

Kashmir Convener



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Army Commander reviews operational readiness in Rajouri

Yogesh

JAMMU: A day after the major drug smuggling operation was thwarted along the Line of Control (LoC) in Jammu and Kashmir, Lieutenant



General Naveen Sachdeva, General Officer Commanding (GOC) of the 16 Corps, also known as 16 Corps, visited forward areas along LoC on Tuesday to assess operational readiness.

Accompanied by Major General Kaushik Mukherjee, GOC of the Ace of Spade Division, Lt Gen Sachdeva inspected the snow-covered Tristar and Anita sectors in the Pir Panjal range in the Jammu region.

According to the news agency - Kashmir News Observer (KNO), General Sachdeva during

>>SEE ON P-7

Statehood restoration

CM Omar Abdullah likely to meet HM today

KC NEWS NETWORK

SRINAGAR: Jammu and Kashmir Chief Minister Omar Abdullah is expected to meet Union Home Minister Amit Shah on Wednesday to discuss a range of key issues, including the early restoration of statehood, official sources said.

This will be Omar's second meeting with the Home Minister since assuming office as the Chief Minister of the Union Territory.

Sources indicate that Omar, who received "positive assurances" during his first meeting, has been optimistic that the Union Government will fulfill its promise of restoring statehood at the earliest.

However, while the Union



Government has repeatedly assured its commitment to the restoration of statehood, it has yet to provide a concrete timeline for the same.

In addition to statehood, Omar is likely to raise concerns regarding administrative

>>SEE ON P-7

"One Nation, One Election"

Bill introduced in LS to synchronise J&K poll cycle with parliamentary polls

KC NEWS NETWORK

SRINAGAR: In a significant move, the Union Government on Tuesday introduced a bill in the Lok Sabha to amend "The Jammu & Kashmir Reorganisation Act-2019" for integration of Jammu & Kashmir Union Territory's Assembly poll cycle with Lok Sabha polls.

According to news agency - Kashmir News Observer (KNO), Union Law Minister Arjun Meghwal today introduced The Union Territories Laws (Amendment) Bill-2024 for amending the Government of Union Territories Act, 1963, the Government of National Capital Territory of Delhi Act, 1991 and the Jammu and Kashmir Reorganisation Act, 2019.

While the amendments in the Government of Union Territories Act, 1963 and the Government of National Capital Territory of Delhi Act, 1991

have been proposed respectively for integration of assembly polls of Puducherry and Delhi with Lok Sabha polls, the amendments in J&K Reorganisation Act- 2019 will align J&K's electoral cycle with Lok Sabha



polls as part of Union Government's "one nation, one election" initiative."

After being introduced in the House today, both the Constitution(One Hundred and Twenty-Ninth Amendment) Bill, 2024 and The Union Territories

>>SEE ON P-7

Worth consideration if it saves taxpayers money: Satish Sharma

KC NEWS NETWORK

JAMMU: Satish Sharma, Cabinet Minister in Jammu and Kashmir, Tuesday advocated a balanced and optimistic outlook on the 'One Nation, One Election' proposal, stating that the initiative could bring

>>SEE ON P-7

Our dream is to make J&K sportiest UT: LG Sinha

KC NEWS NETWORK

JAMMU: Lieutenant Governor Manoj Sinha said "It is our dream



to make J&K sportiest UT and a leading power in various sports disciplines. I am hopeful that our sports persons will continue the tradition of success and valour in National and International games to realise this dream.

He highlighted that the vibrant sports ecosystem is fulfilling the aspirations of the youth of Jammu Kashmir.

He made these remarks while addressing the Prof. Chaman Lal

Gupta Khel Ratna Award 2024 ceremony today and felicitated the recipients of the prestigious sports award. The Lieutenant

Governor also paid tributes to Prof. Chaman Lal Gupta.

The new sports policy has kindled brighter hope for our talented sports persons. Last year, we have witnessed a record 53 lakh participation from children and youth of the UT in various sports disciplines, besides 30,000 players from Jammu Kashmir participated in national and zonal tournaments and 46 players represented India in international

tournaments, he further added.

The Lieutenant Governor also commended the important contribution of Sports Department, Sports Council and all the stakeholders in the promotion of sports in J&K.

In his address, the Lieutenant Governor congratulated the talented sports persons and sports officials, who have been conferred with this year's award.

"All the sports personalities awarded today are living embodiments of the positive change taking place in J&K. I am confident they will work with dedication to earn glory for the country through their performances and continue to inspire young generation," he said.

Remembering Prof. Chaman Lal Gupta, the Lieutenant Governor said the former Union Minister devoted his life for the welfare of the people of Jammu Kashmir. "The rapid development J&K UT has witnessed in the last few years is our tribute to him," the Lieutenant

>>SEE ON P-7

J&K Students secure top positions, bag prestigious Awards at National Level Eco Hackathon



KC NEWS NETWORK

SRINAGAR: The students of Jammu and Kashmir have exceptionally shone in the National Level Eco Hackathon held at NDMC Convention Centre, Delhi on 17th December, 2024, adding one more feather in the cap of Department of School Education Jammu & Kashmir.

Two students from J&K came out with flying colors by bagging first two top positions at national level in Eco-creativity & Innovation Hackathon. With Humaira Showkat from HSS Danow Kulgam securing 1st Prize

and Sheikh Anzar, HSS Fatehgarh Baramulla obtaining 2nd Prize.

Among Districts, Pulwama, Samba, Budgam and Udhampur emerged as top performers in Jammu & Kashmir; while students from Baramulla, Kulgam and Kupwara were selected for awards and presentation of their Novel and Innovative Ideas.

Besides these, Jammu and Kashmir was also awarded for ranking among 5 top contributing states/UTs across the nation.

It is worth mentioning that the Eco Creativity and Innovation Hackathon

>>SEE ON P-7

Prompt grievance redressal forms Govt's top priority: Dy CM



KC NEWS NETWORK

JAMMU: Deputy Chief Minister, Surinder Kumar Choudhary, today said that ensuring prompt redressal of public grievances is top most priority of the present government.

The Deputy Chief Minister was interacting with scores of deputations who called on him today to project several issues related to welfare and development of their respective areas.

A deputation of Brahman Sabha Jammu called for allocation of Sanskrit lecturers in the recent notification issued by the education department.

Another delegation from Gurudwara Baba Sundar Singh Ji

Jasrota, Kathua, and JK Blood Donors & Welfare Society raised their issues and concerns.

During interaction with the delegations, the Deputy Chief Minister shared his vision for creating a more inclusive, prosperous and progressive society. He emphasized the importance of fostering unity among communities, improving infrastructure in underserved regions and promoting initiatives that uplift the socio-economic standards of all citizens. The Deputy CM expressed his commitment towards empowering youth, enhancing healthcare facilities and supporting

>>SEE ON P-7

Article 370 removal integrated J&K completely with India: JP Nadda

KC NEWS NETWORK

SRINAGAR : Union Minister, JP Nadda on Tuesday said that the abrogation of Article 370 on August 5, 2019, marked the full integration of Jammu and Kashmir with India.

Speaking in the Rajya Sabha, he discussed the historical and legislative issues surrounding Article 370, which granted special status to Jammu and Kashmir (J&K).

He stated that the provision had long hindered the region's integration with India, limiting the applicability of central laws and curtailing basic rights.

"Article 35A, introduced in 1954 through a Presidential Order under Article 370, was implemented without parliamentary debate," he said, adding that Article 35A defined citizenship in Jammu and Kashmir, restricting it to those who resided in the region before 1944.

"This provision also excluded women from property rights if they married non-Kashmiri men, a rule that contradicted India's broader efforts to promote gender equality," he added.

He pointed out that key national laws, such as the Prevention of Atrocities Act, the Human Rights Act, and the Protection of Children from Sexual Offences (POCSO) Act, were not applicable in J&K under Article 370.

He criticized the lack of parliamentary scrutiny over the provision's far-reaching consequences, calling it a significant oversight.

Participating in the discussion on the "Glorious



Journey of 75 Years of the Constitution of India," Nadda emphasized the contributions of the Constituent Assembly while cautioning against mismanagement of constitutional principles.

Quoting B.R. Ambedkar, Nadda said, "However good a Constitution may be, if those who are implementing it are not good, it will prove to be bad." He added, "The bad lot has interfered with the Constitution many times."

>>SEE ON P-7

Kashmir Convener

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With More Women In Medical Profession, India Becoming Developed Society: Murmu

AMARAVATI: President Droupadi Murmu on Tuesday said the rising participation of women in the medical profession and their significant contributions demonstrate that India is becoming a truly developed society. Addressing the first convocation of AIIMS (All India Institute of Medical Sciences) at Mangalagiri near here, she said relentless promotion of holistic health and ensuring health for all should be the guiding principle of every medical professional of this institute. "The rising participation of women in the medical profession and their significant contributions demonstrate that we are becoming a truly developed society. This also highlighted the fact that given opportunity, our daughters excel in every field," the President said.



The government has taken up several schemes, including Ayushman Bharat health insurance scheme and made treatment accessible for those facing difficulties in accessing treatment, she said. Along with the government, it is also the responsibility of a conscious society to ensure that no one should be left out of developed nations. She said people from other countries come to India to avail healthcare services. India is developing into an important centre in affordable medical tourism on the world map, she said, adding doctors of the country play an important role in this regard. She called upon young doctors to give priority to providing medical care and services to people living in rural, tribal and remote areas. Yogasan and Pranayam have also been accepted from the modern point of view in the context of holistic health care, she noted.

Andhra Pradesh Governor S Abdul Nazeer, Chief Minister N Chandrababu Naidu, Union Minister of State for Ayush (Independent Charge) Prataprao Jadhav, Andhra Health Minister Satya Kumar Yadav and other dignitaries were present.

Delhi's air quality in 'severe' category, minimum temp 5.9 deg C

NEW DELHI: The air quality in the national capital was in the 'severe' category on Tuesday morning with an AQI of 427 while the minimum temperature was 5.9 degrees Celsius, two notches below normal. Out of 35 monitoring stations, 28 recorded

air quality in the 'severe' category while some breached the 450 mark, classified as 'severe plus.' The remaining seven stations recorded air quality in the 'very poor' category, according to the Sameer app, which provides hourly data from the Central Pollution Control Board. An AQI of 400 or higher is deemed "severe" and it can have an adverse effect on both healthy individuals and people with medical conditions.

The weather department said, "Mainly calm winds prevailed over Delhi during the past 24 hours, bringing down visibility from 800 meters in shallow fog at Palam on Monday to 350 meters in moderate fog at Safdarjung on Tuesday morning." It added that moderate fog conditions (visibility between 200m and 500m) are likely to persist in Delhi over the next two days due to the expected prevalence of calm or easterly surface winds.

Humidity was 97 per cent at 8:30 am. The maximum and minimum temperatures are expected to settle at 24 degrees Celsius and 5 degrees Celsius, respectively. The Centre's air quality panel for Delhi-NCR on Monday imposed the strictest Stage 4 curbs under the winter air pollution control plan, including a ban on all construction activities, as the region's air quality deteriorated to 'severe' due to unfavourable weather conditions.

JP Nadda Calls Cong To Join 'Anti-Democracy Day' Observance, Slams Emergency, Article 370 In RS

NEW DELHI: BJP National President and Leader of the House in the Rajya Sabha, JP Nadda, initiated a debate in the Upper House of Parliament, highlighting the significance of the Indian Constitution. He criticised the period of Emergency and invited the Congress party to join in commemorating an 'Anti-Democracy Day' if they truly regret that era. "We all know India is the largest democracy, but as PM Modi said, it is not only the largest democracy but the mother of democracy, and that we should understand," Nadda remarked. Referring to the Constituent Assembly debates, Nadda highlighted how Indian culture and history played a pivotal role. He said, "When we look at Constituent Assembly debates, we find India's culture, history, and Indian ethos deeply embedded. Indian ethos encompasses democracy, comprising freedom, acceptability, equality, and inclusivity in society, allowing common citizens to lead a quality and dignified life. This thought was deeply ingrained in the minds of the Constituent Assembly members."

