

Kashmir Convener



Delhi 'shining' like Paris: Rahul's dig at Arvind Kejriwal while highlights garbage, stench in Rithala

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Rahul Triggers Row With 'Fighting Indian State' Remark, BJP Says He Has Exposed Cong's 'Ugly Truth'

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Peaceful elections, yatra indicate stability in J&K: Army Chief Dwivedi

Sajid Raina

SRINAGAR: Indian Army Chief General Upendra Dwivedi on Wednesday said the decline in violence in Jammu and Kashmir, proven by the peaceful completion of the Assembly and Lok Sabha elections and the Amarnath Yatra, indicates an improvement in the union territory's overall security situation.

As per the news agency—Kashmir News Observer (KNO), addressing the nation during the 77th Army Day celebrations held in Pune, Dwivedi said J&K has witnessed a significant reduction in violence, as evidenced by the peaceful conduct of Assembly and Lok Sabha elections as well as the Amarnath Yatra.

He said the security situation in Jammu



and Kashmir has improved due to the continuous efforts of the security forces.

"The peaceful completion of key events, including the elections and the religious

pilgrimage, was a clear indicator of the positive changes taking place," he said,

The peaceful completion of key events, including the elections and the religious pilgrimage, was a clear indicator of the positive changes taking place," he said,

adding that in the hinterland of Jammu and Kashmir, the continued stringent efforts of the security forces have resulted in a considerable reduction in violence.

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No One Dares To Do Mischief During Krishna Janmashtami Procession In Kashmir Now: Shah



KC NEWS NETWORK

AHMEDABAD: Asserting that the situation in Jammu and Kashmir has improved after the abrogation of Article

370, Union Home Minister Amit Shah on Wednesday said no one now dares to do any mischief when the Krishna Janmashtami

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CM Omar Stresses On Planned Development



KC NEWS NETWORK

JAMMU: Chief Minister Omar Abdullah today chaired a series of meetings to review and discuss implementation of proposed urban planning schemes and policies aimed at transforming the urban landscape of Jammu and Kashmir to bring about planned development in urban areas.

During the meeting, the Chief Minister was briefed on the Land Pooling Policy, including its background, guiding principles, and objectives. Under the land pooling policy, developers or private land owners shall come together to pool their land and obtain authorization for development.

While authorizing development, the concerned urban governance agencies shall keep sufficient land for development of

infrastructure, wide roads, parks, open spaces and other amenities and the remaining land would be returned to the landowners which they would share proportionately among themselves.

The benefits of land pooling for various stakeholders would be that the value of land increases for the landowners and better infrastructure gets created as compared to the irregular land plots pooled by the landowners developing that land parcel.

This would help in creation of infrastructure as a sustainable alternative to conventional land acquisition methods. The scheme is aimed to be a win-win situation for both the government and various stakeholders, including individual landowners and real estate developers.

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CS sets deadline for Municipalities to prepare Waste Management Action Plans

KC NEWS NETWORK

JAMMU: Chief Secretary, Atal Dulloo, today held a meeting of Housing & Urban Development Department (H&UDD) to take stock of measures being taken up to build the capacity of Municipal Corporations including different ULBs of J&K in processing of solid and liquid waste on scientific lines.

Present in the meeting included Principal Secretary, Finance, Chairman, Pollution Control Committee (PCC), Commissioner Secretary, H&UDD, Commissioner, SMC/JMC, Director ULBs Jammu/ Kashmir and other concerned officers.

During the meeting, the Chief Secretary impressed upon the concerned to come up with comprehensive and component wise waste management plans for both the Municipal Corporations and other municipalities of J&K. He directed the Municipal

Commissioners of SMC and JMC to formulate scientific plans for both

Compost Unit/Bio-CNG plants for liquid waste and dumping sites for



the cities for treating the solid and liquid waste generated daily by the households. He enjoined upon them to keep the future projections in view in terms of both population and waste generation.

Dulloo further advised them to make simultaneous plans for treatment of legacy waste in order to clear the sites of this untreated garbage. He asked them to identify the feasible locations for establishment of Material Recovery Facilities (MRF) for solid waste,

inert waste.

He observed that management of waste is of utmost priority for both health and environmental concerns associated with it. He said that this task requires all seriousness and dedication on part of the Department to fully rid our cities and towns of the untreated waste and garbage.

He enjoined upon the J&K PCC to be proactive in enforcement of environmental

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RSC Gives Green Signal To Train Ops On Katra-Reasi Track

Umair Gull Ganie

SRINAGAR: The dream of connecting Kashmir to Kanyakumari through railway is becoming a reality as Commissioner of Railway Safety (CRS) has authorised the opening of the newly constructed 17 km long Katra-Reasi rail track for public carriage of goods and passenger traffic, railway officials said.

A seven-page authorisation letter by CRS Dinesh Chand Deshwal, a copy of which lies with news agency—Kashmir News Observer (KNO) give green signal for the opening of the newly constructed broad-gauge line between Katra and Reasi stations for public carriage of goods and passenger traffic.

This marks the completion of the entire Udhampur-Srinagar-Baramulla new broad-gauge rail link project in the Ferozpur division of Northern railways.

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6 Detained for Inciting Sectarian Unrest in J&K

KC NEWS NETWORK

SRINAGAR: In a significant move to curb potential sectarian unrest, Srinagar Police have detained six individuals on Wednesday for making derogatory

remarks aimed at inciting communal tensions.

The accused have been charged under sections 126 and 170 of the BNSS and are currently lodged in Srinagar's central jail.

SSP Srinagar shared an update with the Associated News Bureau reads "six miscreants have been charged under sections 126 & 170 of the BNSS and have been detained at Central Jail, Srinagar, for inciting sectarian unrest through

derogatory remarks."

The Police further added, the public is hereby warned that any individual found engaging in similar unlawful activities, including posting or sharing sectarian content with the intent to create division or disturb public harmony, will meet the same fate.

The swift and decisive action by the police has been widely appreciated across various sections of society, with numerous public figures, community

leaders, and organizations commending the authorities for their proactive approach in averting a potential crisis. "The police's timely intervention reflects their commitment to maintaining peace and harmony in the region. Such acts of communal provocation have no place in our society," said a prominent social activist.

The six individuals were charged under sections

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Ladakh, MHA talks

LAB, KDA seek separate Assembly for UT

>>> 95 % jobs for natives <<<



Mubashir Alam

SRINAGAR: The Union Home Ministry and groups spearheading agitation for safeguards in Ladakh on Wednesday almost finalized a deal on reserving jobs for natives of the Union Territory, sources disclosed.

As per the news agency—

Kashmir News Observer (KNO), the members of Leh Apex Body (LAB) and Kargil Democratic Alliance (KDA) on Wednesday met representatives of Union Home Ministry led by Joint Secretary Kashmir and Ladakh affairs, Prashant Lokhande today in New Delhi to discuss safeguards for natives of the Union Territory.

As per understanding reached between two sides, 95 percent jobs would be exclusively reserved for natives of Ladakh, while five percent jobs would be kept open for those living in Union Territory for minimum 15 years.

For this, according to sources, domicile certificate would be issued to those who are living in Ladakh for minimum 15 years.

"The domicile certificate wouldn't confer them any other right," they said.

Of 95 percent jobs for natives, 80 percent would be reserved for scheduled tribes, one percent for scheduled caste, 10 percent for economically weaker sections (EWS) and four percent for those living close

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Amid forecast of light snowfall, day temp rises in Kashmir



KC NEWS NETWORK

SRINAGAR: Amidst the forecast of light snowfall till Thursday morning, the maximum temperature has increased across Kashmir on Wednesday.

According to the news agency—Kashmir News Observer (KNO), Director MeT, Dr Mukhtar Ahmad stated that there is a possibility of light snow at isolated higher reaches during tonight and early morning tomorrow.

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Rajouri Deaths

Health Minister appeals public not to panic

● Says investigation underway to ascertain actual cause of deaths

KC NEWS NETWORK

JAMMU: Aimed to address the growing public concerns about the deaths in Budhal village of Rajouri district, Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo, today said that investigations are underway to ascertain the actual cause behind these unfortunate deaths.

While speaking on the issue, Sakeena Itoo said that the entire team of health department visited the affected village and checked more than three thousand people door-to-door. She added that the teams collected samples of all kinds like water sample, food sample and other samples and sent the same for tests.

The Minister added that all the tests have been diagnosed negative. "All the sample tests that have been taken, whether it is water, food grains, rest of the things they



The Minister further said that the health department got some samples tested outside through national institutes like ICMR, National

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Police forms SIT under SP Ops Rajouri

KC NEWS NETWORK

SRINAGAR: Jammu and Kashmir Police has constituted a Special Investigation Team of 11-members to investigate the mysteri-

ous deaths in Rajouri district in the last one-and-a-half months.

Superintendent of Police (Operations), Wajahat Hussain will head the 11-member SIT which will have other members that include deputy superintendents of Police Kandi, station house officers of police station Kandi and women's

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Rahul Triggers Row With ‘Fighting Indian State’ Remark, BJP Says He Has Exposed Cong’s ‘Ugly Truth’

NEW DELHI: Congress leader Rahul Gandhi's remarks that "we are now fighting the BJP, the RSS and the Indian state itself" triggered a row on Wednesday with the BJP claiming that the Congress' "ugly truth" has been exposed by its own leader and that his statement was straight out of "George Soros' playbook".

Addressing party leaders after the inauguration of the Congress' new headquarters at 9A, Kotla Road here, Gandhi said, "Do not think that we are fighting a fair fight. There is no fairness in this. If you believe that we are fighting a political organisation called the BJP, that we are fighting a political organisation called the RSS, you have not understood what is going on."

"The BJP and the RSS have captured every single institution of our country. We are now fighting the BJP, the RSS and the Indian state itself," he said.

BJP president JP Nadda claimed that the Congress "ugly truth" has been exposed by its own leader.

Nadda alleged on X that it is not a secret that Gandhi and his ecosystem have close links with urban Naxals and the deep state who want to "defame, demean and discredit" India.

He said Gandhi's repeated actions have

also strengthened this belief. Everything he has done or said has been in the direction of breaking India and



dividing our society, Nadda said. "Hidden no more, Congress' ugly truth now stands exposed by their own leader," Nadda said.

"I 'compliment' Mr. Rahul Gandhi for saying clearly what the nation knows- that he is fighting the Indian state!" he said.

The BJP president charged that the Congress has a history of encouraging forces that want to weaken India.

"Their greed for power meant compromising the nation's integrity and

betraying the trust of the people," Nadda said, adding, people of India are wise, and they have decided they will always reject

Gandhi and his rotten ideology. Tagging a video clip of Gandhi's remarks, Union minister and senior BJP leader Nirmala Sitharaman said, "The LoP, who was sworn in by taking oath on the Constitution, is now saying, 'We are now fighting the BJP, the RSS and the Indian State itself.' So, @INCIndia and @RahulGandhi, what for are you carrying a copy of the Constitution in your hand?"

Sharing a video clip of Gandhi's remarks, BJP IT department head Amit Malviya said,

"Rahul Gandhi has now declared an open war against the Indian State itself. This is straight out of George Soros's playbook."

