE: I Have Lost My D.O.B Certificate. Now I'm Applying For It's Duplicate, Anybody If Having Any Objection, He/ She May Contact For The Same At Registrar Birth And Death (SMC) Within 7 Days From The Date Of Publication of This Notice, After That No Objection Will Be Entertained. Asma Kousar, D/o: Ghulam Rasool Bhat, R/o: HTM Srinagar

اسلامی تعلیمی ادارہ، برگو، بڈگام. ہر خاص و عام کو اطلاع دی جاتی ہے کہ نبی شریف دسترخوان شریف بڈگام سے اسکا کاپی ہونے کی اطلاع دی جاتی ہے اور اسکا درجہ کنٹری کرنا مطلوب ہے۔ اگر کسی کو اس بارے میں کوئی اعتراض ہوگا تو وہ سات دن کے اندر نامدر پری پرنسپل اسلامک ایجوکیشنل انسٹیٹیوٹ بکروں کے ساتھ رابطہ کریں۔ معیار گزرنے کے بعد کسی بھی قسم کا اعتراض قابل قبول نہیں ہوگا۔ پرنسپل اسلامک ایجوکیشنل انسٹیٹیوٹ بکروں

Police arrest two drug Peddlers in Handwara

GMK NEWS NETWORK

SRINAGAR: Jammu and Kashmir Police have arrested two drug peddlers in Handwara and recovered contraband substances from their possession.

A police spokesperson said that a police party of Police post magam led by IC PP Magam under the supervision of SDPO Handwara and SHO handwara intercepted a vehicle (Tata sumo) bearing Reg no JK09 4301 at Khanpora Crossing driven by Irshad Ahmad lone S/O Ab Gani lone R/O Taratpura and a passenger who disclosed his identity as Shabir Ahmad Marazi S/O Gh Rasool Marazi R/O Summer Bug Lasjan Srinagar.

"Upon seeing the police party, duo tried to flee from the spot but were apprehended tactfully. During the search of the vehicle, charas-like substance weighing about 106 grams was recovered from their possession. Vehicle used in the commission of crime has also been seized. In this regard, Fir No 68/24 U/S 8/20 NDPS Act registered in ps Handwara and investigation has been initiated," the police said.

"Community members are requested to come forward with any information regarding Drug peddlers in their neighbourhood. Persons found indulging in drug peddling will be dealt with as per law. Our consistent actions against drug peddlers should reassure the community members that we are making efforts to keep our society free from the scourge of drug menace," the police added.(KNS).

DEO Doda reviews preparations for Lok Sabha Elections

GMK NEWS NETWORK

DODA: District Election Officer (DEO), Doda, Harvinder Singh Saturday chaired a meeting with officers from AC 51 Bhandarwah, AC 52 Doda and AC 53 Doda West to review the preparations for upcoming Lok Sabha elections 2024.

During the meeting, Assistant Returning Officers (AROs) from each constituency, Zonal Magistrates, Sector Magistrates and police officers were present.

The DEO emphasized the importance of maintaining security for Electronic Voting Machines (EVMs) throughout the election process. Additionally, the DEO instructed



that home voting for physically disabled and elderly individuals should commence on April 14th.

The DEO emphasized the need for continuous communication with ARO Bhandarwah to address any issues or demands that may arise. Proper coordination and timing for dispatching polling materials, EVMs and polling parties were also discussed extensively to ensure smooth conduct on polling day.

Throughout the meeting, focus remained on ensuring proper coordination among all stakeholders, timely dispatch of election materials, and adherence to schedule for dispatching polling parties and EVMs to their designated locations.

The importance of reporting voting turnout promptly and maintaining vigilance over EVMs during transportation and storage was reiterated.

THE J&K BOARD OF PROFESSIONAL ENTRANCE EXAMINATIONS. Subject: Admission to B-Pharmacy & D-Pharmacy Course-2024 in Government / Private Colleges/Institutions of UT of J&K: Invitation of online applications & change of eligibility in D. Pharma. Course: thereof. Reference: i) Notification No.016-BOPEE of 2024 dated 04-04-2024 ii) Notice No. 05-BOPEE of 2024 dated 06-04-2024. Corrigendum to Notification No. 016-BOPEE of 2024 Dated 04-04-2024. In reference to Notification No. 016-BOPEE of 2024 dated 04-04-2024 & as per New Regulation of Pharmacy Council of India (PCI) 2020 "the upper age of 35 years as mentioned in the column of eligibility of D. Pharma courses" shall be deemed to be deleted & hence there will be now no upper age for the candidates applying for the D. Pharma courses. However, the other terms & condition shall remain same as mentioned in the e-information Broacher & also in the Notification /Notice available on the website of the Board. For further any updates, all the eligible candidates are advised to see Daily Alert Column available on the BOPEE website regularly. E & O, Sd/- Controller of Examination J&K, BOPEE. DIPK-87-24, DT: 12/04/2024. No. BOPEE/Exam/2024(7451226). Dated: 11-04-2024

Office of the Commissioner Food & Drugs Administration J&K, DRUGS & FOOD CONTROL ORGANIZATION, JAMMU/SRINAGAR. E-mail: cfsjandk@gmail.com Phone No. 0194-2506484-85 (Sgt) 0191-2572889-(Jmu) Government of Jammu and Kashmir

PUBLIC NOTICE. Subject: Removal of Products 'Premix for FRK' and 'FRK' from Active Registrations-reg. In order to strengthen the quality control mechanism of Fortified Rice [FR], Fortified Rice Kemels [FRK] and Premix for FRK, Food Safety and Standards Authority of India vide order No. IEC- 34011/1/2021-IEC-FSSAI-Part(6) dated 08.11.2023 has issued following directions:- a) FBOs manufacturing FRK and premix for FRK shall be required to obtain only FSSAI License [Central/State] and no new registration shall be allowed. b) Further, existing FBOs who are operating under FSSAI Registration for the said products are directed to apply for Central/State License as per the eligibility. A transition time of three months is hereby given to existing Registered FBOs to shift to license and utilize the packaging and labelling materials, if any, failing which, the said two products shall be removed from their existing Registration Certificates [RC] to bebar them from further manufacturing under RC, without any further notice." Since the transition time as per the order dated: 08.11.2023 referred to above has ended on 08.02.2024 and subsequently the action mentioned on the removal of the products from the existing registrations is therefore effected forthwith. Now, therefore, through the medium of this notice, all FBOs manufacturing, FRK and premix for FRK who have been still operating on Registrations, are hereby informed that:- a. Removal of the 'FRK' and 'Premix for FRK' from the Registration Certificate [RC] through system generated modification application has been done in FoSCoS. b. Modified Registration Certificates have been granted and sent to their registered email ids. c. FBO who had taken only one product either 'FRK' or 'Premix for FRK' manufacturing, their registrations shall be suspended by the concerned Registration Authorities, as by removing the product, registration certificate would remain product-less. No. FADA-Tech/32/2022-05 Dated: 08.04.2024 DIPK-76-24 DT: 11/04/2024 (Hashmat Ali Yauto) IAS Commissioner, Food & Drugs Administration J&K

UDHAMPUR-DODA LS CONSTITUENCY

37 voters above 100 years age to vote in Doda district

AMIR TANTRAY

DODA: With polling day for the first phase of 2024 Parliamentary elections just five days away and Udhampur-Doda constituency will be going for polls in this phase, Doda district is on the brink of making a history by welcoming over three dozen voters above the age of 100 years.

There are 37 voters in the district who are above the age of 100 years and are ready to vote during these elections.

Giving details, District Electoral Officer (DEO) Doda (Deputy Commissioner Doda), Harvinder Singh told KNO, "We have 37 voters in the districts who are above the age of 100 years. We have made special arrangements for them to come and vote and wherever Palkis (Palanquins) are needed will be provided to them so that they come and vote."

Out of the 37 such voters, the oldest stands at the age of 108 years.

There is a provision kept by the election commission of India to allow old people



to cast their votes at their homes and for that purpose teams of ECI officials will be visiting their homes to cast the vote in advance.

But here in Doda all these above 100 years voters have decided not to cast their votes in their homes but to reach the polling stations near them and cast votes on April 19 when other voters will be casting their votes.

The Udhampur-Doda Lok Sabha constituency is going for the polls during the first phase of parliamentary elections and there is a direct contest between the incumbent Member Parliament (MP) of Bharatiya Janta Party (BJP) Dr. Jitendra Singh and two-time former MP and Congress candidate Choudhary Lal Singh. Both the parties have done campaigning in almost every nook and

corner of this constituency and the campaigning is in the last leg.

So far Prime Minister Narendra Modi and Uttar Pradesh (UP) Chief Minister Yogi Adityanath have campaigned for their candidate Dr. Jitendra Singh whereas apart from Union territory (UT) leaders of Congress party, star campaigner Raj Babbar has sought votes for Choudhary Lal Singh—(KNO)

Low student enrolment in Colleges

HED exempts 64 GDCs from making admissions through CUET score

RIYAZ BHAT

SRINAGAR: In wake of low CUET based admissions in many degree colleges of Jammu and Kashmir, Higher Education Department Saturday exempted 64 Government Degree Colleges from making admissions through CUET score for academic session 2024-25.

The department further said that many other students did not prefer to seek admission through the Common University Entrance Test (CUET) mode keeping in view their geographical locations, topography and availability of the infrastructure.

Under Secretary to government Sanjay Kumar Tickoo in a communiqué said that among the colleges that have been exempted from making admissions through CUET score for academic session 2024-25 includes 35 government colleges of Jammu division and 29 of Kashmir region respectively.

"In view of very low CUET based admissions in some government degree colleges during last year admissions, the

situation was revisited this year after discussions with all the stakeholders and it was decided

ing admissions to various undergraduate programs. The higher education department has observed

for making admissions through CUET and allow them to make admissions during the Academic



ed to identify the colleges where the students did not prefer to seek admission through the CUET mode keeping in view their geographical locations, topography, availability of the infrastructure etcetera and where the CUET based admissions were very low during last year," it reads.

