

# Kashmir Convener



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## PM Modi inaugurates Jammu Railway Division, calls it historic milestone

● Congratulates J&K for getting integrated national railway network

Yogesh

**JAMMU:** Terming new Jammu Railway Division a historic milestone in the development of Jammu and Kashmir's connectivity and infrastructure, Prime Minister Narendra Modi on Monday reiterated his government's resolve to build "Vikshit Bharat."

Addressing the nation after inaugurating the new railway division virtually, PM Modi, according to the news agency—Kashmir News Observer (KNO), said, "It's a symbol of India's collective progress under the vision of 'Sabka Saath, Sabka Vikas,' filling colours in the dream of 'Vikshit Bharat' (Developed India)."

"To achieve Vikshit Bharat, it is essential to develop Indian Railways," he said, adding that the past decade has



witnessed a transformational change in railway infrastructure modernization, enhanced connectivity, and improved facilities for passengers."

PM Modi congratulated the people of

Jammu and Kashmir, saying, "Integration of J&K into the national railway network is a monumental step towards transforming Indian

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### Rail link to Kashmir will also greatly benefit Jammu: CM Omar

KC NEWS NETWORK

**JAMMU:** Chief Minister Omar Abdullah today expressed gratitude and optimism during the inauguration of the new Rail Division of Jammu at the Jammu-Tawi Railway Station.

The event, marked as a historic milestone for the people of Jammu and Kashmir, was inaugurated and addressed by Prime Minister Narendra Modi through video conference.

On the occasion, Prime Minister Narendra Modi also inaugurated and laid foundation of



several rail projects in different parts of country.

Also in attendance were Minister of Railways Ashwini Vaishnaw, Lieutenant Governor Manoj Sinha, Union Minister of State Jitendra Singh, Member of Parliament Jammu, several Members of Legislative Assembly (MLAs) and other dignitaries.

Addressing the gathering, Chief Minister Omar Abdullah congratulated

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### Will seamlessly connect Kashmir to Kanyakumari: LG Manoj Sinha

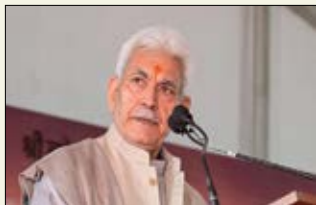
>>> "Surveys are ongoing for the Anantnag-Bijbehara-Pahalgam (78km) and Awantipora-Shopian (28kms) rail lines" <<<

KC NEWS NETWORK

**JAMMU:** Prime Minister Narendra Modi today inaugurated the new Jammu Railway Division, through virtual mode.

On the occasion, the Lieutenant Governor Manoj Sinha expressed gratitude to Prime Minister Narendra Modi for dedicating the new Jammu Railway Division.

"This new division is very important



from strategic point of view. It will also stimulate economic growth, employment generation, infrastructure

development and creation of new tourist circuits" he said.

Speaking on the remarkable progress achieved in developing a comprehensive railway network in the UT, the Lieutenant Governor said the Indian Railways stands at the forefront of our journey toward a developed and self-reliant J&K. "For Jammu and Kashmir, Indian

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### Restoration of J&K Statehood is not a favour: Advisor to CM

Waris Fayaz

**SRINAGAR:** The restoration of statehood to Jammu and Kashmir is not an act of kindness but a rightful due,



Advisor to the Chief Minister, Nasir Aslam Wani said on Monday, emphasizing the region's integral status as the "crown of the country."

As per the news agency—

Kashmir News Observer (KNO), CM's Advisor while speaking to reporters during a visit to Kupwara district, reiterated the central government's commitment to restoring J&K's statehood.

"Statehood restoration is not a favor but our right. Both the Prime Minister and the Home Minister have assured its restoration on the floor of the Parliament and we trust their word," he said.

Advisor Nasir also highlighted the positive relations between the central and the J&K government, which he said are yielding constructive responses. "People have

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### CS reviews implementation of PM Gati Shakti in J&K



KC NEWS NETWORK

**JAMMU:** Chief Secretary, Atal Dulloo, while chairing a meeting of all the Administrative Secretaries and Deputy Commissioners about the implementation of PM Gati Shakti (PMGS) Master Plan, remarked that departments should take lead in adding as many layers as possible by mapping all their projects besides

those among the social sector.

He called upon the Administrative heads to onboard themselves on the local portal of this national plan to add specific layers pertaining to their departments. He advised them to be innovative in adding these layers as they can take cue from other States/UTs as well. Dulloo

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### MeT Predicts No Major Activity Till Jan 15

● Sonamarg, Gulmarg receive heavy snowfall in last 24 hours

Owais Gul

**SRINAGAR:** Kashmir Valley has received fresh snowfall, bringing down the mercury further and also leading to the delay in flight operations on Monday morning.

As per the news agency—Kashmir News Observer (KNO), Srinagar, the summer capital of Jammu and Kashmir, experienced the fresh snowfall in the last 24 hours with the details revealing that Sonamarg and Gulmarg, have recorded the heavy snowfall with accumulation of 16 inches and 15 inches respectively till Monday morning.

According to the details,



Doodhpatri and Yousmarg in Central Kashmir's Budgam and Pir ki Gali in Shopian recorded a snowfall of one foot each while Srinagar City recorded 2-3 inches of snow during the period.

As per an Independent Weather Forecaster, Aadil

Maqbool, the maximum areas across Kashmir Anantnag Qazigund, Kulgam, Kokernag Pulwama, Budgam plains Ganderbal, Kupwara and others recorded a light snowfall during the period with majority

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### E Srinivas appointed as first DRM of Jammu Rail Division



KC NEWS NETWORK

**NEW DELHI:** The Railway Board has appointed E Srinivas as the first Divisional Railway Manager (DRM) of the Jammu Rail Division after its inauguration by Prime Minister Narendra Modi on Monday.

A Board's written communication to the general manager of the Northern Railway on January 6, soon after the division's inauguration, said Srinivas, who is on deputation with Department for Promotion of Industry and Internal Trade, "should be posted

as DRM/JAMMU (NEW DIVISION) of Northern Railway".

"Jammu division will cover the operations of rail tracks from Pathankot to Baramulla. It will also cover the narrow-gauge line from Pathankot to Joginder Nagar," Dilip Kumar, Executive Director, Information and Publicity, Railway Board, said.

"The division will lead to development of railway operations in Jammu & Kashmir. The new train services that connect Kashmir valley with the rest of the country will bring more tourism. It will boost economic development of Jammu & Kashmir," he said. This new division,

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### Casual Labourers Await Regularisation, Face Govt Apathy



KC NEWS NETWORK

**SRINAGAR:** For over three decades, thousands of youth employed as casual labourers and daily wagers in various government departments have been grappling with uncertainty about their future.

Despite their relentless service and repeated assurances from successive governments, their demand for regularisation remains unaddressed.

According to the Associated News Bureau (ANB), casual workers in critical departments like the Power Development

Department (PDD) and Jal Shakti have played a pivotal role during emergencies, often risking their lives. From braving harsh weather conditions to restoring essential services during snowfalls, these workers have been the backbone of emergency response. Tragically, some have lost their lives in the line of duty, leaving their families devastated and without adequate compensation.

Over the years, successive governments, including the National Conference (2009-2014), the coalition government of the People's Democratic Party and Bharatiya Janata Party (2015-2018),

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### India Condemns Pak Airstrikes On Afghanistan

KC NEWS NETWORK

**NEW DELHI:** India on Monday "unequivocally" condemned Pakistani airstrikes on Afghanistan and said it is Islamabad's old practice to blame its neighbours for its internal failures.

Pakistan carried out airstrikes in certain areas in Afghanistan

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# Two HMPV Cases Confirmed In Karnataka: ICMR



**NEWDELHI:** The Indian Council of Medical Research has detected two cases of Human Metapneumovirus (HMPV) in Karnataka through routine surveillance for multiple respiratory viral pathogens, the Union health ministry said on Monday.

A three-month-old female infant with a history of bronchopneumonia was diagnosed with HMPV after being admitted to Baptist Hospital in Bengaluru. She has already been discharged, the ministry said.

An eight-month-old male infant with a history of bronchopneumonia tested positive for HMPV on January 3 after being admitted to Baptist Hospital. He is now recovering, it said. It is important to note that neither of the patients have any history of international travel, the ministry underlined.

It emphasised that HMPV is already in circulation globally, including in India, and cases of respiratory illnesses associated with it have been reported in various countries. Furthermore, based on the current data from the Indian Council of Medical Research (ICMR)

and the Integrated Disease Surveillance Programme (IDSP) network, there has been no unusual surge in Influenza-Like Illness (ILI) or Severe Acute Respiratory Illness (SARI) cases in the country, it added.

The ministry said it is monitoring the situation through all available surveillance channels. The ICMR will continue to track trends in HMPV circulation throughout the year. The World Health Organisation (WHO) is already providing timely updates regarding the situation in China to further inform the ongoing measures. The recent preparedness drill conducted across the country has shown that India is well-equipped to handle any potential increase in respiratory illnesses and public health interventions can be deployed promptly if needed, the ministry stated.

Amid reports of rising cases of respiratory illnesses in China in the past few weeks, a meeting of the Joint Monitoring Group (JMG) was held under the chairmanship of the Directorate General of Health Services (DGHS) on Saturday.

# Protesting farmers to meet high-powered committee today, SC told

**NEW DELHI:** A delegation of the protesting farmers at the Khanauri border between Punjab and Haryana will be meeting the high-powered committee appointed by the Supreme Court at around 3 pm Monday.

Among the protesting farmers is also septuagenarian Jagjit Singh Dallewal, who has been on an indefinite fast for the past 40 days, and whose health concerns has kept the Punjab government on toes with the top court keeping a close watch.

A bench of Justices Surya Kant and N Kotiswar Singh was informed by senior advocate Kapil Sibal, appearing for the Punjab government that they had managed to persuade the protesting farmers to meet Justice (retd) Nawab Singh, who chairs the committee.

“We have managed to persuade them. Kindly post the matter for some other day. We are expecting some breakthrough,” Sibal said.

“Hope better sense prevails on everyone,” the bench said.



The apex court asked Sibal to prepare a brief note of the deliberations and posted the hearing on January 10.

Solicitor general Tushar Mehta, representing the Centre, said the committee would file a brief note on the meeting's outcome.

Justice Surya Kant agreed and said it was expected that the committee filed a note.

Dallewal has been on an indefinite fast at the Khanauri border point between Punjab and Haryana since November 26 to press the Centre to accept the farmers' demands, including a legal

guarantee of minimum support price for crops.

Here refused medical aid offered by the Punjab government and his condition deteriorated as was feeling dizzy, and threw up besides being unable to speak.

The farmers under the banner of Samyukta Kisan Morcha (non-political) and Kisan Mazdoor Morcha have been camping at Shambhu and Khanauri border points between Punjab and Haryana since February 13, 2024, after their march to Delhi was stopped by the security forces.

# Nitish rules out possibility of quitting NDA

**PATNA:** Bihar Chief Minister Nitish Kumar on Monday ruled out the possibility of quitting the NDA, pointing out that his ties with the BJP went back a long way.

The JD(U) supremo, who termed as a “mistake”



his two short-lived alliances with the RJD-Congress combine, fondly recalled the backing he had always received from former prime minister Atal Bihari Vajpayee.

“It was respected Atal ji who made me a Union minister. He used to shower so much of affection on me. I never faced any difficulty in getting my proposals cleared,” Kumar told reporters in Vaishali district, which he toured as part of the state-wide ‘Pragati Yatra’.

# CAG report exposes Kejriwal’s ‘black deeds’; real cost of ‘Sheesh Mahal’ Rs 75-80 crore: BJP

New Delhi, Jan 6: The BJP on Monday claimed that a CAG report raised 139 questions related to former Delhi chief minister Arvind Kejriwal's previous Flagstaff Road residence and “exposed

his ‘black deeds’.

