

# Kashmir Convener



BJP distributing money, gold chains to buy votes ahead of Delhi polls: Arvind Kejriwal

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## J&K Incomplete Without PoJK: Rajnath Singh

● Warns Pakistan On Terror Camps

KC NEWS NETWORK

**AKHNOOR:** Declaring that Jammu and Kashmir remains "incomplete" without Pakistan-occupied Jammu and Kashmir (PoJK), Defence Minister Rajnath Singh delivered a strong message to Pakistan on Tuesday warning Islamabad to dismantle its terror infrastructure or face serious consequences.

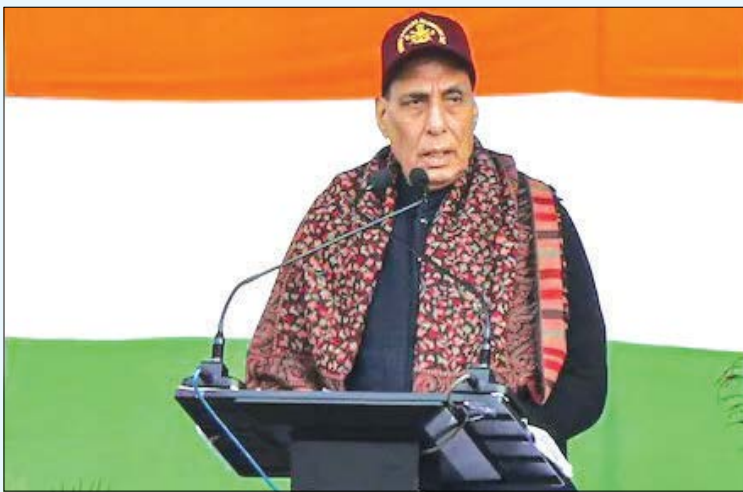
Speaking at a gathering of armed forces veterans in Akhnoor, Singh emphasised that the abrogation of Article 370 has initiated a transformation in the region.

"The situation in Jammu and Kashmir has changed drastically, and this truth must be accepted. Jammu and Kashmir is incomplete without PoJK, which remains the crown jewel of India," he said.

Reaffirming India's stance, Singh said, "For Pakistan, PoJK is nothing more than foreign territory" and the aspirations of the people of Jammu and Kashmir have never aligned with those of Pakistan.

He cited the sacrifices made by many Muslim residents of the region in the fight against terrorism, highlighting that PoJK has been exploited by Pakistan as a base for terrorist training camps and infiltration activities.

The defence minister said that the land of PoJK is being used to run the "business



of terrorism" and India is well aware of the launch pads created near the border.

"...Pakistan ko inko khatm karna hi hoga, nahin to dot dot dot (Pakistan must destroy this (these terror camps), otherwise)," Singh said while delivering a strong ultimatum to Pakistan.

The Defence Minister also condemned the recent remarks made by Anwar-ul-Haq, the so-called prime minister of PoJK, who batted for the continuation of Pakistan's anti-India agenda, and added that the people of PoJK

have been deprived of a dignified life and manipulated by Pakistan's rulers under the guise of religion to further their agenda of exporting terror to India.

Criticising Pakistan's persistent support for terrorism, Singh said, "Pakistan has always made every effort to destabilise India. Despite international pressure, it has never abandoned its policy of supporting terrorism. The terrorists infiltrating Jammu and Kashmir come from Pakistan".

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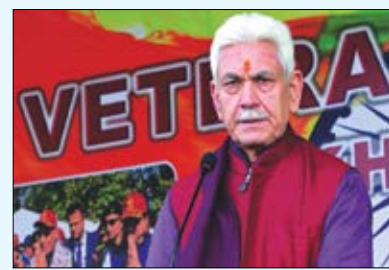
## A martyr's house is a sacred temple: LG Manoj Sinha

KC NEWS NETWORK

**AKHNOOR:** On the occasion of the Veterans Day, the Lieutenant Governor Shri Manoj Sinha paid tribute to ex-servicemen of the Armed Forces and attended a commemorative event presided over by Raksha Mantri Shri Rajnath Singh at Akhnoor.

"I bow my head in gratitude to all the veterans, valiant Jawans, Veer Naris and families of our Armed Forces' brave-hearts. We will forever remain indebted to our Veterans who have protected the nation from the enemies and continue to contribute to the nation's growth and development," the Lieutenant Governor said.

The Lieutenant Governor expressed gratitude to Hon'ble Prime Minister Shri Narendra Modi and Hon'ble Raksha Mantri, Shri Rajnath Singh for dedi-



cating Veterans' Day to honour the distinguished service of the ex-servicemen. He reiterated the government's commitment to protect the interests of Armed-forces personnel and their families. "Soldiers protecting the borders are the guarantee of security and development of the nation. It is the collective responsibility of the society to take concrete measures for welfare of soldiers and Veterans," he said.

The Lieutenant Governor observed that the blessed land of Akhnoor bears the indelible footprints of the valour and saga of courage of our Veterans. He said, the 108-ft high Monumental National Flag and Akhnoor Heritage Museum dedicated to the nation by the Hon'ble Raksha Mantri will inspire the generations and keep

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## Head-on Collision 5 killed, two critically injured in Kargil accident



Raja Syed Rather

**SRINAGAR:** At least five persons were killed while two others sustained critical injuries after two vehicles had head-on collision at Shilikchey area of Kargil district on Tuesday, officials said.

An official told the news agency—Kashmir News Observer (KNO) that two vehicles—a Scorpio (UP79A/1150) and a tipper (JK02AD/5118)—collided head-on, causing both to plunge into a deep gorge. They said a rescue operation

was launched immediately.

"All the victims were rushed to the hospital, where doctors declared five dead. The other two are in critical condition," the official said. He added that three of the deceased were locals, while the remaining two were non-locals.

The locals who lost their lives have been identified as Mohd Hassan, son of Mohd Hussain, a resident of Stakpa; Liyaqat Ali, son of A.K. Raza, a resident of Choskore; and

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## Sub-standard material in SSCL works ACB begins preliminary enquiry

KC NEWS NETWORK

**SRINAGAR:** The Anti-Corruption Bureau (ACB) has registered a Preliminary Enquiry (PE) NO. 01/2025 in Police Station Anti-Corruption Bureau Srinagar following reliable inputs indicating the misappropriation of materials, including devari stones, path tiles, iron grills, etc in Srinagar Smart City works.

In a handout, the ACB said that the material is suspected to have been either unaccounted for or allegedly sold in the open market for personal gains, during the revamp and beautification under the



Srinagar Smart City Ltd. project rather than being retained in the stores of the concerned Engineering Division.

The Anti Corruption Bureau (ACB) also registered 2nd Preliminary Enquiry (PE) NO.

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## Committed to ensure welfare of Army Veterans: CM Omar

KC NEWS NETWORK

**AKHNOOR (JAMMU):** Chief Minister Omar Abdullah today said his government remained steadfast in its efforts to ensure that all benefits for Army veterans are delivered promptly and without hindrance.

This assurance was reiterated by the Chief



Minister during his address at the 9th Armed Forces Veterans' Day celebration in Akhnoor, Jammu, where he paid tribute to the selfless contributions of the nation's veterans.

The Chief Minister reaffirmed the government's commitment to addressing the needs of veterans, ensuring their welfare and strengthening the bond between servicemen and the administration.

He stated, "Taking care of you is not a favour—it is our duty. Your immense contributions deserve nothing less than our utmost respect, gratitude and support. The Jammu and Kashmir government will continue its efforts to ensure that all benefits are provided through ex-servicemen welfare schemes without delay and hindrance." He also called upon veterans to

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## Over 1,000 athletes to compete in 5th Khelo India Winter Games

Waris Fayaz

**SRINAGAR:** With the preparations are in full swing as Kashmir gears up to host the 5th Khelo India Winter Games, over 1,000 athletes from across the country are expected to participate.

The much-anticipated event, aimed at promoting winter sports and tourism, will see snow-based competitions in Gulmarg from February 22 to 25, while ice-based events will take place in Ladakh from January 23 to 27.

According to the news agency—Kashmir News Observer (KNO), the event will feature competitions in Alpine Skiing, Nordic Skiing,



Snowboarding and Ski Mountaineering, with athletes representing states and union territories across India.

The 4th edition in 2024 saw similar enthusiasm, with participation from 20 states competing in various categories, highlighting the region's capability to host such large-scale sporting events.

Speaking about the upcoming event, Farooq Ahmad Shah, MLA Gulmarg, expressed confidence in the arrangements, stating, "Gulmarg will soon bustle with activities, as we welcome over 1,000 athletes from across the country. This is not just a grand event for sports but also a significant opportunity to boost tourism in the region."

He added that preparations are on track and the authorities are committed to making the event a resounding

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## Mysterious disease claims another life in Rajouri; death toll reaches 14

Jahangeer Ganaie

**SRINAGAR:** A six-year-old girl has succumbed to a mysterious disease in



Badhaal village, located in the Kotranka sub-division of Rajouri district, bringing the death toll to 14 since December 2024. The latest victim passed away in a local hospital while receiving treatment.

The outbreak has sparked widespread panic among residents as the disease continues to claim lives, including many

children, in the village.

Residents of Badhaal are increasingly worried by the fatalities, especially since the victims do not belong to any single family. This has left every household concerned about the health of its members.

Symptoms exhibited by the victims include high fever, excessive sweating, vomiting and episodes of loss of consciousness. Despite extensive medical management, the precise cause of the illness remains unidentified. This has prompted doctors to treat cases symptomatically while waiting for definitive findings.

According to the news agency—Kashmir News Observer (KNO), Minister of Health Sakina Itoo discussed the situation, saying, "In December, there were several mysterious deaths recorded in the district, which were later controlled.

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## Light snow likely at isolated higher reaches



KC NEWS NETWORK

**SRINAGAR:** A feeble Western Disturbance (WD) is affecting Jammu and Kashmir on Wednesday and under its influence light snowfall is expected at isolated higher reaches in the next 48 hours.

According to the news agency—

Kashmir News Observer (KNO), Director Meteorological department (MeT), Dr Mukhtar Ahmad said that there is a possibility of light snow at isolated higher reaches during the early morning of the 16th. He added that from January 17 to 19, the weather would remain generally cloudy, adding

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## Hamas has accepted draft agreement for Gaza ceasefire.: Officials

KC NEWS NETWORK

**CAIRO:** Hamas has accepted a draft agreement for a ceasefire in the Gaza Strip and the release of dozens of hostages, two officials involved in the talks said on Tuesday.

Mediator Qatar said the negotiations were at the "closest point" yet to sealing a deal.

The Associated Press obtained a copy of the proposed agreement, and an Egyptian official and a Hamas official confirmed its authenticity. An Israeli official

said progress has been made, but the details are being finalized.

The plan would need to be submitted to the Israeli Cabinet for final approval.

All three officials spoke on condition of anonymity to discuss the closed-door talks.

The United States, Egypt and Qatar have spent the past year trying to mediate an end the 15-month war and secure the release dozens of hostages captured in Hamas' October 7, 2023, attack that triggered it.

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## It is apt time for statehood restoration: CM's Advisor

KC NEWS NETWORK

**SRINAGAR:** Stating that the opposition parties should do constructive opposition, Advisor to chief Minister, Nasir Aslam Wani on Tuesday said that the apt time for the restoration has arrived and it should be restored at earliest.

Talking to the reporters here, Wani as per the news agency—Kashmir News Observer (KNO) said that the parties in the opposition should do constructive opposition and must not spread negativity. "The opposition should think beyond the vested interests," he said, adding that one of the opposition parties has been responsible for the current mess in Jammu and

Kashmir, saying that it is because of the opposition party that J&K is presently facing such a

the way the Chief Minister put forth every issue before the Prime Minister. "PM has



situation."

Had they worked positively, the situation would have been different," he said.

Replying to a query, Wani said that one should appreciate

rightly said that there is an apt time for everything. We believe the right time has come and the restoration of statehood must be ensured now," he added.

"The PM has assured that

he fulfills all his promises and we are hopeful that statehood will be restored at earliest," CM's Advisor stated.

About Member of Parliament from Srinagar, Aga Ruhullah giving a miss to the Sonamarg tunnel inauguration yesterday, he said the parliamentarian has already clarified that he was in Kochi to attend a function.

