

# Kashmir Convener



SC Flags Absence  
Of Centre's Lawyers,  
Says It Doesn't Like  
Summoning Officers

P/02



RS Chairman Has  
Consistently Suppressed  
Freedom Of Expression  
Of Opposition: Kharge

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Nepal Army Chief  
Honoured By  
President Murmu

P/02



## Streamline Film Shooting Permissions: CM Omar Abdullah

● Reviews functioning of DIPR, urges optimal use of digital space



KC NEWS NETWORK

**JAMMU:** Chief Minister Omar Abdullah today chaired a comprehensive review meeting of the Information Department at the Civil Secretariat here. The meeting assessed department's performance and deliberated on matters requiring improvement to enhance efficiency and outreach of the Information department.

The meeting was attended by Advisor to the Chief Minister Nasir Aslam Wani, Additional Chief Secretary to the CM Dheeraj Gupta, Secretary Information Rehana Batul, Director Information Jatin Kishore, senior officers from the administrative department, all Joint Directors, Deputy Directors, and other concerned officials. During the meeting, the Chief Minister inquired about the functioning of the single-window portal for granting film shooting permissions.

He emphasized the need to streamline and expedite the process, ensuring that filmmakers receive approvals without unnecessary delays. A detailed discussion was held on the advertisement policy for newspapers and media houses.

The Chief Minister directed the department to ensure fairness and transparency in issuing advertisements based on circulation.

He urged the department to avoid any impression of bias and to study Bureau of Outreach, Government of India (DAVP) criteria of advertisement rates and assessing newspaper circulation to evolve a robust mechanism for the purpose.

Stressing the importance of social media, the Chief Minister called for enhanced visibility of the Government of Jammu and Kashmir on digital platforms through targeted advertisements and campaigns.

Reviewing the accreditation process for journalists, the Chief Minister directed the department to revisit rejected applications. He instructed the concerned officials to communicate discrepancies to applicants, enabling them to rectify errors and secure accreditation.

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## Public welfare is my 'Dharma' and 'Kartavya': LG Sinha

KC NEWS NETWORK

Lieutenant Governor said, for the government. The Lieutenant Governor "Public welfare is my

**JAMMU:** Lieutenant Governor Manoj Sinha today paid tributes to the brave warrior and India's greatest military strategist, General Zorawar Singh, on his Martyrdom Day.

Addressing a commemorative event organized by General Zorawar Singh Memorial Educational and Charitable Trust, at Gulshan Ground Jammu, the Lieutenant Governor spoke on General Zorawar Singh's military campaigns in Ladakh, Baltistan, Tibet and highlighted his immense contribution to the expansion of the Dogra Empire.

"The life and work of great persons always inspire others. General Zorawar Singh's leadership inspired millions to unite for the cause of equitable path of growth. His vision and values guiding us to work for those sections of the society who have got left behind," the



shared the efforts of the Government, under the guidance of Hon'ble Prime Minister Narendra Modi, to honour the contributions of great personalities like General Zorawar Singh. He also spoke on the transformation taking place in J&K in the past few years.

The Lieutenant Governor reiterated that Equality and Social Justice is top priority

'Dharma' and 'Kartavya'. It is being ensured that the benefits of the development reach all the sections of the society without any discrimination," he said. He highlighted that the progressive and citizen-centric policies of the government have strengthened the faith of the common man in the governance system.

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## Effective Governance Ecosystem Govt's Prime Concern: Dy CM



KC NEWS NETWORK

**JAMMU:** Deputy Chief Minister, Surinder Kumar Choudhary, today said that the government is committed towards putting in place an effective governance ecosystem so that the problems faced by the public are redressed effectively

within shortest possible time.

The Deputy Chief Minister was interacting with scores of deputations who called on him today to project several issues related to their areas and service related issues seeking speedy redressal of the same.

A deputation of Diploma Engineers projected several

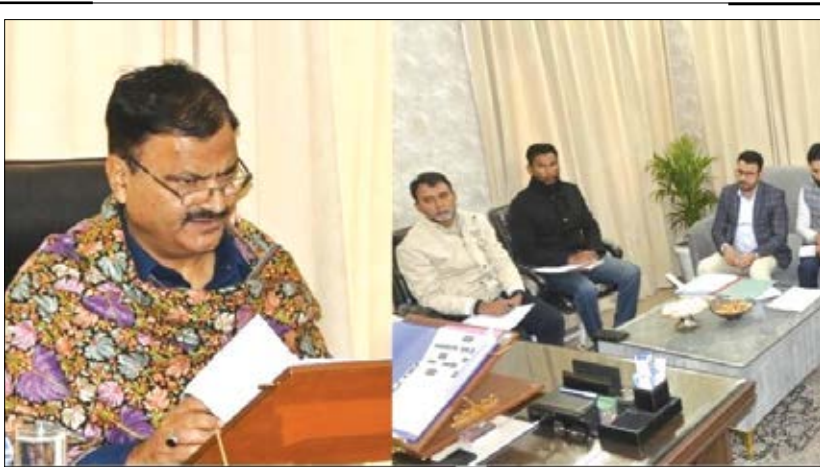
issues related to their career progression.

Another deputation of National Health Mission raised the issue of regularisation, salary hike and formulation of service Bye Laws and incorporation of financial assistance (Golden Handshake) and related issues.

Similarly, a deputation of Federation of Chamber of Industries, Kashmir raised several issues related to the industrial sector of Jammu and Kashmir.

A deputation of All Kashmiri Muslim Migrant Committee demanded enhancement of relief, disbursement of cash assistance and other issues. Several Legislators, former Sarpanchs from different areas also called

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## Javed Rana Reviews Progress On Cluster Tribal Model Villages

KC NEWS NETWORK

in Poonch district.

**JAMMU:** Minister for Jal Shakti, Forest, Ecology & Environment and Tribal Affairs, Javed Ahmad Rana, today reviewed progress on Cluster Tribal Model Villages and various tribal welfare related works being executed

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## Rail connectivity to Kashmir will open market for floriculture: CM Omar Abdullah

KC NEWS NETWORK

**JAMMU:** Chief Minister Omar Abdullah today chaired a meeting of the Department of Floriculture, Parks, and Gardens at the Civil Secretariat to review its functioning and discuss strategies to enhance the sector's potential.

Addressing the meeting, the Chief Minister highlighted the immense opportunities in the floriculture sector, especially with Kashmir Valley soon to be connected with the rest of the country through railways.

He emphasized the need to leverage this connectivity to market Kashmir's flowers across India and globally.

"We must engage progressive growers and other stakeholders to fully realize the sector's potential," the Chief Minister said.

He further directed the department to plant tulips along the Airport Road to enhance the aesthetic appeal and launch ad campaigns to attract more tourists to Srinagar's iconic Tulip Garden.

Earlier, Commissioner Secretary Sheikh Fayaz Ahmad gave a detailed presentation on the department's functioning, highlighting achievements and ongoing projects. Key milestones and initiatives discussed included, Tulip Show 2024 in which a record 1.7 million tulips of 72 varieties were planted, attracting 4.46 lakh tourists in March 2024.

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## J&K: Road traffic accidents claim 9,070 lives in a decade

KC NEWS NETWORK

**SRINAGAR:** Jammu and Kashmir has recorded 9,070 fatalities in road traffic accidents from 2013 to 2022, the govern-

ment data revealed here on Thursday. Among these, the highest number of deaths was recorded in the 25 to 60 age group, with 3,290 fatalities.

Data from 2016 to 2022 accessed by the news agency—Kashmir News Observer (KNO), reveals that 784 fatalities occurred among those under 18 years, 1,668 among those aged between 18-25 years, and 568 fatalities in the 60 years and above category.

Also, a total of 28,230 persons were grievously injured in the road accidents over the period.

Authorities continue to monitor road safety measures in the Union Territory. The Motor Vehicles (Amendment) Act, 2019, mandates electronic monitoring and enforcement of road safety on National Highways, State Highways, urban roads, and cities with populations as prescribed by the Central Government.

In August 2021, the Government introduced rules for electronic monitoring and enforcement at high-risk and high-density corridors on National Highways, State Highways, and critical junctions in cities with over one million population or those covered under the National Clean Air Programme (NCAP).

For new highway projects on high-density and high-speed corridors, the installation of an Advanced Traffic Man-

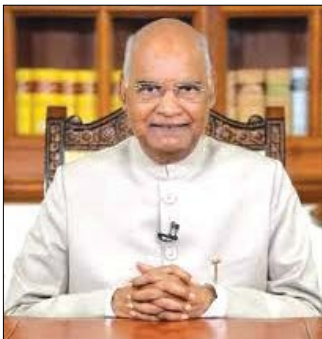
agement System (ATMS) is typically included as part of the project, with ATMS also implemented on existing major corridors as standalone projects.

The Ministry of Road Transport and Highways promotes road safety through advocacy campaigns, social media, and the annual National Road Safety Month. Additionally, the Government has engaged with the

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"One nation, one election"

## NC didn't spell out its stance before high-level committee headed by former president Kovind



Mubashir Aalam Wani

**SRINAGAR:** Jammu & Kashmir National Conference didn't spell out

its stance on holding Lok Sabha and Assembly polls simultaneously before a high-level committee headed by former president Ram Nath Kovind set-up by the Centre last year.

According to the report of the panel, a copy of which was accessed by news agency—Kashmir News Observer (KNO), National Conference didn't respond to the panel's communique(s) on its suggestions about holding simultaneous polls. The panel, according to the report, had sought responses from 62 political parties, which had at least one representative in Lok Sabha.

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## Kashmir Parts Record Season's First Snowfall

● 'MeT predicts cold, dry weather till next 5 days'



Owais Gul

**SRINAGAR:** The prolonged dry spell has witnessed an end at multiple places across the Valley as the several areas witnessed the season's first snowfall while the summer capital

of Jammu and Kashmir—Srinagar, witnessed light rains in the morning hours of Thursday. According to the news agency—Kashmir News Observer (KNO), several areas including

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## Sakeena Itoo inaugurates KU's Youth Festival-'Sonzal'

● 'Advocates for preserving, promoting Kashmiri culture, language'

KC NEWS NETWORK

of Kashmir.

influences. "Our Kashmiri culture and language is very unique, we all need to be

**SRINAGAR:** Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo today stressed on the need for preserving Kashmiri culture and language, adding that we need to promote our mother tongue for our bright future.

The Minister made these remarks after inaugurating the Kashmir University's Annual Youth Festival-'Sonzal' at Convocation Complex of Varsity here today.

The seven day festival is being organised by Division of Youth Affairs, Department of Students Welfare, University

Addressing the massive gathering of Professors,



Deans, HoDs, Research scholars and students, Sakeena Itoo advocated for safeguarding Kashmiri language and traditions, in the face of modern

very proud of our culture and heritage and celebrate it to its maximum extent", Sakeena said.

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# RS Chairman Has Consistently Suppressed Freedom Of Expression Of Opposition: Kharge

New Delhi, Dec 12: Asserting that “trampling of democracy” has become the norm in Rajya Sabha, Leader of Opposition in the House Mallikarjun Kharge Thursday alleged abuse of power by Chairman Jagdeep Dhankhar and questioned his impartiality.

The Congress chief alleged the Rajya Sabha chairman has consistently suppressed the freedom of expression of Opposition members through “persistent heckling, unwarranted insistence on authentication, unfair remarks, and the refusal to list issues of public importance



for discussion". His scathing criticism of the vice president comes a couple of days after Opposition INDIA bloc parties, spearheaded

by the Congress, submitted a notice in Rajya Sabha for moving a no-confidence motion against Dhankhar, accusing him of being “extremely partisan”.

On behalf of the Opposition, Congress leaders Jairam Ramesh and Naseer Hussain on Tuesday submitted the notice signed by 60 opposition MPs – including from the Congress, RJD, TMC, CPI, CPI-M, JMM, AAP, DMK, Samajwadi Party – to Rajya Sabha Secretary General P C Mody.

In a post on X on Thursday, Kharge alleged that muzzling the Opposition’s “right to speak” and “expression of opinion”

## SC Flags Absence Of Centre’s Lawyers, Says It Doesn’t Like Summoning Officers

**NEW DELHI:** Displeased over the repeated absence of the Centre’s advocates in several cases, the Supreme Court on Thursday said it did not take pleasure in summoning government officers before it.

A bench of Justices BR Gavai and KV Viswanathan on December 11 sought the presence of the director general of the Centre’s Directorate General of Health Services while flagging the “casual approach” in a matter concerning admission of a medical aspirant belonging to persons with disability category.

“The court does not take pleasure in summoning the officers to the court. However, when in spite of being duly served, the respondents do not put in appearance, we were compelled to



do so,” it said.

On Thursday, both the officer and Centre’s counsel additional solicitor general Vikramjit Banerjee appeared before the bench.

“What is this? Notices are served and you don’t even bother to appear,” Justice Gavai said, “this is not happening for the first time. On many occasions, for the Union of India, nobody is present here”.

The bench said it had passed the order directing the officer to remain present as despite being duly served, no lawyer had appeared for the authority during the hearing on December 11.

The court said it waited till 4 pm for the counsel’s appearance but when nobody appeared for the Centre, despite there being many lawyers present, it passed the order.

“The presence of the officer is dispensed with,” the bench said in its order.

“We expect you to respond,” the top court said, “when a matter pertains to persons with disability”.

