

Kashmir Convener



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Career of students important amongst all: MP Ruhullah

'Altaf Bukhari believes everyone is planted like him'



KC NEWS NETWORK

SRINAGAR: The parliamentarian from Srinagar Lok Sabha constituency, Aga Ruhullah Mehdi on Thursday said that nobody is important before the career of the students, who staged a protest outside Chief Minister Omar Abdullah's residence a few days back.

According to the news agency—Kashmir News Observer (KNO), Ruhullah while replying to a query, told the media persons that the reservation, students and their career is more important than others including him.

24x7 electricity unlikely without 100% metering: CM Omar



Rehan Qayoom Mir

SRINAGAR: Amidst the promises of 200 free electricity units to the consumers, the Jammu and Kashmir Chief Minister

Omar Abdullah has made it clear that the round-the-clock electricity to the consumers would not be possible before the 100 per cent metering is done.

According to the news agency—Kashmir

News Observer (KNO), Omar told the media persons that they are trying their best to provide better facilities to the people and the complaints would pour in with regard to the pesky power cuts as it is the outcome of overloading. "The people have an agreement of 4 bulbs but they use 4 heaters at home, which leads to the overloading and thus results in the unscheduled power cuts," he said.

However, he said that the 24x7 electricity would be possible only when the 100 per cent metering is done.

Furthermore, he added that adequate arrangements are put in place for better facilities to the people during winters, but since there is a drought-like situation in J&K, he prays for the early snowfall so that the situation improves. Omar added that the tourist rush is expected to increase once the snowfall occurs, adding that the efforts are

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Co-Existence Has Enriched Our Cultural Heritage: LG Sinha

KC NEWS NETWORK

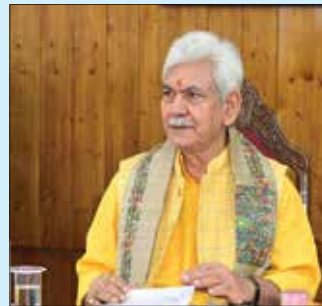
JAMMU: Lieutenant Governor Manoj Sinha on Thursday said that India's culture is unique and ageless and has been a witness to co-existence of almost all major religions known to humankind.

"The co-existence of all major religions has enriched and diversified

He said, Lord Jesus Christ's emphasis on the brotherhood of mankind, harmony, selfless action and his fight against discrimination of any kind are of particular significance in today's world.

our cultural heritage," the Lieutenant Governor said while attending the Christmas Celebrations organised by 'All J&K Christian Sabha'.

He interacted with Bishop, Priests and members of CNI Church, Jammu-Srinagar Diocese and All J&K Christian Sabha and commended their contribution in building a peaceful, selfless, compassionate and caring society.



On the occasion, the Lieutenant Governor urged every section of society to imbibe the teachings of Lord Jesus Christ and promote the spirit of peace, forgiveness and compassion. "Our prime objective is to light the lamp of love, kindness and brotherhood in the heart of every citizen," he said.

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Javed Dar emphasises transparency in beneficiary selection of PMAY-G

KC NEWS NETWORK

JAMMU: Minister for Agriculture Production and Rural Development & Panchayati Raj Departments, Javed Ahmad Dar, today



termed the Pradhan Mantri Awas Yojana- Gramin (PMAY-G) as a beacon of hope materialising the affordable housing dreams of millions across the country.

The Minister made these remarks during his address after he inaugurated a one-day workshop on an overview of PMAY-G at Panchayat Bhawan, Jammu.

The Minister was accompanied by Secretary RDD&PR, Mohammad Aijaz Asad, and other HoDs of the department.

During the workshop, the Minister distributed cheques among PMAY-G beneficiaries and launched a booklet detailing the scheme's impact and implementation.

Ajay More, Joint Director, Ministry of Rural Development, also participated in the event, who also presented an overview of PMAY-G 2.0 through a power point presentation.

In his address, Javed Dar highlighted the transformative role of PMAY-G in uplifting economically weaker sections by providing them with affordable housing in Jammu and Kashmir. He underscored the significance

of the scheme, which was renamed and revamped in 2016 to expedite rural housing construction across the country.

"This initiative has brought hope to millions of people across India, including in our UT. While challenges persist due to the unique geographical and social fabric of Jammu and Kashmir, we are committed towards ensuring every eligible individual benefits from this program," he said.

The Minister emphasised the importance of coordination among political representatives and administrative officers for effective scheme implementation.

Addressing the officers, the Minister called for adopting flexible approach while working in close collaboration with legislators for successful implementation of all public welfare schemes.

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CS reviews preparations for Republic Day celebrations



KC NEWS NETWORK

JAMMU: Chief Secretary, Atal Dulloo today held a meeting of top civil administration and police officers to take stock of the preparations made for celebrating the upcoming Republic Day, 2025 here in the UT.

The Chief Secretary took this occasion to impress

upon the concerned divisional administration to take necessary steps to encourage people to participate in this national event.

He asked for creating celebratory aura through out J&K especially in the twin cities of Jammu and Srinagar.

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Former PM Manmohan Singh passes away

KC NEWS NETWORK

NEW DELHI: Former prime minister

Manmohan Singh, the architect of India's economic reforms, died here on Thursday night. He was 92.

Singh's death was announced by the All India Institute of Medical Sciences, Delhi, where he was admitted in the Emergency ward around 8.30 PM in a critical condition.

An AIIMS bulletin said "he was treated for age related medical conditions and had sudden loss of consciousness at home"



on December 26. "Resuscitative measures

were started immediately at home. He was brought to medical emergency at AIIMS Delhi at 8.06 pm.

Despite all efforts, he could not be revived and was declared dead at 9.51 pm," said the bulletin.

Singh, who was prime minister for two terms in the Congress-led UPA government from 2004 to 2014, had been in poor health for the last few months.

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Kashmiri singing sensation Ayan bags Rashtriya Bal Puraskar

Jahangeer Ganaie

SRINAGAR: A 12-year-old boy from a small hamlet in South Kashmir's Anantnag district scripted history on Thursday when he received the prestigious Pradhan Mantri Rashtriya Bal Puraskar, the highest civilian honor for children in India. President Droupadi Murmu conferred Ayaan Sajad, a young Kashmiri singing sensation of Dargund Srigufwara, with the prestigious award for his outstanding contribution to the Art and Culture category.

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Srinagar undergoes major transformation in 2024 amid criticism of Smart City initiative



Rehan Qayoom Mir

SRINAGAR: Srinagar, the summer capital of the erstwhile state of Jammu and Kashmir, witnessed transformation and makeover under the Smart City Mission in 2024. With a focus

on eco-friendly mobility, urban development and technological innovation, the city has seen noticeable changes.

However, according to the news agency - Kashmir News Observer (KNO), criticism regarding planning, execution and

delays has highlighted the need for more inclusive and efficient project management.

The launch of Srinagar's eco-friendly electric bus service in late 2023 marked a significant change in sustainable urban mobility. In 2024, these buses transported over 61 lakh passengers, with September recording the highest ridership of 7.2 lakh passengers.

While the initiative has been lauded for reducing emissions and providing safe, modern transit options, residents in peripheral areas criticized the limited routes and lack of availability. Authorities acknowledged the issue and announced plans to expand

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CM Omar listens to people's grievances in Sgr

RAABITA



KC NEWS NETWORK

SRINAGAR: Chief Minister Omar Abdullah today met several delegations and emphasized his government's commitment to addressing the challenges faced by various sectors of society.

The Chief Minister stated this during his public outreach programme at Raabita office

here, where scores of delegations and individuals from various parts of Kashmir presented their concerns and demands.

The Chief Minister interacted with various stakeholders, including representatives from education, artisan, labour, and healthcare sectors,

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Mahatma Gandhi’s legacy under threat from those in power in Delhi: Sonia Gandhi

BELAGAVI: Asserting that Mahatma Gandhi has been and will continue to be the fundamental source of inspiration, Congress Parliamentary Party (CPP) chief Sonia Gandhi on Thursday said his legacy is under threat from those in power in Delhi and the ideologies and institutions that have nurtured them. In her message read out at the Congress Working Committee (CWC) meeting here, Sonia Gandhi lashed out at the Modi government and the RSS, and called for fighting the forces which she claimed had created a toxic atmosphere that led to Mahatma Gandhi’s assassination.

Sonia Gandhi, who was not present at the meeting as she could not travel to Belagavi, said Mahatma Gandhi becoming Congress president here was a turning point for the party and for the Independence movement.

“It was a transformational milestone in our country’s history. Today, we rededicate ourselves to preserve, protect and promote the legacy of Mahatma Gandhi. He has been and will continue to be the fundamental



source of our inspiration,” she said.

“It was he who moulded and guided all our remarkable galaxy of leaders of that generation. His legacy is under threat from those in power in New Delhi and the ideologies and institutions that have nurtured them,” she said in her message.

“These organisations never fought for our

freedom. They opposed Mahatma Gandhi bitterly. They created a toxic atmosphere that led to his assassination. They glorify his killers,” Sonia Gandhi said.

The former Congress president said Gandhian institutions in various places across the nation are under assault and noted that it is fitting that this meeting is

called ‘Nava Satyagraha Baithak’.

“It is now our sacred duty to renew our resolve to confront these forces with all the might at our command and with uncompromising determination,” she said.

“I am sure that the issue of strengthening our organization further to face the challenges it confronts will also come up today. Our great organization with such a glorious history has, time and again demonstrated its resilience. Let us individually and collectively move forward from this meeting firm in our resolve to meet the many challenges our party faces with a renewed sense of urgency and a refreshed sense of purpose,” she said.

The CPP chairperson regretted that she was unable to be present at the “historic occasion”. “The 39th session of the Indian National Congress was held exactly a hundred years ago at this very location. It is, therefore, only appropriate that you are assembled at Mahatma Gandhi Nagar,” she said in her message to the Congress leaders present at the extended CWC meeting.

Jal Shakti Ministry Eyes 2025 To Complete Tap Water Connections In Rural India, Achieve Sanitation Goals



NEW DELHI: The Jal Shakti ministry has set its sights on 2025 to achieve the ambitious targets of the Jal Jeevan Mission (JJM) and Swachh Bharat Mission-Gramin (SBM-G) after falling short of the 2024 deadline to provide tap water connections to all rural households.

The ministry also aims to ensure universal Open Defecation Free (ODF) Plus status for villages while advancing ecological restoration under the Namami Gange Programme.

Over 15.37 crore rural households out of a total of 19.36 crore have been equipped with tap water connections under the Jal Jeevan Mission. However, around four crore households remain uncovered.

Jal Shakti Minister C R Paatil expressed optimism about achieving full coverage, emphasising his ministry’s continuous coordination with lagging states and Union territories.

“All the four crore connections are at some level of completion, and though it is a state subject, we have urged all states and Union territories to accelerate their efforts to ensure 100 per cent coverage as soon as possible,” Paatil told PTI.

Eleven states and Union territories have already achieved complete rural tap

water coverage. However, larger states like Rajasthan, Jharkhand, Kerala, and West Bengal are trailing with less than 60 per cent coverage, according to official data.

A ministry official said it is focused on bridging these gaps in 2025, ensuring no household is left without access to clean drinking water.

Sanitation remains a parallel priority for the ministry in 2025.

Currently, 95 per cent of villages in India have declared themselves ODF Plus, a status that encompasses not just toilet construction but also solid-liquid waste management and holistic sanitation.

Of the country’s 5,86,707 villages, 5,60,897 have achieved this milestone. Uttar Pradesh leads the ODF Plus tally with 93,947 villages, followed by Madhya Pradesh with 50,580 villages and Maharashtra with 37,327 villages.

Notably, over 49,000 villages in Madhya Pradesh have reached the “model” category, showcasing exemplary sanitation standards.

Since the launch of SBM-G in 2014, the construction of over 11.76 crore individual household latrines has significantly improved rural hygiene infrastructure, officials said.

Controversy Erupts Over ‘Incorrect Indian Map’ During Congress Session

BELAGAVI (Karnataka): A controversy has erupted over the alleged misrepresentation of the India map on the posters displayed by the Congress to commemorate the centenary of 1924 Congress session in Karnataka’s Belagavi, with the BJP dubbing it as “vote bank” politics by the national party.



The ruling Congress has put up these posters throughout Belagavi town as part of celebrations for the centenary event.

According to BJP and its ally JD(S) in Karnataka, the Indian map featured on the posters omits the Gilgit region of Pakistan-Occupied Kashmir as well as the Aksai Chin region, currently under the Chinese administration, which are integral parts of Jammu and Kashmir. Reacting to the controversy, Deputy Chief Minister D K Shivakumar, who is also the Congress Karnataka unit president, said the posters would be removed if there is any mistake.

“Some leaders might have made some mistake, we are removing everything. Don’t try to pick a small stone in the curd...”

We have done according to Indian tradition and values of those days... BJP is there to attack us, they can’t digest. There is no medicine for jealousy. Let them do what they want...” he told reporters in Belagavi.

The national unit of BJP strongly criticised the Congress.

In a post on ‘X’ it said, “RaGa’s Mohabbat ki

Dukaan is always open for China! They would break the nation. They’ve done it once. They’ll do it again.”

The BJP Karnataka unit termed the “incorrect depiction” of the Indian map as a way to appease its “vote bank”.

“@INCKarnataka, has shown utter disrespect for India’s sovereignty by displaying a distorted map at their Belagavi event, portraying Kashmir as part of Pakistan. All this just to appease their vote bank. This is shameful!” the party posted on ‘X’.

Hitting out at the Congress, BJP’s Vijayapura MLA Basanagouda Patil Yatnal demanded that the police register a case against the organisers.

“The publication of an incorrect map of India not only constitutes a breach of Geospatial information standards but also violates the law,” Yatnal said in a post on ‘X’.