In his remarks, Gandhi said, "I clearly stated that something went wrong in the Maharashtra elections. We are uncomfortable with the way the Election Commission operates. The sudden appearance of almost one crore new voters between the Lok Sabha and Vidhan Sabha elections in Maharashtra is problematic".

Gandhi said the Election Commission has to provide a voters' list with names and addresses of those who voted in the Vidhan Sabha election.

However, the commission has refused to provide this information, he said.

"Why would the Election Commission refuse to make the voters' list transparent? What purpose does it serve by not providing us with the list, and why are they withholding it? It is the Election Commission's duty to provide transparency, and it is their sacred responsibility to explain why this has happened," he said.

"This is something that every Congressman and every opposition member must keep in mind. There is a serious problem with our election system, and it is the Election Commission's duty to be transparent," he said.

Kharge condemns Bhagwat's ‘independence’ remark

NEW DELHI: Congress president Mallikarjun Kharge on Wednesday condemned RSS chief Mohan Bhagwat's remarks that India's 'true independence' was established on Ram temple consecration day, and warned that it would become difficult for him to move around in the country if he continues to make such statements.

Addressing party leaders after the inauguration of the Congress' new headquarters located at 9A, Kotla Road here, Kharge said RSS people believe that independence was achieved with Ram Temple inauguration and don't remember the independence of 1947 as they did not fight for it.

"You would know that those people who had nothing to do with independence and did not fight for it are making such statements. I read the statement by the RSS chief. He said real independence was established with the inauguration of the Ram Temple. He had inaugurated the temple along with (Prime Minister) Narendra Modi... Modi believes that independence was achieved in 2014 when he became PM," he said.

"RSS people believe that independence was established with Ram Temple inauguration. It is a matter of shame that even though we got independence in 1947 they are not acknowledging it because they did not struggle for it, go to jail, and therefore they do not remember. We remember because our people died for independence and struggled for it," he said.

Kharge condemned Bhagwat's statement and said that "it would become difficult for him to move around in the country if he keeps giving such statements".

The Congress chief's remarks come after Bhagwat said the date of Ram temple consecration in Ayodhya should be celebrated as "Pratishtha Dvadashi", as the "true independence" of Bharat, which faced "parachakra" (enemy attack) for several centuries, was established on this day.

Kharge said the Congress headquarter would become the centre of fighting forces that are working against the Constitution and democracy.

Quoting B R Ambedkar, Kharge said those who forget history cannot make history.

"So to those people who forget the work done



party's new headquarters 'Indira Bhawan' has been built on the foundation of Democracy, Nationalism, Secularism, Inclusive Development and Social Justice.

"Symbolising the 140-year-old glorious history of the Indian National Congress, the walls here narrate the great saga of truth, non-violence, sacrifice, struggle and patriotism," he said.

Kharge, former party chief Rahul Gandhi, Congress general secretaries Priyanka Gandhi Vadra, Jairam Ramesh, K C Venugopal, among other senior party leaders, were present on the occasion.

The event saw party leaders hoist the party flag at the new headquarters and the singing of Vande Matram and the national anthem.

Sonia Gandhi then inaugurated the building, asking Kharge to join her in cutting the ribbon at the entry of the building.

The new state-of-the-art AICC headquarters — Indira Gandhi Bhawan — symbolises the Congress party's continuing mission to uphold the vision of its stalwarts, the party had earlier said.

India-Bangladesh border talks to begin Feb 16; fencing, infiltration top agenda

NEW DELHI: The twice postponed Director General (DG) level border talks between India and Bangladesh are now expected to be held here from February 16 with the issue of fencing and rise in infiltration attempts post the regime change in that country being a major subject of discussion, official sources said Wednesday.

A delegation of the Border Guard Bangladesh is scheduled to hold discussions with their counterparts Border Security Force (BSF) between February 16 and



19 as part of the 55th edition of these bi-annual talks. This will be the first top-level discussion between the two forces post the fall of the Sheikh Hasina government on August 5, 2024.

The engagements of the two sides are being worked upon, official sources told PTI.

The dates for these talks were twice postponed last year, they said.

The issues related to objections raised by Bangladesh over the construction of "agreed upon" single-row fence at about 92 identified patches covering about 95.8 km of the overall 4,096 km international border between the two neighbours is expected to be taken up during this meeting with "prominence", the sources said.

The joint record of discussions called JRD, that is signed by the chiefs of the BSF and the BGB at the end of these talks, will be framed on the basis of these discussions, they said.

Govt Disbands CRPF's Parliament Security Unit, Merges It With VIP Unit

NEW DELHI: A special unit of the CRPF that was withdrawn from the security of Parliament last year has been finally disbanded and merged with the VIP security wing of the force that has been recently provided a new battalion comprising over 1,000 personnel, official sources said on Wednesday.

The Ministry of Home Affairs (MHA) issued an order on Tuesday "changing the nomenclature" of about 1,400 personnel strength Parliament Duty Group (PDG) to VIP Security Group (VSG) under the CRPF.

This came after the ministry early this month ordered transferring of the forces' battalion number 190, located in Jharkhand's Chatra district, to the VIP security unit of the force.

The battalion, with a strength of over 1,000 personnel, was deployed for undertaking anti-Naxal operations in Jharkhand.

The Central Reserve Police Group (CRPF) VIP security wing is presently providing protection to more than 200 people, including Union Home Minister Amit Shah and the Gandhi family of the Congress comprising Sonia Gandhi, Rahul Gandhi and Priyanka Gandhi Vadra among others.

"The task of the VIP security wing is expanding every day. With a new battalion and the PDG, its strength has gone up to more than 8,000 personnel," a senior CRPF officer told PTI.

The PDG was withdrawn from the Parliament House in May last year after the job was handed over to the CISF. It was informally linked with the VIP security wing



since its removal from Parliament, but its manpower will be utilised for the protection of high-risk dignitaries after the formal order received on Tuesday.

"The force rendered its duty with absolute dedication and without any error at Parliament, but it still bore the brunt of the major security breach that took place in 2023. It was an unfortunate exit for the CRPF from this iconic duty theatre," a senior officer of the PDG said.

On December 13, 2023 — the anniversary of the 2001 Parliament terror attack — two persons jumped into the Lok Sabha chamber from the public gallery during Zero Hour, released yellow smoke from canisters and shouted slogans before being overpowered by the MPs.

UPSC cheating case: SC protects Puja Khedkar from arrest till Feb 14

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Maha Kumbh | Devotees Brave Biting Cold To Take Holy Dip In Sangam

MAHAKUMBH NAGAR (UP): Braving the biting cold, devotees brimming with energy and enthusiasm converged at the Triveni Sangam to take a holy dip at the Maha Kumbh on Wednesday.

Chants of 'Har Har Mahadev', 'Jai Shri Ram' and 'Jai Ganga Maiyya' were heard as the devotees took a dip in the bone-chilling water.

"It was for the first time that I took a dip in Sangam. After taking the dip, I really felt refreshed," said Nibar Chaudhary, a resident of Uttar Pradesh's Basti district.

The 62-year-old was escorted by two persons, as he walked towards the Sangam area to take a dip.

Shivram Verma, who accompanied Chaudhary, said that his experience was good, adding the administration here has made proper arrangements for the devotees.

Lucknow resident Nancy, who came here for the first time, echoed similar sentiments.

"My experience at the Maha Kumbh has been good so far," she said.

Abhishek, a resident of neighbouring Fatehpur district, said the "overall experience was good" and added that



he "did not face any problems". Vijay Katheria, a resident of Kanpur, lauded the security arrangements made at the Maha Kumbh.

"My experience was good. Proper safety arrangements were made for the devotees and adequate police force was maintained from the security point of view," he said.

Despite Wednesday being a non-major bathing day, the religious from across the

country and abroad gathered here in large numbers to attend the Maha Kumbh Mela taking place in the vicinity of Sangam — the confluence of rivers Ganga, Yamuna and the mythical Saraswati.

Kaushambi resident Mahesh Pasi, who took the holy dip along with his brother Naresh and other family members, said that his family decided to come here after 'Makar Sankranti' due

to the cold weather.

"Initially, the children in our family wanted to take a dip at the Sangam on 'Paush Purnima' and Makar Sankranti, but the elders suggested that staying there under the prevailing cold weather may result in children falling ill and the massive turnout of people will also result in family members getting separated from one another. So, it was decided that we will come a day after Makar Sankranti," he said.

He added that this family would come here again if the weather condition improves on Basant Panchami.

Mohit Kumar, a resident of Sitapur district, said that he had planned to come here with his sisters.

"But unfortunately two weeks ago, my grandmother broke her leg. So, my sisters have postponed their plans for the time being. Hopefully, they will be able to take a dip either on Basant Panchami or on the day of 'Maghi Purnima'," said Kumar, who works in Lucknow. Gonda resident Sushil Kashyap, who came here with his family members late Tuesday night, said that they had the "privilege of taking a dip during sunrise".

Delhi ‘shining’ like Paris: Rahul’s dig at Arvind Kejriwal while highlights garbage, stench in Rithala

NEW DELHI : Congress leader Rahul Gandhi took a swipe at AAP supremo Arvind Kejriwal on Tuesday, saying Delhi was "shining" like Paris as he shared a video of a dirty 'nullah' in Rithala to highlight the poor conditions in the area.

Amid the high-pitched campaigning for next month's Delhi Assembly polls, the leader of the opposition in the Lok Sabha visited Rithala and celebrated Makar Sankranti with residents of the area where he had "Dahi-choora" on the occasion and also served it to some women.

After his visit, Gandhi shared on X a video of the "nullah" flowing through the area and wrote, "This is Kejriwal's 'shining' Delhi — the Delhi like Paris!"

He used the hashtag "#SaafKaroDilli" with his post. In the video, Gandhi can be seen walking through piles of garbage along the "nullah" as he showed its pitiful condition and lack of roads to the people accompanying him.

He can be heard saying, "See Delhi, the shining Delhi... Delhi like Paris. It is the same situation everywhere."

The Congress also shared the video of his interaction with locals and said, "This is Delhi — which Kejriwal ji had claimed will shine. He had



talked about making it like Paris and London."

"Watch, understand and use the power of your vote," the party said, using the hashtag "#SaafKaroDilli". Gandhi was campaigning in favour of Sushant Mishra, the Congress candidate from Rithala.

The people of the Rithala assembly constituency complained to Rahul Gandhi about the problems of the drainage system there.

Army Day Celebrated with Fervor Along LoC in Gurez Valley

BANDIPORA: The Indian Army's Rana Battalion Bagtore organized a

An official spokesperson said the event witnessed enthusiastic

sacrifices of the Indian Army.

The celebration featured a diverse array of cultural programs that showcased the region's rich traditions and heritage. The performances added vibrancy to the occasion, with local artists and children displaying their talent and fostering a spirit of unity and patriotism.

Several dignitaries, including senior Army officers and respected senior citizens of the area, graced the event with their presence. They addressed the gathering, emphasizing the vital role of the Army in maintaining peace and security in the region while acknowledging the unwavering support and cooperation of the local community.

