

Kashmir Convener



Economic Potential
Eroding Rapidly While
PM Modi Generates
Hype: Congress

P/02



Arambai Tenggol chief,
Kuki militants under
NIA radar over attacks
during Manipur unrest

P/07



Modi 'biased' towards
Adani, discriminating
against Wayanad landslide
victims: Rahul

P/02



"Those Who Consider Power As Birthright...": PM Modi

KC NEWS NETWORK

BHUBANESWAR: Slamming opposition parties for propaganda against the BJP-led NDA, Prime Minister Narendra Modi on Friday asserted that they have "crushed" the spirit of the Constitution and rejected all norms of democracy. PM Modi, addressing party workers in Bhubaneswar, also said that the opposition has only one aim, "to somehow capture power by misleading people".

"Those who consider power as their birthright have not been in power at the Centre for the last decade," he said in an apparent dig at the opposition.

The prime minister said it is quite natural that there would be ideological differences among political parties on different issues, and that they have the right to express their views and resort to agitations.

"During my tenure as Chief Minister and PM, I saw different colours of politics. I admit that



a constructive opposition is normal in a democracy. There can be differences of opinion on any decision," he said.

PM Modi said everyone, however, can now feel a big difference in the manner protests are organised. "The spirit of the

Constitution is crushed and all the norms of democracy are rejected." The PM said that from the very

beginning, the opposition parties were not ready to accept the fact that people gave their mandate to the BJP-led NDA.

"Denied of power for the last decade, such parties are now filled with so much anger that they do not hesitate to conspire

against the country and its people. They are misleading people with 'jhoot aur afwah ki dukan' (lies and rumours)," he said.

PM Modi noted that such false propaganda is a big challenge for people of India, and BJP workers and "those who love the country and respect the Constitution should be more alert and vigilant to foil such attempts and expose the lies".

He also said the BJP dedicatedly worked for the development of Odisha even when the party was not in power in the eastern state.

"The Odisha poll results surprised many big political experts, who had completely rejected the idea of BJP forming government in the state... BJP's election success in Odisha, Haryana, and Maharashtra has created a new confidence in the entire country.

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Promote Innovative Programs, Courses: LG Sinha to SMVD University



KC NEWS NETWORK

JAMMU: Lieutenant Governor Manoj Sinha chaired the 35th meeting of Executive Council of Mata Vaishno Devi University, today.

The meeting was attended by Prof. (Dr.) Pragati Kumar, Vice Chancellor, SMVDU; Prof. Umesh Rai, Vice Chancellor Jammu University; Prof. Nilofer Khan, VC Kashmir University; Prof. Pankaj Chandra, Vice Chancellor & Chairman, Board of Management, Ahmedabad University;

Prof. A.S.K. Sinha, Director, Rajiv Gandhi Institute of Petroleum Technology; Prof. Manoj Singh Gaur, Director, IIT, Jammu; Dr Mandeep Bhandari, Principal Secretary to Lieutenant Governor; Anshul Garg, CEO, SMVDSB; Ajay Kumar Sharma, Registrar, SMVDU and other members of the SMVDU Executive Council.

The meeting discussed several important academic and administrative issues pertaining to Career Advancement Promotion of

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Govt sets minimum age for nursery admissions

KC NEWS NETWORK

SRINAGAR: The Jammu and Kashmir School Education Department has issued a new circular determining the minimum age for children seeking admission to Nursery/Balvatika classes, aligning with the National Education Policy (NEP) 2020.

As per the news agency KINS the government Circular No. 08-JK (Edu) of 2024, dated November 29, 2024, outlines that the minimum age requirement for admission to Nursery/Balvatika/Pre-school/Anganwadi classes will now be calculated based on a cut-off date of 30th November of the year in which admission is sought and granted in Kashmir division as well as winter zones of Jammu division of the school education department for admission in Nursery/Balvatika/Pre-school/Anganwadi.

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Don't want something like Delhi and Kejriwal in J&K: Satish Sharma

Owais Gul

SRINAGAR: The cabinet minister in the first elected government in the Union Territory of Jammu and Kashmir, Satish Sharma on Saturday said that they don't



want something like Delhi and Kejriwal here in Jammu and Kashmir.

While talking to the reporters here, Sharma, as per the news agency—Kashmir News Observer (KNO), said that he is a man with positivity and believes that the

Prime Minister Narendra Modi as well as the Lieutenant Governor Manoj Sinha wants to empower the people in Jammu and Kashmir. "We have been demanding the restoration of Statehood for which the Chief Minister Omar Abdullah visited Delhi. We too will visit in our capacity. We are not demanding something new, but whatever has been snatched should be restored," he said.

Furthermore, Sharma said that the priority at present is to ensure the affordable health care in Jammu and Kashmir, saying that post Covid, the complications have increased while the people across J&K have borne the brunt of militancy for the last three decades. "We need to ensure affordable health care for the people here," he said, adding that at this juncture, private and government cooperation is imperative. "The government has limited resources, but private partners can play a key role in the health sector.

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Terrorists minimise internal communication: IG BSF Ashok Yadav

KC NEWS NETWORK

SRINAGAR: Terrorists have cut down on communications amongst themselves which is posing a huge challenge to the security forces in



tracking them down, a senior BSF officer said here on Saturday.

Inspector General of BSF, Kashmir Frontier, Ashok Yadav, said this while speaking to reporters on the sidelines of BSF's Raising Day celebrations at STC Humhama in the outskirts of the city.

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Expect Intense Cold, Frequent Snowfall, Says IMD Scientist

La Niña effect



Jahangir Sofi

SRINAGAR: Kashmir has started showing signs of winter arrival with noticeable shifts in the weather pattern. The region is bracing for harsh weather conditions this winter with heavy precipitation and prolonged cold spells, according to the India Meteorological Department (IMD) which has forecasted a La Niña event.

According to the IMD, Jammu and Kashmir is experiencing foggy mornings and there has been a gradual decline in both maximum and minimum temperatures. Dr Mukhtar, a senior scientist at IMD, stationed

at Srinagar weather station confirmed to the news agency—Kashmir News Observer (KNO) the onset of the La Niña weather effect, predicting a colder and beyond normal precipitation for the Kashmir region this year.

He said the impact of La Niña was likely to be evident starting mid-December this year with an expectation of heavy precipitation and intensified cold spells.

La Niña is a natural climate phenomenon occurring in the Pacific Ocean. It is characterised by cooler-than-average sea surface

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Nov ends with 69% rainfall deficit in J&K, Ladakh: MET

KC NEWS NETWORK

SRINAGAR: The Meteorological Department reported a significant 69% rainfall deficit across Jammu and Kashmir and Ladakh for the month of November.

News agency KINS reported that the Meteorological Centre Srinagar said that against a normal average of 35.3 mm, only 10.9 mm of rainfall was recorded in the region during this period.

Kathua district experienced the most severe shortfall, with a 100% departure from normal rainfall, registering 0.0 mm against an

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Central Govt reviews implementation of PMGSY in J&K

KC NEWS NETWORK

JAMMU: Union Joint Secretary, Minis-

try of Rural Development (MoRD), Amit Shukla, along with Secretary Public Works (R&B), Bhupinder Kumar conducted a comprehensive review of implementation of Pradhan Mantri Gram Sadak Yojana (PMGSY) in the Union Territory of Jammu & Kashmir.

The review focused on expediting project completion, ensuring adherence to quality standards and enhancing rural

connectivity across the region.

During the review meeting, Amit Shukla emphasized the need for a daily monitoring mechanism to meet project timelines and address challenges effectively. He issued specific instructions to ensure uncompromising quality standards in road construction, underscoring the importance of creating durable and safe infrastructure for people of Jammu

& Kashmir. He directed for completion of all PMGSY projects as per the sunset date fixed by the Ministry.

The meeting was attended by Director Finance, PWD, Chief Engineer, PMGSY Jammu/ Kashmir and Superintending Engineers and Executive Engineers of all PIUs. A detailed presentation was given on implementation

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LG Sinha Reviews Preparedness For Police Constables Written Examination

KC NEWS NETWORK

JAMMU: Lieutenant Governor Manoj Sinha chaired a meeting to review the preparations for conduct



of written examination for selection of Police Constables in J&K, at Raj Bhawan today.

Chief Secretary; Atal Dulloo; Principal Secretary, Home, Chandraker Bharti; ADGP Jammu, Anand Jain; IGP Kashmir, Vidhi Kumar Birdi; Principal Secretary to Lieutenant Governor Mandeep K. Bhandari; Divisional Commissioner Jammu, Shri Ramesh Kumar; Divisional Commissioner Kashmir, Vijay Bidhuri, all DIGs; Deputy Commissioners and SSPs attended the meeting, in person and through virtual mode.

The Lieutenant Governor discussed with the officials the arrangements in place for the conduct of the examination across J&K.

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Kashmiri Bat To Get More Global Recognition As Govt Notifies It In Handicraft List



Jahangeer Ganaie

ANANTNAG: The government's move to officially notify iconic Kashmiri cricket bats in its list of notified handicrafts is being widely appreciated as the decision according

to them would help Kashmiri bats in getting more recognition world-wide.

Bat Manufacturers in Kashmir told the news agency—Kashmir News Observer (KNO), that this step is expected to give a significant boost to the reputation of Kashmiri

bats globally while preserving their traditional craftsmanship.

The cricket bat industry in the region, particularly in Sangam and Awantipora areas of South Kashmir, has a rich history and is renowned for its high-quality willow bats.