Touching upon ancient scriptures like the Rig Veda and Atharvaveda, the leader underscored that concepts such as meetings, discussions, and deliberations were taken into account while drafting the Constitution, keeping India's heritage in mind. Nadda further criticised the Congress for delaying the recognition of leaders like Sardar Vallabhbhai Patel and said that after so many years the party mentioned the Iron Man of India's name. He said, "Sardar Patel integrated 562 princely states, but one — Jammu & Kashmir — was left to then Prime Minister Jawaharlal Nehru. An extraordinary provision was introduced, and Sheikh Abdullah was involved in Kashmir matters. Nehru asked Abdullah to consult B.R. Ambedkar, but Ambedkar refused, stating, "To give consent to this proposal would be a treacherous thing to do," referring to Article 370." He recalled how Syama Prasad Mookerjee opposed Article 370, famously declaring, "In one country, two constitutions won't be followed." Mookerjee's death in prison, and his mother's plea to PM Nehru for justice, were also dismissed, Nadda added.

OFFICE OF THE CHIEF MEDICAL OFFICER ANANTNAG

Subject:-Final Seniority List of Jr. Drivers of District Cadre Anantnag.

Whereas, this office has prepared Final Seniorty List of Jr. Drivers of District Cadre Anantnag on the basis of 1st. and 2nd Tentative Seniority Lists issued by this office vide this office Circular No.Est/CMOA/Drvrs/6291-6303 Dated: 18/10/2024 & No.Est/CMOA/Drvrs/6768- 80 Dated: 02/11/2024 for its wide publicity.

Whereas, no representation has been received by this office against said seniorty list.

Now, the copies of Final Seniorty list has been circulated to all the DDOs subordinate to this office through hard copies as well as emailed to their official email addresses for information to the concerned officials.

Whereas, the notification in this behalf has been published in the two leading news papers of the Kashmir valley through Joint Director Information Department, Kashmir.

No:Est/CMOA/Drvrs/7985-98
Dated:- 17/12/2024

Sd/- Chief Medical Officer Anantnag

DIPK-9662/24

NEET In Online Or Pen & Paper Mode: Decision Expected Soon, Says Pradhan

NEW DELHI: The Education and Health Ministry are deliberating on whether to conduct medical entrance exam NEET-UG in pen and paper mode or online mode and a decision in this regard is expected soon, Union Education Minister Dharmendra Pradhan said on Tuesday. The Education Ministry has held two rounds of talks with the Health Ministry led by Union Minister JP Nadda. Currently, NEET-UG is conducted offline – in pen and paper mode – wherein students have to solve multiple choice questions on an OMR sheet. The National Eligibility cum Entrance Test (NEET) is the largest entrance exam in the country in terms of number of candidates appearing for the test. In 2024, a record over 24 lakh candidates took the exam. "The administrative ministry of NEET is Health Ministry and hence we are in talks with them about whether NEET should be conducted in pen and paper mode or online mode. We have had two rounds of talks with Health Ministry led by JP Nadda. Whatever option will be considered best suited for conducting the exam, NTA is ready to undertake the exercise," Pradhan told reporters. The Minister said a decision in this regard is

expected soon and the reforms will be implemented in the 2025 edition of the exam.



"What will be NEET's methodology, what will be the protocol... a decision is expected soon. We will notify it soon," he added. The NTA conducts the NEET every year for admission into medical colleges. A total of 1,08,000 seats are available for the MBSS course. Of the seats available for the MBBS course, approximately 56,000 seats are in government hospitals and about 52,000 are in private colleges. Admissions to undergraduate courses in Dentistry, Ayurveda, Unani, and Siddha also utilise the results of the NEET for admission.

Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER (R&B) Division Rajbagh Srinagar.

Lal Mandi, Near L.D Hospital Srinagar-190008.

E-NIT No.91/R&B/RAJ of issued under Endorsement No:9896-9905 Dated:16.12.2024
0194-2310283 exenrajbaghsgr@gmail.com

FRESH NOTICE INVITING TENDERS
E-NIT No.91/R&B/RAJ of 2024-25 issued under Endorsement No: 9896-9905 Dated:16.12.2024

For and on behalf of the Lt. Governor, UT J&K, e-tenders (In single cover system) are invited on Percentage basis from approved and eligible Contractors registered with J&K Govt., CPWD, Railways and other State/Central Governments for the following works:-

S. No.	Name of Work	Adv. Cost (Rs in Lacs)	Cost of T/Doc.	Earnest Money	Time of completion	Major Head	Class of Contractor/Agency
1	2	3	4	5	6	7	8
1.	Extension of Dinning Hall of ST and GB boys Hostel Srinagar	10.58	₹600/-	₹21,160/-	30 Days	District Capex Budget	BEE/CEE/DEE

Position of AAA: Accorded Vide Order No. 160-DDCS of 2024 Dated: 29.11.2024.
Position of TS :- Accorded vide Order No.64 Dated: 12/2024
Position of Funds: Committed/ Demanded

1. The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, 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 as per schedule of dates given below:-

1	Date of Issue of Tender Notice	16.12.2024.
2	Period of downloading of bidding documents	17.12.2024 from 10:00AM
3	Bid submission Start Date	17.12.2024 from 10:00 AM
4	Bid Submission End Date	23.12.2024 Up to 04:00PM
5	Date & time of opening of Bids (Online)	24.12.2024 at 11:00AM in the office of Executive Engineer R&B Division Rajbagh Srinagar.

2. Bids must be accompanied with cost of Tender document in shape of Treasury Challan under M.H-0059 in favour of Executive Engineer R&B Division Rajbagh Srinagar (tender inviting authority) (The Date of Treasury Challans should be between the date of start of bid and Bid Submission End date) pledged to Executive Engineer R&B Division Rajbagh Srinagar (Tender Receiving Authority).

3. At the time of tendering, all the bidders must upload Earnest Money Deposit (EMD)/Bid Security equal to 2% of the Advertised Cost in the form of CDR/FDR/BG pledged to the Tender Receiving Authority i.e. Executive Engineer R&B Division Rajbagh Srinagar (The date of Earnest money should be between Date of Start of bid and bid submission End date). The successful bidder will have to provide Performance Security @ 5% of allotted cost in shape of CDR/FDR/BG at the time of contract award. The Earnest Money/Bid Security of 2% will be released to the successful bidder only after the submission of performance security of 5% of the total allotted cost which will be released under rules after successful completion of the DLP. However in case of unbalanced bid, Additional Performance Security is required as detailed below which shall be released after successful completion of work:-

*Un Balanced Bid: The Successful bidder L1 shall have to deposit an Additional Performance Security in the Shape of CDR/FDR/ BG before award of Contract in case the bid of the successful bidder is found to be unbalanced and the following scale shall apply there to:-
No.9896-9905
Dated:17.12.2024

Sd/-Executive Engineer, &B Rajbagh Division Srinagar.

DIPK-9618/24

ED conducts fresh raids in PMLA case against Pak nationals' owned betting portal

NEW DELHI: The Enforcement Directorate Tuesday said it has conducted fresh searches against the operatives of a betting website, owned by some Pakistani nationals, that also was involved in "illegal" broadcast of Men's T20 Cricket World Cup matches. The searches were undertaken by the federal agency between December 10-12 in Delhi, Mumbai and Pune in the case against the portal named 'Magainwin'. The ED's case, filed under the Prevention of Money Laundering Act (PMLA), is based on an FIR registered by the cyber crime unit of the Ahmedabad Police in Gujarat. Bank deposits worth Rs 30 lakh were frozen



during the raids apart from seizure of "incriminating" documents, the ED said in a statement. Maginwin, according to the agency, is a "betting" website "guised" as a gaming portal which is "actually owned" by Pakistani nationals.

UNION TERRITORY OF JAMMU & KASHMIR

OFFICE OF THE EXECUTIVE ENGINEER, PWD (R&B) DIVISION BUDGAM

E-mail:-xenrnbdivbud@gmail.com
Short Term Tender Notice Inviting
NIT No:82 /EE-RNB/BUD/9586-9600 of 2024-25 dated: 17-12-2024

For and on behalf of the Lt. Governor J&K UT Tenders are invited for hiring of One No. vehicle from Registered Transport firm/Union/Stand as per Notice issued by the Regional Transport Officer Kashmir vide NO: RTOK/11270-73 dated: 24/03/2023 on monthly basis for "Hiring of One vehicle (Taxi) for office of the Superintending Engineer, PWD (R&B) Circle Budgam" for a period of 1 year or till the Government vehicle is provided whichever is earlier. The rates be quoted per month basis.

1. The Type and Number of Vehicle are:

S. No	Category of Vehicle	Number of Vehicle	Tenderfee(Rs.)	Earned money	Terms of Use	Remarks
01.	Mahindra Scorpio/ Toyota Innova/ XUV – 500 (Commercial) with Driver	01 No. Vehicle with Driver	Rs. 500/- in shape of Treasury receipt indicating Name type of vehicle	Rs.5000/- in shape of CDR/ FDR pledged to Executive Engineer R&B Divn Budgam	To be used for whole of the month including Saturdays, Sundays and other Public Holidays.	1. Black/White Grey Colour & Model 2020 or above. 2. In an event of equal price being quoted for different models, vehicle with higher Modal and superior specifications will be preferred.

2. The important dates and time are as under:-

1.	Date of issue of tender notice	17 -12-2024
2.	Period of downloading of bidding documents	17.12.2024
3.	Bid submission start date	17-12-2024
4.	Bid submission end date	26-12-2024 (4.00 PM)
5.	Date & time of opening of Technical Bids(Online)	27-12-2024 (11.00 AM)

No:- EE/R&B/BUD/9586-9600
Dated:- 17 -12-2024

DIPK-9690/24

Sd/-Executive Engineer (R&B) Division Budgam.

UNIVERSITY OF KASHMIR

OFFICE OF THE EXECUTIVE ENGINEER, CONSTRUCTION DIVISION

NOTICE INVITING E-TENDER

For and on behalf of the University of Kashmir, e-tenders (In single cover system) are invited on Percentage (%age) basis from approved and eligible Electric Contractors registered with J&K Govt., CPWD, Railways and other State/U.T/ Central Governments for the following works:

S. No	Name of Work	Est. Cost (Rs. In Lacs)	Cost of T/Doc in shape of E-Challan(in Rs.)	E/Money in Rs.	T&D for Submission of E-Tender.	Date & Time of Opening of Bid	Class of Contractor
1	2	3	4	5	6	7	8
1.	Replacement of outdated and obsolete A.C units at the Allama Iqbal Library	8.24Lacs	600/-	16,480/-	20-12-2024 to 09-01-2025 (6.00 PM)	10-01-2025 (12.00 PM)	"AAY"

The bid forms and other details can be obtained from the website www.kashmiruniversity.net/ / www.jktenders.gov.in.
NIT No: - F(E.Tend)(UCD)/KU/47/24
DATED: 17/12/2024.

DIPK-NB-2843/24

Sd/-Executive Engineer

Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER MECHANICAL & HOSPITAL DIVISION ANANTNAG

-----E mail Id xenmhdang@gmail.com-----

GIST of short-terme-NIT No MHDA/TS/66of 2024-25 DATED: 16-12-2024

For and on behalf of the Lt. Governor, J&K UT Short Term e-tenders are invited on item rate basis from Registered Contractors having relevant experience in relevant Mechanical Works and are registered on JKPWDOMS for the below mentioned works:

S. No.	Name of the Work	E/Cost (In Rs)	Cost of Tender Doc.(In Rs)	EMD in Rs	Time of comp (Days)	Technical Sanction.
1	2	3	4	5	6	7
1	Repairs to departmental Soil Compacter 5250(ESCORTS) of Mechanical and Hospital Sub Division 2nd H/Q Pulwama.	128000	200	2560	10	Accorded
2	Repairs to departmental TVR, HD-85 of Mechanical and Hospital Sub Division 2nd H/Q Pulwama.	65100	200	1300	10	Accorded

- Position of Administrative Approval: Accorded
- Position of Funds: Available

1. Downloading of Bids: The Tender document 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 the Govt. website www.jktenders.gov.in from 16-12-2024(16:00Hrs)

2. Submission of Bids: The bidders shall deposit their bids in electronic format on the above website from 17-12-2024 (10:00Hrs) to 25-12-2024 (14:00Hrs) in two covers.

