

# Kashmir Convener



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## Atal Ji gave us the principles of 'Indianization' & 'Nation-First': LG

KC NEWS NETWORK

**JAMMU:** Lieutenant Governor Manoj Sinha today paid tribute to former Prime Minister Atal Bihari Vajpayee and Mahamana Pandit Madan Mohan Malaviya on the occasion of their birth anniversary.

Addressing a commemorative event at Pt. Madan Mohan Malaviya Inter College in Ghazipur, the Lieutenant Governor said, Mahamana Pandit Madan Mohan Malaviya and Atal Bihari Vajpayee represent the conscience of Bharat.

He said the vision of the two giant leaders paved the way for socio-economic transformation of the nation.

"Mahamana's relentless pursuit to public welfare and nation building had shaped



the idea of self-reliant, modern and united India. The vision of Mahamana had opened

up new frontiers in education, technology and industrial development of the country," the Lieutenant Governor said.

Paying homage to Atal Bihari Vajpayee, the Lieutenant Governor spoke on the lifelong campaigns of the former Prime Minister dedicated to nation building and public welfare.

"Nation should be supreme for an individual. To ensure this Atal Ji gave us the principles of 'Indianization' and 'Nation-First'. Every section of society should work together to make the country self-reliant with undivided loyalty," he said.

The Lieutenant Governor called upon the people, especially the youth to rededicate themselves to the

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## CM Omar conducts surprise checks at Kashmir's Medical Institutions

● Sets January 2025 deadline for operationalizing additional block at B&J



KC NEWS NETWORK

**SRINAGAR:** Chief Minister Omar Abdullah today conducted surprise inspections of premier Health Institutions in Srinagar to gain firsthand knowledge of the facilities and services being provided to patients and their attendants.

Chief Minister visited the Bone & Joint Hospital, Barzulla, one of the region's top Orthopaedic healthcare facilities.

During his inspection, he toured various sections and wards, interacting with patients and attendants to understand their concerns.

Accompanied by Minister of Health, Sakeena Itoo, Senior Faculty Members and Doctors, the Chief Minister engaged with

hospital staff to assess the winter arrangements, treatment facilities and the availability of medical professionals and paramedics.

Chief Minister Omar Abdullah also inspected the state-of-the-art additional block of the hospital, constructed under the Jhelum Tawi Flood Recovery Project (JTFRP) with funding from the World Bank.

Designed with earthquake-resilient technology, the block will add 160 beds, increasing the hospital's total capacity from 150 to 310 beds.

During his visit, the Chief Minister emphasized the need to expedite the completion of the new block, which is critical for addressing the space crunch caused by a fire incident in 2022 that

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## UMEED scheme: 80,000 self-help groups active in J&K

Ishtiyak Kar

**SRINAGAR:** In a positive development towards women empowerment in Jammu and Kashmir, over 7 lakh women have become part of 80,000 self-help groups (SHGs) under the UMEED scheme, an initiative of the Jammu and Kashmir Rural Livelihood Mission (JKRLM).

Launched in 2019, the UMEED scheme aims to uplift women from marginalized sections by involving them in sustainable livelihood ventures. According to a senior JKRLM official, women's empowerment remains a top priority for the government. "Over 7 lakh women have

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## CRPF Doing Commendable Job In Restoring Peace In J&K: HM

KC NEWS NETWORK

**NEW DELHI:** Union Home Minister Amit Shah on Wednesday said the CRPF has done a commendable job in tackling Naxalism and restoring peace and stability in the Northeastern states and Jammu and Kashmir.

Shah also said that the Central Reserve Police Force (CRPF) is playing an important role in ensuring internal security and peace in the country, according to an official statement.

The home minister said this while visiting the CRPF headquarters where he met senior officers of the force,



including its Director General Anish Dayal Singh, it said.

During the visit, Shah had a comprehensive review of the operations and administrative efficiency of the world's largest paramilitary force.

The CRPF has done a commendable job in tackling Naxalism and restoring peace and stability in the Northeastern states and Jammu and Kashmir, he said.

The CRPF chief apprised the home minister about the various welfare schemes being implemented for the families of martyred jawans of the force, including compassionate appointments in the CRPF. Shah emphasised the importance

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## Deficit Rainfall Goes Up To 81% In J&K In 3 Months

● MeT predicts erratic weather till Jan 4



Owais Gul

**SRINAGAR:** With no letup in the cold wave conditions across the Valley, Jammu and Kashmir has continued to witness an increase in the deficit rainfall as the Union Territory has recorded a precipitation deficiency of 81 per cent in the past three months.

From October 01 to December 25, 2024, Jammu and Kashmir has recorded a deficit rainfall of 81 per cent as against the normal precipitation of 110.0 mm; the UT has recorded only 21.0 mm rainfall during the period.

According to the data available with the news agency—Kashmir News Observer (KNO), Shopian in South Kashmir continued to top the list with 97 per cent deficiency, followed by Poonch in Jammu division and Kulgam in South Kashmir with 96 per cent and 95 per cent respectively.

The data further reads that Srinagar, the summer capital of Jammu and Kashmir has

recorded a deficit rainfall of 88 per cent during the period while Udhampur in Jammu division too has recorded a similar deficiency in the last nearly three months.

Pulwama in South Kashmir and Kishtwar in Jammu division have recorded a deficit rainfall of 92 per cent each, the data reads, adding that Budgam in Central Kashmir has recorded a deficit rainfall of 91 per cent during the period.

Kupwara in north Kashmir has recorded below 50 percent deficiency as against the normal precipitation of 133.7 mm, the region has recorded a rainfall of 69.6 mm.

However, Samba is the only weather station across J&K where above normal rainfall has been recorded during the period as against the normal precipitation of 42.2 mm, it has recorded a rainfall of 47.0 mm. Anantnag in South Kashmir also recorded a deficit rainfall of 89 per cent while

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## Mehbooba Mufti Calls Vajpayee A Great Visionary

KC NEWS NETWORK

**SRINAGAR:** On the occasion of 100th birth anniversary of former Prime Minister Atal Bihari Vajpayee, Peoples Democratic Party (PDP) chief Mehbooba Mufti paid rich tributes to the iconic leader, focusing on his unwavering commitment to dialogue and peace in Jammu and Kashmir.

In her tribute, Mehbooba Mufti praised Vajpayee for his remarkable leadership, stating that his approach to peace and diplomacy, especially with Pakistan, remains a vital part of his legacy.

"Despite the challenges of the Kargil conflict and the 2001 Parliament attack, Vajpayee did not shy away from pursuing talks with Pakistan, a stance that distinguished him as a leader who valued dialogue over conflict."

"Atal Bihari Vajpayee was a man with a vision for peace. Despite the turmoil of Kargil and the attack on Parliament, he never abandoned the path of dialogue with Pakistan. His determination to engage in talks, even in the face of adversity,

demonstrated his belief in diplomacy as the only solution for lasting peace," Mehbooba said as per news agency KINS.

She also highlighted Vajpayee's



acknowledgment of the late Mufti Mohammad Sayeed's "healing touch" policy, which was instrumental in improving the situation in Jammu and Kashmir. Vajpayee's support for this policy led to

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## Trial run of cargo train conducted on Katra-Reasi rail section

Umaisar Gull Ganie

**KATRA:** As Kashmir is all set to get rail connectivity, Northern Railway is giving final touches to the groundwork.

As a part of the preparations a successful train run, comprising an engine and goods train, was conducted on the 17-kilometer Katra-Reasi track on Wednesday. "Another trial run of a tower wagon was also conducted on India's first cable-stayed railway bridge at Anji Khad, which is part of the USBRL (Udhampur-Srinagar-Baramulla Rail Link) project," a senior Northern Railway official

told news agency—Kashmir News Observer (KNO).

"The engine trial train ran at 30 km/h, and the goods train at 20 km/h. The trial will continue until the final inspection," he added.

Another official, who is also part of the train operations on the USBRL project, said that the speed of the engines will be increased in future. "Very soon electric engines will also chug on this line," he added.

Union Minister for Railways, Ashwini Vaishnaw, posted on X: "Trial run of tower wagon on

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## Over 5,200 cancer patients registered at SKIMS this year; 50,000 since 2014

● Lung cancer most prevalent in men, breast cancer among women

Jahangeer Ganaie

**SRINAGAR:** Kashmir's leading tertiary care hospital, Sher-e-Kashmir Institute of Medical Sciences (SKIMS) Soura, has registered over 5,200 cases of cancer this year alone, while over 50,000 cases have been recorded at the institute since 2014.

According to details obtained by the news agency—Kashmir News Observer (KNO), a total of 5,200 new cancer registrations have been made at SKIMS Soura this year so far. Since 2014, the institute has documented 50,302 cases of cancer.

The annual breakdown of cases shows 3,940 cases

registered in 2014, 4,417 in 2015, 4,320 in 2016, 4,352 in 2017, 4,816 in 2018, 4,337 in

men, lung cancer is the most prevalent, while breast cancer is increasingly common among



2019, 3,814 in 2020, 4,727 in 2021, 5,271 in 2022 and over 5,200 cases this year.

Officials said there has been a steep rise in cancer cases in Kashmir. Among

women. They said the rise in male cancer cases is primarily due to smoking, alongside other factors such as family history, obesity and age.

Early detection of cancer is

critical, officials said, adding that timely treatment can save lives. "Cancer is a multi-dimensional disease, with risk factors including an ageing population, sedentary lifestyles, tobacco use, unhealthy diets, and air pollution," they added.

Doctors have urged people with symptoms of cancer to seek medical attention promptly, as early treatment can prevent the disease from advancing. They said quality treatments are available, including chemotherapy and radiotherapy, at SKIMS. The hospital's infrastructure is continuously being enhanced to ensure better care for patients, doctors added.

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## 72-hour shutdown in Katra begins against ropeway project

Yogesh

**JAMMU:** The 72-hour shutdown called by Shri Mata Vaishno Devi Sangharsh Samiti against the proposed ropeway project commenced in the holy town of Katra on Wednesday.

Witnesses told news agency—Kashmir News Observer (KNO) that Police resorted to lathi-charge to disperse protestors opposing the proposed Rs 250-crore ropeway project.

Some demonstrators were also detained. The project, which is intended to link Tarakote Marg and Sanji Chhat over a 12-km route, has sparked widespread protests from the locals. Natives, including business owners, pony wallas,

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## Taps, pipelines freeze amid bone-chilling cold in Kashmir

Rehan Qayoom Mir

SRINAGAR: The bone-chilling cold grip-

ping Srinagar and other parts of the valley has disrupted daily life, freezing water taps and pipes across the City. Many residents are facing severe water shortages as the icy conditions persist.

According to the details collected by the news agency—Kashmir News Observer (KNO), the taps and

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# ED probing role of Canadian colleges, Indian entities in human trafficking

**NEW DELHI:** The Enforcement Directorate is investigating the alleged involvement of some Canadian colleges and a few Indian entities in a money laundering case linked to the trafficking of Indians into the US from the Canada border.

The investigation is linked to the death of a four-member Indian family, hailing from Dingucha village in Gujarat. The four died of extreme cold while trying to cross the Canada-US border illegally on January 19, 2022.

The ED said it took cognisance of an Ahmedabad Police FIR against Bhavesh Ashokbhai Patel, who emerged as the main accused in the matter, and a few others, to file a complaint under the criminal sections of the Prevention of Money Laundering Act (PMLA).

Patel and others are alleged to have “hatched a well-planned conspiracy to send people (Indians) to the USA



through Canada via illegal channels thereby committing the offence of human trafficking,” it said.

The agency had earlier found that as part of the racket, the accused “arranged” admission for people, desirous to go to the

US illegally, in colleges and universities based in Canada.

A Canadian student visa was applied for such people and once they reached that country, instead of joining the college, they “illegally” crossed the US-Canada

border, the agency said in a statement on Tuesday.

“In view of this, the fee received by colleges based in Canada was remitted back to the individuals’ account,” the ED alleged.

Indians were “lured” into the racket and charged between Rs 55 and Rs 60 lakh per person, according to the ED.

The agency said it undertook fresh searches in this case on December 10 and December 19 at eight locations in Mumbai, Nagpur, Gandhinagar and Vadodara.

It was found, the ED said, two “entities”, one based in Mumbai and the other in Nagpur, entered into an “agreement” for admission of Indians in universities based in foreign countries on a commission basis.

The agency said the latest searches found that about 25,000 students are being referred by one entity and more

than 10,000 students by the other to various colleges based outside India every year.

“Further, it is gathered that there are around 1,700 agents/partners based in Gujarat and around 3,500 agents/partners of other entities all over India out of which around 800 are active.

“It is further revealed that around 112 colleges based in Canada have entered into an agreement with one entity and more than 150 with another entity. Their involvement in the instant case is under investigation,” the ED said.