The decision to classify Kashmiri bats as a handicraft means they will now benefit from government support, branding, and market outreach under the handicraft sector.

"Notifying Kashmiri bats as a handicraft will help strengthen their recognition across the world. It acknowledges the skill, tradition, and quality associated with these bats," said Fawzul

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Intellectually sound youth imperative for vibrant, strong nation: Dy CM

KC NEWS NETWORK

JAMMU: Emphasizing the role of youth in making a nation strong and vibrant, Deputy Chief Minister, Surinder Kumar Chaudhary, today said that strenuous efforts are underway to ensure that the youth is provided with all the requisite avenues for their spiritual and intellectual development.

The Deputy Chief Minister was speaking at the function organised by St. Peter's High School in connection with celebration of 72nd Annual Day.

The Deputy Chief Minister, while referring to the menace of drug abuse, said that the Government will deal strictly with



those responsible for misleading youth towards this evil.

While emphasizing the importance of women empowerment and their contribution towards society, the Deputy Chief

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DC Bandipora Takes Stock of Arrangements for JKP Constable SSRB Exams

Bandipora: The Deputy Commissioner Bandipora, Manzoor Ahmad Qadri, accompanied by ADC Bandipora Zaffar Husson Shawl on Saturday visited various examination centres established for the Jammu and Kashmir Police (JKP) Constable examination conducted by JKSSRB.

An official spokesperson said the visit was aimed at reviewing the arrangements for the smooth conduct of the examination across the district.

M.A.Qadri toured various examination centers in Bandipora and Sumbal Sub-Division, where a total of 25 centres have been set up to accommodate 5,904 candidates. Out of these, 15 centers are located in Bandipora, while 10 centers have been



established in Sumbal Sub-Division.

During his visit to the examination centres, the Deputy Commissioner interacted with the supervisory staff and ensured that all necessary facilities, including seating arrangements, proper lighting, and security, are in place.

He also reviewed the security arrangements and monitoring systems to ensure a fair and transparent examination process. The DC instructed the officials to remain vigilant and to ensure a smooth and hassle-free conduct of examination.

Interacting with the media, Deputy Commissioner M.A. Qadri assured that all necessary arrangements, including security, logistics, and other es-

sential facilities, are in place to ensure a smooth and transparent examination process.

He said, all the necessary steps have been taken up to provide a conducive environment for the candidates to appear in the examination without any inconvenience.

The administration has taken all necessary measures to ensure the examination is conducted in an efficient and secure manner," he added.

The Deputy Commissioner further emphasized that all guidelines and protocols related to the examination would be strictly adhered to, ensuring the safety and well-being of the candidates and staff involved.

SKUAST-K organises Training-cum-Seed Distribution Programme at KVK Bandipora

BANDIPORA: The Krishi Vigyan Kendra (KVK) Bandipora-1, under the Tribal Sub-Plan of the National Seeds Project (NSP), AICRP on Seed, Srinagar Centre of SKUAST-Kashmir, today organized a Training-cum-Seed Distribution Programme.

The event witnessed enthusiastic participation from over 150 farmers and farm women from tribal areas of the district.

The event commenced with



a warm welcome by Dr. Shabir Ahmad Ganai, Scientist at KVK Bandipora, who also facilitated interactive sessions with farmers to address their concerns and gather valuable feedback.

Prof. Asif B. Shikari, Nodal Officer of NSP and Head of the Division of Vegetable Science, SKUAST-Kashmir, graced the occasion as the chief guest.

In his address, he emphasized the critical role of quality seeds in enhancing crop productivity and reaffirmed SKUAST-Kashmir's commitment to developing high-yielding crop varieties tailored to the valley's unique agro-climatic conditions.

Dr. Gowhar Ali, Associate Professor in Genetics and Plant Breed-

ing at SKUAST-Kashmir, highlighted the pivotal contributions of the National Seeds Project (NSP), Shalimar, in ensuring the availability of high-quality seeds to farmers.

Dr. Tariq Sultan, Programme Coordinator, KVK Bandipora-1, expressed the Kendra's dedication to supporting the farming community, particularly tribal farmers. He lauded the collaborative efforts that have helped address the challenges faced by farmers in the district.

As a significant takeaway from the programme, 20 quintals of Shalimar Fodder Oats seed were distributed among tribal farmers, aiming to improve livestock nutrition and enhance agricultural sustainability in the region.

Experts Discuss Advancements in Fetal Medicine, Breast Cancer Care for Expectant Mothers

SRINAGAR: Indraprastha Apollo Hospitals Saturday organized a medical conference



in Srinagar to address two crucial areas of healthcare: fetal medicine and the management of breast cancer during pregnancy. An official spokesperson said the conference was attended by leading experts to discuss best practices and advancements in these complex fields.

Dr. Anita Kaul, Clinical Director & Consultant in Fetal Medicine and Genetics at the Apollo Centre for Fetal Medicine, and Dr. Sameer Kaul, Senior Consultant in Surgical & Clinical Oncology at Apollo Cancer In-

stitutes, were among the prominent speakers at the event. She highlighted the challenges of diagnosing and managing fetal anomalies, as well as the advances in genetic diagnosis and intrauterine fetal surgery.

Dr. Sameer Kaul, on the other hand, focused on the complexities of treating cancer in pregnant women, stressing the importance of early diagnosis and a multidisciplinary approach to ensure the safety of both the mother and the fetus.

He said the discussions underscored the importance of collaboration between specialists, early detection, and a tailored approach in treating high-risk pregnancies, particularly those involving breast cancer.

Dr. Anita Kaul stated, "Fetal medicine requires a comprehensive approach, integrating advanced imaging and diagnostic tools to ensure the best outcomes for both mother and baby."

Dr. Sameer Kaul added, "Managing cancer during pregnancy is delicate, requiring a careful balance to treat the mother's condition while protecting the fetus. Early diagnosis and a multidisciplinary approach are essential for positive outcomes."

The conference also highlighted the need for continuous research and the adoption of the latest technologies to improve care for expectant mothers facing such complex health challenges. Both speakers and participants emphasized the importance of equipping healthcare professionals with the knowledge and strategies to navigate these high-risk situations.

Indian Army Conducts Medical Camp at Sailan, Bunikhet, Poonch

POONCH: The Indian Army Saturday organized a medical camp at Sailan and Bunikhet, aimed at providing essential primary healthcare services to the residents of these areas and surrounding villages.

These areas, home to a predominantly migratory population of Gujjars and Bakkarwals, face significant challenges due to poor road infrastructure and a lack of basic medical facilities.

An official spokesperson said the camp focused primarily on reaching out to the Gujjar and Bakkarwal communities residing in the Dhoks of higher ridges of the Pir Panjal Ranges.



General health check-ups were conducted, and free medicines were distributed to the villagers. The initiative aimed to make healthcare more accessible, ensuring the health and well-being of the local population.

The villagers expressed their

deep gratitude for the services provided, with many highlighting the importance of the initiative in an area where healthcare access is limited. The presence of a female medical officer at the camp was particularly appreciated by the women, who previously felt uncomfortable discussing their health issues with male doctors. Many women took this opportunity to address long-neglected healthcare concerns.

The event was a testament to the Indian Army's commitment to community welfare, further strengthening its image as a nation-building force.

RNU Akashvani Srinagar Felicitates Staff to Promote Professionalism

SRINAGAR: The Regional News Unit (RNU) of Akashvani Srinagar organized a felicitation function at its headquarters today to honor its staff, including Casual News Editors, Casual News Reader cum Translators for Urdu, Kash-



miri, Gojri, Pahari, and Balti languages, District Correspondents, data entry operators, and contractual staff.

The event was graced by Chief Guest Dr. (Prof) Mushtaq Ahmad Siddiqui, former Vice-Chancellor of the Islamic University of Science & Technology (IUST).

In his address, Dr. Siddiqui emphasized the power of news to influence the socio-economic and political landscape globally. He praised Akashvani Srinagar's high standards in news delivery and shared his personal connection with the station, citing his fondness for the flagship programs Sheherbeen and the evening news bulletins.

Qazi Mohammad Salman, Joint Director of PIB Srinagar and Head of News at RNU, DDK Srinagar, spoke about the commitment to media neutrality as the foundation of news production at Akashvani Srinagar. "Media neutrality is the fundamental principle of newsmaking, and the RNUs of Radio and Doordarshan uphold this standard without compromise," he said. He commended the professionalism of the RNU staff for ensuring that news is accurate, balanced, and credible.

Mohammad Rafi, former Director & Mission Advisor at the J&K Government's School Education Department, highlighted the pillars of pluralism and inclusivity in news delivery at Akashvani and Doordarshan.

Ahsan-ul-Haq Chisti, Deputy Director of DIPR J&K, appreciated the historical significance of Akashvani Srinagar, noting its disciplined approach to news delivery and its adaptability in the changing digital landscape.

Dr. Mohammad Maroof Shah, Author and Columnist, lauded the event as an important recognition of the staff's capabilities, vital for community building within the institution.

Gh. Rasool Akhoo, Program Head of Akashvani Srinagar, acknowledged the staff's hard work and dedication, calling them the "jugalur vein" of the Regional News Unit.

Dr. Muslim Jan, former Assistant Professor at the Media Education Research Centre (MERC), Kashmir University, expressed pride in the achievements of MERC students in the media field.

