

Kashmir Convener



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Dr Farooq Abdullah Gears Up Cadre For Panchayat, ULB Bolls

KC NEWS NETWORK

SRINAGAR: The Jammu and Kashmir National Conference President Dr. Farooq Abdullah addressed senior party leaders emphasising the importance of rigorous preparation for the upcoming Urban Local Bodies and Panchayat elections.

Underscoring the need to field young and educated candidates to ensure effective governance at all levels, Dr Farooq said, "A government is strong only when the foundation of the party at the grassroots level is robust." He stressed the need to strengthen party cadres and work tirelessly for the welfare of the people of Jammu and Kashmir. Dr. Abdullah also urged the Central



Government to prioritize robust safety measures to protect the sanctity of

Muslim shrines and mosques across the country. Expressing deep concern

over the ongoing survey of the 800-year-old shrine of Khwaja Gharib Nawaz Dargah Sharif in Ajmer, he emphasized its immense cultural and spiritual value.

He noted that such sacred sites represent India's shared heritage and play a pivotal role in preserving the secular fabric of the nation. He cautioned that these matters must be handled with utmost sensitivity to safeguard communal harmony.

Reaffirming the party's commitment to fulfilling its manifesto promises, Dr. Abdullah expressed confidence in the leadership of Omar Abdullah to deliver on these commitments for the betterment of the people.

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Mirwaiz Umar lauds J&K Police For Action Against Drug Network

Rehan Qayoom Mir

SRINAGAR: Jamia Masjid's head cleric, Mirwaiz Umar Farooq on Monday lauded Jammu and Kashmir Police for taking strict action against the drug peddlers including attaching their properties and arresting the people involved in such practices.

Terming drug menace as the biggest challenge in Jammu and Kashmir, Mirwaiz while addressing a gathering at Masjid Ali Thani in Eidgah, said that the public support in eliminating the drug menace is crucial, adding that nothing can be achieved without the public cooperation in this regard.

As per the news agency—Kashmir News Observer (KNO), Mirwaiz said everyone should play their role in this regard while the Masjid Committees should involve the youth to curb the menace. "If the Masjid Committees sit and take responsibility for their areas, the drug menace can be curbed easily," he said, adding that the

situation is worsening as lakhs of people are reportedly involved in the drug menace.

He added that from parents to Imams and



Masjid committees, everyone has to play its role at this juncture.

"As far as the government is concerned, we will support every decision and action for the wellbeing of the

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Work On Improving Ease Of Living: Rana To Officers



KC NEWS NETWORK

JAMMU: Minister for Jal Shakti, Forest, Ecology & Environment and Tribal Affairs, Javed Ahmad Rana, today exhorted upon the officers from Jammu division to work towards further improvement in ease of living for the people with emphasis on ensuring

of J&K, particularly areas that have long been neglected.

While reaffirming government's commitment towards ensuring progress of far-flung areas, Rana said that it is earnest effort of the elected government to ensure that the benefits are accrued to the last man.

Javed Rana called for enhancing both the level of sophistication and the speed of implementation of beneficiary oriented schemes and directed the officers to work in a coordinated manner for speedy delivery of services. Earlier, several deputations and individuals today called on the Minister and apprised him

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Cadre Management of various services will be streamlined: Rana

KC NEWS NETWORK

JAMMU: A delegation of Diploma Engineers Association today met Minister for Jal Shakti, Forest, Ecology & Environment and Tribal Affairs, Javed Ahmed Rana.

They apprised the Minister about several of their service issues including their regularisation/ promotion

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In Kashmir, nearly 50 Distribution Transformers witness damage daily

Riyaz Bhat

SRINAGAR: With the early arrival of bone chilling winters and mammoth consumption of electricity all together, on an average at least 50 Distribution Transformers (DTs) of different load capacity are getting damaged every day in Kashmir valley.

A top official of Kashmir Power Distribution Corporation Limited (KPDC)

informed the news agency—Kashmir News Observer (KNO) that from the past more than a month, a huge number of DTs were damaged with some getting repaired immediately while others were taken to the workshops.

"On an average, at least 50 DTs are getting damaged every day. The main reason for the damage to DTs is overload-

ing and using crude heating gadgets," the official said.

He said, "Most of the DTs were getting damaged in rural areas wherein most of the consumers are unmetered."

About the damage cost of DTs, the official said, "On an average, the majority of the damaged

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Follow Alumni Placements : CS Dulloo to J&K Universities

KC NEWS NETWORK

JAMMU: Chief Secretary, Atal Dulloo impressed upon the Vice-Chancellors of these varsities to follow the pattern of placements their students are able to fetch once they complete their courses.

He suggested to create online platforms for this purpose as this would guide us in developing relevant skilling courses based on the feedback of both industry and alumni.

He made these remarks during a meeting with all the Vice Chancellors and heads of line departments to expedite the resolution of issues faced by different Universities functioning here.

Besides the VCs the meeting was attended by ACS, Jal Shakti Department; Principal Secretary, Finance; Principal

Secretary, APD; Commissioner Secretary, Higher Education; Secretary, PWD; Secretary, Health; MD, JPDCI; MD, KPDCI; DG Codes and other concerned officers.

He advised them to develop crash courses for capacity building of the government servants working in different departments. He also asked for taking



documentation initiatives pertaining to the ideas of innovations, patents or start-ups emanating from these higher educational institutions of the UT.

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Kashmir's Winter Is Losing Its Frosty Charm



Abid Bashir

SRINAGAR: Kashmir's persistent dry weather is taking a toll on its air quality, water resources, and economy, leaving residents and environmental experts deeply concerned.

December 2024 has witnessed a staggering 79 percent precipitation deficit, with no snow in the plains and reduced snowfall

in higher altitudes. Experts link this prolonged dry spell to climate change, which is disrupting the valley's delicate seasonal cycles vital for agriculture, water supply, and daily life.

Mukhtar Ahmed, head of the Indian Meteorological Department in Kashmir, told news agency—Kashmir News Observer (KNO):

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MeT predicts no major activity till December 12

Owais Gul

SRINAGAR: The fresh spell of light snowfall was reported in the higher reaches of Kashmir on Monday while as the weatherman here has predicted no major activity till December 12.

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J&K HADP bags prestigious Skoch Gold award for excellence

KC NEWS NETWORK

JAMMU: The Holistic Agriculture Development Programme (HADP), a flagship initiative of J&K Agriculture Production Department, has been conferred with the Skoch Gold Award for Excellence in recognition of its impactful implementation and transformative outcome in the agricultural sector.

The conception of HADP was driven by the visionary leadership of Chief Secretary, Atal Dulloo, while the Principal Secretary, Agriculture Production Department, Shailendra Kumar, has been the cornerstone behind its robust implementation on the ground. The award was received by Mission Director, HADP.

This ambitious Rs. 5013 crore program, comprising 29 projects in agriculture and allied sectors, was formulated by the Apex Committee constituted by the Lieutenant Governor and the road map was approved by the UT Administrative Council headed by the Lieutenant Governor, J&K. HADP was dedicated to the public by Prime Minister, Narendra Modi, on 7th March

2024 in Srinagar. Since its launch, HADP has garnered unparalleled public participation, with over 2 lakh registrations and 3.4 lakh applications received under 120+ beneficiary oriented



schemes in agriculture and allied sectors. The program has reached unprecedented heights through the Kisan Sampark Abhiyan, touching the lives of 9 lakh people across 4000 Panchayats in Jammu & Kashmir. This makes it the largest farmer outreach initiative in the region, delivering critical information, training, and resources directly to the farming community.

In a major stride towards accessibility, 500 Kisan Khidmat Ghars (Farmer Service Centers) have been

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Fearing loss of land, farmers oppose proposed Ang-Pahalgam railway line

KC NEWS NETWORK

SRINAGAR: A group of farmers in Anantnag district have appealed to the Jammu and Kashmir government to drop plans to build a railway line connecting the south Kashmir district headquarters with Pahalgam, which also serves as the base camp for the annual Amarnath Yatra.

"Hundreds of acres of agricultural land will turn barren if a railway line is built from Anantnag to Pahalgam. This stretch has one of the most fertile lands in Kashmir which provides livelihoods to thousands of families," Ghulam Nabi, a local farmer, said.

"The proposed Anantnag-Bijbehara-Pahalgam railway line passes through orchards and paddy lands. The railway line will kill the agrarian economy at all places it passes through," he added.

Local MLA and National Conference leader Bashir Ahmad Veeri on Sunday met the agitated farmers and promised to convey their fears to the concerned

authorities. "I do not understand the purpose of building this railway line. Do they want to dispossess the farmers? Or they want to further shatter our economy? We do not have an industrial area here, and there is no industry

proposed Anantnag-Bijbehara-Pahalgam rail route (77.5 km) have resorted to protests. Concerns have grown, particularly since the issuance of tender for the final location survey of the proposed railway line.

"Most of the affected farmers



in Pahalgam either. We are not going to let go of this land. We will launch a struggle to protect it," Veeri said after meeting the farmers.

Commenting on the matter, Jammu and Kashmir Apni Party President Altaf Bukhari claimed people "are unhappy" with the proposed railway line.

"People whose land falls in the

who stand to lose their land — mostly orchards and agricultural plots — are small landowners. Experts have also raised concerns about the environmental impact of the project, as it involves laying railway line through fertile farmland and forested areas," Bukhari said in a post on X. The former J-K minister

>>SEE ON P-7

Supreme Court Asks Protesting Farmer Leaders Not To Cause Inconvenience To People

NEW DELHI: The Supreme Court on Monday asked Punjab farmer leader Jagjit Singh Dallewal, who is on a fast-unto-death at the Khanauri border point to press for the acceptance of farmers' demands, to persuade the protesting farmers not to obstruct highways and cause inconvenience to people.

A bench of Justices Surya Kant and Ujjal Bhuyan disposed of a habeas corpus petition filed on behalf of Dallewal, who was removed from the Khanauri protest site on the Punjab-Haryana border on November 26.

"We have seen that he has been released and he even persuaded a fellow protestor to end his fast-unto-death protest on Saturday," the bench said, adding that the issue raised by the farmers has been noted by the court and is considered in a pending matter.

"In a democratic setup, you can engage in peaceful protests but do not cause inconvenience to people.



You all know that the Khanauri border is a lifeline for Punjab. We are not commenting on whether the

protest is right or wrong," the bench told advocate Guninder Kaur Gill, appearing on behalf of Dallewal.

Justice Kant said that Dallewal could persuade the protestors to organise peaceful protests under the law and without causing any inconvenience to people.

The bench said that at this stage, it was not entertaining Dallewal's petition but he could approach later.

Hours before beginning his fast-unto-death on November 26, Dallewal was allegedly forcibly removed from the Khanauri border and taken to a hospital in Ludhiana. He was discharged on Friday evening.

The plea was moved in the apex court on November 29 challenging his alleged illegal detention by the Punjab Police.

On November 30, a day after he was released, Dallewal joined the fast-unto-death at the Khanauri

border point to press for the acceptance of the farmers' demands.

Farmers have been camping at Shambhu and Khanauri border points between Punjab and Haryana since February 13 after their march to Delhi was stopped by security forces.

The protesters have accused the Centre of not taking steps to address their demands, claiming that it has not held any talks with them on their issues since February 18.

Besides a legal guarantee for MSP, the farmers are demanding implementation of the Swaminathan Commission's recommendations, pension for farmers and farm labourers, farm debt waiver, reinstatement of the Land Acquisition Act, 1932 and compensation to the families of farmers who died during a previous agitation in 2020-21.

Deal To Procure 26 Rafale-M Jets, 3 Scorpene Submarines Expected To Be Inked Next Month: Navy Chief

NEW DELHI: India is expected to seal separate contracts for the procurement of 26 naval variant Rafale fighter jets and three additional Scorpene submarines next month, Navy Chief Admiral DK Tripathi said on Monday as

Committee on Security. Since it is a government-to-government deal, it should not take much time," he said.

In July last year, the defence ministry approved the purchase of the Rafale-M jets from France,

within the country as part of efforts to boost its naval power.

On China helping Pakistan boost its maritime prowess, the Navy chief said it showed Beijing's interest in making that country militarily stronger.

