Kashmili Year Of Pt. San Sharing The San Shari

Good Morning



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Smoke-Free Booths J&K Among First States. **UTs With Such Order** JAHANGEER GANAIE

SRINAGAR: In a significant move aimed at safeguarding public health and enhancing the voter experience, the Chief Election Officer of Jammu and Kashmir has **de**clared all polling stations across the union territory as tobacco-free zones

This decision follows a directive from the Directorate of Health Services Kashmir, urging the Chief Election Office to ensure smoke-free environments in polling stations. • P-06

World Hemophilia Day Medical Experts Call For Awareness On **Bleeding Disorders**

JAHANGEER GANAIE

SRINAGAR: World Hemophilia Day, medical experts called for the need to raise awareness about bleeding disorders and diagnosing patients early

to prevent complications. Dr Iqbal Saleem highlighted the advancements in medical research and treatment options that enable people with haemophilia to lead fulfilling lives.

He said this year's theme for World Hemophilia • P-06

Bihar Resident Shot Dead By Terrorists In Bijbehara



GMK NEWS NETWORK

SRINAGAR: A civilian was shot dead by the terrorists in Bijbehara area of South Kashmir's Anantnag district on Wednesday evening, officials said.

An official aid a civilian, hailing from Bihar, identified as Raja Shah, son of Shankar Shah, presently living at Jablipora, Bilal Colony was fired upon by the terrorists in Bijbehara.

The official said that the civilian received bullet injuries in neck and abdomen, leaving him in a pool of blood. He was immediately **LG Condemns** Biibehara **Terror Attack GMK NEWS NETWORK**

JAMMU: Lieutenant Governor, Manoj Sinha Wednesday condemned the terror attack in Bijbehara, Anantnag. He has conveyed his condolences to the family of the martyred civilian • P-06

taken to the hospital where he was declared dead.

Meanwhile, the areas has been cordoned off to nab the attackers. The

motives behind the attack are yet to be determined, but initial reports suggest the involvement of terrorist elements targeting nonlocal residents in the area.

In a post on X, Kashmir Zone Police said, "The injured person, who was shot at by #terrorists, succumbed to his injuries at the hospital. Search #operation underway in the area. Further details to follow.'

Jammu and Kashmir Peoples Conference President Sajad Gani Lone strongly denounced the tragic killing of a Bihar resident in Bijbehara, South Kashmir.

Expressing • P-06

GUWAHATI: Prime Minister Narendra Modi said on Wednesday that the BJP-led government has never discriminated in the distribution of welfare measures to the beneficiaries.

Addressing a huge public gathering in Assam's Nalbari district, PM Modi said, "Whether it is free ration distribution or the Ayushman Bharat Scheme, benefits have been passed to the people without any discrimination.'

He also promised to install solar panels in households to make electricity free in the country.

"We have taken the initiative to install solar said, adding that in this ambitious scheme, there will be no discrimination

at all under the BJP rule. The Prime Minister also promised that senior citizens, who have attained 70 years of age, can avail of free treatment through the Ayushman Bharat Scheme in

the coming days. "I want to tell everybody that Modi will take responsibility for the

India's Boundaries Are Completely Secure: Rajnath Singh

power cells on the roof-

tops of houses. It will not

only make your electrici-

ty bill zero; in the future,

when you buy electric

vehicles, the travel cost

on the road will also

become zero," PM Modi

AGENCIES

Kasaragod: Defence Minister Rajnath Singh on Wednesday said that India's boundaries with its neighbours, including China and Pakistan, were "completely secure". The senior BJP leader Singh made the statement in an apparent



gress allegations that around 2,000 square China has occupied

territory, taken over 26 out of 65 patrolling points in Ladakh and built complete villages 50-60 km deep inside Arunachal Pradesh

In a clear denial of these allegations, Singh said, "As Defence Minister, I would like to tell you that all our boundaries, be it with Pakistan, China,

reides public de et it is y et emp prepare de es sa Otricio en

Boat Capsize Tragedy

J&K Govt Provides Ex-Gratia Relief Of 5 Lakh Each To Victims' Families



victims of the boat capsize

Divisional Commissioner, Kashmir, V K Bhiduri,

He said the officials consoled the loss the life and provided an ex-gratia of Rs five Lakh to the next • P-06

AMMU: The high-voltage elec-

neering came to an end on

esday evening in Udham amentary constituer

term and is facing a major challenge from Congress candidate

electioneering ended this evening (at 6 pm) and the advance

campaigning ends in Udhampur

rity and polling staff along with election logistics and materials have been dispatched to the remote pockets including snow-bound areas ensure free and fair polling," an offi-

Over 16.23 lakh electorate including 7.77 lakh women are going to vote at 2637 polling stations across the •P-06

cial said.

Ram Navami Celebrated With **Religious Fervor Across Kashmir**



racharya Hill in Srinagar. On the occasion, the Kashmiri Pandits took out

INOX CINEMA

Temple, dedicated to Lord Shiva, witnessed • P-06

Tourism Revival Sparks Surge In Sales Of Kashmir's Handicrafts



MUBASHIR AALAM WANI

SRINAGAR: With the revival of tourism in the valley, the region's handicrafts industry is experiencing a notable surge, signaling promising economic recovery and cultural resurgence.

In recent years, Kashmir has witnessed a resurgence in tourism, with travellers from across the world visiting Kashmir during different seasons to witness the breathtaking landscapes. This revival in tourism has not only brought a sense of hope to local businesses but has also provided a significant impetus to the handicrafts sector, which has long been a cornerstone of Kashmir's economy.

Artisans and craftsmen in Kashmir have been renowned for their exquisite craftsmanship for centuries, producing a wide array of traditional handicrafts such as intricately woven carpets, fine pashmina shawls, intricate wood carvings, and color-

ful papier-mâché artifacts. The sector during the recent past suffered immensely with artisans switching to other trades to earn livelihood following reduced demand.

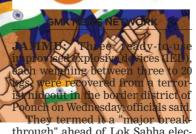
With government's initiatives and revival of tourism, the handicrafts sector has again thrived in Kashmir.

Mohammed Ali Bhat, a third-generation wood carving artisan in Srinagar, expressed his delight at the recent upswing in business. "For vears, our livelihoods were affected by the decline in tourism. But now, with more visitors coming to Kashmir, we are seeing a steady increase • P-06

'Major Breakthrough'

Three IEDs Seized In Poonch





through" ahead of Lok Sabha elections in Jammu and Kashmir.

The IEDs, planted inside steel containers of five-kg, 10-kg and 20-kg capacity, were found hidden inside a cave hideout during a joint search operation by the police, CRPF and Rashtriya Rifles in the forest area of Sanai-Gursai in the Mendhar subdivision, the officials said.

They said the bomb disposal squad later destroyed all the three IEDs in a controlled explosion, scuttling terrorists' plan to carry out blasts in the Union Territory.

"We received an input about the likely hideout and suspicious • P-06

♦CMYK♦

MOVIES Schedule

Thursday 18 April



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Call 95416 13868



SHAITAAN (HINDI) 06:30PM (U/A)

SHIVPORA SRINAGAR



BADE MIYAN CHOTE MIYAN (HINDI) 11:45AM, 02:30PM, 03:40PM 07:00PM (U/A)





CREW (HINDI) GODZILLA X KONG (U/A) 06:00PM (U/A) 12:10PM (ENG)

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NEWS



Lok Sabha Elections

DEO Kathua unveils Model Polling Station near Indo-Pak Int'l Border

KATHUA: In a pioneering effort to enhance public standing of voting process District Election Office Kathua, under the leadership of District Election Officer (DEO), Dr. Rakesh Minhas, has unveiled a Model Polling Station near the zero line of Indo-Pak International Border in Hiranagar here.

Located just over 500 meters from the fence, the Government High School Kadvala has been transformed into a vibrant hub adorned with Tricolor Balloons, welcoming voters to experience a festival-like atmosphere. Ensuring accessibility and comfort, the station boasts Pink toilets for women voters, dedicated facilities for male voters, clean drinking water, and ramps for persons with disabilities. all meticulously arranged to enhance the voting expe-

The Model Polling Station also possesses huge concentration of flower plants adding greenery to entire landscape of Polling



Electricity provision ensures proper lighting and fans, while the presence of police and CAPF personnel ensures the safety and security of all

The Model Polling Station witnessed a series of mock polls, including scenarios for normal voting, all-female staff booths (Pink Booth scenario), and voters with disabilities. Local male, female, and PwD voters participated in the mock polls, providing a realistic depiction of the entire voting process.

The exercise aims to educate local community about step-by-step procedures involved in casting their vote on the polling day. The video is being circulated throughout Kathua, empowering voters with knowledge to navigate polling station with confidence and clarity.

Commenting on the initiative, Dr. Rakesh Minhas, DEO Kathua emphasized on the importance of voter education and engagement in fostering a robust democratic culture. He expressed confidence that Model Polling Station and educational video would contribute significantly to voter turnout and participation in upcoming elections.

Stage set for Udhampur Parliamentary Constituency

GMK NEWS NETWORK

KATHUA: With the stage set for Udhampur Parliamentary Constituency (PC), going to polls in the first phase of General Elections to be held on April 19, the fate of 12 candidates will be decided by over 16.23 lakh voters.

The Udhampur Parliamentary Constituency consists of 18 Assembly Segments spanning across five districts including Kishtwar, Doda, Ramban, Udhampur and Kathua. Encompassing an expansive area of 16,707 square kilometres, the constituency boasts of diverse electorate comprising of 16,23,195 eligible voters. Among them are 845,283 male voters, 777,899 female voters and 13 third gender voters, reflecting the inclusivity of democratic process. In Kishtwar district, with three Assembly Segments namely Inderwal, Kishtwar and Padder Nagseni, a total of 175,897 electors, including 90256 male and 85641 female, are poised to exercise their right to franchise. Doda district, also with three

Assembly Segments namely Bhaderwah, Doda and Doda West, contributes 305,093 voters to the electoral roll comprising 157375 male, 147711 female and 7 third gender electors Ramban district, encompassing two Assembly Segments namely Ramban and Banihal, has 219,124 registered electors, including 113814 male and 105310 female electors. Udhampur District, comprising four Assembly Segments namely

Udhampur West, Udham-

nagar, boasts 419,854 electors which included 219890 male and 199964 female electors. Kathua district, with six Assembly Segments of Bani, Billawar, Basohli, Jasrota, Kathua and Hiranagar will see a robust participation of 503,227 registered voters comprising 263948 male, 239273 female and 6 third gender electors. To facilitate seamless voting, the Election Commission of India (ECI) has set up 2,637 polling stations across the constituency, including 405

in Kishtwar, 529 in Doda, 348 in Ramban, 654 in Udhampur and 701 in Kathua District. In line with the commitment towards fair and transparent elections, the ECI has deployed 3,658 Ballot Units, 3,570 Control Units, and 3,636 VVPATs (Voter Verifiable Paper Audit Trail) to ensure the accuracy and integrity of electoral process. Moreover, 1,472 polling stations will be equipped with webcasting facilities to further enhance transparency in the demo-

pur East, Chenani and Ram-

-- Temporary restoration work on damaged bridges begins at Kalaroos



GMK NEWS NETWORK

KUPWARA: Following the directions of the District Development Commissioner Kupwara, Ayushi Sudan, Rural Development Department, Kupwara has started the temporary restoration of vital assets and infrastructure damaged by recent flash floods at Kalaroos and Magam blocks of Kupwara district.

Temporary Restoration work on Badi Haji -Sarkuli bridge, Badi Behack - Nagsari Bridge, Magam-Putwari bridge, restoration of fencing of Government Middle School Nagsari and other infrastructure has been started by the Rural development department.

ACD Kupwara, Muzaffar Ahmad Sheikh said that makeshift arrangement/temporary restoration of these week's time.

