

# Kashmir Convener



Uproar In RS After Rs 500 Notes Found In Singhvi's Seat, Cong MP Says 'Bizarre' Politics

P'02



Space For Different Beliefs In Democracy But Should Conform With Constitution: SC

P'07



Proud of my brother, nothing above country for him: Priyanka slams BJP over 'traitor' slur

P'02



## Committed To Preserve Distinct Identity Of J&K: CM Omar Abdullah

KC NEWS NETWORK

**SRINAGAR:** J&K National Conference Vice President and Chief Minister Omar Abdullah Friday said that the civilian government is diligently working towards fulfilling the promises outlined in the manifesto, with a steadfast commitment to preserving the distinct identity of the region.

This he said while chairing a Working Committee meeting with the party's provincial functionaries at the party headquarters, Nawa-e-Subha in Srinagar.

On the occasion, he congratulated Adv. Showkat Mir on his recent elevation to the



position of Provincial President of Kashmir.

The meeting as per a statement issued to

the news agency—Kashmir News Observer (KNO) revolved around critical party issues and urgent public concerns. CM Omar reassured all party members that the government is actively working towards fulfilling the commitments outlined in the party manifesto.

He emphasised the government's steadfast dedication to tackling the developmental challenges of the past decade, with a strong focus on preserving the unique identity of the region. He made it unequivocally clear that there can be no trade-off between

>>>SEE ON P-7

## Cold Wave Tightens Grip Amid Dry Spell In Kashmir

● MeT predicts further dip



Owais Gul

**SRINAGAR:** The cold wave has tightened its grip across Kashmir with majority of the areas recording the season's coldest night including Srinagar, the summer capital of Jammu and Kashmir.

As per the details available with the news agency—Kashmir News Observer (KNO), Srinagar has recorded the season's lowest temperature at minus 4.1 degree Celsius, marking the coldest night here while Shopian in South Kashmir, was the coldest place at minus 6.6 degree Celsius.

The Meteorological department has shared the details of minimum temperature, revealing that Srinagar

has recorded a low of minus 4.1 degree Celsius against previous night's minus 2.1 degree Celsius.

Furthermore, Shopian was the coldest place in Kashmir where the mercury settled at minus 6.6 degree Celsius. Pahalgam, a famous tourist destination, recorded a low of minus 6.5 degree Celsius while Gulmarg, a famous ski-resort, recorded a low of minus 4.3 degree Celsius.

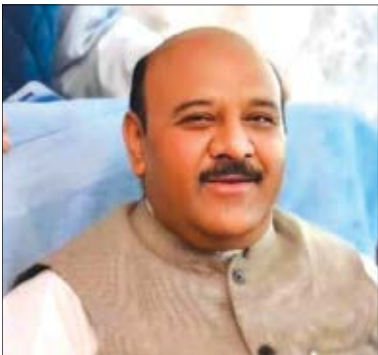
Also, Qazigund, a gateway of Kashmir, recorded a low of minus 4.4 degree Celsius while Kupwara in north Kashmir recorded minus 3.4 degree Celsius. Kokernag in South Kashmir recorded a low of minus 2.4 degree Celsius.

>>>SEE ON P-7

## Dy CM Emphasises On Timely Completion Of Dev Projects

KC NEWS NETWORK

**NOWSHERA:** Deputy Chief Minister, Surinder Kumar Choudhary, today chaired a comprehensive review meeting of Public



Works Department (PWD), Pradhan Mantri Gram Sadak Yojana (PMGSY), Labour, Industries

& Commerce besides Geology & Mining departments at Nowshera.

The meeting was attended by senior officers of the respective departments.

The Dy CM assessed scheme wise physical and financial progress on PMGSY projects in Rajouri and Budhal divisions. He directed the officers to expedite completion of ongoing projects while maintaining highest quality standards.

Taking serious notice of reports about substandard work on some PMGSY projects, the Dy CM emphasised that no compromise with the quality of works will be tolerated.

Regarding delay in work execution caused due to forest clearance issues, the Dy CM directed the concerned officers to coordinate effectively and ensure timely approvals.

During review of the PWD sector, the Dy CM reviewed

>>>SEE ON P-7

## Satellite Township for local homeless people only: Advisor to CM

● "PDP must introspect"



KC NEWS NETWORK

**SRINAGAR:** National Conference (NC) leader and Advisor to Chief Minister Nasir Aslam Wani on Friday said that

the satellite township will be completely for the local population here.

"At present there are no details about the satellite township. But, if it comes up, it will be completely for the local homeless people," Wani said while talking to the reporters as per the news agency—Kashmir News Observer (KNO).

He added that the people should stop guessing over the issue and blamed Peoples Democratic Party (PDP) for the present situation in Jammu and Kashmir, saying that it is the outcome of their rule.

"It is the PDP, who tried to shift capital from Srinagar to Parihaspora and the people are bearing

>>>SEE ON P-7

## KPDCL Waives Off Rs.58 Cr Late Payment Surcharge

KC NEWS NETWORK

**SRINAGAR:** Kashmir Power Distribution Corporation Limited (KPDCL) today raised final call to its domestic consumers urging them to come forward and claim waiver on late payment surcharge under the Government's Power Amnesty Scheme, which shall cease to exist on 01.04.2025.

In a statement released today, Chief Engineer,



Distribution, KPDCL, Er. Aaqib Waheed Deva, said that the Power Amnesty Scheme will be available for domestic consumers only till March 31, 2025 and beyond that there will be no further extension. "Consumers can either pay their principal amount due to Kashmir

>>>SEE ON P-7



## Survey to identify 1.37 lakh potential entrepreneurs in J&K

KC NEWS NETWORK

**JAMMU:** Chief Secretary, Atal Dulloo Friday held a meeting of all the stakeholders to assess the measures taken for holding a baseline survey jointly by Labour & Employment & Planning Departments

to identify around 1.37 lakh youth for turning them into successful entrepreneurs here.

Besides the Secretary, L&E Department and Secretary, PD & MD the meeting was attended by Principal Secretary,

>>>SEE ON P-7

## 138 J&K residents evacuated from war-torn countries in 2 years: GoI

KC NEWS NETWORK

**SRINAGAR:** A total of 138 people from Jammu and Kashmir have been evacuated from war-hit countries across the world in the last two years, Minister of State for External Affairs Kirti Vardhan Singh informed on Friday.

According to news agency—Kashmir News Observer (KNO), the MoS said that of the 138 people

evacuated, nine were rescued under Operation Ajay, one under Operation Kaveri, and 128 under Operation Ganga from various war-torn countries, including Ukraine.

The MoS said that the government accords the highest priority to the safety, security, and well-being of Indians abroad, launching evacuation

## Pension Hike To Rs 3,000 Per Month Under Active Consideration: Sakina Itoo

KC NEWS NETWORK

**SRINAGAR:** Minister for Health and Medical Education Sakina Itoo on Friday said that she will write to the Centre to release funds for pension of specially-abled, widows and other persons.

Speaking to reporters in Srinagar, Sakina Itoo, as per news agency—Kashmir News Observer (KNO) said that these persons have been getting pension on time but there are some who get it under ISSS scheme and they have been facing problems due to shortage of funds.

"We will write to the Government of India in this regard as a major share for the scheme that comes from the centre has been released," she said.

She said that they are hopeful that they will



get funds soon so that people who are waiting for their pension for a long time can get it.

She said that many specially-abled individuals and widows, who rely on these pensions as their primary source of income,

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## J&K has 46.99 lakh diabetes cases: MoH&FW

KC NEWS NETWORK

**SRINAGAR:** Jammu and Kashmir has recorded a total of 46,99,015 diabetes patients as of November 30, 2024, the Ministry of Health and Family Welfare said on Friday.

The data as per the news agency—Kashmir News Observer (KNO) indicates that 43,18,708 patients have been screened for diabetes, 3,41,071 have been diagnosed with the condition, and 3,40,236 are currently under treatment.

>>>SEE ON P-7

## Defence Ministry Deposits Rs 181 Cr Out For Budgam Land Acquired In 2011

KC NEWS NETWORK

**SRINAGAR:** The Ministry of Defence sanctioned the acquisition of land in Budgam in 2011 at an estimated cost of Rs 234.25 crore, with Rs 181.54 crore already deposited for landowners' compensation, Lok Sabha was informed on Friday.

According to details obtained by the news agency—Kashmir News Observer (KNO), the MoD said this while responding to a query raised by Member Parliament, Aga Ruhullah Mehdi regarding compensation for land acquired in 2011-2012 at Karewa Damodar, near Srinagar



It said the acquisition, valued at an estimated cost of Rs 234.25 crore, was

approved on March 4, 2011. "As of now, Rs. 181.54 crore has already been deposited by the Defense Estates Office Srinagar with the Deputy Commissioner of Budgam for the release of compensation to the affected landowners," the government said.

"However, discrepancies were found in the area of acquired land mentioned in the Form J Notification issued by the Jammu and Kashmir Government under the J&K Requisitioning and Acquisition of Immovable Property (RAIP) Act, 1968. The acquired

>>>SEE ON P-7

## Covid-19 among other diseases claim 4032 lives in J&K since 2021: Govt

KC NEWS NETWORK

**SRINAGAR:** Jammu and Kashmir has recorded 4032 deaths due to various diseases including Covid-19 since 2021, the latest data shared by the government revealed.

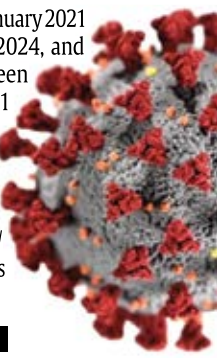
According to the news agency—Kashmir News Observer (KNO), these include five deaths due to AES, 29 deaths due to dengue, seven deaths due to human rabies, seven deaths due to meningitis, 53 deaths due to SRAL, one death each due to typhus and typhoid.

Also, 2913 deaths due to Covid-19 were

reported from 01st January 2021 to 02nd December 2024, and four deaths have been reported due to H1N1 during 2020-2024.