CUET-2024 is scheduled to be held from 15-05-2024 to 31-05-2024 in thirteen mediums across India for the evaluation of candidates desirous of seek-

ing admissions to various undergraduate programs. The higher education department has observed

that CUET based admissions in far off colleges located at Marwah, Tangdhar, Gurez, Mahore etcetera puts the students in an undue disadvantageous situation. "The Nodal Principals, Jammu and Srinagar have furnished the lists of 35 Government Colleges of Jammu Division and 29 Government Colleges of Kashmir Division on the basis of the available data and locations of the Colleges for exemption of these Government colleges

Session 2024-24 without CUET score," it reads.

It further reads, "In the interest of the aspiring students belonging to the Jammu and Kashmir divisions respectively are exempted for making admissions in these respective colleges on the basis of CUET score for the academic session 2024-25."

The department however said that the admissions in these colleges shall be done in a centralized manner through the e-SAMARTH portal on the basis of 12th class marks—(KNO)

Dynasty Politics a Misunderstood term: Farooq Abdullah

ALI ASAD

SRINAGAR: Farooq Abdullah, the leader of the National Conference, has responded to allegations of dynasty politics in Jammu and Kashmir, asserting that his party's leadership is determined by electoral victories rather than familial lineage. He questioned the notion of 'dynasty', pointing out that individuals in various professions often pass down their occupations to their children without facing scrutiny over their legitimacy.

While addressing the issue, Farooq Abdullah emphasized, "We do not come from dynasties, but from elections... Are the people of his party (BJP) not from the dynasty?... If an industrialist makes his children industrialists, then does he have to take votes? If an actor makes his children actors, does he have to take votes? We have to vote, meet people and work for them, so how can this be

dynasty politics?" The Srinagar parliamentary constituency, historically a stronghold of the National Conference led by the Abdullah family, has seen multiple generations of the family elected to represent the region. Farooq Abdullah's son, Omar Abdullah, has won from this seat three times, following in the footsteps of his father and grandmother, who also served as Members of Parliament from Srinagar.

As the political landscape heats up in Jammu and Kashmir, the National Conference has nominated Agha Ruhula, a prominent Shia leader and former minister, as its candidate for the Srinagar parliamentary seat. Additionally, Omar Abdullah, serving as the party's Vice President, will contest from the North Kashmir parliamentary seat, further highlighting the party's commitment to electoral participation and representation—(KNO)

Apni Party holds preparatory meetings for LS elections in Srinagar

GMK NEWS NETWORK

SRINAGAR: Apni Party on Saturday held a preparatory meeting for the upcoming Lok Sabha (LS) polls in the Srinagar constituency.

The meeting, chaired by Mohammad Dilawar Mir, the Chairman of the party's Parliamentary Affairs Committee (PAC), was held at the party headquarters in Srinagar. Addressing the gathering, Mohammad Dilawar Mir urged the leaders and senior workers to remain fully active during the poll campaign days to ensure people are well aware of the party's pro-people agenda and policies.

He stated, "This is the time for us to stay active and deeply connected to the people to present our vision, agenda, and policies for a brighter future for Jammu and Kashmir."

He added, "Apni Party has emerged as a credible political alternative, and

people fully trust our unambiguous agenda for peace, prosperity, and development in Jammu and Kashmir."

Among the prominent party leaders who were present on the occasion included the party's General Secretary Rafi Ahmad Mir, Provincial President Mohammad Ashraf Mir, who is the party's candidate for the Srinagar constituency in these elections, Former Legislator and spokesperson Yawar Dilawar Mir, Provincial Vice President Farooq Andrabi, Chairman DDC Srinagar and Provincial Secretary Malik Aftab, State Convenor and in-charge of Ganderbal district Haji Parvez Ahmad, Provincial President for the party's Women Wing Dilshada Shaheen, the in-charges of all the assembly constituencies in Srinagar, and senior workers.

Gandhi Nagar Hospital granted two DNB seats in Family Medicine

JAHANGEER GANAIE

SRINAGAR: In a significant milestone for public healthcare in Jammu, Government Hospital Gandhi Nagar has been granted two Diplomate of National Board (DNB) seats in the speciality of Family Medicine.

"As a significant step towards strengthening public healthcare scenario in Jammu, two seats have been sanctioned by National Board of Examinations in Medical Science (NBEMS) under DNB to Gandhi Nagar Hospital in the speciality of Family Medicine," an official informed.

The announcement came after a thorough inspection by the authorities of the National Board of Examinations in Medical Science (NBEMS), culminating in the sanctioning of the DNB seats to Gandhi Nagar Hospital. A formal letter confirming the allocation was issued by the NBE authorities on Saturday.

The official said the introduction of the DNB course in Family Medi-

cine will enhance the hospital's capacity to provide comprehensive healthcare services to the community.

Gandhi Nagar Hospital already offers PG (DNB) three-year degree courses in Internal Medicine and Anaesthesia core specialities, along with two-year diplomas (DNB) in Gynaecology & Obstetrics and Ophthalmology.

"This achievement is the result of persistent efforts, with two seats in DNB (Family Medicine) sanctioned following a successful inspection by the Visiting Inspection Team from NBEMS in September 2023," he said.

According to officials, increasing the hospital's bed capacity to 200 beds would further amplify its potential, making it eligible to apply for additional PG three-year degree courses in various specialities such as surgery, paediatrics, orthopaedics, and radiology. This expansion would position Gandhi Nagar Hospital as a sought-after destination for DNB residents from across India, they said.

Mian Altaf rebuffs, says feeling better, ready to contest LS polls

AGENCIES

SRINAGAR: National Conference (NC) candidate from Anantnag-Rajouri Lok Sabha seat, Mian Altaf Ahmad Larvi Saturday dismissed the rumors and stated that he was ready to contest in the upcoming parliamentary elections.

In a brief video, Mian Altaf said that he was not feeling good for the last couple of days and was advised to take rest by the doctors. However, he said, "I am recovering now and will be contesting Lok Sabha polls."

The reports earlier claimed that he was not contesting in the elections due to his deteriorating health. Altaf, however, termed the reports as baseless stating that he was ready to contest the parliamentary elections.

"Omar Abdullah too met me today at my residence and enquired about my health condition. He didn't visit here to discuss political issues but enquired about my health condition only," he said.

He was responding to the reports wherein it was stated that Mian Altaf Larvi's



health has deteriorated and has been asked to take rest for some weeks.

"Unfortunately, I have contracted some infection and the doctors have advised me to take rest for six weeks," Altaf had stated, adding that because of this, "I won't be able to campaign or go out."

NC had announced veteran leader Mian Altaf as their candidate for Anantnag-Rajouri seat which will go to polls on May 7 in the third phase of Lok Sabha elections.

While making the announcement in a press conference, NC Vice President Omar Abdullah had emphasised Ahmad's widespread popularity across various segments of society and expressed confidence that he would garner substantial support from the people—(KNO)

AGENCIES

SRINAGAR: Residents of Shariefabad, Durbal, and Hanjik staged a protest on Friday against what they called a "sudden implementation" of tariff hikes by the Power Development Department (PDD) in their area.

Several residents of the area, said that the decision has led to exorbitant monthly bills ranging from Rs 800 to 1300, and then 1300 to 2100, causing significant financial strain on the population in the area.

Expressing their frustration and anger, protesters accused PDD officials of imposing inflated charges without prior consultation or justification, stating that the abrupt increase in tariffs has hit the residents in the area hard, prompting them to voice their grievances loudly and demand immediate action from authorities.

The protesters, while demonstrating, also

marched towards the Grid Station where protestors reminded the officials of promises made during the construction of the Power House on their land.

The protesters claimed that they were assured of free electricity in exchange for their land. Moreover, they also recounted a tragic incident in which their children lost their lives due to a high-tension line (HT) falling down.

The aggrieved residents emphasized that they had fulfilled their end of the bargain by providing land for the Power House's construction, but that alleging that the authorities had failed to honour their commitment of free electricity.

They said that the loss of lives in the tragic incident only exacerbated their sense of betrayal and injustice.

Protesters vowed to continue their agitation until their demands are met.

They called for a roll-



back of the tariff hikes and urged the authorities to fulfill their promises as compensation for the sacrifices made by the local community for the construction of the powerhouse.

"We have made sacrifices, we gave our land and some received compensation, which was just peanuts, while there are many who haven't received anything yet," said Arif Ahmad, a local resident of the area.

Altaf Ahmad, another local of the area, said that the move by the PDD authorities in the area is unjust and betrayal with them, as they were prom-

ised a lot when they gave land for the powerhouse.

"We have land but that has no value as there are a number of high-tension wires over it. Who will buy that? At least we had hoped for the electricity, but I think they are now trying to snatch that as well", he said.

Meanwhile, a senior PDD official said that on receiving the information from the police station Parimpora, they went to the grid station, where around 200 people were protesting inside the premises of the powerhouse.

"To my knowledge, it may not be possible if someone has given his land for the construction of a grid and compensation has not been provided. And we also don't have any such example where people are given free electricity and I don't think that is possible," the official said—(KNO)

'Omar's decision to shift to B'la seat was to quell resentment within party ranks'

Rift had emerged Over Ticket Distribution for Key Candidates in north Kashmir

ALI ASAD

SRINAGAR: In a surprising turn of events, National Conference (NC) Vice President Omar Abdullah has announced his decision to contest the upcoming Lok Sabha elections from the Baramulla parliamentary seat instead of the Srinagar seat, which has long been associated with his family. The move has left many political observers puzzled, but sources within the NC indicate that Omar's decision is driven by strategic political considerations.

The announcement came as NC revealed its candidates for three parliamentary seats in Kashmir: While Omar Abdullah's candidature for Baramulla came as a shock to many, insiders suggest that the decision was made to quell emerging factions within the party regarding ticket distribution in North Kashmir.

Sources within the party said that pressure had been



mounting from supporters of former ministers Chaudhary Mohammad Ramzan and Mir Saifullah for the Srinagar ticket, leading to concerns over potential resentment within the party ranks in Kupwara. Additionally, the recent delimitation exercise has altered the geographical and social landscape of both seats, making Baramulla a more strategically viable option for Omar.

The Baramulla constituency boasts a significant vote bank from the Scheduled Tribe category, including the Gujjar-Bakkarwal, Pahari, and Dard Sheena communities. NC has traditionally held sway over these communities in the region, particularly among the Gujjar-Bakkarwal and Pahari populations of Bandipora and Baramulla.