"Many Pakistan Navy warships and submarines are being built with Chinese support showing that China is interested in making Pakistan's Navy stronger," he said.

"Their eight new submarines will have significant combat potential for the Pakistan Navy but we are fully aware of their capabilities. That is why we are tweaking our concepts to be able to tackle all threats from our neighbours," he added.

The Navy chief said his force is aware of the surprising growth of the Pakistan Navy.

"We are aware of the surprising growth of the Pakistan Navy which aims to become a 50-ship Navy. They have chosen weapons over the welfare of their people," he said.

On the modernisation of the Indian Navy, Admiral Tripathi said a large number of platforms are waiting for induction in the next one year and at least one ship will be inducted into the Navy.

"We have redoubled efforts to include niche technologies into the force," he added.

Senior Italian Minister Adolfo calls on Dr Jitendra, discusses extended bilateral cooperation



NEW DELHI : Senior Italian Minister Adolfo Urso, who holds multiple portfolios including Enterprises & Space and is currently on India visit, today called on Union Minister of State (Independent Charge) for Science and Technology; Earth Sciences and Minister of State PMO, Department of Atomic Energy, Department of Space, Personnel, Public Grievances and Pensions, Dr. Jitendra Singh to discuss extended bilateral cooperation between the two countries.

The meeting between the two Ministers focused on advancing collaborative efforts in science, technology, innovation, and Space exploration.

Dr. Jitendra Singh warmly welcomed Adolfo, emphasizing the robust foundation of Indo-Italian ties.

"India and Italy share a vibrant history of scientific collaboration.

Since 2016, the jointly constructed diffraction beamlines 'XRD2' and 'XPRESS' have supported cutting-edge research in material science and engineering.

Dr. Jitendra Singh noted, "These collaborations reflect the mutual trust and shared vision of our two nations. The upcoming Executive Programme of Cooperation for 2025-2027 will further energize our partnership by funding joint research projects."

The meeting highlighted the potential for collaboration in India's rapidly growing startup ecosystem.

Dr. Jitendra Singh underscored the country's achievements, saying, "India ranks third globally in terms of StartUps, with unicorns flourishing in a dynamic economy. This ecosystem provides fertile ground for Indo-Italian partnerships in entrepreneurship and innovation."

To build on this momentum, the two Ministers proposed an Indo-Italian Innovation and Incubation Exchange Programme. This initiative aims to connect startups, academic institutions, and policymakers from both countries, fostering a culture of innovation and shared expertise.

Given Urso's role as Italy's Minister of Space, the discussions naturally included the expanding opportunities in space collaboration. India's thriving space tech ecosystem, supported by private capital and entrepreneurial energy, offers numerous avenues for joint initiatives.

Efforts Should Be Made To Make Tax Collection Less Intrusive: President Murmu

NEW DELHI: President Droupadi Murmu on Monday said efforts should be made to make tax collection less intrusive and underlined the need for greater use of technology in the process.

Addressing trainee officers of the Indian Revenue Service (Customs and Indirect Taxes), who called on her at the Rashtrapati Bhavan here, the President said the responsibility of bringing new ideas and solutions in the field of tax administration lies with



the young officers.

Taxation is not only a means of increasing the country's revenue but is also important for social, economic and political development. The tax paid by the citizens of the country is used for the development of the country and its people, Murmu said.

She told the trainee officers that if they do their work with dedication and devotion, then they will be able to make a great contribution to the development of the country, according to a statement issued by the Rashtrapati Bhavan. "In this new and dynamic era, efforts should be made to make less intrusive and more use of technology in tax collection," the statement quoted Murmu as saying. The IRS (Customs and Indirect Taxes) connects "our economy through a uniform tax system and shared administrative values", she said. This service promotes uniformity in the tax administration of the country, she said. The IRS (Customs and Indirect Taxes) enables the country to utilise resources for economic development and building of infrastructure, running socio-economic schemes, providing education and health services, etc. This underlines the important role of IRS officers in nation-building, she added.

26-Year-Old IPS Officer, On His Way To First Posting, Dies In Road Accident

HASSAN (Karnataka) An IPS officer died in an accident while he was on his way to

take up his first posting in Hassan district, police said on Monday.

Harsh Bardhan, (26), was a 2023-batch IPS officer of the Karnataka cadre and hailed from Madhya Pradesh, they said.

The accident took place on Sunday evening, when the tyre of the police vehicle he was travelling in allegedly burst near Kittane in Hassan taluk, following which the driver

lost control and the vehicle hit a house and a tree on the roadside, police said.

According to police, Bardhan was on his way to Hassan to report on duty as a probationary Assistant Superintendent of Police in Holenarasipur, police said.

Bardhan sustained severe head injuries and died in the hospital during the course of treatment, while the driver, Manjogowda,

suffered minor injuries, a senior police officer said. The IPS officer had recently completed his four-week training at the Karnataka Police Academy in Mysuru, police said, adding his father is a sub-divisional magistrate.

Karnataka Chief Minister Siddaramaiah offered condolences to the officer's family.

"Saddened to hear about the death of probationary IPS officer Harsh Bardhan in

a horrific accident near Kittane border of Hassan-Mysuru Highway. It is very sad that such an accident happened while he was on his way to take charge as an IPS officer. This should not have happened when years of hard work were paying off," he said in a post on 'X'. "I pray to God that Harsh Bardhan's soul rests in peace. My condolences to the family of the deceased," he added.

Oppn Wants Discussion But Govt Running Away From It: Cong Amid Parliament Deadlock

NEW DELHI: The Congress on Monday accused the treasury benches of "running away" from a discussion in Parliament on issues such as the Adani indictment and Sambhal violence, and said the government simply did not want Parliament to function.

Both Houses of Parliament were adjourned on Monday amid continued protests by the opposition, which demanded a discussion on the indictment of industrialist Gautam Adani in a US court on bribery charges and the Sambhal violence, which claimed four lives.

Congress general secretary in-charge, communications, Jairam Ramesh said,

"Today too both Houses got adjourned.

INDIA parties had given notices for an immediate discussion on Adani, Manipur, Sambhal, and Ajmer.

These parties never agitated. There was hardly any sloganeering. But the Modi government simply did not want Parliament to function."

"The situation is truly extraordinary. The Opposition wants a discussion but the government is running away from it," Ramesh said.

He said opposition INDIA bloc parties also wanted a two-day discussion on the Constitution on the occasion of the 75th anniversary of its adoption, which was celebrated on November 26.

The Modi government has yet to notify the dates for this discussion, Ramesh said.



SC Seeks EC's Reply On Plea Against Decision To Increase No. Of Voters Per Polling Station



NEW DELHI: The Supreme Court on Monday sought a response from the Election Commission (EC) on a PIL challenging its decision to increase the maximum number of voters per polling station from 1,200 to 1,500, saying it is "concerned".

A bench comprising Chief Justice of India (CJI) Sanjiv Khanna and Justice Sanjay Kumar asked senior advocate Maninder Singh, appearing for the poll panel, to file a short affidavit explaining the rationale behind the decision.

"Senior advocate Maninder Singh, appearing for the Election Commission, says on instruction that they will explain the position by way of a short affidavit. Let the affidavit be filed within a period of three weeks," the bench said.

It said it was "concerned" and no voter should be excluded.

AAP more interested in liquor sales than health of Delhi citizens: Mandaviya

NEW DELHI: Union Minister Mansukh Mandaviya on Monday slammed the AAP dispensation for not implementing the Ayushman Bharat health insurance scheme and said it is more interested in liquor sales than the health of Delhi's citizens.

The Delhi assembly polls are slated for early next year. The minister's remarks also assume significance as they come a week after the Delhi High Court sought the AAP government's stand on a plea by Delhi's BJP MPs seeking implementation of the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY).

Addressing a press conference here, Mandaviya said it was unfortunate that states like Delhi and West Bengal are not implementing the scheme even after repeated requests by Prime Minister Narendra Modi and letters from the Centre.

"There could be political differences but public welfare works must be prioritised in India's federal democratic set up for the welfare of all," he said.

"The government of India has

written to the Delhi government urging it to implement the scheme but the Delhi government is more interested in liquor sales and excise policy. They should

rather focus on the health of the citizens and for that it is important that the scheme is implemented in the national capital," he said.

Mandaviya added that the Centre has expanded health coverage for all aged 70 years and above irrespective of their income status under AB-PMJAY.

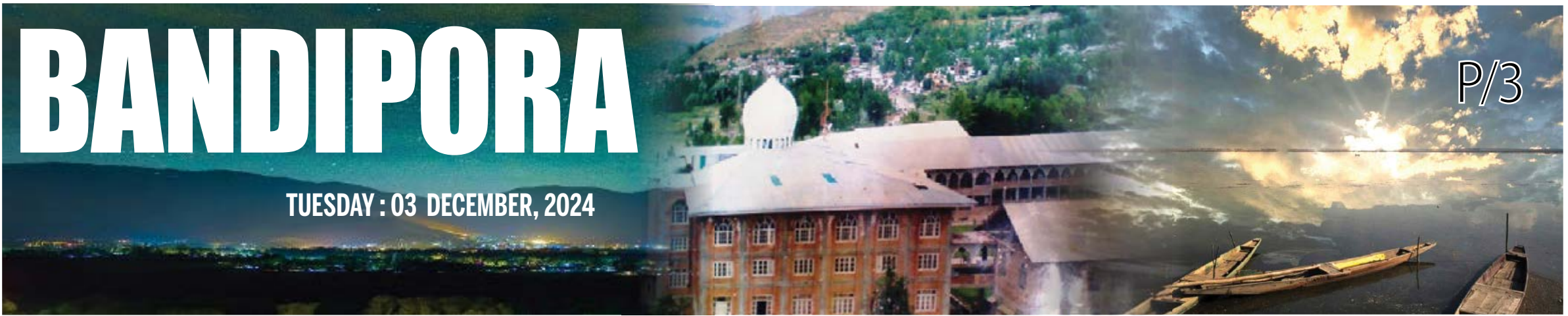
According to the minister, there is no move to increase the insurance limit of Rs 5 lakh for treatment as of now. He, however,

stressed that health services offered under the scheme are constantly monitored to weed out overcharging and waste.

It had come to light during his tenure that the private sector was conducting caesarean sections in a majority of its patients under AB-PMJAY, he said. "As the number was found to be very high, C-section was removed from the packages offered."

He said the Punjab government had branded Ayushman Arogya Mandirs Aam Aadmi Clinics but has now said they will reverse the name.





In a First, DC Bandipora Visits Remote Tangthari Hamlet, Listens to People's Concerns

BANDIPORA: Deputy Commissioner (DC) Bandipora, Manzoor Ahmad Qadri on Monday conducted a comprehensive field tour of the remote Upper Authwatoo, including Tangteri and its adjacent areas in order to assess the challenges faced by the local community and explore avenues for development.

An official spokesperson said this was the first ever visit by any Deputy Commissioner to the Tangthari hamlet.

Accompanied by a team of officers, the DC interacted with residents, local representatives, and officials to understand their concerns and aspirations. The residents highlighted several issues, including road connectivity, bridge construction, water supply shortages, and the need to upgrade the Primary School to a Middle School for better educational opportunities.

The DC assured the villagers of the district administration's commitment to addressing their



concerns and improving the region's overall development.

Officials said this visit is a continuation of the efforts initiated by the DC to personally visit important stretches of Bandipora district and assess the

developmental scenario on the ground. Last month, the DC had visited Sumbal and areas adjacent to Wular Lake, engaging with residents and officials to ensure timely resolution of developmental and public grievances.

Emphasizing sustainable development, the DC directed the Assistant Commissioner Development (ACD) to prepare a comprehensive plan for road connectivity in the area. He stressed the importance of minimizing tree cutting and adopting environment friendly

construction practices to safeguard the local ecosystem. To address water supply issues, the DC instructed the construction of a collection chamber and directed the concerned officers to formulate

plans under the Amrit Sarovar scheme to ensure improved and reliable water availability.

The feasibility of constructing a motorable bridge was also discussed during the visit. The DC directed the officers to explore options for this vital infrastructure, which would significantly improve accessibility, particularly during adverse weather conditions or emergencies.