“You have so many panel counsel. Why don’t you assign some panel counsel to some courts so that at least when we require somebody’s assistance, somebody can be there immediately,” it said.

While dealing with the plea of the aspirant belonging to the persons with disability category, the bench directed his admission in a government medical college in Rajasthan.

On December 11, the bench directed the officer to remain present before it at 10.30 am on Thursday.

The bench said it was unfortunate that in the matter related to a person with disability category, despite notice no one had appeared.

The court, however, said normally it did not direct government officers to remain present in the court.

“... in view of the casual approach of respondent no.2, we are compelled to direct the personal presence of the Director

## Government of jammu and Kashmir HIGHER EDUCATION DEPERTMENT CIVEL SECRETARIAT, J&K

Subject: Appointment of Assistant Professor, Zoology, in the Higher Education Department.  
Reference: Letter No. PSC/DR-HE/AP-Zoology/2023 dated 27-09-2024 (Recommendation) from the J&K Public Service Commission.

Government Order No: **556** -JK(HE) of 2024  
Dated: **11-12-2024**

As recommended by the J&K Public Service Commission, sanction is hereby accorded to the appointment of following candidates as Assistant Professors, Zoology , in the Higher Education Department on Regular Temporary basis in the Pay Band of Rs. 15600-39100 with AGP Rs.6000/- (Pre-revised) Academic Level-10 (with Pay Structure of Rs.57700/-), with immediate effect:-

S.No.	Name Mr. / Mrs.	Parentage	Address	Selection Category
1.	Uzma Latief	Abdul Latif Tantri	R/O and P/O Ghat Ghat Doda	OM
2.	Ishfaq Shafi Khan	Mohammad Shafi Khan	185 Panjren Pulwama Shahoora Litter	OM
3.	Jehangir Shafi Dar	Muhammad Shafi Dar	91 Murran Pulwama	OM
4.	Sarita Devi	Chatter Singh	Sangaldan Sangadan Gool	OM/RBA
5.	Muzamil Syed Shah	Mohmad Syed Shah	00 Rahmoo Rajpora	OM
6.	Aadil Hussain Rather	Showkat Hussain	Chinner Chinner Kangan	RBA
7.	Shivalika	Omkar Chand	Vill. Phalote Near Govt. Primary School, Kathua	SC
8.	Nidhi Sharma	Bhawan Sharma	55 Kalyana R.S. Pura	ALC/IB
9.	Prince Sharma	Ashok Kumar	57 Ward No 6 Village Dara Dullian Haveli	PSP
10.	Kirpal Singh	Ragunath Singh	156 Patti Mahanpur	EWS

The candidates hailing from Kashmir Division shall report to the Nodal Principal, Government College of Education, Srinagar and the candidates hailing from Jammu Division shall report to the Nodal Principal, Government College for Women, Gandhi Nagar, Jammu within a period of 21 days from the date of issuance of this order failing which their appointment shall be deemed to have cancelled without any notice.

- The appointment of the above candidates shall be governed by the new recruitment Scheme as per SRO-400 of 2009 dated 24-12-2009.
- The appointees shall, at the time of joining, produce the following testimonials in original which will be verified by the concerned Principals:-
  - Domicile Certificate.
  - Date of Birth Certificate.
  - Qualification and Marks Certificate i.e. NET/SLET/Ph.D. etc and marks cards/ degrees.
  - Category certificate as may be applicable to the appointees.
  - Health and Medical Certificate.
  - Any other certificate as required under law.

The salary of the appointees shall be drawn and disbursed only after the receipt of the satisfactory report in respect of the genuineness of Qualification/Date of Birth/Relevant Category Certificate(s) and subject to production of an Affidavit as per Annexure-A to this order.

The inter-se-seniority of the candidates shall be determined in terms of the J&K Civil Services (Classification, Control & Appeal) Rules, 1956.

The appointment of the candidates shall remain provisional till such time the certificates are got verified by the concerned Principal(s) and are found to be in order. In case any certificate is found to be fake, inadequate or not consistent with the eligibility requirements, the appointment of the candidate(s) shall be deemed to have been cancelled ab-initio.

The appointment of the candidates shall be subject to the outcome of Writ Petition(s), if any, pending in any competent Court of law on the subject.

**By Order of the Government of Jammu and Kashmir.**  
No. HED-GAZ/311/2024-04(7585870)  
Dated: 11-12-2024

**Sd/-Commissioner /  
Secretary to the Government**

**DIPK-9443/24**

## Nepal Army Chief Honoured By President Murmu

**NEW DELHI:** President Droupadi Murmu on Thursday conferred the honorary rank of ‘General of Indian Army’ on Nepal’s Army chief General Ashok

Raj Sigdel at a ceremony here. There has been a tradition of conferring the title of Honorary General on the Army chiefs of Nepal and India since 1950. The President “conferred the Honorary Rank of General of the Indian Army on Suprabal Janasewashree General Ashok Raj Sigdel, Chief of the Army Staff, Nepali Army, at a special investiture ceremony

held at Rashtrapati Bhavan for his commendable military prowess and immeasurable contribution to further fostering Nepal’s long and friendly association with India”, her office said in a statement. General Sigdel commenced a significant visit to India on Tuesday, marking a key step in further strengthening defence ties between the two nations.

## Government of Jammu & Kashmir OFFICE OF THE EXECUTIVE ENGINEER Mechanical & Hospitals Division Baramulla

e-mail, [jd\\_xenmhdbla@gmail.com](mailto:jd_xenmhdbla@gmail.com)  
Tender Notice Inviting e-Tender

**NIT No:** M&HDB/TS/2024-25/110/3004-11  
**Date:** 11-12-2024

For and on behalf of the Lieutenant Governor of Jammu & Kashmir, Executive Engineer, Mechanical & Hospitals Division Baramulla, invites online e-bids in Two Cover system on item Percentage basis from Registered / reputed / experienced firms Registered with J&K UT Govt., CPWD, Railways and other State / Central Governments for the below mentioned repair works:

S. No	Name of Work	E/Cost (Rs. in Lacs)	Cost of T/Doc. (In Rs)	Time of Completion (in days)	E/Money Deposit	AA Accorded vide No.	Technical Sanction No.
1.	Operation and Comprehensive Maintenance Contract (CMC) of central Heating system installed at VIP Hut Complex Gulmarg.	01.49	200.00	120 days	2980/-	130-DH&P of 2024 Dated: -10-12-2024	M&HDB/TS/45of 11/2024 Dated 08-11-2024

- Downloading of Bids: The Tender document Consisting of qualifying information, eligibility criteria, specifications, Bill of quantities (B.O.Qs), Set of Terms & Conditions of Contract and other details can be seen/downloaded from the Govt. website [www.jktenders.gov.in](http://www.jktenders.gov.in) from 11-12-2024 (06.15PM)
  - Submission of Bids: The bidders shall deposit their bids in electronic format on the above website from 11-12-2024 (06.30 PM) to 18-12-2024 (06.55 PM) in two covers.
  - Opening of Bids: The bids uploaded on the website up to due date and time will be opened on 19-12-2024 (13.00 PM) in the Office of the Executive Engineer Mechanical & Hospitals Division Baramulla.
  - The bidders are required to submit their offers in two (02) covers.
- Cover-I shall contain: Scanned copies of following documents:

01.	Tender Fee	Rs. 200.00 (Rupees Two hundred only) in shape of e-Challan / e-receipt / online Bank transfer acknowledgement including m-Pay Delight+, to be uploaded with each online bid pledged to Executive Engineer Mechanical & Hospitals Division Baramulla. Tender ID to be written also on the voucher. Bank: J&K Bank. Branch: T.P Baramulla. IFSC Code: JAKA01EHSIL Account No.: 0213010200000051.
02.	EMD	Scanned copy of Earnest Money Deposit (EMD) in the shape of CDR/FDR equivalent to 2% of value of the advertised cost pledged to Executive Engineer Mechanical & Hospitals Division Baramulla. EMD of successful bidder shall be released on receipt of 5% Performance Guarantee from (L.1) and execution of agreement with the Department. EMD of un-successful bidders shall be also released as per rules provided in J&K PWD Engineering Manual 2020.
03.	Terms & Conditions	Scanned copy of the Annexure- “A”, “B” & “C” duly accepted by the bidder.
04.	Tax Clearance	Valid Scanned copy of GST Registration with Latest Tax Clearance Certificate of Sales Tax Department quoting GST Number
05.	GST	Scanned copies of PAN Card / GST Registration / Latest GST clearance certificate or acknowledgement of latest returns.
06.	Non - Blacklisting Declaration	Undertaking as per format at Annexure “D” that the bidder has not been blacklisted or debarred by any Govt./Semi Govt. Department.
07.	Eligibility / Work Experience certificate	The Bidder Shall submit documentary proof of having successfully executed similar nature of work amounting to 80% of the estimated cost in single contract or 50% of the estimated cost in two contracts each or 40% of the estimated cost in three contracts in any Govt./Semi Govt./Autonomous institutions along with satisfactory performance certificate issued by a competent authority not below the rank of Executive Engineer shall be considered.
08.	Contractor Registration	Scanned copy of valid Contractor Registration on JKPWDOMS of PWD J&K.

The successful bidder has to furnish EMD document physically to the Divisional office along with fee receipt within three days from the date of opening price bid, without which his bid shall not be accepted for further processing of contract in his favour.

A. Cover-II shall contain Price bid, as per BOQ uploaded by this department. In no case, financial bid will be accepted in physical form.

No. - M&HDB/TS/e-tender-110/3004-11  
Dated: - 12-12-2024

**DIPK-9412/24**

**Sd/-Executive Engineer  
Mechanical & Hospitals Division  
Baramulla**

## Union Territory of Jammu & Kashmir, Office of the Executive Engineer R&B Division Lolab

**SNOW CLEARANCE  
NIT FOR THE WINTER SEASON 2024-25**

**Fresh NIT No. 42-Lolab EEL/2987-95 of 2024-25 e-tendering DATED: - 09-12-2024**  
E-tenders (In single cover system) from qualified contractors registered with the J&K UT Government, CPWD, Railways, and other State/Central Governments are invited for Snow Clearance (Stage-wise) on a Percentage Rate basis for a contract period of one year that may be extended to three years depending on the performance of the successful bidder.

S. No	Stage Name	Cost of T/Doc. (In Rupees)	E/Money (In Rs.)	M.H of Account	Time & Date of Opening of Bid	Class of Contract or
1	2	3	4	5	6	7
1.	Snow clearance winter season for the year 2024-25 Stage – 9th	200/-	5000/-	3054 Snow	20-12-2024	All Classes

The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, (if any), Bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website [www.jktenders.gov.in](http://www.jktenders.gov.in) as per schedule of dates given below:-

01	Date of issue of Tender Notice	09-12-2024
02.	Period of downloading of bidding documents	From 09-12-2024 to 19-12-2024 (4.00P.M)
03.	Bid submission start date	09-12-2024 from (04.00P.M)
04	Bid submission end date	19-12-2024 upto (04.00P.M)
05.	Date & time of opening Bids (on line)	20-12-2024 at (10:00A.M) in the Office of the Executive Engineer RnB Division Lolab

**Terms and Conditions :**  
The Bidders are advised to read all conditions laid down in the NIT carefully before uploading softcopy any short fall found in the soft copy the tender shall be rejected.

a. Bids must be accompanied with cost of Tender document in shape Treasury Challan (Under Account Head 0059) (Treasury Challan) must be written boldly the Name of Work, Name of Contractor alongwith Cell No, NIT No. & Sr. No of NIT) in favour of Executive Engineer R&B Division Lolab (tender inviting authority ) and Earnest money /Bid security in shape of CDR/FDR pledged to Executive Engineer R&B Division Lolab .

b. All bidders are required to submit bid security or earnest money for an amount of Rs.5000/= at the time of tendering in the form of CDR & FDR pledged to the authority responsible for receiving bids, in this case Executive Engineer R&B Division Lolab . In strict accordance with the Government’s circular and other instructions as required, the successful bidder will be required to provide performance security in the amount of Rs.10,000/= at the time of contract award. Following the fixing of the contract in favour of the successful bidder, the unsuccessful bidders will receive the earnest money/bid security. The successful bidder’s performance security will be released only after completed successfully performance of the Contract.

a. The bidders shall ensure that their bids shall be accepted only if their registrations cards are uploaded on <https://jkpwdoms.jk.gov.in> portal in active Tab. as per circular instructions issued by Development Commissioner works vide No.PW/DCW/DB/668-72 DT.10-06-2022.

c. The GST-3B for last Quarter ( Quarterly return) and Previous month for (Monthly return) Should be uploaded, irrespective of date of Tender

d. 1st lowest bidder will submit the CDR/FDR within two days after opening of Tender failing which 2nd lowest will be approached. Besides 1st lowest will be debarred from participating in tendering process for one year in this division.

1 The earnest money shall be forfeited, if:-

a. Any bidder/ tenderer withdraws bid/ tender during the period of bid validity or makes any modifications in the terms and conditions of the bid.

b. Failure of Successful bidder to furnish the required performance security within three days from the date of intimation.

c. Failure of Successful bidder to execute the agreement within 15 days.