According to him, under section 74 of the IPC, displaying a wrong map of India is a clear offence. It is also a violation under the National Honour Act.

“This is the way how the Congress celebrates its historic CWC session by distorting the map of India, not showing PoK as part of Indian territory. Shame on @INCKarnataka.

“I appeal to the @SPBelagavi to register a case against the organizers for wrongfully depicting the map of India immediately,” he said.

Targetting the Congress over the issue, the JD(S) in a post on ‘X’ said, “

The Italian Congress has omitted the territory of Kashmir from the map of India drawn in Belgaum under the name ‘Gandhi Bharat’. Distorting and altering the map of India is a serious criminal act, like treason.”

The party held Shivakumar responsible for it.

“Kashmir is an integral part of India, but the Congress’ anti-national mentality of expressing support for Pakistan by playing politics of appeasement for votes is now getting wide spread all over the country through banners,” it said.

Congress Working Committee to discuss political developments in the country: K C Venugopal

BELAGAVI (KARNATAKA): AICC general secretary organisation K C Venugopal on Thursday said the extended Congress Working Committee (CWC) meeting will discuss the current political developments in the country and the BJP’s alleged attack on the Constitution and its architect B R Ambedkar. He said the Congress after deliberating on several issues faced by the country will come out with “clear-cut” ideas to address them, and to counter the BJP’s alleged attack on the Constitution.

The Congress is holding an extended CWC meeting on Thursday



in Belagavi and a public meeting on December 27, as part of the centenary celebrations of the 1924 Indian National Congress session that was presided .

Incidents in Bangladesh, Pakistan remind us of sacrifices by Sikh gurus: Yogi Adityanath

LUCKNOW: Uttar Pradesh Chief Minister Yogi Adityanath on Thursday highlighted the rich legacy of the Sikh tradition, emphasising their resilience in adverse circumstances. He praised the community for not only preserving their traditions but also inspiring others through their sacrifices for the nation and their faith.

Addressing the main event of Veer Bal Diwas (Sahibzada Diwas) held at the chief minister’s residence, he remarked, “The Sikh community has a glorious history, yet we hear that only a handful of Sikh families remain in Kabul. Incidents in Bangladesh and atrocities in Pakistan remind us of the sacrifices of the Sikh gurus.” “The ideals of the Sikh Gurus provide us with the energy to move forward. Their blessings serve as our inspiration. By carrying forward their legacy, we can prevent situations like those in Kabul and Bangladesh. Places like Nankana Sahib will come to us naturally, without the need for agitation or struggle,” the chief minister added, according to a

statement.

The event also saw a historical gathering and the commencement of

exemplary standards through their strength, dedication and hard work. “At one time, Sikhs safeguarded India by joining



11,000 ‘sahaj paaths’. Additionally, the chief minister released a book based on the teachings of Guru Teg Bahadur.

Chief Minister Adityanath praised the Sikh community as a resilient and prosperous segment of the nation, setting

“Sikhs and Hindus complement each other. We must steer clear of those who seek to create discord between us. May Guru Maharaj grant us the wisdom to distinguish between friends and foes,” he said, stressing unity.

Reflecting on past events, the chief minister noted that in 2019, during the 550th Prakash Parv of Guru Nanak Dev, a ‘shabad-kirtan’ programme was held at his residence. Since 2020, the annual observance of Veer Bal Diwas has become a tradition at the chief minister’s residence, he said.

“Today, this event has grown into a national observance. On this day, two “sahibzaades” (sons) of Guru Gobind Singh — Baba Zorawar Singh and Fateh Singh — were walled up alive by Wazir Khan,” he added.

The chief minister also recounted the sacrifices made during the Battle of Chamkaur, where Guru Gobind Singh’s elder sons, Baba Ajit Singh and Baba Jujhar Singh, attained martyrdom.

Modi Pitches For Equipping Youngsters With Skills In Emerging Technologies

NEW DELHI: Prime Minister Narendra Modi on Thursday stressed the need for a futuristic approach to equip youngsters with skills in emerging technologies like artificial intelligence and machine learning, as he highlighted the crucial role they play in the country’s progress.

Speaking at an event to mark Veer Bal Diwas, Modi underscored the need to adapt to rapid changes and challenges across various fields, emphasising the government’s “youth-centric” policies and efforts to move in that direction with the start of the new education policy.

With his government marking the journey of the Constitution’s 75 years in a major way, Modi said the Constitution’s principle of equality aligns with the teachings of gurus who advocated the welfare of all.

Modi said his government is committed to supporting young talent and fostering their self-confidence. “This era has moved beyond machines to machine learning. AI is taking centre stage, and we can see its application replacing conventional software. It is essential to make our youth future ready to tackle these challenges,” he said.

He urged the youth to work towards making their respective sectors, be it railways, semiconductors, travel or astronomy, the best.

Remembering the “unparalleled” sacrifice of Guru Gobind Singh’s sons, the Sahibzadas, he said they chose



“unwavering courage and faith over submission to the Mughal Empire’s oppression”.

He noted that Veer Bal Diwas teaches an enduring lesson: “No matter how adverse the circumstances, nothing is greater than the nation’s cause. Every act done in the interest of the nation is an act of valour.”

“More than 300 years ago, on December 26, the Sahibzadas, despite their tender age, displayed unparalleled bravery and sacrificed their lives. They rejected

every temptation and endured unimaginable torture, showing that for them, the nation’s cause was supreme,” he said, urging youngsters to draw inspiration from their legacy.

He said India’s strong democracy was built on the bravery and sacrifice of the

bravery, innovation, science and technology, social service, sports, and environment.

Congratulating the awardees, Modi said, “These children have demonstrated what India’s youth are capable of achieving. I extend my best wishes to all the winners on behalf of the nation.”

He elaborated on the government’s focus on empowering the youth through targeted policies.

“From startups to science, sports to entrepreneurship, a new wave of transformation is happening. Our policies prioritise giving strength to the youth. Whether it is the startup ecosystem, the future of the space economy, or sports and fitness, all our initiatives are youth-centric,” he said. On the occasion, Modi launched the ‘Suposhit Gram Panchayat Abhiyan’, a programme aimed at improving nutritional outcomes through active community participation.

The initiative aligns with the government’s broader goal of ensuring the well-being of every Indian. Modi also urged young Indians to embrace the values of courage, innovation, and service to propel the nation towards greater unity and progress.

Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER,
Mechanical Irrigation Division Shadipora

Email: midshadipora@gmail.com

NOTICE INVITING TENDER

Fresh e-NIT No. 22 OF 2024-25 of e- Nit No. 16 Dt: 17-10-2024

For and on behalf of Hon'ble Lieutenant Governor Union Territory of Jammu and Kashmir e Tenders in single cover system is invited from experienced, reputed and registered firms/ (Genuine manufactures/authorized distributors/dealers workshop holders for the below mentioned work to be opened by Executive Engineer Mechanical irrigation Division Shadipora

SNo	Name of work	Estt. Cost (Rs. in lacs)	AAA	Cost of T/ Doc. (in Rs.)	E/Money @2% in the shape of CDR	Tech. Sanction	Time of Completion	M.H of Account
01.	Design Manufacture, Supply, Installation Testing and commissioning of 10 Cusec , 10 mts dynamic head horizontal type Pumping Unit coupled with 60 HP horizontal motor for Lift Irrigation cum dewatering scheme Mujgund of MISD Shadipora with the specifications mentioned in technical sheet (Appended)	700000.00	Accorded	700/-	14000/-	13 of 2024-25 dated:16-10- 2024	60 days	2702 (M&E)

1. The Bidding document consisting of qualifying information, eligibility criteria, specifications, set of terms and conditions and other details can be seen/downloaded on e-procurement Portal www.jktenders.gov.in as per schedule of dates given below:

1	Date of issue of Tender Notice	24/12/2024
2	Date of start of downloading	24/12/2024 from 1600Hrs
3	Bid submission start Date Technical/Financial	24/12/2024 from 1600 Hrs.
4	Bid Submission end date	14/01/2025 up to 1600 Hrs.
5	Date & Time of opening of Tenders(online)	15/01/2025 at 11:00 A.M

2. a). Bids must be accompanied with cost of tender document (Non- Refundable/ Nontransferrable) to be deposited under MH: 0702-Rev. Misc. in shape of Treasury Challan/ receipt or e-Challan (mentioning therein NIT No, S No of work and Adv. Cost of work) to be pledged in favour of the Executive Engineer Mechanical Irrigation Division Shadipora

b). Performance Security upto 03% shall have to be furnished by the successful tenderer whenever asked by the department.

3. The bids for the work shall remain valid for a period of 180 days from the date of opening of Price bids.

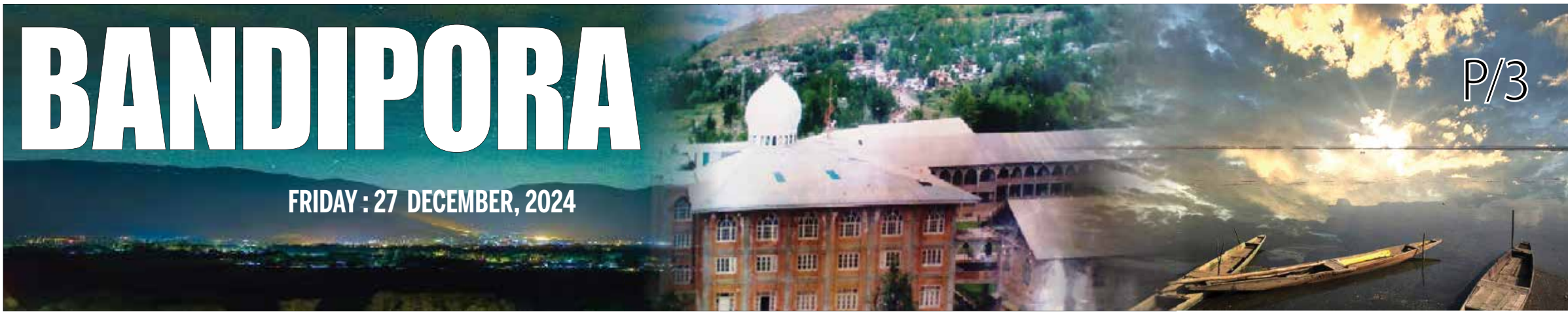
4. Instructions to bidders regarding e-tendering process.

No: MIDSh/TS/2818-23

Date:-24-12-2024

DIPK-10069/24

Sd/-Executive Engineer
Mech. Irrigation Division
Shadipora



BANDIPORA

FRIDAY : 27 DECEMBER, 2024

P/3

Preparations for Republic Day celebrations reviewed at Bandipora

BANDIPORA: The Deputy Commissioner (DC) Bandipora, Manzoor Ahmad Qadri, on Thursday chaired a meeting at the Mini Secretariat Bandipora to review the arrangements for the upcoming Re-

adherence to the Flag Code and other necessary protocols, instructing officers to ensure all arrangements are completed well in advance.

The DC directed the Chief Education Officer and DYSSO to organize cultural programmes, the R&B Department to manage seating and stage arrangements, the Municipal Committee to ensure sanitation, and the ExEn PDD to ensure the illumination of government buildings.

The PHE Department was tasked with providing drinking water, while the CMO was instructed to arrange medical facilities at the main venue.

Qadri urged the officers to ensure participation of all the Government officials in the full-dress rehearsal and on Republic Day celebrations.

On the occasion, SDM Sumbal briefed the chair regarding the preparations underway in Sumbal Sub Division besides SDM Gurez also provided details of preparations in Gurez Sub Division, ensuring that all arrangements will be in place for smooth celebrations.

The meeting was attended by SSP Bandipora, Harmeet Singh; ADDC, Mohammad Ashraf Bhatt; ADC, Zaffar Hussan Shawl; ACR, Commanding Officer 14RR, CRPF, District Officers of various departments and other concerned.



public Day celebrations in the district.

The meeting discussed comprehensive plans for the main function, scheduled to be held at SK Stadium Bandipora, besides at the sub-divisional, block, and panchayat levels, as well as at the Mini Secretariat Bandipora and at all government offices.

The meeting was informed that the event will feature a parade with contingents drawn from JK Police, JKAP, IRP, CRPF, CISF, Fire and Emergency Services, NCC, and various schools.

Speaking on the occasion, the DC stressed strict

DC Manzoor Qadri Urges Bandiporians to Work Together in Tackling Drug Menace

BANDIPORA: A District-Level Narco Coordination (NCORD) meeting was today held under

Shawl, briefed the participants about the initiatives currently in place.



the chairmanship of Deputy Commissioner (DC) Bandipora, Manzoor Ahmad Qadri at Mini Secretariat, Bandipora.

The meeting was aimed to assess ongoing efforts and strategies to combat drug abuse in the district.

During the meeting, various measures and provisions to address the issue of drug menace were discussed in detail.

Additional Deputy Commissioner Bandipora, Zaffar Hussan

He instructed focused interventions in areas identified as hotspots for drug consumption.

To strengthen monitoring mechanisms, the Drugs Control Department was tasked with conducting special drives to check the illegal operation of medical stores. Strict action was recommended against landowners found cultivating psychotropic substances, with instructions to identify such lands promptly.

The DC stressed that drug abuse is a pressing social issue that requires collective action from all stakeholders. He called for a collaborative approach to eliminate this menace and safeguard the future of the youth.

The meeting was attended by Chief Judicial Magistrate Bandipora, SDM Sumbal, Assistant Commissioner Development (ACD), Chief Medical Officer (CMO), Chief Education Officer (CEO), District Youth Services and Sports Officer (DYSSO), Assistant Regional Transport Officer (ARTO), District Information Officer (DIO), DySP DAR and other concerned officials.