3. Opening of Bids: The bid uploaded on the Web Site up to due date and time will be opened on 26-12-2024 (14:00Hrs) in Office of the Undermanged.

No: MHDA/ TS-217/4851-52.
Dated:17-12-2024

Sd/- Executive Engineer Mechanical & Hospital Division Anantnag

DIPK-9665/24

Bandipora Gears Up for Mission YUVA with Baseline Survey Training for Officials

BANDIPORA: In an effort to ensure the effective implementation of Mission YUVA, a comprehensive training program for Master Trainers and Supervisors,

of the baseline survey. The program brought into discussion many important aspects that need to be ensured for the task ahead.



appointed for the conduct of Baseline Enumeration/Survey, was held on Tuesday at the Conference Hall, Mini Secretariat Bandipora.

The training session led by Dr Murtaza Rashid, OSD to CEO Mission Youth, aimed to address key operational concerns and ensure the seamless execution

Speaking on the occasion, the Additional Deputy Commissioner (ADC) Bandipora, Zaffar Hussan Shawl stressed the importance of thoroughly assessing the availability of trained manpower. He emphasized the need to ensure sufficient manpower is in place, aiming to prevent any disruptions during the

survey process.

During the event, the ADC said that the project involves the active participation of every department, with each contributing to the program's overall objectives. He emphasized the importance of a unified approach to create a strong foundation for the program.

Dr Murtaza provided valuable insights regarding the roles and responsibilities of both Master Trainers and Supervisors during the Baseline Enumeration process to ensure optimal management and execution.

He presented an overview of the five-year project, outlining the preparatory phase and the creation of a robust ecosystem for its success. He emphasized that the program's focus is to ensure the continuous hand-holding of entrepreneurs.

Earlier, a short video presentation showcasing the successful entrepreneurs was shown to the participants, emphasizing the importance of raising awareness among budding youth entrepreneurs about the benefits of the mega scheme.

Among others the event was attended by Assistant Labour Commissioner Bandipora, Block Development Officers and other concerned officials.

Bandipora Admin Approves 529 Projects to Promote Agriculture, Horticulture, and Allied Sectors

BANDIPORA: The District Level Implementation Committee (DLIC) meeting for the Holistic Agriculture

development Program (HADP) was held on Tuesday under the chairmanship of Deputy Commissioner (DC) Bandipora, Manzoor Ahmad Qadri, here.



The committee approved a total of 529 cases across various departments. Out of the approved cases, 321 belong to agriculture, 100 to horticulture, 34 to animal husbandry, sericulture 17, and 57 to the sheep husbandry sector.

During the meeting, the DC underscored the vital role of these initiatives in creating employment opportunities for youth. He called on all concerned departments to extend their full support to unemployed individuals pursuing opportunities in agriculture and related sectors.

He also stressed the need to achieve the established targets within the specified timeframe to guarantee timely and efficient implementation.

The meeting was attended by the Chief Planning Officer, Chief Agriculture Officer, Chief Horticulture Officer, and other officials from the concerned departments.

Sericulture Deptt Organizes Hands-On Training for Bandipora Farmers

BANDIPORA: The Department of Sericulture on Tuesday inaugurated a 3-day Farmers' Skill Development Training programme under Capacity Building Activities at the Sericulture Nursery in Ayatmulla, Bandipora.

The programme, under HADP aims to equip farmers with practical knowledge and hands-on experience in modern sericulture techniques and practices.

The training focuses on empowering farmers by enhancing their skills in modern sericulture practices and guiding them on how to avail beneficiary-oriented schemes offered by the Department of Sericulture.

On the occasion, the District Sericulture Officer Bandipora emphasized that the initiative underscores the department's commitment to improving productivity and empowering farmers with innovative techniques to advance the sericulture sector.

The event witnessed enthusiastic participation of a large number of farmers, senior officers, and technical staff of the department.



KVIB Ganderbal organizes one-day awareness camp at Safapora

GANDERBAL: Khadi and Village Industries Board (KVIB) Ganderbal today conducted a one-day awareness camp at the Block Development Office (BDO) Safapora to educate and inform artisans and unemployed youth about various self-employment opportunities under the Jammu & Kashmir Rural Employment Generation Programme (JKREGP) and Prime Minister's Employment Generation Programme (PMEGP).

The camp was presided over by the Deputy CEO, J&K Khadi and Village Industries Board, Kashmir Division, Srinagar. Addressing the artisans and unemployed youth, he emphasized the importance of these schemes in fostering entrepreneurship and self-reliance.

The event witnessed participation from prominent officials, including District Development Council (DDC) Member Safapora, Lead District Manager Ganderbal, Naib Tehsildar Safapora, and the District Officer, KVIB.

Representatives from the BDO Office Safapora also attended, along with local artisans and unemployed youth eager to explore the benefits of these government initiatives.

During the camp, detailed information about the procedures, benefits, and eligibility criteria for availing financial assistance under JKREGP and PMEGP was shared. Attendees were encouraged to utilize these schemes for setting up small-scale businesses and generating employment opportunities within the district.

Will Ensure Government Schools Are at Par with Private Schools: DSEK G N Itoo

SRINAGAR : Director School Education Kashmir G N Itoo on Tuesday said that he will ensure government schools are on par with private institutions.

Speaking to Kashmir News Service (KNS), Itoo said that his main focus is on ensuring quality education in government schools. "Our priority is to improve school infrastructure, enhance teacher skills through training, and revise the curriculum to modern standards," he said.

Ittoo said that government schools must match private institutions and set new standards in education.

He said that improving education in remote areas is a top priority. "Many children in underprivileged areas lack proper schools and resources. We are working on building classrooms, providing digital learning tools, and ensuring teacher availability. Scholarships, uniforms, and free textbooks are being provided to reduce financial burdens

on families," he added.

Ittoo said that department is addressing shortcomings in government schools to restore parents' confidence. "We are improving infrastructure, teacher availability, and extracurricular activities. Last year, many teachers enrolled their own children in government schools, which boosted trust," he said.

He also said that the issue of high fees and book costs in private schools is being taken seriously. "We have acted within 24 hours to resolve complaints against schools burdening parents. Any school violating norms will face penalties."

Ittoo said that private schools must focus on nurturing students and providing quality education. "Education is not about profit. All stakeholders—teachers, parents, and administrators—must work together to ensure the overall development of students. Violations of norms will not be tolerated, but we welcome dialogue to solve issues constructively," he added.

He said that accountability is essential for improving education quality. "We are monitoring the performance of teachers and school management. Teachers must be punctual and dedicated, while administrators must ensure safe, conducive learning spaces. Parents also have a responsibility to support children's education."

He also said that New Education Policy is a revolutionary step to transform learning in Kashmir. "The NEP focuses on skill development, creativity, and career-building. Our goal is to implement this policy in both private and government schools, equipping students with modern knowledge and life skills to meet global challenges," he said.

Ittoo said that infrastructure remains a major challenge, especially in flood-prone areas. "We are building resilient school structures to withstand natural calamities. Science labs, libraries, and classrooms are being completed to provide a better learning environment," he added.(KNS).

HKM College Holds Awareness Session on Ayushman Bharat Digital Mission

BANDIPORA: Hassan Khoyihami Memorial (HKM) College Bandipora on Tuesday organized an awareness



session on the Ayushman Bharat Digital Mission (ABDM).

An official spokesperson of the college said the event aimed to introduce participants to the mission's objectives, benefits, and functioning, while emphasizing the transformative potential of digital healthcare services.

The session witnessed participation from faculty members and students of four institutions,

including GDC Sumbal, GDC Hajin, GCET Safapora Ganderbal, and the host college, HKM GDC Bandipora, ensuring an engaged and diverse audience.

The program commenced with a welcome address by Dr. Mohd. Shaikhul Ashraf, a senior faculty member of the host institution. Expert speakers Duha Majeed, Capacity Building Consultant (ABDM J&K), and Sheeba Ahmad, HMIS Consultant (ABDM J&K), delivered insightful presentations covering key aspects of ABDM.

The Speakers highlighted the mission's role in digitizing healthcare facilities, explained the use of mobile applications, and detailed the process of generating Ayushman Bharat Health Account (ABHA) IDs. The speakers also underscored the importance of secure storage of medical records and digital communication for improving healthcare accessibility and efficiency.

Adding a practical dimension to the session, the speakers conducted an interactive segment where participants were guided in generating their ABHA IDs, further enhancing their understanding of the mission.

Spokesperson said the proceedings were efficiently coordinated by Dr. Irshad Ahmad Bhat, NSS Programme Officer at the host college, ensuring the smooth flow of the event. The session concluded with a vote of thanks delivered by Prof. G. M. Khan from the Department of English.

The awareness session proved highly informative, successfully acquainting participants with the objectives of ABDM and its potential to revolutionize the healthcare sector through digital transformation.

Indian Army Launches Skill Development Program for Youth in Southern Pir Panjal

POONCH/RAJOURI/REASI: The Indian Army, in collaboration with the National Skill Development Corporation (NSDC), has launched transformative

electrical work, addressing unemployment while fostering self-reliance in these remote areas.

The skill development courses are designed to meet national standards, ensuring participants gain industry-relevant training and accreditation recognized across the country. Trainees will be provided hands-on guidance in areas like furniture-making, wood-crafting, and electrical installations, with a focus on the latest techniques and tools. Upon successful completion of the courses, participants will receive certificates from the National Skill Development Corporation, enabling them to seek employment opportunities or start their own businesses.

The program aims to bridge the gap between limited resources and employment opportunities in the region, offering sustainable livelihood solutions. By aligning the courses with industry requirements, the Indian Army and NSDC are enhancing job readiness among the youth, providing them with a pathway to economic independence and socio-economic upliftment.

Spokesperson said this initiative highlights the Indian Army's unwavering commitment to community development and youth empowerment. Beyond its role as the nation's defender, the Army continues to act as a catalyst for progress, addressing the needs of underprivileged communities and creating opportunities for a skilled workforce.



vocational training programs aimed at empowering the youth in the southern Pir Panjal region, covering Poonch, Rajouri, and Reasi districts. The initiative focuses on equipping participants with high-demand skills such as welding, carpentry, and

DDC Kup, MD JJM review progress under Jal Jeevan Mission at Kupwara

KUPWARA: The District Development Commissioner (DDC) Kupwara, Ayushi Sudan and Mission Director (MD), Jal Jeevan Mission J&K, Khurshid Ahmad Shah today jointly chaired a meeting of all concerned officers in the Meeting Hall of D. C Office here to review the progress of works under Jal Jeevan Mission (JJM) in district Kupwara.

Addressing the meeting, the Mission Director JJM impressed upon all the officers of Jal Shakti Department to take responsibility of the execution of works under JJM, and work with utmost dedication and sincerity to ease the sufferings of the people across the district. He stressed upon the officers to gear up the execution of works without



further delay so that the people are facilitated with the piped drinking water.

The DDC in her address, enjoined upon the officers to make concerted efforts for completion of all ongoing works within the stipulated time frame. She highlighted the efforts of the District Administration in resolving various bottlenecks coming during the execution of JJM works and impressed upon the officers to gear up their men and machinery for the completion of the works so that people in large are benefitted under the ambitious Jal Jeevan Mission.

On the occasion, the meeting was apprised through a detailed PowerPoint presentation about the status of various ongoing JJM schemes in the district.

Reviewing the progress in execution of civil works, it was informed that out of 226 allotted works pertaining to PHE Divisions of Kupwara, Handwara and SSD Tangdar, 72 works have been completed so far and work is going on the rest of the projects.