Dated: 12-12-2024

**DIPK-9469/24**

**Sd/-  
Executive Engineer  
R&B Division Lolab**

Union Territory of Jammu & Kashmir

## ROYAL SPRINGS GOLF COURSE, SRINAGAR

NOTICE INVITING TENDER

**Fresh E-NIT No. 42 of 2024-25 dated 11-12-2024 (3rd call)**

For and on behalf of the Secretary Royal Springs Golf Course, e-tenders are invited on two cover system by Executive Engineer Royal Springs Golf Course Srinagar by e-tendering mode on Percentage basis from approved and eligible contractors registered with J&K State UT1, PWD, CPWD, Railways and other State/Central Govt. for the following works:-

S No	Name of work	Adv. Cost (Rs. In Lacs)	Earned Money (in Rs)	Cost of T/Doc	Time of Completion	Class of Contract	Major Head of Account
1	Construction of Washroom near old office Building and renovation of existing Bathrooms at RSGC Sgr	6.00	12,000/- in shape of CDR or FDR in favour of Executive Engineer RSGC	800/- Non Refundable in shape of DD in favour of Secretary RSGC or Bank Challan SB-0229040100012341 J&K Bank Brain Branch Nishat Srinagar	30 days	CEE, DEE Class	5452 Tourism

Position of AA: Accorded  
I. No exemption is allowed and so all bidders must Upload Proof of EMD and Tender Processing Fee.  
II. The bank challan or Bank Draft/CDR Or FRD upload by bidders vide this office e- nit no 34 dated 02-12-2024 shall remain valid for fresh e- Nit No 42 dated 11-12-2024  
III. The undersigned reserves the right to accept or reject any tender or all tenders without assigning any reason at any stage.  
IV. Intending bidders shall upload scanned copies of documents of valid registration card with renewal of 2024-25 /PAN/GST registration with latest renewal for the month of October 2024 OR 2nd Quarter (i.e July 2024 to September 2024). However successful bidders shall produce the original copies of same before issuance of contract.  
V. The typographical error in the BOQ like Unit of item Quantity of item etc, if any found during e- NIT or after end date of NIT shall be rectified in the allotment as per the estimate.

The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from [www.jktenders.gov.in](http://www.jktenders.gov.in) as per schedule of dates given below:-

1	Date of Issue of Tender Notice	11-12-2024
2	Period of downloading of bidding documents	From 11-12-2024 to 19.12.2024 ( 01:00 PM on wards )
3	Bid submission Start Date	11-12-2024 1:00 Pm on wards
4	Bid Submission End Date	19-12-2024 upto 03:00
5	Date & time of opening of Technical Bids(Online)	20.12.2024 at 10:00 AM in the office of the Executive Engineer RSGC Srinagar
5	Date & time of opening of Financial Bids(Online)	20.12.2024 at 11:00 AM in the office of the Executive Engineer RSGC Srinagar

**General Conditions:**  
1. The financial bid (BOQ) of only eligible, responsive bidders shall be opened on line on the date mentioned above in the office of Executive Engineer, Royal Springs Golf Course Srinagar. In case of any available circumstances the tenders shall be opened on the next working day or any subsequent date convenient to the Authority.  
No: RSGC/EE/2024-25/ 392-94  
Dated: 12-12-2024

**DIPK-NB-2759/24**

**Sd/-Executive Engineer  
Royal Springs Golf Course  
Srinagar.**



## Bandipora gears up for Smooth Services Amid Snowfall

**BANDIPORA:** In light of the recent snowfall, the District Administration Bandipora has finalized its preparedness measures



to ensure minimal disruption to essential services and public life. Deputy Commissioner (DC) Bandipora, Manzoor Ahmad Qadri directed all the essential departments including Revenue, Mechanical Engineering, Health, PDD, R&B, and FCS&CA, to take all necessary measures for the convenience of the public.

The DC also directed deployment of snow clearance machines at critical points across the district, with special focus on major roads,

stockpiling of essential commodities, including food, fuel, and medicine, especially in areas prone to road closures.

He further informed that the Health Department has been directed to keep health facilities operational with adequate staffing and resources besides 24\*7 Control room is already established at the district headquarter to address public grievances and emergencies.

Giving details regarding Gurez Sub Division, the DC said that Helicopter services are kept on standby to address medical emergencies and evacuation in snow-bound Gurez area.

Qadri emphasized the importance of inter-departmental coordination and public cooperation to tackle any challenges posed by snowfall. He also directed officers to remain available round-the-clock and ensure timely response to any emergencies. He said that the District Administration is committed to ensuring that all necessary measures are in place to mitigate the impact of snowfall and ensure the safety and well-being of the public.

and healthcare facilities.

He said dedicated teams have been stationed in remote areas like Gurez and Tulail to ensure swift action during heavy snowfall.

Qadri said robust measures are in place to tackle winter/snowfall challenges besides ensuring uninterrupted power supply,

## DLC reviews implementation of Bio-Medical Waste Rules in Bandipora

**BANDIPORA:** The District Level Committee (DLC) on Thursday met under the chairmanship of Deputy Commissioner (DC) Bandipora, Manzoor Ahmad



Qadri to discuss the implementation of the Bio-Medical Waste Management Rules 2016 and to update the District Environment Plan.

During the meeting, the committee held detailed discussions on strengthening mechanisms for the segregation, disposal, and treatment of bio-medical waste across healthcare facilities while ensuring strict compliance with environmental standards.

The Chief Medical Officer informed the committee that bio-medical and other waste generated by DH Bandipora and Community Health Centres (CHCs) are regularly transported to the Lassipora Plant un-

der a contract with Kashmir Healthcare Pvt. Ltd.

The DC emphasized the critical need for inter-departmental coordination to achieve significant progress in sustainable waste management and pollution control. He directed the concerned officers to adopt scientific mechanisms for the disposal of bio-medical and other waste materials to prevent any pilferage.

The DC further instructed the concerned departments to ensure that Sewage Treatment Plants (STPs) and Effluent Treatment Plants (ETPs) are fully functional. He assured that the district administration would prioritize the construction of Effluent Treatment Plants at healthcare facilities where such infrastructure is urgently required.

All departments were directed to submit their inputs for the updated District Environment Plan. This plan will serve as a comprehensive roadmap

to address environmental challenges and promote eco-friendly practices in municipal and industrial activities across the district.

The meeting was attended by Additional Deputy Commissioner (ADC) Bandipora, Zaffar Husson Shawl; General Manager, District Industries Centre, Assistant Commissioner Development, Assistant Commissioner Panchayats, Chief Medical Officer, District Medical Officer, Medical Superintendent of District Hospital (DH) Bandipora and representatives from the Municipal Council and the Pollution Control Board.

## KASW Conducts Training on Grievance Redressal for Schools in Hajin

**HAJIN:** The Jammu and Kashmir Association of Social Workers (JKASW), under its flagship project "Koor Cha Noor" sponsored by the Azim Premji Foundation, organized an extensive training programme for teachers and Heads of Institutions (HOIs) in Zone Hajin.



An official spokesperson said the initiative focused on strengthening grievance redressal mechanisms in schools to address students' concerns effectively.

The programme aimed at equipping educators with tools and strategies to manage students' issues while maintaining confidentiality and fostering sensitivity. Key topics included managing academic stress, understanding the

POCSO Act 2012, safeguarding child rights, and addressing mental health challenges faced by students.

Experts emphasized the importance of establishing formal grievance cells within schools, offering students a safe, judgment-free space to voice their concerns. JKASW Project Manager, Dr. Kulsum Bhat, underscored the critical need for inclusive systems. "A robust grievance redressal mechanism is not just a protocol; it is a pillar of student well-being," she remarked during the event.

The training also introduced practical strategies such as appointing trained counselors, implementing anonymous reporting systems, and organizing regular awareness sessions. Teachers were guided on best practices for fostering open communication and resolving grievances promptly and effectively.

The session was conducted by Dr Asima Hassan Chairperson child welfare committee.

The session was attended by Zonal Coordinator Muntazir Muneer, Dr. Kulsum Bhat, HOIs, and several teachers from Zone Hajin.

## Chairperson DDC B'la reviews dev projects & Saturation of Schemes in Pattan

**BARAMULLA:** The Chairperson, District Development Council (DDC) Baramulla, Safina Beigh chaired a comprehensive review meeting of developmental projects, ongoing works, and various schemes in the Subdivision, Pattan.

The meeting was attended by the Sub-Divisional Magistrate (SDM), Gulzar Ahmad, Block Development Officers (BDOs), Tehsildar, Assistant Executive Engineers (AEEs), and representatives from the Public Works Department (PDD), Public Health Engineering (PHE), and Roads and Buildings (R&B), among others.

The meeting aimed to assess the progress of ongoing projects and discuss the timely completion of essential works across various departments.

During the meeting, the chair was provided detailed updates on the current status of the ongoing works and the achievements made in the project deliveries across the sub-division Pattan.

The Chairperson directed the concerned departments to expedite the delivery of services, particularly in view of the upcoming winter season.

Special instructions were issued to PDD, PHE, and R&B departments to ensure efficient service delivery and preparedness for potential challenges posed by the winter months.

## Prasar Bharti Recruitment Process Under Scanner, Activist Files RTI

**JAMMU:** The Prasar Bharti recruitment process of some posts has come under scanner for alleged lack of transparency and procedural fairness.

Social activist Mohd. Yaseen has raised concerns over the recruitment process for the position of Editorial Executive/Newsreader cum Translator (Dogri) conducted by Prasar Bharati.

According to the Associated News Bureau, the selection process, which included a written examination, voice test, and interview held at AIR Jammu, has drawn criticism for alleged lack of transparency and procedural fairness.

During a recent meeting with Gulshan Raina, Assistant Director of the Regional News Unit (RNU) Jammu, Yaseen discussed these concerns in detail.

Raina, while addressing the matter, advised Yaseen to escalate the issue by writing to the Director General and other senior officials of Prasar Bharati. Additionally, Raina suggested filing a Right to Information (RTI) application to formally seek answers.

Acting on this advice, Yaseen filed an RTI application under the number PRBHA/R/E/24/01019, raising several pointed questions about the recruitment process.

In the RTI, Yaseen has sought clarity on the identity of the individuals responsible for setting the question paper, the measures adopted to prevent leaks, and the overall transparency of the examination process.

He has also questioned the qualifications of the panel members who evaluated the candidates' Dogri language skills and voice quality during the audition and interview stages.

Furthermore, he raised concerns over the informal use of WhatsApp to communicate results, with selected candidates being notified two or three days earlier than others, which he believes undermines the professionalism of the recruitment process.

To avoid any perception of bias or conflict of interest while raising these concerns, Yaseen has voluntarily requested the withdrawal of his candidature from the recruitment process.

He emphasized that his intention is not to challenge the outcome of the recruitment but to ensure transparency and fairness in the process, which is crucial for the credibility of Prasar Bharati as a public broadcaster. (ANB)

## Protest Against Reservation Policy: J&K Students Association Delegation Meets Senior Parliamentarians

**New Delhi:** A delegation from the Jammu and Kashmir Students Association, led by its National Convenor Nasir Khuehami, met senior parliamentarians Sharad Pawar, Mahua Moitra, and Sanjay Raut on Thursday and discussed flaws in the existing reservation policy and its implications for the youth of Jammu and Kashmir. The delegation urged them to raise the issue in Parliament.



An official spokesperson said the delegation submitted a memorandum seeking rationalization of the reservation policy, proportional representation, and the implementation of a caste census to ensure justice, equality, and fairness.

The delegation argued that continuing recruitment under the current policy could result in injustice for open-merit students. "When a community is granted reservations beyond its socio-economic disadvantages, the very principle of reservation is compromised," the delegation said.

During their meeting with veteran leader and Rajya Sabha MP Sharad Pawar, who has served as Maharashtra's Chief Minister four times, the delegation highlighted the adverse effects of the current reservation framework on merit and equality.

Pawar assured the delegation of his support, promising to raise the issue in Parliament, take it up with the central government, and press the Jammu and Kashmir administration to adopt a merit-based approach.

The delegation also met Rajya Sabha MP and Shiv Sena (UBT) leader Sanjay Raut at his residence. They presented the challenges posed by the existing reservation system, emphasizing the need for reform to ensure fairness and equal opportunities for the youth.

Khuehami further stressed the need for merit-based opportunities, highlighting the importance of recognizing individual achievements and ensuring candidates are assessed fairly based on their abilities and dedication. He stated that the current disproportionate policy undermines the merit-based approach essential for fostering equal opportunities and excellence.

In a separate meeting, Khuehami met Trinamool Congress MP Mahua Moitra and sought her support in raising the issue in Parliament. He discussed the necessity of a caste census and proportional representation to uphold the principles of justice and equity.

## JKEDI organizes Entrepreneurship Orientation Program for students of IUST

**SEMPORA:** Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) Thursday organized a one-day Entrepreneurship Awareness Program cum interaction for the students of Department of Economics, Islamic University of Science and Technology (IUST).

The interaction program focused on providing the exposure related to J&K Startup Policy 2024-27 and the development of the startup ecosystem in the U.T of Jammu and Kashmir.

During their visit, the students interacted with the faculty members and experts at JKEDI who briefed the students about the evolving startup scenario, business plan modeling, DPR formulation, capacity building and providing financial and market linkage including handholding and mentorship support to the aspiring entrepreneurs.

