

TOP NEWS OF J&K

JAMMU, SUNDAY, DECEMBER 17, 2023

Daily Evening Newspaper



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BRIEFLY

Fire damages ITBP barrack in Zewan Headquarters

SRINAGAR, Dec 17 (Agencies): A massive fire broke out in a barrack of Indo Tibetan Border Police (ITBP) headquarters at Zewan on Srinagar outskirts causing huge damage to the property, officials said on Sunday.

Fire and Emergency services said that fire broke out in a Barrack of ITBP measuring 50 x 200, which stored a huge quantity of tents, bullet proof jackets, helmets and other items were severely damaged in a major fire incident.

They said the fire broke out on Saturday evening and the fire tenders were moved from the nearby stations at around 7.19 pm. It took several hours to extinguish the leaping flames before it caused extensive damage to the barrack.

The articles stored in the barrack were being used by the ITBP during the annual Amarnath Yatra period, the Fire and Emergency Services official said.

In a separate fire incident four cowsheds were damaged in a fire incident at Dara Harwan in the outskirts of Srinagar early this morning also.

Mughal road, SSG road closed for vehicular traffic following fresh snowfall

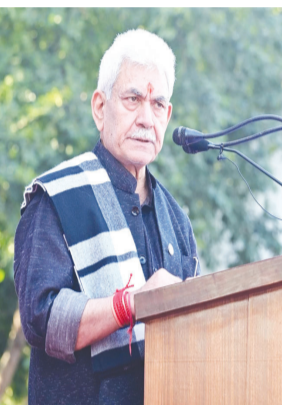
SRINAGAR, Dec 17 (Agencies): The historic Mughal road and the strategic Srinagar-Sonamarg Gumri (SSG) road were closed for vehicle traffic as a precautionary measure following fresh snowfall, officials said on Sunday.

Mughal road connecting south Kashmir's Shopian district with the twin district of Poonch and Rajouri in Jammu division were closed for vehicular traffic as a precautionary measure following accumulation of fresh snowfall on the highway, traffic police officials said.

They said the traffic on the strategic Srinagar-Sonamarg-Gumri road connecting Ladakh was also suspended due to

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"Awaam Ki Awaaz" Lt Governor calls for peoples' participation in Viksit Bharat Sankalp Yatra to achieve 100% saturation of schemes



Top News Report

JAMMU, Dec 17: Lieutenant Governor Shri Manoj Sinha, during this month's Awaam Ki Awaaz programme, called upon the PRI members, Youth, Women Self-Help Groups, entrepreneurs,



voluntary organizations and every section of the society for their active participation in Viksit Bharat Sankalp Yatra.

He said: "Viksit Bharat Sankalp Yatra, largest-ever outreach initiative of the Government of India, will cover every Panchayat and Urban

Local Body of J&K. Peoples' participation is important to achieve 100% saturation of schemes, ensuring that their benefits reach all intended recipients."

"As we stand at the sunset of 2023 and look back at the months that have passed, we

see impressive growth, improved quality of life in rural and urban areas, and visible progress all around. I see J&K on the move with confidence towards the goal," the Lt Governor said.

Sharing the inspiring success stories of the citizens, the Lt Governor made a special mention of Sh Munshi Ramji, a senior citizen from Udhampur, who has made an e-cycle using old laptop battery and e-waste.

Munshi Ramji felt motivated by the Hon'ble Prime Minister's Vocal for Local and Green India Initiative and hopes to sensitize and

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3 'Hybrid' terrorists arrested for attacking policeman in Bemina Srinagar: DGP



SRINAGAR, Dec 17 (Agencies): Three "hybrid" terrorists involved in last week's attack on a policeman in Bemina area of Srinagar city have been arrested, Director General of Police Jammu and Kashmir R R Swain said on Sunday.

Constable Mohammad Hafeez Chak was attacked on December 9 while he was returning home.

The DGP said the conspiracy was hatched by one Pakistan-based terrorist Arjumand alias Hamza Burhan who got in touch with a local

mastermind Danish Ahmad Malla to carry out the attack.

"The hybrid terrorists who were involved in the attack have been arrested. This briefing is about the success that the J&K Police has achieved in tracing the killers (attackers) of one of our policemen," Swain told reporters here.

"Constable Mohammad Hafeez Chak fortunately survived the attack. We hope and pray that he will be back hale and hearty. As far as the killers (are concerned), they had done their job. Six bullets were fired, three hit the cop and three did not."

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Gurez receives another spell of fresh snowfall

SRINAGAR, Dec 17 (Agencies): Gurez Valley in North Kashmir's Bandipora district on Sunday morning received another fresh spell of snowfall.

After 6 months, fresh vegetables and essentials dispatched to Gurez Valley

The upper reaches including Bagtore, Churwan areas received fresh snowfall today morning while the plains of Gurez also received light snowfall coupled with rains.

Razdan Pass, which is the gate way to this mountainous valley has also received fresh snowfall late Sunday night.

The 84-km Bandipora-Gurez road was

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Banks need to identify needs of weaker sections and empower them: Bhagwat



THANE, Dec 17 (Agencies): Rashtriya Swyamsevak Sangh (RSS) chief Mohan Bhagwat has said it is the responsibility of banks to identify the needs of the weaker sections and empower them.

He was speaking on Saturday at the conclusion of golden jubilee function of the Kalyan Janata Sahakari Bank in Kalyan area of Maharashtra's Thane district.

Financial prosperity of the weaker sections is the foundation of banks, the RSS chief said.

Banks should give priority to social development, while maintaining all economic parameters, Bhagwat said.

He said it is the responsibility of banks to "identify needs of the weaker sections" and empower them, he said.

The golden jubilee year of the Kalyan Janata Sahakari Bank coincides with an increased responsibility to see how the organisation will run more dynamically in the future, he said.

The golden jubilee celebration of the bank was started last year in the presence of Union minister Nitin Gadkari, he noted.

Arms, ammunition recovered during road excavation in Akhnoor

JAMMU, Dec 17 (Agencies): A large number of rusted arms and ammunition were found during the excavation work for road construction in the Kacharaila area of Akhnoor district, a senior official said.

Police rushed to the spot on Saturday and later, Army personnel called in, Sub-Divisional Police Officer (SDPO) Akhnoor Mohan Sharma said.

In visuals, Army personnel can be seen disposing of the ammunition, which includes several mortar shells and LMG and SLR rounds.

Apart from that, a substantial cache of warlike stores was discovered on December 15 and 16 in the Thanamadi area of Jammu and Kashmir's Rajouri district.



This was the result of a sustained operation by the Indian Army, Jammu and Kashmir Police (JKP), and Central Reserve Police Force (CRPF) in the Dadrundi area near Darhal amidst challenging weather conditions and heavy snow.

The recovery, a result of continued efforts fol-

lowing the intense heat on terrorists, includes pistols, magazines loaded with ammunition, hand grenades, and various administrative materials.

This successful operation amidst adverse weather conditions marks a pivotal moment in averting the potential threats posed by anti-national elements.

Man arrested for sharing sensitive religious video, hurting sentiments in Rajouri

JAMMU, Dec 17: A man from Kotranka sub division area of J&K's Rajouri district has been booked and put behind bars for hurting religious sentiments of a particular community by sharing a sensitive video on social media platform, Police said.

A Police spokesperson said that accused was identified as Mohammad Yasir son of Mohammad Aslam resident of Samna Mal, Naga Thub, at present Kotranka.

"The accused filmed a video and post it on social media platform hurting religious sentiments of people from a particular community", he said.

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Nobody can snatch your language from you: Mehbooba Mufti to Kashmiris

SRINAGAR, Dec 17 (Agencies): Advocating the use of regional languages in the Kashmir valley, Peoples Democratic Party (PDP) Chief Mehbooba Mufti appealed to people to speak in their mother tongues in their homes and said that no one can snatch their language unless they forget it themselves.

"Your homes, your water can be snatched away from you, even your land can be taken away, but nobody can take away your language from you unless you forget that yourself," PDP Chief Mehbooba Mufti said addressing an event at Gurjar Desh Charitable Trust in Jammu on Saturday.

Mufti said that Kashmiris need to speak their languages in their homes. She also said that the Kashmiri language has its own importance and today's generation is not giving proper interest to



their mother tongue and instead is using English while talking with their children.

"We should speak our languages in our homes. We have stopped speaking our languages, be it Kashmiri, Dogri or Gujari. Now, when a child is born, parents use words, 'come here', 'go there' (in English)," the PDP chief said.

The former Jammu and Kashmir Chief Minister requested people

start speaking in their mother tongue with their children at their homes if they want to save their language.

"So I would like to plead with you to talk in your own language, your mother tongue, at home with your kids. If you want to save your language, whether it is Dogri, Gujari, Kashmiri. No one can snatch that away," Mufti said.