While inspecting ongoing work at the Sub-Centre Authwatoo, the DC interacted with officials and residents to assess the progress and address any concerns. On his way back, the DC met residents of Herpora Authwatoo, who raised issues related to road connectivity. He issued on-spot directions to the concerned officers to address these concerns promptly.

Among others, the DC was accompanied by Assistant Commissioner Development Bandipora, Chief Planning Officer Bandipora, Tehsildar Bandipora and other officials.

Nothing in the Hands of NC Govt, People's Suffering Continues: Usman Majid

Says Congress' U-Turn on Article 370 is a Betrayal

BANDIPORA: Former Minister and MLA Bandipora, Usman Majid, launched a scathing attack on the National Conference (NC) government during a workers' convention held at the Bandipora Auditorium.

Criticizing their governance, Majid accused the NC government of failing to address the people's



concerns, claiming that "nothing is in the hands of the NC government," and highlighted their inability to resolve disputes even within their coalition with Congress.

"People didn't vote for footpaths or drains; those are routine tasks managed by departments even during the LG administration's tenure. What they expected was genuine governance and development. Those hopes have been utterly crushed," Majid said, emphasizing that the NC government has failed to deliver on its promises.

Majid also slammed Congress for reneging on its commitment to the restoration of Article 370, describing it as a "betrayal of trust." He accused the party of reducing its promise to mere statehood, aligning with the BJP's narrative. "Congress sought votes in the name of Article 370 but later adopted

the BJP's stance. This is a surrender of principles and a betrayal of the people's mandate," Majid stated.

Highlighting the limitations of the elected leadership, Majid expressed concerns about the governance structure in Jammu and Kashmir. "The Chief Minister is powerless, while the LG administration holds all significant authority. This undermines democracy and the mandate of the people," he remarked. He urged for reforms to restore power to elected representatives and ensure better governance.

Advocating for grassroots democracy, Majid called for immediate panchayat elections to empower local governance. He asserted that panchayat representatives play a critical role in bringing administration closer to the people and ensuring transparency. "Grassroots governance is the backbone of democracy. Panchayat elections must be held to strengthen the governance model," he added.

On remaining independent, Majid said, "I chose not to join Congress because my priority has always been serving my people. Aligning with any party would have limited my ability to work freely for Bandipora. My mission is to serve, not to seek power."

Majid also warned against administrative biases and favoritism. "Officials must be impartial and serve the public fairly. Any discrimination against the people of Bandipora will not be tolerated, and I will fight for justice at every level," he asserted.

Encouraging youth participation in politics, Majid said, "The youth must take charge and contribute to the political discourse. Their fresh perspectives and enthusiasm are vital for addressing pressing issues and shaping the future of our region." He urged political parties to shift their focus from empty rhetoric to delivering tangible results.

"People of Jammu and Kashmir deserve leaders who work on meaningful manifestos and deliver on their promises. It's time for better leadership, policies, and results," Majid concluded.

Nizamuddin Bhat Expresses Satisfaction Over Food Security Policy Implementation in Bandipora

BANDIPORA: Senior Congress Leader and legislator Nizamuddin Bhat has expressed satisfaction with the implementation of the government's food security policy in Bandipore, emphasizing that the demands for additional ration allocation are being addressed promptly.

In a social media post, Bhat stated that the Assistant Director of Food in Bandipore had recently requested an additional allocation of 20,000 Priority Household (PHH) beneficiaries to meet the rising demand in the district.

"Acting swiftly, the concerned authorities approved the immediate inclusion of 5,000 PHH beneficiaries, with assurances to fulfill the remaining requirement in the coming days," he added.

"The government's food security policy is being implemented satisfactorily, and the demand is being met promptly. I approached the authorities on this issue in person, and they were quite cooperative," Bhat stated. He also mentioned that cases under the Non-Priority Household (NPHH) category are under active consideration to ensure no



eligible household is left out.

Bhat lauded the efforts of the Assistant Director of Food Bandipore, the Directorate of Food & Supplies Kashmir, and the Commissioner Secretary for their swift response and concern for public welfare.

Bhat said the timely intervention and cooperative approach of the authorities have brought relief to many households in Bandipore, further strengthening the food security system in the region.

Syed Sajad Is PDP's New District President for Bandipora

SUMBAL: The People's Democratic Party (PDP) has announced the appointment of Syed Sajad as the new District President for Bandipora.

Speaking to the media following his nomination, Syed Sajad expressed his heartfelt gratitude to PDP Chief Ms. Mehbooba Mufti for entrusting him with this significant responsibility.

"I am deeply thankful to our party chief, Ms. Mehbooba Mufti, for giving me this opportunity and nominating me as the District President of Bandipora," he said. "I will dedicate myself to the welfare of the people and the betterment of Bandipora district."

Syed Sajad further said that the pressing issues in Bandipora particularly in Sonawari, where residents of Nowgam are grappling with a severe water crisis. "As everyone knows, Sonawari faces

numerous problems, and the people of Nowgam are especially burdened by the lack of clean water. I am committed to addressing these challenges," he stated.

Having previously served as the Chairman of Civil Society Sonawari, Syed Sajad emphasized his track record of community service and pledged to continue working for the welfare of the people. "I have always worked for the betterment of society, and I will redouble my efforts to serve the residents of Bandipora. Once again, I extend my gratitude to Ms. Mehbooba Mufti for this chance to serve," he added.

Meanwhile, spokesperson said the PDP leadership and local supporters have welcomed his appointment, hoping for a proactive and impactful tenure under his leadership.



KOSHISH Celebrates World AIDS Day with Awareness Campaigns in Srinagar

Srinagar: KOSHISH-a Non-Governmental Organization (NGO) on Monday organized a series of awareness rallies about AIDS at Fruit Mandi Parimpora in Srinagar.

An official spokesperson of the organization said



the programme was organized in collaboration with the Jammu and Kashmir AIDS Control Society (JKACS) to celebrate World AIDS Day 2024.

The programme was organized under the guidance of Dr. Abdul Rouf Bhat, Project Director of JKACS. Officials said the theme of programme was, "Take the Right Path: My Health, My Right," and aimed to foster meaningful discussions about HIV/AIDS prevention and raise awareness in local communities.

The rallies targeted key community groups, including truckers, fruit dealers, and members of the Truck Association.

The New Kashmir Fruit Association played a vital role in hosting the events within the Mandi premises, ensuring that the messages reached the widest possible audience.

The initiative focused on educating attendees about HIV/AIDS prevention, addressing myths surrounding the virus, and promoting self-awareness, particularly among long-distance truckers.

Members of the New Kashmir Fruit Association, the head of the Transport Association, and Director of KOSHISH Dr. Rouf Malik inaugurated the event, expressing their commitment to community health initiatives.

Speaking on the occasion Dr. Malik emphasized the importance of reducing the social stigma surrounding HIV/AIDS and advocated for holistic support, including psychological and medical care for individuals affected by the virus.

Spokesperson said KOSHISH continues to dedicate itself to raising awareness, encouraging proactive community engagement, and promoting health rights to combat HIV/AIDS in the region.

EPFO Jammu Felicitates its Employees for outstanding performance



JAMMU: The Employees' Provident Fund Organisation (EPFO) Regional Office Jammu celebrated remarkable achievements and milestones while continuing its mission of ensuring social security for eligible members and their families.

An official spokesperson said Sanjeev Kumar, Senior Social Security Assistant, received national-

level recognition as the Best Employee in Service Category. He achieved unprecedented milestones, processing 903 claims in a single day on March 25, 2024, 918 claims on August 26, 2024, and an extraordinary 1,124 claims on September 16, 2024. His exemplary performance has inspired colleagues to enhance their productivity and contributed significantly to the organization's efficiency.

Additionally, Ashwani Gaiand, Programmer, was lauded for his multitasking efforts, going beyond duty hours, and Shri T. Shiva Murthy, AO, was acknowledged for achieving the highest settlement rate at the supervisory level.

The P.F. Commissioner, Rizwan Uddin, praised their dedication and the positive impact of their work on the organization and its beneficiaries.

Spokesperson said EPFO Jammu has introduced a Centralized Pension Payment System through its headquarters in New Delhi, ensuring seamless pension disbursements. In November 2024 alone, 26 New Pension Payment Orders (PPOs) were issued by the regional office. He said Rizwan Uddin personally distributed PPOs to visiting pensioners, reinforcing EPFO's commitment to timely and effective service.

Special emphasis has been placed on processing death claims and providing benefits to family members of deceased employees. Women and dependents of employees have received support through the Employees' Provident Fund, Employees' Deposit Linked Insurance, and Employees' Pension Scheme. Pension certificates were distributed to pensioners, including notable disbursements of 139,053 to Prem Singh, 76,795 to Jagdev Singh, 168,355 to Rajinder Kour and 263,595 to Manohar Lal Sharma.

On the occasion Regional P.F. Commissioner Rizwan Uddin emphasized the importance of a team-driven approach in creating a robust responsibility index, improving coordination, and boosting employee morale. He also appreciated the contributions of volunteers, including Sh. Nawaz, a guard who assisted in multitasking office responsibilities.

According to the spokesperson Pensioners who visited the office expressed satisfaction with the proactive measures taken by EPFO Jammu, particularly in disbursing pensions and arrears before the close of November 2024. "The EPFO team, under the leadership of Rizwan Uddin, continues to ensure social security for members and their families across Jammu, Kashmir, and Ladakh".

TesLa Coaching Institute Celebrates Annual Day 2024

Srinagar: TesLa Coaching Institute, Zirpara, Bijbehara, hosted its Annual Day Celebration 2024 at Town Hall Bijbehara with great zeal. The event, a one-day annual conference, centered on moral duties, the role of parents, and the importance of education.

Author and public speaker Faheem ul Islam was the Chief Guest



on the occasion along with Director Dr. Ashaq Hussain, Head of the Institute Dr. Tanveer Hussain, esteemed teachers, and dignitaries from various institutions.

Highlights included soulful recitations by Muzafar Ahmad, a Naat Shareef by Owais Fayaz, and thought-provoking student discussions on The Role of Parents, Social Media's Impact, and The Importance of Education. A riveting debate on traditional vs. online education showcased students' critical thinking.

Faheem ul Islam delivered an inspiring keynote, emphasizing the transformative power of education. The event concluded with an award ceremony recognizing exceptional achievements, including Best Teacher, Best Performer, and Debate Winners, reflecting the institute's dedication to holistic and value-based education.

Indian Army Organizes Ex-Servicemen Meet at Minka, Sunderbani

SUNDERBANI: The Minka Battalion of the Kalidhar Brigade, part of the Crossed Sword Division of the Indian Army, organized an Ex-Servicemen Meet in Sunderbani to honor the veterans of the region for their invaluable contributions to the nation.

An official spokesperson said the event served as a platform to recognize the selfless service and sacrifices made by the veterans.

Discussions at the meet focused on leveraging the experience of the veterans to strengthen the Counter-Insurgency grid in the region. The veterans shared valuable insights, offering suggestions on measures to improve infrastructure and resource development, with a particular focus on education and career guidance for the youth. These inputs were welcomed by the serving personnel, highlighting the army's commitment to enhancing national security through the involvement of veterans. The event was attended by Brigadier Kapil Tenja, VSM, Commander of the Kalidhar Brigade, and Colonel Rahul Jamwal, Commanding Officer of the Minka Battalion. The veterans expressed their gratitude to the Minka Battalion and Kalidhar Brigade for honoring their services. The successful event underscored the army's dedication to the welfare of its former personnel and its continued support for strengthening the region's security and development.



E-Shram Card

Over 30.42 crore unorganised workers have registered on the eShram portal, an initiative by the Government of India designed to support the unorganised workforce. To expand the range of benefits, the eShram portal has been integrated with several government schemes, enabling workers to access a variety of social security services. One of the key features of eShram is its integration with the National Career Service (NCS) Portal, allowing unorganised workers to register using their Universal Account Number (UAN) and search for job opportunities. Additionally, eShram is linked to the Pradhan Mantri Shram Yogi Maandhan (PM-SYM) pension scheme, which offers a monthly pension of ₹3,000 to workers aged 18-40. The government contributes 50% of the scheme's funding, making it an affordable option for workers. Moreover, eShram's integration with the Skill India Digital Portal provides unorganised workers with access to skill development and apprenticeship opportunities, enhancing their employability. In addition to these services, eShram is connected to the myScheme portal, which helps workers discover and access various government schemes based on their eligibility. On October 21, 2024, the Ministry of Labour and Employment launched eShram as a One-Stop-Solution for unorganised labour, aligning with the recent budget announcements. This new platform centralises multiple social security schemes, allowing workers to access all the benefits they are entitled to through a single portal. Currently, 12 central schemes are integrated, including Pradhan Mantri Suraksha Bima Yojana (PMSBY), Pradhan Mantri Jeevan Jyoti Bima Yojana (PMJJBY), Ayushman Bharat, and PM Awas Yojana, among others. This integration of various welfare schemes through eShram is a significant step toward providing unorganised workers with easier access to government services and financial security, reinforcing the government's commitment to their well-being.