"Under the National Health Mission (NHM), funds are released to States/UTs under flexible pools on a lump sum basis,

>>>SEE ON P-7





# Uproar In RS After Rs 500 Notes Found In Singhvi’s Seat, Cong MP Says ‘Bizarre’ Politics

**NEW DELHI:** Rajya Sabha Chairman Jagdeep Dhankhar on Friday said security staff had recovered a wad of Rs 500 notes from the seat allotted to Congress MP Abhishek Manu Singhvi, leading to an uproar in the House with ruling and opposition benches trading allegations and angry words.

As controversy spiralled, Singhvi said it was bizarre that politics were being raised on issues such as this and clarified that he carries only one Rs 500 note when he goes to the Rajya Sabha. "I reached inside house at 1257 pm yday and house rose at 1 pm; then I sat in canteen till 130 pm with Sh Ayodhya Rami Reddy then I left parl!" he said in a post on X.

Inside the House, the issue led to a massive row. While Leader of Opposition Mallikarjun Kharge said the chairman should not have named the member without an investigation being completed, Leader of the House J P Nadda accused the opposition of showing eagerness on "some issues" while wanting to cover up other issues.

The currency was recovered from seat 222, which is allotted to Singhvi, during a routine anti-sabotage check on Thursday, Dhankhar said in the House.

The chairman said the wad has Rs 500 notes



and there appear to be 100 notes.

An investigation has been ordered in accordance with practice, Dhankhar said, adding that it was not clear if the currency notes were real or fake.

"After adjournment of the House yesterday, a wad of currency notes was apparently recovered

by security officials from seat no 222 presently allotted to Abhishek Manu Singhvi, elected from the state of Telangana," he said.

"It was my duty and I'm obliged to inform the House. This is a routine anti-sabotage check which takes place," he said.

Dhankhar added that he was expecting someone would claim the currency notes, but no one has so far.

"Does it reflect the state of the economy that people can afford to forget it," he said.

As ruckus broke out, Parliamentary Affairs Minister Kiren Rijiju asked, "Why should there be an objection to the name being taken? Chairman has pointed out the seat number and the member who occupies that. What is the problem with that?"

He said carrying bundles of notes in the House is not appropriate and agreed that there should be serious investigation into the matter.

Dhankhar added that the anti-sabotage check was done in view of the security challenges.

"I have been careful that anti-sabotage checks must be very severe because in these highly technological situations where chemicals are used, the first and foremost is security... From that perspective it was done," he said.

According to Nadda, the matter was serious and the opposition and treasury benches should not be divided as it is an attack on the dignity of the House.

Taking a jibe at opposition members, he said, "On some issues you show eagerness, while you want to cover-up other issues."

Kharge objected and retorted, "Why is Mr Nadda saying we are trying to suppress the matter... You do that, we don't do that."

Union Minister Piyush Goyal also said it is a serious issue. "... we don't know what else may be found on that side," he said.

Without taking any names, Goyal accused the opposition of stalling Parliament over "fake narratives".

"We have been seeing session after session, on fake narratives, fake views... the Leader of Opposition and the leaders of the immoral alliance have stalled the House,"

Goyal said in an apparent reference to the Congress demanding a Joint Parliamentary Committee (JPC) to probe bribery allegations against industrialist Gautam Adani.

"They base their narrative on foreign reports, and stall the House.

Is there a conspiracy in this as well? People will have to worry about the kind of give and take that happens to forward the fake narrative," he said.

Dhankhar then observed that while the Leader of Opposition has objected to a matter under investigation being debated, Goyal has suggested it should be made a general rule.

## Excise Policy Delhi HC Refuses To Prepone Hearing On Arvind Kejriwal’s Plea In Money Laundering Case

**NEW DELHI:** The Delhi High Court on Friday refused to advance the hearing on a petition by a chief Arvind Kejriwal challenging a trial court's order taking cognisance of a chargesheet filed against him in a money laundering case.

Justice Manoj Kumar Ohri said, "matter will be heard on the same date. I have a lot on the board to hear."

Kejriwal had sought preponement of the date of hearing on his petition from December 20.

After the court declined to change the date, Kejriwal's counsel pleaded that the Enforcement Directorate be directed to a supply



copy of its reply to the petition in advance.

"Whatever you file, give it to them also," the court told the ED's lawyer.

On November 21, the high court refused to stay at that moment the trial court proceedings against Kejriwal in the money laundering case.

The high court had issued notice and sought response of the ED on the plea by the former Delhi chief minister.

Kejriwal sought setting aside of the trial court order and argued that the cognisance of the chargesheet was taken by the special court in the absence of any sanction for his prosecution, which was required, as he was a public servant when the alleged offence was committed.

However, Solicitor General Tushar Mehta, appearing for the ED, submitted that a sanction was obtained to prosecute Kejriwal and he would be filing an affidavit.

## Threat To Flights: 16 Cases Registered In Delhi Likely To Be Transferred To NIA

**NEW DELHI:** At least 16 cases registered in connection with threats to flights of different airlines operating from Delhi are likely to be transferred to the National Investigation Agency (NIA), officials sources said on Friday.

It has been learnt that the Delhi Police has written to the city government's home department to transfer the cases to the NIA, they said, adding that it would be further sent to the Union home ministry for final approval.

"The matter was related to national security and it has an international ramification. All these 16 cases were registered under the Suppression of Unlawful Acts against Safety of Civil Aviation (SUA SCA) Act with BNS sections and they needed deeper probe," an official source said.

In the last two weeks of October, more than 510 domestic and international flights received bomb threats that later turned out to be hoaxes, causing major operational and financial distress for the airlines across the country. Most of the threats were issued through social media. Police sources said 16 cases were registered in response to the threats to more than 150 domestic or international flights operating from Delhi.

The first case was registered on October 16 following a bomb threat received via X targeting a Bengaluru-bound Akasa Air as of now.

"The threat messages were sent via VPN (Virtual Private Network) due to which the agencies are not able to get its exact domain or server. In some cases, the servers from which these messages were routed were located in European countries like the Union Kingdom and Germany,"

The Delhi Police is also taking the help of central agencies to reach out to Interpol to access further details of the domain, he added. The Delhi Police, while investigating the threat cases, also interrogated one Jagdish Shriram Uikhey (35) of Gondia, Maharashtra.



**‘Delhi Chalo’ March | Farmers Stopped At Shambhu Border, Police Fire Tear Gas Shells**

**SHAMBHU:** A 'jatha' of 101 farmers on Friday began its foot march to Delhi from their protest site at Shambhu border, but was stopped a few metres away by a multilayered barricading.

The security personnel used teargas as some farmers reached near the barricades put up on the

Haryana side of the Shambhu border.

Haryana Police asked the farmers not to proceed further and cited a prohibitory order clamped under Section 163 of the Bharatiya Nagarik Suraksha Sanhita (BNSS).

The Ambala district administration has banned any unlawful assembly of five or more persons in the district.

The farmers are marching to force the Centre for a legal guarantee for minimum support price for crops.

A few farmers holding farmers' unions' flags

pushed the iron mesh, put up by the security personnel, down the bridge constructed over the Ghaggar River.

The Haryana government on Friday suspended mobile internet and bulk SMS service in 11 villages of Ambala district till December 9.

The ban was enforced in Dangdehri, Lohgarh, Manakpur, Dadiyana, Bari Ghel, Lhars, Kalu Majra, Devi Nagar, Saddopur, Sultanpur, and Kakru villages of Ambala at Friday noon.

The farmers, gathered under the banner of Samyukta Kisan Morcha (non-political) and Kisan Mazdoor Morcha, have been demanding the Centre



Kapil Sibal as the president of SCBA (Supreme Court Bar Association)? You want to oust (Manan Kumar) association with political parties will have any effect," the bench underlined.

Mishra (Rajya Sabha member from Bihar) as the chairman of the Bar Council of India?"

Justice Surya Kant referred to the contributions of legal luminary Ram Jethmalani, noting the late stalwart held the post of Bar Council of India chairperson and served as the president of the SCBA. "He was also in Parliament and was affiliated with different political parties. Do you want the country to be deprived of the views and contribution of these brilliant multi-talented persons? Bar bodies are a group of elite members of the society. We don't think that

The top court further asked when the statute was silent on this issue, how could it ask a person, associated with a political party, not to contest elections of a bar body.

"In our opinion, you should also join some political party and have some experience," Justice Kant said in lighter vein.

Sensing the mood of the court, Sirajuddin sought a direction to refer the issue to the Law Commission, but the bench said it was not going to pass any such direction and allowed the petitioner to withdraw the plea.

## Hindutva Played Key Role, Counter-Polarisation Helped Mahayuti Win In Maharashtra: CM Fadnavis

**MUMBAI:** Maharashtra Chief Minister Devendra Fadnavis has said that Hindutva played an important role in the recent state assembly elections, and counter-polarisation helped the Mahayuti alliance score a big win.

Fadnavis, who took oath as Maharashtra Chief Minister for the third time on Thursday, said in an interview to ABP news channel that Hindutva and development are two sides of the same coin and described BJP's Hindutva as a way of life.

He also alleged that opposition Maha Vikas Aghadi (MVA) alliance had an agreement with people like (Islamic scholar) Sajjad Nomani, wherein it was agreed to withdraw cases of riots filed against Muslims since 2012.

During the election campaign, Uttar Pradesh Chief Minister Yogi Adityanath had raised the "batenge toh katenge" (divided we are destroyed) slogan, which was followed by Prime Minister Narendra Modi's "ek hain toh safe hain" (united we are safe) call.

While campaigning, Fadnavis had countered the purported appeal by Nomani for a "vote-jihad" against the Mahayuti government by making a pitch for "dharma-yudh of votes".

In the interview, Fadnavis said, "The voter turnout increased because Congress tried to suppress Hindus. When you try to suppress someone, they rise strongly. Hindutva played an important role and counter-polarisation helped the Mahayuti alliance. Our development schemes and Hindutva worked. Hindutva and development are two sides of the same coin."

The voter turnout in this year's assembly polls was 66.05 per cent, up from 61.1 per cent in 2019.

"BJP's Hindutva is a way of life and not related to religious rituals. Muslims have different religious rituals. One should not have a narrow-minded view of Hindutva," Fadnavis said.

Through his actions, PM Modi has shown what inclusive Hindutva is, he added.