Pertinently, recent flash floods triggered by heavy rains had damaged these vital bridges and District Development Commissioner, Kupwara had on Tuesday visited these far-flung areas, took a firsthand appraisal of the situation and assessed the measures being taken

DEO Ramban reviews preparations for elections



GMK NEWS NETWORK

RAMBAN: With the Lok Sabha Elections-2024 round the corner, District Election Officer (DEO) Ramban, Baseer-Ul-Haq Chaudhary Wednesday chaired a meeting to review preparedness and galvanize polling staff for conduct of polling in the district scheduled on April

In presence of Senior Superintendent of Police, Anuj Kumar; ADC, VarunJeet Singh Charak: Deputy DEO and other key officials, the DEO briefed Zonal Magistrates, Zonal officers, Sector Magistrates, Sector officers, polling parties, security

personnel, and other concerned officers about their role and responsibilities for the upcoming Election

Addressing the gathering, the DEO emphasized on importance of adhering to Election Commission of India's guidelines to ensure fair and transparent polling. Precautions, do's, and don'ts were highlighted to facilitate a hassle-free voting process.

Interacting with media persons, the DEO said that Ramban Civil and Police Administration are fully prepared for democratic exercise characterized by efficiency, transparency, and adherence to electoral

DEMC Ramban organises training session for media persons



GMK NEWS NETWORK

RAMBAN: District Election Media Cell (DEMC) Ramban, under the leadership of District Election Officer (DEO), Baseer-Ul-Haq Chaudhary, organized one-day training session for media persons to acquaint them about ECI guidelines on media

reporting on Poll day. The DEO alongside Senior Superintendent of Police, Anuj Kumar, engaged with the media persons to elucidate their role and constraints according to Election Commission of India (ECI) guidelines, underscoring the significance of responsible coverage during the 1st phase of polling of General Election, 2024 scheduled on April 19, 2024 in the district.

Emphasizing the pivotal

role of media in ensuring the successful conduct of elections, the DEO urged compliance with ECI guidelines.

SSP Anuj Kumar also briefed participants on various security aspects pertaining to media cover-

Earlier, Nodal Officer MCMC and Media Centre (District Information Offi cer) Ramban, Mohammad Ashraf Wani and Nodal Officer for Women Awareness and Welfare, Shailni Chandel, acquainted participants with ECI directives concerning media coverage, especially on

The training session aimed to foster a conducive environment for informed and responsible media coverage, contributing to the integrity and transparency of the electoral process.

polling day.

94 Polling parties dispatched for Bani Assembly segment



GMK NEWS NETWORK

KATHUA: District Election Officer, Kathua Dr Rakesh Minhas Wednesday flagged off polling parties to Bani sub division, farthest Assembly segment from the district headquarters.

As many as 94 polling parties, including reserve staff, were dispatched to Bani Sub-division along with EVMs. The District Election Cell had made adequate logistic and security arrangements for poll-

among the 94 polling stations in Bani AC, 21 Polling Stations have been identified as Critical Polling Stations. He said these polling teams will reach Bani by evening and after halting at the Bani Assembly segment headquarters, they will move to respective polling stations on 18th April.

The DEO informed that

He further disclosed that umbrella, sanitizer and masks were also provided to Polling parties to maintain proper safety protocol while discharging their polling duties.

Second group of 31 polling parties dispatched to polling stations in Kishtwar



GMK NEWS NETWORK

KISHTWAR: As many as 31 polling parties were Wednesday dispatched to ensure successful conduct of Phase-I of Lok Sabha Elections in 48-Inderwal. 49-Kishtwar, and 50-Paddar-Nagseni constituencies of District Kishtwar

The polling teams left amid tight security and other logistical arrangements under the close

supervision of District Election Officer, Dr. Devansh Yadav.

The polling teams dispatched today included 2 for 48-Inderwal, 21 for 49-Kishtwar, and 8 for 50-Paddar Nagseni Constituencies

Moreover 3 out of 8 teams (consisting of 17 polling staff members and 23 police personnel) for 50-Paddar, Nagseni Constituency were airlifted by

IAF and Indian Army to far flung areas of Machail.

Earlier, 43 polling parties were dispatched to the far-flung areas to facilitate PwD and Home Voting.

DEO Kishtwar, while interacting with the polling staff, advised them to perform their assigned duties diligently and refrain from violating MCC norms. He further laid stress on the conduct of free, fair, and transparent Elections.

Nukkad Natak, other awareness events under **SVEEP held in Ramban**



GMK NEWS NETWORK

RAMBAN: In a spirited effort to boost voter participation, a lively Nukkad Natak was presented in Ramsoo and main market Banihal here Wednesday.

Under the supervision of District Election Officer (DEO), Baseer-Ul-Haq Chaudhary, the District Administration organized a series of SVEEP programs at prominent locations in Ramban to spread public awareness about voting right.

Sangam Theatre presented a theme-based Nukkad Natak on SVEEP,

engaging a large number of youth and citizens in the Electoral Awareness program. Supervised by District Nodal Officer, SVEEP (ACP), Ashfaq Khanji, the initiative aimed to enhance understanding of voting-related process and promote electoral literacy, particularly among first-time voters, preparing

them for upcoming Lok

Sabha Elections 2024.

Artists and speakers appealed people, especially youth, to propagate the message of electoral participation among their families, relatives, and

DC Kupwara greets people on **Ram Navami**

GMK NEWS NETWORK

KUPWARA: Deputy Commis-(DC) Kup-Ayushi Sudan Wednes-

greeted the people on the occasion of Ram Navami.

In her message, the Deputy Commissioner said, "On the auspicious occasion of Ram Navami, I extend my greetings and best wishes to all the citizens. I pray the auspicious occasion of Ram Navami augurs well for the increased prospects of peace and prosperity.

She added, "Lord Ram's life inspires us to follow the path of righteousness, patience and a sense of kindness for all. The festival of Ram Navami is an occasion for us to renew our resolve to serve humanity with dedication and commitment.'

NEWS

SRINAGAR | Thursday, 18, April 2024



'SCREAMS FROM GANDABAL.....

Father jumps back into river to save his son after boat capsize

SRINAGAR: "It was a father's love for his son that made him jump back into the Jhelum, after battling with the high tides of the river, to save his life. As he jumped back to save his son, he started to swim towards the rope of one shore, while he slowly started losing energy and eventually drowned along with his son," recounted an eyewitness about Showkat Ahmad, a devoted father, who made the ultimate sacrifice to save his son, Haziq, from the treacherous currents of the Jhelum River on Tuesday morning.

Heart-wrenching scenes unfolded in Srinagar's Gandabal area. Mourners recall that Showkat Ahmad, a proficient mason, left home on Tuesday morning to drop his son Haziq Showkat to school.

The school is situated on opposite sides of the Jhelum, and they are yet to return, as the boat they travelled in capsized in the

Among the father-son duo is another missing person, Farhan Parray. All three are among the fifteen persons who drowned



when a boat ferrying locals and non-local J&K residents to the other side of the Jhelum capsized.

"Among the missing, Showkat Ahmad was the lone brother among six sisters and a helping hand to the family. He was a mason, but a man of his word and a hardworking person," his neighbour said while speaking to the news agency—Kashmir News Observer (KNO).

"Vanni Kyaa Karre Hoo, Me Kath Laggi Yi Kadel Vanni (now what will I do, what use is this bridge to me)," screamed the old mother of Showkat, as the bodies of her son and grandson are yet to be retrieved from the river.

"He was the lone brother of his five sisters. It is a shock for us and the entire locality," said a woman, wailing over the loss and missing bodies

An eyewitness, Tahir (name changed), recalled the incident. "Showkat saved himself and reached towards the rope but jumped back into the Jhelum upon seeing his son Hazik drowning. He started to swim towards the rope of

started losing energy and eventually drowned along with his son.

"The cries from Gandabal are haunting me, as this is such a devastating incident and the first in my lifetime. Even if the authorities would give us a bridge made of gold, it would not be enough for us as we lost innocent souls to the waters of Jhelum," he added.

Meanwhile, the rescue operation to retrieve the bodies continued all day on Wednesday, with no traces of the missing persons **DESPITE OPPOSITION PROPAGANDA**

Udhampur, Kathua, Doda Development Journey To Continue: Dr Jitendra

GMK NEWS NETWORK

KATHUA: Union Minister and BJP Candidate for Udhampur-Doda-Kathua Lok Sabha constituency Dr Jitendra Singh said here Wednesday that the Udhampur-Kathua-Doda Lok Sabha constituency is on a fast track development journey and this development journey will continue despite Opposition propaganda.

Making a scathing attack on Congress and its allied opposition parties on the sidelines of a grand massive roadshow here today on the last day of the campaigning for first phase of the Parliamentary election, Dr Jitendra Singh said, Congress Party had deprived this entire region of any development for the last over 60 years and in fact deliberately also halted the ongoing project only to appease their masters and to keep particular sections of vote bank in good humour by doing discrimination with this region.

The irony is, he said, the Congress leaders who say that there is no development happening in this region are the ones who are using these facilities created by us in the last 10 years, whether it is the network of roads, or bridges or flyovers or tunnels or the Medical Colleges, etc.

Dr Jitendra Singh said, in the last 10 years under Prime Minister Modi, Udhampur-Doda-Kathua Lok Sabha constituency is among the most developed constituencies in the country. He

said, it is perhaps the only constituency in the country which got three centrally funded Medical Colleges and a host of national proj-

roads constructed, on the other hand, while driving through this constituency they are invariably using the 91/2 Kms Syama Prasad



ects including the highest railway bridge of world, longest road tunnel of Asia at Chenani. North India's first Industrial Biotech Park at Kathua, North India's first River Rejuvenation Project at River Devika, North India's first Cable Bridge Atal Setu in Basohli, two Passport offices, Radio Station at Udhampur, etc. Not only this, as Prime Minister Modi mentioned during his address at the Udhampur rally on 12th of this month, the Congress led UPA government halted the Shahpur-Kandi Project, which would benefit the twin districts of Kathua and Samba and the project was revived only after Prime Minister

Modi came to power. Taking a dig at the opposition leaders, Dr Jitendra Singh said, on the one hand, the Congress leaders and its allies say that there are no Mookeriee Tunnel from Chenani to Nashri in order to cut down their travel time by $1\frac{1}{2}$ hours. If these leaders have any conscience, let them at least not use these

facilities provided by Prime Minister Narendra Modi. Similarly, he said, even during the election campaign, these leaders travelled up to zero line on the International border on the roads constructed in the last ten years. He added, if they have any conscience, they could have avoided travelling by road and walked on foot as was being done before 2014. Dr Jitendra Singh added that in the last ten years, while three Medical Colleges came up in the constituency there were at least 20 Degree Colleges and nearly a dozen Kendriya Vidyalayas opened in this constituency. He said, those opposition leaders and

critics who say that this has not happened and there are no such institutions should at least have the conscience not to get their children admitted in these colleges and schools

The double speak of opposition leaders has become so evident, said Dr Jitendra Singh that even family members of these Congress leaders now have decided to vote for Modi because the benefits of toilets and Gas Cylinders have reached even their house holds and changed the destiny of their women folk. Similarly, he said, the chil dren of the Congress leaders are using all the benefits of the StartUp and Digital India initiatives introduced by Prime Minister Modi and therefore, they will also cast their secret vote for Modi.

Appealing to voters to cast their vote in 100%, Dr Jitendra Singh said, we have no oppo nent and our competition is with ourselves. We have to prove before ourselves that we have put up a better performance than in 2019 when we registered a record margin in J&K by more than 3 Lakh 58 thousand votes. He said it is a foregone conclusion that Prime Minister Narendra Modi will be sworn in as Prime Minister for the third term in June 2024 with 400 plus mandate, but we have to prove to ourselves and to others that this Udhampur-Kathua-Doda constituency also made a substantial contribution in making up the figure of 400 plus.