The students were briefed about various verticals of JKEDI and their functions. The role of entrepreneurship as a career choice was also discussed during the visit. The students interacted with two star entrepreneurs of Jammu and Kashmir, Ishfaq Ahmad Wani

and Mir Faizan who shared their entrepreneurial journey and the challenges faced by them before achieving success. Later, the students



participated in the question answer session and put forth their understanding of various topics related to startups and entrepreneurship.

The students were accompanied by Prof. S.M Shafi (Head, Department of Economics), Dr. Shumila Cheshi (Assistant Professor, Economics and Departmental Industry Connect Coordinator), Dr. Javid Ahmad Khan (Assistant Professor, Economics), Dr. Irfan Ahmad Sofi (Assistant Professor, Economics) and Dr. Abdul Hamid Mir (Assistant Professor, Economics). The program was organized by the Centre for New Enterprise Creation (CNEC) and Centre for Business Development (CBD), a program vertical of JKEDI.

On behalf of IUST Awantipora the visit was conducted under the aegis of Industrial Connect Vertical of Dean Outreach, IUST. The EOP cum interaction programme was a part of JKEDI's continued approach towards familiarizing the school

students with entrepreneurship as a career choice and enhancing their overall knowledge about the role of startups in shaping the future.

## Incarcerated MP's Office, MLA Nizamuddin Bhat Responds Swiftly to Damaged Culvert in Bandipora Market

Er Rasheed's Office Promises Permanent Repair; MLA B'pora Assures Long-Term Solution

SUHAIL RATHER

**SRINAGAR:** Hours after Kashmir Convener highlighted the issue of a damaged iron culvert in Bandipora Market, office of incarcerated Parliamentarian Er Rasheed promised to permanently repaired the culvert while the office of MLA Bandipora too took up the matter with concerned and got it repaired at earliest.

On Thursday morning, Kashmir Convener posted a short video clip of the culvert, which has broken at multiple spots, causing traffic disruptions in Bandipora, drawing attention to the problem.

In response, the office of incarcerated parliament member Er Rasheed took swift action, directing the repair of the culvert under the MPLAD (Members of Parliament Local Area Development) scheme.

"The matter has been taken up with the Roads and Buildings (R&B) department and Municipal Corporation (MC), and the repair work will be carried out under MPLADS funds," the Chief Spokesperson for MP Er Rasheed confirmed to Kashmir Convener.

Meanwhile the office of MLA Bandipora also confirmed to Kashmir Convener that they immediately took up the matter with



concerned authorities for an immediate solution and also discussed the permanent solution at the spot.

It was a minor issue but we handled it with careful consideration. "The Kashmir Convener brought the problem to our attention and without delay, we spoke with the concerned official to address the issue," Spokesperson of MLA Bandipora told Kashmir Convener. "However, we will look into finding a permanent solution. The initial report revealed that the MC Bandipora and nearby shopkeepers are not allowing permanent slabs to be installed. We will engage with them to quickly resolve this matter," he added.

Earlier netizens protested against callous attitude of Municipal Council Bandipora over the people's issues saying that despite round the clock surveillance of Bandipora market, MCB hasn't flagged this issue to the concerned, forcing journalists to intervene. "Why we always need the media to highlight the issues? Its basic job of concerned departments to report any such damage," they said.



## India’s Plastic Waste Crisis

The growing plastic waste crisis in India is a stark reminder of the environmental challenges confronting the nation. Recent data from the Central Pollution Control Board (CPCB) reveals that plastic waste generation has steadily increased, with over 4.13 million tonnes generated in 2022-23. Despite the existence of a comprehensive legislative framework under the Plastic Waste Management Rules, 2016, and a series of policy measures, the problem remains far from resolved. India’s efforts to address this issue through measures like banning single-use plastics, introducing Extended Producer Responsibility (EPR) regulations, and allocating resources under the Swachh Bharat Mission (Urban and Rural) demonstrate an intent to tackle the problem. One of the key challenges is the inefficiency of waste collection and segregation mechanisms at the grassroots level. Urban local bodies and gram panchayats, which are mandated to manage plastic waste under the rules, often lack the resources and infrastructure necessary to carry out their responsibilities effectively. This has led to widespread practices like open dumping and burning of plastic waste, which pose significant environmental and health risks. A nationwide awareness campaign is crucial to changing public behavior. Such a campaign should emphasize the importance of waste segregation at the source, the environmental hazards of plastic pollution, and the collective responsibility of citizens to mitigate this crisis. Without public participation, even the best policies will fail to yield the desired outcomes. India is at a critical juncture in its battle against plastic waste. The steps taken so far are commendable but clearly insufficient to address the scale and urgency of the problem. Bridging the gap between policy and practice is imperative. By focusing on effective implementation, public engagement, and innovative solutions, the nation can turn the tide on plastic pollution and secure a sustainable future. The time to act is now, before this crisis grows beyond our capacity to manage it.

# From Manuscripts to Monuments: How Technology Can Protect Kashmir’s Heritage



Shabeer Ahmad Lone

"Heritage is a living bridge between past and future, sustained us, safeguarded by our collective wisdom, innovation, and commitment to inspire generations to come" Anonymous

Kashmir, often celebrated as a cradle of cultural confluence, harbors a heritage that reflects centuries of artistic brilliance, architectural marvels, and spiritual depth. This legacy, however, faces unprecedented challenges due to socio-political instability, environmental degradation, the forces of time, climate change, natural and unnatural disasters, encroachment, globalization and neglect, which pose significant threats to this heritage. As the pressures of modernity erode the tangible and intangible aspects of this heritage, the question arises: how can we safeguard this cultural wealth for future generations? Technology offers a transformative solution, providing tools to document, restore, and share Kashmir's heritage on a local and global scale. From digitizing manuscripts to creating immersive virtual experiences of historical sites, technology bridges the gap between tradition and modernity, ensuring that Kashmir's identity is not only preserved but celebrated in ways that resonate with the contemporary world.

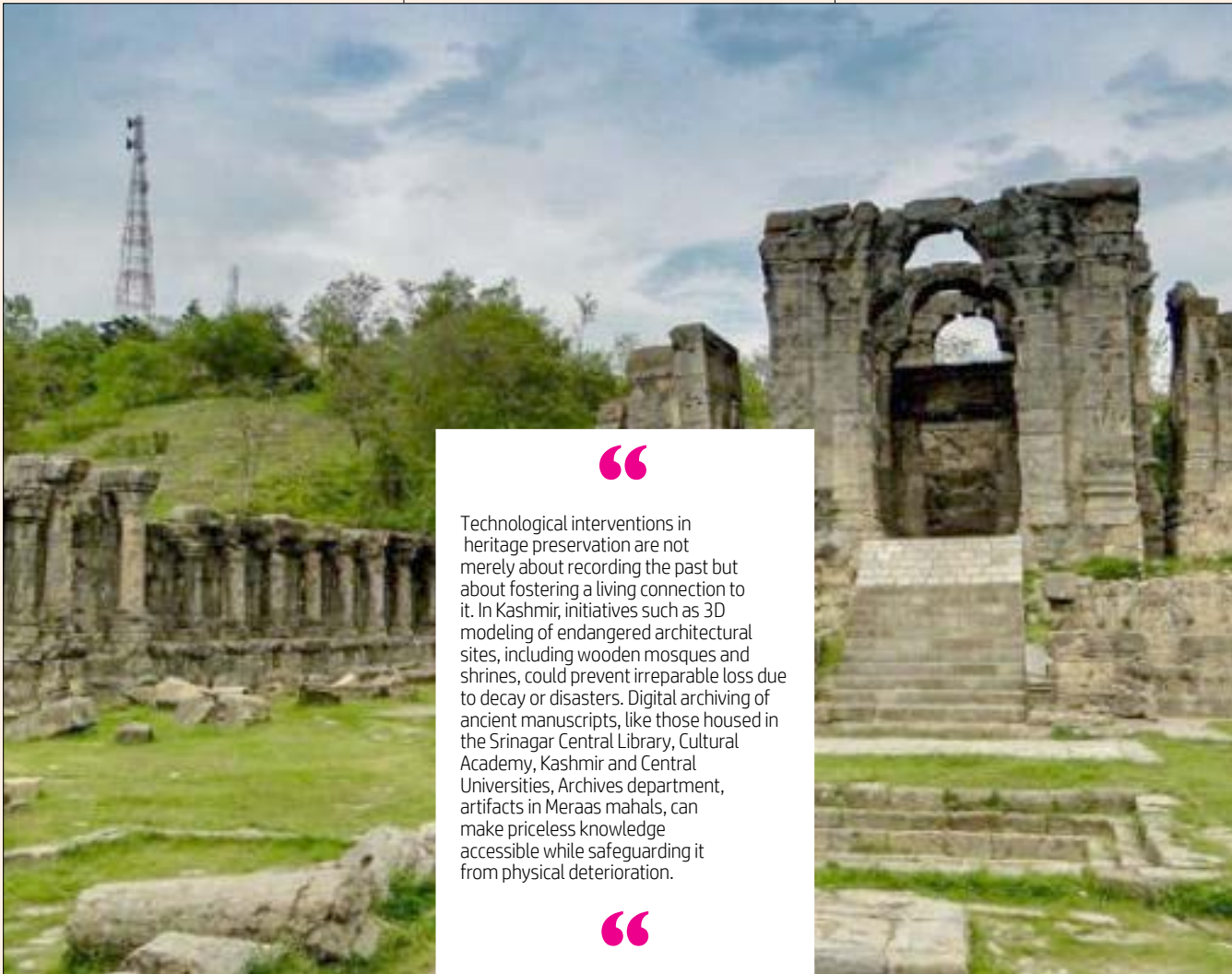
The architectural marvels of Kashmir, such as the wooden Khanqahs (Sufi shrines), sacred shrines, Mughal gardens, monuments, mosques, temples, and heritage homes, face severe risks from environmental decay and urbanization. Technologies such as 3D laser scanning and drone-based imaging can provide precise documentation of these sites, enabling accurate restoration even in the event of damage or destruction. The recent adoption of such technologies in UNESCO heritage sites worldwide demonstrates their efficacy. For instance, the post-earthquake reconstruction of Nepal's temples utilized 3D scans to restore the structures to their original form. In Kashmir, initiatives could similarly focus on creating digital blueprints of endangered sites, preserving their intricate designs for future generations. Data from the Jammu and Kashmir Tourism Department reveals that nearly 40% of historical sites in the region are in dire need of restoration, underscoring the urgency of leveraging technology for conservation.

Technological interventions in heritage preservation are not merely about recording the past but about fostering a living connection to it. In Kashmir, initiatives such as 3D modeling of endangered architectural sites, including wooden mosques and shrines, could prevent irreparable loss due to decay or disasters. Digital archiving of ancient manuscripts, like those housed in the Srinagar Central Library, Cultural Academy, Kashmir and Central Universities, Archives department, artifacts in Meraas mahals, can make priceless knowledge accessible while safeguarding it from physical deterioration. Drawing inspiration from global models, such as India's digitization of Ajanta Caves or Italy's preservation of Pompeii through virtual reality, Kashmir can adopt similar strategies tailored to its unique challenges. Artificial intelligence could play a pivotal role in restoring fragmented artifacts or translating rare texts in Persian, Arabic, Shina, Kashmiri, and Sanskrit. These technologies, when combined with local knowledge and community engagement, create a resilient framework for heritage preservation. However, this requires critical foresight, ethical stewardship, and the prioritization of Kashmir's cultural ethos over commercial exploitation.

GIP safeguards heritage by protecting the authenticity of cultural products like Kashmiri Pashmina and saffron, ensuring economic sustainability for artisans. GPS complements this by mapping, monitoring, and

and borders. For Kashmir, this highlights the importance of prioritizing tangible elements such as manuscripts and architecture alongside intangible heritage like Sufi poetry and crafts.

community involvement must be addressed to fully realize this potential in Kashmir. However, while technology promises immense benefits, it is not without challenges. Ethical questions about the commercialization of sacred



Technological interventions in heritage preservation are not merely about recording the past but about fostering a living connection to it. In Kashmir, initiatives such as 3D modeling of endangered architectural sites, including wooden mosques and shrines, could prevent irreparable loss due to decay or disasters. Digital archiving of ancient manuscripts, like those housed in the Srinagar Central Library, Cultural Academy, Kashmir and Central Universities, Archives department, artifacts in Meraas mahals, can make priceless knowledge accessible while safeguarding it from physical deterioration.

conserving heritage sites, enabling precise documentation, threat detection, and accessible tourism. Together, they preserve Kashmir's cultural legacy, both tangible and intangible.

Beyond tangible heritage, Kashmir's intangible assets, such as oral traditions, folk music, and craftsmanship, are equally at risk. Advanced audio and video recording technologies can help archive oral histories and traditional music, ensuring their transmission to future generations. Handicrafts like Pashmina weaving and papier-mâché, facing competition from mass production, can benefit from digital platforms that connect artisans directly with global markets. By cutting out intermediaries, these platforms not only boost the economic viability of traditional crafts but also preserve their authenticity. Studies have shown that regions adopting such measures, like India's digital craft marketplace initiatives, have experienced a 25% increase in artisan revenue while reducing exploitation. Similarly, virtual reality (VR) experiences showcasing the making of Kashmiri crafts or tours of floating markets on Dal Lake could enhance global appreciation, merging heritage with economic sustainability.