"Those who used to be scared of going to temples for fear of losing Muslim votes, are now frequently visiting them," he said in an apparent dig at Congress Rahul Gandhi.

## BJP had planned to go ahead with Govt swearing-in without Shinde if he remained stubborn: Raut

**MUMBAI:** Shiv Sena (UBT) leader Sanjay Raut on Friday claimed that Eknath Shinde had to take oath as Maharashtra Deputy Chief Minister because the BJP's Maharashtra despite having a massive mandate.

"Eknath Shinde had to take oath as deputy Chief Minister. BJP had planned to go ahead with the swearing-in ceremony without Eknath Shinde. Had he maintained the stubborn attitude to pressure the BJP, its brass had informed (the state leadership) to go ahead without him," Raut claimed.

BJP leader Devendra Fadnavis was sworn in as Chief Minister of the state for the third time in a grand ceremony held at Azad Maidan in Mumbai on Thursday evening. Former chief minister Ekanth Shinde and Ajit Pawar took oath as deputy Chief Ministers. The event was attended by Prime Minister Narendra Modi, Union Ministers and Chief Ministers of NDA-ruled states. Shinde was earlier unwilling to serve as the deputy CM, but joined after insistence from the BJP and his party MLAs. He had maintained silence whether he would be part of the new Government or not. It was only a few hours before the swearing-in ceremony that a Shiv Sena MLA confirmed that Shinde would take oath as the deputy CM.



## Proud of my brother, nothing above country for him: Priyanka slams BJP over ‘traitor’ slur

**NEW DELHI:** Congress leader Priyanka Gandhi Vadra lashed out at the BJP on Friday over its leader Sambit Patra calling Leader of Opposition Rahul Gandhi a "traitor".

She asserted that nothing is above the country for her brother.

She said the accusation was nothing new coming from such people as those who called former prime ministers traitors.

"Those who can call Jawaharlal Nehru, who spent 13 years in jail during the Independence struggle, a traitor, those who can call Indira Gandhi, who broke Pakistan into two, a traitor, and those who can call Rajiv Gandhi, who was martyred for the country, a traitor, then if they are doing the same with Rahul Gandhi then there is nothing new in it," Priyanka told reporters outside the Parliament building.

"I am proud of my brother, for my brother, nothing is above the country," she said as she participated in the opposition's protest over the Adani issue.

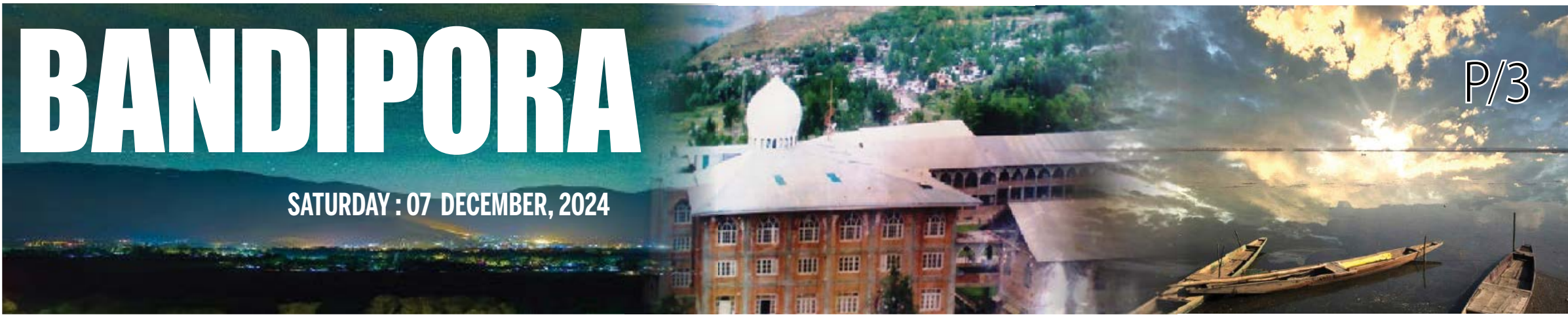
Referring to his Bharat Jodo Yatra, Priyanka said her brother walked 4,000 kms from Kanniyakumari to Kashmir for the unity of this country.

She also alleged that the BJP did not have the courage to discuss the Adani issue in Parliament.

"They don't have the courage to discuss the Adani issue (in Parliament). Why is there a problem in discussion... discussion happens in democracy only, they are afraid of it as well," she said.







# BANDIPORA

SATURDAY : 07 DECEMBER, 2024

P/3

## In a First, 3 Legislators Hold Joint Review of Developmental Activities in Bandipora District

Common Issues Must Be Addressed Together; National Highway Status for Sumbal-Bandipora-Tulail Road is a Shared Demand: Nizamuddin Bhat

**BANDIPORA:** Three Legislators from Bandipora district on Friday convened a first of its kind joint meeting to review developmental activities of Bandipora district.

The three legislators representing Bandipora District—MLA Gurez Nazir Ahmad Khan, MLA Bandipora Nizam-ud-Din Bhat, and MLA Sonawari Hilal Akbar Lone—conducted the joint review of the district's developmental scenario and the progress of various schemes and projects at the Mini Secretariat, Bandipora.

This is for the first time that legislators of three different constituencies have conducted a joint review. An official spokesperson said legislators took the opportunity to highlight a range of pressing issues affecting their respective constituencies.

Senior Congress lawmaker Nizamuddin Bhat while talking to Kashmir Convener about the meeting, said there are some common issues for the district as a whole. He said the basic purpose was to identify those common areas and in cooperation with each other wanted to project those common areas and seek resolutions.

Citing examples, Bhat said the demand for Na-

tional Highway status to Sumbal-Bandipora-Tulail road is for the entire district and concerns all constituencies besides upliftment of facilities at District



Hospital Bandipora. He said during the meeting everybody acknowledged responsibility and wanted to jointly press for issues of public importance.

Bhat said there are some common public grievances related to infrastructure, "we wanted common efforts and wanted administration to be apprised for common good".

"Similarly there is a synergy needed in various departments which fall in different areas of the district and we needed to have common knowledge about various projects under execution by various departments in various areas but serving the whole

district whole. So the joint meeting was the need of the hour," he added.

The legislators said they were glad that a good

tangible outcomes that align with public expectations.

Several critical public welfare issues were raised during the meeting, covering departments such as Jal Shakti, Irrigation & Flood Control (I&FC), Power Development Department (PDD), Health, Education, Agriculture, Consumer Affairs & Public Distribution (CAPD), Rural Development Department (RDD), and others.

The legislators emphasized the importance of efficient resource utilization to maximize public benefit and urged district officers to expedite the pace of ongoing projects. They also called for prioritizing the resolution of public grievances and enhancing awareness about available government schemes to alleviate the challenges faced by the people.

Discussions during the meeting also included the works and funds provided by NHPC under its Corporate Social Responsibility (CSR) initiatives.

Earlier in his welcome address, Deputy Commissioner Bandipora, Manzoor Ahmad Qadri, provided a comprehensive briefing on the status of ongoing projects, key initiatives, and developmental schemes through a detailed PowerPoint presentation. The legislators conducted a constituency-wise and scheme-wise review of developmental works.

The meeting was attended by ADDC Mohammad Ashraf Bhatt, ACR Shabir Ahmad Wani, ACD Irfan Bahadur, CPO Mohammad Maqbool Lone, district officers from various departments, the General Manager of NHPC, and other concerned officials.

## DC B'la reviews preparations for Armed Forces Flag Day celebrations

**BARAMULLA:** In connection with the Armed Forces Flag Day on 7th December, the Deputy Commissioner (DC) Baramulla, Minga Sherpa Friday chaired a meeting at the DC office, here to review the preparations for the observance of the day at both the district and tehsil offices.

At the outset, the DC outlined the significance of the commemoration of the day, and highlighted that the Armed Forces Flag Day serves as a reminder for citizens to show their appreciation for sacrifices made by the armed forces for the nation's security.

During the meeting, Minga Sherpa reviewed the arrangements and discussed the schedule of

events with the concerned officers, emphasizing the need for proper coordination among all stakeholders.



He emphasized the importance of generous donations from civil administration towards the Armed

Forces Flag Day Fund, which directly aids in the rehabilitation and welfare of widows, ex-servicemen, and their dependents.

Furthermore, the DC instructed the heads of the concerned departments to ensure flawless preparations are in place to celebrate the day across all district offices and tehsil offices paying a heartfelt tribute to the nation's heroes.

The meeting was attended by the ADC Sopore, ASP Baramulla, ACR, SDM Uri, Zila Sainik Welfare Officer, along with officers from the Police, Health, Education and other departments.

## DC Bandipora chairs Road Safety meeting

**BANDIPORA:** With an aim to address and deliberate on key road safety challenges within the district, the Deputy Commissioner (DC) Bandipora, Manzoor Ahmad Qadri, who is also (Chairman Road Safety Committee) on Thursday chaired a meeting of District Road Safety Committee (DRSC) at Mini Secretariat Bandipora.

During the meeting, the DC highlighted the importance of awareness initiatives aimed at fostering safe driving practices among all road users. He emphasized educating the public about traffic rules, dangers of reckless driving, and responsible behavior on the roads to create a safer and more sustainable transportation environment.

The meeting discussed thread-

ness on road safety, identifying and rectifying accident-prone black spots, crash barrier instal-



lations, road widening projects, and much more.

On the occasion, the DC thoroughly reviewed the progress reports on tasks assigned to different departments during pre-

vious Road Safety Committee meetings such as assessing the implementation status of key initiatives, identifying any challenges faced, and ensuring accountability for the timely execution of road safety measures.

While reviewing the efforts and measures of different departments, Qadri stressed the importance of inter-departmental coordination to achieve results in improving road safety. Among others, the meeting was attended by Chief Planning Officer Bandipora; CMO; CEO; ARTO; DIO; Ex. Engineer R&B; Ex. Engineer PMGSY, DySP Hqr and other concerned.

## DC Bandipora chairs meeting on Armed Forces Flag Day preparations

**BANDIPORA:** In order to finalize the preparations for the celebration of Armed Forces Flag Day, scheduled for December 7, the Deputy Commissioner (DC) Ban-



dipora Thursday chaired a preparatory meeting, here.