Also, the Advisor to CM said that the cultural sector is significant while the cultural academy and artists play a huge role in this regard. "The activities started after we took over. The local artists need to be provided a platform so that they can achieve their name at national level," he said.

## Rajouri Mysterious Deaths CS directs for coordination between Health & Police Deptts to ascertain actual causes of death



KC NEWS NETWORK

**JAMMU:** Chief Secretary, Atal Dulloo, today chaired a meeting of all the concerned from Divisional and District administrations along with Health experts from several

national health institutions to take stock of the measures

taken so far to identify the real causes behind the mysterious deaths reported from village Badhal in district Rajouri.

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# SC acquits brother-in-law convicted for abetting woman’s suicide over dowry

**NEW DELHI:** The Supreme Court has acquitted a man convicted for abetting a woman's suicide in a dowry case observing there was no evidence like aiding or instigating her to take the extreme step.

A bench of Justices JB Pardiwala and R Mahadevan therefore set aside an order of the Allahabad High Court that had upheld the conviction of the man, who was the brother-in-law of the woman who died by suicide.

"There is practically no evidence on the basis of which it could be said the appellant herein as brother-in-law abetted the commission of suicide....," the bench held.

"In the absence of any cogent evidence as regards harassment or abetment in any form like aiding or instigating," it said in a January 9 verdict, "the court cannot



straightaway invoke Section 113B B of the Evidence Act, 1872 and presume that the accused abetted the commission of suicide."

The prosecution alleged harassment of the woman by her husband, in-laws and the appellant due to which she set herself ablaze

on September 27, 1990 and succumbed to severe burn injuries.

Her father got an FIR registered with the Ajgain Police Station, Unnao on the same day.

The police later filed a chargesheet under relevant provisions for the alleged offences against four accused persons, including the brother-in-law.

The trial court had initially framed a dowry death charge under Section 304-B of the IPC against the accused but acquitted them, and instead convicted them under Section 306 and 498 of the IPC besides Sections 3 and 4 of the Dowry Prohibition Act for the abetment of suicide.

While the woman's parents-in-law died during the pendency of the appeal, her husband had undergone the sentence imposed by the trial court.

## BJP distributing money, gold chains to buy votes ahead of Delhi polls: Arvind Kejriwal

**NEW DELHI:** AAP national convener Arvind Kejriwal on Tuesday alleged the BJP is distributing money and gold chains to lure voters ahead of the upcoming Delhi Assembly elections.

Addressing a press conference here, he also claimed the AAP's graph is soaring and it will once again get a full majority.

The BJP lacks the vision and leadership to



challenge the AAP, Kejriwal said.

"The BJP has surrendered all its weapons as it has no narrative, no vision and no chief ministerial face. It doesn't have anything," the former chief minister said.

Accusing the BJP of adopting unfair means, Kejriwal claimed that the party is distributing jackets, shoes, sarees, money and even gold chains to buy votes.

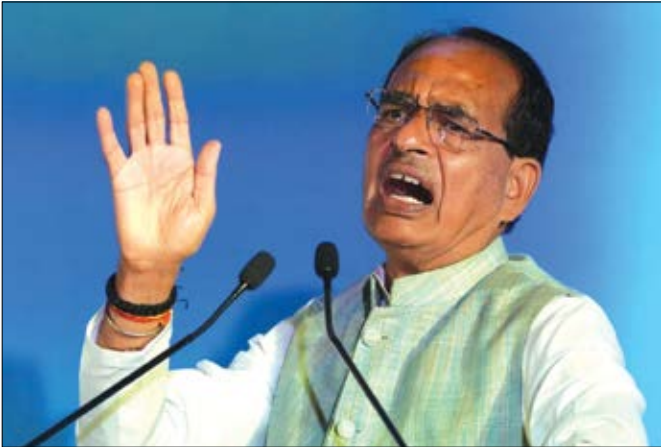
## Simultaneous polls will be milestone for achieving ‘Viksit Bharat’: Shivraj Chouhan

**NEW DELHI:** 'One nation, one election' will be a milestone towards achieving the goal of 'Viksit Bharat' or developed India, Union Agriculture and Rural Development Minister Shivraj Singh Chouhan said on Tuesday, as he gave a call to people to come out in support of the proposal.

Speaking at an event organised by 'Panchjanya', a magazine associated with the Rashtriya Swayamsevak Sangh (RSS), Chouhan said the whole government machinery halts at the time of elections, and frequent polls have become a major disruptor for governments to take decisions in public interest.

Asked about the proposal to hold simultaneous polls that is under the scrutiny of a joint parliamentary panel, Chouhan said, "The makers of our Constitution made a provision for elections every five years, but they never thought that Article 356 will be misused so many times. Elections were held together till 1968 because till 1966, Congress had governments everywhere. When other parties started coming to power, they were toppled."

"At present, there is some election or the other all the time. Now Delhi is going to polls, then it will be Bihar. Political parties are only preparing for elections 365 days, they are not able to work in public interest." The agriculture minister has to leave his work and focus



who was BJP's election in-charge for Jharkhand during the Assembly polls held last year.

"Should nothing happen in the country apart from elections? These continuous elections are the biggest barriers in India's development. Looking at the situation today, this (simultaneous polls) is an appropriate step," he added. Asked about the opposition to the proposal on holding simultaneous polls to Lok Sabha, state assemblies, municipalities and panchayats from a number of parties, Singh said they should all agree as the move is in national interest.

"Any patriot who thinks in national interest would realise that continuous elections have become a disaster for the nation. If elections happen once in five years, people would also be excited," the senior BJP leader said.

"This is the demand of the people. People should take oath supporting simultaneous elections, organisations should pass resolutions in its support," Singh suggested.

He also said that voters are mature and they even vote for different parties in assembly and Lok Sabha polls even if they are held together, citing Odisha as an example.

Referring to Delhi, where assembly polls will be held on February 5, Chouhan expressed confidence that the BJP would win this time.

## Minister Yogi Adityanath offers khichdi to Baba Gorakhnath, prays for people welfare

**GORAKHPUR:** Goraksha Peethadheeshwar and Chief Minister Yogi Adityanath, adhering to the sacred traditions



with immense devotion under various names nationwide," he said.

The CM highlighted the cultural diversity in the celebration of Makar Sankranti and said that people in the North, South, East, or West mark this day with unique traditions and rituals.

He said, "It is celebrated as Bihu in Assam, Lohri in Punjab, Pongal in far South, Tilwa Sankranti in Bengal and Maharashtra, and Khichdi Sankranti in North India."

He emphasised that Makar Sankranti is a profound expression of joy, unity, and solidarity, embodying the spirit of togetherness and happiness within Indian society.

Yogi said that in Uttar Pradesh, the day is marked by holy dips in sacred rivers and lakes, acts of charity, and other virtuous deeds.

Reflecting on his role, he said, "It is my great fortune to have the

opportunity to offer khichdi at the feet of Baba Gorakhnath at this revered place of worship."

The CM took the opportunity to congratulate saints and devotees on the first Amrit Snan of the Prayagraj Maha Kumbh. He said that while faith-filled khichdi is being offered at the sacred site of Lord Gorakhnath's penance, the grand Maha Kumbh of the century has commenced at the confluence of the holy rivers Ganga, Yamuna, and Saraswati in Prayagraj.

He said that approximately two crore devotees took a holy dip at Prayagraj on Monday. In contrast, lakhs of devotees led by revered saints began their sacred bath during the Brahma Muhurta on Tuesday.

He highlighted the participation of followers of Sanatan Dharma from across India and the globe. "Many foreigners also are drawn to the spiritual essence of the Maha Kumbh," he said.

Yogi emphasised that festivals like Makar Sankranti convey the message of unity and inspire people to uphold social harmony and preserve our traditions.

He urged everyone to keep pilgrimage sites clean and beautiful by avoiding single-use plastics and refraining from littering. He acknowledged the efforts of the government, administration, and numerous voluntary organisations to ensure smooth arrangements for saints and devotees.

## PM Modi Found Time To Go All Over World But Didn’t Reach Out To Distressed People Of Manipur: Congress

**NEW DELHI:** Launching a vitriolic attack on Prime Minister Narendra Modi for not visiting violence-hit Manipur, the Congress on Tuesday said that he has found time, inclination and energy to go all over the world but has not seen it necessary to reach out to the distressed people in the northeastern state.

The Congress' outburst came on the first anniversary of the lunch of the 'Bharat Jodo Nyay Yatra' that began in Manipur.

The Congress had launched Rahul Gandhi-led 'Bharat Jodo Nyay Yatra' from Manipur on January 14 last year aiming to put the spotlight on issues such as unemployment, price rise and social justice.

A Congress' rally at Shivaji Park in Mumbai had marked the culmination of the 'Bharat Jodo Nyay Yatra', which was carried out in hybrid mode in the run up to the Lok Sabha polls.

"Today, exactly a year ago, the Bharat Jodo Nyay Yatra was launched by the Indian National Congress from Manipur. The BJNY followed in the wake of the historic Kanyakumari to Kashmir Bharat Jodo Yatra and covered 6,600 kms going through 15 states, culminating in Mumbai on March 16, 2024," Congress general secretary Jairam Ramesh said in a post on X, Jammu and Kashmir tourism

"Manipur still awaits a visit by the Prime Minister, who has found the time, inclination, and energy to go all over the world – but has not seen it necessary to reach out to the distressed people of Manipur," he added.

The prime minister has "steadfastly refused to meet with political leaders of Manipur, including his own party legislators and the CM himself", Ramesh alleged.

"The agony of Manipur has continued unabated since May 3, 2023. Just a few days back the Parliamentary Standing Committee on Education, Women, Children, Youth, and Sports was asked to put off its proposed study tour to the state," he said.



## Maintain decorum of Home Minister’s post: Pawar on Shah’s remarks

**MUMBAI:** Former Union Minister Sharad Pawar on Tuesday rubbished Union Home Minister Amit Shah's remarks that the BJP's victory in the November 20 Maharashtra assembly polls ended the politics of betrayal and treachery started by him in 1978.

"I was the chief minister in 1978. I am not aware about his whereabouts then," Pawar told reporters in Mumbai. "When I was the Chief Minister, there were people like Uttamrao Patil from Jan Sangh in my ministry," Pawar added.

The decorum of the post of home minister should be maintained, the NCP (SP) chief said, bemoaning the lack of communication between present political leaders.

"There used to be 'susanvad' (good communication) between political leaders earlier but that is missing now," he said.

"The victory of BJP in Maharashtra ended the politics of instability and backstabbing started by Sharad Pawar in 1978. excellent home ministers, but none of them was exte



You (people) have buried such politics 20-foot in the ground," Shah had said, addressing a state-level convention of BJP in Shirdi on Sunday.

Pawar recalled that then PM Atal Bihari Vajpayee had made him the vice-chairman of the Disaster Management Authority after the Bhuj earthquake despite being in the opposition.

"This country has seen many from his state," Pawar said, in an apparent reference to Shah being exte

He was acquitted of all charges in 2014. "When he (Shah) could not stay in Gujarat (after being exte

Balasaheb Thackeray for help," Pawar said.

