

Kashmir Convener

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Committed to strengthen JKRLM's Umeed programme: CM Omar Abdullah

● Lauds efforts of women entrepreneurs connected with Umeed

KC NEWS NETWORK

JAMMU: Chief Minister Omar Abdullah reaffirmed his government's unwavering commitment to the Umeed Programme, promising to take all necessary steps, provide the required funds and simplify procedures to ensure its continued growth and success.

The Chief Minister made these remarks while addressing the 'Lakhpati Didi Sammelan' organized by the J&K Rural Livelihood Mission (JKRLM) working under the aegis of Department of Rural Development & Panchayat Raj at the Convention Centre here.

Speaking at the event, the Chief Minister said, "As I stand here, my heart is filled with pride. I want to assure all of you—our daughters, sisters, and mothers—that the government is fully committed to supporting this program. We will take every necessary step to ensure its continued growth, provide the required funds and simplify procedures to empower more women."

Highlighting the programme's impact,



the Chief Minister expressed satisfaction that over 12,000 'Lakhpati Didis' have already been empowered under the initiative. He expressed hope for this number to grow significantly, emphasizing that financial independence for women strengthens not just individuals but the entire society.

"This programme, which began during my

first tenure as Chief Minister of Jammu and Kashmir, has exceeded expectations." "Who would have thought that this initiative would lead to the emergence of Lakhpati Didis in Jammu and Kashmir? And yet, here we are, witnessing incredible stories of success, perseverance and achievement," said the Chief Minister.

He praised the women's fiscal discipline,

which has garnered trust from banks and financial institutions. "Your discipline, responsibility and commitment to timely repayments have built this trust. If all sectors operate with the same level of integrity and accountability as you do, Jammu and Kashmir's economic landscape would be transformed," he said.

Chief Minister Omar Abdullah emphasized the transformative power of financial independence for women, saying, "When women—our mothers, sisters, and daughters—become self-reliant, the entire society benefits. It allows you to make your own decisions, shaping a future that is better for you and your families."

He commended the quiet yet impactful progress of the Umeed Programme, stating, "This programme has done wonders, quietly and without fanfare. Where there is noise, there is often politics. But progress made in silence speaks volumes." The Chief Minister highlighted how the program has evolved, with many women not only achieving

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Startup India Propelled Vibrant Startup Ecosystems: PM Modi

KC NEWS NETWORK

NEW DELHI: Lauding 'Startup India' as a transformative programme, Prime Minister Narendra Modi said on its ninth anniversary on Thursday that the initiative has propelled



India to become one of the largest and most vibrant startup ecosystems globally.

>>SEE ON P-7

Deaths in Rajouri village not due to any communicable disease: Govt

● Toxins found in samples by CSIR-IITR



KC NEWS NETWORK

JAMMU: The Govt has been closely monitoring the situation in village Budhal, Rajouri, where an unexplained illness has claimed 14 lives. One child admitted in SMGS hospital is critical.

Investigations, and samples empirically indicate that the incidents are not due to a communicable disease of bacterial or viral origin and that there is no public health angle. Pertinently all samples have tested negative for any viral or bacteriological etiology. The tests were conducted on different samples in some of the most reputed labs of the country. These include National Institute of Virology Pune, National Centre for disease control New Delhi, National Institute of Toxicology and Research Lucknow, Defence Research Development Establishment Gwalior, the Microbiology Department of PGIMER Chandigarh besides the ICMR-Virus Research and Diagnostic Laboratory, GMC Jammu.

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Devastated father mourns loss of five children to mysterious illness

Jahangeer Ganaie

SRINAGAR: In the remote Badhaal village of Kotranka in Rajouri district, where life is already fraught with challenges, Mohammad Aslam mourns the devastating loss of his five children and a maternal uncle to a mysterious illness that struck his family like a relentless storm.

Now left with his only surviving daughter, who is critically ill, Aslam and his wife live in despair.

Speaking to the news agency—Kashmir News

>>SEE ON P-7

Union Cabinet approves "Third aunch Pad" of ISRO

KC NEWS NETWORK

SRINAGAR: The Union Cabinet chaired by the Prime Minister Narendra Modi today approved the establishment of the Third Launch Pad (TLP) at Satish Dhawan Space Centre of ISRO at Sriharikota, Andhra Pradesh.

The Third Launch Pad project envisages the establishment of the launch infrastructure at Sriharikota, Andhra Pradesh for the Next Generation Launch Vehicles of ISRO and also to support as standby launch pad for the Second Launch Pad at Sriharikota. This will also enhance the launch capacity for future Indian human spaceflight missions.

The Project is of national importance. Implementation strategy and targets: The TLP is designed to have configuration that is as universal

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NEET UG 2025 to be conducted in pen & paper mode: NTA

KC NEWS NETWORK

SRINAGAR: The National Testing Agency (NTA) has announced that the

National Eligibility-cum-Entrance Test or NEET (UG)-2025 will be conducted in Pen and Paper mode (OMR-based) in a single day and single shift. This decision aligns with the guidelines set by the National Medical Commission (NMC).

This decision comes after the education and health ministries had said last month that they were yet to decide whether the NEET-UG medical

entrance exam for 2025 will be held in pen-and-paper mode or a Computer-Based Test (CBT). "The administrative ministry of NEET is the Health Ministry, and we are in talks with them to decide whether NEET should be conducted in pen-and-paper mode or online mode. We have already conducted two rounds of talks with the Health Ministry led by JP Nadda. Whatever option is deemed

best for conducting the exam, the NTA is prepared to implement it," Pradhan had said. Now it has been confirmed that the exam will be continued in pen and paper format as usual.

NTA also announced that there will be a uniform NEET (UG) for admission to undergraduate courses in each of the disciplines

>>SEE ON P-7

Congress files application in SC supporting Places of Worship Act, 1991

KC NEWS NETWORK

NEW DELHI: The Congress has filed an application before the Supreme Court seeking intervention in the batch of petitions challenging the validity of Places of Worship Act, which prohibits the filing of a lawsuit to reclaim a place of worship or seek a change in its character from what prevailed on August 15, 1947.

The plea stated that the Places of Worship Act was enacted by the Parliament, as it reflected the mandate of the Indian populace, and was envisaged prior to 1991 and the same was made a part of the Congress's then-election manifesto for the Parliamentary elections.

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J&K parts receive fresh snowfall, rains lash plains



Owais Gul

SRINAGAR: Jammu and Kashmir parts on Thursday recorded fresh snowfall while the rains lashed some areas in Jammu as well as in Central Kashmir districts, bringing down

the mercury in the Union Territory.

As per the details collected by the news agency—Kashmir News Observer (KNO), the moderate snowfall was recorded in Sinthan Top, Duksum, Kokernag, Kishtwar, Poonch areas and other places where

up to six inches of snow accumulated this evening.

The fresh snowfall was experienced under the influence of a Western Disturbance (WD), which mostly affected the southern parts of Kashmir.

According to the details shared by the independent weather forecasters from Kashmir, Duksum recorded a snowfall of 6 inches while Pahalgam recorded around 4 inches and Baltal Pahalgam and Chandanwari recorded 6-8 inches of snow today.

Qaizgund recorded a snow accumulation of two inches while light snowfall of 2 cm was recorded in South Kashmir's Shopian and Pulwama areas. Reports of light snowfall

>>SEE ON P-7

Bridge critical gaps in tribal infra development: Javed Rana

KC NEWS NETWORK

JAMMU: Minister for Tribal Affairs Department, Javed Ahmed Rana, today reviewed implementation of Dharti Aaba Scheme in J&K during a meeting with senior officers at Civil Secretariat, Jammu.

Maintaining that holistic tribal development is priority of present government, the Minister emphasised expanded coverage of Dharti Aaba to all tribal villages and targeted efforts to bridge critical gaps in social infrastructure, healthcare, education and livelihood ensuring sustainable growth for tribal communities.

The meeting was attended by



Secretary, TAD, Harun Malik, Deputy Secretary TAD, Dr. Abdul Khair besides other concerned officers.

While addressing the meeting, the Minister called for focussed approach on the scheme interventions under the Abhiyan, through coordinated efforts so that the benefits reach to the targeted

population. He took first hand appraisal about implementation of the scheme being executed for welfare of tribal people. He also discussed various aspects related to the scheme and other modalities for its successful execution to achieve the target.

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Supreme Court Bats For Uniform Policy For Management Of Tiger Reserves Across India

NEW DELHI: The Supreme Court on Thursday favoured a uniform policy for management of tiger reserves throughout the country.

A bench headed by Justice B R Gvai, which was hearing a matter related to Corbett Tiger Reserve in Uttarakhand, observed that it wanted to have a common policy on a pan-India basis.

"We want a uniform policy throughout the country so far as management of tiger reserves are concerned," said the bench, which also comprised Justices Augustine George Masih and K Vinod Chandran.

The bench observed the policy should also include the aspect of vehicular movements inside Tiger reserves.

Justice Gvai referred to the suo motu cognisance taken recently by the Bombay High Court over an incident where safari vehicles carrying tourists obstructed the movement of a tigress and her cubs in Maharashtra's Umred-Pauni-Karhandla Sanctuary on the New Year eve.

"In Nagpur, I came across a news item.



Fortunately, the high court has taken a suo motu cognisance," Justice Gvai observed.

Senior advocate K Parameshwar, who is assisting the top court as an amicus curiae in the matter, referred to an enquiry by the Central Bureau of Investigation (CBI) into the illegal construction and felling of trees in the Corbett Tiger Reserve.

The bench said it had seen the CBI's

report in the matter.

The counsel appearing for the Uttarakhand government informed the bench about the status of a departmental inquiry initiated against officials who were allegedly involved in illegal felling of trees and illegal construction in the Tiger reserve.

The state's counsel said departmental inquiry was complete in 17 cases and

pending in some.

When the state's counsel referred to the CBI enquiry, the bench said, "You are not concerned with the CBI. The CBI is directly reporting to us. Fortunately, it does not have to come via you".

The bench posted the matter related to the Corbett Tiger Reserve for hearing on March 19.

"We make it clear that if by March 19, we find that you are not sincere in taking action, then your chief secretary will be unnecessarily invited here," the bench said.

The bench said it also wanted to know what action has been taken against the officials concerned and how many of them have been penalised.

The state's counsel said he would file a detailed affidavit to place on record as to what was the stage of proceedings against these officers.

The bench said the CBI shall also file a report on further investigation carried out in the matter before the next date of hearing.

RSS chief Mohan Bhagwat's statement shows he doesn't believe in Constitution: Congress

NEW DELHI: The Congress on Thursday stepped up its attack on RSS chief Mohan Bhagwat over his remarks that India's "true independence" was established on the day of Ram temple's consecration, saying the statement has made it clear that he does not believe in the Constitution.

The opposition party also said Bhagwat's statement was an insult to those who fought and made innumerable sacrifices for the freedom of the country.

Former Chhattisgarh chief minister Bhupesh Baghel said Leader of Opposition Rahul Gandhi's remarks were twisted by the BJP and wrongly portrayed.

Baghel's remarks come a day after Rahul Gandhi said his party was fighting the "BJP, RSS and the Indian state itself", triggering a row with the BJP alleging that everything the Leader of Opposition in Lok Sabha does or says is in the direction of breaking India and dividing the society.

Speaking at the inauguration of the new Congress headquarters here, Gandhi had hit out at the RSS chief, saying his remark that India got "true independence" after the Ram temple consecration amounts to treason and is an insult to every Indian.

Addressing a press conference along with Congress' media and publicity department head Pawan Khara at the Congress headquarters at 24, Akbar Road here, Baghel said Bhagwat's statement clearly shows that he does not believe in the

Constitution.

"It also means that he is insulting our ancestors who fought for independence and



made innumerable sacrifices," the Congress leader said.

Baghel highlighted Gandhi's remarks that if anyone would have given a statement like Bhagwat in any other country, that person would have been arrested.

"Mohan Bhagwat and his people have been speaking against the Constitution and they want to change the Constitution," Baghel said.

Baghel said Gandhi's statement was twisted and portrayed wrongly. He said Gandhi had pointed out that the RSS had captured all institutions.

Indonesian President Prabowo Subianto Will Be R-Day Chief Guest: MEA

NEW DELHI: Indonesian President Prabowo Subianto will be the chief guest at India's 76th Republic Day celebrations on January 26, the Ministry of External Affairs (MEA) announced on Thursday.