Omar Abdullah has 'habit of humiliating people': Sajad Lone

GMK NEWS NETWORK

KUPWARA: People's Conference (PC) chief Sajad Gani Lone on Wednesday said National Conference (NC) vice president Omar Abdullah has a "habit of humiliating people and he needs to get out of the habit of labelling his opponents adversely The PC president

slammed Abdullah's assertion that his fight in north Kashmir's Baramulla Lok Sabha constituency -where Abdullah and Lone are pitted against each other -- is against Delhi and not against any specific candidate

Lone questioned the implications of labelling his supporters as "agents of Delhi or manipulated by

agencies' "Omar has a habit of humiliating everyone. I want to ask him that are the people supporting us mere agents of Delhi? Are they manipulated by agencies? Why do you habitually demean and insult the people of Kashmir? Do you hold a license to label and question people's choices. humiliating them in the

process?" Lone said. He also addressed a



ers from Qaziabad in Lan- loyalty of the Kashmiri gate assembly segment.

miri people, standing with

Lone said the Abdullahs (Farooq Abdullah and Omar Abdullah) and the NC have been "pleading"

"You, yourself, have been pleading and begging the BJP for recognition. Faroog Abdullah resorted to public begging in a TV interview for BJP's audi-

"These are the Kash-

us out of genuine love and affection. Our party has been repeatedly victimised by your alliances with Delhi, whether in 1983, 1987, or thereafter. We are the party that genuinely represents the aspirations of victimised Kashmiris,"

the BJP for their support.

ence. Show some shame

block meeting with work- before questioning the

people," he further said. On the issue of abrogation of Article 370, the PC chief further said the NC's attempt to "deceive" the public again on the issue

"disgraceful". "What moral grounds do they hold to claim the restoration of special status to J-K, a cause they willingly relinquished and now seek to exploit emotionally? They had three sitting MPs when Article 370 was abrogated. What have they achieved in the last five years?" he asked.

However, he said. if the party is serious, they should prepare a roadmap for achieving their objectives and secure assurances from its alliance

Prof. Quint delivers expert talk on 'Ion Trap' at NIT Srinagar

GMK NEWS NETWORK

SRINAGAR: The National Institute of Technology (NIT) Srinagar, in collaboration with the Indian National Young Academy of Science (INYAS), Tuesday organized an expert talk featuring Prof. Wolfgang Quint, a senior professor, from GSI Helmholtzzentrum für Schwerionenforschung, Darmstadt, Germany.

Prof. Quint, an esteemed academic researcher from Heidelberg University and his expertise spans various topics, including Penning trap and Antiproton

research. HOD Department of Physics, Prof. Mohd. Ikram expressed his gratitude to Prof. Quint for accepting the invitation and delivering the expert talk on the Ion Trap'. He said Ion traps are important today because they help scientists do precise work in fields like physics and chemistry.

Prof. Ikram praised Dr. Vijay Kumar for setting up talks by experts on campus. He said these talks are really important and students should take the chance to learn and get inspired from them.

During his speech, Prof.



Wolfgang Quint talked about how he studies really tiny particles using special techniques. He showed traps and controls these tiny particles, and also demonstrated methods he has developed.

Dr. Quint explained how his research helps us understand the basic rules of the universe better. He talked about how his work can reveal secrets about how everything works at the smallest level.

The session concluded with a vibrant Q&A segment, during which attendees engaged Dr. Quint in stimulating discussions on various topics from quantum entanglement to the search for new physics beyond the Standard Model. Earlier Dr. Vijav Kumar.

a Member of INYAS and Assistant Professor at Department of Physics welcomed the guest speaker.

He commended Dr.

Wolfgang Quint for his enlightening presentation and emphasized how these experiences inspire students to pursue research in various cutting-edge fields.

Earlier Dr. Vijay Kumar extended a warm welcome to Prof. Quint and other dignitaries. The purpose of such sessions is to bridge the gap between academia and industry.

Dr Vijay said such initiatives are instrumental in advancing research and education, promoting a culture of continuous learning and innovation within academic institutions.

He expressed deep gratitude to all the participants, and other dignitaries who made the session a resounding success.

The session was attended by students, researchers, and faculty members from NIT Srinagar, University of Kashmir and other institutions.

Azad will not contest from Anantnag-Rajouri seat: DPAP



GMK NEWS NETWORK

SRINAGAR: Democratic Progressive Azad Party (DPAP) chairman Ghulam Nabi Azad will not contest the Lok Sabha elections from Anantnag-Rajouri seat in Jammu and Kashmir, his party said on Wednesday.

DPAP's provincial president, Kashmir, Mohammad Amin Bhat said the party has now decided to field its leader Mohammad Saleem Parray from the seat.

PDP president Mehbooba Mufti and National Conference senior leader Mian Altaf are contesting from the Anantnag-Rajouri parliamentary seat.

"Azad will not contest the elections (from Anantnag-Rajouri seat),' Bhat told reporters in

Anantnag.

"A meeting took place with Azad and it was decided that advocate Saleem Parray will be the DPAP candidate for the Anantnag-Rajouri seat, he added. The DPAP leader said

Azad has some reasons not to contest -- without divulging those reasons.

"He gave some reasons (in the meeting) and then we took a decision on fielding Parray from the seat," Bhat said.

On April 2, the DPAP announced that Azad will contest from the Anantnag-Rajouri seat. "Todav the core committee of DPAP met and we have decided that (party president) Ghulam Nabi Azad will contest the Anantnag-Rajouri seat," DPAP leader Taj Mohiuddin had said.

No female candidate from NC, Congress, BJP in LS Polls

SRINAGAR: Jammu and Kashmir. a region known for its political dynamism, has a glaring gap in female representation in its political landscape.

Despite rhetoric advocating for equal rights and representation, the reality tells a different story. Since 1967, only three women have made it to Parliament, a mere five times collectively, from the region.

As per the info received, there is a stark gender disparity in political representation. Of the three women who made it to Parliament, four times were from the Kashmir division, while once was from Ladakh, Surprisingly, no woman has ever been elected from the Jammu division.

The first woman MP from Jammu and Kashmir was Akbar Jahan Begum, the wife of Sheikh Abdullah. She represented the Srinagar Lok Sabha seat in 1977 under the National Conference banner. Later, she won from the Anantnag seat in 1984. Following her, Parvati Devi secured a seat from Ladakh on a Congress ticket in 1977.

The most recent addition to this list is Mehbooba Mufti from the PDP, who became an MP from the Anantnag seat in 2004 and again in 2014. Despite her success, the BJP, which holds significant political sway in the region, has never fielded a woman candidate for Parliament.

In the ongoing election season, political parties are vying for women's votes, yet, apart from Mehbooba Mufti, no major party has nominated a woman candidate. While independent women have contested, victory has remained elusive due to various factors.

With over 42 lakh women voters in the 2024 Lok Sabha elections, the numbers reflect a growing female electorate. However, the disparity between the number of women voters and their representation in Parliament remains a significant concern, highlighting the urgent need for genuine efforts to bridge this gap and ensure equitable political representation for women in Jammu and Kashmir—(KNO)

SRINAGAR BOAT TRAGEDY

Several Pvt schools in Gandbal surroundings to remain shut for two days

RIYAZ BHAT

SRINAGAR: Several private schools in adjacent areas of Gandabal Wednesday decided to close educational institutions for two days in solidarity with the grieving families On Tuesday, at least six

people were killed when a boat capsized in Gandabal area of Srinagar which was ferrying several minor students, their parents and some labourers. Several private schools in this regard have issued

notifications to its students

and staff—asking them to

stand in solidarity with the

grieving families. Principal of the one of the private schools in Padshahibagh Srinagar



in a condolence message said, "On behalf of the whole school community, I extend my sincerest sympathies for the loss of life that occurred on 16-04-2024 at Gandabal Soiteng."

"We are all shocked and saddened that so many precious lives were lost, and we extend our sincerest condolences to the bereaved families. There is no way to prepare for the loss of a loved one.

It comes like a sudden and unexpected blow. We pray for the patience and strength of the bereaved families as they grieve for their loved ones," it reads.

The condolence message of the school further reads, "As a community, we are equally sharing their grief and sorrows and will continue to support each other at all times. In this regards, the school will be closed for a two-day period, that is Thursday and Friday, Similarly, management

of another private school in a condolence message said, 'We are deeply saddened about the recent tragic incident that happened in the nearby area Gandabal Soitang on 16/04/24. We have lost many precious lives, our hearts ache for the immeasurable loss their families are enduring, and we extend our most sincere condolences to their families during this difficult

time. "The loss of their lives has left an indelible mark on all of us. Regarding this matter, the school will remain closed for two days i.e Thursday and Friday,' it reads—(KNO)

Ex MLA Ganderbal to field candidate from Srinagar LS constituency

RAJA SYED RATHER

GANDERBAL: Former MLA of Ganderbal and President Jammu Kashmir United Movement (JKUM), Sheikh Ishfaq Jabbar, has confirmed that his party will field a candidate for the Srinagar Parliamentary Constituency.

He made the announcement at a public rally in Qamriya Stadium at Ganderbal, on the 34th death anniversary of Sheikh Abdul Jabbar.

However, Jabbar clarified that the final candidate would be nominated following discussions among party members. Highlighting the party's agenda, his par-

ty's focus would be on regional development and addressing the day-to-day issues faced by the people. Additionally, he stressed efforts towards

amnesty for imprisoned youth and political

leaders across the country. Jabbar criticized regional parties, particularly the National Conference, for exploiting the people of Jammu and Kashmir for

decades. Alleging neglect by the Sheikh Dynasty, he stated that despite being elected from Ganderbal, the district faced hardships under

■ ♦CMYK+ ■



Morning Kashmir

Weather Anomalies

s you read this Kashmir Valley is bracing for another wet spell from tomorrow as Jhelum continues to flow perilously close to the danger mark. Well, one can hope that by the time this goes to press the water level may have gone down considerably. However, the fact that we are awaiting another spell of showers means danger is never away. From last ten years Kashmir has seen erratic weather with prolonged spell of showers at odd times of the year being a prominent phenomenon.

This weather change is a global phenomenon with places like Iraq, Kuwait, Sydney, Canada and many other places recording highest ever temperatures. In India Bengaluru is a case to ponder. It has been five months since a single drop of rain fell from the skies in India's biggest IT city. Called India's Silicon City for the scores of multinational companies that have their South-Asian headquarters here Bengaluru is now struggling with massive water shortage, erratic power supply, and unforeseen hot temperature. Bengaluru was incidentally known for its moderate weather and refrigerators and fans were not popular here three decades ago.

The city of Jammu has also been recording unprecedented highest days of above 40 degree Celsius temperature from many years now. The cities like Srinagar and Shimla also have seen unprecedented weather conditions in the last four to five years.

It is said of Kuwait City that it will become uninhabitable in another two decades if the temperatures continue to rise at the same speed. The same can be said of Ahvaz in Iran and many Iraqi villages and towns.

Unbridled urbanizations, cutting of Amazon forests, unabated pollution, carbon emissions, and rabid communication expansion has wreaked havoc with the balance of nature. Nature now is hitting us back with flash floods, landslides, hailstorms, and typhoons. May we learn our lessons soon.

Morning Kashmir

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From Hidden Gem To Premier Destination

Developing Shrunz Fall For Sustainable Tourism



IMRAN MAQBOOL WANI

iscover the serene story of Kashmir's untouched beauty at Shrunz Fall, where nature's whispers invite you to explore and immerse yourself in the breathtaking scenery. Nestled amidst the pristine landscapes of Baramulla lies a hidden gem waiting to be explored - the captivating Shrunz Fall. Situated approximately 48 kilometers from the summer capital of Srinagar, this picturesque waterfall is a testament to Kashmir's natural splendor. Fed by the Nalla Ningli stream and nestled beneath the mighty Pir Panjal mountains, Shrunz Fall exudes an aura of tranquility and beauty. Despite its undeniable charm, Shrunz Fall remains relatively unknown, overshadowed by its more famous neighbors, Tangmarg and Gulmarg. The lack of development and basic amenities has hindered its potential to emerge as a premier tourist destination.