Across cultures, safeguarding heritage through technology offers profound lessons for preserving Kashmir's cultural legacy. Digitization emerges as a universal tool, exemplified by Italy's use of 3D scanning to restore monuments and Japan's documentation of intangible traditions like tea ceremonies. These efforts demonstrate how technology can preserve both physical artifacts and cultural practices, ensuring they endure across generations

Community-driven technological initiatives provide another vital insight. In Latin America, artisans leveraging digital platforms to sell crafts globally show how technology not only preserves traditions but also empowers local communities economically. For Kashmir, similar tools can support artisans, musicians, and storytellers, ensuring their livelihoods while fostering pride in their cultural identity.

The use of immersive technologies, such as Egypt's virtual reality recreations of ancient tombs, underscores how technology can make heritage accessible without risking physical sites. Kashmir could adopt similar strategies to digitally recreate landmarks like Shankaracharya Temple and Mughal Gardens, enriching local engagement and attracting global audiences.

South Korea's use of blockchain to authenticate cultural artifacts highlights the importance of transparency and provenance. Blockchain could safeguard Kashmir's manuscripts, antique shawls, and other treasures, deterring illegal trade and ensuring their credibility. Similarly, Scandinavia's educational models demonstrate how interactive apps can instill cultural awareness in youth, fostering a new generation of custodians.

Cross-cultural collaborations, like UNESCO's heritage projects, stress the value of global partnerships. By adopting international best practices while showcasing its unique identity, Kashmir can bridge past, present, and future, ensuring its heritage thrives on a global stage.

Technological tools can safeguard up to 90% of tangible and intangible heritage when applied strategically. However, challenges like funding, political will, and com-

traditions, the potential loss of cultural context, and the digital divide must be addressed. For example, while digitization increases accessibility, it could inadvertently commodify deeply spiritual or cultural artifacts. A participatory approach, involving local communities and stakeholders, is essential to ensure authenticity and inclusivity. Furthermore, government policies must prioritize heritage preservation through technology by allocating funds, fostering collaborations, and providing training to local custodians of culture.

Safeguarding Kashmir's heritage through technology is more than an act of conservation; it is an assertion of identity, continuity, and resilience in the face of adversity. Technology offers a pathway to protect and rejuvenate this legacy, but it must be wielded with care, foresight, and respect for the essence of what it seeks to preserve. It calls for an inclusive approach where local artisans, scholars, historians, communities actively contribute to the preservation process, ensuring that the soul of Kashmir's traditions is not lost amidst technological advancements. By marrying the timeless beauty of its heritage with cutting-edge innovation, Kashmir has the opportunity to inspire global audiences and reaffirm the value of cultural diversity in an interconnected world. Safeguarding this legacy is not just about honoring the past but about lighting a path toward a future where heritage thrives as a living, breathing testament to the spirit of a people.

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## Standing Strong: A Journey of Resilience, Unity and Triumph in Bandipora



Towheed Sheikh

been a guiding force in my life. Our meeting was brief—we exchanged greetings and had a quick chat before I left.

Three days later, on August 23, I met him again to discuss the upcoming elections, as the dates had been announced. During our conversation, I noticed that he seemed worried, and there was an uneasy calm in the office. I suggested

engagement.

However, I soon discovered that an opponent's spy had infiltrated the meeting, exposing our strategies. The very next day, representatives from various political parties began visiting my home—some making offers, others trying to influence me. Despite this, I stood firm on the commit-

and heavily influenced by multiple agencies and institutions.

As we moved on, it became clear that we weren't

undue advantages.

Despite these challenges, we pressed on strategically. One of Bhat Sahib's staunchest supporters, Gh. Nabi Tantary Sahib, stood by him like a pillar of strength. His loyalty and dedication played a crucial role in our efforts. Initially, our social media presence was weak, but with the help of Bhat Sahib's young workers, we strengthened our online campaign.

On September 11, Bhat Sahib made a game-changing move by joining the Indian National Congress Party. He was declared the alliance candidate for both Congress and the National Conference. National Conference had left the Bandipora seat for the alliance partner congress.

Unfortunately, the potential candidate of alliance partner failed to support us, and some Congress workers actively opposed us in Bandipora's four blocks. National Conference candidate Ghulam Rasool Naz even fielded his daughter-in-law against us, while other leaders indirectly encouraged their workers to vote against Bhat Sahib.

Despite these betrayals, we stood united. In the final days of the campaign, Bhat Sahib fell seriously ill, battling a high fever for ten days. Yet, he continued to inspire us with his determination. Being close to him, I too became unwell but drew strength from his resilience.

On voting day, the elections were largely peaceful, barring a few minor incidents. Counting day was tense—early rounds were unexpected and disheartening. However, Bhat Sahib's calm and reassuring presence kept us motivated. As the rounds progressed, we made significant gains, and in the final stages, we emerged victorious.

Through every hardship, obstacles and overwhelming pressure, our dedicated workers stood by us and for that we owe them our deepest gratitude. The people of Bandipora have displayed remarkable intelligence and resilience. This victory was not just about winning an election; it was a powerful political statement and affirmation of our identity of being from the land of Alim, Adab and Aab.

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On August 20, 2024, I met Nizamuddin Bhat Sahib after four years. Having stepped away from politics for personal reasons, this was my first visit to his office since then. Bhat Sahib, my mentor since 2009, has always

organizing a meeting like the ones we used to hold earlier. He agreed, and with his permission, we called a gathering of about 25 supporters. In the meeting, Bhat Sahib infused fresh energy into the Cadre, introducing innovative ideas and strategies to revitalize its organizational structure and

ment I made to Bhat Sahib in 2009, a promise that remains unshaken to this day.

We started holding small public meetings, though Bhat Sahib had previously kept such activities discreet due to the sensitive political environment in Bandipora constituency

being given a fair playing field. While we faced harassment over minor issues, our main rival, Usman Majid Sahib, enjoyed



# DC Srinagar conducts extensive tour of Khonmoh; holds Public Darbar to listen to local issues

Inspects progress on Medicity Sempora, visits Industrial Estate Khonmoh & Mineral Mining Site Khonmoh

**SRINAGAR:** The Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat Thursday conducted an extensive tour of Khonmoh area of the District and took spot visits to various developmental sites including Medi-City at Sempora.

He also inspected the Industrial Estate Khonmoh and major Mineral Mining Site at Khyber Khonmoh.

During the visit, the DC also held a Public Darbar at Khonmoh to listen to the issues of the local habitants.

The Public Darbar was attended by a large gathering of locals, who projected their grievances and issues before the DC.

After giving patient hearing to the grievances and demands of the people, the DC sought on the spot response from the concerned District Officers present during the Grievance Redressal Camp. He assured the people of Khonmoh Block that all genuine demands and issues projected by them will be looked into on priority.



The DC also gave on the spot directions to the concerned Officers for time bound redressal of the public issues.

Earlier, the DC visited Medi-City at Sempora and took stock of progress of the works on the construction of Kashmir Medical College and

Super-Speciality Hospital being developed by Milli Trust, Delhi.

On the occasion, the DC stressed the concerned executing agency to pace up the progress of works and ensure utmost coordination to expedite time bound completion of the projects.

The DC also visited Khonmoh Industrial Estate and inspected several manufacturing units. He also interacted with the Unit holders and the concerned Officers and assured full support from the District Administration.

Later, the DC visited a major Mineral Mining site at Khyber Khonmoh. On the occasion, the DC was apprised about the operationalization of the mining site through a PowerPoint presentation.

The DC was accompanied by General Manager DIC, Chief Planning Officer, GM SIDCO, Deputy Director Health Services, CMO, District Mineral Officer, Manager Estates Khonmoh, Tehsildar Pantha Chowk and others during the tour.

## 100 Days TB MukT Bharat Abhiyan launched in Baramulla

Public Representatives, District Admin and Healthcare Experts unite in commitment to a TB-Free B’la

**BARAMULLA:** In a major stride towards the elimination of tuberculosis (TB), the ‘100 Days TB MukT Bharat Abhiyan’ was launched today in Baramulla district in alignment with India’s commitment to achieving a TB-free status by 2025.



Member Legislative Assembly (MLA), Baramulla, Javed Ahmad Beigh, was the chief guest at the launch event, which was attended by the MLA Gulmarg, Farooq Ahmad Shah; MLA Uri, Sajad Shafi; Deputy Commissioner Baramulla, Minga Sherpa; ADC Baramulla, Zahoor Ahmad Raina; Principal GMC, representatives from State and District Tuberculosis Control Society; other officers; healthcare professionals; ASHA workers; and community representatives.

Speaking during the event, Javed Ahmad Beigh underscored that the ‘100 Days TB MukT Bharat’ Abhiyan in Baramulla serves as a call for collective action and stressed the need for the involvement of healthcare professionals, community leaders, and the public to make Baramulla a frontrunner in the fight against TB.

MLA Uri, in his address, emphasised the urgency of united efforts in combating TB and facilitating a proper education to eradicate TB, which still remains a significant healthcare challenge.

Speaking at the event, MLA Gulmarg, lauded the relentless efforts of healthcare workers in combating tuberculosis, and highlighted the pivotal role played by the Government Medical College (GMC) in diagnosing, treating and managing TB cases in the region.

In his address, DC Baramulla highlighted the critical role of initiatives like the ‘100 Days TB MukT Bharat Abhiyan’ in helping to significantly reduce TB cases and said that early screening, timely diagnosis, and effective treatment are key to overcoming the disease.

During the event, all representatives, officers, and officials took a solemn pledge to collaborate with elected leaders, government agencies, and all stakeholders in their shared commitment to eliminating tuberculosis.

Meanwhile, TB survivors and healthcare professionals were honoured for their remarkable contributions towards the fight against tuberculosis in the district.

As part of the event, a book was launched emphasizing the significance of early detection in combating TB, role of a healthy and nutritious diet in both prevention and recovery, the need for special care for high-risk groups, and the importance of ensuring the completion of treatment for effective disease management.

During the launch event, a utility vehicle was flagged off, with mobile diagnostic units on board equipped with advanced tools that will reach remote villages to ensure that every individual has access to free and accurate TB testing.

## DC Kulgam visits Paniwah, provides immediate relief to fire-affected families

**KULGAM:** The Deputy Commissioner (DC) Kulgam, Athar Aamir Khan, today visited Paniwah village to express solidarity with families affected by a devastating fire incident, and to oversee the distribution of emergency relief.



During the visit, the DC conveyed his heartfelt sympathies to the affected families and assured them of comprehensive support from the District Administration.

It was also informed that Rs. 246500 has been sanctioned under the State Disaster Response Fund (SDRF) on a war footing to ensure further assistance to each affected family.

In addition, essential supplies including blankets, food kits and utensils from the Red Cross, were provided to aid the victims in this challenging time.

The DC urged the public to take extra precautions to prevent such incidents.

Accompanying the DC were ADC, ACR, Tehsildar Kulgam and other officials.

## J&K BOPEE organises awareness camp at Yaripora Kulgam

Camp aimed to inform students about schedule of issuance of Notifications for inviting applications, tentative schedule of examinations & counselling

**KULGAM:** The Jammu and Kashmir Board of Professional Entrance Examinations (BOPEE) in collaboration with District Administration Kulgam Thursday organised an awareness camp in Boys Higher Secondary School Yaripora.

The students from Boys HSS Yaripora, Girls HSS Yaripora, HSS Hangair attended the programme.

Dr Bashir Ahmad Lone, Member J&K BOPEE appraised the students about the examination cum counselling schedule for admission to various professional courses in UT of J&K for the session 2025-26.

He impressed upon them to choose career options early and wisely from amongst the courses which are available in UT of J&K for which examination are conducted by JK BOPEE and Selection lists issued.

The details of number of courses and number of seats available in Govt. and Private institutions was given to the participating students.

The objective of this awareness camp was also to address the issue of low admissions in some professional courses during the year 2024- 25 and to inform the students in advance about the schedule of issuance of Notifications for inviting applications, tentative schedule of examinations and counselling schedules. Pamphlets indicating the details of professional courses eligibility criteria, admission processes and tentative schedule of examinations and counselling were distributed among the students, which was followed by an interactive and question answer

The camp highlighted the advantages of studying in local colleges, including lower fees, familiar environment, and better job opportunities. It also emphasized the importance of filling up vacant seats to avoid wastage of resources.

Similar camp will be organised in the district in the coming days, to amplify the awareness among aspiring students in order to ensure that that maximum number of students benefit from these initiatives.

## Srinagar Admin launches 100 Days intensified campaign on TB elimination at DC Office Complex

DC Srinagar flags-off Nikshay Van to create public awareness regarding the campaign

**SRINAGAR, DECEMBER 12:** As part of nationwide District-Level 100 Days campaign against TB under the National TB Elimination Programme, the Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat today launched the programme organized by the District Tuberculosis Centre here at DC Office Complex.

The DC also flagged off a ‘Nikshay Van’ which would traverse different parts of the District during the next 100 days to create public awareness regarding the campaign. This ‘Nikshay Van’, equipped with a pre-installed CBNAAT facility, is capable of providing results within two hours. The van proceeded directly to AAM Lachmanpora Batamalo area of the District for conducting screening, diagnosis and awareness generation.

On the occasion, the DC interacted with the senior Health functionaries and was appraised by District Tuberculosis Officer Srinagar, Dr Abdul Rouf regarding the ongoing campaign preparations and micro-plan.

While lauding the dedicated efforts and achievements of the health staff, the DC praised their invaluable contributions and reiterated his unwavering support for the success of the campaign to make Srinagar District TB Free.

