

Kashmir Convener



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Integration of J&K, Border Security Key to India's Vision 2047: Lt Gen Subramani

»» 'UT witnessed political stability, high voter turnout post Art 370 abrogation; ««

Sajid Raina

SRINAGAR: Lieutenant General NS Raja Subramani, Vice-Chief of the Army Staff, has said that resolving the situation in Jammu and Kashmir, maintaining peace and ensuring its full integration is crucial for India's progress towards becoming a 'Viksit Bharat' by 2047.

Speaking on national security at the Lit Fest, Lt Gen Subramani said there is a need for social and communal harmony within the country, referring to the significance of addressing issues in regions like Jammu and Kashmir, the Northeast, and Left-Wing Extremism



(LWE) affected areas.

He said that by 2047, India should

aim for a situation where these internal problems are fully resolved to ensure

that the entire nation remains unified, with a focus on resolving the status of Jammu and Kashmir and the Northeast regions.

On J&K, Lt General Subramani acknowledged the progress made since the abrogation of Article 370, saying the region has witnessed more than 60% voter turnout in recent assembly elections, which according to him signalled political stabilisation.

Despite security challenges, including minor terrorist incidents, he said the security forces, including the Army

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Amit Shah constitutes inter-ministerial team to probe Budhal deaths

● Experts from 'most reputed institutions' to visit affected village today

Jahangir Ganaie

immediate relief as well comprises experts from

SRINAGAR: Union Home Minister Amit Shah on Saturday ordered constitution of an inter-ministerial team led by the Ministry of Home Affairs to visit Budhal village in Rajouri District to ascertain the cause of mysterious illness that has taken 16 lives within a span of 45 days in a small hamlet.

According to the details available, a the team will arrive in Budhal village on January 19 (Sunday) and in collaboration with the local administration it would work on providing



as taking precautionary measures to prevent such incidents in future.

The team constituted by the Union Home Minister

the Ministry of Health and Family Welfare, Ministry of Agriculture, Ministry of Chemicals

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Maintain High Level of Alertness, Increase Area Domination: IGP Kashmir To Officers

KC NEWS NETWORK

SRINAGAR: In view of the upcoming Republic Day celebrations, Inspector General of Police Kashmir V. K Birdi on Saturday directed the officers to maintain



high level of alertness and increase area domination in their respective areas.

The directions were issued by the IGP while chairing a security review meeting in Srinagar. The meeting was attended by senior security officers from the different agencies.

A police spokesman said at the outset of the meeting, IGP Kashmir was briefed by the participating officers about the

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PM Modi distributes over 65 lakh property cards across 10 states, 2UTs

KC NEWS NETWORK

NEW DELHI: The Prime Minister Narendra Modi Saturday distributed over 65 lakh property cards under SVAMITVA Scheme to property owners in over 50000 villages in more than 230 districts across 10 States and 2 Union territories through video conferencing.

The Governors of many states, Lieutenant Governors of Jammu & Kashmir and Ladakh, Chief Ministers of Odisha, Chhattisgarh, Madhya Pradesh, Rajasthan, Uttar Pradesh, Maharashtra and Gujarat, Union Minister of Panchayati Raj and Minister of Fisheries, Animal Husbandry and Dairying, Shri Rajiv Ranjan Singh and many other dignitaries had joined the event through video-conferencing.

Addressing the occasion, he remarked that today was a historic day for the villages and the rural areas of India and greeted all the beneficiaries and the citizens on the occasion.

The Prime Minister remarked that five years ago, the SVAMITVA scheme was launched to ensure that the people residing in the rural



areas receive their property cards.

He remarked that different states refer to property ownership certificates by various names, such as Gharani, Adhikar Abhilekh, Property Card, Malmatta Patrak, and Awaasiya Bhumi Patta.

"Over 1.5 crore people have been issued SVAMITVA cards in the past 5 years", said Shri Modi. In today's program, he added that more than 65 lakh families had

received these cards.

The Prime Minister remarked that under the Swamitva Yojana, around 2.25 crore people in villages



have received legal documents for their homes now. He extended his heartfelt congratulations and best wishes to all the beneficiaries.

Remarking that the 21st century presents numerous challenges, including climate change, water scarcity, health crises, and pandemics, the Prime Minister highlighted that another significant

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Refrain from derogatory remarks or face social boycott: MMU

KC NEWS NETWORK

SRINAGAR: Mutahida Majlis-e-Ulema (MMU) on Saturday warned miscreants

of social boycott if they indulge in any derogatory remarks.

Kashmir's Grand Mufti, Mufti Nasir-ul-Islam flanked by religious clerics from different sects including Shia and Sunnis, while addressing a news conference here said, "The derogatory remarks will not be tolerated at all. If anyone is found indulging in such practices he will face social boycott," he added.



The Grand Mufti, informed that the

discussions took place between him and Mirwaiz-e-Kashmir, Moulvi Umar Farooq following which the meeting of MMU was held today. "There is a need to work together to eradicate the drug menace," he said.

He added that the drug related activities will not be tolerated around the Masjids

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Dy CM Choudhary assures support to bereaved families



KC NEWS NETWORK

RAJOURI: Deputy Chief Minister, Surinder Choudhary, today visited Budhaal village to meet the bereaved families affected by the tragic deaths of 16 individuals from three families.

Expressing heartfelt condolences, he assured the families of unwavering support from the district administration during this difficult time. Pertinently, Cabinet Ministers Sakeena Itoo and Javed Rana had already visited

>>>SEE ON P-7

Northern Railway to spend Rs 450 cr on Jammu Tawi Station upgradation



Yogesh

JAMMU: As the train is all set to connect Kashmir with Kanyakumari, Northern Railway has decided to invest approximately Rs 450 crore in the modernization and redevelopment of Jammu Tawi Railway Station.

According to the details available with the news agency—Kashmir News Observer (KNO) the ambitious project aims to enhance passenger experience,

safety, connectivity, and operational efficiency, bringing the station in line with modern infrastructure standards.

An official said that the commissioning of the remodeled Jammu Tawi yard is slated for March 6, 2025. "With yard remodeling nearing completion, the remaining non-interlocking work is also progressing rapidly," he said, adding, "The yard remodeling is a challenging yet critical component of the station

redevelopment. It will pave the way for further infrastructure upgrades."

The official said that the number of platforms will increase from the current three to seven, with the addition of four new platforms equipped with state-of-the-art ballastless track technology. "Enhanced hygiene will be ensured with washable aprons on all platforms, contributing to a cleaner environment," he said, adding, "The expansion will streamline train operations and provide passengers with a more comfortable experience."

"The expansion plan also includes two new foot overbridges (FOBs), each 12 meters wide, a 72-meter-wide air concourse to connect all seven platforms, allowing seamless passenger movement and improved flow. A new 4,500 sqm second entry building will be developed on the Narwal side to cater to growing passenger needs," the official said, adding,

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J&K Launches Special Bus Service to Facilitate Maha Kumbh Mela Devotees

Satish Sharma flags off special bus service from Jammu to Prayagraj

KC NEWS NETWORK

JAMMU: In a landmark move, Minister for Transport, Satish Sharma, today flagged off a special end to end bus service from Jammu to Prayagraj. The initiative comes after instructions by the Transport Minister to facilitate and honour the religious faith of people of J&K.

Taking swift action on the instructions, MD JKRTC, Rakesh Kumar Srangal, ensured immediate commencement of the bus service to Triveni, Prayagraj to celebrate Maha Kumbh Mela 2025.

Giving more details regarding the bus service, the Minister informed that the special bus service will commence from Jammu Bus Stand every morning at 5 AM which will take the pilgrims



to Prayagraj (Triveni) for holy dip at Sangam and also will take the passengers back after a night halt.

He further added that in order to facilitate people with smooth experience of travel fair, the JKRTC in collaboration with J&K Bank has introduced QR code

system for online payments for the commuters.

The Minister stressed that the government is committed to promote religious tourism and is going to take many significant initiatives

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E-rickshaw fare fixed at Rs 10 per km for 4 passengers: Traffic police

Rehan Qayoom Mir

SRINAGAR: Srinagar's traffic police have clarified the fare structure for e-rickshaws within the city limits, saying the fare is fixed at Rs 10 per kilometre for up to four passengers, dispelling earlier confusion regarding pricing.

A senior official from Srinagar Traffic Police told reporters that the fare for e-rickshaws is Rs 10 per kilometre for a maximum of four passengers, which means Rs 2.50 per kilometre per person for single passengers.

The official said strict action will be taken against any operators found overcharging or violating the government-set rates. "We are ensuring there is no overcharging in the city. E-rickshaws are also restricted to designated routes within city limits, and violations will be dealt with legally," he said. Urging citizens to comply with the established

>>>SEE ON P-7

Nitish Kumar Govt’s caste survey was to befool Bihar people, alleges Rahul Gandhi

PATNA: Alleging that the caste survey conducted by the Nitish Kumar government in Bihar was an exercise to befool the people, Congress leader Rahul Gandhi on Saturday said his party will stick to its demand for caste census as such an initiative is essential to plan development work in the country.

Gandhi, the leader of the opposition in the Lok Sabha, also accused the BJP and the RSS of “undermining the Constitution and neglecting marginalised communities” in the country.

He also alleged that RSS chief Mohan Bhagwat’s ‘true independence’ remark was “against the country’s Constitution”.

Addressing ‘Samvidhan Suraksha Sammelan’ at Babu Sabhagar here, Gandhi said, “Dalits, minorities and socially marginalised people comprise 90 per cent population of this country but they are not part of the system...This is the reason that we have been demanding caste census.”



He also claimed, “I have categorically told leaders in Parliament, in front of Prime Minister Narendra Modi Ji, that our party will get this passed at any cost.”

Gandhi said a caste census across the country is “important to find out how much participation OBCs, Dalits and workers have in the bureaucracy and

other sectors”.

“The aim of the caste census is not just to know about the count of various castes but their participation in the country’s wealth as well...We don’t want a caste survey like the Bihar government did. The exercise which the Bihar government had done was just to befool people,” the

Congress leader alleged.

He also claimed that the 50 per cent cap on reservations for people belonging to SCs, STs and OBCs is “not enough”.

“We will increase the cap for the benefit of the majority of the people. A few select organisations, including RSS and its people, industrial houses are running the country,” he claimed.

The country’s Constitution is “not just a book” but “talks about atrocities and difficulties faced by Dalits”, he said.

Speaking on RSS chief Mohan Bhagwat’s ‘true independence’ remark, Gandhi alleged, “His remark about India’s true independence after the Ram temple consecration is against the Constitution. The BJP and the RSS are undermining the Constitution and neglecting marginalised communities.”

He also said the political fight is on between “those who want to save the Constitution and ones who are spreading hatred”.

Haryana Govt Identifies 370 ‘Corrupt’ Patwaris, Their 170 Aides; Orders Action Against Them

CHANDIGARH: The Haryana Government has prepared a list of 370 ‘patwaris’ (revenue officials) and 170 private individuals working as their assistants who are allegedly involved in corrupt practices.

The office of the Financial Commissioner, revenue (FCR) has written to deputy commissioners to initiate stringent action against the corrupt officials.

‘Patwaris’ maintain land records, certify land possession, mutation and other works.

According to the FCR’s communication dated January 14, these 370 ‘patwaris’ across the state have been accused of demanding bribes from people to get their work done.

Kaithal tops the list prepared by the Revenue and Disaster Management Department with 46 “corrupt” patwaris, followed by 41 in Sonapat, 36 in Mahendragarh, 27 in Gurugram, 25 in Fatehabad, 23 in Kurukshetra and 20 in Jhajjar.