While speaking to the media, locals expressed gratitude towards the Indian Army. They stated that today's Army Day celebration was marked by great enthusiasm and favor, with locals participating wholeheartedly. They expressed their happiness and appreciation for the Army and highlighted how these events foster strong relationships between the Army and the local populace. They also expressed hope for more such programs in the future.

Spokesperson said the Army Day celebration served as a significant platform to strengthen the bond between the Army and the people of Gurez Valley, reaffirming their shared commitment to the nation's security and progress.



grand Army Day celebration near the Line of Control (LoC) in Gurez Valley of Bandipora district on Wednesday.

participation from locals, including youth and children, who came together to honor the efforts and

Bandipora Police Recover ₹5.5 Lakh, 19 Stolen Smartphones in Cyber Crime Crackdown



SRINAGAR: Police in Bandipora received multiple complaints from the general public regarding various financial frauds, missing and stolen mobile phones and other social media crimes.

Acting on these complaints, police achieved a significant breakthrough by recovering an amount of Rs 5.50 Lakhs from the fraudsters accounts and the same was refunded to victims Bank Accounts after completion of all legal formalities, a police spokesman said.

Moreover, 19 missing and stolen smartphones worth Rs 3 lakhs were also recovered and handed over to their owners after completion of necessary legal formalities.

Recipients expressed their gratitude & appreciated police' relentless efforts in recovering

their hard earned money and mobile phones.

Police advised the general public to use their mobile phones and other electronic media gadgets with precaution in order to safeguard themselves from cyber related frauds and crimes.

"If anyone becomes the victim of any Cyber related crime /Fraud he should immediately register a complaint on National Cyber Crime Reporting Portal www.cybercrime.gov.in or Call Toll Free No.1930 or nearest police unit /Cyber Crime Unit DPO Bandipora," police told citizens. "Also citizens should report missing/stolen mobile phones on CEIR Portal online on www.ceir.gov.in, dedicated online Portal on lost/stolen mobile phones by (Dept. of Telecommunications, Ministry of Communications GOI)".

BSF Personnel Dies of Suspected Cardiac Arrest in Gurez Bandipora

Aadil Abdullah

BANDIPORA: A BSF personnel posted at Neru Gurez dies of suspected cardiac arrest after complaining of chest pain on Wednesday.

Officials told news agency JKNS that, a BSF personnel of 75 Bn posted at Neru Gurez, passed away after complaining of chest pain.

He was identified as TS Vekatararamanna, resident of Andhra Pradesh (AP), he was immediately shifted to BSF Hospital, Neru, for treatment, where from he was shifted to 92 base hospital Srinagar for specialised treatment, however, doctors declared him brought dead.

Cognizance of the incident has been taken, further investigation started. (JKNS)



JK Govt asks people to register over 65 feet deep tube wells, borewells within 15 days

SRINAGAR: The Jammu and Kashmir Government has asked people including Government, Semi-Government Or individual persons to register bore wells and tube wells within 15 days.

Department of Public Health Engineering (PHE), Ground Water Division Srinagar, has issued a public notice on Wednesday mandating the registration of bore wells and production wells across Kashmir Province.

Executive Engineer PHE Ground Water Division, Srinagar Hakeem Mushtaq said the directive, based on the Jammu & Kashmir Water Resources Regulatory Authority (JKWRRRA) regulations of 2010 and 2011, aims to regulate groundwater usage and prevent exploitation of this vital resource.

He said as per the act, it is



mandatory for all individuals, firms, industries, factories, institutes, organizations, workshops (whether government, semi-government, or private) constructing, operating, or using bore wells or production wells within their premises or jurisdiction in Kashmir to register these wells with the Department of Public Health Engineering (PHE), Ground Water

Division Srinagar.

"This registration must occur within 15 days from the date of construction. However, most of these entities have failed to do so until now," He added.

The notice requires all individuals, firms, industries, factories, institutes, organizations, and workshops—whether government, semi-

government, or private—constructing, operating, or using bore wells deeper than 65 feet to register these wells within 15 days. Non-compliance will result in strict action as per JKWRRRA rules, the department warned.

Additionally, users already registered with the department have been instructed to clear any pending dues within the same timeframe. The department has cautioned that defaulters' names will be published in newspapers, followed by legal action.

The PHE Division has urged public cooperation to regulate and conserve groundwater resources in Kashmir and has appealed to citizens to report any misuse of groundwater in their respective areas. For further information, assistance, or to report grievances, citizens have been asked to contact the nodal officer, Er. Syed Iqbal Rizvi, at 9906629565.

VC DDC Kupwara reviews progress of on-going developmental works

KUPWARA: Vice Chairman District Development Council (VC-DDC) Kupwara, Haji Farooq Ahmad Mir today convened a meeting of concerned officers and officials, here to review the progress of various ongoing developmental works of Rural Development Department in DDC Constituency Wavoor.

AC Panchayats Kupwara, BDO Wavoor, Ex. Engineer REW, AEEs, JEs, Panchayat Secretaries, MIS Operators, technical staff and other concerned officials were present in the meeting.

During the meeting, the Vice Chairman was briefed on the progress of various development schemes including 14th F.C, MGNREGA, SBM, PMAY, B2V and other allied schemes. He also reviewed the works under DDC, BDC and PRI grants 2024-25.



The Vice Chairman emphasized the importance of completing these projects on schedule and ensuring that they meet the needs of local communities.

He directed the concerned officers for release of pending payment of material and labour to the beneficiaries.

Regarding PMAY (R), the VC asked the Surveyors for

identification and enrollment of genuine and deserving beneficiaries in the panchayats so that they are benefitted. He asked them to follow guidelines of the Government while enrolling the beneficiaries.

He also reviewed the recently sanctioned works and directed for speedy tendering of the same to ensure timely completion of the works.

Pre-Matric Scholarship for SC students awaiting Aadhar Seeding cleared: SW Directorate Jammu

JAMMU: The Directorate of Social Welfare Jammu successfully disbursed pending scholarships to 960 SC Category students under the Centrally Sponsored Pre-Matric Scholarship Scheme for the academic year 2023-24. Under the remarkable step, the scholarship amount to the tune of Rs. 13.44 lakh already

sanctioned but not disbursed due to non-seeding of Aadhaar was credited to the accounts of eligible students, after the Director Social Welfare Jammu intervened and held series of meetings with Bank authorities and District Administrations to solve the issue expeditiously.

The students expressed satisfaction and stressed that timely disbursement would help them pursue their education further without any financial constraints.

Speaking on the occasion, Director Social Welfare Department Rupesh Kumar Jammu stated that the department is committed to ensuring that no eligible student is deprived of their rightful benefit. He also expressed his heartfelt thanks to the Com-

missioner Secretary, Social Welfare Deptt, J&K for his unwavering support and guidance throughout the process.

To streamline timely future scholarship disbursements, the directorate has now ensured that Aadhaar seeding is mandatorily done at the time of registration itself on the National Scholarship Portal for both Pre- and Post-Matric Scholarship Schemes. This initiative aims to prevent delays and facilitate timely payments to all eligible students.

The directorate is also actively working to resolve remaining Aadhaar seeding issues on the same lines, and pending applications shall be processed promptly.

VC SKUAST calls on Dy CM



JAMMU:- Vice Chancellor, Sher-i-Kashmir University for Agricultural Sciences and Technology (SKUAST) Jammu, Dr B.N.Tripathi, today called on Deputy Chief Minister, Surinder Choudhary Mother.

The VC discussed several issues related to welfare and development of the University and also sought intervention of the government in redressing the same. The Deputy Chief Minister assured the VC that the present government is committed to ensure academic and scientific excellence in the higher institutions of science and research. He said that all possible assistance would be extended for redressing the issues projected.

CBC Jammu Reviews Performance and Highlights Achievements in J&K, Ladakh

JAMMU: The Central Bureau of Communication (CBC), Jammu, conducted a review meeting to evaluate the financial and physical performance of its initiatives in Jammu & Kashmir and Ladakh for the ongoing financial year.

The meeting, chaired by CBC Director Ghulam Abbas, was held at the Regional Office in Jammu and attended by Deputy Director Ayushi Puri, Senior Accounts Officer Ashwani Kumar Gupta, Administrative Officer O.P. Maurya, and other key staff members.

The CBC reported achieving 65% of its target for Integrated Communication and Outreach Programs (ICOPs) in the region. Out of the planned 3 large, 6 medium, 16 small, and 24 mini ICOPs, the department has successfully conducted 1 large, 2 medium, 9 small, and 19 mini ICOPs. Seven additional mini ICOPs are planned, with programs slated for Kashmir, Udhampur, Rajouri, and Poonch.

Director Ghulam Abbas commended the field units for their achievements



despite challenges posed by the model code of conduct in Jammu & Kashmir. Deputy Director Ayushi Puri highlighted the department's efforts to deploy teams in remote areas of Ladakh, including Turtuk, Kargil, and Tangtse, and organize publicity initiatives in border regions.

In Jammu, CBC organized several ICOPs across Kathua, Samba, Udhampur, Akhnoor, Rajouri, Doda, Padder, and Poonch. A notable eight-day publicity program during the Jhiri Mela (Marh) reached thousands of people,

disseminating key information and promoting government initiatives.

The meeting also noted CBC's contributions during the Amarnath Yatra, where it organized 228 theme-based cultural programs at the Bhagwati Nagar base camp in Jammu, emphasizing central schemes and the rich cultural heritage of J&K.

Additionally, private registered troupes (PRTs) from the region represented J&K at the International Film Festival of India (IFFI) in Goa.

Pre-Matric Scholarship for SC students awaiting Aadhar Seeding cleared: SW Directorate Jammu

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Do What Matters Most: The Life's True Passwords to Inner Peace and Fulfilment

Shabeer Ahmad Lone

Wealth is not in abundance of possessions , rather true wealth is the contentment of the soul. Bukhari: 6446

"Inner peace and fulfillment emerge from living authentically, aligning actions with core values, courage, prioritizing purpose over distractions, action with vision, be grateful to what we have/ lies within us, change in attitude with proper perspective. Mystical/ Spiritual traditions, from the Quran and Bhagavad Gita to Rumi and Stoicism, highlight that tranquility arises through mindfulness, purity of intention, patience, moderation, selfless action, and inner alignment. Modern psychology and science affirm this wisdom, emphasizing the power of meaning, authenticity, and relationships over material pursuits. By embracing simplicity, vulnerability, and shared responsibility, individuals can navigate life with clarity, resilience, and lasting harmony. This timeless and universal truth offers a profound path to true fulfillment."-Author

"The highest ecstasy is the attention at its fullest."- Simone Weil

"Success is getting what you want. Happiness is liking what you get."-H.J Brown

"He is great enough that is his own master."-Joseph Hall

"We have forty million reasons for failure, but not a single good excuse."-Unknown

"One moment of patience may ward off great disaster; one moment of impatience may ruin a whole life."-Bill McGlashen

The quest for inner peace and fulfillment remains one of the most profound and universal pursuits of human existence, transcending periods, traditions, cultures, and contexts. It challenges individuals to look beyond fleeting pleasures and superficial distractions to uncover the enduring essence of a meaningful life. Inner peace is not merely the absence of conflict or a temporary reprieve from external chaos; it is a deep-seated harmony that arises from living authentically, aligned with one's core values and higher purposes. In a world increasingly marked by materialism, possessions, fractured connections, complexities of external distractions, societal pressures, and individual dissonance, and a relentless race for achievement, unhealthy competition, lack of collaboration, cooperation and communal spirit and the imperative to "do what matters most" has never been more urgent. This concept integrates timeless wisdom from philosophy, religion, mysticism, and spirituality with modern insights from psychology, neuroscience, and sociology. By harmonizing ancient teachings and contemporary data, this research exploration delves into the philosophical, religious, scientific, mystical, psychological, spiritual, cultural, and historical dimensions of living authentically, integrating ancient wisdom and contemporary findings supported by the latest authentic data. This humble attempt presents an enlightening, enriching, and critically reflective exploration of the pathways to inner peace. Through rare and authentic findings, it reveals that fulfillment is not a distant goal but a lived reality, achieved through deliberate actions, meaningful relationships, and a profound understanding of life's ultimate truths.