DC Baramulla reviews preparations for Republic Day-2025 celebrations

BARAMULLA: The Deputy Commissioner (DC) Baramulla, Minga Sherpa, today chaired a meeting with the Administrative and Police officers of the district at Dak Bunglow here to review the preparation for the upcoming Republic Day-2025 celebration across Baramulla.

During the meeting, the DC conducted a comprehensive review of the campaigns and events planned by the District Administration in preparation for the grand celebration on January 26th.



The meeting was informed that the main function of the day will be held at the Showkat Ali Sports Stadium Baramulla, where the chief guest will unfurl the National Flag followed by inspection of parade. The chair was also apprised that a complete dress rehearsal for the event would be conducted on 24th of January.

It was given out that march-past will be presented by contingents of JKP, CRPF, Fire and Emergency and other bands which would be followed by a colorful cultural programme by students.

The DC directed the officers from the concerned departments to ensure proper arrangements related to security, sanitation, seating arrangements, barricading, water supply, power supply, issuance of invitation cards and illumination of important buildings etc on the Republic Day.

Meanwhile, the DC instructed the officers to ensure the Republic Day celebrations are conducted with enthusiasm and grandeur at their respective office premises at district, sub-divisional, tehsil and block levels to foster a sense of patriotism and community participation across the region. Furthermore, DC emphasized that this year, special attention will be given to setting up stalls at the venue, showcasing achievements and raising public awareness about the benefits of HADP, PM-Vishwakarma, and other government-sponsored schemes.

Minga Sherpa also instructed the officers to organize extensive cleanliness drives in their offices and surrounding areas, both in rural and urban regions, on January 25th in a run-up to the Republic Day celebrations.

Additionally, the DC stressed on the importance of close coordination among all departments for the seamless and successful conduct of the event, and instructed the concerned officers to designate nodal officers to supervise the preparations.

Power Outages Hit Hotel Industry in Gagangir, Sonamarg

GANDERBAL: Hotel owners in Gagangir, near tourist resort Sonamarg in central Kashmir's Ganderbal district, are grappling with persistent power outages that have severely hit their business.

The hoteliers have expressed concerns over their inability to accept bookings, especially during the crucial winter season, when the influx of tourists usually peaks.

One of the hotel owners, Muhammad Ramzan told the news agency Kashmir News Trust that power to Gagangir hotels was previously supplied from the Gagangir Receiving Station via the Sonamarg feeder.

However, this arrangement was discontinued in May this year for reasons that remain unclear. The disruption in power supply has left the hotels unable to operate efficiently, forcing tourists to seek accommodations elsewhere.

The lack of electricity has not only hurt the tourism sector but also affected the livelihoods of scores of people employed in these establishments.

Pertinently, hotels in Gagangir experience a surge in bookings during snowfall, with tourists drawn to the area's serene beauty. The current situation, however, has brought these operations to a standstill.

The hotel owners have appealed to MLA Kangan, Mian Mehar Ali, urging him to intervene and ensure the restoration of power supply via the Sonamarg feeder. They said that such a step would not only revive their businesses but also improve the experience for tourists visiting the area. [KNT]

Dr. Farooq Abdullah pay tributes to Moulana Yasin Hamadani

SRINAGAR: The Jammu and Kashmir National Conference President Dr. Farooq Abdullah paid rich tributes to noted religious scholar Mirwaiz-i-Kashmir, Moulana Muhammad Yaseen Hamdani on his 33rd death anniversary.

In his message, Dr. Farooq emphasized the late Mirwaiz-i-Kashmir's unwavering dedication to peace, brotherhood, and equality.

"A renowned scholar and eloquent speaker, he captivated audiences across Kashmir with his profound sermons. His unique style of delivering Friday congregational sermons and his tireless efforts to spread the message of Quran and Hadith throughout Kashmir set him apart," he said.



J&K Relief Organisation rebuts social media report on integration of migrant ration cards into NFSA

JAMMU: The Relief Organisation (M), J&K, has clarified the concerns circulating on social media platforms regarding integra-

Order, 2023, to integrate the Ration cards of Kashmiri/Jammu migrants on the NFSA database. Currently, migrant ration cards

into PHH (Priority Household), NPHH (Non-Priority Household), AAY (Antyodaya Anna Yojana) and Exclusion category, while digitizing the credentials of all registered migrants. This exercise will ensure that migrants are seamlessly included in various flagship programmes of the Government and also facilitate the delivery of services to them.

"The S.O. 392, dated 13-08-2024, explicitly provides that the Relief Assistance in respect of Kashmiri/Jammu Migrants shall not be counted as income, but as a source of sustenance only. This ensures that migrants remain eligible for welfare entitlements under existing frameworks, maintaining their socio-economic security. Importantly, the current scale of ration/relief benefits and norms will remain unchanged, added the document.

The Government remains committed to protect the interests and welfare of Kashmiri/Jammu migrants.



tion of Ration Cards of Migrants registered with the Relief Organisation (M) J&K, into the National Food Security Act (NFSA) database.

As per a rebuttal issued here today by the organisation in this regard, it is stated that in terms of S.O. 392 and S.O. 393 of 2024, dated August 13, 2024, necessary amendments have been made in the Jammu and Kashmir Food Security Rules, 2021, and the Targeted Public Distribution (Control)

are neither digitized nor categorized. Consequently, the migrants are not able to avail the benefit of various social security schemes, wherein, one of the essential eligibility conditions laid down is possession of Priority Household (PHH) card by the applicant.

The document added that integration of ration cards into the NFSA database and their categorisation will resolve this issue. The ration cards will be categorized

KU Hosts Screening Camp, Health Talk On Eye Care

SRINAGAR: To raise awareness about eye health and its importance, the Health Centre, University of Kashmir (KU), organized a 'General Awareness Eye Care

eye-screening camp renowned ophthalmologist and co-founder of Sharp Sight Eye Hospitals, Dr. Samir Sud delivered an engaging talk on the importance of eye

tions and provided practical tips for maintaining healthy eyesight. He also elaborated on advancements like LASIK surgery, which offers a safe and effective solution



Talk' and a complimentary eye-screening camp for the students and staff of the campus.

The event was organised in collaboration with Sharp Sight Eye Hospitals.

Speaking on the occasion Registrar KU Prof Naseer Iqbal, while reiterating the University's commitment to the holistic well-being of its community said "Our institution is dedicated to supporting the health of its people alongside academic pursuits. This talk and screening camp is a step towards ensuring better awareness about eye care."

During the complimentary

health.

"Eyes are one of the important sense organs, and timely care and preventive measures can go a long way in maintaining good vision," he said. He stressed on the need for regular eye check-ups, explaining that cataracts remains the leading cause of blindness, which can be effectively treated if addressed early. He also discussed diabetic retinopathy, its impact on vision, and the importance of early detection to prevent irreversible damage.

Dr. Sud emphasized the significance of annual eye examina-

for refractive errors.

Earlier Coordinator Health Centre KU, Dr. Khalid Nazir, emphasized the importance of such sessions in raising awareness about common eye conditions and preventive measures.

"Creating awareness is the key to address the rising issues related to eye health," he said.

The talk featured an interactive question-and-answer session where the audience actively engaged with the expert, addressing their concerns about eye health.

The event was attended by faculty, staff, students and scholars of the campus.

Maj Gen AS Bevli Reviews Preparations for Republic Day Camp at NTA Nagrota

CONVENER NEWS DESK

NAGROTA: Maj Gen AS Bevli, VSM, Additional Director General (ADG) of the NCC Jammu, Kashmir & Ladakh Directorate, visited the National Training



Area (NTA) Nagrota to oversee the Full Dress Rehearsals (FDR) for the Republic Day Camp (RDC) 2025. His visit aimed to evaluate the cadets' readiness and ensure smooth execution of the upcoming national events.

The visit commenced with a ceremonial Guard of Honour, showcasing the discipline and commitment of the cadets. Maj Gen Bevli was then taken to the Flag Area, where cadets presented an impressive thematic display titled "Voice of Youth of JK&L." This

creative presentation underscored the dynamism and progressive spirit of the region's youth.

Maj Gen Bevli observed the PM Rally and Kartavya Path drill, interacting with the cadets and lauding their exceptional precision, discipline, and enthusiasm. He also reviewed innovative projects and technological demonstrations by the cadets, praising their ingenuity and forward-thinking approach.

A vibrant cultural program followed, featuring a Group Song, Group Dance, and a mesmerizing ballet titled "Echoes of the Valley: Journey Through Time." The performance celebrated the rich cultural heritage of Jammu, Kashmir, and Ladakh, leaving the audience enthralled and highlighting the immense talent of the cadets.

In recognition of their outstanding efforts, Maj Gen Bevli presented gifts to select cadets and instructional staff, appreciating their dedication in preparing the contingent.

The visit concluded with an interactive session between Maj Gen Bevli, the cadets, and their parents. He commended the cadets' determination, urging them to continue striving for excellence. His motivating words left the cadets inspired and proud to represent the NCC JK&L Directorate at the national stage during RDC 2025.

Indian Army Conducts Medical Patrol for Gujjar and Bakarwals at Gunda, Rajouri

RAJOURI: In a continued effort to support the remote communities of Rajouri, particularly the Gujjar and Bakarwal populations, the Indian Army conducted a "Medical Patrol" at Gunda.

Bakarwal population, benefited 14 females, 17 males, and 7 children.

"The initiative provided much-needed medical attention, offering services that would otherwise be inaccessible to these remote communities".



An official spokesperson said the initiative aims to address the healthcare needs of these isolated areas, which often lack basic medical facilities.

The Medical Patrols, designed to ensure both safety and medical support for local populations, have proven to be a resounding success. This recent patrol in Gunda, a village with a large Gujjar and

healthcare, further reinforcing its commitment to the well-being of the people, regardless of their location, he added.

The success of the Medical Patrol in Gunda highlights the ongoing dedication of the Indian Army to serve the people and provide essential support in even the most far-flung areas of the region.

Empowering Rural India

Launched on National Panchayati Raj Day in April 2020 by Prime Minister Narendra Modi, the SVAMITVA Scheme has emerged as a landmark initiative aimed at transforming the rural landscape of India. By providing property owners in village Abadi areas with a formal “Record of Rights,” the scheme addresses a critical gap that has existed for decades—lack of legal documentation for rural properties. The upcoming e-distribution of 57 lakh property cards across 46,351 villages in 10 states and 2 Union Territories on December 27, 2024, will mark another milestone in the scheme's journey. This initiative, which will connect beneficiaries virtually to the Prime Minister, reflects the government's commitment to ensuring that even the remotest corners of the country benefit from technological advancements and equitable governance. For over seven decades, incomplete surveys and the absence of formal records left rural property owners unable to leverage their assets for loans or other financial benefits. SVAMITVA has addressed this challenge head-on by using drone and GIS technology to demarcate land and issue formal property cards. With 3.17 lakh villages already surveyed and 2.19 crore property cards prepared for 1.49 lakh villages, the scheme has made remarkable strides in a short period. Moreover, all inhabited villages in states like Haryana, Uttarakhand, Goa, and others now have generated property cards, symbolizing the scheme's nationwide reach. The impact of SVAMITVA goes beyond just property validation. It resolves disputes, encourages financial inclusion, and facilitates smarter village-level planning. The use of survey-grade drones and a centralized dashboard for real-time monitoring has set new benchmarks in governance and efficiency. Additionally, property cards are accessible through the DigiLocker app, ensuring transparency and convenience for beneficiaries. SVAMITVA is more than a technical initiative; it is a movement towards inclusive and transformative governance. The success of SVAMITVA lies in its ability to marry technology with governance, creating a framework that is not only efficient but also transformative. As the scheme continues to expand its reach, it promises to build a stronger, more unified rural India, one property card at a time. This is not just a testament to innovative governance but a beacon of hope for millions aspiring for a brighter, more secure future.



Syed Hidayat Bukhari

Cancer continues to be one of the leading causes of death globally, claiming nearly 10 million lives annually. While conventional treatments like chemotherapy, radiation, and immunotherapy have provided essential lifelines, they come with significant limitations. These methods often lack specificity, come with debilitating side effects, and rely on a generalized approach that fails to consider the unique genetic profile of each tumor. The quest for more effective, personalized cancer care has now taken a giant leap forward with the emergence of mRNA-based cancer vaccines.

Russia recently announced a groundbreaking initiative—a personalized mRNA-based cancer vaccine that promises to harness the power of the body's immune system to fight cancer. This vaccine, set for public rollout by 2025, has garnered widespread attention for its potential to transform oncology. However, as promising as it sounds, the initiative faces critical challenges, from vaccine personalization to monitoring its efficacy. These challenges underscore the importance of complementary technologies like those offered by Canary Oncoceutics, a global leader in precision oncology.

Understanding mRNA-Based Cancer Vaccines

mRNA technology gained global recognition during the COVID-19 pandemic, thanks to its rapid and effective vaccine development. This same technology is now being adapted for cancer treatment. Unlike traditional vaccines, which use inactivated pathogens or proteins to stimulate an immune response, mRNA vaccines introduce synthetic genetic material into the body. This material instructs cells to produce tumor-specific antigens, triggering the immune system to attack cancer cells.

In practice, an mRNA cancer vaccine is designed by first sequencing the patient's tumor to identify mutations unique to their cancer. Based on this data, synthetic mRNA is created to encode these tumor-specific proteins. When administered, the mRNA prompts the patient's cells to produce the antigens, which the immune system recognizes as foreign, thereby launching a targeted attack on the cancer cells. Russia's vaccine follows this model, with initial reports suggesting promising results in animal trials, particularly for melanoma.

