

Kashmir Convener



No Event Conveys
More Powerful Message
Of Harmony And Unity
Than Maha Kumbh: Amit Shah

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Delhi: People enthralled
with IAF's fly past during
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Delhi wants Sheila
Dikshit's development model,
not 'false propaganda' of
PM Modi, Kejriwal: Rahul

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Firemen recruitment scam

ACB Conducts Raids In two districts of J&K

KC NEWS NETWORK

SRINAGAR: The Jammu and Kashmir Anti-Corruption Bureau (ACB) on Thursday conducted raids at twin districts of Kashmir valley in connection with irregularities in the selection process of firemen in Fire & Emergency Services. The Anti-Corruption Bureau officials conducted the first raid at the residence of a retired KAS Officer in Batengoo, in south Kashmir's Anantnag district. An official said the raid led by DySP rank officer, was carried out in connection with FIR No. 01-2025 registered at the Police Station Central Kashmir. The case involves irregularities committed in the selection process of Fireman/Fireman Drivers in the Fire & Emergency Services (F&ES) Department.

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India has no internal or external threat: Sunil Sharma



KC NEWS NETWORK

SRINAGAR: Bharatiya Janata Party (BJP) senior leader and MLA Padder-Nagseni Sunil Sharma today sharply reacted to National Conference (NC) president Dr Farooq Abdullah over his statement that the country has internal threat rather than external.

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'What are we without our land': CM Omar Abdullah



Urges people to protect J&K



KC NEWS NETWORK

JAMMU: Jammu and Kashmir Chief Minister Omar Abdullah on Thursday asserted the importance of a land and its people in forging their identity and exhorted them to never let it go.

The land of Jammu and Kashmir, a region restive for decades, must be protected by its people at all costs, he said.

"When we talk about these matters — about the Constitution, special status, and the prosperity of Jammu and Kashmir — we are also talking about our identity. And our identity is tied to our land," Abdullah said while addressing a function in the Bari Brahmana area of Samba district.

"We want this land to remain ours. The land that Sheikh Abdullah, with a single signature, transferred to you without any compensation ... Without it, what do we truly possess?" he said.

"It must not be taken away from us, and this should remain our collective effort," he added.

Abdullah also paid his tributes to Dr BR Ambedkar for his contributions to the drafting of a Constitution

that ensured equality between all.

"No matter how much is said about Ambedkar, it will always fall short. The foundation of any nation lies in its Constitution, and Ambedkar gave this nation its Constitution. He laid the foundation of this country, and wherever we stand today, it is because of him," he said.

Referring to the West, he said some of these countries exercised discrimination on the basis of one's skin colour, while India after Independence wrote away all such differences, even seeing men and women as equal.

"This is the kind of day we celebrate — a day where Ambedkar ensured from the very beginning that no matter your colour, caste, or background, there would be no difference between your vote and anyone else's. A vote is equal, free from discrimination, transcending caste or creed," he said.

All the same, Abdullah expressed concerns at the succeeding generations' failure in upholding the values of the Constitution. He said this failure has given

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Sheikh Abdullah's Land Reforms exemplified Dr Ambedkar's vision: CM Omar

● Inaugurates Dr BR Ambedkar
Bhawan at Bari Brahmana



KC NEWS NETWORK

BARI BRAHMANA (SAMBA): Chief Minister Omar Abdullah today emphasized the transformative vision of Dr B R Ambedkar and Sheikh Mohammad Abdullah in advancing equality and justice. Speaking at the inauguration of Dr BR Ambedkar Bhawan, constructed by the Dr BR Ambedkar Educational Society in Bari Brahmana, he

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NDMA warns of high risk forest fire in J&K

KC NEWS NETWORK

SRINAGAR: The National Disaster Management Authority (NDMA) on Thursday issued a warning of a very high risk of forest fires in Jammu and Kashmir over the next seven days.

The prolonged dry spell in the region has led to a sharp rise in forest fire incidents, particularly in the Jammu region.

"Very High Forest Fire Risk is likely to occur over forest areas in J&K in the next seven days. In case of emergency, dial 112," the NDMA said.

The NDMA warning is valid till 11 am up to January 30.

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Efforts underway to uncover cause of 'mysterious deaths' in Rajouri: Dy CM



KC NEWS NETWORK

JAMMU: Deputy Chief Minister, Surinder Chowdhary, today assured that both the Jammu & Kashmir and the Central government are making serious efforts to uncover the cause of the mysterious deaths in Rajouri.

17 people have died so far in the Badhaal village in Rajouri district of J&K, but the exact cause of their

deaths remains unclear.

Chowdhary expressed his deep concern over the tragic deaths, describing the situation as a "bad luck" for J&K

, Rajouri, and the entire country. "We are unable to save ourselves," he told reporters in Jammu as per news agency KINS, emphasizing the gravity of the situation.

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Close contacts of affected families shifted for preventative care

KC NEWS NETWORK

RAJOURI: To provide them instant and better preventive care, the close contacts of affected families of village Badhaal have been shifted to Nursing College in Rajouri on the direction of Deputy Commissioner Abhishek Sharma.

The decision was taken to ensure better preventative care and close monitoring of their health, as tests revealed the presence of certain toxins, not bacterial or viral infection.

"Close contacts and High risk individuals have been shifted to the Nursing College to expedite care, as the distance from Badhaal to Rajouri causes delays in responding to medical needs" the DC said.

To review the arrangements at the Nursing College, the DC chaired a meeting and inspected the accommodation facilities. He also interacted

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Will get answers soon: CM Omar

KC NEWS NETWORK

SRINAGAR: Chief Minister Omar Abdullah Thursday said that the investigation into mysterious deaths in the Badhaal village of Rajouri are going on and the government will get answers soon.

Speaking to reporters, Omar Abdullah, as per news agency—Kashmir News Observer

(KNO) said that as of now they have found that this is not any virus or bacteria.

He said that medical team, SIT and MHA led inter-ministerial teams are ascertaining the reasons behind the deaths and they will get the answers soon.

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Sakeena enquires about health of Budhal patients in hospitals



KC NEWS NETWORK

JAMMU: Minister for Health and Medical, Social Welfare and Education, Sakeena Itoo, Thursday visited the

Government Medical College (GMC) Jammu and SMGS Hospital, Shalamar to enquire about the health and well-being of patients of Budhal village of Rajouri district.

MLA Banihal, Sajjad Shaheen; Principal GMC Jammu; Medical Superintendents of both the hospitals and other concerned medical professionals were also present on the occasion. During her visit, Sakeena Itoo interacted with the patients of

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All Ideological Tasks Completed In Last 10 Years: HM Amit Shah

KC NEWS NETWORK

AHMEDABAD: Union Home Minister Amit Shah on Thursday said "almost all" pending ideological tasks including the abrogation of Article 370 have been completed by the Narendra Modi government, and it will continue on the same path in its third tenure.

The senior BJP leader was speaking after inaugurating the Hindu Spiritual & Service Fair, also known as 'Hindu Adhyatmik Seva Mela', at the Gujarat University grounds here.

There was a time when Hindus hesitated to disclose their identity in their own country, he claimed.

"In ten years, the situation has changed. Now, almost all the pending works as per our ideology have been completed, be it the abrogation of Article 370 from Jammu

and Kashmir, construction of Ram Temple in Ayodhya, abolition of triple talaq and



implementation of Uniform Civil Code (UCC)," he said.

Notably, while the UCC has not been implemented at the national level, BJP-

ruled Uttarakhand has introduced it and Shah had told the Rajya Sabha last month that it would be implemented in all the states.

While the Modi government completed these unfinished works in ten years, earlier governments had not touched them for 70 years, Shah further said in his speech here.

The Modi government will continue in the same direction in its third tenure, he added. He also noted that it was a matter of pride that "170 countries accepted Yoga."

"During the G20 Summit, leaders from across the world came here and offered their tributes to Mahatma Gandhi, which is also a matter of pride for us.

The government was successful in bringing back nearly 350 stolen idols of our deities from across the world," the Union minister said.

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Jammu Shoot Out Break financial network of Gangsters: DIG Jammu

KC NEWS NETWORK

SRINAGAR: In the backdrop of a shootout in which a gangster was killed in broad daylight in the heart of the city, Deputy Inspector General (DIG) of Police, Jammu Zone, Shiv Kumar



Sharma on Thursday directed the officers to maintain a list of gangsters and break their financial network.

Chairing a meeting here regarding gangsters

and criminals of Jammu, Kathua Samba Districts, the DIG stressed the need for special efforts to take stern action against gangsters, and anti-social elements.

He also directed the officers to maintain a list so that proper surveillance can be maintained over their activities and they shall be booked under the Public Safety Act.

"Break their network of financial circle, seize their properties which are accumulated by them through illegal trade, including extortion, land-grabbing, property dealing," he said.

The DIG further directed officers to monitor the support system of these criminals and book them, their relatives, and friends who support and shelter them.

The top cop also directed all the officers to launch a massive drive in their jurisdiction against the vehicles that underwent illegal modifications

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Complete Major Hydropower Projects In J&K: CM Omar Abdullah

KC NEWS NETWORK

SRINAGAR: Chief Minister Omar Abdullah today emphasized the need for timely execution of hydro-electric projects to ensure their public utility and stressed the importance of tackling challenges such as contractual issues, time and financial overruns in case of projects under construction and operation and maintenance issues of commissioned projects.

He made these remarks while chairing a review meeting of the Jammu & Kashmir State Power Development Corporation Limited (JKSPDC) here at Civil Secretariat to assess the progress made in execution of new hydro-

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Delhi: People enthralled with IAF’s fly past during full dress rehearsal for Republic Day

NEW DELHI: The audience was enthralled with Indian Air Force IAF’s fly-past during a full dress rehearsal for Republic Day on Thursday. Audiences watched the captivating performance as the sound of roaring jets echoed in the atmosphere ahead of India’s 76th Republic Day celebrations.