Subianto will visit India from January 25 to 26 in his first trip to

The MEA said the forthcoming visit of the Indonesian President will provide an opportunity for the leadership of the two countries to undertake a comprehensive review of bilateral ties as well as to discuss regional and global issues of mutual interest.



the country as president.

As a comprehensive strategic partner, Indonesia is an important pillar in India's Act East Policy and its vision of the Indo-Pacific, the MEA said.

"At the invitation of Prime Minister Narendra Modi, President of the Republic of Indonesia Prabowo Subianto will pay a state visit to India during January 25-26," the MEA said, "President Prabowo will also be the Chief Guest for India's 76th Republic Day celebrations," it said in a statement.

"India and Indonesia share warm and friendly ties spanning over millennia," it said.

Every year, India invites world leaders to attend its Republic Day celebrations.

Last year, French President Emmanuel Macron was the Republic Day chief guest while Egyptian President Abdel Fattah El-Sisi graced the occasion in 2023.

There was no Republic Day Chief guest in 2021 and 2022 in view of the COVID-19 pandemic.

In 2020, then Brazilian President Jair Bolsonaro was the chief guest at the Republic Day celebrations.

In 2019, South African President Cyril Ramaphosa was the chief guest at the Republic Day parade, while in 2018, leaders of all 10 ASEAN countries

attended the celebrations.

In 2017, Crown Prince of Abu Dhabi Sheikh Mohamed bin Zayed Al Nahyan was the chief guest at celebrations, while then French President Francois Hollande graced the occasion in 2016.

In 2015, then US President Barack Obama watched the parade.

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

The heads of state and government who have attended the Republic Day celebrations include Nicolas Sarkozy, Vladimir Putin, Nelson Mandela, John Major, Mohammed Khatami and Jacques Chirac.

The then British Prime Minister John Major had attended the celebrations in 1993, Nelson Mandela participated as then South African President in 1995 while South Korean President President Lee Myung Bak witnessed the parade in 2010.

In 2008, Sarkozy participated in the celebrations as French President, while another French President Chirac graced the occasion in 1998.

Other world leaders who have attended the celebrations include Nepal's King Birendra Bir Bikram Shah Dev in 1999, Iran's then President Mohammed Khatami in 2003, then Indonesian President Susilo Bambang Yudhoyono in 2011 and President of Maldives Maumoon Abdul Gayoom in 1991.

Mayawati urges workers to expand party base, raise money

LUCKNOW: Bahujan Samaj Party (BSP) chief Mayawati on Thursday urged party workers to expand the party's base and strengthen its finances.

The former Uttar Pradesh chief minister issued the order in the meeting with party officials in Lucknow.

"Unlike Congress, BJP, and other opposition parties, we do not accept financial help from big



industrialists or wealthy benefactors to fund our party activities," she said.

Mayawati shared with the workers Kanshi Ram's advice to avoid dependence on external financial support so that the party can focus on the welfare of marginalised communities without compromise.

The politician also criticised the Yogi-Adityanath-led state government, accusing it of targeting the poor and disadvantaged through excessive crackdowns. "Reports from our party workers in districts reveal that poor, helpless, and hardworking individuals are being indiscriminately arrested and jailed, giving the impression of a police state," she said. She urged the government to uphold its constitutional responsibilities with sensitivity and seriousness akin to judicial integrity.

"People are asking why there is selective inaction against crimes committed by those in power. How will law and order improve under such partiality?" she remarked.

Label campaign material generated using AI: EC to parties ahead of Delhi polls

NEW DELHI: Amid increasing use of artificial intelligence in campaigning and its potential to influence voter opinion, the

Election Commission on Thursday issued an advisory to political parties asking them to promote transparency and accountability in the use of AI-generated content.

The advisory introduces labelling and disclosure norms requiring parties to clearly label any images, videos, audio or other materials generated or significantly altered by AI technologies with a notation such as "AI-Generated"/ "Digitally Enhanced"/ "Synthetic Content".

It also requires political parties to include disclaimers during dissemination of campaign advertisements or promotional content, wherever synthetic content is utilised.

Chief Election Commissioner Rajiv Kumar had recently cautioned against the potential of AI and deep fakes in compounding the malaise of misinformation.

He had expressed concern that deep fakes and misinformation have the poten-

tial to erode trust in electoral processes.

During last year's Lok Sabha elections, the Commission had issued guidelines for responsible and ethical use of social media platforms.

"In recent years, advances in artificial intelligence have enabled the creation of highly convincing synthetic content, including images, video and audio.

"With the increasing use of AI technologies in political campaigning,

Delhi Polls

Congress promises Rs 500 LPG cylinder, free ration, electricity

NEW DELHI: Congress on Thursday said it would give Rs 500 LPG cylinder, free ration kits, and free electricity up to 300 units to the city residents if voted to power in Delhi.

The announcement was made by Telangana Chief Minister Revanth Reddy who was addressing a press conference here with AICC Delhi in-charge Qazi Nizamuddin and Delhi Congress chief Devender Yadav.

"Congress will fulfil its five guarantees if it will be elected to power in Delhi," Reddy said.

On January 6, the Congress announced its 'Pyaari Didi Yojana', promising a monthly monetary grant of Rs 2,500 to women, if it is voted to power.

On January 8, the party announced its 'Jeevan Raksha Yojana,' under which it promised to provide free health insurance of up to Rs 25 lakh. The party on Sunday also promised to give Rs 8,500 every month to educated unemployed youths in Delhi every month for one year.

Union Territory of Jammu and Kashmir

OFFICE OF THE EXECUTIVE ENGINEER

Public Works(R&B)DIVISION AWANTIPORA

Email:rbdivisionawantipora@gmail.com

NO:T-1/EEA/8800-04 Dated: 15/01/2025

Extension Corrigendum

Subject:-

S.No.	Name of Work
1	Making of necessary arrangements on the eve of Republic Day on 26th January 2025 at District Police Lines Jawbrara Awantipora

Reference: 1.This office E-NIT No. 120/EEA/RNB of 2024-25/8581-91 DATED 09/01/2025

It is notified for the information of all concerned that single bidder for above referred work in subject. Hence the above-mentioned work/Tender is hereby extended/modified and fixed as under

1	Bid Submission End Date	18-01-2025 upto 2.00 PM
2	Date & time of opening of Technical Bids (Online)	18-01-2025 at 3.00 PM

All other terms & Conditions shall remain same as per above mentioned NITs

Sd/-

Executive Engineer

R&B Division

Awantipora

DIPK-10922/24

Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER

(R&B) Electric Division Kashmir, Engineer in Complex Srinagar Rajbagh.

Near Silk Factory Srinagar-190008.

NOTICE INVITING TENDER

E-NIT No.155/R&B/Electric Division Kashmir of 2024-25 issued under Endorsement No: ERB/7989-98

DATED:10-01-2025

For and on behalf of The Government of J&K (U/T)-tenders (in Double cover system) are invited on percentage basis from approved and eligible Contractors registered with J&K UT Govt. CPWD, Railways and other State/UT/Central Government Departments for the following works:-

Sl. No.	Name of Work	Estimated Cost (In Lacs)	Cost of Tender/ Doc. (In Rs.)	2% Earnest Money (In Rs.)	Time of Completion (Calendar Days)	Class of Contract	Major Head of Account	Remarks
01	Day to Day Maintenance of Electrical works /Repair of Electrification and Electrical Installation in the various buildings of Hospitality and Protocol Department in Kashmir Province	Rs. 15.00/+ Lacs	Rs. 600/+	Rs. 30000/+	Current financial Year 2024-25 Upto 31 March 2025	"AAY" Class Electrical	M.H 2070-OAS	Accord of Administrative Approval accorded by Director Hospitality and protocol vide order No.57-DH&P of 2024 Dated:-08-10-2024

1

Date of Issue of Tender Notice

10-01-2025

2

Period of downloading of bidding documents

10-01-2025 from 06.00 PM

3

Bid submission Start Date

10-01-2025 from 06.00 PM

4

Bid Submission End Date

20-01-2025 upto 04.00 PM

5

Date & time of opening of Technical Bids (Online)

21-01-2025 at 02.00 PM in the office of Executive Engineer R&B Electric Division Kashmir, Engineering Complex Srinagar Rajbagh.

6

Date & time of opening of Financial Bids (Online)

To be notified after technical bid evaluation is completed.

The bidding documents consisting of qualifying information, eligibility criteria, specifications, drawings, bill of quantities/BOQ, set of terms and conditions of contract and other details can be seen/downloaded from the departmental website www.jktenders.gov.in as per schedule of dates given below:

Note:- The Bidders are advised to read all conditions laid down in the E-NIT carefully before uploading soft's copy.

As per Circular issued by the Government of Jammu and Kashmir Civil Secretariat Finance department vide No. OM No. A/24(2017)-68 dttd 07-06-2018 which reads as under:-

a). Furnishing of Hard Copies of bids immediately after submission of e-tenders is dispensed with. The same should be obtained only from the Bidder who's declared 1st Lowest (L-1) after opening of financial bids.

1. The cost of tender document should be collected by introducing Treasury Challan (Receipt).

1.1. The successful bidder has to produce Performance Security Deposit @5% of contract value in the shape of CDR/FDR/BG after issuance of Letter of Acceptance which shall be released after successful completion of work with DLP. The LMD @ 2% of successful bidder will be released only after the submission of 5% performance Security deposit.

1.2. The bidder who so ever participate the e-tenders floated by this office will submit Additional Performance security in shape of CDR/FDR/BG in case the bidder has submitted the below Percentage Bid against the Advertised Cost for the work as per below mentioned percentage Breakup in order to avoid unbalancing of e-tender and shall be released after 70% completion of works:

S. No.	% age of Unbalanced Bid Viz-a-viz advertised cost on account of Low Rate.	Additional Performance security to be Deposited on quoted bid by L1
1.	Upto and including 15%	Nil.
2.	Greater than 15% upto & including 20%	5%
3.	Greater than 20% upto & including 25%	10%
4.	Greater than 25% upto & including 30%	15%
5.	Greater than 30% below	20%

The date and time of opening of Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same Web Site in the office of the Executive Engineer, R&B Electric Division Kashmir, Srinagar (Tender receiving authority).

2. The bids for the work shall remain valid for a period of 30 days from the date of opening of bids.

3. Failure of successful bidder to furnish the required performance security within the specified time limit.

4. Failure of successful bidder to execute the agreement within 28 days after fixation of contract.

5. Instruction to bidders regarding e-tendering process.

6.1. Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website www.jktenders.gov.in to acquaint bid submission process.

6.2. To participate in bidding process, bidders have to get "Digital Signature Certificate (DSC)" as per Information Technology Act-2000. Bidders can get digital certificate from any approved Vendor.

6.3. The bidders have to submit their bids online in electronic format with digital Signature. No bid will be accepted in physical form.

6.4. Bids will be opened online as per time schedule mentioned in Para-1.

6.5. Bidders must insure to upload can need copy of all necessary documents with the bid.

7. The department will not be responsible for delay in online submission due to any reasons.

8. 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.

8.1. Price escalation and Taxes:-The percentage quoted by the bidder entirely in Indian Rupees and the percentage rates quoted shall be deemed to include price escalation and all taxes upto completion of the work, unless otherwise specified. Deduction on account of taxes shall be made from the bills of the contractor on gross amount of the bill as per the rates prevailing at the time of recovery.

9. Bidders are advised to use "My Documents" area in their user on R&B e-Tendering portal to stores much documents as are required.

10. In case of CRF and any other specified project the relevant guidelines/ standard bidding document shall be followed.

11. Bidders should note that if the documents uploaded/submitted on the basis of which the contract has been awarded are found fake/not genuine at any time, the contract shall be cancelled and the contractor/bidder shall be blacklisted for participation in this division for a period of five years besides the performance security deposited for the said work shall be forfeited.