Speaking to reporters after the candidate announcement, Omar Abdullah threw down the gauntlet to the BNP, challenging them to contest elections in Kashmir. He asserted that if BNP candidates fail to retain their deposits, he would exit politics. Furthermore, Omar called on the BNP to field candidates in Kashmir, questioning their claims of development and normalcy in the region.

Omar's decision to field Agha Ruhullah, a prominent Shia leader, as the candidate from Srinagar indicates a strategic move to tap into the Shia community's influence. With Ruhullah's family wielding considerable sway among Shias in the region, Omar aims to consolidate support in key constituencies, leveraging community ties for electoral gains—(KNO)

2 drug peddlers arrested in Handwara: Police

GMK NEWS NETWORK

SRINAGAR: Jammu and Kashmir Police on Saturday said to have arrested two drug peddlers in Handwara and recovered contraband substances from their possession.

A police party of Police Post Magam led by Incharge PP Magam under the supervision of SDPO Handwara and SHO PS Handwara intercepted a vehicle (Tata sumo) bearing Reg No. JK09-4301 at Khanpora Crossing with 02 persons on board, a police spokesman said in a statement issued.

They have been identified as Irshad Ahmad lone (Driver) son of Ab Gani lone resident of Taratpura and Shabir Ahmad Marazi son of Gh Rasool Marazi resident of Summer Bug Lasjan Srinagar.

During search of the vehicle, about 106 grams of charas like contraband substance was recovered from their possession. They have been arrested and shifted to police station where they remain in custody. Vehicle used in the commission of crime has also been seized, police said.

Accordingly, police said that a case under relevant sections of law has been registered at Police Station Handwara and investigation has been initiated.

Good Morning Kashmir

EDITORIAL

Rising Road Accidents

Road accidents is one of the main causes of death in the Chenab region. Every year we have about 30 to 40 major road accidents in this region with maximum fatalities. Accidents on these roads are usually fatal, with little chance of someone emerging alive. The expanding population, numerous deadlines to meet, urgency to reach to neighboring cities before office timings set in, and unfenced hair-pin bends all contributed to these accidents. Incidentally, the number of roads in this region has remained the same as during the Dogra rule, and many roads are still not blacktopped. The absence of street lights is also one of the main reasons of these accidents. Coming to the Kashmir valley, the number of road accidents is on a phenomenal rise. Especially when it comes to holy occasions and holy months. People just want to reach home ahead of everyone else. There is a mad rush on the roads and everyone feels superior to the other. With every passing day, fewer people are inclined to use public transport, and in every family, it is common to see more than one family member owning a car. There are families which have more vehicles than the actual family members. Accidents also occur because the countryside workforce whether in government or non-government sectors have to reach their hometowns in the evening. The roads they take do not have a semblance of traffic lights and mostly the accidents are caused by trucks and other commercial vehicles running with an equally incurable hurry. Kashmir Valley desperately needs more roads. Big, wider roads. It needs them now and in fact, needs them like oxygen. There is a wormhole that can help us sail through this. This work hole is improving public transport and inspiring people to take that public transport. With the introduction of e-buses, we hope that people would cultivate a culture of using public transport as a means of commute which would effectively mean a lesser number of cars and motorbikes on roads and consequently lesser chances of accidents. We hope things change for the better. And that they change soon.

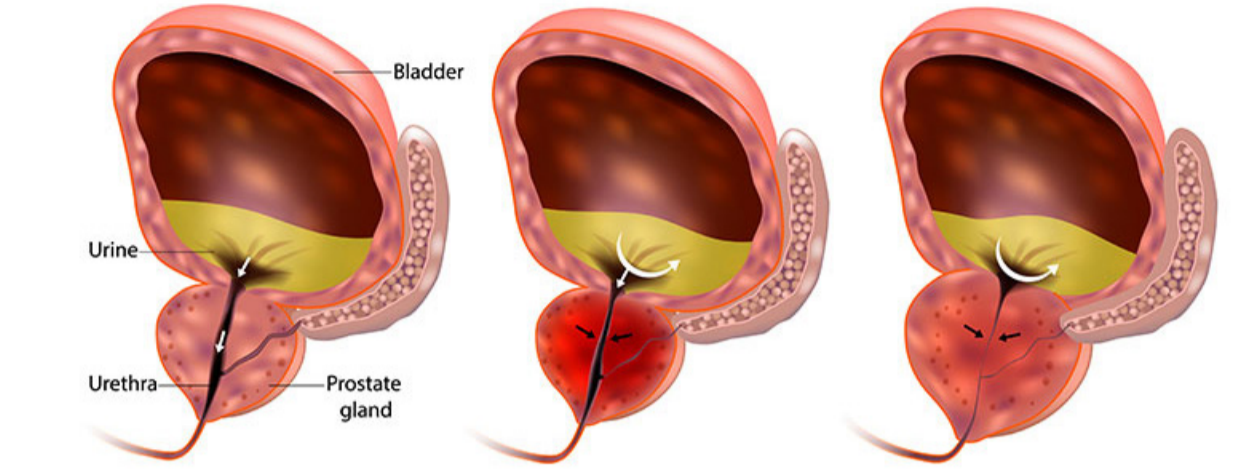
Prostate Enlargement - Symptoms And Treatment



DR. H. S. BHATYAL

Prostate is a small walnut-shaped gland in men that sits just below the bladder and surrounds the urethra (the tube carrying urine outside the bladder). Prostate has various functions - seminal fluid secretion (a component of semen), hormone production, and regulates the flow of urine. Prostate enlargement issues are common in men especially > 50 yrs. of age and 50 % patients would develop some prostatic symptoms. Symptoms could be bothersome, disrupting quality of life.

Symptoms
Obstructive symptoms - Hesitancy, thinning of urine stream, intermittency, incomplete emptying of bladder, overflow incontinence (passing urine without knowledge)
Irritative symptoms - Increased frequency, urgency (difficult to control urine), involuntary passing of urine, pain during passing urine
Haematuria - Blood in urine (rarely)
 The severity of symptoms may vary from person to person, some may carry on, and others may find it difficult as it impacts daily activity & sleep.



Normal prostate

Inflamed prostate

Enlarged prostate gland

Diagnosis
Physical Examination - Digital rectal examination : USG of kidney, ureter and bladder area is mandatory to check the size of prostate, abnormal texture, bladder volume, residual urine after passing urine and state of kidneys
Blood Test - PSA : Marker of prostate cancer
 Neglecting the symptoms may lead to a large volume of urine in resulting in recurrent UTI, bladder stones formation, and deterioration of kidney function.
Treatment primarily depends on the type of symptoms

- Lifestyle changes - Limit tea coffee, and alcohol intake, decrease fluid intake in the evening
- Medical management - For medical management following medications are prescribed to settle the condition
- Relaxation of prostatic muscles and bladder neck- Alpha blockers- Alfuzosin, Tamsulosin & Silodosin
- Decrease the size of the prostate - Finasteride, Dutasteride (this is given in elder patients with large prostates)
- Irritative symptom treatment - Solfifenacin, Darifenacin, Mirabegron
- Minimally invasive treatments - Laser Vaporisation of the prostate, TURP, Bipolar TURP, HOLEP (Holmium laser)
- Urolift, Rezum Therapy: (modalities need to be established)
- Robotic simple prostatectomy -The surgery is done for very large-sized prostates
- Open prostatectomy-This procedure is very rarely done nowadays

Author is Senior Director & HOD - Urology & Renal Transplantation, BLK-Max Super Speciality Hospital, New Delhi

Earth And Drought: Causes, Kinds And Effects



DR. RAJKUMAR SINGH

Earth, our home planet, faces numerous environmental challenges, and drought is one of the most significant ones. Drought occurs when there is a prolonged period of abnormally low precipitation, leading to water shortages that affect various aspects of life, including agriculture, ecosystems, and human populations:

a. **Agriculture:** Drought can have devastating effects on agriculture by reducing crop yields and diminishing livestock productivity. Without sufficient water, crops fail to grow, leading to lower food production. This can result in food shortages, price increases, and economic losses for farmers.

b. **Ecosystems:** Drought can disrupt ecosystems by causing habitat loss, reduced biodiversity, and even species extinction. Many plants and animals are highly sensitive to changes in water availability, and prolonged drought can disrupt their natural life cycles, migration patterns, and reproductive behaviors.

c. **Water Supply:** Drought severely affects water supplies for human consumption, industry, and energy production. Rivers, lakes, and groundwater reservoirs may dry up or become critically low, leading to water scarcity in urban areas and conflicts over water allocation.

d. **Wildfires:** Drought increases the risk of wildfires by drying out vegetation, making it more susceptible to ignition and rapid spread. Wildfires exacerbated by drought can cause widespread destruction of forests, homes, and infrastructure, as well as air pollution and health problems.

e. **Economic Impact:** The economic impact of drought is significant, affecting various sectors such as agriculture, tourism, and manufacturing.

Drought-related losses in crop yields, livestock, and property damage can lead to job losses, reduced revenues, and increased government spending on disaster relief efforts.

f. **Social Impacts:** Drought can have profound social impacts, particularly on vulnerable communities that depend on agriculture for their livelihoods. Water scarcity can lead



to conflicts over resources, displacement of populations, and increased poverty and food insecurity.

Addressing drought requires a combination of proactive water management strategies, such as water conservation, efficient irrigation techniques, drought-resistant crop varieties, and sustainable land use practices. Additionally, mitigating climate change, which can exacerbate drought conditions, is essential for reducing the frequency and severity of drought events in the future.