During the meeting, Zila Sainik Welfare Officer (ZSWO) provided a detailed briefing on the significance of Armed Forces Flag Day. He emphasized the importance of the day in fostering a spirit of gratitude and solidarity towards the nation's servicemen and ex-servicemen.

The meeting also deliberated on the need for public contributions, noting that funds raised through donations are vital for supporting the families of martyrs, including expenses for the marriage of daughters and welfare of widows.

Speaking on the occasion, the DC highlighted the collective responsibility

of society in ensuring the welfare and dignity of servicemen and ex-servicemen. "These brave individuals put their lives on the line to safeguard our dignity and



honor. It is our duty to ensure that they and their families live with respect and security," he stated.

The DC also directed the District Information Officer (DIO) to raise awareness about the day through various platforms to ensure public participation.

The meeting concluded with a shared commitment to honor the sacrifices and service of the nation's armed forces.

The meeting was attended by the General Manager, District Industries Centre (DIC); Chief Planning Officer (CPO); Chief Medical Officer (CMO); Chief Education Officer (CEO); and the Zila Sainik Welfare Officer (ZSWO), Bandipora, among other officials.

## Second Day of Sports Activities for DCPU's Children Continues at SK Stadium

**BANDIPORA:** The District Child Protection Unit (DCPU) continued its initiative to promote sports among children in child care institutions on the second day of activities held in Bandipora. The event featured an exciting lineup of games including cricket, tug of war, and volleyball, providing an opportunity for children to engage in physical fitness and teamwork.

Organized with the support of the National Institute of Public Cooperation and Child Development (NIPCCD), the activities aimed to foster a sense of community and encourage healthy lifestyles among the young participants. The children were visibly enthusiastic, showcasing their skills and enjoying the spirit of friendly competition.

Mr. Sahir Majeed, the District Child Protection Officer (DCPO), attended the event and expressed his appreciation for the children's efforts. "I commend all the participants for their enthusiasm and performance," he stated. Mr. Sahir Majeed emphasized the importance of staying fit and noted that such activities instill discipline and teamwork in young minds. The DCPU plans to continue organizing similar events in the future, ensuring that children in care institutions have access to recreational activities that promote their physical and emotional well-being. The positive feedback from participants highlights the success of these initiatives in enhancing the children's experience and fostering a

sense of belonging.

As the day concluded, the children left with smiles and memories, looking



forward to more such events that encourage active participation and personal growth.

Earlier in a bid to promote physical fitness and overall well-being among children of child care institutions of District Bandipora, District Child Protection Unit (DCPU) Bandipora, supported by the National Institute of Public Cooperation and Child Development (NIPCCD), organized a three-day sports event for children of Palaash and Paree-sha.

The event, held at the sports stadium

Bandipora, featured a range of exciting sports activities, including 100m sprint, football, kho-kho, and kabaddi. The

## Preparations for Constable Telecommunication examination finalized at Bandipora

5264 candidates scheduled to appear across 20 centers established in Bandipora

**BANDIPORA:** A meeting to finalize the arrangements for JKSSRB's constable (telecommunication) examination scheduled on 08th December, 2024 was today convened by the Additional Deputy Commissioner Bandipora, Zaffar Hussain Shawl.



The meeting focused on discussing the necessary measures to ensure the smooth, secure, and transparent conduct of the examination across 20 centers in Bandipora district. A total of 5,264 candidates are scheduled to appear for the examination.

ADC emphasized the importance of following the Standard Operating Procedures (SOPs) prescribed by JKSSRB, particularly in the repacking of sensitive materials.

He also urged all center superintendents to take all necessary precautions to maintain the integrity and transparency of the examination process.

Among others, the meeting was attended by ARTO, DIO, DySP DAR, CEO, ExEn R&B, Jal Shakti, HOIs, Observers, Duty Magistrates, Centre Superintendents and other concerned.

## Indian Army Marks 53rd Anniversary of Battle of Phuklian (Chenab) Enclave

**JAMMU:** The Indian Army commemorated the 53rd anniversary of its historic victory in the 1971 Indo-Pak war by celebrating the valor of its troops in the Battle of Phuklian (Chenab) Enclave. The Chenab Brigade, under the aegis of Tiger Division, organized a series of events to honor this momentous occasion.

The celebrations began on December 3 with a motorcycle rally flagged off to the border villages of Pargwal, Makwal, and Marh in Jammu and Kashmir. The rally aimed to connect with the youth and highlight the heroic exploits of the Indian Army.



As part of the outreach, the enthusiastic bikers of the Chenab Brigade conducted a movie screening and interacted with locals in the border villages. The festivities also included a friendly cricket match with local youth and a painting competition at various schools, fostering camaraderie and community engagement.

In a historic event today, the General Officer Commanding (GOC) of Tiger Division unveiled a monolith at Makwal village. The ceremony was attended by a large gathering of dignitaries from the civil administration, J&K Police, local residents, and school children from border villages.

The monolith stands as a lasting tribute to the bravery of the soldiers of the Chenab Brigade. Inscribed with the words, "Those who wrung it but never sung," it embodies the indomitable spirit of nationalism and serves to inspire future generations to draw strength from the nation's glorious past.

The commemoration of the Battle of Phuklian (Chenab) Enclave underscores the Army's dedication to honoring its heroes and keeping their legacy alive in the hearts of the nation.

## Army Public School Damana Celebrates Victory Day with Patriotic Fervor

**JAMMU:** Army Public School (APS) Damana commemorated Victory Day with a series of inspiring and patriotic events on December 6, 2024, celebrating India's decisive triumph in the 1971 Indo-Pak War, which led to the creation of Bangladesh.

The day began with a motivational session by Major Prarabdh Bhadoria, attended by approximately 200 students. Major Bhadoria emphasized the sacrifices of the Indian Armed Forces, whose valor and dedication remain etched in the nation's memory. "A soldier is he whose blood glorifies the nation," he remarked, setting the tone for the day's events.

Students then watched a short documentary showcasing the heroics of the Indian Armed Forces during the 1971 war, particularly the pivotal role played by the Chenab Brigade. The screening was followed by an interactive session with Major Shubhang, KC, who recounted stories of bravery and leadership that defined the war, inspiring the young audience with tales of indomitable courage.

A painting competition centered on the theme of Victory Day allowed students to express their patriotism and creativity. Their artistic depictions of soldiers' bravery and sacrifice were highly appreciated by the school's Chairman and Principal.

Principal Mrs. Pushpinder Kaur encouraged students to uphold the spirit of patriotism and contribute to nation-building in their own ways. She emphasized the importance of remembering the sacrifices of those who fought for the nation's pride and freedom.

The celebration provided students with a deeper understanding of the significance of Victory Day, fostering respect for the soldiers and instilling a sense of national pride.





# India's Long-Range Cruise Missile Takes Flight



Dr. Satyawan Saurabh

The LRLACM's design incorporates cutting-edge technology, state-of-the-art avionics, and advanced software. Its versatility is evident in its ability to be launched from both mobile ground platforms and frontline naval ships using the Universal Vertical Launch Module (UVLM). This capability enhances its operational flexibility, allowing it to adapt to diverse combat scenarios.

On November 12, 2024, the Defence Research and Development Organisation (DRDO) achieved a significant milestone by successfully conducting the first flight test of India's Long Range Land Attack Cruise Missile (LRLACM). Launched from a mobile articulated launcher at the Integrated Test Range (ITR) in Chandipur, Odisha, this test marked a monumental step in India's indigenous defense development program. The missile's performance met all primary objectives, underscoring its potential as a game-changer in modern warfare.

#### Development and Collaborative Efforts

The Long Range Land Attack Cruise Missile is the result of years of rigorous research and development led by DRDO's Aeronautical Development Establishment (ADE) in Bengaluru. It is a culmination of collaborative efforts by various DRDO laboratories and Indian industries, making it a testament to India's self-reliance in defense technology. Key industrial partners such as Bharat Dynamics Limited (BDL), Hyderabad, and Bharat Electronics Limited (BEL), Bengaluru, played a pivotal role as development-cum-production partners, ensuring the missile's seamless integration and deployment.

The project was approved under the Defence Acquisition Council's (DAC) Mission Mode framework, which emphasizes critical projects with strategic importance. With a planned range of over 1,000 km, the LRLACM is designed to meet the evolving needs of India's armed forces, offering unparalleled precision in long-range strikes.

#### Design and Capabilities

The LRLACM's design incorporates cutting-edge technology, state-of-the-art avionics, and advanced software. Its versatility is evident

in its ability to be launched from both mobile ground platforms and frontline naval ships using the Universal Vertical Launch Module (UVLM). This capability enhances its operational flexibility, allowing it to adapt to diverse combat scenarios.

One of the standout features of the missile is its ability to perform complex maneuvers while flying at varying speeds and altitudes. This, coupled with its subsonic speed and terrain-following capabilities, makes it exceptionally difficult to detect and intercept,

from globally renowned cruise missiles like the U.S. Tomahawk and Russia's Kalibr, both known for their precision in long-range strikes. However, India's LRLACM stands out due to its indigenous development, with almost all components, except for a few sensors and accelerometers, being locally sourced. This self-reliance reduces dependency on foreign technology and underscores the strength of India's defense manufacturing sector.

#### Testing and Future Plans



providing a strategic advantage in penetrating enemy defenses. During the first test flight, the missile demonstrated precise waypoint navigation, complex maneuvers, and accurate trajectory tracking, proving its reliability and accuracy.

To ensure stealth and efficiency, the missile employs terrain-adjacent flight paths, enabling it to evade enemy radar systems. Its advanced radio-frequency seeker, which will be integrated in future trials, will enhance its terminal homing capabilities, making it a formidable weapon for precision strikes.

#### Strategic Importance

Long-range land-attack cruise missiles are a crucial component of modern military arsenals, enabling stand-off strikes on strategic targets from safe distances. This capability ensures the safety of launch platforms and operating personnel while delivering devastating effects on high-value targets.

The LRLACM's design draws inspiration

During the inaugural test flight, the LRLACM was closely monitored using an array of advanced sensors, including radars, electro-optical tracking systems, and telemetry equipment along its flight path. The missile's seamless execution of mission objectives was a testament to the robustness of its design and deployment.