The function began with a welcome address by Tariq Rather, Deputy Director and Head of News at RNU Akashvani Srinagar. He attributed the success of the RNU to its professional and dedicated team, saying, "Akashvani RNU Srinagar has been a trusted source of timely and accurate news since 1948, and this achievement is only possible because of the tireless efforts of our team."

The event was attended by several dignitaries, including Sunil Koul, Assistant Director of PIB Srinagar, Shabir Ahmad Dar, Assistant Director of RNU DDK Srinagar, Sheikh Mudassir Amin, Editor News at DDK Srinagar, and Naseer Ahmad Rather, FPO, CBC, Srinagar, among others. Certificates of appreciation were presented to the staff members.

Mr. Ishaq Ahmad Shah, News Editor at Akashvani Srinagar, delivered the vote of thanks.

CII J&K Hosts Health Conclave 2024: AYUSHMAN Bharat Claims to Be Cleared by Year-End

SRINAGAR: The Confederation of Indian Industry (CII) J&K hosted its Health Conclave 2024, themed "Health Reimagined: Strategies for a Better Tomorrow," at Hotel Golden Tulip, Srinagar.

An official spokesperson said the event brought together government officials, healthcare experts, and industry leaders to deliberate on the challenges and opportunities shaping healthcare in Jammu & Kashmir.

Cabinet Minister for Food, Civil Supplies & Consumer Affairs, Transport, Science & Technology, Information Technology, Youth Services & Sports, and ARI & Trainings Departments, Mr. Satish Sharma, attended as the Chief Guest. Dr. Syed Abid Rasheed Shah, Secretary to the Government, Health &

Medical Education Department, addressed the gathering virtually as the Guest of Honour. The Chief Guest emphasized the need to address mental health issues, promote Public-Private Partnerships (PPP) in healthcare, and enhance corporate social responsibility (CSR) outreach through initiatives like mobile clinics. He remarked, "Efforts to improve the healthcare sector must focus on equitable access, innovative partnerships, and targeted outreach in underserved areas."

Dr. Syed Abid Rasheed Shah highlighted three key focus areas for the state's healthcare policy- Enhancing PPP models for healthcare delivery, Addressing healthcare access in rural and remote regions, and Mitigating human resource shortages and improving funding for government schemes. He assured the gathering that all pending claims under the AYUSHMAN Bharat scheme would be cleared by December 31, 2024.

Officials said the conclave explored pressing issues such as improving healthcare accessibility, addressing policy gaps, and fostering robust public-private collaborations. The discussions underscored the need for equitable healthcare infrastructure, enhanced insurance coverage, and focused interventions in rural and underserved areas.

The event concluded with actionable recommendations to strengthen Jammu & Kashmir's healthcare ecosystem, ensuring inclusivity and resilience while setting a roadmap for sustainable growth.

Bandipora-Gurez Road Closed Due to Fresh Snowfall: Officials



Srinagar: The Bandipora-Gurez road has been temporarily closed due to fresh snowfall at Razdan Top, officials confirmed on Saturday morning.

An official stated that considering the adverse weather conditions, drivers, and passengers have been advised to avoid traveling on the road. Snowfall commenced early this morning at Razdan Top, prompting the temporary closure to prioritize traveler safety.

SDM Gurez Mukhtar Ahmad, confirmed the road closure, attributing it to snowfall and unfavorable weather conditions. As a precautionary measure, movement on the Gurez-Bandipora road has been suspended.

Officials reiterated the advisory for drivers and passengers to refrain from using the road until further notice.(KNS)

Territorial Army Recruitment Rally Concludes in Kashmir Valley

SRINAGAR: The Indian Army successfully concluded a large-scale Territorial Army (TA) recruitment drive across the Kashmir Valley, encompassing Kupwara, Baramulla, and the JAKLI Regimental Centre.

Defence Spokesperson in Srinagar MK Sahu said the recruitment was held from November 8 to 27- first recruitment rally of such magnitude in the Valley since the COVID-19 pandemic and witnessed an unprecedented turnout, offering aspiring candidates from the region a chance to fulfill



their dreams of serving the nation.

The event highlighted the enthusiastic participation of youth, eager to join the TA and contribute to peace and development in the region, countering the narratives of terror. He said the relatives of aspirants actively supported and motivated participants, reflecting a spirit of community, brotherhood, and determination.

A senior Army official expressed pride in the overwhelming response, stating, "We are immensely proud of the remarkable turnout and the exceptional talent displayed by our candidates. This recruitment drive is a testament to the youth's dedication and passion for nation-building. We extend our heartfelt gratitude to everyone who contributed to the success of this event."

Candidates who cleared the physical tests will now undergo medical evaluations, written exams, and an aptitude test, after which final merit will be decided. The overwhelming participation in the rally signals a positive shift in ideology, with young people increasingly aligning with the vision of peace and development.

The success of the event was attributed to the collective efforts of the Armed Forces, civil administration, and supporting agencies. Beyond offering employment opportunities, the rally fostered a sense of belonging and inspired the youth to join the noble profession of ensuring stability and progress in the Kashmir Valley.

J&K National Health Mission Releases October 2024 Rankings for Public Health Facilities



SRINAGAR: The J&K National Health Mission (JKNHM) has released the rankings of public health facilities on the Hospital Management Information System (JK e-Sahaj) for the month of October 2024.

In the category of New GMCs of Associated Hospitals of Government Medical Colleges, the top position was secured by Government Medical College, Kathua, followed by Government Medical College, Udhampur, Government Medical College Rajouri, Government Medical College Anantnag, and Government Medical College Baramulla.

For District Hospitals, District Hospital Kishtwar ranked first, with District Hospital Shopian, District Hospital Budgam, District Hospital Samba, and District Hospital Reasi following in the rankings.

In the Community Health Centres (CHCs) category, CHC Marh, Jammu took the top spot, followed by CHC Pakherpora, Budgam, CHC Billawar, Kathua, CHC Batote, Ramban, and CHC Banihal, Ramban.

The JK e-Sahaj initiative, launched on November 4, 2022, is part of the Jashn-e-Sehat program and aims to automate hospital administration across different types of healthcare facilities in Jammu & Kashmir. It is integrated with the Rapid Assessment System (RAS), the 104 Centralised Health Helpline, and the RCH portal of the Ministry of Health and Family Welfare, Government of India.

The rankings were determined based on the registration process, conversion of Electronic Medical Records (EMR), registration of IPD patients, and patient feedback uploaded on the JK e-Sahaj portal for the month of September 2024. The data was collected and assessed on a real-time basis.

World AIDS Day

Observed annually on December 1, World AIDS Day serves as a global platform to raise awareness about HIV/AIDS, commemorate lives lost, and highlight progress in combating the epidemic. The 2024 theme, “Take the Rights Path: My Health, My Right!”, emphasizes the critical link between human rights and health, underscoring the need to dismantle barriers to equitable healthcare access. Globally, the fight against HIV/AIDS has seen significant achievements. In India, over 2.5 million people live with HIV, but the prevalence rate has dropped to 0.2%. Annual new infections have reduced by 44% since 2010, outperforming the global decline rate. Initiatives like free antiretroviral therapy (ART) and innovative programs such as Mission Sampark and the Test and Treat policy have been pivotal in improving treatment access and outcomes. India’s National AIDS Control Programme (NACP) has evolved over four decades into one of the world’s most comprehensive HIV/AIDS responses. The ongoing NACP Phase-V (2021-2026) focuses on achieving 95-95-95 targets—ensuring 95% of individuals know their status, 95% of those diagnosed receive treatment, and 95% achieve viral suppression. Efforts also aim to eliminate vertical transmission and reduce stigma, supported by the HIV and AIDS (Prevention and Control) Act, 2017. While progress is evident, challenges persist. Social stigma and systemic inequalities hinder efforts to end AIDS by 2030. This year’s theme calls for a rights-based approach to ensure healthcare access for all, irrespective of social or economic status. India’s success in reducing HIV prevalence is a testament to collaboration, innovation, and resilience. On World AIDS Day, let us recommit to fostering inclusivity, protecting rights, and building a healthier, stigma-free future.

Empowering Marginalized Communities in Kashmir: A Framework for Inclusive Development



Shabeer Ahmad Lone

Empowering marginalized communities in Kashmir is a complex yet indispensable endeavor that encompasses addressing systemic inequities, socio-economic vulnerabilities, and historical neglect. Marginalization in this region transcends conventional dimensions of poverty or social exclusion; it is deeply intertwined with the aftermath of decades of conflict, displacement, and structural barriers. A comprehensive framework that embraces inclusivity, sustainability, and self-reliance is imperative for enabling the region's most disadvantaged to overcome these challenges. Here an attempt is made to propose transformative paradigms and actionable strategies rooted in empirical evidence, historical insights, and contemporary innovations to pave the way for equity and empowerment. By harnessing education, health services, financial resources, and community-based governance models, this vision seeks to ensure dignity and opportunity for all.

In Kashmir marginalized groups include economically disadvantaged laborers, artisans, and craftspeople such as kangri makers, carpet weavers, handicrafts, pashmina artisans, who face limited market access and dwindling recognition of their craft. Fishermen, bat makers, and metal workers grapple with outdated techniques and insufficient resources to expand their livelihood. Socially excluded groups, including women, widows, orphans, and conflict survivors, struggle with systemic inequities and inadequate institutional support. Persons with mental health issues, trauma, age old persons, specially abled persons, etc. Scheduled Tribes like the Gujjars and Bakerwals remain underserved in education. There is an urgent need for them to open model schools with quality infrastructure, professional staff, with boarding and lodging facilities, they further need free healthcare, and political representation, to further away their exclusion. Addressing their plight requires comprehensive, inclusive strategies that blend economic opportunity with social equity and empowerment.