DR. REYAZ AHMAD

A discipline that cuts across nations, civilizations, and even time itself, mathematics is frequently referred to as the universal language. Beyond the numbers, equations, and theoretical abstractions, however, is a potent instrument that influences our day-to-day existence, directs the contemporary economy, and stimulates technological advancement. The basis for our comprehension and navigation of the world is mathematics, which is more than just a school topic. This article examines the crucial role that mathematics plays in our daily lives and offers examples to highlight its significance in a range of situations.

(a) Math Helps Us Understand Our Environment

Nature is mathematical by nature. The laws of mathematics permeate every aspect of our cosmos, from the spiral patterns of galaxies to the symmetry of a butterfly's wings. We can make sense of the world and even forecast future events by comprehending these patterns.

Nature and the Fibonacci Sequence

The Fibonacci sequence, a set of numbers where each term is the sum of the two terms before it (e.g., 0, 1, 1, 2, 3, 5, 8, ...), is one remarkable example. This pattern can be seen in the spiral of shells, pinecones, and sunflower seeds. Mathematicians and biologists have discovered insights into the growth and efficiency of natural systems by examining such patterns.

Forecasting the Weather

Additionally, mathematics is essential for comprehending and forecasting the weather. To forecast heatwaves, storms, or rains, massive volumes of data gathered from weather stations and satellites are processed by sophisticated algorithms. We wouldn't be able to predict the weather for tomorrow without these mathematical models, which would put travel, agriculture, and disaster relief at danger.

Mathematics keeps us informed and ready by providing us with the means to examine and understand the world, whether it is to protect against natural calamities or to appreciate a stunning natural pattern.

(b) Math Assists in Landing Good Jobs

Mathematical literacy is not only advantageous in today's economy, but frequently necessary. A solid mathematical foundation is necessary for careers in engineering, finance, data science, and many other domains.

Data Science Careers

Businesses in the Big Data era depend on experts to examine patterns and make data-driven choices. Calculus, linear algebra, and statistical skills are necessary for professions like data science, corporate analytics, and actuarial sciences. To recommend things to clients based on their past behavior, for instance, a data scientist might employ predictive models—algorithms that Amazon and Netflix rely heavily on.

Architecture and Engineering

From software systems to bridges, engineers utilize mathematics to design everything. For

Why Is Mathematics Necessary in the Real World?

example, in order to make sure that a building is both safe and functional, an architect must compute loads and forces. Additionally, mathematics helps with cost reduction, efficiency improvement, and design optimization.

Economics and Finance

Mathematics has a strong foundation in banking and investing. To make wise financial decisions, one must understand concepts like interest rates, risk assessment, and compound growth. For example, whereas stock market trading requires more sophisticated mathematical tools like probability and derivatives, loan payback calculations require a simple compre-

hension of algebra. Proficiency in mathematics gives access to profitable, fulfilling professions in industries influencing the future in a competitive labor market.

(d) An Extra Perk! It's Possible to Make Math Beautiful

Mathematics has an artistic side, despite the fact that many people only think of it in terms of strict formulas. Awe and astonishment can be evoked by the beauty of a proof, the symmetry of a shape, or the limitless possibilities seen in a fractal.

The Craft of Symmetry

The idea of symmetry unites art and

process data and provide predictions is made up of calculus, probability, and linear algebra. For instance, Google Translate provides precise language translations by utilizing neural networks, a mathematical notion.

Cybersecurity and Cryptography

Secure communication, made possible by cryptography, is the foundation of the internet economy. Prime numbers and number theory are the foundation of methods like RSA encryption, which secures your online transactions. Digital security would fail without mathematics.

Automation and Robotics

Robots compute routes, maintain balance, and



hension of algebra.

Proficiency in mathematics gives access to profitable, fulfilling professions in industries influencing the future in a competitive labor market.

(c) Mathematics Is Necessary for Many Daily Tasks

It's simple to forget how often mathematics is used in our daily lives. Math is necessary for carrying out simple tasks properly and efficiently, from cooking to grocery shopping.

Shopping and Budgeting

Math helps make sure you don't spend more than you can afford when managing your household budget. Basic math skills are necessary for splitting bills, comparing costs, and calculating discounts. When a product is marked down by 25%, for instance, math is necessary to determine how much you save and whether it's a good deal.

Baking and Cooking

Precise measures and quantities are frequently necessary when cooking. For instance, doubling a recipe entails multiplying each component by two, whereas applying mathematics is required to convert quantities from ounces to grams or cups to liters.

Effective Time Management

Mathematical principles govern time, a basic resource. Our ability to work with numbers is essential for things like managing your day, estimating how long chores will take, and figuring out travel timings.

Navigation and Travel

Have you ever utilized Google Maps or a GPS? These tools take in factors like traffic and distance and utilize mathematical algorithms to determine the fastest route. Simple multiplication and division are required even to estimate fuel usage.

mathematics. Modern architecture's design, the elaborate patterns of Islamic art, and the Parthenon's geometric proportions in Greece are all examples of mathematical precision. For millennia, people have praised the Golden Ratio (≈ 1.618) (ϕ) (approx 1.618 ≈ 1.618) as a sign of perfect beauty.

Fractals: Complexity's Beauty

Patterns that recur at various scales and are indefinitely complex are called fractals. Both nature (such as snowflakes, coastlines, and lightning) and art contain them. The Mandelbrot set, discovered by mathematician Benoit Mandelbrot, showed how beautiful, infinitely complex shapes might be produced from basic formulae.

Math and Music

There is a close connection between mathematics and music. Mathematical ratios and patterns serve as the foundation for musical scales, rhythms, and harmonies. Beethoven and Bach, for instance, use the Golden Ratio and the Fibonacci sequence in their works, which contributes to their enduring appeal.

Both the natural world and the works of art that mathematics inspires are beautiful.

(e) It is used in Cutting-Edge Technological Instruments Like AI and Machine Learning

The cutting-edge technologies that are revolutionizing the globe in the current digital era are powered by mathematics. Mathematical principles are the foundation of fields such as machine learning (ML) and artificial intelligence (AI).

Artificial Intelligence Techniques

Complex mathematical models are the foundation of AI systems, such as those found in self-driving cars and facial recognition. The foundation of machine learning algorithms that

engage with their environment using mathematical formulas. For example, industrial robots use algorithms to optimize production processes, while drones use geometry and trigonometry to navigate across three-dimensional locations.

Innovations in Medicine

Algorithms are used by AI-powered diagnostic technologies to identify illnesses early and enhance patient outcomes. Fourier transforms, for instance, are used in imaging procedures like MRI scans to provide finely detailed images of the human body, which help medical professionals identify and treat diseases more accurately.

In addition to being the technological motor, mathematics is the language that we use to create the instruments of the future.

In conclusion

Our lives would not be the same without mathematics. It broadens our perspective on the world, improves our chances for a successful profession, makes life easier, and even unveils hidden beauties. Beyond its practical applications, mathematics drives the technologies of the future, such as robotics and artificial intelligence. Mathematics is a dynamic force that permeates every part of existence, far from being an abstract or arcane field.

Therefore, keep in mind that mathematics is more than just something you study; it's a tool, a skill, and a lens through which we explore the world, whether you're using it to analyze data at business, solve a problem for fun, or marvel at the symmetry of a snowflake.

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Creating Equal Opportunities: Provisions for Children with Special Needs

ER. PRABHAT KISHORE

In our society, there are children with disabilities, who face discrimination in day-to-day life in the form of negative attitudes. They have certain disabilities which hamper them to act smoothly. The disability would be of any one or multiple types. Actually a large portion of such children are not handicapped completely, but in certain fields and have some special requirements in comparison to normal one. Now these children are not termed as "Disabled Child", but "Child with Special Needs (CWSN)". To ensure that all children enjoy their basic human rights without discrimination, disability inclusion must be mainstreamed in all policies and plans. This applies to education systems also, which need to promote inclusion by ensuring the presence, participation and achievement of all children, including children with disabilities.

Recommendations in NEP 2020

The National Education Policy 2020 has recognised the importance of creating enabling mechanisms for providing Children With Special Needs (CWSN) or Divyang, the same opportunities of obtaining quality education as any other child. Para 6.10 to 6.14 of NEP 2020 deals with the provisions & strategies for such a category of children.

Children with disabilities will be enabled to fully participate in the regular schooling process from the Pre Primary Stage to higher education. The Rights of Persons with Disabilities (RPWD) Act 2016 defines inclusive education as a "system of education wherein students with and without disabilities learn together and the system of teaching and learning is suitably adapted to meet the learning needs of different types of students with

disabilities". This Policy is in complete consonance with the provisions of the RPWD Act 2016 and endorses all its recommendations with regard to school education.

The schools will be provided resources for the integration of children with disabilities, recruit-



ment of special educators with cross-disability training, and for the establishment of resource centres, wherever needed, especially for children with severe or multiple disabilities. Barrier free access for all children with disabilities will be enabled as per the RPWD Act. Schools will work and be supported for providing all children with disabilities accommodations and support mechanisms tailored to suit their needs and to ensure their

full participation and inclusion in the classroom. In particular, assistive devices and appropriate technology-based tools, as well as adequate and language-appropriate teaching-learning materials (e.g. textbooks in accessible formats such as large print and Braille) will be made available to help children with disabilities integrate more easily into classrooms and engage with teachers and their peers. This will apply to all school activities including arts, sports, and vocational education. High-quality modules will be developed to teach Indian Sign Language. Adequate attention will be paid to the safety and security of children with disabilities.

As per the RPWD Act 2016, children with benchmark disabilities shall have the choice of regular or special schooling. Resource centres in conjunction with special educators will support the rehabilitation and educational needs of learners with severe or multiple disabilities and will assist parents/guardians in achieving high-quality home schooling and skilling for such students as needed. Home-based education will continue to be a choice available for children with severe and profound disabilities who are unable to go to schools. The children under home-based education must be treated as equal to any other child in the general system. While it is clear that the education of all children with disabilities is the responsibility of the State, technology-based solutions will be used for the orientation of parents/caregivers along with wide-scale dissemination of learning materials to enable parents/caregivers to actively support their

children's learning needs will be accorded priority.

Most classrooms have children with specific learning disabilities who need continuous support. The earlier such support begins, the better the chances of progress. Teachers must be helped to identify such learning disabilities early and plan specifically for their mitigation. Specific actions will include the use of appropriate technology allowing and enabling children to work at their own pace, with flexible curricula to leverage each child's strengths, and creating an ecosystem for appropriate assessment and certification.

The awareness and knowledge of how to teach children with specific disabilities (including learning disabilities) will be an integral part of all teacher education programmes, along with gender sensitization and sensitization towards all under-represented groups in order to reverse their underrepresentation.

Provisions under Samagra Siksha

In Samagra Shiksha, the centrally sponsored Integrated Scheme for School education, there are interventions for inclusive education of CWSN children. The programmatic as well as financial norms of the scheme are being modified in alignment with provisions of NEP 2020.

The key thrust of the programme will be on providing inclusive education to all children with special needs in general schools and funding will be based on data of CWSN provided under UDISE+. The Programme will also support special training, education through an open learning system, home schooling, wherever necessary, itinerant teaching, remedial teaching, community based rehabilitation (CBR) and vocational education.

