



Government of
Jammu & Kashmir



Viksit Bharat
Viksit Jammu & Kashmir



Inauguration of **6.4 km Sonamarg Tunnel**

worth over ₹2700 crore

- All-season, uninterrupted, year-round connectivity between Srinagar and Sonamarg boosting local trade and tourism.
- Creating unparalleled growth opportunities for local businesses such as hotels, transporters, and restaurants.
- Improved access to large markets for local agricultural produce like saffron, apples, walnuts, cherries, kehwa, etc.
- Includes an Escape Tunnel, ventilation tunnel, 6 km approach road and a 4 km crawler lane dedicated to heavy vehicle traffic.
- Strategically important project providing all weather connectivity to border areas throughout the year.

by

Shri Narendra Modi
Hon'ble Prime Minister



Sonamarg, Ganderbal | January 13, 2025 | 10:00 AM

Live Telecast on DD News

An hour before G20 Summit, PM asked Kant to evolve ‘consensus’ on Delhi declaration: Book

NEW DELHI: An hour before the start of the G20 Summit here on September 9, 2023, Prime Minister Narendra Modi asked Sherpa Amitabh Kant the status of the leaders' declaration and when told there were some issues, he asserted he just wanted to see the result – a “consensus” – very soon.

Kant immediately went into a huddle with fellow Sherpas and managed to secure the final agreement.

These behind-the-scene happenings find mention in Kant's new book “How India Scaled Mt G20: The Inside Story of the G20 Presidency”.

India had pulled off a big diplomatic win after the G20 summit adopted a consensus declaration overcoming major differences on the Russia-Ukraine war.

Modi made the announcement about a consensus on the 37-page declaration and its subsequent adoption at the start of the second session on the opening day of the two-day summit of the grouping of major developed and developing countries.

Kant says the journey from the principles to the final draft of the NDLD was, however, far from smooth.

“The text continued to face constant revisions and objections after 300 hours of negotiations over 250 bilateral meetings. The weight and seriousness of the negotiations were felt by all participants, but the pursuit of a mutually agreeable outcome still seemed far from reach,” he writes in the book, published by Rupa.

“PM Modi was acutely aware of the stakes involved. He had asked me to send him urgent situation reports every two hours, a task that demanded immense multitasking and quick analysis. This constant communication kept PM Modi informed, but also spurred us into action, helping us map out the negotiations and take stock of our progress,” he adds.



According to Kant, Russia insisted on the inclusion of the word ‘sanction’ and this led to extensive discussions with Alexander Pankin, Deputy Minister of Foreign Affairs of the Russian Federation, lasting for two-and-a-half hours, to persuade them to reconsider.

“The stakes were high, as refusal to compromise would have left Russia isolated with a 19-1 vote against it. We finally had to tell Russia that this was not feasible and would not be accepted by other countries.

We made it abundantly clear to Russia that its insistence on this matter put significant pressure on India and made it impossible for us to move forward,” he recalls.

Kant says that throughout the negotiations, the G7 countries were pressuring India to invite Ukrainian President, Volodymyr Zelenskyy but India's stance was to keep the guest list exclusive to the G20 leaders.

“On Dr Jaishankar's advice, I had to inform the Russian negotiator that if they didn't agree, the first speaker following PM Modi's speech would be Zelenskyy. This bold and assertive negotiation tactic ultimately worked, and Russia relented,” he says.

But there was another hurdle, Kant says. The head of the Chinese team pointed out a bilateral challenge with the US, stemming from a greened portion of the G20 declaration that stated that the 2026 G20 Summit would be hosted in the US.

The Chinese Sherpa explained that the US would not grant them visas, not even for their governor in Hong Kong.

They would not agree to the geopolitical paras until they received a written guarantee that they would be issued visas, the book says.

Kant then recalls that at about 8 in the morning of September 9, Modi visited the Bharat Mandapam for an inspection before the start of the leaders' meeting.

“I was to brief him on our progress so far. When he enquired about the Leaders' Declaration, I outlined the conflict between the US and China and informed him that the NDLD was still not finalized.

“He paused for a moment, wondering as to why bilateral issues were being raised in a multilateral meeting, before replying that he did not want to get into the procedures or the process, but wanted to see the result – a consensus – very soon. He expected the Sherpa to navigate and secure the final agreement,” the book says.

The leaders' meeting commenced at 9 a.m. and Kant had to undertake parallel negotiations in a dedicated session from 9:30 to 11:30 a.m., in the room adjacent to the Leaders' Hall in the Bharat Mandapam.

“I, along with Pyle and Li, hammered out the details of the letter. We opted to use the term ‘ensure’ instead of ‘guarantee’. By noon, we had successfully resolved this bilateral matter, even though technically it was beyond the scope of India's role as G20 Chair.

“With China's consent, and both of America's conditions met, Russia, the US, China, the G7, and all countries were finally on board,” Kant writes.

He says a consensus was thus reached on the very first day of the Leaders' Summit, unlike at the 2022 Bali Summit, where negotiations on the declaration text dragged on until the final hours.

He called this “no small feat”.

And so, after lunch on September 9, Modi made the official announcement of the declaration.

Kant says his book tells the story of how a nation, once seen as a developing power, rose to lead the world stage—offering solutions, forging alliances, and building a lasting legacy that reflects the aspirations of both developing and developed worlds.

The book has a foreword by External Affairs Minister S Jaishankar.

BJP will demolish all slums if it comes to power in Delhi: Arvind Kejriwal

NEW DELHI: AAP national convener Arvind Kejriwal on Sunday claimed that the BJP would demolish all slums in Delhi if voted to power in the upcoming assembly elections.

Addressing a press conference in the Shakur Basti area here, the former chief minister accused the BJP of prioritising



land acquisition over the welfare of slum dwellers.

“They want your votes first and your land after the elections,” Kejriwal said, referring to the BJP.

There was no immediate response from the BJP.

The Aam Aadmi Party (AAP) chief further challenged Union Home Minister Amit Shah to withdraw all cases against people living in ‘jhuggis’ and resettle those displaced within 24 hours, vowing not to contest the elections if the BJP complies.

“I will not contest the elections if Amit Shah withdraws all the cases against the slum dwellers or displaced people. If the BJP fails, I will contest and stand as a shield for the slum dwellers. Let's see who destroys them,” Kejriwal claimed.

He also criticised the BJP's ‘Jahan Jhuggi Wahan Makaan’ scheme, calling it an eyewash. “In the past 10 years, they have constructed only 4,700 flats for slum dwellers. Delhi has 4 lakh ‘jhuggis’. At this rate, it will take them 1,000 years to provide homes for all slum dwellers in the city,” he said.

Indonesian President Prabowo Subianto Set To Grace Republic Day Parade As Chief Guest

NEW DELHI: Indonesian President Prabowo Subianto is set to grace the upcoming Republic Day celebration in the national capital as the Chief Guest, people familiar with the matter said.

It is learnt that Mr. Subianto is unlikely to travel to Pakistan immediately after concluding his trip to India after New Delhi raised the issue.

Jakarta planned a trip to Pakistan by the Indonesian President after his visit to New Delhi, Pakistan media had reported. India is yet to formally announce this year's Republic Day chief guest.

Prime Minister Narendra Modi will hold wide-ranging talks with Mr. Subianto during his visit.

Every year, India invites world leaders to attend the Republic Day celebration. Last year, French President Emmanuel Macron was the chief guest.

Egyptian President Abdel Fattah El-Sisi graced the occasion in 2023.

There was no Republic Day Chief guest in 2021 and 2022 in view of the COVID-19 pandemic. In 2020, then Brazilian President Jair Bolsonaro was the chief guest at the Republic Day celebration. In 2019, South African President Cyril Ramaphosa was the chief guest at the Republic Day parade, while in 2018, leaders of all 10 ASEAN countries attended the event. In 2017, Crown Prince of Abu Dhabi Sheikh Mohamed bin Zayed Al Nahyan was the chief guest at celebration, while then French President Francois Hollande graced the occasion in 2016. In 2015, then U.S. President Barack Obama watched the parade.

In 2014, ex-Japanese Prime Minister Shinzo Abe was the chief guest at the celebration, while Bhutan king Jigme Khesar Namgyel Wangchuck attended the parade in 2013.

HMPV not new; stay calm, take basic precautions: Experts

NEW DELHI: Amid growing concerns over the detection of human metapneumovirus (HMPV) cases in India, health experts have emphasised the virus is not new, and advised people to stay calm and take basic precautions.

HMPV, that causes upper respiratory infection, recently gained attention following an outbreak in China. While it can affect people of all age groups, experts said India has not witnessed any unusual surge in cases. The HMPV typically spreads through the air, especially during winter and early spring. “HMPV is not a new virus; it was first identified in 2001. The virus is an emerging health concern, but there's no reason to panic. Understanding its symptoms, taking necessary precautions, and adhering to testing protocols are critical to managing its spread effectively,” said Dr Aabid Amin Bhat, the Medical Director at Ujala Cygnus Group of Hospitals. He said the common symptoms of an HMPV infection include cough, fever, fatigue, respiratory illness, sore throat, body aches, and gastrointestinal issues in some cases. “We recommend seeking medical attention if such symptoms arise,” he said.

Dr Madhu Nahar Roy, the

Director of Internal Medicine at Paras Health Udaipur, underscored the importance of taking preventive measures. Practicing good hygiene such as washing hands frequently, wearing masks in crowded places and maintaining physical distance



are effective ways to reduce the risk of transmission, Dr Madhu said. Strengthening immunity through a healthy diet, taking adequate sleep, and engaging in physical activity are also essential, he said. Experts said laboratory tests such as RT-PCR can detect the virus' genetic material, while antibody tests help identify past exposure.

“Imaging techniques like chest X-rays or CT scans may be advised for severe cases to evaluate respiratory involvement,” Dr Madhu stated.

Fomer ICMR Director General Dr Balram Bhargava

said India's robust preparedness towards HMPV is built on the extensive infrastructure and experience gained during the COVID-19 pandemic.

“Our preemptive and rapid testing capabilities, developed through diligent application of technologies like TrueNat, he said, while talking about the HMPV threat.

