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Quote!

Quality is not an act, it is a habit

-Aristotle

NEWS DIGEST

J&K Logs 19 New Covid Cases

Srinagar: Jammu and Kashmir reported 19 new Covid cases on Monday, taking the infection tally to 4,54,520, officials said here. According to officials, the death was reported from Jammu and was the first Covid-related fatality in the Union Territory in more than a month. Of the new cases, 14 were reported from Jammu and five from Kashmir, they said. There are 169 active cases of COVID-19, while **More on P6**

Yoga Enables People To Live A Healthy Life: LG

Srinagar: The Jammu and Kashmir Lieutenant Governor, Manoj Sinha said on Monday that practice of Yoga enables people to live a healthy life, enhances mental and physical strength and creates perfect harmony between the body and mind. "Yoga and Yogic practices are beautiful ancient gift to mankind for comprehensive health and wellness as well as emotional stability to meet modern life challenges successfully. Yoga has become a **More on P6**

One Killed In Bharderwah Accident

Doda: One person was killed while four others of a family were injured when the car they were travelling in plunged into a deep gorge near Bamlakhi village on Bharderwah-Chamba road in Bharderwah sub division of Doda district. Officials said that a car bearing registration number JK02N-7877 skidded off the slippery road and fell into a deep gorge when it was on way to Bharderwah. The family after having outing at Padri on Bharderwah-Chamba road met with an accident near Bamlakhi village at around 3.30 PM, resulting in injuries to all the six persons **More on P6**

Top Army Commander Arrives In Ladakh

Leh: Northern Army Commander Lieutenant General Upendra Dwivedi on Monday arrived in Leh on a four-day long visit to Ladakh to review the operational preparedness of troops in the union territory, officials said. He is also scheduled to visit Siachen sector, the world's highest battlefield. Lt Gen Dwivedi arrived in Leh and was received by commanders of corps and the Indian Air Force (IAF), they said. He is on a four-day visit to Ladakh sector to review operational preparedness, training, progress **More on P6**

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7 Militants Killed In 24 Hours: Police

3 Pakistani Nationals, Arrested Militant Among Those Killed



File Photo

Observer News Service

Srinagar: Three more militants were killed in two separate encounters with government forces in Kashmir on Monday, taking the number of militants killed in the past 24 hours to seven, police said.

A police spokesperson said two militants were killed in a fresh exchange of fire in the ongoing encounter in north Kashmir's Kupwara district, taking the death toll in the overnight operation to four. Two militants were killed in

the encounter on Sunday.

"KupwaraEncounterUpdate: 02 more #terrorists including #terroristShowkat got #neutralised (total 04). #Incriminating materials, arms & ammunition recovered. Search going on. Further details shall follow," the police spokesperson tweeted.

In a statement issued here, a police spokesperson identified the killed militants as Bambar Khan, Al-Bakash, Aftab Bhai of Pakistan of Lashkar besides Showkat Ahmad Sheikh of Sedow village in Shopian. He further **More on P6**

FB Page Booked For Spreading 'Fake News'

The Jammu and Kashmir police on Monday booked a news portal on charges of spreading 'fake and baseless' news over an encounter in north Kashmir's Kupwara district. "Shopian police registered FIR No. 43/2022 U/s 153 and 505(1)b IPC against the handler of Facebook news portal THE REAL KASHMIR NEWS for spreading fake and baseless news with the intention to mislead the general public about the Chandigam **More on P6**

6 INCRIMINATING MATERIALS, ARMS/ AMMUNITION including 02 AK-series rifles, 06 AK Magazines, 01 M-4 rifle along with 01 Magazine and 03 live grenades were recovered from their possession."

Schools Reopen In Bharderwah After 10 Days

Press Trust Of India

Jammu: Educational institutions in Jammu and Kashmir's Bharderwah opened on Monday after a 10-day closure following communal tension in the town over now-suspended BJP spokesperson Nupur Sharma's derogatory remarks on Prophet Mohammad (Pbuh) and some social media posts by local right-wing activists in her support.

The day curfew in the town was lifted as the overall situation remained peaceful with no untoward incident reported in the past 24 hours. The night curfew, however, will continue till further orders, officials said.

All government schools and other educational institutions in Bharderwah have reopened after remaining closed for 10 days due to the communal tension, they said.

Mobile internet services remain suspended in the town. Fixed-line internet services were restored on Sunday, the officials said.

Additional District Magistrate (Bharderwah) Dil Mir issued an advisory on Sunday, warning of stringent action against those found sharing "objectionable material" on social media.

Curfew was imposed in Bharderwah on June 9. It was first **More on P6**

Govt Sacks 112 Doctors Over 'Unauthorized Absence'

100 Medical Officers, Specialists; Consultants Among Those Terminated

Zaid Bin Shabir

Srinagar: In what seems to be a major action against the doctors over dereliction in duties and misuse of government jobs, the Jammu and Kashmir administration Monday sacked 112 doctors, including specialists and surgeons for their "unauthorized absence" from duties.

In a series of orders issued by Principal Secretary for Health & Education department, Manoj Kumar Dwivedi, 112 doctors have been terminated, 100 among them Medical officers, four B-grade specialists and eight others Consultants and Dental surgeons.

The Government order has also noted that cases of these "doctors have been examined thoroughly in the department in view of the rule position governing the subject and it has been found that since these doctors have not resumed their duties despite notices issued to them and this act on their part is a voluntary act and they are liable to be discharged from services on account of unauthorized absence from duties for more than five years."

"Now, therefore, in terms of Article 128 of J&K Civil Services Regulation, Vol-I, the services of following Twelve (12) unauthorizedly absent doctors are

Return Of Coronavirus?

Case Surge Indicates Fourth Wave Hitting Soon: Experts

Augib Javeed

Srinagar: As Kashmir Valley is witnessing a brisk tourism season after three years of disturbances, the health experts on Monday warned of a possible fourth wave hitting the region soon in wake of the sudden spike in the daily Coronavirus cases.

Dr Saleem Khan, Head of the Department Community Medicine, Government Medical College (GMC) Srinagar said the number of daily Coronavirus cases in the Valley have seen a rise over a last few days.

"All these cases aren't severe but this gives us the indication that more cases will surface in the coming weeks," Khan told Kashmir Observer.

He added that the hospital in Srinagar witness over 20 Covid-19 cases everyday instead of 2-3 in the previous months.

The senior doctor further said that patients with the complaints of cough, throat infection and body ache are frequently visiting hospitals to



File Photo

avail treatment.

Jammu and Kashmir on Monday reported 19 new cases of Covid-19, twelve among them from the Valley. On Sunday, out of 32 fresh cases of virus, 15 were detected in the Kashmir Valley.

A doctor from Shri Maharaja Hari Singh hospital (SMHS) told Kashmir Observer that since a number of tourists came from different parts of the country and the locals are also rushing to different tourist resorts in the valley, it might be the reason for a spurt

in Covid-19 cases.

"People need to wear masks again and take precautions," he said.

Amid the spike in numbers, the Medical Superintendent of SMHS, Dr. Kanwaljeet Singh on Monday called a meeting to chalk-out a strategy to deal with another possible wave of the deadly infection.

"Since the OPD based patients of Covid-19 cases were coming regularly now. We decided to meet and discuss the future plans to deal with the wave," Singh said. **More on P6**

NIA Detains Four Youth For 'Harbouring Militants'

Press Trust Of India

Srinagar: The NIA on Monday conducted searches at seven locations in Jammu and Kashmir's Pulwama and arrested four people for allegedly harbouring militants of Pakistan-based Jaish-e-Muhammad (JeM).

The case relates to the militant activities of the JeM in South Kashmir, during which two militants, including a Pakistani national, were killed by security

forces in a gun battle at Chewa Kalan, Pulwama on March 11, a spokesperson of the National Investigation Agency (NIA) said.



The militants were identified as Aqib Mushtaq Bhat of Pulwama and Kamal Bhai of Pakistan, he said.

The case, registered in Pulwama, was taken over by the NIA on April 8.

During the searches, a large quantity of incriminating material was seized, **More on P6**

KP Employees Up The Ante For Relocation

'Will Approach Int'l Community For Asylum If Govt Fails To Protect Us'



File Photo

Press Trust Of India

Srinagar: Kashmiri Pandit employees on Monday threatened to appeal to international human rights organisations for asylum if the central government failed to relocate them from the Valley in the wake of attacks on minorities.

The employees, recruited under PM Package, have been protesting since the killing of one of their colleagues Rahul Bhat inside his office in the Chadoora area of Budgam district on May 12. Later, Rajni Bala, a government school teacher from the minority community, was shot dead by militants at her school in Kulgam district.

On this international refugee day, we demand that our elected government (Centre) relocate and attach us with the office of Relief Commissioner Jammu till the situation in Kashmir improves, Sanjay Kaul, a leader of the All Minority Employees Association Kashmir (AMEAK), told reporters at Sheikhpora Migrant colony in Budgam.

He said if the government failed to address their demand for relocation, the employees will be forced to appeal to the international community and human rights organisations to come to their aid.

Right now we have hopes with our elected government. If it fails **More on P6**

KATHUA BANK HEIST

Security Guard Held After Rs 1 Cr Loot

Press Trust Of India

Jammu: Burglars broke into a private bank in Jammu and Kashmir's Kathua district and decamped with over Rs 1 crore cash, police said on Monday.

The incident took place at a branch of HDFC Bank in the Hatli Morh area on the intervening night of Sunday and Monday.

The burglars entered the bank from the rooftop and tied its security guard to an iron rod with a rope, Senior

Superintendent of Police (Kathua) R C Kotwal said.

The guard told police that the burglars cut open the cash chest and stole the money, the SSP said.

The guard has been detained and bank employees are being questioned in connection with the matter, Kotwal said, adding that a Special Investigation Team (SIT) has been constituted to probe the case.

CCTV footage of the bank is being scanned to identify the accused, he said.



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How Do Drugs Know Where To Go In The Body?

A scientist explains why some medications are swallowed while others are injected

The Conversation

Apharma scientist explains why some medications are swallowed while others are injected

When you take aspirin for a headache, how does the aspirin know to travel to your head and alleviate the pain?

The short answer is, it doesn't. Molecules can't transport themselves through the body, and they don't have control over where they eventually end up. But researchers can chemically modify drug molecules to make sure that they bind strongly to the places we want them and weakly to the places we don't.

Pharmaceutical products contain more than just the active drug that directly affects the body. Medications also include inactive ingredients, or molecules that enhance the stability, absorption, flavor and other qualities that are critical to allowing the drug to do its job. For example, the aspirin you swallow also has ingredients that both prevent the tablet from fracturing during shipping and help it break apart in your body.

As a pharmaceutical scientist, I've been studying drug delivery for the past 30 years. That is, developing methods and designing nondrug components that help get a medication where it needs to go in the body. To better understand the thought process behind how different drugs are designed, let's follow a drug from when it first enters the body to where it eventually ends up.

How drugs are absorbed in the body

When you swallow a tablet, it will initially dissolve in your stomach and intestines before the drug molecules are absorbed into your bloodstream. Once in the blood, it can circulate throughout the body to access different organs and tissues.

Drug molecules affect the body by binding to different receptors on



Drug molecules affect the body by binding to different receptors on cells that can trigger a particular response. Even though drugs are designed to target specific receptors to produce a desired effect, it is impossible to keep them from continuing to circulate in the blood and binding to nontarget sites that potentially cause unwanted side effects.

cells that can trigger a particular response. Even though drugs are designed to target specific receptors to produce a desired effect, it is impossible to keep them from continuing to circulate in the blood and binding to nontarget sites that potentially cause unwanted side effects.

Drug molecules circulating in the blood also degrade over time and eventually leave the body in your urine. A classic example is the strong smell your urine might have after you eat asparagus because of how quickly your kidney clears asparagusic acid. Similarly, multivitamins typically contain riboflavin, or vitamin B2, which causes your urine to turn bright

yellow when it is cleared. Because how efficiently drug molecules can cross the intestinal lining can vary depending on the drug's chemical properties, some of the drugs you swallow never get absorbed and are removed in your feces.

Because not all of the drug is absorbed, this is why some medications, like those used to treat high blood pressure and allergies, are taken repeatedly to replace eliminated drug molecules and maintain a high enough level of drug in the blood to sustain its effects on the body.

Getting drugs to the right place
Compared with pills and tablets,

a more efficient way of getting drug into the blood is to inject it directly into a vein. This way, all the drug gets circulated throughout the body and avoids degradation in the stomach.

Many drugs that are given intravenously are biologics or biotechnology drugs, which include substances derived from other organisms. The most common of these are a type of cancer drug called monoclonal antibodies, proteins that bind to and kill tumor cells. These drugs are injected directly into a vein because your stomach can't tell the difference between digesting a therapeutic protein and digesting the proteins in a cheeseburger.

In other cases, drugs that need very high concentrations to be effective, such as antibiotics for severe infections, can be delivered only through infusion. While increasing drug concentration can help make sure enough molecules are binding to the correct sites to have a therapeutic effect, it also increases binding to nontarget sites and the risk of side effects.

One way to get a high drug concentration in the right location is to apply the drug right where it's needed, like rubbing an ointment onto a skin rash or using eyedrops for allergies. While some drug molecules will eventually get absorbed into the bloodstream, they will be diluted enough that the amount of drug that reaches other sites is very low and unlikely to cause side effects. Similarly, an inhaler delivers the drug directly to the lungs and avoids affecting the rest of the body.

Patient compliance

Finally, a key aspect in all drug design is to simply get patients to take medications in the right amounts at the right time. Because remembering to take a drug several times a day is difficult for many people, researchers try to design drug formulations so they need to be taken only once a day or less.

Similarly, pills, inhalers or nasal sprays are more convenient than an infusion that requires traveling to a clinic for a trained clinician to inject it into your arm. The less troublesome and expensive it is to administer a drug, the more likely it is that patients will take their medication when they need it. However, sometimes infusions or injections are the only effective way that certain drugs can be administered.