12. Instructions to Bidder (ITB)

12.1. All bidders shall include the following information and documents with their bids:-

a. All the bidders shall upload the Scanned copy of the Latest Enlistment Registration Contractor Licensed duly renewed upto 31-12-2024. However Allotment shall be only issued after Submission of Latest Enlistment Registration Card License duly renewed for the current year

b. Scanned copy of GSTIN Registration/No. with return clearance certificate (Form GST-3B) for the month of November 2024 for Quarter July to September or latest (2024-25).

c. Scanned copy of PAN card (As reflected in GST Return/GST Form-3B).

d. Scanned copy of valid contact number or E-mail id.

e. Affidavit that the firm or the lead member of the firm has not been blacklisted/ terminated by any Government or Non-Government agency in last three years.

f. All bidders shall upload Treasury Challan (Tender document cost) (dated between the bid submission start date and the Bid submission End date) by debit to M.H.0059 in favour of Executive Engineer (R&B) Electric Division Kashmir (Tender inviting authority).

g. Scanned copy of Earnest money in shape of CDR/FDR /Pledged to Executive Engineer (R&B) Electric Division Kashmir (Tender Inviting Authority) (dated between the bid submission start date and the Bid submission End date).

h. The successful bidder shall submit the scanned copy of Latest renewed JKPWDOMS Contractor card valid for the current year before issuance of contract allotment.

i. The successful bidder has to execute the agreement and subsequently submit the same to this office within same day after issuance of formal allotment order for commencement of work as per the terms and condition laid.

Note:- Scan all the documents on 100 dpi with black and white option.

13.1. The bidder at his own responsibility and risk should visit and examine the site of work and its surroundings before submission of bid

13.2. Non-attendance of pre-bid meeting will not because of disqualification of the bidder.

13.3. All documents relating to the bid shall be in the English Language.

No.ERB/7989-98

DATED:-16-01-2025

Sd/-Executive Engineer,

(R&B)Electric Division Kashmir

Engineering Complex Srinagar Rajbagh

DIPK-10900/24

MLA Nizamuddin Bhat advocates for J&K's financial autonomy at Delhi workshop

Delhi, Jan 16: Congress chief whip in Jammu and Kashmir and legislator from north Kashmir's Bandipora, Nizamuddin Bhat expressed deep concern over the



Jammu and Kashmir's exclusion from the ambit of the Finance Commission, terming it a significant impediment to addressing UT's unique socio-economic needs.

Bhat made the remarks during a two-day workshop organised by PRS Legislative Research in Delhi. The workshop brought together legislators from across India to discuss the crucial role of lawmakers in promoting economic growth and development.

Bhat highlighted the unique financial and developmental challenges faced by Jammu and Kashmir as a Union Territory.

He emphasised the importance of granting J&K greater financial autonomy to ensure sustainable and locally tailored development initiatives.

He said that the exclusion deprives Jammu and Kashmir of a vital constitutional mechanism for economic redressal. "The absolute financial control vested in the Union Government limits our ability to structure income and expenditure based on local priorities," he said.

Bhat, along with other legislators from J&K, appealed to the Union Government to adopt a more flexible and generous approach towards the region.

He urged the Union Government to acknowledge J&K's distinct challenges and empower the region with the necessary resources for holistic development. Bhat stressed that such steps would help integrate the region more effectively into the nation's broader economic framework.

"As lawmakers, we remain committed to advocating for the best interests of our people and ensuring J&K achieves its rightful place in the nation's developmental narrative," he said.

District Hospital Bandipora starts 24x7 Dental Services

BANDIPORA: In a move to enhance health care facilities, District Hospital (DH) Bandipora started



round-the-clock dental services.

This move, spearheaded by Medical Superintendent Dr. Masrat Iqbal Wani, aims to address a critical gap in emergency dental care and enhance the quality of healthcare services for residents.

Dr. Masrat Iqbal Wani described the initiative as a major relief for patients, especially those experiencing sudden dental emergencies during night hours. "Until now, patients with nighttime dental issues had no choice but to wait

until morning for OPD services, as no facility—government or private—was available during the night. With

this initiative, we are making immediate care accessible to all," he said.

Dr. Masrat said that the facility is supported by a dedicated team of dental professionals who are now part of a night-duty roster to ensure uninterrupted services. This initiative is particularly crucial for road traffic accident (RTA) victims requiring urgent dental intervention. Previously, such cases had to be referred to tertiary care centers due to the lack of nighttime ser-

vices in the district.

"This initiative ensures that dental emergencies can now be handled efficiently right here in Bandipora," Dr. Wani added. He also lauded the hospital staff for their cooperation and relentless efforts in enhancing patient care, saying, "The support of our medical and administrative teams has been instrumental in achieving this milestone."

The announcement has been met with overwhelming appreciation from the local community. Residents expressed their gratitude to the hospital administration for its commitment to improve healthcare services in the district. "This is a revolutionary step for Bandipora," said a resident. "For years, we have faced difficulties in managing dental emergencies at night. This service will bring immense relief to patients and families alike."

District Hospital Bandipora's decision to launch 24x7 dental services underscores its mission to provide comprehensive and accessible healthcare to the region. The move is expected to significantly reduce patient suffering and the burden on tertiary care centers. "This is just the beginning," Dr. Wani Stated. "Our goal is to continue identifying and addressing healthcare needs to ensure that no patient is left behind."

Bandipora Residents Demand Discounts on Medicines to Ease Financial Burden

WAHID RAFIQI

BANDIPORA: Residents of Bandipora district have voiced their concerns over the lack of discounts on medicines at local chemist shops, a privilege reportedly available in neighbouring towns like Sopore and Srinagar.

Locals said they get discounts of 10% to 15% on the maximum retail price (MRP) of medicines in neighbouring districts.

They said the absence of such discounts in Bandipora has become a significant financial strain, particularly for individuals managing chronic illnesses or living on limited incomes. "We are forced to pay the full MRP for medicines here, which adds to our financial hardships," a local resident lamented, calling for parity in pricing policies across districts.

Residents appealed the authorities to take swift action to ensure fair pricing and discounts in Bandipora, aligning it with practices in other areas.

Sewa Bharti holds drug de-addiction programme in Aloosa

Bandipora, Jan 16: Sewa Bharti, a non-profit organisation, organised a drug de-addiction awareness program at Higher Secondary School, Aloosa, Bandipora.

According to a statement the event aimed to educate students and the local community about the harmful effects of substance abuse and promote a drug-free lifestyle.

The statement reads that through interactive sessions, speeches, and counseling, the program focused on raising awareness about the dangers of addiction and offered guidance for prevention and recovery.

It added that the initiative reflects Sewa Bharti's commitment to fostering a healthier and more responsible society.

The event was attended by tehsildar Aloosa , DDAC member, school vice-principal, former sarpanch Aloosa, and senior citizens of the village.

Sewa Bharti workers M Shabaz Khanday, Ishrat Gulzar and other team members also participated in the event. The program was successful conducted the Ekal Vidyalaya foundation of India run by Sewa Bharti.



SKIMS warns employees for proceeding on leave without proper approval

SRINAGAR: The Sher-e-Kashmir Institute of Medical Sciences (SKIMS), Soura authorities have expressed serious concern over employees proceeding on leave without prior approval despite an acute staff shortage.

In a communication issued by SKIMS authorities—while directing adherence to norms—



the authorities noted that some employees proceed on leave without prior sanction from the competent authority and leave the station without approval for such leave.

"This has been taken very seriously by the authorities as it is unbecoming of a Government employee, violates service rules, and warrants disciplinary action against the defaulting employees," the communication stated.

The authorities also pointed out that Heads of Departments (HoDs) and Sectional Heads are recommending leaves for employees without proper justification, even amid the prevailing staff shortage.

In this regard, HoDs and Sectional Heads have

been instructed to recommend leave requests "very judiciously, with proper justification, until the staff strength is restored."

Additionally, SKIMS authorities raised concerns over officers availing ex-India earned leave without following the prescribed procedure.

The communication noted that "most officers/officials are also applying for ex-India earned leave on short notice" and proceeding on leave without awaiting the requisite approval or permission to leave the country from the competent authority.

It has been directed that all SKIMS employees, including faculty members, who intend to avail earned leave or ex-India leave, must apply for approval through the concerned HoDs at least 15 days in advance.

"For ex-India leave, applications must be submitted 45 days in advance after obtaining Vigilance Clearance from the GAD (Vigilance) to ensure administrative approval is sought in time, avoiding mismanagement and maladministration," the communication stated.

To address the issue, HoDs and Sectional Heads have been instructed not to frequently recommend leave cases.

"There is already a staff shortage, and any recommended leaves must be based on genuine grounds, keeping in view the constraints within departments," the authorities emphasized.

All employees, including HoDs, faculty members, and Sectional Heads, have been directed to strictly adhere to these instructions. "Failure to comply will result in disciplinary action as per the rules, without further notice," the communication warned.

ing all available means tracked down the stolen vehicle at Wullarhama Pahalgam, and was recovered subsequently. During the operation, the Police apprehended the accused, identified as Shahid Ahmad Bhat son of Bashir Ahmad Bhat resident of Wullarhama Pahalgam. Investigations are ongoing to determine whether additional individuals were involved in the theft.



J&K Police have reaffirmed their commitment to combating vehicle theft and ensuring the safety of residents. Citizens are urged to remain vigilant and report any suspicious activity to the nearby Police unit or Dial-112 without delay so that prompt action against the culprits will be taken. (ANB)

KPDCL To Organise Awareness Camp on PM Surya Ghar Mufat Bijli Yojana on Jan 18

BANDIPORA: The Kashmir Power Distribution Corporation Limited (KPDCL), Electric Division Randipora, has announced to organise an awareness programme on PM Surya Ghar Mufat Bijli Yojana on January 18 at R&B Auditorium Kaloosa.

An official spokesperson said programme aimed at educating the public about the benefits of PM Surya Ghar Mufat Bijli Yojana that focuses on promoting clean energy and achieving zero electricity billing for residents.

The awareness camp is scheduled to take place on January 18, 2025, from 11:30 AM to 12:30 PM, at the R&B Auditorium, Kaloosa.

According to the Executive Engineer, KPDCL Bandipora, the programme will highlight the scheme's benefits and provide insights into how it contributes to sustainable energy solutions and financial savings for households.

He urged people to participate in the event

and make it a success. "Let's come together to illuminate our future with sustainable energy



sources," the message emphasized.

For more information, the public can contact the KPDCL Electric Division Randipora at Fax No. 01957-225292.

DC Srinagar visits Juvenile Observation Home Harwan

SRINAGAR, JANUARY 16: Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-ud-Din Bhat Thursday undertook a visit to the Juvenile Observation Home in Srinagar to take stock of its functioning, facilities being provided to the children/inmates putting-up at the facility.

During the visit, the DC enquired Officers about the available facilities, including the heating and lighting arrangements, dietary provisions in the kitchen, dining room, reading and computer labs, and the recreation facilities including indoor gym and open gym.

He also took stock of the Outdoor spaces such as the playground and other recreational areas at the Observation Home.

DC also sought feedback from the Staff and emphasized the importance of working with dedication to ensure the well-being of the children. He stressed on further improving the facilities at the Juvenile Observation Home.

On the occasion, the DSWO apprised the DC of the various facilities available at the home.

Addressing areas of improvement, the DC instructed Officials to enhance the liv-



ing conditions, with particular emphasis on adequate heating arrangements during the winter and improved lighting throughout the premises.

During the inspection, the DC was apprised about the certain issues including

the need for soil filling and proper development of the outdoor ground to make it suitable as a playground. Additionally, the requirement of a tube well to address water shortages in the facility was flagged.

Responding to the issues highlighted, the DC assured time bound redressal of the issues to improve the overall environment and functionality of the Juvenile Home.

The DC was accompanied by the Chief Planning Officer, District Social Welfare Officer/District Child Protection Officer and other officials.

Police Solves Theft Case in Kulgam, Accused Arrested

SRINAGAR: Police in Kulgam have solved a theft case and recovered a stolen vehicle besides, apprehended an accused individual involved in the commission of crime.

On 09/01/2025, Police Station Qazigund received a written complaint from Azam Khan son of Mohd Ismail Khan resident of Ramban A/P Nawa, stating therein that his vehicle bearing registration number JK13A-4716, parked near Jamia masjid Nawa has been stolen.

Accordingly, a case vide FIR No. 08/2025 under relevant section of law has been registered at Police Station Qazigund and investigation was initiated.

The investigation team led by SHO Police Station Qazigund with strenuous efforts and by us-

GRATITUDE

I am deeply grateful to all those who visited my home to offer their condolences and support following the sad demise of my spouse.

I extend my heartfelt thanks to my relatives, neighbors, friends, MLA Tral Rafiq Ahmad Naik, HODs, and regional heads of various wings of the Forest Department, especially the Director of FPFJ and K, Chief Conservator of Forests Kashmir, DFOs, Deputy Directors of FPF, and the staff of the Forest Protection Force Department.