Meanwhile, Mufti recalled the contributions of Masud Choudhary, former Vice-Chancellor of Baba Ghulam Shah Badshah University (BGSBU) and Chairman of Gujjar Desh Charitable Trust, on his first death anniversary.

Recalling his contributions to education and philanthropy, the former Chief Minister said that his legacy continues to inspire future generations.

Widely known as Sir Syed of the

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EDITORIAL

BE CAUTIOUS

Adulteration can be defined as the intentional addition or subtraction or substitution or abstraction of substances which adversely affect the nature, substance and quality of food products. It can be at the time of harvesting, storage, processing, transportation or distribution.

Adulteration is of two types: intentional and incidental. Sometimes adulteration is caused due to ignorance, negligence or lack of proper facilities.

It is the duty of every citizen to assist in curbing the menace of adulteration. Do not overlook instances of adulteration. Take an active interest in exposing and condemning them.

Be prompt in giving information about specific instances of adulteration. Convey it by post or telephone to the relevant authorities. Give lawful assistance to food inspectors in drawing of samples of adulterated articles. Be ready to act as a witness and to give evidence in court in such cases. Offer full cooperation and help in drives against adulteration of food. Always prefer to buy AG mark or ISI marked and packed products. Avoid buying loose, unpacked food items.

When demand is more than supply, dealers get a chance to indulge in malpractices. These in turn affect the economic situation and the health of the consumer. Dealers may try to cheat the consumer by Adulteration of food, using defective Weights and Measures, providing inadequate Labeling, false advertisements.

The problem of consumers is how, when and what quality of goods is to be bought so as to get the best value for their money. To use his money wisely, a consumer needs to be fully informed about prices which may vary from one market to another. The best course is to take advantage of the large number of co-operative stores in Indian cities. The choice of which store to buy from is also influenced by the type of services it offers to consumers display, courtesy, home delivery and credit facilities.

To check the growing tendency of food adulteration, Government of India had introduced "Prevention of Food Adulteration Act" (PFA) in 1954. This Act is based on international standards, keeping in mind the Indian conditions. This Act came into force on 1 June, 1955. Since then the rules have been amended in 1968, 1973 and 1978-79 to safe-guard the consumer's interests. According to PFA, the foodstuffs should be deemed to be adulterated if it is not of the nature, substance, and quality which it ought to be; if it contains cheaper or inferior ingredients incidentally or intentionally; if it has been prepared by a process which alters the nature, substance, or quality of foodstuff; if any constituent has been abstracted partially or wholly from it like abstraction of cream from milk; if it has been prepared, packed or kept under unsanitary conditions; if it is infected with insects, worms, etc; if it is obtained from sick or diseased animal, e.g., milk and meat of diseased animals; if it contains poisonous ingredients which are injurious to health; if the container renders it poisonous or injurious to health; if it contains unpermitted colours or any excessive amount of permitted ones; if it contains prohibited preservatives or an excessive amount of permitted ones; if it does not satisfy the prescribed standards laid down by the authorities even though they do not have adverse effect on health; and if a food product violates one or more of the above said standards, it will be regarded as an adulterated food and the seller will be punished under the law.

Hallo there! Have you all Condemned Hamas?

By: Ranjona Banerji

It's been over two months since October 7, 2023, when Hamas rockets attacked Israel, killing 1400 people. This sent the world into a tizzy and Israel into full revenge mode. The evils of terrorism, the suffering of innocent Israeli civilians enjoying their music festivals and parties and regular lives, the problems of the area, the threat posed by the very existence of Palestinians — these were discussed in the western media. "Have you condemned Hamas" was the refrain which thundered through the halls of the democratic West — in governments, legislatures, TV studios. A story emerged of 40 Israeli babies beheaded by Hamas terrorists. The shock and horror were palpable across the world. The chants of "Have you condemned Hamas" became more strident.

Since then, the number of Israelis killed by Hamas on October 7 has been reduced — by Israeli — to 200. The additional 200 were probably killed by the Israeli forces themselves. Shh. Not a word about that. Have you condemned Hamas yet? As for those babies, that ghastly blood-curdling incident, it appears to have vanished into hearsay and he said and she said. How awful if it were true and somehow it has only become a talking point of "Have you condemned Hamas yet" without any need for proof. And the reality of those babies is lost in rhetoric and falsehood. And what has happened since? Thousands of Palestinians in Gaza have been killed by Israeli forces. At least 5000 of those are children. Since the refrain "Have you condemned Hamas yet"

has not yet died down, one can only infer that 40 Israeli babies are worth more than 5000 Palestinian babies. I am no good at maths, so you can work out the ratios yourself. The rich and powerful are too busy condemning Hamas.

The new world order, as seen by the world's most powerful democracies — initially the US, the UK, France, Germany, Canada — is that Israel can do whatever it wants to defend itself from the evil Hamas, which must be condemned always. That almost 20000 Palestinians have been killed in just over two months in Gaza alone is the fault of those Palestinians for being of the same nationality as Hamas.

It is the fault of other nations of the world who want the atrocities to end. They are also Hamas. It is the fault of the United Nations and its agencies who have tried to help Palestinians. They are also Hamas. It is the fault of journalists who have tried to cover the plight of Palestinians in Gaza under attack. They are also Hamas. It is the fault of doctors who try to treat the wounded and the sick. They are also Hamas. It is the fault of students at western universities who want the attacks on Palestine to stop. They are also Hamas. It is the fault of Jews who do not believe in Zionism and want the attacks on Palestinians to stop. They are also Hamas.

In fact, the whole world bar Israel and a Big Few are Hamas. That is why Israel is well within its rights to kill everyone it so desires. Antonio Guterres, secretary general of the United Nations, invoked Article 99 to call upon the Security Council

to act on the deepening "catastrophe" in Gaza. The US used its veto power to turn down the plea for a ceasefire on humanitarian grounds. Israel accused Guterres of being Hamas.

Heads of American Ivy League universities have had to resign because they are unable to stop their students from protesting in favour of a ceasefire. Students are all Hamas. This week, 153 members of the United Nations voted for a humanitarian ceasefire in Gaza. Presumably we are all Hamas, except for the 23 who abstained and 10 who voted against. The 10 who want the devastation of Palestine to continue are: Austria, Czech Republic, Guatemala, Liberia, Micronesia, Nauru, Papua New Guinea, Paraguay and of course the United States and Israel.

Earlier outright supporters of Israel's tactics like the UK and Germany chose to abstain this time. France and Canada voted for a ceasefire. India which had abstained in the last vote has now also voted for a ceasefire. Is sanity keeping its head above the water? Do not hold your breath quite yet. From the time that Israel began its killing spree (but have you condemned Hamas), the world has been appalled. But the world is not as powerful as these nations of colonial and imperial riches and predatory policies. The world has not mattered because powerful western democracies said that only Israel was correct morally and geopolitically. Palestine was Hamas. And since it directly countered Israel's right to exist — according to Israel — Palestine was dispensable. As for Palestinians themselves, why didn't they just go somewhere else?

There is a word here which is used worldwide but it can get you into trouble. In your workplace, on social media. The word starts with g and ends with e. It has eight letters. This could be random order or actual order, but the other letters could be e, n, o, c, i and d. This word accurately describes what is being done to Palestinians in Gaza by Israeli forces. But it is a deeply upsetting word for white supremacist democracies which not only coined the word but acted it out to the fullest extent possible in the lands that they conquered.

For the past century, these white supremacist democracies have built themselves a large pedestal which they claimed gave them moral superiority. They sat on top of their own pedestal and proclaimed judgment on the rest of the world — barbaric, uncivilised, pitiable, unable to appreciate fine contexts and nuances of ethical behaviour.

On October 7, 2023, in the eyes of the world, that pedestal came crumbling down. They don't know it yet. But we see it. We see them. We see them justifying the unconscionable deaths of almost 20,000 Palestinians. We see them paying to kill the Palestinians. We see them supporting the killers. We see them accepting every excuse by the killers. We see the lies of the killers exposed, and we see them covering up the lies. We know that most of those accused by Israel are not Hamas. And we can see who the real terrorists are. Today it's 153 nations plus 23 cowardly abstainers against 10 enablers of genocide.

Hallo there. Can you see us?