## Government of Jammu & Kashmir OFFICE OF THE EXECUTIVE ENGINEER Mechanical & Hospitals Division Baramulla

e-mail, id, [xenmhdbla@gmail.com](mailto:xenmhdbla@gmail.com)

**Notice Inviting e-Tender**

<b>NIT No:</b>	<b>M&amp;HDB/TS/2024-25/134/3656-62</b>
<b>Date:</b>	<b>13-01-2025</b>

For and on behalf of the Lieutenant Governor of Jammu & Kashmir UT, Executive Engineer, Mechanical & Hospitals Division Baramulla, invites online e-bids in Two Cover system (**Technical and financial**) on **Percentage basis** from OEM or Registered firms/agencies/contractors having experience for execution of below mentioned work:

Name of Work	Est. Cost (Rs. in Lacs)	Cost of T.Disc. (Rs. in Lacs)	Earnest Money (Rs. in Lacs)	Completion time	AA accorded vide	Technical Sanction No. & date
Complete Servicing / Refurbishing of Oxygen Plant 330 LPM (Oxymate Make) of GMC Baramulla	12.93566	1000/-	25871/-	01 month	09-GMCB of 2025 Dated: 11-01-2025	MHEB/K/TS/132 Dated: 13-01-2025

- Notes:-**
- Project Authority:** - Principal Govt. Medical College, Baramulla.
  - AAA:** -Administrative Approval accorded by Principal GMC Baramulla vide No. 09-GMCB of 2025 Dated: - 11-01-2025
  - Technical Sanction:** - Technical Sanction Accorded by Chief Engineer Mechanical & Hospitals Department Kashmir vide No. MHED/K/TS/132 Dated: - 13-01-2025
  - Executing Agency:** - Executive Engineer, Mechanical & Hospitals Division Baramulla.
  - Contract shall be valid for a period of one year
- |    |   |                                      |
|----|---|--------------------------------------|
| 1. | Date of issue of Tender Notice                | <b>13-01-2025</b>                    |
| 2. | Period of downloading of the bidding document | <b>From 13-01-2025 to 23-01-2025</b> |
| 3. | Bid Submission Start Date                     | <b>From 13-01-2025 (18:15 HRS)</b>   |
| 4. | Bid Submission End Date                       | <b>23-01-2025 (18:55 HRS)</b>        |
| 5. | Date of Opening of Cover 1 <sup>st</sup>      | <b>24-01-2025 (13:00 HRS)</b>        |

**01. Instructions to Bidders:-** The Bids shall be deposited in electronic format with digital Signature on the official website [www.jktenders.gov.in](http://www.jktenders.gov.in) in two covers viz., (Technical Bid) & (Financial Bid).

<b>A. Cover-I shall contain:</b>		<b>Rs. 1000.00 (Rupees One thousand only)</b> in shape of e-Challan / e-receipt / online Bank transfer acknowledgement including <b>m-Pay Delights</b> , to be uploaded with each online bid pledged to Executive Engineer Mechanical & Hospitals Division Baramulla. Tender ID to be written also on the voucher.
01.	Tender Fee	<b>Bank: J&amp;K Bank. Branch: T.P Baramulla. IFSC Code: JAKA0THERSIL. Account No.: 0213010200000051.</b>
02.	EMD	Earnest money deposit in shape of CDR/FDR pledged to Executive Engineer M&HD Baramulla. The bidders have to upload documentary proof (scanned copies) of earnest money deposit @2% of the estimated cost in shape of FDR/CDR from a Nationalized/Scheduled Bank pledged to Executive Engineer M&HD, Baramulla. In case of unsuccessful bidder, the EMD shall be released immediately after the opening of Price Bid and in case of successful bidder the same shall be released after submission of Performance Guarantee by him in the shape of CDR/FDR/BG carrying validity as per clause 'S' of Annexure 'A' to the NIT.
03.	Terms & Conditions	Scanned copy of the Annexure "A", "B", & "C" duly accepted by the bidder.
04.	Tax Clearance	Latest Tax Clearance Certificate of Sales Tax Department quoting GST Number
05.	GST	Scanned copies of PAN Card / GST Registration / Latest GST clearance certificate or acknowledgement of latest returns.
06.	Non - Blacklisting Declaration	Undertaking as per Annexure "C" that the bidder has not been blacklisted or debarred by any department
07.	Financial Turnover	Average Annual financial turnover of the bidder during the last three (03) years, ending March, 2024 shall not be less than 200% of the estimated / advertised cost of the instant work duly verified by a registered Chartered Accountant with proper UDIN number for the issued certificate.
08.	Eligibility / Work Experience certificate	<b>OEM or experienced firms with following documentary proof.</b> a. Profile the client lists in case OEM is participating in the tendering process. or: b. Firms having experience in Oxygen Plants of Govt. / Semi Govt. Hospitals, at least 01 Plant past 05 years. The bidder also shall submit a documentary proof of having successfully executed the same nature of work amounting to 80% of the estimated cost in single contract or 50% of estimated cost in two contracts each or 40 % of the estimated cost in three contracts each in last Seven years in any Govt./Semi Govt./Autonomous Institutions along with satisfactory performance certificate issued by a competent authority not below the rank of Executive Engineer / DGM of the unit / Medical Superintendent.
09.	Other Documents to be uploaded	The bidder shall upload Technical Support Certificate / Authorization Certificate duly issued in favour of the firm from the OEM of Oxymate Oxygen Plant.
10.	Contractor Registration	Scanned copy of valid Contractor Registration on JKPWDOMS of PWD J&K.

➤ **The successful bidder has to furnish EMD document physically to the Divisional office alongwith fee receipt within three days from the date of opening price bid, without which his bid shall not be accepted for further processing of contract in his favour.**

- B. Cover-II shall contain:**
- Price bid, as per BOQ uploaded by this department. In no case, financial bid will be accepted in physical form.
  - The bids for the work shall remain valid for 180 days and the contract shall be valid for one complete year, starting from the date of allotment of the said contract.
  - The complete bidding process will be online.
  - The Financial bid of only qualifying bidders shall be opened online in the Office of the Executive Engineer M&HD Baramulla after evaluation of technical bid and decision thereof.
  - Bidder shall be penalized as per tender conditions if they withdraw their bid during the period of bid validity or make any modifications in the terms and conditions of the bid.
  - Bidders are advised not to make any change in BOQ (Bill of Quantities) contents. In no case they should attempt to create similar BOQ manually. The BOQ downloaded should be used for filling the item rate inclusive of all taxes and it should be saved with the same name as it contains.
  - The cost of tender documents is non-refundable and the tender shall in no case be accepted if submitted by any firm other than the purchaser.
  - Any tender found to have been submitted by the firm by furnishing false information to the department shall be cancelled and the firm shall be penalized as and when it comes to the notice of the Department even during the currency of the contract. The department reserves the right to debar/blacklist such firm(s).
  - Conditional tenders shall not be entertained.
  - Unbalanced Bid:** In case bid of the lowest bidder is found unbalanced, the successful bidder shall have to produce additional performance security in shape of CDR/FDR/ Bank Guarantee within 07 days after opening of price bid as per the relevant clause of J&K (PWD) Engineering Manual 2020.
  - The tenders should be addressed to the Executive Engineer M&HD Baramulla.



# Snow Cricket Tournament Kicks Off in Gurez, Locals Advocate for

Winter Sports Infra

**AADIL ABDULLAH**

**BANDIPORA:** As being cut off from the world owing to a thick blanket of snow on Bandipora-Gurez road, the Gurez Valley has inaugurated a festive start to 2025 with its first 'snow cricket' because it snows so heavily. Noticing this, the organizing committee has started the tournament as a form of entertainment for young residents of the valley.



This is a much-needed event for the people of Gurez, particularly for the youth who usually remain indoors," said Bhat Mustafa, a local resident. He said, now they have the opportunity to step out and engage in healthy activities like cricket. "We aim to make this snow cricket tournament a yearly tradition," he added.

Another local said the goal of this tournament is steering children away from detrimental habits like smoking and drug use by encouraging their involvement in sports.

Similarly, he also urged the government to increase support and said, "It would be highly helpful if winter sports were given such promotion in Gurez Valley, just like Gulmarg and Sonamarg. The community and organizers have played their part, and with more government support, these events could increase several folds."

Notably, locals wish that the Government will grasp the opportunity and seize this initiative to develop the tourist infrastructure and winter sports in the region.

# DC Bandipora Calls for Accelerating Infrastructure Projects Under CAPEX 2024-25

**BANDIPORA:**The Deputy Commissioner (DC) Bandipora, Manzoor Ahmad Qadri, on Tuesday chaired a review meeting at the Mini Secretariat to assess the progress of works under the District CAPEX 2024-25.

The meeting was informed that, as of December 2024, a total of Rs. 16184.65 lakhs have been released out of the approved budgetary outlay of Rs. 32073.42 lakhs, with 66 percent of the allocated expenditure already utilized.

It was given out that, District CAPEX Budget for 2024-25 has been set at Rs. 6800.64 lakhs, focusing on 16 key sectors including the improvement of rural infrastructure, upgrading electrification networks, enhancing drinking water facilities, and augmenting infrastructure in educational institutions, among other essential public welfare works.

Reviewing the sector-wise and work-wise progress, the DC, M.A.Qadri emphasized the need for accelerating the pace of ongoing works to ensure their timely completion.

He further directed all concerned executing agencies to meet both physical and financial targets for all approved projects within the stipulated timelines.

M.A.Qadri, stressed the importance of these developmental works in improving the quality of life of the general public and pointed out that infrastructure improvements, particularly in rural areas, are essential for overall growth and economic prosperity.

He highlighted the role of the executing agencies in ensuring accountability and timely completion of works and urged all stakeholders to collaborate effectively ensuring that the works are completed on time besides maintaining the quality of works.

Among others, the meeting was attended by Additional District Development Commissioner Mohammad Ashraf Bhatt, ACD Irfan Bahadur, CPO Mohammad Maqbool Bhat, Executive Engineer's of various Departments, and other concerned.



# Dr. Parvinder Singh Sudan Tours Bandipora, Assesses Dairy and Livestock Development Projects

**BANDIPORA:** Dr. Parvinder Singh Sudan, Director Animal Husbandry Kashmir, Tuesday conducted an extensive visit to the Bandipora District. He was warmly welcomed by Chief Animal Husbandry Officer (CAHO) Bandipora Dr. G.A. Lone and Livestock Development Officer (LDO) Sumbal Dr. Parvaiz Ahmad Bhat at the LDO Complex in Sumbal.

Dr. Sudan began his tour by inspecting the Gulshan Dairy Farm in Wangipora Sumbal, followed by visits to the Automatic Milk Collection Unit (AMCU) and Bulk Milk Cooler (BMC) units established under the Holistic Agriculture Development Program (HADP) 2024-25 at Bon Mohalla Hajin. Additionally, he assessed the Duck Farm in Sumbal, taking note of its problems and potential.

Continuing his visit, Dr. Sudan, accompanied by Dr. G.A. Lone, Dr. Khalid Hamid Bhat (BVO Bandipora), and Dr. Parvaiz Ahmad Bhat, toured the Kasperia Dairy Processing Plant at Papchan Bandipora, observing the advancements and contributions of the facility to the local dairy industry.

Later in the day, Dr. Sudan held an extensive review meeting with all Veterinary Assistant Surgeons of the district at the Meeting Hall of the Veterinary Complex in Bandipora. He assessed their performance, addressed ongoing challenges, and provided guidance to enhance the effectiveness of their work.

The visit concluded with Dr. G.A. Lone presenting a vote of thanks, expressing gratitude for the Director's visit and his valuable insights aimed at improving the district's animal husbandry sector.



# JAK LI Regimental Centre Srinagar celebrates 9th Armed Forces Veterans Day

**Srinagar:** The Jammu and Kashmir Light Infantry (JAK LI) Regimental Centre, under the aegis of Chinara Corps, hosted the 9th Armed Forces Veterans Day with great reverence on Sunday.



The event commemorates the superannuation of Field Marshal KM Cariappa, the first Commander-in-Chief of the Indian Armed Forces, and celebrates the invaluable service and sacrifices of the nation's veterans.

The ceremony was attended by Maj Gen Dhananjay Joshi, VSM, General Officer Commanding (GOC) V Force, and Brig Ved Beniwal, Commandant of the JAK LI Regimental Centre, along with other senior officials, veterans, Veer Matas, Veer Naris, and gallantry awardees. Defence Minister Rajnath Singh addressed the gathering through video conferencing from Akhnoor, underlining the government's commitment to the welfare of armed forces veterans and their families.

Despite adverse weather conditions, the event witnessed the spirited participation of 143 veterans, 40 Veer Matas/Veer Naris, and two wards of war heroes/veterans, demonstrating the enduring determination and resilience of the armed forces fraternity.

The event aimed not only to honour the service of veterans but also to provide a platform for addressing their welfare concerns. Information on various central and state government welfare schemes was shared, and immediate support was facilitated through help desks and stalls set up by organizations such as ECHS, AWPO, DZR(NC), DPDO, Medical Camp, Zila Sainik Welfare Board, JAK LI Records, and local banks.