“Keeping up to date with vaccinations, following public health guidelines and practicing good hygiene are critical steps each of us can take to safeguard our health. By staying informed and participating in preventive health measures, we can all contribute to strengthening our community's resilience against health crises,” he stated.

Dr Ashok Kumar Singh, senior consultant at Pulmonary and Critical Care Medicine, Regency Hospital, Kanpur, emphasised public awareness can play a pivotal role in minimising the spread of HMPV. “Individuals must stay informed through credible sources and follow public health guidelines.”

“Early detection and preventive care are our strongest tools in combating the virus. By working together and taking proactive steps, we can safeguard public health and minimize the virus' impact,” he said.

The Indian Council of Medical Research (ICMR) has assured that HMPV has been in circulation globally, including in India, and there is no significant rise in influenza-like illness (ILI) or severe acute respiratory illness (SARI) cases.

MUMBAI: Union minister Nitin Gadkari on Sunday said Naxalism has declined significantly in Maharashtra's Gadchiroli, as nearly 5,000 youths have quit the outlawed movement, joined the mainstream and many of them have got employment.

In the next five years, Gadchiroli will become the highest revenue-generating district in Maharashtra, he said at the BJP's state-level convention at Shirdi in Ahilyanagar district.

Gadkari appealed to the BJP workers to channel the party's electoral success into meaningful societal transformation.

The victory in the last year's state assembly polls should lead to the establishment of “surajya” (good governance), he said.

Highlighting the progress made in Naxal-affected Gadchiroli, he said there was a time when visiting some areas in the district was difficult even for public representatives.

“Today, nearly 5,000 youths have shunned Naxalism and come back to the mainstream. Many have got jobs like drivers, fitters, among others,” the senior BJP leader said.

Engineering and polytechnic colleges have been established, and garment manufacturing for exports has begun in the district, he said.

The area, once backward, has now generated employment for 10,000 tribal youths, Gadkari said.

“In the next five years, Gadchiroli will become the highest revenue-generating district,” he added.

Gadkari also emphasised

Ambedkar lost a Lok Sabha election, yet his name is renowned globally. Electoral victories alone do not define greatness.”

The Union minister criticised those attempting to create communal discord for political gains.

the importance of addressing the issues of unemployment, malnutrition and lack of education.

“The soul of our party is to create a powerful nation that can guide the world,” he said.

He highlighted the need for transformation in rural areas and the uplift of labourers and the poor. Drawing inspiration from historical figures, Gadkari said, “It is our responsibility to demonstrate, like Shivaji Maharaj, how to transform the state. Many people become ministers, but not all are remembered. Babasaheb

“We believe no individual is significant because of their caste, race or faith, but because of the values they uphold,” he said.

On Maharashtra's contribution to the automobile sector, Gadkari said, “In the next five years, India will become the top country globally in the automobile industry, generating 4.5 crore jobs, with maximum GST collection from Maharashtra in the sector. Most of the companies are based in Maharashtra.” He reminded the BJP workers that their responsibility extends beyond defeating the rival Congress.

28 workers pulled out safely as rescue op at Kannauj Railway Station concludes

KANNAUJ (UP): The rescue operation at the Kannauj Railway Station following a building

The shuttering of the under-construction building on the station premises had collapsed



collapse concluded Sunday morning with rescuers pulling out 28 workers safely after a 16-hour-long operation though the night, officials said.

They said all the rescued workers have been admitted to a hospital for treatment. No fatalities have been reported.

Saturday afternoon, trapping the workers.

The rescue teams, including personnel from the national and state disaster response force and the railways, worked through the cold night to clear the debris and safely pull out the trapped workers.

District Magistrate Shubhraj Kumar Shukl visited the site early on Sunday, expressing relief that no lives were lost in the tragic incident.

CCTV footage from the site has surfaced, showing a labourer attempting to fix the shuttering (a temporary structure used to support concrete) when the roof collapses. The footage suggests that a beam carried by the worker hit the shuttering, causing it to slip and ultimately collapse.

The North Eastern Railway (NER) on Saturday formed a three-member committee to investigate the cause of the collapse.

The committee will include the Chief Engineer for Planning and Design, the Additional Divisional Railway Manager (Izzatnagar) and the Chief Security Commissioner of the Railway Protection Force.

One Nation, One Election Debate: EC Has Termed Poll Code Vital For Ensuring Level Playing Field

NEW DELHI: One of the key reasons cited by the government to push for simultaneous polls has been that frequent imposition of model code disrupts development work and normal public life, but the Election Commission has asserted it is a “vital instrumentality” aimed at providing level playing field in polls.

According to the bills brought by the government to implement ‘one nation, one election’, there is an imperative need for holding simultaneous elections for various reasons including polls becoming expensive and time-consuming.

The Constitution amendment bill to implement ‘one nation, one election’ said the imposition of a Model Code of Conduct in poll-bound parts of the country puts on

hold the entire development programmes and causes disruption in normal public life.

It said that frequent poll code imposition also impacts the functioning of services and a vital instrumentality aimed at providing level playing field to all stakeholders involved in campaign”.

Responding to a questionnaire in March 2023

diverts the manpower from their core activities to election duties for prolonged periods.

But the poll authority is of the view that “it would not be correct to view the application of MCC in terms of disruption as it is

by the law commission on simultaneous polls, the EC had said the applicability of the model code depends on the cycle and frequency of elections and rationalisation of the same would, to that extent, curtail the time of MCC.



Silver Notice ‘More Effective’ Than MLATs For Info On Offshore Illicit Wealth: CBI Director

NEW DELHI, Jan 12: Terming the recently introduced Interpol ‘Silver Notice’ a “more effective” tool than the Mutual Legal Assistance Treaties (MLATs) for gathering information on illicit assets parked offshore, CBI Director Praveen Sood has said it was Prime Minister Narendra Modi's idea, which has now been realised.

In an exclusive interaction with PTI, he said Prime Minister Modi had proposed in 2015 a system under the Interpol to trace money laundered offshore, and it has now taken shape as the Silver Notice. The Notice, aimed at locating illicit assets laundered across borders, is the newest addition to the Interpol's suite of eight colour-coded Notices and Diffusions, which enable countries to share alerts and requests for information worldwide.

Conventionally, the information on illicit assets is gathered through MLATs which are treaties between two countries whereby they cooperate to provide and obtain formal assistance in the prevention, suppression, investigation, and prosecution of crime.

Common complaints under MLAT include requests being transferred from one agency to another or one bank to another. Sometimes difficulties arise in obtaining a response because of a large number of requests. India has MLATs with 45 countries, according to data on the Ministry of Home Affairs website.

“From MLAT, the stature has been increased to Interpol notice, which has a higher degree of emphasis than MLAT. The sanctity of this process has increased; now it is through Interpol notices that are more acceptable to member countries.

Kashmir Convener



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Z-Morh Tunnel Opens New Doors Year-Round Accessibility: CM Omar

Katra Stopover: Railway Safety and Seamless Connectivity Both Crucial

KC NEWS NETWORK

SONMARG: Chief Minister Omar Abdullah highlighted the transformative potential of the Z-Morh tunnel for local residents and Tourism potential of Sonamarg.

He emphasized the tunnel's role in improving accessibility, boosting tourism, and enhancing the lives of local residents.

"We have been waiting for this tunnel for a long time. It will bring many benefits. People who live on the other



side of the Z-Mor, and who had to leave the area in the winter, can now stay there for a

year. Along with that, Sonamarg, which was previously a tourist destination only for summers,

will now attract tourists in winter as well," the CM told KNS.

The Z-Mor tunnel will significantly reduce travel time between Srinagar and Kargil-Leh. The CM expressed optimism about the Zojila tunnel, expected to be completed in the next 2-3 years. "When the Zojila tunnel is completed, it will be much easier to reach Kargil-Leh. This is a major step forward for connectivity," he noted.

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Sonamarg to be made winter sports destination in coming 5-years: CM Omar

KC NEWS NETWORK

GULMARG: Jammu & Kashmir Chief Minister Omar Abdullah today said that Sonamarg like tourist destination will also become another winter sports destination in coming 5-years.



Talking to reporters at ski resort Gulmarg, the chief minister Omar Abdullah said that efforts will be made to ensure Sonamarg like tourist destination will turn into winter sports destination in coming 5-years.

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Defence minister, CDS to attend Armed Forces Veterans' Day event in Jammu on Jan 14

KC NEWS NETWORK

JAMMU: Defence Minister Rajnath Singh and Chief of Defence Staff (CDS) General Anil Chauhan will attend the ninth Armed Forces Veterans' Day event here on Tuesday, a defence spokesman said.

Jammu and Kashmir Lieutenant Governor Manoj Sinha, Chief



Minister Omar Abdullah along with senior military and civil officials will also attend the event to be held at the Tanda artillery brigade in Akhnoor under the aegis of the army's Northern Command to honour the force veterans and "

veer naris", the spokesman said.

About 1,000 armed forces veterans from Jammu, Akhnoor, Pallanwala, Rakhmuthi, Naushera and Sunderbani are likely to attend the function, which will also include the hoisting of a 108 feet national flag and the inauguration of a heritage museum in Akhnoor, the spokesman said.

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Ganderbal residents hope Z-Morh tunnel will boost tourism

KC NEWS NETWORK

SONMARG: Residents of Ganderbal district, living on either side of the 6.5 kilometre Z-Morh tunnel on Srinagar-Sonamarg highway, are hopeful that the mega-infrastructure project will boost the local economy and help eradicate unemployment in the area.

"It is a good thing that the Z-Morh tunnel will open soon, immensely benefitting

the locals. Sonamarg is breathtaking in winter, but the road closure, prevented visitors. We are grateful to the government for this tunnel," a local shopkeeper, Mohammad Yousuf Shera, said.

Shera believes the year-round connectivity between Srinagar and Sonamarg will elevate the destination's global appeal.

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India's young will power its rise to becoming developed by 2047: PM Modi



KC NEWS NETWORK

NEW DELHI: Prime Minister Narendra Modi asserted on Sunday that the capabilities of India's young population will power the country's rise to becoming developed.

Addressing the Viksit Bharat Young Leaders Dialogue here, he said some people may find the goal of India becoming developed difficult but it is not impossible.

No power can stop India from becoming a developed country if the spirit of 'Viksit Bharat' guides its every step, policy and decision, he said, highlighting the strength and numbers of the country's young population.