According to a press release, 47 aircraft from the Indian Air Force will be taking part in the Republic Day celebrations. The aircraft will be part of the flypast, which will be showcased during the end of the celebrations.

This year Sukhoi Su-30 MKI, Rafale, Dornier transport aircraft, Mi-17 transport helicopters and Apache attack helicopters will take part in the Republic Day celebrations.

The flypast will take place after the national anthem, and the official logo of the 75th year of the Indian Constitution are released. Prior to this, there will be a parade of 31 tableaux from various states, union territories, and central government ministries showcasing the theme “Swarnim Bharat: Virasat aur Vikas.”



The Republic Day Parade 2025 is all set to be a spectacular celebration of India’s cultural diversity and military prowess, with a special focus on 75 years of the enactment of the Indian Constitution and Jan Bhagidari. This year’s parade will be graced by the presence

of Indonesian President Prabowo Subianto, as the chief guest.

“A 160-member marching contingent and a 190-member band contingent from Indonesia will participate in the parade, along with the contingents of the Indian Armed Forces, at Kartavya Path,” said the Defence Secretary, Rajesh Kumar Singh, while briefing media in New Delhi.

On 26th January 2025, the Republic Day Parade will start in the morning with Prime Minister Narendra Modi laying a wreath at the National War Memorial. The President will arrive at Kartavya Path in a ceremonial buggy and take the salute during a ceremonial march past, which will include units from the Armed Forces, Para Military Forces, Auxiliary Civil Forces, NCC, and NSS.

The parade will begin with a unique cultural performance, where 300 cultural artists will play musical instruments from different parts of the country. This will be followed by the march past the contingents of the Indian Armed Forces and the Indonesian contingent.

Delhi wants Sheila Dikshit’s development model, not ‘false propaganda’ of PM Modi, Kejriwal: Rahul

Delhi wants Sheila Dikshit’s development model, not ‘false propaganda’ of PM Modi, Kejriwal: Rahul
NEW DELHI, Jan 23: Congress leader Rahul Gandhi



on Thursday said Delhi now wants the “real development model” of former chief minister Sheila Dikshit and not the “false propaganda and PR model” of Prime Minister Narendra Modi and AAP convenor Arvind Kejriwal.

Gandhi shared on Facebook a video montage highlighting issues such as inflation, unemployment, pollution and corruption.

“Bad construction, dirt, inflation, unemployment, pollution and corruption – the truth of Delhi is in front of the public,” the former Congress chief said in his Facebook post in Hindi.

“Delhi now wants the same real development model of Sheila Dikshit ji, not the false propaganda and PR model of Modi and Kejriwal,” Gandhi said ahead the Assembly polls.

Gandhi could not address a public meeting in the Sadar Bazar Assembly constituency on Wednesday as he was unwell and appealed to people via a message read out at the rally to ensure the party’s victory in the polls.

Due to his ill-health, Gandhi could also not travel to Karnataka’s Belagavi for the ‘Jai Babu, Jai Bhim, Jai Samvidhan’ rally on Tuesday and earlier, his political programme in the New Delhi constituency could not be held.

Earlier this month, Gandhi had launched a blistering attack on Prime Minister Narendra Modi and former Delhi chief minister Arvind Kejriwal, saying there is no difference between the two leaders and they do not want backwards, Dalits, tribals and minorities to get their due share.

Specifically targeting Kejriwal at his first public meeting for Delhi assembly polls, Gandhi had said that the AAP convenor was following “Modi’s strategy of propaganda and false promises” despite rising pollution, corruption and inflation in the national capital.

He also promised a caste survey in Delhi if the Congress formed the Government in the national capital.

Gandhi had hailed the work done under three successive Sheila Dikshit-led Governments and asserted that neither Kejriwal nor the BJP can match the Congress’ track record.

No Event Conveys More Powerful Message Of Harmony And Unity Than Maha Kumbh: Amit Shah

AHMEDABAD: Union Home Minister Amit Shah on Thursday said no other event in the world conveys a more powerful message of harmony and unity than Maha Kumbh where anyone can take a dip in the Ganga irrespective of identity.

People across the world are in awe after watching the scale on which the Maha Kumbh at Prayagraj has been organised, he said, speaking after inaugurating the Hindu Spiritual & Service Fair, also known as Hindu Adhyatmik Seva Mela, at the Gujarat University grounds here. Ambassadors of various countries requested him for “invitation cards”, said the senior BJP leader. “I told them there is no formal invitation for this mega gathering, because crores of people converge here on their own at a specific time as per the alignment of the planets,” Shah added. They could not believe that 40 crore people gather at a place without any invitation, he said. When asked who organises the whole thing, “I told them what the government does is very small in comparison to what religious leaders, saints and their organisations do for the people going there,” said the minister. “Kumbh gives a message of harmony and unity because no one asks which religion, sector or caste you belong to. You will get food without any discrimination and go back home after taking a holy dip. No other event in the world conveys a more powerful message of harmony and unity than Maha Kumbh,” Shah said.

Despite such a large number of pilgrims gathering, no one lives in hotels because everyone gets accommodation in the tents on the banks of the Ganga, noted the Union minister.

Such arrangements have been there for ages, even during the Mughal and British rules and when Congress was in power, he noted, while urging the people of Gujarat, especially the younger generation, to visit Maha Kumbh.



ED searches in Torres Ponzi case linked money laundering case

MUMBAI: The Enforcement Directorate on Thursday conducted searches in the Torres investment “fraud” linked money laundering case where a number of investors have been allegedly duped, officials said.

About 10-12 locations in Mumbai and Jaipur in Rajasthan are being raided, they said.

The federal agency had some time back filed a criminal complaint under the Prevention of Money Laundering Act (PMLA) taking cognisance of a Mumbai Police Economic Offences Wing (EOW) FIR to initiate investigation.

More than 3,700 investors have so far approached the Mumbai police with complaints of being cheated and the fraud amount is over Rs 57 crore, according to officials.

The jewellery company that



owns the Torres brand is accused of cheating investors of crores of rupees through a combination of Ponzi and multi-level marketing (MLM) schemes.

The scam came to light when hundreds of investors gathered at the jewellery brand’s store situated at Torres Vastu Centre building in Dadar (West) early this month as the company stopped paying sums promised to them.

The police had arrested three accused – Tazagul Xasatov, a Uzbekistan national, Valentina Ganesh Kumar, a Russian national

and Sarvesh Surve – all senior executives of the firm, in this case till now.

Investigators have said that the promoters of Torres jewellery brand had promised cars, flats, gift cards and hampers to attract investors.

The Bombay High Court on Wednesday said police officials committed dereliction of duty by failing to take prompt action in the Torres investment scam.

“Nobody has acted with alacrity,” a division bench of Justices Revati Mohite Dere and Neela Gokhale said. Both the police and the ED are looking to find the mastermind of the fraud, who started the jewellery company (Platinum Hern) that owns the Torres brand and from where the accused got the initial fund for the firm, the sources said.

Hyderabad-based INCOIS selected for Bose Aapda Prabandhan Puraskar-2025

NEW DELHI: The Indian National Centre for Ocean Information Services (INCOIS) has been selected for the Subhash Chandra Bose Aapda Prabandhan Puraskar-2025 in the institutional category for its excellent work in disaster management.

The award carries a cash prize of Rs 51 lakh and a certificate in case of an institution and Rs 5 lakh and a certificate in case of an individual, the Union Home Ministry said in a statement on Thursday.

The Prime Minister Narendra Modi-led government has instituted the annual award to recognise and honour the invaluable contribution and selfless service rendered by individuals and organisations in India in the field of disaster management.

The award is announced every year on January 23, the birth anniversary of Bose.

For the award of year-2025, nominations were solicited from July 1, 2024 onwards.

In response to the award scheme, 297 nominations were received from institutions and individuals.

The INCOIS was established in 1999 in Hyderabad. It is integral to India’s disaster management strategy, specialising in early alerts for ocean-related hazards.

It established the Indian Tsunami Early Warning Centre (ITEWC) which provides tsunami alerts within 10 minutes, serving India and 28 Indian Ocean countries.

It has been recognised by the UNESCO as a top tsunami service provider. Supported by a network of seismic stations,



tide gauges and other ocean sensors, it also provides high-wave, cyclone, and

storm surge forecasts, helping to safeguard coastal areas and maritime operations.

The INCOIS assisted during the 2013 Phailin and 2014

Hudhud cyclone with advisories which led to timely evacuations and reduced risks to coastal populations.

The INCOIS has developed the Search and Rescue Aided Tool (SARAT) to assist the Indian Coast Guard,

Navy and Coastal Security Police, in locating individuals or objects lost at sea.

It has also established the SynOPS visualisation platform which integrates real-time data to strengthen response coordination during extreme events.

The INCOIS received the Geospatial World Excellence in Maritime Services Award in 2024 and the Disaster Risk Reduction Excellence Award in 2021.

At Maha Kumbh, hope of fresh lease of life for differently-abled free artificial limbs, treatment

MAHA KUMBH NAGAR (UP): Pilgrims are flocking to Maha Kumbh to take the holy dip in Sangam but several differently abled people have a different reason to visit Prayagraj – free treatment and fitting of artificial limbs.

Nestled in the midst of tents of various sects and religious groups is a camp by Narayan Seva Sansthan, a Jaipur-based charitable organisation working for the differently-abled. The doctors at the camp are busy attending the ‘divyang’ visitors while a team is taking measurements for prostheses or artificial limbs.

The sansthan is known for its philanthropic services in treatment and rehabilitation of polio-affected people.

