

## !! Continuations from Page 1 !!

### No indication of...

nation-building. The Army chief said he would take forward the "good works" of his predecessors, and assured the soldiers and officers of the Army that ensuring their welfare will be his key priority.

Gen Pande on Saturday took charge as the 29th Chief of the Army Staff after incumbent Gen MM Naravane retired from service.

Gen Pande, who was serving as the Vice Chief, became the first-ever officer from the Corps of Engineers to take the reins of the 1.3 million-strong force.

Before taking charge as Vice Chief of Army Staff on February 1, Gen Pande was heading the Eastern Army Command that takes care of guarding the Line of Actual Control (LAC) in Sikkim and Arunachal Pradesh sectors.

"I am aware of the big responsibility and I am praying to God that I am given strength, capability and wisdom so that I can carry on with the responsibility," Gen Pande said.

### Two mortar shells...

squad was rushed to the scene by the Army and the shell was safely defused, they said. Another mortar shell was found and subsequently defused in the Nowshera sector of Rajouri district.

Both the shells are believed to have remained unexploded during the cross-border shelling in the past, the officials said.

### COVID: 4 new...

4,751. No Covid-related fatality was reported in the last 24 hours, they said.

There were 51 confirmed cases of mucormycosis (black fungus), officials added.

Meanwhile, Ladakh's coronavirus tally remained unchanged at 28,246 as no new infection was reported in the Union Territory in the past 24 hours, officials said.

With one more patient recovering from the infection during the same period, the number of active cases went down to three in Leh district, while Kargil district has already become coronavirus-free, the officials said.

According to officials, no virus-linked death took place on Saturday as the death toll from the pandemic also remained unchanged at 228 with 168 in Leh and 60 in Kargil. The number of recoveries has gone up to 28,015 in Ladakh, they said.

### Centre asks States...

to four days, and may be disseminated promptly at district/health facility level, Blushan said in the letter.

He said health department of the state must continue efforts on sensitisation and capacity building of medical officers, health staff and grassroot level workers on heat illness, its early recognition and management.

"Health facility preparedness must be reviewed for availability of adequate quantities of essential medicines, IV fluids, ice packs, ORS and all necessary equipment. Availability of sufficient drinking water at all Health Facilities and continued functioning of cooling appliances in critical areas must be ensured," the letter stated.

Health facilities need to increase resilience to extreme heat by arranging uninterrupted electricity for constant functioning of cooling appliances, installation of solar panels, measures to reduce indoor heat through cool/green roof, window shades, shade outside, among others.

Rainwater harvesting and recycling plants may also be explored for self sufficiency in water, the letter highlighted.

States may also utilise Information, Education and Communication (IEC) as well as community level awareness materials regarding the precautions to be taken by the population to safeguard themselves against heat waves, it added.

Among the don'ts, the Centre has advised people to avoid getting out in the sun, especially between 12 noon and 3 pm, avoid strenuous activities when outside in the afternoon, avoid alcohol, tea, coffee, or drinks with large amount of sugar stating these may lead to loss of more body fluid or cause stomach cramps, avoid high protein food and stale food and not leave children or pets in parked vehicle among others.

Among the dos, it advised people to stay hydrated, covered, alert, and stay indoors

as much as possible.

Elderly or sick people living alone should be supervised and their health monitored on a daily basis, it said.

For employers and workers, the ministry advised that cool drinking water should be provided at work place and workers should be cautioned to avoid direct sunlight and shaded work area should be provided for workers.

The letter added that exposure to high outdoor and indoor temperatures can induce heat stress, directly and indirectly, leading to heat-related illnesses like heat rash (prickly heat), heat oedema (swelling of hands, feet and ankles), heat cramps (muscle cramps), heat tetany, heat syncope (fainting), heat exhaustion, and heat stroke.

### Kashmiri youths travelling...

parents as well as students in Pakistan were usually done by the separatists under a well-planned conspiracy with their co-conspirators based in Pakistan.

The students were made to appear in the National Talent Search (NTS) test at Hurriyat office in Pakistan as a stealth tactic to make them believe that they were writing a pre-qualifying test which would lead to their admission in professional colleges in Pakistan.

Such tests were mostly facilitated by Kashmiri separatists and their relatives who had gone to Pakistan in the 1990s to get illegal arms training and had settled in Pakistan-occupied Kashmir and other areas there.

After the test, some of the students were brainwashed and taken for arms training and later pushed into Jammu and Kashmir along with infiltrating terrorists.

The officials said that as many as 17 youths who had gone on valid travel documents to Pakistan and were believed to be in that country receiving education were killed either at the Line of Control or during encounters, leaving their parents in disbelief.

Security officials have been tracking the youths who travelled to Pakistan on valid visas for short durations and disappeared after their return as they believe that they could be possible sleeper cells of terror groups operating from across the border.

Security agencies believe that there was a six weeks' training course for new terror recruits and intelligence inputs suggest that some of the youths were provided a quick module of fabrication of improvised explosive devices using easily available explosive material within a week's time.

The recruitment of youths for various terror organisations is also being carried out discreetly and it is quite possible these youths could also be doubling as "recruiters" for brain-washing vulnerable men in the militancy-affected union territory.

The missing youths are mainly from middle-class families and have been described as the new faces of terrorism in Kashmir.

They could be waiting for delivery of arms and ammunition, though the security forces have substantially choked the supply line through heightened surveillance at the Line of Control, the officials said.

### Fire at Jammu Civil...

to adjoining rooms. Fire tender were summoned to control the flames and the fire was brought under control after about an hour. Preliminary investigation suggested that the fire was caused by a short circuit. However, the police has registered the case and started investigations.

### J&K Bank's digital....

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The data excludes the digital payment transactions made through NEFT and RTGS modes.

### Free education to...

studying their situation, took a decision to impart free education to the children of all displaced Kashmiri Pandits.

He has chalked out a plan to provide free education from sixth standard to graduation for Kashmiri students. He has also announced free hostel facility for them.

The cost of a student's education at the institution will be around Rs 80,000 and

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