Future plans include around 20 additional test flights to further refine the missile's performance and reliability. These tests will focus on enhancing its range, accuracy, and terminal homing capabilities. Once the trials are completed, the Indian Navy is expected to procure approximately 200 units of the missile, valued at around 5,000 crore. This procurement will significantly boost the Navy's strike capabilities, particularly in scenarios requiring sea-skimming attacks.

#### Contributions to National Defense

The successful development and testing

of the LRLACM mark a significant advancement in India's defense capabilities. It highlights the nation's progress in achieving self-reliance in critical technologies and its ability to compete with global defense leaders. By investing in indigenous missile systems like the LRLACM, India not only strengthens its military arsenal but also reduces its dependency on foreign imports, fostering economic growth and technological innovation.

This achievement also sends a strong message about India's commitment to

modernizing its armed forces and safeguarding its strategic interests. As the LRLACM moves closer to operational deployment, it will become a cornerstone of India's defense strategy, offering unmatched precision, flexibility, and reliability in combat scenarios.

Conclusion: The Long Range Land Attack Cruise Missile is more than just a weapon; it is a symbol of India's technological prowess and determination to secure its borders. With its advanced capabilities and indigenous roots, the LRLACM is poised to become a game-changer in modern warfare, enhancing India's ability to deter and defeat potential threats.

As India continues to invest in cutting-edge defense technologies, the successful flight test of the LRLACM stands as a shining example of what can be achieved through innovation, collaboration, and a commitment to excellence.

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# Lethal Smog: Pollution surge fuels stroke cases



DR. AMIT SHRIVASTAV

Air pollution has long been recognized as a significant contributor to respiratory and cardiovascular diseases. However, growing evidence now highlights its alarming connection to stroke, one of the leading causes of death and disability worldwide.

The recent surge in pollution levels across North India has underscored this link, with deteriorating air quality posing severe risks to public health, including an increased incidence of strokes.

#### How Pollution Contributes to Stroke

Stroke occurs when blood flow to the brain is interrupted due to a clot or bleeding, leading to brain cell damage. While lifestyle factors like poor diet and sedentary habits are well-established stroke risk factors, air pollution has emerged as a silent yet potent contributor.

Fine particulate matter, nitrogen dioxide, and other pollutants can infiltrate the bloodstream, causing inflammation and oxidative stress. These processes damage blood vessels, accelerate atherosclerosis (narrowing of arteries), and raise blood pressure, all of which heighten the risk of ischemic and haemorrhagic strokes.

Studies suggest that even short-term exposure to high pollution levels can trigger strokes in vulnerable individuals, while prolonged exposure significantly increases the lifetime risk.

#### The Situation in North India

North India, particularly during the winter months, experiences hazardous pollution levels due to a combination of factors such as stubble burning, vehicular emissions, and industrial discharge. Cities like New Delhi and its surrounding



regions frequently record air quality indices (AQIs) in the "severe" category.

This toxic air is not only affecting the lungs but is also contributing to a marked rise in stroke cases. Neurology departments across hospitals in North India report a surge in stroke-related admissions during high pollution periods. Patients with pre-existing conditions, such as hypertension or diabetes, are particularly susceptible to pollution-induced strokes.

#### Vulnerable Groups and Immediate Impact

Children, the elderly, and individuals with pre-existing cardiovascular conditions are most vulnerable to the effects of pollution. Pregnant women exposed to high pollution levels may also face increased risks of complications that could affect both maternal and foetal health, including the likelihood of strokes.

In urban areas with poor air quality, people are often unknowingly inhaling pollutants that compromise their cardiovascular systems over time. Short-term spikes in pollution levels, such as during festive seasons or crop residue burning,

can act as immediate triggers for strokes, leading to emergency situations in hospitals.

#### Mitigating the Risks

Tackling the pollution-stroke connection requires both individual and collective action. At a policy level, stricter regulations on emissions, better public transport systems, and promoting cleaner energy sources are critical.

On an individual level, people can minimize exposure by wearing masks, using air purifiers, and avoiding outdoor activities during high-pollution

days.

Healthcare professionals emphasize the importance of regular health check-ups, especially for those in high-risk groups, to monitor blood pressure, cholesterol, and other stroke risk factors. Raising public awareness about the link between air pollution and strokes is equally vital to encourage proactive measures.

(The author is Director and Head of Department, Neurology, Yatharth Hospital, Greater Noida)



# Div Com reviews plan for operation of Water Transport in River Jhelum

**SRINAGAR:** In order to promote tourism and simultaneously ease the stress of traffic on roads through operation of Inland water transport in River Jhelum, the Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri on Friday chaired a meeting to review the implementation of River Navigation Developmental Project.

Besides, Deputy Commissioner Srinagar Dr Bilal Mohi-Ud-Din Bhat, the meeting was attended AHS&Project Coordinator (NW-5 & 64) Inland Waterways Authority of India(IWAI), GOI, officers of SMC, SSCL, Tourism Department, I&FC Department, Kashmir and representative of Administrative Secretary to Govt. Transport Department, J&K. At the outset, Project Coordinator, IWAI, gave a detailed presentation regarding the proposal of Development of River Jhelum, Inland Waterway.

He informed that Detailed Project Report (DPR) study of River Jhelum (NW-49) was



completed in February 2020 which recommended development of river cruise tourism in three phases. He also informed that the IWAI team

inspected Phase-1 stretch (Chhatabal to Pantha Chowk) in August 2024 to explore possibilities of passenger/ tourism activities. He stated that the project shall be completed with the assistance of central funding.

Addressing the meeting Div Comenjoined IWAI for the development of necessary infrastructure including seventeen points forembarkingand de-boarding of passengers, carrying out dredging of river, installation of Water Level monitoring sensors and modern weirs. He also directed concerned representative for development of major hubs of Inland water transport.

On the occasion, Div Com underscored the need for a constitution of institutional framework for the operation and regulation of water transport.

He directed SSCL and IWAI to frame the comprehensive proposal for funding besides asking IWAI to share the draft of the plan with the SSCL.

## DC B'la reviews preparations for Armed Forces Flag Day

**BARAMULLA:** In connection with the Armed Forces Flag Day on 7th December, the Deputy Commissioner (DC) Baramulla, Minga Sherpa Friday chaired a meeting at the DC office, here to review the preparations for the observance of the day at both the district and tehsil offices.

At the outset, the DC outlined the significance of the commemoration of the day, and highlighted that the Armed Forces Flag Day serves as a reminder for citizens to show their appreciation for sacrifices made by the armed forces for the nation's security.

During the meeting, Minga Sherpa reviewed the arrangements and discussed the schedule of events with the concerned officers, emphasizing the need for proper coordination among all stakeholders.

He emphasized the importance of generous donations from civil administration towards the Armed Forces Flag Day Fund, which directly aids in the rehabilitation and welfare of widows, ex-servicemen, and their dependents.

Furthermore, the DC instructed the heads of the concerned departments to ensure flawless preparations are in place to celebrate the day across all district offices and tehsil offices paying a heartfelt tribute to the nation's heroes.

## DC Ganderbal inspects facilities, progress of ongoing works at Transit Camp Wandhama

**GANDERBAL:** The Deputy Commissioner (DC) Ganderbal, Shyambir, conducted an extensive visit to the Transit Camp at Wandhama today to review the progress of ongoing developmental works and assess the facilities available for migrant employees residing there.

The DC inspected various blocks under construction and emphasized the need for completing the pending works within the stipulated time frame. He directed the executing agencies to expedite their efforts and maintain quality standards so that all blocks are completed on time and handed over to migrant employees.

KPDCL was instructed to prepare and submit a detailed plan for installing street lights across the transit camp.

Similarly, the Jal Shakti Department was directed to ensure an adequate supply of potable water and complete formalities for



borewell construction at the earliest.

To gain a firsthand understanding of the issues faced by the residents, Shyambir interacted with families residing in the transit camp. The residents highlighted several concerns, including water, power supply, roads, street lighting, parking facilities and the annual maintenance of flats. The DC issued instructions to the relevant departments for the timely resolution of these issues.

## Labour Deptt organises 2-Day Capacity Building Programme on Labour Reforms for Officers & officials

**SRINAGAR:** The two-day Capacity-Building Programme on Labor Reforms organized by the Labour Department commenced on Friday at Gandhi Bhawan, University of Kashmir here. The programme is aimed to improve understanding among the Labour Department Officers and officials regarding Labour Laws and familiarization with the new Labour Codes.

Labour Commissioner J&K, S. Charandeep Singh, welcomed the participants and resource persons, highlighting the importance of such initiatives to enhance the knowledge, skills, and effectiveness of the officers and officials of the Labour Department who are responsible for implementing, monitoring, and enforcing labour laws and policies in Jammu and Kashmir.

He urged the participants to actively participate in all the sessions and engage in the discussions, as this will be an excellent opportunity to enhance their understanding and capabilities so that they become efficient, responsive and labour friendly. Dr. Onkar Sharma, former Chief Labour Commissioner (Central) and presently Advisor to the premier V. V. Giri National Labour Institute, a distinguished expert in labor laws.

## Training program held for District Surveyors for PMAY -G 2.0 at Shopian

DC Shopian calls for comprehensive coverage of eligible beneficiaries



**SHOPIAN:** A training program for District Surveyors was held today at Shopian by Department of Rural development Shopian in order to prepare them for the survey and roll out of PMAY-G 2.0

The training program covered topics such as beneficiary selection, uploading mechanism of beneficiaries data, self survey

and assisted Survey mechanism, etc.

District Surveyors shall play a crucial role in implementing the scheme, and the training program is aimed to enhance their skills and knowledge.

The Pradhan Mantri Awas Yojana-Gramin (PMAY-G) aims to provide affordable housing to rural poor. The scheme has been revised,

and PMAY-G 2.0 will focus on constructing 1 crore more rural houses.

It was intimated that self survey by applicants is going on the portal of PMAY where the applicants have to themselves apply for their inclusion under the scheme.

ACD Shopian, DPO Shopian, DIO Shopian and other officials were also present on the occasion.