It was also informed that 11 Dug wells, 22 Borewells, 3 OHTs, 49 Pipe Network, and 7 SSFP

have been completed in PHE Divisions Kupwara/ Handwara and SSD Tangdar. Besides, 20 Mechanical works and 27 Electric Sub stations have also been completed in the district.

Under FHTC, it was informed that 7106 households have been connected during the ongoing financial year 2024-25 out of the targeted 34393 households and efforts are underway to fulfill the target.

The Managing Director warned about action against any official showing lethargic approach towards the execution of the developmental works. He directed the Executive Engineer PHE Division Handwara to monitor the performance of his subordinates including AEEs, AEs and JEs as frequent complaints regarding different water supply issues are being received by the department majority from the Handwara division.

The MD fixed timelines on execution of different works and directed the concerned officers to ensure completion of these works within the given timelines. He also took a detailed review of various other schemes sponsored under JKIDFC and NABARD, besides, reviewing lift/gravity, source and filtration based schemes.

Breaking Monopolies of Meaning: The Urgency of Narrative Decentralization



Shabeer Ahmad Lone

Narratives are the lifeblood of human civilization, shaping identities, cultures, and histories while simultaneously functioning as mechanisms of power, control, and representation. The centralization of narratives—whether through political, cultural, or technological monopolies—has often served to suppress diverse voices and perpetuate structures of domination. In this context, decentralizing narratives emerges not merely as an intellectual exercise but as an urgent necessity for fostering equity, dismantling hierarchical paradigms, and enabling the emergence of pluralistic, inclusive, and dynamic worldviews. The process challenges entrenched hegemonies by redistributing the power of storytelling, offering a counterpoint to monolithic discourses, and uncovering hidden or suppressed truths that can reframe our collective understanding of the human experience. Decentralization not only democratizes access to narratives but also disrupts systems of control that have long marginalized and silenced alternative perspectives. Arguments are put forward that decentralizing narratives is not merely an intellectual pursuit but a necessary strategy for rebalancing power and enabling authentic representation in a pluralistic world. This humble attempt examines the concept of decentralizing narratives, exploring its implications, challenges, and potential in the context of global sociopolitical dynamics as a way forward to breaking monopolies of meaning as the urgency of narrative decentralization.

Centralized narratives often emerge as a result of sociopolitical hierarchies that privilege certain voices over others. From colonial empires shaping historical accounts to mainstream media dictating contemporary realities, centralized storytelling has consistently marginalized minority, indigenous, and alternative perspectives. For instance, historical records of colonized nations have predominantly been written from the colonizers' perspectives, portraying themselves as "civilizing forces" while reducing indigenous cultures to a state of primitiveness. Similarly, in modern media, corporate and political interests often dominate, framing global events through a lens that serves their agenda. The silencing of alternative voices perpetuates inequalities, obscures truths, and reinforces hegemonic power structures.

The decentralization of narratives entails redistributing the power of storytelling to include marginalized perspectives. This process challenges dominant paradigms, democratizes knowledge, and fosters a richer, more nuanced understanding of human experiences. Recent advancements in technology, particularly social media and blockchain, have facilitated this decentralization by providing platforms for individuals and communities to share their stories independently of traditional gatekeepers. For example, decentralized media platforms like Mastodon and Substack empower creators to bypass corporate censorship, while blockchain-based publishing systems ensure immutability and ownership of narratives. These technologies enable marginalized groups

to reclaim their stories, fostering diversity and inclusivity in the global discourse.

Data from recent studies underscores the transformative potential of decentralized narratives. According to a 2023 report by the World Economic Forum, decentralized digital platforms have significantly amplified the voices of under-

non-Western knowledge systems.

Cultural initiatives worldwide illustrate the power of decentralized narratives in practice. The revival of indigenous languages, oral histories, and traditions represents a form of narrative decentralization that challenges the dominance of colonial languages and historiographies. For instance, the



represented communities. Approximately 62% of surveyed users reported that these platforms provided them with access to stories and perspectives they would not encounter in traditional media. Similarly, research by the Pew Research Center reveals that independent content creators on platforms like YouTube and TikTok have outpaced mainstream media in influencing public opinion, particularly among younger demographics. This shift underscores the demand for alternative narratives that reflect diverse lived experiences.

However, decentralizing narratives is not without challenges. The proliferation of decentralized platforms has also facilitated the spread of misinformation, propaganda, and hate speech. In the absence of centralized oversight, ensuring the credibility and ethicality of decentralized narratives becomes a pressing concern. Additionally, power imbalances within decentralized spaces can replicate existing inequalities, with privileged groups often dominating the discourse even in ostensibly democratized platforms. Addressing these issues requires a careful balance between fostering inclusivity and maintaining accountability.

Moreover, the decentralization of narratives necessitates a reevaluation of epistemological frameworks. It calls for a shift from linear, hierarchical models of knowledge production to more collaborative and intersectional approaches. Decentralizing narratives involves not only amplifying marginalized voices but also deconstructing the binary oppositions that underpin centralized storytelling—such as civilized versus primitive, rational versus emotional, and modern versus traditional. This paradigm shift aligns with postcolonial and decolonial theories, which advocate for the recognition of plural epistemologies and the validation of

"You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise."

-M. Angelou

*"Until the lions have their own historians,
the history of the hunt will always glorify the hunter."*

-African Proverb

"For want of a nail, the shoe was lost;
For want of a shoe, the horse was lost;
For want of a horse, the rider was lost;
For want of a rider, the message was lost;
For want of a message, the battle was lost;
For want of a battle, the kingdom was lost;
And all for the want of a horseshoe nail."

*(An ancient verse reminding
us of the ripple effects of untold or
suppressed stories.)*

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Changing of Academic Session and Revival of Winter Schooling

ZAHoor AHMAD LONE

The Jammu and Kashmir government has made a pivotal decision by altering the academic session of the Kashmir division and winter zones of the Jammu division from the March session to the November session, which was the traditional system for decades. This shift to the October-November session is student-friendly for several reasons. Examinations are now conducted in October-November, and results for classes 1 to 9 are declared within a week. Consequently, students are promoted to their new classes before the announcement of winter vacations. This early promotion enables them to begin studying their new syllabi during the extended winter break.

Given the prolonged and harsh winters in the Kashmir division and winter zones of Jammu, students often attend coaching or tuition centers during this period to stay academically engaged. A noteworthy initiative from a few years ago was the introduction of winter schooling by the Jammu and Kashmir School Education Department. Under this program, students up to the 12th grade were offered coaching in government schools for a nominal fee to cover heating costs. This initiative was widely appreciated by society, especially by parents.

Winter schooling offers multiple advantages. It is economical, provides coaching at students' doorsteps, and alleviates the need for students to travel long distances during severe weather conditions. In the absence of such facilities, families often resort to private tuition centers, which charge hefty fees. Moreover, students are compelled to endure early morning commutes in freezing temperatures to attend these centers.

Currently, schools up to the 12th grade in the Kashmir division and the winter zones of Jammu are closed for the winter break due to the severe cold. Results for



classes 1 to 9 have already been declared, and free textbooks will soon be distributed to students in government schools, while those in private institutions will purchase their books from the market. During this long winter break, students invariably turn to coaching or tuition centers to prepare for their next academic year.

This raises an important question: If students can attend private tuition centers during harsh winters, often at 8:00 or 9:00 a.m., why can't they attend winter schooling at 11:00 a.m.? Unlike private centers, winter schooling could operate at a more feasible time and provide structured, affordable education.

It is not necessary for the government to open all schools for winter schooling. A pragmatic approach would be to designate specific middle, high, and higher secondary schools in each region based on feasibility. For heating arrangements, the government could charge a minimal fee, as was successfully implemented in the past. Reviving winter schooling would be particularly beneficial for students from economically weaker sections who cannot afford the high costs of private coaching.

The government's decision to change the academic session was a progressive step. Similarly, reviving winter schooling would be another landmark decision in the interest of students, especially those from underprivileged backgrounds. By considering this initiative, the administration can ensure equitable access to education during the harsh winter months, thereby reducing financial burdens on families and promoting academic continuity.

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Jt. Director Information Kashmir convenes meeting of Divisional & District Officers

Emphasizes enhancing the department’s outreach and overall performance

SRINAGAR : Joint Director Information Kashmir, Syed Shahnawaz Bukhari, convened an introductory and review meeting on Tuesday with the Heads of various units from the Divisional office and District Information offices in his office chamber, here.

The meeting was attended by Deputy Director Information & PR, Ahsan ul Haq Chishti, Cultural Officer, Burhan Hussain; District Information Officers;

Assistant Accounts Officer; and Section Officer.

During the meeting, the Joint Director reviewed the functioning of the department, particularly the coverage of official meetings, dissemination of information, and the organization of cultural events aimed at achieving the department’s objectives.

Bukhari issued a series of directives to optimize the operations of both Divisional and District Offices. He



emphasized the importance of teamwork and urged staff to

collaborate effectively to enhance the department’s outreach and overall performance.

He also stressed the need to increase vibrancy and efficiency within the offices while expanding their presence on digital platforms to ensure the timely dissemination of news and information about government welfare schemes with special focus on Employment schemes. Bukhari further underlined the

importance of combating disinformation.

The Officers apprised the Joint Director of various infrastructural challenges hindering the effective functioning of their respective offices, particularly the shortage of staff.

Syed Shahnawaz Bukhari assured the Officers that the issues flagged will be taken up with higher authorities for prompt resolution.

Satish Sharma attends 16th annual day function at DPS Udhampur

Emphasises inculcating moral values in children alongside bookish knowledge
Inspects facilities at Palash, Parisha childcare homes

UDHAMPUR: Minister for Food, Civil Supplies and Consumer Affairs, Transport, Science & Technology, Information Technology, Youth Services & Sports and ARI & Training, Satish Sharma, today chaired the annual day celebration of Delhi Public School, Udhampur.

The school celebrated its annual day with great enthusiasm and cultural splendour on the unique theme “Manvantar Manthan; The Churning of Yugas”.

The event showcased a mesmerising depiction of all four Yugas - Satya Yuga, Treta Yuga, Dwapara Yuga and Kali Yuga through a captivating dance-drama performance by the students.

While addressing the gathering, the Minister lauded the efforts of the school in blending culture, history and creativity to deliver an inspiring performance.

Congratulating the school’s management for organizing this event, the Minister praised the school’s dedication towards fostering artistic talent and cultural awareness among students. He encouraged the young learners to remain connected to their roots while striving for excellence in all areas of life. He highlighted the significance of all four Vedas and its relevance in our lives. He commended the students’ performances, particularly those themed around the teachings of Vedas and Sanatan values.

Emphasizing the importance

of preserving cultural heritage, Satish Sharma highlighted the significance of promoting sports and co-curricular activities for holistic development. He encouraged the students to



respect and cherish their parents, grandparents and elders, fostering family values.

The Minister appreciated the teachers’ efforts in conducting activities that contribute towards all-round growth of students.

Students from various classes presented vibrant, theme-based cultural performances, showcasing their talents through colorful costumes and artistic expressions. The program included a variety of traditional and contemporary performances, captivating the audience.

On the occasion, the Minister distributed certificates of appreciation and awards among the students excelling in academics and co-curricular activities.

Later, the Minister visited Palaash and Parisha, the childcare homes for boys and girls, and inspected the facilities being extended to the home inmates there. While interacting with the staff members and children, the Minister motivated them

to work hard in academics, while keeping equal focus on extracurricular activities.

While interacting with the children, the Minister assured all possible support to them and

said that all their concern/issues will be redressed at the earliest.

Earlier, the Principal of DPS Udhampur, Dr. Kunal Anand, highlighted the school’s achievements in academics, sports and co-curricular activities at the UT and national levels. He also presented the school’s annual report, reflecting the institution’s continuous commitment towards excellence and holistic education.

The programme was attended by Member Legislative Assembly Udhampur West, Pawan Kumar Gupta, Additional Deputy Commissioner, Prem Singh, DDC Member Puran Chand, DSWO, Kanika Gupta, Ashok Sharma, Dr KC Sharma, Shyam Kalsotra, Chairman, Chamber of Commerce, Udhampur besides PRO Vice Chairman of School, Dr JC Gupta, MD of School, Vivek Gupta, Director Academics of School, Sucheta Gupta, Principal of School, Dr. Kunal Anand besides staff, students and parents.