The list identifies 19 such ‘patwaris’ in Faridabad, 17 in Palwal, 16 in Rewari, 14 in Yamunanagar, 13 each in Sirsa and Hisar, 12 in Jind, 10 in Bhiwani, nine in Panipat, seven in Karnal, six each in Charkhi Dadri and Nuh, and five each in Ambala and Rohtak.

Panchkula is the only district which does not figure on the list.

The FCR’s communication asked deputy commissioners to take action against the “corrupt” ‘patwaris’ and submit an action taken report within

Deposed Bangladesh PM Hasina says death was minutes away as she fled Bangladesh

NEW DELHI: Deposed Bangladesh Prime Minister Sheikh Hasina has said she and her younger sister Sheikh Rehana escaped death by just 20-25 minutes on August 5 last year when her Awami League government was toppled in a student-led mass uprising.

In a brief audio note released by her party on its Facebook page, Hasina expressed her gratitude to God for saving her life.

She also recalled two previous attempts on her life she narrowly escaped and said she believed that God had saved her life as part of a divine design to get something greater done by her.

“We escaped death by just 20-25 minutes. I feel surviving the killings on August 21, surviving the large bomb in Kotalipara, or surviving on August 5, 2024, there must be a will of Allah, the hand of Allah. Otherwise, I wouldn’t have survived this time,” she is heard saying in Bangla in the audio clip.

In a trembling voice, the 77-year-old leader accused her political opponents of conspiring to get her killed.

Hasina has been living in India since August 5 last year when she fled Bangladesh following a massive student-led protest that toppled her Awami League’s 16-year regime.

“I am suffering, I am without my country, my home, everything has been burned,” said Hasina.

Hasina survived several attempts on her life including that of the August 21, 2004 grenade attack on a party rally where she was addressing as the opposition leader. Twenty-four people were killed in the attack.

In 2000, Hasina, then the prime minister of Bangladesh,

was scheduled to speak at a rally in Kotalipara Upazila, Gopalganj District when police discovered a time bomb weighing 76 Kg 50 feet from the stage.



On August 5 last year, security forces gave her 45 minutes to evacuate her official Ganobhaban residence saying an angry mob was proceeding towards the government establishment and her life was in danger.

Hasina was initially flown to a nearby military air base and later an air force plane carried her along with Rehana to India.

Shortly after she left Ganobhaban, the mob vandalised the premier’s residence and set on fire her father Sheikh Mujibur Rahman’s house-turned-museum at 32 Dhanmondi named after him.

Simultaneous Polls Not Against Federal Structure: Meghwal

NEW DELHI: Holding Lok Sabha and assembly elections simultaneously is not against the federal structure, Law Minister Arjun Ram Meghwal has said, asserting that synchronised polls will improve governance.

He also said those opposing ‘one nation, one election’ are doing it due to political reasons.

In an interview to PTI Videos, Meghwal said the first few Lok Sabha and legislative assembly elections were held together from 1952.

If that was not against the federal structure, “how will it be bad (for federalism) now,” he asked.

Meghwal said the bills on simultaneous polls were referred to a joint committee of Parliament as Prime Minister Narendra Modi was also keen that a House panel should examine the draft laws.

In the first meeting of the joint committee, Legislative Department Secretary Rajiv Mani explained to the members various aspects of simultaneous polls as well as the history of synchronised elections.

“Now the biggest allegation they (those who are opposed to one nation, one election) make is that it is against the federal structure. I want to say that the 1952 elections were held, the elections of all the assemblies were also held simultaneously. “The 1957 elections were held; the 1962 elections were held simultaneously. The 1967 elections were held simultaneously... Now how will it be bad (for federal structure)?” he said.

Meghwal said simultaneous polls will lead to good governance and expeditious development.

The difficulties that arise from time to time due to the Model Code of Conduct will be addressed, he asserted.

He said that the opposition members in the joint parliamentary committee have been explained what the synchronised system is and they have

understood. “What is the ‘appointed date’ of the Lok Sabha, this has also been told to them, they have understood everything.” “... if someone is opposing it, then they are doing it for political reasons,” he claimed.

Responding to a question on the Waqf



amendment bill, he said a joint committee of the two Houses is examining the draft laws and holding consultations.

“But how can it be that when there is some property of a village and one day you will come and say that it is the property of waqf and it will become the property of waqf?” Meghwal questioned.

He said a system should be there in place in case of an encroachment.

After the committee submits report, it will come to Parliament for consideration and passing.

On the issue of Places of Worship Act, the Union minister said when the matter is in the Supreme Court, any comment on the issue should be avoided.

Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER

Mechanical & Hospitals Division Baramulla

E-mail, id, xenmhdbla@gmail.com

Tender Notice Inviting e-Tender

NIT No:	M&HDB/TS/2024-25/138/3751-57
Date:	17-01-2025

For and on behalf of the Lieutenant Governor of Jammu & Kashmir UT, Executive Engineer, Mechanical & Hospitals Division Baramulla, invites online e-bids in Two Cover system on Percentage basis from experienced firms Registered with J&K Govt., PWD, Department through JKPWDOMS for the below mentioned work:

S. No	Name of Work	Estimated Cost (Rs. in Lacs)	Cost of T/B: (in Rupees)	Time of Completion (in days)	Earnest Money Deposit	AA Accorded vide No.	Technical Sanction No.
1.	Design, Supply, Installation, Testing & Commissioning of Fully Automatic RO plant of 500 LPH Capacity including all the Electrical Equipments and allied works at CHC Pakharpora.	11.13	1000.00	20 days	22260/-	47/DHSK of 2025 Dated:- 09-01-2025	M&HDB/TS/ 84 of 01-2025 Dated:- 16-01-2025

1.

Downloading of Bids: The Tender document Consisting of qualifying information, eligibility criteria, specifications, Bill of quantities (B.O.Qs), Set of Terms & Conditions of Contract and other details can be seen/downloaded from the Govt. website www.jktenders.gov.in from 17-01-2025 (06:15PM).

2.

Submission of Bids: The bidders shall deposit their bids in electronic format on the above website from 17-01-2025 (06:30 PM) to 27-01-2025 (06:55 PM) in two covers.

3.

Opening of Bids: The bids uploaded on the website up to due date and time will be opened on 28-01-2025 (13:00Hrs) in the Office of the Executive Engineer Mechanical & Hospitals Division Baramulla.

4.

The bidders are required to submit their offers in *two (02)* covers.

Cover-I shall contain: Scanned copies of following documents:

01.	Tender Fee	Rs. 1000.00 (Rupees One Thousand Only) in shape of e-Challan / e-receipt / online Bank transfer acknowledgement including m-Pay Delight+, to be uploaded with each online bid pledged to Executive Engineer Mechanical & Hospitals Division Baramulla. Tender ID to be written also on the voucher. Bank: J&K Bank. Branch: T.P Baramulla. IFSC Code: JAKA0TSHIL Account No.: 0213010200000051.
02.	EMD	Earnest money deposit in shape of CDR/FDR pledged to Executive Engineer M&HD Baramulla. The bidders have to upload documentary proof (scanned copies) of earnest money deposit @2% of the estimated cost in shape of FDR/CDR from a Nationalized/Scheduled Bank pledged to Executive Engineer M&HD, Baramulla. In case of unsuccessful bidder, the EMD shall be released immediately after the opening of Price Bid and in case of successful bidder the same shall be released after submission of Performance Guarantee by him in the shape of CDR/FDR/BG carrying validity as per clause 'S' of Annexure 'A' to the NIT.
03.	Terms & Conditions	Scanned copy of the Annexure- "A" & "B" duly accepted by the bidder.
04.	Technical Specifications	Scanned copy of the Annexure- "C" duly accepted by the bidder.
05.	Tax Registration	Registration Certificate of Sales Tax Department quoting GST Number.
06.	GST/Latest GST clearance certificate	Scanned copies of PAN Card / GST Registration / Latest GST clearance certificate or acknowledgement of latest returns.
07.	Non - Blacklisting Declaration	Undertaking as per Annexure "D" that the bidder has not been blacklisted or debarred by any department
08.	Experience	The Bidder Shall submit documentary proof of having successfully executed similar nature of work amounting to 80% of the estimated cost in single contract or 50% of the estimated cost in two contracts each or 40% of the estimated cost in three contracts in any Govt. / Semi Govt./Autonomous institutions alongwith satisfactory performance certificate issued by a competent authority not below the rank of Executive Engineer shall be considered.
09.	Other Documents to be uploaded	Design / Layout and Brochures of offered model of RO / Total Dissolved Solids at delivery point, Technical Data Sheet etc.
10.	Contractor Registration	Scanned copy of valid Contractor Registration on JKPWDOMS of PWD J&K.

Note:-Successful Bidder (L1) needs to furnish original EMD and Fee Receipt to this Division / Department for obtaining Letter of Acceptance / L.O.I from this Division / Department.

Cover II shall contain the price bid as per BOQ which shall be inclusive of all taxes under GST. The price bid is to be uploaded only.

5.

The complete bidding process shall be online.

6.

The Financial bid of only qualifying bidders shall be opened online in the Office of the Executive Engineer, Mechanical Division Baramulla after evaluation of the technical bid.

7.

Bidders are advised not to make any change in BOQ (Bill of Quantities) content. In no case they should attempt to create similar BOQ manually. The BOQ downloaded should be used for filling the item rate inclusive of all taxes and it should be saved with the same name as it contains.

8.

The cost of tender document is non-refundable and the tender shall in no case be accepted if submitted by any firm other than the purchaser.

9.

Any tender found to have been submitted by the firm by furnishing false information to the Department shall be cancelled and the firm shall be penalized as and when it comes to the notice of the Department even during the currency of the contract. The tenders should be addressed to the Executive Engineer, Mechanical& Hospitals Division Baramulla.

10.

The Department shall not be responsible for delay in submission of bids due to any reasons, whatsoever.

11.

The Department reserves the right to reject or accept any or all bids in part or in full without assigning any reason thereof.

12.

The successful bidder has to carry out the work based on allotment order issued by the Department at the rates allotted under this contract from the date of issue of Allotment Order.

13.

No - M&HDB/TS/e-tender-138/3751-57

14.

Dated: - 17-01-2025

DIPK-10999/24

Sd/-
Chief Medical Officer
Srinagar

Strong Met services key to development, India model for developing countries: WMO chief

NEW DELHI: India is very well positioned in terms of the quality of climate services and it understands the critical role of strong meteorological services in the development agenda, World Meteorological Organisation (WMO) chief Celeste Saulo has said.

Saulo told PTI in an interview here that meteorological and climate services play a critical role in all sectors of the economy, including logistics, transportation, tourism, energy and agriculture.

However, she also pointed out that unlike India, many developing countries have not yet fully integrated these services into their various sectors.

Highlighting the role of weather services in renewable

energy, Saulo said, “If you think about renewables — wind, solar and hydro — they all depend on weather. Energy transition needs a strong Met service. While India understands the critical role of the Met service in the whole development agenda, many developing country colleagues are not there yet.”

“India is very well positioned in terms of the quality of the meteorological and climate services that they provide, thanks to the India Meteorological Department,” said Saulo, who attended the IMD’s 150th year celebrations here.

She said the IMD turning 150 is a unique achievement.

“Few countries can tell the world that they have Met services 150 years old. This speaks of history but

it’s also a policy within the country that understands that new technology and climate are important. You need to invest in them,” she said.

The WMO chief called for a shift in how meteorological services are perceived.

“What I expect from a developing country like India is reinforcing the role of the Met services, not just as the provider of the weather forecast on the TV but (also) as the provider of critical information for climate adaptation, productivity, energy transition, and securing people’s lives,” she said.