Civil Services Examination in the clutches of the market

By: Vijay Garg

Recently a film '12th Fail' came out. This is the story of a lower-middle class youth living in a village in Chambal region becoming an IPS officer, who had failed in 12th due to his inability to copy. It is worth noting that this film is based on his life. Based on this, the filmmaker gets the opportunity to add whatever spice to the film, which will bring tears to the eyes of the audience and force them to applaud. In such a situation, the social concern of any creation becomes suspicious. For the last few years, the Civil Services Examination conducted by the Union Public Service Commission i.e. UPSC for the administrative services considered to be the most prestigious in the country has been in the news a lot. The discussion ranges from the successes achieved by youth from underprivileged backgrounds to UPSC making the Civil Services Examination favorable to a particular section of the society. The good thing is that this examination, which was almost unknown to the people till one and a half to two decades ago, has now reached the people of every village. For the first time in the year 1979 By breaking the dominance of English, the doors of Civil Services Examination were opened to other Indian languages. Just before this, every year around thirty thousand youth used to apply

for around 600-700 posts. The number of people sitting in these was around 16-17 thousand. Now the maximum number of posts is around one thousand. About 12 lakh youth apply for this, out of which about five and a half lakh appear in the examination. This is a testament to the democratization of civil services examination. It is a principle of economics that as soon as someone sees a possibility some where comes, he starts preparing the market for himself. Since sufficient number of consumers is the primary condition for the existence of the market, one of its functions is to create new consumers for itself. Today platforms like YouTube are also playing a big role in doing this. The civil servant is being presented in such a glamorous manner, which is beyond the truth. For example, showing a circuit house as the residence of a collector. Even some IAS officers go to Bollywood due to the temptation of becoming celebrities. As members, they are presenting their activities on the internet media. With all this, the market has succeeded in sowing the dream of becoming an IAS in the eyes of the youth. Since the coaching model for engineering and medical entrance exams already existed, there was not much need to think of a format for preparing for the IAS exam. Gradually coaching centers started coming up at various places. From the

format of big companies to small tuition type institutes, we found all of them -The efforts made have succeeded in instilling in the minds of the youth that without coaching it is almost impossible for them to overcome the difficulty of this difficult examination. The market weakens the confidence of consumers by telling them in various ways that 'you will not be able to do this'. To prove himself right, he makes even a simple process extremely complicated. Then presents its solution. 7 At present, the form of preparation for Civil Services Examination has been so mechanized that the youth preparing for the examination goes to coaching centers. Due to this lack he is beginning to find himself extremely helpless. This has not only increased the cut-throat competition to be successful among the youth, but such competition has also started taking place among the coaching institutes. The race is on to attract the youth to take admission in our institute, come what may, at any cost. As soon as the results of the examination are declared, the tendency of the successful candidates to take credit for their success by calling them students of their locality has made the advertisement quite ridiculous. As a result, a few days ago the central consumer The Protection Authority imposed financial penalty on some coaching institutes for making false claims of making

IAS and sent notices to many. Here a simple question arises that when coaching institutes are publishing the names of successful candidates and their big photographs in newspapers and magazines and calling them their students, then why should our youth who have become fresh civil servants object to this? do not do? His silence creates doubt in the mind. As far as I know, 2018 batch topper Kanishk Kataria is the only ace. It was the youth who had directly objected to such advertisements by rejecting them. Such a fascinating illusion of Civil Services Examination has been created in the country, in front of which Vivek has surrendered. The gap between eligibility and qualification has disappeared. Despite trying for years and being far away from success, they are not ready to reconsider their decision in a rational manner. Lines like 'I will not give up on '12th failed' film' keep provoking him, but it lasts only for a short time. Its Despite this, the market is at its full strength. And also the enthusiasm of the youth. Now the wait is for a film which can awaken the conscience of the youth and help them in taking right decisions.

(Vijay Garg Retired
Principal Educational
Columnist Malout
Punjab)

NHM Union holds meeting; frames Block Bhaderwah body

Top News Report

DODA, Dec 17: Yesterday, a block level meeting of NHM employees took place at Sub District Hospital Bhaderwah, aimed at uniting employees under the National Health Mission on a common platform. The meeting was led by Sr NHM Representative Jammu Division, Dr. Pradeep Rathore, and attended by various dignitaries, including District President NHM Doda Dr. Nasir Masood Indrabi, Dr. Hamid Parry, Arshad Zaffar (BAM), Mohd Akhter (BMEO), and Former District President Doda Faizan A Trambo. Medical Officers and Paramedical Staff from the block also participated.

The meeting focused on reviewing the organization's activities and addressing issues



faciated by NHM employees at different levels. Strengthening the organization at the grassroots level was also discussed. The participants pledged to work in

unison and support the organization's members at all levels. During the meeting, employees urged the government to address pending issues, includ-

ing the formulation of a job policy, implementation of equal work equal pay, timely salary release and enhancement, and a transfer policy. The employees emphasized that they are working with dedication and transparency.

Additionally, a block-level body for Block Bhaderwah was formed during the meeting. Dr. Anil Kumar was elected as the President, Dr. Kamaldeep Kotwal as Vice President, and other individuals took on various roles such as Coordinators, General Secretary, Spokespersons, Cashiers, Media Coordinator, and Advisors. The block's executive body was also established, with members taking on roles such as Chairman, Vice Chairman, Secretary, and Member Secretary.

Gram Panchayat Gandli achieves Open Defecation Free status



Top News Report

RS PURA, Dec 17: In a significant milestone for sanitation and hygiene, Gram Panchayat Gandli has officially been declared Open Defecation Free (ODF) by the Department of Drinking Water and Sanitation, Ministry of Jal Shakti, Govt of India. This achievement marks a major step forward in improving the health and well-being of the village community.

To commemorate this occasion, a ceremony was held today, where the BDO, RS Pura, presented an appreciation

certificate to the Sarpanch of Gandli, Gurdeep Saini. Prominent members of the village and local officials were also present to celebrate the success.

Sarpanch Saini expressed his immense gratitude to the community and highlighted the crucial role played by the Modi Government in Gandli's ODF journey. He stated, "This achievement wouldn't have been possible without the unwavering support of the Modi Government's Swachh Bharat Mission. Their dedication to sanitation and hygiene provided

the necessary framework and resources for our village to embark on this transformative journey. We are incredibly grateful for their vision and commitment to improving the lives of rural communities."

Saini further emphasized the positive impact that ODF status will have on the lives of villagers, particularly in terms of improved health, sanitation, and overall quality of life. He highlighted the reduction in disease prevalence, improved hygiene practices, and enhanced dignity for women and girls.

CMO Kathua visits Bani, assures air ambulance, improved healthcare services

Top News Report

BANI, Dec 17: In a significant development for the residents of Bani, Chief Medical Officer (CMO) of Kathua, Dr. Vijay Raina conducted a one-day extensive tour of the Tehsil Bani.

Notably, this marks Dr. Raina's first visit to Bani since assuming charge as CMO and underscores his commitment to improving healthcare services in the region.

Dr. Raina visited the Primary Health Center (PHC) in Dhagger, where he interacted with both staff and the public. He expressed concern



over the delayed completion of the PHC's construction, which began in 2008 under the National Bank for Agriculture and Rural Development (NBARD) scheme. He directed the BMO of Bani to prioritize the project's resumption

and assured the public of its completion soon.

He then inspected the Sub-District Hospital (CHC) in Bani, meeting with staff and emphasizing the importance of proper biomedical waste management, punctuality, and dedication. He

stressed the need for a patient-friendly atmosphere and urged doctors and paramedical staff to provide empathetic care.

Responding to concerns raised by the BMO of Bani, Dr. Raina assured air ambulance service from GMC Kathua/Jammu to CHC Bani during the upcoming snowfall season. This initiative will provide crucial medical support to patients in emergencies. He also assured steps towards obtaining a license for blood transfusion at CHC Bani, enhancing the hospital's capabilities and improv-

ing patient care.

Addressing concerns regarding the hospital's solar system and 250KV transformer, Dr. Raina promised to expedite repairs and ensure uninterrupted power supply.

Dr. Raina's visit and his proactive approach demonstrate a strong commitment to improving healthcare services in Bani. The promised air ambulance service, focus on infrastructure upgrades, and emphasis on patient-centric care are positive steps towards ensuring better health outcomes for residents of this hilly and often snowbound region.

Unprofessional approach of NHAI, Traffic Police turn Jammu-Pathankot Highway vulnerable, says Manjit Singh

Demands widening of narrow road under Railway Bridge near Chichi Mata Temple in Samba



Top News Report

SAMBA, Dec 17: Apni Party Provincial President, Jammu, and Former Minister, S. Manjit Singh today strongly condemned the failure of National Highways Authority of India (NHAI) and Traffic Police for their failure in managing traffic movement on Jammu-Pathankot in District Samba.

Addressing a meeting of Party workers in Samba, the Former Minister expressed his concern over the traffic jam and slow pace of widening work on the highway that passes through Samba and connects rest of Jammu and Kashmir with the country.

"The highway work is in progress at a very slow pace without adopting scientific approach and policy to manage routine traffic on the Jammu-Pathankot has also collapsed badly that has resulted in fatal road accidents leading to the loss of previous lives," he stated.