Support for CWSN children as defined in RPWD Act 2016 will be available from ECCE classes in Govt.

primary schools to Sr. Secondary level. Resource centres (provision of TLMs) in conjunction with special educators will support the rehabilitation and educational needs of learners with severe or multiple disabilities and will assist parents/guardians in achieving high-quality home schooling and skilling for such students as needed. Block Resource Centres (BRCs), with online/offline facilities of special educators, can also act as Resource centres for learners with severe or multiple disabilities. Provision for Home-based education (HBE) will be available for children with severe and profound disabilities who are unable to go to schools.

In Samagra Shiksha, there will be provision of up to Rs. 3500/- per child, per year for children with special needs, studying in government, government aided and local body schools as per specific proposal. This will include aids and appliances, teaching material, etc. Provision of special educators at cluster/school level as per requirement would be done. The special educators should be qualified and registered with the RCI. Provision of stipend for CWSN girls @ Rs. 200/- per month for 10 months, for pre-primary to senior secondary would be made.

With the spread of inclusive education for CWSN, a positive change can be seen in the people concerned, the family as well as the society. The access to education and provision of proper resource support has helped these marginalised sections of the society to lead a better and fulfilling life. In addition to the government, the family as well as society should come forward for universalization of education for each and every CWSN child, which in true sense will lead to a "Samridh, Samarth and Sashakt Bharat".

(The author is a technocrat & educationist)

Satish Sharma inaugurates series of development works in Chhamb constituency

Reiterates government's commitment for equitable development of all regions

JAMMU: Minister for Transport, FCS&CA, Youth Services and Sports, Information Technology Science and Technology, Satish Sharma, today conducted an extensive tour of Chhamb constituency where he inaugurated series of development works.

The works included widening of road from Khuga Chowk to Government Ayurvedic Medical College Akhnoor, foundation stone of Tube Well at Barui, construction of link road to Dhanna Kufi at Bala Maira Mandrian (900 metre), construction of link road from

Government Middle School to SC Mohalla upto Sub Centre at Godhan Maira Mandrian (700 metre) and Blacktopping of road from GMS to Godhan.

While inaugurating the development works, the Minister said that roads are very crucial for connectivity and accessibility and plays a pivotal role in socio-economic development of the area.

Satish Sharma asserted that many development works are in pipeline which are very important for the development of the region and



substantially beneficial for the people.

The Minister stressed that equitable development of all the regions including all basic facilities to the people is utmost priority of the government.

He emphasized that the Jammu & Kashmir will see a new era of development under the visionary leadership of CM Omar Abdullah, as the government is putting all out efforts to provide basic amenities to people at their doorsteps.

While laying foundation stone of Tube Well, the Minister said that it

was a long pending demand of residents of Barui which on completion will resolve the issue of water scarcity in the village and adjoining areas.

The Minister also instructed the officers of concerned department to ensure the quality of works and complete them in stipulated time frame.

Satish Sharma also interacted with local residents and enquired about their issues/grievances. The Minister assured that all their issues will be addressed and genuine demands would be fulfilled in phased manner.

District Development Council meeting held at Pulwama

PULWAMA, DECEMBER 02: A meeting of the District Development Council (DDC) Pulwama was convened today at Circuit House here, chaired by Chairperson DDC, Syed Bari Andrabi to deliberate on the District Capex Budget for the financial year 2024-25.

The meeting was attended by DDC Members and various district and sectoral officers.

During the session, a thorough discussion was held on various aspects, including estimation processes, accord of administrative approvals, cost escalations and other challenges hindering project implementation.

The Chairperson emphasized the importance of addressing these loopholes to ensure timely and efficient execution of development works.

Andrabi urged all officers to maintain transparency and adhere to deadlines while prioritizing public welfare projects. He also called for enhanced coordination among departments to streamline the execution of the approved projects under the Capex Budget.

The meeting concluded with actionable directives aimed at achieving the district's developmental goals for the upcoming financial year.

Speaker JKLA chairs introductory meet at Srinagar

SRINAGAR, DECEMBER 02: Speaker Jammu and Kashmir Legislative Assembly (JKLA), Abdul Rahim Rather today chaired an introductory meeting at Legislative Assembly Complex here to review its functioning.

The meeting was attended by Secretary, JKLA, Manoj Kumar Pandita; other senior officers and staff of Assembly Secretariat.

During the meeting, the Speaker took detailed appraisal of various pressing issues of the Assembly Secretariat including the infrastructural development and other aspects related to its smooth functioning.

While interacting with the

staff, the Speaker maintained that a collaborative and supportive work environment is very important for smooth functioning of this important institution. He added that the efficiency of our legislative secretariat relies heavily on the commitment and support of our staff.

The Speaker also called upon the officers and staff to work with dedication and commitment, as this prestigious institution is very important for upholding the democratic values of our country.

During the interaction, the staff members also raised several concerns before the Speaker and offered feedback on potential

improvements to the Assembly's functioning.

The Speaker assured the staff that their concerns would be taken seriously and steps would be taken to address them.

During the meeting, the Secretary Legislative Assembly informed the Speaker about the

progress on several ongoing initiatives. He informed the Speaker about progress on implementation of National E-Vidhan Project (NeVa), progress on framing of Rules of Procedure and Conduct of Business for JKLA as well as preparedness regarding forthcoming Budget session of JKLA.

The Secretary Assembly also apprised the Speaker that promotions at different levels are pending in the Assembly Secretariat since long and the same needs to be done on priority basis to boost morale of the employees.

The Speaker assured that all the issues pertaining to employees will be addressed at an earliest.



Principal Secretary chairs State Level Armed Forces Flag Day Committee meet

JAMMU, DECEMBER 02: In connection with Armed Forces Flag Day to be commemorated on 7th December, a meeting of the State Level Armed Forces Flag Day Committee was chaired by Principal Secretary Home, Chandraker Bharti here on Monday at Civil Secretariat.

Speaking on the occasion, the Principal Secretary said that 7th December is observed as the Armed Forces Flag Day to remind all of us to express gratitude as well as appreciation to the military

personnel including Soldiers, Sailors and Airmen who valiantly safeguard the nation. He said that the need of the hour is to increase contribution through various means for Ex-Servicemen. He assured the Sainik Welfare Department that all necessary steps would be initiated for the welfare of Ex-military personnel.

The Principal Secretary stressed upon creating awareness among the masses about the Flag Day through social media, electronic media and other means

to help raise funds. He directed the officers for installation of QR Code on those tourist places

of our sentiments and evidence of our active and continued support to these brave soldiers.



where the footfalls of tourists is maximum. He added that the contribution towards J&K Armed Force Funds is a symbolic gesture

The fund facilitates a number of welfare schemes being undertaken by the Sainik Welfare Department and the funds collected are well

spent on educational incentives besides mitigating economic distress of ex-servicemen, widows and their dependents.

Earlier, the Director Sainik Welfare briefed the meeting on the initiatives of the department. He informed that the Flag Day material has already been disbursed among all the Deputy Commissioners and Heads of Departments. He urged all the departments to strive and achieve the target set for collection of Flag Day Fund.

Promoting Road Safety: DIPR holds awareness program at GCW Nawakadal

SRINAGAR, DECEMBER 02: In an effort to promote safe driving practices and save lives, particularly among the youth, the Cultural Unit Kashmir, of Department of Information and Public Relation (DIPR) J&K in collaboration with the Government College for Women (GCW) Nawakadal, Monday organized a traffic safety awareness program within the college campus, here.

Recent accidents including at Tengpora and Lawaypora resulted in the loss of young lives, thus prompting the need for an increased awareness about road safety among the masses, especially younger generation.

Students from the college participated in the program, discussing road safety measures and the consequences of rash driving.

The program was attended by distinguished guests, including RTO Kashmir, Syed Shah Nawaz; SSP Traffic City Srinagar, Muzafar Shah; Cultural Officer Kashmir, Burhan Hussain; Principal Government College for Women Nawakadal, Mohammad Farooq; Chairman KRSF, Nasir Ali Khan, other officers of Information department, college faculty and the students.

SSP Traffic through a PowerPoint presentation presented recent statistical data on road accidents in Kashmir, including number of accidents and fatalities, causes of accidents (e.g., reckless driving, over speeding, drunken driving etc.) emphasizing the importance of following traffic rules, especially among young drivers. The data highlighted the need for increased awareness and enforcement of traffic rules to prevent accidents and save lives. Shah emphasized the importance of responsible driving practices and appealed to the youth to follow traffic rules.

Emphasizing the critical need for following traffic rules, RTO Kashmir stressed the need for proper driving practices and appealed to parents not to provide vehicles to their teenage children, which can lead to disastrous consequences.

Appreciating the Information Department, RTO said that today's event was a significant step towards promoting road safety awareness and encouraging responsible driving practices among the youth.

DC Shopian inaugurates Wisdom Grove Reading Rooms at Shopian

SHOPIAN, DECEMBER 02: Deputy Commissioner (DC) Shopian, Mohammad Shahid Saleem Dar today inaugurated the 'Wisdom Grove,' Reading Rooms at Court Road, Shopian here.

This initiative aims to provide a dedicated space for students, researchers and the local community to access educational resources and engage in knowledge-building activities.

This facility has capacity for 120 plus students with proper arrangements for seamless services.

Shahid said that the new facility is expected to support academic and cultural development in the region, offering a conducive environment for learning.



APD Minister lauds Fisheries Department for earning national level recognition

JAMMU, DECEMBER 02: Minister for Agriculture Production Department (APD), Rural Development and Panchayati Raj (RD&PR), Javid Ahmad Dar, today commended the J&K Fisheries Department for its outstanding achievements, earning national-level recognition on World Fisheries Day 2024.

The J&K Department of Fisheries, received two prestigious national awards for its exemplary work in developing fish and fisheries in the Union Territory.

Director Fisheries, J&K, Abdul Majid Tak received the awards, which included a trophy and a certificate of merit for achieving the first position as the best performing Union Territory among all UTs in the country. The department also received best performing district award for Kulgam district. These awards were conferred on November 21, 2024, on the occasion

of World Fisheries Day, celebrated at the national level in New Delhi.

The event was inaugurated and



presided over by Rajiv Ranjan Singh, Union Minister for Fisheries, Animal Husbandry and Dairying.

Meanwhile, Javid Dar felicitated the Director Fisheries for receiving National awards and asserted on ensuring taking government schemes to the people at the grass-root level.

The Minister emphasized that the government is committed towards creating massive jobs through fish farming promotions across Jammu and Kashmir. He also said that efforts are on to increase the income of fish farmers, improving the living standards of the fishermen community, and creating more employment avenues for unemployed youth.

Javid Dar encouraged the youth to take advantage of government schemes and get remunerative prices for their produce.

The Director Fisheries attributed this huge achievement to the leadership of Minister Javid Ahmad Dar and the guidance of Principal Secretary APD, Shailendra Kumar.

DC Kulgam visits District Fish Farm Chancer; reviews its operations, functioning

KULGAM, DECEMBER 02: The Deputy Commissioner (DC) Kulgam, Athar Aamir Khan today conducted an extensive visit to the District Fish Farm Chancer to review the operations and achievements of the facility.

The DC also took a comprehensive assessment of the breeding processes of Rainbow Trout and reviewed the implementation of various stages involved in the breeding cycle.

During the visit, it was informed that the unit produces approximately 6 lakh advanced Trout Fish seeds annually. These seeds fulfill the requirements of both public and private fish farming units in the district.

The district is recognized as a hub of fish production, boasting an annual yield of 200 metric tons from around 155 government and private fish farms. It is worth mentioning that District Kulgam has recently been declared and awarded by GoI, as the best district in the Union

Territories (UTs) of India in the fisheries sector.

This accolade highlights the

like Pradhan Mantri Matsya Sampada Yojana (PMMSY) and Holistic Agriculture Development Programme (HADP).

Accompanying the DC were ADDC Bashir Ahmad Wani, ADC, Viqar Ahmad Giri, AD Fisheries and other officers.

district's remarkable achievements in infrastructure development and high-quality fish production, facilitated through the effective implementation of flagship schemes



Training programme for Agriculture Census held at Shopian

SHOPIAN, DECEMBER 02: A training programme for field functionaries and supervisors/enumerators of Revenue Department for Agricultural Census was today organized at Meeting Hall, Shopian.

Assistant Commissioner (Revenue) Shopian, who is also Nodal Officer of the district for the census programme was present at the event. Besides, various Revenue Officers including Tehsildars, Naib Tehsildars and Patwaris of district Shopian participated in the programme.