"Big targets have to be set for a country to march forward... This is what today's India is doing," Modi said, adding that the country is accomplishing numerous goals in different sectors ahead of time.

India has set the target of 20 per cent ethanol blending in petrol by 2030 and will meet the goal before that, he said.

The prime minister added that the government alone cannot drive the country forward and told youngsters drawn from across the country that the ownership in 'Viksit Bharat' is not Modi's alone but also of them.

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Search ops to track down terrorists spotted near LoC in Jammu intensifies

KC NEWS NETWORK

JAMMU: A search operation to track down terrorists, whose movement near the Line of Control (LoC) in Akhnoor sector was reported last week, entered the second day on Sunday with forces deploying drones and other latest equipment, officials said.

The operation was launched by different units of the Army in Bhattal area on Saturday after the villagers reported the suspicious movements in the Jogiwan forest area. They suspected these were infiltrating terrorists.

The search operation is going on with more troops mobilised to cover more area even as there was no trace of the suspected persons so far, the officials said.

They said security forces have deployed drones and other latest equipment besides the sniffer dogs to sanitise

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Over 100 bank accounts linked to drug traffickers frozen in Srinagar: Police

KC NEWS NETWORK

SRINAGAR: The district Police Srinagar Sunday said to have intensified financial investigations into multiple narcotic smuggling cases, leading to the freezing of more than 100 bank accounts linked to drug traffickers.

"These accounts collectively contain deposits amounting to several lakhs of rupees," a police spokesman said in a statement issued to the news agency—Kashmir News Observer (KNO).

All transactions associated with these accounts are under detailed scrutiny to trace the flow of illicit funds, police said.

"The freezing of these accounts has effectively blocked access to financial resources used by drug trafficking networks," police said.

The individuals holding these accounts have been arrested in



connection with cases registered under the Narcotic Drugs and Psychotropic Substances (NDPS) Act in Srinagar District. Those apprehended have been involved in the trafficking of narcotics and psychotropic substances, posing a significant threat to the community, particularly the youth, the statement added.

"Comprehensive investigations,

conducted under the relevant provisions of the NDPS Act, have led to the freezing of these bank accounts containing substantial sums, prima-facie identified as proceeds of illegal narcotic trade. Furthermore, moveable and immovable properties valued at crores of rupees, found to be acquired through these

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J-K higher reaches likely to receive snow on Jan 16, says MeT

KC NEWS NETWORK

SRINAGAR: The Meteorological department today predicted light snowfall at isolated higher reaches of Jammu and Kashmir on January 16.

Today the weather conditions will likely remain partly cloudy, an official of MeT Srinagar said.

He said on January 13 there is possibility of mainly clear with dry weather conditions in Jammu & Kashmir.

On January 14, there will be generally cloudy with dry weather, he said.

He added, the weather conditions will likely remain cloudy with light snow at isolated higher reaches of Jammu

and Kashmir during January 15 & 16.

He also added that from January 17-19, the weather will likely remain cloudy.

However the official added that there is nothing significant weather conditions in J&K till January 19.

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Republic Day 2025: Indonesia's President Prabowo Subianto likely to be Chief Guest

KC NEWS NETWORK

NEW DELHI: The newly elected President of Indonesia, Prabowo Subianto is to be the Chief Guest for the 76th Republic Day celebrations of India, as per sources.

The visit by the Indonesian leader becomes significant as India and Indonesia are commemorating 75 years of diplomatic relations.

Prime Minister Narendra Modi and Indonesian President Subianto held their first meeting on the sidelines of the G20 Summit in Rio last year. During their meeting, the two leaders reaffirmed their commitment towards strengthening bilateral ties in the framework of the Comprehensive Strategic Partnership. The leaders noted that had called for celebrating the occasion in a befitting manner, as per the Ministry of External Affairs.

"Indonesia and India have long-standing and excellent relations.

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BOTTOM STORY

Pregnant Woman's Murder Shakes Kashmir: Killer Husband Burnt Body, Mother Ground Bones

MOAZUM MOHAMMAD

SRINAGAR: For Khans, January 2025 would have been a time to welcome the arrival of a new family member. But it turned out to be a period of mourning for the remote Hapatnar village in south Kashmir after J&K Police unveiled the gruesome murder of a 30-year-old woman, who was six months pregnant at the time of her death on October 4.

ETV Bharat learnt from senior police officials privy



to the investigation that the deceased Shabnum Akhter was allegedly strangled to

death by her husband Imran Khan by tying a rope around her neck inside their home in

the idyllic village 81 kilometres away from Srinagar.

Mother of a 4-year-old daughter and the second wife of a daily wage labourer, Khan suspected Shabnam of having an extramarital affair with a man hailing from the same village.

"The couple had a strained relationship for many years. They had even tried mediation last year but it could do little to iron out the differences. Our

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Equitable, holistic development; Govt's top priority: Dy CM



KC NEWS NETWORK

JAMMU:- Endorsing people centric policy of present government, Deputy Chief Minister, Surinder Choudhary, today said that ensuring appreciable socio economic empowerment coupled with holistic development forms top priority of present dispensation.

The Deputy Chief Minister was speaking at a function organised by Jatt Sabha at R.S.Pura here today.

MLA Jammu East, Vikram Randhawa, former Ministers Manjit Singh, Choudhary Sukhanandan, Gharu Ram, DDC member TS Tony and senior office bearers of Jatt Sabha and

>>>SEE ON P-7

Comprehensive Guide

Understanding Neuromuscular Scoliosis



DR. PUNEET GIRDHAR

Neuromuscular scoliosis is a complex spinal deformity that develops due to various neurological or muscular conditions. It primarily affects individuals with conditions such as cerebral palsy, muscular dystrophy, spina bifida, spinal cord injuries, and neurofibromatosis. This guide aims to provide a comprehensive overview of neuromuscular scoliosis, including its causes, progression, treatment options, and the risks associated with untreated severe deformities.

What is Neuromuscular Scoliosis?

Neuromuscular scoliosis is a type of scoliosis that occurs due to problems with the nerves and muscles that support the spine. Unlike idiopathic scoliosis, which has no known cause, neuromuscular scoliosis is directly linked to underlying neuromuscular conditions.

Neuromuscular scoliosis can be caused by:

- Cerebral Palsy: A group of disorders that affect movement and muscle tone.
- Muscular Dystrophy: A group of genetic disorders that cause muscle weakness and degeneration.
- Spina Bifida: A birth defect in which the spine and spinal cord don't form properly.
- Spinal Cord Injuries: Damage to the spinal cord that affects mobility and sensation.
- Neurofibromatosis: A genetic disorder that causes tumors to form on nerve tissue, affecting spinal development.
- Other Neuromuscular Conditions: Conditions that impair the nervous system's ability to control muscle function.

Reasons for Progression

The progression of neuromuscular scoliosis can be rapid due to several factors:

- Muscle Imbalance: Weakness or spasticity in muscles around the spine leads to uneven forces acting on the spine.
- Poor Postural Control: Inability to



- maintain a balanced and upright posture can exacerbate spinal curvature.
- Growth Spurts: Rapid growth periods during adolescence can accelerate the progression of scoliosis.

Risks of Leaving Severe Deformities Untreated

Untreated severe neuromuscular scoliosis can lead to:

- Increased Deformity: Worsening of the spinal curvature over time.
- Respiratory Problems: Reduced lung capacity and difficulty breathing.
- Cardiovascular Issues: Strain on the heart due to compromised lung function.
- Pain and Discomfort: Chronic pain and difficulty performing daily activities.
- Reduced Quality of Life: Impaired ability to participate in social, educational, and recreational activities.

Treatment Options

For mild cases or early stages of neuromuscular scoliosis, regular monitoring by a healthcare profes-

sional is essential. This involves:

- Regular Check-ups: Periodic visits to monitor the progression of the spinal curvature
- Physical Therapy: Exercises to maintain mobility and strength

Guidelines for Observation

Observation is typically recommended for curves less than 20 degrees, particularly if the patient is still growing. The frequency of check-ups usually depends on the rate of progression of the curvature:

- Every 4-6 Months: For growing children with mild curves.
- Annually: For children with stable curves or those who have completed their growth.

If the curve progresses or if the patient shows signs of rapid growth, more frequent monitoring or a shift to more active treatment options may be necessary.

Bracing: Bracing is less commonly recommended for neuromuscular scoliosis compared to idiopathic scoliosis because it is generally less effective in

preventing curve progression. However, in some cases, bracing may be used for:

- Postural Support: To help maintain an upright position and improve sitting balance.
- Comfort: To provide some stability and reduce discomfort.

Surgery: Surgery is typically recommended for severe scoliosis (curves greater than 50 degrees) or when the curvature affects the patient's ability to breathe or sit comfortably.

Indications for Surgery:

- Severe Spinal Curvature: Curves that are likely to progress.
- Pain and Discomfort: Persistent pain that affects daily activities.
- Functional Impairment: Difficulty with sitting, standing, or walking.
- Respiratory Issues: Curvature affecting lung function.

Surgical Procedure: Posterior Spinal Fusion and Instrumentation

- Goal: To correct the spinal curvature and stabilize the spine.

- Approach: A posterior (back) approach is commonly used.

Steps:

- Incision: A midline incision is made along the back.
- Exposure: The spine is exposed by retracting the muscles.
- Instrumentation: Rods, screws, and other hardware are attached to the spine to correct the curvature.
- Fusion: Bone grafts are placed to promote the fusion of the spinal segments.
- Closure: The incision is closed with sutures or staples.

Risks and Complications

As with any surgery, there are potential risks, including infection, blood loss, and complications related to anesthesia. However, the benefits of correcting severe spinal deformities often outweigh these risks.

Author is Principal Director & Head - Ortho Spine, MIS & Robotic Spine Surgery, BLK-Max Super Speciality Hospital, Delhi

Understanding Coronary Angiography And Angioplasty

DR. T. S. KLER

Heart attack is one of the leading causes of death globally. The reasons for Heart Attack are many but mainly It occurs by narrowing or blockage of coronary arteries, which supply blood to the heart muscle. This blockage is usually due to the buildup of cholesterol, fatty deposits (plaque), and other substances that form atherosclerosis. When a plaque ruptures, it can create a blood clot (thrombus) that blocks the artery and deprives the heart muscle of oxygen-rich blood, leading to a heart attack.