Even with all the science that goes into understanding a disease well enough to develop an effective drug, it is often up to the patient to make it all work as designed.

اجتماعی فائز خوانی

یہ خبر انتہائی دکھ کے ساتھ دی جاتی ہے کہ

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بصوم وصلوۃ کی پابند اور اچھے کردار کی مالک تھیں۔ اللہ تعالیٰ مرحومہ کو جنت الفردوس میں اعلیٰ مقام عطا کرے۔ مرحومہ کی اجتماعی فاتحہ خوانی 23/ جون 2022ء جمعرات کو بوقت صبح 10 بجے ان کے آبائی مقبرہ واقع آستان عالیہ فتح شاہ صاحب باراں پتھر بلوہ مالو میں انجام دی جائے گی۔

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NOTICE Government of India Ministry of Food Processing Industries

"Opportunity for Investment In Food Processing Sector"

Online applications are invited for setting up food processing industries under various sub-schemes of Pradhan Mantri Kisan Sampada Yojna (PMKSY).

Scheme Guidelines and Expression of Interest (EOI) are available on Ministry's website - <https://mofpi.gov.in>

DAVP/ 16101/11/0001/2223

PUBLIC NOTICE

I have lost the number Plate of my vehicle bearing Regd No; JK05D- 2819 . Now I am applying for the duplicate of the same if anybody having any objection in this regard he/she may file his/her objection in the office of the ARTO Baramulla within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Shabir Ahmad Dar
S/o Gh Ahmad Dar
R/o Rakh Haigam Sopore Baramulla

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PUBLIC NOTICE

I have applied for the issuance of DEE Class Contractor Card from R&B Office. If anybody having any objection in this regard he/she may file his /her objection in the office of the Super Intending Engineer R&B Circle Anantnag /Kulgam Khanabal within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.
NAME:-Mohd Altaf Khan S/O :- Mohd Rafiq Khan
R/O: Nala Sundbrari Kokernag

RNA

Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER PW (R&B) DIVISION SHOPIAN

e-mail:-rnbdivisonshopian@gmail.com (Phone/Fax No: 01933-26022)

NOTICE INVITING TENDERS Fresh to NIT No. 41 S.No. 1,3,5 & NIT No. 42 S.No. 1,2

NIT No: 67/3145-54 / SPN/RnB/e-Tendering/2022-23 Dated:-18-06-2022

For and on behalf of the Lt. Governor Union Territory of J&K, e-tenders (In single cover system) are invited on Percentage (%age) basis / Item rate baiss (As the case may be) from approved and eligible Contractors registered with J&K State Govt., CPWD, Railways and other State/Central Governments for the following works:-

S. No	Name of Work	Major Head of Account	Est. Cost (Rs. in Lacs)	Class of Contractor	Time of Completion (In days)	Cost of T/Doc (Rs.)	Earnest Money Deposit (Rs.)	AAA No / Dt	TS No / Dt
1	Upgradation of Bakerwal Mohalla Shahdab Road by way of Providing and laying of RBM, WBM Grade-II and Providing and laying of RCC spun Pipes.	Distt. Sector	7.759	DEE/CEE	25 working days	300/-	15518/-	194-DDCS of 2022 Dated:- 23-05-2022	08-D/S-R&B/Div/ spn of 2022-23 Dated 25/05/2022
2	Upgradation of Nassepora Zrakan Tharen road Including Kashmiri Basti by way of Construction of R/B Wall.	Distt. Sector	7.763	DEE/CEE	25 working days	300/-	15526/-	194-DDCS of 2022 Dated:- 23-05-2022	08-D/S-R&B/Div/ spn of 2022-23 Dated 25/05/2022
3	Upgradation of Trenz Kharpura Health Centre Road by way of Construction of 1 x 1.50 Mtr and 1x1.0 Mtr Span Box Type Culvert on Trenz Kharpura Health Centre Road.	Distt. Sector	7.756	DEE/CEE	25 working days	300/-	15512/-	194-DDCS of 2022 Dated:- 23-05-2022	08-D/S-R&B/Div/ spn of 2022-23 Dated 25/05/2022
4	upgradation of Ramnagri Girls School road by way of Providing and laying of RBM, WBM grade-II and Providing and laying of RCC Spun Pipes.	Distt. Sector	7.778	DEE/CEE	25 working days	300/-	15556/-	194-DDCS of 2022 Dated:- 23-05-2022	08-D/S-R&B/Div/ spn of 2022-23 Dated 25/05/2022
5	Construction of Road from Irrigation/Forest hut Sedow to Baniya Mohalla including Tullihalan Road by way of Providing and laying of RBM, WBM grade-II and Providing and laying of RCC Spun Pipes.	Distt. Sector	7.761	DEE/CEE	25 working days	300/-	15525/-	194-DDCS of 2022 Dated:- 23-05-2022	08-D/S-R&B/Div/ spn of 2022-23 Dated 25/05/2022

Position of funds=Approved

Percentage Rate method requires the bidder to quote a percentage above/below /at par of the schedule of rates applicable/as mentioned in the advertised BOQ

1. The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website www.jktenders.gov.in as per schedule of dates given below:

1	Date of Issue of Tender Notice	18-06-2022
2	Document downloading Start Date.	19-06-2022
3	Document Downloading End Date.	25-06-2022
4	Bid submission Start Date.	19-06-2022
5	Bid Submission End Date.	25-06-2022
6	Date & time of opening of Bids (Online)	27-06-2022 at 11:00 P.M

Bidders must upload the requisite cost of Tender document in shape of e-challan / Treasury Challan Receipt in favour of Executive Engineer R&B Division Shopian (Tender receiving authority). (Name of Work to be mentioned on the Treasury Challan / Receipt) (The Date of Treasury Challan should be between the date of Start of Bid and Bid Submission End Date) pledged to Executive Engineer R&B Division Shopian (Tender receiving authority).

2. All the Bidders have to upload / submit Earnest money deposit / Bid security deposit in shape of CDR/FDR

3. All the Bidders have to upload / submit Earnest money deposit / Bid security deposit in shape of CDR/FDR. Besides that, it is mandatory to mention the name of advertised work/ reference to (NIT & S.No) in the bid security (CDR/FDR/BG) by the bidders while submitting their bidding documents.

4. Additional Performance Security is to be asked from the Lowest bidder in case of an Un-Balanced Bid strictly in accordance to JK-PWD Engineering Manual-2020

5. The date and time of opening of Bids shall be notified on website www.jktenders.gov.in and conveyed to the Bidders automatically through an e-mail message on their e-mail address. The bids of responsive bidders shall be opened online on same web site in the office of the Executive Engineer R&B Division Shopian (Tender receiving authority)

6. The earnest money shall be forfeited, if:-

a.) Any bidder/tenderer withdraws his bid/tender during the period of bid validity or makes any Modifications in the terms & conditions of the bid.

b.) Failure of Successful bidder to furnish the required performance security within the specified time limit.

c.) Failure of Successful bidder to execute the agreement within 28 days after fixation of contract.

No.:- NIT-e-Tendering/RnB/Spn/ 3145-54
Dated:-18-06-2022

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DIPK-4355/22

Sd/-
Technical Officer

Sd/-
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Government of UT of Jammu & Kashmir

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ADMISSION NOTICE

Online applications are invited from the UT of Jammu & Kashmir, in pursuance of Director skill Development J&K Srinagar admission Notification No. DSD/401/Trgs/2022/592-680, dated:17-06-2022 for admission to the following courses at ITI Khuribatpora for the session 2022-23. The candidates can apply & fill up the application forms available at the admission link <http://itiadmissions.jkdsd.in> & the last date for applying online is up to 9th of July 2022.

The candidates have to fill up the details like Name, Parentage, Address, DOB, & Qualification on the online portal & have to upload the soft copies (in jpg format between 20kb to 300kb) of following documents:

1.	Marks certificate of qualifying examination.
2.	Date of Birth certificate.
3.	Category certificate (SC/ST/EWS/Physically Handicapped) if any.
4.	PRC /Domicile certificate.

The candidates after finalizing the application form will be required to submit system generated online form with self attested copies of above documents in the office along with the fee of Rs100/- per three trades in which he/she is seeking admission against proper receipt at ITI Khuribatpora.

Important Note:

1. Selection will be made purely on the basis of academic merit obtained by the applicants in their qualifying examination (matric/eleventh).

2. Candidates who have already undergone training in any trade in any ITI can not apply for admission for two years in popular trades, however they can apply for admission in all the unpopular trades.

3. Candidates can utilize the internet facility of institute during working hours of office for online applications.

The courses offered with duration of course & intake capacity prescribed entry qualification is given as under:

S. No.	Name of trade	Whether NCVT/SCVT	Duration of course	Intake capacity	Unit	Entry qual.	Scheme
1.	Stenographer & Secretarial Assistant (English)	NCVT	1year	24	1	10th	Normal
2.	Stenographer & Secretarial Assistant (English)	NCVT	1year	24	1	10th	Self-finance
3.	COPA	NCVT	1year	24	1	10th	Normal
4.	COPA	NCVT	1year	24	1	10th	Self-finance
5.	Plumber	NCVT	1year	24	1	8th	Normal
6.	Dress Making	NCVT	1year	20	1	8th	Normal
7.	Health Sanitary Inspector	SCVT	1year	24	1	10th	Normal
8.	Nursery & Orchard Management	SCVT	1year	24	1	10th	Normal (Farm ITI)

No:ITI/KBP/Trgs/2022/76-79
Dated:18/06/2022

DIPK-4422/22

Sd/-
Superintendent
Govt ITI Khuribatpora



Man Stabs 70 Year Old Mother-In-Law In Rambagh, Arrested

Agencies

Srinagar: A man was on Monday arrested after he allegedly stabbed his mother-in-law at Rambagh area of Srinagar.

Reports said that a man identified as Jasir Ahmad Gada of Batamaloo stabbed his 70-year-old mother-in-law identified as Amina resident of Raheembagh Mehjoor Nagar.

They said that soon after being stabbed by her son-in-law, the elderly lady was referred to SMHS hos-

pital for treatment.

Meanwhile, the accused has been arrested by Srinagar police while a case under sections of attempt to murder has been registered at Saddar Police station.

"Accused namely Jasir Ahmad Gada of Batmaloo arrested for stabbing his mother-in-law in Ram Bagh area. Case registered under sections of attempt to murder in Sadar Police station. Victim lady is grievously injured and is battling for life in SMHS Hospital," Srinagar Police tweeted. (KNO)

Lady Among 3 Attacked By Stray Dogs In Mandir Bagh

Agencies

Srinagar: At least three persons were attacked by stray dogs at Mandir Bagh area of Srinagar on Monday, locals said. Reports said that three persons were bitten by stray dogs early today in the locality.

"The stray dogs have unleashed terror in our locality. Today three persons including a lady were attacked by these dogs, who sustained minor injuries as

well," the locals said.

They said that soon after the trio was attacked simultaneously, they informed the officials of Srinagar Municipal Corporation (SMC) to look into the matter, but unfortunately nothing has been done.

"The situation is worse as the people don't bother to walk alone in the interiors here," they said and appealed to the concerned authorities to look into the matter so that they could heave a sigh of relief. (KNO)

Move Beyond Organizes Career Counselling Workshop

Observer News Service

Srinagar: National Institute of Technology's (NIT) Srinagar's 'Move Beyond' - A Career Counselling organization Monday organized a career development workshop titled "Listening to you" with young students at GD Goenka Public School.

The event was presided over by Director NIT Srinagar, Prof. (Dr.) Rakesh Sehgal, who was Chief Guest on the occasion. While addressing the students said that there is a dire need for career guidance in the region.

"Move Beyond is doing a great service by offering career counseling services to the students at their doorsteps. Effective career counseling and

guidance is the requirement for all-round development of students," he said.

On the occasion, Registrar NIT Srinagar, Prof. Syed Kaiser Bukhari who was the Guest of Honour" said career counseling and guidance helps students in a larger way in choosing the right careers.

He said parents often force their views on children and want them to choose a career of their choice.

"Our society must look beyond medicine and engineering and approach the world of work with an open mind," Prof. Bukhari said.

He said the idea is to inspire and provide direction to the aspiring students who are in the process of making and shaping their careers.

DC Accords Approval For Operation Of 120 E-Rickshaws

Observer News Service

Srinagar: In order to ensure proper regulation of e-Rickshaws on City roads and finalize routes for their operationalization, a meeting of Regional Transport Authority (RTA) was held under the Chairmanship of the Deputy Commissioner Srinagar, Aijaz Asad on Monday.

Commissioner Srinagar Municipal Corporation, CEO Smart City, Athar Amir Khan, Regional Transport Officer, Kashmir, Sajid Yehya Naqash, SSP Traffic, Muzaffar Ahmad Shah, Superintendent of Police (Headquarter), Chief Planning Officer Srinagar and other concerned were present in the meeting.

On the occasion, the Deputy Commissioner who is the also Chairman of RTA Srinagar after having threadbare discussion accorded approval for operation of services of 120 e-Rickshaws in Srinagar city particularly on the hungry routes where availability of public transport facility is meagre.

The DC directed the RTO, Kashmir to conduct an exercise with consultation with SRTC, Traffic Police and other concerned for finalizing an efficient and effective route plan in wake of the observation raised in the meeting so that better traffic management system is implemented to overcome the traffic issues in the City.

The DC directed the concerned Officers to undertake a comprehensive survey to check the feasibility, cost benefit analy-



sis and identify hungry routes in different parts of the City to facilitate general public, in addition the carrying capacity of the e-Rickshaws to avoid unregulated and mushroom operationalization of the services.

He constituted a Survey Committee headed by Additional Deputy Commissioner that will submit a report within the time period of 2 weeks to roll out an effective action plan for successful operation of e-Rickshaws in the District.