The agency suspects that out of the total 262 such colleges in Canada, a few, which are geographically located near the Canada-US border, are involved in the trafficking of Indian nationals. The ED said it froze Rs 19 lakh in bank deposits, some “incriminating” documents and digital devices, and seized two vehicles in connection with its probe.

## Akhilesh Yadav questions BJP Government’s preparedness for Mahakumbh, offers help

**LUCKNOW (UP):** Samajwadi Party chief Akhilesh Yadav on Wednesday questioned the Uttar Pradesh government’s preparedness for the upcoming Mahakumbh and accused it of mismanagement.

In a social media post, the opposition leader flagged several issues regarding security arrangements, local concerns and



overall administration in Prayagraj, urging the government to take immediate corrective action.

“This is the truth of preparations for ‘Prayagraj Mahakumbh 2025’ under the BJP government! At least the work of the police department should have been completed long ago because the management of the security circle does not wait for the last day,” he said on X.

The former chief minister of the state also drew attention to the alleged delay in addressing the needs of local residents and the fair area, stating that people in Prayagraj were questioning the government’s priorities.

“The aggrieved people of Prayagraj are asking that the BJP government was very prompt in removing the statue of ‘Mahadani’ Emperor Harshvardhan, but why is the same speed not being shown for administrative management?”

Yadav highlighted complaints about the “neglect” of local issues, such as transportation and movement around the Mahakumbh area.

“Alternative arrangements should also be made to address the concerns of the residents of Prayagraj about movement and transportation in case of an emergency,” he added.

While expressing his party’s support for the successful conduct of the Mahakumbh, Yadav emphasised that the local administration must act swiftly to address these gaps.

“We want the Mahakumbh to go on and Prayagraj to also remain dynamic.”

The SP president said his party is ready to assist the government as the “BJP people would be ‘busy earning money or in election planning’.”

“If the government-administration has failed in the preparations for the Mahakumbh, then we propose to send our true and dedicated workers to help because the BJP people would be busy earning money or in election planning,” he said in a dig at the ruling party.

## ‘Abhi Na Jao Chodkar’: Biggest names in music unite for Mohd Rafi tribute

**NEW DELHI:** Celebrated music personalities, including Amjad Ali Khan, Shubha Mudgal and Shankar Mahadevan from across the classical and pop traditions, have joined hands to celebrate the musical legacy of the great

Other artistes who were part of the performance were Rekha Bhardwaj, Vishal Bhardwaj, and Leslie Lewis, Papon, Shweta Mohan, Usha Uthup, Mame Khan, Omob, Lopamudra Mitra, Aninda Chatterjee, and Aruna Sairam.



Mohammed Rafi with a performance on his timeless song “Abhi Na Jao Chodkar”.

Rafi, one of the greatest playback singers who lent his voice to several melodies in Indian films, would have turned 100 on December 24.

The pre-recorded stage performance on “Abhi Na Jao Chodkar” is produced by pianist Sourendro Mullick and vocalist Soumyojit Das, who also make an appearance in the 5.44-minute video shared on their official YouTube page on Tuesday.

“Presenting our first song from the World Music Day 24 Concert, ‘Abhi Na Jao Chodkar’, originally sung by the evergreen Md. Rafi. His music lives in our hearts and here is a tribute to him from us,” Sourendro-Soumyojit said.

“Celebrating 100 years of Rafi Sahab,” read the closing credits.

Till around 11.30, the video garnered over 19,000 views on YouTube and more than 1,800 likes.

Several fans commented on the clip thanking the producers, who have around 2.8 lakh subscribers on YouTube, for their initiative.

“Love this arrangement..... Got very emotional and also goosebumps ahead..... Thank you so much sir for this beautiful rendition,” said a fan.

“Love from Nepal..... Happy birthday Mohammad Rafi saheb.”

Another observed that the video felt like a tribute to many industry stalwarts who passed away this year, including tabla maestro Zakir Hussain.

Afan said he missed the voice of Ustad Rashid Khan, who died in January after a prolonged battle with cancer at the age of 55. Khan previously collaborated with Sourendro-Soumyojit on a rendition of the song “Mere Naina Sawan Bhadon” in 2022.

“The entire production is musically enriching. Absolute Masterpiece. quite literally,” wrote another.

Sourendro-Soumyojit also have social media presence on Instagram and Facebook with 55 lakh followers and 2.4 lakh followers, respectively.

Picturised on Dev Anand and Sadhana, “Abhi Na Jao Chodkar” originally featured in the 1961 film “Hum Dono”. Penned by Sahir Ludhianvi and composed by Jaidev, this song is a duet sung by Rafi and Asha Bhosle.

## Special arrangements for dignitaries visiting Maha Kumbh 2025



**MAHAKUMBH NAGAR (UP):** As Maha Kumbh Mela 2025 is set to witness a massive influx of pilgrims, tourists, VIP and VVIP dignitaries from across the globe, the Prayagraj Mela Authority has made extensive preparations, including accommodation and protocol arrangements, to ensure a seamless experience, officials said here on Wednesday.

The grand event will span 45

days, from Paus Purnima on January 13 to Mahashivratri on February 26.

It will feature special measures for dignitaries. A 24×7 control room has been established, with dedicated officers and personnel.

For protocol management, the government has deployed three additional district magistrates (ADMs), as many sub-district magistrates (SDMs) and naib tehsildars, and four revenue officials,

they said.

Deputy collector-level officers will serve as sector magistrates across 25 sectors to oversee arrangements.

These efforts aim to provide a smooth and enriching experience for all dignitaries attending this iconic event.

To ensure seamless protocol arrangements for distinguished and very distinguished dignitaries at Maha Kumbh 2025, 50 tourist guides and supporting staff are being deployed.

For accommodation, circuit houses with a capacity of 250 tents have been prepared at five sites within the fair area, they said.

The Uttar Pradesh Tourism Development Corporation (UPTDC), under the guidance of the Tourism Department, is developing a tent city of 110 luxury cottages, while private service providers are setting up an additional 2,200 cottages.

## 20 injured as bus overturns in fields on Jalandhar-Jammu NH

**HOSHIARPUR:** A private bus overturned in fields near village Kurala on the Jalandhar-Jammu National Highway on Wednesday, injuring 20 passengers, police said.

Tanda SHO Gurwinderjit Singh said nine injured passengers were admitted to the Civil Hospital in Dasuya, while 11 were taken to the Community Health Centre (CHC) in Tanda for treatment.

Four critically injured passengers were referred to the Government Hospital in Hoshiarpur from Dasuya Civil Hospital here.

Some of the injured were discharged after receiving first aid at CHC, Tanda.

The bus was travelling from Pathankot to Jalandhar, the police said. Preliminary investigations suggest that the driver lost control of the vehicle near Kurala village, SHO Singh said, adding that further investigations are underway.

## Delhi Cong brings out ‘white paper’ targeting AAP, BJP; Maken says alliance was a ‘mistake’

**NEW DELHI:** Delhi Congress on Wednesday released a 12-point “white paper” targeting the Aam Aadmi Party and the BJP over their alleged unkept promises and mismanagement on various issues like pollution, civic facilities and law and order.

Addressing a press conference, AICC treasurer Ajay Maken lashed out at AAP convenor Arvind Kejriwal, saying his party came to power riding on the Janlokpal agitation but has failed to set up the anti-corruption ombudsman.

“If there is one word to describe former Delhi chief minister Arvind Kejriwal here then it would be Farziwal,” he said while releasing the white paper titled “Mauka Mauka, Har Baar Dhoka”.



“If anyone is the king of fraud in the entire country then it is Kejriwal and that is why we have come here with a white

paper on the Kejriwal government and also on the BJP government at the Centre,” Maken said.

There was no immediate reaction from AAP and BJP. Maken questioned why the Janlokpal had not been formed even in Punjab. “If ILC is not allowing you here, then make it in Punjab. Who is stopping you? You have a full-fledged government there, why don’t you make it there? This is just an excuse. The party (AAP) was formed 10 years ago in the name of Janlokpal, now they have forgotten it,” he said.

They also used to say that they would make Delhi like London. “They have made the national capital number 1 in pollution,” he said.

## Nagaland: Congress returns to spotlight after two decades, civic polls held after 20 years

**KOHIMA:** Nagaland witnessed a significant political shift this year as the Congress made a comeback by winning the lone Lok Sabha seat in the state after decades of political marginalisation and elections to Urban Local Bodies (ULBs) were held for the first time in 20 years with 33 per cent reservation for women, marking a pivotal moment in its political landscape.

In the parliamentary elections held earlier this year, Congress candidate S Supongmeren Jamir clinched the state’s only Lok Sabha seat, delivering a win that many political analysts termed as a historic resurgence for the party in a state where it had long been absent from the political limelight.

Jamir’s victory marked the end of a 20-year hiatus for Congress in the state’s Lok Sabha elections. The last Congress candidate to win the seat was K Asungba Sangtam, who served from 1999 to 2004.

For the state’s people, Jamir’s triumph carries a deep, symbolic significance, marking a shift in the state’s political dynamics, which had been dominated by the ruling alliance of the Nationalist Democratic Progressive Party (NDPP) and the Bharatiya Janata Party (BJP).

Jamir, a former member of the Assembly and the incumbent president of Nagaland Pradesh Congress Committee (NPCC), won decisively, securing 4,01,951 votes. He defeated his nearest rival, Dr Chumben Murry of the NDPP, by a margin of 50,984

votes.

The victory was not just a political win for Jamir but represented the broader revival of the Congress, which had been

and political analyst.

“The victory of our president, Supongmeren Jamir, in the Lok Sabha election has really strengthened the party



nearly wiped out in the state assembly since 2014, with no representation in the state Assembly.

For the people of Nagaland, Congress’ victory was not unexpected.

Many voters were motivated by the desire to stand against BJP’s alleged violence against minority communities in India.

In a state where the population is predominantly Christian, there is a deep-rooted sense of solidarity against what is perceived as growing religious intolerance.

“Religious sentiments played a major role in this Lok Sabha election while some churches also played anti-BJP propaganda,” observed H Chishi, a veteran journalist

in Nagaland,” NPCC working president Khriedi Theunuo said.

“The win was a resurgence of the party in Nagaland, with people now looking upon the Congress with greater responsibility and hope for betterment,” he said.

“Our party had been sidelined since the 2003 state elections and had no representation in the House since 2014. But now, with this win, people are looking at us with renewed hope, ready to bring about the change they desire.”

Theunuo added that following the win, the party’s membership, which is a continuous process aimed toward the 2028 state elections, has increased and

many are joining positively.

“Jamir’s election to the Lok Sabha gives Nagaland a strong voice at the national level. He will have a critical role to play in addressing key issues affecting the Nagas, including the long-standing Naga Political Issue and the demand for a Frontier Nagaland Territory, which has been a significant concern for the people of Eastern Nagaland,” said a local political analyst who wished to remain anonymous.

Entering Parliament, Jamir, in his maiden speech, stressed the importance of an early resolution of the Naga political problem and the ENPO issue, while also calling for improvements to the facilities at the only airport and railway station at Dimapur. With an energised base and the promise of greater representation, Jamir’s win may be just the beginning of a new chapter for Congress in the state, as they look toward the 2028 state elections with growing momentum.

Nonetheless, the ruling NDPP made up the Lok Sabha defeat by sweeping the civic body polls, winning all three municipal councils — Kohima, Mokokchung and Dimapur — and most of the town councils. Altogether 523 candidates from 11 political parties were in the fray. NDPP fielded the highest number of candidates at 178, followed by BJP at 44, Congress at 37, NPP at 22, NPF at 21 and NCP at 15. JD(U) contested nine seats, RPI (Athawale) and IJP seven each, and Rising Peoples’ Party one. Also, there were 182 Independent candidates.

## SC restrains ED From Accessing Seized Electronic Devices Of ‘Lottery King’ Santiago Martin

**NEW DELHI:** In a significant order, the Supreme Court has restrained the Enforcement Directorate from accessing and copying content from electronic devices seized during searches against Santiago Martin, also known as the “lottery king”, his relatives, and employees.

The apex court order of December 13 was passed on a petition of Future Gaming and Hotels Services Pvt Ltd (FGHSPL) and Martin and it may lead to re-think by investigative agencies before they decide to confiscate mobile phones or laptops of accused. The order may come to aid other similarly placed accused.

“Issue notice, in the meanwhile, there will be ad-interim relief in terms of prayer clauses (i) and (ii) of the application for interim relief. The prayer clauses (i) and (ii) read thus: (i) Issue an ex-parte ad-interim order directing the Respondents (ED and its

officers) not to access and copy the contents of Mobile phone of the Applicant No.2 (Martin) and the electronic devices belonging to the Applicant No 1’s employees,” a bench

guidelines for the seizure of digital devices by investigative agencies.