He was addressing the Party workers. The meeting was organized by SC Wing Provincial President, Jammu, Lovely Mongol.

In his address, Manjit

Singh grieved over the loss of life on the busy highway where both sides of the roads are almost blocked with the ongoing work, and traffic from two opposite directions ply risking the lives of the commuters and passengers.

"Recently, a groom with his friends got killed in a tragic road mishap. It was the result of negligence and the road accidents on the highway in Kathua and Samba have become a routine. Instead of ensuring the smooth flow of traffic on jam-packed highway; the NHAI and Traffic Police seem to have become mute spectators," he added.

He further stated that the highway stretches near the famous Chichi Mata Temple in Samba and the Railway Bridge passage requires widening work that has not been done.

"The widening work under the Railway Bridge passage is not being done and this situation has compelled hundreds of vehicles including loaded Heavy Motor Vehicles and Light Motor Vehicles to pass through a narrow road from both directions," he pointed out, cautioning the authorities for their

ignorance towards the issue.

He said that the NHAI and Traffic Police have turned blind eye towards the narrow road that can prove fatal.

He demanded that the passage (narrow road) under Railway Bridge should be widened for smooth flow of traffic.

He also threatened that if the infrastructure on Jammu-Pathankot highway in Samba as well as in Kathua is not improved and precautionary measures are made, the Party leaders and workers will come on the roads with the local population to protest the non-responsive NHAI and Traffic Police.

He also discussed various other developmental works in the district and expressed his concern over the delay in completing the developmental projects and inability of the authorities in providing basic amenities in the rural areas.

The meeting was attended by the Party's District President, Samba, Raman Thappa, Legal Cell District President, Samba, Sahil Bharti, District President Women Wing Samba, Priyanka, Block President, Darbai Lal, Vice President District Samba, Ram Lal Sharma, and others.

Bhagat demands NIA/CBI inquiry into the selection list of the Fire and Emergency Service

Top News Report

KISHTWAR, Dec 17 A senior leader of the Jammu and Kashmir National Conference, is expressing concerns about the lack of justice and rights for the youth and people of Jammu and Kashmir under the present government, particularly since August 5, 2019. Bhagat specifically mentions the denial of justice and rights to the people and the loss of confidence in the government.

The memorandum sent by Ajeet Bhagat to Lt. Governor Manoj Sinha and Chief Secretary Atal Dulloo calls for a National Investigation Agency (NIA) and Central Bureau of Investigation (CBI) inquiry into the selection list of the Fire and Emergency Service. Bhagat emphasizes the deteriorating condition of the aspirants for fire and emergency services who are currently on the roads away from their homes.

Additionally, Bhagat highlights the plight of various groups, including NYC, PHE, PDD,

PWD daily wagers, Rahbare Khel teachers, health workers, medical pharmacists, unemployed educated youth, Home guards, SPOs, VDCs, and BDS surgeons. He alleges that despite assurances and demands made by Lt. Governor Manoj Sinha, no action has been taken to address the problems faced by these groups, and they all face an uncertain future.

Ajeet Bhagat urges the Lt. Governor and Chief Secretary to intervene and resolve the issues faced by the aspirants for fire and emergency services. He specifically suggests calling the aspirants for a discussion at Raj Bhavan to find a solution to the problems they are facing.

Overall, it appears that Ajeet Bhagat is advocating for justice, rights, and resolution of issues faced by various groups in Jammu and Kashmir and is seeking the intervention of higher authorities to address these concerns.

Tourist found dead in Gulmarg

SRINAGAR, Dec 17 (Agencies): An elderly tourist from Madhya Pradesh was discovered dead in a hut in the Kashmir Valley's well-known Gulmarg ski resort in North Kashmir.

The 75-year-old tourist from Madhya Pradesh was found dead inside in a hut and was shifted to the

Primary Health Centre in Gulmarg, where doctors declared him dead on arrival.

Meanwhile, a police officer told News Agency Kashmir Scroll that an investigation has been initiated into this incident. The official identified the deceased as Tilok Tolani of Madhya Pradesh.

Ahsan Pardesi leads empowering Women's Wing Meet at Barzulla, Lal Chowk



Top News Report

SRINAGAR, Dec 17: The meeting chaired by Ahsan Pardesi, the J&K National Conference Provincial Vice President for Kashmir and Incharge of Lal Chowk Constituency, was a significant gathering held at Old Barzulla, Lal Chowk Constituency. The meeting, convened by former councillor and District Vice President Women's Wing Nayeema Sara, saw the presence of Sabia Qadri, the Party's Provincial President Women's Wing.

During the meeting, Ahsan Pardesi acknowledged and praised the crucial role played by women in shaping societies. He commended Kashmiri women for consistently demonstrating intellectual prowess and political determination

in securing the future generations. Pardesi expressed gratitude for the continuous support received by the party, emphasizing the trust and affection shown towards the ideology of JKNC.

Highlighting the party's historical role since 1932, Pardesi described JKNC as a unifying force in J&K, transcending religious backgrounds, ethnicities, and gender barriers. He urged the gathering not to lose hope or courage in the face of false narratives against the party's leadership or history. Pardesi attributed the attempts to tarnish the party's reputation to insecurity from certain political parties, stating that the people are well aware, and the ballot will determine the truth.

Sabia Qadri, the Pro-

vincial President of the Women's Wing, emphasized the vital necessity of women's empowerment and their essential contribution to shaping the future. She praised the strength and aspirations consistently embodied by Kashmiri women and stressed the need for genuine commitment to the ideals envisioned by Late Sheikh Mohammad Abdullah.

Nayeema Sara, in her address, thanked the participants and urged them to continue supporting the National Conference in its efforts to navigate Kashmir out of its present political challenges. Youth leader Nisar Ahmad Bhat also participated in the meeting, reflecting a diverse and inclusive representation within the party.

JKBS members remembered Captain Raja Ram Kaith



Top News Report

JAMMU, Dec 17: Members of Jammu and Kashmir Batwal Sabha paid tributes to Captain Raja Ram Kaith at his native village Garhi today and said that he was a man of committed love and vision who never had a quest for fame or money.

Speaking on the occasion, JKBS' General Secretary R.L. Kaith said, the Captain after serving in the military, worked relentlessly with a broad spectrum of individuals- whether it was the elderly, children, drug/alcohol abusers, or people with learning and physical disabilities. He aided and supported

them through difficult times and ensured that these vulnerable people were safeguarded from harm.

Prominent among others who paid tributes to Captain included Sabha's Chairman Dilay Ram Kaith, President Raghpal Kaith, Duni Singh Motan and Prem Lata.

Sidharth Malhotra-starrer 'Indian Police Force' teaser is 'goosebumps stuff', say fans

Directed by Rohit Shetty and Sushwanth Prakash, the series also stars Shilpa Shetty and Vivek Oberoi

The wait is finally over! The teaser of Sidharth Malhotra's debut web series 'Indian Police Force' has been unveiled.

Directed by Rohit Shetty and Sushwanth Prakash, the seven-episode action-packed series revolves around Indian cops.

As per a statement, the series is a tribute to the selfless service, unconditional commitment and fierce patriotism of the Indian police officers across the country who put everything on the line in their call of duty to keep us safe.

Shilpa Shetty and Vivek Oberoi are also in the lead roles in 'Indian Police Force'.

Speaking of the teaser, it moves through different parts of the city, with each frame intensifying the suspense of a ticking bomb clock that eventually results in explosive blasts. Against this backdrop of imminent danger, this cop drama unfolds a thrilling chase of Sidharth, Shilpa and Vivek and the masterminds behind the bomb blasts as they march into the chaos to save the city from the threats, embodying fierce



patriotism.

Rohit Shetty, known for using a lot of cars in his films, did not forget to add his signature style to 'Indian Police Force' as well. The teaser shows vehicles

that go flying, and get blown up.

The intriguing teaser has impressed the audience.

Reacting to it, a social media user wrote, "Wow...goosebumps agaye." "Can't wait to watch it,"

another one commented.

Sharing the teaser on his Instagram account, Sidharth wrote, "Excited to bring to you my first action packed show, #IndianPoliceForce. Back in a new uniform with the cop universe maestro #RohitShetty."

Excited about the show, Rohit Shetty earlier said, "Indian Police Force is an integral part of my journey as a creator in the cop-verse that I and my team at Rohit Shetty Picturez have built with years of hard work and commitment. I am very proud of my cast and crew who devotedly worked together to present this action series that pays an ode to the valor, sacrifice, and courage of our Indian Police officers. I am delighted to collaborate with Prime Video for my first digital venture that promises to deliver exhilarating entertainment to audiences worldwide."