Philosophy, as one of humanity's earliest disciplines, has grappled with the nature of a meaningful life. Socratic thought, encapsulated in the maxim "The unexamined life is not worth living," underscores the importance of self-reflection in determining one's purpose. Aristotle's concept of eudaimonia, often translated as flourishing or happiness, emphasizes living virtuously in alignment with reason and ethical prin-

ciples. These ideas echo across history, finding resonance in modern existentialism, where thinkers like Jean-Paul Sartre and Viktor Frankl argue that meaning arises from personal choices made in freedom and responsibility. Viktor Frankl's notion of purposeful action as a shield against despair gains empirical support in modern psychology; a 2023 study by the Gallup Organization found that individuals with a clearly

practices significantly enhance emotional regulation and reduce stress, offering a scientific basis for ancient wisdom.

Psychological perspectives align closely with these philosophical and mystical dimensions, emphasizing the importance of congruence between values and actions. Carl Rogers, a pioneer of humanistic psychology, introduced the concept of self-actualization, where inner peace is achieved through



articulated purpose report 40% higher life satisfaction and resilience. These findings affirm that doing what matters most is not only a philosophical ideal but a practical imperative.

Religious traditions further illuminate this journey, presenting life as an interplay of divine purpose and human agency. In Christianity, the Sermon on the Mount emphasizes seeking first the Kingdom of God, prioritizing spiritual alignment over material concerns. Hinduism, through the Bhagavad Gita, advocates dharma, or duty, urging individuals to perform actions selflessly, without attachment to results. Similarly, Islam highlights niyyah, the purity of intention, moderation, patience, Remembrance of Allah, Submission to Allah's will, justice and goodness, gratitude, forgiveness , patience, as a guiding force for peaceful, fulfilling and meaningful living. Wealth is not in abundance of possessions, rather true wealth is the contentment of the soul. Bukhari: 6446. Buddhism's Eightfold Path offers a practical blueprint for inner peace, stressing right action and mindfulness. A 2022 Journal of Spirituality in Mental Health study found that adherence to spiritual practices, such as prayer and ethical conduct, significantly enhances emotional well-being, lending credence to these timeless teachings.

Mystical traditions, often positioned at the intersection of religion and spirituality, provide transformative insights into inner peace and fulfillment. Sufi mysticism, for instance, emphasizes the annihilation of the self/ ego (fana) to achieve union with the divine. The poetry of Rumi captures this sentiment: "Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray." This mystical call to authenticity parallels Zen Buddhism's emphasis on living in the present moment, free from attachments. Neuroscience corroborates these mystical insights; a 2021 study published in Nature Human Behaviour demonstrated that mindfulness

authentic living. The PERMA model, developed by Martin Seligman, identifies positive emotion, engagement, relationships, meaning, and accomplishment as pillars of well-being. Modern studies reinforce these ideas. Research conducted by Harvard's Study of Adult Development highlights the paramount importance of quality relationships over material wealth in fostering long-term fulfillment. Moreover, a 2022 meta-analysis of 50 studies revealed that purposeful living reduces symptoms of anxiety and depression, affirming the psychological necessity of doing what matters most.

Science extends these discussions into measurable realms, uncovering the biological and neurological underpinnings of inner peace. Neuroplasticity, the brain's ability to adapt and rewire itself, demonstrates that intentional actions can reshape one's mental and emotional landscapes. Activities such as meditation and gratitude practice activate the brain's prefrontal cortex while reducing amygdala activity, fostering emotional resilience. Hormonal studies further reveal the role of oxytocin, the "love hormone," in enhancing trust and connection, underscoring the profound impact of meaningful relationships on inner peace. A 2023 report in The Lancet emphasized that acts of kindness, such as volunteering, not only improve mental health but also create neural pathways associated with contentment and well-being.

Historically, cultures have provided varying narratives of what constitutes a fulfilling life. In collectivist societies, such as those in East Asia, harmony and social responsibilities often take precedence, emphasizing communal well-being over individual pursuits. Conversely, Western cultures prioritize autonomy and personal fulfillment. These differences offer complementary perspectives: inner peace thrives not in isolation but at the intersection of personal authenticity and relational harmony. Historical figures such as Mahatma

Gandhi, who advocated nonviolent resistance rooted in ethical action, and Mother Teresa, whose life was a testament to selfless service, exemplify the universality of this principle.

Economic and cultural factors also shape the ability to prioritize what matters most. Financial insecurity, for instance, often forces individuals into survival-driven behaviors, sidelining self-actualization. Experiments with universal basic income (UBI), such as Finland's 2020 pilot program, revealed that financial stability empowers individuals to engage in purposeful activities. Participants reported greater life satisfaction and increased time spent on creative or community-oriented pursuits. These findings highlight the systemic dimensions of inner peace, suggesting that societal structures must support individual well-being for collective harmony.

Spirituality, distinct from organized religion, offers a universal lens through which to understand inner peace. Practices such as meditation, yoga, and chanting facilitate connection with the transcendent, fostering self-awareness and emotional balance. The Japanese philosophy of wabi-sabi, which celebrates imperfection and transience, invites individuals to embrace life's inherent flaws as a source of beauty and peace. Similarly, indigenous wisdom across cultures emphasizes living in harmony with nature and respecting the interconnectedness of all life forms. A 2023 global survey by the Pew Research Center found that individuals engaged in spiritual practices report 35% higher levels of contentment and resilience, underscoring the transformative power of spirituality.

In contemporary times, the digital age poses unique challenges to doing what matters most. The constant bombardment of information, social media comparisons, and the commodification of time often obscure intrinsic motivations. A 2022 study by the American Psychological Association revealed that excessive screen time correlates with heightened anxiety and reduced life satisfaction. To counteract these trends, practices such as digital detoxing, intentional time management, and mindful engagement with technology are essential. By reclaiming attention and focusing on meaningful endeavors, individuals can navigate modern complexities with greater clarity.

To "do what matters most" is to navigate the complexities of life with a sense of clarity and purpose that transcends circumstances. It is a journey shaped by adaptability, resilience, and the courage to embrace imperfection, balancing external achievements with internal alignment. At its core, this pursuit is an act of liberation-freeing oneself from the shackles of societal expectations and transient distractions to focus on what truly resonates with the soul by changing priorities. As Brene Brown's research on vulnerability highlights, inner peace often emerges from the courage to embrace uncertainty and imperfection-the universal passwords to fulfillment. This timeless principle finds validation not only in spiritual traditions but also in modern science, which underscores the transformative power of authenticity, mindfulness, and meaningful engagement. The closing realization is that inner peace and fulfillment are not static ideals but dynamic processes that unfold through intentional living requiring continual alignment of actions with values. By integrating profound insights from diverse traditions and disciplines, this research affirms that doing what matters most is the cornerstone of a life well-lived. It calls upon individuals to transcend boundaries, nurture connections, and find harmony within themselves and the world. This is not merely a philosophical ideal but a universal truth-a compelling and comprehensive guide to attaining the brilliance of inner peace and the profound fulfillment of a purposeful existence.

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The Emerging Startup Ecosystem in Jammu & Kashmir



By Dr. M. A. Alim

Jammu & Kashmir has always been celebrated for its natural beauty, cultural richness, and artisanal craftsmanship. Yet, in recent years, the region has begun to emerge as a potential hotspot for startups, spurred by growing aspirations, government initiatives, and a burgeoning youth population eager to innovate. While the startup ecosystem in J&K is in its nascent stage, it holds significant promise for contributing to the region's socio-economic transformation.

"The startup ecosystem in J&K is at a crossroads. By addressing its inherent challenges and leveraging its unique opportunities, the region can position itself as a hub of innovation and entrepreneurship. A concerted effort from the government, industry bodies, and local communities will be crucial to nurturing a vibrant startup landscape that contributes to J&K's long-term economic growth and resilience," said Dr. M. A. Alim, Vice Chairman of CII J&K and Director, Packaging Design Industries.

Jammu & Kashmir's strategic location near international borders and its rich cultural heritage position it as a gateway to Central Asia and South Asian markets. The region holds immense potential across various sectors, from AI-driven tourism platforms and eco-tourism ventures to organic farming and value-added processing of apples, saffron, and walnuts. Digitizing traditional Kashmiri

products can connect artisans to global markets, while its topography is ideal for renewable energy startups in solar, hydro, and wind. Government initiatives like

a cohesive ecosystem, coupled with a small local market, high skilled labour costs, and a lack of technical expertise, continues to hinder the region's entrepreneurial growth.



"Startup India," financial support, and a large, innovative youth population create a growth-friendly environment, with competitive labour costs benefiting sectors like manufacturing and agriculture. Digitization has further bridged geographical barriers, enabling startups to reach global markets. However, significant challenges persist, including supply chain bottlenecks due to tough terrain, inadequate infrastructure, unreliable power, and limited high-speed internet. The absence of venture capital and

Also, the Jammu and Kashmir administration has taken a proactive stance, recognizing the transformative power of startups. The launch of StartupJK, a comprehensive one-stop platform, is a testament to this commitment. This platform aims to connect all stakeholders within the ecosystem, fostering collaboration and streamlining access to resources. Furthermore, the newly unveiled Startup Policy 2024-2026 signals a significant step forward. This policy provides a structured framework designed to

cultivate a vibrant startup culture, encourage innovation, and generate employment opportunities. It encompasses various incentives, subsidies, and support mechanisms for startups, including incubation, acceleration programs, and funding assistance.

"Realizing the full potential of J&K's startup ecosystem requires a multi-pronged approach. The establishment of dedicated incubation centers, coworking spaces, and mentorship programs, customized to the unique needs of the region, is critical. To ensure financial viability, national and international investors must be attracted through targeted events and incentive-driven initiatives. The creation of a dedicated venture fund specifically for J&K startups could serve as a transformative step toward sustained growth," added Dr. Alim.

CII J&K has been a strong advocate for empowering the local workforce with modern, industry-relevant skills in areas such as technology, digital marketing, and entrepreneurship. Simplifying licensing and registration processes is crucial to eliminating barriers for aspiring entrepreneurs, enabling them to pursue their business goals without unnecessary delays. Moreover, supporting startups in reaching customers beyond the state through effective digital marketing strategies, e-commerce platforms, and export facilitation will significantly boost their growth potential. Lastly, fostering a transparent environment and implementing robust anti-corruption measures will be essential in building trust and creating a fair, thriving ecosystem for startups in J&K.