ED sources said they have seen the order and that there is no other credible evidence

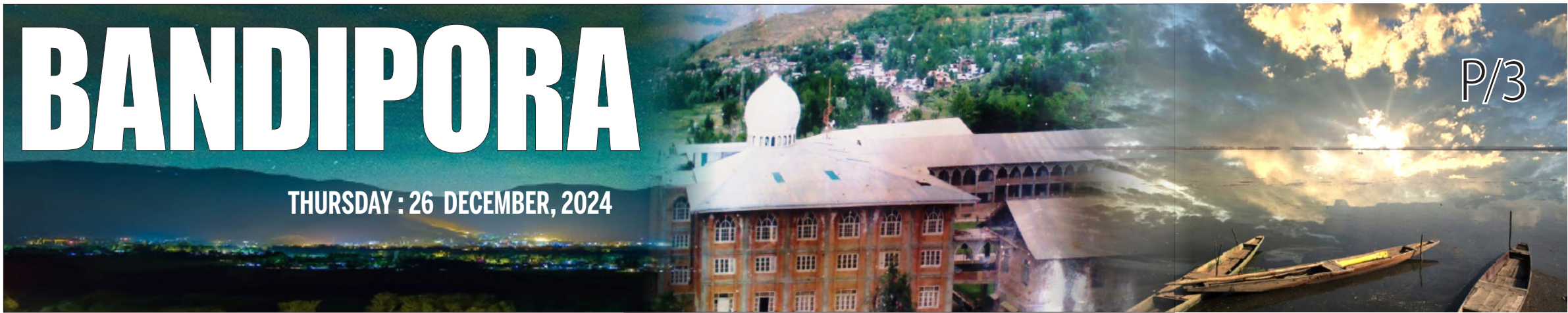


of Justices Abhay S Oka and Pankaj Mithal said.

The bench issued notices to the Centre, the ED and its officers on the petition and fixed it for hearing along with pending ones on February 17, 2025. Other matters include Amazon India employees and the 2023 Newsclick case, where petitioners have sought

recovered by them in the case apart from digital records.

The searches, conducted in November across 22 locations in six states, followed a complaint by the Meghalaya Police accusing Martin’s company, Future Gaming and Hotel Services Private Limited, of illegally monopolising the lottery business in the state.



# Farooq Nazki Honored Posthumously as Bandipora's Literary Forum Announces 2025 Awards

Naseem Shifaye to get Charaag-i-Sukhan Award; Nazki Day Deferred Amidst Cold

Convener News Desk

**Bandipora:** The Literary Forum Bandipora (LFB) has announced its prestigious yearly literary awards for 2025, recognizing two renowned contributors to Kashmiri literature.

The late poet and former Director of Doordarshan, Farooq Nazki, has been posthumously awarded the Nazki Award for his exceptional contributions to Kashmiri literature. Prof. Naseem Shifaye has been chosen for the Charaag-i-Sukhan Award for her acclaimed book Bu Vanyeth Zaan Kass.

The announcement was made after a day-long meeting and consultation session chaired by Mir Tariq Rasool, Vice President of LFB and Chairman of the Awards Committee. Other notable members present included Mubashir Saleem Nazki, Dr. Adil Mahiuddin, Sufi Showkat, Rouf Ghayal, Dr. Bashrat Fakir, Dr. Asrar, Mansur Muntazir, and others.

"We have nominated Farooq Nazki for Nazki Award and Prof Naseem Shafie for her book after a detailed discussion and deliberations after receiving name of many poets and writers" Mir said adding "the awards are conferred on merit, content and contribution," Mir said while speaking on the selection process.

Mir said LFB has been honouring eminent writers at award functions being held in Bandipora for the past 10 years. The award was instituted, in 2015, in memory of Prof Rashid Nazki a poet, academician and founder of Adbi Markaz Kamraz.

The Nazki Award, established in memory of Prof. Rashid Nazki, a poet, academician, and founder of Adbi Markaz Kamraz, honors poets and writers who have made substantial contributions to literature.

The Charaag-i-Sukhan Award recognizes poets or writers for outstanding publications in the pre-



ceding year.

Speaking on the Occasion Mir highlighted that previous recipients of the Nazki Award include luminaries like Prof. G. R. Malik, Prof. Shafi Shouq, and Shahnaz Rashid.

He said the grand award ceremony will take place during the annual Nazki Day event, now scheduled for the last week of February 2025 in Bandipora. Initially planned for January 5, the event has been deferred due to severe weather conditions.

"Nazki Day is a yearly tradition to honor the memory of Prof. Rashid Nazki and celebrate literary achievements. Proper invitations will be sent to the awardees or their representatives for the ceremony," Mir said.

He said this year's awards reinforce Bandipora's role as a hub for literary and cultural enrichment, furthering the district's legacy and Forum's will in promoting Kashmiri literature.

## Hundreds Attend Urs of Hazrat Abu Bakr-i-Siddiq (RA) in Tral

BILAL HABIB

**Tral:** The Urs of Hazrat Abu Bakr-i-Siddiq (RA), the most illustrious companion of Prophet Muham-



mad (SAW) and the first Khalifa of Islam, was observed with religious fervor in the Sub-Division Tral area of South Kashmir's Pulwama district on Wednesday. A large gathering of devotees, including elders,

women, and children, thronged the Kaunsarbal Shrine in Tral to participate in the annual Urs.

Holy relics were displayed after every prayer, drawing devotees from various villages of Tral and other parts of the Valley.

Eyewitnesses reported that the largest gathering was witnessed after the Zuhri prayers, where devotees offered prayers and were shown the revered relics. Night-long prayers, including Shab Khawani, Darood Azkar, and Naat Khawani, were held, adding to the spiritual atmosphere of the occasion.

Clerics delivered sermons highlighting the exemplary life and contributions of Hazrat Abu Bakr-i-Siddiq (RA) to Islam and his unwavering support for Prophet Muhammad (SAW). Special prayers were offered for global peace and for divine mercy in the form of rain or snowfall.

The shrine's management and local residents expressed their gratitude to the civil administration, police, and the local MLA for their efforts in ensuring smooth arrangements and facilities for the devotees. "Their cooperation ensured that attendees faced no inconvenience during the sacred event," they added.

## Azad Dramatic Club Organizes 7-Day Workshop for Children in Repora Ganderbal

CONVENER NEWS DESK

Repora Lar, Ganderbal: Azad Dramatic Cultural Club (ADCC) launched a seven-day workshop for school-going children on Wednesday at its Theatre Studio in Repora. The initiative aims to nurture life skills and provide a creative platform for young minds to discover and develop their hidden talents.

The workshop is open to children between the ages of 8 to 16 years, and organizers believe such programs are vital for building confidence, enhancing communication skills, and fostering creative expression. "This is an excellent opportunity for children to not only learn new skills but also to gain a sense of self-confidence and creativity," said one

of the organizers.

The workshop features a variety of activities, including



drama exercises, storytelling, and interactive sessions, ensuring that each participant has an engaging and enriching experience.

Senior artists, including Chulam Rasool Lone, Masoom Ramzan, and Master Abdul Samad, were present to highlight the importance of theatre in daily life. "Theatre teaches valuable life lessons, such as teamwork, discipline, and empathy," said Lone, emphasizing the role of performing arts in personal development.

Parents and community members have expressed their appreciation for the Azad Dramatic Cultural Club's efforts in creating such opportunities for children in the region. "It's heartening to see such a platform being provided to our children, and we are hopeful that it will help them excel in many aspects of their lives," said a local parent.

## J&K Students Association Expresses Resentment Over "Government's Ambiguity" on Reservation Policy

CONVENER NEWS DESK

**Srinagar:** The Jammu and Kashmir Students Association has criticized the government for its lack of clarity and transparency regarding the contentious reservation policy. The association's criticism follows a meeting between a five-member delegation and Chief Minister Omar Abdullah, who assured that a cabinet sub-committee would submit its review report within six months. However, the association has termed this assurance insufficient and lacking immediate impact.

In a statement issued to Kashmir Convener, National Convener Nasir Khuehami expressed dissatisfaction, stating that no minutes or official statement have been released regarding the commitments made during the meeting. He emphasized the need for transparency and urged the government to outline the Chief Minister's commitments, particularly the assurance of resolving the reservation issue within six months.

The association has demanded a streamlined and inclusive sub-committee, similar to Parliament's Joint Parliamentary Committees (JPC). It criticized the current sub-committee's composition, calling it biased due to the inclusion of members from the reserved category. The association emphasized the need for representation from all stakeholders, including students, aspirants, a retired judge, and independent voices, to ensure fairness.

The association reiterated its demand for an immediate halt to all ongoing recruitments under the disputed policy until the review is completed. It argued that conducting mass recruitments under the current reservation policy would be a gross injustice to students. The association expressed concerns about the lack of guarantees that the committee's report would address students' grievances or bring meaningful reforms. Contradictory statements from government officials have further added to the confusion, it said. Khuehami highlighted inconsistent statements from leaders of the ruling National Conference. While the Chief Minister assured a review, other officials have shown resistance to changes, creating further mistrust among students.

## Helminthic infection, not eating iron rich diets main reasons of anemia among children: Doctors

JAHANGEER GANAIE

**Srinagar:** Helminthic infections and not eating a balanced or iron rich diet are the main reasons behind the increasing prevalence of



anemia among children, the health experts said.

Several doctors, who spoke to the news agency—Kashmir News Observer (KNO) said that the regular deworming is very important for both kids and adults and can be taken in any season.

Dr Rukhsana, a gynecologist at DHSK told KNO that the main reason of anemia in children is Helminthic infection. She said that intestinal helminth infection in a concomitant state of malnutrition is observed among children.

"Helminthic infections, caused by parasitic worms, can contribute to anemia through various mechanisms. These parasites can affect the host's nutritional status, impair iron absorption, and induce chronic inflammation, all of which play crucial roles in the development of anemia," she said.

Dr Shugufta, another gynecologist at DHSK told KNO that helminthic infections are parasitic infections caused by helminths, which are a group of multicellular worms and may

lead to nutrient competition, impaired iron absorption, blood loss, inflammation response and other issues.

She said that there is a misconception that deworming can't be done in winters but it can be given any season at regular intervals but

most of the children aren't being given it that also leads to anemia.

"Deworming helps to remove worms and any infection that might disturb the patient and it is important for those infected by these worms," she added.

Doctors said that diet plays a crucial role in the prevalence of anemia among children as the insufficient dietary iron is a primary cause of anemia.

They said adequate intake of vitamin B12 and folate, nutrient-rich foods, breastfeeding and complementary foods, dietary diversity, hygiene and food safety are main things that play a role in preventing anemia among children.

Doctors told KNO that children, who have worms, always feel tired because of malnutrition and anemia while they can have impaired physical and cognitive development.

They said that there is no need to panic as worm infection is easy to control but parents must keep vigil on their children and monitor

their growth and other behavior as well, adding that untreated worm infections prevent children's healthy growth, cause poor nutrition and reduce their capacity to concentrate and learn.

"The treatment is simple, safe, effective and free of charge. A single dose of deworming treatment drastically reduces the number of worms in each child," they said.

Worm infections can cause various health problems, including anemia, abdominal distention (swelling) or severe abdominal pain, diarrhoea, etc. It can also cause loss of appetite, malnourishment, impaired mental and physical development as well as tissue damage that may require corrective surgery," Doctors said.

"Deworming improves your child's immunity, and thereby protecting him/her from chronic illnesses caused by worms, improves concentration and attendance, making them more productive in school, increases nutrient uptake and controls infections such as anemia, loose bowels, improves work potential and livelihood opportunity and can help in reduction of worm infection in the community," they said.

Notably, as per NFHS-5, about three-fourths (73%) of children aged 6-59 months are anaemic. This includes 25 percent who are mildly anaemic, 44 percent who are moderately anaemic, and 4 percent who have severe anaemia.

"The overall prevalence of anemia in children increased from 43 percent in NFHS-4 to 73 percent in NFHS-5. There is a slight difference in the prevalence of anaemia among girls (71%) and boys (71%) in NFHS-5," it said.

Children of mothers who have anaemia are much more likely to be anaemic. Although anaemia levels vary somewhat according to background characteristics, anaemia among children is widespread in every group.

As per NFHS-5 three-fourths (74%) of children in Jammu & Kashmir are anaemic even if their mother has 12 or more years of schooling—(KNO)

## HKM College Bandipora Hosts Seminar on Environmental Awareness and Sustainability

CONVENER NEWS DESK

**BANDIPORA:** The Department of Botany of Hassan Khuyehami Memorial (HKM) Degree College Bandipora, in collaboration with the Social Forestry Department, organized a seminar on environmental awareness



on Wednesday, focusing on addressing pressing environmental challenges and inspiring collective action toward sustainability.