Shweta Tiwari, Nikitin Dheer, Rituraj Singh, Mukesh Rishi and Lalit Parimoo will also be seen in pivotal roles in 'Indian Police Force', which will be out on Prime Video on January 19.

Alia Bhatt says it's 'laddoo peela' season as she shares pictures from best friend's wedding celebrations



Bollywood actress Alia Bhatt, who was recently seen in the streaming film 'Heart of Stone', hopped on to the viral 'laddoo peela' trend as she donned a yellow-

coloured ethnic wear.

She wore a stunning yellow-coloured net saree adorned with intricate embroidery and paired it with a chic sleeveless blouse. Alia's

choice of jewellery was nothing short of exquisite, featuring an emerald choker necklace, matching studs and a ring.

The actress gave her fans fun-filled glimpses from the mehendi ceremony of her best friend's wedding celebrations. She shared a series of pictures of herself dressed in a gorgeous yellow saree with bird motifs on the border.

She wrote in the caption, "Yellow there".

The Internet can't stop gushing over her looks. The comments section was flooded with fans and industry friends complimenting her. Alia's mother Soni Razdan commented, "What a beauty". Bhumi Pednekar wrote, "Stunning" with a red heart emoticon. Preity Zinta dropped a handful of red heart emoticons.

The actress also shared the pictures on the Story section of her Instagram and wrote, "Laddoo Peela szn".

Kanye shouts 'Jesus Christ, Hitler, Ye!' during anti-Semitic rant at event

Rapper Kanye West gave an unhinged speech to a crowd of people during an event taking place in Las Vegas.

The rapper said that "all the rich f**ks in the room have their kids in "Zionist schools".

He added that his daughter North, whom he shares with ex-wife Kim Kardashian, had destroyed couches in her house so she could join him on tour, reports aceshowbiz.com.

In a video obtained by TMZ, Kanye told them, "It's 60 million of us in America, 60 million Jews in the world. 50 percent of our deaths is abortion, 25 per cent of us go to prison... raise your hand if you ever got an abortion. If we were in a Jewish... every mother would raise their hands."

"Who's going to make



the hospitals, though? He's a Zionist, (Donald Trump). This is what I've been trying to tell you. Jesus Christ, Hitler, Ye, third party, sponsor that! They can't f**king touch me because God cover me," he continued.

Telling the crowd to "shut up", he said, "I dont give a f**k about life or death, I get visi-

tation with my kids," before adding, "F**k Balenciaga."

"North ripped up the motherf**king couches in the house" to be able to travel with her father on his trip," he further added.

He also addressed allegations of his past anti-Semitic behaviour on his song "Vultures".

Kareena Kapoor shares what it was like to shoot sex scene with Saif Ali Khan in 'Kurbaan', 'But we were already...'

Kareena Kapoor opens up about her on-screen chemistry and off-screen love for Saif Ali Khan

Kareena Kapoor Khan, recently took a trip down memory lane during a candid roundtable conversation. The actress shared amusing anecdotes, including her experience of filming intimate scenes with husband Saif Ali Khan for the 2009 hit film, 'Kurbaan'.

According to a report by Hindustan Times, Sidharth Malhotra, who was also a part of the roundtable, playfully broached the topic, asking Kareena about the steamy scenes with Saif. The actress, with a hearty laugh, responded, "But we were already dating. We were auditioning. So that worked out well." Adding to the banter, Kajol chimed in, humorously labeling it a 'private audition' for the



couple.

Kareena and Saif's love story unfolded both on and off the screen,

culminating in their marriage in 2012 after five years of dating. In a recent interview, Karee-

na disclosed that while they were content with their living arrangement, the decision to tie the knot was rooted in their desire to start a family. The couple welcomed their first son, Taimur Ali Khan, in 2016, and their second son, Jeh Ali Khan, in 2021.

Kareena often shares pictures with her family on Instagram.

In a candid moment with Dirty Magazine, Kareena elaborated on the decision to marry, stating, "The reason you get married now is that you want to have a child, right? I mean today otherwise you can just live together. [Saif and I] lived together for five years, so when we took the next step, it was because we wanted to have children."

Be it a vacation or a festival, Kareena makes sure to give a glimpse of her special times with family to fans on Instagram.

Opening up about her parenting philosophy, Kareena emphasised respect and individuality, stating, "We treat them as individuals, we respect them, and we just let them be. Kids are quite resilient, you know." She further expressed her commitment to living a fulfilled life in front of her children and prioritising her mental health.

Kareena also admitted that she is attached to her family and close circle of friends. "I'm very attached to my family, my kids, my husband, my five friends. That's it. That's my life."

Triptii Dimri reacts as her Instagram followers grow massively since starring with Ranbir Kapoor in Animal

Triptii Dimri has spoken about the sudden jump in her Instagram follower count and also revealed her family's reaction to it. The actor was last seen in Animal.

Triptii Dimri, who was seen Sandeep Reddy Vanga's Animal alongside Ranbir Kapoor, has gained millions of followers on Instagram in recent days. Now, in an interview with agency, the actor has talked about the growth in her Instagram follower count post the success of Animal. Triptii revealed that her family and friends send her screenshots of her Instagram follower count. She said she feels 'very lucky', but is 'not seeking stardom'.

"It's a wonderful feeling" As per an earlier Hindustan Times report, her follower count had increased by 320 percent in the last few days; she now has a following of 3.9 million as opposed to six lakh followers some weeks ago. Speaking about it, Triptii said, "My friends and family are keeping a track on my follower

count. They keep sending me screenshots every now and then. In fact, every night, I've been checking messages on Instagram. It's a wonderful feeling. You obviously feel great when people watch something you've done and they like and appreciate your performance in it. I'm in a good space."

Triptii Dimri on fame post Animal

The actor has been grabbing attention for her supporting role in the top-grossing action film Animal. Triptii Dimri, who has worked in Bulbul (2020) and Qala (2022), also said that she wasn't looking for this kind of attention, when she signed Animal.

Triptii, who plays Zoya Riaz in Animal, said, "I just wanted to do Animal because the character was interesting. Achieving this kind of success wasn't a plan. It just happened and I feel very lucky and grateful. I'm not seeking stardom."

Apart from her and Ranbir, Sandeep Reddy Vanga's Animal also features Rashmika Man-



danna, Bobby Deol and Anil Kapoor in key roles. Triptii's intimate scene with Ranbir in Animal has been grabbing attention. In a recent interview with India Today, the actor got candid about shooting the much-talked-about sequence.

On shooting intimate scene in Animal

Triptii said, "Luckily, in my case, I've been dealing with whether I was doing the rape scene in Bulbul (her 2020 Netflix film) or this one, they kept asking me if I am okay. They also ensured that there were no more than five people, including the director, the DOP, and the actors during the scene. Nobody else was allowed on set, all the monitors were shut, and they were like, 'this is the scene we are doing. If at any point you feel you're uncomfortable, let us know. We'll go at your pace... Every five minutes, Ranbir Kapoor was checking up on me and asking, 'Are you okay, are you comfortable?' I think these things really matter. People are sensitive to these things."

Muscle man: Dwayne Johnson cast as MMA fighter Mark Kerr in The Smashing Machine

Hollywood Actor Dwayne Johnson is set to step into the shoes of mixed martial arts fighter Mark Kerr. A24 announced that the actor, 51, will portray the MMA and UFC champion in the upcoming film The Smashing Machine by filmmaker Benny Safdie.

"Dwayne and Benny are singular talents, and their shared vision for Mark's inspiring story is electrifying. We are deeply honoured to have their trust as collaborators in bringing this incredibly special project to life," A24's Noah Sacco said in a statement.

Safdie, 37, previously worked with his brother Josh Safdie as the co-director of Uncut Gems, which starred Adam Sandler and Good Time starring Robert Pattinson. The Smashing Machine will be Safdie's first solo project as both writer and director. Johnson, Safdie, Dany Garcia, Eli Bush and David Koplan are producing the film. The movie is set



to explore the life of Kerr, at the peak of his career in 2000, while he navigates career victories, love, friendship and addiction. Kerr, 54, earned the nickname 'The Smashing Machine' due to his unbridled fighting style. He won over two dozen MMA titles and

was a two-time UFC Heavyweight Tournament Champion, as well as a World Vale Tudo Championship tournament winner. Dwayne Johnson's other upcoming projects include Red Notice 2, Fast X: Part 2, Jungle Cruise 2, Red One and the live-action remake of Moana.

Merchandise trade deficit falls to \$20.6 billion

The commerce secretary, Sunil Barthwal, said the global context, including conflicts and unchanged interest rates in major economies have further aggravated trade.

NEW DELHI, Dec 17 (Agencies): The country's goods exports in November 2023 contracted by 2.84% year-on-year to \$33.9 billion, impacted by global economic and political turmoil.