Understanding Coronary Angiography and Angioplasty

Coronary angiography and angioplasty are critical procedures used to diagnose and treat heart disease, particularly in cases where there is a suspicion of blockages or narrowing in the coronary arteries. These procedures play a vital role in assessing the severity of heart disease and restoring blood flow to the heart muscle, thereby preventing complications such as heart attacks and improving overall heart function.

Coronary Angiography: Exploring the Heart's Arteries

Coronary angiography, also known as cardiac catheterization, is a procedure used to visualize the coronary arteries—the blood vessels that supply oxygen-rich blood to the heart muscle. It involves the insertion of a catheter (a thin, flexible tube) into an artery, usually in the groin or wrist, and guiding it to the coronary arteries under X-ray guidance.

Procedure Steps

Preparation: Before the procedure, the patient is given sedatives to relax



and local anesthesia to numb the area where the catheter will be inserted.

Insertion of Catheter: A small incision is made, and the catheter is threaded through the artery towards the heart. Contrast dye is injected through the catheter, which helps to visualize the coronary arteries on X-ray images (angiograms).

Imaging: X-ray images (angiograms) are taken as the contrast dye flows through the coronary arteries, highlighting any blockages or narrowing.

Assessment: The images obtained during coronary angiography allow cardiologists to assess the extent and location of blockages or narrowing in the coronary arteries.

Uses and Benefits

Diagnosis: Coronary angiography is used to diagnose coronary artery disease (CAD) by identifying the pres-

ence and severity of blockages or narrowing in the arteries.

Guidance for Treatment: It provides crucial information for guiding further treatment decisions, such as coronary angioplasty or bypass surgery.

Risk Assessment: Helps in assessing the risk of heart attack and other complications based on the severity of coronary artery disease.

Coronary Angioplasty: Restoring Blood Flow to the Heart

Coronary angioplasty, also known as percutaneous coronary intervention (PCI), is a minimally invasive procedure performed during coronary angiography to open blocked or narrowed coronary arteries and restore blood flow to the heart muscle.

Procedure Steps

Insertion of Balloon Catheter: During coronary angiography, if a

significant blockage or narrowing is identified, a balloon-tipped catheter is inserted through the same artery as the angiography catheter and positioned at the site of the blockage.

Balloon Inflation: The balloon is inflated at the site of the blockage, which compresses the plaque against the artery walls, widening the artery and restoring blood flow.

Stent Placement (if needed): In many cases, a stent—a small mesh tube—is inserted into the newly opened artery to help keep it propped open. Stents can be bare-metal or drug-eluting, which releases medication to prevent re-narrowing (restenosis) of the artery.

Completion Angiography: After the balloon inflation and possible stent placement, another angiography is performed to confirm the improvement in blood flow through the treated artery.

Uses and Benefits

Immediate Relief: Provides immediate relief from symptoms such as chest pain (angina) by restoring blood flow to the heart muscle.

Prevents Heart Attack: Reduces the risk of heart attack by opening blocked arteries that could potentially lead to myocardial infarction.

Improves Heart Function: Enhances overall heart function by increasing blood supply to the heart muscle, thereby improving its pumping ability.

Advancements and Innovations in Angioplasty Techniques

Over the years, advancements in technology and techniques have significantly improved the safety and effectiveness of coronary angioplasty. These include:

Drug-Eluting Stents: Release medication to prevent scar tissue from forming inside the artery, reducing the risk of restenosis.

Minimally Invasive Approaches: Access through the radial artery (wrist) instead of the femoral artery (groin), leading to faster recovery and fewer complications.

Imaging Technologies: Enhanced imaging techniques such as intravascular ultrasound (IVUS) and optical coherence tomography (OCT) provide detailed images of the inside of arteries, aiding in precise stent placement.

Patient Care and Recovery

After coronary angiography and angioplasty, patients are monitored closely for complications such as bleeding or damage to the artery. Most patients recover quickly and can resume normal activities within a few days to a week, depending on the complexity of the procedure and individual health factors. Cardiac rehabilitation programs may be recommended to promote heart health through exercise, diet, and lifestyle changes.

Coronary angiography and angioplasty represent pivotal advancements in interventional cardiology, offering both diagnostic clarity and therapeutic intervention in the management of heart disease. These procedures not only help in identifying and treating coronary artery disease but also play a crucial role in preventing heart attacks and improving the quality of life for patients with heart disease. As technology continues to evolve, the future holds promise for further refinements in these procedures, ensuring better outcomes and enhanced patient care in the realm of cardiovascular medicine.

(The author is Chairman & HOD – BLK-Max Heart & Vascular Institute, Chairman Pan Max – Electrophysiology, BLK-Max Super Speciality Hospital, Delhi)

Dr. Jitendra Singh Hosts J&K, Ladakh Students at National Youth Festival Dinner

New Delhi: Union Minister Dr. Jitendra Singh hosted a dinner for around 100 students from Jammu & Kashmir and Ladakh during the "National Youth Festival 2025" organized by the Ministry of Youth Affairs and Sports. The gathering aimed to inspire youth to channel their innovative ideas into actionable steps towards building a "Viksit Bharat" as envisioned by Prime Minister Narendra Modi.

Addressing the students, Dr. Singh encouraged them to explore regional resources for livelihood and StartUp opportunities. "Programs like the National Youth Festival offer a national platform for young individuals to transform their creativity and aspirations into tangible contributions to India's growth," he said.

Dr. Singh highlighted the enthusiasm of students from J&K and Ladakh, stating that their participation reflects the region's dynamism. He called upon them to contribute to India's development and emphasized the transformative impact their ideas and actions could have on their communities and the nation.



He also outlined various initiatives by the Ministry of Science and Technology aimed at fostering youth-driven innovation and entrepreneurship. Citing the success of StartUps in Jammu & Kashmir under programs like the Aroma Mission, which promotes lavender cultivation, Dr. Singh urged students to explore opportunities in biotechnology, agritech, and renewable energy.

The Minister assured the students of full support from the Ministry to nurture their entrepreneurial

ambitions and convert innovative ideas into impactful ventures.

He emphasized leveraging innovation and technology to address challenges and underscored the importance of engaging with diverse perspectives at the festival to foster national integration and mutual understanding.

Students shared their aspirations and ideas for addressing regional and national issues, to which Dr. Singh expressed appreciation, reiterating the government's commitment to nurturing their talents.

The National Youth Festival 2025, held from January 10-12 in New Delhi, celebrates India's youth as catalysts for progress.

It provides a vibrant forum for young leaders to collaborate on solutions for national development and align with India's vision of becoming a global leader.

Dr. Jitendra Singh's interaction underscores the government's focus on empowering youth from all regions, ensuring their pivotal role in shaping India's future.

GDC Khansahib organises Webinar on National Youth Day

SRINAGAR: The National Youth Day or Rashtriya Yuva Divas is celebrated annually on 12th January in commemoration of philosopher and thinker Swami Vivekananda.

His inspiring message to the youth is to nurture their dreams, unleash their energies, and shape a future worthy of his envisioned ideals.

To commemorate this day, the NSS unit of GDC Khansahib, under the patronage of college Principal Dr. Nargis Bano, organised a webinar on the theme "Youth for a Sustainable Future: Shaping the Nation with Resilience and Responsibility."

On the occasion, the NSS Programme Officer Dr. Sajad Padder, presented a detailed overview about the history, significance and spirit of observing the National Youth Day.

He highlighted the challenges and opportunities faced by youth in today's digital age and emphasized on enhancing their cognitive and vocational skills. The students were also sensitized about the fundamental duties as enshrined in Article 51A of Indian constitution.

The youth were urged to refrain from drug addiction and contribute in the promotion of a healthy and resilient society. The program ended with a question-answer session.

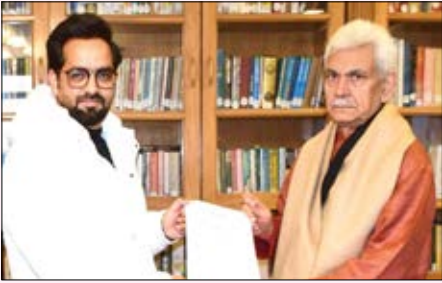
Hyderabad Tourists Hail J&K Police for rofessionalism in Recovering Lost Jewellery at Doodhpathri

Khansahab, Jan 11: The Jammu Kashmir Police successfully located and returned jewellery worth Rs 3 lakhs that had been lost by tourists from Hyderabad India at Doodhpathri in Central Kashmir's Budgam district.

Reports said that the tourists had visited Doodhpathri and, unfortunately, misplaced their valuable jewellery. Upon realizing the loss, the tourists filed a complaint with the local police, prompting immediate action.

A special team, led by SHO Khansahib Turk Zahoor and supported by his escort team, launched an extensive search operation in the area. After hours of diligent searching, the team managed to spot the lost jewellery and safely returned it to its rightful owners. Notably, a few days ago, in the face of heavy snowfall, SDPO Khansahib Nisar Darzi, SHO Turk Zahoor, and their team had rescued stranded tourists at the same tourist resort. The tourists from Hyderabad were full of praise for the Jammu and Kashmir Police. They lauded the professionalism and swift action of the Khansahib police team, calling their efforts extraordinary. The tourists expressed their gratitude for the exceptional service they received in both locating their lost belongings and aiding stranded vehicles during the challenging weather conditions. [KNT]

President Awardee Mudasir Dar Calls on LG Manoj Sinha; Advocates for Retention of NIT at Pulwama



Srinagar: Social activist and President Awardee in World Scouting, Mudasir Dar, met Lieutenant Governor Manoj Sinha Sunday to discuss the proposed establishment of the National Institute of Technology (NIT) in Nawa, Pulwama.

An official communication stated that Mudasir Dar, representing a wide spectrum of stakeholders, including educators, traders, sports persons, religious leaders, and civil society members, submitted a memorandum of demand to the Lieutenant Governor urging the retention of the proposed National Institute of Technology (NIT) at Nawa, Pulwama.

The memorandum also advocated for a balanced and inclusive approach, suggesting the use of minimum land, prioritizing barren areas, and ensuring fair compensation for affected farmers.