Underscoring the broader economic implications of accurate weather forecasts, she said,

Rouble Nagi calls on LG Sinha



Srinagar: Rouble Nagi, Member, Panel of Community Leaders of National Commission for Minorities, India Saturday called on Lieutenant Governor Manoj Sinha.

Nagi, an artist, author and social worker, is known through her art foundation for undertaking women empowerment projects in rural Kashmir through skill development and creating village entrepreneurs.

Nagi had a few years ago started a programme ‘Missal Kashmir’, which involves taking colours and sketchbooks inside ‘Madrasas’ for encouraging children to channel their creativity in motivating women to take up self-employment.

OFFICE OF THE CHIEF MEDICAL OFFICER SRINAGAR OLD SECRETARIAT BLOCK-"A" 3RD.FLOOR

Tel: 0194-2452499; Email:cmo.sgr.ce@gmail.com

Sub: Specialists / Medical officers / Para Medical Staff to refrain from private practice during official/duty hours & other mal-practices

NOTICE

In view of the Government Order No:512-JK (HME) of 2022 dated 12.08.2022 and the recent directions issued by Director Health Services Kashmir vide No:PS/DHSK/Circular/2024/2533-2624 dated 24.12.2024 all the Specialists / Medical officers / Para Medical Staff falling under the jurisdiction of District Srinagar are hereby directed to refrain from private practice during official/duty hours as well as while being on roster duties in government health institutions. Further enumeration in the said Government Order revealed that many doctors are indulging in private practice in other cities/towns implying thereby that they are not available at their stations for catering to any emergencies or otherwise. The government order itself speaks that certain doctors are recommending medical intervention in their private clinics instead of attending the same in the government health institutions where they are posted which results into the loss of public exchequer under Ayushman Bharat/Sehat Schemes construing to misconduct and violation of Civil Services Conduct Rules. Accordingly doctors/specialists through this medium of notice are hereby warned to refrain from such acts leading to misconduct and violation of Civil Services Conduct Rules or else action as warranted under rules shall be initiated against the defaulters.

No:CMOS/ 2162-65
Dated:17/01/2025

DIPK-11012/24

Pariksha Pe Charcha: DC Bandipora Emphasizes Individual Strengths Over Academic Scores

BANDIPORA: The Department of Education, Bandipora, on Saturday organized a mega awareness programme under the nationwide initiative Pariksha Pe Charcha, aimed at addressing examination-related stress and promoting a positive academic environment.

The programme was presided over by Deputy Commissioner Bandipora, Manzoor Ahmad Qadri, and witnessed enthusiastic participation from students, parents, teachers, and other stakeholders.

In his welcome address, Deputy Chief Education Officer (DyCEO), Dr. G.M. Pujoo, highlighted the department's ongoing initiatives to enhance student well-being and ensure access to educational resources. He emphasized measures to alleviate examination stress and ensure that no student feels unsupported.

Addressing the gathering, Deputy Commissioner Bandipora, Manzoor Ahmad Qadri, encouraged students to approach exams with a positive mindset and view challenges as opportunities for growth. He stressed that examinations are not a means of discrimination and called upon teachers to play a proactive role in motivating and supporting students.

M.A.Qadri stressed the importance of recognizing individual strengths and talents, rather than focusing solely on academic scores. He reiterated the district administration's commitment to providing all possible assistance to ensure a stress-free academic journey for students. Additional District Development Commissioner (ADDC), Mohammad Ashraf Bhatt, also addressed the



audience, sharing practical tips and strategies to help students manage stress and focus on their goals.

He emphasized the importance of maintaining a balanced life and shared practical tips on managing time effectively, and staying focused.

Dr. Arif Jan, Deputy Director Academics, JKBOSE, delivered an expert lecture on key strategies to transform stress into success, promote healthy competition, and foster a supportive learning environment.

He elaborated on the specific recommendations of the National Education Policy (NEP) 2020 for reducing academic pressure and highlighted ways to identify and

address stress in students.

Dr. Arif Jan also underlined the importance of open communication and the role of teachers in building students' confidence.

In his vote of thanks, Chief Education Officer (CEO), Bandipora Kishore Kumar expressed gratitude to the Deputy Commissioner and other dignitaries for their valuable contributions to the programme. He thanked the participants, including students, parents, and teachers, for their enthusiastic involvement.

The CEO emphasized the importance of collaborative efforts in ensuring a stress-free and supportive environment for students and reaffirmed the department's commitment to enhancing the educational experience in Bandipora.

The CEO also highlighted the core aim of the Pariksha Pe Charcha programme, which is to reduce the fear of examinations among students, inspire them to excel, and create a stress-free learning environment.

The programme also featured speeches by several student speakers, who shared their personal experiences and insights on dealing with examination-related stress. They expressed their gratitude for initiatives like Pariksha Pe Charcha, which provide them with a platform to voice their concerns and receive valuable guidance from experts and educators.

The event witnessed the participation of ADC Zaffar Husson Shawl, ACR Shabir Ahmad Wani, CPO Mohammad Maqbool, DSWO Sahir Majeed, alongside teachers, students, and other stakeholders.

KPDCL Announces Power Outages for Maintenance and Stabilization Works



SRINAGAR: The Kashmir Power Distribution Corporation Limited (KPDCL) has announced several power shutdowns to facilitate stabilization, improvement, and maintenance works across various regions in the valley.

According to the Chief Engineer, Distribution, KPDCL, in order to carry out Stabilization/improvement of 33 KV Badampora and MLRI works at Receiving Station Safapora, the shutdown of 33KV Badampora Safapora Tap Line shall be observed due to which Receiving Station at Safapora shall remain off while power supply to the Safapora, Gratbal, Jarakobagh, Manasbal areas will be affected from 10:00 AM to 04:00 PM on 20 & 25 January, 2025.

Similarly, to carry out the work of replacing of wooden deteriorated / under size with new 11 mtr long ST Poles in the marshy land behind MED Shalteng and to stabilize the 33 KV HMT and 33 KV Narbal Line, the shutdown of 33KV Sharifabad-Narbal Line Sharifabad-HMT Line shall be observed due to which 33/11KV Receiving Stations at Zainakote, Shalteng, Bakshipora, Narbal and Sanoor shall remain off while the power supply to the Narbal, Mazhama, Sanoor, Malpora, Kawoosa, Sozeith, Lawaypora, Zainakote, ICC, Industrial HMT Shalteng, Mujgund and Bakshipora will be affected from 12:00 Noon to 04:00 PM on 21 January, 2025.

Also, to carry out commissioning of newly created/ realigned portion of 33 KV Pampore-Khrew line at Tulbagh Pampore, the shutdown of 33KV Pampore-Khrew line shall be observed due

to which 33/11KV Receiving Stations at Khrew-1st and 2nd, Shar Shali and Auxiliary TLMD-IV shall remain off while the power supply to the Khrew, Barthan, PHE/Hospital, Shar A, Shar Band Wahab Sahab areas will be affected from 11:00 AM to 04:00 PM on 20 January, 2025.

Further, to carry out twinning of conductor on Arampora Line, the shutdown of 33KV Amargarh Bandipora line shall be observed due to which 33/11KV Receiving Stations at Watlab,

Tujjar and Dooru shall remain off while the power supply to the Watlab, Tujjar, Dooru and adjoining areas will be affected from 10:30 AM to 03:30 PM on 21 January, 2025.

Moreover, to facilitate the shifting of 33 KV Ichgam-Kanir Tap line permanently through underground at Ichkoot and installation of isolator on 33 KV Ichgam-Kanir Tap line, the shutdown of 33KV Kanir Tap Line shall be observed due to which 33/11KV Receiving Stations at Kanir and Hanjoora shall remain off while the power supply to the Barwah, Zoohama, Kanir, Hushroo, Dadompore and adjoining areas will be affected from 12:00 Noon to 03:00 PM on 22 January, 2025.

In order to carry out the works of erection of 13 mtr long ST Poles from Receiving Station Arizal to Sukhnag of 33 KV Arizal Tap line, the shutdown of 33KV Arizal Tap Line shall be observed due to which 33/11KV Receiving Station at Arizal shall remain off while the power supply to the Zainigam, Doodhpathri, Raiyar, Arizal and adjoining areas will be affected from 10:00 AM to 04:00 PM on 21, 23 & 25 January, 2025.

Soldier Killed In Accidental Fire In Hyderbeigh

SRINAGAR: An Army soldier was killed in an accidental discharge of fire in the Hyderbeigh Palhallan area of Baramulla



district.

Official sources said that an army personnel died after his service rifle went off accidentally, resulting in grievous injuries.

He was immediately evacuated to the hospital for treatment where doctors declared him brought dead.

The deceased has been identified as Sandeep Kumar.

Meanwhile, police have registered a case in this regard and investigation has been taken up. (JKNS)

Dispute over graveyard land sparks brawl in Bandipora, five injured

Sajid Raina

BANDIPORA: A dispute over part of a graveyard being converted into an Eidgah in Alooosa village of north Kashmir's Bandipora district led to a brawl, injuring at least five people, officials said here on Saturday.

Locals speaking to the news agency—Kashmir News Observer (KNO) said that a group had built a pulpit to convert part of the graveyard into an Eidgah.

Another group opposed this move, which filed a complaint with the Tehsildar of Alooosa, opposing the change, they said.

After reviewing the complaint, the Tehsildar directed the opposing group



to approach the police station and asked the police officer of Alooosa to investigate the matter.

The situation escalated on Friday night when the opposing group attempted to paint the pulpit. Upset by this, the defending group called the police for intervention.

When both parties arrived at the site, a fight broke out, with stones and sticks allegedly

being used. In the incident and stated that five people were injured due to the graveyard dispute.

Meanwhile, the District Magistrate, recognising the potential for a breach of peace, has attached the land and placed it under the custody of the Tehsildar Alooosa.

An order issued by the DM, prohibits any individual from

entering, using, or possessing the disputed land until further notice, aiming to prevent further violence or unrest.

To ensure the strict implementation of this order, the Station

House Officer (SHO) of Bandipora has been directed to take all necessary measures to prevent any attempts to violate the terms.

Also, all parties involved in the dispute have been called to appear before the District Magistrate on January 20, 2025, for resolution.

The order will remain in effect until the dispute is resolved, and any violation will result in legal action under the relevant provisions of law—(KNO)

Snowstorm Affects Bandipora-Gurez Road; Traffic Restored with Guidelines

BANDIPORA: A snowstorm at Razdan Top temporarily disrupted traffic on the Bandipora-Gurez road, leading to the closure of approximately one kilometer of the route.

The Border Roads Organization (BRO) swiftly cleared the affected stretch, allowing standard vehicles from Gurez to proceed toward Bandipora. Authorities have issued specific guidelines to ensure the safety of travelers.

Heavy motor vehicles are prohibited from using the road, and all vehicles must be equipped with anti-skid chains. Traffic will only be permitted after confirming the road's status with the BRO.

Passengers and drivers have been advised



to verify road conditions before starting their journey to avoid any inconvenience or risks. These precautions aim to ensure smooth and safe transit amid challenging weather conditions.

IGP Kashmir Reviews Republic Day-2025 Arrangements at PCR

SRINAGAR: In view of the upcoming Republic Day celebrations, Inspector General of Police Kashmir Zone Shri V. K Birdi-IPS chaired a security review meeting at the Conference Hall of PCR Kashmir.