## District Judiciary Srinagar & DLSA Srinagar inaugurate Special Lok Adalats Benches for 4th National Lok Adalat



**SRINAGAR:** In preparation for the 4th National Lok Adalat scheduled for December 14, 2024, the District Judiciary Srinagar and District Legal Services Authority (DLSA) Srinagar today inaugurated special Lok Adalat benches at the District Court Complex, Srinagar.

The event, held under the esteemed

guidance of Jaffer Hussain Beg, Chairman of the DLSA and Principal District & Sessions Judge Srinagar, and the supervision of Nusrat Ali Hakak, Sub-Judge/Secretary of DLSA Srinagar, marks a significant step towards providing accessible and efficient dispute resolution.

The benches were inaugurated by Jaffer Hussain Beg, Chairman DLSA Srinagar in presence of all the Ld. judicial officers of the District Court Srinagar.

In this regard five (05) benches have been constituted to specifically address compoundable traffic challans, including on-spot challans and notices for all types of vehicles, commercial vehicles included. These benches will operate until December 14, 2024, aiming to significantly reduce the backlog of pending cases.

To further enhance public participation and awareness, a Help Desk for technical and procedural Support has been established at the public entrance near Petition Writers Block of the District Court Complex Srinagar, staffed by court officials and para-legal volunteers.

The officials & PLVs, which shall be operative till 14th December 2024 at the Help Desk, shall import information and guidance to the litigants. Its primary objective is to encourage the public to participate in resolving disputes amicably, thereby promoting a culture of settlement and legal literacy.

## Satish Sharma reviews functioning of FCS&CA, Transport Department



**SRINAGAR:** Minister for Transport, FCS&CA, Information Technology, Science & Technology, Satish Sharma, today convened separate meetings with senior officers to review the functioning of Food, Civil Supplies & Consumer Affairs and Transport Department.

The meetings aimed to review the preparedness of both the departments for the winter season.

While reviewing the functioning of FCS&CA, the Minister reviewed the

stock and supply position of essentials in Kashmir division besides assessing extra arrangements made by the department for winter season. He cautioned the officials that the government would not tolerate any lapse in making available sufficient stock supply of essential commodities, especially food grains in Kashmir division for the winter months. He directed them to always dump stocks in advance so that people do not face difficulty in case the National Highway gets closed

due to bad weather.

Expressing satisfaction over the functioning of the department, the Minister said that FCS&CA department is directly linked with the people and it becomes mandatory on its functionaries to take every possible step to ensure that consumers do not face any difficulty, especially during winter months.

The Minister instructed the officers to address the issues related to ration cards on priority basis. He also asked them to ensure proper internet connection in far flung areas so that people don't face any kind of inconvenience to get food grains while marking their biometric.

The Minister appealed people to get their children enrolled who are born between 2011 to 2016 under Public Distribution System (FCS &CA) as per their eligibility, as it will benefit such households for additional entitlement as per the group to which they belong.

The Minister also reviewed the functioning of Transport Department in view of winter season.

The Minister enquired about the

## DC Kulgam distributes Tents & PP Sheets to Chopans

**KULGAM:** The Chairperson, District Development Council (DDC) Kulgam, MAFzal Parry convened a review meeting to assess the progress of various key departments, including the Power Department, Rural Development Department (RDD), Jal Shakti, MED and others. The meeting focused on evaluating the performance and addressing

bottlenecks to ensure timely and efficient service delivery.

During the meeting, the DDC Chairperson emphasized the need for supply of electricity as per the schedule, particularly in view of the ongoing winter season. Chairperson also stressed departments to scale up the pace of ongoing projects. The Meeting was attended by DDC members.



## Awareness/Input Distribution programme on Shallot (Kashmiri Pran) held at Pampore

**SRINAGAR:** An awareness cum input distribution programme on Shallot (Kashmiri Pran) under HADP project, (promotion of niche crops in the UT of J&K), was today held at advanced research station for saffron and temperate seed spices, SKUAST-K Dusuu Pampore.

The programme was organised by advanced research station for saffron and temperate seed spices, SKUAST-K.

Speaking on the occasion, Joint Director Agriculture reiterated departments commitment to preserving different niche crops including Shallot (Kashmiri Pran). He enumerated the different initiatives by the department in this direction.

He said that our niche crops has a



vast potential in terms of socio-economic growth and sustainability. He said under holistic agriculture development program (HADP) government has

approved a multi crore prestigious project to promote the niche crops in the region.

The Jt. Director said the different interventions under HADP Project, (Promotion of niche crops) like establishment of nurseries/ seed villages, would generate job opportunities for unemployed youth working in niche sector.

Earlier, Head of the research station presented a detailed scenario of different initiatives by the advanced research station, for the promotion of niche crops like Shallot.

## District Magistrate Jammu sets deadline for surrendering excess firearm(s) by licensees

**JAMMU:** District Magistrate Sachin Kumar Vaishya has issued an order directing all firearm license holders of Jammu district to comply with the provisions of the Arms (Amendment) Act 2019.

As per the Act, no individual is permitted to possess more than two firearms.

According to the order, the identified license holders owning more than 2 firearms must surrender their additional weapons within one week.

These license holders are instructed to deposit their other firearm at the nearest police station or authorized unit armory, in case of Armed Forces members of the Union.

Upon surrender, they must also ensure proper endorsement on their licenses, to avoid cancellation and further legal action under the Arms Act.

This step follows previous directives issued on June 28, 2022 and July 18, 2022, requiring licensees to reduce their firearms to permissible limits.



# Kiwi fruit

A natural remedy for constipation; how to eat, when and how much

Do you find constipation a constant irritant that keeps cropping up regularly? It can be very unsettling to have a digestive tract that is sluggish. It can upset your day's plans as you may keep feeling uneasy due to the lack of regular, complete, and smooth evacuation. It can also create an environment for illness.

Psyllium and prunes are proven treatments for chronic constipation. Healio.com reports that Asian studies have found that kiwifruit may also benefit chronic constipation symptoms. Healio magazine reports about a partially randomised, comparative effectiveness trial evaluating kiwi fruit, psyllium, and prunes in US patients with chronic constipation.

A study published in the American Journal of Gastroenterology reports that patients with chronic constipation who received kiwi fruit, prunes and psyllium reported relief in symptoms.

"Patients are increasingly seeking evidence-based natural treatments for many medical conditions, including (chronic constipation)," Samuel W Chey, MPH, from the University of Michigan and colleagues wrote. "Many patients believe that natural products are safer and less costly than prescription medications. Along these lines, so-called 'functional foods' are growing in popularity. This study confirms the benefits of prunes and psyllium and offers the first US data for green kiwifruit as a safe,

effective and well-tolerated treatment for a subset of patients with chronic constipation"

How the study was conducted:  
79 adults with chronic constipation at the US Medical Center were randomly assigned to one of three natural treatments

The period of observation was to be 4 weeks

29 patients consumed two green kiwi fruit per day

24 consumed 100 g of prunes per day and

22 consumed 12 g of psyllium per day

All these foods contain fibre in the

proportion of 6 g/d

After the 4-week treatment period, patients entered into a 2-week observation period

All eligible patients had three or fewer complete spontaneous bowel movements (CSBM).

The proportion of patients in each group reporting an increase of one or more CSBM compared with baseline for at least 2 of 4 treatment weeks served as the primary endpoint.

Other outcomes included stool frequency, stool consistency and straining evaluated daily.

Investigators also measured treatment satisfaction and adverse events:

Proportions of complete spontaneous bowel movements were similar for the three treatments, according to the researchers.

"For secondary outcomes comparing treatment weeks 3 and 4 to baseline, there was

a significant increase in weekly CSBM rate with all three treatments (P = .003); stool consistency significantly improved with kiwi fruit (P = .01) and prunes (P = .049); and straining significantly improved with kiwi fruit (P = .003), prunes (P < .001), and psyllium (P = .04)," the investigators wrote.

Bloating scores improved among patients assigned to kiwi fruit (P = .02). According to researchers, adverse events were most common with psyllium and the least common kiwi fruit. When treatment ended, investigators noted fewer patients were dissatisfied with kiwi fruit vs. prunes or psyllium (P = .02), reports Healio.com (<https://www.healio.com/news/gastroenterology/20210608/kiwi-fruit-effectively-relieves-symptoms-in-chronic-constipation>).

Study Highlights of the American Journal of Gastroenterology:

#### WHAT IS KNOWN:

Patients with chronic constipation are increasingly seeking natural treatments.

Psyllium and prunes are proven treatments for chronic constipation.

Asian studies suggest that kiwifruit may also benefit constipation symptoms, but the data supporting the use of kiwifruit in US populations are lacking.

#### WHAT IS NEW HERE:

Kiwifruit, psyllium, and prunes all improved bowel movements in constipated patients.



“

**A STUDY PUBLISHED IN THE AMERICAN JOURNAL** of Gastroenterology reports that patients with chronic constipation who received kiwi fruit, prunes and psyllium reported relief in symptoms.

...Want to lose weight in your 50s?

## 5 tips that you must follow



Ageing is an inevitable process and can have several implications on health. Apart from the common effects of ageing such as deteriorated skin, bone, and muscle health, ageing can also result in weight management issues. In order to lose weight, the body must meet certain requirements, some of which may include:

- Physical activity
- Underlying health conditions
- Bodily functions

Metabolism plays an important role in regulating body weight, however, the metabolism rate tends to slow down with age. This can lead to weight gain or weight mismanagement which can be harmful to the bones, heart, and brain.

#### Losing weight after 50

Here are some ways in which you can lose weight after 50:

Talk to a dietician and trainer: A healthy diet and exercise are extremely important to lose weight regardless of age. However, any abrupt changes in the diet and physical activity is not a wise step after the 50s. Make sure that you consult a dietician and trainer before making any major changes to the diet and stay under expert supervision for health and safety.

Eat out less: Cooking every day might not be a cup of tea for everyone. And after a long day at work, dining out may seem like the easiest option available.

But is it a wise one? As tempting as it might sound, dining out must be avoided when working on a weight loss diet. This is because cooking at home can help regulate the ingredients used which can greatly influence the healthiness of the same. Not to mention that it's a way more hygienic and economical affair.