The Challenges of mRNA Cancer Vaccines

Despite their transformative potential, mRNA cancer vaccines are not without challenges. Personalization, while a significant strength, also poses logistical hurdles. Each vaccine must be custom designed for an individual patient, making large-scale manufacturing and distribution complex. Moreover, the lack of publicly available human trial data for Russia's vaccine raises concerns about its safety, efficacy, and long-term impact. Monitoring treatment outcomes is another critical area that demands advanced tools, as cancer cells can evolve and develop resistance to therapies.

Additionally, achieving global regulatory approval is no small feat. Vaccines must meet the stringent standards of organizations like the FDA, EMA, and WHO. This requires comprehensive clinical trial data, which Russia has yet to disclose. These hurdles highlight the need for robust diagnostic and monitoring systems to support mRNA vaccine programs.

The Role of Canary Oncoceutics in Supporting mRNA Cancer Vaccines

Amid the challenges of mRNA cancer vaccine de-

...The Societal Lens

Future of Oncology: Russia's mRNA Cancer Vaccine and the Role of Precision Tools

velopment, Canary Oncoceutics offers critical solutions through its expertise in genomic profiling and precision diagnostics. With its advanced technologies like Canary Acuity™, Canary Focus™, and Canary Pulse™, Canary is uniquely positioned to bridge the gaps in vaccine development and implementation.

The first step in designing an mRNA cancer vaccine is identifying the specific mutations in a patient's

els remain unchanged or rise, oncologists can quickly adapt the treatment plan. This non-invasive monitoring capability is critical for ensuring that patients receive the best possible care.

The Global Implications of mRNA Cancer Vaccines

Russia's announcement of its cancer vaccine initiative is undoubtedly ambitious, but its success will depend on more than just innovation—it will require collaboration

future where treatments are not only more effective but also tailored to the unique genetic makeup of each patient's cancer.

Canary Oncoceutics is at the forefront of this revolution, providing the tools and expertise needed to make personalized oncology a reality. Its role in supporting mRNA cancer vaccines is just one example of how it is shaping the future of cancer care. By bridging the gap



tumor. This requires comprehensive genomic profiling, a process that Canary Oncoceutics has perfected with its flagship tool, Canary Acuity™. By analyzing over 1,091 cancer-related genes, Canary Acuity™ provides a detailed map of the genetic drivers behind a tumor. This data is invaluable for vaccine developers, offering a precise genomic blueprint for designing mRNA sequences that target the patient's cancer effectively.

Not all patients, however, are suitable candidates for mRNA vaccines. Identifying those who will benefit most is crucial to optimizing resources and improving outcomes. Canary Focus™, a streamlined genomic profiling tool, addresses this challenge. By focusing on 119 critical cancer-related genes, Canary Focus™ quickly determines whether a patient's tumor has mutations that can be targeted by a vaccine. This ensures that only the most suitable patients are prioritized, reducing costs and enhancing the likelihood of treatment success.

Once a vaccine is administered, monitoring its effectiveness becomes a top priority. This is where Canary Pulse™, a cutting-edge liquid biopsy tool, plays a pivotal role. By detecting circulating tumor DNA (ctDNA) in the bloodstream, Canary Pulse™ provides real-time insights into how well the vaccine is working. If ctDNA levels decrease, it indicates that the immune system is successfully targeting cancer cells. Conversely, if lev-

with experts in precision oncology, Canary Oncoceutics is well-positioned to support such initiatives, offering the genomic and diagnostic tools needed to overcome critical challenges.

By integrating Canary's technologies into vaccine development programs, Russia and other countries can address key gaps in the process. Canary Acuity™ can provide the genomic data necessary for designing effective vaccines. Canary Focus™ can streamline patient selection, ensuring that vaccines are administered to those most likely to benefit. Canary Pulse™ can monitor treatment outcomes, providing real-time data to validate vaccine efficacy and guide clinical decisions.

Beyond supporting individual vaccine programs, Canary's expertise has broader implications for global cancer care. By making advanced genomic profiling and diagnostics more accessible, Canary can help bring personalized oncology to underserved regions, ensuring that the benefits of mRNA cancer vaccines are distributed equitably.

A Vision for the Future: Personalized Oncology at Scale

The combination of mRNA vaccine technology and precision diagnostics represents a paradigm shift in oncology. For decades, cancer treatment has relied on generalized approaches that often come with significant collateral damage. Now, we are moving toward a

between diagnostics and therapeutics, Canary is ensuring that innovative treatments like mRNA vaccines reach their full potential.

Conclusion: The Path Forward

The fight against cancer is a collective endeavor, requiring collaboration between researchers, clinicians, and technology leaders. Russia's mRNA cancer vaccine is a bold step forward, but its success will depend on the support of precision oncology pioneers like Canary Oncoceutics. Together, these technologies can transform the cancer landscape, offering hope to millions and redefining what it means to fight cancer.

As we look to the future, it's clear that personalized oncology is no longer a distant dream—it is a reality within our grasp. With the combined power of mRNA vaccines and cutting-edge diagnostic tools, we are closer than ever to achieving a world where cancer is not a death sentence but a manageable condition. Canary Oncoceutics is leading the charge, and the future of oncology is brighter because of it.

Syed Hidayat Bukhari works as a consultant with a US-based software company. He is also pursuing his PhD in Artificial Intelligence and is engaged in various social activities.). The author can be reached at hidfan@gmail.com

Spiritual Legacy of Ghous-ul-Azam (RA) and His Descendant Sakhi Shah Gilani (RA)

SYED MAJID GILANI

Hazrat Sheikh Syed Abdul Qadir Jilani, also known as Gilani, was born in the beautiful region of Gilan or Jilan, Iraq, in 471 Hijri (1077 A.D.). He came from a respected family with a strong lineage. His parents were descendants of Hazrat Ali Murtaza (R.A.), with his father's roots tracing back to Hazrat Imam Hassan (A.S) and his mother's to Hazrat Imam Hussain (A.S.). Tragedy struck at a young age when Hazrat Ghousul Azam's father passed away, leaving his mother to raise him alone. Despite this hardship, his mother was determined to provide him with the best education. By the age of eight, Hazrat had not only learned the Holy Quran but also memorized the Holy Quran, becoming Hafiz-e-Quran. When he turned eighteen, he sought his mother's permission to travel to Baghdad, the renowned centre of education at that time. Despite the potential dangers of the journey, his mother wholeheartedly permitted him to go and even hid forty dinars in his shirt pocket, as an extra precaution. She advised him to always speak the truth and made him promise to do so. During their journey, their caravan was attacked and looted in Hamadan. When questioned about his possessions, Hazrat fearlessly spoke the truth without hesitation. Surprisingly, the attackers brought him before their chief, who was astonished by Hazrat's truthful response regarding the hidden dinars.

Intrigued, the chief asked Hazrat why he chose to speak the truth despite dire circumstances, without hesitation. Hazrat explained that his mother had commanded him to always speak the truth, and he could never disobey her orders. The chief was deeply moved by Hazrat's unwavering commitment to his mother's teachings. Overwhelmed with emotion, he realized the errors of his misguided and disobedient life. He felt ashamed for disobeying Allah's orders. In a life-changing moment, the chief ordered the return of all looted belongings to the travelers. Inspired by his encounter with Hazrat Ghousul Azam, the chief pledged to abide by Allah's and the Holy Prophet's orders from then on. Following a pivotal event in his life, Syedna Hazrat Ghousul Azam, a knowledgeable and spiritually inclined individual,

began spreading Islam's teachings with love, compassion, and heartfelt connection. Hazrat Ghousul Azam successfully propagated the religion of peace, Islam.

Notably, Islam was spread purely through love and compassion, devoid of force or coercion. Many non-Muslims, inspired by Hazrat's teachings, willingly embraced Islam, including Christians and Jews. Hazrat's reputation as a scholar and theologian spread globally, attracting seekers from various parts of the world. They found satisfying answers to their religious queries. Even rulers became his disciples, respecting his simplicity, humanity, and unwavering determination. Hazrat's saintly mother instilled values of truthfulness and honesty, which he diligently followed throughout his life. For twenty-five years, Hazrat wandered in Iraq's desert regions, performing countless miracles. One of Hazrat's remarkable miracles occurred during his infancy in the month of Ramzan. He abstained from milk during daylight hours, a miraculous feat. News spread quickly, and on the 29th of Ramzan, when cloudy skies obscured the crescent, people sought confirmation from Hazrat's mother about his milk consumption. Taking this as a sign, they observed the day as the 30th of Ramzan and fasted. Hazrat displayed profound wisdom throughout his life. These miracles testified to the divine blessings bestowed upon him, reinforcing his influence and teachings.

Throughout his life, Hazrat Sheikh Syed Abdul Qadir Gilani (RA) left an enduring impact on humanity through his teachings, literary works, and contributions. Though he departed this world, his teachings remain a guiding light for all. His shrine, situated on the east bank of the Tigris in Baghdad, Iraq, remains a revered pilgrimage site. Hazrat Gilani (RA) was revered by various titles, including: Mohi ud din, Mehboob-i Subhani, Qutub-i Rabbani, Sheikhul Jin Wal Ins, Ghousul Azam, Ghousul Sakalain, and Peerani Peer etc.

These esteemed titles were bestowed upon Hazrat Gilani due to his extraordinary contributions to Islam and humanity. He exemplified Shariah- (Islamic Law and Jurisprudence) principles, emphasizing steadfast adherence. In a congregation on 19th Shawal, 545 Hijri, Hazrat Gilani clarified that anything outside Shariah's boundaries was

unacceptable. This valuable lesson inspires us to emulate Hazrat Gilani's personality and teachings.

Just as travelers explore new horizons, we can delve into his books, like Futuh Al Ghaib, Aurd I Qadriyah, Chunyaatut Talibeen, Sirrul Asrar, etc quenching our thirst for knowledge and guidance. Hazrat Dastgeer Sahib Jilani (RA) may have physically departed this world, but his legacy endures, inspiring peace-



ful coexistence and Shariah adherence. Let us embrace his teachings, positively impacting our lives and others. The relation between Hazrat Ghousul Azam RA and Dastgeer Sahib Shrine, Khanyar, Srinagar is a testament to the power of faith and its impact on people. As we step into the sacred Dastageer Sahib shrine, we are surrounded by the aura of the presence of holy relics. The shrine houses a copy of Quran handwritten by Hazrat Ali Murtaza (RA) and the holy strand of the hair of Hazrat Ghousul Azam (RA). The holy relic of Ghouse Azam (R.A.) is displayed on special occasions like the Urs days which is annually celebrated in the Islamic month of Jamid-us-sani. Besides, on the every 11th day of the Islamic lunar month, we honor the life and teachings of Hazrat Ghousul Azam Sheikh Syed Abdul Qadir Gilani (R.A.), the revered founder of the Qadriyah order by observing Ghyarvi Sharif.

This monthly occasion provides a sacred opportunity for devotees and followers of Ahli Bayt and Auliya e Kiram to offer heartfelt praises and supplications to Allah, our sole sustainer. Through "Zikr Azkaar" and "Khatmaat ul Moazzamat", we seek Allah's blessings and guidance. We also pay tribute to our beloved Prophet (PBUH) with "Darood Azkaar" and we recite "Kibrat Sharif"—a book containing praises showered by Hazrat Ghous upon the Holy Prophet (SAW) . May Allah inspire us to follow in the footsteps of

the noble saints, who reminded us that there is no God but Allah, and Prophet Mohammad (PBUH) is His servant and messenger. In Kashmir, the central gathering takes place at the revered Dastgeer Sahib Shrine in Khanyar, Srinagar, where the observance of Gyarvi Sharif commenced with the arrival and permanent settlement of Hazrat Syed Mohammed Fazil Shah Gilani RA lovingly known as "Hazrat Sakhi Shah".

History reveals that in the year 1095 Hijri / 1322 A D two brothers namely Hazrat Syed Abul Hassan Gilani RA and Hazrat Syed Mohammed Fazil Gilani RA arrived in Srinagar and firstly stayed near Idd Gah. Both came to Kashmir as per the spiritual directions of their ancestor Harat Ghousul Azam RA. Their companions, friends and servants had come along with them. Later, Khwaja Abdul Qadir Chewoo gifted them with his land and a house at Khanyar. This transformed Khanyar into a hub of spiritual seekers, attracting scholars and Sufi saints. Noted personalities of the time like Baba Usman Qadri, Khwaja Abdul Rahim Qadri, Khwaja Mohammed Murad Tang beame your diciples. In the revered lineage of Sufi saints, Hazrat Sakhi Shah Mohammad Fazil Qadiri Gilani (RA) shines as a radiant exemplar of spiritual excellence. The family tree goes lies this- Syed Sakhi Mohammad Fazil Gilani S/O Syed Abdullah Thathvi Gilani S/O Syed Mehmood Hamvi Gilani S/O Syed Abdul Qadir Sani Gilani S/O Syed Abdul Basit Gilani S/O Syed Shah Hussain Gilani S/O Syed Shahab ud din Ahmed Gilani S/O Syed Sharaf ud din Qasim Gilani S/O Syed Mohi ud din Yahya Salis Gilani S/O Syed Badru din Hassan Gilani S/O Syed Ala ud din Ali Gilani S/O Syed Shams ud din Abu Abdullah Gilani S/O Syed Saif ud din Abu Zakariya Gilani S/O Syed Zahir ud din Abu Masood Gilani S/O Syed Mohi ud din Mir Abu Nasr Gilani S/O Syed Imad ud dun Mir Abu Sualah Gilani S/O Syed Abdur Razaq Gilani S/O Ghousul Azam Hazrat Sheikh Syed Abdul Qadir Gilani RA (References from 'Zikr Sadati Gilania', by Syed Mubarak Shah Fitrat Gilani). Actually this family had came from Baghdad to Hamma. From Hamma Syed Abdul Qadir Sani had shifted to Thatha Sakhar Sindi.