"Let us come together to build a resilient and inclusive ecosystem that meets today's needs while paving the way for tomorrow's opportunities," concluded Dr. Alim. "Together, we can transform J&K into a thriving hub of innovation and entrepreneurship, creating better opportunities for our youth and driving their empowerment."

Author is Vice Chairman, CII J&K

Rana inaugurates 2 day Gojri literary, cultural conference at Jammu

JAMMU: Minister for Tribal Affairs, Javed Ahmad Rana, today inaugurated the two day Gojri Literary and Cultural programme, organised by the Jammu and Kashmir Academy of Art, Culture, and Languages (JKAACL) at K L Saigal Hall, Jammu.

Secretary, JKAACL, Harvinder Kaur, Chairperson Gurjar Desk Charitable Trust, Arshid Ali Choudhary, Chief Editor, JKAACL, Dr Javid Rahi, Dr. Nikhat Choudhary, writers and artists participated in the programme.

Javed Rana emphasised the significance of Gojri as an important language of Jammu and Kashmir saying that every language needs cultural and literary programmes for their propagation and revival.

"Cultural programmes, which aim to celebrate and showcase the rich cultural heritage of Gujar and Bakerwal communities of Jammu and Kashmir, provide a platform to preserve and restore the pristine glory of Gojri language. These programmes breathe new life into the ancient languages," maintained the Minister.

While commending JKAACL for showcasing the rich cultural heritage of Gujar-Bakerwal community, Rana stressed the importance of collective efforts by all other stakeholders on this account.

"We as a society have to fulfil our responsibility and work towards preservation and propagation

of our native languages. Conscience keepers of the Gujar heritage have to play their crucial role in promoting and propagating the Gojri dialect," he asserted.

Lauding the writers, artists who work



passionately for preservation and propagation of Gojri, Javed Rana stressed the importance of documenting traditional folk culture. He lamented the fact that many people feel ashamed in speaking their mother tongue. He said that local languages are

the key towards understanding the unique history, folklore and traditions of that particular region.

The Minister further said that under the leadership of Omar Abdullah, our government will be giving equal importance to all languages

the conference, the Minister inaugurated a Gojri book exhibition showcasing publications by JKAACL.

Secretary JKAACL, Harvinder Kour, while speaking on the occasion, highlighted the Academy's systematic approach towards developing regional languages through preservation and promotional efforts. He also talked about the initiatives especially designed for promotion of the Gojri language.

Dr. Javid Rahi, in his welcome address, outlined the objectives of the conference. He stated that the event provides a platform for Gojri writers to exchange ideas on tribal language and cultural issues. He also mentioned that the Gojri wing, established in 1978, has published nearly 1,000 books on diverse topics.

Arshad Ali Choudhary, Chairman of Gurjar Desh Charitable Trust, Jammu, speaking as the Guest of Honour, termed the conference a milestone in the history of Gojri language. The inaugural session was followed by a paper-reading session chaired by noted broadcaster Hassan Parwaz and journalist Altaf Janjua.

The session featured presentations by Dr. Nikhat Choudhary, Shazia Chowdhary, Tariq Fahim and Tariq Ibrar, focusing on topics such as the Gotra system among Gujjars of Rajouri, the pastures of Bakerwals in Rajouri and Gujar habitation in Jammu district.

Div Com Kashmir assesses progress on Parihaspora Water Supply Scheme



SRINAGAR: Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri, convened a meeting today to evaluate the progress of the Perihaspora Water Supply Scheme, aimed at providing safe drinking water to the local population.

During the meeting, Div Com expressed dissatisfaction with the PHE and KPDCI officials for failing to meet the established deadlines for the scheme's operational readiness.

He urged the relevant KPDCI officers to accelerate efforts to supply electricity to the lift pump and filtration plant of the Perihaspora Water Supply Scheme without further delay.

In addition to officials from PHE Baramulla, STP Ganderbal, KPDCI Baramulla, and the District Administrations of Baramulla and Ganderbal, local public representatives also attended the meeting.

The public representatives expressed their appreciation to the Divisional Commissioner for his swift action and concern to addressing their longstanding issue.

Govt. Degree College Frisal organizes one-day seminar on 'Road Safety'

KULGAM: In order to promote safety, encouraging students and staff to take proactive steps to minimise road accidents, the Debates and Seminar Committee of Govt. Degree College (GDC) Frisal, in collaboration with the NSS Unit today organized a One-Day Seminar on road safety.

The event began in the college auditorium, drawing students and faculty from various departments.

Dr. Ishtiyahq Ahmad Shah, Principal GDC Frisal gave the programme a dynamic start with his thoughtful words. He emphasized the importance of awareness in minimising road accidents and other allied driving risks. His introduction set the tone for the session, emphasizing the importance of the topic and preparing the attendees for an insightful and engaging experience.

Earlier, Dr. Mehraj Ahmad Sheikh, NSS Program Officer, presented a warm welcome address.

Resource persons, Dr Muzifar Yousuf and Dr. Imtiaz Ahmad Tantray delivered the lectures to raise the awareness among the students regarding the safety measures, rules and regulations set for safe driving and the necessary precautions to be taken while driving. The programme concluded with Dr. Ishtiyahq Ahmad Shah, Principal GDC Frisal, expressing gratitude to the resource persons, and attendees. He reaffirmed the college's unwavering commitment in raising awareness among students to minimise human as well as financial resources in road accidents.

Div Com, ADGP Jammu visit MA Stadium to review arrangements for Republic Day-2025 celebrations

JAMMU: Divisional Commissioner Jammu, Ramesh Kumar and Additional Director General of Police Anand Jain today took stock of the arrangements for UT level Republic Day 2025 celebrations here at the main venue- MA Stadium.

Accompanied by senior officials of Police and Civil administration, HoDs of line departments, the visit was focused on putting in place all the requisite arrangements for smooth and successful conduct of the national festival.

The Divisional Commissioner was apprised on the preparations made by different departments as per their role and responsibilities.

Taking a detailed look at the arrangements being made by the concerned departments, the Div Com stressed on maintaining close synergy among the concerned departments while executing the plans. The concerned departments were directed to ensure all arrangements on the ground well in advance.

The Div Com and ADGP took a detailed stock of security arrangements, traffic management, seating arrangements, decoration, Power & water supply, sanitation, Medicare, convenient parking spaces, shuttle service for citizens, barricading, frisking points, fire emergency. The concerned officers were instructed to follow the SOPs while executing their assigned tasks.

The Div Com was further apprised that the rehearsals are commencing at the main venue from tomorrow with the participation of contingents of the Armed forces, School children, bands, besides troupes participating in the cultural programmes.

While inspecting the ongoing works at the main Pavilion, the Div Com directed the Hospitality and Protocol department to make available water proof tentage and heating arrangements.

The Traffic department was directed to formulate a traffic management plan, finalise parking spaces and notify the diversions on time for the convenience of the general public.

The JMC was directed to ensure cleanliness in and around the venue and functioning of street lights, while PWD was asked to expedite the renovation works at the venue and complete the same at the earliest.

Honey Festival organised by Apiculture Development Scheme Jammu at KVK Samba

JAMMU: A Honey Festival was organized under Holistic Agriculture Development Programme (HADP) by the Apiculture Development Scheme, Directorate of Agriculture Jammu here at Krishi Vigyan Kendra, Samba.

Director Agriculture Jammu S. Arvinder Singh Reen felicitated the Beekeepers and the entrepreneurs of District Samba at the concluding session.

The festival showcased exhibits demonstrated by progressive beekeepers and entrepreneurs, highlighting the latest techniques and innovations in apiculture. Beneficiaries of the Apiculture Scheme under HADP also participated, providing a practical demonstration of beekeeping practices.

The festival provided a platform for beekeepers, entrepreneurs, and stakeholders to share knowledge, experiences, and best practices in

apiculture. It also aimed to promote the consumption of pure and high-quality honey, supporting the growth of local beekeeping



industry. The event was attended by a large number of beekeepers, farmers, entrepreneurs, and officials from the agriculture department.

While addressing the gathering of Beekeepers and farmers from different FPOs and NGOs, Director Agriculture A.S Reen encouraged

local youth to adopt Beekeeping as a profession to earn livelihood and employment generation. He stressed to strengthen and promote Apis

events like this, we aim to promote innovative practices, encourage youth participation, and ensure the growth of this vital sector," he added.

The Director Agriculture further highlighted the role of SKUAST Jammu in promoting apiculture research and development in the region.

He emphasized the need for collaboration between researchers, farmers, and entrepreneurs to promote sustainable apiculture practices.

Earlier the festival was inaugurated by Additional District Development Commissioner Samba, Champa Devi, in the presence of Chief Agriculture Officer, Samba, S. M.G Singh, Dr. Sanjay Khajuria Head KVK Samba, Rajesh Verma Assistant Entomologist, Jammu and S. Harvinder Singh DAO (Ext.) Samba and other officers and officials of the department.

DC Srinagar holds Public Grievance Redressal Camp at Khimber

SRINAGAR: Continuing its endeavour to bring Administration to the door steps of the people particularly living in outskirts of the District, the Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat today held a Public Grievance Redressal Camp here at Khimber as part of public outreach programme to address public issues and listen to developmental demands of the local people.

Besides the Members of the District Development Council, a large number of people from Khimber and adjoining areas in North Tehsil of the District were part of the Public Grievance Redressal Camp.

Chief Planning Officer Srinagar, Chief Horticulture Officer, Assistant Commissioner Development, District Social Welfare Officer, District Mineral Officer, Engineers of R&B, PHE, PDD, Tehsildar North, BMO Hazratbal, Lead Bank Manager and other District Officers were also present on the occasion.

On the occasion, local DDC members and people of the area, projected various issues and demands before the Deputy Commissioner and other development

related matters.

The DC after giving patient hearing to the grievances and demands of the public, issued on



the spot instructions for their time bound redressal. He assured people that all other genuine demands

and issues projected by them will be taken up with concerned authorities on priority.

Addressing the gathering, the DC said the purpose of holding such grievance redressal Camps is to take appraisal of local issues from the general public for their time bound redressal. He said such programmes also guide the Administration to plan developmental interventions for the public good and reach to the doorstep of the people instead of them visiting the DC Office or other Government Offices.

During the Public Grievance Redressal Camp, ACD Srinagar highlighted various Schemes of the Rural Development Department particularly, PMAY-Gramin.

Similarly, Engineers of KPDCI also highlighted the benefits of PM Surya Ghar Muft Bijli scheme and urged people to install Rooftop Solar plants under the scheme.

Later, the DC inspected progress on construction of Syedpora Bridge being constructed at a cost of Rs 3.40 crore over Maloori Nallah connecting Danihama, Chatterhama, Ahal, Khimber with Darbagh, Harwan, Dara, Theed, Muftibagh and other villages.

It was informed that over 60% works have been completed on the project and shall be completed by August 2025.

The DC also took stock of the works on construction of approach road for Steel Grid bridge Danihama.