Origin and causes: Droughts have been a natural part of the Earth's climate system for millions of years, but their frequency, intensity, and duration can vary due to a combination of natural and human-induced factors:

a. **Meteorological Drought:** Meteorological drought occurs when there is a prolonged period of below-average precipitation. This can be caused by natural variability in weather patterns, such as shifts in atmospheric circulation patterns, changes in ocean temperatures (such as El Niño and La Niña events), and disruptions in the jet stream.

b. **Hydrological Drought:** Hydrological drought refers to a deficiency in water supply, including surface water and groundwater, which occurs when precipitation deficits persist over an extended period, leading to reduced streamflow, lake levels, and groundwater recharge. Factors contributing to hydrological drought include reduced snowpack,

increased evaporation rates, and changes in land use and water management practices.

c. **Agricultural Drought:** Agricultural drought occurs when there is insufficient moisture in the soil to support healthy crop growth, leading to reduced crop yields and water stress in plants. Factors contributing to agricultural drought include low precipitation, high temperatures, poor soil moisture retention, and increased water demand from crops.

d. **Socioeconomic Drought:** Socioeconomic drought occurs when water shortages affect human activities and socio-economic systems, leading to impacts on water supply, agriculture, industry, and society. Factors contributing to socioeconomic drought include population growth, urbanization, inadequate water infrastructure, inefficient water management practices, and competition for water resources among different sectors.

e. **Climate Change:** Climate change is altering the frequency, intensity, and distribution of droughts worldwide. Rising temperatures can increase evaporation rates, exacerbate water shortages, and alter precipitation patterns, leading to more frequent and severe drought events in some regions. Climate change can also contribute to other factors that worsen drought conditions, such as changes in soil moisture, snowmelt timing, and the frequency of extreme weather events.

f. **Natural Variability:** Natural climate variability, such as cycles like the Pacific

Decadal Oscillation (PDO) and the North Atlantic Oscillation (NAO), can influence precipitation patterns and drought occurrence on regional and global scales. These natural climate cycles can lead to periods of prolonged drought or increased rainfall variability in certain regions. Understanding the complex interplay of these factors is crucial for predicting, monitoring, and mitigating the impacts of drought on ecosystems, agriculture, water resources, and society. Effective drought management strategies involve a combination of water conservation measures, sustainable land use practices, improved water infrastructure, and climate adaptation measures to build resilience to droughts in a changing climate.

Kinds and effects: Droughts come in various forms, each with its own characteristics and impacts on the environment, economy, and society.

Here are the different kinds of drought and their effects:

Meteorological Drought: Definition: Meteorological drought occurs when there is a prolonged period of below-average precipitation. Effects: Reduced water availability in rivers, lakes, and reservoirs. Decreased soil moisture, leading to water stress in plants and increased risk of wildfires. Impacts on agriculture, including crop failures, reduced yields, and livestock losses. Changes in ecosystem dynamics, including habitat loss and shifts in species distributions.

Hydrological Drought: Definition: Hydrological drought refers to a deficiency in water supply, including surface water and groundwater. Effects: Reduced streamflow and river discharge, leading to low water levels in rivers, lakes, and reservoirs. Groundwater depletion, affecting wells and aquifers used for drinking water and irrigation. Impacts on hydropower generation, affecting energy production. Disruption of aquatic ecosystems, including habitat degradation and fish kills.

Agricultural Drought: Definition: Agricultural drought occurs when there is insufficient moisture in the soil to support healthy crop growth. Effects: Crop failures, reduced yields, and lower quality of agricultural products. Water stress in plants, leading to wilting, stunted growth, and increased susceptibility to pests and diseases. Livestock losses due to water shortages and decreased forage availability. Economic losses for farmers, including reduced income and increased production costs.

Socioeconomic Drought: Definition: Socioeconomic drought occurs when water shortages affect human activities and socio-economic systems. Effects: Water supply disruptions, affecting drinking water availability and sanitation services. Impacts on industry, including reduced water availability for manufacturing processes and energy production. Economic losses in sectors reliant on water resources, such as tourism, recreation, and fisheries. Social impacts, include food insecurity, migration, conflicts over water resources, and health problems related to waterborne diseases.

Ecological Drought: Definition: Ecological drought occurs when water shortages affect natural ecosystems and biodiversity. Increased vulnerability to invasive species, diseases, and climate-related stressors. Degradation of ecosystem services, such as water purification, flood regulation, and carbon sequestration. Each type of drought can have cascading effects on various sectors of society and the environment, highlighting the need for proactive drought management strategies and adaptation measures to build resilience to droughts in a changing climate.

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Good Morning Kashmir

Printer, Publisher, Owner, Editor in Chief:
Javed Ashraf Shah

Associate Editor:
Mir Suhail

Bureau Chief Jammu:
Harbans Nagokay

Manager:
Peer Sajad

R.N.I No: JKENG/2010/36998
 Regd No: 109555

Office No: 0194-3593724

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 goodmorningkashmir@gmail.com

Office Address:
 B-11, Budshah Flats, Jehangir Chowk, Srinagar-190001

Printed at:
 Khidmat Offset Printing Press, The Bund, Srinagar

Published From:
 Main Bus Stand, Near Masjid Rehmat, Lal Bazar, Srinagar - 190023

Layout Designer
 Aijaz Ahmad Dar

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

Commencement Of New Academic Session

RAYEES AHMAD KUMAR

Educational institutions across the valley have reopened few weeks ago after winter vacations and the annual exams/summative assessment for all classes baring 8th class has been almost complimented. It marks the beginning and commencement of the new academic session in Valley.

With the appearance of Narcissus, Deffodills, Dandelion, Wild Tulips and other spring flowers on the enchanting landscape of valley to adorn it, our little chaps also feel thrilled to register their new aspirations and dreams they anxiously desire to realise during the new academic session.

Authorities at the helm have issued strict instructions to start the teaching learning process in schools immediately after the culmination of summative assessments. Educators who happen to be the main pillars of education system, have also geared up and readied themselves to adopt newer and innovative maxims of teaching in the larger interests of student community.

After the completion of evaluation process, teachers find themselves engaged these days in orchestrating the timetable for different classes. It is pertinent to mention here that while preparing a balanced timetable in schools, many things have to be taken into consideration.

A teacher having a humanities academic background should never be forced to teach sciences, similarly the one from science background should never be compelled to embrace social studies, it will not only yield undesirable results but will also have negative impacts on students learning.

The one entrusted with the job of preparing a timetable must give wide choice and liberty to teachers to choose their assigned subjects. Timetable is just like a mirror reflecting the daily work of teachers and their academic backgrounds.

A timetable is the foundation on which the cognitive, moral, and emotional development of students is laid and expected in the long run. Thus it must be prepared meticulously and with



utmost care and caution. After the timetable, the resources holding much importance around which the whole teaching-learning process in schools revolves are the textbooks for effective and result-oriented teaching-learning.

In fact textbooks play a pivotal role in enhancing knowledge and information which benefits both students and teachers. Our schools both private and public are adopting books prescribed by BOSE right from the primary level which undoubtedly are an outcome of extensive consultation with stakeholders, experts, and research work of months together. But the reformation in these books and switching to innovative and play way techniques of teaching can't be ruled out.

The team of experts from BOSE looking after the textbook formulation must incorporate the latest and updated informa-

tive content alongside qualitative papers and pictures in the books to allure the student community. Since the academic session has just commenced, these books must be made available within a week or two in every school of the valley.

Though students have been asked to return back last year's books to school for promoted students to the next classes but BOSE must get vibrant enough to distribute the fresh lot. The sooner students are provided the better it is. Teachers must go through the contents of the book to select which one to teach first for their easy comprehension and understanding.

If they find any difficulty or tough contents in the book, apart from consulting guide, they can make use of information technology to equip themselves well so as to impart smartly in the class-

room. In today's digital and tech-savvy era, learning any concept or content is just a click away. So we can make use of this blessing of science to make our children capable of meeting any academic challenge in the future.

After completing one or two chapters, respective teachers must go for the class tests, it would be a better way to assess students and to check the impact of his teaching skills. Students whose performance proves dismal in such tests can be put to remedial teaching during zero class hours.

Such tests must be repeated after the completion of every two chapters, this way not only the students would learn better but teachers would also feel easier to evaluate them. The enrolled students of public schools mostly come from humble backgrounds, but some among them are impoverished and need financial assistance to con-

tinue their studies lest they quit halfway.

School poor fund committees must prepare a list of such students in advance to help them purchase necessary items like pens, notebooks, pencils, shoes etc. In mid-day meal charts of school-pulses, vegetables, cheese, and eggs must be incorporated on a rotational basis, this will pave the way for their better physical and mental growth.

As an academicians i humbly request every educator to be concerned about the future and career of children who come from economically fragile families and we get handsome salaries only to teach them, mould them, and to build them. It will be the best service to society as teachers are the moral and spiritual guides.

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DR. REYAZ AHMAD

It is important to fulfill one's obligations and responsibilities out of a sense of moral obligation, according to the moral concept known as the rule of duty for duty's sake. According to this ethical framework, people should behave out of a sense of duty and moral obligation rather than for personal benefit or outside rewards. It motivates people to put their obligations first and carry out their ethically upright principles.

The categorical imperative, a central idea in Immanuel Kant's ethical philosophy, is the source of the rule of obligation for duty's sake. According to Kant, moral decisions should be made based on universally applicable principles, independent of individual preferences or outcomes. The rule of duty for duty's sake in this situation states that people should behave out of a sense of moral obligation, motivated by the inherent worth of doing what is right.

This approach emphasizes the motivation for action rather than its results. It implies that people should uphold their moral commitments and behave decently, regardless of their interests or the possible outcomes of their decisions.

In many areas of life where ethical issues matter a lot, the rule of duty for duty's sake is especially pertinent.

These consist of:

Professional ethics: People should emphasize their responsibilities at work and conduct themselves honestly, fairly, and with integrity. Regardless of personal benefit, professionals in industries like health, law, and finance must put their clients' welfare first and operate in their best interests.

Civic Responsibility: In a democratic society, citizens have a responsibility to take part in politics by casting ballots, participating in public discourse, and adhering to the law. The principle of

The Rule Of Duty



doing what is right simply because it is right reminds us of our need to support the welfare of our communities and society.

Relationships and Family: The duty concept encourages people to uphold their obligations and duties to their families, friends, and other loved ones. It emphasizes the importance of loyalty, support, and empathy in maintaining healthy and fulfilling relationships.

Cases where this rule cannot be applied

While it is often beneficial to follow the principle of doing the right thing for the right reason,

there are times when it may not be suitable or feasible to do so. Several situations include:

Ethical dilemmas: It can be difficult to choose the best course of action purely based on obligation in complex moral situations when conflicting duties exist. To make a more well-rounded choice, it could be necessary to take other ethical systems, like consequentialism or virtue ethics, into account.