He further stressed that the e-Rickshaw drivers shall be given skill training and sensitized about the etiquettes and behavioral approach with commuters.

Earlier, the RTO, Kashmir apprised the meeting about the operation of the service, designated routes on which E-rickshaws service shall ply, fixing of fair charg-

es, besides facilities for charging stations at the terminals. He said that e-Rickshaws shall ply on hungry routes which usually see less vehicular movement.

Highlighting the advantages of e-Rickshaws, the meeting was informed that e-Rickshaw is a means of easy transport for common people and reducing pollution would bring considerable changes in reducing the pollution index.

Meanwhile, the meeting also discussed measures being taken to overcome traffic jams to ensure smooth regulation of traffic movement in the city and provide better transport services to the people. The RTA also discussed the future roadmap for next six months wherein sufficient number of Smart Buses are being procured to put in place a robust Public Transport System.

Electric Bus Service From DCC Moominabad To Jehangir Chowk Inaugurated

Observer News Service

Srinagar: Justice Ali Mohammad Magrey, Judge High Court of J&K and Ladakh, on Monday flagged-off an Electric Bus from District Court Complex (DCC) Moominabad, Srinagar to Jehangir Chowk near High Court Complex, Srinagar.

Providing bus service from District Court Complex Moominabad to High Court Complex, Srinagar has been a long demand of the Bar association.

On 13 June, 2022 in District Court Complex Moominabad, Srinagar, Justice Magrey had directed the Transport Commissioner to take immediate steps for providing Bus service from District Court Complex Moomi-

nabad, Srinagar to High Court Complex, Srinagar.

The Electronic Bus has been provided by the J&K Road Transport Corporation (JKRTC).

Justice Magrey also inaugurated an e-filing Help Desk at District Court Complex Moominabad, Srinagar. He also made a live e-filing application for filing cases in subordinate courts in District Srinagar.

The sanction for establishing e-filing help desks at different district headquarters including District Srinagar had been earlier sanctioned by the High Court.

He said that technology has made inroads in all walks of life and the justice delivery system cannot deprive itself from its

fruits. He said that e-filing help desks will be highly beneficial for lawyers and litigants.

Jawad Ahmed, Pr. District & Sessions Judge, Srinagar, M.K. Sharma, Member Secretary J&K Legal Services Authority, judicial officers of District Srinagar, N.A. Ronga, Chairman Bar Association along-with executive members and a large number of members of bar and officers of JKRTC were present on this occasion.

Justice Magrey also inspected various courts at District Court Complex Moominabad, Srinagar including the court of Pr. District & Sessions Judge Srinagar, Court of Additional District Judge and Court of 2nd Additional Munsiff Srinagar.

DIAL-EMMA

- TRAFFIC POLICE : 9419993745, 01998-266686
- PCR: 0194-2452092,2455883
- PDD: 0194-2450213
- FIRE AND EMERGENCY SERVICES : 2479488,2452222,2452155
- CAPD: 18001807011
- SMC HEALTH OFFICER: 9469409081
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- BARAMULLA: 0194-102029
- BIJBHERA: 01932-228243
- PAMPORE: 01933-294132
- PATTAN: 01954-293507
- QAZIGUND: 01951-296153



HIGHWAY STATUS



Sgr-Jammu highway - (Open)
Mughal Road - (Open)
Srinagar- Leh- (Open)



HIJRI
CALENDAR
21- Zil- Qaddah
1443

PRAYERS

FAJR	3: 35
ZUHR	12:32
ASR	5:32
Magrib	7:48
ISHA	9: 30

This Day In History

- 1307 - Külüg Khan is enthroned as Emperor of China and seventh Great Khan after defeating rival factions and succeeding his uncle Temür Khan
- 1529 - Battle of Landriano: Imperial-Spanish forces under Don Antonio de Leyva, Duke of Terranova, beat a French army under Francis de Bourbon, Comte de St. Pol
- 1547 - Great fire in Moscow, 2-3,000 killed
- 1572 - Garrison under Adrian of Swieten conquers Gouda
- 1582 - The Incident at Honn-ji takes place in Kyoto, Japan
- 1607 - 1st Protestant Episcopal parish in America established at Jamestown
- 1661- Treaty of Kardis: Russia & Sweden sign peace treaty
- 1768- 1st US bachelor of medicine degree (Dr John Archer) Agreement Constitution of the United States
- 1824- Greek War of Independence: Egyptian forces capture Psara in the Aegean Sea.
- 1826- Maniots defeat Egyptians under Ibrahim Pasha in the Battle of Vergas.
- 1834- American inventor and businessman Cyrus Hall McCormick patents the reaping machine
- 1849- Battle at Waghausel: Prussian troops beat Baden rebels
- 1904-The US Republican Party nominates Theodore Roosevelt for President, but not without opposition from those whom he calls 'malefactors of great wealth'
- 1907 -E W Scripps founded United Press
- 1921- The UK, the Dominions, and India, become the British Commonwealth of Nations
- 1940- The first successful west-to-east navigation of Northwest Passage begins at Vancouver, British Columbia.
- 1941- 2nd French troops occupies Damascus Syria
- 1945- US defeat Japanese forces on Okinawa during WW II
- 1948- 1st stored computer program run, on Manchester Mark I
- 1956- Anti-protons detected in the atmosphere
- 1975- Soyuz 19 returns to Earth
- 1985- American, Brazilian & West German forensic pathologists confirm skeletal remains exhumed in Brazil were Nazi Dr Josef Mengele

From KO Archives

KU Relents, Shelves Naseem Bagh Construction To Save Chinars

SRINAGAR- Kashmir University Wednesday suspended construction of a guesthouse inside the campus to save a dozen chinar trees from the axe following student protests.

Vice Chancellor, Abdul Wahid Qureshi halted the construction inside the chinar-studded Naseem Bagh campus here.

Hundreds of students had launched an aggressive campaign to draw public attention to the possibility of chinar trees being felled to make way for the construction.

"I have passed orders so that no law is violated in this regard," Qureshi told IANS. The lofty chinar tree, which is an icon of the rich Kashmiri heritage, is protected under the law and its felling without the explicit magisterial permission is illegal.

While many historians credit the Mughal rule for bringing the majestic chinar tree to Kashmir from Iran. Others argue the chinars in the Valley owe their origin to Greece.

The broad, thick leaves of the Chinar are famous for their changing colours during the autumn season.

From green to crimson, red and finally yellow, the leaves of the chinar present an autumnal spectacle of colour, which fascinates tourists so much, that they time their next Kashmir vacation with the changing colours of the chinar leaves.

Besides its grandeur and beauty, this tree has economic significance for the locals.

Its dry fallen leaves are burnt and converted into charcoal to fill the traditional Kashmiri fire pots. 'Kangris', used inside the loose, tweed over-garments called the Pheren' to keep warm during winters.

(Kashmir Observer, 21 June, 2007)

Srinagar Development Authority

National Highway Bypass, Bernina, Srinagar 190018 Tel:-2490443, 2493191. Fax:2493180
E.mail, Srinagardevelopmentauthority@gmail.com

Syed Showkat Saleem Andrabi
S/o. Syed Ghulam Rasool Andrabi
R/o. Ratnipora Pulwama
Presently Govt. Flat No. C-06 Tulsi-Bagh Srinagar.

NO SDA/DLM 603-06

NOTICE

Dated 14/06/2022

Subject :- Allotment of residential flat 3BHK (Type-B) in Shehjar Apartment at Bemina, Sgr. Reference SDA/DLM/2593-95 dated 21/02/2022

Whereas Srinagar Dev. Authority invited applications from the eligible persons for allotment of flats, in Shehjar Apartments, Bernina Srinagar.

Whereas pursuant to the advertisement notice, you have also applied for allotment for 3 BHK flat in Shehjar Apartment, Bemina; and

Whereas, letter of intent (LOI) was issued vide No. SDA/DLM/2345-48 dated 13/12/2018 for deposition of premium as per the notified terms and conditions of the advertisement notice; and

Whereas, you have deposited Rs. 3.00 lacs only as on date, and
Whereas, you have been notified to deposit the due premium as per the specified terms and conditions; and

Whereas, you have applied to the High Court branch of the J&K Bank for availing housing loan facility against the considered flat in Shehjar Apartments, and whereas, the documents for availing housing loan facility from the bank has been executed and forwarded to the bank, and

Whereas, you have submitted three cheques amounting to Rs. 35.00 lacs and first cheque bearing No.192051111 dated 03/12/2021 was deposited in the SDA account however the cheque was not credited in the official account of SDA due to paucity of funds in your account; and

Whereas, J&K branch High Court has requested through e-mail on 08-12-2021 to intimate the due payment as per specified terms and conditions; and

Whereas, the J&K Bank was communicated vide No. SDA/LM/2000 dated 09/12/2021 the due installments upto December 2021; and

Whereas, neither J&K Bank, High Court branch has forwarded the due installments of Rs.45.00 lacs nor you have deposited the due installments; and

Whereas, latest notice was served to you vide No. SDA/LM/2593-95 dated 21/02/2022 for deposition of due installments within ' 10 days, however you have failed to comply within \ the stipulated period.

Now, you are hereby given last opportunity to deposit the due installments of f 45.00 lacs along with 18% interest within 07 days from issuance of this notice failing which the LOI issued shall be withdrawn and amount deposited shall be forfeited without any further intimation.

Director Land Management
Srinagar Development Authority

DIPK-NB-1798/22



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K O V I E W

Lingering Violence

Security forces killed seven militants, including four Pakistani nationals in three counterinsurgency operations in Kupwara, Kulgam and Pulwama districts of Kashmir over Sunday and Monday. This has taken the toll of militant killings this year to 114, 32 of them Pakistani nationals, according to Inspector General of Police Vijay Kumar. Against this, just 21 foreign militants were killed in Kashmir last year. In the last ten days, 24 militants have been killed in gunfights, underlining the growing success of the counter-militancy operations. But whether this will lead to the end of militancy can be anybody's guess. The past three years have witnessed the security forces going on the offensive against militants. Over 500 militants have been killed in the cordon and search operations since the revocation of Article 370 in August 2019. The period has also witnessed the killing of 110 security personnel and around 100 civilians, several of them belonging to minority communities.

The objective of the counter-insurgency campaign has been to eliminate militancy by attempting to kill all the militants within a specific timeframe. Viewed from that perspective, the security agencies have been exceptionally successful over the last three years. It is expected that the killings of the militants at this rate could drastically reduce their number. This, in turn, is expected to alter the political dynamics in Valley and usher in peace. However, whether this would address the deeper factors underpinning the current state of affairs is impossible to predict. More so, when the current uncertainty goes back three decades. The militancy has gone through its crests and troughs but has never been wiped out. And same has been the case with the public unrest. But in the later case, an uneasy peace has by and large held after abrogation of Article 370.

What does the near future, therefore, hold for Kashmir? It seems a lingering uncertainty is here to stay. Many a security expert hope that the continuing successful anti-militancy operations would have substantially reigned in the militancy in the Valley. But then killings have hardly been a deterrent to fresh recruitment of militants. Though local recruitment could be expected to dwindle somewhat, it is unlikely to stop which it had actually done for some years from 2005 onwards. During those years, as the talks between India and Pakistan were ongoing - one of the most productive in decades - the militancy in Kashmir had reduced to a trickle. It is now impossible to imagine that anything like that will happen again. But here's to hoping against hope.

OTHER OPINON

Monsoon jitters

The monsoon landed early in Kerala, three days ahead of the normal date of June 1. The journey upward of its western branch has since then been timely but lacking in vigour. The latest IMD figures suggest that the monsoon is running an 8% deficit. Central India, which has the largest swathe of land dependent on rainfed agriculture, has only got 52% of the rain that is due; the southern peninsula has a 22% deficit. Only India's east and north-eastern parts are battling the diametrically opposite problem of too much rain, with floods in Assam and Meghalaya submerging entire villages. The northwest of India, where the monsoon is yet to arrive, and reeling under a series of heatwaves, is battling a rainfall deficit of 33%. The monsoon rainfall is critical to kharif sowing and so a faltering June has raised concerns in several quarters. However, there is little to be worried about at this juncture. June rainfall, particularly in the first fortnight, is historically patchy and contributes less than 18% of the monsoon rainfall. Meteorologists maintain that there is no correlation of the timing and advent of the monsoon rainfall with its eventual performance. Because of the large variance inherent in June rainfall, the IMD has historically chosen not to issue forecasts for the month, unlike for July and August. The latter two are considered the key monsoon months and responsible for supplying nearly two-thirds of the monsoon rains. Episodes of drought in India and those that are linked to agricultural failures are when the monsoon fails in these two months.

In fact, the real worry that lingers over the horizon is rainfall in July and August. On May 31, as part of its updated forecast, the IMD gave an optimistic picture. The June to September rainfall over the country was likely to be 103% of the Long Period Average, and central India was likely to get "above normal" rainfall as was the southern peninsula. The monsoon core zone, which consists of most of the rainfed agriculture regions, too is expected to receive "above normal" rain. In previous years, there has been a pattern of 'normal' and 'above normal' rains being forecast only for them to dry up for large periods in July and August, followed by a sudden surge in September. This pattern may help deliver the numbers but is not always beneficial for kharif sowing. The expectations of a good monsoon are premised on the persistence of a La Niña, the converse of the El Niño and characterised by a cooling of the Central Pacific waters. However, the Indian Ocean Dipole (IOD), another index of significance to the monsoon, is expected to be negative. Whether the La Niña can compensate for the dampening of the IOD remains to be seen.