Be on the move: An ageing body might not provide an individual with sufficient energy and strength to stay physically active. However, when trying to lose weight, physical inactivity is a luxury that one cannot afford. Apart from causing further deterioration of the bones, joints, muscles, and other parts of the body, a sedentary and unhealthy lifestyle will have a long term adverse impact on the overall health.

Body composition matters: The human body is made up of fat and muscles which contribute to an individual's weight. When trying to lose weight, emphasis must be laid on getting rid of excess fat and building muscles. Furthermore, one must aim at attaining a healthy weight, rather than a particular number.

Get enough rest: Are you getting enough sleep? If not then you could be putting your weight at risk. Sleep is essential to ensure that the body gets sufficient rest to function at its optimum level, be it mentally or physically. When working on a weight loss plan, individuals must ensure getting 6-8 hours of uninterrupted sleep daily.

When working on weight management, it must be emphasised that the accumulation of fat in different parts of the body might add to weight gain. Therefore, a holistic approach to eliminate fat must be adopted. Building abs and losing weight are often popular workout goals set by people. However, you cannot achieve overall fitness without focusing on each part of the body. Your exercise routine must be inclusive.

When talking about fat accumulation, your arms can often be seen bearing the burden of wobbly, flabby fat that might not be a pleasant sight. Getting rid of the fat can not only help you shed some weight but can also aid in toning your arms, giving them a beautiful, well-sculpted look.

#### Exercises for the arms

Here are some exercises that can help you lose excess arm fat:

**Bicep curls:** You can do this exercise in the following steps:

Stand straight with two dumbbells in each hand.

Stretch your arms sideways and slowly bring them forward.

Make sure that you keep your arms straight.

Repeat the steps at least 20 times.

### Reduce arm fat:

Get rid of flabby arms with these exercises

**Chest press:** You can do this exercise in the following steps:

Lie down straight on a bench or yoga mat.

Hold two dumbbells, one in each hand. Stretch your hands upward and breathe. Make sure that you keep them straight. Now bring your hands down and breathe again.

Repeat the steps at least 10 times.

**Bench dips:** You can do this exercise in the following steps:

Stand in front of a bench or a chair.

Move your hand back and hold the

edge with your palms.

Now bend your legs and slowly lower your body so your hip is inches away from the floor.

Lift yourself back up.

Repeat the steps at least 15 times.

**Arm circles:** You can do this exercise in the following steps:

Stand straight with your arms stretched straight sideways.

Start rotating your hands in a clockwise direction.

Do rotations of 10 and pause.

Now begin rotating your hands in an anti-clockwise direction.

Do rotations of 10 and pause.

Do not forget to breathe and keep your hands straight in the process.

**Push-ups:** You can do this exercise in the following steps:

Get in a plank position with your body being supported on your palms and feet.

Gradually lower your body so it's parallel to the floor.

Now lift it back up and make sure that your body is straight.

Repeat the steps at least 10 times.





# Winter vacation in Kashmir schools in phased manner from December-10

Riyaz Bhat

**SRINAGAR:** School Education Department Friday announced winter vacations in phased manner from December-10 and December-16 respectively Kashmir division and winter zones of Kashmir division. According to the news agency—Kashmir News Observer (KNO) Principal Secretary School Education Department Suresh Kumar Gupta in a

order said that for students upto 5th standard, the vacations shall begin from December-10 to February-28 and in case of students from 6th standard to 12th standard, the vacation shall begin from December-16 to February-28-2025. Gupta further ordered that the teaching staff of Government High and Higher Secondary Schools shall remain available at respective Headquarters from 10th of February.

# 10Th To 12Th Annual Regular Exams Likely From 3Rd Week Of February

Riyaz Bhat

**SRINAGAR:** The annual regular exams of 10th to 12th standard are likely to commence from 3rd week of February-2025. A top official of Jammu and Kashmir Board of School Education (JKBOSE) informed the news agency—Kashmir News Observer (KNO) that they were working to conduct the annual regular board exams of 10th to 12th standard from the third week of February.

# Amid Prolonged Dry Spell, Kashmir Grapples With Declining Water Levels

Jahangir Sofi

**SRINAGAR:** The Kashmir valley is facing a concerning decline in water levels across its rivers, springs, and other water bodies due to the ongoing dry spell and insufficient precipitation.

Experts and officials are raising alarms about the potential long-term impacts on drinking water, irrigation, and the valley's overall ecosystem. While the officials report a stable drinking water supply in the region, primarily attributing to reduced seasonal demand. However, the lack of significant precipitation continues to pose a long-term challenge, with authorities stressing the need for immediate rainfall and snowfall to recharge water bodies.

Chief Engineer Irrigation and Flood Control (IFC) for Kashmir and also with



additional charge of CEPHE Jal Shakti, Er. Braham Jyoti Sharma, while speaking to the news agency—Kashmir News Observer (KNO), said despite the ongoing dry spell with reduced water levels in the water bodies, they were managing 'adequate' water supply in the region.

"Our rivers, ponds, and springs are drying up because of the lack of rainfall

and snowfall. These water sources are critical for our drinking water supply and

agricultural needs. We are hoping for precipitation soon, as natural recharge remains beyond human intervention," CE IFC said. In response to the crisis, he said that they have taken steps to stabilize the water supply, stating that the irrigation demand has significantly decreased with the end of the agricultural season in the region. "For now, we are managing to

maintain adequate drinking water supply, but the lack of precipitation poses a serious challenge for the coming months," a top officer stated.

Another senior official from Irrigation and Flood control department highlighted the critical role of snowfall in sustaining Kashmir's water resources. "Snowfall acts as a natural reservoir, feeding glaciers, streams, and rivers during the summer months. Without sufficient snow, the region could face severe water shortages during peak demand periods," official said.

The officer said snowfall was essential for replenishing streams and rivers in the region, stating that it serves as a summer reserve, and its absence could lead to increased strain on our water resources.

# RBI opts for a ‘wait and watch’ mode: Sakshi Gupta



**SRINAGAR:** Principal Economist HDFC Bank, Sakshi Gupta has said that the RBI opted for a wait and watch mode in today's policy, keeping its stance and policy rate unchanged as expected. The central bank successfully engineered a fine balance in its communication between the need to remain cautious on growth while achieving price stability. The growth forecast was revised down by 60bps to 6.6% while inflation was revised up to 4.8% for 2024-25. "We expect GDP growth to average at 6.4% in FY25, with some pick-up in momentum in the second half of the year."

She said the more substantive announcement in today's policy came in terms of the support for liquidity conditions through a CRR cut of 50bps, which is estimated to add INR 1.1 lakh crore of liquidity to the system. Banking system liquidity has come under pressure in recent days on account of tax outflows, foreign outflows and higher currency leakage. "We expect the RBI to continue providing more "durable" support for liquidity through various measures

including longer-duration fine tuning operations, Open Market Operations, and sterilising its FX interventions."

Sakshi Gupta said that a February rate cut remains on the table, especially if growth momentum fails to pick-up meaningfully over the coming weeks. That said, a rise in global uncertainty and pressure on the rupee or domestic inflation could nudge the RBI to delay any rate cuts to the April policy – preferring prudence and patience over pre-emptive action. (KNT)

# Apple Growers Face Losses as Rates Plummet Again

Jahangeer Ganaie

**SRINAGAR:** Apple growers in Jammu and Kashmir are once again grappling with losses as apple prices plummet in Indian markets.

Speaking to news agency—Kashmir News Observer (KNO), growers from various regions expressed concern over reduced production this year due to hail-

storm damage, which compounded their financial woes. While initial demand for apples was strong, a subsequent sharp decline in prices worsened their situation.

"During the festival season, prices surged, providing some respite, but they have fallen again in recent weeks, leaving us facing losses," lamented the growers.

Basit Ahmad Bhat, a grower from Shopian, explained that demand was robust at the start of the season but later dwindled, leading to a market downturn of about 30%.

"For a brief period, prices rose again, but now they are falling with each passing

day," he said, attributing the downturn to the bulk import of apples from countries like Iran and Afghanistan.

"Growers are struggling as the costs of labor, transportation, and packaging materials have skyrocketed, while apple prices have dropped. Many are unable to even recover their expenses," Bhat added.

# Continued From P1...

## Committed To

the progress and dignity of our people and that both must advance hand in hand.

He reiterated his pledge to work tirelessly for the welfare of people of Jammu and Kashmir, vowing to remain steadfast in addressing public grievances and advancing the restoration of statehood and the region's overall development.

Additional General Secretary Dr. Mustafa Kamal, Cabinet Ministers Sakina Masood & Javed Dar, Advisor to CM Nasir Aslam Wani, party legislators, provincial committee members and other senior leaders were also present on the occasion.

## Cold Wave

Furthermore, the weatherman here has predicted further dip in the night temperature, saying that there is no forecast of any major wet spell weather and the minimum temperature would likely go down as well.

Director Meteorological department (MeT), Dr Mukhtar Ahmad told KNO that the weather would remain generally dry till tomorrow, adding that generally cloudy weather with possibility of light rain over few plains & hilly areas of Jammu division & light rain and snow (higher reaches) over few places of Kashmir division during late evening of 8th to 9th forenoon.

He said that a few places of Jammu division may experience thunder with gusty winds during the 8th evening and night.

However, he said that from December 10 to 14, the weather would remain generally dry, adding that on December 15 & 16, light rain and snow is expected over isolated places.

Moreover, in its advisory, the MeT has advised the tourists, travelers and transporters to follow administration and traffic advisory.

## Dy CM

the physical and financial status of ongoing projects. He instructed the officers to strictly adhere to quality parameters and complete projects within the stipulated timeframe.

Surinder Choudhary was apprised of the Sheshera Wildlife Sanctuary, home to leopards and other animals. He directed the Wildlife Warden to draft a proposal for developing the sanctuary into a prominent tourist destination in view of its potential to attract the tourists. Highlighting the Government's commitment towards promoting tourism, he urged the officers to publicise the district's scenic locations to draw more visitors.

The Dy CM also reviewed the status of Kheora Industrial Estate, which houses 51 industrial units, out of which 31 are operational. He directed the department to provide a detailed report on the 20 non-functional units. He was apprised that two new industrial estates at Kuldabi and Qila Darhal are also in the proposal stage.