He emphasized that the primary objective of the 100-day initiative is to expedite efforts towards the elimination

of tuberculosis, ensuring its reach to every corner of the community, raising awareness about the disease, and guaranteeing access to free and high-quality TB care.

The DC urged all the stakeholders to collaborate in this effort and emphasized



the importance of ensuring that no one is left behind in the fight against TB, striving for TB-free communities.

The initiative holds significant importance, as Tuberculosis (TB) is not only a critical health issue but also a substantial social and economic problem, particularly impacting the most vulnerable segments of society. TB continues to claim lives, disrupt families, and diminish the productivity of communities.

During the 100-day intensified campaign, Health teams will focus on conducting Active Case Findings by visiting high-risk and vulnerable populations, including, elderly population, malnour-

ished individuals, diabetics, smokers, cancer patients, tribal communities, and other at-risk groups. The goal is to detect TB cases early, raise awareness about TB symptoms, prevention, and treatment, and provide continuous biomedical and psychological support to ensure successful recovery.

The campaign will continue until March 24, 2025.

Additionally, community leaders, NGO’s, corporate organizations, counsellors and health workers will be engaged to serve as ambassadors for change.

It is important to note that under National Tuberculosis Elimination Programme (NTEP) District Srinagar is one of the three Capital Cities in India that has shown a 60% (TB Gold) decrease in TB incidence rate (Dehradun, Ranchi and Srinagar) SNC 2022 and has received TB Gold Certification, also significant improvements in detection and recovery rates have been achieved due to better diagnostic and treatment tools.

Despite these advancements, challenges such as TB awareness, asymptomatic persons harboring TB bacilli, stigma and late diagnosis remains. This 100-day campaign is aimed to directly address these issues through the involvement of all stakeholders.

## Dr. GN Itoo takes charge as Director School Education Kashmir

Directs all Officers/ officials to work in coordination, strengthen public delivery system

**SRINAGAR:** Dr. GN Itoo Thursday assumed the charge as Director School Education Kashmir in the presence of outgoing Director, Tasaduq Hussain Mir.

In a formal handover ceremony, Dr. Itoo was accorded a warm welcome by the officers and officials present. He expressed his gratitude to the gathering of officers and officials on the occasion.

Following the take over of charge, Dr Itoo chaired an introductory meeting, and stated that vacant positions of principals, ZEOs, and headmasters in various schools will be filled on a priority basis.

He directed all CEOs, principals, cluster heads, and ZEOs to work in coordination with each other. He emphasized the need to strengthen the public delivery system and ensure that all matters related to teaching and non-teaching staff, as well as the general public, are addressed within a stipulated timeframe.



Dr. Itoo also stated that resolving parents’ issues and addressing their concerns in a timely manner will be a top priority for the department.

He urged all government and private school administrators to work diligently and follow rules and regulations to meet parents’ expectations.

It may be recalled here that before joining as Director, School Education Kashmir, Dr Itoo served as Mission Director, Jal Shakti during which supply and distribution of potable drinking water was taken to remote uncovered areas of J&K. He has already served as Director School Education Kashmir in his first stint besides serving as Director Tourism, Kashmir, Deputy Commissioner, Baramulla and Director Estates.

## DC Shopian inaugurates Computer Lab for SHGs/ Girl Students at NRLM Office Shopian

Provision of Soft skills for enhancing employability in the demand driven arenas, need of the hour: Shahid

**SHOPIAN:** The Department of Social Welfare, Shopian and NRLM Shopian today dedicated the Computer Lab at NRLM Office Batapora Shopian to the Self Help Groups (SHGs) and other girl students of the district under Beti Bachao Beti Padhao (BBBBP) scheme.



Deputy Commissioner (DC) Shopian, Mohammad Shahid Saleem Dar inaugurated the Lab, and also graced the occasion as the chief guest.

The Lab has been set up at the NRLM office for the local entrepreneurs of the district who are associated with Self Help Groups of Rural Livelihood Mission, and is a significant milestone for upskilling and equipping them for better outputs in their enterprises and businesses.

On the occasion, DC appreciated the efforts by coordinating departments to empower the womenfolk and expressed hope that the usage of the now dedicated Computer Lab shall accelerate the economic vibrancy of the businesses. This initiative, DC said, is in line with the goal of the administration to promote economic upliftment through the empowerment of women self-help groups. The lab will provide training in computer skills, enabling SHG members and students to improve their livelihoods and entrepreneurial ventures. By acquiring these skills, they can better manage their businesses, access online markets, and explore new opportunities.

DSWO Shopian, DPM RLM and other concerned officials were present at the ceremony along with scores of SHGs.

## Seminar on Higher Education under NEP 2020 organized at GDC Women Anantnag

**ANANTNAG:** A one-day seminar on ‘Higher Education under NEP: Methodological Issues and Challenges’ was today organized by the Debate & Seminar Committee in collaboration with the Department of Political Science and the Literary Club of Government Degree College (GDC) for Women, Anantnag.

The seminar aimed to explore the transformative changes proposed by the National Education Policy (NEP) 2020 and the challenges higher education institutions face in its implementation.

Prof. (Dr.) Himanshu Prasad Roy from the Centre for Political Science, JNU, delivered the keynote address, providing valuable insights into NEP’s key proposals, including interdisciplinary education, outcome-based learning, and curriculum redesign. He emphasized the need for capacity-building, technology integration, and addressing equity in education. The seminar concluded with an interactive Q&A session.

The event provided a platform for meaningful discussions, offering students and faculty an opportunity to deepen their understanding of NEP’s impact on higher education.



# Here’s why you shouldn’t sleep next to your baby

You obviously wouldn’t feel like leaving your baby all alone to sleep in a different room during the first few months of her life right! But, looks like it would be a wiser idea to do so, particularly, on completion of four months since the birth of the child.

Researchers in the US found that room-sharing between mother and the baby beyond the first four months is associated with less sleep and unsafe sleeping practices. They found that babies who shared a room at four months were more likely to have a blanket, pillow or other unapproved object that could increase chances of sudden infant death syndrome (SIDS), the sudden unexplained death of a child less than one year of age.

“Waiting too long (for room separation) can have negative effects on sleep quality for both parents and infants in both the short and long term,” said Ian Paul, Professor of Pediatrics at Penn State College of Medicine, Pennsylvania, US.

“Inadequate infant sleep can lead to obesity, poor sleep later in life and can negatively affect parents,” Paul added. In the study, researchers used data they had collected from the INSIGHT study which included 279 mothers, who gave birth at



Penn State Health Milton S. Hershey Medical Center, and their babies. According to the researchers, at four months, children who slept independently in their own room averaged 45 minutes longer stretches of continuous sleep than those who shared a room with a parent, and the gap widened to one hour and 40 minutes at nine months.

# BEDTIME HABITS FOR GOOD SLEEP



A comforting bath, softly-lit ambience, relaxing conversation and no stimulants... are some factors that decide whether you’ll sleep well. Studies prove a good sleep hygiene solves long-term sleep issues.

Lay out your clothes

You can help your body recognise that bedtime is looming by setting routines and repeating them every night, like laying out your nightwear. If people establish nightly routines, they can help their brain shift into sleep mode faster.

Fix the lights

As it starts getting dark outside, your body releases the chemical melatonin, which peaks at 2-3 am. It automatically makes you sleepy. Any kind of light (gadgets, phones, iPads) that interferes with the secretion of melatonin, causes a delay in sleep and poor quality slumber. Lights in the bedroom should be dimmed and gadget use avoided for at least one hour prior to bedtime.

No stimulants

A heavy meal or spicy snack too close to bedtime can leave your digestive system working overtime. Also, any substance high in caffeine or nicotine acts as a stimulant and interferes with the ability to fall asleep. It actually keeps you from getting the deep, restorative REM sleep you need to feel refreshed.

Cut the noise

High intensity sounds can cause arousals (periods of wakefulness in sleep) resulting in poor quality of sleep. It also results in fatigue during the day. So, what content you watch or listen to before sleeping is also crucial. Soothing chants or symphonies, a light banter with kids or simply catching up with your spouse can put you at ease.

To nap or not to nap

Snoozing while travelling or catching short power-naps in between work is a habit with most of us. However, studies have shown that sleep is best obtained in a single and continuous block and such frequent naps during the day may eventually hamper a restful night’s sleep.

Morning habits

Breakfast, rich in vitamin B6, and sunlight exposure in the morning hours (for at least 10 min) is known to improve sleep quality.

## Red onions can kill cancer, finds study

Researchers suggest that dark red onions, often known as the richest source of dietary flavonoids, may help in combating breast and colon cancer.

“We found that onions are excellent at killing cancer cells,” said Abdulmonem Murayyan, doctoral student at the University of Guelph in Ontario, Canada.

“Onions activate pathways that encourage cancer cells to undergo cell death. They promote an unfavorable environment for cancer cells and disrupt communication between cancer cells, which inhibits growth,” Murayyan added.

The findings, published recently in the Journal Food Research International, revealed that red onions contain high levels of quercetin — a plant polyphenol from the flavonoid group, found in many fruits, vegetables, leaves, and grains — and include benefits such as lowering inflammation and fighting allergies, among others.

Further, red onions were also found to have high amounts of anthocyanin, which enriches the scavenging properties of quercetin molecules.

“Anthocyanin is instrumental in providing colour to fruits and vegetables so it makes sense that the red onions, which are darkest in colour, would have the most cancer-fighting power,” said Murayyan.

In the first study, to examine how effective onions are at killing cancer cells, researchers have found that not all onions are created equal.

## Five foods to boost energy

Do you feel low on energy through the day? Exhausted, tired even as the day goes on... Well, make a few lifestyle changes and see how you perk up for good. Include these five foods in your diet to see the difference.

1. Almonds - We all know that nuts are a good snack option, so munch on some almonds to get copper and manganese which help keep energy flowing through the body.
2. Bananas - With its balanced composition of sugars (fructose, glucose and sucrose) and fibre, Bananas are the fruits to reach out for when you need that instant energy boost post your work out or after indulging in an outdoor sport.



3. Beans - Combining complex carbs with protein, beans are loaded with nutrients equally beneficial to both vegetarians and non-vegetarians.

4. Eggs - They provide 30% of your daily protein value and the very useful amino acids that is needed by the body to rebuild muscles.

5. Salmon - Full of the highly beneficial Omega 3 fatty acids, this pink fish also contains protein and vitamins which helps convert the food you consume into useful energy.

## Is whole wheat healthier than white bread? Study suggest it depends on person

A new study suggests that the health benefits of whole wheat bread and processed white bread may vary from one person to another.

The findings could lead to a more rational approach for telling people which foods are a better fit for them, based on their microbiomes or gut bacteria, researchers said.

Despite many studies looking at which bread is the healthiest, it is still not clear what effect bread and differences among bread types have on clinically relevant parameters and on the microbiome.

Researchers from Weizmann Institute of Science in Israel carried out a comprehensive, randomised trial in 20 healthy subjects comparing differences in how white bread and artisanal whole wheat sourdough affect the body.

Surprisingly, the researchers found the bread itself did not greatly affect the participants and that different people reacted differently to the bread.

The team then devised an algorithm to help predict how individuals may respond to the bread in their diets.

Half of the participants were assigned to consume an increased amount of processed, packaged white bread for a week - around 25 per cent of their calories - and half to consume an increased amount of whole wheat sourdough.

After a 2-week period without bread, the diets for the two groups were reversed.

Before the study and throughout the time it was ongoing, many health effects were monitored.

These included wakeup glucose levels; levels of the essential minerals calcium, iron, and magnesium; fat and cholesterol levels; kidney and liver enzymes; and several markers for inflammation and tissue damage.

## Consuming white rice in pregnancy may increase kids’ obesity risk

A new study says children born to women who consume high proportions of refined grains such as white rice, may have a higher risk of obesity.

Refined grains, which are a major source of dietary carbohydrates, have been related to Type 2 diabetes, obesity and heart disease.

The findings showed that children born to women with gestational diabetes — or high blood sugar during pregnancy — who consumed the most refined grain (more than 156 grams per day) were twice as likely to be obese at



age 7, compared with those whose mothers ate the least quantity of refined grain (less than 37 grams per day).

The link between maternal grain consumption during pregnancy and children’s obesity by age 7 still persisted when the researchers controlled for factors that could potentially influence the children’s weight — such as physical activity level and consumption of vegetables,

fruit and sweets, said Cuilin Zhang from the Eunice Kennedy Shriver National Institute of Child Health and Human Development at National Institutes of Health in the US.

Emerging animal data suggest that in utero exposure to dietary refined carbohydrates may predispose offspring to an obesity, indicating a potential role for nutritional programming in the early origins of obesity.

For the study, published in the American Journal of Clinical Nutrition, the team compared records from 918 mother-child pairs.

## Low-fat milk can cause Parkinson’s



According to a study, people who consumed more than one serving per day of skim and low-fat milk, had a 39 per cent greater chance of developing Parkinson’s compared to those who consumed less than one serving per week.

The findings, published in the journal Neurology, showed that for people who consumed at least three servings of low-fat dairy a day had a 34 per cent greater chance of developing Parkinson’s than people who consumed less than one serving per day. Eating sherbet or frozen yogurt also was linked to a modest increased risk.