The Hindu

Balancing the Books on
Agnipath Scheme

Dr Raja Muzaffar Bhat

The New Pension Scheme which is a contribution based Pension Scheme, was introduced for the first time in India for Central Government employees around 2004. The Ministry of Finance (Department of Economic Affairs) through a Notification No. 5/7/2003- ECB & PR dated 22nd December, 2003 made NPS mandatory for all new recruits to the Central Government service (except the armed forces) with effect from 1st January, 2004. After the enactment of the Pension Fund Regulatory and Development Authority Act (PFRDA Act 2013) the pension scheme notified on 22.12.2003 has become the National Pension System (NPS) under this Act. NPS is now regulated under PFRDA Act, 2013 and regulation framed thereunder by Department of Financial Services and PFRDA. Several states adopted the NPS for its employees and the Jammu & Kashmir Government too did the same from 2010 onwards. The employees appointed after 2010 in J&K are covered under NPS.

As mentioned above, the NPS was applicable to all the employees except those working in the Armed forces. The Government of India has to keep a huge budget for the pension of ex-service-men. It is estimated that out of the total Defence budget of India, 25% goes into the kitty of pensioners of Navy, Army and Airforce.

On February 1st this year, while presenting the Union Budget 2022-23 in the Parliament, the Finance Minister Nirmala Sitharaman announced an increase in allocations for the Ministry of Defence (MoD) by 9.8 percent. During financial year 2022-23, India's Defence budget allocation is USD 54.20 billion (Rs 4,05,470.15 crores) after excluding the component of the Defence pensions and is primarily focused towards the upkeep and modernization of an operational Armed Forces. The capital outlay, which focuses towards the modernization of Armed Forces has been increased by 12.82 percent with an allocation of USD 20.36 billion (Rs 1,52,369.61 crores).

Between financial years 2012 and 2021, defence expenditure increased at a nominal annual rate of 9.5%. Pension expenditure ballooned 14% year-on-year during the same period, while capital outlay spending rose only 8.4%.

The defence advisors of Govt of India are concerned about this issue because if this trend were to continue, the scope for defence modernisation is likely to reduce further over the next ten years. This has panicked the defence policy makers who have realised that optimising available monetary resources is the only option. Agnipath scheme has been envisaged by Govt of India to address this issue especially at a time when India is facing an imminent economic crisis.

Agnipath Scheme and Agniveers

Under the major policy reforms of the Ministry of Defence for recruiting soldiers, Govt of India recently unveiled its Agnipath scheme. The new scheme will be implemented in the three services i.e Army, Navy and the Airforce. The Cabinet Committee on Security, the CCS, has already cleared this new recruitment program which will come into force with immediate effect. The soldiers who will be recruited under the Agniveer scheme will be called Agniveers.

Around 45,000 to 50,000 soldiers (Agniveers) will be recruited annually under this scheme. This year the Govt plans to recruit around 46000 soldiers across India. The aspirants have to be between the ages of 17.5 years and 21 years. The recruitment will be done twice a year through rallies and basic criteria will be the same as laid down for regular recruitments. After selection, the Agniveers will be trained for six months and then deployed for three and a half years (total 4 years). During service, these soldiers will be paid a monthly salary of Rs 30,000 per month, along with additional benefits which will go up to Rs 40,000/month by the end of the four-year service.

The Government of India claims that this scheme will create a much more youthful and technically adept war fighting force by ensuring a fine balance between youthful and experienced personnel in the armed forces. Out of the total recruited Agniveers, only 25% will be allowed to continue for another 15 years under permanent commission. While this would reduce the total manpower in the permanent force levels, it will also bring down the expenditure on salaries and pension to a great level. The Defence Minister



Several Indian Army aspirants took to streets to criticised the scheme.

(Image: AP)

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Rajnath Singh reportedly denied concerns of decreasing the pension bill:

"We never see the Armed Forces through the perspectives of savings. Whatever we need to spend, the government is willing to spend. Our aim is to defend the country's borders. Whatever needs to be spent, will be spent."

Other Facilities

The Agniveers will be granted leaves at the discretion of the respective Armed Forces. The soldiers will be eligible for 30 leaves per year and sick leave based on medical advice. During their 4 year tenure as Agniveers in the Armed Forces, they will be entitled to the medical facility at Service Hospitals as well as CSD provisions. The regulations make sure Agniveers don't leave the Armed Forces before completing the 4 year tenure but in exceptional cases the Competent Authority may allow it depending on the gravity of the situation.

As explained, Agniveers will get Rs 30,000 per month salary for the first year, and it will increase in subsequent years. 30% of the salary will be deducted as a Contribution to the Agniveer Corpus Fund (ACF). The amount accumulated by the Agniveers at the completion of the tenure will be matched by the government, and Agniveers will get approx Rs 11.5 lakhs in hand as a Seva Nidhi (retirement) package. The amount that Agniveers get under Seva Nidhi will be tax-free. In addition to this, the Agniveers will get non-contributory life insurance of Rs 48 lakh that would be paid to the family in case of death of Agniveer while on duty. Agniveers are not supposed to pay any amount towards Provident Fund (PF).

Protests against Agnipath scheme

Soon after the Govt made an announcement

to launch the Agnipath scheme, massive protests erupted in Bihar, Rajasthan, MP, Punjab, Telangana, UP and some other states against the recruitment scheme. Most of the protesting youth are those aspirants who were preparing for getting into Army, Navy and Airforce in the coming months but the new recruitment scheme Agnipath seems to have shattered their dreams as the recruitment is only a 4 years contract and only 25% among them would continue to be in the armed forces for next 15 years. These agitating youth disrupted rail and road traffic in several states and torched rail coaches. The agitation turned violent in Bihar's Munger and Jehanabad as agitators burned tyres, damaged public transport, cars, buses and set trains on fire while raising slogans against the scheme.

Some changes in scheme

As protests over Agnipath scheme became violent the Govt has decided to make some changes in the scheme. On Saturday June 18th, Govt of India announced 10% reservations for the 'Agniveers' in various Central government jobs. The Agniveer soldiers who will be recruited under the newly launched scheme, are already entitled for job reservations in the Ministry of Defence, Indian Coast Guard and Defence Civilian posts, and all the 16 Defence Public Sector Undertakings. Apart from this, the age limit for recruitment during the first year has also been raised from 21 years to 23 now after protests. The Ministry of Home Affairs (MHA) also announced a three-year age relaxation beyond the prescribed upper age limit for Agniveers for recruitment in Central Armed Police Forces -CAPF and Assam Rifles. The upper age limit for recruitment in Central Armed Police Forces (CAPFs) - inclusive of Border Security Force (BSF), Central Reserve Police Force (CRPF), Central Industrial Security Force (CISF), Indo-Tibetan Border Police (ITBP), Sashastra Seema Bal (SSB), National Security Guard (NSG) and Special Protection Group (SPG) - will now stand at 26 years for Agniveers. In addition, Agniveers will get a compensation of Rs 1 Crore in case he sacrifices his life in the service of the nation.

Conclusion

At a time when non BJP states like Rajasthan and Chhattisgarh have already restored the Old Pension scheme and states like Punjab, Tamil Nadu, and Jharkhand, are also preparing to implement the same, the Govt of India should have put in more thought into the Agnipath Scheme. However, as pension bills are huge in the Defence Ministry (25% of defence budget), the Govt is also under compulsion to address this issue by introducing a Agnipath scheme which is nothing but Non Pension Scheme which was not applicable to Defence personnel till date. As the scheme has now been introduced for appointment of soldiers at lower rung, will the Govt introduce this scheme to recruit the officers in defence service as well?

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer
Dr Raja Muzaffar Bhat is an Acumen Fellow.
He is Founder & Chairman
Jammu & Kashmir RTI Movement



OBSERVER
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Keep an Eye Out for Sickle Disease

Sickle Cell Disease(SCD) is a major public health issue and one of the most common inherited disorders in the world. SCD affects millions around the world. The 19th of June is World Sickle Cell Awareness Day, a UN-recognised day dedicated to raising global awareness of sickle cell disease. "Shine the Light on Sickle Cell" is the motto of World Sickle Cell Awareness Day 2022. It is vital to celebrate this day so that the general public is aware of the complexities of sickle

cell anaemia.

Sickle cell disease (SCD) is a set of blood abnormalities that are usually passed down through the generations. Sickle cell anaemia is the most frequent type of anaemia (SCA). It causes a change in the oxygen-carrying protein haemoglobin, which is found in red blood cells. The patients frequently experience acute pain, which is referred to as sickle cell crisis and sometimes it may cause life threatening complications. Early diagnosis is important for best treat-

ment options. Sickle cell disease is diagnosed through a blood test. Since this disease is most commonly diagnosed in children, it is necessary to raise public awareness so that treatment can begin as soon as possible. Every September, National Sickle Cell Awareness Month is commemorated to raise awareness and funds for sickle cell disease and to garner attention on the need for research and treatment of sickle cell disease.

Increasing knowledge and acceptance, according to organisations like

the Sickle Cell Disease Association of America, is vital to better understanding and managing SCD diagnosis and care (SCDAA). Despite the obstacles, sickle cell disease treatments are progressing. Thanks to modern treatments, patients can live a happy life free of disease-related symptoms and suffering. World Sickle Cell Day is an opportunity to increase awareness about sickle cell disease and to keep a close eye on it.

Dr. Krishna Kumar
PRINCIPAL (Retd.)

The Dieting Paradox

Tim Spector

People who regularly go on diets tend to lose weight initially but bounce back and even gain weight after stopping the regime. This phenomenon – dubbed yo-yo dieting – is associated with changes in metabolism and is one reason why the vast majority of calorie-based diets fail. But exactly what causes these metabolic changes has remained a mystery – until now.

Previous studies in identical twins who differed in dieting patterns have shown that non-genetic factors are largely responsible. The working hypothesis was that when you gain weight you somehow “reset” your internal thermostat corresponding to the higher weight level and so when you lose weight – your body does all it can to return to that new higher set point. Now new research, published in *Nature*, explains why this happens to some people more than others and, importantly, how it could be reversed.

The study, by an Israeli group of scientists, mimicked human yo-yo dieters in lab mice. The researchers fed the mice in several cycles of alternating weight gaining and losing diets. They started with big, high-fat portions to fatten them up then slimmed them down with a diet of normal, light meals, then repeated the regime. Like humans, the mice slowly gained weight compared to other mice on steady diets of similar calories – even those on continuous high-fat diets.

Mice who bounced back and had increased weight regain after dieting had a lower energy expenditure than those on steady diets but still ate the same amount of food. We know this change in body metabolism occurs in yo-yo dieters. But the new study managed to figure out



why – by looking at a forgotten organ of the body.

In humans, this organ weighs nearly as much as the liver and is located in our lower intestines. It is the microbiome – the community of microbes that outnumber our cells and have a hundred-fold more genes and enzymes capable of digesting food and regulating our metabolism and immune systems. It turns out that changes to the gut microbes were responsible.

There were marked differences in the gut microbes of the yo-yo dieting mice compared to the normal ones – including a reduction in diversity, which is correlated with obesity and other metabolic problems in humans. When they transplanted these disordered microbes from the weight regainers into normal mice on normal diets they saw them gain weight – showing that the altered microbes were ultimately responsible. They could explain

how the microbes caused weight gain by looking at how they digested the plant fibre – their staple diet.

The study found that the altered microbes were under-producing healthy compounds generated from the plants called polyphenols (flavonoids) in the gut after dieting. These polyphenols are key to a healthy gut and the reason why many brightly-coloured foods are gut friendly. Taking polyphenols has in fact been associated with better health and less

obesity. The exciting result of this is that, because microbes are involved, the changes post-diet are potentially reversible.

AVOIDING THE YO-YO TRAP

The researchers tried a number of methods to reduce the weight gain in the yo-yo dieting mice. First, they gave them antibiotics which altered the microbes and increased polyphenol levels. This cured the problem, but isn't exactly a practical solution for humans. They then tried fecal transplants which also worked, but are again a bit drastic in humans. As taking a tablet is safer and easier, they then tried to replace some of these specific polyphenols by supplementation in the diet. Luckily, even this could reduce the weight gain.

So what are the lessons for humans? Assuming a similar mechanism is at work in humans, which is likely, it's pretty clear: Episodic weight loss can be metabolically dangerous – damaging your microbes and making you burn less energy. The solution – while we await some magic supplements – is looking after your microbes as you transition back onto normal foods after a diet. In particular, you need to feed them plenty of fibre and polyphenol-rich foods which, as well as the obvious fruit and veg, include nuts, seeds, olive oil (extra virgin), coffee, dark chocolate and even a glass of red wine.

The best approach if you really want to lose weight long term is to avoid crash diets and calorie counting altogether, which are doomed to fail. Instead eat real diverse food, plenty of fibre and let your microbes take care of the rest.

By Arrangements with The Conversation

“
Episodic weight loss can be metabolically dangerous – damaging your microbes and making you burn less energy. The solution – while we await some magic supplements – is looking after your microbes as you transition back onto normal foods after a diet

Casey Clark

It seems like every time you look at the television lately there's something bad going on in the world. Whether that's updates about the pandemic, mass shootings, police brutality, court hearings, celebrities promoting eating disorder behaviors, all of these subjects can affect your well-being.

It may seem self-explanatory that if bad things are going on in the news, then your sleep might suffer over that. Kristen Casey, a clinical psychologist and insomnia specialist, has noticed an uptick in insomnia symptoms, especially since the start of the coronavirus pandemic.

“When we think about things we can't necessarily control, our body responds in certain ways. Excessive worry or anxiety may provoke rumination, which is one of the major mechanisms in exacerbating anxiety. Anxiety keeps us up at night and may affect sleep quality,” Casey said.

In fact, anxiety (arousal) will inhibit you from a good night's sleep, even if your circadian rhythm is set and your sleep drive is high. Therefore, it's likely that this worry (whether we are aware of it or not) affects our sleep cycle.