In his address, Maj Gen Dhananjay Joshi expressed heartfelt gratitude to the veterans and their families for their service to the nation. He assured them of the Army's unwavering support and commitment to resolving their grievances and enhancing their quality of life. The celebration reinforced the Army's dedication to its veterans, ensuring their sacrifices and contributions remain an integral part of the nation's legacy.

# PDP trying to sabotage statehood restoration: NC

**SRINAGAR:** The Jammu and Kashmir National Conference State Spokesperson Imran Nabi Dar Tuesday vehemently condemned PDP President Mehbooba Mufti for her public outburst against Chief Minister Omar Abdullah's dedicated efforts to restore statehood to Jammu and Kashmir saying we are in this situation because of the ill conceived moves of PDP.

He made these remarks while engaging with the press at the party headquarters Nawa-e-Subha in Srinagar. Imran didn't hold back in criticizing PDP President, stating that PDP is clearly rattled by CM Omar Sbs relentless efforts to restore statehood.

"Omar Sahib's call for the restoration of Statehood has caused quite a stir, especially among the PDP. It is his rightful duty to advocate for this cause, and his approach was both dignified and official. It's a stark contrast to the obsequious language used by Mehbooba ji when she was CM, which often bordered on cringe-worthy when addressing the Government of India. It seems like Omar Sahib is taking a more direct and assertive approach, and it's definitely making waves in the political arena," he said.

Imran pointed out that PDP and its leadership have been consistently rejected by the people in election after election, from DDC to parliament to legislative assembly elections. "It's like the pot calling the kettle black. No amount of whataboutery will change the fact that the people have clearly said 'thanks, but no thanks' to PDP and its policies time and time again. It's high time for PDP to gracefully take a back seat, which the people have kindly relocated her to, and let Omar Sahib's government work on restoring what was snatched from us due to the deceptions of PDP. This whole theatrical performance won't make a lick of difference in the end.

# PARAKH supported capacity building workshop concludes at JKBOSE

**JAMMU:** A five-day workshop and capacity-building programme on Holistic Progress Card and Standardization of Question Paper Template under the PARAKH



is not the sole responsibility of educators; they are also tasked with evaluating students. Balanced question paper setting is a crucial element of the evaluation process". He also

termed across the board.

Earlier, Deputy Director, Yasir H. Sirwal presented a detailed report on the five-day workshop, expressing gratitude to the expert resource persons for their invaluable deliberations.

He explained that the workshop was conducted to equip educators with the skills needed to design and develop a Holistic Progress Card for the secondary stage.

Two highly experienced and well-trained resource persons from PARAKH, NCERT, guided the participants throughout the program. The training focused on creating progress cards that not only assess academic performance but also consider the awareness, sensitivity, and creativity of students, ensuring a comprehensive evaluation of their development. Additionally, the educators were trained in the art and science of designing balanced question papers. This involved understanding how to cater to the diverse learning needs and abilities of all types of students, ensuring fairness and inclusivity.

The workshop emphasized innovative assessment practices and equipped educators with tools to enhance the learning process while maintaining a student-centric approach.

Dr. Ramesh Kumar, Incharge Principal and Promila Koul Lecturer while giving their feedback on behalf of participating educators lauded the efforts of JKBOSE in organizing such programmes and requested for follow up to such initiatives to further strengthen the skills of trained educators.

initiative organized by NCERT concluded successfully at the Jammu and Kashmir Board of School Education (JKBOSE) Rehari, here today.

As many as 90 educators participated in this capacity building programme

Chairman JKBOSE Prof. (Dr.) Parikshat Singh Manhas was the Chief Guest, while Secretary Sudershan Kumar was the Guest of Honour at the Valedictory Function.

In his valedictory address, Prof. Parikshat Singh highlighted the multifaceted role of educators, stating, "Teaching is the noblest of all noble professions. However, teaching

# Controversy erupts over appointment of non-nursing professional as Principal at MMINSR, SKIMS Soura

**SRINAGAR:** Discontent has erupted within the nursing community over the recent appointment of a non-nursing professional as Principal of the Mad-e-Meharban Institute of Nursing and Research (MMINSR) at Sher-i-Kashmir Institute of Medical Sciences (SKIMS) Soura.

The decision, made by the Director of SKIMS, has drawn strong opposition from nursing professionals, students, and various stakeholders, who have expressed concerns about its implications for nursing education and professional autonomy.

The Nursing Education and Research Trained Nurses' Association of India strongly objected to the appointment, citing it as a violation of Indian Nursing Council (INC) guidelines. These guidelines mandate that nursing institutions must be led by qualified and experienced nursing professionals. Javid Ahmad, chairperson of the association,

said that such decisions undermine the expertise and leadership of highly qualified nursing faculty within the institution.

"This decision disregards the qualifications and experience of



senior nursing professionals, undermining the sanctity of nursing education. Nursing is a specialized profession that requires leaders with in-depth knowledge of nursing sciences," he told news agency

KINS, adding that he has received numerous complaints from students and nursing officers expressing their concerns.

The controversy has also brought attention to senior faculty members at MMINSR, particularly Ayoub Dar, the senior-most nursing professional at the institute. With a postgraduate degree in nursing and over 15 years of teaching and administrative experience, Dar has been highlighted as a suitable candidate for the role. Critics argue that such experienced professionals were unjustly overlooked in favor of an individual lacking the necessary nursing background.

"What is the purpose of attaining the highest degrees in nursing if our professionals must work under non-nursing personnel? How can someone without knowledge of nursing ethics, pedagogy, and clinical practice do justice to this critical role?" Javid questioned.

The nursing community is calling for the intervention of higher authorities, including the Health Minister and Chief Minister, to reconsider the decision. They demand that the position of Principal at MMINSR, SKIMS Soura, be filled by a deserving and qualified nursing professional in accordance with INC guidelines. (KINS)



# What Meta’s Move To Community Moderation Could Mean For Misinformation

DenitsaDineva

Meta, the parent company of Facebook, Instagram, WhatsApp and other services has announced it will discontinue its third-party factchecking programmes, starting in the US.

Journalists and anti-hate speech activists have criticised the decision as an attempt to curry favour with the incoming US president, Donald Trump, but there could be an even more cynical reason. Meta’s strategy could be a calculated move for greater user engagement and income.

This decision marks a significant shift in how the social media giant addresses misinformation on its platforms.

Meta’s official rationale for ending its independent factchecking in favour of crowdsourced contributions centres on promoting free expression. Chief executive, Mark Zuckerberg, said that the company seeks to reduce censorship and will concentrate its enforcement efforts on illegal or highly harmful content.

This move aligns with broader discussions among governments, social media companies, civil society groups and the public on balancing freedom of expression and content moderation. These debates have become urgent, as there is mounting evidence that there are biases in content moderation.

For example, a 2023 University of Cambridge study discusses how biases in content moderation disadvantage the cultural, social, and economic rights of marginalised communities.

The crowdsourcing model does encourage participatory moderation. But professional factchecking can be more effective at ensuring accuracy and consistency in content moderation, due to the expertise and rigorous methods of trained factcheckers or automated models.

However, social media platforms, including Meta, make their revenue from user engagement. The type of content flagged as misleading or harmful often attracts more attention due to platform algorithms amplifying its reach.

A 2022 US study, for instance, shows that political polarisation increases truth bias, which is the human tendency to believe people with they identify with are telling the truth. This can lead to higher user

engagement with disinformation, which is further amplified by algorithms that prioritise attention-grabbing content.

What might this mean for our digital information ecosystem?

1. Increased exposure to misinformation

Without professional factcheckers, the prevalence of false or misleading content will probably rise.



Community-driven moderation may be inclusive and decentralised, but it has its limitations.

As shown by X’s community notes, the success of crowdsourced moderation relies on both participation from informed users and users reaching a consensus on the notes, neither of which is guaranteed. Without independent factchecking mechanisms, users may find it increasingly difficult to distinguish credible information from misinformation.

2. The burden of verification

As professional oversight diminishes, the responsibility for assessing content accuracy falls on users. But many social media users don’t have the media literacy, time, or expertise needed to evaluate complex claims. This shift risks amplifying the spread of falsehoods, particularly among audiences who are less equipped to navigate the digital

from unreliable sources, especially during the early stages, before an article went viral.

This evidence shows that organised groups can exploit crowdsourced moderation to amplify the narratives that suit them. Such a dynamic could undermine the credibility and objectivity of the moderation process, eroding trust in the platform. Millions of X users have already migrated to its rival Bluesky for similar reasons.

4. Impact on public discourse

Unchecked misinformation can polarise communities, create distrust, and distort public debate. Governments, academics and social groups have already criticised social media platforms for their role in amplifying divisive content, and Meta’s decision could intensify these concerns. The quality of discussions on Facebook and Instagram may decline as misinformation spreads more freely, potentially influencing public opinion and policy-making.

There is no perfect solution to the challenges of content moderation. Meta’s emphasis on free expression resonates with longstanding debates about the role of tech companies in policing online content.

Critics of censorship argue that overly aggressive moderation suppresses important discussions. Meta aims to create a platform that fosters open dialogue and minimises the risk of suppression, by reducing its reliance on factcheckers.

However, the trade-offs are clear. Free expression without proper safeguards can enable the unchecked proliferation of harmful content, including conspiracy theories, hate speech and medical misinformation.

Achieving the right balance between protecting free speech and ensuring the integrity of information is a complex challenge, and one that is evolving. Meta’s announcement to shift from professional factchecking to crowdsourced community moderation risks undermining this balance by amplifying the spread of disinformation and hateful speech.

(The author is a Senior Lecturer (Associate Professor) in Marketing and Strategy, Cardiff University-The Conversation)

# Why resilience won’t solve the mental health crisis among young people

DUSANA DORJEE

Around 20% of eight to 16 year olds in the UK had a probable mental health disorder in 2023, according to NHS statistics. This is up from 12.5% in 2017. At the same time, a 2024 report from the Children’s Commissioner for England found that more than a quarter of a million children were not able to access the mental health support they need.

Some have questioned whether we are dealing with a “genuine” mental health crisis or a different problem – a lack of resilience in children and young people. Resilience is the ability to bounce back from adversity, and higher resilience is linked to lower rates of mental ill-health in young people.

But the evidence around exactly what role resilience plays in mental health paints a more complex picture. What we do know is there are skills and actions that children can be taught to improve their mental wellbeing. But there’s also a good argument for not ignoring other root causes of children’s health problems.

Resilience often comes up in mental health discussions as a response to possible over-pathologising – the tendency to interpret even mild signs of distress or sadness as symptoms of mental illness. This in turn could undermine young people’s resilience because they are not able to differentiate between normal variation in human emotions and mental ill-health.

While the research evidence of over-pathologising in young people is limited, it has been suggested that it might be a side-effect of increased mental health awareness education and campaigns. While such efforts reduce stigma around mental health, they may have increased the perception that disclosing issues with mental health is socially desirable.

A more balanced approach to mental health in education and society should teach young people both about symptoms of mental ill health to reduce stigma and about the normal range of emotions. This could involve noticing emotions without reacting to them – the non-judgmental awareness of emotions – and emotion labelling, since naming emotions we experience decreases their intensity. This may in turn enhance resilience.

But resilience can be misinterpreted as the need to be more “tough”. This could lead to excessive reliance on strategies such as emotion suppression – putting on a brave face – to manage emotions and this could undermine mental health.

Society and mental health

Robust research shows that social factors, particularly poverty and discrimination, lead to poor mental health. Indeed, in the 2023 NHS survey, rates of probable mental health disorders were much higher in UK children whose parents

didn’t have enough funds to support their children’s out-of-school activities.

Focusing on resilience as a solution to the mental health crisis risks shifting responsibility for mental health onto those affected, rather

requires action from social media companies, too.

Overlapping approaches

What’s more, mental ill-health prevention involves much more than resilience. It’s tempting

Our wellbeing is also boosted by taking action that benefits others and finding wholesome meaning and purpose in life. All of these skills can protect mental health and wellbeing.

For effective prevention, we need to start



than calling out and changing policies and systems contributing to poor mental health.

The impact of global crises, including climate change, is another example of this. The NHS survey found that over half of young people aged 17-25 reported feeling worried about the climate crisis. Claiming that children and teenagers should just be more resilient can distract from the responsibility adults face to take climate action.