The seminar, attended by hundreds of students and faculty members, featured insightful discussions and interactive sessions aimed at fostering a deeper understanding of global environmental issues.

In his welcome address, Principal Dr. Iqbal Hussain Qadri

emphasized the importance of environmental awareness, particularly in the context of "slow violence"—the gradual and often unnoticed impact of environmental degradation on vulnerable communities.

The keynote speaker, Dr. Showkat Subhan, an environmental scientist and Associate Professor at GDC Sogam, delivered a compelling presentation on global warming and its long-term repercussions. His address underscored the urgent need for sustainable practices to mitigate climate change.

The seminar also provided a platform for students to share their experiences in grassroots movements related to waste management and conservation efforts. Interactive sessions allowed participants to engage in meaningful discussions on sustainable living and propose actionable strategies for addressing environmental challenges.

A highlight of the event was the prize distribution ceremony for student speakers. The first prize was awarded to Ifshana Reshi, the second prize to Mehwish Mushtaq, and the third prize was shared by Zeeshan Ajjaz and Tanzeela Fayaz.

To conclude the seminar, an environmental pledge was taken by attendees, followed by a plantation drive as a symbolic commitment to a greener and more sustainable future.

The programme was coordinated by Dr. Sabeehah Rehman from the Department of Zoology, while the vote of thanks was presented by Dr. Mohd. Sheikhul Ashraf from the Department of Botany.

## Police Arrest Three Drug Peddlers in Bandipora; Huge Quantity of Contraband Recovered

CONVENER NEWS DESK

**Bandipora:** Bandipora Police have arrested three drug peddlers in separate incidents across the district and seized a significant quantity of contraband and psychotropic substances from their possession.

During a naka checking at Papachan Bridge, police officials from the Bandipora Police Station apprehended one individual, Irshad Ahmad Wani, a resident of Habibullah Wani in Hajin. From his possession, officers recovered 47 bottles of Codeine Phosphate. A case under the Narcotic Drugs and Psychotropic Substances (NDPS) Act has been registered against him at PS Bandipora.

In a similar operation at Shokbaba Sumlar, another drug peddler, Ab Rashid Sheikh of Arin, was arrested. Police recovered 40 grams of a Chara-like substance from his possession. A case under the NDPS Act has also been registered against him at PS Bandipora.

Meanwhile, during naka checking at Check Chandergeer, police stopped a Maruti Alto car with registration number JK15 C-0747 for inspection. During the search, 98 bottles of Codeine Phosphate were found. The car's driver, Mohmad Aqib Wani, a resident of Gh Mohd Wani in Hajin, was arrested. In this case, a FIR under the NDPS Act has been filed at PS Hajin, and the vehicle used in the crime has been seized.

The police have reiterated that combating drug abuse is a collective responsibility and urged the public to join hands with the Jammu and Kashmir Police in safeguarding the community from the drug menace.



Empowering PACS

In order to expand the area of activities undertaken by Primary Agricultural Cooperative Societies (PACS), thereby making them financially strong and sustainable, they have been allowed to apply for LPG Distributorships. Ministry of Petroleum & Natural Gas has amended its guidelines to make PACS eligible for LPG distributorship. This new initiative aims to enhance the financial sustainability of PACS while serving the larger goal of improving rural access to clean energy. PACS, with their deep roots in rural communities and well-established networks, are uniquely positioned to bridge the gap in LPG supply, especially in remote areas. By allowing PACS to distribute LPG, the government not only ensures more extensive coverage but also reduces the dependency on distant distributors, thereby making the process more convenient for rural households. The introduction of this scheme is a welcome move, as it brings both economic and environmental benefits to rural communities. Authorized PACS representatives must undergo training and pass a qualifying exam with a score of 80% before they are granted distributorships. This ensures that PACS can effectively manage the distribution process, operate safely, and maintain the necessary infrastructure, including storage facilities and capital support. From an environmental and health perspective, this initiative is especially important. By replacing traditional cooking methods, such as using firewood, with cleaner LPG, rural households can significantly reduce health risks and environmental degradation. Additionally, the financial sustainability of PACS will be significantly enhanced through the new revenue streams created by LPG distributorships. This will strengthen their operational capacity and help them serve their members more effectively, creating a more resilient and empowered rural economy. This innovative move to involve PACS in LPG distribution exemplifies a holistic approach to rural development—addressing the immediate needs for clean energy while ensuring the long-term sustainability of PACS. It is a step forward in improving the livelihoods of farmers and rural communities, promoting cleaner energy, and contributing to the broader goals of economic growth and environmental preservation in India's

Voices of Defiance: The Power and Beauty of Resistance Literature



Shabeer Ahmad Lone

In Darwish's words, the earth cries loud, A struggle carved in pain and pride, Faiz's verses echo, bold and proud, Justice and hope in each stride.

Rumi whispers of love's true light, Hafez sings defiance through the night, Shahid Ali, in exile's gaze, Transforms loss into resistance's blaze.

Chauhan's cry on battlefields wide, A woman's strength in history's tide, Hughes speaks of a voice unchained, In silence, power has remained.

Lalleshwari's soul breaks the chain, A spirit untethered from worldly pain, Achebe's pen reclaims the past, While Walker's call rings steadfast.

Across these words, from heart to heart, Resistance rises, an art, a start, A tapestry woven of truth and grace, Defying oppression, it finds its place.-Anonymous

Resistance literature is an enduring testament to the profound resilience and creativity of the human spirit. It represents far more than a reaction to oppression; it is a defiant assertion of dignity, identity, and the universal yearning for justice. Across the breadth of human history, this genre has served as a mirror reflecting the harsh realities of exploitation and marginalization, while simultaneously acting as a lamp, illuminating pathways toward liberation and equality. From ancient epics recounting the triumphs of the oppressed to contemporary digital narratives confronting systemic injustices, resistance literature transcends the constraints of time, geography, and culture. It speaks to the essence of human existence, navigating the intersections of power, morality, and hope. By transforming pain and resistance into poignant artistic expressions, it bridges individual suffering with collective struggles, offering a powerful critique of dominant structures while inspiring empathy, solidarity, and change. The aesthetics of resistance literature are rooted in its ability to evoke profound emotional and intellectual responses, challenging readers not only to understand the world as it is but also to imagine and work toward what it could become. This genre is a clarion call to both the oppressed and the oppressor, a dynamic interplay of voices that refuses to let injustice go unchallenged. Resistance literature at its core, is a vehicle for challenging dominant narratives that perpetuate inequality, exploitation, and marginalization. This genre draws upon the lived experiences of oppressed communities, infusing their struggles with a sense of urgency and authenticity. Whether through poetry, prose, drama, or oral traditions, resistance literature transforms pain and injustice into a powerful medium of critique and protest. From the anti-colonial writings of Frantz Fanon to the revolutionary verses of Faiz Ahmed Faiz, from the poignant testimonials of Holocaust survivors to the defiant voices of African-American literature, resistance literature amplifies the silenced voices, forcing the op-

pressors to confront the consequences of their actions. The aesthetics of resistance literature are characterized by their emotive power and ability to evoke empathy and solidarity. These works often employ potent imagery, allegory, and symbolism to communicate their messages. For instance, in Pablo Neruda's "Canto General," the poet uses the grandeur of nature to symbolize the resilience and unity of Latin American peoples in their struggle against colonialism. Similarly, Mahmoud Darwish's poetry captures the pain of Palestinian displacement and the longing for a homeland, creating a tapestry of resistance that resonates universally. These literary devices not only enhance the artistic value of resistance literature but also underscore its role as a tool of cultural preservation and identity formation. Another critical element of resistance literature is its



ability to transcend immediate socio-political contexts and achieve a timeless relevance. While rooted in specific struggles, the themes of resistance literature—freedom, justice, equality, and human dignity—are universally resonant. For example, the works of George Orwell, particularly 1984 and Animal Farm, critique authoritarianism and the abuse of power, transcending the historical period of their creation to remain relevant in contemporary political discourses. Similarly, the anti-apartheid writings of Nadine Gordimer and Chinua Achebe's exploration of colonialism in Africa offer insights that extend beyond their immediate contexts, highlighting the interconnectedness of global struggles for justice. Resistance literature is also marked by its ethical and philosophical dimensions. It does not merely lament oppression but actively engages with questions of morality, agency, and the nature of human existence. In doing so, it challenges readers to reflect on their complicity in systems of oppression and inspires action. For instance, the existential underpinnings of Albert Camus's works, particularly The Plague and The Rebel, explore the tension between resistance and resignation, urging readers to embrace a commitment to justice and solidarity despite the absurdity of existence. Key figures from diverse literary traditions have made significant contributions to resistance literature. Langston Hughes critiqued racial injustice in America, while Gabriela Mistral resisted patriarchy and advocated for marginalized voices. Friedrich Hölderlin explored the tension between individual freedom and societal constraints, and T.S. Eliot challenged the disillusionment of modern life. Walt Whitman celebrated democracy and individuality, resisting societal norms. Rosa Luxemburg critiqued capitalism, offering a revolutionary vision of resistance. Pablo Neruda and Mahmoud Darwish gave voice to the oppressed in Latin America and Palestine, respectively, transforming suffering into defiance. Nadine Gordimer and Saadat Hasan Manto critiqued apartheid and partition, using their works to challenge political injustice. Together, these poets and thinkers offer timeless reflections on the power of literature to resist oppression and inspire change. The poetry of Blake, Dickinson, Shelley, Wordsworth, Yeats, Rilke, and Milton offers diverse forms of resistance. Blake critiques social injustice, Dickinson challenges societal norms, Shelley calls for revolution, Wordsworth resists industrialization, Yeats explores

political upheaval, Rilke emphasizes individuality, and Milton depicts rebellion against tyranny. Together, they advocate for freedom, critique oppressive systems, and highlight the transformative power of the human spirit. Across traditions and periods, resistance literature demonstrates an extraordinary ability to evolve and adapt to changing socio-political realities. In the digital age, this genre has found new expressions through social media, blogs, and digital storytelling. Movements such as "BlackLivesMatter" and "MeToo" have harnessed the power of digital platforms to amplify marginalized voices and challenge systemic injustices. These contemporary iterations of resistance literature build upon the legacy of earlier works while embracing innovative forms of expression, ensuring their continued relevance and impact. Resistance literature has flourished across Arabic, Persian, Hindi, and Urdu traditions, with poets like Mahmoud Darwish, Rumi, Hafez, Kabir, and Faiz Ahmed Faiz embodying its profound aesthetics. Darwish's evocative verses capture Palestinian resilience, transforming displacement into universal themes of identity and freedom, while Rumi and Hafez critique power and hypocrisy with spiritual depth and biting irony. Kabir's dohas challenge casteism and religious orthodoxy, advocating unity and simplicity, whereas Subhadra Kumari Chauhan's Jhansi Ki Rani invokes historical resistance with patriotic fervor. In Urdu, Faiz Ahmed Faiz's revolutionary poetry, alongside Habib Jalib's raw critiques of authoritarianism, blends artistic elegance with calls for justice. These poets, using tools like metaphor, irony, and symbolism, transcend their contexts, intertwining personal and collective struggles to create timeless works that inspire liberation and uphold the transformative power of literature. In Punjabi, Kannada, and Malayalam literature, resistance aesthetics powerfully reflect the struggles against oppression. Amrita Pritam's poignant poetry voices the pain of partition and the plight of women, while Paash's radical verses challenge societal norms. Kannada poets like Kuvempu and D.R. Bendre fight caste oppression and champion human rights, using their works as a call for social justice. Malayalam poets such as Vallathol Narayana Menon and Akkitham Achuthan Namboothiri critique colonialism and social inequality, intertwining mythological themes with resistance. These poets use their craft to challenge power structures and inspire change, embedding resistance deeply within their cultural traditions. Key figures in Telugu resistance literature, such as Sri Sri, Viswanatha Satyanarayana, Sri Krishna Deva Raya, Potti Sreeramulu, Allama Prabhu, and Rachakonda Viswanatha Sastry, have shaped the literary landscape by challenging social injustices, caste discrimination, colonial rule, and religious orthodoxy through their transformative works. Allama Muhammad Iqbal stands as a monumental figure in resistance literature, blending poetic brilliance with profound philosophical insights to inspire oppressed communities and challenge colonial and societal injustices. Writing in Urdu and Persian, Iqbal's works, such as Shikwa, Jawab-e-Shikwa, and Bang-e-Dra, embody a powerful critique of stagnation and oppression while advocating spiritual awakening, self-realization (khudi), and collective empowerment. His masterpieces, including Asrar-e-Khudi and Rumuz-e-Bekhudi, explore the interplay between individual identity and communal resistance, emphasizing moral courage and dynamic action. Iqbal's poetry transcends his era, offering timeless visions of dignity, freedom, and justice, making him a beacon of hope for the oppressed and a catalyst for transformative change. In the context of Kashmir, resistance literature holds particular significance as it reflects the region's protracted conflict, cultural resilience, and unyielding