But in today's news climate, it's unrealistic to suggest you can cut off information entirely. We know we should avoid doomscrolling, but sometimes we can't help it. So the question becomes: How do you sleep when everything is bad? Here's some advice:

FIRST, RULE OUT OTHER HEALTH CONDITIONS

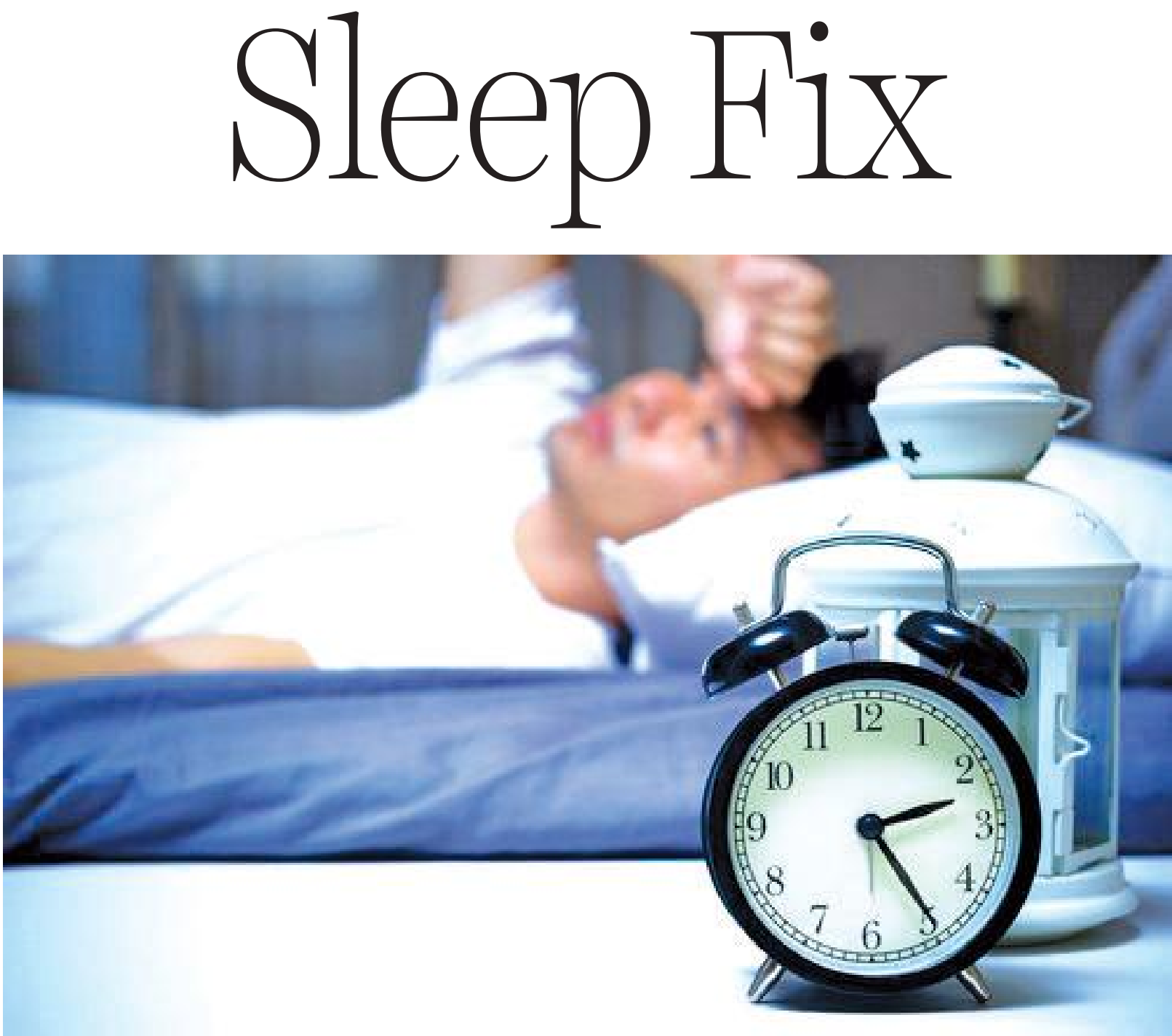
While the bad things going on around you and in the news might be affecting your sleep, there could also be underlying medical conditions that you'll want to rule out first.

“Anxiety and depression are commonly associated with difficulty sleeping and thus should always be part of an evaluation,” said Dr. Kristin Gill, a board-certified psychiatrist and faculty member at New York University's Grossman School of Medicine. “Other medical conditions that can cause difficulty sleeping that your doctor may want to evaluate you for include (but are not limited to) heart failure, hyperthyroidism, gastroesophageal reflux disease (GERD), hypertension, chronic obstructive pulmonary disease (COPD) and asthma.”

WAKE UP AT THE SAME TIME EACH DAY

Casey recommended developing a consistent sleep routine to keep your circadian rhythm on track.

“Focus on a wake time rather than a bedtime because we have more control over waking up to an alarm



rather than hoping to be tired by a certain time each night,” she said. “This is helpful because when our body has a consistent cycle, then it helps with melatonin secretion at the same time each day. Then we naturally become tired and know what to expect from our bodies day to day.”

Practice realistic habits that may help reduce stress

When bad things are going on around us, that can increase anxiety symptoms and keep you up at night.

“This is probably the most important factor in treating chronic insomnia because anxiety will keep us up all night even if we are physically ex-

hausted,” Casey said. “Try practicing stress management techniques during the day at neutral times, such as diaphragmatic breathing or progressive muscle relaxation, which will help us manage this anxiety if it pops up at night.”

Apps like Real, Calm and Headspace have guided meditations available if that sounds more helpful.

If that doesn't help you, then create a designated “worry time.” It might sound weird, but it can help you compartmentalize your stress. Choose a time each day to worry, long before bed. This way it'll help prevent worry and anxiety from creeping back up when you want to go to sleep.

DON'T USE THE BED FOR ANYTHING OTHER THAN SLEEP AND SEX

Whether you're working from home or watching television on your bed, it's time to change the location. Try sitting on the couch, at the kitchen table or at a coffee shop.

“By doing several other activities in your bed, a negative association can be created between being awake (and often feeling stressed out) and your usual place for sleep,” said Sarah Silverman, a holistic sleep doctor and behavioral sleep medicine specialist. “In other words, instead of your bed being a place for peaceful slumber, it becomes a cue for being awake.”

TURN OFF YOUR PHONE NOTIFICATIONS AN HOUR BEFORE BED

It's natural to want to stay informed. Tuning out completely can also come with its own set of guilt or mental health struggles. However, your brain isn't meant to absorb this much traumatic information.

Set boundaries by turning off your push notifications or news alerts at least an hour before bed. This can help you mentally unwind so you're not focusing on the news right as you crawl between the sheets. It also is a reasonable amount of time to step away from the doom and gloom. The infor-

mation will be there when you get up.

MOVE YOUR BODY DURING THE DAY

Exercise is important to overall health and can also help you sleep. You don't have to do a vigorous fitness routine to benefit from it — walking, dancing, running, hula hooping, etc. will suffice.

“Increasing your overall level of physical activity has been shown to improve the quality of sleep,” Silverman said. “Not to mention, exercise reduces stress and muscle tension, which can influence how you fall asleep, too.”

Take stock of what you're eating, drinking or taking right before bed

You may also be decreasing your chances of getting a good night's sleep by what you put into your body, such as food or medication, so it's a good idea to evaluate those.

“The most common medications and substances that could be keeping you up at night include caffeine, alcohol, glucocorticoids (“steroid” medications), stimulants, diuretics and bronchodilators (used to treat asthma and COPD),” Gill said.

If medication is the culprit, talk to your doctor about the best time to take it or if you can switch to something that doesn't influence your sleep.

DON'T STAY IN BED IF YOU CAN'T SLEEP

You might think that lying in bed will help you fall asleep, but it'll actually do the opposite.

“If you are in bed, and you cannot sleep, get up and reset. Staying in bed awake may actually program your bed to send a ‘wake’ signal instead of the desired ‘sleep’ signal you want,” said Michael A. Grandner, an instructor in the department of psychiatry at the University of Pennsylvania and a sleep expert at Oura.

Grandner suggested getting up after about 20 to 30 minutes, but if you start to feel frustrated about not sleeping, that is also a cue to get up and try to go back to sleep again in a little while.

If you adjusted your lifestyle and still can't sleep, then it might be worth it to visit a sleep doctor or insomnia expert for professional guidance and counsel.

“General sleep advice is great if you already have good sleep habits and want to optimize your sleep, but if you have insomnia or a primary sleep problem, general sleep tips may not be helpful, and it's important to talk with your doctor or see a sleep specialist if you're struggling to sleep well on a regular basis,” Silverman said.

– HuffPost Health

China Says Successfully Carried Out Mid-Course Anti-Ballistic Missile Interception Test

Press Trust of India

Beijing: China has said that it successfully carried out a land-based mid-course anti-ballistic missile (ABM) technical test on Sunday with Chinese experts claiming that the tests, stated to be the sixth of its kind, validated the reliability of the country's anti-ballistic missile umbrella.

The test is defensive in nature and not targeted against any country, the Chinese Defence Ministry's official English website said in a brief statement on Sunday.

According to the statement, China conducted a land-based midcourse missile interception test within its territory on June 19 and achieved the desired test objective.

State-run Global Times reported that the mid-course ABM test marks the consecutive year China has conducted this kind of test. A similar test was carried out in February 2021.

The latest test brings the tally of publicly announced Chinese land-based ABM technical tests to six.

China has carried out the ABM tests in 2010, 2013, 2014, 2018 and 2021, the report said.

It was not revealed in which interception phase the test in 2014 was carried out, while all other



five were carried out in the mid-course phase, the report said.

More tests indicate China's anti-ballistic missile capability is becoming more reliable and such trials contribute to China's national defence and security and serve as a deterrent against nuclear blackmails, an unnamed Chinese military expert told the paper.

The flight of an intercontinental ballistic missile usually consists of three phases. First is the boost phase in which the rocket booster powers the missile into the sky followed by the mid-course phase in which the booster stops as the missile travels outside of the

atmosphere. The re-entry or terminal phase in which the missile re-enters the atmosphere and zeros on its target.

Intercepting an intercontinental ballistic missile during its mid-course is very challenging because during this phase, the missile, usually equipped with nuclear warheads, travels high outside of the atmosphere at a very high velocity, the daily quoted Chinese experts as saying.

It is technically easy to intercept a ballistic missile in the boost phase because the missile is still close to the ground and accelerating, but it is difficult to get close to the launch site which is usually deep in hostile territory.

In the terminal phase, the interception is also challenging because the speed of the diving missile is very high, the experts said.

Now that countries around the world are developing hypersonic missiles with wave-rider gliders that can adjust their trajectories mid-flight when they re-enter the atmosphere, which makes terminal interception even more difficult, mid-course interception has become even more important, the experts said.

China's latest ABM test comes at a time Beijing is increasingly getting restive over the US and Japan ramping up their support for the self-governing island of Taiwan, which China vociferously claims as part of its mainland.

Also, China's claims over most of the South China Sea have resulted in tensions in the Indo-Pacific region. Vietnam, the Philippines, Malaysia, Brunei and Taiwan have counterclaims over the area.

China too is involved in a festering border dispute with India and the People's Liberation Army's (PLA) aggressive actions in the eastern Ladakh region since May 2020 have increased tensions between the two countries.

Also in recent times, China

has been asserting its sovereignty over the narrow Taiwan Strait which is rejected by the US.

China has sovereignty, sovereign rights and jurisdiction over the Taiwan Strait. At the same time, it respects the lawful rights of other countries in relevant waters, Chinese Foreign Ministry spokesperson Wang Wenbin told a media briefing here on Monday.

He was responding to a question over the US expressing concern on such claims by China as many of its warships and those of its allies periodically pass through the narrow Strait to assert claims of freedom of navigation.

Reports from Washington on Monday said the Biden administration has decided to reject a vague new assertion by China that the Taiwan Strait is not "international waters" and is increasingly concerned the stance could result in more frequent challenges at sea.

The US has been sending its warships both to the South China Sea and Taiwan Straits to counter Chinese claims over the areas. The US vessels and aircraft are closely tailed by the Chinese ships and planes whenever they pass through the area.

11 More Dead, 47 Lakh Affected In Assam Floods; Shah Dials Himanta

Guwahati: Assam's flood situation remained grim with all major rivers in spate, affecting over 47 lakh people and claiming 11 more lives on Monday as Union Home Minister Amit Shah called up Chief Minister Himanta Biswa Sarma to enquire about the state of affairs, officials said.

The northeastern state has been reeling under devastating floods over the last one week, affecting 47,72,140 people in 32 of the 36 districts. The fresh fatalities have pushed the toll in this year's floods and landslides in Assam to 82, a bulletin issued by the Assam State Disaster Management Authority (ASDMA).

Three fresh fatalities were recorded in Darrang, two in Nagaon police personnel who got washed away while trying to rescue marooned people and one each in Cachar, Dibrugarh, Hailakandi, Hojai, Kamrup and Lakhimpur.

Seven people were reported missing, with two each in Udalguri and Kamrup and one each in Cachar, Darrang and Lakhimpur.

"Hon HM Shri @AmitShah ji called twice since morning to enquire about the flood situation in Assam. He informed that a team of officials shall soon be sent by Ministry of Home Affairs to assess the damages caused by the natural calamity. Grateful to HM for his help," Sarma tweeted.

CMO sources said that Shah's



first call was to enquire about the flood situation and the second to inform the chief minister that a central team will soon be sent to the state for damage assessment.

Prime Minister Narendra Modi had also called up the Assam chief minister on Saturday to enquire about the situation and assured him of all possible help from the Centre.

Leader of Opposition in Assam Assembly Debabrata Saikia sought from the prime minister a central package of at least Rs 20,000 crore for relief and rehabilitation work in areas that suffered damage due to flood over the last three to four years.

He urged the Centre to

declare the problem of flood and erosion in the state as a national calamity.

Meanwhile, Sarma held a virtual meeting with state ministers, senior officials and deputy commissioners in the districts to review the flood situation.

He directed them to accord top priority to rescue and relief operations.