Similarly, problematic social media use may undermine young people’s mental health. Social media content may celebrate the achievement of extrinsic goals, which rely on the approval of others: fame, wealth and beauty. Research has linked a focus on extrinsic goals to poor mental health.

Teenagers may be particularly vulnerable to the addiction-like effects of social media due to normal developmental changes in their brains. Clearly, the solution here needs to include more than enhancing resilience in young people. It

to think that we have found the one approach, in this case resilience, that could shift the mental health crisis. But resilience closely overlaps with other mental health concepts and approaches. These include self-regulation – the ability to manage our thoughts, emotions and behaviour.

For example, resilience and self-regulation are often fostered by the same approaches – the development of social-emotional skills or mindfulness training. And if we look at the brain activity linked to resilience and self-regulation, we find close overlaps there too.

Instead of relying on a single concept or approach, we should focus on the key skills underpinning mental health and wellbeing shared across different approaches.

These skills include fostering emotional awareness, as well as the ability to manage rumination – repeated negative thoughts about past events – and reactivity to emotions. Building connections is important, as well as cultivating gratitude and awe.

thinking about mental health skills in the same way we are thinking about fostering maths and reading skills. Similarly, acquisition of mental health skills requires time, careful scaffolding, continuity, repetition and lots of practice.

This should be reflected in Ofsted assessments and much more comprehensive and clearer guidance on mental health curricula grounded in robust research.

Poor mental health can undermine young people’s academic outcomes and their lifelong prospects. It is time to recognise that piecemeal approaches, such as a focus on resilience, are just pieces of the puzzle. They are not the much needed transformational solutions to the mental health crisis.

(The author is an Associate Professor in Psychology in Education, Department of Education, University of York-The Conversation)



# Rana Tours Akhnoor, cautions officers against unnecessary delay in execution of projects

**JAMMU:** Minister for Jal Shakti, Forest, Ecology & Environment and Tribal Affairs, Javed Ahmed Rana, on Tuesday directed the officers to expedite completion of Water Supply Schemes under the Jal Jeevan Mission besides accelerating irrigation and flood control projects in Akhnoor.

The Minister was reviewing the functioning of Jal Shakti and Forest Departments during his visit to Akhnoor constituency.

Minister for Sports, Satish Sharma and local MLA Mohan Lal were also present on the occasion.

The Minister emphasised the need for timely completion of water supply projects being executed under the Jal Jeevan Mission to provide tap water connections to every rural household. He exhorted upon the officers to ensure faster execution of works and better coordination among various agencies involved. He also called upon them for maintaining quality of works while executing these projects.

While calling for fast tracking irrigation projects to improve water availability for agricultural purposes, the Minister said that flood control projects need to be completed without any

unnecessary delay. He emphasised the need for time bound completion of all projects pertaining to various departments and cautioned against any



unnecessary delay in execution of vital works.

Maintaining that government has taken several initiatives for soil conservation in the Kalidhar Range,

he called for more focused efforts, particularly in view of climate change challenges.

The Minister called for prioritizing soil

conservation measures along nallahs and undertaking afforestation efforts on barren patches in the Kalidhar Range. He said that these steps are

crucial for environmental sustainability and will help prevent soil erosion and enhance biodiversity.

Javed Rana asked for increasing awareness regarding environment and soil protection and called for involvement of community for enhanced results. He asked the officers to chalk out a plan to increase the forest cover in the barren lands of Kalidhar range. He asked them to undertake afforestation by planting trees, which will not only provide livelihood opportunities but promote sustainable development and help mitigate climate change. During his tour to Akhnoor, people handed over memorandums as well as individual requests to the Minister and demanded early resolution of their issues.

Locals raised issues pertaining to Jal Shakti, Irrigation & Flood Control and Forest department.

The Minister asked the officers to take local MLA's into confidence in preparation of DPRs of new works and implementation of government's schemes in the area. Javed Rana also called for making defunct hand pumps functional on priority basis to ensure that the general public does not suffer on this account.

## 6-Day Entrepreneurship Development Programme concludes at JKEDI Jammu

**JAMMU:** A six-day Entrepreneurship Development Programme (EDP), under the Jammu and Kashmir Rural Employment Generation Programme (JKREGP), successfully concluded today at the District Centre of Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) Jammu.

The EDP was organized by JKEDI under the guidance of Director JKEDI Rajinder Kumar Sharma and aimed at nurturing aspiring entrepreneurs from Jammu district under the JKREGP scheme. A total of 23 participants successfully completed the training program.

Throughout the six-day program, participants were trained in essential business concepts, including business plan formulation, marketing strategies, accounts management, record keeping, customer relationship management, and other relevant topics. The training also focused on business ventures in manufacturing, services, and agri-allied sectors.

Participants explored small business opportunities such as retail outlets for cosmetics and readymade goods, cattle feed units, electrical goods stores, dairy farming, goat farming, commercial vehicle operations, and hardware stores in various parts of Jammu district.

The program was coordinated by District Nodal Officer, JKEDI Rajesh Kotwal, along with Office Associate Monika Salaria and Administrative Assistant Nauty Pandoh.

Speaking at the valedictory ceremony, Rajesh Kotwal emphasized the significance of entrepreneurship and self-employment in driving economic development in Jammu and Kashmir. He encouraged the participants to leverage the knowledge and skills acquired during the program to establish sustainable business ventures.

Several participants shared their experiences, expressing confidence in embarking on their entrepreneurial journeys. They acknowledged the comprehensive training provided by JKEDI as instrumental in equipping them with the tools and confidence needed to realize their business aspirations.

The program is a testament to JKEDI's commitment to fostering entrepreneurship and empowering individuals to contribute to the region's socio-economic development.



## DC Shopian reviews pace on dev projects in various sectors

**SHOPIAN:** Deputy Commissioner (DC) Shopian, Mohammad Shahid Saleem Dar today reviewed the progress of key development projects in the district, including Mughal Road, Tourism, Municipal Council (MC), Jal Jeevan Mission (JJM), RDSS, PM Surya Ghar, sports development initiatives and others.

The review aimed to assess the current status and identify areas for improvement.

During the review, the DC emphasized the need for new flagship projects to enhance the district's infrastructure and promote development.

He directed R&B to submit Detailed Project Reports (DPRs) for new flagship projects to be taken up in the district especially establishing eco friendly facilities at Dobjan and Pir ki Gali for commuters & tourists, municipal services for town residents, sports development projects of YS&S and Sports Council among others.

Shahid Saleem also reviewed the physical & financial progress of ongoing MC Projects, Sports Council works, JJM Works of water supply, RDSS infrastructure development in power sector, registration and installation of PM Surya Ghar, etc.

The DC laid focus on sports development, given the district's potential for growth in this sector. He instructed the YS&S Department to organise the Sports competitions for youth engagement.

While speaking during the series of meetings held today, the DC emphasised upon streamlining the planning and execution process, ensuring that initiatives are well-planned, efficient, and effective in addressing the district's needs.



## Efforts underway to ensure timely availability of books for students, says Dir Edu

**Srinagar:** Director of School Education Kashmir, G N Itoo, has assured that steps are being taken to ensure the timely availability of textbooks for students following the restoration of the November session.

Acknowledging the challenges posed by the short notice, he according to news agency KINS stated that the Board of School Education had initially planned to distribute books after the March session. However, following a high-level meeting chaired by the Education Minister and the Principal Secretary of Education, clear directives were issued to ensure that all textbooks are available in the market by January 31.

"We are expediting the process, and I am hopeful that all required books will be available



by the end of January," Itoo told reporters. He said that in areas where winter tutorials are being conducted, existing books are being utilized to

continue classes without interruption.

The Director further revealed that advance plans are being formulated to avoid future inconveniences for students.

"We are closely monitoring the situation in coordination with the Chief of Operations Team (COT) to ensure that textbooks reach children at the earliest," he said. Addressing concerns from parents regarding private schools, Itoo noted that monitoring teams have been established in every district and zone. These teams have been directed to act on genuine complaints within 24 hours. "We have already taken action in several cases where complaints were verified. Any violations will be dealt with according to the rules and procedures," he asserted. (KINS)

## DC Srinagar Urges Banks to Prioritize Self-Employment Schemes and Financial Literacy in Srinagar

**SRINAGAR, JANUARY 14:** The Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat Tuesday reviewed the performance of the Banks and other Financial Institutions under various Government initiatives and sponsored schemes for Quarter ending September 2024.

At the outset, the Deputy Commissioner/Chairman DLRC/DCC took a detailed review and sector wise performance of the Banks in implementation of different Government schemes.

He also reviewed the achievements of Banks in lending to Priority/Non Priority sectors under Annual Credit Plan.

Speaking on the occasion, the DC urged Banks and sponsoring agencies to prioritize achieving targets under Priority Sector Lending.

He also impressed upon the banks to improve the ease of availing banking facilities to the unemployed youth who genuinely need it for achieving the gainful employment through various credit facilities tailored in accordance to their entrepreneurial aspirations.

The DC emphasized utmost coordination between Banks and sponsoring agencies for better implementation of self-employment schemes so that

beneficiaries set up their income generating units.

He stressed on all the line Departments and Banks operating in the District to further improve



the credit facilities.

He also called for educating people about financial literacy and the Digital Payment Ecosystem, besides educating them about digital frauds.

Dr Bilal emphasized on improvement of other schemes and flagship programmes of the Government

and focused attention towards self-employment to

uplift the socio-economic conditions of the people. While reviewing the Bank-wise movement of



CD Ratio in the District, the meeting was informed that total deposits of the District Srinagar stood at Rs 36,190.96 crore and Advance at Rs 26,438.30 crore, constituting 73 percent CD Ratio at the Quarter Ending September 2024.

It was apprised that Banks operating in Srinagar

have provided a total credit of Rs 5185.35 crore among 84864 beneficiaries of District under different schemes during financial year 2024-25.

It was further apprised that under Prime Ministers Mudra Yojna (PMMY) Scheme Banks operating in Srinagar have disbursed Rs 885.19 Crore among 25605 beneficiaries of the District during Financial year 2024-25 as of November 2024.

Similarly, under the Pradhan Mantri Employment Generation programme (PMEGP), a total 1302 cases have been sanctioned and an amount of Rs 21.08 Crore have also been sanctioned.

With regard to implementation of Pradhan Mantri SVANIDHI schemes, it was informed that Rs 13.57 crore have been disbursed among 8116 Street Vendors of the District.

While reviewing the progress achieved in enrolment under social security schemes including Pradhan Mantri Jeevan Jyoti Bima Yojana (PMJJBY) / Pradhan Mantri Suraksha Bima Yojana (PMSBY) and Atal pension Yojna (APY), the DC was informed that as many as 206440 enrolments have been made till December, 2024 including 148304 under PMSBY, 47239 under PMJJBY and 10897 under APY scheme.

## KVKs of Anantnag and Shopian Empower SHG Members with Nutri-Mix Formula Training for Better Health

**ANANTNAG/SHOPIAN:** A three-day training programme on 'Preparation of Nutri-Mix Formula for Lactating and Pregnant Women,' organized by Krishi Vigyan Kendras (KVKs) of Anantnag and Shopian in collaboration with the Directorate of Extension, SKUAST-Kashmir, and sponsored by the Mission Directorate, Jammu & Kashmir Rural Livelihoods Mission (JKRLM), commenced today at Anantnag and Shopian respectively.

The programme, running from January 14 to 16, 2024 aims to empower women Self-Help Group (SHG) members with knowledge and skills to improve nutritional and livelihood security.

The inaugural session, jointly organized at all KVKs of SKUAST-Kashmir, was chaired by Vice-Chancellor, SKUAST-K, Prof. Nazir A. Ganai.

Prof. Ganai highlighted the critical role of balanced nutrition in ensuring the health and well-being of lactating

and pregnant women and their children.

He emphasized the importance of equipping SHG members with practical knowledge that can cascade down to the community, thereby addressing both nutritional and livelihood challenges. Prof. Ganai congratulated the Directorate of Extension and KVK teams for their dedicated efforts in making this initiative a reality.