The meeting was attended by IGP CRPF Srinagar, DIG Armed/IR Kashmir, DisG of Kashmir Zones, DIG CRPF North/South/KOS Srinagar, DIG BSF Srinagar, DD IB Srinagar, SSP PCR Kashmir, all SSp of Kashmir Zone, SSP Traffic City Srinagar, SSP APCR, SSP CID CIK, SSP Security Kashmir, Col IS 15 Corps, DC SB, SP PC Srinagar, SP Telecommunication and other officers.

At the outset of the meeting, IGP Kashmir was briefed by the participating

officers about the security measures/preparations put in place and presented their detailed plans, highlighting measures to enhance security, protect public spaces, and facilitate the orderly conduct of the event.

During the meeting, IGP Kashmir allotted different tasks with strict instructions of accomplishing the assignments with precision and planning. Necessary directions were also issued to the officers for important arrangements for

smooth conduct of the event. Key aspects discussed during the meeting included crowd management strategies, traffic control plans, intelligence updates and the strategic deployment of police personnel. IGP Kashmir directed the officers to maintain a high level of alertness and increase area domination in their respective areas. IGP Kashmir also reviewed the security measures put in place for the security of Highways, Railway Tracks and Railway Stations across the valley.

Tanvir Sadiq Meets Union Tourism Minister Gajendra Singh Shekhawat



NEW DELHI: In a significant step towards enhancing eco-tourism and uplifting the lives of residents in the interior water bodies of Srinagar, Tanvir Sadiq, MLA Zadibal, met with Union Tourism Minister Gajendra Singh Shekhawat in New Delhi to discuss the transformation of the interior water bodies of Srinagar into eco-friendly tourist villages.

During the meeting, Sadiq presented a Detailed Project Report (DPR) amounting to 180 crores, focusing on the development of Mir Behri Dal,

Khushalsar, Gilsar, and Ancharsar. The proposal outlines sustainable initiatives designed to upgrade infrastructure, enhance basic amenities, and foster community-based tourism. Sadiq emphasized that this project aims to bridge the gap between the natural splendor of these areas and the challenging living conditions of the approximately 30,000-35,000 residents who call these water bodies home.

Expressing gratitude for the Union Minister's positive and encouraging response, Sadiq said, "I am deeply thankful to

the Hon'ble Union Minister for assuring that this project will be taken up as priority. He has committed to engaging with the state government and the State Tourism Ministry to provide all necessary technical and financial support.

His dedication to such initiatives fills me with hope that these areas will soon witness transformative development. I strongly believe this project will not only uplift local communities but also enhance Jammu and Kashmir's global reputation as a sustainable tourism destination."

The project aims to preserve the unique ecological and cultural heritage of these iconic water bodies while ensuring that tourism benefits are directed toward the local communities. Sadiq is confident that with the Union Government's backing, these areas will see a brighter future, marking a key moment in their development and recognition.

Seven-day faculty training program on AI concludes at KU

SRINAGAR: To enhance the skills of faculty members in emerging technologies and prepare them for integrating AI into

In her message Vice Chancellor KU Prof Nilofer Khan said "Artificial Intelligence is reshaping the world as we know it, and



education, a seven-day training program on Artificial Intelligence (AI) was organised by the University of Kashmir (KU).

The program was part of the "AI for Future Workforce" initiative under a Memorandum of Understanding (MoU) between the University and Intel India to equip faculty with the skills to incorporate AI and enhance employability in the rapidly evolving digital age. The program was conducted in two phases: Phase 1 from 6th to 7th January and Phase 2 from 13th to 17th January.

educators play a crucial role in preparing the next generation for this transformation."

She added, "This workshop was designed to empower faculty with the knowledge and tools to harness AI effectively, ensuring they remain at the forefront of educational innovation."

Speaking at the valedictory session, Registrar KU, Prof. Naseer Iqbal, emphasized the critical role of AI in shaping the future workforce.

"This initiative marks a significant step in equipping our educators to embrace

the transformative potential of AI. Such training programs not only enhance faculty skills but also lay a strong foundation for preparing ourselves to thrive in a technology-driven world," he said.

Director IoT, Zakura campus KU, Prof. M. Tariq Bandy highlighted the importance of such industrial collaborations.

"This training has provided our faculty with valuable tools to integrate AI into their teaching and research. It is a vital step toward building a robust AI ecosystem within our academic institutions," he said.

Intel India resource person, Ms. Bhavya Shukla, expressed satisfaction with the dedication shown by the participants.

"The enthusiasm and commitment of the faculty members throughout the training reflect their readiness to embrace AI for innovation and education," she noted.

Thirty faculty members from the University of Kashmir, SKUAST, and other higher education institutions participated in the training, which featured extensive hands-on sessions led by Intel experts. The initiative highlighted the importance of upskilling educators to meet the demands of the AI-driven landscape and develop a

Srinagar Police Launches Anti-Smoking Drive in Lal Chowk, Fines Violators

SRINAGAR: In a bid to enforce the ban on public smoking, Srinagar Police conducted an extensive anti-smoking drive in the bustling Lal Chowk area on Saturday led by Police station Kothibagh, headed by SHO Manzoor Ahmad. The drive, aimed at curbing the rising instances of public smoking, resulted in fines of Rs 200 being imposed on violators.

Lal Chowk, often crowded with shoppers, office-goers, and tourists, has long been a hotspot for public smoking despite the ban under the Cigarettes and Other Tobacco Products Act (COTPA), 2003. The police action was initiated after repeated complaints from locals about the health hazards posed by smoking in public spaces.

During the operation, several individuals were caught smoking in prohibited areas and were penalized on the spot. The initiative has been welcomed by many residents who have long demanded stricter enforcement of anti-smoking laws. "It's good to see the authorities taking action. Public smoking affects everyone, especially children and the elderly," said Nazir Ahmad, a shopkeeper in Lal Chowk, while talking with the Associated News Bureau.

While the drive is being lauded as a positive step, citizens and activists are urging the police to conduct such campaigns regularly and expand them across the region.

Oil, Autonomy and Oppression: The Ba’ath Party’s War in Kurdistan



YAMIN MOHAMMAD MUNSHI

Much of the antagonism between the Kurds and Iraq results from arguments over Kurdistan's vast oil reserves. The point of contention has generally followed a pattern: the Kurds negotiate for autonomy to control and have greater access to Kurdistan's oil; negotiations falter and eventually lead to rebellion and conflict; the Iraqi regime pursues harsh policies against Kurdish rebels and civilians; and then argues that it will maintain the Kurdish lands as a punishment against the Kurdish rebellion. Eventually, Kurdish politicians start a movement toward negotiation, and the cycle begins again. Baghdad, throughout its regime cycles in the twentieth century, has used two main arguments to deny Kurdistan full autonomy: first, a divided Kurdistan would hinder the Iraqi nationalist movement, which sought to create a greater Iraq that would be the center of the Arab world. This mirrored similar Arabization policies throughout the Middle East in the 1960s and 1970s. Second, and perhaps more practically, Iraq wanted to maintain control of the economic potential of Kurdistan. The Ba'athist Revolution of July 1968 illustrates this process.

The Ba'ath Party took power from the Qasim Regime that had controlled Baghdad since its own July Revolution of 1958. The Ba'ath Party held a radical Arabist ideology partly founded upon hostility toward nonArab Kurds, who are culturally and linguistically related to the Persians. The Ba'ath Party also sought to secure its newfound position in Baghdad and therefore sought cooperation with the Kurds. Taking advantage of a potential ethnic-civil war between Kurdish groups in the late 60s and early 70s, and needing to quickly consolidate its position, the Ba'ath, under the direction of Saddam Hussein (who was then second-in-command of Iraq), reached a peace accord with Kurds. The March 11, 1970 peace accord, known as the "March Manifesto," established the cornerstone for future relations between the Kurds and Iraq and recognized the dignity of the Kurds, if only briefly. By most accounts, the peace accord was not a Ba'athist attempt to legitimize the Kurds' autonomy but rather a plan to coopt them until the party fully securitized its position. This accord is an instance of infantilization. Saddam pretended to recognize the Kurds' right to self-rule while the maneuver actually bought time to better situate Ba'ath forces to assert authority and dominance over Kurdish lands and people. However, much worse was to come.

The peace accord quickly collapsed, partly due to burgeoning Kurdish alliances with Iraqi enemies, certain Kurdish elitist insistence on greater independence, and the Ba'athist rejection of Kurdish nationalism. The Iraqi regime seemingly tried once more to establish a permanent agreement on federal relations with Kurdistan by publishing the Autonomy Law of 1974. However, rival Kurdish organizations could not agree on the law's terms. Some argued it was the closest Kurdistan had ever come to self-actualization, while others believed that it did not go far enough in recognizing Kurdish self-determination and that it was dictatorially implemented. After its proposal, Saddam Hussein gave the Kurds two weeks to accept the Autonomy Law. The Kurdish factions could not agree and war broke out in

1974 and 1975. Finally, during the war and its aftermath, Iraq began the dispossession of its Kurdish population to resolve its Kurdish problem.

The tyrannically imposed Autonomy Law appeared to grant substantial autonomy to the Kurds, but it actually centralized power, even in the autonomous zones throughout Kurdistan.

Peshmerga, or guerilla fighters (literally translated as those who confront death), and about the same number of irregular forces, all temporarily supported with Iranian artillery and antitank missiles. The Kurds' only chance to defend their territory was with the help of Iran and hope of assistance from the United States. U.S. assistance never came. Iraq and Iran eventually negotiated

The Ba'ath made it almost impossible to own property deeds in traditional Kurdish territory. Jaji Muhammad Ya'qub Hussain claims: "There were 188 villages in Shaikhan. The government cancelled all of the property certificates of the Kurds and the other nationalities in the villages. . . . The law of 1975 Arabized the whole area, and brought the Arabs to all of the Kurdish



Put simply, the law created more control disguised as autonomy. Yildiz argues that the law's autonomous region accounted for less than half of what the Kurds recognized as Kurdistan. It created legal limitations that substantially qualified autonomy. Central authority figures were authorized to give general guidance to local Kurdish officials, and perhaps the most telling was a state minister being authorized to attend all meetings of all autonomous bodies. Further, all decisions made by local Kurdish bodies could be contested by Iraq's Minister of Justice and could be suspended by the Iraqi Court of Cassation.

Taken together, these qualifications of the Autonomy Law of 1974 highlight why the law's label was nothing but a misnomer. It clearly demonstrated the Ba'athist contempt for Kurdish autonomy and their belief that the Kurds lacked the capacity for self-governance. Certainly, from Iraq's perspective, Iraq was attempting to parent its unruly children. To make matters worse, the Ba'ath enacted this law after the Kurds believed they were making headway with the Kurdish rights outlined in the March Manifesto. The unilateral implementation of the Autonomy Law of 1974 was a dignity taking disguised as a "dignity giving" spectacle.

The war and its immediate effects are clear examples of the dehumanization that accompanies dignity takings. Iraq went to war with more than 90,000 fighters, 1200 tanks and armored cars, and 200 aircraft. Kurdish forces numbered about 60,000

the Algiers Agreement of 1975, which ended Iran's support of the Kurds, and settled other non-Kurdish related issues between the two states. Iraqi forces took immediate advantage of this.