Hazrat Syed Abul Hassan Gilani RA, who along with his brother had arrived Srinagar, returned back to Peshawar in abidance with the spiritual guidance of Hazrat Ghousul

Azam. His Shrine is famous in Peshawar by the name of Dargah Hassan Badshah. He is the father of renowned saint Hazrat Syed Shah Mohammad Ghous Lahori, whose shrine is famous in Lahore. It was due to the permanent stay of Hazrat Sakhi Shah Mohammed Fazil Gilani in Kashmir that thousands of people including the contemporary religious scholars, nobles, landlords, and leaders joined "Silsila-Qadria" and Khanyar Shareef came to be the centre of its operations Hazrat Syed Mohammed Fazil Qadri Gilani (RA) was the first Heir (Sajada Nisheen) of the Holy Shrine. He was followed by his son Hazarat Syed Mehmood Qadri Gilani (RA), then his son Hazrat Syed Ghulam-ud-Din Azad Qadri Gilani and then his son Hazrat Syed Buzarg Shah Qadri Gilani became the Shrine Heirs (Sajada Nisheen).

Here in Khanyar, Srinagar Hazrat Syed Sakhi Shah, a direct descendant of Chouse Azam RA, followed the spiritual guidance of Jinabi Ghousul Azam RA to reach this sacred destination. His mausoleum, nestled within the heart of the Dastgeer Sahib Shrine at Khanyar remains a sacred site, attracting devotees seeking blessings and guidance. The majestic Dastgeer Sahib Shrine, built in 1806 A.D. in Srinagar's Khanyar locality, honors Hazrat Ghousul Azam's memory. Renovated by Khwaja Sonaullah Shawl in 1877 A.D., this sacred site embodies spirituality. As we walk through the shrine, let us strive to cultivate Hazrat Ghousul Azam's virtues, guided by his legacy.

Kashmir's spiritual heritage dates back to Aurangzeb's rule in 1095 Hijri (1322 A.D.), when Hazrat Syed Sakhi Shah Gilani arrived in Khanyar. This land has long been a spiritual hub, blessed by great saints. Hospitable Kashmiris have preserved meditation sites and holy tombs. Notably, Hazrat Ghouse-ul-Azam (RA) never visited Srinagar; instead, his great-grandson Hazrat Syed Sakhi Shah Fazil Gilani (RA) settled permanently. These historical facts are documented in "Aainay Fitrat" authored by Syed Mubarak Shah Fitrat Gilani, a famous scholar, Persian poet, Author and founder of Bazm Sadati Gilani, Jammu & Kashmir.

Syed Majid Gilani is a Writer and serves as a GST Inspector for the Government of Jammu & Kashmir. He can be reached at syedmajid6676@gmail.com.

Agha Syed Ruhullah Mehdi Chairs DISHA Meeting, Reviews Developmental Projects in Srinagar

Srinagar: Member Parliament, Srinagar Lok Sabha Constituency, Agha Syed Ruhullah Mehdi today chaired District Development Coordination & Monitoring Committee (DISHA) meeting of District Srinagar at Tourist Reception Centre, here.

Chairperson, District Development Council Srinagar, Malik Aftab Ahmad and Member Legislative Assembly, Tanveer Sadiq were present in the meeting.

At the outset, Deputy Commissioner Srinagar gave a detailed presentation to give an overview of Central Sponsored Schemes and State Sponsored Schemes implemented by the District Administration Srinagar and the concerned Departments.

The DC shared information

about the District profile & demography besides various beneficiary oriented schemes & flagship programmes of different Departments including Rural Development, Rural water Supply, Srinagar Municipal Corporation, Power Development Department (KPDCL), Revenue, Education, Health, FCS&CA, Social Welfare & ICDS, Agriculture/ Horticulture, Industries & Commerce, National Informatics Centre, Geology & Mining, Employment Generation Schemes, Skill Oriented Programmes, etc.

The DC also apprised the chair regarding the objectives of the scheme and beneficiary targets achieved by the administration through effective & extensive implementation of said schemes. CEO, SSCL also



presented a brief about the successful execution of projects under Srinagar Smart City Limited regarding beautification of the City. He briefed the chair regarding Development,

Rejuvenation & Streamlining of City roads, walkways, cycle tracks, River Front Development, Development of Central Business District Area, Heritage Conservation & Renovation,

LakeFront Development, Intelligent Traffic Management System, ICCC, Smart Bus Service, steps taken for Green & Resilient Srinagar and other IT driven initiatives. He informed that the ongoing projects of SSCL shall be completed by March 2025.

Addressing the DISHA meeting, Agha Syed Ruhullah Mehdi commended District Administration and SSCL for exemplary achievements in implementation of beneficiary schemes and execution of developmental projects in the City.

He asked the Deputy Commissioner to set higher targets for beneficiary oriented schemes to cover maximum citizens besides exhorted for mass awareness regarding welfare, beneficiary and

employment schemes through mainstream media, social and organization of programmes at Halqa levels.

Regarding the supply of quality drinking water to households, the MP directed the Deputy Commissioner to address the issue of contamination of water which is affecting the quality and colour of drinking water & spreading diseases.

Responding to the concern, DC vouched that all filtration plants supply pure water which is ensured by frequent lab tests at plants. He said that issues of leakages in pipes will be addressed promptly.

On the occasion, MP Mehdi emphasized on restoration of Natural Springs which are in dilapidated condition.

Dy CM holds public outreach camp in Sadda, lays foundation for key Infrastructural Project

KHAWAS (RAJOURI): Deputy Chief Minister, Surinder Chowdhary, today conducted a public outreach camp in the Sadda area of Block Khawas, where he interacted with local residents and



listened to their grievances and demands.

The people raised several issues including construction of roads from Soni Gala to Gadyog and Dangote to Bandigala, as well as upgradation of High School Sadda to Higher Secondary School.

The Dy CM assured the public of timely redressal

of their concerns and reiterated the government's commitment towards ensuring development of remote areas.

During the visit, Surinder Chowdhary, in presence of MLA Javed Choudhary, laid the foundation stone for construction of a 45-meter span motorable bridge at Mangrote over Sadda Nallah. The project, to be executed by PWD (R&B), is estimated to cost Rs 520 lakh.

Surinder Chowdhary assured the public that the bridge project would be completed in time while asking the officials to ensure high-quality standards during construction. The Deputy Chief Minister reaffirmed the government's focus on addressing developmental gaps and improving infrastructure in rural areas. The public expressed gratitude for initiation of this vital infrastructure project, which will significantly improve connectivity in the region.

Forest dept to establish 3 firewood depots in every district: Javed

JAMMU: The Forest department would be establishing three firewood depots in every district, with sufficient quantity of firewood to meet the requisite demands of public and institutions.

The decision was taken in view of the recent directions passed by Forest, Ecology & Environment Minister, Javed Ahmad Rana to ensure adequate availability of firewood across all regions of Jammu and Kashmir for benefit of general public.

The norms for location of depots and availability of firewood will be fixed by Chief Conservator of Forests, Jammu and Chief Conservator of Forests, Kashmir, as per needs.

Javed Rana, who also holds the Jal Shakti and Tribal Affairs



portfolios, asked for making all depots functional within a week, with efficient distribution of firewood to combat harsh winter conditions.

As winter tightens up its grip in Kashmir and the winter zone of Jammu, Javed Rana said that easy availability of firewood for the benefit of public becomes crucial. "The move aims to provide essential support to the population, especially

during the harsh winter months," he added.

To further streamline the firewood distribution, Rana called for prioritizing those areas with high demand to alleviate suffering of people.

"The availability of firewood may be ensured with extractions of firewood wherever feasible and if required through inter range and inter division transfer, maintained the Minister."

DLSA Ganderbal organises Legal awareness program on POSH Act, 2013

Ganderbal: A legal awareness program on the Protection of Women from Sexual Harassment at Workplace (POSH) Act, 2013 aimed to educate participants especially the women employees about its provisions and procedures was today held at Conference Hall, BDO Office, Kangan.

The event, held under the supervision of Abdul Nasir, Chairman, DLSA Ganderbal, and under the guidance of Sheikh Babar Hussain, Secretary, DLSA Ganderbal, was organized by the District Legal Services Authority (DLSA), Ganderbal.

During the event, Tehsildar Kangan highlighted the importance of the POSH Act, in order to ensure the safety of women folk at their workplaces. He emphasized the need for participants to spread awareness about the POSH Act among their colleagues, promoting a culture of respect and safety in the workplace. Deputy Legal Defense Counsel Ganderbal, cited relevant judgments

of the Supreme Court of India, emphasizing the importance of protection of women from sexual harassment at the workplace.

He explained the procedure for filing complaints under the POSH Act in detail, empowering participants to take action



against sexual harassment. He said the Act aims to prevent and address sexual harassment, providing a safe and conducive work environment for the women.

While as, Panel Lawyer, TLSC Kangan, elaborated the objective of POSH Act, 2013. He highlighted key concepts, including, Unwelcome acts, physical contact, sexual advances, and making sexually colored remarks. He said the Act applies to all workplaces, including public and private sector organizations, NGOs, and corporations. He added, employers must set up an internal complaint committee to address complaints of sexual harassment.

The Panel Lawyer educated participants about the rights and protections available under the POSH Act and empowered women to report incidents of sexual harassment and seek justice. The event was also attended by the Officials of BDO Office Kangan, Child Development Project Officer, Kangan, Block Medical Office Kangan, Tehsil Social Welfare Office Kangan, Zonal Education Office Kangan, PLVs of DLSA/TLSC Ganderbal/Kangan, etc.

Chief Justice inaugurates Court Complex at Katra

REASI: Chief Justice, High Court of Jammu & Kashmir and Ladakh, Tashi Rabstan, today inaugurated Court Complex Katra in presence of Justice Mohammad Akram Choudhary, Administrative Judge for Reasi district.

This Court Complex building is coming up with an estimated cost of Rs. 15 crore, being executed by the Housing Board Jammu and Kashmir.

While speaking on the occasion, the Chief Justice said that the Bench and Bar have a huge role in reposing faith in judiciary and justice delivery system. He said "people come to the court with high hopes considering the courts as 'Temple of Justice' where justice would be meted out to them and it is the duty of the court to provide easy and accessible justice to all the litigants".

Referring to the constitutional guarantees enshrined in the supreme law of land i.e. The Constitution of India, the Chief Justice said with the technological interventions the objective of providing inexpensive and

speedy justice to all is being realised. This will ultimately pave the way for reducing the burden of the judiciary besides expediting the disposal of litigations, he added.

While interacting with members of Bar and Bench besides officers of Civil and



Police administration, the Chief Justice said Judiciary and Executive are like cogs in the wheel who should work together for imparting speedier and quality justice besides maintaining law and order for larger good of the society.

He said under the constitutional framework all the organs viz judiciary, executive and police have collective responsibility to provide justice as these are repositories of constitutional trust.

The Chief Justice also inspected various sections of Court Complex Katra and gave certain on spot directions.

Registrar General Shahzad Azeem, Principal District and Sessions Judge Reasi, Suresh Chander Kattal, Registrar Rules, Rajinder Sapru, Member Secretary State Legal Services Authority, Amit Gupta, Registrar IT, Anoop Sharma, Judicial Officers of District Reasi and Katra, Deputy Commissioner Reasi, Nidhi Malik, Senior Superintendent of Police Katra and members of Bar Association Reasi and Katra were also present on the occasion.

NCC Directorate Felicitates Cadets and ANOs for Outstanding Achievements

Jammu: The NCC Directorate Jammu, Kashmir, and Ladakh hosted a special felicitation ceremony today to honor distinguished cadets and ANOs for their exceptional contributions.

Lt Ira Vermani of 2 J&K Girls Bn, Jammu, was awarded the Rolling Trophy for her remarkable performance in the PRCN Course SW-111, along with Certificates of Excellence in Leadership & Motivation and Instructional Practice. Lt Ruksana Kousar of 1 J&K Girls Bn, Srinagar, was recognized for her outstanding achievements, including the Best Turnout Trophy, Best in Firing, and her role in the editorial team of OTA Times.

JUO Haroon Imtiaz of 5 J&K Bn NCC, Poonch, was celebrated for his literary achievement with the book 'The Forgotten Face of the Guardians of the Valley: Rashtriya Rifles, Indian Army, which honors the sacrifices of soldiers. SUO Dhruv Sharma of 2 J&K Bn NCC, Jammu, who recently returned from the Youth Exchange Program (YEP) in Bhutan, was commended for being one of the 12 cadets selected by the DG NCC from all 17 Directorates across India.

Additionally, 10 SD and 10 SW cadets who attended the Special National Integration Camp in Wokha, Nagaland, shared their experiences, emphasizing the importance of national integration and leadership.

The ADG felicitated the cadets and ANOs, acknowledging their exemplary contributions and leadership qualities, which continue to inspire the youth of Jammu, Kashmir, and Ladakh.



Training for Supervisors, Enumerators for Baseline Survey under Mission YUVA held at Anantnag

ANANTNAG: Under the aegis of Mission YUVA, a comprehensive training program for Supervisors and Enumerators engaged in conducting the baseline survey was successfully organized in District Anantnag.

The training sessions commenced on December 23 and 24, targeting Supervisors and Enumerators respectively, across five major block-level venues.

Today, December 26, a practical demonstration of hands-on application usage was conducted to enhance the field readiness of the participants.

The Special Secretary to the Government, Skill Development Department J&K, Farooq Ahmad Dar, who also serves as the Nodal

Officer for Mission YUVA in Districts Kulgam and Anantnag along with ADDC Anantnag Ab. Aziz Sheikh visited Dak Bunglow,



Anantnag, to oversee the quality and effectiveness of the training program.