Jaishankar Kumar from Utar Pradesh’s Balia whose both legs had to be amputated two years back following a severe infection

is at the Kumbh with hope for a new lease of life.

“Life has not been the same after I lost both my legs. I walk using crutches. Doctors



suggested that I can use artificial limbs but they are expensive, not something I can afford. When we got to know that they will be available for free here, I and my family decided to visit Kumbh. We will also take the dip,” he told PTL.

Kumar’s measurements have already been taken and

his fitting will be prepared at a fabrication unit set up at the camp.

“I have been asked to wait for 10 days and the limbs will

be fitted. Till then, I am taking physiotherapy, which is also being done free of cost at the camp,” he said.

Maha Kumbh, a mega-religious event organised every 12 years, is being held in Prayagraj from January 13 and will continue for 45 days. More than eight crore pilgrims

have so far taken a holy dip at the Sangam.

According to Krunal Chaudhary, a Prosthetic Orthopedic specialist at the camp, a team of 50 including doctors, physiotherapy specialists, prosthetics specialists, fabrication team with technicians has been deployed at the Kumbh.

“The cost of an artificial limb comes out to be around Rs 90,000. There are several groups which offer these at subsidised costs but we are offering it free of cost. That is our way of doing our bit at the Kumbh, which is believed to be a sacred place,” he told PTL. “So far, we have taken measurements of over 50 differently-abled people and they are being provided either artificial limbs or calipers, a type of mobility device that help people with motor disabilities walk.

Government of Jammu & Kashmir (U T)

OFFICE OF THE EXECUTIVE ENGINEER

Machinery Division Kashmir, Mechanical & Hospital Engineering Department, Kashmir

Fax No: 0194-2497093 email: xenmds@gmail.com website: www.medkashmir.org

Corrigendum 04

For Date Extension.

Name of work: -

SITC & ITC of sprinkler irrigation System including HDPE pipe/LLDPE pipeline /Horizontal Pumping Unit including allied fittings for Saffron Crop cultivated area at Bore well No. 120 under implementation of National Mission on Saffron

Reference:

This office e-NIT No: - MDSK/TS /2024-25/86 Date:19-12-2024 (Tender ID: 2024_PWDJK_268423_1)

Due to no response, the critical dates of the above referred e-NIT are hereby extended as under: -

S.No.	Description	Previous Dates	Extended Dates
01.	Last date of downloading/ submission of bids	22-01-2025 upto 06:55	04-02-2025 upto 06:55
02.	Date of opening of bids online	23-01-2025 at 02:00PM	05-02-2025 at 02:00PM

All other terms, conditions and specifications as stipulated in the e-NIT shall remain unchanged.

No: MDSK/TS/5873-77

Date: 23 -01-2025.

DIPK-11151/24

Sd/-Executive Engineer

Machinery Division, Kashmir

KC Impact: ARTO Bandipora Issues Fresh Driving Test Dates After Public Outcry

BANDIPORA: A Day after Kashmir Convener highlighted the repeated delays in driving tests in Bandipora, Assistant Regional transport Office (ARTO) Bandipora has announced fresh dates for driving tests, much to the relief of hundreds of frustrated aspirants.

"General Public is informed through the medium if this notice that driving license trial test which were earlier scheduled on 7th January, 2025, 14th January 2025, and 21st January 2025 and were postponed due to some unavoidable circumstances will now be held as per the new schedule," reads the public notice issued by ARTO Bandipora Anis Ahmad Wani

As per the public notice, individuals who were scheduled to appear for driving tests on January 7 will now have their tests conducted on January 24, while those originally slated for January 14

and 21 will appear on January 25.

The decision to reschedule the tests comes days after Kashmir Convener published a detailed

The report highlighted the growing public outrage over inefficiencies, lack of accountability, and rude behaviour by officials, pushing the authorities to take corrective action.

Speaking to Kashmir Convener, an aspirant expressed partial relief at the fresh dates but stressed the need for systemic reform. "The announcement is a welcome move, but it does not erase the inconvenience caused over the past month. We hope the administration ensures such delays do not occur again," the aspirant

report exposing repeated delays and allegations of mismanagement at the ARTO Bandipora office.

The report highlighted the growing public outrage over inefficiencies, lack of accountability, and rude behaviour by officials, pushing the authorities to take corrective action.

Speaking to Kashmir Convener, an aspirant expressed partial relief at the fresh dates but stressed the need for systemic reform. "The announcement is a welcome move, but it does not erase the inconvenience caused over the past month. We hope the administration ensures such delays do not occur again," the aspirant

Locals acknowledged the role of the media

in bringing their plight to the fore. "It is thanks to platforms like Kashmir Convener that our grievances are finally being heard. We urge the authorities to maintain transparency and regularity in public services moving forward," said a resident in a post on Social Media.

The fresh announcement is seen as a step towards addressing the inefficiency that has plagued the ARTO Bandipora office. However, locals have reiterated their demands for sensitization workshops for the staff to improve their public dealing skills.

The Deputy Commissioner of Bandipora, Manzoor Ahmad Qadri, had earlier assured prompt action following the report. Locals thanked Deputy Commissioner Bandipora and ARTO Bandipora for acting swiftly over the public grievance.



Bandipora District Hospital Launches 24x7 Central Drug Counter, Bringing Relief to Patients

Bandipora: In a move to provide round-the-clock access to essential medicines, a 24x7 central drug counter has been started at District

Medical Superintendent District Hospital Bandipora, Dr. Masarat Iqbal Wani, hailed the new facility as a major milestone for health-

ciation to the hospital staff and the local community for their cooperation and support in making this a reality. If anyone has concerns or grievances about hospital services, they can reach out to me directly without hesitation. We are here to serve the public with the utmost dedication," He added.

The locals have welcomed the development calling it a much-needed step to improve healthcare in the district. It will save lives during emergencies and reduce the inconvenience of traveling far for medicines at night," said a resident of Bandipora.

This new facility is expected to streamline the availability of life-saving drugs, particularly during critical hours, bringing a sigh of relief to patients and their families. The hospital administration's proactive approach has been widely appreciated, marking a new chapter in healthcare services for Bandipora.

The 24x7 drug counter reflects the hospital's commitment to ensuring timely medical support and addressing the needs of the public.



Hospital Bandipora.

This initiative, fulfilling a long-standing demand of the local population, aims to ease the financial burden on patients and ensure uninterrupted healthcare services during emergencies.

care in the district. "The central drug counter will operate round the clock ensuring that no patient face challenges in accessing medicines, especially during the night," Dr. Wani said.

"I extend my heartfelt appre-

DDC Baramulla reviews physical, financial progress under District Capex

BARAMULLA: In an effort to ensure the efficient and timely implementation of the District Capex Budget for 2024-25, the

Baramulla, Javed Ahmad, delivered a detailed PowerPoint presentation, providing a sector-wise analysis of project achievements, financial

sions among the officials.

The DDC emphasized the need for timely project execution, optimal utilization of funds, and adherence to quality standards in all sectors. He also stressed the importance of inter-departmental coordination and directed officers to resolve any bottlenecks hindering project progress. Additionally, the DDC urged officials to expedite the clearance of pending bills to ensure smooth project continuation.

DDC Minga Sherpa directed all department heads to prioritize the removal of bottlenecks, speed up the implementation of ongoing projects, and ensure timely completion of tasks. He emphasized the importance of coordinated efforts across departments and urged officials to work towards achieving the set goals for the fiscal year to benefit the people of Baramulla.

Officers from departments, including R&B, RDD, Hydraulic, KPDCL, ICDS, Education, and others, provided updates on their respective sectors. The DDC reiterated the need to enhance monitoring mechanisms to ensure transparency, accountability, and efficient execution of developmental projects.

expenditures and the status of various ongoing projects.

The presentation highlighted key metrics, including funds allocated, utilization rates, physical targets achieved and challenges encountered during project execution.

This data-driven approach helped guide productive discus-



District Development Commissioner Baramulla, Minga Sherpa, chaired a comprehensive review meeting today at Dak-Bungalow, Baramulla.

The meeting focused on assessing both the physical and financial progress of ongoing developmental projects in the district. The Joint Director Planning

Income Tax Dept Holds Outreach program To Raise Awareness About Filing IT Returns

JAMMU: The Income Tax Department Jammu, in coordination with Higher Education Department of the J&K UT organised an outreach program at Govt. College for Women, Parade. The program aimed to raise awareness about filing of correct refund claims and making taxpayers aware of the consequenc-



es of filing fraudulent claims of Income Tax refunds of persons working in different departments.

Bureau, Principal Commissioner of the Income Tax Department in J&K, Vikram Sahay addressed a pressing issue regarding the incorrect filing of income tax returns by several taxpayers. Speaking on the matter, he emphasized that education and awareness have a significant role to play when it comes to understanding the importance of lawful tax practices.

"It is disturbing to see that many income tax returns are filed incorrectly and a large number of gullible taxpayers fall prey to external agents promising full TDS refunds. Even higher officials have been found to fall victim to these scams, unaware that these actions are not only immoral but also criminal," Sh. Sahay said.

The Principal Commissioner pointed out that fraudulent deductions, including those

related to loans, donations and medical premiums, were being falsely claimed by some individuals. Sh. Sahay emphasized the need to spread awareness about these malpractices in order to eliminate them completely. He assured that strict action would be taken against those found guilty of such offenses. "We must work together to restore the faith of the citizens in the tax system, and this responsibility begins with education and awareness," he said.

He also informed taxpayers that the window for updating income tax returns for the Financial Year 2023-24 is open until March, providing an opportunity for individuals to correct any mistakes made in their returns.