Masons, carpenters, kangri makers, metal workers, fishermen, carpet weavers, handicrafts, and displaced families, face entrenched barriers to upward mobility. To empower them, a multi-pronged strategy rooted in skill enhancement, market access, and welfare support is essential. Government and non-government initiatives must focus on capacity-building programs that provide technical training and modern tools to improve efficiency, product quality, transport and marketing. For handicrafts, kangri walas and metal workers, innovative designs and branding should be promoted to tap into global niche markets. Fishermen can be supported through cooperative societies, subsidies for modern fishing equipment, and cold storage facilities to reduce post-harvest losses. Carpet weavers need financial incentives, direct market linkages, and technological integration to ensure fair pricing and global outreach. Welfare boards that ensure insurance, pension schemes, and healthcare services. Additionally, mobilizing Awqaf funds

and CSR initiatives to provide free transport for goods, exhibition platforms, and microcredit can significantly uplift these marginalized groups, ensuring dignity and sustainable livelihoods and their upcoming generations.

There are instances of marginalized communities who have shown remarkable resilience and success through targeted interventions and community-driven efforts. In a remarkable achievement, 20-year-old Sania Zehra has earned the title of ‘Bee Queen of Kashmir Valley’, becoming the region’s only female beekeeper and a beacon of inspiration for women nationwide. With her unwavering dedication and innovative spirit,

multimedia. Various departments with empowering schemes like The JKEDI, Sheep and cow farming with their respective departments, Department of Social welfare, Labour department, The UMEED scheme under the National Rural Livelihood Mission (NRLM) mobilizes women into Self-Help Groups, fostering economic independence through micro-enterprises and skill development. The Ayushman Bharat health insurance scheme ensures free medical care for economically disadvantaged families, while mobile medical units bring healthcare to remote areas. The Artisan Credit Card and initiatives by the Kashmir Handicrafts Development Corporation

Kashmir when tailored to its unique challenges. The empowerment of marginalized groups must also address structural barriers, such as lack of political representation and exclusion from decision-making processes. Strengthening grassroots institutions, such as Panchayati Raj and local self-help groups, is essential for fostering inclusivity and participatory governance. Equally, fostering environmental sustainability through eco-tourism, organic farming, and renewable energy projects aligns with both the economic needs of the marginalized and the ecological sensitivities of the region. Artisanal sectors, handicrafts, including shawl weaving and papier-mâché,



Sania has helped her father expand their bee-keeping business by an astounding 400 percent. Similarly Razia Sultan has established a successful crewel embroidery chain stitch unit at Trehgam in Kupwara where she is generating livelihood for herself and other women working in her unit. She is also imparting training to other girls of the area. Fawzul Kabir, managing director of GR8 Sports and a representative of the Cricket Bat Manufacturing Association of Kashmir, has been instrumental in bringing Kashmir willow bats to the global stage. His company’s bats were used by the Afghanistan cricket team during the ICC Men’s Cricket World Cup 2023 and had previously been showcased in the T20 World Cup and Legends Cricket League. Javid Parsa has also successfully opened a chain of restaurants in Kashmir and outside and is an inspiration for others. Entrepreneurs like Khrshid Dar and Tanveer Sheikh from Anantnag utilized government schemes to establish eco-friendly businesses, employing dozens and achieving substantial turnover. Women such as Aisha have launched thriving boutique businesses under empowerment programs like Tejaswani and Hausla, while farmers like Sakina have challenged traditional norms to excel in agriculture. Students from economically disadvantaged backgrounds have achieved significant academic milestones, including success in competitive exams, supported by state-funded coaching initiatives. Collectively, these stories underscore the transformative impact of education, entrepreneurship, and institutional support in uplifting marginalized communities in Kashmir.

Several government departments with schemes are pivotal in empowering marginalized groups in Kashmir by addressing their socio-economic challenges. Need is to impart awareness through

support traditional artisans with financial aid, market access, and global exposure. Farmers benefit from the Prime Minister’s Kisan Samman Nidhi (PM-KISAN) and high-density orchard schemes, enhancing agricultural incomes. Education programs like the Mid-Day Meal Scheme, free schooling under the RTE Act, and skill training under the Pradhan Mantri Kaushal Vikas Yojana (PMKVY) equip youth for better opportunities. Social welfare programs like the Integrated Social Security Scheme (ISSS) and National Social Assistance Program (NSAP) provide financial aid to widows, differently-abled individuals, and the elderly. PMEGP and Ayushman Bharat are also in place to support. These initiatives present a robust framework for uplifting the marginalized in Kashmir.

Despite the availability of government schemes, gaps in awareness, implementation and accessibility persist. The mobilization of indigenous resources, such as Awqaf and Bait-ul-Maal, offers a culturally resonant and pragmatic approach to supplement these interventions. For instance, allocating Awqaf funds for scholarships, health clinics, and artisan cooperatives could enhance both economic sustainability and community cohesion. Similarly, leveraging free general education which is already in execution up to 8th classes and being made free up to the University level, free vocational and skill education, free healthcare, transport services can significantly reduce the burden on marginalized households. Recent data underscores the impact of free education programs in conflict-prone zones: dropout rates in general education among underprivileged students reduced by over 30% in regions where such initiatives were implemented. This highlights the transformative potential of such measures in

must be revitalized through skill development programs, financial incentives, respectful and ethical technology infusion, and global market access. Capacity-building programs tailored to local needs can equip marginalized communities to engage meaningfully with modern economic systems while preserving cultural heritage.

The pathway to empowerment in Kashmir must reflect a symbiotic relationship between cultural values and progressive frameworks. Marginalization is not merely an economic or social challenge; it is a denial of dignity and agency. Therefore, solutions must prioritize human-centric inclusive development, emphasizing trust-building, transparency, accountability, and collaboration. To this end, partnerships between the state, civil society, and private sectors must be nurtured, ensuring that marginalized voices shape and drive the agenda of empowerment. The mobilization of collective will and resources can transform the narrative of exclusion into one of shared prosperity and sustainable development. Empowering the marginalized in Kashmir is not only a developmental imperative but also a moral, social commitment to justice, equity, peace and inclusive development. The newly elected government must prioritize addressing the issues and challenges faced by marginalized groups through targeted initiatives that ensure equitable development and empowerment. These efforts should include tailored policies that address economic, social, and structural inequalities, fostering inclusive growth while preserving their dignity and cultural heritage.

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Social Shifts in the Modern Era

FIZA AIJAZ RESHI

Kashmir is known for its heaven-like beauty, its unique culture, tradition & its kind people. We found beautiful mountains, with seasonally color-changing effects, natural springs & waterfalls which give Kashmir a unique natural view. It's not wrong to say that Kashmir is also known as the land of Sufis. From its beginning, we found named faces of such personalities, with simple living, they glow the candle of Islam in every heart & every corner of Kashmir. They spend their every day of life for mankind & by following their teachings the Kashmiri societies had reformed at large. In every part of life, we found the imprints of Sufis in the Kashmiris. In every home of Kashmir, we found the teachings of Sufism to a large extent.

Sufism was introduced in the 13th century. It's a mystical sect of Islam that became a cornerstone of Kashmir's unique culture. Sufi saints and scholars introduced it. In the early years, the people of Kashmir were greatly influenced by the ideologies and teachings of Sufis. This was a time when there was enough poverty in the valley, but instead of that, books were found in most homes. But nowadays, we find that fewer people in Kashmir were affiliated with books, mostly of Sufism.

In the year 2024, Kashmiri society had changed drastically, the ideologies & teachings of Sufism had been overlapped by the ideologies of the West. The youth of Kashmir have made distance from the age-old traditions & teachings. Nowadays we don't know our culture at large & have followed the changing trends & ideologies of the West. It's not wrong to read, but to follow the path of Western ideologies is, because their ideologies are free of boundaries & they can do everything according to their wants.

Alama Iqbal rightly said, "If you go towards the west, you will drown." The culture of simple dressing

in Kashmir overlapped with the culture of the West. Both boys & girls in our society were involved in adopting the Western thoughts, jeans culture, and ideology of free will & choice, just to show that today

others' religion & thought is modernity. Western countries imprint their thought of free will & free choice on us. By this, we lost ourselves, our culture, our purpose of life & our loved ones. Today our society



they are modern by changing their outlook. Changing the outlook doesn't mean that we are modern, wearing earrings, cutting jeans, odd hair cut & so on by the young boys & wearing tight jeans, giving themselves a boy look, showing their naked body by wearing transparent clothes by girls, what does it mean. Its nothing, it just shows our vulgarity.

Modernity should be in our inner self, in our thought & in our view. Following others & adopting their culture doesn't mean we are modern. Improving one's self through knowledge is modernity. Caring for mankind, respecting mankind, and respecting

has become the toys of the West, by following them in everyday life.

It's not the fault of Western countries if a company manufactures a poison for rats & it's taken by a man who is responsible? The same is like with us, our society adopts new ceremonies, trends, cultures & new ideologies forgetting our own, without thinking of our future generations. Our one wrong step could become the cause of the destruction of our future societies.