The training focused mainly on the collection of data on the number of agricultural operational holders, land use, digitization and kind of soil, besides tenancy status and irrigation facilities. On the occasion Master trainers from the Office of Financial Commissioner Revenue, Srinagar explained the importance and methods of agriculture census through a detailed powerpoint presentation (PPT).

SKICC bids emotional farewell to Bakshi Humayun Javed on superannuation

SRINAGAR, DECEMBER 02: The Officer and officials of SKICC today organised a grand farewell for its

Divisional Commissioner Kashmir, Director Health Services Kashmir, RTO Kashmir, GM SKICC and other

outgoing Director, Bakshi Humayun Javed and two of its employees Farooq Sumjhi and Gh Rasool following their superannuation on 30th of November 2024 after rendering a long illustrious service in SKICC.

The newly appointed Director Galib Mshah was also given a warm welcome by the staff, presenting flower bouquets.

officers graced the occasion, which was also attended by the officials of SKICC, RSGC and KGC.

The dignitaries present at the event spoke about the professional expertise of Mr. Bakshi while managing the affairs of SKICC and taking its standard to new heights. The staff of SKICC wished them the best for their post retirement life.





...Hyperthyroidism

DIET: FOODS TO EAT AND AVOID

When the gland over-activates and produces too much thyroid hormone, it can cause health problems in metabolism, bone health, and nervous, reproductive, and cardiovascular systems. In this article, you'll learn how to eat a healthy and balanced diet to maintain health in hyperthyroidism.

Thyroid hormones and functions

The thyroid gland secretes the hormones Thyroxine (T4) and triiodothyronine (T3) to the bloodstream. These hormones go to cells and control how your body uses energy. However, too much of thyroid hormones speed up metabolism and affect the entire body, including:

Cardiovascular system. Thyroid hormones help regulate cardiac output (the amount of blood your heart pumps in a minute), heart rate, and strength. Irregular and rapid heartbeat is only one symptom of hyperthyroidism.

Digestive system. The thyroid helps modulate bowel movements. Hyperthyroidism may increase bowel movement resulting in diarrhea.

Reproductive system. Hyperthyroidism negatively impacts the reproductive system, especially in women. An imbalance in thyroid hormone levels may result in irregular menstrual cycles and fertility problems.

Bone health. The thyroid hormone is one of the determinants of bone synthesis. Too much thyroid hormone increases the rate of bone loss resulting in weaker bones or bone diseases such as osteoporosis.

Nervous system. In fetal development, thyroid hormone functions in the brain and nervous system develop. Thyroid problems may cause numbness, tingling, anxiety, nervousness, and irritability.

What causes hyperthyroidism

There are several causes of hyperthyroidism: Graves' disease, an autoimmune thyroid disorder, is the most common cause.

Nodules in the thyroid gland.

Thyroid gland inflammation is called thyroiditis.

Excess iodine consumption. Iodine is essential for producing thyroid hormone, but too many results in increased thyroid hormones.

Thyroid medicine. If people with hypothyroidism (underactive thyroid) take too much thyroid medicine, their thyroid may get overactive.

Who's at risk for hyperthyroidism?

Certain conditions increase the risk of hyperthyroidism:

Having a family member with hyperthyroidism

Being female

Being older than 60

Excess iodine intake or use of medication contains

iodine

Having had goiter (enlarged thyroid) or thyroid surgery

Having pernicious anemia — a condition that occurs when the body lacks vitamin B12

Common symptoms of hyperthyroidism

Thyroid hormones affect your heart, brain, gut, reproductive organs, and bones. Too much may cause symptoms, including:

weight loss (despite having no issues with appetite and nutrition)

fatigue

muscle weakness

nervousness or irritability

mood swings

abnormal bowel movements

swollen thyroid gland

fertility problems

irregular and rapid heartbeat

Goiter

Diagnosis and Treatment of Hyperthyroidism

If you suspect having hyperthyroidism, schedule an appointment with your physician. Your doctor can diagnose the condition easily with a blood test for hormones, antibodies, and thyroid scans.

Medication, radioiodine therapy, and thyroid surgery are common treatments. Your physician and/or endocrinologist will choose the appropriate course of action based on your age, hyperthyroidism type, other health problems, and any allergies.

Nutrition for managing hyperthyroidism

There are no specific foods, diets, or supplements to treat thyroid diseases. However, sufficient levels of the micronutrients iron, selenium, iodine, and zinc are crucial for maintaining proper thyroid health. That's why it is important to choose healthier foods to match your nutritional needs.

The National Health Service recommends:

Eating five portions of fruit and vegetables daily

Eating high-fiber foods — whole grains, beans, legumes, fruit, and vegetables

Choosing unsaturated fats over saturated and trans fat

Staying hydrated

Consuming dairy products

Avoiding foods with added sugars

Eating antioxidant-rich foods

Eating enough protein — meats, eggs, beans, legumes

Eating healthy fats — unsaturated fats, nuts

Overall, eating a healthy and balanced diet provides your body with the nutrients it needs. However, dietary supplements can be used in cases of poor nutrition or nutrient deficiencies. Consult

with your doctor before taking supplements to avoid negative effects on thyroid function.

The best foods for hyperthyroidism

Calcium, phosphorus, and vitamin D

Hyperthyroidism may cause weaker bones and osteoporosis. Calcium, phosphorus, and vitamin D are essential nutrients for bone health. Therefore, people with hyperthyroidism should eat foods rich in:

Calcium: dairy products, green leafy vegetables.

Phosphorus: dairy products, meat, seafood, legumes, and nuts.

Vitamin D is found in oily fish and egg yolk in limited amounts. Sun is a major source of vitamin D.

Selenium

Selenium is found in the thyroid gland. It maintains thyroid hormone synthesis. In some cases, selenium supplementation is used to treat mild thyroid eye diseases. More research is needed to determine the effectiveness of selenium supplementation in preventing or curing thyroid diseases.

Doctors recommend eating foods rich in selenium, including nuts (especially Brazil nuts), fish, shellfish, white meats, lentils, and beans. Selenium supplementation shouldn't be taken without doctor approval since excess amounts of selenium may cause health problems such as nausea, diarrhea, fatigue, and irritability.

Foods rich in antioxidants

Graves' disease, an autoimmune thyroid disorder, is the most common cause of hyperthyroidism. With Graves' disease, the immune system makes the antibodies that stimulate the thyroid cells. As a result, thyroid hormone production increases.

Antioxidant foods help modulate the immune system. Thus, an increased intake of colorful fruits and vegetables — orange, red, yellow, and green are recommended.

Quality protein

Muscle problems and weight loss as a result of increased metabolic rate are common symptoms of hyperthyroidism. Eating high-quality protein in adequate amounts is crucial to maintaining muscle mass and function. Protein sources include meat, egg, dairy products, lentils, and beans.

Cruciferous vegetables

In theory, cruciferous vegetables such as kale, cauliflower, and turnips are rich in compounds that inhibit iodine usage of the thyroid resulting in lower thyroid hormone production. However, there is no scientific data specifying the ideal amount of cruciferous vegetables needed for decreasing thyroid hormone production.

Foods to avoid with Hyperthyroidism

Iodine-rich foods

Iodine is needed for synthesizing thyroid hormones. Our bodies can not produce iodine, so it must be supplemented by foods.

In some cases, excess iodine intake results in increased thyroid hormone synthesis. Thus, eating foods high in iodine may awaken or worsen the symptoms in people with hyperthyroidism. Foods high in iodine include:

Seaweeds include kelp (brown seaweed), dulse, and nori. A gram of seaweed contains around 2 mg of iodine — when scientists state that 1.1 mg/day is a safe upper limit.

Seafood — sea fish and shellfish.

Saltwater fish.

Cow's milk and dairy products.

Meat.

Eggs.

Iodine-fortified foods — some cereals, vegan milk, salt. According to UNICEF, almost 90% of the world's population consumes iodized salt. One teaspoon of iodine-fortified salt contains 284 micrograms of iodine.

Don't forget to check the label for iodine if you use medication, multivitamins, or other dietary supplements.

Excess iodine can harm people with Graves' disease or other autoimmune thyroid disorders. On the other hand, iodine deficiency may cause pregnancy-related problems, hypothyroidism, and goiter — an enlargement of the thyroid.

If you have a healthy thyroid or your doctor advises otherwise, you need a daily intake of 150 micrograms of iodine. Pregnant and breastfeeding women need more iodine because thyroid hormone is required for the baby's bone and brain development.

Caffeine

Caffeine can accelerate the symptoms like rapid heart rate, anxiety, nervousness, and irritability. Thus, avoiding food or drinks containing caffeine, such as coffee, tea, soft drinks, cacao, and some supplements, is recommended.

People with hyperthyroidism should eat enough calories from nutritious foods. They are advised to avoid iodine-rich foods and low-calorie and protein consumption.

Please be aware that other thyroid disorders may cause hypothyroidism (underactive thyroid) or don't affect thyroid hormone production (euthyroidism). In these cases, proper nutrition will be slightly different.

Lastly, always consult with a healthcare professional to decide what foods to eat or avoid the management of your hyperthyroidism and symptoms.

Chief Secretary reviews JTFRP, stresses for judicious use of extended timeline



JAMMU: Chief Secretary, Atal Dullo today held a meeting to discuss the progress of projects taken up under World Bank funded Jhelum Tawi Flood Recovery Project (JTFRP) here in J&K.

Those who attended includes Commissioner Secretary Industries & Commerce Department; Secretary R&B; Secretary Health; Secretary Planning; Commissioner SMC;

Principal GMC Srinagar; Chief Engineers, R&B/I&FC and other concerned officers and officials of these Departments.

Dullo took this occasion to impress upon the concerned to make best of this extension window to complete the stalled projects especially 120-beeded Lal Ded Hospital Block, Emergency Operation Centre (EOC), vital bridges and others projects which are yet to be completed.

He observed that this extension period is quite vital and should be utilized judiciously to complete all these projects well on time. He maintained that pre-emptive measures should be taken by the concerned departments to take-up works forthwith for their early completion without any fail.

Focus On Timely Resolution Of Public Issues: Javid Dar To Officials

JAMMU: Minister of Agriculture, Rural Development, and Panchayati Raj (RD&PR), Javid Ahmad Dar today outlined the need for ensuring timely resolution to genuine public issues in Jammu and Kashmir.

These remarks were made by the Minister during meeting with various public delegations at Civil Secretariat, here.

The Minister asserted that the government is committed towards addressing public issues on priority and ensure seamless service delivery to the general public.

Javid Dar reiterated the government's commitment to addressing the genuine issues of the general public.

He ensured that the people get compassionate hearing and their issues are resolved amicably at all offices.

While engaging with representatives from diverse sectors and public deputations from different districts,

Javid Dar listened attentively to their concerns and provided guidance on resolving issues related to agriculture, rural development, and public services.

Minister emphasized the need for swift action in addressing genuine public grievances and urged officials to prioritize transparency, accountability, and timely action in resolving public grievances.

The delegations which met the minister include political delegations led by provisional President Jammu, Ratan Lal Gupta, employees deputations, civil society members and other youth and individual delegations from various sectors and districts.

High-powered panel on Ladakh to meet today

Mubashir Alam Wani

SRINAGAR: A high-powered committee constituted by the Government of India (GoI) would meet on Tuesday afternoon in New Delhi to discuss safeguards for Ladakh Union Territory.

The high-powered panel, comprising representatives of Government of India and leadership of Ladakh, would meet tomorrow at 5: 00 PM in the North Block, New Delhi.

Talking to news agency—Kashmir News Observer (KNO), former minister and leader of Apex Body Leh (ABL) Chering Dorjay said a 17-member delegation comprising seven representatives each of Kargil Democratic Alliance (KDA) and ABL, two chief executive councilors and Member Parliament,

Ladakh would tomorrow meet representatives of the Union Government of India to discuss demands of people of Ladakh. He said they would raise their four-point agenda during the meeting. “We are hopeful about a positive outcome from the talks,” he said.

Paras Health Engages in CII's First-Ever Health Conclave to Foster Healthcare Transformation in J&K

SRINAGAR: The Confederation of Indian Industry (CII) hosted the inaugural “J&K Health Conclave 2024 – Health Reimagined: Strategies for a Better Tomorrow” at Hotel Golden Tulip, Srinagar on 30 November.