Personal Autonomy: As long as decisions don't violate the rights or well-being of others, people are free to act by their values and preferences. The rule of duty might not be as appropriate in situations

when personal autonomy is essential, such as when making decisions about a person's lifestyle or work.

Consequences of widespread use

The rule of duty done for duty's sake may have a significant impact on society if it were generally accepted and applied. People's actions motivated by a sense of moral obligation would probably lead to:

Increased Integrity: People who continuously act with integrity, fulfil their obligations, and place a high priority on ethical behaviour will result from the widespread

adoption of this principle. A more dependable and honest society would result from this.

Stronger Communities: When people put their responsibilities first, it strengthens the sense of belonging and social cohesion. Responsible individuals who carry out their responsibilities contribute to building a positive environment where trust and collaboration flourish.

Ethical Leadership: If leaders from different industries follow the maxim "do right by doing right," it will encourage ethical leadership behaviours. Such leaders would put the common good first, behave honourably, and encourage others to do the same.

A statement for the public

Adopting the principle of doing what is right for the sake of doing it can help create a more moral and peaceful society in a world where self-interest frequently rules. Each of us is accountable for setting priorities for our responsibilities and acting morally, motivated by a sense of obligation and the inherent worth of doing what is right. By doing this, we encourage a culture of integrity and responsibility and help to transform the public's perception for the better. Conclusion:

The principle of doing what is right just because it is right encourages people to put their moral commitments above their interests. We may build a culture that values honesty, accountability, and the common good by acting out of a sense of obligation. Even while it might not always be appropriate, incorporating this idea throughout our lives might result in personal fulfilment and help create a more moral and caring society. Let's keep in mind that by prioritizing our responsibilities, we can create a brighter future for both us and future generations.

The author teaches at the Faculty of Mathematics, Department of General Education SUC, Sharjah, UAE

Best Summer Foods For Diabetics

These summer foods for diabetics provide essential nutrients, antioxidants, and fibre while being low in calories and carbohydrates. Keep reading as we share a list of foods you can add to your summer diet to better manage your blood sugar levels.

10 Summer foods suitable for diabetics:

- 1. Berries**
Berries like strawberries, blueberries, raspberries, and blackberries are low in sugar and high in fibre, antioxidants, and vitamins. They help control blood sugar levels, improve insulin sensitivity, and reduce inflammation, thus lowering the risk of heart disease and improving overall health.
- 2. Leafy greens**
Vegetables like spinach, kale, and Swiss chard are rich in fibre, vitamins, and minerals while being low in calories and carbohydrates. They help stabilise blood sugar levels, improve digestion, and support weight management, contributing to better overall health and diabetes management.
- 3. Salmon**
Rich in omega-3 fatty acids, salmon provides heart-healthy fats that reduce inflammation, lower triglyceride levels, and improve insulin sensitivity.

Consuming salmon regularly can help reduce the risk of heart disease and promote overall health for diabetics.

4. Greek yogurt
Greek yogurt is high in protein and low in carbohydrates, making it an excellent choice for diabetics. It helps regulate blood sugar levels, promotes satiety, and supports weight management. Additionally, the probiotics in Greek yogurt promote gut health, which is linked to overall well-being.

5. Avocado
Avocados are packed with healthy fats, fibre, and antioxidants, which help stabilise blood sugar levels, improve insulin sensitivity, and reduce the risk of heart disease. Including avocados in the diet can also aid in weight management and promote overall health for diabetics.

6. Tomatoes
Tomatoes are rich in lycopene, vitamin C, and antioxidants, which have been shown to improve insulin sensitivity, reduce inflammation, and lower the risk of heart disease in diabetics. They are also low in calories and carbohydrates, making them a great addition to a diabetes-friendly diet.

7. Nuts
Nuts like almonds, walnuts, and pistachios are rich in healthy fats, protein, and fibre,



which help regulate blood sugar levels, improve insulin sensitivity, and promote sati-

ety. Eating nuts regularly can also reduce the risk of heart disease and support overall

health for diabetics.

8. Quinoa
Quinoa is a nutritious

whole grain that is high in protein, fibre, and essential nutrients like magnesium and iron.

It has a low glycemic index, meaning it doesn't cause spikes in blood sugar levels, making it an excellent choice for diabetics. Quinoa also supports heart health, digestion, and overall well-being.

9. Cucumber
Cucumbers are low in calories and carbohydrates, making them a diabetes-friendly option. They are also high in water content, which helps keep you hydrated during the summer months. Cucumbers are rich in vitamins and antioxidants, which support overall health and may help reduce the risk of chronic diseases.

10. Watermelon
Despite its sweetness, watermelon has a low glycemic index, meaning it doesn't cause significant spikes in blood sugar levels. It is also high in water content, which helps keep you hydrated and promotes satiety. Watermelon is rich in vitamins, antioxidants, and lycopene, which support heart health and overall well-being for diabetics.

Incorporating these foods into a balanced diet can support diabetes management and promote overall well-being. However, it's essential to monitor portion sizes and consult with a healthcare provider or dietitian for personalised dietary advice.

FROM THE FRONT PAGE

Lady Among Five

resident of Behndoga. Another injured was identified as Saima Begum, wife of Muhammad Amir.

Eye witnesses said, "Immediately after the accident, locals rushed to the spot and started the rescue operation. Injured patients were shifted to sub-district hospital Thathri from where critically injured patients were referred to GMC Doda for further treatment."

Meanwhile, Lieutenant Governor, Manoj Sinha, has expressed grief over the loss of lives in a road accident in Doda.

In a condolence message, the Lt Governor said: "I am deeply grieved and shocked at the tragic loss of lives and injuries resulting from the unfortunate road accident at Phagsoo, Doda today. I convey my heartfelt condolences to the members of the bereaved families and pray for the speedy recovery of the injured. I have issued instructions to District Administration to provide all necessary assistance, as provided in rule, to the affected persons".

Doda district has a high rate of accidents and hundreds of people have lost lives due to these accidents. The cause of accident varies from poor road conditions to rash driving and non-availability of proper road safety equipments—(KNO)

Terrorists Don't Play

them. We sent the army, and the integration of Kashmir took place," Jaishankar said.

"While the Indian army was taking action, we stopped in the middle and went to the UN, mentioning that the attack was by tribal invaders instead of terrorism, as if it was a legitimate force," he said.

He added that in the 1965 Indo-Pak war, Pakistan first sent infiltrators to sabotage.

"We have to be very clear in our minds about terrorism; under no circumstances is terrorism acceptable from any neighbour or from anyone who uses terrorism to force you to sit at the negotiating table. This should never be accepted," he said.

He mentioned that sometimes he is asked about the continuity in India's foreign policy and he responds clearly that there is 50 per cent continuity and 50 per cent change.

"One change is regarding terrorism. After the 26/11 Mumbai attack, there was not a single person in the country who felt that we should not have responded to the attack. Everybody in the country felt it. There is an account of that time. The NSA had written that this minister looked at it, that minister looked at it. Everybody deliberated, a lot of analysis took place, and then it was decided that the cost of attacking Pakistan is more than not attacking Pakistan. So after a lot of deliberation, nothing fruitful came out," he said.

He emphasized that if something like Mumbai happens and you do not react to it, how can you prevent the next one from happening? "They (terrorists) should not feel that since they are across the border, no one can touch them. Terrorists do not play by any rules. The response to terrorists cannot have any rules," he said. (Agencies)

Rains Lash

afternoon after the summer capital of J&K, Srinagar and other places received rainfall.

From evening and night, there is a possibility that rain will become widespread

and then moderate to heavy rain and snow showers are expected across Jammu and Kashmir till tomorrow.

On Sunday, generally cloudy weather with light to moderate rain and snow in higher reaches at many places and possibility of heavy rain, thunder, lightning, hailstorm and gusty winds are expected at isolated places, Director Meteorological department (MeT), Dr Mukhtar Ahmad said.

He added that on April 15 & 16th, the weather is expected to remain partly to generally cloudy with possibility of light rain and snow in higher reaches at many places during 15th evening to 16th morning.

On April 17-18th, generally dry weather with late thundershower activity is expected at few places, he said, adding that on April 19-20th, the partly cloudy with light rain and snow at many places during 19th evening to 20th morning.

He said that from April 21st to 23rd, generally dry weather with thundershower activity can't be ruled out.

In its detailed advisory, the MeT department said that farmers are advised to suspend farm operations till April 16th.

Temporary disruption of surface transportation over a few higher reaches during April 13-14th, saying that travelers & tourists are advised to plan accordingly.

"Temporary water logging is expected in few low lying areas and also there is a possibility of landslides, mudslides and shooting stones," the advisory reads—(KNO)

LG Pays Obeisance

Ramgarh, Samba. He prayed for peace, prosperity, happiness and well-being of all.

In his address, the Lt Governor extended his heartiest greetings to the people and recalled the vision of Sri Guru Gobind Singh Sahib Ji for a just and inclusive society.

"I bow to the venerable Sri Guru Gobind Singh Sahib Ji. Guruji's message of selfless service, truthfulness, sacrifice, equality and universal love is an abiding source of inspiration for all of us.

On this day in 1699, Guru Gobind Singh Sahib, the tenth Guru, formalized the concept of Saint-Soldier by introducing the Amrit ceremony and transformed the Sikhs into a family of Saints-Soldiers, known as the Khalsa Panth," the Lt Governor said.

He said a collective name given to the first five Khalsa is Panj Pyare. The Panj Pyare who were baptized by Guru Gobind Singh Ji were -Bhai Daya Singh, Bhai Dharam Singh, Bhai Himmat Singh, Bhai Mohkam Singh, and Bhai Sahib Singh.

The Lt Governor called upon the youth to follow the ideals that Guru Gobind Singh Sahib Ji espoused throughout his life and strive relentlessly toward the upliftment of the poor and downtrodden. On this Baisakhi, let us resolve to tread the path shown by Guru Gobind Singh Sahib, he said.

On the occasion, the Lt Governor paid tributes to those martyred in the Jallianwala Bagh massacre. He said, the courage and supreme sacrifice of our martyrs will continue to inspire us to build India of their dreams.

He also lauded the invaluable contribution of the farming community in nation-building.