However, imports saw a sharper decline of 4.33% to \$54.48 billion, narrowing the merchandise trade deficit to \$20.58 billion from the previous month's record high of \$31.46 billion, Commerce Department's data revealed.

The commerce secretary, Sunil Barthwal, said the global context, including conflicts and unchanged interest rates in major



economies have further aggravated trade. While UNCTAD projected a 7.5% fall in global trade in goods for 2023, during January-November 2023, India's goods exports fell by 5.2%, as per Barthwal. Despite

challenging global trade scenario, exports outperformed global trends in 2023 by significant margin, he said.

Notably, engineering goods, petroleum products, ready-made garments, chemicals,

leather, and marine products drove the decline in exports, while a decrease in petroleum, coal, chemicals, fertilizers, and vegetable oil contributed to the decline in imports.

From April to Novem-

ber 2023, exports were 6.51% lower at \$278.80 billion compared to the same period in 2022, while imports decreased by 8.67% to \$445.15 billion. The trade deficit for April-November 2023 was estimated at \$166.35 billion, down from \$189.21 billion in the corresponding period last year.

Despite the overall decline in exports, 15 out of 30 key sectors, including gems and jewelry, electronic goods, drugs and pharmaceuticals, cotton yarn and made-ups, carpet, iron ore, fruits and vegetables, and meat and dairy products, experienced growth.

NCLAT refuses to stay merger of Zee-Sony



Zee Entertainment Enterprises Ltd

NEW DELHI, Dec 17 (Agencies): The National Company Law Appellate Tribunal (NCLAT) refused plea from Axis Finance and IDBI Bank for a stay on merger between Zee Entertainment Enterprises (ZEEL) and Culver Max Entertainment (earstwhile Sony Pictures Networks India).

The appellate tribunal has asked to list both

petitions on January 8 for hearing, directing ZEEL to file a reply. A two-member bench comprising Chairman Justice Ashok Bhushan and Member Arun Baroka declined to grant stay over the merger process during the pendency of the hearing.

The private lender and the non-banking financial company

have challenged the August 10 order of the Mumbai-bench of the NCLT, which approved the ZEEL-Culver Max Entertainment merger, paving way for the creation of the country's largest media entity.

The NCLT, in its order, dismissed some applications moved by financial institutions opposing the move, including IDBI Trusteeship, IDBI Bank, Axis Finance, JC Flowers Asset Reconstruction, and Imax Corp. This was challenged by IDBI and Axis Finance before the appellate tribunal NCLAT. The matter was last listed on December 6 for hearing. However, it was adjourned due to paucity of time.

Ban flavoured vapes, WHO says, urging tobacco-style controls

LONDON, Dec 17 (Agencies): The World Health Organization (WHO) urged governments to treat e-cigarettes similarly to tobacco and ban all flavours, threatening cigarette companies' bets on smoking alternatives.

Some researchers, campaigners and governments see e-cigarettes, or vapes, as a key tool in reducing the death and disease caused by smoking. But the U.N. agency said "urgent measures" were needed to control them.

Citing studies, it said there was insufficient evidence that vapes helped smokers quit, that they were harmful to health and that they could drive nicotine addiction among non-smokers, especially children and young people.

More 13-15 year olds are using vapes than adults in all WHO regions helped by aggressive marketing, it continued.



strict measures.

The WHO called for changes, including bans on all flavouring agents like menthol, and the application of tobacco control measures to vapes. Those include high taxes and bans on use in public places.

The WHO has no authority over national regulations, and only provides guidance. But its recommendations are often adopted voluntarily.

The WHO and some other anti-tobacco organisations are pushing for stricter regulations on newer nicotine products, taking aim at the alternatives on which some cigarette giants like Philip Morris International and British American Tobacco are basing their future strategies.

Major tobacco companies are hoping to build new revenue streams from cigarette alternatives as ever-stricter rules and falling smoking rates squeeze their traditional businesses in some markets.

The industry says vapes pose significantly lower health risks than tobacco and can help reduce its harms, with some flavours and lower prices important to encouraging smokers to switch - a position shared by some tobacco control advocates.

The WHO said vapes generate substances, some of which are known to cause cancer, and pose risks to heart and lung health.

They can also harm brain development in young people, it said, citing studies.

Breast cancer survivors may not need so many mammograms after surgery, UK study suggests

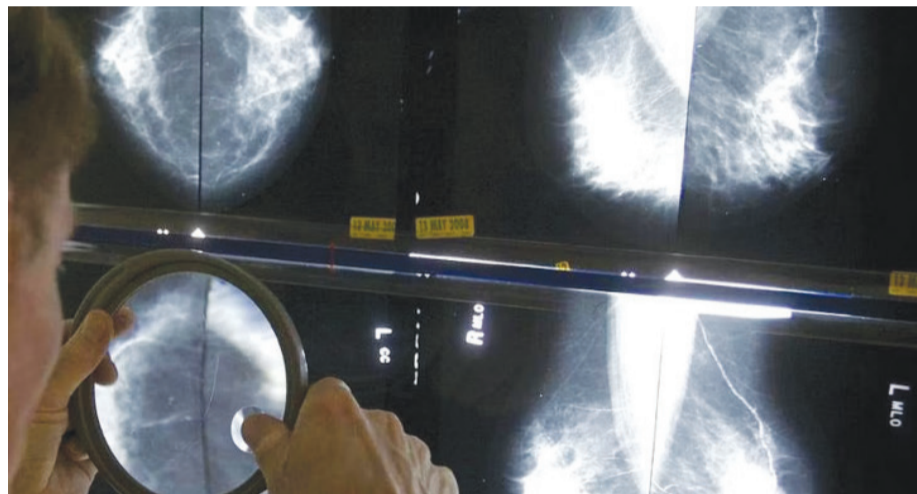
LONDON, Dec 17 (Agencies): Annual mammograms are recommended indefinitely for breast cancer survivors in many countries, including the U.S., but a large British study finds that less frequent screening is just as good.

Yearly screening is meant to monitor whether cancer has come back. All that testing causes anxiety for patients and costs money.

Until now, there wasn't solid evidence for when women could ease back on yearly mammograms, said Janet Dunn of the University of Warwick, who led the study funded by the research arm of the U.K.'s National Health Service.

The study showed less frequent mammograms are just as good as a yearly schedule for breast cancer survivors 50 and older.

"It's really all about giving the ladies the all-clear a bit earlier if you can," Dunn said. The findings were being discussed Friday at the San Antonio Breast Cancer Symposium. The unpub-



lished study has not yet gone through a full peer review.

Researchers followed more than 5,200 women. The participants were 50 and older, and had undergone successful breast cancer surgery, mostly lumpectomies. After three years of annual screening, half were randomly assigned to get mammograms every year and the other half to get less frequent ones.

Both groups did well, with remarkably similar results. Six years later, 95% of both groups were still cancer free. Breast cancer survival was 98% in both groups.

"This is an eye-open-

ing study," said breast cancer specialist Dr. Laura Esserman of the University of California, San Francisco who was not involved in the new study but is leading research on a personalized approach to screening. "I think people will be very surprised."

The new study is "very strong," but more research will be needed to change U.S. guidelines, said Corinne Leach of Moffitt Cancer Center in Tampa, Florida. She led the development of a 2015 U.S. guideline that calls for indefinite annual screening for these kinds of patients.

"One study alone typi-

cally does not move the needle on guidelines," Leach said. "This study inspires other researchers to do more work in this area. And that is what could lead to a change."

In the new study, most women in both groups followed their assigned screening schedule. Some in the annual group missed screenings and some in the less frequent group were screened ahead of schedule. When the researchers analyzed the findings based on what the women actually did, the conclusions remained the same.

Survivors "can breathe easily" three years after surgery as they resume a less frequent mammogram schedule, Dunn said. The findings are likely to change practice in the U.K. and "will be influential globally," she said.

How often is less frequent? In the study, it depended on the type of surgery.

In the less-frequent screening group, women who'd had mastectomies had a mammogram once every three years. Those who'd had lumpectomies, also called breast conservation surgery, had mammograms every two years.

The findings do not apply to younger breast cancer survivors, who were excluded from the study and tend to have more aggressive cancers. And women who have both breasts removed don't need mammograms.

"It's high time that we have a more personalized approach to screening, not just for women who've never had breast cancer, but for those who've had breast cancer," Esserman said.