No immediate reaction was available from AAP on the charges.

Addressing a press conference, the BJP's Delhi president Virendra Sachdeva said the report of 2022 cited an expenditure of Rs 33.86 crore on the “Sheesh Mahal” but the actual cost was far higher.

“This report pertains to expenditure till 2022. There is no revelation on expenses of 2023 and 2024 and, according to our information, the real cost runs up to Rs 75-80 crore if the inventory of the items in the bungalow are included,” he claimed.

The BJP has sharpened its attack on Kejriwal ahead of the Delhi Assembly polls, alleging corruption related to the 6, Flagstaff Road, bungalow that he occupied as chief minister.

Prime Minister Narendra Modi also took a jibe at Kejriwal, saying he built a “Sheesh Mahal” instead of paying attention to Delhi's public infrastructure.

Sachdeva charged, “The Controller and Auditor General (CAG) has raised 139 questions and very minutely detailed the black deeds of Kejriwal.” He alleged that the bungalow was reconstructed without permission of the Delhi Urban Arts Commission and the Municipal

Corporation of Delhi.

“What message did a chief minister give to Delhi by constructing the bungalow in an unauthorised manner?” he asked.

If the real cost of the bungalow is to be determined, the accounts of the public works and other departments have to be checked, Sachdeva said.

He also alleged that the public works department, instead of functioning as a government agency for construction of the bungalow, acted as a “private organisation” to please Kejriwal.

# Nithari killings: SC to hear on March 25 pleas against Surendra Koli’s acquittal

**NEW DELHI:** The Supreme Court on Monday said it would on March 25 hear a batch of pleas against the acquittal of Surendra Koli in the 2006 Nithari serial killings case.

A bench of Justices B R Gavai and Augustine George Masih was informed by solicitor general Tushar Mehta that the case was over the “very serious and gruesome” killings in Nithari, UP.

Koli's counsel said the evidence against his client was a confessional statement, recorded several days after his police custody in the case.

The bench directed its registry to summon the trial court records in other connected matters expeditiously and supply its copies to the lawyers appearing in the matter.

The hearing was posted on

March 25.

In 2024, the apex court agreed to examine separate pleas filed by

The top court in May, 2024, agreed to hear a plea filed by the father of one of the victims



the CBI and the UP government challenging the Allahabad High Court's decision acquitting Koli on October 16, 2023.

The bench had sought a response from Koli on the petitions and tagged it with similar pending pleas.

challenging the high court's acquittal verdict.

Koli was awarded death penalty on September 28, 2010 by the trial court.

Moninder Singh Pandher and his domestic help Koli were accused of rape and murder of

persons, mostly children, in their neighbourhood in Nithari, UP.

The high court acquitted them in the death penalty case and said the prosecution had failed to prove their guilt “beyond reasonable doubt” while calling it a “botched up” investigation.

Reversing the death sentence given to Koli in 12 cases and Pandher in two cases, the high court said the probe was “nothing short of a betrayal of public trust by responsible agencies”.

The high court allowed multiple appeals filed by Koli and Pandher, who challenged the death sentence awarded by a CBI court in Ghaziabad. A total of 19 cases were lodged against the duo in 2007, and the CBI filed closure reports in three cases due to lack of evidence.

# "Rahi Riaz Ahmed Honored with Best Youth Leader Award for Outstanding Contributions to Youth Empowerment"

**SRINAGAR:** Rahi Riaz Ahmed, a dedicated youth leader, was honored with the prestigious Best Youth Leader Award by the Vice Chancellor of Behar University, Prof. Dhinesh Chandra Rai, on 5th January 2024. The award was conferred in recognition of his exemplary contributions to the Nehru Yuva Kendra Sangathan (NYKS), under the Ministry of Youth Affairs and Sports, Government of India.

The award ceremony was held at the Auditorium of Dr. B.R. Ambedkar University, Muzaffarpur, Behar, in the distinguished presence of the Registrar, Prof. Aprajita Krishnan, State Director of Nehru Yuva Kendra, Shri Sarvinder Pratab

Singh, and Principal of L.S.

youth and fostering community



College, Prof. Om Prakash Rai. Prof. Dhinesh Chandra Rai commended Rahi Riaz Ahmed for his relentless dedication towards empowering the

development. His leadership in organizing impactful programs under the NYKS banner has set a benchmark for others to follow. Speaking on the occasion,

Shri Sarvinder Pratab Singh highlighted Ahmed's unwavering commitment to social causes and the development of youth leadership.

Rahi expressed his gratitude for the recognition and pledged to continue his mission of inspiring and mobilizing the youth to contribute positively to society. His efforts have been instrumental in promoting various government initiatives and addressing critical issues affecting the younger generation.

The event concluded with an acknowledgment of the vital role played by youth leaders like Rahi in building a progressive and inclusive nation.

# Barred by jurisdiction: Lokpal disposes of corruption complaint against ex-CJI Chandrachud

**NEW DELHI:** The anti-corruption ombudsman Lokpal has disposed of a complaint alleging corruption against former CJI DY Chandrachud for being “barred by jurisdiction”, according to an official order.

A complaint was filed on October 18, 2024, “against the sitting Chief Justice of India (CJI) as on that date, for alleged abuse of office, amounting to corruption and malicious exercise of power to favour and protect a certain politician and political party”, it said.

CJI Chandrachud demitted office on November 10.

The Lokpal, in its order, examined in detail if a sitting CJI or a Supreme Court judge was amenable to its jurisdiction under Section 14 of the Lokpal and Lokayuktas Act and decided to “eschew from dilating upon the diverse allegations contained in this complaint running into 382 pages”.

“We say no more,” according to the order dated January 3.

“In light of the above, we dispose of this complaint as being barred by jurisdiction,” said the order by Lokpal chairperson Justice AM Khanwilkar and five other members.

The order said the complainant was free to pursue other remedies, as permissible in law.

“We may not be understood to have expressed any opinion on the merits of the allegations, one way or the other including about the maintainability of the legal remedies to be resorted to by



the complainant,” it added.

The Lokpal examined different provisions under Section 14 — “jurisdiction of Lokpal to include prime minister, ministers, members of Parliament, groups A, B, C and Officers and officials of central government” — of the Act.

“The textual and even contextual interpretation of this provision would lead us to the conclusion that only the persons referred to with their designation or description in this provision, have been made amenable to the jurisdiction of the Lokpal, as being a public servant against whom the Lokpal is bestowed with the duty to inquire or cause an inquiry to be conducted into any matter involved in, or arising from, or connected with, any allegation of corruption within the

meaning of provisions of the Prevention of Corruption Act, 1988 (for short, PC Act 1988), made by way of a complaint to the Lokpal,” it said.

Indubitably, a sitting judge or CJI would not come within the ambit of clauses (a) to (e), (g) and (h), the order said.

“The only expansive clause that may come into play is Clause (f), which, however, predicates that any person who is or has been a chairperson or member or officer or employee in any ‘body’ or board or corporation or authority or company or society or trust or autonomous body (by whatever name called)” established by an Act of Parliament or wholly or partly financed by the central government or controlled by it,” it said.

At first impression, there can be no

debate about the fact that the Supreme Court is a body of a group of judges associated for common purpose or object, the order said.

“The judges, generally including that of the Supreme Court, also come within the ambit of expression of public servant within the meaning of Section 2(c) of the PC Act,” it said.

The judge of a court would not come within the excepted category of public servant in respect of whom jurisdiction is exercisable by any court or other authority under the specified acts, the order said.

“In that sense, the judge of any court would be a public servant and also can be proceeded with for having committed an offence of corruption, including under the PC Act, as ordained by the Constitution Bench of the Supreme Court, in K Veeraswami vs Union of India and Ors...,” it said. The moot question is “whether the Supreme Court of India is a body established by an ‘Act of Parliament’”, the order said and added the expression used in Section 14 of the Act was very definite and did not leave any room for interpretation.

“We need to remind ourselves of the cardinal principle of interpretation of statutes that while interpreting any penal statute, strict interpretation must be preferred,” it said.

“In other words, it will have to be first explored whether it is open to take the view that the Supreme Court of India has been established by an ‘Act

of Parliament’. To this, the answer is an emphatic ‘NO’. For, the Supreme Court of India has been established by virtue of Article 124 of the Constitution of India,” it added.

Suffice it to observe that the Supreme Court, even though a body of judges, does not come within the ambit of expression “body” employed in Section 14(1)(f) of the Act, as it is not established by an “Act of Parliament” as such, the order said.

Further, the Supreme Court is neither wholly or partly financed by the central government or controlled by it as such, it said. The same logic must apply to the judges of the Supreme Court or the CJI, namely, as not being wholly or partly financed by the central government or controlled by it as such, the Lokpal said.

“As a concomitant to this view, it must follow that the sitting judge of the Supreme Court or the Chief Justice of the Supreme Court will not be amenable to the constricted jurisdiction of the Lokpal of India in terms of Section 14 of the Act of 2013,” the order said.

The anti-corruption ombudsman, however, clarified that the view “propounded hitherto” was only to consider the status of the judges and the CJI of the Supreme Court, having been established by virtue of Article 124 of the Constitution.

“This view may not squarely apply to the judges of the other courts, including high courts...,” it added in the order.

# Glad our film will finally hit big screen: Kangana Ranaut on ‘Emergency’

**NEW DELHI:** Actor-filmmaker Kangana Ranaut shared the trailer of her much awaited film “Emergency” on Monday, calling the journey to the release of the political drama a long one “filled with challenges”.

Starring Ranaut as former prime minister Indira Gandhi, the film missed out on its September 6, 2024 release date as it was unable to obtain the clearance certificate from the Central Board of Film Certification (CBFC).

“Emergency” was mired in controversy after Sikh organisations, including the Shiromani Akali Dal, accused it of misrepresenting the community and getting facts wrong.

Ranaut, who also serves as director and producer on the film, said she is looking forward to its release on January 17.

“I’m glad that our film ‘Emergency’ will finally hit the big screen on 17th January. This story isn’t just about a controversial leader; it delves into themes that remain profoundly relevant today, making the journey both difficult and significant,” the actor-BJP MP said in a statement.

“Releasing just a week before Republic Day, it’s the perfect time to reflect on the resilience of our Constitution and experience the film with your loved ones,” she added.

Ranaut shared the trailer of the film on her X handle.

She captioned her post as: “1975. Emergency - A Defining chapter in Indian History. Indira: India’s most powerful woman. Her ambition transformed the nation, but her #EMERGENCY plunged it into chaos.”

“Emergency” delves into the emergency that was imposed by Indira Gandhi for 21 months from 1975 to 1977 and its aftermath. “As we mark 50 years since the 1975 Emergency, this film isn’t just a historical retelling—it’s a reflection on the resilience of democracy and a tribute to those who fought to protect it.

# Indian Army Organizes Snow Art Competition for Children in Gurez Valley

Aadil Abdullah

**BANDIPORA:** As the weather in the snow-bound Gurez Valley improved, the Indian Army's Rana Battalion, stationed in the Bagtore area, organized a unique Snow Art and Games Program for children living near the Line of Control (LoC) on Monday.

The event was held in the Bagtore area of Gurez Valley, located in North Kashmir's Bandipora district. The local children participated enthusiastically in the event when around 30 to 40 boys and girls came forward to present their artistic prowess and patriotism. The children inscribed "I Love India," "Indian Army," "Jawan Aur Awam," and "I Love Bagtore" on snowy walls, beautifully presenting their love for the country.

It had several activities like Kabaddi, Kho-Kho, snow races for different age groups, and snow art. The main intention was to focus on the undiscerned talents of children and at the same time give a sense of patriotism to the youth staying in the border areas of Gurez Valley.

Speaking to the media, local resident Mohammad Sultan expressed gratitude toward the Indian Army. He said that the initiative provided a platform for children in this remote border area to express their creativity while fostering a sense of community and



positivity during the harsh winter months, when the entire area is covered in snow.