DDC Shopian reviews dev. works of MC Shopian, establishment of Jan Ashudhis & CSCs

SHOPIAN: The District Development Commissioner (DDC) Shopian, Mohammad Shahid Saleem Dar reviewed the progress of different ongoing and upcoming developmental projects of Municipal Council Shopian in a meeting, here.

The DDC took a detailed appraisal of the ongoing projects and strict instructions were given to executing agencies for completion of all projects within the stipulated time frame.

He particularly focused on the uptake of newly approved projects including ‘Beautification of Sangloo Nallah’ and called for preparing and furnishing the DPRs of the project as early as possible so that execution would be started soon.

The DC also reviewed the working of the Cooperative Department, especially the



establishment of Jan Ashudhis and CSCs across major health centres of the district.

He asked for improving the work done and time bound outcomes under both the components by leveraging the

available resources.

Involvement of CSC in provision of different services was also discussed to make all CSCs viable. Poshan Projects, Health and other departments were directed to handhold the Cooperative Department in this cause. Space for more Jan Ashudhis to be established across Shopian was deliberated in detail. It was mentioned that around 80% discount is offered by these outlets on generic drugs. The Health Department was directed to arrange space in the health institutions having good footfall so that the public gets benefited. Executive Engineer R&B Div. Shopian, CEO MC, Dy. Registrar, AEE, R&B Sub Division Shopian and other officers attended the meeting.

DC Srinagar chairs District Level Committee meeting of NCORD

Stresses on intensified mass awareness to educate youth against the detrimental effects of drug abuse
88 NDPS cases registered, 1.17 kg of Brown Sugar, 2.90 Kgs of Heroin, 13 Kgs of Charas besides Psychotropic substances seized during current year in District

SRINAGAR : A meeting of District Level Committee on NCORD was today held under the chairmanship of Deputy Commissioner (DC) Srinagar, Dr Bilal Mohi-Ud-Din Bhat at Meeting Hall of the DC Office Complex, here to curb the drug menace and tighten the noose against drug peddlers in Srinagar District.

At the outset, DC took first hand appraisal from Officers of all line Departments and other stakeholders regarding the progress achieved in ongoing fight against the drug menace.

He reiterated the Government’s commitment to ensure adoption of ‘Zero Tolerance Policy’ against drug trafficking to curb the menace of drugs by strengthening institutional structure, coordination among all narco agencies and extensive public awareness campaign. He added that through a coordinated and multi-pronged approach which includes prevention, enforcement, treatment, rehabilitation and IEC strategies, the menace of drugs will be eliminated from Srinagar soon.

On the occasion, the DC stressed on conducting intensified mass awareness programs to particularly educate the



youth against the detrimental effects of drug abuse. He directed the Departments for organizing joint awareness programmes in collaborations with NGOs and civil society groups to spread awareness about substance abuse, both in rural and urban areas of the District.

During the meeting, the DC expressed his concern regarding the drug abuse by the youth including students and

emphasized on intensifying the deterrence measures against the drug menace and its peddling particularly identified



hotspots in the District.

With regard to 100% installation of CCTVs and implementation of online billing at Retail and Wholesale pharmacies, the DC asked the concerned Department to ensure all pharmacies strictly adhere to the guidelines.

During the meeting, the Officers briefed the chair regarding the action taken by their respective Departments to achieve

drug free Srinagar District.

The meeting was informed that 88 cases were registered in the District involving 150 persons. The substances seized during the current year include 1.17 kg of Brown Sugar, 2.90 Kgs of Heroin, 13 Kgs of Charas besides Psychotropic Syrup 273 bottles, Psychotropic Capsules 2430, Ganja 10.16 Kgs, poppy straw/bhung/cannabis 44.18 Kgs and cash of Rs 489696 was also realized.

In addition, to tighten the noose of drug peddlers the District Police has seized properties worth 4.13 crore in 10 attachment cases. Besides, Additional Deputy Commissioner Srinagar, Dr. Khalid Hussain Malik, SP Headquarter Umar Shah and SDM West, SDM East, Chief Agriculture Officer, District Social Welfare Officer, Assistant Labour Commissioner, the meeting was attended by the Officers of Excise Department, Drug Control Organization, Health, IMHANS, Rehabilitation Centers, Postal Department, Airport Authority and other concerned Departments.

DC Kupwara reviews implementation of PMJVK scheme

Directs Officers to identify impactful works for development under the scheme

KUPWARA: In order to review the implementation of Pradhan Mantri Jan Vikas Karyakram (PMJVK) scheme in the district, the Deputy Commissioner Kupwara, Ayushi Sudhan Monday convened a meeting of concerned officers to discuss the preparations under the scheme.



Pradhan Mantri Jan Vikas Karyakram scheme is a centrally sponsored scheme, launched by the Ministry of Minority Affairs which is aimed at infrastructure development in minority concentration areas. The objectives of the scheme is to improve the socio-economic condition of the communities living in the areas through community infrastructure development support and provide basic amenities for improving quality of life of the people.

On the occasion, the DC enjoined upon the

concerned officers to identify various impactful works in their departments which can be developed under the PMJVK scheme.

She directed them to propose the construction of buildings for those Anganwadi Centres, Health Centres and Schools which are rented or in a dilapidated condition. She also asked for the development of sports infrastructure including Indoor Stadiums under the scheme which shall boost the sports sector in the district.

Ayushi impressed upon all the officers to ensure equal representation of every block of the district while proposing the works for development so that people in large numbers across the district are benefitted under the PMJVK scheme. The meeting held a thorough discussion and explored different sectors which can be developed for the larger welfare of the general public. Skill Development and augmentation of Sub District Hospitals with state of the art equipment were also discussed during the meeting.

The meeting was attended by Programme Officer ICDS Kupwara, District Social Welfare Officer, CMO, CPO, Dy. CEO, BDOs and other concerned officers.

Rana asks for streamlining water supply in Jammu city

Exhorts officers for upgradation of filtration plants



JAMMU: Minister for Jal Shakti, Forest, Ecology & Environment and Tribal Affairs, Javed Ahmad Rana, today exhorted upon the officers of Jal Shakti to streamline water supply in Jammu city besides ensuring prompt response to issues raised by local Legislators.

Javed Rana was chairing an officers meeting held at Civil Secretariat here to review the water quality issues in different areas of Jammu city.

Present in the meeting were MLAs Ch Vikram Randhawa and Arvind Gupta besides Chief Engineer PHE, Jammu, Superintending Engineers and Executive Engineers of all wings of Jammu division and other concerned officers.

The Minister emphasised the need for faster execution and completion of works while advocating enhanced coordination among all stakeholders on this account. He asked the officers to work earnestly towards extending quality services to the people besides ensuring prompt redressal of grievances related to water quality.

Maintaining that he will be personally monitoring the water supply and water quality issues, Rana said that lackadaisical approach will not be tolerated on this account. He asked for providing adequate supply of quality water to the people with focus on areas facing supply shortage.

The Minister expressed dismay over the defunct overhead water tanks in certain areas saying that extra efforts have to be put in to make them functional immediately for benefit of public.

Javed Rana asked the officers for upgradation of filtration plants besides enhancing sanitation facilities around filtration plants and tube wells. He also asked them to expedite the tendering process for approved works.

CUS holds 6th Academic Council meet

SRINAGAR: Vice Chancellor, Cluster University Srinagar (CUS), Prof. Mohammad Mobin chaired the 6th Academic Council meeting of the University here today.

During the meeting detailed deliberations were held on different aspects of the University besides several other important proposals were also discussed in detail for future procedural clearances.

The meeting was attended by special invitees like Dean Faculty of Social Sciences, Aligarh Muslim University, Prof. Nisar Ahmad Khan; former Dean Faculty of Natural Sciences Jamia Millia Islamia and former Pro Vice Chancellor, SCT University (Gurugram), Prof. Sharif Ahmad and Head Academics & Clinics, Composite Regional Centre, Department of Empowerment of Persons with Disabilities, Dr. Mir Zaffar Iqbal. From Cluster University Jammu, the meeting was virtually attended by Vice Chancellor, Prof. K.S. Chandrasekar; Dean Academic Affairs, Dr. Naveen Anand, Registrar and Deans of various faculties.

From Cluster University Srinagar, senior officials including Dean Academic Affairs, Prof. Yasmeen Ashai; Registrar, Prof. Syed Wilayat Hussain Rizvi; Controller of Examinations, Prof. Khurshid Ahmad Mir; Nodal Principal, Prof. Seema Naz, Deans of various faculties and Principals of constituent and affiliated colleges attended the meeting besides coordinators of IG programmes, senior faculty members from constituent colleges and other office bearers.

With respect to the introduction of the Ph.D programme in the constituent colleges of the university from the next academic session, the members approved the guidelines framed by the university while suggesting some changes to make it more compatible with the university’s unique mandate. With respect to the introduction of the innovative Design your Degree (DYD) programme, the council was informed that the preparations for the same have been finalized with two constituent colleges, Amar Singh College and Institute of Advanced Studies in Education, taking the lead in identifying the mentors and constituting the Board of Studies for finalizing the curriculum.

Besides the Ph.D norms, the meeting also discussed the policy guidelines framed for internships, subject tours and intra/inter-university migration of students. The members endorsed these guidelines. The meeting also discussed revival of some IG Programmes which were earlier discontinued and it was resolved that the concerned Deans and HODs will be consulted regarding the feasibility of the same considering infrastructural and man-power requirements. The council members strongly endorsed the proposal for introduction of two year B.P.ED Programme in the constituent colleges considering the importance of physical education.

DLSA, Ganderbal conducts Training/ Orientation program for Panel

KULGAM: To review the progress of Aadhaar saturation in the district and to address challenges related to enrolment and updates, a meeting of the District Level Aadhaar Monitoring Committee (DLAMC) was today held at the DC Office, Kulgam.

The meeting, convened by Additional Deputy Commissioner (ADC) Kulgam, Viqar Ahmed Giri, was attended by the District Statistics and Evaluation Officer, Tehsildars, Health, Education, Lead Bank Manager and other line departments.

State Project Manager UIDAI J&K gave a comprehensive PowerPoint presentation highlighting the initiatives undertaken to streamline Aadhaar enrolment and updates. He detailed the organization of special Aadhaar camps in collaboration with the District Administration and the establishment of enrolment

facilities in hospitals to facilitate Aadhaar generation for newborns using verified birth certificates.

The use of QR code-verified

updated their Aadhaar in over a decade, to update their demographic details, biometrics, and supporting documents.



date of birth certificates to prevent rejections during updates was also emphasized during the meeting. During the meeting, ADC underscored the importance of Aadhaar as a document for accessing government services and benefits and urged residents, particularly those who have not

Parents were advised to ensure their children’s Aadhaar biometric details are updated at the ages of 5 and 15 to keep their Aadhaar active. All the departments were instructed to work in collaboration and intensify efforts to achieve 100% Aadhaar saturation in the district with special emphasis.

DCDRC Srinagar settles 61 Complaints, disburses Rs. 1.02 Cr

SRINAGAR: The District Consumer Disputes Redressal Commission (DCDRC) Mominabad Srinagar in accordance with the J&K Legal Services Authority Calendar of Activities for the year 2024, held 09 Lok Adalat’s during the year 2024 at District Court Complex Mominabad Srinagar.

The said Lok Adalats was aimed at amicably resolving Consumer Cases. By holding Lok Adalats, DCDRC Srinagar continues its mission to provide equitable access to justice for all, ensuring that litigants can resolve their disputes quickly and amicably without the prolonged procedures typically associated with conventional Courts. A total of 134 complaints were taken up for settlement in the said Lok Adalats, out of which 61 complaints were settled amicably and an amount of Rs 1,02,03,794 was disbursed in favour of complainants in these cases.