The Iraqi army created a security zone surrounding Kurdish regions bordering Turkey, Syria, and Iran, measuring 600 miles in length and about 19 miles deep. Within this security zone, the Iraqi military destroyed an estimated 1500 villages. Additionally, the Iraqi government resettled at least 600,000 people (including women and children) to mujama'at, or collective camps. The resettlement campaign deported Kurds from their ancestral homelands to Arab dominated areas, and according to Human Rights Watch, many Kurds died in the relocation efforts, although there are no exact figures available. Summary execution without trial awaited any Kurd caught inside Kurdistan after resettlement. The Iraqi government brought ethnic Arabs into razed Kurdish villages to transition formerly Kurdish provinces into Arab dominated districts. The most telling evidence of this displacement includes interviews with Arabs who were relocated, sometimes forcibly, into the Kurdish lands. In an interview conducted by Human Rights Watch, an Arab tribesman stated: "We moved because there was an order from the government to move to this village. Whether I was happy or unhappy, I had to obey that order. During the last regime, if the government gave an order to the people to do something, they had to obey."

villages." In the most telling example of ethnic dilution by the Iraqi regime, the Ba'ath encouraged Arabs to start taking Kurdish wives in an attempt at ethnic assimilation or ethnic dispersion, to guarantee an Arab majority in all regions and thereby negate the need for Kurdish autonomy. Additionally, the war created at least 200,000 Kurdish refugees within Iran alone, with an undetermined total killed.

The Iraqi regime dehumanized the Kurds by creating a security zone, forcibly resettling the Kurds, killing all those who refused to obey these policies, razing villages, refusing land deeds, and encouraging ethnic assimilation bordering on ethnic cleansing. The Iraqi regime also demonstrated its contempt for Kurdish self-rule by refusing their rights to their ancestral homeland, refusing greater autonomy, and redrawing traditional Kurdish territories and Arabizing the provinces. Each of these policies denies the inherent human right of self-determination and forces a group wishing for self-governance to live under the authoritative centralized control of "outsiders." This is the first occurrence in what has become a pattern of dignity takings.

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KUMBHA: A MILLENNIUM YEARS OLD SACRED EVENT OF INDIAN CULTURE



Shubham Kewaliya

The antiquity of Indian culture doesn't require any introduction. The oldest culture/civilization of the world which is popularly known as Sanatan culture is quite famous for its events and festivals which are being celebrated by its followers on a regular basis since time immemorial. According to various texts of Sanatan or Hindu religion there occurred a war between Gods and demons during the ancient time. During this war the incident of Samudra Manthan took place. Samudra Manthan resulted in origin of various sacred objects, among which nectar was one. It is believed that Gods and demons fought for this 'precious nectar' and during this fight four drops of nectar fell on the earth. It is believed that the Four places were Prayagraj on the banks of River Ganga and River Yamuna, Haridwar on the bank of River Ganga, Nasik on the banks of River Godavari and Ujjain on the banks of River Kshipra.

Thus a sacred event Kumbh, Simhashta etc. has been organized at these four places since ages. This reason contributed towards UNESCO recognizing 'Kumbh' as an intangible world heritage. Therefore, this recognition makes us understand that Kumbh is now a heritage for the entire humanity. Some scholars have recently commented that 'Kumbha' is just a couple of hundred years old event, basically started by the Britishers. But unfortunately these scholars forget that the Sanatan culture is the most ancient culture of this world and all events and festivals have both historical and archaeological evidence.



In connection with Kumbh which is going on in Prayagraj we first find its mention in the ancient Hindu text of Mahabharata. In the 'Anushasan Parva' of Mahabharata it is mentioned that Kumbh was first organized on the banks of Ganga and Yamuna in Prayagraj. We all know that the Mahabharata war took place during 3000 BCE. An inscription at Aihole clearly mentions the antiquity of Mahabharata. Thus on this basis Kumbh at Prayagraj is a thousand year old event. It is also important to note that Chinese traveller Hiuen Tsang visited India during 6th – 7th century CE. He also talks about

a sacred event organized at Prayagraj. He visited Prayagraj during the reign of great king Harshvardhan of the Pushyabhuti dynasty. Hiuen Tsang mentions that Harshvardhan donated all his belongings to saints and other needy people during this sacred event on the banks of Ganga and Yamuna. Apart from this, the ancient Hindu text of Skanda Purana also talks about this sacred event. The Shankar Samhita of Skanda Purana holds the information of Kumbha. The scholars questioning the antiquity of Kumbha should go through these texts before attesting to anything. It is quite possible that in

ancient times the sacred event was not termed as Kumbha but the particular event was evidently organized during a specific time in the above mentioned places and we have ample amount of literary reference proving its existence. Thus saying that Kumbha was first organized during the 19th century CE is just an act of defaming Indian culture, the oldest culture of the world.

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Tribal Affairs Minister reviews key Tribal welfare initiatives



JAMMU: Minister for Tribal Affairs, Javed Ahmad Rana, today convened a meeting to review progress on various welfare initiatives being implemented for the tribal communities.

The meeting focused on accelerating pending proposals, optimizing resource utilization and ensuring timely execution of ongoing developmental projects.

Present in the meeting were Secretary in Tribal Affairs Department, Harun Malik, Director Tribal Affairs, Ghulam Rasool, Director Finance, Iftakhar Chouhan, Joint Director Planning, Abdul Khaliq Bhatti, Deputy Secretary Tribal Affairs, Dr. Abdul Khabir and other senior officers of the department.

During the discussion, the Minister directed the officials to expedite approvals for pending proposals under the Dharti Aaba scheme, which focuses on sustainable agriculture and economic empowerment in tribal areas. He set specific timelines to ensure that the benefits of the scheme are delivered efficiently to the intended beneficiaries.

The officers provided updates on utilisation

of Capital Expenditure (CAPEX) budget with particular focus on infrastructure development including schools, health facilities, roads and digital connectivity in tribal regions.

The Minister asked for timely completion of delayed projects to maximise their impact. He also had a detailed review of progress on Cluster Tribal Model Villages (CTMVs) and Milk Villages initiatives. These projects aim to foster self-reliance and livelihood generation through agriculture and dairy farming. He also assessed implementation of Pradhan Mantri

Aadi Adarsh Gram Yojana (PMAAGY), a flagship program aimed at holistic development of tribal villages. He underscored the importance of focusing on critical areas such as education, healthcare, housing and infrastructure to achieve the program's objectives.

The Minister reviewed the status of pending scholarship applications for tribal students and directed the officers to clear backlogs at the earliest. He emphasised the importance of ensuring timely financial support to enable students to continue their education without interruption. He also discussed NGO grants and proposals submitted through the dedicated portal. He called for enhanced transparency and efficiency in processing these proposals and stressed the need to prioritise projects that align with the government's tribal welfare goals.

Preparations for an upcoming wool workshop being held in collaboration with TRIFED were discussed as well. This initiative aims to empower tribal artisans through training, skill enhancement and market access, enabling them to showcase their crafts at national and international levels.

The Minister concluded the meeting by stressing the importance of meticulous planning, regular monitoring and accountability in implementing all initiatives. He reaffirmed the government's commitment towards uplifting tribal communities and ensuring that the benefits of these welfare schemes reach the grassroots level effectively.

MLA Pampore Conducts Public Meeting at Pampore, Addresses Public Grievances



BILAL HABIB

PAMPORE: MLA Pampore, Retired Justice Hasnain Masoodi, held a public meeting at the townhall in Pampore on Saturday. Delegations from various areas of the Pampore constituency participated in the meeting to discuss their issues and seek the MLA's intervention.

During the interaction, residents highlighted a range of pressing concerns, including the lack of basic amenities such as electricity, water, non-functional streetlights in several areas, and the exclusion of deserving individuals from welfare schemes like the BPL category.

The delegations urged the MLA to take immediate action to resolve these challenges.

Responding to the grievances, MLA Masoodi assured the people. MLA Masoodi encouraged open communication and urged residents to continue highlighting their concerns to facilitate effective governance.

This outreach initiative reflects the MLA's commitment to maintaining close engagement with the public and working collaboratively towards resolving their problems.

Talking to Kashmir Convener Hasnain Masoodi, said that many people have come to meet him at townhall Pampore to discuss their various important issues. Among them are several poor individuals who have been excluded from the BPL ration card category and had their PHH ration cards revoked.

In addition, people have highlighted problems related to electricity and water in the area. In Saffron Town, Pampore, streetlights are either non-functional in the Saffron town and some area without streetlights, further adding to the residents' difficulties.

To address these concerns, we have initiated an outreach programme that allows people to bring their issues to us. We are working towards resolving these problems to benefit the people and improve their lives.

DC Srinagar inspects conservation, restoration works on Aali Masjid, Vicharnag Temple

SRINAGAR: To take firsthand appraisal of developmental works being carried out at identified religious places/historical assets under significant initiative of Government to preserve the rich cultural and architectural heritage in the District, the Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat Saturday conducted a tour of various City areas.

At historical Aali Masjid in Eidgah, the DC took on the site review of the plan being executed for its conservation on heritage pattern.

On the occasion, the DC was informed that an amount of Rs 4.85 crore has been approved for the development and conservation of the historic Aali Masjid and a comprehensive DPR has been formulated.

The DC stressed that conservation efforts must retain the aesthetic, heritage and social values of our cultural legacy. He asked the Officers to utilize services of architectural experts and study the history of the significant religious place. He also asked them to speed up the process to start the physical works on the prestigious project.

At Vichar Nag Temple in Nowshera, the DC was informed that Rs 4.91 crore has been earmarked for renovation and conservation of the temple.

The DC directed the Officers to take up the works as envisioned under the project at the earliest so that significant religious assets are preserved.

He said the aim of the project is to revive and preserve the religious places that have historical, cultural, religious significance, besides reflecting the representation of communities and every

section of our cultural society.

Later, the DC inspected the proposed site for construction of Teshil Office, Khanyar in the Rainawari area of the District.

At the site, the DC instructed the concerned to take up the necessary measures for early commencement of the works for the construction of the Teshil Office so that general public and Revenue staff is provided better facilities and revenue related services.



Meanwhile, enroute to his City tour, the DC visited Gurdwara Chatti Padshahi and reviewed the development works carried under National Clean Air Programme (NCAP) at the Gurdwara. He also interacted with members of Gurudwara Prabandhak Committee.

Cooperative Society Anantnag organizes Comprehensive Awareness programme at Achabal

ANANTNAG: The Department of Cooperative, in collaboration with various line departments participation from senior officials, departmental representatives and members of cooperative societies besides local residents and community leaders.

Speaking on the occasion, speakers emphasized the importance of cooperative societies in promoting sustainable development and empowering communities, particularly in rural and semi-urban areas.

Experts from the Cooperative Department and associated line departments delivered detailed presentations on various government schemes aimed at enhancing self-reliance, entrepreneurship and financial inclusion. The participants were briefed on the role of cooperative societies in providing affordable credit, marketing agricultural produce, and supporting small-scale industries.

The event witnessed active



J&K leaders extend condolences to Fayaz Kaloo, Editor-in-Chief of GK, on Nephew's Demise

SRINAGAR : The Jammu and Kashmir National Conference leadership, led by President Dr. Farooq Abdullah and Vice President, as well as J&K Chief Minister, Omar Abdullah, have extended their heartfelt condolences to Fayaz Kaloo, Editor-in-Chief of Greater Kashmir, following the sudden demise of his nephew, Manzoor Ahmad Baba.

Baba, a resident of Nallabal Nowshehra, Srinagar, passed away on Friday due to a cardiac arrest, leaving his family and community in deep grief.

Dr. Farooq Abdullah and Omar Abdullah expressed profound sorrow over the loss and prayed for eternal peace to the departed soul, while offering strength and resilience to the grieving family.

In a collective show of solidarity, senior National Conference leaders, including General Secretary Ali Muhammad Sagar, Advisor to the Chief Minister Nasir Aslam Wani, Chief Spokesperson Tanvir Sadiq, Party Treasurer Shammil Oberoi, and MLAs such as Shameem Firdous, Mubarak Gul, and Salman Ali Sagar, also conveyed their condolences.