spirit. Kashmiri poets and writers, such as Habba Khatoon, Mahjoor, Abdul Ahad Azad, Agha Shahid Ali etc. have given voice to the collective anguish, longing, and resistance of their people. Agha Shahid Ali's The Country Without a Post Office stands out as a masterpiece that captures the pain of loss, exile, and the yearning for justice. Using haunting imagery and metaphors, Shahid Ali transforms Kashmir's landscape into a symbol of both despair and defiance, crafting an aesthetic of resistance that transcends regional boundaries and speaks to universal human struggles. Traditional Kashmiri oral narratives, the verses of Lalleshwari and Sheikh Noor-ud-Din, and contemporary expressions through satire and digital platforms ensure that the region's resistance literature remains vibrant, offering a poignant critique of injustice while asserting the resilience and identity of its people. The aesthetics of resistance literature are deeply embedded in its capacity to inspire and mobilize. It functions not only as a mirror reflecting the realities of oppression but also as a beacon illuminating the path toward justice and liberation. By transforming individual and collective pain into artistic expression, resistance literature fosters a sense of solidarity and empowerment among its readers. The enduring legacy of resistance literature lies in its ability to remind us of the transformative power of art and the resilience of the human spirit. Resistance literature stands at the intersection of art and activism, blending aesthetic brilliance with socio-political critique to challenge oppression and amplify marginalized voices. While celebrated for its capacity to inspire and mobilize, it raises critical questions about the balance between its artistic and political dimensions. Critics debate whether its focus on defiance risks overshadowing literary depth or perpetuating simplistic binaries of power. Yet, its universality-rooted in themes of freedom and justice—transcends specific struggles, fostering global solidarity. As the genre evolves through new mediums like digital storytelling, its adaptability underscores its enduring relevance, while postmodern critiques invite deeper interrogation of power dynamics within resistance. Ultimately, resistance literature remains a transformative force, illuminating the complexities of human resilience and the pursuit of justice. It also stands as a timeless and universal testament to humanity's unyielding pursuit of justice, dignity, and freedom. Its aesthetics are a convergence of artistry, moral conviction, and the indomitable will to confront injustice, creating a medium that transcends mere artistic expression to become an active agent of change. By capturing the essence of human struggles across traditions, periods, and contexts, resistance literature serves as both a repository of historical memory and a visionary roadmap for a more equitable future. It reminds us that oppression, no matter how pervasive, is never absolute, and that even in the darkest moments, the seeds of resistance and renewal can flourish. This genre compels us to reflect on the complexities of human existence—on the ethical dilemmas of power, the courage required to resist, and the responsibility to act. As it evolves with the shifting socio-political landscapes of the modern world, resistance literature retains its relevance, inspiring new generations to challenge the status quo and envision transformative possibilities. It is a call to action, a beacon of hope, and a profound affirmation of the human spirit's capacity to endure, resist, and ultimately transcend. In every line, every verse, and every story, resistance literature echoes the universal truth: that art, imbued with the fervor of resistance, holds the power not just to reflect the world but to reshape it.

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Modern Housing Architecture in Kashmir: Balancing Tradition and Climate Needs



(Abid Hussain Rather)

A house or shelter is one of the basic needs of human beings; providing safety, security, and a space for personal and communal life. It serves as a refuge from environmental elements like heat, cold, rain, and natural disasters, ensuring physical protection and comfort. Beyond its practical purpose of protecting against natural elements, it serves as a foundation for emotional and social well-being. The construction and design of shelters are deeply tied to cultural identity, reflecting the traditions, beliefs, and environmental conditions of a community. For instance, indigenous structures such as igloos, mud huts, or stilt houses exhibit resourcefulness and harmony with the local climate and available materials. Additionally, cultural values of a society influence spatial arrangements, decorations, and functionality while a shelter is being constructed in a particular region. Thus, a shelter is not merely a physical structure but a manifestation of cultural heritage and human ingenuity. When we look at the old traditional house construction style in Kashmir Valley, it reflects a profound harmony between nature, culture and the environment. Our old traditional houses which were often crafted using locally sourced materials like timber, mud, and stones, blend seamlessly with our valley's natural surroundings. The sloping roofs, designed to withstand heavy snow, and intricately carved wooden panels shows the ingenuity and artistic heritage of Kashmiri culture. Such architectural choices ensure thermal insulation, reducing dependence on artificial heating, and highlight an eco-friendly approach. The design and architecture of our old houses was rooted in our cultural values and environmental sustainability; depicting a symbiotic relationship between the people of Kashmir and their unique ecosystem. Their architecture was not only aesthetically pleasing but also meticulously

designed to adapt to the region's climatic extremes. In the biting winters, these homes provided warmth through their efficient use of deodar wood and unbaked clay bricks; which used to work as excellent insulators from scorching heat of summer and biting cold of winter. The sloping roofs allowed heavy snow to slide off effortlessly, preventing structural damage. The use of natural materials such as mud, stone, and timber ensured that the homes were eco-friendly and blended harmoniously with their surroundings. In our old houses, the inner rooms were often adorned with walnut woodwork. Since this wood is soft, it allowed for exquisite carving. This craftsmanship reflected the aesthetic taste of the Kashmiris. All things considered, it can be said that our old traditional homes were more than mere shelters; they were cultural artefacts, embodying centuries of wisdom, craftsmanship, and environmental adaptation. From last one or two decades, the construction landscape of Kashmir has undergone a dramatic transformation. The advent of concrete and steel structures with flat roofs, large glass windows, and minimalist designs reflects a deep taste for modernity. This shift is driven by several factors, including increased access to technology, the aspiration to emulate urban lifestyles, and the perception that traditional designs are outdated or inefficient. Unfortunately, this trend has come at a significant cost. Modern houses in Kashmir often ignore the region's climatic requirements. Flat roofs, for example, are unsuitable for the heavy snowfall that is a hallmark of winters in Kashmir, leading to water leakage and structural vulnerabilities. The excessive use of glass, iron and steel contributes to poor thermal insulation, making these homes harder to heat during the winter months and less energy efficient overall. The severe cold climatic conditions of Kashmir valley demand architectural solutions that respect its unique conditions. Traditional houses, with their thick mud walls and small windows, were naturally insulated and reduced the reliance on external heating systems. Modern houses, in contrast, require extensive energy consumption (excessive use of electric room heaters, LPG heaters, Hamaam system etc.) to maintain warmth during winters. Besides the environmental implications, the loss of

traditional architecture represents a profound erosion of cultural identity. Houses are often seen as extensions of



one's heritage, and in our Kashmir valley, the architecture was a visual reminder of the valley's unique history and traditions. The complex designs of Khatambud ceilings and Pinjrakari windows in our old houses were displaying the skilled craftsmanship passed down through generations. But these elements are now being replaced in modern houses by sterile designs that could belong to any generic cityscape. This architectural shift alienates our younger generations from their cultural roots. With the disappearance of traditional houses, the stories, values, and skills associ-

The need for modernization is undeniable, but it must not come at the expense of cultural identity and environmental harmony. To preserve Kashmir's architectural heritage, it is essential to rethink our approach to construction and ensure that future developments are sustainable and reflective of the region's unique culture and environment. We should incorporate elements such as sloping roofs, natural insulation, and intricate woodwork into modern designs while constructin our houses.

ated with them are also vanishing, creating a cultural void that cannot easily be filled. The traditional architecture of Kashmir not only connected us to the past but also served as a significant defence against earthquakes. It has been observed that during earthquakes, modern concrete houses collapse, while centuries old houses remain intact. The reason is that after the tremors, the traditional structures return to their original position, whereas concrete structures lack the flexibility to do so. The need for modernization is undeniable, but it must not come at the expense of cultural identity and environmental harmony. To preserve Kashmir's architectural heritage, it is essential to rethink our approach to construction and ensure that future developments are sustainable and reflective of the region's unique culture and environment. We should incorporate elements such as sloping roofs, natural insulation, and intricate woodwork into modern designs while constructing our houses. Further, we must use locally sourced, sustainable materials to reduce the ecological imbalance. It is essential to merge traditional aesthetics with contemporary functionality while designing our houses, such as energy efficient windows with Pinjrakari designs. It is pertinent to mention here that in our valley most individuals in the field of engineering are primarily learning concrete based designs. This approach needs reconsideration and revision. The government has also not taken significant steps to promote the education and innovation of traditional architecture. The misleading notion of modernity has overshadowed traditional knowledge and sciences. The government and private stakeholders must play a proactive role in promoting architectural policies that respect local traditions. The charisma of modernity is undeniable, but Kashmir must not lose sight of what makes it unique. We must keep in mind that the construction of houses that ignore cultural identity and climatic realities may offer short term convenience, but the long term consequences are far reaching.

(The author teaches Geography at GDC Kulgam and can be reached at rather1294@gmail.com)

# Dir Agriculture flags-off progressive farmers for Interstate training program

**Srinagar:** A group of progressive farmers from different districts of Kashmir division was today flagged-off by Director Agriculture Kashmir, Mohammad Alyas Khateeb for an interstate exposure cum training program.

The five days training program has been organised by Deputy Directorate of Agriculture (Trainings) under NMAET (ATMA) interstate 2024- 25

The Director, while interacting with the farmers on the occasion, said that the training program has been organised for making the farmers aware of the latest technologies for commercial farming, realtime trends in farming and cultivation of different agriculture



crops on scientific lines. He said skilled human resource and capacity building of farmers are among the department's priorities.

Khateeb impressed upon the progressive farmers to interact with the agriculture scientists, experts, and extension functionaries to get acquainted with upto date methodologies in crop cultivation on scientific lines.

He asked the farmers to enhance their technical skills in the field of crop farming and to adopt the advanced technologies after learning from such training/exposure visits. Many farmers on the occasion expressed their gratitude to the department for this opportunity. They said the tour would enhance their knowledge and skills.

Senior officers of the department were present on the occasion.

## Dy CM participates in 81st Salana Barsi of Sant Baba Sunder Singh Ji

**NEWSHERA:** Deputy Chief Minister, Surinder Choudhary, attended the 81st Salana Barsi (Annual Remembrance) of Sant Baba Sunder Singh Ji at Gurudwara Yaadgar Sant Baba Sunder Singh Ji in Naniyal, Nowshera today.

The event was marked by spiritual fervor and witnessed the participation of a large number of devotees.

During the program, members of the Gurudwara Committee raised concerns regarding the need for better road connectivity and water supply in the area.

Addressing the gathering, the Dy CM assured the committee and the devotees that their demands would be fulfilled at the earliest.

The Deputy Chief Minister highlighted the contributions of Sant Baba Sunder Singh Ji towards promoting harmony and spiritual awakening.



He emphasized the government's commitment towards addressing public grievances and ensuring holistic development in all regions.

The event concluded with prayers and langar (community meal), symbolizing the spirit of unity and service. The local community expressed gratitude to the DyCM for his presence and assurance of support.

## Farmers familiarized about commercial floriculture at SKUAST Jammu

**JAMMU, DECEMBER 25:** Department of Floriculture, Parks & Gardens Jammu organized a one day District Level event on commercial Floriculture at Krishi Vigyan Kendra SKUAST Jammu. The event was held under the guidance of Director General Department of Floriculture, Parks & Gardens Jammu, S. Jatinder Singh, while Director Extension Dr. Amrish Vaid was the chief Guest.



The event saw the participation of 200 local farmers, who were educated on scientific Floriculture Practices aimed at enhancing income. The program emphasized the cultivation of flowers, given their high demand in local spots.

Farmers were encouraged to adopt advanced technologies and consider protected cultivation methods to achieve higher yields throughout

the year. The Chief Guest provided detailed insights into scientific Floriculture and highlighted its benefits. The events also featured demonstrations on Nursery raising techniques in Marigold and Discussions on Integrated Nutrient Management (INM) for the Crop.

The event underscored the importance of Floriculture in the region and aimed to equip farmers with the necessary skills and Knowledge to venture into this profitable agricultural sector. The Department of Floriculture, in collaboration with SKUAST Jammu, continues to support and promote such initiatives to boost the agricultural economy of the area.

Dr. Puneet Choudhary, Chief Scientist & Head of KVK Jammu, Dr. Ravneet Kour, Chief Scientist and Head Horticulture KVK Jammu, Dr. Davinder Sharma, Professor Entomology, Dr. Arvinder Singh Professor Floriculture, Dr. Sheetal Dogra Professor Floriculture, Dr. Munish Sharma Scientist Pathology, Sunil Singh Floriculture Officer Jammu, Vikrant Kumar Floriculture Officer Udhampur Jammu were present on the occasion.