Paras Health, along with a few other renowned institutions has participated as a key stakeholder in the event, which brought together prominent speakers and healthcare leaders to discuss the future of healthcare in Jammu & Kashmir. The event was graced by Shri Satish Sharma, Hon'ble Minister for Food, Civil Supplies & Consumer Affairs, Transport, IT, Youth Services & Sports, and ARI Trainings, Government of J&K, as Chief Guest; and Dr. Syed Abid Rasheed Shah, Secretary of Health and Medical Education, Government of J&K, as Guest of Honor. Key speakers included Mr. Sanjay M Gadkar, IAS, CEO of State Health Agency, J&K, AB-PMJAY; Mr. Waheed ur Rehman Para, MLA Pulwama; Mr. Salman Ali Sagar, MLA Hazratbal; Dr. Shakti Kumar Gupta, Director, AIIMS Jammu; Dr. M. A. Alim, Vice Chairman, CII J&K & Director, Design Packaging Industry; Mr. Iqram Ali Shafiee, Managing Director, Shafiee Healthcare Pvt Ltd (&) Convener, CII J&K Healthcare Panel; Mr. Probal Ghosal, Chairman & Director, Ujala Cygnus Healthcare Services; Mr. Nigam Gupta, Managing Director, Hexa Med Technologies (India) Pvt Ltd; and Mr. Sandeep Mengi,

Director, Maharishi Dayanand Hospital & Medical Research

Electronic Medical Records (EMR) and the Paras App,



Centre (&) Co-Convener, CII J&K Healthcare Panel.

Paras Health Srinagar, established with the vision of providing quality and affordable healthcare, has steadily advanced over the past year. By addressing the region's long-standing challenges, where residents often had to travel for specialized treatments, the hospital has brought critical healthcare services closer to home. While still expanding its capabilities, Paras Health has been able to locally manage procedures such as cardiac interventions, neurology, radiology interventional procedures and oncological treatments, ensuring accessibility of quality care.

Paras Health is constantly in pursuit of enhancing the use of technology to improve healthcare delivery in the region. Through systems like

the hospital has streamlined patient care, making services more efficient and accessible. These innovations are central to its goal of delivering affordable and seamless healthcare experiences. Beyond hospital walls, Paras Health has started community outreach, conducting nearly 170 health camps across districts such as Bandipora, Kupwara, Anantnag, and Kargil, reaching over 8,000 to 9,000 individuals. These initiatives include more than 40-50 health awareness talks held in colleges, government offices, corporates, and schools, emphasizing preventive healthcare and golden hour awareness to improve emergency response outcomes.

By promoting preventive health measures and fostering awareness in schools and communities, Paras Health is actively working to improve

health outcomes in the region. Through its outreach, the hospital aims to create a healthier future while ensuring that healthcare remains accessible and affordable for all.

During the event, Santy Sajan, COO of Paras Health, highlighted the organization's role in shaping the region's healthcare future. “At Paras Health, we are redefining healthcare in Jammu & Kashmir by combining advanced technology with compassionate care. Our digitized systems are empowering patients and streamlining services, while our outreach efforts ensure that even the most remote communities have access to quality healthcare. We are committed to creating a future where affordable, world-class medical care is accessible to all in the region,” she said.

To enhance healthcare accessibility, Paras Health Srinagar is offering discounted rates on select cardiac procedures until December 30, 2024. These include services like angiography, pacemaker implantation, and angioplasty, along with complimentary emergency expert consultations and ambulance services within a 5km radius during this period.

The conclave emphasized the importance of collaboration between the public and private sectors in advancing healthcare. Paras Health is playing a role in these efforts by supporting initiatives to enhance accessibility, affordability, and innovation in the region.

Continued From P1...

Dr Farooq

Earlier, Additional General Secretary Dr. Mustafa Kamal, along with Provincial President Advocate Showkat Ahmad Mir, extended a warm welcome to Dr. Abdullah following his successful completion of Umrah.

The event was attended by several prominent leaders, including Honorable MLAs Ali Mohammad Dar, Dr. Mohammad Shafi, Salman Ali Sagar, Ahsan Pardesi, Showkat Ganie, State Spokesperson Imran Nabi Dar, District President Peer Afaq Ahmed, Provincial President Women's Wing Kashmir Er. Sabiya Qadri and other senior leaders, functionaries, and workers.

Mirwaiz Umar

society,” he said, adding that for the last three weeks, the Police department has taken various steps including attaching the properties, registering cases and arresting many people involved in drug peddling. “If police work in this direction, people will extend their support,” he said.

He added that the action against the biggest inter-state nexus will be supported by the people.

Mirwaiz also appealed to the people to take close vigil within their locality especially at the coaching centers, schools and other places. “Everyone should be given responsibility within their localities to end this menace and safeguard our future,” he said.

Meanwhile, as per a statement issued to KNO, Mirwaiz Umar Farooq emphasized the urgent need for collective action to improve societal conditions, particularly focusing on the escalating issue of drug addiction.

Highlighting the alarming statistic that over 1.5 million individuals are affected by drug addiction, Mirwaiz Umar Farooq called for a united effort to combat this epidemic. He pointed out that the vast network of mosques across the region could serve as pivotal centers in this fight.

“Mosque committees can collaborate and implement effective ways to tackle drug addiction in every area,” he stated, emphasizing the power of community involvement. They can keep an eye on suspected people in the area and help in their rehabilitation.

Mirwaiz Umar Farooq also expressed appreciation for the intensified efforts by the police to combat drug trafficking. Acknowledging the recent arrests of several drug dealers and the confiscation of their properties, he remarked, “It is encouraging to see the administration taking decisive steps. When good measures are taken for the welfare of our society, they should also be appreciated by all.”

Mirwaiz address stressed upon unified proactive measures, leveraging both religious institutions and law enforcement in the battle against drug addiction and the importance of community and administrative synergy in fostering a safer, healthier society

Work On

of their demands and grievances.

A delegation from Samba engaged in Jal Shakti Department as daily wagers apprised the Minister about their issues and sought early redressal of the same. They demanded release of their long pending wages since several months.

Another delegation of daily wagers demanded implementation of Minimum Wages Act in Jammu and Kashmir for daily rated workers.

Similarly, another delegation from Sidhra led by former Corporator, Shama Akhter also called on the Minister and thanked him for resolving the issue of water supply in their area.

The Minister gave patient hearing to all the delegations and individuals and assured an early redressal of their genuine demands and issues. He said that the issues projected by them would be taken up with the concerned departments for immediate redressal.

In some cases, the Minister also gave on spot instructions to the concerned officers for redressal of the grievances.

Uber Books

and maintenance of updated seniority.

The Minister informed them that concerned Departments have already been directed for efficient cadre management including filling up of all promotion vacancies and updated seniority lists.

Kashmir’s Winter

“The ongoing dry spell and shortened winters are clear indicators of climate change. These shifts disrupt hydroelectric projects, agriculture, and even the tourism sector, which are all lifelines of Kashmir’s economy.”

Environmental scientist Dr. Shakil Romshoo added, “The lack of timely snowfall means glaciers aren’t replenished, threatening long-term water security for the region. Farmers are being forced to shift from traditional paddy fields to less water-intensive crops

Shikara in Srinagar is a testament to creative ways technology can enhance our cultural heritage.

The Lieutenant Governor has posted on X: “Launch of Uber Shikara in Srinagar is a testament to creative ways technology can enhance our cultural heritage. This offering in upcoming tourist season will provide visitors a seamless way to experience timeless charm of Shikara rides, a hallmark of J&K’s beauty.

I commend Uber for their futuristic vision, enabling convenient access to serene experiences while boosting local tourism. Together, we are showcasing splendor of crown of India to the world. Winter is upon us, & people of J&K invite you all to enjoy this magical season in paradise”.

In Kashmir,

DTs cost from Rs 2 Lakh to Rs 2.5 Lakh.”

In the meantime, KPDCI in a statement said that in the month of November at least 1043 DTs were damaged and 1035 were restored simultaneously.

Chief Engineer (Distribution) of KPDCI, Aaqub Waheed Deva in a statement advised the consumers to adjust their heating load at the time of resumption of power supply after curtailment hours.

“Snapping of power within 15 or 20 minutes is primarily due to simultaneously powering on all heating gadgets,” she said.

The Chief Engineer assured that if the heating load is judiciously synchronized within the sanctioned load of consumers, unscheduled power outages will disappear.

Deva further stated that KPDCI was maintaining its Buffer Stock of 1554 DTs by reclaiming its damaged DTs in various Divisional Workshops as well as Central Workshop Pampore.

Follow Alumni

While taking assessment of the issues faced by these institutions the Chief Secretary impressed upon the line departments to make concerted efforts in coordination with the Universities to iron out issues hindering their process of development.

He took University wise stock of issues faced by these institutions and took up the same with the concerned departments for their early resolution. He also provided instant directions necessary for making the process swift and time-bound.

The issues that were raised by the Universities includes those related to land transfer, creation of posts, seeking additional Capex grants, augmentation of existing infrastructure, construction of hostel blocks along with several other individual necessities of these institutions.

The Universities which participated in this session includes University of Kashmir, University of Jammu, Cluster University Srinagar, Cluster University Jammu, Central University of Kashmir, Central University of Jammu, Shri Mata Vaishno Devi University, Islamic University of Science & Technology, Baba Ghulam Shah Badshah University, and Sher-e-Kashmir University of Agricultural Sciences (SKUAST) Kashmir and Jammu.

Cadre Management

launched under Phase I, with 1,500 more in the pipeline. These centers serve as a one-stop solution for farmers, offering services ranging from farm inputs to expert advisories and real-time updates.

The Skoch Award stands as a testament to transformative vision and robust implementation of HADP, signalling a new era for Jammu & Kashmir’s agricultural landscape. With its inclusive, participatory approach, the program is fostering sustainable growth, enhancing productivity and improving livelihoods in the region.

Fearing loss

also said the concerned authorities should engage with all the stakeholders before taking a decision (on the project).

“There was never a public demand for a railway line to Pahalgam. The concerned authorities must engage with all the stakeholders before taking any step. No decision should be imposed on the people,” Bukhari said.

like fruit orchards.”

The dry weather, combined with vehicular emissions and the use of heating devices, has caused a surge in respiratory illnesses. Srinagar’s Air Quality Index (AQI) recently reached 183, labeled as “Unhealthy,” with PM2.5 levels at 119.7 µg/m³—far above safe limits. “We are seeing a sharp increase in respiratory problems among children and the elderly due to prolonged exposure to polluted air,” said Dr. Naveed Nazir, a senior pulmonologist at the Chest and Disease Hospital in Srinagar.

Winter tourism, a cornerstone of Kashmir’s economy, is reeling under the impact of insufficient snowfall. “Destinations like Gulmarg are seeing fewer visitors, and if this trend continues, it will significantly harm our local economy,” noted Fayaz Ahmad, a hotelier in Gulmarg.

Faced with the mounting challenges, many residents are turning to prayers, seeking relief from the unrelenting dry spell. “We are praying for snow not just for the beauty of winter but for the survival of our livelihoods and ecosystems,” said Ghulam Nabi, a farmer from Anantnag.

The crisis calls for the urgent need for climate-resilient policies in agriculture, sustainable energy management, and improved pollution controls to protect the valley’s fragile ecosystem and its people.

MeT predicts

According to the news agency—Kashmir News Observer (KNO), the light snowfall has occurred at several higher reaches of Sonamarg areas, Doodhpatri in Budgam, Shadimarg and other areas.

The fresh spell of snowfall comes under the influence of a feeble Western Disturbance in Jammu and Kashmir.

Moreover, the plains of Kashmir including Srinagar, the summer capital of Jammu and Kashmir, witnessed cloudy weather with occasional sunshine as well.

However, the weatherman here has predicted erratic weather conditions for the next few days, but added that there would unlikely be a major wet spell till December 12.

Tomorrow, there is a possibility of generally cloudy with light rain and light snow over higher reaches expected at scattered places towards late evening of 2nd to 3rd morning.