I also appreciate the support from NGFOA, ADC Tral, DDC members, my colleagues, the media, and members of the civil society in Tral.

A special mention to representatives from various political parties, including Channi Singh, Avtar Singh, Dr. Harbaksh Singh, officers from the local administration, and religious scholars, for their thoughtful presence during this difficult time.

May Allah grant eternal peace to the departed soul.

No One Is Safe From Drug-Resistant Microbes Until Everyone Is Safe



SHOBHA SHUKLA

No one is safe until everyone is safe," said Dr Umesh Dahal, Director General, Department of Livestock Services, Government of Nepal. He was referring to antimicrobial resistance or drug resistance when microbes (such as bacteria, virus, fungi or parasites) stop responding to medicines – which makes diseases difficult (or impossible) to treat.

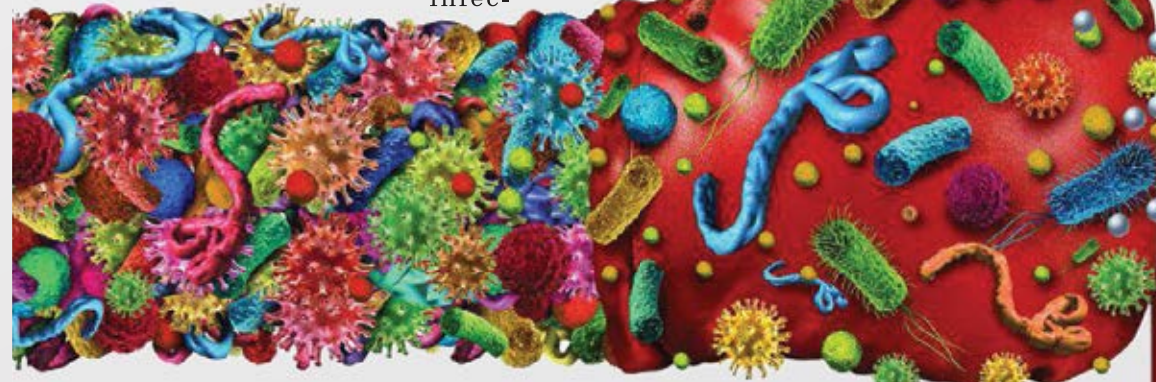
Misuse and overuse of antimicrobial medicines is alarmingly high in human health, animal health, and agriculture, and it eventually impacts our environment too. With rising antimicrobial resistance (AMR), medicines are failing to treat diseases in human beings, plants, and animals.

"AMR can be prevented," said Dr Palpasa Kansakar, World Health Organization (WHO) National Professional Officer for AMR and Laboratories in Nepal. Dr Palpasa and Dr Umesh were among the experts at the South Asia Media Workshop to prevent AMR organised by Health TV Online, Global AMR Media Alliance (GAMA), Ministry of Health and Population of Nepal and partners.

"Universal access to high quality and affordable antimicrobials is an essential component of universal health coverage," said Dr Palpasa. She also pointed out that access to WHO recommended diagnostics and standard treatments should also be ensured at all levels for everyone if we are to deliver on universal health coverage. The use of antimicrobials underpins modern medicine. Without effective antibiotics, even minor surgery and routine operations could become high-risk procedures if serious infections cannot be treated. Microorganisms which become resistant to antimicrobials, so-called 'superbugs,' do not respond or respond less well to available treatments.

Reality check on antimicrobial use in human and animal healthcare and agriculture

Timely and accurate diagnosis and right treatment can help reduce misuse and overuse of medicines. Infection prevention

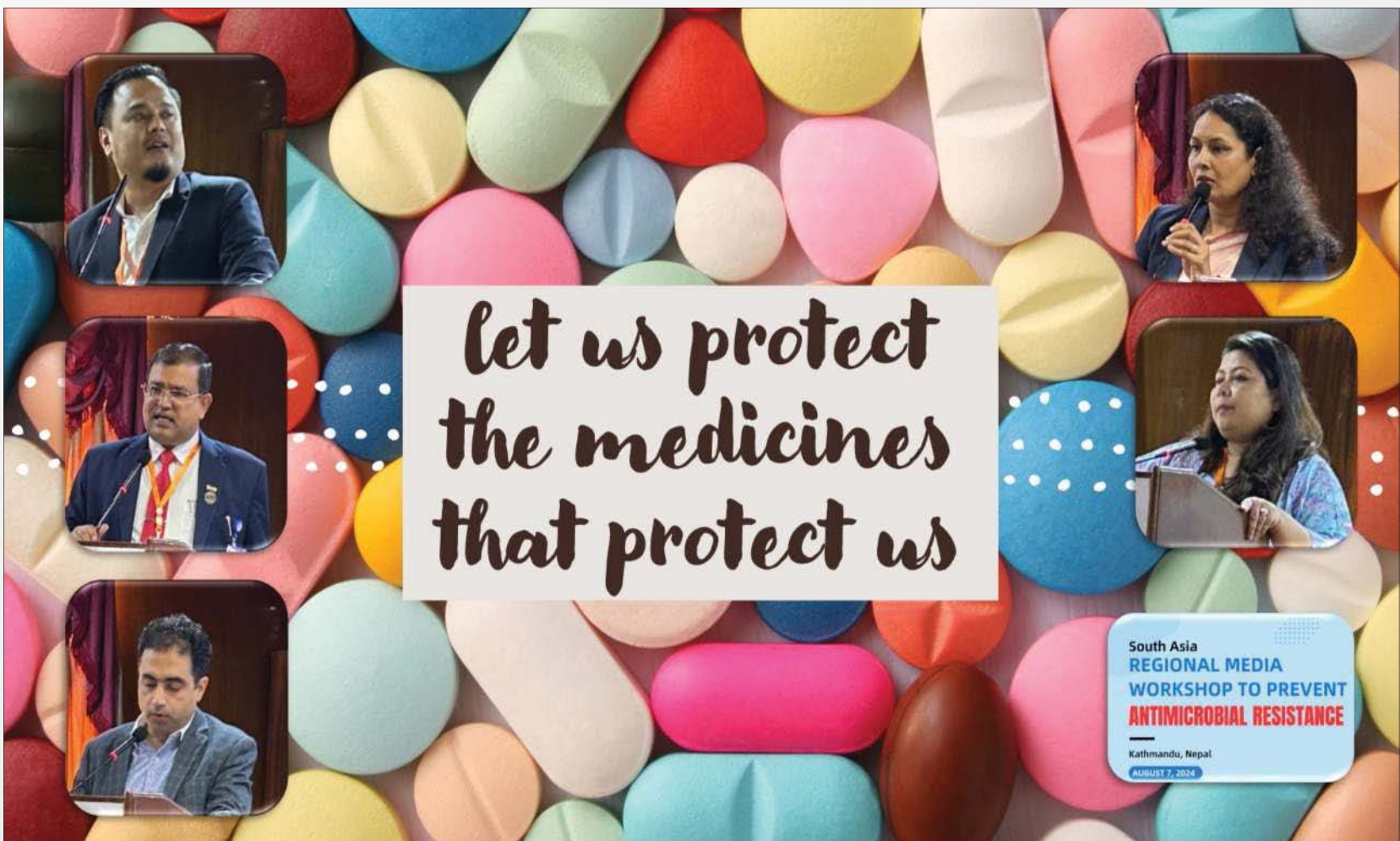


and control is vital too. But reality on the ground tells a different tale.

Drug susceptibility test tells us if a medicine will work against a disease-causing microbe or not. "Around 32% of doctors and other healthcare workers have access to laboratory facilities that can test for

drug susceptibility test in their healthcare institutions and among them, less than half (49%) recommend these tests before prescribing medicines," said Dr Pramod Joshi, Executive Chief, Nepal Health Research Council, Government of Nepal. This data is from a study done by Nepal Health Research Council.

"This study also found that only half (54%) of the doctors and healthcare workers had access to national guidelines for antibiotic prescriptions. Almost half of the medicine-dispensers (43.4%) dispensed antibiotics without prescription," added Dr Pramod Joshi. "Among those patients who



came to seek healthcare in outpatient clinics, 22% to 28% of them were found to buy antibiotics without prescriptions and did not complete the full recommended course of antibiotics."

The study referred to by Dr Joshi also looked at antimicrobial use by veterinary doctors. "One-third of veterinarians had access to drug susceptibility testing facilities in their working areas. But only 32% of them went for this test before prescribing antibiotics," said Dr Pramod Joshi.

Drug-resistant infections arise when the microbes (including bacteria, fungi, viruses and parasites) that cause them change over time, developing the ability to resist the drugs designed to kill them. This genetic adaptation is driven by the exposure of microbes to antimicrobials in humans, animals and the environment over time. The result of this genetic adaptation is that many antimicrobial medicines - like antibiotics - are becoming less effective at treating certain infectious illnesses.

People are already dying from drug-resistant infec-



tions and unless we act now, these deaths will continue to rapidly increase.

Antimicrobials are also used in food and agriculture. This study found that "more than 50% of the farmers thought (wrongly) that 'antibiotics can be used against all types of diseases in

plants and animals.' Almost half of the farmers self-medicated their animals - and two-thirds of them arbitrarily increased the dosage and frequency of medication if no sign of improvement was noticed," said Dr Joshi.

Colossal economic impact of AMR

The cost of AMR to the economy is significant. "According to a World Bank report in 2017, if no action is taken now, AMR is likely to cause additional health expenditure of US\$ 1.2 trillion per year by 2050 and push up to 24 million additional people (particularly in low-income countries) into

extreme poverty by 2030. AMR can directly affect progress in achieving at least 6 of the 17 United Nations Sustainable Development Goals and can also be linked indirectly to the remaining 11. Moreover, the spread of new resistant strains of bacteria in terrestrial and aquatic animals increases animal suffering and losses. This in turn affects livelihoods worldwide, as 1.3 billion people rely on livestock for their living and over 20 million people depend on aquaculture," said Dr Joshi.

"If antibiotics lose their effectiveness, we lose the ability not only to treat bacterial infections but also to manage other health conditions. For example, modern medicine is often dependent on infection prevention and control, and the ability to prevent and treat infections using antimicrobials - such as during surgeries," said WHO Nepal's Dr Pal-

pasa Kansakar. "We should only use antimicrobials when prescribed by certified health professionals and never demand antibiotics if our health workers say we do not need them. Please always follow your health workers' advice when using antibiotics."



Agrees Dr Sangeeta Mishra, Director General of Health Service Department, Ministry of Health and Population, Government of Nepal: "We have to educate the people to say NO to misuse and overuse of antimicrobial medicines - without correct and timely diagnosis and drug

identified as one of four priorities during two global consultations for raising awareness about AMR, organized in 2022 by the Quadripartite organizations - the Food and Agriculture Organization of the United Nations (FAO), United Nations Environment Programme (UNEP), World Health Organization (WHO) and World Organisation for Animal Health (WOAH). In response, the Quadripartite developed a practical toolkit for engaging media in AMR and launched it last month.

Drug-resistant infections challenging health security

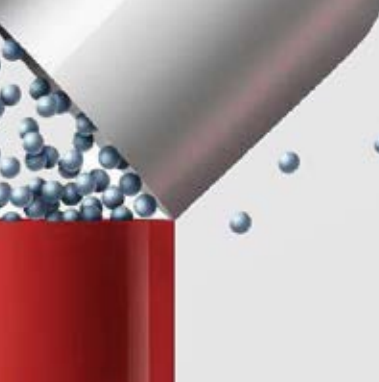
susceptibility testing, they should decline the indiscriminate use of medicines."

Dr Mishra added that "Let us ask questions to doctors why are we being prescribed antimicrobial medicines? Is the diagnosis accurate? Is drug susceptibility test report there? We also need to do a reality check on who should write a prescription. If a doctor is authorised to do so then what happens to those who reside in remote areas where there is no doctor?"

Quadripartite toolkit for engaging media in AMR

Various forms of media help to shape public opinion, narratives and discourse that affect public behaviour, knowledge, attitudes and practice. Media also help to dispel myths and misconceptions, combat misinformation and promote evidence- and science-based information. Media were therefore

identified as one of four priorities during two global consultations for raising awareness about AMR, organized in 2022 by the Quadripartite organizations - the Food and Agriculture Organization of the United Nations (FAO), United Nations Environment Programme (UNEP), World Health Organization (WHO) and World Organisation for Animal Health (WOAH). In response, the Quadripartite developed a practical toolkit for engaging media in AMR and launched it last month.