On the occasion, the DC directed the concerned executing agencies to accelerate the pace of works on the projects of public importance so that people residing in adjoining habitations are benefitted.

Republic Day-2025 arrangements finalised at Budgam

BUDGAM: The Deputy Commissioner (DC) Budgam, Akshay Labroo along with SSP Budgam, Nikhil Borkar today chaired a meeting of district officers and various security agencies to finalise preparedness for Republic Day-2025 celebrations.

It was given out that the main function of the Day shall be held at Sports Stadium Budgam while



similar functions would be held at sub-division and Tehsil levels also.

The meeting was informed that contingents of JKP, IRP, CRPF, NCC, students of various government and private schools will participate in the march past parade. Besides various cultural programmes will be part of the celebrations and a felicitation ceremony would also be held. On the occasion,

various committees like invitation cards committee, hospitality committee, stage management committee, selection committee already formed were directed to complete formalities for the smooth and grand conduct of the celebrations.

Different departments viz. Education, PHE, R&B, Information, Health, Sports, Traffic, Motor Vehicles, Police, Floriculture, PDD, Municipality and Paramilitary Forces were directed to look after their respective assignments.

The decoration of the main venue ground, seating arrangements, uninterrupted power supply, drinking water/tanker service, barricading of venue, medical aid camp, availability of ambulance, deployment of fire tenders, transportation facilities, adequate and separate vehicle parking, refreshment, invitations, PAS system, cleanliness and sanitation, illumination of main Buildings etc measures were discussed threadbare in the meeting. The DC stressed on smooth and grand celebration of the function across the District. He also directed for coordination among various departments so as to ensure seamless celebrations.

On the Occasion, SSP Budgam detailed comprehensive security arrangements, especially at the main venue.

DLSA Srinagar organizes awareness programme on Under Trial Review Committee at Central Jail

SRINAGAR: With an aim to provide essential information to jail inmates about the UTRC and to highlight the rights of undertrial prisoners and convicts, the District Legal Services Authority (DLSA), Srinagar Wednesday organized an impactful awareness programme on the Under Trial Review Committee (UTRC) at Central Jail Srinagar.

The initiative was conducted under the directions of Amit Kumar Gupta, Member Secretary, J&K Legal Services Authority,

and under the supervision of Nusrat Ali Hakak, Secretary, DLSA Srinagar/Budgam.

The programme saw the active participation of Para Legal Volunteers (PLVs) of the Prison Legal Aid Clinic, who served as resource persons for the session.

During the programme, the PLVs educated the inmates about the UTRC's mandate, which includes reviewing the cases of undertrial prisoners to ensure their rights are protected and that they are not unnecessarily detained.

The session also focused on creating awareness about the legal remedies available to the inmates, the importance of speedy trials, and the rights guaranteed to them under the Indian Constitution and criminal justice system.

The interactive session witnessed a positive response from the inmates, who engaged in discussions with the nominated resource persons and sought clarifications on various legal matters.

The initiative underlined the

commitment of the District Legal Services Authority to uphold the rights of individuals within the justice system and ensure their access to legal aid and awareness.

DLSA Srinagar continues its efforts in promoting legal literacy and addressing the challenges faced by inmates in the justice delivery system.

Such initiatives are a testament to the collaborative efforts of the legal services authorities in fostering a fair and equitable justice system.

District-Level Volleyball tournament under NMBA kick-starts at Baramulla

BARAMULLA: In order to engage youth in meaningful activities and raise awareness about the harmful effects of substance abuse, a district-level volleyball tournament under the Nasha Mukht Bharat Abhiyan (NMBA) was inaugurated today at Boys

Higher Secondary School, Baramulla

Organized by the Department of Youth Services and Sports, with support from the Social Welfare Department, the tournament serves as a platform to promote sportsmanship, teamwork, and



discipline among the youth while encouraging a drug-free lifestyle. Officials at the event emphasized

the critical role of sports in shaping the future of young individuals. They urged the youth to actively

participate in such initiatives and be ambassadors of positive change in the community.

The tournament saw enthusiastic participation from teams across the district, with players displaying impressive skills and sportsmanship.

The event was well-attended by the local community, highlighting the widespread support for youth engagement and the fight against substance abuse.

BACK PAIN

A warm spice from your mum’s masala box could work wonders

One are the days when back pain was a concern for older adults – people aged 40 and above. Sad as it is, youngsters too struggle with back pain these days – and the lifestyle choices, weak immune system, and other underlying health problems stand accused. However, while diet is the key perpetrator that could make things go haywire, it is the one component that could work wonders to improve the state of your health. And there is one spice that can particularly have a positive impact on back pain. Keep reading to find out what it is.

Can diet help with back pain?
One of the best ways to manage back pain naturally is by making changes to your diet – including anti-inflammatory foods that alleviate pain and discomfort. One of the leading causes of back pain is sitting in the same place and in the same position for hours – be it working professionals or students or those accustomed to a sedentary lifestyle.
Over time, this increases strain on your back thereby triggering back pain. While excessive back pain can be mitigated with medication and physiotherapy, a mild form of the same can be treated with lifestyle changes – exercising, eating the right foods, and not sitting in the same place for too long, and so on.
On the diet front, experts recommend turmeric (haldi) for alleviating back pain.
Turmeric and back pain: The link explained
The golden spice from your mum’s masala box – which adds a bright colour to your milk, curries, and other preparations, has a warm effect – is a rich



source of antioxidants, anti-inflammatory, and antibacterial properties that could raise your health quotient significantly. These effects are attributed to curcumin, the anti-inflammatory compound that

gives haldi its healing virtues.
Curcumin reduces inflammation, soothes back muscles, and alleviates pain over time. Be it in the form of haldi dudh (turmeric latte) or herbal tea or

in your curries, haldi can be consumed in every way for maximum benefits.
Is turmeric the only anti-inflammatory spice?
Turns out, turmeric is not the only spice that comes with anti-inflammatory properties. Take a look at three others that can offer relief from inflammation.
Ginger – To be consumed in tea form or in curries
Willow bark – Helps soothe the muscle pain, menstrual cramps, and back pain – active ingredient salicin helps mitigate inflammation
Devil’s claw – Extracts to be used as a remedy for arthritis

Over time, this increases strain on your back thereby triggering back pain. While excessive back pain can be mitigated with medication and physiotherapy, a mild form of the same can be treated with lifestyle changes – exercising, eating the right foods, and not sitting in the same place for too long, and so on.



Sweden: Researchers have found a study that sperm is affected by diet and its results appear rapidly. The research also gave new insights into the sperm process which, in the long term, can continue to assess sperm values by modern testing methods. The study published in 'PLOS Biology' was found by researchers at Linköping University who fed healthy young men a high sugar diet. Anita Ost, a senior lecturer in the Department of Clinical and Experimental Medicine at the University, and also the head of the study said: “We see that diet influences the motility of the sperm, and we can link the changes to specific molecules in them. Our study has revealed rapid effects that are noticeable after one to two weeks.”
Many environmental and lifestyle factors,

including obesity and related diseases, may affect sperm quality, such as type 2 diabetes, are well-known risk factors for poor sperm quality. Epigenetic anomalies, which influence physical properties or rates of gene expression, are of concern to the research group which conducted the new study, even if the genetic material, the DNA code, is not altered. In some cases, such epigenetic changes will contribute to the transmission of properties through the sperm or egg from parent to parent. In an earlier study, researchers have shown that male fruit flies that had eaten excess sugar shortly before the patient became overweight more often produced offspring. Scientists have hypothesized that RNA sperm fragments may engage in epigenetic

processes, but it is too early to tell whether they do in human beings. The new study was initiated by the researchers to investigate whether high consumption of sugar affects the RNA fragments in human sperm. The study examined 15 normal, non-smoking young men, who followed a diet in which they were given all food from the scientists for two weeks. The diet was based on the Nordic Nutrition Recommendations for healthy eating with one exception: during the second week, the researchers added sugar, corresponding to around 3.5 litres of fizzy drinks, or 450 grammes of confectionery, every day. The sperm quality and other indicators of the participants’ health were investigated at the start of the study, after the first week (during which they ate a healthy diet), and after the second

week (when the participants had additionally consumed large amounts of sugar). One third had poor sperm motility at the beginning of the test. Motility is one of several factors influencing the quality of sperms, and that of the general population was the proportion of people with low sperm motility studied. The authors were surprised to learn that the motility of sperm of all participants during the research had become natural. “The study shows that sperm motility can be changed in a short period, and seems to be closely coupled to diet. This has important clinical implications. But we can’t say whether it was the sugar that caused the effect, since it may be a component of the basic healthy diet that has a positive effect on the sperm,” said Anita Ost.

Asthma may lead to infertility, barring regular medicine-takers

LONDON: It seems Asthma is linked to infertility, but not among women taking regular asthma preventers. A European Lung Foundation study said that women with asthma, who use long-acting asthma preventers, conceive as quickly as other women, breaking the previous conception that women with asthma who only use short-acting asthma relievers take longer to become pregnant than other women. The study was conducted on more than 5,000 women in Australia, New Zealand, the United Kingdom and Ireland and was led by Dr Luke Grzeskowiak. He claimed that the results provide reassurance for asthmatic women that using inhaled corticosteroids to prevent symptoms does not appear to reduce fertility. Dr Luke explained, “Five to ten percent of all women around the world have asthma and it is one of the most common chronic medical conditions in women of reproductive age. Several studies have identified a link between asthma and female infertility, but the impact of asthma treatments on fertility has been unclear”.
“Studying the effect of asthma treatments in women who are pregnant or trying to get pregnant is important as women often express concerns about exposing their unborn babies to potentially harmful effects of medications”, he further noted.
The researchers examined data from the international Screening for Pregnancy Endpoints (SCOPE) study, which recruited over 5,000 women expecting their first babies in the early stages of pregnancy. Women were asked if they had been diagnosed with asthma and, if so, which medicines they had used. They were also asked how long it had taken them to become pregnant. More than ten percent of women in the study said they had asthma and, overall, these women took longer to get pregnant.
When researchers separated this group according to the types of asthma treatments they were using, they found no difference in fertility between women using long-acting asthma treatments and women without asthma.

WHAT CAUSES ERECTILE DYSFUNCTION IN MALES?

NEW DELHI: Erectile Dysfunction or sexual impotence is a condition where men have trouble in getting an erection, maintaining an erection or witness a lack of sexual desire. In present times, it is not merely a medical condition but a word which has become synonymous to the ‘lack of power’ in an individual. Hence, in the traditional Indian scenario, the patients suffering from this disease, which is often referred to as ‘Impotence’, prefer to conceal the problem and face the consequences rather than seeking timely medical support. “The cases of Erectile dysfunction have risen significantly in the past decade. While men believe that the main cause for the disorder is aging, it isn’t necessarily true.