They joined other leaders like Dr. Bashir Veeri, Sajjad Shaheen, and State Spokesperson Imran Nabi Dar in extending prayers for peace to the departed soul and strength for the family.

The People's Democratic Party (PDP) also expressed deep sorrow over Baba's passing. PDP President Mehbooba Mufti, along with senior leaders, conveyed their condolences to Fayaz Kaloo and the bereaved family. Mufti prayed for the departed soul to attain Jannat-ul-Firdous and for patience and strength for the family during this difficult time.

Similarly, People's Democratic Front (PDF) Chairman Hakeem Yaseen and other leaders, including Mirwaiz-e-Kashmir Dr. Moulvi Mohammad Umar Farooq, also mourned the loss. Yaseen acknowledged Baba's contributions and prayed for solace for the family, noting the profound impact of such a sudden loss.

Political leaders across party lines recognized Fayaz Kaloo's resilience as a stalwart of journalism and expressed solidarity with him during this painful period. Many also visited the bereaved family to offer personal condolences, underscoring the collective grief felt across the region.

The untimely passing of Manzoor Ahmad Baba has brought together leaders and communities in mourning, united in prayers for peace and strength for the Kaloo and Baba families.(KINS).

MVD Kashmir observes National Road Safety Month

SRINAGAR: As part of the 36th National Road Safety Month activities, the Regional Transport Office (RTO) Kashmir, today organised a car rally aimed at promoting road safety awareness.

Transport Commissioner, Vishesh Paul Mahajan, flagged off the rally in presence of RTO Kashmir, Qazi Irfan and other officers and officials.

The event commenced with a pledge ceremony with the participants affirming their commitment towards adhering to road safety norms. This was followed by a signature campaign and sticker pasting activity to reinforce the message of responsible driving. The highlight of the day was flag-off of the car rally, with vehicles adorned with banners and slogans advocating road safety, spreading awareness across the city.

Held at the Institute of Hotel Management (IHM), Rajbagh, Srinagar, the event witnessed enthusiastic participation and served as a platform to disseminate the importance of road safety.

Later, the Transport Commissioner visited the Trial Test Ground in Srinagar, where he emphasised the importance of two wheelers using proper helmets and car drivers consistently wearing seat belts while obeying road safety rules. He issued instructions to the concerned officers to streamline best practices in the driving test process for achieving licenses.

Mahajan also assured that a hi-tech, robust mechanism would be established for the future transport system, guaranteeing quality services by the transport department.

DC Shopian chairs meeting to finalize arrangements for Republic Day-2025 celebrations

SHOPIAN: The Deputy Commissioner (DC) Shopian, Mohammad Shahid Saleem Dar today chaired a meeting of officers to finalise the department wise arrangements to be put in place for Republic Day, 2025 celebrations at the district level.

The meeting held threadbare discussions on arrangements to be put in place at the venue including security, seating, parking, heating arrangements, cultural activities, illumination of buildings, refreshments, power supply, public address system and other facilities.

The DC instructed the concerned to organise scintillating cultural programmes to mark the event with vibrancy along with an impactful presentation of March Past and called upon officers to put in place elaborate arrangements for smooth conduct of the function.

On the occasion, department wise responsibilities were finalised for adherence, and directions issued to ensure celebrations at sub divisional & teshil levels.

The meeting was attended by ADDC, Dr.Nasir Ahmad Lone; ADC, Dr. Zakir Hussain Faaz and other district and sectoral officers along with Police, Military & Paramilitary officers.

Later, the DC visited District Police Lines (DPL) Shopian to take firsthand appraisal of arrangements for the national event.

Transport Dept transfers 6 JKAS among 13 officers

Srinagar : The Transport Department on Saturday ordered the transfer of 13 officers including six JKAS in Jammu and Kashmir with immediate effect.

As per the news agency—Kashmir News Observer (KNO), six JKAS among 14 officers have been transferred in the interest of administration.

Sheetal Kumar Sharma JKAS has been transferred and posted as ARTO, Doda, Abrar Ahmad Kripak JKAS has been transferred as ARTO, Anantnag with additional charge of ARTO, Shopian, Showkat Ahmad Bhat JKAS has been posted as ARTO, Kulgam, Basharat Mahmood JKAS as ARTO, Poonch, Mehnaz Chisti JKAS as ARTO, Pulwama, Tasleem Javid JKAS as ARTO, Kishtwar.

Mohammad Saleem has been posted at the disposal of RTO, Jammu for further duties, Pawan Kumar Sharma has been posted as I/C ARTO Flying Squad-II (Enforcement Wing), National Highway, Bipin Singh Charak I/c ARTO Flying Squad-I (Enforcement Wing), Jammu, Arif Parvaiz Shah I/c ARTO, Budgam, Rajesh Gupta I/c ARTO, Rajouri, Kuldeep Singh I/C ARTO, Ramban and Tara Mani, I/A ARTO I/C ARTO (BOI) Passenger, Jammu.

All the officers shall be deemed to have been relieved with immediate effect, the order reads—(KNO)

R-Day 2025 arrangements finalized at Ganderbal

GANDERBAL: In order to finalize arrangements for smooth celebration of forth-coming Republic Day-2025, a meeting was held today at Mini Secretariat Ganderbal here.

The meeting chaired by Additional Deputy Commissioner (ADC) Ganderbal, Gulzar Ahmad held threadbare discussions on various arrangements to be put in place at the venue for the National function including security plan, cleanliness and sanitation, seating arrangement, traffic management, cultural programmes, refreshment, invitation, media management, etc.

The ADC enquired about the status of arrangements being put in place by various departments for the successful celebration of the event. On the occasion, various committees like invitation committee, stage management committee, selection committee, seating arrangement committee, already formed were directed to complete formalities for the smooth conduct of the celebrations well before the time.

The special emphasis was laid on refreshment, transportation, sanitation, installation of shamiana, stage for cultural activities and seating management.

اردو فترت نامہ تبصیر اور توگرام ایگزیکٹو مجسٹریٹ درجہ اول

عنوان: درخواست از جانب قاضی بھگت زود چم خان حسن دار ساکن گنڈمورلج تحصیل وڑگام برادو فتنی سندھ قاضی خان حسن دار ولد عبد الغنی دار بمبئی 30 جنوری 2021

اشہار برادو اگھان خاص دعام

مجالہ مندرجہ عنوان الصدر عدالت طحا میں زیر کاروائی ہے۔ اس نسبت رپورٹ لمبردار دھ و چوکیدار علاقہ معہ دیگر دستاویزات پیش کردہ از ساکن کے مطابق حوٹیفی خان حسن دار ولد عبد الغنی دار گنڈمورلج مورخہ 30 جنوری 2021 گھر پر ہی فوت ہو چکا ہے۔ لہذا عوام الناس کو بذریعہ اشہار طحا مطلع کیا جاتا ہے کہ اگر کسی شخص یا شخص کو سندھ طحا اجراء کرنے میں کوئی عذر یا اعتراض ہو تو فورا رسات یوم دفتر طحا میں پیش کریں۔ بعد از معیاد کوئی بھی عذر قابل قبول نہیں ہوگا۔

تحریر اصدر

نائب تبصیر اور توگرام

Should I Workout if I Want to GAIN WEIGHT?

Before we hop in, a note. Always consult a physician before starting a new exercise routine. If you are underweight, consider further evaluation. There may be underlying issues you need to be aware of before starting a workout.

What is muscle hypertrophy?

The healthiest way to gain weight is by building muscle mass, also known as hypertrophy. Per M. Kryzstofik et al., muscle hypertrophy “occurs when muscle protein synthesis exceeds muscle protein breakdown and results in positive net protein balance in cumulative periods.” Basically, as you exercise, your muscle tissue will tear. As they heal, they become larger.

Let’s get scientific!

According to the Journal of Strength and Conditioning Research, this trauma triggers an acute inflammatory response. Neutrophils, a type of white blood cell, go to the damaged area and release agents to the fibers that need healing. These agents attract macrophages that remove cellular debris.

This will preserve the structure and “produce cytokines that activate myoblasts, macrophages, and lymphocytes.” This releases various growth factors. Cool, right?

With a combination of the process above, rest, and a higher protein intake, these muscles will get stronger than they were before.

But it’s not an overnight fix. Muscle mass takes time to build. Brad J. Schenfeld goes on to say, “In untrained subjects, muscle hypertrophy is virtually nonexistent during the initial stages of resistance training... Within a couple of months of training, however, hypertrophy begins to become the dominant factor...”

Don’t lose patience with yourself. There are many other factors that go into building muscle, such as genetics, hormones, and metabolism.

There are quite a few other benefits of gaining muscle mass. These include an increase in your bone mineral density, enhanced physical function, and improved mental health.

So how do you achieve muscle hypertrophy? With resistance training!

Resistance training

So what is resistance training? It is defined by

the National Academy of Sports Medicine as “a form of exercise that increases muscular strength and endurance by exercising a muscle or muscle group against external resistance.”

Resistance training can be performed with just your body weight. This means it can be done anywhere! But you can also use:
Resistance bands
Dumbbells
Free weights
Kettlebells

Here are a few examples of each type! Note that these lists are nowhere near comprehensive; they are there to give you an idea of your options. Choose which is best for your current athletic ability, availability of equipment, and weight gain goals.

For bodyweight resistance exercises, you can perform push-ups, squats, and planks. To progress from here, add equipment. A few examples of exercises you can perform with equipment are tricep kickbacks, bicep curls, and overhead pull-aparts. Lunges and squats are also adaptable.

Add resistance training two to three times a week. Your muscles will need time to recover in between sessions.

It’s not just about exercise. Diet also plays an important factor.

Focus on your diet

Gaining weight is more than just adding resistance training to your routine to build muscle mass. You also need to focus on your overall nutrition.

It is imperative to add more protein to your diet.

According to Exercise, Protein Metabolism, and Muscle Growth by Kevin D. Tipton and Robert R. Wolfe, “Resistance exercise improves muscle protein balance, but, in the absence of food intake, the balance remains negative.”

The food consumed 24 - 48 hours after resistance training will have an impact on muscle hypertrophy. So what do you eat, and how can you eat more?

The first tip is to eat more frequently. Instead of consuming three large meals a day, break them up into many small meals throughout the day, think 5 or 6. Another tip is to not drink liquids while eating. Liquids will take up space in your stomach that you could be filling with food.

The quality of the food that you eat is also important. You want to choose foods that are rich in nutrients

such as whole grain bread, pasta, and lean protein. Consider adding calorie-dense foods such as avocado, cheese, and nuts.

Another great option is drinking smoothies and protein shakes to get your fill of fruits and vegetables. With these, you can easily add more protein and other essential nutrients.

There are also foods and drinks that you should consume in moderation or avoid altogether. Skip the alcoholic beverages and foods with added sugars. Examples of these are candy, baked goods, and sodas. While they are high in calories, they are missing key nutrients.

Adding an extra 500 calories a day can get you an extra pound a week of weight.

Consider consulting with a dietitian for an individualized plan for your specific needs.

To gain weight in a healthy manner, you want to exercise with the goal of muscle hypertrophy. This is the healing of the tiny tears in your muscle fibers from exercise. As your muscles heal, they will be stronger and larger. To heal, your body needs protein and rest.

The best way to reach muscle hypertrophy is through resistance training. According to the NASM, resistance training is defined as “a form of exercise that increases muscular strength and endurance by exercising a muscle or muscle group against external resistance.”

Resistance training can be completed with just your body weight or you can add equipment such as resistance bands, dumbbells, kettlebells, or free weights. Add two to three sessions per week.