## 7-day Refresher Course for PETs concludes at Kishtwar

**KISHTWAR:** A seven-day refresher course organised by the Department of Youth Services and Sports for Physical Education Teachers concluded here today.

Organized under the guidance of the Director General of Youth Services & Sports J&K, Rajinder Singh Tara, and supervised by DYSSO Jaffer Haider Sheikh, the program was specifically designed for PEMs, PETs, REKs and Groundsmen.

The training sessions, held at Chowgan/TRC Kishtwar, aimed to equip participants with modern methodologies, techniques and best practices in physical education and sports management. The initiative highlights the department's efforts towards fostering innovation and excellence in sports while promoting a healthy and active lifestyle among the youth of the region.

During the seven-day course, participants were engaged in

varied activities, including workshops, practical demonstrations, and interactive discussions led by subject-matter experts. Topics covered ranged from modern sports techniques, event management and physical



fitness assessments to the integration of technology in sports education. The valedictory ceremony was attended by Deputy Commissioner Rajesh Kumar Shavan; Additional Deputy Commissioner Pawan Kotwal and Chief Education Officer Javed Ahmed Kichloo.

In his address, the Deputy Commissioner emphasized the importance of continued skill

development and training programs for educators and sports personnel.

He noted that such refresher courses are pivotal in enhancing knowledge and expertise, ultimately benefiting students

and youth across the district. DYSSO Jaffer Haider Sheikh expressed his heartfelt gratitude to all participants for their active engagement and praised his team's efforts in ensuring the program's success. He reaffirmed the department's commitment to organizing similar initiatives in the future to further develop the skills of physical education and sports professionals.

## Ganderbal: Jal Shakti Deptt officials scaling heights to ensure uninterrupted water supply

**Raja Syed Rather**

**Ganderbal:** Dedicated officials of the Jal Shakti Department in Ganderbal are working relentlessly to ensure that taps don't turn dry despite temperatures falling well below the freezing point.

According to the details available with news agency—Kashmir News Observer (KNO) the employees are facing a double challenge due to unprecedented cold temperatures i.e. depleted water sources and the freezing of headworks.

An official said, "Kashmir has received minimal rainfall since July 2024. Our department has been struggling with a significant reduction in discharge from local springs and streams. We have been taking proactive measures such as constructing diversion bunds and laying additional pipelines to augment the flow of water to meet the demand."

He said the ongoing cold wave and the temperature plummeting to as low as -10°C has made situation "more difficult." "Every day, employees of our department brave slippery mountain terrain to reach the frozen water sources

and manually clear the ice to restore the water supply to filtration plants and, ultimately, to the consumers," the official added.

Pertinently, recently a video showing an employee of Jal Shakti Department



scaling a treacherous, icy mountain in the Sonmarg area went viral on the social media.

While talking to KNO Er. Samiullah Beigh, Executive Engineer of the Jal Shakti Department Ganderbal said that the task depicted in the video is part of the daily routine for the employees of his department throughout the Union Territory, especially in Ganderbal. "We are trying our best to mitigate the difficulties faced by the public

during this prolonged dry spell and severe cold," he added.

Er. Beigh highlighted that the employee in the video, Mukhtar Ahmad, is one of the many dedicated workers who go above and beyond to ensure uninterrupted water supply in the Sonmarg area and its surroundings.

He assured the public that the department will continue to take all necessary actions to guarantee smooth water supply across Ganderbal, despite the ongoing challenges posed by the weather.

Er. Beigh also urged local residents to insulate their domestic pipe systems to prevent freezing and ensure consistent access to water from the PHE network

Locals while talking to KNO said, "Amidst the harsh minus temperatures, the Jal Shakti Department has gone above and beyond to restore water supply across Ganderbal district. We deeply appreciate their tireless efforts and dedication in ensuring that the community continues to receive this essential service, even in the most challenging of condition"—(KNO)

## DDC finalises preparations for New Year Bhaderwah Festival

**DODA:** District development Commissioner (DDC) Doda Harvinder Singh chaired a meeting today at Dak Banglow Bhaderwah to finalize the arrangements for the New Year Vibrant Bhaderwah Festival 2024. Scheduled from December 29 to December 31, the three-day celebration is being organized by the Department of Tourism, J&K in collaboration with the District Administration Doda.

The meeting was attended by the CEO Bhaderwah Development Authority, ADC Bhaderwah, ASP Bhaderwah, DFO Bhaderwah, district officers designated as nodal officers for the festival arrangements and representatives from Sanatan Dharm Sabha, Islamia Committee, Adventure Association, Hoteliers, Youth Committee, Tour and Trade Associations, Civil Society members, Excursion Agents, BATA Association, and ABTA Association. The festival aims to highlight Bhaderwah's natural beauty and adventure tourism potential, with events scheduled at Jai Valley, Guldanda, and Bhaderwah Fort on December 29 and 30, culminating in a grand celebration at the New Bus Stand Bhaderwah on December 31, 2024.

The Key Features of the Festival include Adventure Activities like Skiing, sledding, zorbing, cycling, zip-lining, hot air

ballooning, and rafting at Shibnote (Premnagar).

Cultural and Departmental Exhibitions, showcasing the region's heritage and the government initiatives, besides cuisine stalls offering a variety of local and



traditional dishes are other highlights of the event.

Chief Executive Officer BDA has been designated as the Nodal Officer to oversee all festival arrangements, while State Tax Officer (CTO) would act as the nodal officer for coordination

Medicare facility and ambulance services would be made available by the Chief Medical Officer to meet any health emergency.

The event will feature Cultural performances by local and celebrity artists and the responsibility for managing the saame has been conferred to District

Information Officer and Culture and Education Departments.

To ensure best quality and hygienic food at the eateries, AD FCS&CA will be managing food stalls in coordination with NRLM and DUDA. The logistic and stage

mounting arrangements are being made by the PWD (R&B) Bhaderwah.

An exhibition cum sale of local handicraft and handloom being organised by the Cooperative department would be another major attraction of the event.

The Fire & Emergency Services department has been put on alert to ensure venue safety with deployment of fire tenders and scrutiny of the venue. The Government Degree College is coordinating a literary festival on the sidelines of the event.

The DDC emphasized on making foolproof arrangements for the festival aimed at promoting Bhaderwah as a major tourist destination in Jammu and Kashmir. He directed all departments and stakeholders to work in close coordination to ensure the success of this grand event.

## DC Rajouri pushes for public awareness, enforcement to promote Road Safety

**RAJOURI:** Deputy Commissioner Abhishek Sharma today chaired a Road Safety Committee meeting aimed at strengthening measures to ensure safer roads in Rajouri district.

The Deputy Commissioner issued a series of directions to enhance road safety awareness among the public. He stressed the need to educate motorists and two wheeler riders about the importance of wearing helmets and seat belts to minimize accidents and road fatalities.

To tackle rash driving and stunts performed by young boys, the DC directed law enforcement agencies to maintain strict vigilance and take necessary actions against such activities. He further emphasized on keeping a stringent check on under age driving. Stress was laid on the installation of road signage at major intersections and chokepoints across the district to guide drivers and pedestrians effectively and enhance traffic management.

"It is the prime concern of the administration and the traffic department to ensure the safety of the general public," the Deputy Commissioner stated, emphasizing the administration's unwavering commitment to minimize road accidents and promote safe commuting practices.

The DC highlighted the collective responsibility of all stakeholders in promoting road safety. He urged officials to launch extensive awareness campaigns targeting drivers, youth, and the general public to instill safe driving habits.



...From Leh to Kanyakumari

## Rajasthan cyclist on mission for 'Drug-Free India'

**Qazigund:** Girdhari Lal, a resident of Rajasthan, is cycling solo from Leh to Kanyakumari to promote the message of a "Drug-Free India".

Speaking with the news agency—Kashmir News Observer (KNO) during a brief stop in Qazigund in south Kashmir, Lal shared his mission: "My goal is to spread the message of a drug-free and self-sufficient India through this bicycle journey. I started from Leh on the 20th and plan to cross around 12 states. I expect to reach my destination

by February 10."

Describing the challenges of his journey, Girdhari said, "The temperatures in Leh were freezing, and it's similarly cold here in Kashmir, but I am determined to continue my mission. Along the way, I have met incredible people. The hospitality in Kashmir is amazing, and it is very safe to ride here. Don't believe the negative portrayals on TV channels."

Lal said his journey goes beyond raising awareness. "It is a call to action for individuals

to adopt healthier and more sustainable lifestyles. Building stamina is essential. Without effort, our bodies weaken," he said, encouraging people to embrace physical activities like cycling.

Highlighting the environmental benefits of cycling, he said, "Cycling not only improves physical health but also reduces pollution. The more vehicles we use, the more pollution we generate. Promoting cycling will benefit the country, the youth, and all citizens."—(KNO)

## Rajouri admin hosts live streaming of 10,000 newly formed Cooperative Societies

**RAJOURI:** The Cooperative Department of Rajouri today hosted live streaming of the launch of 10,000 newly formed Multipurpose Primary Agricultural Credit Societies (PACS). The event was chaired at the national level by Union Home and Cooperation Minister, Amit Shah.

At the district level, the program was presided over by Deputy Commissioner Abhishek Sharma in presence of officers and officials of the Cooperative Department. The webinar witnessed enthusiastic participation from the management and members of newly formed cooperative societies in the district.

The participants keenly listened to the

insightful deliberations of the speakers, who emphasized the pivotal role of



cooperatives in fostering grassroots-level development. Inspired by the vision outlined during the program, the cooperative societies

in Rajouri reaffirmed their commitment to advancing the cooperative movement in the district.

The program concluded with Deputy Commissioner Rajouri distributing registration certificates to newly established dairy cooperative societies. This symbolic gesture underscored the district administration's support for the cooperative sector's growth and its potential to empower local communities.

With renewed enthusiasm, the members of these societies expressed their determination to work collectively towards achieving economic self-reliance and development in the region.

## Illegal Mining: 3 Vehicles Seized, Rs 30,000 Fine Imposed in Panthachowk

**Bilal Habib**

**Panthachowk:** In an effort to tackle illegal mining, the Department of Geology and Mining, in collaboration with the Panthachowk Police, conducted a night operation in the Panthachowk area of Srinagar district, resulting in the seizure

of three vehicles transporting minerals without valid e-challans. One of the vehicles was fined Rs 30,000 for overloading.

The operation was led by District Mineral Officer (DMO) Srinagar, Dr. Mohammad Saleem, and Station House Officer (SHO) Panthachowk, Mudasir Ahmad. The crackdown is part of a broader initiative to enforce mining regulations and prevent illegal extraction and transportation of minerals.

Highlighting the month's achievements, Dr. Saleem stated, "In December alone, we seized over 30 vehicles, including heavy machinery, and imposed fines amounting to Rs 4 lakh. Our inspection drives are carried

out daily, and despite the harsh winter conditions, we continue our operations even during the night."

He further urged the public to adhere to mining laws by procuring materials from legal sources and ensuring proper e-challans for transportation.



"Vehicles without valid e-challans issued by our department are subject to seizure. We request citizens to comply with the rules to avoid penalties," Dr. Saleem emphasized.

The authorities have reiterated their commitment to intensifying inspections and curbing illegal mining activities, ensuring the conservation of natural resources and strict enforcement of regulations.



# TOP TIPS TO DEAL WITH MOTION SICKNESS

A beautiful ride in the mountains is often corrupted by dizziness, nausea and vomiting, what we call motion sickness, impacting the whole trip not only for us but also for our fellow passengers.

It leads to significant distress and interferes with their ability to function. Motion sickness happens due to vestibular disequilibrium where our body is at rest but perceives motion due to movement of the vehicle, this leads to the disturbance in body balance and hence, motion sickness. So question arises is, What can i do to kick out this motion sickness and enjoy the beautiful ride

Drive– a driver never feels motion sick as his eyes are constantly on the road, or you can sit on the front seat next to the driver and look at the road in front of you, which balances the visual and vestibular

cues, hence preventing motion sickness

Do not read – be it mobile phones or books, reading precipitates motion sickness

Keep your eyes on the outside world while you are in motion– For example, if you are in a car, sit in the front and look in the direction you are moving; if you are on a boat, stay on the deck and look to the horizon. This helps make what you see match the movement you are feeling, and so you are less likely to feel sick.

If looking out from the window, look at a distant, stationary object. Avoid looking at the objects close to you inside the vehicle.

Seat selection– select the seats which have least motion. In a car, take front seats. In an airplane, occupy the seats over the front edge of the wings. In a ship, lower decks and midship cabins should be preferred.