Changing lifestyles, stress, lack of exercise excessive smoking and drinking can have substantial impact on a person’s sexual health,” said Dr. S.S. Vasan, Manipal Fertility, Bengaluru.
“We must also keep in mind that India is the diabetic capital of the world and has high incidence of hypertension and metabolic disorders, which in a way also lead to an increased risk of ED. Often, men suffering from the disorder are shy in seeking medical help and start self-diagnosis or consult quacks, a practice that can be extremely detrimental for the condition. It is important to understand that a cure for this problem is available at all ages.”
Due to the stigma associated with ED, people pursue

temporary home-made solutions to the problem rather than gaining a proper understanding of the causes behind the disease.
Apart from a sedentary lifestyle, medical conditions such as heart diseases, type 2 diabetes, chronic kidney disease, high blood pressure, high cholesterol, obesity and injury to the urinary system, spinal cord or penis can lead to erectile dysfunction. Moreover, regular intake of antidepressants, antiandrogens, sedatives and hypertension medication can occasionally become the cause of this problem. Age can also play a role in the issue.
“Many researches have revealed that ED is one of the major causes of unconsummated marriages in India,

leading to high psychological impact. Patients have the same queries, ‘Does this mean that I can never be a father?’ ‘Is IVF now my only option?’. Most of the individuals suffering from the disease don’t know that there are multiple treatment options available for them. There are implants available where a device is inserted in the penis that can be activated whenever the requirement arises. Moreover, with the advancement of technology, many painless yet effective ways to manage the problem have emerged,” explained Dr. Vineet Malhotra, Diyoos Men’s Health Center
There are many solutions available in the market which are much more effective than ‘viagra’ or home remedies. Some of them include:

Continued From P1...

Peaceful elections,

These improvements, he said, reflect a more stable environment in the region.

The Army Chief also discussed the broader security situation along India's northern borders. "While the situation remains sensitive, the Indian Army is fully prepared to address any challenges that may arise. We are fully ready to tackle any kind of situation," he said.

Regarding the situation on the western borders, General Dwivedi said, "The ceasefire is maintained along the Line of Control (LoC), but attempts of infiltration are being made."

Meanwhile, the Army Chief honoured the families of soldiers who were awarded the Sena Medal (gallantry) posthumously for their bravery in counter-terrorism operations. He paid tribute to their sacrifice in serving the nation.

No One Dares

procession passes through Srinagar's Lal Chowk. Speaking at Kalol in Gandhinagar district, the BJP leader said it was former prime minister Jawaharlal Nehru who implemented Article 370 in Jammu and Kashmir.

Under Article 370, a special status was given to the region.

"By abrogating Article 370 in 2019, Prime Minister Narendra Modi gave a clear message to the world that for Indians, there is nothing bigger than the self-respect of India and its honour," said Shah, on a three-day Gujarat visit from January 14.

He was addressing a gathering in Kalol town after inaugurating and laying foundation stones of various projects worth Rs 194 crore.

"There was a time when Army's support was necessary to hoist the tricolor at Lal Chowk in Srinagar. But today, no one dares to do any mischief when Krishna Janmashtami procession passes through the Lal Chowk," the home minister said.

Nearly 2.80 crore tourists, mostly from Gujarat, have visited Kashmir and returned safely without facing any issues, he said, adding that this transformation was the result of PM Modi's hardworking, sensitive and alert leadership.

"Under the PM's leadership, India became the fifth largest economy in the world, and it is certain we will reach the third spot in 2027. And, we are working towards making India the number one country by 2047 and God will definitely help us in our endeavour," said Shah, Lok Sabha MP from Gandhinagar.

RSC Gives

The CRS had inspected the newly constructed track in January this year by motor trolley, and on foot that was followed by a speed trial on the entire section from Katra to Banihal.

The speed trial was conducted in both up and down directions, from Katra to Banihal and vice-versa, using an inspection special fitted with OMS equipment and hauled by electric locomotive.

The speed during the trial was generally 110 km/h, with no peaks above 0.15g observed. "Based on completion documents and safety certificates, certifying satisfactory completion of works, and based on sample checks conducted during my inspection, I am of the opinion that the provisions for the opening of public carriage of goods and passenger traffic have been met."

CS sets deadline

protection laws in J&K. He sensitised them about their mandate and asked them to use their writ to act against the violators as per laws in force.

The Chief Secretary also reviewed the works being carried out by JMC, SMC and Directors of ULBs in both the divisions of Jammu and Kashmir.

Commissioner Secretary, H&UDD, Mandeep Kaur, presented an overview of different projects proposed and approved by Gol under SBM 2.0 for districts of the UT. She revealed that the facilities for both solid and liquid waste treatment are being created all over J&K in addition to inviting tenders for treatment of legacy waste on scientific lines.

Commissioner JMC, Devansh Yadav, threw light on the detailed works undertaken by the JMC, SMC and other local bodies in different parts of J&K. He elaborated that the waste is segregated for its treatment and the solid waste is being taken to MRF facility where as the liquid one to compost units for making good soil or Bio-CNG plants for fuel making.

It was further explained that different components of the waste are treated differently with some producing Refuse Derived Fuel (RDF) being used by cement factories. It was added that only the inert waste without any use is sent to landfill sites for its final disposal.

Regarding the facilities created in various districts, it was divulged that MRF of the capacity of 40 TPD by JMC and 100 TPD by SMC is presently in operation for treating its waste. In addition, the ULBs of Jammu had installed the capacity of 79 TPD 17 locations and ULBs of Kashmir 18 TPD at 9 locations across Kashmir.

Moreover, for treating the liquid waste STPs of the capacity of 25.29 MLD had been established by SMC, 36.7 MLD by LCMA, 71 MLD by JMC, 13.6 MLD by the ULBs of Jammu and 6 MLD collectively by the ULBs of Kashmir division.

Regarding the upcoming facilities of waste management, it was informed that an MRF facility of the capacity of 150 TPD would come into operation at Kotbalwal in September this year and one of 55 TPD at Bandurakh for JM. For SMC, an MRF of the capacity of 459 TPD is soon going to be approved by MoHUA under the revised action plan.

As far as upcoming STPs are concerned, it was added that STPs of the capacity of 66.9 MLD are under construction in Srinagar, Sonamarg, Baramulla and Charar-i-Sharif in Kashmir Valley. In Jammu, the STPs of the overall capacity of 109.2 MLD are going to be established at Jammu, Akhnoor, Samba, Kathua and Katra towns.

Regarding the remediation of legacy waste, it was revealed that a total of 6.16 lakh MT has been tendered out by JMC and 11 lakh MT by SMC for its

treatment. Similarly, ULBs of Jammu has tendered 1.87 lakh MT and 2.98 lakh MT of legacy waste by ULBs of Kashmir for its treatment through NAFED.

The meeting was further apprised that legacy waste of the magnitude of about 1.56 lakh MT by JMC, 1.72 lakh MT by 36 ULBs of Jammu and 0.78 lakh MT by 40 ULBs of Kashmir stands remediated till date. Besides, the PDMC consisting of engineers and design analysts for taking up works of waste management in smaller ULBs of J&K is going to be finalised soon.

The meeting was also apprised that on an average 450gm/person/day of waste is generated in big cities and 300 gm is generated in smaller towns. The municipal bodies have been tasked to segregate the dry and wet waste and process it on scientific lines to reduce the environmental pollution as per the NGT guidelines.

CM Omar

The meeting also delved into the Transferable Development Rights (TDR) Policy, focusing on its broad contours, objectives and mechanisms. The potential use of TDR for heritage properties, ensuring their preservation while enabling urban growth was also discussed. Under TDR scheme, for the land surrendered by a land owner or a developer free-of-cost for public purposes such as road widening, public passage, for conservation, heritage and other infrastructure development, shall be granted a non-financial compensation in the form of a TDR certificate specifying the Built-Up Area (BUA) or Floor Area Ratio (FAR) given to a land owner or developer which he can utilize in remaining part of his property or build elsewhere and even monetize by selling TDR to any other developer or user in receiving areas. This would allow developers to build over and above the permissible Floor Area Ratio (FAR) for the land surrendered in congested areas.

The concept of Transit-Oriented Development (TOD) was also discussed, with emphasis on its objectives to promote sustainable urban mobility and to ensure planned development around public transport stations. The stipulations of TOD would facilitate compact, walkable urban spaces around transit hubs.

Separate discussions were held on proposed services under Integrated Solid Waste Management (ISWM) for municipalities and urban local bodies across Jammu and Kashmir. Presentations by Housing & Urban Development department outlined strategies for collection, transportation and processing of solid waste.

Chief Minister exhorted the Housing & Urban Development Department to initiate implementation by taking up projects under Land pooling, TDR & TOD to create few success stories which would infuse confidence among stakeholders to adopt these urban planning strategies for overall development of our cities.

Besides, the meeting discussed management of waste disposal facilities, cleaning of roads, drains and waterbodies on Public-Private Partnership (PPP) model.

A presentation on the challenges of solid waste management in Udhampur district depicted dumping of daily waste at landfills resulting in choking of drains and water channels.

Proposed solutions discussed included waste segregation, recycling mechanisms, and pollution control machinery to tackle these pressing issues effectively.

Representatives of the National Bank for Financing Infrastructure and Development (NaBFID) also delivered a separate presentation. The discussion focused on infrastructure development projects across Jammu and Kashmir.

The meetings were attended by Advisor to the Chief Minister Nasir Aslam Wani, Chief Secretary Atul Dooloo, Additional Chief Secretary to the CM Dheeraj Gupta, Principal Secretary Finance Santosh D Vaidya, Commissioner Secretary Housing & Urban Development Department Mandeep Kaur, and other senior officials. Officers based in Srinagar participated through video conferencing.

Health Minister

Institute of Virology, National Centre for Disease control, CSIR, DRDO, PGIMER Chandigarh and others and all reports were found negative.

The Minister further added that the deaths were among the three families in total living at a distance of one and a half kilometers from each other. She highlighted that during these 40 days, the health department kept all facilities available in the affected area like ambulances, medicines and other essential drugs to meet any exigency. "In 40 days, God forbid, a COVID disease comes, or some other infectious disease happens, it spreads. But there is no health-related issue found till date", Sakeena said.

The Minister continued that the matter is under

investigation now and the police department and district administration will investigate further what the real issue is.

Sakeena Itoo also expressed deepest condolences with the families of the deceased and assured the public that the government is treating this matter with the utmost urgency and seriousness. "The well-being of our citizens is our top priority and we will leave no stone unturned in uncovering the root cause behind these tragic deaths", the Minister maintained.

She appealed the public to remain calm and extend full support to the district administration during investigation being carried out to ascertain the actual cause of deaths.

6 Detained

126 and 170 of the BNSS, which address offences related to promoting enmity and disrupting communal harmony. These laws are particularly stringent and aim to deter acts that could lead to social disharmony. The accused were apprehended following a detailed investigation and monitoring by a specialized team within the police department.

The arrests have sparked widespread condemnation of the accused's actions. Religious leaders from different communities united in their disapproval of such attempts to sow discord. "Our region has suffered enough. We must rise above these divisive tactics and work together to build a peaceful society," said an imam from a prominent mosque in Srinagar.

Authorities have urged the public to exercise caution and refrain from sharing unverified content, particularly on social media platforms. "Misinformation can be as damaging as deliberate provocation. We request people to verify information before sharing and report any suspicious activity to the authorities," said a police spokesperson.

Police forms

police station Rajouri, and from forensic medicine and toxicology, microbiology, pediatrics and pathology departments.