Mission Director, JKRLM, Shubra Sharma addressed the gathering, appreciating the collaborative efforts of SKUAST-K and JKRLM. She expressed confidence that the training would significantly benefit SHG members and contribute positively to community health and nutrition.

At Anantnag, the technical session began with an introduction and programme overview by Dr. Ishtiyag A. Khan, Head KVK-Anantnag. Participants included representatives from all 16 community blocks of District Anantnag, alongside the District Programme Manager

and Block Programme Manager, Dooru.

The training featured interactive sessions and hands-on demonstrations to enhance participants' understanding of Nutri-Mix formula preparation.

At Shopian, Dr. Zaffar Afroz Badri, Senior Scientist discussed dietary requirements of various age groups of women and deliberated how better care of our women can be taken while following the recommendations.

Dr. Shaiq Ahmad Ganai, Scientist Food Technology presented a lecture on impact of nutrition on pregnant and lactating Women.

Dr. Bilal Ahmad Pandit Scientist Fruit sciences deliberated on the nutritional importance of fruits for lactating and Pregnant women, and Dr. Shabir Ahmad Mir Scientist Veterinary discussed the importance of animal products in the dietary habits of adolescent girls and pregnant women.

## DC Srinagar finalizes Action Plan for implementation of Novel Natural Farming in District

**SRINAGAR:** In order to finalize Action Plan for first of its kind Novel Natural Farming for the year 2025-26 in District, a comprehensive meeting was held under the chairmanship of Deputy Commissioner (DC) Srinagar, Dr Bilal Mohi-Ud-Din Bhat here today.

The meeting was attended by Chief Planning Officer Srinagar, Chief Agriculture Officer, Chief Horticulture Officer Srinagar, Chief Animal Husbandry Officer Srinagar, and other District level Officers.

During the meeting, the Deputy Commissioner discussed



threadbare the Action Plan for successful implementation of Natural Farming in District Srinagar. He said that the initiative of Novel Natural

Farming will pave way forward for sustainable growth of Agriculture without harming the natural environment.

The DC impressed upon the officers Officers to ensure effective and successful implementation of Natural Farming programme as per the scheme guidelines.

During the meeting Chief Agriculture Officer Srinagar gave a detailed a power point presentation on the subject.

He informed the meeting that the natural Farming is a sustainable method of Farming which encourages use of natural inputs available at the farm including FYM, Agniasthra, bejmritra etc and natural methods of disease, pest and weed control. He added that, the natural Farming also encourages production of on farm natural agri inputs and discourages use of all the chemical based inputs.

## State Health Agency Suspends Empanelment of Shifa Hospital for Guideline Violations

**Srinagar:** The State Health Agency (SHA) in Jammu and Kashmir has taken strict action against Shifa Medical Centre, Srinagar, suspending its empanelment for six months due to multiple violations of guidelines issued by the National Health Authority (NHA).

The hospital has also been penalized with a fine exceeding Rs 26 lakh for unauthorized payments collected from beneficiaries.

According to an official order issued by the SHA, the action was prompted by a series of grievances and complaints lodged against the hospital.

Beneficiaries reported that the hospital was coercing patients into out-of-pocket expenditures and denying treatment, actions that blatantly disregarded the guidelines of the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB PM-JAY) and AB PM-JAY SEHAT schemes.

A surprise inspection conducted on November 23, 2024, revealed significant violations, corroborated through direct interaction with patients and

beneficiaries. Following this, a show-cause notice was served to the hospital, requesting an explanation. However, Shifa Medical Centre failed to respond

Empanelment Guidelines, the committee decided to impose a six-month suspension on the hospital. Additionally, a fine of Rs 26,15,000 was levied for illegal



within the mandated timeframe.

Despite receiving a second show-cause notice on December 18, 2024, the hospital again failed to provide a response within the stipulated five working days.

The matter was subsequently escalated to the State Empanelment Committee, which deliberated on the case during its meeting on December 26, 2024.

In accordance with Hospital Empanelment and De-

payments collected from patients. While the suspension limits the hospital's operations under the government healthcare schemes, a critical exemption has been made for dialysis patients.

The hospital has been permitted to continue providing dialysis treatment to its existing patients under AB PM-JAY and AB PM-JAY SEHAT, ensuring continuity of care for this vulnerable group.



# What to Eat While Breastfeeding

Breastfed babies receive antibodies and protection from a variety of health conditions from their mothers in breast milk.

What to eat when breastfeeding

Mothers might need to eat more to make up for the calories that the baby consumes in breast milk. Some mothers do get hungry and need those extra calories. Breastfeeding mothers are encouraged to choose nutrient-dense snacks such as peanut butter, yogurt, or a banana.

Protein-rich foods can support milk production. Lean meats, legumes, dairy, and eggs are good choices.

Fish and other seafood are good choices, but they need to be low in mercury. Mercury can be harmful to the baby's developing nervous system. Clams, cod, haddock, salmon, sardines, and tuna are examples of low-mercury choices. Fruits and vegetables round out the healthy breastfeeding diet.

Get enough to drink

It is also important to avoid dehydration. If your urine becomes dark, then you might need to drink more fluids. Normally urine ranges from pale yellow to amber.

Foods can affect the color of your urine. For instance, if you have recently eaten beets, then your urine will be darker. Aim for yellow urine to determine if you need to drink more water.

Water is perfect to help you stay hydrated. If that gets boring, there are other choices to help you stay hydrated, but it is best to avoid sugary drinks. You might be tempted to drink sports drinks for the electrolytes, but you could be getting a lot of sugar and caffeine too. It is important to read labels.

Some caffeine is okay. If you are a coffee drinker 2 to 3 cups (8 ounces each) are safe but if your baby seems agitated or has trouble sleeping, try reducing the amount of coffee to see if that makes a difference. Tea has less caffeine than coffee, and herbal teas usually do not contain any caffeine.

What to avoid when breastfeeding

If you drink alcohol, it will be in your

breastmilk and no amount of alcohol is safe for your baby.

If you want to drink alcohol, consider pumping first so that you have milk for the baby. After drinking alcohol, it is best to wait for 2 to 3 hours after each standard drink before breastfeeding. This gives your body enough time to clear the alcohol.

Foods that should be limited

Limit the amount of caffeine you drink and choose fish and seafood that have minimal amounts of mercury.

Peppermint, sage, and parsley can decrease milk production. Sage dressing with chicken or turkey is not likely to affect your milk production. If you are drinking several cups of peppermint tea and massaging with peppermint essential oil daily and you are concerned about the amount of breastmilk you are producing, you might want to cut back to see if that helps.

Myths

Caffeine is not permitted

The breastfeeding mother can have 2 to 3 cups of coffee a day. It is important to screen for other sources of caffeine such as sports drinks. Some pain relievers, chocolate, cocoa, and soda have caffeine.

Alcohol is not permitted

Alcohol will make its way to breastmilk. To avoid giving the baby alcohol in the breast milk avoid breastfeeding for 2 to 3 hours after each drink. This allows the alcohol to leave your body and the breastmilk. To speed up the process you can pump the breastmilk to reduce the amount of alcohol in the breastmilk that is being produced.

Breastfeeding is the best nutrition for your baby and can protect your baby against many illnesses. Breastfeeding also helps prevent cancer and other diseases in the mother. Choosing a healthy, balanced diet will provide the best nutrition for your baby.

As you eat different foods the taste of the milk can change. This helps prepare your baby for the foods that your family usually eats.

If you are taking prescription medications,

there is a National Library of Medicine database called LactMed which you can use to check the safety of your medications during breastfeeding.



**PEPPERMINT, SAGE, AND PARSLEY CAN DECREASE MILK PRODUCTION.** Sage dressing with chicken or turkey is not likely to affect your milk production. If you are drinking several cups of peppermint tea and massaging with peppermint essential oil daily and you are concerned about the amount of breastmilk you are producing, you might want to cut back to see if that helps.

# SLEEP

## To Clean Your Brain And Prevent Urodegeneration

Brianwashing, more scientifically known as brain waste clearance, is a process during which harmful waste products, so called “biological trash”, is removed from your brain. This is crucial for optimal brain functioning and to lower the risk of neurodegenerative diseases such as Alzheimer's disease, Parkinson's disease and dementia, which are associated with buildup of such harmful waste products. Only recently scientists discovered that your brain is cleaned only when you are sleeping.

Waste products build up in the body and brain throughout the day

First you might be wondering what needs to be cleaned and removed here? What is “biological trash”?

Throughout the day all cells in our body produce leftover molecules and metabolites due to cellular activity. There is also cellular debris and other harmful toxic molecules that get into our body from the surrounding environment. Moreover, due to various internal and external factors such as our genetic predispositions and UV exposure, certain proteins in our body might change their structure, lose their normal function and become harmful. All of these molecules need to be removed from our body to avoid health problems and disease.

Brain has a different system to clean waste products than the rest of the body

Our body has a wonderful “cleaning system” that removes such “biological trash” and detoxifies our tissues, called the lymphatic system. It consists of specific lymphoid organs, such as thymus, bone marrow and lymph nodes, lymphatic vessels and a fluid called lymph that circulates throughout our body and removes excess fluid and waste products.

However, not even a single trace of the lymphatic system is detected inside our brain. This is rather surprising as the brain is the most active organ of our entire body and therefore is likely to produce most waste products. In 2012 a groundbreaking study was published which showed that our brain has a different kind of waste



clearance system than the rest of the body.

The study described the anatomical pathways and the working principle of the brains' waste disposal system, which was given the name of the glymphatic system. Apparently, the brain uses a system of tunnels that are formed around the brain's blood vessels by special brain cells called the astrocytes. Astrocytes belong to a group of so-called glial cells, hence the name glial + lymphatic = glymphatic. A special brain fluid called the cerebrospinal fluid flows in these tunnels

and then through our brain, collecting waste from around the brain cells and then draining it out of the brain and out of our body.

Brains' waste disposal system is ON when we sleep

Another groundbreaking study was released just a year later in 2013 which showed that waste products from the brain are removed almost only during sleep. Scientists injected a green dye into the brain of mice after which half of the mice went to sleep and the other half stayed awake. After two hours scientists checked how much of the green dye was left in the brains of these mice.

Surprisingly, brains of mice which stayed awake were still full of the green dye, while the brains of the ones that slept barely had any trace of green dye. These results indicated that substances are removed from the brain much faster during sleep when compared to being awake.

Now many studies in various animal species including humans support the finding that our brains are cleaned from harmful molecules almost exclusively during sleep. For example, a 2018 study with 20 healthy adults showed that a single night of no sleep is associated with significant increase in levels of a specific brain waste product, a protein called amyloid-beta.

A 2021 study investigated how well an externally delivered molecule is cleaned from the brain if you sleep compared to if you don't sleep. Scientists delivered a special molecule called contrast agent into the brains of patients. Half of them were allowed to sleep and half were asked to spend one night not sleeping. When scientists scanned the brains of these 2 groups of patients, they found higher levels of the contrast agent in the no-sleep group compared to the group that slept. This means that even one night of sleep deprivation impairs brain waste clearance.

Too little sleep increases the risk of neurodegenerative diseases

Build-up of certain waste products in the brain is associated with increased risk of neurodegenerative diseases, such as Alzheimer's, Parkinson's diseases and dementia. Now we know that our brain is cleaned and waste products removed when we are sleeping. This would mean that if we don't get enough sleep, we expose ourselves to higher chances of neurodegenerative diseases.

For example, one study examined nearly 8000 people and found that people who slept six hours or less per night in their 50s and 60s were 30% more likely to develop dementia later in life compared to those who slept 7 hours or more every night.

Another study investigated nearly 700 individuals who due to their genetic make-up were at risk of developing Alzheimer's disease. Researchers found that better sleep reduced the likelihood of developing clinical Alzheimer's disease and even reduced the amount of harmful proteins in the brain.

A recent 2020 study showed that sleep disturbances early on can even forecast how much of the harmful protein amyloid-beta will accumulate in a person's brain. The worse people sleep, the more likely they are to end up having larger amounts of amyloid-beta in their brain which is known to increase the risk of neurodegenerative diseases.