Key signatories to this collective effort included renowned educationist Prof. Ab Hamid Sheikh, Fayaz Wani (Vice-President, Pulwama Traders Association), Molvi Aijaz Noori (Religious Leader), Owais Yaqoob (International MMA Fighter), Altaf Ahmad Bhat (Chairman, J&K Civil Society), Shariya Manzoor (National Boxer), Javaid Sofi (Prominent Journalist) and several others from diverse fields.

According to spokesperson, the Lieutenant Governor reassured Dar and the delegation that the NIT project would remain in Pulwama, reaffirming the government's commitment to equitable development and prioritizing youth-centric progress in the region.

Srinagar Smart City Scam

More arrests likely as officials probe financial irregularities

Srinagar: The recent arrest of two senior officials from Srinagar Smart City Limited (SSCL) on corruption charges has unveiled a web of financial irregularities, with investigators signaling the possibility of more arrests in the coming days. The Anti-Corruption Bureau (ACB) is reportedly digging deep into suspicious bank transactions linked to the two officials, Executive Engineer Zahoor Dar and Chief Financial Officer Sajid Yousuf Bhat. Reliable sources within the ACB said that the investigation has uncovered a series of questionable financial transactions involving accounts of relatives and associates of the arrested officials. "The trail of transactions suggests a larger network of individuals benefiting from these corrupt practices," they said. The probe is focusing on tracing how public funds were misappropriated, with investigators also examining the motives and directives behind certain expenditure decisions. Contracts awarded under the guise of "beautifying" Srinagar city are a particular point of contention, with insiders suggesting that some projects were either unnecessary or poorly executed. One significant area under scrutiny involves contracts awarded for projects aimed at beautifying Srinagar. Sources indicate that some initiatives led to the blocking of roads, causing public inconvenience and sparking outrage. In several cases, the designs implemented were subsequently reversed following complaints from citizens, but not before substantial sums of money was spent. "These so-called beautification projects seem to have been a front for embezzlement," a source within the ACB stated, adding that the investigation seeks to determine the officials' roles and the beneficiaries of these contracts. As investigators delve deeper into the case, they have identified additional individuals potentially linked to the corruption scandal. These individuals, some of whom are believed to be relatives or close associates of the arrested officials, are suspected of receiving public funds through fraudulent means.

National Conference rejected two-nation theory in 1947: Sadhotra

Jammu: Emphasizing the rejection of religion-based politics, National Conference Additional General Secretary and former Minister Ajay Kumar Sadhotra highlighted the party's unwavering commitment to secularism and national unity.

Addressing a day-long convention at Gharota in the Nagrota Assembly Constituency, Sadhotra recalled the historic decision of the people of Jammu and Kashmir in 1947 to reject the two-nation theory and align with Mahatma Gandhi's vision of a secular India.

The convention was organized by District President National Conference Jammu Rural-A, Raghubir Singh Manhas, and Joginder Singh (Kaku).

Speaking at the event, Sadhotra stressed that the National Conference has always stood for unity, harmony, and the protection of minority rights. He paid tribute to the legacy of Sheikh Mohammad Abdullah, recalling how, during the communal violence of 1947, the leader safeguarded the dignity and safety of all communities in Jammu and Kashmir.

"The National Conference has consistently upheld the principles of pluralism and secularism, transcending religious and regional divides," Sadhotra said.

He criticized attempts to associate the party with any specific religion or region, calling such efforts an affront to the pluralistic ethos of Jammu and Kashmir. Sadhotra accused the BJP of fostering mistrust among communities for political gains and warned that religion-based politics as state policy could undermine the federal structure, lead to political and economic instability, and spread anarchy. He emphasized that the National Conference rejects such divisive politics and believes in inclusive development that brings all sections of society together.

Former MLA Ramban, Arjun Singh Raju, also addressed the convention, expressing concern over the growing trend of intolerance. He urged for collective efforts to counter divisive forces and foster unity.

Sadhotra encouraged party cadres to raise awareness about the National Conference's policies and philosophy of peace and amity. "We must reject forces that seek to divide society and work towards strengthening the bonds of brotherhood and unity," he said.

Other speakers at the convention included Provincial Secretary Mohd Ayoub Malik, District President Chander Mohan Sharma, and leaders such as Ram Parshotam and Ch Mohd Aslam. Block Presidents from across Jammu District also participated in the event, underlining the party's grassroots connection and its mission to serve the people of Jammu and Kashmir. (KNS)



Carnival at Dubjan Shopian concludes successfully

SHOPIAN: The two-day Heemal Nagrai Winter Carnival at Dubjan Shopian wrapped up today, drawing enthusiastic crowds of locals and tourists who attended in unprecedented numbers.

The concluding day of the festival saw thousands flocking to the enchanting venue of Dubjan. Attendees explored various tourist attractions along the Mughal Road and the Heerpora Wildlife Network, participating in a wide array of adventure, recreational, and sports activities.

The administration organized a series of snow games, including snow volleyball, hockey, and tug of war, along with opportunities for adventurous activities such as zip lining, skiing, snow trekking, ATV rides, snow biking, and horse riding.

Key highlights of the festival included horse riding to the Hot Sulphur Springs of Dubjan, snow trekking to the springs and upper meadows, and exhilarating activities like zip lines, snow biking, and ATVs. The event also featured captivating cultural and artistic performances by local artists, alongside



exhibitions showcasing Kashmiri and tribal art that delighted and amazed attendees.

An award ceremony was held during the concluding session to honor stakeholders, including adventure groups, traders' associations, media representatives, and various departments.

The festival aimed to highlight the stunning beauty of Shopian, emphasizing its renowned tourist attractions along the Mughal Road to enhance tourism in the district.

Deputy Commissioner of Shopian, Mohammad Shahid Saleem Dar, commended the local community for their enthusiastic involvement, which contributed to the success of the inaugural Winter Carnival, promising to boost tourism in the area.

REC Funds 8.44Cr Solar Project to Empower Students, Researchers in Tamil Nadu



New Delhi: REC Limited, a Maharatna CPSE under the Ministry of Power and a leading NBFC, has signed a Memorandum of Agreement (MoA) with the Gandhigram Rural Institute under its Corporate Social Responsibility (CSR) initiative. REC has committed financial assistance of 8.44Cr. for establishing 1MW multi-technology ground

mounted, grid connected solar photovoltaic power plant for the benefit of students, research scholar at the Gandhigram Rural Institute (GRI), Dindigul, Tamil Nadu.

The project shall be implemented by the GRI in technical collaboration with BHEL.

The agreement was signed on 9th January 2025 between Smt Thara Ramesh, CPM REC RO Chennai and Dr. L. Rathakrishnan, GRI in august presence of Shri Narayanan Thirupathy, Independent Director, REC.

The establishment of this solar photovoltaic multi-technology power plant will not only make the Institute self-reliant in terms of power but will also act as hub for research on use of latest state-of-the-art technology in the terms of panels and inverters technologies in modern solar power plants.

DIG, Deputy Commissioner Rajouri and SSP visit Badhaal to assess ground situation

RAJOURI: DIG Rajouri-Poonch, Tejinder Singh, Deputy Commissioner Rajouri, Abhishek Sharma, and Senior Superintendent of Police, Gaurav Sikarwar, visited Badhaal today to assess the prevailing ground situation and ensure immediate support to the community.

As part of the relief measures, the DC Rajouri deployed ambulances, health teams and ASHA workers to provide essential medical assistance to the residents.

Furthermore, other departments have been activated to ensure seamless coordination and cooperation with the general public.

Samples have been collected from ill patients and investigations have been initiated to determine the cause of the ailments. The administration is closely monitoring

the situation and will take necessary action based on the outcome of the investigations.

The general public is advised not



to panic and to follow any advisories issued by the authorities.

It is pertinent to mention that, apart from health teams, the police has also started a fresh investigation in this matter.

During the visit, the Deputy

Commissioner interacted with the locals to understand their immediate concerns and emphasized the importance of timely intervention and joint departmental efforts to address their needs. SSP Gaurav Sikarwar assured the residents of enhanced security measures and prompt action on any emergent issues. The district administration remains committed to ensuring the safety, health, and welfare of the residents of Badhaal.

All necessary steps are being taken to address their concerns and provide comprehensive support.

Police Crack Down on Drugs: 6 Peddlers Arrested in North Kashmir

Srinagar: Continuing its efforts to eradicate the menace of drugs from the society, Police have arrested six drug peddlers in Baramulla & Sopore and recovered contraband/psychotropic substances from their possession.

A Police party of PS Chandoosa headed by SHO PS Chandoosa at a checkpoint established at Thanda Kasi Chandoosa, arrested a drug peddler identified as Mohd Shaban Maray son of Late Gh Mohd resident of Dudbugh. During search, 56 grams of Charas was recovered from his possession.

Similarly, a Police party of PS Boniyar headed by SHO PS Boniyar at a checkpoint established at Limber Boniyar, intercepted two persons.

They have been identified as Mehraj Ahmad Najar son of Late Fateh Najar resident of Limber and Shabir Ahmad Bakerval son of Wazir Mohd resident of Babagail Limber. During search, 88 grams of Charas was recovered from their possession.

In addition to the above, a Police party of Police Post Babareshi at a checkpoint established at Babareshi Crossing, intercepted two persons. During search, 85 grams of Charas was recovered from their possession.

They have been identified as Ishfaq Ahmad



Magray and Dawood Ahmad Magray sons of Gh Rasool Magray, both residents of Dudbugh.

In Sopore, a Police team at Chinar Crossing Fruit Mandi, arrested a drug peddler identified as Majid Ashraf Khan son of Mohammad Ashraf Khan resident of Pethseer Sopore. During search, 110 banned tablets (Alprazolam) were recovered from his possession.

All the accused have been arrested and cases under relevant sections of law have been registered at respective police stations and investigations have been initiated. (KNS)

18-Year-Old Found Dead Under Mysterious Circumstances Inside Shop in Baramulla

Aadil Abdullah

Baramulla: An 18-year-old boy was found dead under mysterious circumstances inside a shop in Khanpora bus stand area of North Kashmir Baramulla district on Sunday.