However, with strategic planning and investment, Shrunz Fall has the opportunity to shine as a beacon of sustainable tourism. The inhabitants residing in the vicinity of Shrunz Fall have a promising opportunity to enhance their economic status through tourism. The youth residing locally, being well-versed with the area, can work as tour guides, showcasing the natural magnificence of their hometown to travelers. The villagers can also establish stalls to retail locally-made handicrafts and serve traditional Kashmiri cuisine, providing tourists an opportunity to acquaint themselves with the local

To capitalize on Shrunz Fall's potential as a tourist magnet, the government needs to invest in its development. This encompasses the construction of proper



roads, provision of accommodation, and improvement of infrastructure to ensure tourists have an enjoyable experience. Investing in tourism has the potential to generate substantial revenue for the local economy. The path to realizing Shrunz Fall's potential is not without challenges. The lack of basic amenities, including restaurants, lodges, and public toilets, poses a significant hurdle to attracting tourists.

Furthermore, the condition of the roads leading to the waterfall is subpar, exacerbating accessibility issues and deterring visitors. To address the challenges that arise in the context of sustainable infrastructure development, a multi-faceted approach is necessary. One possible solution entails the construction of eco-friendly lodges and restaurants using local materials, which can cater to the needs of tourists while preserving the natural beauty of the

Additionally, upgrading the approach road and creating designated parking areas can enhance accessibility and ensure a smooth and hassle-free experience for visitors. To empower the local community, it is recommended provide visitors with valuable insights into the region's culture and heritage. This approach is expected to contribute to the growth of the community while enhancing the overall visitor experience. Moreover, promoting local produce by establishing stalls for local artisans and setting up eateries serving traditional Kashmiri cuisine can provide visitors with a unique and authentic experience.

To attract tourists to Shrunz Fall, promotional efforts in addition to physical infrastructure and human resources are essential. Marketing campaigns should highlight its natural beauty and unique offerings, targeting both domestic and international travelers. Collaborating with local communities and stakeholders is also crucial to ensure sustainable development that preserves the environment and benefits the residents. Apart from Shrunz Fall, the surrounding villages have a lot to offer as untapped tourist destinations. Destinations like Kenchipathar, known for local school picnics, and Doba, a favorite spot for cricket enthusiasts during the summer season, hold immense potential for tourism development. By showcasing these hidden gems and providing support to local initiatives, we can promote tourism in the area and help these communities grow.

To enhance accessibility and visitor experience, we need to implement sustainable practices such as eco-friendly construction and waste management. It's crucial to prioritize environmental conservation to preserve the natural beauty of the area. By finding a balance between development and conservation, we can ensure that future generations continue to enjoy the splendor of Shrunz Fall.

By promoting waterfall tourism, Shrunz has the potential to become a crown jewel in Kashmir's tourist tapestry. However, this requires a collaborative effort from the government, local communities, and tourism authorities. With strategic planning, investment, and community engagement, we can unlock the hidden treasures of this region while preserving its natural beauty for generations to come. It':s time to unveil the beauty of Shrunz Fall and showcase Kashmir's rich cultural heritage to the world.

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Teaching And Learning Mathematics With Understanding



DR. REYAZ AHMAD

athematics is a broad topic that involves more than just applying formulae and solving equations; it also requires a thorough comprehension of concepts and the capacity to use logic to solve

For undergraduates to succeed academically and develop personally in the area, it is essential to distinguish between learning and performing mathematics. To assist undergraduates, in getting the most out of their mathematical education, this article explores the distinctions between these two areas of mathematics and provides examples and insight

Acquiring Knowledge in Mathematics: The Learning

Acquiring knowledge and comprehending the ideas, tenets, and procedures that underpin mathematical science constitute the process of learning mathematics. This is the first stage where pupils interact with new ideas and learn new material.

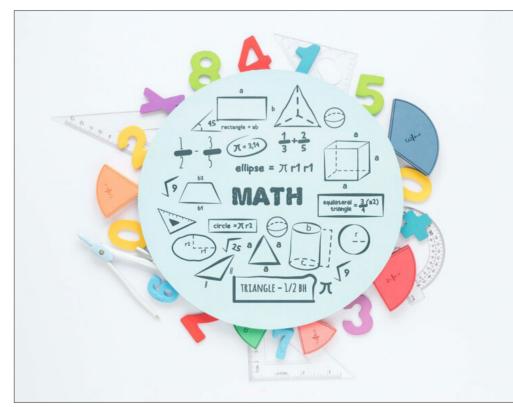
Examples of Math Learning Attending Lectures: In these sessions, instructors introduce students to new information, such as the calculus concept of a limit.

Textbook Reading: Students read and comprehend theorem proofs, such as the Fundamental Theorem of Algebra.

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Viewing Tutorial Videos:



Students who are visual learners can view videos that explain how to use Lagrange multipliers or matrix multipli-

Strategies for Learning Mathematics

Making notes: Jotting down important details and actions involved in problem-solving. Memorization: Recalling

definitions of terms like Riemann integrals and formulas like the quadratic formula Discussion: Having con-

versations with classmates or teachers to clear up questions and increase comprehension. Because learning mathe-

matics entails absorbing prior knowledge, it might be somewhat of a passive process. Still, it's a necessary step on the path to being able to 'do' mathematics well.

Applying Knowledge to Mathematical Tasks On the other hand, doing

mathematics involves actively using mathematical knowledge to resolve issues, validate theorems, or develop original mathematical hypotheses. This is the point at which knowledge becomes invention and practice. Illustrations of Mathemat-

Solving difficulties: Solving problems like determining a

matrix's eigenvalues that call for the application of previously learned principles. Research: To investigate open-ended mathematical

problems or to create novel mathematical models, undertake original research.

Mathematical Writing: Cre-

ating precise and understandable proofs or creating algorithms to solve computational

Methods for Solving Algebra **Problems**

Practice: To enhance problem-solving abilities, and work through challenges regularly.

Collaboration: Getting together with people to solve complicated issues or generate fresh concepts.

Experimentation: Trying out various strategies for solving problems, such as Mathe matical computation is by nature an ongoing activity. Along with a grasp of mathematical ideas, it also calls for perseverance, creativity, and critical thinking.

Connecting Mathematics Learning and Practice

It might be difficult to go from understanding mathematics to using it. It necessitates applying abstract ideas in real-world contexts after they are understood. Here are a few strategies to close the gap:

Active Learning: Interacting with the content through exercises, discussions, and question-asking during lectures.

Application Projects: Working on initiatives that incorporate mathematical ideas into practical scenarios, like network flow optimization or population growth modeling.

Contests and Conferences: Taking part in math contests or going to conferences might help you learn about problemsolving techniques and recent

In conclusion: Undergraduates must be able to distinguish between learning and applying mathematics. While doing mathematics requires applying this information creatively and practically, learning mathematics gives the required foundation of understanding. Both are essential to understanding the material and developing into a skilled mathematician. Undergraduate students can enhance their capacity to make contributions to the field of mathematics and gain a thorough understanding of the subject by actively participating in both processes.

Undergraduate students must understand that while mastering mathematical concepts is important, being able to apply and extend this knowledge in new and creative ways is the goal of mathematics. A more effective and satisfying academic career in this demanding but rewarding field of study can result from using this well-rounded approach to mathematics instruction.

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

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REMEMBRANCE

From The Fields Of Ballia To The Halls Of Power

Remembering PM Chandrashekhar **On His 97Th Birth Anniversary**



PROF. JASIM MOHAMMAD

rime Minister Narendra Modi said on 'X', "These days, even if a small leader does a 10-12 km Padyatra, it is covered on TV. But, why did we not honour the historic Padyatra of Chandrashekhar Ji.

Chandrashekhar was a towering figure in Indian politics, known for his socialist ideals, dedication to social justice, and astute political acumen. Born on 17 April, 1927, in Ibrahimpatti, a small village in Uttar Pradesh, Shekhar emerged as one of the most influential leaders in Indian history. His early years were spent in a Rajput farming family, where he developed a deep connection with the agrarian lifestyle. Despite his rural upbringing, Chandra Shekhar pursued higher education with vigor. He completed his Bachelor of Arts degree at Satish Chandra P.G. College and later attended Allahabad University, where he obtained a master's degree in political science in 1950. His time at university was marked by active involvement in student politics, influenced by socialist leader Dr. Ram Manohar.

His personal life was anchored by his marriage to Duja Devi. The couple had two sons, Pankaj Shekhar Singh and Neeraj Shekhar (Member of Parliament). In honor of his wife, the Duja Devi Degree College was established in 1999 in Ballia district,

Shekhar's political journey began during his student days when he became involved in the socialist movement, inspired by the teachings of leaders like Dr. Ram Manohar Lohia. His early activism laid the foundation for a lifelong commitment to championing the cause of the marginalized and oppressed. In 1962, Chandrashekhar entered mainstream politics by winning a seat in the Rajya Sabha, the upper house of the Parliament. Over the years, he became known for his principled stands on various issues, often challenged the established political order and advocated for progressive reforms. As an independent voice, he swiftly became a prominent figure in the Indian Parliament, championed socialist values and social justice throughout his tenure from 1962 to 1977. His tenure in the Lok Sabha, which began in 1977, marked a new chapter in his political journey. As a member of the lower house of Parliament, he emerged as a vocal critic of Prime Minister Indira Gandhi's authoritarian regime and her declaration of emergency in 1975. Alongside other like-minded leaders, Shekhar formed part of the 'ginger group' within the Congress party, advocated for egalitarian policies and democratic reforms. During the tumultuous period of the emergency, Chandra Shekhar's courage and conviction were put to the test as he, along with other 'young Turks', faced arrest and imprisonment for their opposition to the government's authoritarian measures. His incarceration during the Emergency was a defining moment, after which he ascended to the presidency of the Janata Party.

Initially he was lodged in Rohtak jail and then shifted to Chandigarh jail. He was later shifted to Patiala jail. During his incarceration, he penned his popular Jail Diary. On his arrest and imprisonment, he wrote: "This gave me peace of mind. It was not possible for me to agree with all that was happening around me. How could one claim that the country's future rested on one single individual? So much of sycophancy and such slavishness are beyond me." While incarcerated, Chandra Shekhar engaged in extensive reading across various subjects including literature, politics, religion, and development. Upon his release, he was shifted to New Delhi on December 30, 1976, where he



remained under house arrest. Following this, in 1977, Chandrashekhar joined Janata Party and assumed the role of its President. He concurrently secured a seat in the 6th Lok Sabha. He maintained his position as Party President and was re-elected multiple times. In 1988, he resigned from the presidency of the Janata Party, paved the way for Ajit Singh, amidst a controversial merger with Lok Dal (A). This period was rife with internal party conflicts, with notable figures like George Fernandes and Biju Patnaik opposing the merger, while others like Subramanian Swamy and Yashwant Sinha supported it.

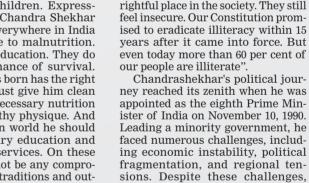
In 1983, he went on a nationwide Padyatra from Kanyakumari to New Delhi and travelled over 4.260 kilometers over six months. This journey spanned approximately 4260 kilometers and took place from January 6, 1983, to June 25, 1983. The sole purpose of the Padyatra was to know the country better, which he claimed gave jitters to Prime Minister Indira Gandhi. Chandra Shekhar, often hailed as a "Young Turk" for his dynamism and reformist zeal, established the Bharat Yatra Centres and the Bharat Yatra Trust in Bhondsi village. Gurgaon, with a vision to catalyze rural development.