Deputy Commissioner of Income Tax, Mohd Noor Siddiqui, highlighted that till 31st December, 2024, IT Department has identified as many as 90,000 salaried taxpayers who had wrongly claimed deductions amounting to 1,070 crores approx. He emphasized the duties of every taxpayer, including the accurate filing of returns, disclosure of correct income, claiming of applicable deductions, and reviewing Form 16 and Form 26AS to ensure compliance with tax laws.

The program at Jammu was a part of a nation-wide outreach against fraudulent claims of income tax refund by taxpayers. During the program, participants raised questions on various tax-related matters and the actions being taken against non-compliance. In response to queries, Sh. Sahay advised those who have received any notices or demands to immediately contact the Department's Jammu office for assistance in resolving their issues.

KVIB Organizes Awareness Camp At Panzinara

SRINAGAR: The District Office Khadi and Village Industries Board (KVIB) Srinagar today organized an awareness camp cum interaction program at Panzinara to sensitize the general public about the various government schemes.

The Program was attended by Deputy CEO KVIB, Lead District Manager Srinagar, Director RSETI, Officers of Line Departments, Branch Heads of various Banks and other stakeholders.

The event also witnessed enthusiastic participation from the local community, entrepreneurs, and aspiring businesspersons.

The camp aimed to educate participants about the wide range of opportunities available under the flagship programs of KVIB, including the Prime Minister's Employment Generation Programme (PMEGP) and Jammu & Kashmir Rural employment Generation Program (JKREGP) designed to promote self-employment and entrepreneurship in urban as well as rural areas.

Addressing the gathering, KVIB officials emphasized the importance of utilizing these schemes to boost local industries and empower communities. The session included detailed presentations about the financial assistance, subsidies, and technical support provided under these schemes to facilitate the establishment of small and medium enterprises.

It was informed that in the Qamarwari area under PMEGP scheme District Office KVIB Srinagar has got sanctioned 800 number of cases involving Margin Money of Rs 1535.95 lacs.

Besides, 286 cases involving Margin Money of Rs 585.97 lacs for generating Employment among 1716 persons were also disbursed.

Moreover, it was informed that in the Qamarwari Block under the JKREGP scheme, District Office KVIB Srinagar has sponsored 27 number of cases involving Margin Money of Rs 87.32 lacs and has disbursed 15 number of cases involving Margin Money of Rs 40.95 lacs generating employment among 120 number of persons.

During the event, special emphasis was laid on the production of eco-friendly products and leveraging traditional crafts to enhance economic sustainability. Participants were also guided on the application process, eligibility criteria, and necessary documentation required to avail these benefits.

The event featured interactive sessions during which experts addressed queries and provided personalized consultations to attendees.

Moreover, success stories of beneficiaries who have established thriving businesses under KVIB schemes were also shared to inspire and motivate others.

Residents Of Nowgam Sonawari Protest, Demand J&K Bank Branch In The Area

BANDIPORA: Residents of Nowgam Sonawari and its adjacent areas in North Kashmir's Bandipora district staged a protest on Thursday in the main market of Nowgam, demanding the establishment of a J&K Bank branch in the area.

Speaking to the media, social activist Nasir Rasool said that the plight of the local population. "We are demanding a J&K Bank branch in Nowgam as the area has a population of 30,000, but we are still deprived of basic banking facilities. Our elderly population faces significant challenges as they are forced to travel long distances, up to 5 kilometers, to access banking services in places like Sumbal," he said.

The residents expressed disappointment with the authorities for failing to deliver on previous assurances. "The Chairman of J&K Bank had assured us earlier that a branch would be sanctioned soon, but no construction work has begun yet," said one of the protestors.

The villagers appealed to Lieutenant Governor Manoj Sinha to intervene and address their long-standing demand. "We urge LG Manoj Sinha to take immediate action and establish a J&K Bank branch in Nowgam to alleviate the hardships faced by the people," they said.

NCC Directorate Organises "Cyber First Responder" Workshop in Jammu

JAMMU: The Directorate of National Cadet Corps (NCC) Jammu and Kashmir and Ladakh on Thursday inaugurated a three-day interactive workshop on "Cyber First Responder Programme" for NCC cadets at PSPS GCW Gandhinagar.

An official spokesperson said the training workshop was organised in collaboration with United Service Institution, New Delhi (USI) and Cyber Peace foundation, which is a nominated Cyber Centre of Excellence.



Officials said the workshop is the initiative of Maj General Anupinder Bevlji, Vishisht Seva Medal, Additional Director General of NCC Directorate of Jammu Kashmir and Ladakh, who is the driving force behind this program to empower the cadets with requisite skills and certification.

Spokesperson said NCC, the country's premier youth organisation, has been proactive in spreading awareness among citizens about important values and safety measures.

He said the aim of the "Cyber First Responder Program" is to educate young cadets and/or instructor staff on the concept of cybersecurity with solid foundational knowledge to raise their awareness about safe digital practices and risk prevention measures.

"These First Responders can then assume the role of Cyber Ambassadors with the power to shield the vulnerable, enlighten the unaware, and act as warriors against cyber threats," he added.

The workshop is being conducted by Mr Deepak Yadav, who is a highly experienced Cyber Security Researcher and Master Trainer at the Cyber Peace Foundation. With over 7 years of expertise in the field, he specializes in digital forensics and network security.

He has played a pivotal role in strengthening cybersecurity awareness and skills, having trained over 40,000 government officials, including police personnel and law enforcement agencies, as well as more than 1 million students. His commitment to fostering a safer digital world continues to inspire and empower individuals and organizations across various sectors.

The workshop is being attended by Officers, PI staff, ANOs and 100 NCC cadets of first, second and third year from 14 different colleges, hailing from the districts of Jammu, Samba, Kathua, Udhampur, Doda and Ramban. These empowered cadets will be Cyber Ambassadors and spread the knowledge amongst their peers, friends and family, thus empowering the society.

NDMA Warns of High Forest Fire Risk in Jammu and Kashmir Amid Severe Dry Spell

SRINAGAR: The National Disaster Management Authority (NDMA) has issued a high-alert warning for forest fires in Jammu and Kashmir over the next seven days, valid until 11 a.m. on January 30. The warning comes as the region faces an 81% rainfall deficit, receiving only 11.4 mm of rain between January 1 and 22, compared to the normal 60.5 mm.

Jammu and Kashmir, with 20,230 square kilometers of forest cover—10% of its geographical area—faces a significant risk, particularly in the Jammu region. Excluding Ladakh, the forest cover rises to 47%, with Kashmir's temperate evergreen forests of Deodar, Kail, and Fir being typically resilient but now vulnerable due to the prolonged dry spell.

The NDMA advised residents to remain vigilant and dial 112 in case of emergencies.

Newspaper Reading Keeps Us Updated



SAHIL MANZOOR

It has been centuries since the first newspaper was printed in the year 1605. In India, the first newspaper was published in 1779 by James Augustus. Newspaper reading sums up new words in our vocabulary and provides us with current general knowledge of our surroundings.

Today everyone should have a gallery of knowledge to tackle the hard situations in day-to-day life. Every individual needs to be capable of facing different kinds of hardship and getting success in life. Today's world is fully laced with advanced technology, and the world needs technical, energetic, active people who have good communication skills to deal with their clients properly and in a very humble and kind way.

Language is just a medium through which we can communicate with each other and express our ideas, thoughts, etc., but at the same time we are living in an advanced place where we must have the skills, motivation, and good communication skills; one should have a gallery of knowledge to express his thoughts with the outside world.

During vacations, there are several coaching institutes offering coaching for the English spoken courses and personality development training to learn more languages for the goal of employment. Nowadays, competency level is very high among the learners and job-seeking youths, but at the same time, we lack so many things that education is mandatory to get a reputable job and earn handsome earnings. Being educated enhances your morale, develops your personality, and enhances your level of dignity.

There are so many other sources that we should utilize to develop our overall personal-

ity; time is no far when we get revolution to our nation, nations development when it is youth comes out with full zeal and enthusiasm and accumulating dreams for the nation and

on your mobile phone within a very limited time, and Google plays a vital role in getting you updated in day-to-day life, but newspapers are quite a different learning medium for the

happening in the country. The position of the share market presents the situation of the economy of the country. Most importantly, newspaper reading enhances our vocabulary



their dreamer. When we start to develop our thoughts and have big goals, coming forward with eminent dreams, then no one could beat us.

In today's article I am going to explore the benefits of newspaper reading and how it helps us to get educated unintentionally. These days social media plays a lofty role in bringing good things out, and at the same time, in society there is a negative perspective of social media as well. Due to the influence of social media, most of us are taking part in different physical activities, which are very beneficial for us and for our strong thoughts.

Several Android apps display happenings

learners and for the people who are living in our society. Newspaper reading helps us to learn a new word with proper pronunciation, provides us a gallery of knowledge within a very short period, sums new words in our vocabulary, and keeps us updated.

Newspaper reading helps us to know what is happening throughout the world, country, and state and even provides us with the whole day's happenings. Newspaper reading caters to our general knowledge, makes us aware of the latest updates, and provides information about the weather, national highways, job advertisements, and renowned places we must visit. Newspaper reading allows us to know what is

as new words are being used by the editors in the news column. Trending words are too used in the newspapers. There are some other interesting facts also published in the newspapers; it includes poetry, recipes, advertisements, religious facts, jokes, and so on.

Newspapers are published in our country in many languages, like in English, Urdu, Hindi, etc. The readers are enjoying their favorite columns and getting them updated. Acquiring the latest facts. Knowing what is happening in the country and the world. So if you want to update your knowledge and get and add more knowledge. Newspaper reading is the best way to get all it, that is too free of cost.

The Role of FLN in Shaping a Child’s Future



Mukhtar Ahmad Qureshi
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FLN skills include reading, writing, and basic mathematicsIt is important that phonics and mathematics forms parts of the early years, which is at the heart of how a child’s future can be made to be meaningful. FLN skills include reading, writing, and basic mathematics.