An official told news agency JKNS that the body of the 18-year-old boy was discovered in mysterious condition inside the shop. Police team promptly reached the spot.

The body was recovered and shifted to GMC Baramulla, where medical professionals declared



him dead.

Police have taken cognizance of the incident, and further investigations are underway. (JKNS)

HOW TO STUDY

effectively - Neuroscience expert shares tips



Effective studying may not come easy to everyone. Apart from intelligence, significant levels of concentration and determination are required to carry out any form of learning. Students who excel at academics, although often referred to as “nerds”, may be consciously or subconsciously adopting habits that help them enhance their learning process. However, at the end of the day, the human mind is but a combination of neurons that can be wired to boost the mind's cognitive skills. Dr Todd Handy, a professor at the University of British Columbia specialising in cognitive neuroscience, recommends ways to study effectively and

maximize the outcome of efforts. Strategies to study better Here are some expert-backed methods to study well and maximize learning and output: Related News Baking and mental health - Heres how this cooking method can cheer your mind Baking and mental health - Here's how this cooking method can cheer your mind Video games and safety How virtual gaming causes physical injuries tips to prevent damage Video games and safety: How virtual gaming causes physical injuries; tips to prevent damage Space it out: Studying for long,

uninterrupted hours may not always be the most effective way to study. This can not only hurt motivation and concentration, but can also affect the absorption and retention of new information. Assess yourself well: When studying, treat yourself how your examiners will treat you. There could not be a better critique of you than yourself. Therefore, it's recommended to not go easy on yourself. Opt for flashcards, take quizzes, and carry out strict assessment methods to test your knowledge. Keep the electronics away: From receiving constant notifications to interrupting calls, digital devices can pose a major disruption to the process of studying. Apart from being disturbing to self, it can also distract the class. Furthermore, it prevents deeper engagement with the study material. Therefore, it is recommended to keep the electronics away to facilitate better learning. Customize your routine accordingly: You and your body know what is best for you. When it comes to studying, individual comfort, peace of mind, and convenience are as important as any other factor. Therefore, observe, experiment, and execute strategies that you think will work best for you. Do not forget to stay full, well-rested, and active: Eating right, resting well, and staying active can do wonders for your physical and mental health. A healthy brain and body can work together in harmony to produce excellent results. Therefore, despite the strict schedule, eat a healthy and balanced diet, exercise even if it's just for 5-15 minutes, and get at least 6-8 hours of uninterrupted sleep.

High cholesterol: Experts explain how e-cigarettes affect bad lipids

Talk of high cholesterol and one lands on the conclusion that this condition is majorly triggered by excess consumption of saturated and trans fats along with unhealthy habits like alcohol and tobacco smoking. Cholesterol or blood lipids is a waxy substance found in the blood that supports the formation of healthy cells and their membranes – high-density lipoprotein (HDL) and low-density lipoprotein (LDL) are of good and bad types. While good cholesterol is linked to a healthier heart, bad cholesterol is associated with a heightened risk of cardiovascular crisis – bad cholesterol can result in the accumulation of fats in the arteries that may over time result in a stroke or heart attack. It is a known fact that cigarette smoking is associated with high cholesterol, not many are aware of how e-cigarettes or vaping can affect lipids. There are many who think that e-cigarettes are safer and end up vaping guilt-free day in and day out. However, according to the American Heart Association, the synthetic alternative of regular cigarettes is 'just as dangerous, or even worse. E-cigarettes and bad lipids: The link explained As per a study published in the journal Circulation, vaping was found to have bad cholesterol levels just as much as regular smoking – vaping can adversely affect glucose and triglyceride levels. In a study involving 476 adults with a few of them using the vape, it was discovered that the e-cigarette group has high levels of bad cholesterol. Bad cholesterol is linked with a heightened risk of stroke and heart disease – and the one way to mitigate the risks is by increasing good cholesterol levels. The study's author explained that people believe vaping instead of cigarette smoking can have a positive effect on heart health – yet, smoking an e-cigarette can also make lipids go haywire. Earlier, research published in the Circulation journal revealed that smoking alternatives can hamper blood flow to the heart. Involving 19 smokers aged 24 to 32, experts determined that blood flow to the heart dipped after inhalation at rest and after checking handgrip stress. Experts believe that one of the best things to do in this case is to give counseling to patients on the use of nicotine products to make them reconsider the idea of using a vape is in order – especially for those that are at risk of heart disease.



Keep the electronics away: From receiving constant notifications to interrupting calls, digital devices can pose a major disruption to the process of studying. Apart from being disturbing to self, it can also distract the class. Furthermore, it prevents deeper engagement with the study material. Therefore, it is recommended to keep the electronics away to facilitate better learning.



Holistic healthcare experts, nutritionists, and dieticians often talk about which foods to eat and avoid on a regular basis – yet, rarely do they talk about which foods to eat on a daily basis. Like processed, sugary foods and drinks should abstain from daily consumption, there is a group of healthy foods that should be an important part of the daily diet – and it is a staple in India. Keep reading to know more. Experts say that eating beans every day is one of the best things one can do in the diet. These protein-rich bites are a dietary staple across countries and cultures, and some of the regions where the world's healthiest people have beans as an essential part of their meals. These people are known to have a lower risk of inflammation and diseases and a low incidence of obesity as well. But what do beans owe their health benefits to? Why are beans considered one of the healthiest foods? The Blue Zone Diet, followed by the world's longest-living people, is linked to longevity and healthy life. The disease burden in these parts of the world is extremely low and people here are believed to live to be 100 and even beyond. And talk of the Blue Zone Diet, the only common variable across is regular intake of legumes and beans. On the nutrition front, beans include the following in abundance: Proteins Antioxidants Fibre Folate

These plant-based sources of protein, according to a report published in Nutrients, are the key to fighting weight gain, heart disease, inflammation, and maintaining the gut microbiome. Another report from the American Diabetes Association revealed that including more beans in the diet along with fruits and vegetables could be the key to fighting heart diseases, high blood pressure, and diabetes. A word of caution Eating beans does not have any real health dangers; yet, one needs to know which version of beans to opt for – for instance, canned beans have too much sodium which can backfire on patients with high BP. Instead, try to soak beans in water and then cook with onions, tomatoes, and spices. Some people, however, struggle with gas and bloating upon intake of beams – for them, it is recommended to enjoy beans in limited quantities to mitigate the risk of digestive distress. If you are not accustomed to eating beans regularly, ease them into your diet – start with smaller portions. The final verdict Beans are undoubtedly one of the healthiest foods on the planet that benefit heart health, support weight management, and gut microbiome as well. Soak them, boil them and enjoy with rice, chapatti, omelette or have it as is – in any case, including beans in daily diet can benefit overall health in the long run. Disclaimer: Tips and suggestions mentioned in the article are for general information purposes only and should not be construed as professional medical advice. Always consult your pet's veterinary expert before beginning any treatment or arriving at a diagnosis.

A must-have food group for your daily diet: Study says don't bin the beans

These plant-based sources of protein, according to a report published in Nutrients, are the key to fighting weight gain, heart disease, inflammation, and maintaining the gut microbiome. Another report from the American Diabetes Association revealed that including more beans in the diet along with fruits and vegetables could be the key to fighting heart diseases, high blood pressure, and diabetes.

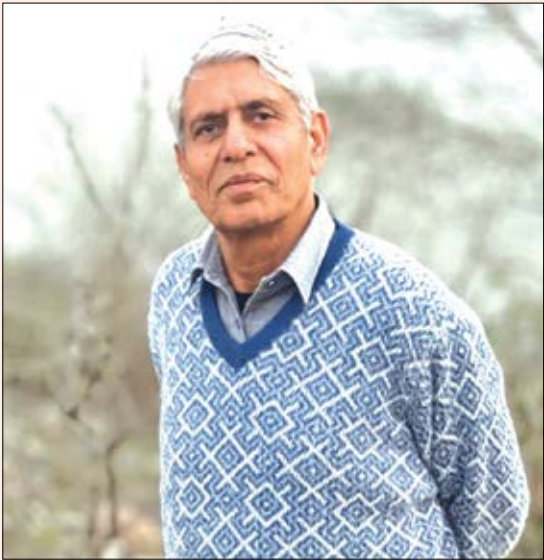
Bhat Seeks Urgent Action to Resolve Essential Service Disruptions in Bandipora

BANDIPORA: MLA Bandipora Nizamuddin Bhat has urged essential service departments, including the Power Development Department (PDD), Public Health Engineering (PHE) and Health Department to prioritize public welfare and ensure the uninterrupted delivery of critical services during the ongoing harsh winter season. Expressing concern over the mounting hardships faced by residents, Bhat underlined the urgent need to maintain the minimum required levels of electricity and water supply to mitigate public distress. Bhat highlighted several grievances, including the non-functional state of most streetlights in Bandipora town which he described as a major inconvenience for residents. He also criticized delays in the disbursement of PMAY

Urban bills and inefficiencies in updating ration cards across the constituency, urging immediate action to address these issues. Focusing on electricity-related problems, Bhat noted that two localities in Naidkhai, Bandipora, have been without power for weeks due to delays in replacing damaged transformers. He stressed the urgent need for upgrading and creating new substations in Naidkhai Block to improve power distribution. He also expressed disappointment over the erratic electricity supply in the Arin Block and the unresolved power issues affecting the health center in Dardpora, despite repeated discussions during review meetings. Bhat further noted widespread complaints regarding

unnecessary power cuts across the constituency, calling for a thorough review of power management practices. Turning to water supply issues, Bhat condemned the negligence that has caused severe disruptions. He cited the delayed repairs on the Zangair Canal which have left many villages without adequate water supply. Additionally, he highlighted a recent contamination incident in Aloosa, where a decaying wild animal in the water source posed serious health risks. Bhat stressed the need for immediate upgrading of the aging Aloosa water supply scheme and highlighted the deteriorating condition of its existing service reservoir and pipe network under the Jal Jeevan Mission.

Bhat criticized the lack of accountability from the concerned departments, demanding explanations for their lapses. He urged the Deputy Commissioner Bandipora to take swift action to address these pressing issues. Despite multiple review meetings and assurances from officials, the disruptions in essential services continue to cause immense inconvenience to the public, he said. MLA Bhat warned that persistent negligence could lead to widespread distress among residents and damage the administration's reputation. He called for immediate and effective measures to restore public confidence and ensure the smooth functioning of essential services during this challenging winter season.