Ajit Singh, Chairman, Sikh Coordination Committee J&K; S. Amarjeet Singh, President Gurudwara Sahib Abtal; senior officials of Police and Civil Administration, religious heads, prominent citizens,

community elders and people from all walks of life were present on the occasion and paid their obeisance at the Gurudwara Sahib.

LG Sinha Pays

courage, valour and dedication of one of the greatest military commanders of the world will continue to inspire the generations," the Lt Governor said.

Sh RR Swain, DGP; Maj Gen Gaurav Gautam, GoC 26 Infantry Division; Lt Gen RK Sharma (Retd.) President J&K Ex-Services League and other prominent personalities also paid their homage to General Zorawar Singh.

Mustard Registers

tons of oilseeds has translated to 44,000 metric tons of edible oils, signifying a monumental leap towards self-reliance. With the value of oil estimated at over 770 crores, we are not just cultivating crops; we are nurturing a future of prosperity."

The document reveals, "Before 2021-22 we were confronting an edible oil deficit of 96% where the requirement was 98,550 MT and its availability was at 36,000 MT when we had to cater to a population of 85 lakh and a floating population (tourists) of 5 lakh, but the situation has turned on its head since 2021-22 to 2023-24."

Ghulam Mohammad Bhat, a farmer in Kulgam, said, "With the diligent efforts of the Agriculture Department, we anticipate a bountiful mustard harvest in the valley this year, paving the way for a significant increase in our income."

He said mustard plays an important role in our lives, from oil to various other products. "With its versatility, we produce a variety of items from it. The infiltration is high this time, so it is better to sow mustard to avoid purchasing expensive oil from the market," he said.

Director Agriculture Kashmir, Mohammad Iqbal Choudhary told KNO that mustard cultivation has shown "too much increase" in a couple of years. "We are always ready to assist the farmer community as our department is committed to helping the farmers," he said.

The income of farmers has been doubled and 140,000 hectares during 2023-24 have been brought under mustard cultivation, the Director added—(KNO)

Kashmir Reclaims Its

The film policy implemented by the government has played a pivotal role in attracting filmmakers to Kashmir. Over the past two years, around 700 producers applied for shooting permissions, with 300 receiving the green light. The policy introduced a Film Development Fund (FDF) to distribute subsidies and established a single-window mechanism to streamline the shooting process, facilitating hassle-free applications for filmmakers.

Kashmir's cinematic legacy dates back to the era before the 1990s, with iconic films like "Bobby," "Kashmir Ki Kali," "Aap Ki Kasam," and "Junglee" being shot against its breathtaking backdrop. Despite facing setbacks due to terrorism, efforts are underway to revive the region's film infrastructure, particularly in tourist hotspots like Pahalgam, Gulmarg, and Dal Lake.

Pertinently, Lieutenant Governor Manoj Sinha earlier emphasized the significance of the film policy in revitalizing Jammu and Kashmir's cinematic heritage. The policy aims to foster innova-

tion and competitiveness in the industry, leveraging the region's natural beauty and fostering collaboration between the public and private sectors to meet the demands of the evolving film landscape—(KNO)

Baisakhi Celebrated

and brotherhood is what makes this festival special," another Sikh brother said.

Pertinently, the festival not only marks the beginning of the harvesting season but also symbolizes the spirit of gratitude and togetherness among the people of Kashmir—(KNO)

J&K Achieves 97%

Kashmir leads among UTs and states in the number of services provided online, offering citizens seamless access to various government services through their mobile devices. J&K is the first in the country to integrate with MeriPehchaan (National Single Sign On).

With the integration of essential documents like MGNREGA job cards and utility bills with Digilocker, document sharing and verification have been significantly streamlined, he said, adding that currently, 76 government services are integrated with Digilocker.

The Toll-Free Number- 14471 and Digi Dost initiative, a collaborative effort between the Information Technology Department and Community Service Centre (CSC), aim to provide e-services at the doorstep of the public, further enhancing accessibility and convenience.

As of now, more than 485 e-services are integrated with RAS, and over 75 lakh citizens have provided feedback, with an impressive 86% reporting satisfaction—(KNO)

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Confident of third term for PM Modi, but Tripura CM not taking INDIA bloc lightly

SUJIT CHAKRABORTY

AGARTALA: Tripura Chief Minister Manik Saha said that it is more than 100 per cent confirmed that Narendra Modi would become Prime Minister for a third term. Also, the BJP would easily win the two Lok Sabha seats in the state but we are not taking the INDIA bloc lightly, he added.

Saha, a former Tripura state BJP president, said that the party fought an election with all seriousness and never considered the opponent parties as weak.

"We are not complacent about the poll outcome in Tripura and other parts of the country. Our challenge is to increase our victory margin compared to the previous elections," the Chief Minister said in an exclusive interview with IANS.

Admitting that there are still certain bases of the Left parties in Tripura, he said that the BJP has been trying to get better results in those assembly segments where the party comparatively does not perform satisfactorily or lost the seats to the opposition parties in last year's February 16 assembly polls.

Tripura has two Lok Sabha

seats and 60 assembly constituencies with 30 assembly segments falling in each parliamentary constituency.

In last year's assembly polls, the ruling BJP won 32 seats while its ally, the Indigenous People's Front of Tripura secured one.

The tribal based Tipra Motha Party (TMP) secured 13 seats while the CPI-M managed 11 seats and the Congress three. The CPI-M and the Congress contested the assembly polls in a seat sharing arrangement.

The Chief Minister said that for the all round development of the northeast and the welfare of the people and to establish peace in the region, the Narendra Modi government has signed 12 agreements with various organisations and communities in the region including one with the TMP on March 2.

"The tripartite accord with the TMP would further develop the 12 lakh Janajati (tribals) and would boost their socio economic condition and make them happy besides facilitating smooth development in the tribal areas."

After the March 2 agreement, the erstwhile opposition party TMP joined the BJP gov-



ernment on March 7 and two of the party's MLAs became ministers in the BJP led government.

"Despite agreement with the TMP, our Janjati Moracha (tribal wing of the BJP) would further step up its activities in the tribal areas. There would be no problem. We would go with our own policies, strat-

egies and mission," the septuagenarian dental surgeon-turned-politician said.

Saha, who was also a Rajya Sabha member for a brief period before becoming the Chief Minister in May 2022 after former chief minister Biplab Kumar Deb resigned from the top post, said that as the people have gladly accept-

ed the BJP government's policies and governance, our responsibilities have increased further.

Noting that the Lok Sabha elections are being held on national issues, the Chief Minister said that due to PM Modi, the credibility of the BJP has increased not only in the country but all over the world.

"Whenever the Modi government and our party promised anything, these were always fulfilled. Be it the issue of Article 370, Ram Mandir, CAA or Triple Talaq, we fulfilled all the promises," he said adding that with the Pran Pratishtha of the Ram Temple in Ayodhya, PM Modi has realised the 500 year old hopes and aspirations of Indians and crores of people living abroad.

Slamming the CPI-M and the Congress for their slogan to protect democracy and the Constitution, Saha said that the two parties have no moral right to speak about democracy.

"We have all records that during the regimes of both the Congress and the Left parties many innocent people and leaders belonging to the opposition parties were killed.

"The CPI-M government could not protect its own former Health Minister Bimal Sinha (who was killed by militants in March 1998). Several MLAs were also murdered during the Left governance," he pointed out.

Saha said that people have experienced the CPI-M's governance in Kerala, West Bengal and Tripura and their experience has been very horrific.

"Who is the face of the INDIA bloc? The alliance is in disarray. With no credibility, they are fooling the people," remarked Saha, who in last year's assembly polls was re-elected from the Town Bordwal seat for the second time after defeating state Congress president Asish Kumar Saha.

Polling for the Tripura West Parliamentary seat will be held on April 19 in the first of the seven-phase Lok Sabha elections, while the Tripura East (ST) constituency will go to the polls in the second phase on April 26.

The by-election to the Ramnagar Assembly seat will also be held on April 19. The seat fell vacant after the demise of sitting BJP MLA Surajit Datta on December 28 last year.

In all 18 candidates, including two women, are contesting the two Lok Sabha seats while two candidates, one each from the BJP and the CPI-M, are trying their electoral fortunes in the Ramnagar Assembly by-poll.

In the Lok Sabha poll for the two seats, the main contest is expected to be between the BJP and the INDIA bloc, comprising the Congress, CPI-M and six other parties.

Bengaluru cafe bomber, mastermind sent to 10-day NIA custody

IANS

BENGALURU: The Bengaluru Special NIA Court judge has sent suspected bomber Mussavir Hussain Shazib and mastermind Abdul Matheen Taha, to 10-day National Investigation Agency (NIA) custody in connection with the Bengaluru cafe bomb blast case.

The NIA on Saturday produced the arrested bomber Mussavir Hussain Shazib and his accomplice Abdul Matheen Taha before the magistrate court judge at his residence in Koramangala locality of Bengaluru. Senior counsel Prasanna Kumar argued for the NIA.

The NIA had taken the suspected terrorists to an undisclosed location for the investigation.

Sources explained that the arrest of the suspected terrorists was a big breakthrough for the investiga-



tive agencies. The suspected terrorists had connections with international terror outfits and prepared bombs within the country and carried out explosions with the help of local youth.

The NIA had thwarted the bigger plans of global terror outfit ISIS and others to raise a network of terrorists in India who can

carry out disruptive activities without persons from foreign countries entering India and helping them out, sources stated.

The agencies were able to track down Mussavir, Taha and the gang operating from the prison as per the instructions of terror outfits based abroad at the initial stages before they could get expertise in car-

rying out powerful strikes.

Mastermind Taha, an engineering graduate, developed low-intensity Improvised Explosive Device (IED) bombs and intended to cause maximum fatalities. On March 1, the low-intensity IED bomb, planted in the bag, caused maximum damage to the roof and structure of the Rameshwaram cafe in Bengaluru. No casualty was reported in the incident.

NIA sources explained that they will go deeper into the money transactions of the suspected terrorists and their local networks.

After over a month-long chase, the NIA on Friday arrested bomber Mussavir Hussain Shazib and his accomplice Abdul Matheen Taha from a hideout in Kolkata. Sources explain that the suspected terrorists were planning to escape to Bangladesh from West Bengal.