Build-up of waste products in our tissues is a physiological process that happens due to cellular activity. As long as these waste products are efficiently removed, we should not worry. Now we know that our brain has a different kind of waste disposal system than the rest of our body, which interestingly is ON only when we sleep. Therefore, make sure to get enough sleep every night to keep your brains “clean” (literally), and to reduce your risk of developing neurodegenerative diseases!





# Continued From P1...

## J&K Incomplete

At the event, the Defence Minister announced that doorstep delivery of medical facilities through mobile medical units will be provided to ex-servicemen and their families in remote areas across the country.

“The government has taken several steps to support ex-servicemen and their families. While I do not claim that all measures are sufficient, one significant initiative this year is the introduction of mobile medical units for veterans and their families in remote areas,” he said.

J-K Chief Minister Omar Abdullah, Lt Governor Manoj Sinha, Chief of Defence Staff General Anil Chauhan and General Officer Commanding-in-chief MV Suchindra Kumar were prominent among those who attended the event organised by the Army at Tanda Artillery Brigade in the Akhnoor sector near Jammu to celebrate the ninth Armed Forces Veterans' Day celebrations.

Abdullah praised the armed forces for safeguarding the country and assured the veterans of his government's complete support in mitigating their problems.

He said efforts are underway to improve and strengthen the relationship between the government and the forces.

The Defence Minister recalled the bravery of the Indian Army during the 1965 war with Pakistan, emphasising the strategic brilliance and sacrifices that led to India's victory.

Singh particularly highlighted the significance of the Battle of Akhnoor, where the Indian Army successfully thwarted Pakistan's Operation Grand Slam and advanced towards Lahore. “History stands as a testament that Pakistan has lost every war against India — be it the tribal invasion of 1948, the 1965 war, the 1971 war, or the 1999 Kargil conflict. In each case, Pakistan has faced humiliation and defeat,” he remarked.

Reflecting on the lessons learned from the 1965 war, Singh criticised the missed opportunity to capitalise on strategic military gains during negotiations, citing Haji Pir as an example where territory was ceded despite army success.

“If that had not happened, the routes for terrorist infiltration would have been closed back then. However, we began to change this by abrogating Article 370,” he concluded.

## A martyr's house

reminding us of the selfless devotion and sacrifices of our brave soldiers and their families for the motherland.

“A martyr's house is a sacred temple. This feeling and respect should be there in the minds of common man. Administration and society can express their gratitude to those who sacrificed everything for the country by fulfilling their responsibilities and ensuring that they live a life of comfort and dignity,” the Lieutenant Governor said.

The Lieutenant Governor highlighted various welfare programmes providing assistance and support for the education of the children of veterans and their better career prospects.

On the occasion, the Lieutenant Governor also paid homage to the first Commander-in-Chief of the Indian Army, Field Marshal K.M. Cariappa.

## 5 killed, two

Mohd Ibrahim, son of Haji Mohd, a resident of Badgam, Kargil.

The identities of the other two victims are yet to be ascertained. A case has been registered, and an investigation has been initiated.

## Commited to ensure

voice any concerns or gaps in the system so they can be promptly addressed.

“If there are any challenges or weaknesses in our efforts, please bring them to our attention so that we can work together to resolve them. We are committed to serving you with the same dedication that you showed in serving the nation,” he added.

Addressing the gathering of ex-servicemen and their families, who participated in the 9th Armed Forces Veterans' Day held at Tanda Artillery Brigade, the Chief Minister expressed his gratitude and emphasized the critical role of veterans in safeguarding the country's freedom and peace.

Highlighting the unparalleled commitment of veterans, Omar Abdullah acknowledged their courage and dedication, stating, “You put the nation above everything else, setting aside your personal well-being and dreams for the greater good. While you protected our borders, you also gave us the priceless gift of peace. It is because of your service that we sleep soundly at night, knowing that our country is in safe hands.”

Chief Minister Omar Abdullah assured the gathering, “We will always stand by you. Your sacrifices will never be forgotten, and we pledge to support you in every possible way. You have done your duty to the nation with honor; now it is our turn to do ours.”

Defence Minister Rajnath Singh earlier hoisted a 108-foot tall national flag and inaugurated a heritage museum in the Akhnoor belt of Jammu. He was accompanied by Lieutenant Governor Manoj Sinha, Chief Minister Omar Abdullah, the Chief of Defence Staff and senior officers.

## ACB begins

02/02/2025 in Police Station Anti Corruption Bureau Srinagar with regard to use of substandard material in ongoing development work at Foreshore Road Nishat in Srinagar City for Cycle Track, Footpath facing Dal Lake & viewing decks etc from Nishat upto Naseem Bagh PHC (Public Health Centre). The officers/officials of Srinagar Smart City Ltd. in connivance with beneficiary contractor also deliberately avoided the mandatory procedures thereby compromising the quality of works, he said.

Probe of both Preliminary Enquiries is in progress, reads the statement

## Hamas has accepted

Some 100 Israelis are still captive inside Gaza, and the military believes at least a third them are dead.

Officials have expressed mounting optimism that they can conclude an agreement ahead of the January 20 inauguration of US President-elect Donald Trump,

whose Mideast envoy has joined the negotiations.

Qatari Foreign Ministry spokesman Majed al-Ansari said at a weekly briefing Tuesday that the ongoing negotiations are positive and productive, while declining to get into the details of the sensitive talks.

“Today, we are at the closest point ever to having a deal,” he said.

Hamas, meanwhile, said in a statement that the ongoing negotiations had reached their “final stage”.

The offensive has reduced large areas of the territory to rubble and displaced around 90 per cent of Gaza's population of 2.3 million, with hundreds of thousands packed into tent camps along the coast where hunger is widespread.

Israeli strikes across Gaza overnight and into Tuesday killed at least 18 Palestinians, including two women and four children, while Yemen's Houthi rebels fired two missiles at Israel, setting off sirens and sending people racing into shelters. No one was wounded by the projectiles.

A three-phase agreement

The three-phase agreement — based on a framework laid out by US President Joe Biden and endorsed by the UN Security Council — would begin with the gradual release of 33 hostages over a six-week period, including women, children, older adults and wounded civilians in exchange for potentially hundreds of Palestinian women and children imprisoned by Israel.

Among the 33 would be five female Israeli soldiers, each of whom would be released in exchange for 50 Palestinian prisoners, including 30 convicted militants who are serving life sentences. By the end of the first phase, all civilian captives — living or dead — will have been released.

During this first, 42-day phase, Israeli forces would withdraw from population centers, Palestinians would be allowed to start returning to their homes in northern Gaza and there would be a surge of humanitarian aid, with some 600 trucks entering each day.

Details of the second phase still must be negotiated during the first. Those details remain difficult to resolve — and the deal does not include written guarantees that the ceasefire will continue until a deal is reached. That leaves the potential for Israel to resume its military campaign after the first phase ends.

The three mediators, however, have given Hamas verbal guarantees that negotiations will continue as planned and that they will press for a deal to implement the second and third phases before the end of the first, the Egyptian official said.

The deal would allow Israel throughout the first phase to remain in control of the Philadelphi Corridor, the band of territory along Gaza's border with Egypt, which Hamas had initially demanded Israel withdraw from. But Israel would pull out from the Netzarim Corridor, a belt across central Gaza where it had sought a mechanism for searching Palestinians for arms when they return to the territory's north.

In the second phase, Hamas would release the remaining living captives, mainly male soldiers, in exchange for more prisoners and the “complete withdrawal” of Israeli forces from Gaza, according to the draft agreement. But Hamas has said it will not free the remaining hostages without an end to the war and a complete Israeli withdrawal, while Israeli Prime Minister Benjamin Netanyahu has in the past vowed to resume fighting unless Hamas's military and governing capabilities are eliminated.

Unless an alternative government for Gaza is worked out in those talks, it could leave Hamas in charge of the territory.

In a third phase, the bodies of remaining hostages would be returned in exchange for a three- to five-year reconstruction plan to be carried out in Gaza under international supervision.

Growing pressure ahead of Trump's inauguration Israel and Hamas have come under renewed pressure to halt the conflict in the lead-up to Trump's inauguration next week. His Middle East envoy, Steve Witkoff, recently joined US, Egyptian and Qatari mediators in the Gulf country's capital, Doha.

Trump said late Monday that a ceasefire was “very close”.

“I understand ... there's been a handshake and they are getting it finished — and maybe by the end of the week,” he told the American cable channel Newsmax.

Hamas has blamed Israel for the repeated setbacks in the negotiations, saying that on more than one occasion, the militant group had accepted a proposal from mediators only to see Israel reject it or launch a new military operation immediately afterwards.

Israel and its close ally the United States have blamed setbacks on Hamas.

## Light snow

that overall, nothing significant is expected till January 19.

On January 20 & 21, generally cloudy weather is expected with possibility of light snow at isolated to scattered places, he said.

Moreover, the minimum temperatures have once again settled below normal in Kashmir with Srinagar, the summer capital of Jammu and Kashmir, recording a low of minus 4.2 degree Celsius.

Qazigund, a gateway of Kashmir, recorded a low of minus 5.6 degree Celsius while Pahalgam, a famous tourist destination recorded a minimum temperature of minus 7.8 degree Celsius.

Kupwara in north Kashmir recorded a low of minus 4.7 degree Celsius while Kokernag recorded a minimum temperature of minus 3.4 degree Celsius. Gulmarg, a famous ski-resort, has recorded a low of minus 6.2 degree Celsius.

Meanwhile, the MeT has issued an advisory, advising the tourists, travelers and transporters to follow administration and traffic advisory.

## Mysterious disease

We are currently investigating the cause of these deaths.”

She said that on January 9, seven children were affected and subsequently transferred to hospitals in Jammu and Rajouri, with some tragically passing away.

“The samples collected have all returned negative

so far. We need further tests to clarify the cause of the deaths. I have directed the Health and Medical Secretary to visit the district, and I am in regular contact with local health and police officials,” the minister added.

Specialist teams from national institutions such as the National Institute of Virology (Pune), PGI Chandigarh, NCDC, and AIIMS Delhi have been dispatched to the affected village. These teams are conducting field studies and collecting samples for laboratory analysis.

High-ranking officials and medical professionals from leading hospitals in Jammu have also visited Badhaal to assist in the investigation.

The tragic sequence of events began on December 8 when Mohammad Fazal and his four children lost their lives, followed by the deaths of three children from another family, led by Mohammad Rafiq. Rafiq's pregnant wife also died on December 23, a case linked to medical negligence.

Two siblings succumbed to the illness on January 12, with another sibling passing away on January 13. On Monday evening, 62-year-old Mohammad Yusuf, a relative of the affected family, died at GMC Rajouri, and on Tuesday, a six-year-old girl succumbed.

Dr Rakesh Magotra, Director of Health Services Jammu, informed KNO that toxicology is likely behind these deaths, although no viral or infectious link has been established so far. He said experts from the national institutions have verbally noted the presence of toxins, and further investigations are ongoing.

## Over 1,000 athletes

success, with a memorable experience for everyone.

While responding to critics, he remarked, “We trust our leader and the speech by Omar Sahab during Z-Morh Tunnel inauguration has been widely appreciated. He is the Chief Minister for everyone, chosen by the people.”

The MLA also expressed hope for the restoration of Jammu and Kashmir's statehood, a sentiment shared by many in the region.

Its noteworthy, that during the inauguration of the Z-Morh Tunnel on Monday, Prime Minister Narendra Modi declared Gulmarg the “winter sports capital of the country,” emphasizing its growing importance on the national and international sports map.

## CS directs

The meeting, besides Secretary Health & Medical Education Department was attended by ADGP, Jammu; Divisional Commissioner, Jammu; DIG, Rajouri-Poonch Range; DC, Rajouri; SP, Rajouri; Principal, GMC, Jammu; Principal, GMC, Rajouri; Director, Health Services, Jammu and Experts from PGIMER, CSIR, National Institute of Virology (NIV), National Centre for Disease Control (NCDC), DRDO and others.

The Chief Secretary impressed upon the Health and Police Departments to assess the reports received from different institutes of repute to identify the real cause of these deaths. He asked them to work in close coordination to take this investigation to its logical conclusion.

He also directed the Police Department to utilize the best of their resources to study these reports along with using other scientific measures to reach to the conclusion. He also urged the Health Department to study these reports to find the reasonable leads causing these deaths.