LG Sinha, CM Omar, Dy CM extends greetings on Lohri, Makar Sankranti

SRINAGAR: Lieutenant Governor Manoj Sinha has extended his heartiest greetings to the people on the occasion of the festivals of Lohri and Makar Sankranti, which fall on January 13th and January 14th, respectively. In his message, the Lieutenant Governor has said: "On the joyous occasion of Lohri and Makar Sankranti, I extend my greetings and felicitations to all and wish them health, happiness and prosperity. These traditional festivals, celebrated with great enthusiasm and rejoicing, provide us a pious occasion to

salute the indomitable spirit of our hardworking farmers and to recognize their invaluable contribution to J&K's growth. May these festivals bring prosperity and joy to all". Chief Minister Omar Abdullah has extended warm greetings to the people on the auspicious occasions of Lohri and Makar Sankranti, wishing joy, peace and prosperity to all celebrating these festivals. In his message, the Chief Minister emphasized the spirit of togetherness and happiness that festivals like Lohri bring, allowing people to come together and share moments of joy amidst their

busy lives. He expressed hope that these celebrations would usher in an era of peace, harmony and prosperity for the region. "Lohri holds a special significance, symbolizing the vibrant culture and traditions of our land. May these celebrations strengthen bonds and spread warmth and happiness among everyone," the Chief Minister said. Chief Minister Omar Abdullah conveyed his best wishes to all communities observing these festivals and prayed for a bright and prosperous future for the people of Jammu and Kashmir.

Deputy Chief Minister, Surinder Choudhary, today extended greetings to people of Jammu and Kashmir on the auspicious occasion of Lohri and Makar Sankranti. In a felicitous message, the Dy CM maintained that the festivals are a tribute to the bounties of nature ushering a change in the weather, moving towards spring. While hoping that these festivals will usher an era of peace and prosperity in Jammu and Kashmir, Dy CM urged upon the people to consign to fire the hatred and work collectively for making our nation strong and prosperous.

Satish Sharma calls on Union Minister Mansukh Mandaviya

Discusses initiatives to make J&K as sports hub

NEW DELHI: Minister for FCS & CA, Transport, Youth Services and Sports, Information Technology Science and Technology, ARI & Trainings, Satish Sharma, called on Union Minister for Youth Affairs and Sports, Dr. Mansukh Mandaviya, in New Delhi and discussed issues related to overall development of J&K, especially Youth Services and Sports. The Minister expressed heartfelt gratitude and admiration for the remarkable initiatives undertaken by the Ministry of Youth Affairs and Sports. GoI. Satish Sharma said that proactive efforts, unwavering commitment and consistent support being extended by the Ministry to Jammu and Kashmir has significantly bolstered the sports ecosystem in the region.

The Minister asserted that events/initiatives under various flagship programs like Khelo India have played a pivotal role in identifying and

nurturing young talent. Besides, the projects to upgrade sports infrastructure have brought new hope and enthusiasm to the youth of J&K. Satish Sharma, further added that, Jammu and Kashmir with its unique geographical and cultural diversity, has immense talent across various sports disciplines. There is a significant sports potential and aspirations of youth of the region to excel in sports, which require enhanced infrastructure and focused developmental initiatives. He emphasised the pressing need for state-of-the-art sports infrastructure and implementation of central schemes to nurture the talent effectively. The Minister urged for establishing Khelo India centres and infrastructure support in the rural/border areas of J&K, SAI centres focussing on handball in Border/rural areas like Akhnoor, Rajouri, Poonch, Kupwara,

promotion of adventure and winter sports across the famous destinations to utilise J&K's unique geography, augmentation of facilities at Gulmarg and other potential hubs like Sonamarg, Pahalgam and snowfall bound parts of Jammu province for winter sports to attract national and international events. Satish Sharma also bought attention of Union Minister towards some important measures like high performance coaches to support football, wrestling, table tennis, water sports, hockey, implementation of scheme as given to north east for equipment under peace and development initiative, special focus on talent identification by conducting Khelo India Talent Identification Camps in remote areas to ensure inclusivity and tap into untapped potential, introducing skill development programs for coaches.

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Z-Morh Tunnel

Addressing the growing concerns over the proposed stopover for the Delhi-Kashmir train at Katra, the CM said if it is necessary for security then I don't think anyone should object to it. Because the people who are travelling in the train, they will also want that there is no accident or attack, that there is no danger to their lives. And we also want that there is no danger to the train."

He hoped that the Railway authorities will take a decision with which passengers will be least affected.

Defence minister,

The J-K culture department will present cultural performances reflecting the region's rich heritage, he said.

As a special gesture, mobility equipment like motorised wheelchairs, e-scooters, and autorickshaws will also be distributed to the veterans, he added.

The event reflects the army's respect and unwavering commitment to care for the war widows and veterans who served the nation with pride and dedication, the spokesman said.

Sonamarg to be

"I will try my best to ensure that in the next 5-years Sonamarg also becomes like Gulmarg and becomes another winter sports destination," he said. Terming tourism the 'backbone' of J&K's economy, he said more tourists mean more earning for people. "Today I am here to record a programme so that it helps in the promotion of this famous tourist destination," he said.

About Prime Minister Narendra Modi's tomorrow visit, the chief minister Omar Abdullah said that all arrangement have been put in place in connection with PM Modi's Kashmir visit.

Prime Minister Narendra Modi will visit Sonamarg in central Kashmir's Ganderbal tomorrow to inaugurate the 6.5 km long Z-Morh tunnel.

Ganderbal residents hope

"Sonamarg will now be famous not only in the country but around the world. I think foreigners will like this place," he said.

Highlighting the strategic importance, Shera said the tunnel will also benefit armed forces.

"There should be facilities for the soldiers who to defend the country at the borders. The tunnel would facilitate the soldiers in terms of better connectivity," he added.

The Z-Morh tunnel has reduced travel time between Srinagar and Sonamarg allowing vehicles to travel at speeds of up to 70 kilometer per hour compared to the earlier 30 kilometer per hour on the winding roads. The tunnel has a capacity of handling 1000 vehicles per hour.

The project will be inaugurated by Prime Minister Narendra Modi on Monday, his first visit to the union territory after the assembly polls.

A local, Shabir Ahmad, said the tunnel ensures year-round accessibility to Sonamarg.

"We are happy that now tourists can come to Sonamarg throughout the year. Earlier the region remained cut off for four months due to snow. Now, not just Sonamarg but areas like Drass and Kargil will remain connected," he said.

"People in this area are poor but this tunnel will provide year-round livelihood opportunities now," he added.

Echoing the sentiment, a tourist guide Fayaz Ahmad Sheikh said the opening of the tunnel will help in addressing the problem of unemployment in the area.

He said that he has been working as a tourist guide here for the past several years. However, the

tourist season was limited to only six months due to road closures caused by snowfall.

Sheikh said the tunnel will bring tourists all year, providing better facilities and more income opportunities for locals.

A group of tourists from Nagpur, who had managed to visit Gagangir on Saturday, lauded the project calling it a great move.

"We are amazed to see that such a beautiful place is in India itself. We have been able to reach here because of this tunnel, otherwise we would have missed this beautiful view," they said.

"A lot of people are already visiting Kashmir but we will recommend all our friends and family to visit this place at least once," they added.

The work on the Z-Morh tunnel began in May 2015. It took almost a decade to complete the works as the Infrastructure Leasing & Financial Services (IL&FS), the initial concessionaire for executing the project, stopped work in 2018 due to financial stress.

The project was retendered in 2019 and awarded to APCO Infratech in January 2020, which had emerged as the lowest bidder.

The foundation stone for the Rs 2,716.90 crore project was laid in October 2012 by C P Joshi, then Minister for Surface Transport during the UPA II government, in the presence of his then cabinet colleague Farooq Abdullah, then Jammu and Kashmir chief minister Omar Abdullah and Congress MP Rahul Gandhi.

The tunnel was initially expected to be completed by 2016-2017.

Over 100 bank

illicit activities, have been attached under the applicable legal framework," police said.

This action has been set into motion under Section 68F(2) of the NDPS Act, the statement said.

"J&K Police remains steadfast in its commitment to combating the menace of drug abuse and trafficking. Police urges the public to join hands in this fight by providing any information related to drug peddling or drug abuse. Members of the public are requested to contact their nearest police station or dial 112 to report drugs related suspicious activities," police said.

Search ops

the area, while police parties have also joined the search operation.

Three heavily armed terrorists of Pakistan-based Jaish-e-Mohammad (JeM) were eliminated in a two-day-long operation in the Akhnoor sector on October 28 and 29 last year.

India's young

Their ideas will be part of the country's policies and give it direction, he said.

Achieving ambitious goals requires the active participation and collective effort of every citizen of the nation, he added.

The prime minister cited the rise of the USA following its economic crisis in the 1930s and Singapore's rise from a backward region lacking basic facilities to a major economic power to stress the need for setting big goals and sincerely working towards them.

He noted how India became an open defecation-free country, manufactured Covid vaccines and inoculated its population against the virus.

Asserting that the 25 years till 2047 are India's golden period (Amrit Kaal), Modi said he has full confidence that the young population will realise the dream of 'Viksit Bharat'.

This is the time for a quantum jump, he said. The country also hopes to host the Olympics in

the next decade and is working towards it with full dedication, he added.

Swami Vivekananda had a lot of faith in the young generation and said the youth will find solutions to all problems, Modi said. He added that he has absolute faith, "blind faith" in his words.

The event was held on the occasion of Swami Vivekananda's birth anniversary, which is observed as the National Youth Festival.

Stressing the role of high growth in India's development, Modi recounted how the country's capacity and budget in different fields have risen with the growth of its economy.

The budget for infrastructure has grown six times in 10 years, he said.

Asserting that the Indian economy is on its way to becoming the third biggest in the world, the prime minister said it will cross USD 10 trillion by the next decade.

Republic Day 2025:

We deeply value this relationship and are committed to enhancing it across various sectors," said the President as per the Cabinet Secretariat of Indonesia.