As educators, parents, and policymakers, we all share the same vision, making sure our children have a bright future. The most powerful ways to achieve this are



strengthening Foundational Literacy and Numeracy in the early years of learning. FLN is not just a matter of teaching letters and numbers but it is building up a strong foundation for lifelong learning, cognitive development, and allround academic success. I could see it happening at my school as well. Govt. Girls Middle School Boniyar. We had a hard time holding the attention of young learners and just couldn't upgrade enrollment but with activitybased and playway methods, everything changed. Enrollment has increased to 40, and the children's and parents' enthusiasm has been beyond expectations.

Why FLN Matters:

A child's earliest years are significant. Since a child's brain, 95 percent of which forms by age five, what is done in early years directly relates to the success of the child in the future. Without FLN, children fail to cope in subsequent classes to recover lost learning. In most cases, it ends up frustrating them or even making them drop out. How does FLN shape the future of a child? This is only possible by the methodology we use. Once kids have a good basis of reading, writing, and simple

mathematics, they can catch even the complex things very easily because they are confident learners. It is through FLN that I can be ensured that the children are not merely memorizing but learning, using, and enjoying the process.

My Experience with FLN at Govt. Girls Middle School Boniyar:

The results were fabulous as we implemented the playway method in our classes of ECCE. I vividly remember a situation that led me to believe in this methodology. We adopted games, storytelling, songs, and handon activities during teaching. The eagerness of learning was so multifarious

for language learning We encourage children to tell stories where they can speak in their favourite words to tell a story. This helps them express themselves with confidence. We use songs and poems to teach pronunciation and vocabulary. And it makes learning a language easy and doesn't require much effort.

The role of teachers in FLN.

Being a teacher is one of the most important responsibilities in shaping the learning experience of your students. In today's world The methods of rote learning and passive learning are outdated. Child centered learning must be done through

Girls Middle School Boniyar reveals a belief. Learning under a system where we make learning full of joy does not mean that children should learn; rather, they are growing to be grownup human beings. This is not that program; this is a movement that would someday alter the whole system of education and society. Teachers, parents, and education leaders, let us all get together to cultivate a love of learning in our

Being a teacher is one of the most important responsibilities in shaping the learning experience of your students. In today's world The methods of rote learning and passive learning are outdated. Child centered learning must be done through interaction. creativity and experiential learning methods, FLN taught me that we not only teach But it also inspires our students. We need to make learning fun so that students develop a natural love of knowledge....

children, no way a child should be left behind. Take some time reflecting on this: What small steps can you make in your community to be FLNsupported today? Every little bit matters, for every effort adds up to the making of a child's future.

(The author is a teacher and writes on various social and other issues)

Industrial Association Bari Brahmana meets CM's Advisor

JAMMU: Ahead of the first budget to be presented by Omar led government, a delegation of Bari Brahmana Industries Association today met Advisor to Chief Minister, Nasir Aslam Wani, presenting a comprehensive list of demands to make their units lucrative.

The association emphasised the need for extending implementation of turnover-based incentives to support and encourage existing operational industrial units of J&K. It also sought a dedicated budget for working capital interest subvention without any capping, ensuring financial relief to industrial units.

demands raised by the association included introduction of price and purchase preferences for local MSMEs to enhance their competitiveness and market share. The delegation also demanded steps to convert leaseholder rights into freehold rights for existing industrial units in J&K.

In addition, they asked for Infrastructure Upgradation at Industrial

Estate Bari Brahmana, GST-Linked Incentives, adoption of ease of doing business principles by all government departments, including



onboarding on a single-window system to streamline approvals

and processes. The delegation stressed that these measures are vital for industrial sector's growth and attracting more investments into the region.

The Advisor to Chief Minister listened attentively to the delegation's concerns and assured them of government's commitment towards resolving their genuine issues. He made out that the Omar Abdullah led government is focused on creating a business-friendly environment and ensuring that the industrial sector thrives. The delegation was led by Association President, Lalit Mahajan, with other members including Senior Vice President, General Secretary and several Executive Committee members of the association accompanying him to meet the Advisor. Pertinent to mention here that besides these a number of delegations from all over J&K met the Advisor and apprised him of their demands. He assured them of taking all necessary steps to address their issues and concerns at an earliest.

District Legal Services AuthorityGanderbal holds monthly review meeting for Legal Aid Defense Counsels

Ganderbal: The District Legal Services Authority (DLSA) Ganderbal organized a monthly review meeting today to evaluate the performance of Legal Aid Defense Counsels.

The objective was to uphold service delivery standards, identify challenges encountered by the counsels, and discuss strategies for enhancement.

The meeting was presided over by Sheikh Babar Hussain, Secretary of DLSA, Ganderbal, and was attended by Sajid Irfan, Deputy LADC, and Tanveer Ashraf, Assistant LADC.

During the session, the Legal Aid Defense Counsels reported on the status of their assigned cases, while the Secretary assessed their performance and reviewed case files.

Resolutions were passed to improve the operations of the counsels, focusing on punctuality, the provision of thorough and competent legal services, and the maintenance of accurate records.

The Secretary committed to addressing the issue of insufficient supporting staff with the J&K Legal Services Authority for a swift resolution.

The purpose of the meeting was to enhance the provision of legal aid services and ensure equitable access to justice for all.



Deputy Commissioner Shopian reviews dev works of Superbazzars



Shopian: The District Cooperative Development Committee (DCDC) meeting was today held at Mini Secretariat, Shopian under the chairmanship of Deputy Commissioner Mohammad Shahid Saleem Dar in order to approve the calendar of activities for International Year of Cooperatives-2025 (IYC-2025) & to review the ongoing infrastructure works.

During the meeting, Deputy Registrar, Cooperative Shopian presented the overall scenario of the cooperative sector in the district with particular focus on ongoing infrastructure development works of Super Bazar at Shopian & Keller.

It was given that diverse activities shall be undertaken to celebrate the year, including awareness & training camps in collaboration with agriculture allied departments, inauguration of superbazzars at Shopian and Keller, micro food processing units at CMS Kachdoora and PACs Rahmoo among others.

The DC Shopian directed for expediting the development works of Superbazzars at Shopian and Keller and instructed on strengthening the cooperative sector in the district by involving the local communities in diverse economic activities.

The meeting was attended by ADDC, Dr.Nasir Ahmad Lone, officers of RDD, Cooperative & J&K Bank, NABARD, Animal & Sheep Husbandry, Health and other concerned departments.

DDC Kulgam reviews RDD sector works, Calls for developing durable assets

Kulgam: The District Development Commissioner (DDC) Kulgam, Athar Aamir Khan today chaired a meeting of Officers and Officials of Rural Development Department and Panchayati Raj (RDD&PR) at Mini-Secretariat here to review the functioning, progress and implementation status of various schemes in the district.

During the meeting, ACD Kulgam Syed Naseer apprised the chair about the progress made under various schemes like MGNREGA Convergence plan and PMAY-G.

The DDC instructed the concerned to expedite the process of works under MGNREGA Convergence plan with different departments so that durable assets can be built in villages.

He urged the officers for better coordination in convergence plan so that targets be achieved well in time. DDC called for timely completion of the works which are in public interest with judicious utilization of funds, while ensuring quality of work, in order to create durable assets.

The meeting was attended by ACR Mushtaq Rasool, ACP Nazia Hassan, Exen, Rew, CEO, BDOs and other officers and officials.

DC Kulgam flags-off couple from DH Pora on Kartavya Path tour

Kulgam: Deputy Commissioner Kulgam Athar Aamir Khan today flagged off a couple- Rais Ahmad Rather & his spouse for Kartavya Path tour to New Delhi for special guests at Republic Day Celebrations.

During the flag off program, DDC was apprised by the Executive Engineer Jal Shakti DH Pora that the special invitee is the chairman of village Water & Sanitation Committee who belongs to village DH Pora.DDC while flagging off the tour appreciated the efforts of the committee for making Har Ghar Jal a reality by actively involving in planning & execution of drinking water supply under Jal Jeevan Mission in DH Pora village. It is worth to mention that Kulgam is the lone district in the entire valley who has achieved this feather. During the four days tour, logging, boarding & other expenses of guests will be endured by Jal Shakti department under Jal Jeevan Mission govt of India.

DC Pulwama reviews arrangements for Shab-e-Meraj observance

Pulwama: Deputy Commissioner (DC) Pulwama, Dr. Basharat Qayoom, chaired a meeting to review and ensure foolproof arrangements for the observance of Shab-e-Meraj (SAW) and Friday following.

The Deputy Commissioner directed officers to ensure the availability of essential services at shrines and prominent mosques across the district during these auspicious occasions.

The discussions centered on key areas, including the uninterrupted supply of electricity and water to shrines and mosques, the establishment of medical facilities and relief camps and the availability of essential commodities.

Measures to streamline transportation



and parking facilities were also thoroughly

deliberated upon, alongside a comprehensive traffic management plan aimed at ensuring smooth vehicular movement and conducting special sanitation drives to maintain cleanliness and sanctity during events.

During the meeting Dr. Qayoom stressed the importance of coordinated efforts among all departments to ensure that no inconvenience is caused to the public during the events.

He directed officials to adopt a proactive approach to address potential challenges and deliver a well-organized and efficient system for the occasion. The meeting was attended by the Additional Deputy Commissioner (ADC) Pulwama and Tral, Chief Medical Officer (CMO) Pulwama along with other concerned officers.

DC Srinagar finalizes arrangements for observance of upcoming Meraj-un-Nabi (SAW)

SRINAGAR: In connection with observance of upcoming Meraj-un-Nabi (SAW) 1446 Hijri, the Deputy Commissioner (DC) Srinagar, Dr Bilal Mohi-Ud-Din today Bhat chaired a meeting here at Meeting Hall of the DC Office Complex to review the arrangements being made by all line Departments for smooth conduct of the auspicious religious occasion.