He made out that the reports furnished by different institutions are now available with us and more are going to be received soon. He maintained that these should be enough to conclude the investigations and reach to possible reasons of these deaths reported from this particular village.

Dulloo also took this occasion to hear from the different experts from PGIMER (Chandigarh), NIV, CSIR and NCDC about their findings after studying numerous samples taken from the affected persons or area. He also sought suggestions from them about the future course of action to be taken from here.

It was given out by these experts that after carrying out of extensive microbiological studies no viral, bacterial or microbial infection was found to cause these deaths. These were found to be localised and possibly having some epidemiological linkage.

It was also given out that certain neurotoxins were found in the samples of the deceased persons which is further investigated to know more about it.

It is pertinent to mention here that from 7th of December, 2024 about 12 deaths out of 38 affected persons were reported in three different incidents from the village Badhal of District Rajouri the causes of which were unknown.

The government has taken several measures including rushing of Rapid Response Teams, carrying out investigations of samples from humans and animals, testing of water etc besides taking assistance of reputed health institutions of the country to know about the actual causes behind these deaths.

# NOTICE

This is an information for general public that in my Bank account No:0061040100046915, my name and parantege has been Mistakenly written as Mumtaz Ahmad Khan, S/O Ab Majeed Khan, while as my Actual and correct name and parantege is Mumtaz Ahmad Gojar, S/O Ab Majeed Gojar, Now i want to apply for its correction in this regard any person having any objection he/she may file the Objections in office of the Manager jammu and kashmir Bank branch office Main Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

**Mumtaz Ahmad Gojar.**  
**S/O Ab Majeed Gojar.**  
**R/O Arin Dardpora Bandipora.**

# In decontrolled Kashmir markets, sellers call shots

## Owais Gul

**SRINAGAR:** In absence of the government regulations, prices of essential commodities have skyrocketed in Kashmir and no quality check has added to the insecurities of the consumers.

The Department of Food Civil Supplies and Consumer Affairs (FCSCA) that regulated the prices and checked the quality of essential items like bread, mutton, vegetables, and milk lost its teeth after the markets were decontrolled in the Valley.

An official of the FCSCA department while talking to the news agency—Kashmir News Observer (KNO) said, “Our department has no power to regulate the prices of the essential commodities sold in the open market.” He said that many years have passed since markets in Kashmir were decontrolled. “At present, shopkeepers and traders are free to fix the prices.” Asked whether the department is authorized to check the quality of the items being sold in the market, the official said, “No.” “In the open market it's the duty of the traders, vendors and shopkeepers to ensure that no substandard product is sold.”

It may be recalled that earlier the government used to fix the rate of mutton, chicken and other items and special squads were deployed to check the quality of the essential commodities sold

in the markets.

“Butchers had to get the mutton stamped before selling it in the open market. The stamp was put by a SMC official under the supervision of an official of the Animal Husbandry Department,” said an official.

He said that mutton prices were deregulated a few years ago. “At present there is no slaughter house in Srinagar. A new slaughter house is being constructed at Alocha Bagh in uptown. Once it becomes operational the mutton will be checked and stamped again,” the official said, adding, “The process of putting stamps on mutton was a certification that it's fit for human consumption.”

In December last year Kashmir Trade Alliance (KTA) had urged the government to regulate essential commodity prices in the Valley. “The decontrolled prices are hitting the common masses hard. There is a pressing need to revert to the previous pattern of price regulation to provide succour to the people,” the KTA had said in a statement.

According to the consumers, prices of vegetables and other commodities have surged beyond previous highs. “Cost of the mutton has reached Rs 700 per kg, forcing many families to reconsider their food choices and cut down on consumption,” said Mohammad Furqan.

“Without the fixed price lists and enforcement mechanisms

that were once in place, the market has been left to operate without oversight. Prices of vegetables and other essential commodities vary from area to area. Earlier prices used to be consistent but now there is no regulation. Consumers have been left at the mercy of the sellers,” said a resident.

Another consumer said, “The costs of bakery items like cakes, pastries and patties too have witnessed a steep hike. A plain cake which used to cost around Rs 40 not long ago is now being sold at Rs 80. Many bakery items have gone out of reach of the consumers due to exorbitant price hike.”

The deregulation of markets besides hitting a common man hard has also created problems for the small businesses such as restaurants, roadside food vendors and others.

Common people have been left with no other option other than to cut back on what to eat, while the small business owners have increased the prices to survive.

According to economists, supply and demand determine prices in a free market, government intervention is essential to prevent inflation and protect both producers and consumers. “A balance needs to be maintained to protect the interests of both buyers and sellers,” said an economist.

# NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No: 0216010005965, which is Registered in the name of Ab Rashid Khan, S/O Gh Mohi-u-din khan. Now i want to apply for Change this Electricity Agreement in the name of Aijaz Ahmad Khan, S/O Ab Rashid Khan, in this regard any person having any objection he/she may file the Objections in office of the Assistant Executive Engineer Electricity Sub Division Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

**Aijaz Ahmad Khan.**  
**S/O Ab Rashid Khan.**  
**R/O Mukdam Mohal Check Aarsala**

# NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No: 0216010001185, Which is Registered in the name of Ab Gani Kumar, S/O Habibullah Kumar, Now i want to apply for Change this Electricity Agreement in the name of Mohd Hussain Kumar, S/O Abdul Gani Kumar, in this regard any person having any objection he/she may file the Objections in office of the Assistant Executive Engineer Electricity Sub Division Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

**Mohd Hussain Kumar.**  
**S/O Abdul Gani Kumar.**  
**R/O Tantray Mohla Ajar Bandipora.**

مدیریت دارالعلوم راجہ

مدیریت البنات دارالعلوم رحیمہ بانڈی پورہ

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



اللہ تبارک و تعالیٰ کے فضل و کرم سے لڑکیوں کے لئے زیر تعمیر ’’مدیریت 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 کا کل ماکر 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 سرپش کی ہوتی ہے جو سارے کام کی ستر پوشی اور سایہ کرتا ہے۔ لہذا انجینوں اور مستورات کے اس ادارے کی سرپش اور سایہ کا انتظام کرنا اللہ تعالیٰ کی جانب سے رحمت اور سایہ نصیب ہونے کا ذریعہ بنے گا۔ ان شاء اللہ تعالیٰ۔ اس کا رنجیر میں حصہ لینے کے لئے مدیرت البنات کا یا کاؤٹ نمبر متعین کیا گیا ہے:

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اس سے قبل بھی ان تعمیر میں بہت سے خوش نصیب حضرات نے کمرے بنا کر یا ان کا حصہ لیکر صدقہ جاریہ رکھنے کے لئے اپنا حصہ ادا فرمایا۔ اب پھر اللہ پاک نے یہ موقع عطا فرمایا کہ شوق رکھنے والے لوگ اس کام میں بھی حصہ لیکر اپنے لئے، اپنے والدین کے لئے، عزیز و متعلقین کے لئے صدقہ جاریہ متعین کر سکتے ہیں۔ اپنی خواتین کو بھی ترغیب دیں تاکہ وہ بھی اپنا حصہ اس کا رنجیر میں لگائیں کیونکہ یہ مدرسہ مستورات کے لئے مخصوص ہے۔ ایک کمرے کی لاگت ساڑھے پانچ لاکھ روپے ہے جتنی تو فیں ہو کر دم میں یا چھت میں حصہ لیں۔ اللہ قبول فرمائے۔

ام نگذارش یہ ہے کہ بیک کھانہ میں قم ڈالنے کے بعد فون نمبر 9419089250 یا 8899101091 پر سرکسرسٹ ڈال دیں یا وائسپ مٹج کے ذریعہ یا فون پر اطلاع کریں نیز اپنا نام اور ایڈریس روانہ کریں تاکہ رسید بھیجے میں سہولت ہو کیونکہ اب یہ تفصیلات بیک سے دستیاب نہیں ہوتیں۔

محمد رحمت اللہ کشمیری  
ناظم دارالعلوم رحیمہ بانڈی پورہ شیر



# Konstas hopes to embrace Sri Lanka challenge after heated India start

**S**am Konstas has conceded his emotions got the better of him during his first Test series but the batting prodigy will keep backing himself on the tour of Sri Lanka.

Konstas has not yet heard from selectors about their top-order plans for the two-Test series that begins on January 29, with Travis Head a chance to open after a fruitful shift to the top during Australia's last subcontinent tour in 2023.

Usman Khawaja's track record against spin and gutsy 41 runs in the series-deciding run chase against India are likely to factor into plans, as would the chance to give teenager Konstas his first taste of Test cricket abroad.

"It's obviously a huge honour representing my country and touring to Sri Lanka. They've welcomed me with open arms and I'm keen to learn and get better," Konstas said. "Obviously we've got a strong squad. If I do get the opportunity [to open], hopefully I'll take it with both hands."

Konstas won hearts and minds with his creative shot selection during his first two opportunities, opening alongside Khawaja in Test victories against India at the MCG and SCG. But his ongoing battle with seasoned Indian foes captured just as much attention.

En route to a half-century in his first innings, Konstas found himself at the centre of drama after Virat Kohli barged into him

between overs at the MCG.

His decision to chirp at Jasprit Bumrah backfired late on day one in Sydney, with a posse of Indian players swarming him at the

crowds, obviously," he said. "It was the first time playing with big crowds and maybe the emotions got to me a bit, reflecting on it. But obviously Sri Lanka are going to be tough to

straight to a fielder in the all-important final chase at the SCG.

But he will remain his confident self if given a chance in Sri Lanka, where he has previously travelled for a 10-day skills camp.



"I feel like I'll just keep backing myself. Obviously I'm going to adapt with my different methods. I can't wait for that to happen," he said.

Konstas will have one last hit-out for Sydney Thunder against Sydney Sixers this Friday before flying out to Australia's training camp in the UAE. The 19-year-old has made two half-centuries in his first four BBL knocks, including 53 runs in the defeat of Perth Scorchers that sealed Thunder's spot in the finals on Monday night.

He was not selected in Australia's squad for the Champions Trophy, having played only one List A game, but is keen to become a fixture in international white-ball cricket as well as Tests.

"That's a dream come true hopefully but they [selectors] haven't said anything," he said. "I'm just focusing on tonight. We had a good win and we're off to the Sixers. I'm just being in the present moment and trying to score some runs."

**"It's going to be completely different with the crowds, obviously," he said.** "It was the first time playing with big crowds and maybe the emotions got to me a bit, reflecting on it. But obviously Sri Lanka are going to be tough to beat in their home conditions. I'm looking forward to that."

## 10-men RKFC battle to thrilling 2-2 draw against Sreenidi Deccan

**SRINAGAR:** In a thrilling I-League 2024-25 encounter at the TRC Ground Srinagar, Real Kashmir FC, reduced to 10 men within the first minute, displayed remarkable grit to secure a 2-2 draw against Sreenidi Deccan FC on Tuesday.

The game began in dramatic fashion when Real Kashmir's Cameroonian defender Aminou Bouba was shown a red card for a foul in the penalty area in the very first minute. Sreenidi Deccan capitalized swiftly, with Faysal Shayesteh converting the penalty to give his side an early lead.

However, Real Kashmir responded with tenacity despite the numerical disadvantage. Just two minutes later, a short corner led to Lalramsanga's pinpoint cross, which Paulo Cezar expertly headed into the net to restore parity.

Sreenidi Deccan regained their advantage in the 15th minute through Angel Orelie, whose thunderous strike following a well-worked attacking move left the Kashmir defense helpless. Yet, Real Kashmir's fighting spirit came to the fore again in the 22nd minute. After a Lalramsanga free-kick caused chaos in the box, Muhammad Hammad pounced on a loose ball to slam home the equalizer.

Both sides had chances to claim victory as the match progressed. Sreenidi Deccan's Vanlalremdika hit the post, and a powerful header from Munoz was denied by Real Kashmir's goalkeeper, who also pulled off a stunning save to keep out Orelie's long-range effort that struck the crossbar.

Despite being a man down for nearly the entire match, Real Kashmir's defense held firm, denying Sreenidi Deccan the chance to secure all three points.

The RKFC will play its next home game on January 19.



# Khyber Cement Ka Zarra Zarra Dil Se Bana Hai