The "Bharat Yatra Kendra" and "Bhondsi Ashram," set up on a sprawling 600-acre panchayat land, became hubs for social and political discourse, attracted personalities like Chandraswami and the international arms dealer Adnan Khashoggi. Additionally, Chandra Shekhar established approximately 15 Bharat Yatra centers across various regions of India, including Kerala, Tamil Nadu, Karnataka, Maharashtra, Madhya Pradesh, Gujarat, Uttar Pradesh, and Haryana. Explaining the importance of Bharat Yatra Centres, Chandrashekhar said:— "We have just made a beginning and this beginning may not be very romantic. It does not catch the eye of the media. But it surely catches the eye of the people in the villages. This is an endeavour which requires lot of patience and endurance. No immediate result can be seen. But in the long run this is the only way to get the willing co-operation of our people and try to create a powerful movement for a new social order'

On the momentous Bharat Yatra, Chandra Shekhar observed: "For nearly six months till we reached Delhi on 25 June 1983, it was a continuous procession. It was the spontaneous response of the people which made the Yatra a unique success. For the first time, people realized that

there were some who were ready to come to their houses to understand their problems. When we started, it was doubtful whether people would react positively to Bharat Yatra or would take it as a political drama. But all through the Yatra, the villagers who were illiterate, who were ignorant, who were helpless, lined up in large numbers to receive the volunteers who were walking. In almost all the villages, even the poor people managed to offer the best welcome that they could afford. There might have been difficulty of language, but the language of the heart, which was more powerful, helped to communicate the feelings. We ourselves understood that the people are willing to cooperate if we go to them. In

him, particularly the dire situation faced by rural children. Expressing his concern, Chandra Shekhar said: "Children everywhere in India are suffering due to malnutrition. They do not get education. They do not even get a chance of survival. Every child that is born has the right to survive. We must give him clean drinking water, necessary nutrition to develop a healthy physique. And in today's modern world he should get the elementary education and primary health services. On these scores there cannot be any compromise. Out-moded traditions and outdated ideas in religion and caste have been used to discriminate against the people. For centuries together, the Scheduled Caste, the Scheduled Tribe and Backward Class people have been



faced numerous challenges, including economic instability, political fragmentation, and regional tensions. Despite these challenges, Shekhar demonstrated remarkable resilience and determination to steer the country towards progress and prosperity. During his brief tenure as Prime Minister, Shekhar initiated several bold initiatives, including economic reforms aimed at liberalizing India's economy and attracting foreign investment. He also focused on strengthening India's foreign relations, particularly with neighbouring countries, to promote regional stability and cooperation.

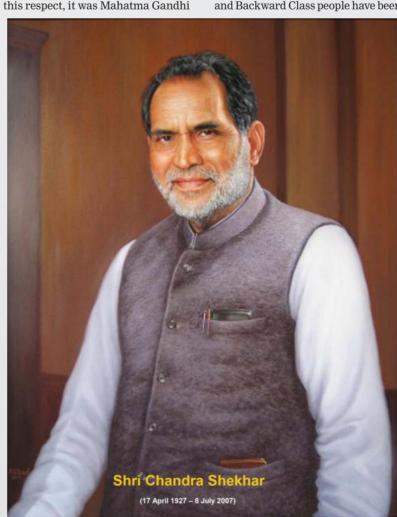
system, they are not getting their

However, Shekhar's government was short-lived, as it faced internal dissent and political maneuvering from rival factions. In March 1991, the Congress party, which had extended support to his government, withdrew its backing, leading to the collapse of his administration. Despite the setback, Chandrashekhar continued to remain active in politics, advocated for social justice and the rights of the marginalized. His contributions to Indian politics are remembered for their integrity, vision, and commitment to democratic values. He was a staunch believer in the power of grassroots movements and the importance of empowering ordinary citizens to shape the destiny of the

The stalwart of Indian politics passed away on July 8, 2007, at the age of 80, leaving behind a nation he had profoundly influenced. This great man will always be remembered as a towering figure whose vision and ideals continue to shape India's des-

Though he has passed away, the indelible memories of Chandrashekhar persist. His death marked the loss of a remarkable patriot, socialist, and dynamic leader who prioritized the unity of the nation despite leading a

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who put his finger on the pulse of the people. It was an adventure in self, it was an adventure of self-education".

Throughout his extensive Bharat Yatra, Chandra Shekhar directly confronted the harsh realities of rural India, which deeply affected feeling neglected. Violence is a strain on the fabric of democratic society. For this discrimination to go, we must change the whole social structure in order to serve their urges and aspirations. In spite of the attempts to bring our women-fold out of the purdah

Add These Vegetables To Your Summer Diet For Better Digestion

into your summer diet is not only delicious but also beneficial for digestion and overall health. By including these vegetables in your summer diet, you can improve digestion, support overall health, and stay hydrated throughout the season. Keep reading as we list vegetables you must add to your summer diet for better digestion.

Vegetables you can include to your summer diet to improve digestion:

1. Cucumber

Cucumbers are hydrating and contain soluble fibre, which aids in digestion by promoting regular bowel movements and preventing constipation. They

also have a high water content, helping to keep you hydrated during hot summer days.

2. Zucchini Zucchini is rich in water and fibre, both of which support healthy digestion. The fibre helps to regulate bowel movements and promote a healthy gut environment. Additionally, zucchini is low in calories. making it a great option for

weight management during the

summer months. 3. Bell peppers

Bell peppers are packed with fibre and water, which aid in digestion by adding bulk to the stool and preventing constipation. They also contain antioxidants like vitamin C, which can help reduce inflammation



in the digestive tract. 4. Tomatoes

Tomatoes are rich in vitamins, minerals, and antioxidants that support overall digestive health. They con-

tain lycopene, which has been shown to reduce the risk of certain digestive disorders, such as colorectal cancer. Additionally, tomatoes are hydrating and low in calories, making them a perfect summer snack.

Spinach is a nutrient-dense leafy green vegetable that is high in fibre, which aids in

digestion by promoting regular bowel movements. It also contains magnesium, which helps relax muscles in the digestive tract and may reduce symptoms of indigestion. 6. Broccoli

Broccoli is rich in fibre and antioxidants, which support healthy digestion and reduce inflammation in the digestive tract. It also contains sulforaphane, a compound that has been shown to promote the growth of beneficial bacteria in the gut.

7. Cabbage Cabbage is a cruciferous veg-

etable that is rich in fibre and sulphur compounds, both of which support healthy digestion. The fibre helps to regulate bowel movements, while the sulphur compounds may help reduce inflammation in the digestive tract.

8. Carrots

Carrots are an excellent source of soluble fibre, which helps to regulate bowel movements and promote a healthy gut environment. They also contain antioxidants like beta-carotene, which can help reduce inflammation in the digestive tract.

9. Summer squash

Summer squash, such as yellow squash and pattypan squash, are low in calories and high in water content, making them hydrating and easy to digest. They also contain fibre, which supports healthy digestion by promoting regular

bowel movements. 10. Radishes

Radishes are crunchy vegetables that are rich in fibre and antioxidants, both of which support healthy digestion. The fibre helps to add bulk to the stool and prevent constipation, while the antioxidants help reduce inflammation in the digestive tract.

Consuming these vegetables in summer is particularly beneficial because they are hydrating and can help prevent dehydration during hot weather. Additionally, many of these vegetables are in season during the summer months, making them more affordable and flavourful.

FROM THE FRONT PAGE

Bihar Resident

profound sorrow over the incident, Mr. Lone condemned the senseless violence that claimed the life of Raja Shah, a nonlocal vendor residing in Jablipora Bilal

He emphasized that such acts of brutality have no place in a civilized society and urged for unity and solidarity in the face of such challenges.

"Violence has no place in a civilized society. The reprehensible attack on a non-local is a stark reminder of the need for peace to prevail. My heartfelt condolences to the bereaved family. We stand united against such acts of terror," he said. —(KNO)

LG Condemns Bijbehara Raja Shah, a resident of Bihar.

In a handout, the Lt Governor said: No words are strong enough to condemn the heinous terrorist attack in Bijbehara, Anantnag, targeting Raja Shah, a resident of Bihar. I convey my heartfelt condolences to the family of the innocent civilian martyred in this cowardly attack. Entire nation stands in solidarity with the family in this hour of grief.

We have full faith in the unparalleled valour of J&K Police and security forces, and I assure the people that terrorists responsible for this barbaric act will have to pay a very heavy price. We will hunt down the perpetrators and crush those elements, who are aiding and abetting the terrorists, reads the statement.

BJP Never

of the elderly, irrespective of their family background. Every family, whether they are poor, servicemen, or upper-class people, will be eligible to avail of the free treatment scheme of the government. I am going to do this big work, and yes, there will be no discrimination here also," he said.

PM Modi also attacked the Congress party and alleged that the opposition-led erstwhile governments were responsible for the earlier situation in the northeast.

"Congress has a separatist agenda for the northeast, whereas Modi has kept this region close to his heart," he said.

The Prime Minister also mentioned the development initiatives of the ruling dispensation. He said, "Earlier, there were no roads in Assam, while in the last 10 years, more than 2,500 km of national highways have been built in the state. At least 2000 km of roads are being constructed in Darang, Udalguri, Korajhar, etc., areas.

PM Modi mentioned the Central government's Lakhpati Didi scheme. He said, "We have pledged to make three crore women in the country as Lakhpati Didis. We shall make them drone pilots, and women from Assam will take advantage of this initia-

The Prime Minister also asserted that the BJP government's decision to scrap triple talaq has benefited the Muslim society in

"As we have removed the triple talaq by law, along with my Muslim sisters, their other members of the family are also relieved after this decision," he said.

PM Modi also mentioned that he has devoted every moment to fulfilling the aspirations of the people of this country.

He said, "That is why I say 24 x 7 for 2047. The Prime Minister also warned people that voting for Congress does not mean that the opposition can form the government at the Centre, but support and vote for the BJP will make India a developed country in the world.

India's Boundaries

He said this while speaking at an election meeting in Kannur Lok Sabha seat.

The eastern Ladakh border standoff erupted on May 5, 2020, following a violent clash in the Pangong lake area.

The ties between India and China nosedived significantly following the fierce clash in the Galwan Valley in June 2020 that marked the most serious military conflict between the two sides in decades.

As a result of a series of military and diplomatic talks, the two sides completed the disengagement process in 2021 on the north and south banks of the Pangong lake and in the Gogra area.

Smoke-Free Booths

The move aligns with the Government of India's regulations and the World Health

Organization Framework Convention on Tobacco Control (WHO-FCTC), emphasizing protection from second-hand smoke

exposure. 'All public places, including election booths, are to be declared smoke-free in accordance with the Cigarette and Other Tobacco Products Act (COTPA-2003) and the subsequent rules implemented since October 2, 2008," read the communication from the Chief Election Officer to all district election officers.

Notably, Jammu and Kashmir is among the first states/UTs where such an order has been issued, mirroring a similar directive in Tripura.

Dr. Mir Mushtaq, Nodal Officer NTCP, commended the Election Commission for this progressive step, emphasizing its longterm impact on tobacco control efforts. He highlighted the multifaceted benefits of declaring polling booths tobacco-free, ranging from safeguarding public health to promoting smoking cessation and ensuring a healthier environment for voters.

'By implementing these measures, authorities demonstrate their commitment to creating healthier environments and promoting well-being for all," Dr. Mushtaq added, underscoring the importance of collaborative efforts between the Election Commission, Health Department, and other stakeholders in advancing public health initiatives—(KNO)

World Hemophilia Day Day 2024 is "Equitable Access for All:

Recognizing All Bleeding Disorders." This theme underscores the urgent need to spread awareness about bleeding disorders, diagnose patients early to prevent complications and ensure access to treatment options for our underprivileged population, he remarked.

Achieving these goals requires collaboration among all stakeholders, working together as a cohesive team, Dr Saleem

Dr Mir Mushtaq, the spokesperson for the Directorate of Health Services Kashmir (DHSK), echoed Dr Saleem's sentiments, saying it is important to stand united to raise awareness about haemophilia and other bleeding disorders.

"Let us acknowledge the resilience of those living with haemophilia and their caregivers, and advocate for improved access to treatment and care," Dr Mushtaq urged. He said knowledge is essential for managing haemophilia effectively, urging people to educate themselves and others to ensure early diagnosis and proper treat-

"By fostering awareness and creating a supportive environment, we can pave the way for a brighter future for people with haemophilia and their families, "Dr Mushtaq said.

Medical professionals said that World Hemophilia Day provides an opportunity to advocate for improved healthcare infrastructure, increased availability of factor replacement therapies and better education for healthcare professionals and the public about haemophilia and its manage-

With ongoing advancements in medical research and treatment options, individuals with haemophilia can lead fulfilling

World Hemophilia Day aims to address disparities by promoting equitable access to treatment and raising awareness about the challenges faced by people living with haemophilia and other bleeding disorders—(KNO)

J&K Govt Provides of kin of each deceased.