During the training, 54 Supervisors and 1,437 Enumerators were equipped with

essential skills through detailed PowerPoint presentations and hands-on sessions, ensuring their preparedness for the successful conduct of the baseline survey.

The training program has been pivotal in ensuring that all participants are well-versed in the tools and techniques required for data collection and analysis, aligning with Mission YUVA's objective of fostering entrepreneurship and addressing unemployment in Jammu and Kashmir.

The visit of the Special Secretary reflects the Government's commitment to ensuring the highest standards in the implementation of Mission YUVA, a landmark initiative aimed at empowering the youth of the region.

Chairperson DDC B'la takes review of major developmental projects

BARAMULLA: The Chairperson District Development Council (DDC) Baramulla, Safina Baig, today chaired an important meeting at Dakbanglow Baramulla to review the progress of major developmental projects in the district.

The meeting also focused on ensuring the uninterrupted supply of essential services during harsh weather conditions.

During the meeting, Executive Engineer R&B Baramulla briefed the Chairperson on the Sranz Bridge project, which has been allotted at a cost of 7.92 crore. The bridge will enhance connectivity and transportation in the region.

Additionally, the development of the Bandi Payeen Ayush Hospital, allotted at 6.97 crore, was discussed. The hospital will provide essential healthcare services, particularly focusing on Ayush treatments for the local community.

Safina Baig also reviewed the successful completion of Macadamization works under the Cities and Towns initiative, which has significantly upgraded the urban road connectivity in Baramulla.

Ensuring uninterrupted access to essential services, Chairperson Baig directed the concerned officers to ensure a smooth and continuous supply of drinking water and electricity,

especially during harsh weather conditions. She emphasized the importance of these services for maintaining public comfort and well-being during the winter season.

Chairperson DDC acknowledged the pivotal role of the Hon'ble Lieutenant Governor's support in making these major projects possible.

"We must prioritize the uninterrupted supply of essential services like drinking water and power, especially during this challenging season. I urge the concerned officers to take all necessary actions to ensure there are no disruptions," said Chairperson Safina Baig.

J&K Resident Commission holds medical camp

NEW DELHI: A free medical health camp was held today in the Resident Commission's office to mark Good Governance Day. camp was inaugurated by the Principal Resident Commissioner, Dr Rashmi Singh.

About 150 people were screened, examined and given medical consultation by Dr Rekha Jad (Gynecologist) and Dr Jyotsna Mukhi (Ayush). Besides, free medicines were also provided to the patients.

Addressing the health concerns, the doctors also imparted education about adopting healthy life style and stress management. They emphasised the role of good health for a productive and fulfilling life.

Water Supply shutdown cancelled in areas fed from WTP Doodhganga

SRINAGAR: As per Ex. Engineer Water Works Division Srinagar, due to inclement weather conditions and some technical issues, the proposed desilting of 1.5 MG Service Reservoir at 10 MGD Water Treatment Plant Doodhganga which was scheduled on 1st January 2025 is hereby postponed till further orders.

Meanwhile, people are requested to contact the PHE Provincial Control Room which remains functional round the clock for the service of the general public in case of any emergency and clarifications.

The Contact Numbers of Provincial Control Room are 0194-2477207, 0194-2452047 (Landline Numbers) and 9419413914, 9419413915 (WhatsApp Numbers).

SHEW Shopian organises awareness camp at Mujpathri

SHOPIAN: Sankalp Hub for Empowerment of Women (SHEW) Shopian today organized an awareness camp at AWC Mujpathri Shopian.

programme aimed to sensitize locals about various welfare schemes designed to improve their socio-economic conditions.

Representatives from Sankalp Hub provided locals detailed information about government initiatives and schemes focusing on women's empowerment, education, healthcare, and financial independence.

The event also served as an interactive platform for participants to voice their grievances.

The SHEW team diligently noted the concerns raised by the locals, ensuring timely redressal and support.



Should I skip dinner to lose weight? EXPERTS ANSWER

Take care of your body, it's the only place where you live a quote by famous motivational speaker Jim Rohn stands apt for the generation today.

For most of us working for long hours, stressing ourselves, not eating on time and even missing meals to compensate for the lack of regular exercise is the norm. While many of us accomplish our professional goals, we tend to overlook the damage unhealthy eating habits do to our body.

While, some side effects show instantly and can be taken care of, others gradually surface over a period of time. The most common reaction of our body to unhealthy eating and

lifestyle is fatigue and weight gain. We may not be very health conscious, but a lot of us tend to be weight conscious. To control the excessive weight some of us do try to crunch in exercise in our busy schedules but many look for quick fixes to deal with this excessive weight. We look out for various diet plans, programmes and selective food intake that seemingly offer a relatively easier and faster result. However, many of us are unaware about the consequences of these quick solutions. To lose weight, the calorie intake of the body needs to be reduced and many believe that by skipping a meal, often dinner, we may be able to achieve results.

Depriving our body of food for a prolonged period of time could lead to major physical as well as psychological problems.

However, contrary to common belief, omitting dinner from our diet may do more damage that we are aware of. Renowned nutritionist Kavita Devgan feels that misinforma-

tion and lack of knowledge about the subject often leaves the patient confused. When asked whether giving dinner a skip was a good idea, she responded with a clear no. "Skipping a meal, let alone dinner, is the worst thing you can do to yourself. With lesser calorie and protein intake, the metabolism will come to a grind and there will be side effects." While she does suggest eating an early dinner and also a bit of a stroll before sleeping, she strongly criticises the habit of not eating dinner. "It may give short-term results, but not benefit in the long run," she adds.

While eating right is difficult, it's fairly simple to eat wrong. As per Dr Sandhya Pandey, chief clinical nutritionist, Fortis Memorial Research Institute, missing meals has a lot of do with the lifestyle and routine an individual follows. Most of the people who come to her belong to an early age bracket. "Today, youngsters who are single or live alone find it convenient to skip



dinner. They have busy routines and often feel lazy to cook for themselves. Also, weight is one of the factors why people stop eating." Pandey also feels that people tend to follow diets and routines without proper information and guidance. Stating the common saying; breakfast like a king, lunch like a common man and dinner like a

pauper, Pandey suggests eating light and healthy but not skipping a meal.

While we would want to believe in quick fixes, but there aren't many when it comes to losing weight and eating right. Eating unhealthy food during the day and then skipping dinner to balance the calorie count often leads to weight gain. As per Devgan, "There is no right way of

eating as each body is different but for majority of people eating three meals, along with two light snacks is recommended." She also suggests increasing protein intake and reducing carbohydrates.

According to both nutritionists, depriving our body of food for a prolonged period of time could lead to major physical as well as psychological problems. While, constipation, restlessness and fatigue are some of the known repercussions, anxiety and depression too could be related to unhealthy eating.

So, skipping dinner is a huge no. "Nowadays, healthy options are available in the market. If one doesn't want to put in a lot of effort in making dinner, oats is always a good option. Avoid eating wheat or rice and instead consume two bowls of pulses," says Pandey. "It's better to eat protein over carbs," she adds. If weight loss is your objective, then increased intake of fruits and greens would benefit physically as well as psychologically.

Coffee crazy? Your caffeine kick could help reduce diabetes risk!

Coffee, for many people around the globe, is an essential apparatus to help kickstart the day. It is a cup for all seasons and without their favourite brew, the day seems incomplete.

Known for its high caffeine content, coffee has often been on the list of 'things to avoid' given to us by dieticians and health and fitness experts.

While many studies have contradicted its negative effects by showing its health benefits, another study supports its healthy properties by suggesting that coffee may cut the risk of diabetes.

Diabetes is considered to be a silent killer by medical professionals across the world. Even a single symptom reflecting the

onset of the disease is a cause for concern.

It is a disease that could be hereditary and can also develop due to an unhealthy lifestyle.

However, scientists have identified compound in the beverage that may cut risk of developing Type 2 diabetes.

Researchers from Aarhus University Hospital in Denmark also found that one of these previously untested compounds appears to improve cell function and insulin sensitivity in laboratory mice.

The finding could spur the development of new drugs to treat or even prevent the disease.

Previous studies show that a compound in coffee called cafestol increased insulin secretion in pancreatic cells when they



were exposed to glucose.

Cafestol also increased glucose uptake in muscle cells just as effectively as a commonly prescribed anti diabetic drug.

Researchers wanted to see

if cafestol would help prevent or delay the onset of Type 2 diabetes in mice.

They divided mice that are prone to develop Type 2 diabetes into three groups. Two of the

groups were fed differing doses of cafestol.

After 10 weeks, both sets of cafestol-fed mice had lower blood glucose levels and improved insulin secretory capacity compared to a control group, which was not given the compound.

Cafestol also did not result in hypoglycemia, or low blood sugar, a possible side effect of some anti diabetic medications.

The researchers conclude that daily consumption of cafestol can delay the onset of Type 2 diabetes in these mice, and that it is a good candidate for drug development to treat or prevent the disease in humans.

The study was published in the journal Journal of Natural Products.

High salt intake may double heart failure risk



Love to eat salted wafers, nuts, french fries and other processed foods? Beware, according to a study, high salt intake is associated with a doubled risk of heart failure.

The findings showed that people who consume more than 13.7 grams of salt daily may be at two times higher risk of heart failure compared to those consuming less than 6.8 grams.

This salt-related increase in heart failure risk was independent of blood pressure level — increased level of which is also a risk factor for cardiovascular diseases, the researchers said.

The optimal daily salt intake is probably even lower than 6.8 grams. The World Health Organisation (WHO) recommends a maximum of five grams per day and the physiological need is two-three grams per day.

"The heart does not like salt. High salt (sodium chloride) intake is one of the major causes of high blood pressure and an independent

risk factor for coronary heart disease (CHD) and stroke," said Pekka Jousilahti, professor at the National Institute for Health and Welfare, Finland.

The results were presented at the European Society of Cardiology Congress in Barcelona. For the study, the team followed 4,630 women and men aged 25 to 64 in Finland over 12 years. Samples of their urine were tested to gauge their salt intake.

The researchers divided the participants into five groups based on their salt intake; the low-salt group consumed less than 6.8 grams a day and the highest had more than 13.7 grams a day. Over the course of the study, 121 men and women developed new heart failure.

The results showed that the group consuming the most salt were 2.1 times more likely to develop heart failure and the group who ate the second highest amount of salt — between 10.96 and 13.7 grams — were 1.7 times more likely.

FIGHT DEPRESSION BY EATING RIGHT

Food packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight depression, suggest experts.

Sunita Chowdhury, chief dietician at BLK Super Specialty Hospital, and Tanu Arora, Head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

Antioxidant rich foods are packed with vitamins, minerals and fibre and not only help the immune system fight diseases but also minimise cell damage and aging. These are all red, orange, yellow and green vegetables and fruits. Minimum of 750-100 gm is the recommended allowance per day. Such food includes berries, oranges, bell peppers, broccoli, pumpkin, watermelon, pomegranate and green leafy vegetables like spinach, cucumber, tomato and beetroot. It is better to eat these fruits and vegetables than to juice them, to get maximum benefit out of them.

Eat Nuts: All nuts, especially walnut, are thought to be good mood elevators as they contain omega-3 fatty acid. Researchers have shown that walnuts support proper brain function and reduce depression. All nuts are rich in phytochemical such as resveratrol and also vitamin E which keep one healthy.

Try green tea as it has antioxidant properties and also has an overall calming effect on the nervous system and so helps hold off stress and depression. Avoid indulging in alcohol, caffeine, processed and high fat foods, carbonated beverages, soda and too many sweets.

Omega 3: Having good sources of omega 3, vitamin, Selenium, tryptophan, Beta carotene in the diet helps the body to build a strong immune system which fights depression.

Fermented food like yoghurt good source of nutrients: Experts

Fermented foods have always held a special place in Indian cuisine culture with curd, in its various forms like 'lassi' and 'chhaachh', being an intrinsic part of people's diets.

Yoghurt, a popular food import from the West, is also evolving as an alternative healthy snack food among Indian consumers.

Food experts suggest that yogurt, which is produced by bacterial fermentation of milk, can be a source of important nutrients, including protein.

"Yogurt is a nutrient-dense food that is good for people of all ages. Since it is a milk based product, it is a good source of protein, calcium and potassium. A single serving of yogurt gives a significant boost of Phosphorous, Potassium, B12, Riboflavin, Zinc, Iodine, and Vitamin B5," Dr. Nandan Joshi, head of nutrition science and medical affairs at Danone India, said.

Besides, providing good nutrition, yogurt contains live and active cultures, living beneficial bacteria which supports digestion and improves gut health, he added.

Fermented products are a vehicle for fortification and can be an efficient tool to combat nutrient deficiencies, that is, vitamin D. Yoghurt consumers across various distinct populations appear to have healthier dietary patterns, nutrient adequacy, and lifestyles compared with non-consumers.

According to the experts, lot of studies are being conducted to gather evidence on the health benefits of yoghurt. There is substantial evidence on health benefits of yogurt like weight management, cardiovascular and gastrointestinal health and cancer.

"Recent meta-analyses have shown that dairy consumption is neutral or beneficial for weight control, coronary disease, diabetes, hypertension, and most cancers.

"Currently, extensive research has been conducted to investigate the mechanisms through which yogurt generates beneficial effects. Gut microbiota appear to be an important factor that can be modified by dietary prebiotics, as well as probiotics such as yogurt," said Fariel Dif, head of communication for Dairy Research and Innovation, Danone.

novation, Danone.

There is a growing interest in the relationship between yogurt and obesity, as evidenced by the number of publications on the topic over the last few years.

Yogurt may have a superior effect than other food, beverages and snacks on inducing satiety due to its high protein content. Moreover, the substitution of nutrient-poor, energy-dense items with nutrient-rich foods such as yogurt can have a beneficial impact on weight maintenance and obesity, Dif said

Further, yogurt is that one by-product of milk that can be better tolerated by people with lactose intolerance, said Dr. Joshi.