Locals lauded the move, which they said is a positive initiative taken by the Indian Army in reaching out to the youth. "It was a great initiative by the Indian Army, as it brought joy and celebration to our community," one local resident said.

Zaheer Ahmed, another local, said, "The Army always initiates activities like games and activities that provide us with opportunities. We are thankful to the Indian Army for these types of activities."

Residents have also expressed the hope that in the future there will be more such competitions so that the spirit of the locality is boosted up and the

Army and the locals get closer.

The children who attended the program expressed enthusiasm about the opportunity to engage in such activities, which are not very common amid the challenging terrain of Gurez Valley. The initiative has left an indelible mark, fostering goodwill and unity in the snowbound border region.

## Co-op Taj Housing Bandipora Announces Awards for Outstanding Service Excellence

BHAT ZAHOOR

**Srinagar:** Co-op Taj Housing a leading name in housing/ building and real estate sector proudly announces its Annual Service Excellence Awards to recognize and celebrate the exceptional contributions of individuals and teams who have consistently delivered outstanding service during the previous year 2024.

The awards aim to honor excellence, dedication, and innovation, reinforcing the company's commitment to fostering a culture of excellence and customer-centricity. The winners, selected through a rigorous evaluation process, represent the epitome of professionalism and dedication.

Chairman co-op Nazir Ahmed Rather, expressed their delight, saying, we believe in recognizing and rewarding those who go above and beyond in their roles. These awards are a testament to the incredible talent and hard work within our organization, inspiring others to strive for excellence."

Categories for this year's awards including Journalists, Builder's, sportsmen, Tour Travel operators, singer's, Handicrafts, and Education sector was awarded.

A grand ceremony on 3rd January 2025 served as the backdrop for the celebrations. Co-op Taj Housing extends its gratitude to its valued customers, employees, and stakeholders, whose unwavering support has been the cornerstone of its success.



## NGT flags environmental violations in Handwara-Bangus road project

**SRINAGAR:** The National Green Tribunal (NGT) has directed the Administrative Secretary of the Public Works Department (PWD), Jammu and Kashmir, to appear in person in connection with a petition, alleging environmental violations during the construction of Handwara-Bungus road in north Kashmir's Kupwara district.

The petition, filed by Advocate and RTI activist Rasikh Rasool Bhat, claims that significant ecological damage occurred during the road construction, including the cutting of over 25,000 forest trees and alleged illegal riverbed mining to extract materials.

These activities were reportedly carried out without obtaining the mandatory environmental clearances.

The Principal Bench of the NGT, comprising Justice Prakash Srivastava (Chairperson), Justice Sudhir Aggarwal (Judicial Member), and Dr. A. Senthil Vel (Expert Member), issued the order following repeated non-responses from key respondents.

The bench highlighted that the Administrative Secretary of PWD and the Executive Engineer, R&B Division Handwara, had failed to file replies to notices issued in February 2024.

Advocate Rasikh Rasool stated that he approached the NGT after his appeals to the authorities went unaddressed.

He also expressed concern over the lack

of action from the PWD, despite multiple notices and the involvement of senior officials in the matter.



The tribunal noted in its January 2, 2025, order that no explanations were provided by the respondents, even during hearings held on April 25, 2024, August 7, 2024, and November 19, 2024.

The Executive Engineer of R&B Handwara, who appeared before the NGT on January 2, failed to justify the department's actions or address earlier concerns.

Also, a report submitted by the J&K Pollution Control Committee (JKPCC) on No-

vember 18, 2024, revealed discrepancies of 2,728.82 metric tons between the materials consumed and the permits obtained for

their disposal.

The report also highlighted the absence of proper justification from the executing agency, raising questions about compliance with the J&K Minor Mineral Concession Rules. The NGT has directed the Administrative Secretary of PWD to appear in person during the next hearing 22 April, 2025 to provide clarification on the alleged violations and address the concerns raised by the petitioner—(KNO)

## Avalanche Warning Issued in B'pora, Residents Urged to Take Precautions

**BANDIPORA:** The district administration Bandipora on Saturday issued a medium danger avalanche warning for areas above 2400 meters, advising residents to evacuate vulnerable zones and avoid avalanche-prone areas for the next 24 hours.

"An avalanche with medium danger level is likely to occur in Bandipora district in the next 24 hours," an official statement issued here.

The administration has urged residents living near avalanche-prone zones to take precautions and vacate unprotected settlements. For assistance, residents can contact the helpline number 112, it reads.

## J&K BANK reports higher deposit growth against advances in Q3

**NEW DELHI:** J&K Bank on Monday reported higher deposit growth compared to its advances in the third quarter ended December 2024.

The lender reported a 9.65 per cent rise in total deposits to Rs 1.40 lakh crore against Rs 1.28 lakh crore at the end of the third quarter of the previous financial year.

However, the loan growth was lower at 5.98 per cent to Rs 99,134 crore against Rs 93,538 crore in the third quarter of the previous fiscal.—(PTI)

## Indian Army Hosts 'Veterans Meet' in Kadial Village

**JAMMU:** The Indian Army began the New Year with a heartfelt tribute to its veterans, hosting a meet under the aegis of the Tiger Division in



Kadial Village, RS Pura.

The event celebrated the valor and sacrifices of the soldiers and their families, with Subedar Major & Honorary Captain Bana Singh, Param Vir Chakra, India's highest wartime gallantry award recipient, gracing the occasion.

The General Officer Commanding (GOC) of the Tiger Division honored gallantry awardees, Veer Naris, and Veer Matas, recognizing their exceptional courage, resilience, and contributions to the nation. In a moving gesture, the GOC engaged with the veterans, listening to their stories and addressing their concerns, highlighting the Army's enduring commitment to its veterans and their families.

The meet saw a remarkable turnout, underscoring the unbreakable bond between the Army and its retired personnel. It was a poignant reminder of the sacrifices made by soldiers and their families and a renewal of the Army's pledge to uphold the values of bravery and service.

The event concluded with a strong message of gratitude and commitment, marking the start of the year with a promise to honor those who have dedicated their lives to the nation.

## DH Bandipora to Host Blood Donation Camp at NHPC Office

**BANDIPORA:** The District Hospital Bandipora has announced that it will organize a blood donation camp at NHPC Bandipora on Tuesday.

An official spokesperson of the hospital said the camp, scheduled to begin at 11:00 AM, aims to encourage voluntary blood donation to support the community and save lives.

The hospital has urged individuals to participate in this noble initiative, emphasizing the critical role of blood donations in saving lives and making a meaningful difference in society.

For further information, those interested can contact the organizers at 7006549195, 7006349088, or 7006235255. The District Hospital Bandipora expressed hope for generous participation from the public to ensure the success of this event.

## DC Kupwara inspects snow clearance ops, visits key locations

**KUPWARA:** In order to assess the snow clearance operations and evaluate the overall post-snowfall situation in Kralpora area, Chowkibal and other towns of Kupwara district, the Deputy Commissioner (DC) Kupwara, Ayushi Sudan conducted a comprehensive tour on Monday.

During the tour, the DC reviewed snow clearance activities being undertaken on Chowkibal - Tangdar road and Chowkibal-Manchattar road and inspected efforts to ensure roads are cleared off snow.

As part of her extensive tour, the DC visited the R&B Snow Control Room at Kralpora to review the deployment and functioning of snow clearance machinery.

She inspected the availability and operational status of snow removal equipment and other machinery. She interacted with the staff on duty and appreciated their efforts in ensuring prompt action during snowfall.

The DC directed the R&B and Beacon authorities to sprinkle salt on slippery spots of the roads.

During her visit to Sub District Hospital Kralpora, the DC interacted with the staff and patients, ensuring that healthcare services are functioning efficiently despite the inclement weather.

## GMC Srinagar Warns Students Against Alcohol, Drug Use In Hostels

**SRINAGAR:** In a latest development, the administration of the Boys Hostel at Government Medical College (GMC),

activities strictly prohibited under hostel rules and the law.

The warden emphasized that such behavior not only vio-

ment. This announcement reflects the hostel administration's commitment to maintaining a safe and lawful environ-



Srinagar, has issued a stern warning against the use and possession of alcohol and narcotic substances within the hostel premises.

The notice in possession with Associated News Bureau, signed by the Warden of the hostel, was prompted by the discovery of alcohol bottles during a recent inspection.

Complaints have also been received about some hostel inmates engaging in the consumption of alcohol and drugs,

lates legal and institutional guidelines but also contradicts the values upheld by the hostel. Residents have been reminded that possession, use, or distribution of prohibited substances will result in severe consequences, including legal action and immediate eviction without prior notice.

The administration has urged all residents to strictly adhere to the hostel's rules and regulations to maintain a conducive and disciplined environ-

ment for students, with zero tolerance for substance abuse.

Meanwhile, Social media platforms are flooded with anger and messages of anguish, with many calling "These are the future doctors of our state, what to expect from these so called doctors, society should take action against these doctors", another user states "Why warning? Police must investigate and whosoever is responsible must be punished as per the law". (ANB)

## Modi Govt Transforms Road, Rail Connectivity in J&K: Chugh

**JAMMU:** The Modi government has transformed Jammu & Kashmir into a region of opportunity and growth, fulfilling the aspirations of its people. Highlighting the government's commitment to multi-faceted development, Chugh emphasized that the establishment of a new railway division and the expansion of the rail network up to Baramulla will revolutionize commuting, freight movement, business opportunities, and job creation in the Union Territory.

Tarun Chugh, National General Secretary, BJP & Prabhari, J&K BJP, said, "Prime Minister Narendra Modi has ushered in an era of development in Jammu & Kashmir by strengthening its road and rail infrastructure, which has directly bolstered tourism. His visionary approach has transformed J&K from a terrorism capital to a tourism capital, supported by liberal funding and strategic planning."

needed boost to trade and the regional economy.

"The development of road and rail networks has not only

stated, "The rail network, with an estimated investment of 40,000 crore, will catalyze the development of Jammu and Sri-



enhanced the commuting experience but also improved freight movement between destinations, reducing costs and transportation time," Chugh said. He added that efficient transportation of perishable goods, such as fruits and vegetables, will curb hoarding and black marketing while stabilizing the prices of essential goods across various cities, especially during challenging times.

Highlighting the project's economic potential, Chugh

nagar as twin economic hubs, opening new avenues for businesses and accelerating existing ventures. Additionally, multiple small business hubs will emerge at various train halts, further stimulating the region's economy."

The Modi government's unwavering commitment to Jammu & Kashmir's holistic development continues to bring tangible benefits to the region, setting it on the path of unprecedented growth and prosperity. (ANB)

India’s Groundwater Revival

Groundwater, often termed as the “invisible resource,” is an indispensable pillar of India’s water security. It sustains millions of lives, bolsters agricultural productivity, and powers industries. Yet, its overextraction and contamination have posed serious challenges. Against this backdrop, the recent advancements in India’s groundwater recharge and management highlight a crucial turning point in the nation’s journey toward sustainable water usage. The National Compilation on Dynamic Groundwater Resources, 2024, marks a significant achievement. With a total annual recharge assessed at 446.90 Billion Cubic Meters (BCM), the increase of 15 BCM compared to 2017 reflects the success of concerted efforts in water conservation and recharge initiatives. The decline in groundwater extraction by 3 BCM during the same period is equally noteworthy, signaling a positive shift in usage patterns. These improvements are largely attributed to the proliferation of conservation structures like tanks, ponds, and water control systems, which have consistently contributed to groundwater recharge. Encouragingly, the percentage of “safe” assessment units has risen to 73.4% in 2024, a marked improvement from 62.6% in 2017, while overexploited units have significantly declined. However, ensuring the quality of groundwater remains as critical as its availability. India’s comprehensive approach to groundwater management is commendable. Initiatives like the Jal Shakti Abhiyan, Atal Bhujal Yojana, and Mission Amrit Sarovar have not only increased awareness but also driven impactful actions at grassroots levels. Despite these strides, challenges persist. Groundwater extraction still outpaces recharge in many regions, and contamination continues to threaten water quality. Addressing these requires a multi-pronged approach involving stricter regulations, advanced technologies, and widespread community engagement.