Addressing the Geology and Mining sector, Surinder Choudhary instructed the department to intensify vigilance to curb illegal mining. He emphasized zero tolerance for illegal practices and stressed systematic and scientific mining to conserve resources. Coordination among enforcement agencies was also highlighted to ensure strict action against the violators.

Later, the Dy CM interacted with the public, who apprised him of various issues. He assured them of prompt action and resolution of their concerns.

The meeting was attended by Executive Engineer PWD (R&B) Rajouri Sardar Khan, Executive Engineer PWD Koteranka Mohammad Qasim, Executive Engineer PWD Nowshera and Kalakote Mohd Aftab, Executive Engineer PMGSY Rajouri, Shahid Mustafa, Executive Engineer PMGSY Budhal, Imtiyaz Mir, Assistant Labour Commissioner Pradyot Gupta and Assistant Director Handicrafts Abhinandan Mangotra, along with other officers of PMGSY and PWD.

## Satellite Township

the brunt of their mistakes," he said, adding that they should introspect what they have done.

Meanwhile, sharing the details of the party meeting today at Nawa-e-Subha, Wani said that the meeting was held today after a long time as the new Provincial President had to take over the charge formally.

Pertinently on November 09, the National Conference appointed Showkat Ahamd Mir as the new provincial president for Kashmir.

"Since the formal joining was delayed due to the government formation and other things for the last one and a half month, so the meeting was held in this regard today," he added

## La Nina

groups like the elderly and children during the cold wave phases.

According to the guidelines issued by the J&K's DMRRR department, a copy of which also lies with the news agency—Kashmir News Observer (KNO), the guidelines focus on safety measures for individuals, animals, and crops to mitigate the risks associated with severe cold weather.

During the cold wave phase, the advisory has asked residents in the region to limit outdoor exposure and dress in multiple layers of clothing. It has also insisted on using protective gear like hats, mufflers, and insulated shoes.

"Stay indoors as much as possible and minimize travel to prevent exposure to cold. Maintain warmth through healthy food, hot drinks, and proper hydration. Keep yourself dry. If wet then cover your head, neck, hands and toes adequately as the majority of heat loss occurs through these body parts. Change wet clothes immediately," reads the advisory.

The advisory has also flagged to take care of elderly people, newborns and children and check neighbours who live alone, especially the elderly about their wellbeing.

"Cover your head as most body heat is lost through the top of the head. Drink hot fluids regularly, as this will maintain body heat to fight cold," reads the advisory.

Before the cold wave, the advisory recommended staying updated on weather forecasts through radio, TV, and newspapers. It has also asked to stock essential items, including winter clothing, food, water, and emergency supplies.

"Ensure doors and windows are properly sealed to block cold winds," states the DMRRR advisory.

In case of exposure to cold wave conditions, and to address frostbite and hypothermia, the advisory has stated to promptly warm affected areas and seek medical attention and not to ignore shivering, stating that it is the first sign that the body is losing heat.

The advisory has asked to avoid alcohol, stating that it reduces body temperature.

With regard to the agricultural and animal husbandry guidelines, the advisory states that farmers should irrigate plants lightly to protect crops and use mulch to preserve warmth.

The advisory reads that cultivating frost-resistant varieties and sheltering fields with windbreaks are recommended.

"Mulching nursery beds of soil near the main trunk with black or silver plastic sheets increase radiation absorption and provide a warmer thermal regime during winter. In case plastic mulch is not available, making thatches (jhuggis) of straw or Sarkanda grass or organic mulching will also protect crops from cold," reads the advisory.

For animals, the advisory states that livestock and poultry should be sheltered indoors, provided with bedding materials, and fed high-quality forage to meet increased energy demands during cold weather.

It also states that during Cold waves animals and livestock require more food for sustenance as the energy requirement goes up. It adds that extreme variations in temperature may affect the fertility rate animals, during the optimum breeding season for buffaloes/cattle.

"Cover the animal habitat from all sides during night in order to avoid direct exposure of animals to cold winds. Apply some bedding materials such as dry straw under animals during winters. Avoid giving cold feed and cold water to the animals," states the advisory.

## KPDCL Waives

Discom in full or in equal instalments in the remaining 04 months to claim the waiver on late payment surcharge to settle their claims," she added.

As many as 1,09,648 domestic consumers have so far availed the scheme for waiver on late payment surcharge with KPDCL, which has collected a revenue of Rs.164.00 crore so far. The scheme has targeted a total of 1,50,907 consumers who had a substantial opening balance due to KPDCL.

The Government has also waived off an amount of Rs.58 crore on account of late payment surcharge, thus providing huge relief to the domestic consumers by clearing their opening balances.

Chief Engineer KPDCL advised the remaining consumers to approach their concerned Electric Subdivisions to settle their bills. "There are still a large number of domestic consumers with huge opening balances who are yet to approach their divisions to settle their dues," she added, while advising them to not waste this final opportunity offered under the scheme.

The Chief Engineer further stated that after the closure of the Scheme, KPDCL shall be left with no option but to opt for legal course of action & disconnection of those domestic consumers.

## Survey to

School Education Department; Commissioner Secretary, Higher Education; DG, E&S; DG, Budget; MD, HADP; MD, JKRLM and Representatives from IIM, NABARD, JK Bank, BISAG-N besides other concerned officers.

Deputy Commissioners joined the meeting through video conferencing. During this meeting the Chief Secretary was given demonstration of the online application through which this survey would be held in the field by around 20,000 investigators designated by the Planning Department to carry out this exercise in the length and breadth of the UT.

Dulloo while speaking in the meeting about this survey maintained that this exercise aims at identifying J&K youth who are inclined towards self employment through different entrepreneurship activities with the handholding to be extended by government under Mission YUVA (Yuva Udyami Vikas Abhiyan) here.

He urged the youth studying in different Universities/Colleges here to take part in this survey for making it a meaningful exercise to know about your aspirations regarding self employment and the challenges you are facing to fructify them.

The Chief Secretary also advised the concerned to fetch as much data as possible from this survey to generate multiple analytics for the lucid understanding of all. He made out that this data would guide administration in the implementation of several other schemes and formulation of future policies.

He stressed on the respective Deputy Commissioners to designate a senior officer as nodal officer for continuous monitoring of this exercise there. He advised for holding training sessions for the investigators besides running sustained informational campaigns in both social and mainstream media for the awareness of masses.

In his presentation the Secretary, L&E, Kumar Rajeev Ranjan informed the meeting that this activity has two major components to survey the existing enterprises for looking into the challenges they are facing in addition to identify potential entrepreneurs from our population.

He further gave out that for the same an online app had been developed by BISAG-N for the Department which would capture the data on real time basis posing a set of questions based on devised questionnaires.

It was given out that its objective is to foster entrepreneurship culture and desirable ecosystem for helping those in the age group of 18-49 years of age to start at least 1.37 lakh new enterprises generating around 4.25 lakh job opportunities in next 5 years here.

Regarding the carrying out of survey the DG, E&S, Satveer Kour informed the meeting that a group of Master Trainers from each district would be identified by the respective DCs to be trained for a week at both Srinagar and Jammu.

She further added that a tabulation plan and work flow would be done for 2 weeks to be followed by training of field staff for two weeks who would carry out the enumeration exercise in towns and villages of the UT supervised by the employees of Labour and Planning Departments here.

Moreover 'Youth Skill & Entrepreneurship App' has been developed for the implementation of Mission YUVA here. It was revealed that the app is quite inclusive to develop the much requisite culture of ecosystem here by engaging 1000 motivators, 80 Business Help desks, Incubation Centres, and innovation hub at IIM Jammu.

It would also be a one stop solution for bringing job opportunities to registered youth, imparting them skill courses in both online and offline mode, get soft skills, receive career counselling, provide them platform to apply for credit from different financial institutions in a hassle-free manner with the much needed interest subvention and subsidies.

It was given out in the meeting that this portal is also going to be beneficial for them to get job alerts, generate their CVs to apply for different jobs, fetch DPRs for enterprises using Artificial Intelligence along with enhancing their capacity and market linkages through e-commerce and markets all over the world.

## Pension Hike

face severe hardships due to lack of timely financial support. She added that Rs 1000 per month is very less and increasing it to Rs 3000 per month is under active consideration of the government.

## 138 J&K

"If necessary, local volunteers from the Indian community are engaged for logistical support. 24/7 control rooms are operated both at headquarters and abroad to facilitate the evacuation," it added.

## J&K has

The government said that the Department of Health and Family Welfare, Government of India, provides technical and

financial support to states and Union Territories under the National Programme for Prevention and Control of Non-Communicable Diseases (NP-NCD), as part of the National Health Mission (NHM).

"This program focuses on strengthening infrastructure, human resource development, early diagnosis, referrals for treatment, and health promotion to prevent non-communicable diseases (NCDs) including diabetes," it said.

"A population-based initiative for the screening, management, and prevention of common NCDs, including diabetes, has been launched as part of the Comprehensive Primary Health Care under NHM," the government added.

## Defence Ministry

land on the ground was found to be less than what was reflected in the notification," it added.

The MoD said the Directorate General of Defence Estates (DGDE) has requested the Government of Jammu and Kashmir to amend the notification accordingly. The compensation award will be processed once the necessary amendments are made to the Form J Notification, it added.

The ministry further clarified that there is no provision to reassess compensation under the Right to Fair Compensation and Transparency in Land Acquisition, Rehabilitation and Resettlement Act, 2013, as the land has already been acquired under the J&K RAIP Act, 1968

## Covid-19 among

providing them with greater flexibility to utilize the funds based on their priorities," the government said, adding that financial support is provided to States/UTs for the implementation of health programs, based on their proposals in the Programme Implementation Plans (PIPs).

The Ministry of Health & Family Welfare supports States/UTs through various schemes, including the National Vector Borne Diseases Control Programme (NVBDCP), National TB Elimination Programme (NTEP), National Leprosy Eradication Programme (NLEP), and National Viral Hepatitis Control Programme (NVHCP), all under the NHM, to prevent and control communicable diseases, it added.

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**Mohammad Akbar Najar**  
**S/O Jalal ud din Najar.**

**R/O Malangam tehsil Aloosa District**

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**Mehraj ud din Dar.**  
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