ANXIETY AND LOSS OF APPETITE: WHAT IS THE LINK?



Anxiety commonly causes a change in appetite. Some people with anxiety tend to overeat or consume a lot of unhealthy foods. Others, however, lose their desire to eat when they feel stressed and anxious.

Anxiety is a mental health condition that affects 40 million adults in the United States each year. Changes in appetite are one of many possible symptoms.

Keep reading to learn more about the link between anxiety and a loss of appetite, some potential remedies and treatments for the problem, and some other common causes of appetite loss.

Anxiety and appetite loss

When someone starts to feel stressed or anxious, their body begins to release stress hormones. These hormones activate

the sympathetic nervous system and trigger the body's fight-or-flight response.

The fight-or-flight response is an instinctive reaction that attempts to keep people safe from potential threats. It physically prepares the body to either stay and fight a threat or run away to safety.

This sudden surge of stress hormones has several physical effects. For example, research suggests that one of the hormones — corticotropin-releasing factor (CRF) — affects the digestive system and may lead to the suppression of appetite.

Another hormone, cortisol, increases gastric acid secretion to speed the digestion of food so that the person can fight or flee more efficiently.

Other digestive effects of the fight-or-flight response can include:

- constipation
- diarrhea
- indigestion
- nausea

This response can cause additional physical symptoms, such as an increase in breathing rate, heart rate, and blood pressure. It also causes muscle tension, pale or flushed skin, and shakiness.

Some of these physical symptoms can be so uncomfortable that people have no desire to eat. Feeling constipated, for example, can make the thought of eating seem very unappetizing.

Overeating vs. appetite loss

People who have persistent anxiety

or an anxiety disorder are more likely to have long-term heightened levels of CRF hormones in their system. As a result, these individuals may be more likely to experience a prolonged loss of appetite.

On the other hand, people who experience anxiety less frequently may be more likely to seek comfort from food and overeat. However, everyone reacts differently to anxiety and stress, whether it is chronic or short-term.

In fact, the same person may react differently to mild anxiety and high anxiety. Mild stress may, for example, cause a person to overeat. If that person experiences severe anxiety, however, they may lose their appetite. Another person may respond in the opposite way.

Six unlikely signs of lung cancer revealed

LONDON: According to the World Health Organization (WHO), 7.6 million deaths globally each year are caused by cancer and data shows that lung cancer is by far the number one cancer killer.

But how to know that you are developing signs of lung cancer?

Lung cancer is the uncontrolled growth of abnormal cells that start off in one or both lungs; usually in the cells that line the air passages. The abnormal cells do not develop into healthy lung tissue, they divide rapidly and form tumors.

Here're 6 unlikely signs that you could have the condition, and should get checked by a medical professional:

- Finger clubbing
- Clubbing is a condition where the fingers and toes broaden at their tips, and the nails curve and thicken. It occurs in lung cancer patients with hypertrophic pulmonary osteoarthropathy.
- The researchers said, "People with lung conditions can get HPOA. It affects about five out of every 100 people with cancer of the windpipe [bronchus] or lung. In cancer, it is most common in people with non small cell lung cancer. We don't really know why some people with lung cancer get it and others don't."
- Neck and face swelling
- Swelling of the face and neck could be a sign of lung cancer, according to the NHS. It could be caused by a lung tumour pressing against the vein which delivers blood to the heart from the head.
- Bone pain
- A pain in the back or hips could also be a symptom of lung cancer, according to the American Cancer Society. This would be the case if the cancer has spread to other parts of the body.
- Cough that won't go away
- Some lung cancer patients report a recurrent cough that persists for months, or even years.
- But, a cough that doesn't leave after just two or three weeks could be a sign of the cancer, and should be checked by a GP, the NHS said.
- Fatigue
- Lung cancer symptoms include debilitating fatigue, that doesn't budge even after a coffee boost. It's caused by chemicals being released into the blood from the cancer. The chemicals can affect oxygen levels in the blood.
- High calcium levels
- Some forms of lung cancer can lead to high calcium levels, as the cancer makes calcium leak out of your bones into the bloodstream. Having too much calcium in the blood can cause drowsiness. In some cases, it can lead to a coma, and even death.



This Turmeric Drink Recipe Can Detox Your Smoke Filled Lungs

Tobacco smoking is one of the largest causes of preventable illness and death in India. It causes 1 death in every 6 seconds, making India one of the top four countries with the highest mortality rates. Smoking attributes to a range of cancer and heart diseases. It can also cause ulcer, osteoporosis (brittle bones) stroke and emphysema. Even when one decides to quit smoking, it is often difficult for them to quit it in one go. This is because cigarettes contain nicotine.

Nicotine is the drug that makes people want to keep on smoking. It is addictive and when one starts to smoke regularly, their body starts becoming used to nicotine and starts needing a regular dose. Thus, when a regular smoker tries to quit, he starts experiencing withdrawal symptoms, which can be very uncomfortable. These withdrawal symptoms can be:

- Trouble sleeping
- Nausea
- Moodiness and irritability
- Restlessness
- Trouble thinking and concentrating

These symptoms of nicotine withdrawal start to disappear in a few days or weeks. But the craving for a cigarette might stick around for longer. While counselling or support, nicotine patches, gum, inhalators, lozenges, and mouth spray may help in quitting smoking and detoxing your body of the accumulated toxins, it is often best to go with the natural remedy.

The Turmeric Ginger Recipe

The turmeric ginger recipe can help you refrain from smoking and detox your body from all the harmful toxins that can cause a series of ailments in your body.

One of the key components of the recipe is ginger root. Ginger root has the ability to help ease nausea. Nausea is one of the early symptoms of nicotine withdrawal.

The other ingredient is turmeric. Smoking may open the risks for different types of cancer. Studies have shown that turmeric contains curcumin, which has anti-inflammatory, antioxidant, anti-

cancerous and anti-toxicity properties. It can aid in removing harmful toxins from the body while protecting organs from further damage.

The third very important ingredient is onions. Onions contain quercetin, which has been studied to prevent lung cancer and possesses antioxidant and anti-inflammatory properties.

Here's how you can make the turmeric ginger tea:

Ingredients:

- 1 small piece of ginger root
- 400 grams of clean, chopped onions
- 2 teaspoons of turmeric
- 1 liter of water
- Honey to taste (preferred)

Directions:

Boil water in a pot and then add the ginger root and onions. Grate some more ginger into the water and add the turmeric. Decrease the temperature and let the ingredients boil for several minutes. The longer the mixture boils, the more intense the flavor will be. Drink this twice a day or after every time you smoke, to help clear your lungs.

Giving up smoking can be hard, but it is doable.

Is sparkling water bad for your health? Find out here

Are you someone who prefers to have sparkling water on a daily basis rather than natural water? Well, there's some bad news for you. Carbonated drinks are not good for your teeth due to the presence of bubbles, which is actually a product of carbon dioxide. When we drink sparkling water, it is converted to carbonic acid, thus making it acidic in nature. Acid is known to wear, deteriorate enamel and cause destruction of the teeth.

Although the saliva in the mouth helps neutralise the effects of acid in the drink, actually consuming sparkling water regularly can lead to problems.

Also, if you have a dry mouth, drinking sparkling water should be a big NO. However, if need be, you can opt to drink it with meals as during this time, the saliva tends to flow.

But regular water should never be replaced with carbonated water or drinks.

Because of the presence of carbon dioxide, it can also lead to weight gain as it can make your stomach feel empty and trigger your hunger hormones.

According to a study, conducted by the Birzeit University in the Palestinian West Bank, they found that carbon dioxide in the drinks encouraged one

to eat more. The experiment was conducted on rats.

"Rats that consumed carbonated beverages over a period of approximately one year gained weight at a faster rate than controlled rats that were given flat beverages or tap water, due to elevated levels of the hunger hormone ghrelin and a resulting greater food intake. The study showed an increase in liver lipid accumulation among rats treated with carbonated drinks as opposed to control rats treated with flat beverages or tap water."

So the next time you reach out for sparkling water, think again.



One cigarette is enough to make you an addict, says study

Have you ever just smoked a cigarette to 'try' it? According to a study, that's all it takes for it to become a daily practice. Making smoking a habit doesn't take very long, the study has said. Just one cigarette can do the deed.

As per the study, at least 3 out of 5 people who try a cigarette become daily smokers.

The findings from over 215,000 survey respondents provide strong support for prioritizing efforts to reduce cigarette experimentation among adolescents. Lead researcher Professor Peter Hajek from Queen Mary said: "This is the first time that the remarkable hold that cigarettes can establish after a single experience has been documented from such a large set of data."

"In the development of any addictive behaviour, the move from experimentation to daily practice is an important landmark, as it implies that a recreational activity is turning into a compulsive need. We've found

that the conversion rate from 'first time smoker' to 'daily smoker' is surprisingly high, which helps confirm the importance of preventing cigarette experimentation in the first place.

The researchers searched the Global Health Data Exchange for relevant surveys that included questions about ever trying a cigarette and ever smoking daily. Data sets from eight surveys were found from the UK, USA, Australia and New Zealand, and the survey methods were found to be on par with best practice. Data were analyzed to calculate the conversion rate from ever trying a cigarette to ever smoking daily.

The team calculated that 60.3 percent of respondents had said they had ever tried a cigarette, and among those, an estimated 68.9 percent said they had progressed to daily smoking. The different surveys used different methodologies and yielded different results, so the

estimated 68.9 percent 'conversion rate' from experimentation to daily smoking has a margin of error (between 60.9 and 76.9 percent).

Given the high conversion rate found in all existing surveys, the researchers suggest that at least some of the reduction in smoking prevalence observed over the past 20 years is likely due to reduced experimentation with cigarettes among adolescents.

Professor Peter Hajek added: "Concerns were expressed that e-cigarettes could be as addictive as conventional cigarettes, but this has not been the case. It is striking that very few non-smokers who try e-cigarettes become daily vapers, while such a large proportion of non-smokers who try conventional cigarettes become daily smokers. The presence of nicotine is clearly not the whole story."

The findings have been published in the journal Nicotine & Tobacco Research.

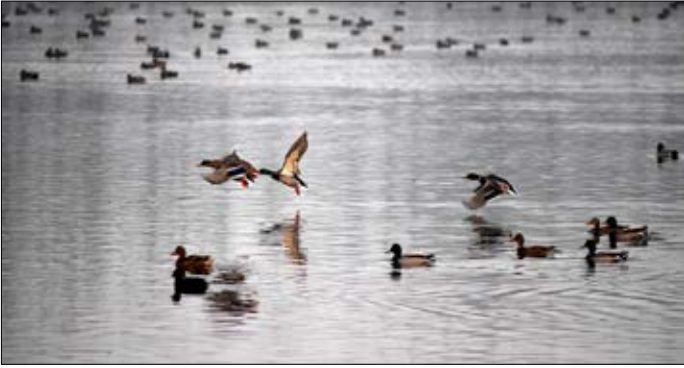


70,000 Migratory Birds Flock to Pampore Wetlands

Bilal Habib

PAMPORE: The Pampore wetlands have become a vibrant haven for migratory birds, with over 70,000 birds from various species flocking to the region. This annual spectacle has drawn significant attention from locals and visitors alike, offering breathtaking sights and opportunities for eco-tourism. Among the wetlands, the Chatlam Wetland Conservation Reserve stands out as the largest, covering 852 kanals of land. It currently hosts approximately 50,000 birds, including species such as Mallard, Gadwall, Common Teal, Northern Shoveller, Pintail, Grey Leg Geese, Eurasian Wigeon, Ruddy Shelduck, Common Pochard, and Red Crested Pochard. The three other wetlands—Fashkooori (305 kanals), Krunchoo (128 kanals), and Moonibugh (106 kanals)—collectively shelter more than 20,000 additional birds. Officials anticipate these numbers will rise as migration progresses.