Prime Minister Narendra Modi’s call to “Reduce, Reuse, Recharge, and Recycle” encapsulates the ethos needed for this mission. India’s progress in groundwater revival is a beacon of hope, demonstrating that sustainable practices and proactive policies can yield transformative results. By maintaining this momentum, the nation can ensure a water-secure future, safeguarding this vital resource for generations to come.

The Power of Resilience: A Story of Love, Lies, and Justice



By Syed Majid Gilani

It was a quiet evening when Mohsin sat in his bedroom, his hands trembling as he looked across at Farhat, sitting opposite him. Her posture was rigid, and her expression was as cold and unyielding as the accusations she had just thrown at him.

“I am such a clever and intelligent woman,” she said, her voice laced with twisted arrogance. “I kept you in a constant state of insecurity all these years.”

The words hit him like a punch to the stomach. Mohsin struggled to breathe, barely able to process what she had just confessed. “What do you mean?” he asked, his voice hoarse with a mix of disbelief and growing pain.

Farhat smirked, her eyes gleaming with satisfaction. “You heard me. I manipulated you. I made you doubt yourself, made you feel like you were not good enough. And you believed it, didn’t you?”

Mohsin’s world shattered in that instant. He had spent more than a decade of his life trying to please her, always believing that if he loved her enough, things would get better. Now, staring into her cold, triumphant eyes, he realized the painful truth—she had been playing a game, a game that was never meant for him to win.

“Why?” His voice cracked, torn between confusion and heartbreak. “Why would you do that to me?”

Farhat’s smile deepened, her words laced with venom. “Why did you believe it? Because I could, and because you were too weak to stop me.”

The silence that followed suffocated him. Mohsin could not move, could not speak. The weight of her words crushed him. For so long, he had hoped that things would improve, that his love would somehow change her, make her see him for the man he truly was. But now, it became clear: he had been living in a prison of his own making.

As his mind raced, he thought back over the years, to the countless moments when he had felt small, insignificant—always questioning himself. He had given everything to her, tried so hard to prove his worth. However, it was never enough. Every sacrifice, every effort, was met with indifference, manipulation, and cruelty.

“I thought... I thought you loved me,” Mohsin whispered, almost to himself.

Farhat’s lips curled into a cynical smile. “Love? I never loved you. You were just a means to an end. I used you to get what I wanted. Your love, your sacrifices, they meant nothing to me.”

A cold wave washed over Mohsin. His heart, once filled with hope, now felt empty. His love had been nothing but a tool—something to control, to break him down, to make him feel insignificant.

Tears blurred his vision, but they were not tears of sorrow. No, these were tears of realization—of wasted years spent on someone who had never cared for him. The life they had built, the family they had raised, had all been based on lies.

Then, something shifted within him. It was not anger, nor was it sadness. It was a quiet, resolute decision. He would not let her destroy him any longer. “No,” he said, his voice steady, filled with newfound strength. “I won’t let you do this to me anymore.”

Farhat raised an eyebrow, as if she had not expected him to fight back. “What are you going to do about it?” she sneered.

Mohsin did not respond immediately. Instead, he locked eyes with her, the weight of her manipulations heavy in his mind. For too long, he had been her silent victim. For too long, he had let her control him, let her make him doubt himself. Not anymore.

He thought back to all the moments, all the years, when he had convinced himself that things were just misunderstandings. He had tried so hard to prove his love, to prove that he was worthy of her affection. Now,

where he stood, of never feeling good enough, all of it crashed down on him in that one moment.

However, Mohsin remained silent. What could he say? How could he possibly express the depth of his pain, the emotional neglect, and the years of being belittled and ignored? The truth was, he did not have the words to convey what he had endured. No words could fully capture the weight of those years—years that had hollowed him out. His suffering was so deeply ingrained that even



he understood the truth. Farhat had never loved him. She had used her indifference, her silence, and her cruelty to keep him on edge, to make him feel small, to strip him of his dignity.

Her words—the words that had cut him down repeatedly—now rang in his ears with sharp, bitter clarity. He had been manipulated, controlled, kept in a constant state of insecurity. And for what? For her amusement? For her need to feel in control?

He had given her everything—his love, his trust, his heart—and she had thrown it all back at him as if it meant nothing. How could she be so cruel? How could she take pride in having kept him insecure all these years? To her, he was just a tool, a pawn in her cruel game.

Mohsin felt an ache in his heart, but no tears came. The pain was too deep, too raw, for tears. He felt broken, beyond repair. The years of suffering, of not knowing

the idea of putting it into words seemed impossible. A wound had no name, no way to explain the torment he had lived through.

Strangely, it was not Mohsin who sought justice, but Farhat. With cold calculation in her eyes, she approached the King. It was her voice that rang through the halls of the royal darbar, accusing Mohsin of crimes he had never committed. There she stood, the one who had twisted his love and manipulated him for years, now casting herself as the victim.

“Mohsin has abused me for years,” she claimed, her voice shaking with false emotion. “He stole my valuables—cash, gold, and silver ornaments. He forced my family to give him a dowry when we married—and continues to demand it to this day.”

Farhat, the architect of their suffering, had become the accuser, twisting the truth to suit her narrative, while

Mohsin, the true victim, was left to prove his innocence. She even accused him of neglecting to provide for necessities—household amenities, groceries, medical care and other living expenses—which he had always shouldered, silently, without complaint.

She painted a picture of herself as a helpless victim, portraying Mohsin as a cruel man who had emotionally and physically tortured her. She claimed her family had supported her financially throughout their marriage, not Mohsin, and that he had demanded dowry at every turn.

Her accusations seemed endless, each more damaging than the last. She even claimed that Mohsin had physically abused her, beaten her, and manipulated her into submission. However, when questioned, she could not produce any witnesses to support her story. No neighbors, no friends, no family—no one had seen or heard what she claimed to have suffered.

Mohsin stood across from her in the King’s darbar, his heart heavy with the weight of her lies. His hands clenched at his sides, but he did not lose his composure. “Your Majesty,” he said, his voice calm but unwavering. “I ask for one day to gather the evidence and prove my innocence.”

The King nodded, granting him time to collect the proof.

When the next day arrived, Mohsin stood before the King, the documents he had gathered in hand. He did not flinch under Farhat’s gaze. “Everything she has said is false,” he said, his voice steady. “I never demanded dowry. I did not need it—her family could never have afforded it even if I had. I have never abused her. I have done my best to provide for her and our children.”

Mohsin laid out the records of his financial support for the family—providing for necessities—household amenities, groceries, medical care and all other expenses he had shouldered, with no assistance from Farhat’s side. “This is the truth, Your Majesty. I have always fulfilled my duties as a husband and father.”

Farhat’s eyes widened in shock, but she quickly masked it with a scowl. She had expected him to crumble. But Mohsin wasn’t finished.

“I also have testimonies from witnesses who can confirm that I never asked for anything from her family,” he continued. “I earned handsomely and decently. I did not need anyone’s help or favours. All I wanted was for her to love and respect me. But she turned my love into a weapon.”

Farhat’s accusations crumbled under the weight of evidence. She could not produce any proof of the dowry she had claimed to provide, nor could she provide any evidence of abuse. Her story, carefully crafted to destroy Mohsin, unravelled piece by piece, each lie exposed.

Despite the mounting evidence in his favour, the King was compelled to reopen the case multiple times as Farhat’s persistent accusations dragged the proceedings on. Each time, Mohsin had to prove his innocence anew.

However, through it all, Mohsin did not feel victorious. The wounds of his past, the years of emotional manipulation, were still raw. He had spoken the truth. He had been believed. The prison he had lived in for so long was finally breaking apart.

The road ahead would be challenging, marked by deep scars and lingering pain. Yet, for the first time, he felt something new—a delicate spark of hope. Though fragile, it sparked a quiet resolve within him. The possibility of healing, of reclaiming his life, was no longer out of reach. He would rebuild, slowly but surely, piece by piece. He would learn to live for himself again, and for the sake of his beloved children, vowing to continue forward with purpose and strength.

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Media Representation of Mental Health: Help or Harm?



Dr mehjabeen

In a world increasingly shaped by the media, the portrayal of mental health has profound implications. Whether through films, TV shows, news outlets, or social media platforms, how mental health issues are depicted can significantly influence public perceptions, shape societal attitudes, and impact those living with mental health challenges.

The Power of Media in Shaping Perceptions

Media plays a dual role as both an educator and an entertainer. With its vast reach, it can:

- Create awareness about mental health disorders.
- Break down stigma by normalizing conversations.
- empathy and understanding toward individuals struggling with mental health.

However, the media also holds the power to perpetuate harmful stereotypes, misinformation, and stigma.

The Positive Impact of Media Representation

Raising Awareness

Accurate portrayals of mental health conditions in popular culture can educate audiences about the struggles faced by those with mental illnesses. For example, TV shows like This Is Us or films like Silver Linings Playbook highlight conditions such as anxiety and bipolar disorder, offering viewers insight into the daily realities of these challenges.

Encouraging Help-Seeking Behaviour

Positive narratives that show characters seeking therapy or overcoming mental health issues can inspire real-life individuals to seek help. Social media campaigns like #MentalHealthAwareness and #EndTheStigma have also amplified these messages.

Breaking Stigma

By depicting mental health issues as part of everyday life, the media can normalize discussions and reduce the

fear of judgment. Stories of celebrities openly discussing their struggles with mental health have helped challenge outdated stereotypes.

Spreading Misinformation  
Inaccurate depictions of therapy, medication, or the symptoms of mental health disorders can mislead audi-

Challenge Harmful Tropes  
Media creators should move away from stereotypes that portray mental illness as synonymous with violence,



The Harmful Consequences of Misrepresentation

Stereotyping and Stigma

The portrayal of people with mental illnesses as violent, unpredictable, or dangerous (e.g., the “psycho killer” trope in films) reinforces harmful stereotypes.

Characters with mental health issues are often depicted as “weak” or “broken,” perpetuating stigma and discouraging real-life individuals from opening up.

Romanticising or Trivialising Mental Illness

Shows and movies that romanticise mental health conditions, such as depression or eating disorders, risk minimizing their severity.

Social media trends that glamorise struggles, like the “tortured artist” trope, can trivialize the lived experiences of those genuinely suffering.

ences. For example, showing therapy as an instant “fix” or portraying medication as harmful or addictive creates misconceptions about effective treatments.

How Media Can Improve Mental Health Representation

Consult Experts  
Collaborating with psychologists, psychiatrists, and individuals with lived experiences can ensure accurate depictions.

Diverse Narratives  
Representing a wide range of mental health conditions and recovery journeys can help audiences understand that no two experiences are the same.

Focus on Recovery and Support  
Highlighting recovery stories, the value of therapy, and the role of supportive relationships can provide hope and encourage resilience.

weakness, or drama.

Conclusion

The media wields immense power in shaping societal attitudes toward mental health. While it has made strides in promoting awareness and reducing stigma, significant challenges remain in ensuring accurate and sensitive portrayals. By embracing responsibility and working toward more balanced and informed representations, the media can truly be a force for good in the global mental health conversation.

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Accurate portrayals of mental health conditions in popular culture can educate audiences about the struggles faced by those with mental illnesses. For example, TV shows like This Is Us or films like Silver Linings Playbook highlight conditions such as anxiety and bipolar disorder, offering viewers insight into the daily realities of these challenges.