The meeting was attended by Additional Deputy Commissioners, RTO, Kashmir, Superintendents of Police, Traffic, Security, Joint Commissioner SMC, Superintending Engineer R&B, PDD, SDM East, Chief Medical Officer, besides senior Officers of Information, Fire & Emergency, PHE, JKRTC, and other line Departments, besides Executive Magistrate of J&K Wakf Board and Management members of Hazratbal Shrine and Jenab Sahib Soura.

At the outset, the Deputy Commissioner sought a detailed action plan from concerned Departments regarding the arrangements being put in place during auspicious days of Meraj-un-Nabi (SAW) with regard to electricity, water supply, sanitation, cleanliness, fire service, transport, parking and medical facilities etc.

The DC directed the Officers of all line Departments to ensure special arrangements for smooth observance of the religious occasion at the Shrine for the Devotees particularly during the intervening night (Shab) 26-27th Rajab 1446 Hijri, which falls on intervening night of 27-28 January 2025 and on Friday Following that falls on January 31, 2025.

To ensure adequate availability of transport facility, the RTO was asked to make better transport arrangements particularly during night



and wee hours for the devotees during the auspicious days of Meraj-un-Nabi (SAW) and make availability of e-Rickshaws from parking slots

to Shrine for old age and physically challenged people. With regard to power supply, the DC asked the PDD Engineers to ensure uninterrupted power supply at the Shrine during the auspicious days of night prayers as well as on the day of display of Holy Relic and keep proper power backup to tackle any power breakdown.

In this regard the DC was informed that in addition 400 KVA Genset and 20 KVA UPS has been kept as backup to provide power supply during any failure so that devotees do not face any difficulty.

Similarly, the DC directed the PHE authorities to ensure adequate water supply at the Shrine so that devotees do not face any inconvenience. He instructed them to keep a sufficient number of water tankers at the premises to cater to the demand. Likewise, the DC asked the SMC Officers to deploy sufficient men and machinery at the venue to ensure proper cleanliness in and around the Shrine. They were also asked to take measures for establishment of mobile toilets besides a concrete mechanism to contain stray dog menace in and around the Shrine. The DC also laid stress on making all dysfunctional Street/Mass lights functional well before the commencement of the Holy religious occasion. The Health authorities were asked to set up a Medical camp with adequate number of Doctors and Paramedics, besides an ambulance service and other first aid facilities in the premises of Hazratbal Shrine as per past practice to provide medical facilities at the Shrine.

Labour Commissioner inspects factory units at SIDCO Industrial Estate Samba

SAMBA: Labour Commissioner J&K Charandeep Singh Thursday visited the SIDCO Industrial Estate in Samba and inspected various factory units including M/S Jai Beverages (Unit III) and M/S Modern Papers, with a focus on evaluating the adherence of these factories to labour laws and their commitment to workers' welfare and safety.

Accompanied by Inspectors of Factories Jammu, Ravinder Krundu and Imran Khan, the Labour Commissioner conducted an on-ground review, interacting with both workers and the management. The visit centered on various aspects of workers' conditions, safety and overall welfare practices. These units were permitted to run on three shift basis and the visit was also to check the compliances regarding the same on ground.

In his interaction with the management of the factory units, the Labour Commissioner emphasized the importance of maintaining accurate and transparent records to ensure accountability in factory operations. He stressed to ensure strict adherence to the provisions of the Factories Act, 1948, which safeguards the health, safety, and welfare of workers, and sets standards for working conditions, wages, and leave. The Labour Commissioner further highlighted that maintaining a safe working



environment and ensuring timely disbursement of wages are not only legal obligations but also vital for the well-being and morale of the workforce.

He reiterated that the department's role is not only to enforce compliance but also to work closely with industrial units to foster a culture of mutual respect and transparency. Reaffirming the government's commitment to promote a safe and healthy work environment, the Labour Commissioner stressed the need for maintaining harmonious industrial relations while prioritizing workers' safety and well-being.

DC Budgam lays foundation of Revenue court room

Budgam, January 22: The District Development Commissioner (DDC) Budgam Akshay Labroo, today laid the foundation for a state-of-the-art Revenue Court Room at the District Headquarters today.

The event was attended by Officers of District Administration including ADC, ACR, SE R&B circle Budgam, CPO, Executive Engineer R&B, AEE R&B besides representatives of District Bar Association, Budgam.

Speaking on the occasion, the DDC underscored the critical role of revenue courts in addressing land and property disputes effectively besides emphasized the need for adequate infrastructure to facilitate smooth



functioning and timely resolution of revenue cases.

The DC stated that litigants and advocates had projected the need to have a dedicated court room for smooth & seamless adjudication of revenue cases at the district HQ in Budgam.

Foundation laying event is a step in realising the objective, he added. He said that the Court Room is

being designed to meet contemporary standards, incorporating modern amenities to provide a comfortable and efficient working environment for litigants, officers & lawyers.

A single storey complex will serve as a hub for revenue related cases/ issues pertaining to District Budgam, he added

The DDC also directed all the stakeholders to ensure the timely completion of the project.

Representatives from District Bar Association, Budgam stated that establishment of Revenue Court will streamline adjudication and delivery of justice in revenue related matters in district Budgam.

DLSA Budgam convenes first quarterly UTRC meeting

Budgam: In compliance with the directions of Justice Atul Sreedharan, Executive Chairman, J&K Legal Services Authority (J&KLSA), and as per the Under Trial Review Committee (UTRC) meeting schedule issued by NALSA for the year 2025, District Legal Services Authority (DLSA) Budgam convened its first quarterly UTRC meeting on January 22 at District Court, Budgam.

The meeting was chaired by O.P Bhagat, Principal District & Sessions Judge (Chairman, DLSA) Budgam, and brought together key stakeholders from the judiciary, police, administration, and medical fraternity to address the significant issue of ensuring fair and expedited trials for under trial prisoners. This collaborative forum underscores the importance of a collective approach in safeguarding the rights of individuals awaiting trial.

Eighteen cases involving under trial prisoners were meticulously reviewed. Each case underwent thorough

discussion and deliberation to understand the specific process, promoting justice and transparency. The meeting was



circumstances. The committee formulated recommendations aimed at streamlining the judicial process and upholding principles of equity and justice.

O.P. Bhagat emphasized the vital role of UTRC meetings in strengthening the criminal justice system and protecting the fundamental rights of under trial prisoners. He stressed the importance of ongoing initiatives to ensure a fair and efficient legal

attended by several distinguished dignitaries, including Nusrat Ali Hakak, Sub-Judge/Secretary, DLSA Budgam; Nikhil Borkar, SSP Budgam; Mehraj Ud Din Shah, Additional District Commissioner Budgam, Shahbaz Hussain, DySP Central Jail Srinagar; Sheikh Muzafar, Public Prosecuting Officer, Budgam; Dr. Zeenat, Senior Medical Officer, Central Jail Srinagar; Sharooq Bhat Deputy Legal Aid Defense Counsel, DLSA.

GGHS Domana students join DIPR to promote Nasha Mukta Bharat campaign

GANDERBAL: JAMMU, JANUARY 23: A Cultural program on Nasha Mukta Bharat campaign was organised by Cultural Unit Jammu today at Government Girls High School Domana.

Artists of the Cultural Wing of the Information Department and students presented a scintillating cultural programme.

Incharge Headmaster Rajesh Singh shared his views on the topic and also appreciated the

Cultural Unit of Department of Information and Public Relations for organizing the program to aware the future of the nation.

Among others staff members, officials of the Information Department and a large number of audience witnessed the program.

The whole programme was conducted under the direction of Joint Director Information Jammu Atul Gupta and supervision of Cultural Officer

Visceral fat: Top 5 tips to reverse weight gain

Excessive body fat accumulation, in no way, can be called good news, more so when it wraps around the abdominal region. Known as belly fat or visceral fat, when one gains this form of weight, it is deemed detrimental to health as it raises the risk of metabolic disorders, diabetes, heart diseases, and sometimes even cancer. And what's worse, abdominal weight is the stubborn fat that is the toughest to get rid of. However, if you follow some science-backed everyday tricks, it could help you reverse this weight gain in no time. Keep reading.

Lift weights at the gym as well: When it comes to weight loss, people often end up relying too much on cardio exercises. However, a 2021 review of various studies discovered that one must combine strength training with cardio exercises to speed up the fat-burning process. Another study from



the Nutrients journal published in 2020 explained exercise can reduce belly fat even if one does not lose weight as workouts lower insulin circulation thereby instructing the body to not retain fatty deposits.

Try to achieve a healthier body mass index (BMI): BMI is an important variable that defines how healthy or unhealthy your body weight is. Beyond 25 points, one is deemed overweight, and according to Cleveland Clinic, it is one of the most effective ways to lose visceral fat is weight loss. By losing just 10 per cent of your body weight, 30 per cent of fat is can be reduced.

Dodge added sugars: Visceral fat survives on sugar; therefore, this culprit needs to be eliminated as step 1. Fructose helps fat cells mature faster and convert into visceral fat, explains Cleveland Clinic. Therefore, it is recommended to cut down on the intake of refined sugars found in baked and packaged goods like cookies, sugary drinks and can

even get accumulated by excess intake of fruits.

Get more proteins through the day: Studies and healthcare experts for a long time have stressed the importance of proteins for weight loss. A macronutrient that induces satiety in fewer calories, proteins help one follow a calorie-restricted meal plan that reduces hunger hormone (ghrelin) secretion thereby lowering the frequency of hunger pangs.