“The results provide evidence of a modest increased risk of Parkinson’s with greater consumption of low-fat dairy products. Such dairy products, which are widely consumed, could potentially be a modifiable risk factor for the disease,” said Katherine C. Hughes, from the Harvard T.H. Chan School of Public Health in Boston.

For the study, the team analysed approximately 25 years of data on 80,736 women and 48,610 men.

Participants in these studies completed health questionnaires every two years and diet questionnaires every four years. During that time, 1,036 people developed Parkinson’s.

In a meta-analysis, looking at a group of studies, the researchers found that total dairy intake was associated with an increased risk of Parkinson’s disease.

“Frequently consuming low-fat dairy products was associated with a modest increased risk of Parkinson’s disease,” Hughes said.

However, more research is needed before recommendations can be made about dairy consumption, the researchers said.

Recreational running may reduce knee ARTHRITIS risk

A new study has found that casual joggers are less likely to experience knee and hip osteoarthritis compared to competitive runners and sedentary individuals.

“The principal finding in this study is that, in general, running is not associated with osteoarthritis,” said Eduard Alentorn-Geli from Mayo Clinic in Rochester in the US.

“The novel finding in our investigation is the increased association between running and arthritis in competitive, but not in recreational, runners,” Alentorn-Geli said.

Researchers wanted to evaluate the association of hip and knee osteoarthritis with running and to explore the influence of running intensity and years of exposure.

They reviewed 25 studies, and ultimately selected 17 studies involving a total of 114,829 people.

Researchers then conducted a meta-analysis of studies, comparing this occurrence between runners and sedentary individuals who did not run.

Runners were considered “competitive” if they were identified themselves as professional/elite athletes or participated in international competitions.

Recreational runners were those individuals who ran in a nonprofessional or amateur context.

## THIS is the right time to drink coffee!

Folks who drink their coffee first thing in the morning, usually between 8am to 9am, might not be doing the right thing! Or so declares science. Having coffee to kickstart your day does more harm than good when taken at this time and at few other times during the day. Instead, here’s how you should go about your forty weight.

Our body clocks follow a certain circadian rhythm that induces the production of hormones which control your sleepiness and alertness throughout the day. Among these magical chemicals is also produced cortisol, a hormone that controls how awake you feel.

Now, there are times when the cortisol production in your body is at its full-scale and times when it is at its wee. As per science, one must not drink coffee, or any caffeine rather, when the production of cortisol is high. This is because if you do so, your body will not only diminish the effect of coffee but may also develop resistance to the effects of caffeine. This means that the same cuppa will not satisfy you as much as it did before and you will need more and more to reach the same level of buzz.

So when is the cortisol production at its peak in your body? The following time slots, more or less. This is for people who wake up between 6am and 8am.

- Rise at 6pm, drop by 7pm: The drop in cortisol by this time is pronounced and is meant to follow a regular sleep pattern.
- So, ideally you should be grabbing your coffee between these slots, that is, from 9:30am to 11:30am, from 1:30pm to 5:30pm or post 7pm.



level of buzz.

- Rise at 7am to 9am; drop around 9:30am: At this time, the cortisol levels go up by almost 50 per cent. This is known as ‘cortisol awakening response’.
- Rise at 12 noon, drop by



## SWITCH Mobility to Redefine Urban across India, Europe and GCC with the launch of two new low floor electric city buses – EiV12 and Ei

Nitin Gadkari officially unveils the new line up of SWITCH electric buses for India and the world

**SRINAGAR:** SWITCH Mobility Ltd, subsidiary of Ashok Leyland and part of the Hinduja Group, and a leading manufacturer of electric buses and light commercial vehicles today unveiled its contemporary electric bus platform SWITCH EiV12 – the low floor electric city bus for the Indian market. It is India's First Low-Floor City Bus with Chassis-mounted batteries, featuring a scalable battery capacity of over 400+ kWh.

The vehicle was launched by Nitin Gadkari Minister for Minister of Road Transport and Highways of India, in the presence of Ashok P. Hinduja, Chairman of Hinduja Group Companies (India), other dignitaries, and industry leaders.

On the occasion, SWITCH E1, engineered for the European Market,

was flagged off virtually. Both

reliability, and comfort. With seating



these buses share common design philosophies and EV architecture.

The purpose-built SWITCH EiV12 platform is indigenously designed, developed and manufactured for urban city commutes, offering global standards in performance, safety,

for up to 39 passengers, the SWITCH EiV12 leads its segment, offering maximum revenue potential for operators.

Ashok P. Hinduja, Chairman of the Hinduja Group of Companies (India) observed while launching

these vehicles “These buses are a tribute to the PM's Make in India vision: made in India, for India and the World. Switch Mobility is inspired to launch newer vehicles with cutting-edge technology and zero carbon emissions, only because of the wonderful road infrastructure that is coming up in India, owing to visionaries like Modi Ji and implementers like Gadkari Ji.”

Mr. Dheeraj Hinduja, Chairman of SWITCH Mobility, said, “The launch of the SWITCH EiV12 and the flagging off of the SWITCH E1 for Spain is a proud milestone for the Hinduja Group and Ashok Leyland, underscoring our commitment to sustainable mobility. In addition to the EiV12 and E1, SWITCH is developing a range of new products to expand our global offerings.

## Intense Bidding At ISPL Auction Signals Exciting Season 2 Ahead!

15-year-old Sharik Yasir, the youngest player in the auction, was bought for Rs 3 lakh by Akshay Kumar-owned Srinagar Ke Veer

ISPL Season 2 is scheduled to be played in Mumbai from January 26 to February 15, 2025,

**SRINAGAR:** The Indian Street Premier League (ISPL) Season 2 auction witnessed intense bidding wars as six teams used the opportunity to build strong teams for the upcoming second season of the league, scheduled to be played at the Dadoji Kondadev Stadium in Mumbai from January 26 to February 15, 2025.

The exciting mega auction took place in Mumbai today with 350 players, selected from 55 cities through extensive trials, going under the hammer. As the bidding gathered pace, a total of 96 players were selected by six teams.

Abhishek Kumar Dalhor was the most expensive buy after Majhi Mumbai, owned by Amitabh Bachchan, successfully outbid

the perfect team, the competition to get the best cricket talent into their respective 16-member squads was intense. As the



the competition with an impressive bid of ₹20.50 lakh, going up from the base price of ₹3 Lakh. The 15-year-old Sharik Yasir, the youngest player in the auction, was bought for ₹3 lakh by Akshay Kumar-owned Srinagar Ke Veer

With team owners looking to build

auction drew to a close, the six franchises had spent more than ₹5.54 cr.

The pioneering tennis-ball T10 cricket tournament, which was launched earlier this year with the inaugural edition, brings the excitement of street cricket to the stadium.

## Continued From P1...

### Streamline Film

Highlighting the pressing issue of staff shortages, the Chief Minister urged the department to expedite the recruitment process for vacant positions.

He stressed that adequate manpower is crucial for the department's efficiency.

The Chief Minister impressed upon the need to procure latest equipment and gadgets to improve coverage of official functions and events.

The Chief Minister emphasized the department's crucial role in shaping public perception and ensuring effective communication of government initiatives.

He urged the officials to address challenges with urgency and commitment.

Earlier, Secretary Information Rehana Batul gave a detailed presentation on the department's overview and functioning.

The presentation covered aspects such as human resource management, roles and responsibilities of staff, advertisement expenditure, empanelled newspapers, and the accreditation process for journalists.

The meeting was informed about several initiatives undertaken by the department, including Beats of J&K, Inspire Gen-Z, Youth Conclave; Successful hosting of J&K Film Conclave-2024 and implementation of J&K Film Policy-2024. The department's media campaign for coverage of the G-20 Summit in Kashmir was also highlighted.

Discussions were held on the department's budget and expenditure under REVEX and CAPEX heads, along with the proposed CAPEX for the financial year 2024-25.

### Public welfare

Speed of infrastructure development was accelerated manifold in the last five years and hundreds of projects stalled for decades were fast-tracked. Now, the ideals of democracy and the values enshrined in the Constitution have become an integral part of the governance process, the Lieutenant Governor further added.

On the occasion, the Lieutenant Governor appreciated the members of General Zorawar Singh Memorial Educational and Charitable Trust for their endeavors to make young generation aware of the inspiring saga of General Zorawar Singh.

He also called upon the youth to selflessly serve the society and contribute towards nation building. "I have full faith that together we will realize the resolve of Developed India," he said.

Shagun Parihar, Member of Legislative Assembly from Kishtwar; Ramesh Kumar, Divisional Commissioner Jammu; Devinder Singh Kaluria, Chairman, General Zorawar Singh Memorial Trust and Trustees- Riya Kaluria and Diksha Kaluria; senior officials of Army, Civil and Police Administration; prominent citizens and students in large number were present.

### Effective Governance

on the Deputy Chief Minister and projected several development related issues of their respective constituencies.

The Dy CM, while responding to issues projected by the deputations, assured that all their genuine demands and grievances would be looked into for redressal.

### Javed Rana

pending developmental works and emphasised that work process on all projects be expedited and completed in a stipulated timeframe. He directed the Deputy Commissione to regularly review all ongoing Tribal Welfare projects to ensure their timely completion.

The Minister reviewed the work wise status of works including DPR, tendering process and execution with focus on quality, convergence model and active efforts being made by the department in tribal areas with emphasis on education, healthcare, soil conservation and sustainable livelihoods.

While reviewing progress on cluster model villages, the Minister said that the initiative reflects the government's commitment to uplift tribal communities by providing them with modern infrastructure and amenities.

The DC presented physical and financial progress on various works being executed under Cluster Tribal Model Village.

Regarding progress on Jal Jeevan Mission in the district, Rana asked the officers to maintain quality of work in execution of projects. He, while mentioning about certain complaints from various areas about implementation of the prestigious project, asked the concerned to sort out the same on priority basis.

Javed Rana asked the district administration to gear up to complete the projects that are nearing completion so that they can be dedicated to the public at an earliest.

During the meeting, Director Tribal Affairs was directed to monitor all projects in close coordination with all Deputy Commissioners so that maximum people are covered under the schemes and no eligible beneficiary is left out from availing the schemes.

While appreciating the officers for their dedication in reaching out to the tribals, the Minister asked them to take locals into confidence, before taking up works in the district.

During the meeting, Javed Rana also asked the DC to look into encroachments of Mendhar bus stand and also submit a detailed plan for traffic management in the town.

Javed Rana also asked DC to keep a strict check on overcharging by the transport vehicles saying that the issue is of huge public

importance and should be addressed on priority basis.

### Rail connectivity

The meeting also discussed significant developments in the floriculture sector, including the establishment of ornamental cherry tree gardens (Sakura) and the creation of a Tulip Garden in Sanasar.

The establishment of peony and rose gardens at Pahalgam was also highlighted, alongside progress in the process of enlisting six historic Mughal Gardens as UNESCO World Heritage Sites. Discussions further focused on various ongoing and upcoming projects aimed at the modernization and enhancement of the region's parks and gardens.

These included the upgradation of Bagh-e-Bahu Garden and the establishment of Bour Camp Garden in Jammu.

Other projects discussed were the development of chrysanthemum plantations at Udhampur, the upgradation of Badamwari, and the establishment of the Dara Shikoh Garden.

The creation of theme gardens at Gulmarg, the development of floriculture nurseries, and the establishment of a model flower center in Jammu were also deliberated.

Additionally, plans for an amphitheater and beautification projects at Bagh-e-Bahu were reviewed.

The Chief Minister emphasized the importance of modernizing and mechanizing garden maintenance to enhance efficiency while optimizing resources and generating revenue. He urged the department to prioritize initiatives that boost the tourism potential of Jammu and Kashmir while preserving the region's rich natural heritage.

The Chief Minister emphasized the need for modernization and mechanization of garden maintenance, resource optimization, and revenue generation.

He urged the department to focus on projects that enhance the tourism potential of Jammu and Kashmir while preserving its natural heritage.

The meeting was attended by Advisor to the CM Nasir Aslam Wani, ACS to CM Dheeraj Gupta, Commissioner Secretary Floriculture, Parks & Gardens, Sheikh Fayaz Ahmad, Directors of Floriculture Kashmir/Jammu and other concerned.

### J&K: Road

Ministry of Education to incorporate road safety education into school curricula through NCERT textbooks.

### NC didn't

NC had 3 MPs in Lok Sabha when the panel asked it to submit suggestions.

According to report, 15 political parties including NC didn't respond to the panel's communiques to give them suggestions despite reminders.

In total, 32 political parties agreed with the proposal of simultaneous polls while 15 opposed.

Interestingly, Democratic Progressive Azad Political Party (DPAP) supported the idea of simultaneous polls, saying that frequent holding of elections adversely affects growth and development of the country due to the imposition of the Model Code of Conduct.

Ghulam Nabi Azad, who was also a member of HLC on simultaneous polls, heads DPAP. The party didn't win any seat in the 2024 polls.

The DPAP, which is not a recognized political party, was not asked by the panel to submit its suggestions on the proposal but it did so in response to the public notice issued by the panel.

### Kashmir Parts

Tangmarg, Sopore town, Shopian main town, Aherbal Kulgam and Bandipora received the season's first snowfall today.