# Javid Dar, Nasir Aslam review snow clearance, restoration of essential services at Kupwara

**KUPWARA:** Minister for Agriculture Production, Rural Development, and Panchayati Raj, Javed Ahmad Dar and Advisor to Chief Minister, Nasir Aslam Wani, today impressed upon the officers of district administration Kupwara to work with utmost dedication and coordination to tackle any situation facing the people of this far flung and frontier district during the snowfall period.

They said this while jointly chairing a meeting of district and sectoral officers at Kupwara held to review progress on snow clearance and restoration of essential services after recent spell of snowfall in the district.

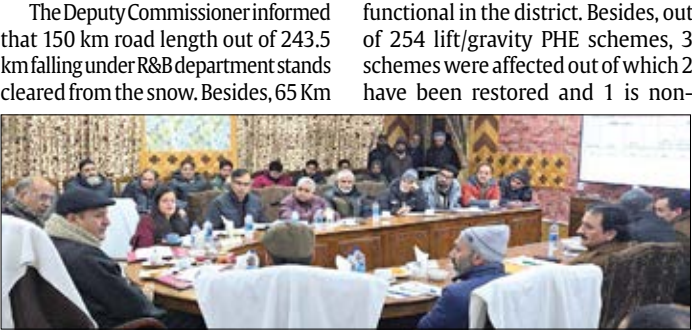
Among others, MLA Lolab, Qaiser Jamsheed Lone, MLA Langate, Khursheed Ahmad Sheikh and Deputy Commissioner Kupwara, Ayushi Sudan were present in the meeting.

On the occasion, Javid Dar enjoined upon the officers of line departments

to work in tandem to ease the sufferings of the people in this harsh winter season. He impressed upon the officers to be friendly and humane with the people who have a lot of expectations with the administration and the government in resolving their issues.

Advisor to CM impressed upon the officers to ensure stronger coordination at all levels to effectively tackle any situation during the snowfall season.

On the occasion, the Deputy Commissioner apprised the dignitaries about the progress on snow clearance and status of power and water supply in the district post snowfall. She said that some of the areas of district Kupwara including Lolab, Kralpora and higher reaches of Keran, Jumangud, Machill and Chowkibal have received snowfall. Adequate men and machinery of line departments is available on tground to tackle any situation.



The Deputy Commissioner informed that 150 km road length out of 243.5 km falling under R&B department stands cleared from the snow. Besides, 65 Km out of 183 km have been cleared by PMGSY. Out of 150 km road length falling under BRO, 50 km stands cleared. Besides, 124 km have also been cleared by MED department.

Javid Ahmad Dar directed the officers to intensify the efforts and ensure clearance of all roads falling under their jurisdiction.

Regarding Power supply, it was informed that all 107 11KV feeders are

functional in the district. Besides, out of 254 lift/gravity PHE schemes, 3 schemes were affected out of which 2 have been restored and 1 is non-functional.

The Minister was informed that low voltage power supply impacts the proper functioning of water supply schemes in Lolab sub division which are majorly lift based schemes.

Javid Dar directed the concerned PHE Engineer for projecting the issue to his office so that alternative for Gensets shall be explored to ensure uninterrupted water supply to the people.

The Minister directed the concerned officers for connecting left out habitations under Jal Jeevan Mission so that every household gets the piped drinking water supply.

The Minister and the Advisor also reviewed the functioning of Control Rooms. They were informed that Control Rooms at District Level, Sub Division Level and Tehsil level have been established by the District Administration to address the distressed calls and provide immediate support to the people in coordination with the line departments.

Reviewing Health sector, the Deputy Commissioner and CMO put forward the demand for posting of Gynecologist and Anesthetist to the Sub District Hospital Sogam, SDH Kralpora, SDH Tangdar and SDH Kupwara before the Minister and Advisor who assured the same.

## IAS Officer Trainees of 2024 Batch call on Lieutenant Governor

**JAMMU:** A group of IAS Officer Trainees of the 2024 Batch, called on Lieutenant Governor Shri Manoj Sinha at Raj Bhawan, today. During the interaction, the Lieutenant Governor extended his best wishes to the Officer Trainees.

He advised them to work with sensitivity, honesty, and dedication and make their valuable contribution to achieve the goal of Viksit Bharat. "Civil Servants are backbone of the administration. You must follow the values of integrity and merit for nation building process. Your aim should be to reach out to the last man in the queue and focus on people-centric inclusive development. Your professional and personal conduct must reflect the core values and high morals of this prestigious service," the Lieutenant Governor said. The Officer Trainees also shared the experience from their visit to Jammu Kashmir, as a part of the Winter Study Tour programme.

## DC B'la condoles with Pandrerthan incident victims

**BARAMULLA:** In a tragic incident, five members of a family from Gingle, Uri, including a couple and their three children, died yesterday due to suffocation in their rented accommodation in the Pandrathan area of Srinagar district.

Deputy Commissioner (DC) Baramulla, Minga Sherpa, expressed deep sorrow over the untimely demise of the family. He conveyed his heartfelt condolences to the grieving family and assured that the district administration would provide all possible support to the affected family during this difficult time. Minga Sherpa urged residents to take necessary precautions during the winter season, especially while using heating appliances. He emphasized the importance of maintaining proper ventilation to prevent such unfortunate tragedies.

## SDM Lolab monitors Snow clearance operations, inspects SDH Sogam

**KUPWARA, JANUARY 6:** Sub-Divisional Magistrate (SDM) Lolab, Javid Masoodi Sunday monitored the snow clearance operations on various roads of Lolab sub division after fresh spell of snowfall.

He reviewed the progress and ensured that roads are being cleared promptly to facilitate smooth movement of the public. The SDM also paid a late evening visit to Sub-District Hospital (SDH) Sogam to assess the functioning of the hospital during the ongoing weather conditions.

He interacted with the hospital staff and directed them to remain vigilant and prepared to handle any emergency situations. The SDM assured the residents of Lolab that the administration is committed to ensuring that all essential services remain operational despite the heavy snowfall.

## SMC intensifies Snow clearance, dewatering operations in Srinagar

**SRINAGAR:** The Srinagar Municipal Corporation (SMC) has launched extensive operations to address the pressing issues of snow clearance and waterlogging throughout the city following recent snowfall.

Acquisition) system. Currently, 67 out of 100 dewatering stations are under real-time surveillance, allowing for effective management of water levels.

The SCADA Main Control Centre at Darish Kadal oversees pump operations, DG set performance, and sump water levels to ensure optimal water management.

In parallel, snow clearance activities are being managed through the SMC's 24x7 Control Room, augmented by a Vehicle Tracking System (VTS). This technology enables better deployment and coordination of machinery across the city.

Dewatering pumps have been strategically deployed at key locations to mitigate water

accumulation, and all pump stations remain fully operational. The sanitation workforce is diligently clearing roads of snow and water, providing essential relief to residents affected by the inclement weather.

The SMC Commissioner has been closely monitoring all operations to ensure timely and effective implementation.

"Our teams are doing outstanding work under challenging conditions," stated the Commissioner, reaffirming the SMC's commitment to alleviating the hardships faced by residents due to snow and waterlogging.

For assistance, residents are encouraged to reach out to the SMC's 24x7 Control Room helpline at 0194-2470465, 0194-2474499, or the Toll-Free Number 1800-180-7038.



and rain. With a dedicated workforce and advanced machinery, SMC teams have been actively clearing snow and excess water from lanes and bylanes since early morning.

To enhance efficiency, dewatering operations are being monitored through the SCADA (Supervisory Control and Data

## Satish Sharma calls on Union Minister Ashwini Vaishnav

**NEW DELHI:** Minister for FCS & CA, Transport, Youth Services and Sports, Information & Technology, Science and Technology, ARI and Trainings, Satish Sharma, today called on Union Minister for Railway Information Broadcasting and Electronic and Information Technology, Ashwini Vaishnav and discussed various critical matters pertaining to Railway, Information Technology and allied sectors.

Satish Sharma thanked the Union Minister for his support in all round development of J&K. He also discussed various development issues including Railway Line from Jammu to Poonch via Akhnor, Chhamb, Sunderbani and Nowshera onwards, extension of Railway line to Uri and Kupwara from Baramulla onwards, IT Corporate parks in Jammu and Srinagar to generate job avenues for thousands of IT trained professionals. The Minister also urged for establishment of Data centres at District and Tehsil Headquarters, establishment of State Emergency Operation Centre, State Wide Area Network 2.0 to cover remaining PoPs left under SWAN 1.0 for better internet connectivity between all districts, augmentation of CSCs and setting up of electronic manufacturing

units by MNC key players in J&K, creating facilities in JK on the lines of CDOT, Enterprise Resource Planning (ERP) for all the departments of J&K, besides Content Delivery Network (CDN)



Satish Sharma also urged for introduction of new programmes to supplement the developmental initiatives being undertaken by the Government. He called for broadening the ambit of developmental projects so that the benefits could reach to the maximum populace. He said that this would also ensure that the people get the necessary and requisite facilities and they are abreast at par with the metropolitan cities of the country.

## Dy CM participates in Guru Gobind Singh Ji's Jayanti celebrations

**Nowshera:** Deputy Chief Minister, Surinder Choudhary, Monday paid a visit to the revered Gurudwara in Nowshera to join the celebrations of 358th birth anniversary of Shri Guru Gobind Singh Ji.

While interacting with the devotees and people, he extended his heartfelt greetings and prayed for peace, harmony and prosperity to all on this auspicious occasion.

Later, the Deputy CM inspected the ongoing construction work of a car parking facility being developed by the Municipal Committee Nowshera at the Bus Stand. The project, being raised with an estimated cost of Rs 4.75 crore, is a significant step towards addressing parking challenges in the area.

During the inspection, Surinder Choudhary directed the executing agency to expedite the construction work, ensuring its timely completion. He emphasized that this facility

will greatly benefit locals and visitors by providing a convenient and organized parking space.

"This project is a much-needed initiative to cater to the growing demands of the region. Once completed, it will

improve the overall traffic management and ease the lives of commuters," said the Deputy CM. The visit underscored the government's commitment towards improving urban



## Advisor Nasir Aslam reviews winter preparedness in Budgam

Affirms government's commitment to safeguarding well-being of people during harsh winter season

**BUDGAM:** Advisor to Chief Minister, Nasir Aslam Wani, today reviewed the winter preparedness measures in Budgam, focusing on snow clearance operations and the availability of essential services. During his visit, the Advisor was accompanied by Deputy Commissioner Budgam, Akshay Labroo. Nodal Officers of the district briefed the Advisor on the steps being taken to ensure uninterrupted services despite the challenges posed by the weather. The meeting was also attended by elected representatives, including MLA Khansahib Saif Din Bhat, MLA Chadoora Ali Mohammed Dar, and MLA Beerwa Dr. Shafi Ahmad Wani. Senior officials, such as the district's Executive Engineers and the Chief Planning Officer, were also present.

Advisor Nasir Aslam underscored the need for coordinated efforts among all departments to ensure timely snow clearance, restoration of essential services, and uninterrupted availability of supplies for the residents. He stressed that proactive and efficient measures are crucial for minimizing disruptions and providing relief to citizens during snowfall. Reassuring the public, the Advisor affirmed the government's commitment to safeguarding the well-being of the people during the harsh winter season.

He assured that all necessary resources are being mobilized to address the needs of the residents.

## DLSA Ganderbal concludes 04-day orientation/ training program

**GANDERBAL:** A four days long orientation cum training program for members of the Legal Services Unit for Children and the Persons with Mental Illness Intellectual Disabilities, organised by the District Legal Services Authority Ganderbal concluded today, here.

The event was held under the supervision of Abdul Nasir, Chairman, DLSA Ganderbal, and under the guidance Sheikh Babar Hussain, Secretary, DLSA Ganderbal.

The training, held at Conference Hall, District Court Complex, Ganderbal, aimed for the implementation of NALSA Schemes, 2024 for children's and persons with mental illness and intellectual disability.