PM bets big on e-sports, encourages creators to build games for the world

IANS

NEW DELHI: From building games for the world to spreading awareness regarding environmental and social issues, Prime Minister Narendra Modi on Saturday -- in a free-wheeling chat with some of the top Indian creators -- gave the esports industry a much-needed boost, saying it should be kept regulation-free and let grow under an organised and legal framework to create millions of jobs.

PM Modi met Payal Dhare (the only woman gamer present at the roundtable) along with Mithlesh Patankar, Animesh Agarwal, Naman Mathur, Anshu Bisht and others, at his official residence in the capital and had fruitful discussions around a myriad of key topics, while spending some light and cheerful moments.

After an introductory

discussion on how much time gamers play and their contribution to the content space as subsidised internet rates have enabled gamers to pursue their dream careers, PM Modi

try's needs," the Prime Minister noted.

PM Modi discussed how e-sports should be recognised as a mainstream sport, separate from gambling and Real Money



gaming (RMG) apps.

In FY23, the Indian gaming industry generated \$3.1 billion in revenue. The country has a gaming audience of more than 500 million players.

PM Modi, addressed as the "biggest influencer" and coolest Prime Minister in the country by the creators, also encouraged

them to build games which address global issues like climate change and clean-

liness.

The Prime Minister said that he wants the youth to benefit from gaming and the country should have an impact on the global ecosystem.

"World leaders talk about global warming and climate change and are trying various methods to deal with those. Envision a game aimed at addressing the global climate crisis, where the gamer must explore various methods and solutions to identify the most sustainable approach," PM Modi told them.

"Create games for change which will not only solve local problems but also address global issues."

The creators also gave PM Modi a new name in the world of livestream gaming - 'NaMo OP', where OP stands for "overpowered".

VIKSIT BHARAT AMBASSADORS MEET-UP

Piyush Goyal calls for grand Ram Navami celebrations

IANS

MUMBAI: At the Viksit Bharat Ambassadors Meet-up on Friday, Union Minister Piyush Goyal said the country has seen exponential growth in the last 10 years under the Narendra Modi government, as he urged everyone to celebrate the Ram Navami festival, the first after the consecration ceremony of the Ram Temple in Ayodhya, on a grand scale.

"India has become self-reliant in many sectors and is heading to achieve Aatmanirbharta in the other spheres as well. In the past 10 years, the country achieved enormous growth and as envisaged under the Viksit Bharat 2047 mission, the next 25 years will see more development works," the Union Minister said.

Piyush Goyal also said that India is entering a crucial stage and the next few years will be vital.

"From a weak nation to a strong country, India has undergone enormous transition in the last few years and is raring to achieve

more," he said.

The Union Minister also said that today India is moving ahead with the motto of achieving the 'Sone Ki Chidiya' status, as existed earlier, and this effort needs contributions from the 140 crore popula-



tion of the country. Underlining the need to maintain a blend of economic prosperity and spiritual growth, he said the nation will move ahead on the path of robust growth only when it takes pride in its cultural identity.

He also referred to the years-old television advertisement - 'Neighbours Envy, Owners Pride' - and called it the reality of today's India.

"Ram Lalla has returned

to his home after 500 years and this is going to be the first Ram Navami after the Pran Pratishtha ceremony. The whole country should celebrate this moment with aplomb and confidence," Piyush Goyal said.

He also said the government is working to uplift the living standards of the poor, ensuring a level-playing field for the downtrodden, and setting the stage for robust growth, as he urged the Viksit Bharat ambassadors to actively contribute to this mission.

Speaking at the event, acclaimed singer Sonu Nigam recalled an experience from his Japan visit five years ago.

"I was in Japan five years ago. While people talk about their (Japanese people's) love for their country, today I see the same thing in India. I am very proud to be a part of this country, which is moving ahead keeping its head high, and taking on every challenge with aplomb and confidence," Sonu Nigam said.

The singer also treated the audience with a devotional bhajan dedicated to Lord Ram.

SC to hear CM Kejriwal's plea against arrest by ED on Monday

IANS

NEW DELHI: The Supreme Court will hear incarcerated Delhi Chief Minister Arvind Kejriwal's plea on April 15 (Monday), against his arrest and remand by the Enforcement Directorate (ED) in connection with the excise policy case.

A division bench of Justices Sanjiv Khanna and Dipankar Datta is slated to take up the matter for hearing.

Kejriwal had moved the top court after the Delhi High Court on Tuesday dismissed his petition challenging his arrest and the trial court order remanding him to the federal anti-money laundering agency's custody.

A bench of Justice Swarana Kanta Sharma took note of the ED's submission that the agency had enough material, including statements from approvers and allegations of involvement in the formulation of the excise policy, which had led them to arrest him.

On Wednesday, the accused moved the apex court seeking an urgent hearing on his plea challenging the high court's order.



However, a bench presided over by Chief Justice of India (CJI) D.Y. Chandrachud asked senior advocate Abhishek Manu Singhvi, who appeared on behalf of CM Kejriwal and mentioned the matter for urgent hearing, to send an email.

The high court had said: "The files and material placed before us reveal that the mandate of law was followed by the ED. The trial court order is not a two-line order. The statements with ED are of hawala dealers as well as AAP candidates in Goa elections."

Earlier, immediately after he was taken into custody by the ED on March 21, CM Kejriwal moved the apex court seeking an urgent late-night hearing on his petition.

However, the very next day, before a special bench of the Supreme Court could commence hearing the matter, he withdrew his plea and decided to contest remand proceedings before the trial court.

'Upcoming polls a battle between weeding out corruption, shielding the corrupt': Nadda

IANS

GONDIA: Bharatiya Janata Party (BJP) president JP Nadda on Friday said that Prime Minister Narendra Modi should get a third term as he is resolved to weed out corruption while the INDIA bloc leaders have come together to save the corrupt.

Speaking at a rally here, JP Nadda said: "This Lok Sabha election is not just an election to win... but a battle of two ideologies. The INDIA bloc's agenda is to remove PM Modi from power, oppose development, and protect the corrupt, while PM Modi is committed to speeding up development."

"It is time to decide whether to choose the one who will remove the corrupt or to elect the corrupt."

JP Nadda said this at a rally organised to garner support for BJP nominee Sunil Mendhe at Bhandara-Gondia LS seat in Maharashtra.

"PM Modi-led government has changed the face of the country's politics and has banished politics that was previously only

done in the name of upper class, urban-rural and caste-religion. PM Modi has changed the definition

country. JP Nadda also listed a slew of development initiatives implemented in the



of politics and now the politics of development has come to centre stage. On the issue of development and with the policy of 'Sabka Saath, Sabka Vikas, Sabka Prayas', the politics of the country has got a new direction," the BJP chief said.

He further said PM Modi-led government worked for the poor, underprivileged, exploited, Dalits, youth, peasants and women to promote the overall development of the

last 10 years to transform the country.

"Under the visionary leadership of PM Modi, a new era of development has started. The politics of upliftment of all sections of society has started in the country. GYAN has become the formula of development. 'G' means gareeb (poor), 'Y' means youth, 'A' means annadatta (food giver) and 'N' means nari shakti (women's power), which is the formula of PM Modi's politics," he said.

Authentic Wazwan, street food captivates tourists in Kashmir

MUBASHIR AALAM WANI

SRINAGAR: Amit Negi (35), a resident of New Delhi is a passionate explorer. Apart from exploring cultures, he equally loves to discover local cuisines in various parts of India and abroad.

This spring, he happened to visit Kashmir for the first time and had kept it in his bucket lists to taste local dishes.

From Wazwan to street foods like Nada'er Monj'e, masala roti, he documented his entire Kashmir journey in the form of a travelogue.

"Food is what connects me with the people and the regions. I tasted wazwan and loved it. The street foods and local sweets here were too amazing," he said.

Like Negi, scores of the tourists visiting the valley are captivated with the local cuisines and

street foods. As such many tourists keep the food tours in their itinerary to discover and relish the



famous local cuisines of Kashmir.

This culinary delight, deeply rooted in Kashmiri tradition, has become a magnet for travelers seeking an immersive taste of the region's vibrant culture.

"We are on a six day

tour to Kashmir. Apart from exploring many tourist destinations, we visited downtown where we got to taste many local

foods of Kashmir. We loved it and decided to taste foods in every destination," said Sumaya Kareem, a tourist from Uttar Pradesh.

Kashmir during recent years has become a favorite place for food vloggers from across the world

whose food vlogs have garnered immense love from their followers.

From Dilse Foodie to Bukkhar Yatri, Hmm, Food Pandit and others, food vloggers travelled to every district of the valley to showcase the unique cuisines of Kashmir.

Travel agents said they have included food tours in their packages for the tourists to promote the local foods of Kashmir.

"We have many restaurants here, which serve authentic wazwan. We take our tourists to such spots to tickle their taste buds. Similarly, during winters, we get many requests from tourists for harissa and other street foods.

"We are using innovative methods to create awareness amongst the masses," he said. Pertinently, DEO Srinagar was the Chief Guest on the occasion.

Using innovative means to create voter awareness: DEO Sgr

AGENCIES

SRINAGAR: District Election Officer (DEO) Srinagar, Dr Bilal Ahmad on Saturday said that different and innovative means are being used to create awareness about voting among the masses, who are above 18 years old.

DEO Srinagar said that a Nukkad Natak was played today at Ganta Ghar (Clock Tower) here to create an awareness with regard to the importance of voting.

He added that musical events, Nukkad Natak and other programmes are being held under the SVEEP campaign to create awareness amongst the people, who are above 18 years of age.

"We are using innovative methods to create awareness amongst the masses," he said. Pertinently, DEO Srinagar was the Chief Guest on the occasion.

An official statement issued, reads that with a view to promote voters participation in upcoming Lok Sabha Elections 2024, a spirited Nukkad Natak performance took centre stage at Ghanta Ghar Lal Chowk here on Saturday. District Election Officer (DEO) Srinagar, Dr. Bilal



Mohi-Ud-Din Bhat, who is also the Returning Officer (RO) for 02-Srinagar Parliamentary Constituency joined the vibrant Voter Awareness programme organised by District Election Authority at the historic Ghanta Ghar under Systematic Voters' Education and Electoral Participation (SVEEP).