Director Meteorological department (MeT), Dr Mukhtar Ahmad said that general dry weather conditions are expected from December 4-7 while generally cloudy with light rain and snow over higher reaches at isolated places are expected on December 08.

He added that on December 09 and 12, the weather would remain generally dry.

Furthermore, the minimum temperatures have once again settled below the freezing point in Kashmir with Gulmarg, a famous ski-resort, being the coldest place across the Valley at minus 2.9 degree Celsius.

Pahalgam, a famous tourist destination, recorded minus 2.3 degree Celsius while Srinagar recorded minus 0.8 degree Celsius.

Qazigund, a gateway of Kashmir, recorded a minimum temperature of minus 1.4 degree Celsius while Kupwara in north Kashmir recorded a low of minus 1.5 degree Celsius.

J&K HADP

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NOTICE

This is an information for general public that in my Bank Records bearing Account no:0727040800600871, my name has been Wrongly mentioned as Suhaib Showkat Rather, while as my Actual and correct name is Suhaib Showkat. 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 Manager jammu and kashmir Bank branch Nishatpark Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Suhaib Showkat.
S/O Showkat Ahmad Rather.
R/O Nusoo Ward NO:07 Bandipora.

NOTICE

This is an information for general public that in my Aadhar card bearing Registration No:9826 8205 5799, my name and DOB has been Wrongly mentioned as Chasveeda Bano, DOB 08-10-2002, while as my Actual and correct name and DOB is Chasveeda Bano and DOB is 09-01-2005. 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 Concern Authorities with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Chasveeda Bano.
D/O Bashir Ahmad Gojar Paswal.
R/O Kudara Bandipora.

NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No:0216020010159, which is Registered in the name of Faiz-U-llah Lone, S/O Gh Mohd Lone. Now i want to change this Electricity Agreement in the name of Abdul Aziz Lone S/O Fazullah Lone, 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.

Abdul Aziz Lone.
S/O Fazullah Lone.
R/O Brarpora Bonakoot Bandipora.

Siraj Finds Joy In His Bowling Again As The Wickets Follow

Mohammed Siraj, who endured a difficult home season, where he only played four of his five Tests for a total of six wickets, is in Australia after a little bit of an epiphany. "I could feel that I wasn't enjoying my bowling," he said at the end of the tour game against the Prime Minister's XI in Canberra on Sunday. "As a person I am someone who gets a different feeling when I'm enjoying my bowling, even if I'm not getting wickets. And now when I wasn't getting wickets, I went a bit deep into why I wasn't getting them. In India you know that spinners bowl most of the overs, so there it's a little tough to get wickets in [the] five-six overs [you get as a fast bowler]. So I just became a bit upset about why I wasn't getting wickets. But now I am having a lot of fun."

Even though it's only been one match in the Border-Gavaskar Trophy, Siraj is already closing in on his wickets tally over the last three months, having picked up five in Perth. He checked in with former India bowling coach Bharat Arun to help find his centre.

"I spoke with Bharat Arun sir, that this is what's happening with me," Siraj said. "Because he has known me for a while and he has seen my bowling from long time back. So he just told me to enjoy and not run after wickets. Just enjoy and you'll get wickets. And before travelling, I met [fielding coach] Dilip sir in Hyderabad and we practiced together as well. So it felt good and now I'm enjoying."

"Morne [Morkel, India's current bowling coach] keeps telling me that 'you are a warrior'. 'You'll get us wickets, but you just keep enjoying your bowling'."



Siraj looked in good rhythm in the practice game against the Prime Minister's XI. It was his first game with the pink ball. Enabled by a rain break in between, he got through a seven-over first spell where he picked up the first wicket to fall. He finished with figures

of 7-1-18-1, though he was certain he had Jack Clayton caught behind down the leg side, indulging in a celebratory appeal but the deflection was off the thigh pad. He was happy to get

we'll improve day-by-day. The seam is very hard. It's bright, and quite big. The more you practice with it, the better you get.

"I think that with the pink ball, it's better to bowl back of length. Because pitching it up, there's not a lot of swing, so the more you hit the deck and get it to seam, it will be better for us.

"I have heard that the ball swings a lot under the lights but I haven't yet bowled with it under lights. So when we go to Adelaide and practice, we will try that. And the more practice we get, we'll know more about what we have to do."

Jasprit Bumrah took the honours in Perth but Siraj and Harshit Rana, who took four wickets in six balls at the Manuka Oval bowling short-pitched deliveries, helped keep the pressure up from the other end and they will be looking to do that again in Adelaide with the series resuming next Friday with a day-night Test.

"I always keep talking to Jassi bhai [Bumrah]," Siraj said. "Even before the first match, I spoke with him about what I was going through. And he just told me one thing - don't run after wickets, just keep bowling consistently in one area and enjoy your bowling. If you still don't get wickets, then you come ask me. So I enjoyed my bowling and I got wickets as well.

"Australia is a place where a fast bowler enjoys because you get pace and bounce. As a fast bowler, you get everything you want. So you get a different kind of confidence to come and enjoy your bowling here."

Bumrah will go down as one of the greatest pacers, I'll tell my grandkids I faced him: Head

ADELAIDE: Australia batter Travis Head feels Jasprit Bumrah will go down as "one of the greatest fast bowlers to play the game" and said he'll proudly tell his grandchildren about the formidable challenge of facing the Indian pace maestro.

Bumrah reinforced his status as the best bowler in the world with a stunning performance in the opening Test in Perth which India won by 295 runs.

"Jasprit will go down as probably one of the greatest fast



bowlers to play the game. I think we're finding that at the moment - how challenging he can be, and it's nice to play against that," Head told reporters on Monday.

"It's gonna be nice to go back and look at your career and go tell the grandkids that you faced him. So not a bad series of playing with him. Hopefully I'll face a few more times, but he is as being challenging," he added.

Bumrah, who was captaining the visiting side, led from the front with a match-haul of 8/72, including several pivotal wickets, showcasing his exceptional form. His stellar performance was a testament to his remarkable consistency this year.

Earlier this year, he was named Player-of-the-Series in the T20 World Cup, where he played a key role in India's title-winning campaign.

Head was the sole Australian batter to get a fifty in Perth as the top order comprising the likes of Steve Smith, Usman Khawaja and Marnus Labuschagne struggled but the explosive middle-order batter is certain his teammates won't be approaching him for tips.

"They are not coming to me for batting tips, that's for sure. Everyone goes about it in different ways. We'll have a chat over the next three or four days.

Unsung Hero of Kashmir: Sheikh Firdous Ali's Inspiring Journey

SHEIKH IMRAN

Srinagar : A world where selflessness and compassion are often overlooked, Sheikh Firdous Ali stands out as a shining example of humanity. As the chairman of the Rehmatan Jil alameen Foundation, he has dedicated his life to serving the underprivileged and promoting unity among communities in Jammu and Kashmir.



Early Life and Struggles

Sheikh Firdous Ali was born and raised in Rawalpindi, Srinagar. His early life was marked by struggles and hardships, which would later shape his passion for helping others. Despite facing numerous challenges, he persevered and pursued his education, eventually becoming a successful entrepreneur.

The Birth of Rehmatan Jil alameen Foundation

In 2016, Sheikh Firdous Ali founded the Rehmatan Jil alameen Foundation, a non-profit organization dedicated to providing free education and vocational training to underprivileged girls. The foundation's mission is to empower women and promote social justice, equality, and peace.

Achievements and Impact

Under Sheikh Firdous Ali's leadership, the Rehmatan Jil alameen Foundation has achieved remarkable success. Over 500 girls have benefited from the foundation's free education and tailoring courses. The foundation has also provided financial assistance to

numerous families in need, helping them to overcome poverty and hardship.

Sheikh Firdous Ali's work extends beyond education and empowerment. He has also been instrumental in promoting unity among communities in Jammu and Kashmir. By bringing together Muslims, Hindus, and Kashmiri Pandits, he has fostered a sense of harmony and cooperation.

Awards and Recognition

dedication. His remarkable work has made a lasting impact on the lives of countless individuals and communities in Jammu and Kashmir. As we recognize and celebrate his achievements, we are reminded of the importance of serving humanity and promoting unity and harmony among all people.

Tributes Pour in for Sheikh Firdous Ali

Sheikh Firdous Ali's selfless work has earned him widespread recognition and acclaim. Tributes have

"Sheikh Firdous Ali is a true inspiration to us all," said Dr. Kashmir Singh, a renowned social activist. "His selfless work has made a lasting impact on the lives of countless individuals and communities in Jammu and Kashmir."

Sheikh Firdous Ali's selfless work has earned him numerous awards and recognition across India. He has been felicitated by several organizations and institutions for his outstanding contributions to social service and community development.

Personal Life and Philosophy

Despite his many achievements, Sheikh Firdous Ali remains humble and grounded. He attributes his success to his faith and his commitment to serving humanity. His philosophy is simple: "Service to humanity is service to God."

Message to the Youth

Sheikh Firdous Ali's message to the youth is clear: "Be the change you want to see in the world. Don't wait for others to make a difference; take the initiative yourself." He emphasizes the importance of education, hard work, and perseverance in achieving one's goals.

Conclusion

Sheikh Firdous Ali's inspiring journey is a testament to the power of compassion, selflessness, and

poured in from across the country, praising his dedication to social service and community development.

"Sheikh Firdous Ali is a true inspiration to us all," said Dr. Kashmir Singh, a renowned social activist. "His selfless work has made a lasting impact on the lives of countless individuals and communities in Jammu and Kashmir."

"Sheikh Firdous Ali's commitment to social service is exemplary," said Mr. Ashok Kumar, a prominent businessman. "His work has inspired countless individuals to make a positive difference in their communities."

A Legacy of Compassion and Service

Sheikh Firdous Ali's legacy is one of compassion, service, and dedication. His selfless work has inspired countless individuals to make a positive difference in their communities. As we celebrate his achievements, we are reminded of the importance of serving humanity and promoting unity and harmony among all people.

Mehidy to lead Bangladesh in West Indies ODIs, Shakib continues to miss out

Mehidy Hasan Miraz will continue to lead Bangladesh in regular captain Najmul Hossain Shanto's absence in the ODI series against West Indies. Mehidy was named captain for the ongoing two-Test series in the Caribbean, which the hosts are leading 1-0, with Shanto missing out due to groin strain. Shakib Al Hasan, who has not played for Bangladesh since the Tests in India, continues to miss out, with BCB president Faruque Ahmed saying the senior allrounder was not "in a mental state to play for the country".

Middle-order batter Towhid Hridoy also misses out due to a groin injury which he picked up while playing football recently. Mushfiqur Rahim also misses out as he recovers from finger injury, while Mustafizur Rahman has opted out



of the series due to personal reasons. Left-handed opener Zakir Hasan, meanwhile, has been dropped. Litton Das, who missed the ODIs against Afghanistan in November, returns to the side, while Parvez Hossain Emon, Afif Hossain Dhrubo, Hasan Mahmud and Tanzim Hasan Sakib have also been included.

Shakib, who retired from Tests and T20Is in September, missed the ODIs against Afghanistan last month too. He was part of the Abu Dhabi T10 where he played seven matches for Bangla Tigers. He had not traveled to Dhaka to play his farewell Test, against South Africa, in October because of protests against him after being named in an FIR for an alleged murder during the political unrest in the country.

BCB president Ahmed said Shakib remained in contention for selection in ODIs, adding that he needed sufficient preparation to get back into the national side.

"Right now, he [Shakib] is still in the list," Ahmed said. "We hope that the issues get solved in the way he wants. Definitely, he still possesses the capability to play for the national team. Playing for a franchise and playing for the country is not the same thing. You need preparation and also you really need to gel with the team. Since he can't do those things, I don't think he is in a mental state to play for the country. Because of that, we have left this thing up to him."

The players named for the ODIs will leave Dhaka on Monday to link with the rest of the players in St Kitts to play the three ODIs on December 8, 10 and 12.

Bangladesh ODI squad vs West Indies

Mehidy Hasan Miraz (capt), Litton Das (wk), Tanzid Hasan, Soumya Sarkar, Parvez Hossain, Mahmudullah, Jaker Ali, Afif Hossain, Rishad Hossain, Nasum Ahmed, Taskin Ahmed, Hasan Mahmud, Shoriful Islam, Tanzim Hasan, Nahid Rana.