The program sensitised participants with the necessary knowledge and skills to provide effective legal services to children's and persons with mental illness and intellectual disability.

The training program for LSUC members was held on January 01 & 02, 2025 while the training program for LSUM members was held on January 03 & 04, 2025, at the Conference Hall, District Court Complex, Ganderbal.

During the 4-days long orientation training program, Rafia Hassan, Additional District and Sessions Judge (AD&SJ), Ganderbal, delivered a comprehensive presentation on Actions and Interventions under the NALSA (Legal Services to Persons with Mental Illness and Persons with Intellectual Disabilities) Scheme, 2024.

She emphasized the importance of providing legal services to persons with mental illness and intellectual disabilities at various stages, institutions and locations, including, Beggar's Homes, Women's Protection Homes, Child Care Institutions, Prisons, through home visits.

She also highlighted the significance of providing legal assistance in availing benefits of social welfare schemes especially to the children's and persons with mental illness.

During the inaugural session, Sheikh Babar Hussain outlined the objectives behind conducting of the training program and emphasised the importance of providing effective legal services to vulnerable members of society especially children's and mentally sick persons.

The program aimed to sensitise the participants with the necessary knowledge and skills to implement "NALSA (Child-Friendly Legal Services for Children) Scheme, 2024" and "NALSA (Legal Services to Persons with Mental Illness and Persons with Intellectual Disabilities) Scheme, 2024".

Principal Magistrate JJB Ganderbal, delivered a comprehensive presentation on the legal and policy frameworks in the context of children in conflict with law. She highlighted the actions and interventions under the scheme, with a focus on legal services to children in conflict with the law.

She elaborated on the various stages where legal services are provided to children, including, at Police Station, Juvenile Justice Board (JJB), Children's Homes (CCIs), Children's Courts, Prisons etc.

Besides, Chairperson, Tehsil Legal Services



ice-breaking activities, and a discussion to understand the importance of training with respect to the provision of legal services to children, persons with mental illness and intellectual disabilities.

He also provided a comprehensive overview of the NALSA (Child-Friendly Legal Services for Children) Scheme, 2024, and NALSA (Legal Services to Persons with Mental Illness and Persons with Intellectual Disabilities) Scheme, 2024, highlighting its objective, key features, actions and interventions.

Subsequently, Khursheed Ahmad, Public Prosecutor, CJM Court, Ganderbal; Afshana, Counselor from District Hospital Ganderbal; Advocate Shaguta Nabi, Center Administrator, One Stop Center (OSC) Ganderbal; Ghulam Rasool Rather, Advocate; Tanveer Ashraf, Assistant Legal Aid Defense Counsel (LADC), Ganderbal and Sajad Ahmad Rather, Member, Child Welfare Committee (CWC), Anantnag also elaborated on the subject.

The training program was called off with featured expert sessions, interactive discussions, and case studies, providing participants with a holistic understanding of the legal framework and best practices to execute "NALSA (Child-Friendly Legal Services for Children) Scheme, 2024" and "NALSA (Legal Services to Persons with Mental Illness and Persons with Intellectual Disabilities) Scheme, 2024 in District Ganderbal.

All the members of both units took a pledge that they will burn the midnight oil for the effective implementation of these schemes on the ground so that the deserving persons will be benefitted.

## Pulwama's Litter tehsil emerges as hub for high-density apple varieties

Growers highlight increased yields, economic benefits in high-density farming

**Jahangeer Ganaie**

**Pulwama:** In a groundbreaking development, the Shahoora area in south Kashmir's Pulwama district is rapidly transforming into a hub for high-density apple varieties, reshaping the traditional orchard landscape.

Hundreds of growers from the Litter Tehsil of Pulwama district are converting their land to cultivate a diverse range of premium apples, which promises not only increased yields but also unique flavours and textures.

Growers from the Litter area of Pulwama told the news agency—Kashmir News Observer (KNO) that a few farmers initially planted high-density varieties and earned handsome returns. Inspired by their success, many more have now prepared land on a large scale to plant high-density apple varieties.

This area, which traditionally did not have any apple orchards, saw some people converting their paddy land into high-density apple orchards. After the experiment yielded grand success, almost everyone in the area started adopting high-density apple farming.

The growers said these new varieties of apples were introduced in Kashmir after 2015. The standout feature of these apples is that they begin bearing fruit just a year after plantation and reach full production in the fourth or fifth year.

They said traditional apple trees start bearing fruit at least ten years

after plantation and are typically harvested in November, which sometimes exposes growers to damages due to untimely snowfall. However, high-density apples are harvested in August and are supported by facilities that protect them from hailstorms and other climatic challenges.

Javid Ahmad, who has high-density apples on around 8 kanals of land in the Shahoora area, said this farming method



has benefits. "We have prepared fresh 12 kanals and are going for high-density apple farming as it requires low input and labour costs. The quality of such apples is also high, with uniformity in colour and size," he said.

Some of the high-density apple varieties grown in J&K include Jeromine, King Roat, Gala Scarlet, Red Velox, Scarlet Spur-II, Super Chief, Redlum Gala and Auvi Fuji.

The growers added that high-density apples fetch higher market rates compared to traditional varieties, often earning double the returns. "You don't need to wait for decades to get fruit. In the very first year, high-density plants start bearing fruits with a bumper crop every year. It also requires less fertiliser and pesticides," Javid said.

Farooq Ahmad, another grower, said that only in Niloora village of Shahoora, over 10,000 high-density plants are being planted this year, while around 5,000 were planted last year. "Other villages in the area are also converting hundreds of kanals of land into high-density apple orchards," he said. Officials said the shift toward high-density orchards involves innovative planting techniques, advanced cultivation methods, and the incorporation of cutting-edge technology.

"This transformative approach is attracting attention from apple enthusiasts and industry experts alike," they said, adding that farmers are recognising the potential for enhanced productivity and

economic benefits.

One grower shared his success story: "I planted high-density apples on around 3 kanals of land and fetched over 8 lakhs in just two years. The same land would have generated 8 lakhs from paddy cultivation over 100 years.

Horticulture officials told KNO that around 1,500 hectares of land have been brought under high-density apple farming in J&K so far, and efforts are underway to increase this to around 5,500 hectares in the coming years. They noted that a 50 per cent subsidy is provided to orchardists who establish or switch to high-density fruit production.

In September 2015, the then J&K Chief Minister Mufti Mohammad Sayeed inaugurated the erstwhile State's first-ever high-density apple orchard at Bamdoora in south Kashmir's Anantnag district.

Kashmir produces over 20 lakh metric tonnes of apples annually, with some years reaching 25 lakh metric tonnes. According to the 2017 economic survey in J&K, half of Kashmir's population is directly or indirectly dependent on the apple industry, with over 3.5 lakh hectares under apple cultivation.

Horticulture contributes significantly to the state's Gross Domestic Product (SGDP), accounting for about 9.5 per cent. The sector also generates around 8.50 crore man-days of employment in J&K every year—(KNO)

# CAN CAFFEINE

Help With Multiple Sclerosis?



”

Caffeine is absorbed by the small intestine within 45 minutes and can stay in your bloodstream for up to 7 hours. It is widely used, mostly in the form of coffee, tea, soft drinks, and energy drinks. Caffeine has many benefits. It is considered to be neuroprotective and anti-inflammatory, which may lower the risk of cognitive decline and help with fatigue. Unlike most molecules, caffeine can cross the blood-brain barrier. This allows caffeine to enter the brain and affect neurotransmitters (chemical messengers in the brain). This is one of the reasons it is being studied in patients with MS.

”

What is multiple sclerosis?

Multiple sclerosis (MS) is a potentially disabling disease of the central nervous system (CNS) that results in chronic inflammation. The cause of MS is currently unknown, but it is thought to be autoimmune. With MS, the immune system attacks the CNS, specifically the myelin sheath that surrounds the nerves. This causes lesions and inflammation, which leads to symptoms such as:

- Chronic pain.
- Fatigue.
- Balance and coordination issues.
- Tremors, numbness, burning, or tingling sensations.
- Difficulty thinking clearly.

Symptoms usually come and go over the years and are dependent on where the nerve damage has occurred. Multiple sclerosis affects 2.5 million people worldwide and is more common in women. There is no cure for MS, but medication can delay the progression of the disease and lessen the severity and frequency of relapses.

There are over a dozen disease-modifying therapies (DMTs) currently authorized for people with MS, but most patients still live with chronic symptoms. Fatigue is a very common symptom for people with MS, with nearly two-thirds of people reporting it. More therapies are needed. Scientists have been studying the effect caffeine has on MS-related fatigue and other symptoms. The results are promising.

Are caffeine and MS connected?

Caffeine is a substance found naturally in more than sixty different plants, including coffee beans, tea leaves, and cacao pods (chocolate). It is also a central nervous system stimulant that can make you feel more alert and energetic. In addition, caffeine causes increased urination, higher levels of stomach acid, and higher blood pressure. Coffee has over 1,000 bioactive compounds but caffeine is one of the major components. Studies show that caffeine acts as an antioxidant and has anti-inflammatory properties. Since MS is an inflammatory condition, caffeine might be helpful.

Caffeine is absorbed by the small intestine within 45 minutes and can stay in your bloodstream for up to 7 hours. It is widely used, mostly in the form of coffee, tea, soft drinks, and energy drinks. Caffeine has many benefits. It is considered to be neuroprotective and anti-inflammatory, which may lower the risk of cognitive decline and help with fatigue. Unlike most molecules, caffeine can cross the blood-brain barrier. This allows caffeine to enter the brain and affect neurotransmitters (chemical messengers in the brain). This is one of the reasons it is being studied in patients with MS.

No drug has ever been able to reduce inflammation at the source, so some researchers have turned to bioactive compounds found in nature to see if they

can be of use. Studies on caffeine and MS are promising and many show that regular caffeine use in the form of coffee consumption is associated with a lower risk of MS and other neurodegenerative diseases.

Supporting research

Many studies have shown that caffeinated coffee has neuroprotective properties and lowers the production of inflammatory chemicals in the body called cytokines. Researchers are not positive that the effects seen are the result of caffeine only, as coffee contains many other antioxidants.

Studies show that coffee drinkers may be less likely to develop MS than people who don't drink coffee. One study found that people who drank three cups of coffee a day were 30% less likely to develop MS than people who didn't drink coffee. The researchers pointed to the caffeine in coffee that was most likely responsible for the difference. The lowered risk of MS was found for people who began drinking coffee with caffeine at diagnosis and also for people who had been drinking it for years.

Another study looked at the effect coffee had on people with MS. This study found that drinking caffeinated coffee resulted in positive benefits in their daily routines. The positive benefits were higher in patients with lower disability scores. The participants experienced the following benefits from using caffeine:

- Higher levels of concentration when working.
- Longer attention span.
- A more satisfying daily routine with increased structure.

Researchers noted that patients with milder symptoms may be able to, "Benefit from the effects of coffee consumption due to their still preserved cognitive reserves." The study also demonstrated no serious side effects or sleep disturbance in participants who drank caffeinated beverages. Experts aren't sure exactly how caffeine seems to have a protective effect and no negative link has been found between caffeine and MS.

Scientists have not found the mechanism by which caffeine improves fatigue in patients with MS, but they suggest that it may be useful as a therapeutic approach if other treatments for fatigue have failed. Research on caffeine and MS is ongoing.

Possible side effects of caffeine

Drinking caffeinated beverages may be a good addition to your lifestyle if you have MS, but keep in mind that not everyone can tolerate caffeine well. Some people experience the following symptoms after drinking high levels of caffeine:

- Insomnia;
- Restlessness;
- Dizziness;

Headaches;

Dehydration;

Anxiety;

Increased heart rate;

Dependence.