The team will utilise the expertise of professionals from the food safety, agriculture, and Jal Shakti departments, as well as the Forensic Science Laboratory (FSL) Jammu.

"The team will make all sincere efforts to work out the inquest proceedings to its logical conclusion at an earliest," it said.

It may be recalled that 14 persons have lost their lives in over a month in Budhal area of Rajouri due to a mysterious illness including a 6-year old girl who is a latest victim

Amid forecast

He added that there is no forecast of any significant weather activity till January 19 and stated that the weather would remain generally cloudy from January 17 to 19.

On January 20 and 21st, the weather would remain generally cloudy with possibility of light snow at isolated to scattered places, he said, adding that there is a possibility of light rain in plains of Jammu and snow at scattered to fairly widespread places on January 22.

In its advisory, the MeT has advised the tourists, travelers and transporters to follow administration and traffic advisory.

Moreover, the day temperatures increased across Kashmir today with Srinagar, the summer capital of J&K recording a minimum temperature of 11.0 degree Celsius.

Pahalgam, a famous tourist destination, recorded 7.5 degree Celsius while Qazigund recorded a day temperature of 10.8 degree Celsius. Kupwara in north Kashmir recorded 11.3 degree Celsius while Kokernag recorded a maximum temperature of 7.6 degree Celsius.

LAB, KDA

to the Line of Control and Actual Line of Control. Sajjad Kargili, a prominent leader of Kargil Democratic Alliance (KDA), said that they forcefully demanded Assembly for Ladakh.

"Our both Chief Executive Councilors told MHA representatives that we have no objection to abolition of Hill Councils if the Union Territory is granted Assembly," he said, adding that they also demanded constitution of the separate Public Service Examination (PSC) for Ladakh or empowering Jammu & Kashmir Public Services Commission (PSC) to conduct job tests for gazetted posts.

He said that MHA representatives made it clear that domicile certificates wouldn't be applicable to land and other rights.

NOTICE

This is an information for general public that in my Aadhaar Card bearing Registration No: 890071569286, My Name, Parentage, Address and DOB, has been Mistakenly Mentioned as Hanan Pervaiz S/O Pervaiz Ahmad Dar, R/O Darmahama, Mantrigam, Bandipora, and DOB 11-04-2023. While as my Actual and correct name, Parentage, Address and DOB is, Shahzad Ahmad Khan, S/O Ghulam Mohammad Khan, R/O Murad,pora Mangnipora Bandipora, and DOB as 03-11-1987. Now i want to apply for its correction in this regard any person having any objection he/she may file the Objections in office of the Concern Authorities with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Shahzad Ahmad Khan.
S/O Ghulam Mohammad Khan.
R/O Murad, pora Mangnipora
Bandipora, jammu and kashmir UT
India.

Pending 3% DA, regularization of 61,000 daily wagers

Employees to protest on Jan 16: EJCC Chief



SRINAGAR : Frustrated with the delay in the release of 3% Dearness Allowance (DA) for over seven months and demanding the regularization of daily wagers, the Employees Joint Consultative Committee (EJCC) is set to hold protest demonstrations in both Jammu and Srinagar.

Speaking to the news agency—Kashmir News Observer (KNO) over the phone, Aijaz Ahmad Khan, Chairman of the EJCC, outlined the key issues prompting the protests. These include the pending 3% DA since July 2024, unresolved house rent allowance matters, and amendments made by the previous government to SRO 43, which they believe should be restored to its original 1996 form under the Farooq Abdullah-led government.

"Additionally, we have urged the government to regularize 61,000 daily wagers. Before the elections, political leaders, including Omar Abdullah, promised that employee-related issues would be resolved immediately after the polls. Unfortunately, it seems the government is not serious about addressing

these concerns. This protest aims to ensure our voices are heard," Khan said.

The protest, initially planned for January 13, was postponed due to the Prime Minister's visit to inaugurate the Sonamarg Tunnel. As per employee leaders, the demonstration has now been rescheduled for January 16 in both Srinagar and Jammu.

"The protest was originally planned at the Srinagar Press Colony and in Jammu. However, given the Prime Minister's visit to Jammu and Kashmir on January 13, our core group decided it would be inappropriate to hold the protest on the same day. Therefore, the event has been moved to January 16," Khan said.

He further noted that during this phase, the protest will be led by EJCC leaders in both regions, without involving general employees at this stage. "If the government does not take notice of our concerns after this demonstration, we will decide on the next course of action," the EJCC Chairman said.

NOTICE

This is an information for general public that i want to change my Locomotive Certificate to Multiple Disability Certificate, in this regard any person having any objection he/she may file the Objections in office of the Chief Medical Office Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Lale Begum.
W/O Nazir Ahmad Dar.
R/O Gund Saderkoot, Hajin District
Bandipora.

NOTICE

This is an information for general public that i want to apply for Change my Muscular Dystrophy Certificate to Locomotive Certificate, in this regard any person having any objection he/she may file the Objections in office of the Chief Medical Office Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Bashir Ahmad Bhat.
S/O Late Ghulam Mohammad Bhat.
R/O Asham Sonawari District
Bandipora.

ہندوستان کا علم

مدرسۃ البنات دارالعلوم رحیمیہ بانڈی پورہ

کی تعمیر و تکمیل کے صدقہ جاریہ میں خصوصی حصہ لیجیے، 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 حضرات کے تجزیہ کے مطابق چھت میں تقریباً 33 ٹن لوہا لگے گا۔ اس کا لیبر اور میٹرل مکمل ماکٹر خرچ تقریباً 40 لاکھ روپیہ بنتا ہے۔ چھت پر لگنے والے ٹین کے شیٹ کا مرحلہ اس کے بعد ہے جس میں الگ سے تقریباً 10 لاکھ روپیہ لگنے کا تخمینہ ہے۔

عمارت کی چھت کی حیثیت سرپوش کی ہوتی ہے جو سارے کام کی سزپوشی اور سایہ کرتا ہے۔ لہذا بیچیوں اور مستورات کے اس ادارے کی سرپوشی اور سایہ کا احترام 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 یا کاؤنٹ نمبر تعین کیا گیا ہے:

Account Number

0727010100000200

Title of account

Madrasa Tul Banat Darul Uloom Raheemiyah

Branch

JK Bank Branch Nishat Park Bandipora Kashmir

IFSC Code

JAKA0NIPARK

اس سے 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 کار خیر میں لگائیں کیونکہ یہ مدرسہ مستورات کے لئے مخصوص ہے۔ ایک کمرے کی لاگت ساڑھے پانچ لاکھ روپے ہے جتنی توفیق ہو کر میں یا چھت میں حصہ لیں۔ اللہ قبول فرمائے۔

اہم گزارش یہ ہے کہ بیک کھاتہ میں رقم ڈالنے کے بعد فون نمبر 9419089250 یا 8899101091 پر سکرین شاٹ ڈال دیں یا وائسا پمپ کے ذریعہ یا فون پر اطلاع کریں نیز اپنا نام اور ایڈریس روانہ کریں تاکہ رسید بھیجیے میں سہولت ہو کہ بونکامہ اب یہ تفصیلات بینک سے دستیاب نہیں ہوتیں۔

محمد رحمت اللہ کشمیری

ناظم دارالعلوم رحیمیہ بانڈی پورہ کشمیر

Smith fifty sets up Sydney Sixers' nervy win over Adelaide Strikers

Sydney Sixers 183 for 7 (Smith 52, Dwarshuis 30, L Pope 2-33, Overton 2-35) beat Adelaide Strikers 182 for 5 (O Pope 57, Ross 48, Overton 32*, Murphy 2-2) by three wickets

Steven Smith produced another blistering BBL innings before Hayden Kerr and Sean Abbott kept their cool at the death as Sydney Sixers completed a nerve-jangling chase that has almost ended Adelaide Strikers' slim finals prospects.

Chasing 183 at the Adelaide Oval, Smith's red-hot form continued with a rapid half-century but his dismissal sparked a collapse. Sixers slumped to 92 for 5, but they rallied through their batting depth.

They still needed 16 off the last seven deliveries before Kerr smashed a tossed up delivery from legspinner Lloyd Pope over the rope. He then hit quick Henry Thornton for a boundary off the second ball of the final over before Abbott hit the winning run off the penultimate delivery.

Sixers moved to the top of the ladder, while Strikers need a miracle to progress into the finals.

Smith dominates early, Kerr steps up late

All eyes were on Smith after his blistering ton against Perth Scorchers in his BBL return. With three centuries in his last seven BBL matches, he clearly enjoys letting his hair

down for Sixers, who he captained to the title in the competition's first season.

Smith's unbelievable BBL record continued with 52 off 31 balls and he started with a

Smith's best shot might have been a back-foot smoke off Thornton that sped to the boundary like a tracer bullet. He scored 34 of the 47 runs in the powerplay before shifting gears with

after an unsuccessful review. Skipper Moises Henriques, who had called for the review, then was adjudged lbw to spinner Lloyd Pope, but he was livid with the decision having inside edged onto his pads.

Sixers slumped to 92 for 5 before Ben Dwarshuis and Lachlan Shaw produced a brisk half-century partnership. They were unable to see Sixers home but Kerr stepped against Strikers, once again, having memorably lifted them home in the Challenger final of BBL 11.

His six off Pope - who was brought on in a gamble by skipper Matthew Short - was perhaps the game-changing moment. Overton finishes season on a high

Strikers' season appeared in ruins under an avalanche from Smith, who reached his half-century off just 27 balls. But Overton had other ideas in his last BBL match before linking up with his England teammates for the white-ball tour of India,

He entered the attack just before drinks and produced a thick edge off Smith that flew to short third. Overton then trapped Silk lbw later in a game-changing over.

Strikers were not able to get over the line, but Overton can be well pleased with his season. The firebrand has become a fan favourite for Strikers but a villain for opposition supporters to be of the characters of this BBL season.



"Strikers' season appeared in ruins under an avalanche from Smith, who reached his half-century off just 27 balls. But Overton had other ideas in his last BBL match before linking up with his England teammates for the white-ball tour of India,

Extra ODI added to Australia's tour of Sri Lanka

An extra ODI has been added to Australia's tour of Sri Lanka which will provide the visitors additional preparation for the Champions Trophy.

The two matches will now take place on February 12 and 14 at the R Premadasa Stadium in Colombo and will be day games.

The first of the games begins just two days after the scheduled fifth day of the second Test in Galle so it remains to be seen how many players featuring in that match can turnaround for the one-dayer if the Test goes the distance.

However, Australia have nine players in their preliminary Champions Trophy squad who aren't part of the Test series, including captain Pat Cummins and fellow quick Josh Hazlewood.

But Cummins' participation remains uncertain as he is carrying an ankle injury which he played with during the India Test series.

Australia's ODI players are expected to arrive in Sri Lanka around the start of the second Test. Their first match in the Champions Trophy is against England on February 22 followed by South Africa on February 25 and Afghanistan on February 28.

The first semi-final will take place in Dubai on March 4 with the second in Lahore on March 5 following confirmation of the hybrid model due to India not traveling to Pakistan. The final will be on March 9, in either Dubai or Lahore depending on whether India qualify.



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