Islam teaches us the way of life & we can't bring change in any single teaching of Islam. As we know

the first verse of the Quran was revealed as Iqra which means to read & we have to read rather than being dependent on others. Year 2024, is the year of the great revolution in science & technology & artificial intelligence (AI). The people of the West made their lives full of comfort & ease by using this technology. In every field, they are far more forward than us because they know the true meaning & use of technology.

But, what we have done? We create burdens for ourselves & for society at large. In today's society if we want or help the poor we upload them on social media not taking care of their image in society, just to show off & for our popularity in simple language. We create memes, jokes, and baseless videos by using the same technology rather than any useful research.

When any society is down to earth, its last hope is the young educated youth. But when the youths are busy creating or doing baseless things in society then what will one do? In today's world, we are nothing without the internet & it has both advantages & disadvantages, depending on how we use it.

today most youth prefer online education & self-study. By using the internet, they are cracking the national level examinations & have brightened their future. Instead of this, many individuals lost lakhs of rupees, some lost their families and properties & some lost their lives by the wrong use of the internet.

In today's society, we found major issues which were not before, such as late marriage, new customs & traditions & show off, rather than being simple. One popular phrase in Kashmir is, "One sat on the horse, the other one sat on the wall". And this has become the reason for the growing issues in our society, & because of this, the condition of middle-class families has worsened day by day.

Marriage a beautiful bond between two souls has also been affected by this showoff in our society. In the early years, when society preferred simple

Marriage only 2-3 lakh rupees were required, but now 50-60 lakhs or more are spent on this because of new ceremonies & traditions in society. All this has worsened the conditions of families & became the reason for the late marriage situation in Kashmir. In our society, young youths have to come a step forward to prefer the simple Niqah & Marriage because the youth can bring a change in any society. And should avoid the baseless ceremonies, customs & traditions in our society at large.

In today's society, youths are educated in our eyes, but when they can't make the difference between what is right & what is wrong, then how can we say so? We read but don't know what we read, or how to read & we have certificates but don't know our value in this developing world. Rather than using technology & AI, to improve ourselves & society, we invest our precious time in scrolling videos on FB, Instagram, Snapchat, and other platforms. Youths spend their time in baseless activities rather than acquiring knowledge, this has also become the reason for the highest unemployment rate in our society.

Rather than following the way towards Allah, by following the path of Prophets, Sufis & Scholars, the youths in our society are moving on the path of uneducated, dull-minded, YouTubers and musicians. Which are following the trends & those trends haven't any value in the future. Our youths are willingly following them without looking towards themselves, their parents & society & their future.

In our society, musicians & YouTubers have become more valuable than a PHD scholars & Preachers. Rather than holding the pen, we hold the trends. Which have overlapped our inner-self & Through these trends our day-to-day simple life, traditions & culture have overlapped & have become worse in Kashmir.

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Srinagar Smart City wins SKOCH Award for Excellence in Sustainable Transport System

SRINAGAR, NOVEMBER 30: Srinagar District has been conferred the esteemed 'SKOCH Award of Excellence in Sustainable Transport System' for its exemplary work in developing a sustainable and inclusive non-motorized public transport system. This innovative system encompasses walking and cycling infrastructure, fostering a pedestrian-friendly environment that boosts tourism and economic growth. The SKOCH Award, instituted in 2003, recognizes outstanding contributions in governance, finance, banking, technology, economics, and inclusive growth. Srinagar Smart City Limited (SSCL) has been instrumental in transforming the

city's infrastructure, having secured the Smart Cities Mission

Smart City Limited, received the award on behalf of the city. "We



in 2017. Dr. Owais, CEO, Srinagar

are honored to receive this

prestigious award, which acknowledges our efforts to create a sustainable and livable city," he said. "This award is a testament to our commitment to providing world-class infrastructure and services to our citizens." SSCL had worked extensively on an integrated strategy of comprehensively reviving the city's infrastructure and identified major streets, junctions, public spaces, markets and riverfronts for improvement. SSCL's comprehensive strategy included a revival of city's transport systems and infrastructure with a view to create a pedestrian-friendly environment which is good for city's tourism and economy.

District Admin Srinagar reaches out to fire victims of Danawari Chattabal

SRINAGAR NOVEMBER 30: On the directions of Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat, a team of District Administration, Srinagar Saturday morning visited Danawari Chattabal area of the District to provide immediate assistance to the fire affected families whose houses were gutted in massive fire incident during wee hours here today. The immediate relief was sanctioned by Deputy Commissioner Srinagar and was provided to the affected families through the team of District Administration headed by Additional Deputy Commissioner, Syed Ahmad Kataria and Tehsildar South in the form of blankets and kitchen sets, besides Rs 15k to each affected families as an interim relief out of the District Red Cross Fund. The team of District Administration Srinagar also expressed sympathy with the affected families on loss of property.

Further, the DC has also directed the concerned authorities to assess the losses



and make a comprehensive report for providing structure-wise financial assistance under SDRF to the fire affected families separately.

DIPR bids Adieu to Noted Sufi Singer Ghulam Mohammad Bhat Anzwali



SRINAGAR, NOVEMBER 30: The Cultural Unit Kashmir of the Department of Information and Public Relations (DIPR) J&K, Saturday organized a farewell function to bid adieu to Ghulam Mohammad Bhat Anzwali, a renowned Sufi singer, who retired as a Music Instructor. Joint Director Information Kashmir, Mohammad Aslam; Deputy Director PR, Ahsan ul Haque Chishti; Cultural Officer, Burhan Hussain; and other officers and employees of the department were present on the occasion to pay tribute to Anzwali's dedication and contributions to the field of music. The farewell function was a testament to the respect and admiration Anzwali commands in the cultural fraternity. His legacy as a Sufi singer and music instructor will continue to inspire future generations. Joint Director Information Kashmir, Mohammad Aslam paid glowing tributes to retiring Music Instructor Ghulam Mohammad Bhat Anzwali describing Anzwali as an 'asset to the department' who has worked diligently throughout his service career. He appreciated Anzwali's dedication to serving the rich cultural heritage of Jammu and Kashmir. Cultural Officer, Burhan Hussain, while admiring the unforgettable contributions of Ghulam Mohammad Bhat Anzwali, said, Anzwali sahab has always been a humble and down-to-earth person, who is not only an able Sufi singer but also a skilled Sarangi nawaz. His treasure trove of achievements is a testament to his dedication and passion for music. AECO Syed Shakeel Shan lauded Anzwali's exceptional talent in Sufi folk singing and his specialization in sarangi playing. He fondly remembered the pleasant days spent with the retiree and acknowledged his invaluable contributions to the department.

DC B'la, MD JJM review implementation of Jal Jeevan Mission

BARAMULLA, NOVEMBER 30: The Deputy Commissioner (DC) Baramulla, Minga Sherpa and Mission Director Jal Jeevan Mission, Dr. G.N. Itoo, today chaired a comprehensive meeting to review the implementation of the Jal Jeevan Mission (JJM) in Baramulla district. During the review, it was stated that 88% of households in Baramulla have already been provided household water connections under the Har Ghar Jal Mission, showcasing significant progress in ensuring access to safe and reliable drinking water. Meanwhile, the meeting was provided with a detailed division-wise update on the progress of

work, including the construction of water supply schemes, piping networks, borewells, and related infrastructure. During the meeting, the DC instructed officers to coordinate closely with departments such as Revenue, Forest, Wildlife, Roads & Buildings (R&B) and Power Development Department (PDD) to resolve any issues, including the laying of pipe networks, that hamper the completion of the projects. Minga Sherpa also urged all stakeholders to adopt a proactive approach to addressing challenges, ensuring that every household in the district has access to clean and safe drinking water by the

stipulated deadline. Meanwhile, MD JJM, emphasized that March 2025



marks the conclusion of JJM and directed the concerned officers to expedite pending works on the water supply schemes and other projects and adhere to the set timelines. Dr. Itoo further underscored the importance of maintaining

high-quality standards in all aspects of the project and urged the officers to ensure that no

Lab at Baramulla constructed at the cost of Rs. 65.46 Lacs marks a significant step toward improving water quality monitoring in the region. The DC and MD JJM inspected a live demonstration of the water testing procedures carried out at the lab to evaluate the lab's capabilities in assessing water quality through advanced testing methods. Speaking on the occasion, Dr. Itoo emphasized that this state-of-the-art lab is open to the public, encouraging residents to bring water samples from their households for testing to ensure that it is safe for drinking and other uses.

Government Lala Ded Hospital hosts CME on 'Revisiting the Basics in Preterm Labour'

SRINAGAR, NOVEMBER 29: The Postgraduate Department of Obstetrics and Gynaecology, Government Lala Ded Hospital, Srinagar, organized a one-day continuing medical education (CME) program on 'Revisiting the Basics in Preterm Labour' here today. The event, held at the Auditorium Hall, Lala Ded Hospital was attended by renowned experts in the field of obstetrics and gynaecology including Dr. Masuma Rizvi, HOD, Obstetrics and Gynaecology; Dr. Rizwana Habib, Ex HOD Gynaecology and Obstetrics GMC Srinagar, experts from SKIMS and other health institutions. The event also saw the presence of ex-senior HODs of the Deptt including Dr. Shahida Mufti, Dr. Farhat Jabeen and Dr. Nighat Firdous, who were honored for their contributions to the field. The Principal/ Dean Govt Medical College Srinagar, Prof (Dr) Iffat Hassan was the Chief Guest on the occasion which was also attended by M Ashraf

Hakak, Administrator; HODs, Faculty members, Medical superintendent Dr. Muzafar Jan, CMOs, RMOs, and



other health functionaries. Speaking on the occasion Dr. Iffat Hassan, Principal and Dean, GMC Srinagar, said that Preterm labour is a significant concern in obstetrics,

and it is essential to revisit the basics to provide optimal care to our patients. She said, this CME is a testament to our commitment to excellence in healthcare. Dr. Masuma Rizvi, HOD, Obstetrics and Gynaecology emphasized the importance of revisiting the basics in preterm labour. Dr. Shahida Mufti, ex-senior faculty member, shared her experiences and insights, saying, "It is heartening to see the department thriving and organizing such informative events. I'm proud to have been a part of this institution." The CME featured presentations by several experts, including Dr. Syed Nawaz, HOD OBG, GMC Anantnag; and Dr. Simona Lyn Syngai, HOD OBG, SKIMS Soura. The event was attended by over 100 participants, including consultants, postgraduate students, and faculty members from various hospitals and institutions.