MS symptoms and caffeine

The studies have varied results but overall, they tend to show a positive benefit for people with MS. Caffeine intake may reduce inflammatory chemicals in the body, which could lead to less severe symptoms. Caffeine intake may have the following effects on MS symptoms:

Fatigue. Caffeine is often used to treat this very common symptom of MS. Experts recommend that if you're going to drink caffeinated beverages, do it earlier in the day because caffeine can interfere with your sleep;

Brain fog. Caffeine is widely known to increase mental alertness. It may help people with MS to feel more awake and focused;

Constipation. This is a common symptom for people with MS. Coffee, a good source of caffeine, is known to activate the bowel. This may be helpful in reducing the occurrence of constipation;

Others symptoms. Some people with MS have reported an increase in nausea and heat intolerance after the effects of caffeine have worn off.

Additional studies are needed, but caffeine seems to be a safe choice for people with MS and may even provide some benefits. It may be especially helpful with fatigue. Caffeine is associated with few harmful effects and only in higher doses. If you have MS, speak with your healthcare provider if you choose to include caffeine as part of your diet.



# Continued From P1...

### PM Modi

Railways into a global leader in efficiency, speed, and passenger experience.”

“The Udhampur-Srinagar-Baramulla Railway Link (USBRL) project is a landmark achievement that demonstrates India’s engineering excellence.”

Highlighting the feats of modern engineering, he said, “India’s first cable-stayed rail bridge, the Anji Khad Bridge, and the iconic arch bridge over the Chenab River—the world’s highest railway bridge—are marvels that are making waves globally.”

The Prime Minister emphasized that the new Jammu Railway Division would not only benefit the people of Jammu and Kashmir but also extend its advantages to Himachal Pradesh, Punjab, and Ladakh.

PM Modi said that the government has laid more than 30,000 kilometers of new railway tracks in the last 10 years, nearing 100% electrification, compared to just 35% in 2014. Additionally, he noted that the country has eliminated all manual crossings on broad-gauge tracks.

“Today is a big day for new-age connectivity. It shows that the entire nation is moving forward together,” he remarked.

The Prime Minister stressed that new railway divisions, terminals, and modernized stations are creating unprecedented opportunities for trade, business, and employment.

“The development of railways is creating lakhs of job opportunities. In the last 10 years, lakhs of youth have been employed in the railways, and initiatives like Gati Shakti University will further enhance the workforce’s skillset,” he said.

Referring to the strides in high-speed train services, PM Modi noted that more than 50 Vande Bharat trains are now operational, connecting long distances in shorter times and setting a benchmark for modern Indian trains.

“The time is not far when bullet trains will traverse across the country, making railway journeys memorable,” he added.

PM Modi emphasised that the railways are undergoing a transformation with the promotion of Made in India. “Modern coaches are being developed for metros and railways. Stations are also being redeveloped, Solar panels are being installed at stations and ‘One Station, One Product’ stalls are being set up at railway stations,” PM said, adding, “All these initiatives are generating millions of new employment opportunities in the railway sector.”

The Prime Minister also lauded India’s expanding metro network, which has grown from just 5 cities in 2005 to 21 cities today, with over 1,000 kilometers of operational tracks.

Stressing the importance of indigenous development, PM Modi said, “Under the ‘Made in India’ initiative, railway stations are being modernized, and high-speed train corridors are being developed. This will ensure India leads from the front in connectivity and infrastructure.”

He reiterated the government’s commitment to making Indian Railways the backbone of a developed and self-reliant India, saying, “This is not just about connectivity but also about fulfilling aspirations and creating a better future for millions.”

The Prime Minister emphasised that such projects not only enhance the ease of living but also promote the ease of doing business, aligning with India’s broader infrastructure goals.

PM Modi noted that India is currently undergoing a massive infrastructure expansion, including expressways, waterways and metro networks.

He said that the number of airports has grown from 74 in 2014 to over 150 today. “Projects are part of a larger roadmap towards a developed India, which is now a mission for every citizen of this country.”

Expressing confidence in Bharat’s growth, the Prime Minister said, “I am certain that, together, we will accelerate this growth even further.”

He congratulated the citizens of India on these milestones and reaffirmed the government’s commitment to nation-building.

Prominent dignitaries who were present on the occasion included Union Minister of Railways, Information and Broadcasting, Electronics & Information Technology, Ashwini Vaishnaw, Union Minister G Kishan Reddy, Union Minister of State for Science & Technology, Earth Sciences, and MoS PMO, Dr. Jitendra Singh, Union Minister V. Somanna, Minister of State Ravneet Singh Bittu, Union Minister Bandi Sanjay Kumar, Governor of Odisha, Jishnu Dev Varma, Governor of Telangana, Hari Babu Kambhampati, Lieutenant Governor of Jammu & Kashmir, Manoj Sinha, Chief Minister of Jammu & Kashmir, Omar Abdullah, Chief Minister of Telangana A Revanth Reddy and Chief Minister of Odisha Mohan Charan Mahji.

### Rail link to

the people of Jammu and Kashmir on this landmark achievement and extended his sincere thanks to Prime Minister Narendra Modi, Railway Minister Ashwini Vaishnaw and the Member of Parliament for fulfilling a long-standing demand for a dedicated rail division in Jammu.

“For years, our rail division was managed from Firozpur because rail connectivity did not extend to Jammu and Kashmir. Over time, however, the rail network steadily expanded—from Pathankot to Jammu, then to Udhampur, Katra, and Kashmir. Today, we see a growing rail network connecting Srinagar to Baramulla, Anantnag, Banihal, and now Sangaldan. The recent trial run of the train between Srinagar and Katra is a promising sign of progress, and we look forward to the completion of this connectivity under the leadership of the Prime Minister,” the Chief Minister said.

Referring to the significance of the new connectivity, Chief Minister Abdullah remarked, “We recently received the good news that a trial train is being run from Srinagar to Katra. It is hoped that it will become fully operational soon, benefiting the people of Jammu and Kashmir immensely.”

Addressing concerns that the rail connection to Kashmir might adversely affect Jammu, the Chief Minister provided reassurance, stating, “I want to assure the people of Jammu that while there may be challenges, the benefits—including boosts to trade and tourism—will far outweigh them.”

He emphasized that the new rail division would bring administrative control closer to Jammu, reducing reliance on Firozpur, and would also create local recruitment opportunities.

He further noted that the inclusion of parts of Punjab and Himachal Pradesh in the new division fosters greater regional cooperation.

Highlighting the transformative potential of the project, the Chief Minister stated, “Rail connectivity will bring immense benefits to Jammu and Kashmir. It will boost trade, tourism, and industrial growth. During harsh winters, when road closures disrupt transport, railways will provide a reliable alternative, reducing dependency on costly air travel. The new division will also facilitate cargo transfer and make travel more affordable, especially during winter when airfare skyrockets.”

Concluding his speech, Chief Minister Abdullah expressed his gratitude to Prime Minister Modi and Railway Minister Vaishnaw for their commitment to the region’s development. “On behalf of myself and the government, I congratulate the people of Jammu and Kashmir on this historic achievement and assure them that the benefits of this initiative will be far-reaching,” he said.

### Family of

their sobs and wails breaking the sombre silence.

Hundreds joined the funeral procession of the deceased, braving the winter chill to pay their last respects.

“We have lost an entire family. Ajaz, who was working at a renowned hotel in Srinagar for several years was the backbone of his household. His children were so young, full of life. This is an unimaginable loss,” Bashir Ahmad, a neighbour said. “Ajaz was the sole breadwinner for the family and an honest, hardworking man who dreamt of a better life for his children. However, fate has something else in store for him and his family.”

Villagers expressed their grief and anger. They urged authorities to step up efforts to prevent such tragedies in the future. “Many families in Kashmir rely on firewood or coal for heating during winters. This isn’t the first time such an incident has happened. Authorities must create awareness about safer heating options,” said a relative of the deceased.

Local representatives urged authorities to provide financial and emotional support to Ajaz’s paralysed father and ailing mother. “We appeal to the administration to come forward and assist Ajaz’s elderly parents. They are shattered beyond repair,” they said.

The incident occurred on Sunday evening, with the senior police official stating the family was discovered unconscious late at night in rented accommodation at Pandrethan after reportedly inhaling toxic fumes from a heating appliance.

Meanwhile, Chief Minister Omar Abdullah, MLA Uri, Sajad Shafi, Health Minister Sakina Itoo and others expressed their profound grief over the tragedy. They conveyed their deepest condolences to the bereaved relatives, praying for strength and patience to help them cope with this irreparable loss.

### Unvented gas

Dr Murtaza Ahmad, a doctor at the Directorate of Health Services Kashmir (DHSK), speaking with the news agency—Kashmir News Observer (KNO) said that unvented gas heaters emit combustion byproducts like carbon monoxide, which can accumulate to lethal levels in poorly ventilated rooms. “Carbon monoxide poisoning is a grave risk associated with these heaters. The best way to prevent such deaths is to stop using unvented gas heaters altogether and switch to vented alternatives,” he said.

Dr Ahmad said that if unvented gas heaters are still used, they should only be operated in rooms with adequate ventilation and never in bedrooms, bathrooms, or enclosed spaces. “These heaters lack a chimney to vent harmful combustion products outside. As a result, toxic pollutants like carbon monoxide remain inside the room, posing a severe threat,” he explained.

### Will seamlessly

Railways is spearheading a new era of development and integration. Udhampur-Srinagar-Baramulla Rail Link (USBRL) will seamlessly connect Kashmir to Kanyakumari, boosting tourism, trade, and employment opportunities in the region,” the Lieutenant Governor said.

He said, by connecting Kashmir to the national railway network, Indian Railways has laid the foundation for a prosperous and integrated future for Jammu and Kashmir.

The Lieutenant Governor observed that, under the leadership of Hon’ble Prime Minister Narendra Modi, the infrastructure development across the sectors has set new benchmarks in the UT of J&K.

“With a strong emphasis on infrastructure, sustainability, and innovation, we are laying the foundation for a future where economic growth and improved livelihoods go hand in hand and everyone is empowered to make this vision of Viksit Bharat 2047 a reality,” the Lieutenant Governor said.

He said, the enhanced connectivity is already unlocking the potential of Jammu and Kashmir. Improved transportation efficiency is stimulating trade, encouraging industrialization, and enabling the movement of raw materials and finished goods.

The Lieutenant Governor highlighted that with better access to markets, the socio-economic upliftment of the region is being realized, and tourism is receiving a much-needed boost.

The Lieutenant Governor also spoke on several transformative railway projects in the pipeline for Jammu and Kashmir, demonstrating Indian Railways’ unwavering commitment to improving regional connectivity and fostering socio-economic development.

Surveys are ongoing for the Anantnag-Bijbehara-Pahalgam (78km) and Avantipora-Shopian (28kms) rail lines. DPR is under examination for new line between Baramulla-Uri (46kms), Baramulla-Kupwara (39kms), Jammu-Poonch via Akhnoor, Rajouri (223kms), Manwal-Talra via Ramkote, Billawar and Dunera (117kms), Sopore-Kupwara (37kms), Pathankot-Leh (664kms), Bilsapur-Manali-Leh (489kms) and doubling of Baramulla-Banihal line, he said.

By linking key towns and regions, these projects promise to unlock the region’s untapped potential and boost local economies, the Lieutenant Governor further added.

In view of the rapid industrialization taking place in J&K and emergence of Jammu, Samba and Kathua as industrial hubs, the Lieutenant Governor emphasized that Indian Railways should explore possibilities for establishment of Railways’ Private Freight Terminal to facilitate the transportation of goods and products of traders and industries of these areas.

The Lieutenant Governor lauded the efforts of every stakeholder and also recalled the contribution of Late Shri Devender Singh Rana for a new Jammu Railway Division.

He further informed that the Z-mohr tunnel will be inaugurated by the Hon’ble Prime Minister soon.