Get ample sleep: Sleeping less means insufficient rest, sleep deprivation, mood swings, hunger pangs, and eventually weight loss. Seven to eight hours of sleep is considered a healthy duration for adults. Experts from Wake Forest University also discovered that those who get only five hours of sleep are likely to gain 2.5 times more belly fat than the others. This happens due to high cortisol levels – the stress hormone that tells your body to retain belly fat.

15 Foods You Can Eat and Not Gain Weight

There are several factors that determine how filling a certain food is compared to its calorie content. The calorie/satiety ratio is calculated using the satiety index. This defines how different foods give you that full feeling while lowering your calorie intake.



Certain foods rank high on the list when it comes to satisfying hunger while avoiding overeating and weight gain.

Foods that are filling tend to have an increased level of water or air so they don't add on the extra calories. Protein is more filling than fats and carbohydrates, meaning you don't need to eat large volumes to feel full. High fiber is another food group that helps you reach the satiety index without gaining weight because these foods move through the digestive tract slowly, reducing hunger cravings for longer.

By choosing the right foods to fill up on, you can avoid increasing your calorie intake.

Try these 15 foods that you can eat a lot of without gaining weight!

Oatmeal

Oatmeal is commonly eaten for breakfast and ranks highly on the satiety index. So, that means it makes you feel full without putting on the pounds. This is because it's a great source of soluble fiber that slows down digestion and carb absorption.

Broth-Based Soups

Studies have shown that broth-based soups eaten before a meal can lower your calorie intake by 20% because it satisfies hunger and promotes weight loss over time. Avoid creamy, rich soups and stick to the broth.

Legumes

Peas, beans, chickpeas, and lentils are great sources of protein and fiber that have a low energy density. Legumes are 31% more filling (and healthier) than pasta and bread and are much lower in calories. Add more legumes to your diet without adding to your body weight.

Oranges, Grapefruits, and Tangerines

Because of their sugar content, eating too much fruit may not be recommended for weight loss, however, citrus fruits are the exception. They are high in fiber, flavonoids, and vitamin C which assists in satisfying hunger pangs while aiding digestive and liver function.



Melon and Watermelon

Containing about 60 – 70 calories per slice, you can indulge in eating melons and watermelons all day without worrying about picking up weight. These fruits, in particular, also help to excrete excess liquid from your body while making you feel full to prevent overeating.

Berries

Strawberries, cranberries, raspberries, mulberries, and blueberries are superfoods packed with nutrients

and antioxidants and are very low in calories. They are the perfect snack to stave off hunger as long as you avoid adding custard cream, which will negate their healthy advantage.

Vegetables

Greens and cruciferous vegetables are very low in calories and high in nutrition, water, and fiber so you can have a buffet of veg without fretting about your waistline. Just remember not to dressings and cheese or any additives that are fattening.

Algae

Another superfood with super low in calories is Algae so you can eat substantial amounts without putting on weight. It's also very high in nutrients and one of the best sources of iodine that maintains healthy thyroid function and keeps your hormones balanced.

Fish

Fish scores very high on the satiety index compared to other protein-rich foods, such as chicken and beef. Steamed white fish ranks higher than oatmeal and vegetables when it comes to the satiety index due to its high protein content and affects serotonin levels which is a key hormone for appetite signals.

Popcorn

If you keep it plain and unsalted, popcorn is the perfect snack to fill you up without adding calories. Surprisingly, popcorn also contains traces of minerals and vitamins such as folate, vitamin A, and vitamin B-6, and three cups of popcorn have over 3g of fiber.

Boiled Potatoes

Most people think they should avoid potatoes when trying to lose weight because of their high carbohydrate content. However, boiled potatoes contain a resistant starch. This type of starch has significantly fewer calories than regular starch. Another interesting fact is by cooling potatoes after they cooked increases the resistant starch content.

Whole Eggs

Eggs are really healthy with a lot of nutrients loaded in the egg yolk. They are a complete protein which means they contain all nine of the essential



amino acids and they are also very filling. Eating eggs for breakfast means you stay full for longer and could help you eat less over the course of the day.

Lean Meat

Lean meats are high in protein and rate highly on the satiety index. A recent study showed that those who had a high-protein meat lunch ate 12% less at dinner time compared to those who had high carbs for lunch. Lean beef is one of the highest protein-rich sources that are most filling.

Tomatoes

Tomatoes are packed with protein, minerals, fiber, and vitamins. Besides having great health benefits, they can also help you lose weight. One medium sized tomato contains 16 calories so you can eat as many as you want to feel full while having minimal calories.

Celery

Choose foods with high water content to avoid putting on weight. Celery is 95% water and one stalk contains 3 calories. Not only can you eat as much as you want to feel full but you'll be packing in fiber, potassium, and vitamin K without adding unwanted calories.

The 10-rule Okinawa Diet: What to eat to live to be 100 years old?



Dr Michael Greger says that the United States Department of Agriculture (USDA) guidelines recommend that “most people need to choose meals or snacks that are high in nutrients but low to moderate in energy content” and that doing so “offers a reduction of risk for a number of chronic diseases that are major public health problems.” That translates into “eat more vegetables” because only vegetables have more nutrients and yet fewer calories.

This rings a bell. One set of islands in Japan -- the Okinawa prefectures -- have residents who follow this advice to the dot and guess what? They are also among those in the world that live the longest!

Much of the longevity advantage in Okinawa is thought to be related to a healthy lifestyle, particularly the traditional diet, which is low in calories yet nutritionally dense, especially with regard to phytonutrients in the form of antioxidants and flavonoids.

If you ask a doctor or a nutrition expert to draw up a diet that can assure one of a reduced risk of chronic diseases -- it would be similar to the traditional Okinawan diet, that is, vegetable and fruit-heavy (therefore phytonutrient and antioxidant-rich) but reduced in meat, refined grains, saturated fat, sugar, salt, and full-fat dairy products.

So what does a typical Okinawa meal comprise? The US National Archives have records from the year 1949 that are based on a survey of 2279 Okinawa residents shows this break-up of their diet -- We call it the Rule of 10 points:

- Fish -- only 1 per cent
- Meat -- less than 1 per cent
- Eggs -- less than 1 per cent
- Dairy -- less than 1 per cent
- 96 per cent of the platter of the Okinawans was plant-based. (food grains, legumes, sweet potatoes, other vegetables, fruits, nuts and seeds) - quite high on carbohydrates
- More than 90 per cent also Whole food plant-based. (Rice, wheat, barley, other grains)
- Very few processed foods. Low glycemic load
- Most of the diet was vegetables and the one vegetable they ate most? Sweet potatoes (orange-yellow root vegetables) that are antioxidant-rich yet calorie-poor
- Highly anti-inflammatory and anti-oxidant diet - that reduces the risk of age-associated disease.

Okinawan diet is lowest in fat intake, particularly saturated fat intake

What were the health gains?

- 8-10 times fewer heart-disease deaths as compared to the US
- 2-3 times lower colon cancer deaths
- 11 times fewer Prostate cancer deaths
- 5 and a half times lower risk of dying from Breast Cancer

The Japanese philosophy of Hara Hachi-Bu: The US data notes that the Okinawan population were eating almost 11 per cent lower calories than would usually be recommended for their body weight and activity levels.

If you ask a doctor or a nutrition expert to draw up a diet that can assure one of a reduced risk of chronic diseases -- it would be similar to the traditional Okinawan diet, that is, vegetable and fruit-heavy (therefore phytonutrient and antioxidant-rich) but reduced in meat, refined grains, saturated fat, sugar, salt, and full-fat dairy products.

The answer to that is the Japanese concept of Hara Hachi-Bu or advice to eat only until you are 80 per cent full, not too full to move.

Many of the characteristics of the diet in Okinawa are shared with other healthy dietary patterns, such as:

- The traditional Mediterranean diet or
- The modern DASH (Dietary Approaches to Stop Hypertension) diet

These features contribute to a decreased risk for: cardiovascular disease, some cancers, and other chronic diseases

Continued From P1...

ACB Conducts

The second raid, as per sources, was conducted at Aloochoi Bagh area of Srinagar. The raid is linked to the same case involving irregularities in the selection process for Fireman and Fireman Drivers in the Fire & Emergency Services (F&ES) Department. The ACB is probing several individuals, including members of the Departmental Recruitment Board, the Technical Committee, officers and officials of the F&ES Department, and others involved in the recruitment process.

What are we

rise to conflicts, predominantly to the detriment to the marginalised. “Even today, if we look at the largest legislative houses in India, how many men are there, and how many women? The same can be observed in the Jammu and Kashmir Assembly – compare the number of men and women, and the difference is like that between the earth and the sky,” he said.

Sheikh Abdullah's

highlighted the significance of land reforms in Jammu and Kashmir as a step towards empowering the oppressed. “Dr. Ambedkar gave India its constitution, enshrining equal rights without discrimination. He tirelessly fought for the rights of marginalized communities, giving them a voice, an identity, and a sense of dignity. In Jammu and Kashmir, Sheikh Mohammad Abdullah complemented his vision by implementing land reforms that restored dignity and a future to the oppressed. Land is deeply tied to identity and preserving it is essential for safeguarding our heritage and future,” the Chief Minister said. He praised Dr. Ambedkar's emphasis on education as a catalyst for transformation.

“The establishment of this education society in Dr. Ambedkar's name reflects his vision. This land has been dedicated to a library, study circle and community hall instead of commercial use. These facilities will enable the youth to study Dr. Ambedkar's works and conduct research, while also providing a space for social gatherings, for those in need,” he stated.

Recalling Dr. Ambedkar's role in framing India's constitution, Omar Abdullah noted its revolutionary principles.

“Dr. Ambedkar ensured equality from the very beginning, granting women equal voting rights at a time when many nations denied such basic rights. His vision established a foundation of justice and equality, which remains unparalleled even today,” he said.