Non-alcoholic fatty liver disease: Asymptomatic & Under-Diagnosed

Over 30 per cent Indians are affected by NAFLD, a lifestyle disease. The cases are expected to increase manifold as obesity and diabetes numbers rise

NEW DELHI, Dec 17 (Agencies): Non-alcoholic fatty liver disease (NAFLD) is a condition in which excess fat accumulates in the liver of people who drink little or no alcohol. NAFLD leads to inflammation (NASH) and scarring (fibrosis) in the liver, which can progress to cirrhosis and end-stage liver disease if left untreated. It is one of the most common causes of chronic liver disease globally and in India. NAFLD is also associated with an increased risk of heart attack, stroke and cancers, particularly liver. More than one-third of adults and children in India have NAFLD. It is particularly common in the North. A study in PGIMER, Chandigarh, found NAFLD in 50 per cent of otherwise healthy adult blood donors. The cases are expected to increase exponentially as obesity and diabetes numbers rise.

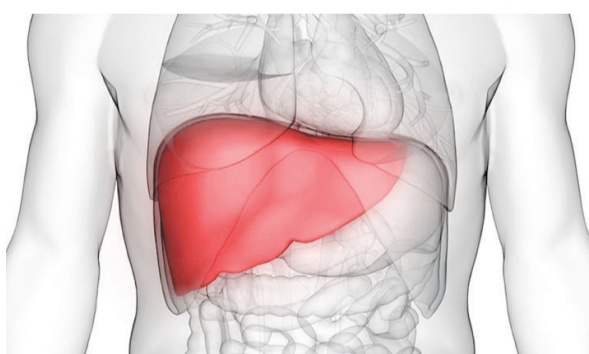
Although genetics and gut microbiota are some

of the factors behind NAFLD, it is primarily a lifestyle disease driven by insulin resistance and metabolic dysfunction. The main risk factors are a sedentary lifestyle and unhealthy dietary habits, with an increased intake of calorie-rich foods. NAFLD is closely linked with other metabolic lifestyle diseases like obesity, diabetes mellitus, hypertension and dyslipidemia (lipid imbalance). People who are obese or diabetics are at more risk of NAFLD and vice versa, these metabolic co-morbidities are more common in NAFLD patients. Also, patients with these metabolic co-morbidities are at a higher risk of having severe forms of NAFLD, including NASH, fibrosis, cirrhosis and even liver cancer.

The barriers against this burgeoning public health problem are many, including low awareness. NAFLD is largely asymptomatic in the early stages and is usually detected only on

investigations or when patients become symptomatic with complications of cirrhosis and end-stage liver disease. The Indian National Association for Study of the Liver has recommended that those who are obese or diabetic should be screened for NAFLD using abdominal ultrasonography.

Even the number of NAFLD specialists (hepatologists or gastroenterologists) is also quite less, given the humungous burden of NAFLD. Many NAFLD patients at low risk of developing significant liver disease can be managed at the primary care level. This risk stratification to identify low or high-risk patients can be accomplished through blood investigation parameters and elastography. The recent incorporation of NAFLD in the National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) will also help in increasing awareness about



the disease, promoting a healthy lifestyle and streamlining its overall management.

As NAFLD is primarily a lifestyle disease, prevention and treatment demand lifestyle changes. These include diet modification and increased physical activity and need to be sustained over a long term as NAFLD is a chronic disease. A weight loss of 7 to 10 per cent of the total body weight in overweight/obese individuals and 3 to 5 percent in patients with normal weight is beneficial. However, this weight loss should be gradual over a period of three to six months. As a rapid weight loss can be detrimental.

Calorie restriction by one-third or 500-1000 kcal/day is more important than any specific diet. Though some studies have found the Mediterranean diet to be beneficial, a healthy diet sourced from local foods that is sustainable is equally beneficial. A healthy diet will protect not only against NAFLD but also diabetes, hypertension, obesity, cardiovascular disease and stroke. Junk and fried foods rich in trans fats, free sugars and sugary beverages, cold drinks, etc, should be avoided. Alcohol should also be completely avoided. Coffee may be beneficial but only black and unsweetened. Intermittent fasting may also

be promising. A recent study conducted at PGIMER, Chandigarh, found that intermittent fasting was better than standard calorie restriction in improving the metabolic profile, hepatic inflammation and fibrosis though both were found to be equally effective in weight reduction and improving hepatic steatosis in NAFLD.

The exercise regimen should consist of moderate intensity aerobic exercises like brisk walking, jogging, running, swimming, cycling, etc, for at least 30 to 45 minutes per day, at least 5 days a week (150-200 minutes per week). Even without weight loss, exercise has added benefits on insulin resistance and the overall metabolic milieu. Resistance exercises and yoga can supplement aerobic exercises. Yoga has also been shown to have several health benefits, including prevention and control of obesity and diabetes, decrease

in waist circumference, reduction of blood pressure, improvement in lipid profile and insulin resistance. Yoga may also enhance the psychological well-being of NAFLD patients, who often suffer from depression, anxiety, low self-esteem, and poor quality of life.

BMI by following a diet low in saturated fats, sugar and refined foods, and high in fibre, fruits, vegetables and lean protein. Daily calorie intake should be restricted by 30 per cent/500-1000 kcal by cutting down on carbohydrates and fats. Total fat shouldn't exceed 30 per cent of total calories, saturated fat should be < 10 per cent and trans fats < 1 per cent of total intake, with a shift to unsaturated fats.

Intake of three or more cups of unsweetened, black coffee may help in reducing liver fat and scarring.

Physical activity of at least 150 minutes of moderate-intensity, or 75 minutes of vigorous

exercise per week, or a mix of both can improve insulin sensitivity, lower blood pressure and reduce inflammation.

Avoid alcohol as it damages liver, increases fat accumulation in the liver, and worsens liver function synergistically with NAFLD.

Managing other diseases linked to NAFLD, such as diabetes, high blood pressure and high cholesterol, can prevent or reduce liver damage and complications.

Avoid self-prescribed medications, including complementary and alternative medicines and supplements that can potentially harm the liver. Consult with your doctor before taking any medication or supplement.

Regular screening for liver functioning and NAFLD, particularly if you are diabetic, overweight/obese. Early detection and treatment can check progression to serious stages and reduce risk of liver failure and cancer.

CASH committee GDC Udhampur organises a lecture on prevention of sexual harassment at work place

Top News Report

UDHAMPUR, Dec 17: In a bid to provide a safe and secure environment at work place as well as a stress free academic institute, as a part of Mission for Women empowerment during the AzaadikaAmritKaal, in the year of G20 presidency of India, the Internal Complaint Committee against Sexual harassment of GDC Udhampur with the Patronage of Principal Prof. Dr. Romesh Kumar Gupta organised an awareness lecture on "Prevention of Sexual Harassment at workplace" today in the College premises. The main aim of the event was to aware the female students about the harassment and the procedure for safety and security. The resource person on the occasion was Prof. Anoksha Sharma HOD Sociology. The Principal and the Patron Prof. Dr. Romesh Kumar Gupta, in his message appreciated and applauded the efforts of the CASH committee for organising such type of activities as it will help the students and faculty to know about their rights



and study as well as work stress free. He however very confidently communicated that GDC Udhampur has remained a place where not a single case of harassment has been reported till date, and asserted that it shows the professionalism and utmost integrity displayed by the staff and students. "I hope this college will always remain an example for all other institutes, where none feels neglected or harassed at any point of time" He said. This was very well endorsed and acknowledged by the CASH Committee. Prior to this the programme started with the formal welcome address presented by

Dr. Anita Sharma Convener, CA She briefed all about the working of the CASH Committee as well as the need for organising such kinds of programs in the college. She apprised all about the series programs that CASH shall be organising in the days to come also. The resource person Prof. Anoksha Sharma highlighted the various types of Sexual Harassments and their post effects as also what are the remedial provided under law. She talked in detail about the changing dynamics of the society, gender binaries, bullying as also focused the verbal, visual and physical harassments at workplace. Further,

She talked and narrated some of the exemplary cases of the harassment and also the relief provided afterwards. She talked in length about Bhanwali Devi Case of Rajasthan. She also spoke on Vishakha guidelines Vs Rajasthan Case in 1997. She was of the view that in most of the cases, the victim does not report because of lack of confidence and also because of no knowledge of the mechanism. She further elaborated on the issue of victimisation and forced involvements, but also warned all present that it shall not be the other way round also to make false complaints because of any personal issue or reason. She

also debunked the myth that it can only be one gender that is harasser and the harassed, she admitted that in majority it may be males but the victim could also be a male in some cases. Hence the CASH shall have all the aspects in mind, so that no harassment goes un-noticed. After the lecture, there was an open house discussion too, which was very positively asked and responded by the audience and the resource person. The programme ended with the formal vote of thanks presented by Prof. Shivi Mehra, member CA. The proceedings of the event were conducted by Prof. Tania Akhter, Member CA. The event was graced by Prof. BL Thakur HOD Education, Prof. Rajni Kumari HOD Economics, Prof. Suresh Kumar Dogra HOD Physics, Dr. Sunil Kr. Bhat HOD Chemistry, Prof. Shobhna Sambyal HOD Zoology, Dr. Gurpreet Kour PO NSS, Dr. Jasmeet Kour, other members of CASH and a number of other staff as well as the students.