Six persons drowned in the river while three others are still missing after a boat carrying 19 persons capsized. Ten people were rescued.

LS Polls: High

constituency which is spread over five districts of Kishtwar, Doda, Ramban, Udhampur and Kathua.

After Udhampur, Jammu parliamentary constituency will go to polls on April 26 followed by Anantnag-Rajouri constituency on May 7, Srinagar on May 13 and Baramulla on May 20. The counting of votes will be held on June 4.

The contestants, especially the BJP, the Congress and the DPAP, left no stone unturned to woo the voters, bringing back the focus on Article 370 that provided special status to Jammu and Kashmir and which was abrogated by the BJP-led cen-

tral government in August 2019.

The BJP also came in for severe criticism by the rivals for continuing its "proxy rule" by not holding assembly elections in Jammu and Kashmir and dividing the

erstwhile state into two Union territories. Prime Minister Narendra Modi, who reached Udhampur on April 12 and took the campaigning to its crescendo, reassured the people about holding of assembly elections and restoration of statehood.

Modi highlighted the achievements made in Jammu and Kashmir over the past five years and said this is for the first time in decades that the upcoming elections are taking place in Jammu and Kashmir without the fear of terrorism, strikes, stonepelting and cross-border firing.

The BJP, which also brought a galaxy of high-profile leaders, including defence minister Rajnath Singh, Union Minister Anurag Thakur, Uttar Pradesh Chief Minister Yogi Adityanath and national spokesperson Sved Shahnawaz Hussain, to the constituency, boasted about the restoration of peace by ending Pakistan-sponsored terrorism, stone-pelting and frequent strikes besides ensuring record-breaking tourist arrivals and massive development.

Home Minister Amit Shah, during his election rally in Jammu on Tuesday, reiterated that the assembly elections will be held in accordance with the deadline of September 30 set by the Supreme Court.

The campaigning by the Congress, on the other hand, saw their star campaigners, including actor-turned politician Raj Babbar, former deputy chief minister of Rajasthan Sachin Pilot and chairman of minority department AICC Imran Pratapgarhi, addressing a series of rallies in the constituency to bolster the chances of their candidate.

The National Conference (NC), which is a part of the Congress-led INDIA bloc, also hit the campaign trail in support of Lal Singh. Its president Farooq Abdullah and vice president Omar Abdullah, both former chief ministers, undertook a whirlwind tour of Chenab valley region.

The two leaders went full throttle against the DPAP, accusing it of being a proxy of the BJP to divide the secular votes in the

constituency.
Omar Abdullah also slammed the BJP for the August 2019 development and questioned its claims about massive development, saving almost all the major projects including four-laning of the Jammu-Srinagar national highway and the prestigious railway line to connect Kashmir with rest of the country were given to J-K by the Congress governments before 2014.

However, the Peoples Democratic Party (PDP), which is also part of the INDIA bloc, was missing from the scene as it fielded candidates on three seats from Kashmir after it was sidelined in the seat-sharing agreement on the six seats of J-K and Ladakh.

DPAP chairman and former chief minister Ghulam Nabi Azad also addressed a series of public meetings to garner support for Saroori and targeted both the NC and the Congress for ignoring Chenab valley region over the past six decades and also launched attacks on the NC leadership, former Congress president Rahul Gandhi and Pradesh Congress Committee president Vikar Rasool Wani.

Wani, in his road shows and rallies, accused his former senior colleague in the Congress of working at the behest of the BJP. Azad left Congress in 2022 and later formed his own party, which he claimed has emerged as the fastest growing on the political map of J-K in a short period, unnerving his political opponents.

On the last day of campaigning, the contestants made a last ditch effort to reach out to the voters. Jitendra Singh carried out door-to-door campaigning and held rallies in Kathua. Lal Singh, accompanied by Wani and Pratapgari, visited Ramban and Saroori and was seen canvassing in Kishtwar.

Meanwhile, the concerned district election officers ordered prohibition of campaigning by means of electronic media, restriction on outsider political functionaries and use of loudspeakers.

Ram Navami Celebrated

a large gathering of devotees who offered prayers and participated in various rituals to commemorate the birth of Lord Rama. The atmosphere at Shankaracharya

Temple today was uplifting, with local residents and devotees expressing their joy, saying that Ram Navami holds special significance for them.

It's a day when we come together to celebrate our shared heritage and faith," they

→ CMYK+

A local resident, Meena Devi, shared her sentiments saying, it's heartening to see people from all walks of life coming together to celebrate Ram Navami.

The spirit of unity and brotherhood is what makes Kashmir truly special, she

"The celebrations at the Shankaracharya Temple serve as a reminder of the rich cultural tapestry and religious harmony that exists in Kashmir," she said—(KNO)

Three IEDs

movement in the upper Sanai at 4 am and subsequently launched a joint 'search and destroy' operation with the Special Operations Group (SOG) of Jammu and Kashmir Police and Rashtriya Rifles.

"Three IEDs, one weighing 15 to 20 kgs, second eight to 10 kgs and third three to five kgs, having two mechanisms for initiating charge were recovered and destroyed, CRPF officer Rajnesh Yadav said. Yadav, who is second-in-command of

the 246th battalion, said the seizure of the IEDs foiled terrorists' plan to carry out an "This is an election time and terrorists

are always on the lookout to disrupt elections by carrying out any sensational act,' he told reporters at the scene. The officials said no one was arrested

during the operation which concluded with the safe disposal of the seized IEDs.

Tourism Revival Sparks

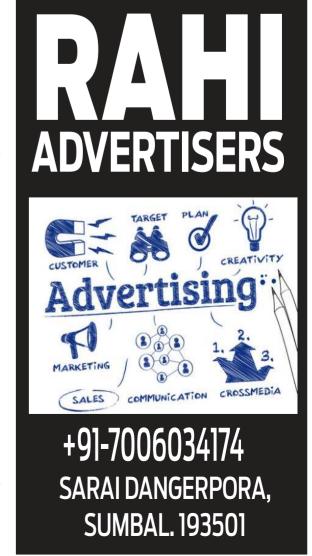
in our sales of wooden items. It gives us hope for the future," he remarked.

A number of authentic handicrafts outlets and showrooms have emerged in Kashmir during the last few years signalling the growth of the sector.

Junaid Ahmad Khan, a handicrafts showroom owner, said the tourism boom in Kashmir has scaled up the sales of handicrafts items at various tourist destinations

"From Srinagar to Pahalagm and Gulmarg, we have witnessed that various authentic Kashmir handicrafts showrooms have emerged. Apart from that, small stalls are also being established by the locals to sell the handicrafts items to tourists. Flow of tourists has always proved beneficial for various businesses, be it handicrafts, transport and others," he said.

The growth in the handicrafts sector has also been facilitated by efforts to promote Kashmiri crafts on digital platforms, allowing artisans to reach a wider audience beyond the confines of the region. E-commerce platforms and online marketplaces have provided a valuable avenue for artisans to showcase their creations and connect with customers worldwide, further fuelling the growth of the industry—(KNO)



NATIONAL

Good Morning Kashmir

BJP-led govt never

discriminated in delivery of welfare schemes: PM Modi

GUWAHATI: Prime Minister Narendra Modi said on Wednesday that the BJP-led government has never discriminated in the distribution of welfare measures to the beneficiaries.

Addressing a huge public gathering in Assam's Nalbari district, PM Modi said, "Whether it is free ration distribution or the Ayushman Bharat Scheme, benefits have been passed to the people without any discrimination."

He also promised to install solar panels in households to make electricity free in the country.

"We have taken the initiative to install solar power cells on the rooftops of houses. It will not only make your electricity bill zero; in the future, when you buy electric vehicles, the travel cost on the road will also become zero," PM Modi said, adding that in this ambitious scheme, there will be no discrimination at all under the BJP rule.

The Prime Minister also promised that senior citizens, who have attained 70 years of age, can avail of



free treatment through the Avushman Bharat Scheme in the coming days.

"I want to tell everybody that Modi will take responsibility for the treatment of the elderly, irrespective of their family background. Every family, whether they are poor, servicemen, or upper-class people, will be eligible to avail of the free treatment scheme of the government. I am going to do this big work, and yes, there will be no discrimination here also," he said.

PM Modi also attacked the Congress party and alleged that the opposition-led erstwhile governments were

responsible for the earlier

situation in the northeast.

"Congress has a separatist agenda for the northeast, whereas Modi has kept this region close to his heart," he said.

The Prime Minister also mentioned the development initiatives of the ruling dispensation. He said, "Earlier, there were no roads in Assam, while in the last 10 years, more than 2.500 km of national highways have been built in the state. At least 2000 km of roads are being constructed in Darang, Udal-

PM Modi mentioned the Central government's Lakhpati Didi scheme. He said, 'We have pledged to make three crore women in the country as Lakhpati Didis. We shall make them drone pilots, and women from Assam will take advantage of this initiative.

The Prime Minister also asserted that the BJP government's decision to scrap triple talaq has benefited the Muslim society in Assam. 'As we have removed

the triple talaq by law, along with my Muslim sisters, their other members of the family are also relieved after this decision," he said.

PM Modi also mentioned that he has devoted every moment to fulfilling the aspirations of the people of this country. He said, "That is why I say 24 x 7 for 2047."

The Prime Minister also warned people that voting for Congress does not mean that the opposition can form the government at the Centre, but support and vote for the BJP will make India a developed country in the world.

Former Congress MLA Akhanda Srinivas Murthy joins BJP in Karnataka

BENGALURU: BJP received a major shot in the arm as Dalit leader Akhanda Srinivas Murthy -- former Congress MLA from Karnataka's Pulakeshinagar -- joined

the party on Wednesday. The Pulakeshinagar assembly comes under the Bengaluru North Lok Sabha constituency from where Union Minister Shobha Karandlaje is contesting.

Former chief minister B.S. Yediyurappa welcomed Akhanda Srinivasmurthy by handing over the BJP party's flag to him at his residence in Bengaluru. "The joining of Akhanda at this stage of the election has given great strength to the party. Union Minister Shobha Karandlaje will win from Bengaluru North Lok Sabha seat by 2.5 lakh to 3

lakh votes," he stated. "When DJ Halli-KG Halli Hindu-Muslim violence took place in Bengaluru, the house of Akhanda Srinivas Murthy was burnt. At that time his own party Congress did not support him. We stood firmly with him," Yediyurappa stated.

Yediyurappa reiterated that the party has strengthened its base with the joining of Akhanda Srinivas

Murthy and his followers. Bengaluru District President S. Harish stated, there is a war waged between 'Dharma' and 'Adharma'. Akhanda Srinivas Murthy had joined BJP taking the side of 'Dharma'.

Senior Congress leader Akhanda had contested the 2023 assembly election on a BSP ticket, following the denial of a ticket by the Congress party. Akhanda represented the Pulakeshinagar assembly segment for Congress from 2018 to 2023. He had secured the highest margin of votes in

He represented the Pulakeshinagar Assembly seat for JD (S) between 2013 and 2018. Following the objectionable post on Prophet Muhammad, his constituency witnessed large-scale violence. The violent mob attacked and torched his house as the post was made by his nephew. The mob also torched KG Halli police station and burnt police vehicles. Three people were

killed in the police firing. Akhanda Srinivas Murthy was sidelined by the Congress party and

denied a party ticket to contest the assembly election in 2023. Akhanda accused fellow Congress leader R. Sampath Raj of orchestrating an attack on his residence and violence. Later, Sampath Raj, a former mayor of Bengaluru city was arrested in the case.

Union Minister of State Shobha Karandlaje is contesting as a BJP candidate from Bengaluru North while the Congress party has fielded senior party leader, former Rajva Sabha member M.V. Rajeev Gowda from the seat.

CONSTITUENCY WATCH

Anurag Thakur eyeing 5th consecutive term from Hamirpur

IANS

HAMIRPUR: Union Minister and sitting BJP MP Anurag Thakur is eyeing to win Himachal Pradesh's Hamirpur Lok Sabha seat for the fifth time in a row, while the Congress is yet to announce its candidate for the parliamentary constituency.