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Drug-resistant infections challenging health security

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A major share of those who deal with drug-resistant infections and untimely deaths associated with AMR is attributed to TB (tuberculosis).

Drug-resistant forms of TB infected an estimated 410,000 people in 2022 globally as per the WHO Global TB Report 2023, informed Dr Prajowl Shrestha, Director of National TB Programme of Nepal. But only 43% of them (176,650) were diagnosed and initiated on treatment in the same year - or in other words, only 2 out of every 5 people with drug-resistant TB could get diagnosed and put on treatment.

In South-East Asian region, 170,000 people developed drug-resistant forms of TB in 2022 out of which only 74,300 were diagnosed and put on treatment (43%), shared Dr Shrestha.

Nepal is among the 30 high burden countries for drug-resistant TB globally

AMR threatens the effective prevention and treatment of an ever-increasing range of infections. For instance, urinary tract infections, upper respiratory tract infections, typhoid and influenza are becoming difficult to treat, resulting in treatment failure, permanent disability or even death. Bacterial resistance to antibiotics directly caused 1.27 million deaths and indirectly caused, contributed to or was associated with an additional 4.95 million deaths annually in 2019. The emergence of extensively drug-resistant gonorrhoea is another major public health concern.

Strengthening infection prevention and control, along with boosting access to standard quality diagnostics and treatments with equity globally - especially in low- and middle-income countries - is vital to curb AMR. Raising awareness and health literacy is a bedrock to advance progress towards preventing AMR, as well as towards universal health coverage.

Let us hope world leaders at next month's United Nations General Assembly High-Level Meeting on AMR will commit for stronger action to effectively address the global health threat that AMR poses.

(Shobha Shukla is the award-winning founding Managing Editor and Executive Director of CNS (Citizen News Service) and is a feminist, health and development justice advocate. She is a former senior Physics faculty of prestigious Loreto Convent College and current Coordinator of Asia Pacific Regional Media Alliance for Health and Development (APCAT Media) and Chairperson of Global AMR Media Alliance (GAMA). Follow her on Twitter @shobha1shukla or read her writings here www.bit.ly/ShobhaShukla)

Def Minister Rajnath Singh Promises a Visit to Tithwal Following Invitation from a Local Student

Srinagar: The Army Day 2025 celebrations in Pune became a moment of pride for Tithwal, a serene village rich in history and heritage, as it shone brightly among the eight destinations featured in the newly launched Battlefield Tourism Portal.

During the event, Sadiya, a Class XI student from Army Goodwill School (AGS) Hajinar, emerged as a standout representative of her village's military and cultural legacy.

Speaking via video conference from the iconic Azmat-e-Hind Memorial in Tithwal, Sadiya extended a heartfelt invitation to Raksha Mantri, Rajnath Singh, urging him and the countrymen to visit this historic border village. Her words carried the pride and spirit of her community, resonating with the audience.

The Raksha Mantri graciously acknowledged her invitation, expressing his deep admiration for Tithwal's significance and promising to visit the village soon. His commitment brought smiles and hope to the people of Tithwal, reaffirming their place in India's military heritage.



The Battlefield Tourism Portal, inaugurated during the event, highlights Tithwal as one of eight iconic locations offering a glimpse into India's military history.

It aims to foster greater awareness of these landmarks while promoting tourism in lesser-known yet historically vital destinations.

Sadiya, a proud brand ambassador of Tithwal's heritage, reflected the aspirations of her village during her interaction with the Raksha Mantri.

Her poise and passion highlighted Tithwal's potential as a premier destination in India's growing battlefield tourism sector.

Adding to the significance of the occasion, Brig S. K. Pradhan, VSM, Commander of the Shakti Vijay Brigade, personally thanked and felicitated Sadiya for her remarkable contributions in making the event a resounding success.

Her dedication and efforts were celebrated as a shining example of the promise and potential of Tithwal's youth.

The Army Day 2025 celebrations, with their focus on honouring India's armed forces and showcasing the nation's historic battlegrounds, underscored the immense pride and potential of villages like Tithwal in preserving and sharing India's rich legacy.

DC Srinagar visits Juvenile Observation Home Harwan



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During the visit, the DC enquired Officers about the available facilities, including the heating and lighting arrangements, dietary provisions in the kitchen, dining room, reading and computer labs, and the recreation facilities including indoor gym and open gym.

He also took stock of the Outdoor spaces such as the playground and other recreational areas at the Observation Home.

DC also sought feedback from the Staff and emphasized the importance of working with dedication to ensure the well-being of the children.

He stressed on further improving the facilities at the Juvenile Observation Home.

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During the inspection, the DC was apprised about the certain issues including the need for soil filling and proper development of the outdoor ground to make it suitable as a playground.

Additionally, the requirement of a tube well to address water shortages in the facility was flagged.

Responding to the issues highlighted, the DC assured time bound redressal of the issues to improve the overall environment and functionality of the Juvenile Home.

The DC was accompanied by the Chief Planning Officer, District Social Welfare Officer/District Child Protection Officer and other officials.

... "We are watching"

Kashmir Cyber police's stern warning on sharing hateful content online

Srinagar: The Cyber Police Kashmir has taken serious note of hateful sectarian content being circulated on social media platforms. The content, originally posted and later removed by an individual, has been downloaded and saved by certain malicious individuals, who are now sharing it with the intent to create unrest, officials said on Thursday.

In a statement, issued to news agency—Kashmir News Observer (KNO), the Cyber police Kashmir said that it is closely monitoring the situation and have already identified several individuals involved in circulating the malicious content. It said that strict legal action is being taken against them. "This behavior will not be tolerated, and we caution all users against engaging in such activities." It said that several offenders have already been summoned to the Cyber police station, and appropriate legal proceedings are underway. "We urge everyone who has downloaded or shared this content to cease doing so immediately. Sharing hateful content, especially with sectarian undertones, is a serious offense and will invite strict punitive measures," it said. The police cautioned that all social media platforms are under active surveillance, and any individual found promoting or sharing such harmful content will face the full force of the law. "We are watching, and no violator will be spared."—(KNO)



Div Com Bidhuri launches S3WAAS-Powered website for the office of the Divisional Commissioner, Kashmir

SRINAGAR: In a significant step towards promoting digital governance and ensuring seamless accessibility for citizens, the Office of the Divisional Commissioner, Kashmir has announced the launch of its new S3WAAS-powered website.

The website was officially launched by the Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri, in the presence of senior officials.

Developed by the National Informatics Centre (NIC), Srinagar, and powered by S3WAAS (Secure, Scalable and Sugamya Website as a Service), the platform aligns with the Guidelines for Indian Government Websites (GIGW) and embodies the vision of Digital India. It aims to serve as



a robust and user-friendly digital interface between the administration and the citizens of Kashmir, offering transparency and efficiency in service delivery. Speaking at the launch event,

the Divisional Commissioner said that the launch of this website reflects our commitment to leveraging technology for better governance.

This platform will bridge the gap between citizens and the administration, ensuring that important information and services are just a click away. He said, "launching of this website marks a significant milestone in our journey towards creating a digitally empowered society."

The Divisional Commissioner also expressed gratitude to NIC Srinagar for their tireless efforts and technical expertise in bringing this website to completion. Citizens are encouraged to visit the website at <https://divcomkashmir.jk.gov.in> to explore its features and provide valuable feedback.

DC Srinagar takes spot review of arrangements for Republic Day-2025 celebrations at Bakshi Stadium

SRINAGAR: In connection with celebrations of forthcoming Republic Day-2025, the Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud Din Bhat Thursday visited Bakshi Stadium to take on site review of the preparatory activities and arrangements being put in place by the respective Departments for seamless conduct of Divisional level event.

At the outset, the Deputy Commissioner along with Officers went around the Stadium pavilions and VVIP Gallery to have first-hand appraisal of the preparatory activities.

The DC was given appraisal about the preparations/arrangements being made with regard to seating arrangements, cultural programmes, March past parade, power supply, deployment of medical & first aid and fire fighting system, installation of Public Address System.

In addition, preparations related to Media management, security related matters and entry of VVIPs, VIPs and other participants were also reviewed.

The DC was given brief information about the security arrangements



in and around the Stadium to ensure hassle-free celebrations of the function.

During the visit, the DC asked the concerned to make requisite arrangements for parade contingent passage and for the cultural activities at the Stadium to cope with any situation arising due to snowfall/rain or water logging on rehearsal day or main event of the Republic-day 2025.

On the occasion, Dr Bilal enjoined upon the Officers to maintain close coordination with each other for smooth and successful conduct of the function.

During the visit, the DC was accompanied by Additional Deputy Commissioner, Dr Khalid Hussain Malik; Additional Deputy Commissioner, Syed Ahmad Kataria; Joint Director Information Kashmir, Syed Shahnawaz Bukhari; Superintendent of Police, Shabir Ahmad; SDM East, SDM West, Nodal Principal Colleges, Chief Medical Officer, Chief Education Officer, Executive Engineers of R&B, PHE, SMC, MED & PDD, Assistant Commissioner Development, Tehsildar South, besides senior Officers of SRTC, Cultural Academy, Hospitality & Protocol, YS&S, Sports Council and other line Departments.

District Development Commissioner Ganderbal presides over one-day workshop for Awaas Plus 2.0 surveyors



GANDERBAL: District Development Commissioner (DDC) Ganderbal, Shyambir today presided over one-day workshop cum training program for surveyors deployed for the Awaas plus 2.0 survey under Pradhan Mantri Awas Yojana-Gramin (PMAY-G) here in the Conference Hall of Mini Secretariat Ganderbal.

The surveyors deployed for the initiative received hands-on training on the mobile application and technical aspects of data collection. This training aims to ensure

accurate and seamless registration of eligible beneficiaries.

Speaking on the occasion, the DDC highlighted the transformative potential of PMAY-G 2.0 in enhancing rural housing and living standards. He urged the survey teams to ensure that no eligible beneficiary is left unregistered and directed them to strictly adhere to the scheme's guidelines.

He further emphasized the need for inter-departmental cooperation to facilitate smooth implementation and error-free data collection. The event was organized by the Department of Rural Development and Panchayati Raj Ganderbal. The training program was aimed to equip surveyors from Gram Panchayats with the necessary skills to conduct surveys using the Awaas Plus Mobile Application. Master trainers imparted detailed training to the

participants, emphasizing the importance of Aadhaar authentication and adherence to SOPs and exclusion processes.

Earlier, ACD Ganderbal highlighted the purpose of the training program. He provided an in-depth overview of PMAY-G 2.0, emphasizing its key objectives, implementation strategies, and benefits for rural households. A live demonstration of the online registration portal was conducted, showcasing its functionality and ease of use.

The training program included a question-answer session, during which the master trainers clarified the doubts of the participants.

The successful implementation of the Awaas Plus 2.0 survey is crucial for the effective implementation of PMAY-G, which aims to provide affordable housing to rural households.

The training program is a significant step towards achieving this goal, and the administration is committed to ensuring that the survey is conducted in a fair and transparent manner.

The workshop was also attended by senior officers including Chief Planning Officer, BDOs and other officials of RDD.

Deputy Commissioner Pulwama chairs preparatory meeting for Republic Day-2025 celebrations

PULWAMA: Deputy Commissioner (DC) Pulwama, Dr. Basharat Qayoom today chaired a meeting here to review the preparations for Republic Day 2025 celebrations in Pulwama.

The meeting brought together senior officials from various government departments and security agencies, reflecting a collective focus on ensuring a grand and flawless event. Dr. Qayoom stressed the importance of completing arrangements on time while strictly adhering to security protocols to ensure a safe and memorable celebration.

He directed all departments to work in close coordination for the seamless execution of planned events.

Special focus was laid on venue preparation, proper seating arrangements, sound systems and the illumination of government buildings to enhance the celebratory atmosphere.

In view of the cold weather, Dr. Qayoom instructed the Health Department to ensure adequate medical facilities, including first aid and ambulance services at the venue. He also highlighted the importance of arranging

heating facilities for the comfort of participants and attendees.