On the occasion, a group of local artists presented theme-based Nukkad Natak on SVEEP. While large number of School Students, Youth

and Citizens participated in the Electoral Awareness programme.

Speaking on the occasion, the District Election Officer (DEO), Srinagar said that the aim of the programme was to enhance understanding of voting-related processes and promote electoral literacy, especially among first-time voters, preparing them for upcoming Lok Sabha Elections 2024.

The DEO stressed that the initiative resonates the commitment of the District Administration Srinagar

to inspire the young voters towards the electoral process and strengthening democratic setup to empower citizens.

The DEO urged Students to carry forward the message to their family, relatives and community by underscoring the significance of their participation in nation-building through elections.

He said that a well-informed electorate is fundamental to ensuring a vibrant and representative democracy. He added that SVEEP's primary goal is to build a truly participative democracy by encouraging all eligible citizens to vote.

During the Electoral Awareness programme Signature campaign was also conducted in which all the participants actively participated. Deputy District Election Officer, Srinagar, Mir Imtiyaz Ul Aziz, Deputy Chief Education Officer, Anjum Raja, other senior Officers of the Administration, Information Department, School Education Department and other concerned participated in the event.

While the event was held under the supervision of District Nodal Officer SVEEP, A H Fani—(KNO)

Over 80K first-time voters in Anantnag- Rajouri Parliamentary seat

ALI ASAD

SRINAGAR: As the electoral battleground heats up in the Anantnag-Rajouri parliamentary constituency, all eyes are on the significant presence of 81,189 first-time voters, aged between 18 to 19 years who are going to play a decisive role in ensuring victory of the prominent candidates in fray for the crucial parliamentary constituency.

As per the inputs received, With a total of 1,830,294 voters from all five parliamentary constituencies of the state, comprising 930,379 men and 899,888 women, the stage is set for a closely contest-

ed electoral showdown. Notably, the BJP is yet to announce its candidate for the Anantnag seat, adding an element of suspense to the proceedings.

The race for the parliamentary seat has attracted seasoned veterans, setting the stage for a fiercely contested battle. Following the seat alliance between the Congress and National Conference (NC), the Congress has ceded ground, leaving the field open for NC candidate Mian Altaf. However, the presence of PDP President and former Chief Minister Mehbooba Mufti adds another layer of complexity to the electoral equation.

Adding to the intrigue,

Democratic Progressive Azad Party (DPAP) chief and former Chief Minister Ghulam Nabi Azad has thrown his hat into the ring, signaling its intent to contest from this pivotal constituency. Zafar Manhas, representing the DPAP, has also entered the fray.

The Anantnag-Rajouri parliamentary seat encompasses a broad spectrum of assembly constituencies, including Jainpora, DH Pora, Doru, Kokernag, Anantnag West, Anantnag, Srigufwara-Bijbi-hara, Shangas-Anantnag East, Pahalgam, Nowshera, Rajouri, Budhal, Surankote, Poonch Haveli and Mendhar assembly constituencies—(KNO)

ECI launches "KNOW YOUR CANDIDATE" App for LS Polls

GMK NEWS NETWORK

JAMMU: To strengthen accountability and bring transparency in the ongoing Lok Sabha elections, the Election Commission of India has developed a new app titled "Know Your Candidate".

The app helps citizens to know about the criminal antecedents of candidates contesting the elections.

To use the KYC app, the voters need to select the election type and AC/PC name to view the list of nominations or they can directly search the candidate by name. The app will

then display information about the candidate's criminal antecedents, if any. This information includes the details of any criminal cases filed against the candidate, the status of those

activity thereby enabling them to make an informed decision.

The citizen will be able to view the status of criminal cases filed against the candidate (if any) including the

nature of offenses that the candidate has been accused of. The app is a valuable resource for voters who want to know more about the candidates who are contesting elections. The application is available both on Android and IOS devices. The citizens are encouraged to visit ECI's Website for more information.



Sky cycling offers visitors aerial adventure in Sonamarg



RAJA SYED RATHER

GANDERBAL: Sonamarg known for its stunning natural landscapes, lush green meadows, snow-capped mountains and glistening glaciers is a popular destination for adventure enthusiasts.

Offering a wide range of outdoor activities and attractions, the destination is being thronged by adventure seekers and nature enthusiasts.

In recent times, sky cycling is one of the main activities allowing visitors to experience the natural beauty of the region from a whole new perspective, as they pedal through the sky on specially designed cycling tracks.

Sky cycling offers an exhilarating and unforgettable experience, allowing participants to soak in the panoramic views of the

surrounding mountains and valleys while enjoying a sense of freedom and adventure.

The combination of adrenaline-pumping adventure and awe-inspiring natural beauty makes sky cycling in Sonamarg a must-try activity for those seeking a unique and memorable experience. Whether it's the thrill of cycling high above the ground or the opportunity to immerse oneself in the pristine beauty of the Himalayan region, sky cycling adds an exciting dimension to the already stunning attractions of Sonamarg.

It's an experience that appeals to both adventure enthusiasts and nature lovers, providing a perfect blend of excitement and serenity in one of India's most picturesque destinations—(KNO)

3-Days Historic Devika Baisakhi mela commences in Udhampur

GMK NEWS NETWORK

UDHAMPUR: The historic three-day Devika Baisakhi mela commenced Saturday with great zeal and enthusiasm on the banks of holy Devika rivulet in Udhampur district under the supervision of Deputy Commissioner Udhampur, Saloni Rai.

Witnessed by Additional Deputy Commissioner Joginder Singh Jasrotia, PO Poshan Subash Dogra who is also the Mela Officer, SDM Dudu Dr. Manmeet Kumar, SDM Chenani Gurdev Kumar, District Information Officer Rajinder Dagra and BDO Chenani, Ram Paul, the cultural bonanza marked the beginning of the festivities.

The District Administration had meticulously arranged for uninterrupted power supply, safe drinking water, sanitation, medical facilities, a control room

and security measures to ensure the smooth celebration of the mela.

While addressing the gathering, ADC extended warm wishes on this auspicious Baisakhi day, highlighting the significance of the historic Mela at the sacred Devika Ghat, attracting people from all walks of life to partake in rituals and take holy baths in the Devika rivulet. ADC also urged citizens to cast their votes in the upcoming Lok Sabha elections, emphasizing their role in nation-building and the importance of each vote in forming a robust government.

Under the SVEEP initiative, a theme-based mega Cultural Programme was organized by the Department of Information and Public Relations DIC, Udhampur, presenting scintillating cultural performances depicting local traditions, which captivated the audience.

Raj Babbar seeks vote for Lal Singh in Udhampur

AGENCIES

UDHAMPUR: Congress party today held a mammoth rally in Udhampur today and party star campaigner and former Bollywood actor Raj Babbar sought votes for Congress party's candidate Choudhary Lal Singh.

Raj Babbar attacked the Narendra Modi led government on rise in inflation, increasing unemployment and the Agniveer scheme.

"As per the survey conducted by CSDS agency, which is the agency of Human Resource Development (HRD) ministry, three major issues concerning the people came to the fore were inflation, unemployment and Agniveer scheme. Around 75 percent people said that the biggest issue concerning people is rise in inflation whereas 71 percent youth said unemployment is the major issue," Babbar said.

He said that 60 to 62 percent of youth were against the Agniveer scheme as they think that this scheme has ruined the lives of youth who have to retire



after four years of service. "This is the retirement time of those who are seeking the third term and not the youth," the Congress star campaigner said, and asked youth whether they want to get rid of this scheme or not.

"Make the INDIA block win this election and once our government is formed at the centre, your Lion, Choudhary Lal Singh, will make the Agniveer scheme history," he added—(KNO)

Training for poll staff held in Bandipora

GMK NEWS NETWORK

BANDIPORA: In a run up to Lok Sabha Election 2024, District Administration Bandipora on Saturday organised a comprehensive training program for presiding officers (POs) and polling officer-I (P1) to equip them with the necessary knowledge and skills to ensure the smooth conduct of the electoral process.

The training programme held at Mini Secretariat Bandipora discussed various aspects of election including operating EVMs and other electoral procedures to ensure that poll staff is well-prepared to oversee polling stations and facilitate a fair and efficient voting process on election day.

Similar training programmes were held in sub-division Gurez at Dak Banglow Gurez and sub-division Sumbal at Dak Banglow irrigation Colony Sumbal. A total of 454 PO and P1 officials attended the training programme provided by DLMT & ALMTs.

DHSK ensures top-notch healthcare facilities for Baisakhi celebrations

SRINAGAR: Director Health Services Kashmir, (DHSK) conducted a tour of various Gurudwaras across the valley to assess first-hand healthcare facilities provided to devotees on the auspicious occasion of Baisakhi.

Accompanied by senior health officers, Director Health Services visited Gurudwara Chati Padshahi in Srinagar and Mattan Gurudwara in Anantnag district.

During the visit, the Director inspected the arrangements made and interacted with the devotees.

Recognizing the significance of providing quality healthcare services during religious festivities, he emphasized on the importance of maintaining top-notch healthcare facilities.

He directed for ensuring the highest standards of care and promptly addressing any medical needs of the devotees.

He said that the department has undertaken elaborate arrangements across the valley to cater to the healthcare requirements of devotees participating in the Baisakhi festival.

Ensure availability of basic amenities at polling stations: Div Com to DCs



GMK NEWS NETWORK

SRINAGAR: The Divisional Commissioner Kashmir, Vijay Kumar Bidhuri, Saturday convened a meeting of all Deputy Commissioners of Kashmir Division to review the arrangements at polling stations in the constituents of all three Parliamentary Constituencies to facilitate the polling staff and voters.

While reviewing the arrangements for electricity, drinking water facilities besides toilets at designated polling stations across the Valley, Div Com directed all DCs to ensure availability of basic amenities for the smooth conduct of Parliamentary Elections.

He also reviewed comprehensive security arrangements at polling stations for the safety of staff and voters. He also directed for creating a conducive environment for peaceful voting process.

Besides, Div Com directed for looping in line departments to ensure uninterrupted services during Polling Days and maintenance of close synergy among stakeholders and agencies.

Moreover, Div Com reviewed overall preparation of District Administrations for Parliamentary Election and facilities created for disabled and elderly voters to exercise their franchise.