DC Shopian appreciates the tireless & selfless services of workers

SHOPIAN, NOVEMBER 30: The Municipal Council (MC) Shopian today organised an impressive felicitation cum distribution function of kits for the appreciation of Sanitation workers of the Council. The event aimed to recognise the hard work and dedication of sanitation workers in maintaining the health and hygiene of the town. The event was attended by Deputy Commissioner (DC) Shopian, Mohammad Shahid Saleem Dar, who expressed gratitude towards the workers for their noble services. The DC also presided over the distribution function of uniform kits and provided the same to more than 80 workers. He handed over keys of recently allotted two housing units under PMAY 2.0 (U) Shahid said that the District Administration is committed to empowering the workers with other necessary resources to perform their duties effectively. During the event, the CEO, MC Shopian outlined various schemes and initiatives taken by the council for the welfare of sanitation workers. The workers were also felicitated with mementos. Additionally, a medical camp was also organized to conduct health check-ups and provide remedial healthcare measures for the workers.

Rent Assessment Committee approves 28 rent cases at Kulgam

KULGAM, NOVEMBER 30: A meeting of Rent Assessment Committee (RAC) was today convened at Kulgam under the chairmanship of Deputy Commissioner (DC) Kulgam, Athar Aamir Khan. On the occasion, the DC held a detailed discussion with officers of different departments functioning from rented accommodations in the district and with the owners of these buildings before approving rent cases. The committee approved 28 rent cases pertaining to various government

departments.

The meeting was attended by ACR, DSP-



Hq, CMO, CAHO, Tehsildar HQ, Tehsildar D H Pora and other concerned officers, besides owners of these rented buildings were also present in the meeting.

DC Budgam reviews digitisation of revenue records, revenue services under PSGA & Capex projects

BUDGAM, NOVEMBER 30: The Deputy Commissioner (DC) Budgam, Akshay Labroo, today chaired a meeting at the DC Office Complex, here to review the functioning of revenue services across all tehsils of the district. The DC reviewed the progress on digitization of revenue records of the district to enhance transparency and efficiency in land records management. He also conducted Tehsil wise review

of the disposal of revenue services as per PSGA timelines to ensure timely provision of revenue services to the citizens. He also reviewed the status of work on the recently approved infrastructure projects of revenue offices including construction of Tehsil Office BK Pora and Niabats of Nagam, Soibugh, Kachwari and additional block at NT Office, Pakherpora. The DC directed the concerned officers to maintain

close coordination with executing agencies to ensure timely



completion of these projects. He reiterated the importance of responsive governance and emphasized that Revenue officials must remain proactive in

addressing public grievances. Regular monitoring, adherence to timelines and imposing penalties against those failing to provide revenue services within the timeline were stressed to uphold the standards of service delivery. The meeting was attended by ADC Mehraj Ud Din Shah, all Sub-Divisional Magistrates (SDMs), all Tehsildars, and other Revenue officials.

DC Srinagar visits UPHC Batamaloo, inspects available health-care facilities

SRINAGAR, NOVEMBER 30: The Deputy Commissioner (DC) Srinagar, Dr Bilal Mohi-Ud-Din Bhat Saturday visited the Urban Primary Health Centre (UPHC) Batamaloo and took stock of its functioning and health care facilities being available to the patients. The DC also reviewed the progress of ongoing infrastructure upgradation works to augment the patient care facilities. During the visit, the DC inspected various wards, diagnostic labs, drug store and other sections of the Health Centre. He also interacted with the staff, patients and their attendants. Dr Bilal stressed the staff to ensure

better medical facilities to the patients, and treat them in a compassionate manner. The DC also inspected the ongoing infrastructure upgradation works on installation of lift being executed at cost of Rs 29.28 lakh under District Capex. He assessed the status of the recently installed TRUENAT machine at the UPHC which was recently provided by the Deputy Commissioner under District Mineral Fund, and is an advanced, chip-based, rapid molecular test device for the diagnosis of Tuberculosis (TB) in the patients. The machine is capable to conduct four tests simultaneously within



approximately one hour, marking a significant advancement in TB diagnosis in Srinagar District. Speaking on the occasion, Dr Bilal emphasized that this machine will play a vital role in improving TB diagnosis and treatment to make Srinagar TB free soon. The DC expressed hope that the TRUENAT machine will not only ensure rapid and accurate TB detection but is also capable of identifying rifampicin resistance, which is crucial for diagnosing drug-resistant TB. The DC appreciated the efforts of all the stakeholders and directed the Officers to further improve the efforts to deal with gaps and work in close

coordination to achieve the goal of TB free Srinagar. He also emphasized on ensuring that all TB care services are effectively delivered on ground to achieve TB Free Status for the whole Srinagar District by strictly adhering to the NTEP Guidelines. Notably, District Srinagar has already received the Gold category award during 2022-SNC through the Ministry of Health and Family Welfare, GOI. Besides, Chief Planning Officer, In-charge Zonal Medical Officer Batamalo, District Health Officer, District Tuberculosis Officer and other concerned were present on the occasion.

Scientists Create Instant 'Golden Turmeric Milk' With Health Benefits

Golden turmeric milk has become quite popular in recent years and has many health benefits, so scientists created an instant version that maintains all these advantages while having a longer shelf life.

As swearing off coffee in favor of caffeine-free beverages continues to grow in popularity, many are looking for replacements that provide the same cozy experience while also offering increased health benefits.

Some have turned to matcha, a Japanese green tea powder that has been shown to decrease stress while improving cognitive function, while others have added golden turmeric milk into their daily routine.

Although the beverage has become trendy recently, it's based on a traditional Indian drink called haldi doodh, which has been consumed as a cold remedy for generations.

The beverage typically consists of milk, spices, and turmeric — a spice that contains the bioactive compound curcumin, a polyphenol that has been shown to have anti-inflammatory and antioxidant effects.

However, according to researchers, curcumin is difficult to separate from turmeric. It usually requires complicated extraction techniques that involve organic solvents, multiple days, and lots of energy. The compound also tends to break down over time, giving it a short shelf life.

As a result, scientists with the American Chemical Society set out to create an instant version that could be stored within plant-based milk while maintaining the same health benefits and an extended shelf life.

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To do this, scientists added turmeric powder to an alkaline solution. Compared with plain water, the high pH of the solution made the curcumin more soluble and easier to extract. Researchers then added this solution to soy milk — chosen for its high amino acid content — before bringing the pH down to neutral, around seven. To create an instant powder, the researchers then removed the water from the solution through a freeze-drying process.

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The researchers found this to be the most effective method of extracting curcumin from turmeric. They were also able to encapsulate the curcumin in oil droplets within the soy milk. This allows the body to recognize and digest it as fat, making its benefits more available.

This method also protects the curcumin from air and water which helps to extend its shelf life.

While the scientists used soy milk in their experiment, they said the same method could be used with other plant-based milks. The extraction method can also be used with different plant compounds. Blueberries, for example, are rich in anthocyanins, another water-soluble polyphenol.

"When we use the same method, within around a minute we can extract the polyphenols," said researcher Hualu Zhou, Ph.D., in a news release. "We want to try and use it to upcycle by-products and reduce the food waste from fruit and vegetable farming here in Georgia."

The researchers presented their results at the fall meeting of the ACS.

While more research is needed before this instant, plant-based golden turmeric milk is available on shelves, researchers said the results are promising — and they taste good, too.



Keto High

Is It Real and Why Does It Happen?

Some Reddit users who started a ketogenic diet report experiencing a "keto high," defined as improved thinking and the feeling of euphoria. Experts say there may be several explanations, but a keto diet is not healthy long-term.

ketones called BHB, which is closely related to GHB, also known as the prescription drug Xyrem. The drug is commonly used to treat narcolepsy by providing a boost of energy and can also be used for the treatment of alcohol and opioid dependence. Due to its ability to produce

intense euphoria, Xyrem is also used as a party drug known as liquid ecstasy. Moody tells Healthnews, "Some researchers believe that the similar properties of the compound GHB and the ketone body BHB may produce similar feelings of happiness."



A ketogenic or keto diet is an increasingly popular eating pattern, followed by about 7% of Americans, according to 2022 data.

In the keto diet, 70–80% of calorie intake comes from fat, 10–20% from protein, and 5–10%. The diet focuses on animal products like meat, poultry, fish, and eggs, as well as leafy greens, cucumber, and celery. Low-carbohydrate and non-starchy vegetables are also allowed.