The reports of snowfall during the last 24 hours have also been received from Sonamarg- 10 inches, Zojila pass- 12 inches, Z Gali- 11 inches, Sadhna Pass- 13 inches, Sinthan Top- 14 inches, Margan Top- 10 inches, Peer Ki Gali- 11 inches, Tangmarg- 4 inches, Heerpora Shopian- 4 inches, Shopian main town- 2 inches, Kulgam Aherbal- 3 inches, Chiranbal Kulgam- 4 inches, Pahalgam- 2 inches, Baltal Pahalgam- 8 inches, Sopore main town- 3 inches, Pattan Baramulla- 2 inches, Khan Sahib Budgam- 3 inches and Bandipora main- 2 cm.

The fresh snowfall has been received during the forecast of two-day wet spell from December 11 and 12. During this period, light rainfall was also recorded in Srinagar today.

Moreover, the Meteorological department (MeT) has prepared the data till December 11, saying that the deficit precipitation has gone further up to 75 per cent across Jammu and Kashmir from October 01, 2024 to December 11, 2024.

The highest deficit has been recorded in Shopian with 96 per cent followed by Poonch with 95 per cent and Kulgam and Budgam with 94 per cent and 92 per cent.

Srinagar has recorded a deficit rainfall of 85 per cent. However, Samba is the only place across J&K where above normal rainfall has been recorded as against the normal precipitation of 20.7 mm, the station has recorded a precipitation of 47 mm during the period.

In Kupwara, the lowest deficit rainfall of only 38 per cent during the period, the data reads.

Meanwhile, the weatherman here has predicted no wet spell till December 20.

Director MeT, Dr Mukhtar Ahmad said that the weather would remain dry for the next two days while on December, there is a forecast of cloudy weather conditions.

On December 16 & 17, the weather would remain generally while from December 18-20th, the cloudy weather is expected

in Jammu and Kashmir.

Moreover, the MeT in its advisory has stated that the cold & dry weather will generally prevail over many stations during the next 5 days. "In view of fresh snowfall, sub-freezing temperature & icy conditions over roads of important passes and higher reaches, the tourists, travelers and transporters are advised to follow administration and traffic advisory," the advisory reads.

### Sakeena Itoo

"Language is the foundation of our culture. Without it, we lose touch with the narratives, stories and customs that have defined us for centuries. I urge the professors and students here to not only cherish the beauty of our Kashmiri language and culture but also ensure that it thrives beyond academic spaces," she added.

She called upon the student community that it is your responsibility to protect and promote our culture, while also using the power of knowledge to address the issues that affect us today. "Kashmir University has provided you the knowledge and wisdom, now it's up to you to create a future where both our heritage and our progress walk hand in hand", Sakeena Itoo said.

Highlighting on the contribution of Kashmir University, the Minister remarked that the Varsity is the 'beacon of knowledge and social progress' of Kashmir, highlighting that the University has produced professors, scholars, researchers who are significantly impacting various sectors like education, governance, technology as well as for preservation of our cultural heritage.

"Kashmir University is not only a place of academic learning but a hub of social change and intellectual growth. It has produced individuals who have contributed immensely to the development of our society and preservation of our cultural heritage across the globe", Sakeena Itoo maintained.

Commending the University for organising this Youth Festival, the Minister said that the 'Sonzal' is a very unique platform to promote and preserve the Kashmiri language which is an integral part of our cultural heritage. "Cultural outreach initiatives, like 'Sonzal', demonstrate University's commitment to nurturing creativity, preserving traditions and empowering the youth," Sakeena Itoo remarked.

## NOTICE

This is an information for general public that the Name, parentage and Mothers Name of my Children has been Wrongly mentioned in their school records as, 1) Iqra Raheem D/O Abdul Raheem. 2) Sahil Ahmad Rather, S/O Abdul Raheem, Mother's name as Haleema Begum. 3) Bisma Raheem D/O Abdul Raheem, Mother's name as Haleema Begum. While as their Actual and correct name, parentage and Mothers Name is, 1) Iqra Rahim D/O Abdul Rahim Rather, 2) Sahil Ahmad Rather S/O Abdul Rahim Rather, and Mothers Name is Halima Begum. 3) Bisma Rahim, D/O Abdul Rahim Rather, mother's name is Halima Begum. Now i want to apply for its correction in this regard any person has any objection he/she may file the Objections in office of the Headmaster GOVT Middle school Shat mohlla kaloosa Bandipora, with in a period of seven days from the date of the publication of this notice after that no objection shall be accepted.

**Abdul Rahim Rather.**

**F/O 1) Iqra Rahim.**

**2) Sahil Ahmad Rather.**

**3) Bisma Rahim.**

**R/O Kaloosa Bandipora.**

## NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No 0260100002086, which is Registered in the name of Zahid Hussain Malik S/O Ali Mohammad Malik, Now i want to change this Electricity Agreement in the name of Mehraj ud din Malik S/O Ali Mohammad Malik, in this regard any person has any objection he/she may file the Objections in office of the Assistant Executive Engineer Electricity Sub Division Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

**Mehraj ud din Malik.**

**S/O Ali Mohammad Malik.**

**R/O Nowpora Bandipora.**

## NOTICE

This is an information for general public that in my Bank account No 0378040100016145, My name has been Wrongly mentioned as Manshad, while as my Actual and correct name is Manshad Ahmad Khan Gojer. Now i want to apply for its correction in this regard any person has any objection he/she may file the Objections in office of the Manager jammu and kashmir Bank branch Main Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

**Manshad Ahmad Khan Gojer.**

**S/O Noor Khan Gojer.**

**R/O Sirrander Chetiumullah Bandipora.**

## NOTICE

This is an information for general public that the Name and parentage of my Daughter has been Wrongly mentioned in her School records as Aamina Rasheed D/O Abdul Rasheed, while as her actual and correct name and parentage is Aamina Rashid D/O Ab Rashid Sheikh. Now i want to apply for its correction in this regard any person has any objection he/she may file the Objections in office of the principal Faiz Aam Secondary school Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

**Ab Rashid Sheikh.**

**F/O Aamina Rashid.**

**R/O Bonakoot Bandipora.**



# Rabada, Klaasen, Miller, Maharaj, Shamsi back as SAname strong ODI squad

South Africa have selected their strongest available squad for the upcoming three-match ODI series against Pakistan in order to make full use of their last opportunity to play together ahead of next year's Champions Trophy.

Though South Africa will play a tri-series in Pakistan, which also includes New Zealand, in February next year, those matches will take place too close to the conclusion of the SA20 on February 8 for a first-choice squad to be available.

There are nine additions to the squad that last played the format, against Ireland in the UAE, including the return of Kagiso Rabada, Heinrich Klaasen, David Miller, Keshav Maharaj and Tabraiz Shamsi, who last played an ODI almost a year ago.

Eighteen-year-old quick Kwena Maphaka is the only uncapped player in the squad, Maphaka was the leading wicket-taker at this year's Under-19 World Cup, which is played in the 50-over format, and has impressed with speeds of up to 152kph in the T20I series against Pakistan. He also gets an opportunity thanks to the absence of several injured quicks. None of Anrich Nortje (broken toe), Lungi Ngidi (hip injury), Gerald Coetzee (groin injury), Wiaan Mulder (broken finger) and Nandre Burger (lower back stress fracture) could be considered for selection.

The squad will be led by regular captain Temba Bavuma, who was injured when playing an ODI against Ireland in October but has since returned to form in the Test arena. It is likely he will be partnered by Ryan Rickelton



at the top of the order with Reeza Hendricks, who did not cross 20 in his last five ODIs, dropped. Tony de Zorzi is another top-order option. Rassie van der Dussen, Aiden Markram, Tristan Stubbs, Klaasen and Miller all give South Africa an experienced and strong batting line-up.

Two seam-bowling allrounders in Andile Phehlukwayo and Marco Jansen have been selected, while one other specialist seamer, Ottneil Baartman, and two frontline spinners - Maharaj and Shamsi - have come in at the expense of Bjorn Fortuin and Ngqaba Peter. Shamsi's return is significant because he opted out of a national contract in October in order to have flexibility for league performances and was not included in the T20I series to play India last month. He has since been recalled for the Pakistan matches.

"The bowling line-up features one of the fastest in the game in KG, and this series offers another great opportunity for a young talent like Kwena to come in and learn first-hand from the best," Rob Walter, South Africa's white-ball coach, said. "In the batting department, we are thrilled to welcome back David and Heinrich, two of the most destructive players in the game. Overall, we are very pleased with this squad."

Bavuma, de Zorzi, Jansen, Maharaj, Markram, Rabada, Stubbs and Rickelton will have a four-day turnaround between the end of the ODI series and the start of the Boxing Day Test against Pakistan. South Africa need one more Test win to guarantee themselves a place at next year's World Test Championship final.

**South Africa squad for ODI series against Pakistan**

Temba Bavuma (capt), Ottneil Baartman, Tony de Zorzi, Marco Jansen, Heinrich Klaasen (wk), Keshav Maharaj, Kwena Maphaka, Aiden Markram, David Miller, Andile Phehlukwayo, Kagiso Rabada, Tristan Stubbs, Ryan Rickelton, Tabraiz Shamsi, Rassie van der Dussen

## India lose to China 1-2 in Women's Junior Asia Cup

Defending champions India suffered a 1-2 defeat to three-time winners China in their third match of the Women's Junior Asia Cup here on Wednesday.

The rematch of the 2012 final lived up to expectations, with India creating opportunities and dominating the first two quarters, but the scoreline remained goalless.

China shifted gears in the third quarter, with skipper Tan Jinzhuang (32nd) scoring off a penalty stroke and Wang Lihang (42nd) converting a penalty corner to give their team a decisive edge.

India's response came in the 56th minute when Deepika, the tournament's leading scorer with six goals, showcased her prowess to reduce the margin at the Hockey Oman Stadium.

China grabbed the top position in Pool A with nine points, while India were placed second with six points, same as Malaysia.

India will face Thailand in their fourth and final league match on Thursday.

The match also saw two green cards with the Indian duo of Chanu Khaidem Shileima and Phalke Vaishnavi Vitthal being at the receiving end.

The defending champions had earlier registered convincing wins, thrashing Bangladesh 13-1 and Malaysia 5-0 in their first two matches of the five-team tournament.

The semifinals are slated for Saturday, with the final scheduled for Sunday. India had clinched the title in the last edition held in Kakamigahara, Japan, defeating South Korea 2-1 in the summit clash.



Satish Sharma congratulated the team for their exceptional performance in the preliminary round held in Punjab, which secured their qualification for the finals. He praised the J&K Sports Council for organizing a high-quality coaching camp and providing the necessary technical and infrastructural support to the players.

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Mitchell Marsh 'ready to bowl as much' as Australia need him to in Brisbane

Mitchell Marsh has insisted there is no limit to the number of overs he can send down against India, having put his trust in the coaching and medical staff amid a cautious build-up to the series and then careful management ahead of the Adelaide Test, while Josh Hazlewood continues to push for a return to the side in Brisbane.

Marsh has been nursing periodic back stiffness since the white-ball tour of the UK in September, where he bowled just once - in the ODI at Lord's - which was the first time he'd had ball in hand since suffering a hamstring injury in the IPL in April. There had been plans for him to bowl in the Sheffield Shield early in the season

but those were put on ice by the ongoing back issues. He took two wickets on the opening day of the Perth Test, sending down 17 overs in total for the match, after which he pulled up sore, which led to doubts over his place for Adelaide with Beau Webster called up as cover.

Marsh didn't bowl in the lead-up, with Pat Cummins saying it was a decision not to use up overs at training, before finishing with a innocuous none for 26 from four overs in the first innings.

"Not in my mind, no," Marsh said when asked if there was an upper limit on his bowling capacity for the series. "I'll try and be ready to bowl as much as Patty needs me. Our allrounders haven't bowled a hell of a lot in Australia the last few years, but I am really thankful for our medical staff and Ronny [coach Andrew McDonald] and Patty who have allowed me the space between that first and second Test to just get right for the game.

"I didn't bowl as much as I would have liked to in the lead-up to the series, but our medical staff, Ronnie and Patty were really clear. I trusted that."

Meanwhile, Hazlewood had another extensive bowl as he continues to overcome the side strain which kept him out of the second Test. With only short run-ups available in the Gabba nets and no spare centre wickets, Hazlewood went out to Allan Border Field to bowl off his full run alongside Mitchell Starc, under the eye of bowling coach Daniel Vettori. If he pulls up without problems on Friday he will be close to slotting back into side at the expensive of Scott Boland.

Such was the speed with which Australia bowled out India twice in Adelaide, needing just 80 overs, that even Nathan Lyon was only required to send down a single over as Starc, Cummins and Boland went to work.

In the Gabba Test against West Indies earlier this year, Australia used Marsh, Cameron Green, Travis Head and Marnus Labuschagne for a combined 23 overs.

"I had an interrupted lead-in but I am really well placed," Marsh said. "For me it is about being able to contribute. Whether that is five overs and bowling the occasional good ball and getting a wicket or just bowling overs to give our boys a chop out. Right now, it [the back] is feeling as good as it has felt."

Away from the bowling discussion, Marsh was involved in one of the more curious incidents during the Adelaide Test when he walked for an edge behind against R Ashwin only for replays to show he hadn't hit the ball.

"The reality is I thought I hit it and I didn't," Marsh said. "I didn't speak to Heady [at the non-striker's end], I had a mare. When I got to the change rooms they asked if I hit it and I said 'yeah, I smashed it'. And then the replay came up and the head went into the hands and about one minute later everyone else was laughing at me."