Bacterial fermentation of yogurt results in changing lactose (the sugar in milk) to lactic acid, and hence lower intake of lactose.

"The good bacteria present in yogurt secrete an enzyme called Galactosidase that allows them to pre-digest part of the lactose. Therefore, lactose intolerant individuals can better digest yogurt and show better tolerance to yogurt as compared to milk," Dr. Joshi said.

CHOOSE YOUR HEALTH SUPPLEMENT WITH CARE

Fitness today is a far more integral part of daily life than ever before. We all want toned bodies, firm muscles, right weight and an appealing appearance. For that we do extensive workouts.

Working out burns up calories and we need supplements to make up for the energy loss and to avoid exhaustion. A good supplement ensures that you get adequate and measurable essential nutrients.

Sportspersons and athletes, especially, need supplements for stamina and post-workout recovery. There are a number of supplements in the market. But you need to read the label carefully.

Here's what, according to Manpreet Kaur, nutritionist at Proquest Nutrition, one should look out for and what you should guard against, while picking up nutritional supplements.

Look out for: 1) Nutritional supplements help athletes meet their increased protein requirement. Intensive training endurance athletes, athletes trying to gain muscle mass and strength athletes all need high-protein supplements in the initial stages of training. Even though the International Society of Sports Nutrition recommends that it is best for athletes to get their protein requirements from their diet, it is not always possible, so supplements are a practical and convenient way to meet the demand. Supplements with whey and casein protein, because of their "high protein digestibility, corrected amino acid score and ability to increase muscle protein mass, meet athletes' post-workout needs.

2) Creatine, in the supplement, aids muscle performance. Protein supplements usually contain creatine.



Creatine is said to improve strength, increase lean muscle mass, and help the muscles recover quickly after exercise. The European Food Safety Authority reports that, for high intensity workout, athletes who consume 3g of creatine everyday achieve "an increase in physical performance during short-term, high intensity and repeated exercise bouts".

3) Branched chain amino acids promote muscle protein synthesis.

Studies have shown that branched chain amino acids (BCAA) in nutritional supplements improve recovery and exercise performance during intense workout. BCAAs are three amino acids — leucine, isoleucine and valine — with similar structures that beneficially influence the muscles. They help to promote muscle protein synthesis and minimise muscle protein breakdown without putting any substantial calorie load.

1) Health risks: Consuming too much protein in nutritional supplements over a period of time can increase the risk of developing osteoporosis, cause kidney stones and worsen existing kidney problems. Other side-effects includes: dehydration, constipation, increased bowel movements, nausea, cramps, bloating, reduced appetite, fatigue and interaction with

medication.

2) Not always nutritionally balanced: Protein shakes are often marketed as meal replacements. However, not all of these are nutritionally balanced; excess intake of protein could also lead to nutritional imbalance and harm your digestive system.

3) May contain harmful substances: Many of us take supplements not just to make up for what's lacking in our diet, but also to give ourselves an extra health boost. But, some supplements may contain harmful ingredients which can be detrimental to health. Steroids, stimulants and hormones, sometimes included in some supplements, can result in kidney failure, seizure or heart problems. Read the label carefully. Pick a reputed brand - one that's safe and provides optimum nutrients for maximum performance!

Continued From P1...

24x7 electricity

on to make J&K a round-the-year tourist destination. Omar while replying to a query, said that J&K is a UT and some issues cannot be resolved directly, but they are trying to ensure that the issues are at least heard

Co-Existence Has

“Lord Jesus Christ had emphasised on the purity of person's thoughts, moral actions and doing good deeds without expecting anything in return. There is a need to follow Lord Christ's ideals and make selfless service our motto,” the Lieutenant Governor said. The Lieutenant Governor called for united resolve from all the sections, especially the younger generation, to promote harmonious living and mutual respect for all. He said the youth are the inheritors of the rich legacy of spiritual values and they must work for equality and fraternity.

The Lieutenant Governor said the festivity of the Christmas season is also an occasion to embrace the core values of harmony and brotherhood.

“Our unity is the key for building a just, equitable and vibrant society. Unity provides us the strength to discharge our duties and responsibilities with commitment and sincerity towards the nation,” the Lieutenant Governor observed.

He said, Lord Jesus Christ's emphasis on the brotherhood of mankind, harmony, selfless action and his fight against discrimination of any kind are of particular significance in today's world.

“Lord Jesus Christ's life is a testimony of love, non-violence, peace and forgiveness and his teachings are a source of inspiration for the entire human society. I hope his teachings will guide us for betterment of society,” the Lieutenant Governor further added.

Speaking on the occasion, Most Rev. Ivan Albert Pereira, Bishop Jammu-Srinagar Diocese, extended the support and cooperation of the Christian community to the government in its endeavours towards inclusive development of J&K.

We are proud that our government has been engaged in fostering an environment where people of all faiths and communities can live in peace and harmony, he said.

Ashu Peter Mattoo, President All J&K Christian Sabha, members of CNI Church, Jammu-Srinagar Diocese, heads of various institutions and organizations, youth, community members and prominent citizens from all walks of life were present.

Javed Dar

The Minister also touched upon the challenges of housing in difficult terrains, stressing the need for enhanced resource allocation and meticulous planning. He advocated for transparency in beneficiary selection besides efficient fund utilisation to ensure timely project completion.

The Minister instructed the officials to adopt empathetic approach towards resolving public issues while ensuring seamless public service delivery. He stressed on effective performance and successful implementation of all schemes under Rural Sanitation, SBM- G, NRLM, RGSA, IWMP, Himayat and other different wings of the RDD.

Later, the Minister also interacted with the ACDs and ACPs and instructed them for timely execution and completion of works.

Secretary, RD&PR Aijaz Asad, emphasised the transformative impact of PMAY-G in addressing housing challenges in rural and underdeveloped areas of Jammu and Kashmir.

“Access to proper housing ensures dignity and boosts opportunities in health, education and employment for rural populations,” Asad said. “Such schemes are crucial in reducing urban migration by making rural areas more liveable and empowering communities.”

Highlighting the progress under PMAY-G, the Secretary revealed that over 3.35 lakh houses have been sanctioned in Jammu and Kashmir, with 2.8 lakh houses already completed, achieving an impressive completion rate of 83%. He commended the department for its record-breaking completion of 67,780 houses in 2023-24 adding that an additional 82,000 houses have been completed as on December 24, 2024.

The workshop was attended by Secretary in RD&PR Rachna Sharma, DG Rural Sanitation, Anoo Malhotra, Director RDD Jammu Mumtaz Ali, Mission Director JKRLM, Shubhra Sharma, Director Panchayati Raj, J&K Sham Lal, Director Finance, Umar Khan, COO Himayat, Rajnesh Sharma, CEO IWMP Rajinish Gupta, Joint Director, Planning Kamal Kumar and Assistant Commissioner Development (ACDs), Assistant Commissioner Panchayat (ACPs) and BDOs of Jammu division.

CS reviews

Dulloo took this occasion to direct the administration to illuminate all the landmark sites and prominent government buildings. He also stressed on ensuring plausible transport and seating arrangements for the school children.

The Chief Secretary further instructed for making adequate arrangements for parking of vehicles besides ensuring smooth movement of traffic on roads. He took note of the kind of security arrangements required to be put in place for ensuring smooth conduct of this significant event.

During this meeting he keenly enquired about the cultural segments to be presented during the program. He asked for giving opportunity to the school children and the specially abled students of the UT.

He also encouraged the Departments of Culture to make a tableaux on cultural diversity of J&K, PDD on PM Surya Ghar Muft Bijli Yojana, Police on Drug Abuse, Health on TB Mukti J&K and YS&S on Fit India Movement.

In addition the Information Department was obligated to ensure live telecast of the main functions from the regional units of Doordarshan and All India Radio besides facilitating the media persons in carrying out their professional assignments.

The other agenda items which came up for discussion during this meeting includes the uninterrupted power and water supply, sanitation of the venues besides the accomplishment of other civil works taken up by the R&B Department to ready the venues at both Jammu and Srinagar.

CM Omar

Notably, it was the first meeting of Chief Minister Omar Abdullah with the party MLAs after the elected government took over in Jammu and Kashmir in October this year.

North Kashmir

Uri. This was followed by the discovery of a terrorist hideout in Kupwara on June 27, leading to the recovery of a significant cache of arms and ammunition, including AK-47 rifles and RPG shells.

July witnessed increased infiltration attempts and operations along the LoC. On July 15, three foreign terrorists were killed in Keran, Kupwara. Three days later, on July 18, two terrorists were killed in the same sector, with security forces recovering a rare Steyr AUG rifle.

A 36-hour-long gunfight in Kupwara's Lolab area on July 23 resulted in the death of a terrorist and a soldier. On July 27, a Pakistani Border Action Team (BAT) attack in Machil sector led to the death of a soldier and a Pakistani intruder, while four other

soldiers sustained injuries.

August saw minor activity, with a terrorist killed in Sopore's Rafiabad on August 24 and three infiltrators eliminated in Kupwara on August 29.

In September, three terrorists were neutralized in the Tapper area of Pattan on September 13, just days ahead of assembly polls in Jammu and Kashmir.

Kashmiri singing

The ceremony, according to the news agency—Kashmir News Observer (KNO), held at Rashtrapati Bhavan in New Delhi celebrated the achievements of exceptional children across the nation.

The young Kashmiri singer became an internet sensation after his Kashmiri song hit the right chord with the audience, earning him recognition. He rose to prominence with his soulful rendition of the Kashmiri song BeDard Dadi Chane, which became an Internet sensation.

Ayaan's soulful and attractive voice has resonated with audiences, earning him millions of views online.

Radio Jockey (RJ) Umer, a well-known local voice, recognised Ayan's talent and gave him a platform to perform, following which both of them produced BeDard Dadi Chane under Mashq Talks – Music, blending Sufi melodies with pop and rap elements.

Ayaan while talking to KNO said, “This award is the fulfillment of a lifelong dream, inspiring me to strive even harder to safeguard and celebrate the cultural heritage of Jammu and Kashmir through my art. I dedicate this honor to my parents, mentors, and everyone who supported and believed in me. I hope my journey serves as a source of inspiration for young artists to chase their dreams and never lose hope.”

The young singer said that the art transcends boundaries and unites people through shared emotions and stories. “My aim is to use my creations to highlight the rich heritage and vibrant diversity of Jammu and Kashmir, inspiring the world to cherish and protect our cultural essence,” he added.

In his message for youth, he said that one must have “self-belief, being yourself and feel proud of your culture and traditions.”

His father Sajad Ahmad, who is a teacher, said that he along with his family are very excited as his son has received the highest civilian award at a very young age.

He said that Ayaan is a gifted child with a soulful choice and he will do wonders in time to come.

Pradhan Mantri Rashtriya Bal Puraskar is the highest civilian honor for children in India. It is awarded annually to children in the age group of 5-18 years for their exceptional abilities and outstanding achievements in seven categories including bravery, art, culture, environment, innovation science and technology, social service and sports.

Srinagar undergoes

the fleet by 100 more buses, though the timeline for this expansion remains uncertain.

The introduction of the National Common Mobility Card (NCMC) in August 2024 allowed cashless transactions. However, some commuters pointed out the high initial cost of the card and limited public awareness campaigns, which may have hindered its broader adoption.

Projects like revamped Polo View High Street, landscaped Jhelum Riverfront and renovated Clock Tower are visible makeovers. However, the execution of these projects has not been without criticism.

Critics argue that the timing and planning of construction have caused undue inconvenience to residents and businesses. The reduction of road space for vehicles to create pedestrian-friendly pathways, while aligned with global urban planning trends, has been particularly contentious.

"Reducing carriageway width has led to massive traffic jams, especially during peak hours," locals said.

Others questioned prioritising the beautification projects over essential services like traffic management and waste disposal.

One of the most criticised aspects of the Smart City initiative in 2024 has been the non-functional Intelligent Traffic Management System (ITMS). Traffic lights installed at key intersections remain inoperable, forcing traffic police to manually manage congestion.

"Travelling through intersections like Shaletnag Chowk and MA Road has become a nightmare due to diversions and delays," many aggrieved commuters said.

However, authorities at Srinagar Smart City Limited (SSCL) this month announced the launch of the Intelligent Traffic Management System (ITMS) alongside an e-Challan system in Srinagar City.

SSCL authorities said smart traffic signals Intelligent controllers will optimize signal timings based on real-time conditions, minimizing delays.

They said that with the automated Rule Enforcement feature, over 1,050 cameras will ensure compliance with rules, detecting violations like red-light jumping, overspeeding, mobile use, helmetless riding and more.

Of the 142 projects under the Smart City Mission, 123 have been completed. Yet, residents criticized the frequent extensions of deadlines and disruptions caused by prolonged construction work. However, the officials expressed confidence that the remaining projects are likely to be finished by early 2025.

“Many of these projects were announced years ago, but we're still waiting for their completion,” local businessmen in the city centre said.

As per the officials, with an estimated budget of Rs 1,000 crore, approximately 75% of the allocated funds have been utilised so far, with the remaining budget left for the pending projects.

Among the completed projects, officials highlighted the revamped Polo View High Street, Clock Tower in the city centre and the landscaped Jhelum Riverfront Embankments. Refurbished prominent landmarks have enhanced the city's aesthetics and public spaces.

Launched in 2023 to promote eco-friendly cycling under the Srinagar Smart City Project, of over 1000 bicycles, over 380 have been vandalized, and more than five have been stolen by 'miscreants', according to officials.

"These bicycles not only promote eco-friendly transport and a clean environment but also contribute to public health," the officials said.

