A resident of the village, Azi Khan, said Anmrad was raiding a house to capture Taliban leader who was leading the insurgents in Sar Jangal area before being shot dead on Tuesday evening.

A provincial council member, Abdul Ahad Elbaig, said Anmrad was one of the prominent leaders of the Taliban who was leading the war in Baghlan province for a very long time.

The Taliban militants group has not made any comments regarding the report so far. Baghlan is among the relatively volatile provinces in northern Afghanistan where the Taliban insurgents and militants belonging to other insurgent groups are actively operating in a number of its districts (More on P4, 117).

If you're feeling a little bit overworked, you're not alone. Many people are facing the same challenges as you. With all the stress and demands on your time, it might feel like you have no energy left to give. But remember, taking care of yourself is essential to maintaining your productivity and overall well-being.

Here are some tips to help you manage your workload and recharge:

1. Prioritize your tasks: Make a list of everything you need to do and prioritize the most important tasks. Focus on completing these tasks first, and then move on to the less urgent ones.

2. Take breaks: It's important to take regular breaks to give your brain a chance to rest and recharge. Try taking short breaks every hour or so, and longer breaks when you feel overwhelmed.

3. Practice self-care: Make time for activities that bring you joy and help you relax. This could include exercise, meditation, or spending time with loved ones.

4. Seek support: Don't hesitate to ask for help when you need it. Whether it's a colleague, friend, or family member, having someone to talk to can make a big difference.

5. Take care of your physical health: Eat well, get enough sleep, and stay hydrated. A healthy body will help you stay focused and productive.

Remember, taking care of yourself is not a luxury - it's a necessity. By prioritizing self-care, you can boost your productivity and overall well-being.