Chlorpheniramine- popular antihistaminic, used commonly for cold and running nose, can be taken one hour prior to journey, has been beneficial for a lot of patients.

**Commonly used drugs include**

Scopolamine transdermal patch- 1mg/72 hours  
It's a patch, which can be applied behind the ear 12 hours prior to journey, releases the drug into the body, through the skin, works well for 3 days

2.Meclizine- 25 mg 6th hourly. To start one hour prior to beginning the journey

Chlorpheniramine- popular antihistaminic, used commonly for cold and running nose, can be taken one hour prior to journey, has been beneficial for a lot of patients. Can cause significant sedation, so is often combined with ephedrine/pseudoephedrine which are stimulants. To be strictly avoided by the drivers and pilots.

All the three drugs are available over the counter, but it is advisable to take them after your physician's opinion.

Ginger- keeping a piece of ginger around 1-2 grams in mouth half an hour before starting journey, to be kept throughout the journey, has worked as an effective measure in prevention of motion sickness for many patients

Acupuncture– apply pressure on the anterior wrist, either by manual pressure or with a wrist band. The exact point being shown in the figure below.

**Medicines-**

There are a number of medicines that can help prevent and treat motion sickness. In general, these medicines work best if you take them before symptoms start. Many have the drawback of making you feel sleepy. Consult your doctor, to find out the medicines which suit you and work best for you.



“The abdominal pain doesn't usually last long and isn't usually caused by anything serious in a young person but be cautious in an old person.

# TOP TEN CAUSES OF BELLY PAIN

The abdominal pain doesn't usually last long and isn't usually caused by anything serious in a young person but be cautious in an old person.

Be sure abdominal pain is not arising from heart ( myocardial infarction )

- or from lung (Pneumonia )
- Some common causes of a stomach ache include:
- trapped wind (flatulence)
- pain or discomfort after eating (indigestion)
- being unable to poo (constipation)
- Stomach ache may be associated with diarrhoea and vomiting
- This will usually clear up by itself within a week.
- TAKE ENOUGH OF FLUIDS IF THERE IS NO VOMITING
- Consult a doctor if
- the pain gets much worse in a short space of time
- the pain won't go away or keeps returning
- you have unexpected weight loss
- you have unusual vaginal discharge
- you bleed from your bottom
- you have a persistent change in toilet habits
- Go to emergency department of the hospital if you

- 1.have sudden, severe stomach pain
- 2.feel pain when you touch your stomach
- 3.are vomiting blood
- 4.have bloody or black, sticky stools
- aren't able to urinate
- 5.have collapsed or can't breathe
- 6.you're diabetic and vomiting
- 7.If you feel pain in the area around your ribs,
- read about chest pain for information and advice.
- Causes of sudden, severe abdominal pain
- Some of the possible causes of sudden, severe abdominal pain include:
- appendicitis – swelling of the appendix that causes
- agonising pain in the lower right-hand side of your abdomen
- a bleeding or perforated stomach ulcer – a bleeding,
- open sore in the lining of your stomach
- acute cholecystitis – an inflamed gallbladder,
- often caused by gallstones
- kidney stones – small stones may be passed out in your wee,
- but larger stones may block the kidney tubes
- -diverticulitis – a type of inflammation in the bowel

- a pulled muscle in your abdomen, or an injury
- Causes of long-term or recurring abdominal pain:
- irritable bowel syndrome (IBS) – symptoms of this
- common condition include stomach cramps,
- bloating, diarrhoea and constipation;
- the pain is often relieved when you go to the toilet
- BE SURE ALL YOUR INVESTIGATIONS ARE
- NORMAL BEFORE YOU ARE LABELLED IBS
- inflammatory bowel disease (IBD) – long-term conditions
- that involve inflammation of the gut, including
- Crohn's disease and ulcerative colitis
- a urinary tract infection that keeps returning –
- you'll usually experience a burning sensation
- when you pee
- constipation
- period pain
- other stomach-related problems –
- such as a stomach ulcer,
- heartburn and acid reflux, or inflammation of the stomach
- lining(gastritis)!!
- Have a good day!!!!

## After Ruhullah’s protest, BJP claims NC heading towards split



**SRINAGAR:** A day after National Conference MLA Salman Sagar castigated his party Member Parliament Aga Ruhullah for staging a protest against his own party, Bharatiya Janata Party on Wednesday claimed that NC is heading towards a “split.” J&K BJP spokesman Altaf Thakur while talking to news agency—Kashmir News Observer (KNO) said, “Aga Ruhullah staging a protest against his own party shows that all is not well within the National Conference and its heading towards a split.” He said, “The NC Member Parliament sitting with Iltija Mufti, Waheed Para and others is a clear indication that NC is facing a major crisis internally.” Thakur termed Ruhullah’s protest as a “political drama.”

“The NC government has failed on all the fronts and Ruhullah is trying to prove that he is not a part of the failed government.”

Meanwhile, Jammu and Kashmir Pradesh Congress Committee chief Tariq Hameed Kara termed MP Aga Ruhullah’s protest outside his own Chief Minister’s residence as “NC’s internal matter.”

“We don’t want to comment on the internal matter of the National Conference, similarly. We also expect

no one to comment on our internal matters,” Kara told KNO.

Terming the basis of the reservation as “Census”, Kara said, “Rahul Gandhi has been pushing the entire country for the caste census. He has made it clear that reservation should be given on the basis of the population.”

Another senior Congress leader while commenting on Aga Ruhullah’s protest said, “Certain things need to be read between the lines.”

It may be recalled that earlier this week NC Member Parliament from Srinagar, Aga Ruhullah had staged a sit-in outside Chief Minister Omar Abdullah’s official residence in Srinagar over reservation policy row. He was joined by the leaders from opposition parties.

Reacting to Ruhullah’s protest MLA Hazratbal, Salman Ali Sagar had expressed strong dismay. “If the MP believes that he can do it, then that’s his individual prerogative, however, this was not the National Conference’s initiative. The protest was a platform for the party’s adversaries. It was a gathering of our adversaries, of our enemies. Unfortunately, one of our MPs was present there, giving them an opportunity to exploit the situation,” he had said

## NC’s internal matter: Congress on MP Aga Ruhullah’s protest

**SRINAGAR:** A day after National Conference castigated his party MP Aga Ruhullah over leading a protest on reservation policy row, Jammu and Kashmir Pradesh Congress Committee chief Tariq Hameed Kara termed it as National Conference’s “internal matter.”

“We don’t want to comment on the internal matter of the National Conference, similarly. We also expect no one to comment on our internal matters,” Kara told the news agency—Kashmir News Observer (KNO).

Stating that census be made basis for any kind of reservation, Kara said,

“Rahul Gandhi has been pushing for a caste census in the country. He has made it clear that reservation should be given on the basis of the population.”

On Monday, Member of Parliament from Srinagar, Aga Ruhullah led a youth protest outside chief minister Omar Abdullah’s official residence in the Gupkar area of Srinagar over reservation policy row.

## Governance reforms must begin at grassroot level: Jitendra Singh



**NEW DELHI:** Union Minister Jitendra Singh on Wednesday said that the governance reforms must begin at the grassroot level to bring about long-lasting and meaningful change.

In a significant step towards strengthening grassroots governance, he launched the ‘Viksit Panchayat Kamayogi’ initiative on Good Governance Day, celebrated very year to mark birth anniversary of former Prime Minister Atal Bihari Vajpayee.

## District level event held at Srinagar on inauguration of newly registered M-PACS, Dairy & Fishery Cooperatives



**SRINAGAR:** A District level event was organized today at DC office, Srinagar to celebrate the inauguration of 10,000 New M-PACS, Dairy and Fishery Cooperative Societies across the nation.

The event was organized in line with the mega event organised at ICAR, Pusa Road, New Delhi being presided over by Union Minister of Home Affairs and Cooperation, Amit Shah.

Additional Deputy Commissioner, Srinagar, Syed Ahmad Kataria was the chief guest at the district level event.

The event witnessed the participation of newly registered multi purpose primary agricultural credit societies (M-PACS) of the district. All the participants connected virtually with the mega event held at New Delhi.

The chief guest on the occasion distributed registration certificates to newly registered M-PACS and appreciated the contributions made by the Cooperatives in the economy.

The event also saw the presence of Assistant Registrar Cooperative Societies Srinagar, representatives from M-PACS and officials of the Department of Cooperatives.

## Javed Rana conducts extensive tour of Mendhar

### Meets several deputations, individuals; asks for speedy redressal of public grievances



**POONCH:** Minister for Jal Shakti, Forest, Ecology & Environment and Tribal Affairs, Javed Ahmed Rana, on Wednesday conducted an extensive tour of Mendhar and presided over a public darbar held to address the grievances and developmental issues of the local population.

On the occasion, scores of delegations comprising employees, common citizens from different areas and departments met the Minister to apprise him of their grievances and demands. The delegations raised collective and individual issues and sought their early redressal.

The issues raised by the delegations pertained to welfare schemes, public utilities, better drinking water facilities, firewood, health, roads, tribal issues and other developmental issues.

While giving patient hearing to grievances brought in his notice by various delegations and individuals, the Minister assured them that all their genuine issues would be examined for prompt redressal.

He also issued on the spot directions to the concerned officers to take cognisance of the issues pertaining to their departments.

Emphasising the need for transparency and accountability in the governance process, Javed Rana said that these are the two cornerstones that connect the people closer to the government and make the decision making more effective and inclusive.

He directed the officers of the district administration to switch over to proactive mode to address people’s developmental issues. He further asked them to conduct field visits to ensure grievances are addressed effectively.

# Continued From P1...

### Atal Ji gave

ideals of Mahamana and Shri Atal Bihari Vajpayee and strive to build a progressive society and work unitedly to realise the vision of Viksit Bharat.

“We do not have to live in the past but we must take inspiration from history to build a brighter future,” he said.

He highlighted that the Youth have a very important role to play in taking public services to the grassroots levels. To achieve this, we need to start shaping a new framework for Jan-Bhagidari and use new technologies for transparency and accountability at all levels, he added.

“Unity is our greatest strength. Young generation must unite the society with determination. I want to see every hand working like a skilled sculptor to create a beautiful, victorious and prosperous India. I want to see a sense of responsibility, steadfastness towards duties and steely determination in every youth towards nation-building,” the Lieutenant Governor said.

The Lieutenant Governor emphasised that our cultural ideals and values should be paramount for the new political and economic system.

“Today is the opportunity for us to build a brighter tomorrow for the country and to ensure that societal attitude is changed towards responsibilities. Whole of Government Approach should be adopted to achieve socio-economic goals,” the Lieutenant Governor observed.

### CM Omar

reduced the hospital's original capacity of 200 beds.

He directed the executing agencies to ensure its swift operationalization by January 2025 to enhance patient care and to dedicate the facility to public service.

Chief Minister also inspected the 500-bedded Children's Hospital in Bemina, where he interacted with patients, attendants, and hospital staff.

During his visit, attendants from far-flung areas raised concerns about the lack of a Sarai (inn) for their stay.

The Chief Minister immediately directed the concerned authorities to construct a Sarai to accommodate attendants and alleviate their difficulties.

The hospital staff highlighted the challenges of expanding super-specialty facilities due to express space constraints.

The Chief Minister assured them that the issue would be addressed on priority.

He also promised to resolve the shortage of medical staff, including doctors and paramedics, not only at this hospital but across healthcare facilities in Jammu and Kashmir.

Furthermore, the Chief Minister instructed hospital authorities to ensure the timely availability of medicines and other essential facilities for patients.

During the inspections, Chief Minister Omar Abdullah reiterated his government's commitment to improving healthcare infrastructure ensuring better facilities for the public and addressing manpower shortages in health institutions across Jammu and Kashmir.

The Chief Minister was accompanied during his visits by Minister of Health Sakeena Itoo, Medical Superintendent of the Children's Hospital, senior faculty members and other concerned officials.

### CRPF Doing

of promoting Hindi in the daily functioning of the force to strengthen linguistic unity.

Along with emphasising the use of more and more ‘Shri Ann’ (Millets) for better health of the soldiers, the home minister also called upon the soldiers to extract the benefits of Ayurveda and participate in ‘Prakriti Parikshan Abhiyan’ to get health insights as per individual’s Prakriti, fostering wellbeing and better health.

The visit of the home minister underlines the government’s recognition of the CRPF’s commitment to national security and its multifaceted contribution to nation-building, the statement said.

Several senior officials of the Ministry of Home Affairs, including

Srinagar-Baramulla Rail Link (USBRL) Project, covering the 118-km-long Qazigund-Baramulla section, was inaugurated in October 2009. Subsequent phases included the inauguration of the 18-km-long Banihal-Qazigund section in June 2013 and the 25-km-long Udhampur-Katra section in July 2014.