The DC emphasized the need for culturally vibrant celebrations, asking officials to curate engaging cultural programs and organize a well-coordinated parade. He reminded everyone of the importance of adhering to the Flag Code for the respectful handling of the National Flag.

Officers were also directed towards organizing Republic Day celebrations at block and tehsil levels to make the event inclusive and widespread. Committees of officers have been formed and tasked with ensuring smooth coordination and timely preparations across the district.

Dr. Qayoom underlined the importance of teamwork and called on officials to submit

detailed action plans and regular progress updates.

He reiterated the need to consider all logistical aspects, including heating arrangements, to address weather-related challenges.

The meeting concluded with a firm resolve to make Republic Day 2025 a grand and memorable event, showcasing the unity and diversity of the nation.



Road Safety Month-2025: MVD Anantnag organises interaction programme/ Essay competition

ANANTNAG: Motor Vehicle Department (MVD) Anantnag Thursday organised an interaction programme cum essay competition with students at Tesla Coaching centre Bijbehara.

During the programme, ARTO Anantnag, Dr Showkat Bhat had an impressive lecture on road safety which was followed by a question Answer session. Students were convinced that they should refrain from taking control of vehicles until they reach the age of eighteen and unless they become eligible for holding a driving licence. ARTO wished them a good career ahead and in the meantime warned them of the consequences of driving vehicles by Minors and the penalty/imprisonment



imposed on their parents. ARTO further reiterated that they should focus on their studies, rise and shine and help in raising awareness among their friends, relatives,

parents, nears and dears about road safety and safer roads and among all those for whom they care. Students raised many serious questions about the responsibility of enforcement agencies in curbing rising menace on roads by acting strictly without indulging in corruption and many other valuable questions which were answered by ARTO much to their satisfaction.

Later, students were made to write an essay on road safety with the theme - Road accidents - Impact, causes and potential control measures. A meeting was also convened with all traders and Pollution checking centres operating in the district asking them to take part in road safety.

Trng. prog. for lactating & pregnant women' concludes at Kulgam

KULGAM: The three days training programme on preparation of 'Nutri-Mix formula for lactating and pregnant women' concluded at Krishi Vigyan Kendra (KVK) Kulgam. 30 Women from across district Kulgam covering 08 blocks were imparted the said training programme that was sponsored by JK-NRLM in collaboration with Directorate of Extension, SKUAST Kashmir. At KVK Kulgam, eight theoretical lectures and 08 practical classes were taken by the scientists of Kendra during the training in which trainees were provided with technological know how about preparation of different Nutri-Mix dishes and the importance of these Nutri-Mix

dishes for health care and wellbeing of lactating and pregnant women. The dishes prepared at Kendra include chickpea bars, an affordable and nutrient-rich snack for lactating and pregnant women, preparation of various nutrient-dense food items such as vegetable premixes, pulse premixes, and edible seed mixes. District Programme Manager JK NRLM expressed gratitude to the scientists of Kendra for providing the training, and also assured the trainees that in future also such training will be held at the Kendra. Certificates were distributed among the trainees for successfully completing the three days training programme.



EXERCISE EFFECTIVELY TREATS ANXIETY: STUDY

A recent study has found that both moderate and strenuous exercise alleviate symptoms of anxiety, even when the disorder is chronic. The research has been published in the 'Journal of Affective Disorders'. The study was based on 286 patients with anxiety syndrome, recruited from primary care services in Gothenburg and the northern part of Halland County. Half of the patients had lived with anxiety for at least ten years. Their average age was 39 years, and 70 per cent were women. Through drawing of lots, participants were assigned to group exercise sessions, either moderate or strenuous, for 12 weeks. The results showed that their anxiety symptoms were significantly alleviated even when the anxiety was a chronic condition, compared with a control group who received advice on physical

activity according to public health recommendations. Most individuals in the treatment groups went from a baseline level of moderate to high anxiety to a low anxiety level after the 12-week program. For those who exercised at relatively low intensity, the chance of improvement in terms of anxiety symptoms rose by a factor of 3.62. The corresponding factor for those who exercised at higher intensity was 4.88. Participants had no knowledge of the physical training or counselling people outside their own group was receiving. "There was a significant intensity trend for improvement -- that is, the more intensely they exercised, the more their anxiety symptoms improved," stated Malin Henriksson, a doctoral student at Sahlgrenska Academy at the University of Gothenburg, a specialist in general medicine in the Halland Region, and

the study's first author. Previous studies of physical exercise in depression have shown clear symptom improvements. However, a clear picture of how people with anxiety are affected by exercise had been lacking up to now. The present study is described as one of the largest to date. Both treatment groups had 60-minute training sessions three times a week, under a physical therapist's guidance. The sessions included both cardio (aerobic) and strength training. A warmup was followed by circle training around 12 stations for 45 minutes, and sessions ended with a cool down and stretching. Members of the group that exercised at a moderate level were intended to reach some 60 per cent of their maximum heart rate -- a degree of exertion rated as light or moderate. In the group that trained more

intensively, the aim was to attain 75 per cent of maximum heart rate, and this degree of exertion was perceived as high. The levels were regularly validated using the Borg scale, an established rating scale for perceived physical exertion, and confirmed with heart rate monitors. Today's standard treatments for anxiety are cognitive behavioural therapy (CBT) and psychotropic drugs. However, these drugs commonly have side effects, and patients with anxiety disorders frequently do not respond to medical treatment. Long waiting times for CBT can also worsen the prognosis. The present study was led by Maria Aberg, associate professor at the University of Gothenburg's Sahlgrenska Academy, a specialist in general medicine in Region Vastra Gotaland's primary healthcare organization, and corresponding author.

BREASTFEEDING SECRETS EVERY MOM SHOULD KNOW

Breastfeeding seems to be a most natural process, but to some, it may be a challenge. Be patient and feed often, say experts. Mimansa Malhotra (PT), Lactation Consultant and Lamaze child birth educator on behalf of Philips, and Shilpi Srivastava, Lactation Consultant at Mamma Mia, Fortis Memorial Research Institute, list some tips to keep in mind:

- * Try to nurse within the first hour after delivery. That's when your breast produces colostrum, or first milk. It is packed with nutrients in a small amount. And a small amount is just what a newborn needs.
- * Feed often to increase supply. The rule is simple. The lesser you nurse, the lesser milk your body will produce. Ensure you are eating well and getting enough rest. You will need both as your body converts your calories to milk.
- * Ensure that when your baby is latched, his/her mouth should take in as much of the dark part of your breast, the areola, as possible. The baby squeezes the milk ducts beneath that area to draw the breast milk out. If your baby is only sucking on the nipple, it will pinch and hurt you. Also, the baby won't be able to get as much milk.
- * Don't be in a hurry to offer the second breast. It is perfectly alright to leave your baby on the first breast until he/she comes off on his/her own and then offer the second breast. Many babies take one breast at some feedings and both breasts at some. Don't be rigid and don't be scared.
- * As the experts say breastfeeding is a learning process in which both the counterparts are learning, hence it needs a lot of patience and it may take a few days to weeks to master it.
- * During the first week, the baby seems hungry all the time as the baby is trying to cope with the new environment and frequent breast feeds will not only help him in adjusting but also help your body to make more milk to meet baby's demand.
- * Breastfeeding is easier with the right help.

...Non-alcoholic fatty liver disease

THIS POPULAR food on your platter could be the culprit

At a time when cancers, heart diseases, and diabetes have been wreaking havoc on mankind, issues like fatty liver disease – alcoholic or non-alcoholic – often take a backseat. However, fact remains that non-

School observed data on 78,000 participants over a period of 20 years. They discovered that those who had less than one serving of red meat in a week had a significantly lower risk of NAFLD as opposed to those who had red meat every day or multiple times a day.

- Green leafy vegetables
- Nuts
- Oatmeal
- Seeds like sunflower seeds, chia seeds, and flaxseeds
- Garlic
- Anti-inflammatory spices like turmeric
- Fatty fish
- Beans
- Coffee

Therefore, to dodge NAFLD risk, a plant-based diet is recommended with low levels of sugar, refined carbohydrates, and saturated fats.

NAFLD: The health risks involved

High levels of fat are accumulated in the liver can place one at a heightened risk of chronic diseases like metabolic disorders, heart conditions, and type-2 diabetes. In order to get diagnosed timely, watch out for the following symptoms and seek medical support as soon as possible:

- Fatigue
- Pain in the upper right corner of the abdomen
- Abdominal swelling
- Redness of palms
- Unexplained weight loss
- Yellowing of skin and eyes
- Jaundice
- Enlarging blood vessels under the skin

If left untreated, NAFLD can result in inflammation and scarring of the liver known as cirrhosis.

Processed red meat VS unprocessed varieties for NAFLD

Processed foods are rarely recommended as a wise choice for life – and processed red meats too, do not fall under the healthy foods category due to related health dangers like a weak immune system, hypertension, high cholesterol, and spiking blood sugar levels. To escape a liver crisis, one can go for an unprocessed cut of red meat. Besides this, other foods that do not pose any risks include:

Whole grains



alcoholic fatty liver disease (NAFLD) – when too much fat accumulates in the liver (not because of too much alcohol) – is also a serious health risk that exposes one to the risk of chronic liver damage in the long run. And new research now blames NAFLD risk on a particular food that happens to be a universal favourite for non-vegetarians.

NAFLD: A major culprit identified

Published in the Clinical Nutrition journal, a study conducted by experts from the Harvard T.H. Chan School of Public Health and Harvard Medical

Plant-based diet ramps up metabolism, reveals new study

A plant-based diet boosts after-meal burn, leads to weight loss, and improves cardiometabolic risk factors in overweight individuals, according to a new randomised control trial published in JAMA Network Open by researchers with the Physicians Committee for Responsible Medicine.

The study randomly assigned participants who were overweight and had no history of diabetes -- to an intervention or control group in a 1:1 ratio.

For 16 weeks, participants in the intervention group followed a low-fat, plant-based diet based on fruits, vegetables, whole grains, and legumes with no calorie limit. The control group made no diet changes. Neither group changed exercise or medication routines unless directed by their personal doctors.

Researchers used indirect calorimetry to measure how many calories participants burned after a standardised meal at both the beginning and end of the study.

The plant-based group increased after-meal calorie burn by 18.7 per cent, on average, after 16 weeks. The control group's after-meal burn did not change significantly.

"These findings are groundbreaking for the 160 million Americans struggling with overweight and obesity," said study author Hana Kahleova, MD, PhD, director of clinical research for the Physicians Committee.

"Over the course of years and decades, burning more calories after



every meal can make a significant difference in weight management," added Kahleova.

Within just 16 weeks, participants in the plant-based group lowered their body weight by 6.4 kg (about 14 pounds), on average, compared to an insignificant change in the control group. The plant-based group also saw significant drops in fat mass and visceral fat volume -- the dangerous fat found around the internal organs.

The researchers also teamed up with Yale University researchers Kitt Petersen, MD, and Gerald Shulman, MD, to track intramyocellular lipid and hepatocellular lipid -- the accumulating fat in muscle and liver cells -- in a subset of participants using magnetic resonance spectroscopy. Those in the plant-based group reduced the fat inside the liver and muscle cells by 34%

and 10%, respectively, while the control group did not experience significant changes. Fat stored in these cells has been linked to insulin resistance and type 2 diabetes.

"When fat builds up in liver and muscle cells, it interferes with insulin's ability to move glucose out from the bloodstream and into the cells," adds Dr Kahleova.

"After just 16 weeks on a low-fat, plant-based diet, study participants reduced the fat in their cells and lowered their chances for developing type 2 diabetes," added Dr Kahleova.

The study also offered new insight into the link between fat within the cells and insulin resistance.

The plant-based group decreased their fasting plasma insulin concentration by 21.6 pmol/L, decreased insulin resistance, and increased insulin sensitivity -- all positive results -- while the control group saw no significant changes.

DRINK THIS TO STOP DIARRHEA FAST

Oftentimes, diarrhea is due to the consumption of food contaminated with microbes. Your body reacts by trying to flush out as many of those microbes as possible. This results in water stools, which calls for frequent trips to the bathroom. Stomach cramps and sometimes fever may accompany diarrhea. Diarrhea usually goes away on its own after a few days. Anti-diarrheal drugs may be taken to bring the problem to an abrupt end, although it is something that's not commonly recommended because it actually impedes the removal of microbes in your gut. Most of the time, the best thing to do is let its natural course run.