Local residents have warmly welcomed these winged visitors, often seen capturing their beauty through



photography. The Range Officer for Wetlands Pampore, Imtiyaz Ahmad, attributed this influx to the area's favorable environment and enhanced safety measures. "The birds feel secure here, and even venture into residential premises in the Chatlam area," he noted, urging locals to properly dispose of waste in bins provided by the department

to maintain a pollution-free habitat. To ensure the birds' welfare during harsh winters, especially during the

freezing Chillai Kalan period, the Department of Wildlife Protection provides supplementary feeding, including greens and other essential nourishment. Water bowls and pools are also created to provide safe spaces for the birds during icy conditions. The department has initiated 24x7 anti-poaching drives across the wetlands

and is setting up a dedicated control room at Meej Balhama for round-the-clock monitoring. Additional Forest Protection Force personnel have been requested to bolster protection efforts, and plans are underway to establish another control room to further enhance surveillance. The Department of Wildlife Protection is exploring eco-tourism opportunities to promote year-round engagement with the wetlands. Activities such as boating are being considered as part of a proposed nature park in the Chatlam area. These initiatives aim to attract tourists during the low season in summer, particularly in June and July. Annual migrations begin in October, peak by November, and extend into December and January before the birds embark on their return journey in April. Last year's Asian Waterbird Census recorded an impressive 95,146 birds in these wetlands, underscoring Pampore's importance as a migratory hotspot.

COLD WAVE: MET ISSUES

‘YELLOW’ ALERT

Owais Gul

SRINAGAR: Amid no forecast of a major weather activity till December 26, the local Meteorological department here has issued a yellow alert, predicting a cold wave at isolated regions for the next one week. According to the details available with the news agency—Kashmir News Observer (KNO), the MeT has sounded a yellow warning for isolated regions, saying that the cold wave conditions would prevail for the next one week from December 17 to December 23. The warning has been issued for the isolated places of both the regions including Jammu as well as Kashmir. In the meantime, the mercury has plummeted further at several places of Kashmir including Srinagar, the summer capital of Jammu and Kashmir where a night temperature of minus 5.3 degree Celsius was recorded against the previous night's 3.4 degree Celsius. At Gulmarg, a famous ski-resort, the minimum temperature settled at minus 4.0 degree Celsius while

in Pahalgam, the mercury settled at minus 6.8 degree Celsius.

conditions for the next three days and predicted light snow over a



In Qazigund, a gateway of Kashmir, it settled at minus 6.0 degree Celsius. North Kashmir's Kupwara recorded a low of minus 5.6 degree Celsius while Kokernag in South Kashmir recorded a minimum temperature of 5.7 degree Celsius. Shopian, was the coldest place in Kashmir where the mercury settled at minus 8.9 degree Celsius followed by Pulwama at minus 8.5 degree Celsius. Meanwhile, the MeT director, Dr Mukhtar Ahmad has predicted generally dry and cloudy weather

few higher reaches on December 21 and 22. Furthermore, he said that generally dry weather is expected from December 23 to December 26. He also added that nothing significant is expected till December 26. Meanwhile, in its advisory, the MeT has said that in view of fresh snowfall, the sub-freezing temperature & icy conditions over roads of important passes and higher reaches, the tourists, travellers and transporters are advised to follow administration and traffic advisory.

Kashmir likely to get direct train from Jammu by second week of Jan

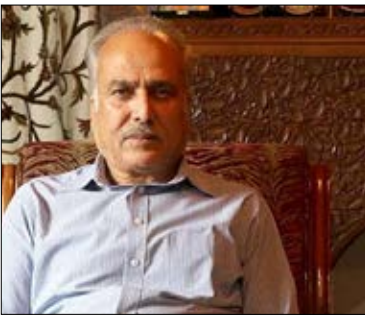
Ishtiyaz Kar

SRINAGAR: Kashmir is on the verge of a historic milestone as it is likely to be connected to the rest of the country by rail in the second week of January 2025. Ashok Kumar Verma, General Manager of Northern Railways, said on Tuesday that this long-awaited project, aligning with Prime Minister Narendra Modi's vision of seamless rail connectivity from Kashmir to Kanyakumari, is in its final stages. During his visit to Qazigun, Verma as per news gathering agency KINS shared encouraging updates on the progress of the project. He mentioned that significant work, including the completion of Tunnel T1 and track installations, is nearing its end. "Electrical works are expected to be completed within the next 10-15 days. The Commissioner of Railway Safety (CRS) inspection, a mandatory step before launching any new rail section, will likely be conducted in the first week of January," he said. While the exact date for the start of Jammu Srinagar Train service is yet to be finalized, Verma expressed confidence that it could begin running in the first or second week of January.

LG must consult elected Govt on major decisions: Hasnain Masoodi

SRINAGAR: Senior National Conference (NC) leader and Member of the Legislative Assembly (MLA) from Pampore, Justice (Retd) Hasnain Masoodi, has raised concerns over the existence of "two power centres" in Jammu and Kashmir, stating that there is a dire need that the democratically elected government must be taken into confidence while decisions pertaining to the erstwhile state are taken at the highest level. Speaking exclusively to the news agency—Kashmir News Observer (KNO), Masoodi said that the mandate of the people must be respected in both spirit and practice. "The elected government is to be taken into confidence on all major decisions. Technicalities aside, the constitutional propriety and democratic practices must be upheld," he said. Drawing parallels with democratic conventions observed at the national level, Masoodi highlighted the need for consensus-driven governance. "There are practices in place, even without written laws. For instance, the Prime Minister briefs the President after visiting foreign nations, and the Speaker consults floor leaders

before parliamentary sessions. Similarly, in Jammu and Kashmir, decisions must



involve the elected government," he said. Masoodi's statement has come at a time when speculations are rife over the widening wedge between the NC led dispensation and LG administration. Chief Minister. Omar Abdullah last week said that the dual mode of governance could serve as a recipe for disaster amid reports the LG office is not consulting the NC led government over various matters related to JK's governance system. On the issue of statehood, Masoodi dismissed arguments that administrative

hurdles or cadre reorganization could delay its restoration. "These are excuses," he added, stressing that there are no impediments to restoring Jammu and Kashmir to its pre-August 5, 2019, status. "A clear commitment was made on the floor of the House and reiterated before the Supreme Court. The government must fulfill this pledge." Masoodi also pointed out that the Supreme Court refrained from examining Parliament's competence to downgrade J&K's statehood due to assurances from the Solicitor General. "They persuaded the Court not to address the question, citing the promise of statehood restoration. Now it doesn't lie in their mouth to create unnecessary delays." When asked about the National Conference's course of action should statehood restoration remain stalled, Masoodi made it clear that legal avenues remain open. "I am a petitioner in the Supreme Court. The option to revisit the issue judicially is very much available. What is however important is that we will keep articulating our views, advocating for the democratic and constitutional rights of the people of Jammu and Kashmir," he said.

CM Omar visits SVMM Charitable Hospital Jammu

JAMMU: Chief Minister Omar Abdullah today inaugurated the MRI and CT Scan Center at Swami Vivekananda Medical Mission (SVMM) Charitable Hospital in Ambhalla, Jammu. Member of Legislative Assembly (Udhampur East) Pawan Gupta, President SVMM Charitable Hospital Anil Gupta, Patron Dr. Subash Gupta, President Jammu Chamber of Commerce & Industry Arun Gupta, along with members of the hospital's managing committee, faculty, staff, and other dignitaries were present on the occasion. Speaking at the launch, the Chief Minister commended the hospital for its exceptional services to the people. He remarked that institutions like SVMM Charitable Hospital exemplify the spirit of service, providing affordable and quality healthcare. "The hospital operates like a private institution in terms of its services but ensures affordability, charging even lower than government hospitals," Omar Abdullah said. Reflecting on the hospital's journey, the Chief Minister acknowledged its humble beginnings as a single-room dispensary and praised its evolution into a reputable healthcare institution. "This transformation is truly remarkable and worthy of admiration," he added. The Chief Minister also lauded the hospital's neo-natal section, noting with satisfaction that the recovery rate for infants in the ICU stands at an impressive 100 percent.

Continued From P1...

Army Commander

the visit interacted with soldiers stationed in these challenging terrains. He commended their dedication and called for maintaining high professional standards during the operations. "GOC White Knight Corps, accompanied by GOC Ace of Spades, visited Tristar and Anita sectors to review operational preparedness. GOC commended the troops for their commitment and dedication to duty and emphasised maintaining the highest standards of professionalism in operations." The White Knight Corps shared on social media platform X. This visit comes amid heightened vigilance along the LoC, following recent incidents of infiltration and narcotics smuggling. In a significant operation on December 16, security forces seized over 5 kg of heroin in Jammu's border district Rajouri, thwarting a major cross-border drug smuggling attempt. Moreover, two local drug dealers were arrested. The General Officer Commanding's recent visit to the region underscores the Indian Army's commitment to safeguarding the Line of Control and preventing infiltration and smuggling activities

CM Omar

issues of dual control during his meeting with the Home Minister. Even after more than two months in power, the Jammu and Kashmir is without the Transaction of Business Rules (TBR) that would delineate the powers of the elected government and its power over various departments and administrative matters. The absence of the Business rules is creating a friction between Omar Abdullah-led elected government and the Lieutenant Governor-led administration.

Bill introduced

Laws (Amendment) Bill, 2024 were sent to a Joint Parliamentary Committee (JPC) for detailed discussion. According to the changes proposed in J&K Reorganization Act-2019, the five-year period from the date of the first meeting of the Legislative Assembly shall be referred to as the full-term of the Legislative Assembly. It further states that term of the Legislative Assembly shall come to an end on the expiry of the full term of Lok Sabha after the President of India notifies the appointed day for implementation of the "one nation, one election" law. According to the bill, simultaneous elections would come into effect on an "appointed date" to be notified by the President on the first sitting of the Lok Sabha after a general election. Since the first sitting of the Lok Sabha elected in 2024 has already taken place, the earliest the appointed date for simultaneous elections can be notified is the first sitting of the House elected in the 2029 elections. This means that simultaneous polls could be held by 2034, when the full term of that House ends. It becomes clear now that the bill would not affect the existing five-year term of J&K Assembly which started from October 08, 2024. However, it would cut short the tenure of the UT's next assembly by six months in 2034. According to the bill, in case the J & K Assembly gets dissolved before completing its five-year full term, the mid-term election would be held only for the remaining period of five years

Worth consideration

significant fiscal relief by reducing costs and saving national resources.

Speaking to reporters in Udhampur, Sharma as per news gathering agency KINS called for a careful examination of the proposal before making any conclusive decisions. "I haven't thoroughly analyzed the draft yet, but if it leads to substantial savings for taxpayers and eases the financial burden on the country, it is certainly worth serious consideration," he said. Sharma stressed on the importance of collective discussions, particularly with Jammu and Kashmir Chief Minister Omar Abdullah, to ensure an informed and unified approach on the matter. Drawing on past examples, Sharma noted that India successfully conducted simultaneous elections in its early post-independence years, which helped streamline administrative processes and reduce costs. He also cited Europe's electoral systems, where concurrent elections are practiced, as evidence that such an idea is both practical and feasible. Reiterating the need for fiscal efficiency, Sharma stressed that governance must prioritize policies that save resources and serve the interests of taxpayers. "If this proposal aligns with those goals, it should be explored further with due diligence," he added.

Press Club

been deprived of the similar benefits," Pargal said and expressed confidence that the Lieutenant Governor will concede the demand at the earliest. Justifying the demand raised by the Editors of various newspapers and endorsed by several media bodies including JK Press Corps, the PCJ chief said the newspapers in Jammu and Kashmir have been suffering on various accounts and it is now high time that the Government comes to their rescue. Asserting that the newspapers have been working under extreme tough circumstances in Jammu and Kashmir, Pargal said it also becomes the responsibility of the UT Government to assist them at this juncture. Further, he said, since Jammu and Kashmir is a UT, the newspapers should be treated at par with other UTs which have been giving DAVP rates to the newspapers published from there. He said the DAVP rates are necessary for growth of the media industry in Jammu and Kashmir and expressed confidence that the Government will announce implementation of the new rates for the advertisements issued to the newspapers.