This time, he is aiming to surpass the 2019 historical win with a victory margin of about 4 lakh votes, underscoring the electorate's continued support for BJP in the hill state.

Hamirpur is BJP's bastion from where Anurag Thakur's father and two-time Himachal Pradesh Chief Minister Prem Kumar Dhumal was thrice

elected as an MP. Traditionally, this Lok Sabha seat, made up of 17 assembly constituencies, has been with the BJP since 1998, when Suresh Chandel was elected as

the MP. He continued till 2004. In 2007 Dhumal became the MP from Hamirpur but he later resigned to take over as the Chief Minister. This necessitated the bypoll and since 2008, Anurag Thakur has been the MP. His maiden electoral vic-

tory was at the age of 34. Ground reports say it will not be a challenge for the Union Minister to retain this seat as legislators of three of five

Assembly seats in Hamirpur, the home district of the fatherson duo, which were earlier won by the state ruling Congress in December 2022 polls, have switched sides and joined

The Congress won four of the five Assembly constituencies in the district while an Independent won the seat, once the stronghold of the Dhumal In the run-up to the vote,

Rajinder Rana, who had won as a Congress legislator from Sujanpur -- from where Anurag Thakur's father Dhumal used to contest, is in the fray as the BJP candidate for the Assembly by-poll.

Likewise, Congress turncoat legislator Inder Dutt Lakhanpal from Badsar is in the fray for the Assembly by-poll as the BJP candidate.

Rana and Lakhanpal were among six MLAs who faced disciplinary action from the Congress for cross-voting after the BJP won the lone Rajya Sabha seat in the state

Independent legislator Ashish Sharma from Hamirpur has also extended support to the BJP in the Rajya Sabha poll.

"The Congress is facing a challenge to win the BJP's bastion, despite the Chief Minister, for the first time in history, belongs to Hamirpur district." a



The parliamentary constituency has a significantly high literacy rate. It consists of 17 Assembly segments, which include all five segments of Una district, five from Hamirpur, four from Bilaspur, two from Kangra and one Assembly segment from Mandi district.

Banking on the Narendra Modi factor, Anurag Thakur believes when "you work and deliver there is no question of anti-incumbency, rather there is pro-incumbency".

The Congress, which last won the Hamirpur seat in 1996,

political observer told IANS on Wednesday. in 2019, pitted then-sitting legislator Ram Lal Thakur against and two-time Chief Minister Dhumal who plays an impor-Anurag Thakur. The latter got elected that too with a record margin of about four lakh votes, with a vote share of 69

per cent. In every parliamentary election in the state, which witnesses a bipolar contest between the Congress and the BJP, Hamirpur has been witnessing more aggressive campaigning as compared to the other three Lok Sabha constituencies --Shimla (reserved), Kangra and

In his political pitch, it is always Anurag Thakur's father

tant role by devoting maximum time and energy to ensure his son's victory. He has thrice represented the Hamirpur parliamentary constituency and has

amazing rapport. BJP leaders told IANS that even the Union Minister, whenever he got time from his busy schedule in Delhi before the election announcement, has devoted time and energy in his constituency.

Of and on, he's campaigning across the country and seeking votes for Prime Minister Narendra Modi's third term.

Back to his "home pitch", the former BCCI chief's dedication to cricket saw him create modern infrastructure in the small hill state that saw India trouncing England by an innings and 64 runs to win the fifth match of the series at the Himachal Pradesh Cricket Association (HPCA) stadium in Dharamsala on March 9.

Interestingly, BJP's National President J.P. Nadda, who has represented the Bilaspur (Sadar) assembly seat thrice also falls under the Hamirpur parliamentary constituency. In December 2022 Assembly polls, the BJP won all three seats in Bilaspur.

The only saving grace for the state ruling party is that BJPbacked Hamirpur Municipal Committee president Manoi Minhas joined the Congress last week along with councillor Raj Kumar. This development comes days after former BJP president of Sujanpur block Rakesh Thakur joined the Con-

In the 2019 general polls, the BJP had won all four parliamentary seats. Later in the bypoll, the Congress won the

Mandi seat Speculations are rife that the Congress may field Deputy Chief Minister Mukesh Agnihotri's daughter, Aastha, from

Hamirpur. This will be her

maiden electoral contest.

Agnihotri belongs to Una, which falls under the Hamirpur parliamentary constituency.

Chief Minister Sukhvinder Sukhu and his deputy Agnihotri represent the Nadaun and Haroli assembly seats in the Hamirpur parliamentary

constituency. According to a post on Anurag Thakur's website, he has an impressive attendance of 85 per cent, with participation in 72 debates and a staggering total number of 612 pertinent questions raised in the Parliament. All of which are the highest among young MPs in

the 15th Lok Sabha. In the 16th Lok Sabha, Anurag Thakur's attendance in Parliament has increased to 92 per cent, coupled with participation in 46 debates and the total number of questions tally being 287.

The incumbent Union Minister takes credit for the introduction of new trains and extension of rail links to Himachal, building premier technical institutes and a central university and the extension and maintenance of national highways in the state.

Polling for all four Himachal Pradesh Lok Sabha seats will be on June 1. The results will be out on June 4, as in the rest of the country.

CONSTITUENCY WATCH

It's Nitin Gadkari's 'Vikas' vs Congress' Vikas Thakre in Nagpur

MUMBAI: The BJP is relying on development brought in by Union Minister and sitting MP Nitin Gadkari in Maharashtra's high-profile Nagpur Lok Sabha constituency while the Congress is banking on the contacts and relations of its candidate Vikas Thakre with different sections of the society.

The Lok Sabha campaign in Nagpur will come to an end on Wednesday as the polling is slated for April 19.

Union Minister Gadkari, who was elected in the 2014 and 2019 elections defeating the Congress nominees Vilas Muttemwar and Nana Patole respectively, is pitted against Congress nominee Vikas Thakre.

Besides the slew of development initiatives taken by him during his two terms as a Union Minister, the Nagpur MP is also banking on Prime Minister Narendra Modi's guarantee. On the other hand, Vikas Thakre, who is a sitting MLA, is riding on Congress' five guarantees and approaching the voters with an argument that mere bridges, and metros "do not mean development".

For Union Minister Gadkari, the organisational strength, and the active participation of Deputy Chief Minister Devendra Fadnavis and the activists of RSS in the campaign apart from his pro-development image with "friendship" cutting across party lines and various sections of the society are a few positives which came handy for his outreach with voters. More importantly, the people have a direct connection with him due to his several public and social projects.

However, the few negatives in his campaign include the status quo and strong opposition from various quarters against the infrastructure development, public protests following the damage caused due to recent floods in Nagpur due to unseasonal

rains and lack of adequate

job opportunities. Congress nominee Vikas Thakre is counting on his political rise from a corporator to a legislator and his image as a leader who fights for the public cause. Thakre is cashing on his contacts and relations in every section of society and also the teams which were developed at every ward level. However, he had to struggle to bring together various factions in the Congress urging the leaders to keep aside their

egos for the defeat of the BJP. In addition, Vikas Thakre had to cope up with organisational constraints and a lack of strong poll machinery to take on BJP's 24x7

functional network. Interestingly, Union Minister Gadkari hopes to win with a higher margin on the development plank while Vikas Thakre is confident to muster support from the voters affected by inflation, unemployment, and farm-

Restrict Bengal Minister's movements on polling day: Nisith Pramanik urges EC

KOLKATA: Union Minister of State for Home Affairs and BJP's sitting MP from Cooch Behar, Nisith Pramanik, on Wednesday, appealed to the Election Commission (EC) to restrict the movement of West Bengal Minister in charge of North Bengal Development Udayan Guha on Friday when the constituency goes to polls in the first phase.

Besides being the state minister, Guha is also a heavyweight party legislator from the Dinhata Assembly constituency, one of the seven under Cooch Behar Lok Sabha.

Sources in the Chief Electoral Officer (CEO) said that in his application to the Commission, Pramanik has claimed that Guha had been instrumental in orchestrating an attack on him twice even after the model code of conduct came into force. In his application, Pra-

manik has also claimed

that Guha's name featured in the report of the National Human Rights Commission (NHRC) on the post-poll violence in West Bengal after the 2021 Assembly elections.

Claiming that Guha had been ill-famous for spreading hate messages, Parmanik has requested the commission to ensure that Guha is unable to step out of his locality on polling day.

Last month, a video went viral where both Guha and Pramanik were seen dashing against each other during a scuffle between the BJP and Trinamool Congress supporters.

The incident took place when Pramanik's convoy was passing through an area. where Trinamool Congress supporters had assembled to celebrate Guha's birthday. A scuffle broke out between the two groups and in an attempt to disperse the angry supporters of both sides, Dhiman Mitra, the local subdivisional police officer also sustained injuries

Jharkhand land scam case: Four more arrested by ED

IANS

NEW DELHI: Enforcement Directorate (ED) has arrested four more persons in connection with the money laundering case connected to illegal land acquisition involving former Jharkhand Chief Minister Hemant Soren and others, sources said on Wednesday.

Those arrested under the Prevention of Money Laundering Act (PMLA) are JMM leader Antu Tirkey, Priya Ranjan Sahay, Bipin Singh, and Irshad.

"They were arrested after searches in Jharkhand on Tuesday," said the sources in the Ranchi Division of ED.

These latest arrests bring the total number of individuals detained in connection to this case to eight.

The financial probe agency had initiated the money laundering investigation in the cases of land scam based on multiple FIRs registered by Jharkhand Police against several persons, including government officials.

First Ram Navami after Pran Pratishtha in Ayodhya is generational milestone: PM Modi

NEW DELHI: Prime Minister Narendra Modi greeted people on the occasion of Ram Navami on Wednesday and said "Ayodhya is in immense joy" and celebrating the birth anniversary of Lord Ram after the Pran Pratishtha ceremony.

Ayodhya is observing its first Ram Navami after the Pran Pratishtha ceremony at Ram Temple on January 22.

In a post on X, PM Modi said, "The first Ram Navami after the Pran Pratishtha in Ayodhya is a generational milestone, weaving together centuries of devotion with a new era of hope and progress. This is a day crores of Indians waited for. Innumerable people devoted their lives

to this sacred cause." "May the blessings of Prabhu Shri Ram always remain upon us and guide our paths towards righteousness and peace, illuminating our lives with wisdom and courage," he said.

The PM also said, "I

have full faith that the life of Maryada Purushottam Lord Shri Ram and his ideals will become a strong basis for building a developed India. His blessings will provide new energy to

the resolve of Aatmanirb-

har Bharat.' Union Home Minister Amit Shah also extended greetings to people. He said on X, "Jai Shri Ram! Best wishes to everyone on the holy festival of Ram Navami," the senior BJP leader wrote on X.

"The life of Maryada Purushottam Lord Ram is a symbol of the struggle for justice, social welfare and self-respect. The Lord established the highest ideal of sacrifice for truth and religion through his life and guided the entire world for ages. This year, celebrating the birth anniversary of the Lord in the temple of his birthplace after 500 years is a matter of pride for all Ram devotees. I pray to God for everyone's welfare," Amit Shah said.

→ ¢CMYK+



'GANDABAL BOAT TRAGEDY DAY 2'

Massive search, rescue efforts continue

SRINAGAR: The joint rescue operation for the missing bodies, including those of a father-son duo and another minor boy, entered its second day on Wednesday in the aftermath of the tragic boat capsize incident at Gandabal area of Batwara on Tuesday. Teams from SDRF, NDRF, Indian Army's MARCOS, Fire and Emergency, along with other officials, are intensifying efforts to locate and retrieve the bodies.

The Lieutenant Governorled administration provided financial assistance to the families of the deceased and those who sustained injuries in the incident.

Divisional Commissioner Kashmir, Vijay Kumar Bidhuri and Deputy Commissioner (DC) Srinagar, Dr Bilal Mohi-Ud-Din Bhat, visited the Gandbal area on Wednesday and met with the family members of the deceased.