In October last year, Indonesia's former defence minister, Prabowo Subianto took oath as the eighth President of Indonesia along with Gibran Rakabuming, son of former President Joko Widodo who was elected Vice President of the country.

During his swearing-in ceremony, India was represented by Minister of State for External Affairs Pabitra Margherita.

Earlier, Subianto had visited New Delhi during his role as the Defence Minister of Indonesia in 2020.

According to the Embassy of India in Indonesia, he was the first Minister of any country that was received in India during the COVID pandemic. During his visit, Prabowo met with the Defence Minister and National Security Advisor and held extensive talks on various bilateral issues.

Earlier, Pakistani media outlets had claimed that the Indonesian President would also pay a visit to Pakistan however there has been no confirmation on this.

In December last year, Radio Pakistan reported that Pak PM Shehbaz Sharif had extended an invitation to the Indonesian President to "visit Pakistan at his early convenience", on the sidelines of the D-8 (Developing 8) Summit in Cairo. Radio Pakistan said, "The Indonesian President graciously accepted the invitation".

India and Indonesia share cordial and friendly ties. The first Republic Day Parade was held on 26 January 1950, during which the President of Indonesia Sukarno was the chief guest.

Notably, former Indonesian President Joko Widodo graced the Republic Day celebrations in 2018 along with other leaders from ASEAN.

J-K higher reaches

From January 20-21 the weather conditions will likely remain cloudy with light snow at isolated places.

The official advised tourists, travelers and transporters to follow advisories from administration and traffic department.

Equitable, holistic

other dignitaries were also present on the occasion. While referring to the people centric initiatives been undertaken, the Deputy Chief Minister said that we are ensuring development on equitable basis without any preferential basis.

"Instructions have already been passed to speed up the developmental initiatives across Jammu and Kashmir. Regular monitoring is also being done so that the pace of work is speeded up on these," he added

While speaking on the occasion, the members of the Jatt Sabha expressed their gratitude to the Chief Minister for giving representation to their community.

Later, the Deputy Chief Minister also participated in a function organised by Jatt Sabha in connection with the Lohri celebrations.

While interacting with people there, he exuded hope that lohri would usher peace and prosperity in Jammu and Kashmir.

Pregnant Woman's

investigation could not substantiate the allegations

of her husband and instead, we found him to be involved in an extramarital affair," said Station House Officer Aishmuqam Police Station Syed Showket Bukhari, who utilised in this case his previous investigative skills in cracking a similar blind murder case of Srinagar's Nowgam in 2018.

After committing the murder, Khan filed the complaint at the concerned Police Station two days later claiming her wife was missing and had not returned home since visiting Kashmir's revered Ziyarat (shrine) adjacent to their village in Aishmuqam on Srinagar-Pahalgam road on October 4.

"But the technical evidence showed the phone was operating in Pahalgam area during daytime and Hapatnar village at night on October 4. Also, she was expecting a mother and the allegation of running away was out of the question. It raised our suspicion and we followed it with further technical investigation and questioning of some family members," he added.

The breakthrough, according to Bukhari, came in the first week of January when the husband confessed to the crime along with his mother Noor Hassan and his first wife (name withheld) who were present at the spot of the crime attested to it, said another investigating officer.

"The murder occurred in the presence of Khan's

first wife who was living separately on the ground floor while the deceased was on the first floor of the house. But the first wife remained tightlipped out of fear. Now, she is cooperating in the case," he said.

The painstaking and intensive investigations spanning over three months threw horrific details ranging from burning the body to grinding the bones with stones to wipe out evidence. The body, according to the police officer, was dumped inside the home but was buried in the lawn under the cover of night on October 5-6 2024.

But the foul smell emanating from the lawn prompted them (Khan and his mother) to exhume the body after over three weeks and put it in a freshly dug-out pit inside the cowshed and burn it, he added.

"The accused mother-in-law ground the skull and bones with stones, turned them into powder and discarded it in the vegetable garden to destroy the evidence," said Bukhari, whose team is readying a watertight case against both the accused for a maximum sentence.

"We have secured some crucial evidence including pieces of broken bones, hair of the deceased, some charcoal pieces, mobile phone of the deceased and one tin sheet used to protect the cowshed from catching fire." (Courtesy: ETV Bharat)

مدیریت دارالعلوم رجمیہ بانڈی 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 زیر تعمیر ”مدرسۃ البنات“ کی پہلی عمارت کی آخری منزل مکمل ہونے جا رہی ہے۔ اب اس میں اہم مرحلہ چھت کے بنانے کا ہے۔ انجینئرز حضرت کے تخمینہ کے مطابق چھت میں تقریباً 33 ٹن لوہا لگے گا۔ اس کا لیبر اور میٹرل مکمل مل کر خرچ تقریباً 40 لاکھ روپہ بنتا ہے۔ چھت پر لگنے والے ٹین کے شیٹ کام رحلہ اس کے بعد ہے جس میں الگ سے تقریباً 10 لاکھ روپہ لگنے کا تخمینہ ہے۔

عمارت کی چھت کی حیثیت سرپش کی ہوتی ہے جو سارے کام کی ستر پوشی اور سایہ کرتا ہے۔ لہذا انجینئرز اور مستورات کے اس ادارے کی سرپش اور سایہ کا انتظام کرنا اللہ تعالیٰ کی جانب سے رحمت اور سایہ نصیب ہونے کا ذریعہ بنے گا۔ ان شاء اللہ تعالیٰ۔ اس کا رنجیر میں حصہ لینے کے لئے مدرسۃ البنات کا یادداشت نمبر متعین کیا گیا ہے:

Account Number	072701010000200
Title of account	Madrasa Tul Banat Darul Uloom Raheemiyah
Branch	JK Bank Branch Nishat Park Bandipora Kashmir
IFSC Code	JAKA0NIPARK

اس سے قبل بھی اس تعمیر میں بہت سے خوش نصیب حضرات نے کمرے بنا کر یا ان کا حصہ لیکر صدقہ جاریہ رکھنے کے لئے اپنا حصہ ادا فرمایا۔ اب پھر اللہ پاک نے یہ موقع عطا فرمایا کہ شوق رکھنے والے 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 ترغیب دیں تاکہ وہ بھی اپنا حصہ اس کا رنجیر میں لگائیں کیونکہ یہ مدرسہ مستورات کے لئے مخصوص ہے۔ ایک کمرے کی لاگت ساڑھے پانچ لاکھ روپے ہے یقینی توفیق ہو کر دس میں یا چھت میں حصہ لیں۔ اللہ قبول فرمائے۔

ام گم گزارش یہ ہے کہ بیک کھانہ میں رقم ڈالنے کے بعد فون نمبر 9419089250 یا 88991101091 پر سرکسز ثاٹ ڈال دیں یا وائسپاٹ میج کے ذریعہ یا فون پر اطلاع کریں نیز اپنا نام اور ایڈریس روانہ کریں تاکہ رسید بھیجے جس میں سہولت ہو کیونکہ اب یہ تفصیلات بک سے دستیاب نہیں ہوتیں۔

محمد رحمت اللہ کشمیری
نظم دارالعلوم رجمیہ بانڈی پورہ شیر

IPL begins March 21 weekend; WPL to start from February 7

The 2025 IPL is set to start on March 21, with Eden Gardens hosting both the tournament opener as well as the final on May 25. It is also understood that the 2025 WPL will be held between February 7 and March 2.

Ahead of the mega auction in November, the IPL, in an unprecedented move, had shared with the franchises the windows for the next three seasons (2025-27). For 2025, the window was earmarked between March 15 and May 25. However, with the 2025 Champions Trophy final scheduled for March 9, the IPL has decided to keep close to a two-week gap between the tournaments, in March 21 as the start date. The full IPL schedule is expected to be out later this month.

As has generally been the case, the home venue of the defending champions will host the opener and final, which this time will be Eden Gardens, home base of Kolkata Knight Riders who won the 2024 IPL. While Eden Gardens will also host Qualifier 2, the first two matches in the playoffs - Qualifier 1 and Eliminator - will be played in Hyderabad.

The 2025 season will comprise 74 matches, the same as the last three seasons. That number, though, is ten less than the 84 matches listed by the IPL in 2022 when the media rights for the 2023-27 cycle were sold. In the tender document for the new rights cycle, the IPL had listed a varying number of matches per season: ranging from 74 games each in 2023 and 2024, 84 matches each in 2025 and 2026, and a maximum of 94 games for the final year of the deal in 2027.

Four venues shortlisted for WPL



The BCCI has also decided to add two new venues for the WPL. Along with Mumbai and Bangalore, the WPL will also be played in Baroda and Lucknow this year. The exact number of matches at each venue is not known as the WPL schedule is not yet out.

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Punjab Kings announce Shreyas Iyer as skipper for 2025 IPL

India top-order batter Shreyas Iyer was on Sunday announced skipper of Indian Premier League side Punjab Kings ahead of the new season beginning in March.

The right-hander, who captained Kolkata Knight Riders during their title-winning campaign in 2024, was roped in by PBKS for a massive Rs 26.75 crore, making him the second-most expensive player during the IPL auction held in November last year.

Iyer will reunite with head coach Ricky Ponting, with whom he shared a successful stint at Delhi Capitals, guiding the team to the 2020 IPL final.

"I am honoured that the team has reposed its faith in me. I am looking forward to working again with coach Ponting. The team looks strong, with a great mix of potential and proven performers. I hope to repay the faith shown by the management to deliver our maiden title," said Iyer in a statement.

The 2024 season has been a memorable one for Iyer, not only did he win the IPL with KKR, he also led Mumbai to their second Syed Mushtaq Ali trophy.

He was also part of the Mumbai team that won the Ranji and Irani trophy.

Ponting hoped under Iyer's captaincy PBKS will be able to go the distance in the upcoming edition of the IPL. PBKS (formerly Kings XI Punjab) have never won an IPL title so far.

"Shreyas has a great mind for the game. His proven capabilities as captain will enable the team to deliver. I have enjoyed my time with Iyer in the past in IPL, and I look forward to working with him again.

"With his leadership and the talent in the squad, I am excited about the seasons ahead," said Ponting.

PBKS CEO Satish Menon said the partnership between Iyer and Ponting bodes well for the franchise.



Khyber Cement Ka Zarra Zarra Dil Se Bana Hai