J&K Students

is an initiative by the Ministry of Environment Forest and Climate Change in collaboration with Amazon Future Engineer and Pi Jam Foundation, and was launched on 5th June 2024 on 'World Environment Day'. The Jammu and Kashmir team was headed by Director School Education Kashmir, Dr. G.N. Itoo, Director School Education Jammu and Project Director Samagra Shiksha J&K. Students, Teachers and Principals of selected schools also attended the felicitation ceremony. The nationwide showcase was conducted at NDMC Delhi on 17th December, 2024 with 35 top ideas selected from a pool of 6.9 lakh participants. Key guests included Secretary Environment (MoeFCC), Secretary Education (GoI) and other key dignitaries from participating states. The Director School Education Kashmir, Dr. G.N. Itoo congratulated the students for their exceptional feat. He said, "we are committed

to improve the standards of Education in JK and to develop an innovative ecosystem in our schools so that our students can become job providers in future instead of job seekers."

Our dream

Governor said: "Sports is a powerful tool for positive change and has always served as a bridge to connect people of different cultures. Today, J&K is emerging as a hub of national and international sporting events. Our renewed thrust on state-of-the-art sports infrastructure and allied facilities and nurturing young talent have revolutionised the sports sector of J&K," he said. The Lieutenant Governor reiterated the commitment of the government, under the guidance of Hon'ble Prime Minister Shri Narendra Modi, to provide the platform and necessary handholding to the budding sportspersons of J&K. Arun Gupta, President, Chamber of Commerce and Industry, Jammu; Anil Gupta, President, J&K Amateur Kabaddi Association; members of Vansh Sabre Sports Foundation, prominent sports personalities and representatives of various sports associations were present. Sanjeev Verma, Commissioner Secretary, General Administration Department; Sarmad Hafeez, Secretary, Youth Services and Sports Department; Nuzhat Gul, Secretary, J&K Sports Council and senior officials were also present on the occasion.

Prompt grievance

volunteer-driven organisations. He highlighted the need for greater collaboration between the government and community stakeholders to address pressing issues effectively and ensure sustainable development. Several legislators, DDC members and former Sarpanchs from different areas also called on the Deputy Chief Minister and projected several development related issues of their respective constituencies.

Article 370

Targeting the Congress, Nadra criticized former Prime Minister Jawaharlal Nehru for the inclusion of Article 370, claiming that B.R. Ambedkar had opposed it. He also referenced Syama Prasad Mookerjee's opposition to Article 370, noting his ultimate sacrifice for the cause. "Mookerjee raised the issue of Article 370 and sacrificed his life for it. His mother wrote to Nehru and sought an investigation, but the request was ignored," Nadra said. Nadra highlighted the abrogation of Article 370 on August 5, 2019, as a historic achievement that fully integrated Jammu and Kashmir with India.

اطلاع عام

ہر خاص و عام کو مطلع کیا جاتا ہے کہ میرے بیٹے یعنی
Abdun Nasir wani کو اسکول ریکارڈ میں غلطی سے Abdun Nasir ہی درج ہوا ہے۔ اب ایسی
دستگیری مطلوب ہے۔ اگر کسی شخص کو کوئی اعتراض ہو تو براۓ مہربانی پرنسپل افسر
شاہ ممدان انگلش میڈیم اسکول بانڈی پورہ میں سات یوم کے اندر اپنی شکایت درج
کریں۔

الطاف احمد وانی
ساحر آیت مولہ بانڈی پورہ

"Because of the Prime Minister's wisdom, Jammu and Kashmir is now an inseparable part of India," he remarked.

Calling the event a turning point, he said, "It is a question of the good lot and the bad lot. After the bad lot, we got the good lot." He also said that the abrogation of Article 370 ended J&K's special status, enabling the full application of Indian laws and granting equal rights to all its citizens

NOTICE

It is hereby notified that I, Irshad Ahmad Bhat son of Late Mohammad Akbar Bhat, resident of Nowpora, Bandipora, intend to change the name on the electricity bill for Consumer ID No. 0216010003584, which is currently registered in the name of my late father, Mohammad Akbar Bhat. I am applying to the concerned electricity department for transferring the name on the bill to my own name. If any person or entity has objections regarding this change, they may contact the concerned authorities within 7 days from the publication of this notice. After the said period, no objections will be entertained, and the process of name transfer will proceed accordingly.

Irshad Ahmad Bhat
S/o Late Mohammad Akbar Bhat
R/O Nowpora, Bandipora
Consumer ID No.: 0216010003584

NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No 0216020004481, which is Registered in the name of my Late Father Namely Mohd Akram Dar S/O Ab Ahad Dar, Now i want to apply for change this Electricity Agreement in the name of Tariq Ahmad Dar S/O Late Mohd Akram Dar, in this regard any person has any objection he/she may file the Objections in office of the Assistant Executive Engineer Electricity Sub Division kaloosa Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Tariq Ahmad Dar.
S/O Late Mohd Akram Dar.
R/O Kaloosa Bandipora.

NIT Srinagar J&K triumphs over NIT Hamirpur by 23 runs

SRINAGAR: The National Institute of Technology (NIT) Srinagar J&K delivered an impressive all-round performance to de-

Tournament at National Institute of Technol-ogy (NIT) Silchar Assam. Opting to bat first after winning the toss

Faisal Irshad led the charge with an unbeaten 52 runs, striking four boundaries and one six. He was supported by Aaqib Sheikh, who



feat NIT Hamirpur by 23 runs in the finals of All India Inter-NIT Faculty and Staff Cricket

at NIT Silchar Cricket Ground, Silchar, NIT Srinagar J&K posted a competitiv total of 138/5.

smashed a quickfire 16 off just 5 balls, includ- ing two boundaries. Sohail Ahmad Baba also

contributed 17 runs before being dismissed. However, NIT Hamirpur bowlers did manage to take key wickets at regular intervals. Manish was the pick of the bowlers, taking 2 wickets for 27 runs in his 3 overs, while Aman Kumar also grabbed 2 wickets, conceding 29 runs. Despite their efforts, NIT Srinagar's total proved challenging.

Chasing 139 to win, NIT Hamirpur struggled to maintain momentum against NIT Srinagar's disciplined bowling attack. Vivek Tiwari (15 off 15) and Neeraj Dhiman (16 off 12) showed some resistance, but they failed to build a big partnership. Captain Surender Soni added 7 runs, while Akash Sharma (15) and Aman Kumar (12) tried to stabilize the innings. However, the required run rate continued to climb. NIT Srinagar's bowlers performed brilliantly under pressure. Dr Majid Hussain took 2 wickets for 22 runs in his spell, while Mustafa Zargar, Dr Shakeel Waseem, and Dr. Janibul Bashir chipped in with one wicket each. The bowlers effectively restricted NIT Hamirpur to 115/6 in their allotted 15 overs, sealing a convincing 23-run victory. Faisal Irshad was declared Man of the Match for his vital knock of 52 runs. Aqib Jan emerged as the highest run-scorer for NIT Srinagar in the tournament, while Mustafa Zargar secured the title of the highest wicket-taker for the team. Additionally, Dr Mohsin Shabir was recognized as the most economical bowler of the tournament for NIT Srinagar. The prestigious tournament was hosted by NIT Silchar, with 20 NITs from across India participating in this mega event.

Chasing 139 to win, NIT Hamirpur struggled to maintain momentum against NIT Srinagar's disciplined bowling attack. Vivek Tiwari (15 off 15) and Neeraj Dhiman (16 off 12) showed some resistance, but they failed to build a big partnership. Captain Surender Soni added 7 runs, while Akash Sharma (15) and Aman Kumar (12) tried to stabilize the innings. However, the required run rate continued to climb.

Shreyas: 'Can't babysit' Shaw, he 'needs to get his work ethics right'

That Prithvi Shaw is a gifted player was there for all to see when he scored a hundred on Test debut just before turning 19 in late 2018. He has since played only 11 international games in six years and if he wants to reach the peak of his game again, he needs to get his "work ethics right," his Mumbai captain Shreyas Iyer has said. Shaw was recently dropped from the Mumbai side during the first leg of the Ranji Trophy because of fitness issues and he has since returned to the T20 side during their victorious 2024 Syed Mushtaq Ali Trophy (SMAT) campaign, where Mumbai beat Madhya Pradesh in the final on Sunday in Bengaluru. Shaw batted in all of Mumbai's nine games for 197 runs at a strike rate of 156.34 while averaging a shade under 22, and his five impressive cameos were otherwise interspersed with four low scores. "He needs to get his work ethics right, and if he does that, the sky is the limit for him," Iyer said. Earlier this year, Shaw was also dropped by his IPL side Delhi Capitals before being released by them and going unsold in the recent IPL 2025 auction. "We can't babysit anyone, right? Every professional who is playing at this level, they need to know what they should be doing," Iyer said. "And he has also done it in the past; it's not that he hasn't. He has to focus, he has to sit back, [and] put a thinking cap on, and then figure out himself. He will get the answer by himself." Last month, former Australia captain Greg Chappell wrote a letter to Shaw, where he insisted that the India batter should embark on a "journey of self-reflection". But Iyer said that "no one can force" Shaw to do anything, given he "has played so much of cricket, and everyone has given him inputs".



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Trescothick on Crawley: 'We'll help him find a way to get back'

If there were loyalty cards in Test cricket, Matt Henry would be in line for a free Zak Crawley. Henry bagged Crawley for the sixth time this series - and eighth overall - late on day three in Hamilton, as England went to stumps on 18 for 2, chasing a ridiculous 658. An earlier lbw dismissal off the fifth ball of England's second innings was overturned successfully on height, after Crawley had made strides down the ground. Henry then pinned Crawley in front with his last delivery of the day. Umpire Adrian Holdstock's finger went up again and Crawley called for DRS once more, only this time umpire's call had leg stump clipped by a whisker. Crawley's walk back was perhaps the first time the torment endured over the last few weeks spilled over on the field. There were a few choice words for Holdstock and a meeting with match referee David Boon could round off what has been a dispiriting tour for the opener. His series ends with just 52 runs from six innings at an average of 8.66. No England opener has batted as many times in a single series and averaged so little. Factor in 139 runs at 27.80 on the tour of Pakistan and it has been an unhelpful winter for Crawley's career average. Having moved past 33 after the first West Indies Test in the summer, following strong showings in the 2023 Ashes (480 runs at 53.33) and away series in India at the start of 2024 (407 at 40), it has dropped to 30.51. England's management has long insulated Crawley from criticism, citing steadfast belief he is capable of other worldly innings against the best teams in the world. His output against Australia last year, along with striking the first ball of the series for four off Pat Cummins, and a domineering 189 in the fourth Test as one of three fifty-plus scores, vindicated their stance. It is a stance that remains, particularly with India and Australia on the schedule for 2025. Assistant coach Marcus Trescothick reiterated their support of Crawley, while also empathising with his struggles as a former opening batter. "It's always tough when someone gets something over you, and you find it really challenging and you've got to come up with plans," Trescothick said. "I had similar situations in my time when I was playing against other oppositions. "You go away when you've got the opportunity, which he has now, to try and think about it before next time they come up against each other. "I think the important part of this is to remember we're very much focussed on him being the opening batter for a good period to come. We've seen the damage that he does and how he goes about it. "I don't want to give you too much about how he goes about it in the changing room because it's the private area of what we have... but he's a strong character. Although it's challenging when it's like this, when someone gets you under the pump, it's tough, but he'll find a way. And we'll help him find a way to get back to that point." Trescothick also confirmed Crawley's poor form had nothing to do with the fractured finger sustained in the third Test against West Indies which ruled him out of the Sri Lanka series at the end of the summer. Nevertheless, he has scored just 191 runs across 11 innings since. England do not play Test cricket again until May, with a one-off Test against Zimbabwe at Trent Bridge, in which time they believe Crawley will emerge from his slump. He will return home after this tour and then head out to South Africa for a stint with Sunrisers Eastern Cape in the SA20, which begins on January 9. Free spirited white-ball cricket may be what he needs to emerge out of his funk.