However, this does not mean that you can do nothing to put an end to your bout of diarrhea. In fact, there is an effective remedy for it that works by helping your body to eliminate microbes as well as promote healing of the GI tract. This solution involves the intake of tea that's out of a very common herb: ginger. Ginger is well-known for its ability to combat inflammation, and this is one of the reasons why its intake is beneficial for anyone who is suffering from diarrhea. You see, the lining of the lower portion of the GI tract can become irritated and inflamed if you ingest contaminated food, setting diarrhea in motion.

Another reason why ginger is an extremely effective solution for diarrhea is it has detoxifying properties. Most diarrhea cases, just like what's mentioned earlier, are due to the ingestion of food contaminated with microbes. By helping the body to zap those microbes present in the gut, there is no need for that diarrhea to last for days. Diarrhea is also usually accompanied by very uncomfortable symptoms such as abdominal cramping. Having excess gas can add insult to injury. Well, painful cramps in the midsection and the presence of too much gas are problems that can both be remedied with the help of ginger, which has antispasmodic properties.

Here are the steps on how to make a cup of ginger:

- Peel a small piece of ginger.
- Grate until you end up with a teaspoon of it.
- Place in a cup of boiling water.
- Let it steep there for 5 to 10 minutes.
- You may add a teaspoon of lemon juice or raw honey.

That's how simple it is to brew a cup of ginger tea. It's something that you may consume up to 3 times a day to shorten the lifespan of diarrhea as well as to attain relief from the symptoms diarrhea brings with it. It's also perfectly fine to brew ginger tea bags that you can easily purchase at a local herbal or health

and food store. Drinking plenty of fluids while having diarrhea is also recommended in order to prevent a common diarrhea complication, which is dehydration. And if your diarrhea persists after a few days, make sure that you see your doctor. By the way, ginger tea offers so many other health benefits other than putting an end to diarrhea. You can brew yourself a cup of it to enjoy relief from the following: Nausea. A cup of ginger tea is one of the fastest ways to get rid of nausea. Sipping a small piece of fresh ginger root also works wonderfully.

Continued From P1...

Committed to strengthen

self-reliance but also creating job opportunities for others. “You are no longer just beneficiaries of this program; you are its leaders and torch bearers,” he said.

Acknowledging the potential of the Umeed programme to serve as a national model, he urged the replication of success stories from other states.

He also announced plans for women entrepreneurs to receive training and skill development opportunities across India, with a batch of women already scheduled to travel to Ahmedabad for advanced training.

Startup India

It is a landmark initiative that has redefined innovation, entrepreneurship and growth, he said, describing the programme as “very close to my heart,” as it has emerged as a powerful way of furthering youth empowerment.

He said on X, “Over the past nine years, this transformative program has empowered countless youngsters, turning their innovative ideas into successful Startups.”

People would doubt India's ability to thrive in this system just a decade ago, he added.

The prime minister said this “transformative” programme has empowered countless youngsters, turning their innovative ideas into successful startups.

From tech-driven solutions to rural innovations, healthcare advancements to biotech breakthroughs, Fintech to EdTech, clean energy to sustainable technology, Indian startups are solving global challenges while at the same time creating employment opportunities and boosting the country's quest towards self-reliance, he added.

Underlining his government's commitment to fostering an entrepreneurial ecosystem that uplifts every dream and contributes to 'Atmanirbhar Bharat', he said his dispensation has left no stone unturned to encourage a culture of startups.

He said his government's policies have focused on “Ease of Doing Business”, greater access to resources and, most importantly, supporting them at every juncture.

He said, “We are actively promoting innovation and incubation centres so that our youngsters become risk-takers. I have personally been regularly interacting with upcoming startups.”

This success of startup India reflects that today's India is dynamic, confident and future-ready, he asserted.

Modi said, “I compliment every youngster in the startup world and urge more youngsters to pursue this. It's my assurance you won't be disappointed.”

Deaths in Rajouri

The incident came into notice on December 7, 2024, when a family of seven got ill after a community meal, resulting in five fatalities. On December 12, 2024, a family of nine got affected, claiming three lives. The third incident occurred on January 12, 2025,

involving a family of ten who fell ill after consuming another community meal, with six children requiring hospitalization.

Responding promptly, the Govt took a number of steps to find root cause of the unusual illness.

The Minister for Health and Medical Education, Sakina Itoo, visited the spot along with other cabinet colleagues, besides chairing several meetings with the Health and Medical Education Department, District Administration, and other related departments to find the cause of the illness and provide necessary healthcare facilities to the affected.

Chief Secretary J&K, Atal Dooloo, also chaired a series of meetings with health authorities, administration, technical experts from across the country, and police to ensure thorough fact-finding and provide the best healthcare facilities to the affected.

The department of Health and Medical Education has been providing the best possible treatment and management to the patients besides reviewing the situation on a daily basis. Experts from some of the most reputed institutions of the country have been arranged to manage the situation and understand the causative factors of the deaths.

Secretary Department of Health Research, MOHFW and DG ICMR Govt of India Dr. Rajeev Bahl held a video conference to discuss strategies and steps to rule out any epidemic.

The Government took several steps immediately after the first incident on December 7, including deputing a medical team along with the food safety department to collect food and water samples, organizing medical camps, establishing mobile medical units, door-to-door screening, and deploying rapid action teams.

A team of the state rapid response experts, including epidemiologists, microbiologists, and others from DHS Jammu, GMC Jammu, and Rajouri, visited the area to conduct detailed screening and collect contact tracing samples. Experts from NCDC, NIV Pune, and PGI Chandigarh also visited the area to assist in containing the situation.

Clinical reports, lab investigations, and environmental samples indicate that the incidents are not due to a communicable disease.

The toxicological analysis conducted by CSIR-IITR has detected toxins in multiple biological specimens.

Meanwhile Rajouri police has formed a SIT for investigating the deaths. Efforts are on by the J&K police to investigate the incident.

The Government is committed to safeguarding the lives of people and is taking all necessary steps in the matter.

Devastated father

Observer (KNO), Aslam recounted the tragic events. "I have lost three daughters and two sons in just a few days. Now, my only daughter is fighting for her life. I have nothing left but her," he said, his voice trembling with a mix of grief and hope.

"I couldn't save my other children, but I'll do whatever it takes to save her," he said, adding that her condition remains critical.

Aslam said his children were healthy until last Sunday when they began showing symptoms of minor vomiting and fever. They were rushed to the hospital, but six out of seven, including his five children and his maternal uncle, succumbed to the illness, he said.

"My daughter is still alive, but I fear I may receive news of her death any moment," the devastated father expressed.

Aslam expressed frustration over the lack of timely support from authorities, saying that while the Deputy Commissioner and SSP visited his residence and provided some assistance, no representative from the government, especially the NC-led administration, has come forward to help.

He urged the government to expedite the investigation to identify the cause of the outbreak and take immediate action to prevent further loss of life. "I have lost everything, but I don't want others to suffer the same fate. The government must act quickly to save lives in this area," he pleaded.

Union Cabinet

and adaptable as possible that can support not only NGLV but also the LVM3 vehicles with Semicryogenic stage as well as scaled up configurations of NGLV. It will be realized with maximum industry participation fully utilizing ISRO's experience in establishing the earlier launchpads and maximally sharing the existing launch complex facilities.

TLP is targeted to be established within a duration of 48 months or 4 years.

Expenditure involved: The total fund requirement is Rs. 3984.86 Crore and includes the establishment of the Launch Pad and the associated facilities.

Number of beneficiaries:

The Project will boost the Indian Space ecosystem by enabling higher launch frequencies and the national capacity to undertake human spaceflight & space exploration missions.

Background: **CS asks RBI**

facilitate the law enforcement agencies in taking action. He also advised them including the RBI, SEBI and others to generate awareness among the people and circulate this knowledge through social media, WhatsApp and bulk messaging to people through banks operating in J&K.

He maintained that this is the area of concern as the digital marketing and online transactions are becoming popular by each day making people vulnerable to defrauding on the hands of these criminals. He stressed on reaching out to students in colleges and villagers in blocks/panchayats for holding such outreach campaigns.

He also reviewed the progress achieved in disposal of pending fraud cases and called for concrete preventive action that would act as deterrent for others. He called upon the concerned to ensure effective implementation of BUJS Act and the relevant sections of newly adopted criminal laws to eradicate

this menace from J&K.

NEET UG 2025

including BAMS, BUMS, and BSMS courses of the Indian System of Medicine in all Medical Institutions governed under this Act. NEET (UG) will also apply for admission to the BHMS course under the National Commission for Homeopathy, the NTA said.

Furthermore, MNS (Military Nursing Service) aspirants seeking admission to B.Sc. Nursing Courses being conducted at Armed Forces Medical Service Hospitals for the year 2025 will also have to qualify for NEET (UG). The NEET (UG) score will be used for shortlisting for selection to the four-year B.Sc. Nursing course.

The online registration dates for the exam are yet to be announced. The exam covers Physics, Chemistry, and Biology curricula from Class 11 and 12 textbooks, administered in 13 languages. The NMC has revised the syllabus of NEET UG 2025. The detailed syllabus can now be accessed on the official website of NMC at nmc.org as well as on the official portal of NTA at nta.ac.in.

The exam is conducted for a duration of 3 hours 20 minutes. It consists of 200 questions, out of which students have to attempt 180 questions. For each correct answer, a student is awarded four marks while for each incorrect there is a negative marking of one mark.

Bridge critical

During the meeting, Secretary in Tribal Affairs Department gave a brief about various welfare schemes in JK focused on socioeconomic empowerment and sustainable development. He said that synchronised efforts are underway to expand the coverage of Dharti Aaba to all tribal villages in JK. He added that these programs aim to enhance living conditions, promote education and foster inclusive growth for tribal population.

J&K parts receive

were also recorded from Gulmarg, Sonamarg, Doodhpathri and Srinagar areas.

In Poonch areas, almost 3-6 inches of snow accumulated, 4 inches in Kishtwar 6 inches in Sinthan Top. The snowfall was also recorded in the higher reaches of Kathua district.

The light snowfall has however brought the mercury down in Srinagar elsewhere in Kashmir.

Against Wednesday 11.0 degree Celsius, the

NOTICE

This is an information for general public that i want to apply for fresh Fertilizer License from Department of Agriculture, Bandipora, in this regard any person having any objection he/she may file the Objections in office of the Chief Agriculture officer Mini Secretariat Bandipora, with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Mohammad Ehsan ul Haq.
S/O Mohammad Afzal Lone.
R/O Chontimullah , District
Bandipora .

maximum temperature in Srinagar, the summer capital of Jammu & Kashmir, settled at 3.4 degree Celsius.

In Qazigund, the gateway of Kashmir, the day temperature settled at 3.2 degree Celsius while in Pahalgam, it settled at 1.0 degree Celsius. As per the details, Kupwara recorded the maximum temperature of 6.5 degree Celsius while Kokernag and Gulmarg recorded a maximum temperature of 3.0 degree Celsius and minus 0.7 degree respectively.

Congress files

It added that the 1991 Act was essential to safeguard secularism in India and the present petitions challenging the validity of the Places of Worship Act appear to be a motivated and malicious attempt to undermine established principles of secularism.

“The POWA (Places of Worship Act) plays a pivotal role in furthering the right to freedom of religion and protects secularism, which is an established basic feature of the Constitution,” stated the application.

NOTICE

The name on my driving license is incorrectly written as "Ab Samad Lone, S/o Gh Hassan Lone, R/o Gundpora Rampora," while my actual name is "Abdul Samad Lone, S/o Ghulam Hassan Lone, R/o Gundpora Rampora." I would like to request a change to reflect my correct name on the driving license. If anyone has any objections, please submit your complaint to the RTO Kashmir office within 7 days of this notification. After this period, no claims will be entertained.

Abdul Samad Lone
S/o Ghulam Hassan Lone
R/o Gundpora Rampora

NOTICE

This is an information for general public that the Birth certificate of my Son issued by Municipal Council Bandipora, his Mother's name has been Mistakenly mentioned as Shaziya Ramzan, while as his Actual and correct Mother's name is Shaziya Akhter. 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 Municipal council Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Tauqeer Ahmad Sheergojri.
R/O Ward NO: 01, Naaz Colony
Sector B, Bandipora.