People on a keto diet normally experience ketosis, the process in which the body burns stored fat for energy instead of blood sugar. Ketosis can be accompanied by weight loss and so-called keto flu, which includes symptoms like constipation, headache, fatigue, and brain fog.

However, some Reddit users report opposite experiences after going into ketosis, which they dubbed "keto high." One Redditor even compared the experience to feeling like a "god."

"I remember realizing my brain was working properly for the first time in my life, my ADHD symptoms went away. I was energetic, no brain fog, I had better memory. I wouldn't freeze in conversations anymore, words would come out of my brain faster," the user explained.

Another user remembered the urge to run back to the office after lunch despite wearing business attire at the beginning of going into ketosis.

One Redditor said they felt "absolutely amazing" during the first few months on a diet and had some of the best performances in years. However, the alleged "keto high" seemed to fade after the first few months.

In fact, most Redditors reporting "keto high" said it eventually went away and didn't return.

What causes the keto high?

Destini Moody, a registered nutritionist at Top Nutrition Coaching says that there is no solid scientific evidence on the cause of a "keto high."

However, a common hypothesis suggests that in ketosis, the energy is provided by one of the

People on a keto diet normally experience ketosis, the process in which the body burns stored fat for energy instead of blood sugar. Ketosis can be accompanied by weight loss and so-called keto flu, which includes symptoms like constipation, headache, fatigue, and brain fog.

Moody explains that it is also possible that people who started the keto diet could have begun adding more fruits and vegetables to their eating pattern as well as cutting out refined grains and added sugars that could kick them out of ketosis.

She adds, "This sudden shift to a more nutrient-rich diet could give an individual more energy and less brain fog."

Is the keto diet safe?

Moody says there has been no research that has shown that the keto diet is inherently more effective for weight loss or health improvement than a traditional, balanced diet that includes all food groups.

While the keto diet may be easier for some people to stick to than a traditional diet, they should pursue the journey under the supervision of a nutrition professional to reduce excess consumption of saturated fats and ensure they are getting all of the nutrients they need safely, according to Moody.

The keto diet is often praised for weight loss, which is attributed to accelerated calorie burning. However, a recent study suggests that the actual reason why people on a keto diet lose weight is because it normally involves reduced caloric intake.

According to a 2021 review article, the benefits of a keto diet may include lowered blood glucose, although its efficacy typically wanes within the first few months.

At the same time, the diet may raise cholesterol levels and increase the risk of chronic kidney disease, cardiovascular disease, cancer, diabetes, and Alzheimer's disease. Women who follow a ketogenic diet during pregnancy are more likely to have a child with a neural tube defect.

Some people on a keto diet may indeed experience increased energy and improved focus. However, a traditional diet emphasizing fruits, vegetables, and whole grains provide more substantial health benefits long-term.



Scouts And Guides Are Inspiring Example Of Discipline: LG Sinha

Jammu: Lieutenant Governor Manoj Sinha, today interacted with the volunteers and officials of J&K Bharat Scouts & Guides, at Raj Bhawan.

The Lieutenant Governor commended the volunteers and everyone associated with the Scouts and Guides movement for their exemplary contribution to the society.

“Scouts and Guides inculcates among youth values of our civilization and ancient culture. They are inspiring example of discipline, camaraderie and selfless service,” the Lieutenant Governor said.

The Lieutenant Governor also congratulated the J&K Bharat Scouts and Guides team for inspiring more youth from the Union Territory to join the noble mission.

“It is a matter of great pride that J&K Bharat Scouts and Guides have seen a massive increase in enrolment of volunteers from 7500 in 2020 to 14,000 in 2024. The work done by the team is truly praiseworthy and they continue to discharge the duties with efficiency and effectiveness,” he said.

The Lieutenant Governor, the Chief



Patron of J&K Bharat Scouts & Guides, assured every support and necessary assistance to further strengthen the Bharat Scouts & Guides movement in the UT of J&K.

He said: “The young volunteers of J&K Bharat Scouts and Guides symbolise hope and promise of J&K and I am confident they will play a crucial role in bringing about constructive socio-economic changes in the Union Territory”.

On the occasion, the Lieutenant Governor was presented with the 'Bharat Scouts & Guides Flag Sticker' as a part of its Foundation Day celebration, which was observed on 7th November.

Govt Committed Towards Welfare Of People: Javed Rana

JAMMU: Minister for Jal Shakti, Forest, Ecology & Environment and Tribal Affairs, Javed Ahmad Rana, today said that NGOs play a crucial role in increasing accessibility and equity of quality healthcare services to the people.

He made these remarks during the concluding ceremony of five day free eye camp for cataract surgery at Apnavan Sure Chak (Mandal). The camp was being organised by Tawi Welfare Society.

Javed Rana, who was Chief Guest on the occasion, said that it is a proud moment for all of us that an NGO is doing commendable job for the welfare of needy people.

In his address, the Minister applauded the selfless efforts of the Tawi Welfare Society to serve the underprivileged. “Initiatives like this reflect the true spirit of humanity and social responsibility. I commend the NGO for their noble work in reaching out to those in need and contributing significantly to improving healthcare access,” said Javid Rana.

He also highlighted the role of NGOs in bridging the



gaps between government and private sector services and said that NGOs like Tawi Welfare Society compliment the efforts of government towards providing quality services to the people.

He assured continued support from the administration for initiatives aimed at public welfare and encouraged more organizations to come forward with similar programs.

The Minister also said that the government is committed towards the welfare of its people

and will take every step aimed towards progress of the nation.

Over 50 ‘Civilians’ Forcibly Disappeared in Balochistan

KC NEWS NETWORK

QUETTA: A wave of enforced disappearances has been reported across Balochistan following a series of raids by Pakistani security forces in Turbat, Dera Bugti, Sui, Barkhan, and Kalat. Over 50 individuals have been forcibly taken, raising grave concerns about human rights violations in the region, according to The Balochistan Post.

The most recent abductions occurred in Turbat on Thursday morning, where Pakistani forces stormed a residential area and detained multiple individuals. Among those abducted were Zafar s/o Mohammad Rahim, Rahim Jan s/o Zafar, and Mohammad Kareem s/o Bahram, along with five guests at Zafar's guest house.

In Dera Bugti, two individuals, Dangla s/o Haji Moj Bugti and Pir Mohammad s/o Pano Bugti, were taken on Wednesday night.

This marks the third time Pir Mohammad has been forcibly disappeared, with reports of severe torture during previous detentions.

Other incidents include the disappearance of Rashid Ahmad Khetrani in Barkhan while traveling from Dera Ghazi

Khan and Syed Hussain Shah in Kalat.

Shah, the father of another missing person, Syed Akhtar Shah,

was taken during a two-day siege of the Iskalku area, where over 40 individuals were reportedly detained amid widespread harassment of residents.

Network shutdowns have hindered the flow of information, leaving the identities and conditions of many detainees unknown.

The Voice for Baloch Missing Persons (VBMP) and the Baloch Yakjehti Committee have called on human rights organizations to intervene and demand the release of the forcibly disappeared.

The VBMP protest in Quetta marked its 5,650th day on Thursday.

Speaking at the protest camp, the mother of Rashid Hussain Baloch, a long-missing individual, shared her anguish.

“I have been seeking justice for years, but the institutions refuse to act according to the constitution,” she said, appealing for global advocacy for her son's release.

The raids and disappearances underscore the ongoing crisis in Balochistan, where forced disappearances remain a tool of suppression, drawing widespread condemnation from activists and international organizations.

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"Those Who

This is the specialty of BJP and the capability of our workers," asserted PM Modi.

The BJP respects and gives priority to the rich culture and tradition of Odisha, he said.

"I am happy that due to the efforts of the BJP, Odisha's tribal daughter Droupadi Murmu ji is the President of the country today. This has boosted the confidence of daughters from all sections of society. Her journey will inspire many generations to come," the PM said.

On the All India DGP/IGP Conference that got underway in Bhubaneswar, he said it is being held in Odisha for the first time, though the event has been taking place since the British period.

"We want to give priority to Odisha not only in the country but also on the world map," he said, adding that after the BJP formed government in the state, it has implemented the National Education Policy and other central schemes.

Besides, 'Operation Demonstration, 2024' will be organised in Puri on the occasion of Navy Day on December 4, and the 'Pravasi Bharatiya Divas' in Bhubaneswar from January 8-10.

PM Modi said the BJP government has also started fulfilling the promises made during the election.

"The state has launched the 'Subhadra Yojana', which will be a symbol of women empowerment. Under the scheme, the government promises to provide ₹ 50,000 to one crore women in five years. Similarly, the government has started procuring paddy at a price of ₹ 3,100 per quintal as was promised," he said.

Promote Innovative

Faculty members, non-functional promotion of Non-teaching staff members, increasing enrolment, campus placements, University's Outreach Programmes, promotion of innovation & start-ups, research, training and skill development programs.

The Lieutenant Governor emphasised on introducing new courses and rewriting the existing curriculum with the focus on capacity building to bridge the gap between availability and requirement of different sectors of the economy.

"University must formulate a comprehensive strategy to promote innovative programs and courses like Design Your Degree, Automation, Artificial Intelligence, Data Science, Management and Architecture with specialization in Urban & Town planning. We need to fill the gap in the availability of employable skills. We should also focus on strengthening of the School of Languages and promote regional languages and Sanskrit," he said.