Sarma asked the DCs to take the help of Indian Air Force (IAF) to airdrop relief materials in areas where NDRF or SDRF boats have not been able to reach so far. He said IAF has assured the state government of offloading petroleum and diesel in severely-affected areas.

Sarma also asked the DCs to

keep static teams of the health department ready and ensure daily doctor visits to relief camps, and keep ambulances on standby to take patients in serious condition to hospital.

He said night shifts must be augmented in all district hospitals and special care must be taken of senior citizens, women and children.

The chief minister said relief and rescue operations in Barak Valley will be bolstered by roping in additional NDRF teams from the neighbouring states of Manipur and Tripura.

Sarma said he was in touch with his Meghalaya counterpart for restoration of vehicular traffic on the Jowai-Badarpur road

that has been badly damaged due to floods and landslides.

Meanwhile, North East Frontier Railways (NFR) has said that trains carrying relief, including petroleum and diesel and medical aid, will be sent to the affected areas.

It has cancelled, short-terminated or diverted several trains due to flooding along Chaparmukh-Kampur, Chaparmukh-Senchoa sections of Lumding and Harisinga-Tangla section of Rangiya division.

The devastating floods, caused by incessant rainfall, has affected 5,424 villages, from where 2,31,819 people have taken shelter in 810 relief camps.

Relief was also being distributed from 615 centres to people who haven't taken shelter in such camps.

Rivers Kopili, Brahmaputra, Puthimari, Pagladia, Beki Barak and Kushihara are flowing above the danger level.

Urban flooding was reported in Barpeta, Cachar, Darrang, Goalpara, Kamrup (Metropolitan), Karimganj districts and landslides occurred in Kamrup and Karimganj districts during the day.

A total crop area of 1,13,485.37 hectares have been affected, while 5,232 animals have been washed away.

Two embankments were breached, 349 roads and 16 bridges were damaged during the day.

HP: Cable Car With 11 Onboard Gets Stuck Mid-Air In Parwanoo, All Rescued

Agenceis

Shimla: Eleven people, including five women, were stranded for hours after a cable car was stuck mid-air at Parwanoo Timber Trail in Himachal Pradesh's Solan district, officials said on Monday.

All of them were rescued after a six-hour-long operation, they said.

Ten of the rescued tourists are from Delhi while one is from Haryana, police said in a statement.

A team from National Disaster Response Force (NDRF) also reached the spot, the officials said, adding the incident was reported around 11 am.

Parwanoo Deputy Superintendent of Police (DSP) Pranav Chauhan told PTI that the cable car carrying the eleven tourists had stuck at a height of around 200-250 feet near a mountain peak.

"That is why much difficulty was not faced in rescuing the passengers by sending them to the ground, one at a time, after tying a rope around each of them. A rescue cable car was deployed to get the people out, he added.

The DSP said that the maximum height of the 1.8km ropeway is about 1,000 metres.

Popularly known as timber trail, the Parwanoo ropeway is situated about 35 km from Chandigarh city on Chandigarh-Shimla road and it takes about eight minutes one way for the cable car to reach from one hill to the another.

Meanwhile, an FIR was registered against the owner of the cable car run by Timber Trail Resorts at Parwanoo police station under sections 287 and 336 of Indian Penal Code on the basis of a statement by Anand Goyal, one of the rescued tourists, the officials said.

Chauhan said if required, more sections from other Acts might also be included in the FIR.

Giving his statement under Section 154 of CrPc to the police, Goyal said that this incident has taken place due to the carelessness of hotel management. The investigation of this case is being carried out by Solan additional superintendent of police, the officials said.

The complainant informed Parwanoo DSP over phone that he, along with his family members, has been stranded in mid-air on ropeway/trolley at Timber Trail Resorts, Parwanoo, police said, adding that a team from Parwanoo police station

went to the spot to initiate rescue operation.

Air Force Station at Kasauli was requested to provide necessary help and an NDRF team stationed at Panchkula was also called to the spot, police said.

Chief Minister Jai Ram Thakur, who reached the spot after getting information about the incident, talked to the rescued tourists.

Later, speaking to the media, Thakur said Union Home Minister Amit Shah talked to him twice over phone and sent an NDRF team to the spot, while an air force helicopter was also put on standby.

To a query, the CM said that the incident would be probed to determine if there was any negligence on the part of the private company running the timber trail.

Earlier, State Disaster Management Director Sudesh Mokhta said eight people were stuck in the timber trail due to some technical snag in the cable car.

The 10 rescued tourists who are from Delhi include Anand Goyal (52), Kanika Garg (51), Anju Garg (47), Dimple Goyal (51), Sheetal Gupta (52), Rita Goyal (54), Rajesh Garg (50), Manoj Goyal (57), Gopal Gupta (55), and Parveen Garg (49). The Haryana tourist was identified as Chirag (28) from Jind.

A tourist from Punjab, Anupam Bhargia, said that the safety of tourists using the timber trails should be ensured. Accountability should be fixed in such incidents, otherwise timber trails should be closed, she added.

Meanwhile, a video clip apparently taken by one of the trapped tourists surfaced on social media in which an aged tourist can be heard saying that he is a diabetes and kidney patient and cannot be rescued by a rope. In the video, some other people were also saying that they were not fit to be taken out like this.

A similar incident at the Timber Trail had occurred 20 years ago in which one person was killed. In October 1992, 10 of the 11 stuck people had been rescued in an operation by the Army and Air Force, while the cable car operator had died.

Nearly two months ago, 15 tourists were trapped mid-air on a ropeway at Trikuta hills in Jharkhand's Deoghar district for around 40 hours. Twelve of them were rescued by Indian Air Force helicopters, while three people had died in the incident that took place on April 11.

CONTD. FROM FRONT PAGE

7 Militants Killed

claimed that it was on Sheikh's disclosure that the operation was carried out. Sheikh, he said, was mastermind behind an IED blast in a private vehicle in which one soldier was killed and others injured.

The spokesperson further claimed that the killed local militant used to ferry militants, arms and ammunitions from Lolab to Shopian.

"Incriminating materials, arms/ammunition including 02 AK-series rifles, 06 AK Magazines, 01 M-4 rifle along with 01 Magazine and 03 live grenades were recovered from their possession," he added.

In another encounter in Pulwama district, the police spokesperson said that a local LeT militant Suhail Ahmad Khan of Maidan Chogal Handwara was killed.

The encounter broke out in Pulwama's Chatpora after the police and army's 55 RR and the CRPF launched a cordon and search operation in the area, he said.

In the exchange of fire between the two sides, the spokesperson said Khan was killed.

Khan, he said, was involved in several cases including attacks on Police/security forces and other "civilian atrocities".

The spokesperson quoted IGP Kashmir Vijay Kumar congratulating the joint teams for carrying out operations in professional manner without any collateral damage.

"He also termed the elimination of 7 terrorists in less than 24hrs as a big success taking the toll of total killed terrorists to 114 including 32 foreigners so far in this year," he added.

FB Page Booked

Lolab encounter and investigation has been set into motion," police said in a statement. Meanwhile, police urged people not to pay heed

towards these rumours and legal action will be taken against those spreading fake and baseless information on the social media.

Case Surge

He further added that although they haven't admitted any patient yet, they are apprehensive about the surge in daily cases.

"Most of the cases were returnees from outside the Valley. The people need to wear the mask," Dr. Singh added.

It may be noted; the Indian Institute of Technology (IIT), Kanpur has predicted a fourth wave in June. The severity of the fourth wave depends on emergence of new variants and immunization coverage.

Rains Likely

south Kashmir during this time of the season, he said.

Kokernag had 12.8 mm of rain and recorded a low of 9.3°C against 9.1°C on the previous night. It was 4.8°C 'below' normal for the place in south Kashmir during this time of the season, the official said.

Gulmarg received 4.8 mm of rain during the time and recorded a low of 4.4°C against 3.5°C on the previous night, the official said. While 10.2°C is normal for the world famous skiing resort during this time of the season, the official said that the temperature was 5.8°C below normal for the famous place in north Kashmir's Baramulla district.

Kupwara town in north Kashmir received 3.0 mm of rainfall and recorded a low of 11.8°C against 11.5°C on the previous night. The temperature was 2.3°C below normal for the district, the official said.

Jammu recorded a low of 23.0 °C against 19.7°C on the previous night, the official said.

The temperature was 3.1°C 'below' normal for J&K's winter capital, he said. Banihal had 4.0 mm of rain and recorded a low of 11.4°C; Batote had 12.2mm of rain and recorded a low of 9.6°C; Katra received 1.4mm of rain and low of 21.0°C while Bhadarwah received 2.9 mm of rain and had a minimum of 12.1°C, the official said. (GNS)

NIA Detains

the NIA said.

Based on these searches, four accused -- Sahil Ahmed Khan, Jahangir Ahmed Dar, Shahid Ahmed Shergoiji and Inayat Gulzar Bhat all from Pulwama, have been arrested, the spokesperson said.

The four accused had "harboured JeM terrorists" active in South Kashmir and arranged transportation and logistics for them, he said.

They are also involved in radicalising impressionable local youth and motivating them to join militant groups, the NIA said, adding that further investigation in the case continues.

KP Employees

in ensuring our safety, which can only be achieved by relocating us, we will be forced to appeal for asylum, Kaul said.

During Lieutenant Governor Manoj Sinha's visit to the migrant colony, he had promised to keep the doors of dialogue open with the minority employees, Kaul said.

"But these doors have been shut. Issues cannot be resolved in one meeting. We are willing to take 10 steps but let the government at least take two," he added.

Kaul said the service-related issues that the Jammu and Kashmir administration has started addressing after Bhat's killing were pending for the past 12 years.

Are we to seek resolution of service issues by spilling our blood? Kashmiri Pandits will not be taken for a ride again, he said amid sloganeering by other protesting migrant employees.

Asked if the employees will resign from the service if the government did not agree to their demand for relocation, Kaul said, We will announce our future action in due course of time. For the time being, we are organising protests from Kashmir to Kanyakumari.

Kaul claimed that 70 per cent of the 4,800 PM Package employees have fled Kashmir since Bhat's killing.

The government claims on providing accommodation to minority employees are all lies. Only 1,200 employees have been provided accommodation while the rest are living in rented accommodations, he claimed.

The press conference was also attended by PM Package employees' representatives from Vessu, Mattan and Baramulla.

Schools Reopen

relaxed for two hours on June 15, followed by five hours in two phases on June 16 and four hours on June 17. The relaxation periods passed off peacefully.

Police and security forces are deployed in strength in the town to maintain law and order, the officials said.

Govt Sacks 112

Services Jammu in 2020, intimating that several doctors of the Health and Family Welfare Department had resorted to unauthorized absence from their duties.

J&K Logs 19

the number of recoveries has reached 4,49,598, officials said.

There are 51 confirmed cases of mucormycosis (black fungus) in Jammu and Kashmir, they said.

Yoga Enables

public movement for health at the global level. I urge everyone to make Yoga an integral part of life," Sinha said in his message on the eve of International Day of Yoga.

"This year's theme for International Yoga Day "Yoga for Humanity" has immense significance. During the last two years, the people around the world suffered due to Covid pandemic. In the trying times, Yoga served the humanity in alleviating the sufferings. It will bring people together through compassion, kindness while fostering a sense of unity and joy, peace, happiness, harmony within the community," he added.

One Killed

including 3 teenagers.

The victims were rushed to Sub District Hospital Bhadarwah, where doctors declared one of them as brought dead.

The deceased has been identified as Arjun Singh (33) son of Faqir Singh of Sharerna village in Bhalla tehsil.

The injured, however, are undergoing treatment at SDH Bhadarwah and their condition is stated to be stable. The injured have been identified as Meenu Devi (43) wife Dev Raj, her two daughters Himani (15), Deepika (13) and her son Rahil Dev (17), Sahil son of Rattan Lal—all residents of Bhalla—(KNO)

Top Army

of induction of modern weapon systems, equipment and logistics assets, officials said.

J&K Schools Directed To Celebrate Yoga Day Today

Agencies

SRINAGAR: Authorities on Monday asked the schools of Jammu and Kashmir to celebrate International Yoga Day on Tuesday.

In an official communiqué, Jammu and Kashmir State Council of Education and Research (SCERT) has directed all heads of District Institute of Education and Training (DIETs) to pass the instruction to school heads.

"The International Yoga Day is being celebrated in India and all the associated countries on June 21, as the said date is declared as the Yoga Day on the international level," SCERT said.

The communiqué reads, "In this connection, as per the instructions from the higher ups, DIETs are requested to advise

all the Primary Schools, Middle Schools, High Schools and Higher Secondary Schools of your jurisdiction to celebrate the International Yoga Day on June-21."

SCERT further requested to monitor the celebration of the day from all the corners. "Submit the detailed report to SCERT on June-22-2022 along with selected quality photographs, videos etcetera in support of the programme conducted by the respected schools," it reads.

Notably, the International Day of Yoga has been celebrated annually on June-21 since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in India—(KNO)

NC Shocked Over Truck Driver's Death In Landslide

Press Trust Of India

JAMMU: National Conference on Monday expressed grief and shock over the death of a man and damage to several shops following a landslide triggered by incessant rains in Poonch district of Jammu and Kashmir.

Tariq Ahmad Khan was driving out his parked truck when the landslide struck Mandi-Poonch road near Sakloo village, killing him, officials said.

In a statement issued here, National Conference president Farooq Abdullah and vice president Omar Abdullah prayed for peace to the departed soul and

expressed solidarity with the bereaved family.

NC provincial president Ratan Lal Gupta and provincial president of Youth National Conference Jammu and former MLA Ajaz Jan also expressed grief over the death of the truck driver in the landslide.

They demanded a compensation of Rs 20 lakh to the bereaved families.

Jan called for immediate restoration of the road network and other public utility services that suffered damage due to water-logging and flash floods, besides shifting families to government buildings whose houses have been damaged.