According to the officials, docking stations, placed throughout Srinagar, vary in holding capacity from 5 to 20 cycles.

Despite the criticism, authorities at the Srinagar Smart City Mission said they have made notable progress. They are optimistic about completing the remaining 19 projects by early 2025, including modern bus stops, operational traffic systems, and expanded bus fleets.

Authorities said the mission's successes in eco-friendly mobility, heritage conservation and urban beautification have laid a foundation for a more sustainable Srinagar.

However, addressing public grievances, improving planning processes, and ensuring timely project delivery will be critical to regaining public trust and achieving the initiative's full potential.

CM Omar

who brought forth issues requiring immediate attention.

Among the delegations, the J&K College Teachers Association urged the Chief Minister to consider the demand for enhancing the retirement age of college teachers in Jammu and Kashmir.

Kashmiri Shawl Makers Welfare Foundation, comprising artisans from different areas, highlighted the challenges faced by the traditional shawl-making trade and sought the government's support in safeguarding their livelihood.

Similarly, a five-member delegation of Hot Mix Plant owners apprised the Chief Minister of the issues confronting their industry, requesting timely interventions.

J&K Casual Labourers United Front, led by its State President, raised concerns regarding the welfare of casual labourers, while the Physiotherapists' deputation briefed the CM about sector-specific challenges that require redressal.

Representatives from the Health Workers Welfare Association, led by their president, presented issues impacting healthcare professionals, and the Employees Joint Action Committee (EJAC) emphasized the need to address employees' welfare comprehensively.

A delegation of Saubhagya Contractors from Ganderbal and South Kashmir sought government support to address operational hurdles in the execution of projects under the Saubhagya scheme.

The public outreach programme also saw numerous individuals meeting the Chief Minister, presenting grievances and suggestions for improvement on a number of issues affecting them.

The Chief Minister assured all deputations and individuals of a patient and responsive approach, emphasizing that their genuine concerns would be addressed on a priority basis.

Also, a joint delegation of traders of different Bazar Committees of City Centre Lal Chowk and other areas called on the Chief Minister during the programme.

The delegation apprised the Chief Minister about various issues of the trader's community of Lal Chowk, Hari Singh High Street, Poloview, Regal Chowk, Maisuma, Court Road and other areas of the City.

They also submitted a memorandum of demands to the Chief Minister demanding development and revival of business and increased customer footfall in City Central Lal Chowk and other markets of Srinagar City. The Chief Minister assured the delegation of redressal of the genuine concerns and issues on priority.

NOTICE

Inadvertently, the residence of my daughter Azka Daneen in her Date of Birth (DOB) certificate is mentioned as Ward No. 3, Plan Bandipora, instead of her actual residence, Ward No. 2, Plan Bandipora. I now intend to rectify this error. Anybody having objections in this regard, may file the same before the office of Registrar of Births and Deaths, Municipal Council Bandipora, within seven days from the date of publication of this notice. No objections will be entertained thereafter.

Dr. Tafazzul Ahmad Mir
F/O Azka Daneen
R/O Ward 2 Plan Bandipora

NOTICE

This is to inform that my fathers name mentioned in my insurance policy Bearing no. 22269022 with PNB MetLife is Abdul Gani Mir which is wrong and I want the fathers name to be same as mentioned in my Pan card, that is Ghulam Sarwar Khan. Anybody having any objection regarding the same, may contact the Insurance Company in period of 3 days. Concerned within the afterwards, No objection shall be entertained.

Mr. Aijaz Sarwar Khan
S/O Ghulam Sarwar Khan
R/O 132 Garden Lane Chanapora Srinagar
190015

NOTICE

This is an information for general public that the Name and parantege of my Son has been Wrongly mentioned in his school records as Burhan Muzafar Malla, S/O Muzaffar Ahmad Malla, while as his Actual and correct name and parantege is Burhan Muzafar Mala S/O Muzafar Ahmad Mala, Now i want to apply for its correction in this regard any person having any objection he/she may file the Objections in office of the Headmaster GOVT Middle school Dardpora Bandipora, with in a period of seven days from the date of the publication of this notice , after that no objection shall be accepted.

Muzafar Ahmad Mala.
F/O Burhan Muzafar Mala.
R/O Arin Dardpora Bandipora .

NOTICE

This is an information for general public that the DOB of my Son has been Wrongly mentioned in his school records as 06-03-2013. While as his Actual and correct DOB is 06-03-2015, Now i want to apply for its correction in this regard any person having any objection he/she may file the Objections in office of the Headmaster GOVT Middle Bagh Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Naseer Ahmad Ganie.
F/O. Mohammad Ibrahim Ganie.
R/O Ward no 06 Bagh Bandipora .

North Kashmir records 19 gunfights, killing of 27 terrorists in 2024



Waris Fayaz

BARAMULLA : North Kashmir recorded a total of 19 gunfights, including eight infiltration bids, resulting in the elimination of 27 terrorists, the death of five security personnel and two civilian casualties in 2024, according to details obtained by the news agency—Kashmir News Observer (KNO).

The first quarter of 2024 remained quiet with no gunfights reported. However, in April, the region saw its first infiltration attempt along the Line of Control (LoC) in Uri on April 5, where two terrorists were killed. Later in the month, a gunfight in Sopore on April 26 claimed the lives of two terrorists, including top Pakistani terrorist commander Saifullah. This was Sopore's first gunfight in 22 months. The operation also left two soldiers and a civilian injured.

NOTICE

Inadvertently, the residence of my Son Mir Mohammad Daniyal in her Date of Birth (DOB) certificate is mentioned as Ward No. 3, Plan Bandipora, instead of his actual residence, Ward No. 2, Plan Bandipora. I now intend to rectify this error. Anybody having objections in this regard, may file the same before the office of Registrar of Births and Deaths, Municipal Council Bandipora, within seven days from the date of publication of this notice. No objections will be entertained thereafter.

Dr. Tafazzul Ahmad Mir
F/O Mir Mohammad Daniyal
R/O Ward 2 Plan Bandipora

NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No: 0216020006165, which is Registered in the name of Ali Mohd Dar S/O Ab Gafar Dar. Now i want to change this Electricity Agreement in the name of Showket Ahmad Dar S/O Gh Hassan Dar, in this regard any person having any objection he/she may file the Objections in office of the Assistant Executive Engineer Electricity Sub Division kaloosa Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Showket Ahmad Dar.
S/O Gh Hassan Dar.
R/O Kema Malangang tehsil Aloosa District
Bandipora.

NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No: 0216010002873, which is Registered in the name of Gh Mohd khan S/O Gh Mohi u din khan. Now i want to apply for change this Electricity Agreement in the name of Mushtaq Ahmad Khan S/O Gh Mohd khan, in this regard any person having any objection he/she may file the Objections in office of the Assistant Executive Engineer Electricity Sub Division Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Mushtaq Ahmad Khan.
S/O Gh Mohd khan.
R/O Main Gate Ahamshareef Bandipora.

NOTICE

This is an information for general public that in my Driving licence bearing Registration No: JK15 20110000736, my name and parantege has been mentioned as Aijaz Ahmad Parray, S/O Mohd Shafi Parray. while as my Actual and correct name and parantege is Aijaz Ahmad Paray, S/O Mohammad Shafi Paray.

Now i want to apply for its correction in this regard any person having any objection he/she may file the Objections in office of the Assistant Regional Transport Office Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Aijaz Ahmad Paray.
S/O Mohammad Shafi Paray.
R/O Hajin Ghat. District Bandipora.

Father-Daughter Duo from Pampore Clinch Gold at Abu Dhabi Pencak Silat Championship

BILAL HABIB

PAMPORE: In a moment of immense pride for the South Kashmir's saffron town Pampore, Sajad Ahmad Bhat and his daughter Muqadas Muskan, residents of Namblabal Pampore, have clinched gold medals at the prestigious Abu Dhabi World Pencak Silat Championship 2024.

The 5th and 20th World Pencak Silat Championships, held at the ADNEC Exhibition Centre in Abu Dhabi, saw participation from 57 countries.

The father-daughter duo represented India in the championship, showcasing exceptional skill and determination, bringing glory to their homeland and country. This incredible feat has been celebrated widely in Pampore, marking a significant milestone in the history of sports in the town.

Speaking to Kashmir Convener, Muqadas Muskan shared her excitement about winning the gold medal at the 5th Pencak Silat World Championship in Abu Dhabi.

She competed in four matches, with her final fight against a German opponent, whom she defeated to secure the gold. Muqadas expressed immense gratitude to her coaches, Irfan Sir and Iqbal Sir, whose unwavering support played a crucial role in her success, as well as to her father, Sajad Ahmad, who ensured she trained rigorously.

Muqadas credited her parents for their

constant encouragement, enabling her to achieve this milestone. She has previously won numerous gold medals at international

and national levels and now aims to compete in the Olympic Games, with a dream of winning a gold medal there as well.



"Join sports. Today's generation is get-

ting involved in drugs, but sports offers the best platform for personal development and achievement. Make your family proud and

work on your growth. Sports will help shape your future," she told Kashmir Convener. Sajad Ahmad Bhat, who is also a Pencak Silat coach, spoke about the significance of

the victory. He expressed that representing India at the 20th World Pencak Silat Championship and winning a gold medal in the Masters category had been a long-time dream. He thanked Allah for blessing them with this honor and acknowledged their hard work in achieving their goals.

Sajad mentioned that along with his daughter Muqadas, Tufail Ahmad from Pulwama won a bronze medal, Mohammad Shafi Dar secured a silver in the Masters category, and he himself achieved a gold medal.

He added that the participation of athletes from 57 countries made the event an enriching experience. Looking ahead, Sajad expressed hope of competing in the Olympic Games next, aiming to bring home another gold medal, Insha Allah.

Having been involved in martial arts since 1994, Sajad has trained countless youth, many of whom have gone on to become doctors, engineers, and secure jobs in various government sectors. As a black belt and an international and national referee, Sajad continues to inspire and guide young athletes toward success.

He urged the youth to stay away from drugs and focus on sports, which can offer them a positive direction in life. "Sports shapes futures and offers opportunities for growth," he added. Sajad remains committed to training the next generation of champions, bringing pride to the nation and his community.

There really was no need for that, **Kohli** won't want such legacy: Gavaskar

MELBOURNE: The legendary Sunil Gavaskar on Thursday criticised Virat Kohli for his heated altercation with young Australian debutant Sam Konstas, saying there was "no need" for the incident and the Indian star wouldn't want his legacy to be tarnished by such episode.

Kohli was fined 20 per cent of his match fee and awarded one demerit point for breaching Level 1 of the ICC Code of Conduct after he and Konstas bumped shoulders in the 10th over of the Australian innings on the opening day of the fourth Test here.

"Well I'm not sure what was the reason but there really was no need for that, we don't need to have this in any grade of cricket, certainly not at the highest level. You can play very very competitive cricket without getting physical," Gavaskar told India Today.

"I think we all want to remember Kohli as one of the greatest cricketers ever in the game and not as somebody who was fined whatever it is or censured by the ICC, we don't want to want to hear that.

"You don't want a legacy left where that is going to be also a talking point or a sticking point. So maybe hopefully, he'll learn from that and not want to to repeat this again."

The incident happened after the 19-year-old Konstas had left India in a state of shock with his sensational stroke-play, taking down Jasprit Bumrah, on his way to a 65-ball 60.


In 10th over, while crossing over, Kohli and Konstas bumped shoulders and quickly turned around to glance at each other, engaging in a heated exchange of words.


The Australian opener Usman Khawaja immediately stepped in to separate them, putting his arm around Kohli. The on-field umpires also had a word with the two, as things cooled down rather quickly.

Known for his passionate on-field persona, Kohli has courted controversy in the past, often for rubbing the opposition the wrong way in the past too. He was sanctioned by the ICC in 2019 for another shoulder-barging incident with South Africa's Beuran Hendricks.



The father-daughter duo represented India in the championship, showcasing exceptional skill and determination, bringing glory to their homeland and country. This incredible feat has been celebrated widely in Pampore, marking a significant milestone in the history of sports in the town.






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India needed Rohit to open, Washington's variation at MCG: **Nayar** on axing Gill

MELBOURNE: India's assistant coach Abhishek Nayar on Thursday defended axing Shubman Gill from the Boxing Day Test, saying it was in team's best interest to not only have Rohit Sharma back to his usual opening slot but also add some sting to the attack by drafting in spin all-rounder Washington Sundar.

Gill, who missed the first Test due to a finger injury, scored 31 and 28 in the Pink Ball Test and looked the most assured among Indian batters. He, however, got out for a duck in Brisbane.

With Rohit Sharma opening the innings and KL Rahul coming at No. 3, Gill had to make way for a third specialist all-rounder in Washington.

"Yes, Rohit will come up in the order and more likely than not, he will open the innings. That was the thought process. Unfortunately for Gill, just how things spanned out, he had to miss out," Nayar said at the end of the day's play.

"I just feel for a young player in a position like that, a big day, he wants to make his mark. He understands it's the team's requirement and it's unfortunate, but I wouldn't say that he's been dropped per se. It's just unfortunate that he couldn't find his place in this game," the former Mumbai stalwart said but the explanation lacked conviction.

He elaborately explained why playing Washington at the MCG made sense ahead of Gill.

"A lot of the decisions when they are made, and the process of it being made, the communication is always there and transparency is there. It's pretty obvious that we felt in these conditions, looking at the pitch, having Washy in the bowling attack will give us that variation, especially towards the end once the ball gets old," he said.

"Post the 50 overs, we felt that was an area that we wanted to get better at. We felt Washy could give us that solidarity with Jaddu (Ravindra Jadeja), especially the way Travis Head and Alex Carey were getting runs lower down. So we felt having an offie in the ranks will provide us with that."