In February, the first electric train trial run on the Banihal-Katra section of the USBRL project was successfully conducted on approximately 40 km of track and tunnels between Banihal and Sangaldan Railway Stations in Ramban district.

The USBRL Project involves 38 tunnels with a combined length of 119 km. The longest tunnel, T-49, measures 12.75 km, making it the country's longest transportation tunnel. The project also includes 927 bridges with a combined length of 13 km.

Among these is the iconic Chenab Bridge, with an overall length of 1,315 m, an arch span of 467 m, and a height of 359 m above the riverbed. This bridge stands about 35 meters taller than the Eiffel Tower and is recognized as the world's highest arch railway bridge.

### Over 5,200

Data from the Union Health Ministry reveals that 51,577 cancer cases were reported in Jammu and Kashmir between 2019 and 2022. The annual figures include 12,396 cases in 2019, 12,726 in 2020, 13,060 in 2021, and 13,395 in 2022.

There have been many cancer-related deaths in Jammu and Kashmir, with 35,623 fatalities recorded between 2018 and 2022. These include 6,824 deaths in 2018, 7,003 in 2019, 7,189 in 2020, 7,211 in 2021, and 7,396 in 2022.

A study conducted by SKIMS in 2012 said the rising incidence of cancer is due to dietary practices, lifestyle choices and the consumption of foods with high salt content

### 72-hour shutdown

shopkeepers and others fear that the proposed ropeway project may have adverse impact on the environment and would hit their livelihoods. As part of the shutdown, all commercial activities in Katra have come to a halt. Following the bandh call hundreds of people led by Shri Mata Vaishno Devi Sangharsh Samiti leaders Bhupinder Singh and Sohan Chand took out a protest march in the city.

“The protesters raised slogans against the Shrine Board and the administration and accused them of adopting an adamant attitude. When the policemen stopped the protesters from moving forward, a clash broke out between the two sides,” witnesses said.

“The police detained many protesters including Singh and Chand and took them away in a vehicle,” they added.

Bhupinder Singh alleged that the government is “compelling” the people of Katra to come on the streets.

“We are demanding the closure of this project to save the jobs of thousands of people. Instead of talking to us as promised by the administration, they are using the police to detain us. This is unfortunate,” he said.

Former minister Jugal Kishore criticised the “use of force” against the protesters. “We strongly condemn the administration’s move to use force against peaceful protesters. Their action is aimed at aggravating the situation in Katra, which is unacceptable,” he told reporters.

Earlier, in response to growing protests against the proposed ropeway project connecting Tarakote Marg to the Vaishno Devi shrine, security forces conducted a flag march in Katra to maintain law and order.

Senior Superintendent of Police (SSP) Reasi, Paramvir Singh while talking to KNO said, “People have been protesting here for the past three days, and we have been managing the situation. Today, some of them pelted stones at the police team. We are trying to handle the situation, and hopefully, normalcy will be restored soon.”

Meanwhile, all business establishments remained closed and public transport was off the roads in the city following the protest call.

It may be recalled that Lieutenant Governor Manoj Sinha while referring to the proposed ropeway project had stated that “any losses suffered would be addressed.”

Last month, the Shri Mata Vaishno Devi Shrine Board announced plans to set up a ropeway to facilitate senior citizens, children and others who face challenges in walking the 13-km-long path

to the cave shrine.

### Taps, pipelines

water supply pipelines in Srinagar city and other parts of the valley are freezing during the chilling winter, leaving them frustrated and causing water scarcity in many areas.

Manan Khan, a local from Lal Bazar, said the taps in their house have been frozen, making it difficult to manage even basic chores. “This winter seems harsher than usual, and we are also facing water scarcity,” he said. Similarly, the freezing temperatures have also disrupted water supply in several areas, leaving many households without access to running water. Locals have urged authorities to address the situation.

Meanwhile, the weather experts have issued a cold wave alert, warning of severe conditions in Jammu and Kashmir over the next three days. Nighttime temperatures are expected to remain 4 to 8°C below the seasonal average.

Independent weather forecaster Faizan Arif told KNO that, although not part of the forecast made by weather models, he believes that there is a possibility that low-level clouds might develop during the morning hours and persist until the afternoon, particularly in the plains of Kashmir


## NOTICE

I, Aayan Amin Mir, son of Mohammad Amin Mir, resident of Ward 4, Bandipora, Tehsil Bandipora, hereby declare that I have changed my name to Aiyan Amin Mir.

Henceforth, I shall be known as Aiyan Amin Mir for all official and legal purposes. Anybody having objection in this regard may file the same before the concerned office within seven days from the date of publication of this notice. No objection will be entertained thereafter.

**Aiyan Amin Mir**  
**S/O Mohammad Amin Mir**  
**R/O Ward 4 Bandipora**

## Sad Demise



With profound grief and sorrow it is informed that Farooq Ahmad Trambo, son of Mohammad Sultan Trambo, Residence of Housing Colony Chanapora, has passed away due to electric shock on 22 Dec 2024 at Lingala Pulivrnudula Y.S.R Kadapa District Andhra Pradesh, and Rasm e Chaharum will be held on 27 Dec 2024 at 2:30 Graveyard near BSF Camp Chanapora

# India have their 'nose ahead', they have exploited Australia's 'brittle' top order, says Shastri

**MELBOURNE:** Former coach Ravi Shastri has backed India to win the Boxing Day Test, saying the visitors have exploited Australia's "brittle" top order to have their "nose ahead" in the Border-Gavaskar Trophy.

Shastri added that Indian pace spearhead Jasprit Bumrah is "almost single-handedly" responsible for the visitors keeping the series levelled at 1-1.

"I think India would take this, the way the series is poised. Any overseas team being 1-1, especially with the games being in Perth, Adelaide and Brisbane, they would take this. "Going 1-1 into Boxing Day is the best case scenario. I would say India have their nose ahead," Shastri told news.com.au.

Australia's top order comprising Usman Khawaja, Nathan McSweeney and Marnus Labuschagne have been unable to score against Bumrah.

it has forced them to hand a debut to teenage sensation Sam Konstas while dropping rookie opener Nathan McSweeney.

"It's been pretty brittle. When you look at this Australian line-up, it's been a long time since I've seen an Australian line-up where the top order is that brittle. India have exploited that and continue to exploit it," Shastri said.

All-rounder Mitchell Marsh has also largely struggled for runs. In the last year, Labuschagne, Marsh, Khawaja and Steve Smith all had average less than 30 in Test cricket.

"India is 1-1 in the series and that man

(Bumrah) has almost single-handedly got India into that position," Shastri said.

"As far as Konstas goes, I think he's very refreshing. He's got flair, he's got flamboyance. But Test cricket is Test cricket. His technique will tighten up and he will be the future for

to have been axed after just three Tests.

"McSweeney was very unfortunate. He did the hard yards but he's a middle order batsman. I see him travelling to Sri Lanka when the Australian team go there and rebuild his career from there.

take the attack to the Indian team, because the punches were coming from nowhere."

India have won the last two series in Australia and now have the opportunity to become only the third touring side to win three consecutive series Down Under, joining the West Indies (1984/85, 1988/89, 1992/93) and South Africa (2008/09, 2012/13, 2016/17).

"Massive. No team has done that in a long time. Australia hammers sides when they come here. For India to pull off three on the trot will be something special.

"But they'll have to play good cricket. I see Australia coming hard in this Test match, especially with the bowlers. It's the batting that'll be the challenge for Australia more than anything else."

Shastri feels India has come to Australia with a strong intent to win.

"India have come here to win, they haven't come here to fill in the numbers. Even when I was the coach, our mantra was to play extremely hard, fair and to win.

"You have to think of a method to beat Australia and not just compete. You've got to plan properly, how to take your 20 wickets. India have done that and been very aggressive.

"They've been in the face of Australia and give as good as they get. It's been entertaining and feisty stuff. The first day of the Boxing Day Test will determine which way the series will go," he added.



Australia." Shastri feels McSweeney was unfortunate But I think it's a good move getting Konstas in because you need someone who can

**"It's been pretty brittle. When you look at this Australian line-up,** it's been a long time since I've seen an Australian line-up where the top order is that brittle. India have exploited that and continue to exploit it," Shastri said.

## Bumrah attains highest-ever rating points for an India bowler after Brisbane exploits

Jasprit Bumrah has attained the joint-highest rating points ever for an Indian bowler on the rankings chart after his 9 for 94 in the third Test against Australia in Brisbane.

The Indian spearhead, who already heads the rankings list for bowlers, further consolidated his position at the top by adding 14 points to his tally taking it to 904 rating points, 48 clear of second-placed Kagiso Rabada (856). The only other Indian bowler to achieve this tally is the recently-retired R Ashwin who got there after the fourth Test against England in Mumbai in December 2016.

Bumrah, who is currently the highest wicket-taker in the five-match Border-Gavaskar Series with 21 scalps in six innings at 10.90, now has a chance to break Ashwin's record when the two teams meet in Melbourne for the Boxing Day Test with the series locked 1-1.

Meanwhile, Travis Head's 152 in the first innings of the Brisbane Test on the back of a century in Adelaide has seen him overtake Yashasvi Jaiswal and move to fourth on the batters' list which is led by Joe Root. Steven Smith also made his way into the top ten of the charts after his 101 in Brisbane, entering at the tenth position, while Rishabh Pant has moved out of the top ten.

On the ODI front, Heinrich Klaasen's three back-to-back fifties against Pakistan have seen him rise eight spots - from 13th to fifth on the batting table. Opener Saim Ayub, who had a breakthrough series against South Africa, with scores of 109, 25 and 101 as Pakistan clean swept the series 3-0, advanced 57 slots to a career-best 23rd position.

Babar Azam continues to lead the ODI batting list, with Rohit Sharma and Virat Kohli in second and third place, respectively.



## South Africa aims to seal its place in WTC final in test series against Pakistan

**CENTURION (SOUTH AFRICA):** South Africa will be eyeing a place in the World Test Championship final with an all-seam attack against Pakistan in the first test, starting Thursday.

The Proteas need to win one of its remaining two test matches in this WTC cycle to guarantee a place at the Lord's final next year and captain Temba Bavuma believes expectations have risen in his team to do well in the two-test series.

"There'll be pressure that comes with that," Bavuma said. "But to be honest with you, we're coming into the series to win the series 2-0. We understand that for us to do that, there's certain things that we need to do as a team: keep things simple, keep doing the small things right, and allow the results to take care of itself."

South Africa has included four fast bowlers in the lineup with Corbin Bosch, who consistently bowls above 140 kph, set to play his first test at his hometown.

Seasoned fast bowlers Kagiso Rabada and Marco Jansen will team up with Dane Paterson and Bosch to challenge Pakistan's batters on an expected pacey Centurion pitch where fast bowlers have a clear advantage over the last six years, picking up 227 wickets with spinners dismissing only 16 batters.

Heading into the tests, South Africa's top-order batters did struggle against Pakistan in a rare 3-0 ODI whitewash with Tony de Zorzi, Ryan Rickelton and Tristan Stubbs all failing to read the offspin bowling of Salman Ali Agha in the opening game of the series.

"Whether it's easy, whether it's hard, we've got to find a way to do it," Bavuma said. "Whatever, I don't know, trauma that was there ... guys will have to deal with it."

Pakistan has long been struggling in test matches in South Africa, losing 12 and winning just two of the 15 test matches since it first toured the country in 1995. Pakistan's below-par show in South Africa includes its lowest test score of 49 at the Wanderers in 2013.

Pakistan is lying at No. 7 in the WTC points table and Aaqib Javed is its fourth head coach in this WTC cycle with Mickey Arthur and Mohammad Hafeez quitting after one series. Jason Gillespie resigned just two weeks before Thursday's test.

Gillespie, who was hired by the Pakistan Cricket Board in April, had a horror start to his two-year contract when Bangladesh swept Pakistan in Pakistan 2-0 in the test series before England won the first test at Multan.

Gillespie was removed from the selection panel and Javed masterminded Pakistan's back-to-back wins against England on two engineered spinning pitches where Noman Ali and Sajid Khan bagged 39 wickets.

But Pakistan has brought in only Noman Ali for the two-test series in South Africa and is still contemplating whether to follow South Africa and go with an all-out pace attack.

Shaheen Shah Afridi, who played in the preceding white-ball series in South Africa, has been surprisingly left out for the test matches.

Naseem Shah and Babar Azam return to the test fold after missing the last two home tests against England while selectors have recalled seamer Mohammad Abbas after three years with the left-arm seam option of Mir Hamza in the squad.

Abbas took 90 wickets in 25 test matches from 2017 to 21 before he ran out of selectors' favor despite his consistent performances for Hampshire in England and in domestic first-class cricket.







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