They expressed heartfelt

condolences and solidarity with those affected by the tragic incident. Deeply saddened by the loss of six lives in the boat capsizing, they extended government assistance to the bereaved families.

As a gesture of support, the next of kin of the deceased were provided an ex-gratia relief of Rs 5 lakh each, while Rs 50,000 each was given to the four injured individuals.

Accompanied by Additional Deputy Commissioner Srinagar, Syed Ahmad Kataria, SDM East, Murtaza Ahmad, Tehsildar Panthachowk, Muzamil Ahmad, and other officials from the District Administration Srinagar.

The Div Com, on the occasion, said the search and rescue operation continues in the area as efforts are on to locate three missing persons, comprising two children and

"Today, 14 teams, including those from NDRF, SDRF, ARMY, River Police, and other agencies, were deployed for



rescue operations. The operation is scheduled to continue throughout the night and will resume in the morning," he

Bidhuri said Lieutenant Governor Manoj Sinha is actively monitoring the situation and has announced financial assistance for the families of the deceased and

Regarding the bridge construction, the Div Com said, "We have verified the information, and the work is expected to be completed by June of this

Meanwhile, the ongoing rescue operation to trace the bodies of the three missing fied following the boat capsizing incident.

An official said the rescue operation, to retrieve the three missing persons, including a father-son duo identified as Showkat Ahmad and his son Hazik Showkat, along with minor boy Farhan Parray, resumed in the first light of the morning after being halted last night at around 11 pm. It continued all day, he said.

The operation continued all day, with the rescue teams from SDRF, NDRF, Indian Army's MARCOS, Fire and Emergency, and other officials making all-out efforts to retrieve the bodies.

'We have been here in Jhelum of Batwara since around 6 am, continuing our search. Initially, we started from the Batwara area in the morning where the boat capsized. We first scanned the incident spot and soon moved forward to search other areas in the river for the body," ASI SDRF, Abdul Rashid told KNO.

very high on Tuesday, however, today it had receded, while no traces of the body were found. "We are hopeful of recovering the bodies," he said.

Inspector General of Police Kashmir VK Birdi told reporters that the search operation to trace the three missing persons from river Jhelum is underway. "We have alerted all the police stations along river Jhelum to keep watch on bodies," Birdi said, adding that specialised divers who are searching for the missing persons are focusing on sites where there is a high probability of finding the missing persons.

The entire Kashmir region plunged into deep shock and grief after a boat ferrying school kids, locals, and a few non-J&K residents capsized at the Gandabal area of Batwara in Srinagar on Tuesday. This resulted in the death of six persons, including a mother, her two children, and the boat-

GANDBAL BOAT TRAGEDY

Div Com Kashmir, DC Srinagar visit bereaved families



GMK NEWS NETWORK

SRINAGAR: Divisional Commissioner Kashmir, Vijay Kumar Bidhuri and Deputy Commissioner Srinagar, Dr. Bilal Mohi-Ud-Din Bhat Wednesday visited the Gandbal area of Srinagar where a boat carrying several children and adults capsized in the River Jhelum on Tuesday

The Officers met the families who lost their loved ones in the unfortunate incident and offered their condolences and expressed solidarity with

the bereaved families. On the occasion, an ex-

gratia of Rs. 5 lakh each was provided to the Next of Kin (NoK) of the victims.

Besides, an amount of Rs 50000 was also given to each 4 injured persons.

The Additional Deputy Commissioner Srinagar. Sved Ahmad Kataria: SDM East. Murtaza Ahmad: Tehsildar Panthachowk Muzamil Ahmad and other concerned from District Administration Srinagar accompanied the senior

Meanwhile, an ongoing rescue operation has been intensified to trace the bodies of the 3 more persons who are missing in the incident of boat capsizing.

SURVIVORS TALE

On hospital bed, little Ansa recounts Boat capsize horror

ABID BASHIR

SRINAGAR: Lying flat on a hospital bed in an Intensive Care Unit (ICU) of Shri Maharaja Hari Singh Hospital (SMHS) Srinagar, little Ansa is trying hard to come out of the big shock of boat capsize that claimed six lives including two minor students. Ansa was with her mother and younger sister on the ill-fated boat the wheel of which catapulted leaving behind a tale of death and grief. Ansa, a class 8 student

at Kendri Vidalya, said on the chilly morning of April 16, her mother told her to pack her bag and prepare for the school after almost a gap of 15 days which includes Eidul-Fitr holidays. "I told my mother I didn't want to go to school, but she insisted and I along with my younger sister packed our bags," she said. "My should start at 8:30 sharp and we were supposed to reach at 8 am. My mother, me and my sister were the first three to board the boat. The boatman had ferried many people till then and crossed the river several times.

Ansa said she saw a few students, a local resident along with a cycle, and a



boarding the boat. "One thing I noticed with my mother initially was that there was a lot of noise in the river Jehlum. That was something which panicked us at the beginning," she said. "My mother held my hands tightly. Someone in the boat told the boatman to hold the rope softly as water level was very high in the river and not to put much pressure on it. All was well till we reached the middle of the river."

As the boat reached the middle of the river, rope got cut and the boat hit one of the Iron

pillars of the upcoming bridge. "I couldn't even understand whether I was in the river or on a road. I started running to search for my younger sister and mother as if I was on a road. I couldn't find my sister anywhere. I was looking for my sister when water was over my head," Ansa said. "What happened after that, I don't remember at all.." She, however, urged the J&K administration to complete the footbridge as soon as possible so that such incidents are prevented. "I want the bridge to be completed within a month. If the

Administration wants, it can do that..," she said.

Ansa, her mother and her younger sister were lucky as all of them survived. Just discharged by the doctors at SMHS hospital, Ansa's mother Irshada said she can never forget the day. "I am yet to come to terms. Thanks to Almighty. I feel that I am still in the boat. The horrific incident is still fresh in my mind," she said in the hospital corridor. "The young faces of the students who were in front of my eyes in the boat are so fresh that they may remain for long...It is hard to forget

Irshada's youngest daughter Ayesha was admitted at Childrens' hospital and has been discharged. "She is also in shock. I sent Ayesha to her maternal home. She has to take medicine for

some time," she said. On Tuesday, a boat crossing the river Jehlum from Gandbal to Batwara in Srinagar capsized resulting in the death of six persons including two minor students. Six people were rescued while three are still missing. Ther rescue operation to race the missing ones is still on at various points of river Jehlum—(KNO)

Admin begins groundwork to prevent Sgr Boat capsize-like incidents



MUBASHIR AALAM WANI

SRINAGAR: A day after the tragic boat capsizing incident left six persons dead at Gandabal area of Batwara, the J&K Administration on Wednesday said it has formed a high level committee to suggest measures to be taken to prevent such incidents in the future.

The panel will submit its report within two weeks to the Divisional Commissioner Kashmir V K Bhiduri.

An official said said that a committee comprising of transporters, Irrigation & Flood Control (I&FC)

The committee will gather the details and submit the report for necessary action to prevent such incidents in the

department, Lake Conser-

vation and Management

Authority (LC&MA) and

others concerned

future, he said. He added that the committee has been asked to submit the report within

Pertinently, six people lost their lives; three others were rescued and as many are still missing after a boat capsized at Gandabal area of Batwara vesterday morning—(KNO)

4 drug peddlers arrested: Police

GMK NEWS NETWORK

SRINAGAR: Jammu and Kashmir Police on Wednesday said to have arrested four drug peddlers in Awantipora & Baramulla and recovered contraband substances from their possession.

In Awantipora, a police party of Police Station Tral at a checkpoint established at Buchoo Tral arrested a drug peddler identified as Yawar Ahmad Wagay son of Abdul Rashid wagay resident of Saimoh Tral, a police spokesman said in a statement issued.

During the search, 20 grams of Cannabis like substance was recovered from his possession. He has been shifted to PS where he remains in custody, police said.

During the investigation of said case, one more person identified in backward linkage, namely Mohammad Amin Dar son of Ab Gaffar Dar resident of Kewi Pora Marhama Sangam was arrested. During the search, 90 grams of cannabis-like substance was recovered from his possession, police said.

Meanwhile, a police party headed by Incharge



supervision of SDPO Awantipora at a checkpoint established at Dutpora Awantipora arrested a drug peddler identified as Ghulam Mohammad Bhat son of Gh Qadir Bhat resident of Dogripora. During the search, 1Kg 140gms of Charas Powder like substance was recovered from his possession. He has been shifted to PS where

he remains in custody. In Baramulla, a police party of Police Station Sherri headed by SHO PS Sheeri at a checkpoint established at Sheeri NHW near Eco Park, intercepted a person identified as Adil Nazir Sofi son of Nazir Ahmad resident of

Bagna Salamabad A/P PWD

Colony Kanthbagh Baramulla. During the search, 10 grams of contraband Heroin like substances was recovered from his possession. He has been arrested and shifted to PS where he remains in custody.

Accordingly, police said that cases under relevant sections of law have been registered at respective Police Stations and investigations have been initiated.

General public is requested to come forward or Dial 112 with any information regarding drug peddling/anti-social activity in their vicinity and extend their cooperation to Police in eradicating the drug from the society,

Illegal property of notorious peddler attached in Shopian: Police

GMK NEWS NETWORK

SRINAGAR: In continuation of its unwavering efforts to eradicate the menace of drugs from the society, Jammu and Kashmir Police in Shopian attached property worth Rs 25 lacs belonging to a notorious drug peddler.

Police in Shopian under the supervision of SSP Shopian Tanushree attached property (Double

District Shopian, a police spokesman said in a statement issued

The action was taken under sections 68-E read with 68-F (1) of NDPS Act of 1985 & is linked with case FIR No.21/2024 U/S 8/20 of NDPS Act of Police Station Shopian, police said.

The property was identified as illegally acquired property during the course of investigation/enquiry conducted by Shopian



story residential house worth Rs. 25 lacs) measuring 1769.635 Sqft belonging to notorious drug peddler namely Mahjabeen Banoo wife of Farooq Ahmad Najar resident of Stadium Colony Batapora Shopian constructed over Shamilat Section 5 land measuring 6.5 marlas (1769.63 sqft) falling under Survey No.

952/1 at village Batapora

Police. The property was prima facie acquired from

illicit trafficking in Nar-

cotic drug and Psychotro-

pic substances by the drug

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

Two apprehended along with weapons in Bijbehara: Army

AGENCIES

SRINAGAR: Army on Wednesday said two suspected persons have been apprehended along with the arms and ammunition in Naina area of Bijbehara in South Kashmir's Anantnag district.

Army in a post on X stated that a joint operation was launched by Army and Jammu & Kashmir Police today at Naina, Bijbehara in Anantnag.

The post reads that two suspected individuals have been apprehended along with one weapon, one hand grenade and other war-like stores, adding that further investigation is going on.

"OP NAINA, #Anantnag On specific Intelligence input, a joint operation was launched by #IndianArmy & @JmuKmrPolice on 17 Apr at Naina, Bijbehara in Anantnag. Two suspected individuals have been apprehended along with the recovery of one Weapon, one Hand Grenade and other war-like stores. Further investigation is in progress," Army wrote on X—(KNO)

Dir Agri conducts extensive visit of Bandipora district



GMK NEWS NETWORK

SRINAGAR: The Director Agriculture Kashmir Chowdhury Mohammad Iqbal Wednesday conducted an extensive visit of Bandipora district. He visited hi-tech polygreen houses, bore wells, and other components established under HADP at Dangerpora, Wangipora, Markundal. Sumbal and other areas of the district. He took stock of the agriculture scenario in these areas

Speaking to the farmers, the Director Agriculture said that the hi-tech, low cost poly green houses established under HADP are transforming the lives of vegetable farmers across the Kashmir division. He reiterated the depart-

ment's commitment to the socio-economic development of the farming community. He underscored the importance of projects under Holistic Agriculture Development Programme (HADP) and asked the farmers to come forward and avail the benefits from these projects. He directed the concerned officers to ensure maximum awareness among the farming community of Kashmir division regarding the proj ects under HADP.

Later on, director agriculture convened a review meeting of district Bandipora.

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