DC Jammu Reviews Flood Preparedness Ahead Of Monsoons



Observer News Service

JAMMU: Deputy Commissioner Jammu Avny Lavasa on Monday chaired a meeting to discuss and review flood protection preparedness in view of the ensuing monsoon season, here at a meeting of stakeholder departments.

The concerned officers gave a detailed presentation about the flood prone areas and protection measures being made to deal with any eventuality.

Asking the officers to work out flood management plans, the DDC underlined the need to activate control rooms at District, Tehsil and block levels to ensure their functioning round the clock.

Directions were passed for identification of vulnerable points and cleaning deep drains and nallahs to prevent water logging during the monsoon. "Keep men and machinery ready with tents, boats, sand bags, life jackets and other rescue equipment and make available de-watering pumps at vulnerable locations as precautionary mea-

sures" she asked the concerned departments. The JMC and R&B Department were asked to complete the de-silting of the deep drains in advance to avoid water logging during rains.

She further directed to take immediate measures to fill gaps, if any, to avert/ tackle arising incidents during heavy rainfall and flood like situation in future.

The CMO was directed to ensure availability of sufficient medicine stocks in the district especially related to water borne diseases.

PDD was asked to take measures to prevent power supply disruption and keep alternate power lines ready in case of failure of the main line.

Later, the Deputy Commissioner also chaired the Meeting of District TB Forum to review the implementation of the National Tuberculosis Elimination Program.

Issues regarding Molecular Testing, Nikshay Poshan Yojana, community support for TB patients (Nikshay Mitra), GATI-MAN, active case finding were discussed in the meeting.

Panel Formed To Check Sexual Harassment At Workplaces

Principal GMC Srinagar Prof Samia Appointed As Chairperson

Observer News Service

SRINAGAR: The Health and Medical Education department has re-constituted complaint committee meant to prevent sexual harassment of women employees at workplaces.

Prof Samia Rashid, Principal GMC Srinagar as the chairperson of the committee.

"Sanction is hereby accorded to re-constitution of the Complaint Committee to register and enquire into and dispose off complaints, if any, of sexual harassment against women employees of H&ME Department and its sub-ordinate offices," reads an order issued by Manoj Kumar Dwivedi, Principal Secretary to Government, Health & Medical Education Department.

The order stated that Prof Samia Rashid, Principal GMC Srinagar will be the chairperson of the committee, while Dr. Shashi Sudan Sharma, Principal Government Medical College Jammu, Lotika Khajuria, Controller Drug & Food Control Organization J&K will be the members and any other member co-opted by the chairperson.

It stated that the committee has to submit its report on each complaint received by it regarding sexual harassment against women employees of the department.

Committee To Review Suspension Cases Of GMC Faculty

Agencies

SRINAGAR: In order to review the suspension of faculty members of Government Medical Colleges of Jammu and Kashmir, the Health and Medical Education Department constituted a review committee.

"In supersession of Government Order No. 291-JK(HME) of 2020) dated 18.03.2020 on the subject, sanction is hereby accorded to the constitution of a Committee to review the suspension of faculty members of Government Medical Colleges of J&K, in terms of Rule (31) of the Jammu & Kashmir (Classification, Control and Appeal) Rules, 1956," reads an order issued by Manoj Kumar Dwivedi, Principal Secretary to Government, Health & Medical Education Department.

It added that the committee will have to file quarterly and annual reports about the total number of complaints received enquired by and action taken on the same.

pal Secretary to Government, Health & Medical Education Department.

As per order the committee comprises of Administrative Secretary, Health & Medical Education Department, Concerned Principal of Government Medical College (as the case may be), Director Finance, Health & Medical Education Department, Additional Secretary to the Government, Health & Medical Education Department and Additional Secretary (Law), Health & Medical Education Department.

"Concerned Under Secretary to the Government, Health & Medical Education Department shall present the case before the Committee with all the necessary documents," it said—(KNO)

6 Lakh People Visit Kashmir's Mughal Gardens In Last 2 Months

Agencies

SRINAGAR: While the number of foreigners visiting Kashmir has gone down considerably but the footfall of domestic tourists is surging. .

According to official data, 657808 people visited three Mughal gardens of Kashmir. Of them, 312 were international tourists, 421631 were nationals and 235861 were locals.

Mughal Garden Nishat has seen a total of 121049 visits with 96466 domestic tourists and 24500 locals and 83 foreigners in April and May.

The total number of visits to the Shalimar garden stood at 77796, with the number of foreign tourists at 83. The number of Indian visitors to Shalimar garden was 66931. The number of locals who visited the Mughal Garden in Srinagar was 10842.

5478 locals, 51996 Indian tourists, and 27 foreign nationals visited the Cheshma Shahi garden in Srinagar.

The official records show that south Kashmir gardens, once the hotspot of tourist activities, are witnessing a low footfall of tourists, which locals say is a result of plenty of factors including the callousness and the "step-motherly" attitude of administrators towards the region.

However, the officials of the Floriculture Department outrightly denied the claims and said that Anantnag is the second focal point of the Department.

"We have nearly ten parks under the control of the Department. There were several issues that the Mughal gardens down south, however, the issues have been resolved," he said.



The Department has installed lights and fenced the entire Verinag and Kokernag Mughal gardens. "In Ahabal, we have repaired the fencing and installed lights in the garden. We are particularly focussing on the maintenance of the Mughal gardens," he said.

Achabal, known to be one of the favourite gardens of the Mughal emperor, Jahangeer has had a total of 4622 visits- out of them, 4297 were locals. Only 325 Indians visited the Mughal garden located in south Kashmir's Anantnag.

The Kokernag garden has had a total of 5604 visits. 4576 were locals, 1028 from Indian states, and zero foreign tourists. The verinag garden famous for its spring has had a total of 4337 visits in the months of March and April. Out of the total number of visitors, 2342 were locals and 1995 from outside Jammu Kashmir.

The total number of visitors at Green Park in Srinagar's Harwan has a number higher than any of them in south Kashmir. Out of a total of 6997 visits, 474 were from India, and one was a foreign national.

Lidder View Park in Pahalgam in the months of March and

April has seen a total of 481 visits. Out of this total number, 150 are locals and 331 are from outside Jammu Kashmir. A total of 917 persons visited Lidder Park Pahalgam out of them 311 were locals and 606 Indian nationals.

"The Mughal gardens have been a centre of attraction. This is not the footfall of tourists in the valley. Many people do not visit the gardens which are under the maintenance of the Floriculture department, Farooq Ahmad Rather, the Director of the Floriculture Department Kashmir said.

He said that six Mughal gardens in Jammu Kashmir are under the tentative list of UN's World Heritage sites. The Government has prepared a dossier for the inclusion of several gardens of the valley in UNESCO's heritage sites. "We are expecting the footfall of international tourists to improve if our demand for the inclusion of Gardens is approved," he said.

"The administration has signed an MoU with the Jindal Group who have started repairing the Shalimar Gardens in Srinagar, but we are trying our best too to preserve and maintain the gardens in the region," he said—(KNO)

J&K Bags 'Star Of Governance-SKoch Award In Horticulture'

UT tops in Horticulture category nationally in the SKOCH State of Governance Report 2021

SRINAGAR: Jammu & Kashmir has been awarded 'Star of Governance-SKoch Award in Horticulture' in the SKOCH State of Governance Report 2021.

The UT was awarded at an event held at New Delhi as a part of 'India Governance Forum'.

J&K has topped in the Horticulture category nationally in the 'SKOCH State of Governance Report 2021'.

Secretary in Agriculture Production Department, Mohammad Akbar Wani received the award on behalf of Atal Dulloo, Additional Chief Secretary, Agriculture Production Department, J&K Government.

The award was presented by Sameer Kochhar, Chairman, SKOCH Group. SKOCH Award, independently instituted in 2003, is India's honest civilian honour conferred by an independent organisation as a third-party assessment.

It is the only award in the country that is based on felt-needs assessment and outcome evaluation based on evidence. It, therefore,



recognises people, projects and institutions that go the extra mile to make India a better nation.

Pertinent to mention, that the Horticulture is a major sector of the UT of J&K and plays a key role in the in the economy of the UT and has got the potential to transform the economy of the UT.

Eight Lakh families are associated with the industry and contributes about 10% of the UTGDP.

The sector has witnessed tremendous growth in the recent years. The award was conferred particularly for advancement in High-Density apple plantation and walnut cultivation.

Joint Dir Info Kashmir Condoles Demise Of GM Daily Aftab

Observer News Service

SRINAGAR: The Joint Director Information Kashmir, Inam Ul Haq Siddiqui has condoled the demise of General Manager (GM)- Daily Aftab Srinagar, Ghulam Nabi who passed away Monday evening after a brief illness at SMHS hospital, here.

The Joint Director has offered his deepest condolences to the bereaved family and prayed for eternal peace to the departed

soul and courage for the bereaved family to bear this irreparable loss.

Meanwhile, the Deputy Director (PR) Kashmir, Bilal Mukhtar, Assistant Director/ FPO, Mohammad Aslam Khan and other officers and officials of Information Department Kashmir have also condoled the sad demise of Ghulam Nabi and prayed for peace to departed soul and courage for family to bear this loss.

KU Announces AR, AC Mains Exam Results

Agencies

SRINAGAR: University of Kashmir, Dargah Hazratbal, Monday announced mains exam results for the posts of Assistant Registrar and Assistant Controller. The mains exam of two-tier exam was conducted on March 23 this year.

The seven posts, as learnt from aspirants, were advertised on October 24, 2019 saw preliminary exams being conducted on August 26, 2021 – results of which were notified on December 1, 2021. Date for conducting the mains exam scheduled for

January 6, 2022 was however postponed to March 23, 2022. The varsity authorities put off the results yet again, causing anguish among the 175 aspirants, many of which had been calling GNS intermittently until last week to take up the issue with varsity authorities.

On taking up the issue with Vice-Chancellor Kashmir University Prof. Neelofar Khan assured the results will be announced in 'a couple of days'.

With the varsity announcing the mains results after almost 90 days, selected candidates will be heaving a sigh of relief. (KNS)

PACE Organises Medical Camp At Noorbagh

Observer News Service

SRINAGAR: A free medical camp at was held at Shungli Pora, Noor-Bagh which was organised by an NGO, Prevention & Care for Everyone (PACE).

The aim of the camp was to provide free medicine and doctor consultation for poor and destitute, a statement issued by PACE said. It said that the camp witnessed huge rush of patients. The

initiative drew positive response and was received well by locals.

"Our aim is to reach out to poor and needy. We love to organise camps for orphans, widows and old and we will continue to organise such camps, PACE spokesperson, M. Altaf Khan said.

He said that a team of three doctors led by team PACE did free consultation and distributed free medicines during the camp.

Tejaswini Scheme Helps Women To Set-Up Gainful Self-Employment Ventures : Govt

Observer News Service

SRINAGAR: Tejaswini Scheme is providing financial assistance to the young women of J&K for setting up gainful self-employment ventures, suited to their skills, training, aptitude and local conditions.

To empower and encourage women for income generation for activities either in manufacturing/ service/ trading/ small business etc, J&K Government is facilitating soft finance for setting up new unit/ enterprise or for expansion/ modernization of existing Unit.

Pertinently, the scheme launched by Lieutenant Governor, Manoj Sinha, in June, 2021 is a start up funding programme for adolescents and young women of the UT making them empowered and self dependent through their own business ventures.

The broad aim of the scheme is to provide financial assistance to the young women of 18 to 35 years of age for setting up gainful self-employment ventures, suited to their skills, training, aptitude and local conditions.

Under the scheme, female entrepreneurs shall be facilitated to avail financial assistance under Mudra from J&K Bank to the extent of Rs 5 lakh.

Mission Youth, J&K shall provide an amount of Rs 50,000 or 10% of project cost as subsidy. Besides, interest component of the loan shall also be sponsored by Mission Youth as special incentive and repayment of loan will technically be interest free for the young female entrepreneurs who apply for assistance under the scheme.

The scheme intends to provide assistance to all eligible young women who are

domiciles of J&K and have a qualification of matriculation and above. It will also cater to enterprises where women entrepreneurs hold not less than 50% of financial holding, besides providing assistance to set up women centric businesses and micro start-ups.

In view of low participation of women in various entrepreneurial and livelihood generation activities, Mission Youth has conceptualized this scheme for young women of J&K to uplift status of women in the society.

Mission Youth has set a target to cover 2000 women entrepreneurs under the scheme during the current financial year. A budgetary component of Rs. 12 crore has been earmarked by Mission Youth on account of government subsidy for the scheme for the current financial year. The scheme has the distinction of

being the first of its kind under which repayment of financial assistance will be interest free. It has been specifically modelled to ensure that businesses set up by these young women turn into viable and flourishing enterprises.

The Government also helps the young aspiring women entrepreneurs in acquisition of fixed assets (Plant & Machinery, equipment, furniture & fixtures) and meet the working capital needs for purchase of various products / equipments/tools etc.

The scheme is proving a significant step towards boosting employment scenario in J&K where unemployment rate is higher than the national average.

The women entrepreneurs do not have to visit any office for the purpose and the Mission Youth has come out with an online portal for end to end process of applications.

CS Approves Action Plans For Several Central Schemes

Observer News Service

SRINAGAR: Chief Secretary, Dr Arun Kumar Mehta on Monday impressed upon the officers of Agriculture Department to make Panchayat a unit of convergence for all Agriculture related schemes.

He made these remarks while chairing the State Food Security Mission Executive Committee (SF-SMEC) and State Level Sanctioning Committee (SLSC) Centrally Sponsored Schemes (CSS) like NFSM, NMAET-ATMA and RKVY.

The meeting was attended by Administrative Secretaries of Agriculture, Finance, Forest, RDD, Tribal Affairs, Planning, Floriculture Departments. Besides the Head of Departments of these departments also participated in the said meeting.