The creation of the Jammu Railway Division, with 742.1 KM comprising Pathankot- Jammu- Udhampur- Srinagar- Baramulla, Bhogpur Sirwal - Pathankot, Batala - Pathankot and Pathankot to Joginder Nagar sections, will significantly benefit Jammu and Kashmir and surrounding regions, fulfilling the long pending aspiration of the people and improving connectivity to other parts of India. It will create employment opportunities, infrastructure development, promote tourism and lead to overall socio-economic development of the region.

Union Minister of State (Independent Charge) for Science and Technology, Earth Sciences (Independent Charge), MoS PMO, DoPT Personnel, Public Grievances and Pensions, Atomic Energy, Space, Dr Jitendra Singh; Chief Minister, Omar Abdullah; Member of Parliament, Jugal Kishore Sharma; Members of Legislative Assembly Sunil Sharma and Vikram Randhawa; Chief Secretary, Atal Dulloo; General Manager Northern Railways, Ashok Kumar Verma; senior officials, political leaders and prominent citizens from all walks of life were present during the UT level function at Railway Station Jammu.

### Restoration of

expectations from the government and rightly so they have seen people’s representation after years. We are working to bridge the gaps and assure them that the government remains committed to its promises. All that is needed is patience,” he added.

### CS reviews

enjoined upon them to go through the portal developed by Jal Shakti Department to have idea about the procedure to map their

assets. He encouraged them to add every new project to it besides those existing already.

The Chief Secretary maintained that there is a great scope to add hundreds of new layers for the Departments like social sector layers in addition to the infrastructural assets owned by them. He stressed on adding polygon data instead of simple points while creating geo-referenced maps of the same.

He maintained that such mapping on the PMGS portal would make our planning process quite effective and result-oriented for these maps in addition to physical infrastructure would give us clear idea about other social indicators prevalent in the specific area.

The Chief Secretary also advised the Department of Industries & Commerce, which is the nodal department for its implementation, to work out modalities for designating a threshold limit of Rs 20 Cr for PM Gati Shakti National Master Plan Portal for planning of projects here.

The Commissioner Secretary, I&C, Vikramjit Singh gave an overall view of the performance made by the UT in the implementation of PMGS in J&K. He made out that all the 38 departments of the UT had been onboarded that in turn had added more than 600 data layers to it till date.

He further apprised the meeting that J&K is among the top 3 States/UTs at national level. It has also been categorised as ‘Fast Mover’ in LEADS (Logistics Ease across Different States)2024 report launched by DPIIT while it was ranked as ‘Aspirer’ consecutively for last 3 editions.

Regarding adoption of PMGS at district level the meeting was informed that a session was conducted with all DCs and CPOs there. A handbook of PMGS area development planning was also shared with them to enhance their capacity for making the process easy for all the districts.

In a first, Kupwara was selected from J&K in a pilot phase of PMGS District Master Plan to adopt it at district level. The same model in future is going to be adopted by other districts as well.

As far as the performance of different departments is concerned H&UDD and Jal Shakti Department were said to stand as major achievers in the UT with all of their assets mapped. It was further given out that all the departments had almost mapped their offices and other major assets over the UT Master Plan portal.

It was further revealed that 50 projects across 10 departments had been discussed in TSU/NPG meetings till date. Orientation session and portal demonstration on project planning was also held earlier in 2024 for the understanding of nodal officers. As far as the future prospects of the PMGS is concerned it was given out that the integration for

## DC Kupwara inspects snow clearance ops, visits key locations

KUPWARA, JANUARY 06: In order to assess the snow clearance operations and evaluate the overall post-snowfall situation in Kralpora area, Chowkibal and other towns of Kupwara district, the Deputy Commissioner (DC) Kupwara, Ayushi Sudan conducted a comprehensive tour on Monday.

During the tour, the DC reviewed snow clearance activities being undertaken on Chowkibal- Tangdar road and Chowkibal-Manchattar road and inspected efforts to ensure roads are cleared off snow.

As part of her extensive tour, the DC visited the R&B Snow Control Room at Kralpora to review the deployment and functioning of snow clearance machinery.

She inspected the availability and operational status of snow removal equipment and other machinery. She interacted with the staff on duty and appreciated their efforts in ensuring prompt action during snowfall.

The DC directed the R&B and Beacon authorities to sprinkle salt on slippery spots of the roads.

During her visit to Sub District Hospital Kralpora, the DC interacted with the staff and patients, ensuring that healthcare services are functioning efficiently despite the inclement weather. She reviewed the availability of essential medicines, heating arrangements, and other facilities, instructing hospital management to address any shortcomings promptly.

The DC also visited the main market area of Reddi Chowkibal and Kralpora to check the clearance of snow from roads and inner links and interacted with public ensuring that their concerns are addressed promptly.

مدیریت دارالعلوم ریحیہ باندی پورہ

کی تعمیر و تکمیل کے صدقہ جاریہ میں خصوصی حصہ لیجئے، موقع غنیمت جانیں



اللہ تبارک و تعالیٰ کے فضل و کرم سے لڑکیوں کے لئے ذرہ تعمیر ”مدرسۃ البنات“ کی پہلی نمائندگی کی آخری منزل مکمل ہونے جا رہی ہے۔ اب اس میں اہم مرحلہ چھت کے بنانے کا ہے۔ انجینئر حضرات کے تجزیہ کے مطابق چھت میں تقریباً 33 ٹن لگاؤ لگے گا۔ اس کا لیبر اور میٹرل کا کل لا کر خرچہ تقریباً 40 لاکھ روپے بنتا ہے۔ چھت پر لگنے والے ٹین کے شیٹ کام حلال اس کے بعد ہے جس میں لاگ سے تقریباً 10 لاکھ روپے لگنے کا تخمینہ ہے۔

عمارت کی چھت کی حیثیت سریش کی ہوتی ہے جو سارے کام کی سز پیش اور ساریہ کرتا ہے۔ لہذا بیچوں اور مستورات کے اس ادارے کی سریش اور ساریہ کا انتظام کرنا اللہ تعالیٰ کی جانب سے رحمت اور ساریہ نصیب ہونے کا ذریعہ ہے گا۔ ان شاء اللہ تعالیٰ اس کا خرچہ میں حصہ لینے کے لئے مدرسۃ البنات کا یہ اکاؤنٹ نمبر متعین کیا گیا ہے:

Account Number	0727010100000200
Title of account	Madrasa Tul Banat Darul Uloom Raheemiyah
Branch	JK Bank Branch Nishat Park Bandipora Kashmir
IFSC Code	JAKA0NIPARK

اس سے بھی اس تعمیر میں بہت سے خوش نصیب حضرات نے کمرے بنا کر یا ان کا حصہ لیکر صدقہ جاریہ کرکے کے لئے اپنا حصہ ادا فرمایا۔ اب پھر اللہ پاک نے یہ موقع عطا فرمایا کہ شرق و کھلے دام کے لوگ اس کام میں بھی حصہ لیکر اپنے لئے اپنے والدین کے لئے عزیز و متعلقین کے لئے صدقہ جاریہ متعین کر سکتے ہیں۔ اپنی خواتین کو بھی تزیینت دیں تاکہ وہ بھی اپنا حصہ اس کا خرچہ میں لگائیں کیونکہ یہ مدرسہ مستورات کے لئے مخصوص ہے۔ ایک کمرے کی آلات ساڑھے پانچ لاکھ روپے ہے یعنی تین بوکروں میں یا چھت میں حصہ لیں۔ اللہ قبول فرمائے۔

اہم نگذارش یہ ہے کہ جس تک مدت میں رقم ڈالنے کے بعد کو نمبر 9419089250 یا 8899101091 پر سکرین شاٹ ڈال دیں وہ اسلپ تک کے ذریعہ یا فون پر اطلاع کریں نیز اپنا نام اور ایڈریس روانہ کریں تاکہ رسید بھیجے میں سہولت ہو کیونکہ اس پر یہ تفصیلات تک سے دستیاب نہیں ہوتیں۔

محمد رحمت انشا کشفہ فی  
ناظم دارالعلوم ریحیہ باندی پورہ شہید

issuance of intra department NOCs and clearances would be done through the PM Gati Shakti portal.

In addition, development of district level portals would be accomplished with focus on usage of existing data to identify infrastructure gaps in the district.

### MeT Predicts

of these areas witnessing an accumulation of just 1-2 inches of snow till this morning.

Pahalgam has recorded a snow accumulation of 6 inches till this morning, he said.

### India Condemns

in what it said was aimed at targeting some terrorist hideouts.

“We have noted the media reports on airstrikes on Afghan civilians, including women and children, in which several precious lives have been lost. We unequivocally condemn any attack on innocent civilians,” External Affairs Ministry Spokesperson Randhir Jaiswal said.

### E Srinivas

carved out from the Firozpur division, includes sections such as Pathankot-Jammu-Udhampur-Srinagar-Baramulla, Bhogpur Sirwal-Pathankot, Batala-Pathankot and Pathankot to Joginder Nagar sections with the combined length of 742.1 km.

### Casual Labourers

and the current administration, have made promises to address their plight. However, these commitments have largely remained on paper, leaving the workers disillusioned and frustrated.” Our seniors expect us to work tirelessly during crises while permanent employees are often exempted from field duties. This disparity has further deepened their sense of injustice,” said Feroz Ahmed, an employee in the casual labour segment.

The casual workforce has repeatedly urged the authorities to formulate a comprehensive policy for their regularisation. Such a move would not only end their prolonged misery but also provide financial security to their families.

As political parties and the administration continue to deliberate on the issue, these workers hope for concrete action to put an end to their precarious status. The plight of Casual workers serves as a stark reminder of the need for inclusive governance that values the contribution of every segment of the workforce, said Munger Ahmed, a Casual worker.

## NOTICE

This is an information for general public that in my Bank account No: 0976040210001046, my name has been Mistakenly written as Posha Jan, while as my Actual and correct name as per my Aadhar card is Posha Begum. 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 Manager jammu and kashmir Bank branch office Garoora Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

**Posha Begum.**  
**D/O Mohammad Abdullah.**  
**R/O Garoora Bandipora.**

## NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No:0216020001000, which is Registered in the name of Gh Hassan Bhat, S/O Gh Mohd Bhat. Now i want to apply for change this Electricity Agreement in the name of Showkat Ahmad Bhat, S/O Late Gh Hassan Bhat, 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.

**Showkat Ahmad Bhat.**  
**S/O Late Gh Hassan Bhat.**  
**R/O Watapora Bandipora.**

## NOTICE

Whereas, I, Isfan Rafiq D/o Rafiq Ahmad Ahanger R/o Mansoor Colony Parimpora Srinagar Kashmir Intend to apply in the Deptt. Of Tourism for Registration of my proposed travel Unit under the Name & style "JUWAIRA KASHMIR DESTINATIONS" situated at BEMINA, IQBALABAD, LANE NO 1, Under tourist trade Act 1978/82/2011/2012.

Whereas, I will Submit State subject/Domicile Certificate, Qualification certificate, Pan Card, Experience Certificate (Minimum 05 Years) Character certificate (Police Depptt) Bank statement (minimum Balance Rs. 10,000.00) Site plan Affidavit, Rent deed duly attested by sub-Regstrar, Printing Material (Latter Head/Visiting Card, Photograp of the unit (Indoor & outdoor) and two passport size photographs to the department of tourism as per prescribed checklist prior to Registration of My Unit as an Excursion Agency / Adventure tour operator. Now as per J&k Registration of Tourist trade Act 1978/82/2011/2012, Before my case is processed for Registration by the competent Authority ,the matter is hereby notified for information of general public / financial institutions / Bank/Organisation, Etc For objection, If any & the same should reach to the Dy. Director Tourism Registration ,TRC Sgr, kmr. (email id. ddtreg123@gmail.com) within a period of 7 days from the publication of this notice in leading local newspaper/Newspaper of the valley. No objections beyond a period of 7 days Shall be entertained & the case Shall be processed under rules.