Paras Health Srinagar Conducts Successful Thyroid Surgery Using Advanced Nerve Monitoring and Autofluorescence Technology

SRINAGAR: A team of doctors at Paras Health, Srinagar, led by Dr. Azhar Jan Battoo, Associate Director of Surgical Oncology, successfully performed a thyroidectomy on a patient diagnosed with thyroid cancer, utilizing cutting-edge Nerve Monitoring and Autofluorescence technology. The surgery, which was conducted for the first time in the Valley, not only ensured the removal of the cancerous thyroid gland but also significantly minimized potential post-operative complications, setting a new standard for thyroid cancer care in the region. Nerve Monitoring and Autofluorescence technology helps reduce the incidence of voice changes and decreased calcium levels after thyroid surgery. Reflecting on the successful procedure, Dr. Azhar Jan Battoo, Associate Director - Surgical Oncology at Paras Health Srinagar, said, “The integration of Autofluorescence and Nerve Monitoring technology in thyroid surgery marks a significant leap in patient care. These advancements allow us to provide safer surgeries, quicker recoveries, and better long-term outcomes for our patients. We are proud to bring such innovations to the region, setting new benchmarks in thyroid cancer treatment.” Paras Health, Srinagar, has been at the forefront of advanced thyroid cancer care, offering state-of-the-art imaging, pathology, and highly equipped

operation theatres. Recently, the hospital introduced Autofluorescence-assisted thyroid surgery alongside Nerve Monitoring devices. These technologies enhance surgical precision, reduce the risk of



post-operative complications such as voice changes and calcium level imbalances, and ensure quicker recovery for patients. The patient, Dr. Danish Shafi Malik (54),

experienced a seamless recovery, demonstrating the efficacy of these advanced surgical approaches. As part of the hospital's patient-centric practices, most thyroid surgery patients are discharged the day after surgery. Additionally, for patients residing within 25 kilometers of the hospital, day-care surgery options enable same-day discharge, significantly enhancing convenience.

To date, Paras Health, Srinagar, has successfully conducted over 60 thyroid surgeries, using the Nerve Monitoring device, with six surgeries performed using innovative Autofluorescence technology. These advancements have reduced transient serum calcium complications to less than 5% and virtually eliminated permanent complications, compared to traditional methods where these rates are significantly higher.

The hospital management echoed this sentiment, emphasizing commitment to bringing world-class healthcare to Srinagar: “Paras Health Srinagar remains dedicated to adopting the latest advancements in medical technology, ensuring that patients in the region receive the best possible care. The successful implementation of Autofluorescence technology exemplifies our ongoing mission to improve outcomes and enhance the patient experience,” said Dr. Gautam Das, Zonal Director, Paras Health.

ازعدالت ایگزیکٹو مجسٹریٹ درجہ اول تحصیلدار سوپور۔

مضمون: درخواست منجانب واحد مقبول ولد محمد مقبول ساکنہ کوئیل مقام تحصیل الور۔ عبدالحلیم رفیقی

- اشتہار ہمراد آگاہی ہر خاص و عام -

چونکہ معاملہ زیر بحث کے نسبت سائل نے MC SOPORE کو درخواست نسبتاً جرائی سرٹیفکٹ زیر بحث دی تھی جنہوں نے عدالت ہذا کو رجسٹریشن احکامات صادر کی، سائل نے اپنے بچے/بچی کی اپنی ابتدائ سند ہسپتال/ اسکول H-Core ۲-۲- پیش کی ہے۔ جسکے مطابق سائل/ سائیکلہ کے بچے یا بچی کی یوم پیدائش/ 2019/5/6 ہے۔ قبل اسکے رجسٹریشن کے لئے احکامات نسبت جرائی دیئے۔/ برتھ رجسٹرٹفکٹ اجرا کیا گیا تو اگر کسی خیال یا اشتیاض کو کی عذر یا اعتراض ہو تو سات یوم کے اندر دفتر ہذا میں دفتری اوقات کے دوران اپنے عذرات پیش کریں۔ بعد ہذا نے معیا کوئی عذر داری قابل قبول نہ ہوگا۔

ایگزیکٹو مجسٹریٹ درجہ اول

از نیابت بانڈی پورہ با اجلاس نائب تحصیلدار بانڈی پورہ

عنوان: کاغزات بردخواست بشیر احمد ولد محمد صدیق کار ساکنہ آیت مولہ تحصیل بانڈی پورہ بغرض حصول OBC بزمہ 294SRO- بخت عادل بشیر اور عابدہ بشیر

اشتہار عام

معاملہ مندرجہ عنوان اصدر میں ہر خاص و عام کو بزریعہ اشتہار ہوا آگاہ کیا جاتا ہے کی سائل/ سائیکلہ کے کاغذات دفتر ہوا میں بغرض حصول OBC بزمہ کارزار دوائی ہے۔ اس ضمن میں رپورٹ عملہ فیلڈ طلب کی گئی جسے عیاں ہے کہ سائل/ سائل کا مکمل طبقہ سے تعلق رکھتی ہے۔ اگر اس بارے میں کسی بھی شخص یا اشخاص کو کوئی بھی عذر یا اعتراض ہو تو دفتر ہوا میں دفتری اوقات میں اندر بس ہوم اصالتاً یا وکالتاً پیش کریں۔ بعد از میا کوئی بھی عذر قابل قبول نہیں ہوگا۔

مدرسۃ البنات دارالعلوم رحیمیہ بانڈی پورہ

کی تعمیر و تکمیل کے صدقہ جاریہ میں خصوصی حصہ لیجیے، موقعہ غنیمت جانیں

اللہ تبارک و تعالیٰ کے فضل و کرم سے لڑکیوں کے لئے زیر تعمیر ”مدرسۃ البنات“ کی پہلی عمارت کی آخری منزل مکمل ہونے جا رہی ہے۔ اب اس میں اہم مرحلہ چھت کے بنانے کا ہے۔ انجینئر حضرات کے تجزیہ کے مطابق چھت میں تقریباً 33 ٹن لوہا لگے گا۔ اس کا لیبر اور میٹریل کا کل ماکر خرچ تقریباً 40 لاکھ روپیہ بنتا ہے۔ چھت پر لگنے والے ٹن کے شیٹ کام 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 رخیہ میں حصہ لینے کے لئے مدرسۃ البنات کا یہ کانٹ نمبر متعین کیا گیا ہے:

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

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

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

محمد رحمت اللہ کشمیری
ناظم دارالعلوم رحیمیہ بانڈی پورہ کشمیر

Vijay Hazare Trophy: Padikkal, Shetty step up as Karnataka storm into final

Karnataka 238 for 5 (Padikkal 86, Smaran 76, Sindhu 2-47) beat Haryana 237 for 9 (Ankit 48, Himanshu 44, Shetty 4-34, Shreyas 2-36, Prasidh 2-40) by five wickets

Devdutt Padikkal put on a batting exhibition on an up-and-down surface at the Kotambi Stadium in Vadodara as he helped Karnataka to their fifth Vijay Hazare Trophy final. He continued his stellar run in the competition, hitting his seventh successive fifty-plus score in India's premier 50-over domestic competition and in the process, knocked defending champions Haryana out.

Padikkal made 86 off 113 balls - following his 102 off 99 against Baroda in the last outing, his first this season - and added 128 for the third wicket with Ravichandran Smaran as Karnataka chased down the 238-run target with relative ease. The win was set up by their bowlers led by left-arm quick Abhilash Shetty, who returned 4 for 34. His wickets included both Nishant Sindhu and Parth Vats, the two half-centurions from Haryana's preliminary quarter-final win that knocked out Bengal.

Legspinner Shreyas Gopal was instrumental in turning the tide Karnataka's way with the ball when he broke a fluent second-wicket partnership worth 70 between Himanshu Rana and Ankit Kumar by trapping the latter lbw on 48. Thereon, Haryana lost 8 for 96 to collapse to 198 for 9. But a stroke-filled last-wicket stand between Anuj Thakral and Amit Rana, which included scoring 17 off the last over of the first

innings, helped Haryana get to a total much more than Karnataka would have liked.

Four-time champions Karnataka were jolted early in the chase when their top-scorer of the competition, the captain Mayank Agarawal,

If Padikkal brought Karnataka's chase on track with his 62-run partnership with Aneesh, he dashed Haryana's hopes with his alliance with Smaran. The pair took their time to settle, especially when Haryana pressed

three fours and three sixes and fell on 76 off 94 with Karnataka 13 away.

Earlier in the day, Haryana were inserted and got a steady start through openers Arsh Ranga and Himanshu. Their partnership should have been nipped in the fifth over when Ranga edged Koushik behind, but Krishnan Shrijith failed to hang on. That did not cost Karnataka as Shetty struck with his second ball to have Ranga edge one to Padikkal at slip.

That was Karnataka's only success for some time as Himanshu and Amit scored fluently. They were helped by some wayward bowling, too, with Prasidh bowling a few wides down leg. Shrijith's shoddy glove work also resulted in a few byes. The second-wicket pair for Haryana was doing well to set a base. Which is when Agarawal brought spin on to apply the brakes.

Shreyas and left-arm spinner Hardik Raj tested both the edges of the batters, with the former using the googly to excellent effect. After he denied Haryana's captain, Ankit, a fifty, Himanshu had an ill-timed dash down the surface against Raj and was stumped by Shrijith. Those twin wickets gave Karnataka enough of an opening. Dinesh Bana, Rahul Tewatia and Sumit Kumar all got starts but none lasted more than 36 balls.

But that did not bother Karnataka, who made regular inroads to trigger a collapse. One that was enough to propel Karnataka to their first Vijay Hazare Trophy final since 2019-20 after three semi-finals and a quarter-final appearance in the last four editions. They will meet the winner of Vidarbha vs Maharashtra in Saturday's final.



fell in the opening over. Anshul Kamboj got a fullish ball to jag in and hit Agarawal on the knee-roll, the Hawk-Eye showing it to clip the stumps. Padikkal, his opening partner since returning from the Border-Gavaskar Trophy, managed to ride the uneven bounce and collect a few fours, even as KV Aneesh struggled at the other end. The No. 3 bat played 14 straight dots before heaving Sumit Kumar over deep midwicket for a meaty six to get going.

their spinners, Amit and Sindhu, into service. They were getting some balls to turn, some jumped from the rough but Padikkal broke the deadlock by stepping out to Sindhu and smacking him over long-on. He looked untroubled for most of his stay until he played a cross-batted heave, intending to finish the chase in a hurry, and top-edged Sindhu to mid-off with Karnataka 44 away.

Smaran too scored a classy fifty, hitting

Legspinner Shreyas Gopal was instrumental in turning the tide Karnataka's way with the ball when he broke a fluent second-wicket partnership worth 70 between Himanshu Rana and Ankit Kumar by trapping the latter lbw on 48. Thereon, Haryana lost 8 for 96 to collapse to 198 for 9. But a stroke-filled last-wicket stand between Anuj Thakral and Amit Rana, which included scoring 17 off the last over of the first innings, helped Haryana get to a total much more than Karnataka would have liked.

Stephen Fleming steps down as Southern Brave head coach

Stephen Fleming has stepped down as Southern Brave's head coach in the men's Hundred, citing family reasons. Fleming replaced Mahela Jayawardene in the role ahead of the 2023 season and twice led the Brave to the knockout stages, losing the eliminator in his first year in charge and the final last season.

He will be replaced by Adi Birrell, the Hampshire head coach, for the 2025 season, with Hundred franchises growing stronger ties with their host clubs as part of the ongoing privatisation process. Birrell has enjoyed recent success in franchise cricket, leading Sunrisers Eastern Cape to back-to-back SA20 titles.

Birrell will become the first county head coach also taking charge of a men's Hundred team, though several have served as assistant coaches. He will be replaced as Hampshire coach during the Metro Bank Cup, the 50-over competition which runs parallel to the Hundred, but remains in charge for the County Championship and the T20 Blast.

Fleming's resignation avoids a situation in which he would coach a team part-owned by a rival IPL franchise, given his long-running association with Chennai Super Kings. Hampshire were sold to the GMR Group - co-owners of Delhi Capitals - last year and are set to become majority shareholders in the Brave this year.

He has coached Chennai since 2009, and has also taken charge of their affiliated franchises in Major League Cricket (Texas Super Kings) and the SA20 (Joburg Super Kings), where he is currently. Fleming said in a statement that stepping down from his role with the Brave would allow him to spend more time at home.



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