The Jammu based officers participated in the meeting through video conferencing.

Dr Mehta enjoined upon the all the Heads to work towards formulating plans with farmer as main focus. He emphasised on linking all the farmers with experts in Ag-

ricultural Universities so that each of them has access to scientific knowledge and expertise and enhance their incomes.

The Chief Secretary further advised the concerned departments to increase their reliability for farmers so that they have a trustworthy relationship with them. He asked them to be available for them on real time basis. He observed that nearly 70% of people are associated with Agriculture in one way or other so this sector deserves due priority.

He directed for making Agriculture Extension Officers readily available to farmers and effective use of Helpline numbers for reaching higher ups by the farmers. He observed that there is no dearth of resources to aid the farmers but proper strategies are needed to benefit them most.

Dr Mehta urged them to aim for increasing the income of farmers manifold. In this direction he asked both the Agriculture Universities to study the pattern of farming in J&K and introduce reforms besides assessing their income. He also took

note of delay in providing of solar pumps to the farmers and asked the concerned department to start giving them to farmers from next month.

The Chief Secretary stressed on introducing the concept of AgriStack and digital farming without any loss of time so that the benefits of schemes and plans percolates down to the targeted beneficiaries in timely and effective manner.

The Additional Chief Secretary, Agriculture brought forth the need for promotion of secondary agriculture focusing on increasing productivity only. He said that the processing of just 3% of our agriculture produce is not enough to meet the goal of increasing farmers income substantially. He asked for creating more connections between lab and farms so that the future needs of farming in terms of seeds and production are met here.

The meeting was informed that J&K UT had achieved saturation in respect of flagship programmes like Kisan Samman, Kisan Credit Cards and Soil Health Cards.

DPS Defeats OASIS In U-14 Cricket Tournament Final



Observer News Service

SRINAGAR: Delhi Public School Srinagar put in an all-round power-packed performance to defeat OASIS Educational Institute by six wickets to clinch the U-14 Cricket Tournament organised by Department of Youth Services And Sports Jammu and Kashmir, Zone Amira Kadal.

The tournament was held at SP College Ground from 13th to 18th June. Sixteen teams representing various schools of the zone participated in the tournament playing against each other for a shot at glory.

In the finals, OASIS won the toss and elected to bat first. However, the DPS bowlers found enough purchase off the pitch to send the openers packing in the first two overs. This set the tone for the match as the quartet of Abrar, Ahmed, Shayan and Dabeeb bowled miserly spells while striking at regular intervals.

OASIS could only muster 66 runs at the loss of eight wickets at the end of the allotted ten overs. Any hopes that OASIS had of defending the measly target were dashed as the DPS open-

ers - Syed Anhaar and Murshid smashed 20 runs in the first three overs. However, in the 4th over OASIS drew first blood, only for rain to halt proceedings. The brief shower, however, put life in the pitch, and two wickets fell in quick succession after the rain break. However, Anhaar kept a cool head, holding fort at one end and ushered his team to victory with a crucial unbeaten 40. Syed Anhaar was declared the man of the match.

The team credited their coach Mr Iqbal Dar for their success.

Congratulating the team, the principal Shafaq Afshan said, "We are delighted at the success of our budding cricketers. To emerge winners in the zone implies that our sports program, which we take great pride in, is bearing well deserved fruit. Congratulations to the team and their coach."

DPS Chairman Vijay Dhar said, "We are delighted though not surprised at the win. The school has never been shy of promoting local talent to shine beyond the school level, and prove their mettle at the zonal, regional, national and international level. Congratulations to the winning team."

1st Hapkido State Championship Held



Adil Khan

SRINAGAR: 1st Hapkido State Championship was held from 18th to 20th June at Indoor Sports Complex, Polo View, here. The championship was organised under the aegis of County Wide Hapkido Federation.

A large number of players from various Kashmir districts, Schools and Clubs participated in this event, including Cassette School, Crescent Public School, White Hall School, Girls Higher Sec. School Soura, Green Land Educational Institute, Boys Higher Secondary School Soura, Girls Higher Secondary School Nawakadal, Leez Karate Dojo, International Tiger's Martial Arts Organisation.

"We recently took affiliation of Hapkido game and we found a significant interest of students in this game since it involves kicks, punches, and throwing comparable to Judo and Taekwondo," said Shahid Hilal Malik, the event's organiser.

"The major goal of organising this event is to inspire students from all around the country to come and participate," he added.

"I am extremely pleased with the championship; I would like such events to be held every year since they provide us with not only physical but also mental strength," said

Adiya, a competitor.

"I encourage everyone in the country to get out and participate in sports," she continued.

"The need for self-defense is essential. We should encourage our youngsters to learn martial arts and Hapkido by holding events like these," added a Hapkido member.

The Officials of the event were Sahiba Nisar, Tabasum, Muskan, Najeeb, Inaab ul Nabi, Mohammad Dawood, Mohsin, Muskan Sofi, Insha, Rasik, Anas, Peerzada Muhammad Iqbal, Aaqib, Taha, Shahid, Ashiq Hussain, Irfan, Uzma and Taqwa Andrabi. While organisers of this event were Khushboo, Shahid, Faizan and Irfan.

Guest of honours included Aafaq Sadiq GoH, Syed Manzoor Shah GoH, Adnan Shah President I.T.M.A.O., Fazil Khan Vice President JKHA, Dawood Sofi General Secretary JKHA, Muhammad Shoaib President JKHA, Parvaiz Hussain Khan, General secretary I.T.M.A.O., Mirza Sajid Hussain Beigh Secretary General JDU, Sudesh Kumar General Secretary CHF, Nasir Ahmad Naiko Councillor SMC, Raja Mushtaq GoH, Junaid Bashir MD Hotel City Palace, Rameez Bandy GoH, Arshid Ahmad, Director TCI, SHO Ahmednagar, Lal Bazar SHO, Karan Major 125 BN THE GUARDS.

India Win 2 Bronze On Day 3 Of Asian Cycling Meet

Press Trust of India

NEW DELHI: India enjoyed a successful outing at the Asian Track Cycling Championship with two bronze medals in New Delhi on Monday. Ronaldo Singh bagged the country's first-ever international medal in the 1km time trial event. After three days, India has 20 medals in the kitty.

World junior champion and Asian record holder Ronaldo pedalled the cycle with a speed of 58.254 km/hr and clocked 1:01.798s to come in the leaderboard.

He won the bronze medal in the 1km time trial event of men's senior category. This was his and India's first-ever medal in this event.

Yuta Obara of Japan won gold with 1:01.118s (speed 59.902 km/h), Malaysia's cyclist Mohammad Fadhil clocked



1:01.639s to claim the silver.

"I came here for the gold but had to be satisfied with bronze. I just repeated my last year performance, which was not enough for gold, to change the colour of medal.



KESHAV MAHARAJ AND RISHABH PANT pose with the trophy after the T20 series ended in 2-2 draw. The last game in Bengaluru on Sunday was called off due to rain with only 3.3 overs of play possible. Image via BCCI

Karthik Opens Up Lot Of Options: Dravid



Press Trust of India

BENGALURU: Dinesh Karthik as an "enforcer" opens up a lot of options going into the T20 World Cup, says India head coach Rahul Dravid, who wants to identify a core group of 18-20 players by the end of England series.

For Dravid, to be a part of the World T20 set-up, it won't be enough to just the "knock the door". Anyone who wants to stake a claim in that squad of 15 will need to "bang it down".

"It was really nice to see Karthik come off and do what he has been picked to do. That

was good and it opens up a lot more options for us, going forward," Dravid said after the five-match series against South Africa ended in a 2-2 draw.

"He was picked for what he has been doing exceptionally well for the last two or three years (in IPL) and kind of indicated in the sense that it almost came together in the game at Rajkot," Dravid spoke about the Tamil Nadu dasher's 27-ball-55 that was crucial in India restoring parity in the series.

For Dravid, Karthik and Hardik Pandya are the two enforcers in the death overs.

"We needed that big performance in last five overs to make a par score and he and Hardik batted beautifully. Both of them are enforcers for us at the end," Dravid spelt out what role the team management has in mind for Karthik.

The coach had no hesitation in admitting that Karthik has made a good case for himself going into the T20 World Cup.

"I was telling guys that you have to start banging the door down and not just knocking the door down and innings like that (Rajkot fifty) means he is knocking very hard."

Indian Racer Jehan To Test F1 Car For First Time With McLaren



Press Trust of India

NEW DELHI: Young Indian racer Jehan Daruvala on Monday took a substantial step towards realising his Formula 1 dream by securing a two-day test with eight-time constructors' winner McLaren.

The 23-year-old, who is currently in his third season in Formula 2, will be clocking valuable miles in a Formula 1 car for the very first time. He will be driving McLaren MCL35, which competed in the 2021 F1 Championship, on June 21 and 22 at Silverstone in the UK.

The test, which is part of McLaren's Testing Previous Car (TPC) programme, will give Jehan a much needed experience in a highly complex Formula 1 car.

The track time will also help him earn enough points to apply for a Super Licence, which is needed to compete in Formula 1.

Though Jehan is part of the

Red Bull Junior Programme, he has got the required go ahead from the Milton Keynes outfit to test with a rival F1 team.

He has already said the current Formula 2 season is a make-or-break one for him as far his Formula 1 dream is concerned. He is currently in the middle of his best season with five podiums in six rounds, pushing him to third place in the standings.

Speaking to mediapersons from UK, the Mumbai-based driver sounded ecstatic about getting the opportunity but said it doesn't guarantee anything for 2023.

"This is nothing related to me getting a drive next year in Formula 1. There are not many seats opening up in F1 but I have got this opportunity to be in a F1 car and do well and if I do get the opportunity I want to be ready," he said.

"I have never driven a Formu-

la 1 car before. This test is for me to learn the car and its characteristics and find its limits.

"My aim is to win the F2 Championships and hopefully I do enough and my name is out there (to be noticed)."

He will be doing rounds of the Silverstone track with speeds in excess of 300kmph, pushing his body to the limit, especially the neck with G forces involved.

Fresh from the F2 round in Baku, Jehan said he is ready to take the big step.

"Apart from my neck, I have not done too much extra. I have been busy with my racing (F2). I am generally very fit and don't struggle that much. I will come to know at the end of the week but I have prepared my body as much as I can for the test."

Jehan is aiming to become the third Indian to race in Formula 1 after Narain Karthikeyan and Karun Chandhok.

Nissanka Smashes Ton As Sri Lanka Beat Australia In 3rd ODI



Reuters

COLOMBO: Pathum Nissanka cracked a brilliant 137 while Kusal Mendis scored a half-century before getting injured as Sri Lanka beat Australia by six wickets in the third one-day international on Sunday to take a 2-1 lead in the five-match series.

Chasing 292 to win, Sri Lanka shook off the early dismissal of Niroshan Dickwella for 25 as Nissanka and Mendis combined for a brilliant 170-run partnership for the second wicket to put their side in complete control. But while Mendis retired hurt with a hamstring injury on 87, Nissanka hung on to take his team close to the finish line which they crossed with nine balls to spare after a quick-fire 25 by Dhananjaya de Silva and Charith Asalanka's steady 13.

Nissanka's knock came off 147 deliveries and contained 11 fours and two sixes. Australia opted to bat first after winning the toss and an unbeaten 70 from Travis Head and 62 from skipper Aaron Finch helped them to a competitive 291-6 on a tricky Colombo wicket which was slow and offered the spin bowlers some turn.

Head and Alex Carey (49) combined superbly during their 72-run partnership after Australia found themselves in a difficult position at 121-4, before Glenn Maxwell smashed 33 off 18 balls in a strong finish to the innings. Jeffrey Vandersay was the pick of the bowlers claiming 3-49 for Sri Lanka, who dropped four catches, while Head was lucky to survive a big appeal for leg-before when he was on four as the hosts did not review the umpire's decision.

South Korea To Bid To Host Asian Cup



Reuters

confirm their bid by June 30.

South Korea will launch a bid to host the 2023 Asian Cup following China's decision to relinquish its rights to the tournament, the Korean Football Association (KFA) said on Monday.

China was due to host the tournament in June and July next year but the country's efforts to follow a zero-COVID policy have resulted in the 24-team event being moved, read more

The Asian Football Confederation (AFC) invited bids to stage the 2023 Asian Cup last month, saying interested parties must

"The Korea Football Association is promoting the bid for the '2023 AFC Asian Cup' hosted by the AFC in Korea," KFA said in a notice on their website.

"Therefore, we would like to proceed with the application for bid from local governments that have stadiums that can host international games, such as domestic soccer-only stadiums and general sports grounds."

South Korea's President Yoon Suk-yeol gave the go-ahead for a push to host the finals earlier this month, ordering his sports minister to try to secure the event.

Poland Cuts Russia-Based Player Out Of World Cup Plans



Agencies

WARSAW: Poland won't consider defender Maciej Rybus in its plans for the World Cup in Qatar after he signed a new contract with a Russian club.

The Polish soccer federation said on Monday coach Czeslaw Michniewicz told Rybus that he would be left out of the squad for Nations League games in September and out of Poland's plans for the World Cup because of his "current club situation."

The full back was with Lokomotiv Moscow last season and stayed with the team after the Russian invasion of Ukraine. He signed a new two-year contract with Spartak Moscow on June 11. Rybus has played 66 times for

Poland, most recently in November, and was in the squad for the last World Cup in 2018 and last year's European Championship.

He has spent almost all of the last decade at various Russian clubs, except for a brief spell in France with Lyon, and is married to a Russian woman.

There was no word from the federation on two other national players who have contracts with Russian clubs. Midfielder Grzegorz Krychowiak of FC Krasnodar and Sebastian Szymanski are still covered by existing contracts signed before the invasion, and Krychowiak moved on loan to Greek club AEK Athens following the invasion.

Poland will face Mexico, Argentina and Saudi Arabia in the World Cup group stage.