VKMI aims to inspire youth to become socially responsible citizens: Dr. Shreyansh Kumar Jain

Top News Report

JAMMU, Dec 17: Vichar Kranti Manch International (VKMI) under the leadership of Dr. Shreyansh Kumar Jain and the support of individuals like Chaitanya Randhawa, the grandson of Ch Piara Singh (Ex MLA) and son of Vikram Randhawa (Ex MLC), has been approached and informed about VKMI's work. He has been felicitated on his 27th birthday and enrolled as a life member of VKMI. VKMI aims to inspire youth to become socially responsible citizens, encouraging them to be active contributors to the betterment of society, especially within their own communities. VKMI is working towards creating a culture of positive thinking



Yoga Commissioner, is actively organizing yoga sessions and periodical camps at different segments of society to promote a healthy and disease-free lifestyle. Chaitanya Randhawa, the grandson of Ch Piara Singh (Ex MLA) and son of Vikram Randhawa (Ex MLC), has been approached and informed about VKMI's work. He has been felicitated on his 27th birthday and enrolled as a life member of VKMI. VKMI aims to inspire youth to become socially responsible citizens, encouraging them to be active contributors to the betterment of society, especially within their own communities. VKMI is working towards creating a culture of positive thinking

and strengthening social bonds. This positive attitude is seen as a way to achieve the vision of making India a global leader, as envisioned by Prime Minister Modi. Vikram Randhawa, Ex MLC, is highlighted as a well-wisher and regular donor to VKMI. His continuous support and generosity have been acknowledged by VKMI. VKMI Vice President, Ashok Gupta, emphasizes the role of youth in changing the future. He mentions that young people can inspire society in various ways, and their passion, talent, and grit are crucial factors in achieving greatness. VKMI expressed gratitude to Vikram Randhawa for his continuous support and highlighted his role as a well-wisher and regular donor. Overall, VKMI's efforts, along with the support of individuals like Chaitanya Randhawa and Vikram Randhawa, reflect a commitment to positive social change and youth empowerment. It's heartening to see the emphasis on values, positivity, and community welfare in their endeavors.

On the birthday of Atal ji, Salut Tiranga organization will honors great personalities of the great country: Rajesh Jha



Top News Report

JAMMU, Dec 17: An event organized by the Salut Tiranga organization to honor great personalities on the occasion of the 99th birthday of former Prime Minister Atal Bihari Vajpayee. Here's a summary of the key points: The event is sched-

uled to take place on December 26th, which marks the 99th birthday of former Prime Minister Shri Atal Bihari Vajpayee. The event is organized by the Salut Tiranga organization, and the National President, Rajesh Jha, addressed the journalists to provide details.

The chief guest for the program will be Himachal Pradesh Governor Shiv Pratap Shukla. Other dignitaries expected to attend include General BK Singh, Union Minister Mahendra Nath Pandey, Union Minister Tirath Singh Rawat, Former Chief Minister Ramesh Pokhriyal, and Former

Chief Minister Shahid. The event aims to honor great personalities of the country. Specific individuals are not listed in the provided information. The Samdeta Sammelan will include the participation of various individuals, including Sachchidanand Pokhriyal (former Minister of Uttarakhand and National General Secretary of Tricolor Salute), Shri Kumar, General Secretary Girish Pathak, Vice President, former MLA Surendra Commando, National Spokesperson Guruji Raju Chandell, Monica Singh, Chitra Dalal, Sadhna Singh, Kumar Saurav, and Shahid Garmari. It's a significant occasion that brings together notable personalities to celebrate the birthday of Shri Atal Bihari Vajpayee and honor other distinguished individuals.

Celebrity Cricket League organized in association with Aryans



Top News Report

JAMMU, Dec 17: Governor Haryana, Bandaru Dattatraya today graced the tricity cup in Chandigarh as Chief Guest. "Punjab De Sher" team representing the Punjabi film industry in the Celebrity Cricket League (CCL) season 10 faced The Educators during an exhibition match played at the Cricket Stadium, Sector 16 on Saturday. The Educators led by Dr. Anshu Kataria included representatives from various colleges and universities from Chandigarh and Punjab region. The team Punjab De Sher was comprising of well-known Punjabi film stars Binu Dhillon, Jassi Gill, Babbal Rai,

Gavie Chahal, Dev Kharod, Ninja, Rahul Jaitley, Suyyash Rai, Anuj Khurana, Daksh Ajit Singh, Mayur Mehta, Vikramjit Singh. Played at flood lights, the match was inaugurated by Haryana Governor Bandaru Dattatraya by tossing the coin which witnessed a lot of enthusiasm among the local spectators. The cup was organized in association with Aryans Group of Colleges, Rajpura Near Chandigarh. Dr. Anshu Kataria, Chairman, Aryans Group was specially present. The team owner of Punjab De Sher, Puneet Singh said that his team is playing Celebrity Cricket League since 2016. The objective of organizing this exhibition match

is to create excitement among the local people and our stakeholders about CCL and Punjab De Sher. More such exhibition matches will be organized in Chandigarh and Punjab in the coming days. On this occasion, Chief Guest Governor Bandaru Dattatraya praised the efforts of the organizers and said that such events awaken the youth towards sports and generate energy in them so that they stay away from evils like drugs. He also emphasized that all the educational institutions engaged in spreading education have highlighted the importance of sports by holding the bat today. The Governor expressed best wishes to the Punjab De Sher team for the upcoming matches of CCL. The league matches of CCL will start from February 23 wherein around 200 artistes from eight regional film industries will participate. The final match will be played on March 17. In this series, Punjab De Sher will face Bengal Tigers and Mumbai Heroes in their two league matches at Sector 16 Cricket Stadium. All matches of the league will be telecast on India's top sports and entertainment channels including regional channels.

Kashmiri displaced people wing of DPAP holds meeting at Gangyal

Top News Report

JAMMU, Dec 17: A meeting held by the Kashmiri Displaced People Wing (KDPW) of DPAP (Democratic Party of Azad Pradesh) in Jammu and Kashmir. The meeting was led by Sanjay Dhar, President, Piaray Lal Pandita, Chairman, Raj Kumar Ticku, General Secretary, Roop Krishen Koul, Vice President, Gowhar Rasid Wani, Spokesperson, Rahul Raina, Youth Vice President, and Renu Razdan, Mahila Wing Secretary. During the meeting, various non-camp displaced individuals joined the KDPW, including



Vinod Koul, Sanjay Khar, T.K. Pandita, Avinash Bhan, and others. The leaders shared the party's manifesto focusing on development and good governance when in power. The attendees listened to the symbolic ideology of the party under the leadership

of Shri Ghulam Nabi Azad. The new members expressed their full support, and the leaders assured them that the party would address the problems faced by non-camp inmates. The leaders pledged to present the issues and demands of the

displaced people to the concerned authorities for priority consideration. The gathering appreciated the KDPW leaders for listening to their problems on the spot and vowed to strengthen the party's influence. The new members were encouraged to recruit more individuals to join KDPW, with the aim of securing a better future and alleviating the sufferings faced by the community over the past 33 years. It appears that the KDPW is actively engaging with the displaced community, addressing their concerns, and working towards a brighter future for its members.

SMVDU Scholar receives Best Paper Award

Top News Report

KATRA, Dec 17: Advitya Indu Mahajan, Research Scholar, School of Business, SMVDU, has presented a paper at the Global Conference on "Emerging Technologies leading towards Sustainable Entrepreneurship, Economics, Tourism, Healthcare, Media, Education supporting Green Environmental Practices and Business Growth". The conference was scheduled for 8th and 9th December 2023. Advitya received the best paper award in the Technology & Marketing track with the theme "Digital Marketing for Sustainable Business Growth". The research scholar and his Ph.D. supervisor, Dr. Rashi Taggar, authored a paper titled "Augmented Reality Adoption: Investigating Perceived Risk



through UTAUT-Based Predictive Modeling". In the paper, they discussed the inclusion of Artificial Intelligence advancements and augmented reality in various e-commerce platforms. Furthermore, they tried to determine the

factors influencing Indian consumers' use of augmented reality features during online shopping. Researchers from India and other countries also presented their research work through online and offline modes. The conference was organized by Confab 360 Degree in collaboration with Guru Nanak Institute of Management, Delhi; NSHM Knowledge Campus, Durgapur, West Bengal; Indira Institute of Management, Pune; AAST University of Media and Arts, Raipur, India, along with foreign partners European Global Varsity, Europe; London Churchill College, United Kingdom; PT.LEO Jejaring Ilmu, Indonesia; European School of Data Science and Technology, Switzerland; Rushford Business School, Switzerland.