The Executive Council gave in-principle approval to various agenda points presented during the meeting. The meeting also deliberated on designing of curriculum and academic guidelines in align with NEP-2020, creation of Faculty of Medical Sciences under SMVDIME and other reforms to bring further qualitative improvement in the overall functioning of the University.

The chair was also briefed on the action taken report on decisions taken during previous meeting, ongoing construction works and the recent initiatives to strengthen SMVDU- Technology Business Incubation Centre.

Prof. (Dr.) Pragati Kumar, Vice Chancellor, Mata Vaishno Devi University presented various Agenda items before the Executive Council for approval and ratification.

Govt sets

This decision follows the restoration of the November-December academic calendar in Kashmir Division and winter zones of Jammu. The department emphasized the importance of setting a clear deadline to ensure compliance with NEP 2020, which mandates that children in these grades should be over three years of age.

The circular directed all educational institutions in these regions to strictly follow the new guidelines to facilitate a smooth and efficient admission process.

Principal Secretary to the Government, School Education Department, Suresh Kumar Gupta, IFS, signed the circular, which has been distributed to all relevant authorities, including Chief Education Officers and Directorates of School Education in Jammu and Kashmir, for implementation.

This move aims to streamline the admission process while ensuring adherence to national standards for early childhood education.

Don't want s

There are some private hospitals, who are doing a tremendous job, but they need to reduce their expenses," he added.

About the ration and other related issues, the Minister, who holds the charge of Transport, FCS&CA, Youth Services and Sports, Information Technology, Science & Technology, said the decision will be in the public domain soon.

Replying to a query, the Minister said that the coordination between the administration and elected government is must and said they don't want something like Kejriwal and Delhi here. "Everyone wants a solution and all the decision will be taken as per the aspirations of people," he said.

Terrorists minimise

the "vulnerable gaps". This year too, Indian forces are dominating and their endeavour is to thwart any such attempts before the heavy snowfall, he said.

Asked if there was information about the presence of terrorists at the launchpads across the LoC, the IG BSF said according to the intelligence inputs, there are people at the launchpads waiting to try to infiltrate "to vitiate the peaceful atmosphere here".

"But the way we are alert on the LoC and conduct area domination, we are very confident that we will thwart such attempts," he asserted.

To a question whether the political situation in Pakistan would have any impact here, the senior BSF official said whenever there are any changes like this in Pakistan, there "definitely is an impact here".

"But, I will not be able to comment broadly on it. It is the job of the intelligence agencies," he remarked.

Expect Intense

temperatures in the central and eastern equatorial Pacific. This cooling disrupts the atmospheric circulation patterns, significantly influencing weather systems worldwide.

Typically, La Niña leads to wetter-than-usual conditions in Southeast Asia and parts of Australia, while causing colder winters and increased precipitation in regions such as South Asia, including Kashmir.

The IMD said that this year, La Niña is forming over the Pacific Ocean, with its effects being felt across the globe. "While the current conditions are neutral to weak La Niña, the phenomenon is expected to strengthen as the winter progresses. This intensification will likely amplify the impact of cold and precipitation across the Kashmir region and parts of northern India," it said.

Speaking on the changing weather pattern, Dr Mukhtar said, "The La Niña effect shifts atmospheric dynamics in ways that bring abnormal precipitation and colder temperatures. This can translate to a harsher winter for Kashmir, with more frequent snowfalls and prolonged cold spells."

He said that past instances of La Niña, particularly in 2018-19 and 2021-22, brought significant snowfall to the region. "The likelihood of heavy snow spells and rainfall is high this season, and this could result in a much colder winter compared to the last few years," he added.

The Kashmir Valley, already accustomed to freezing winters, remains highly vulnerable to the effects of La Niña.

Dr Mukhtar said it is important to learn from previous winters, citing the deficit precipitation observed during strong El Niño years and the subsequent changes in weather patterns. "Unlike last year, which was dominated by El Niño, this year's La Niña effect will likely bring a more traditional and harsh Kashmiri winter," he said.

Nov ends

expected 28.0 mm. Poonch followed closely, with a 98% deficit. In Budgam, rainfall stood at 14.9 mm, 90% below the normal 30.1 mm. Srinagar and Jammu districts also faced considerable deficits of 74% and 78%, respectively.

However, Samba district emerged as an exception, receiving 48% more rainfall than average, with 12.5 mm recorded against the normal 8.1 mm. Kupwara district also saw a near-normal pattern, recording only a 3% departure with 48.1 mm against the normal 49.8 mm.

Intellectually sound

Minister said that their role has always been important in shaping the destiny of nation. He said that women folk has always rendered selfless services to the whole humankind.

The event featured a range of cultural performances, academic competitions and a special assembly focused on women's empowerment. The students showcased their talent, creativity and dedication towards making a positive difference in the world.

Fr. Justin Thiraviam, in his address, emphasized school's commitment towards providing a supportive and inclusive environment that encourages all students to reach their full potential.

Earlier, the Deputy Chief Minister met a deputation of university students led by Dr Gazala Noor.

The deputation projected several issues like delay in result declaration, poor examination processes or outdated curricula, adequate hostel facilities, insufficient classrooms or poorly maintained amenities like libraries, labs, or auditoriums.

Besides, they also raised issues of delayed scholarships, fee-related, lack of campus placements and training for competitive exams.

The deputation also demanded adequate public transportation for the university and upgraded security measures, especially for women students.

Kashmiri Bat

Kabiri, Vice President of Cricket Bat Manufacturers Association of Kashmir.

He said that this move is going to safeguard the traditional methods of crafting bats, which involve meticulous manual work and the use of locally grown willow wood, distinguishing Kashmiri bats from mass-produced alternatives.

Kabir added that the inclusion of Kashmiri bats in the handicraft list is likely to open new avenues for exports and increase their visibility in international markets.

The industry, which provides employment to thousands of artisans and workers in the Valley, is expected to see a surge in demand, he said.

"Handicrafts have been installing stalls of Kashmiri crafts in different parts and once Kashmiri bats will be displayed in these stalls, tourists will come to know about it and it will strengthen the recognition of the Kashmiri bats," he added.

Moreover, the government plans to support bat manufacturers through training programs, financial assistance, and participation in trade fairs. Efforts will also be made to promote the "Kashmiri bat" as a unique brand, similar to the Kashmiri shawls and carpets.

Manufacturers emphasize the need for consistent government support in tackling challenges such as quality control, the availability of raw materials, and competition from synthetic bats.

Central Govt

of PMGSY Programme in J&K since its inception. It was informed that 3742 project including 305 Bridges having road length of 20801 Km including about 6500 Km upgradation projects have been sanctioned for J&K. Besides this, 2140 habitations having population 250+ as per 2001 census has been approved for J&K for providing connectivity. It was informed that out of the sanctioned

NOTICE

This is an information for general public that in my Aadhar card bearing Registration No:2476 4826 0258, my DOB has been Wrongly mentioned as 11-04-2012. While as my Actual and correct DOB as per School Records is 27-07-2012. Now i want to apply for its correction in this regard any person has any objection he/she may file the Objections in office of the Tahsildar Office Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Aritul Ann.

**D/O Naseer Ahmad Dar.
R/O Garoora Bandipora.**

NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No 0216020005090, Which is Registered in the name of Gh Mohamad Bhat S/O Mukhtar. Now i want to change this Electricity Agreement in the name of Gh Nabi Bhat S/O Gh Mohamad Bhat, in this regard any person has any objection he/she may file the Objections in office of the Assistant Executive Engineer Electricity Sub Division kaloosa Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Gh Nabi Bhat.

**S/O Gh Mohamad Bhat.
R/O Onagam Bandipora .**

NOTICE

This is an information for general public that in my Driving licence bearing Registration No JK15 20180000908, my Father's name has been Wrongly mentioned as Gulab Nabi Lone, while as my Actual and correct Father's name is Ghulam Nabi Lone. Now i want to apply for its correction in this regard any person has any objection he/she may file the Objections in office of the Assistant Regional Transport Office Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Nazir Ahmad Lone.

**S/O Ghulam Nabi Lone.
R/O Benlipora Aloosa District Bandipora.**

NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No 0216020006742, which is Registered in the name of Mohd Akbar Bhat S/O Ab Gani Bhat. Now i want to change this Electricity Agreement in the name of Naseema Begum W/O Late Shabir Ahmad Bhat, in this regard any person has any objection he/she may file the Objections in office of the Assistant Executive Engineer Electricity Sub Division kaloosa Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

**Naseema Begum.
W/O Late Shabir Ahmad Bhat.**

NOTICE

This is for the information of general Public that the spelling in the particulars of my daughters have been mistakenly written wrong in the school records, I therefore want to change the same as:

Candidate 1

Zaira Paravaiz to Zaira Parvez,
Fathers Name: Parvez Ahmad
Mother's Name Sami JAN to SUMEE JOHN.

Candidate 2

Maira Paravaiz to Maira Parvez
Fathers name: Parvez Ahmad
M/N Sami JAN to SUMEE JOHN.

If anybody has any objection in this regard, She/ he may file the same before the concerned office of Hill Christ School, Kreeri within seven days from the date of publication of this notice. No objection will be entertained thereafter.

From: Parvez Ahmad Wani

S/O: Gh Nabi Wani

R/o: Dolipora , Kreeri, District Baramulla

گاہکوں سے گزارش ہے کہ وہ اوپر دیئے گئے بااختیار ڈیلروں سے ہی ٹاٹا بلیوسکوپ خریدے