Lastly, turn your focus to your diet. Add more meals, and consume nutrient dense foods and protein for muscle growth.

There is no quick fix. Gaining weight takes time and patience. But with a good plan and reasonable goals, you will get there!



Protein: The Unsung Hero of Fat Loss

Increasing your protein quality and quantity can make a huge difference in reaching your fat loss goals healthily and sustainably.

What does protein do?

Protein is one of three macronutrients that make up the food we eat and is present in every cell in our body. Protein helps boost our immune systems, keeps our neurotransmitters functioning,



and supports the endless chemical reactions needed to keep our bodies working with small proteins called enzymes.

Protein also builds and maintains our lean muscle, which gives our bodies shape and powers our movements.

Therefore, increasing the amount of protein we eat and building muscle is one of the most impactful nutritional strategies to lose fat and get toned.

How does protein help with fat loss?

Increasing your protein consumption can help you lose fat in multiple ways.

Protein maintains muscle during calorie restriction

We know that to lose weight, we must burn more calories than we consume. Most diets restrict calories by cutting out whole food groups leading to fat, water, and muscle loss. Our muscle mass is our metabolism. The more muscle we have, the more calories we burn. Therefore, building and maintaining muscle during fat loss should be our top priority.

Protein requires more calories to break down. The thermic effect of food (TEF) is the energy it takes for our body to break down the food we eat and use it. Protein has the highest TEF of any food; therefore, we burn the most calories simply by consuming it.

4 Tips for sustainable fat loss

1. Prioritize protein

It is the star of the show, and it should be center stage at every meal and snack. According to the National Academy of Sports Medicine, you should eat at least .75 to 1 gram of protein per pound of body weight each day.

2. Fat loss is a marathon, not a sprint

Learning and applying healthy habits sustainably is a slow and non-linear process. Manifest a mindset of addition – focus on the healthy habits you are adding to your life, and be patient.

3. Eat slowly

Whether our goal is to lose weight, gain muscle, or simply improve our health, eating slowly is one

of the top habits we can adopt. This allows us to savor and enjoy every bite of our meal and naturally reduces overeating without conscious restriction.

4. Don’t over-restrict

This may be the most challenging but essential concept to understand, especially for those who have yo-yo dieted for years. Remember, if you can’t stick with a change for a lifetime, it’s better not to start.

Protein is one of three macronutrients that make up the food we eat and is present in every cell in our body. Protein helps boost our immune systems, keeps our neurotransmitters functioning, and supports the endless chemical reactions needed to keep our bodies working with small proteins called enzymes. Protein also builds and maintains our lean muscle, which gives our bodies shape and powers our movements

You must nourish your body and eat enough carbs, fats, proteins, nutrients, and fiber – especially when attempting to lose weight. Resist the temptation to eat well throughout the week and completely change your consumption on the weekends.

A sustainable healthy diet makes room for the joy and pleasure of food and connecting with others. And remember, one day of overeating will not undo your progress. So if you indulge, simply resume your regular habits as soon as possible – and skip the guilt.

Continued From P1...

Integration of J&K,

and Central Armed Police Forces, in coordination with the local administration, have managed to control the situation in the region.

Lt General said the importance of maintaining peace and integrating J&K fully with the rest of the country cannot be overstated. He added that the relations with Pakistan remain sensitive, especially in light of the unsettled nature of the border.

"There is a need to enhance India's defence preparedness to address potential security challenges, particularly in the context of Pakistan's involvement in cross-border terrorism. Ensuring the security of borders, especially in regions like J&K, remains a top priority for India's defence strategy," he added.

Lt General Subramani said the situation on the northern border with China is tense but stable. "Despite the current stability, India must remain vigilant due to the unresolved border issues with China. The strategic importance of managing relations with China is critical, as it has attempted to increase its influence in neighbouring countries like Myanmar, Bangladesh, and others in the region," he added.

"By 2047, India will not only improve its domestic defence production but also become a key exporter of defence technology, including arms and weapons, to other nations. This will be part of India's broader strategy to enhance its global defence standing while contributing to the economic growth of the country," he added—(KNO)

Amit Shah

and Fertilizers and Ministry of Water Resources. "The team will also be assisted by experts from animal husbandry, food safety and forensic science labs," an official said.

"The team has experts from some of the most reputed institutions of the country. They have been arranged to manage the situation and understand the causative factors of deaths," the official added.

The mysterious deaths in Budhal village of Rajouri district have created ripples across Jammu and Kashmir.

Health Minister of the Union Territory Sakina Masood Itoo has declared that these deaths did not occur due to any virus or influenza.

Talking to KNO she said, "Five deaths occurring initially had sent alarm bells ringing. It seemed that these deaths could have taken place due to some virus or influenza."

"We were apprehending that it could be a virus like Covid but it's nothing like it. All tests have come negative," she added.

The Minister said that the Health Department was monitoring the situation closely from the very first day. "Samples were collected from the area and were sent for testing in five labs including Lucknow, Pune, Delhi, Chandigarh and GMC Jammu, but all of them tested negative," Itoo said, adding, "The teams of Health Department carried out the extensive survey and took samples of the people who were ill but no virus or influenza was found. All these tested negative in different laboratories."

Maintain High

security measures and preparations put in place and presented their detailed plans, highlighting measures to enhance security, protect public spaces, and facilitate the orderly conduct of the event.

During the meeting, Birdi allotted different tasks with strict instructions of accomplishing the assignments with precision and planning.

A police spokesman said necessary directions were also issued to the officers for important arrangements for smooth conduct of the event. "Key aspects discussed during the meeting included crowd management strategies, traffic control plans, intelligence updates and the strategic deployment of police personnel, the spokesman said.

The IGP also reviewed the security measures put in place for the security of Highways, Railway Tracks and Railway Stations across the valley.

The Traffic wing was directed by Birdi to devise proper traffic plan and to ensure uninterrupted movement of public transport/private vehicles alongwith smooth movement of protected persons.

He further directed the officers that elements involved in disturbing the prevailing peaceful atmosphere should be dealt strictly under law. The IGP said that stringent action shall be taken against such elements who misuse social media platforms for inciting violence.

The meeting concluded with the resolve to ensure safe and peaceful conduct of Republic Day celebrations.

PM Modi

challenge the world faces is property rights and the lack of legal property documents.

The Prime Minister cited a United Nations study that revealed many people in various countries do not have proper legal documents for their property. He added that the UN emphasized that reducing poverty requires people to have property rights.

The Prime Minister mentioned a renowned economist who wrote a book on the challenge of property rights, stating that the small amount of property owned by villagers is often "dead capital." He added that this means that the property cannot be used for transactions, and it does not help increase the family's income.

Elaborating on the Swamitva Yojana, he said it involved mapping houses and lands in villages using drones and providing legal documents for residential properties to villagers. He added that the benefits of this scheme are now visible. Referring to his earlier conversation with beneficiaries of the Swamitva Yojana, who expressed how the scheme has transformed their lives, Shri Modi remarked that they now receive assistance from banks for their properties, and their satisfaction and happiness are evident. The Prime Minister considered this a great blessing.

"India has over 6 lakh villages, with drone surveys completed in nearly half of them", remarked the Prime Minister. He highlighted that after receiving legal documents, lakhs of people had taken loans from banks based on their property, starting small businesses in their villages. He added that many of

these beneficiaries are small and medium farmer families, for whom these property cards have become a significant guarantee of economic security.

The Prime Minister noted that Dalit, backward, and tribal families were most affected by illegal occupations and long court disputes. He remarked that with legal certification, they would now be free from this crisis. He mentioned an estimate that once property cards are issued in all villages, it will unlock economic activities worth over 100lakh crore rupees. The Prime Minister emphasized the substantial capital that will be added to the country's economy.

The Prime Minister noted that property rights will resolve disputes over land ownership, such as identifying Panchayat land and grazing areas, thereby empowering Gram Panchayats economically. He emphasized that property cards will enhance disaster management in villages, making it easier to claim compensation during incidents like fires, floods, and landslides.

Shock, fear

locals expressed deep distress as the cause of these deaths remains unknown. This has intensified anxiety among them.

Basheer Ahmad, a local chowkidar, said the residents are struggling to overcome the fear surrounding these incidents. "Initially, people thought it might be influenza or a virus and restricted their movement. However, even after test results ruled out such possibilities, the uncertainty about the cause of these deaths continues to haunt the village," he said.

The deaths include members from three interrelated families, with the latest fatality occurring in January.

While Yasmeena Jan, the sole surviving daughter of Mohammad Aslam—who lost five children and two relatives—remains in critical condition, no other villagers have reported illness, further compounding the mystery.

Residents have urged the government to expedite investigations and determine the cause of these deaths to prevent further tragedies.

Mian Altaf Ahmad Larvi, Member of Parliament for the Rajouri-Anantnag constituency, visited the affected area on Saturday and met with locals. He assured them of all possible support. The MP urged district authorities to fast-track the investigation to bring clarity and relief to the community.

The deaths began on December 5, 2024, when five members of a family died after consuming a community meal. Further fatalities occurred on December 12, 2024, and January 12, 2025, under similar circumstances.

Health Minister Sakeena Masood said that extensive analyses by leading institutions, including the National Institute of Virology (Pune) and the National Centre for Disease Control (Delhi), ruled out any communicable bacterial or viral diseases.

Toxicological tests conducted by the CSIR-Indian Institute of Toxicology Research detected the presence of toxins in multiple biological specimens, raising concerns about potential poisoning.

An 11-member Special Investigation Team (SIT) has been constituted by Jammu and Kashmir Police, led by Superintendent of Police Wajahat Hussain. The team includes forensic experts and specialists in toxicology, microbiology, paediatrics, and pathology. It is also collaborating with departments like Food Safety, Agriculture, Jal Shakti, and the Forensic Science Laboratory in Jammu.

Despite these efforts, the lack of a conclusive explanation has left the villagers distressed and fearful. "We just want answers and effective measures to ensure no one else faces the same fate," said a concerned resident.

The government has assured the people that all necessary resources are being deployed to resolve the mystery and provide justice to the affected families—(KNO)

SIT Exploring

are examining all food items and medicines consumed by the victim families of Fazal, Mohammad Rafiq, and Mohammad Aslam."

The SIT has started its probe, examining the circumstances in the village, reviewing medical purchases from local chemists, and questioning residents.

The first incident was reported on December 7 last year when a family of seven fell ill after a community meal, resulting in five deaths. On December 12, a family of nine was affected, with three deaths.

The third incident occurred on January 12, involving a family of ten, with six children hospitalised.

On Wednesday night, Zabeena Kouser, 10, another child of Mohammad Aslam, died at SMGS Hospital, while her 15-year-old sister Yasmeen remains critical, officials said.

The authorities have maintained that the incidents are not linked to any communicable disease. "Toxicological analysis by CSIR-IITR detected toxins in multiple biological specimens," said an official.

Earlier Chief Minister, Omar Abdullah on Friday had chaired a high-level meeting to discuss the alarming situation in Budhal village.

The Chief Minister had directed the Health and Police departments to expedite their investigations. "The unexplained nature of these deaths is deeply concerning, and the government is committed to ensuring that the root cause is identified at the earliest. I urge all departments to collaborate and leave no stone unturned in resolving this issue," he stated.

Dy CM Choudhary

the village immediately after the first two incidents to provide solace and ensure timely action. Meanwhile, the district administration is actively providing essential supplies, including ration and water, to the affected families and the community.

The Deputy CM said that adequate medical teams are on ground and working tirelessly to address any immediate concerns. He also informed that a Special Investigation Team (SIT) constituted by the police is probing the cause behind these unfortunate deaths. "The Chief Minister is personally monitoring the situation and all efforts are being made to ascertain whether

these deaths were due to natural causes or any other reason," he said. He reassured the public that there is no need to panic, highlighting the government's commitment towards welfare of every citizen.

"We stand firm in ensuring the well-being of our people," he added.

Deputy Commissioner Rajouri, Abhishek Sharma, MLA Budhal, Javed Iqbal Choudhary, ADDC Rajouri, Dr. Raj Kumar Thapa and all district officers accompanied the Deputy CM during his visit to Badhaal village.

Refrain from

and religious places, thus the government should keep close vigil around the religious places to ensure that no such activities take place.

The Grand Mufti further added that a joint committee will be formed soon to ensure unity, adding that the announcement in this regard will be made soon.

Northern Railway

"The main station building will be upgraded to a 15,600 sqm facility, featuring modern amenities and a contemporary design. The signal control room will be relocated to the new station building. The number of washing pit lines will increase from three to five, allowing the station to handle more trains efficiently."

Another official told KNO that the addition of four stabling lines would enhance the station's capacity to manage train operations and shunting more effectively. "A parcel siding will become functional post-upgradation, boosting freight-handling capabilities," he said, adding, "The outdated mechanical interlocking systems will be replaced with advanced electronic interlocking, ensuring greater safety and operational efficiency."

Pertinently, the Commissioner of Railway Safety (CRS) earlier this week authorised the opening of the newly constructed 17 km long Katra-Reasi rail track for public carriage of goods and passenger traffic.

The entire Udhampur-Srinagar-Baramulla new broad-gauge rail link project has been completed and its awaiting inauguration.

J&K Launches

to improve connectivity between major religious destinations in the region including Budda Amarnath, Shahdara Sharif, Sudh Mahadev, Golden temple etc.

The Minister asserted that the introduction of these bus services is expected to bring a range of benefits to the area viz a viz generating more revenue for the Corporation.

Appreciating the MD JKRTC, the Minister said that Transport Department continues to align its services with the aspirations of the people, delivering

FATEHA KHAWANI

With profound grief and sorrow we inform the sad demise of Mufti Abdul Lateef Hussaini S/o Late Mufti Ali Muhammad Hussaini R/o Zahid pora Hawal sinagar who passed away on Friday 17th Jan 2025. His congregational Fateha Khawani will be offered at ancestral graveyard located at Syed Baha-ud-Din shrine on **Sunday 19th January 2025 at 11:00am.**

Bereaved Family
Ph No's 6060610040, 7006627987

NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No:0216010001053, Which is Registered in the name of my Father Mohmad Maqbool Wani. Now i want to apply for change this Electricity Agreement in the name of Tawkeer Ahmad Wani, S/O Mohmad Maqbool Wani. In this regard any person having any objection he/she may file the Objections in office of the Assistant Executive Engineer Electricity Sub Division Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Tawkeer Ahmad Wani.
S/O Mohmad Maqbool Wani.
R/O Ayathmullah Bandipora.

NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No:0216010001053, Which is Registered in the name of my Father Mohmad Maqbool Wani. Now i want to apply for change this Electricity Agreement in the name of Tawkeer Ahmad Wani, S/O Mohmad Maqbool Wani. In this regard any person having any objection he/she may file the Objections in office of the Assistant Executive Engineer Electricity Sub Division Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Tawkeer Ahmad Wani.
S/O Mohmad Maqbool Wani.
R/O Ayathmullah Bandipora.

impactful solutions promptly.

Later, the Minister reviewed the functioning of Jammu Power Distribution Corporation Limited (JPDC) in respect of his constituency Chhamb.

MD JPDC, Mohammad Yadin Chowdhary, during a detailed presentation, apprised regarding the physical and financial achievements of the Corporation. He also provided an overview of performance parameters including billing efficiency, collection efficiency and other commercial metrics in Chhamb constituency.

He also apprised that the overall power situation in Jammu had significantly improved, with unscheduled power cuts largely minimised, except on a few occasions due to low frequency /technical constraints at the Northern grid, particularly during peak load times.

Satish Sharma observed significant improvements

NOTICE

This is an information for general public that in my Driving licence bearing Registration No JK-15 20120004566, My name and parantege has been Mistakenly Mentioned as Ghulam Nabi Sheikh, S/O Ghulam Hassan Sheikh, While as my Actual and correct name and parantege is Gh Nabi Sheikh, S/O Gh Hassan Sheikh. 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 Assistant Regional Transport Office Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Gh Nabi Sheikh.
S/O Gh Hassan Sheikh.
R/O Kaloosa Nathpora Bandipora.

NOTICE

This is an information for general public that the DOB of my Daughter Namely Mehak Gulshan, has been Mistakenly mentioned in her School Records as 21-02-2012, While as her actual and correct DOB is 21-02-2014. 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 Principal Space Age Model Institute Kaloosa Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Ghulam Mohammad Malla.
F/O Mehak Gulshan.
R/O Patushay Bandipora.

in many areas with reduced losses. He exhorted for maximising revenue and reducing Aggregate Technical and Commercial (AT&C) losses.

The Minister asked the officers to focus on reducing losses at all divisional and sub-divisional levels.

The Minister emphasised on PM Surya Ghar: Muft Bijli Yojana to increase the share of solar rooftop capacity and empower residential households to generate their own electricity.

He asked the officials to generate massive awareness regarding PM Surya Ghar Muft Bijli Yojna and provide necessary assistance to the people regarding process for installation of solar panels.

E-rickshaw fare

fare, the official urged passengers to pay only the approved rates and refrain from giving additional amounts unnecessarily—(KNO)

NOTICE

This is an information for general public that in my Driving licence bearing Registration No JK15 20220000821, my name and parantege has been Mistakenly Mentioned as Mohammad Qasim khan S/O Bodia khan. While as my Actual and correct name and parantege is Rana Qasim Gojer Cheche, S/O Abdullah Gojer Cheche. 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 Assistant Regional Transport Office Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Rana Qasim Gojer Cheche.
S/O Abdullah Gojer Cheche.
R/O Tanghat Bonakoot Bandipora.

NOTICE

This is an information for general public that i want to apply for fresh Fertilizer License and Seed 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.

Farhad Tabasum.
W/O Majid Mohammad Rather.
R/O Kaloosa Nathpora,
District Bandipora.

مدرسۃ البنات دارالعلوم رحیمیہ بانڈی پورہ

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



اللہ تبارک و تعالیٰ کے فضل و کرم سے لڑکیوں کے لئے زیر تعمیر ”مدرسۃ البنات“ کی پہلی عمارت کی آخری منزل مکمل ہونے جا رہی ہے۔ اب اس میں اہم مرحلہ چھت کے بنانے کا ہے۔ انجینئر حضرات کے تجزیہ کے مطابق چھت میں تقریباً 33 ٹن لوہا لگے گا۔ اس کا لیبر اور میٹرل کا کل مارٹر چھت تقریباً 40 لاکھ روپیہ بنتا ہے۔ چھت پر لگنے والے ٹین کے شیٹ کا مرحلہ اس کے بعد ہے جس میں الگ سے تقریباً 10 لاکھ روپیہ لگنے کا تخمینہ ہے۔

عمارت کی چھت کی حیثیت سرپش کی ہوتی ہے جو سارے کام کی ستر پوشی اور سایہ کرتا ہے۔ لہذا انجینئوں اور مستورات کے اس ادارے کی سرپوشی 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 رخیر میں حصہ لینے کے لئے مدرسۃ البنات کا یا کاؤٹ 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 موقع عطا فرمایا کہ شوق رکھنے والے لوگ اس کام میں بھی حصہ لیکر اپنے لئے، اپنے والدین کے لئے، عزیز و متعلقین کے لئے صدقہ جاریہ متعین کر سکتے ہیں۔ اپنی خواتین کو بھی ترغیب دیں تاکہ وہ بھی اپنا حصہ اس کارخیر میں لگائیں کیونکہ یہ مدرسۃ مستورات کے لئے مخصوص ہے۔ ایک کمرے کی لاگت ساڑھے پانچ لاکھ روپے ہے جتنی توفیق ہو کمروں 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 وائٹس ایپ 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

Bumrah likely to make India's Champions Trophy squad subject to fitness



Jasprit Bumrah could make it to India's Champions Trophy squad subject to him being fit in time for the tournament that begins on February 19. ESPNcricinfo has learned the injury that prevented Bumrah from bowling on the fifth day of the Sydney Test is stress related. Though the first round of tests did not reveal a stress fracture in the back, it is understood the discomfort Bumrah suffered

was related to his workload in the five Tests in Australia. He bowled 151.2 overs in nine innings, taking 32 wickets at an average of 13.06 in the Border-Gavaskar Trophy. Accordingly, on advice from medical experts, the BCCI decided to allow Bumrah rest for at least five weeks (the Sydney Test finished on January 5) after which he will undergo another scan to determine if he can return to action. If Bumrah is cleared of injury, his match

fitness is likely to be tested in the final ODI of the home series against England on February 12. The deadline to submit the final Champions Trophy squad to the ICC is February 11. As it stands, Bumrah is likely to be named in India's 15-man squad for the Champions Trophy that will be announced on Saturday, with an asterisk against his name, implying his inclusion is subject to fitness. India play three ODIs against England on

February 6, 9 and 12 - their first ODIs since the tour of Sri Lanka in August last year - before the Champions Trophy begins on February 19. India are in Group A in the Champions Trophy and begin their campaign against Bangladesh on February 20, after which they play Pakistan on February 23, and New Zealand on March 2. India play all their matches in Dubai because their government refused to let the team travel to Pakistan.

If Bumrah Is Cleared Of Injury, His Match Fitness Is Likely To Be Tested In The Final ODI Of The Home Series Against England On February 12. The Deadline To Submit The Final Champions Trophy Squad To The Icc Is February 11.

Six-Time National Gold Medalist from Tral Selected for 38th National Games

Bilal Habib

TRAL: Firdous Ahmad Lone, a talented athlete from the Chhanktar area of Tral, has achieved national recognition in Yoga Asana by securing a top 10 rank in the All India Yoga Asana competition held in Karnataka. This feat also earned him selection for the 38th National Games 2025, scheduled to take place in Uttarakhand from January 30 to February 14.

Lone's achievements in sports are impressive, with six gold medals in various competitions to his name. However, despite his dedication and accomplishments, he has voiced concerns about the lack of support from government departments apart from the Sports Council. He acknowledged the financial and logistical support provided by the Sports Council but highlighted the absence of assistance from other official bodies.

Talking to Kashmir Convener, Lone said is grateful for the support received from the Sports Council while other organisations have not supported him making it challenging to fully prepare for such prestigious competitions. Lone hopes that with additional backing from the administration, he will not only make his country proud but also elevate the name of Jammu and Kashmir on the national and International stages.

Lone expressed his gratitude to the Almighty, his family, and his coach for their unwavering support. "Recently, I participated in a Yoga Asana championship where I won a gold medal and was awarded the Best Player in Yoga Asana. Following this, we had selection trials in Srinagar, where I was chosen for the national championship in Karnataka. There, I secured a spot in the top 10 at the All India level and qualified for the 38th National Games," Lone said.

He further extended his thanks to the Sports Council for their financial assistance and to Yoga Asana J&K coach Sajad Ahmad Dar for his guidance. However, Lone lamented the lack of support from the district administration, emphasizing that additional assistance would enable him to not only represent the country but also bring glory to Jammu and Kashmir at the national and international levels.



Khyber Cement Ka Zarra Zarra Dil Se Bana Hai