He acknowledged the gaps in representation and stressed the need for greater efforts to realize Dr. Ambedkar's dream of true equality.

“If Dr. Ambedkar had foreseen the underrepresentation of women in assemblies and parliament in 2025, he might have introduced reservations for women from the start. While we have made progress, with women achieving milestones like becoming prime ministers and presidents, the journey toward equality continues,” he remarked.

The Chief Minister also drew attention to India's achievements in gender equality, which surpasses those of many nations.

“In contrast to some countries that have yet to elect a woman leader, India's strides in empowering women are a testament to Dr. Ambedkar's vision,”

he added.

Concluding his address, Omar Abdullah assured the audience that the Charter of Demands presented at the event would be given due attention.

“I assure you that every effort will be made to address your concerns and fulfill your requests,” he said.

The Chief Minister expressed his gratitude for the opportunity to inaugurate the Bhawan, describing it as a landmark institution that embodies Dr. Ambedkar's ideals of education, equality, and progress.

Advisor to the chief minister Nasir Aslam Wani, Deputy Commissioner Samba Rajesh Sharma, president Dr BR Ambedkar Education Society Bari Brahmana Pooran Chand, General Secretary of the organisation Romesh Chand, senior officers and other staff bearer of the organisation were also present on the occasion.

NDMA warns

Jammu and Kashmir, a forest-rich region, boasts 20,230 square kilometers of forest, covering about 10% of its geographical area. Excluding Ladakh, which lacks significant natural forests, the proportion of forest cover increases to 47%.

The forests in the Kashmir region predominantly fall in the dry temperate class, with species such as Deodar, Kail, and Fir thriving at varying altitudes. These evergreen forests, with their lush ground cover, are typically less vulnerable to fires. However, the risk escalates during prolonged dry periods.

Officials said that the region has experienced an 81% rainfall deficit from January 1 to 22, receiving just 11.4 mm of rainfall compared to the normal 60.5 mm for the period. The alarming rainfall deficit underscores the heightened vulnerability of the forests to fires during the ongoing dry spell.

India has no

“Dr Farooq Abdullah should know that under the exemplary leadership of Prime Minister Narendra Modi the country is in the safe hands, and it faces no internal or external threat,” Sunil Sharma said.

He said our enemy knows very well where they stand today, and won't dare to do anything. “On the internal front it is people like you who are a threat to fabric of the country, who lie to people and who have multiple versions depending upon who they are talking to,” he said.

He said that if politician like Dr Farooq stop lying and making dual statements – one in New Delhi, and another in Jammu & Kashmir – then people of J&K can live a peaceful and prosperous life.

He alleged NC president of befooling people, saying “Just to through what you were saying before elections and what you are saying now”.

Efforts underway

He acknowledged the fears and concerns of the local residents, stating, “People are in a state of fear. I understand their worries, but I appeal to the public that there is no need to be afraid. The government is doing its best to identify the cause. We are working hard to determine where this is coming from.”

While reiterating that no virus or infection has been detected, Chowdhary confirmed that the investigation is ongoing. “Once we pinpoint the cause, we will be able to completely address it,” he assured.

Chowdhary also highlighted the government's proactive response, noting that the Chief Minister personally visited the area, the Home Ministry sent the team and the district commissioner has been stationed in Rajouri to manage the crisis. “Different doctors from Delhi are assisting us, and we are leaving no stone unturned to stop these deaths,” he added.

NOTICE

I have lost the Date of Birth Certificate of my son somewhere. Now i am applying for its duplicate. If anybody has any objection in this regard may contact Registrar Birth and Death SMC Karan Nagar Sringar within a weeks time.

Name -Abuzer
S/o Atta Mohammad ganai
DOB-13-02-2023
A/d Hyderpora srinagar

NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No: 0216020002205, which is Registered in the name of Khazir Mohmmad Dar, S/O Gh Ahmad Dar, Now i want to apply for Change this Electricity Agreement in the name of Reyaz Ahmad Dar, S/O Khazir Mohmmad Dar, in this regard any person having any objection he/she may file the Objections in office of the Assistant Executive Engineer Electricity Sub Division Kaloosa Bandipora within a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Reyaz Ahmad Dar.
S/O Khazir Mohmmad Dar.
R/O Lone Mohalla, Magnipora,
Bandipora.

Close contacts of

with the relocated individuals, inquiring about their well-being. Addressing their concerns, the DC assured that their domestic animals will be taken care of at Badhaal by the Animal Husbandry and Agriculture Departments.

Key measures taken by the district administration included the Installation of CCTV cameras to monitor meal preparation and distribution, with all activities videographed for transparency and deployment of female officers for the welfare of women.

In addition, directions were issued to the Chief Education Officer to facilitate regular classes for the children.

An awareness camp was also held by the Labour Department to educate the affected individuals and issue e-Shram cards. The District administration is also going to organise Daksh Kisan courses and skill development programs for the relocated individuals through ITI.

Additionally, four patients were airlifted yesterday for advanced treatment to different hospitals. One patient Ajaz was shifted to PGI Chandigarh and is now stable. Six other individuals are being treated at GMC Rajouri, including one critical patient whose condition has now stabilized. The DC visited the hospital this morning to inquire about the condition of the patients.

Additional District Development Commissioner Dr. Raj Kumar Thapa is closely monitoring the centers to ensure seamless coordination among all departments. The district administration is diligently implementing the directions issued by the Chief Secretary and Divisional Commissioner Jammu.

The Deputy Commissioner appealed to the general public to stay calm, reiterating that the issue is not due to a bacterial or viral disease. Preventative measures are in place to address the situation effectively.

Will get answers

17 persons have died due to "mysterious illness" in the Badhaal village, while four including three siblings are undergoing treatment.

Sakeena enquires

Budhal and assured them of all possible assistance and support from the government. He assured the affected families that a detailed investigation is underway to determine the cause of the tragedy. “Health department, police department and district administration is working tirelessly 24*7 to ascertain the real cause behind this tragedy”, the Minister stated.

While personally reviewing the ongoing treatment and care of these patients, the Minister asked the hospital administration to monitor their health conditions on regular basis. She directed them to keep ample number of doctors and paramedics available for their continuous monitoring. She also asked them to keep the ministry updated about the wellbeing of these patients

All Ideological

Talking about the Hindu Adhyatmik Seva Mela, Shah said Hindu temples and organisations served society in various ways including educating tribals or providing healthcare to lakhs of poor citizens, but never publicized their work.

He thanked the Rashtriya Swayamsevak Sangh for bringing all such service-oriented Hindu organisations under one roof through this event so that people understand the contribution of these institutions.

The Seva Mela has some 200 stalls of Hindu organisations working for the betterment of society, including one dedicated to Maharani Ahilyabai Holkar, the 18th century ruler of Indore state who restored nearly 200 temples including Somnath which were destroyed by Muslim invaders, he noted.

Break financial

(vehicles found with tinted glasses, illegal modification for any criminal look, using loud music, and without a number plate).

The DIG directed officers to take strict legal action against anyone found possessing illegal weapons, and land grabbers. The cases of land grabbing and extortion should be taken seriously and anyone who threatens the public should be booked under the law immediately, he said.

Parents, civil society, and responsible citizens be involved in spreading awareness against Criminals and gangsters to support the police in breaking

NOTICE

This is an information for general public that in my Driving licence bearing Registration No: JK15 20130007462, my name, Parantege and Adress has been Mistakenly Mentioned as Mohammad Iqbal Bhat, S/O Ghulam Rasool Bhat, R/O Ajas Bandipora, while as my Actual and correct name, Parantege and Adress as per my Aadhaar card is, Mohmad Iqbal Bhat, S/O Gh Rasool Bhat, R/O Waza Mohalla Noor Abad, Ajas Bandipora, 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.

Mohmad Iqbal Bhat.
S/O Gh Rasool Bhat.
R/O Waza Mohalla Noor Abad Ajas
Bandipora.

their network as these criminals are bad for a peaceful environment, said the officer adding that the youth and students must be saved from falling in the trap of these criminals, who glorify criminal activities.

Meanwhile, Sharma reviewed the security situation given the upcoming Republic Day and highlighted the need for meticulous planning and execution of security measures to address any potential threats and challenges.

All the officers were directed to strengthen the nakas especially in the border areas in the wee and night hours and identify the places where more nakas to be established.

The DIG told the officers to maintain proper liaison with all the intelligence agencies in their respective jurisdiction and share the same on real time basis.

Complete Major

electric projects and the expected enhancement in power generation from these projects.

The roadmap for the next five years was presented showing substantial capacity addition to meet growing energy demands which would gradually reduce reliance on power imports, and boost the state's energy self-sufficiency. Upcoming projects, Detailed Project Report (DPR) formulation and appraisal were also discussed and JKSPDC was asked to focus on strategic project planning for development of hydropower assets on Chenab, Jhelum, Ravi and Indus rivers.

Highlighting the government's commitment to sustainable energy, Chief Minister Omar Abdullah urged officials to study revival plans for stalled projects and execute them efficiently.

He called for a proactive approach to address the challenges faced by JKSPDC and stressed that

enhancing J&K's hydropower capacity is essential for meeting our energy demand.

“The timely execution of hydropower projects is essential to unlocking Jammu and Kashmir's potential as a power-surplus state. I urge all stakeholders to address challenges proactively and expedite ongoing works to serve the public interest,”

Chief Minister Omar Abdullah said. Earlier, Principal Secretary PDD provided a comprehensive update on the status of hydroelectric power development in Jammu and Kashmir.

Of the region's estimated 18,000 MW hydropower potential, 15,000 MW has already been identified, making it a key driver for future energy initiatives.

A detailed review of commissioned projects, including the Baglihar Hydroelectric Power Project (Stages I & II) on the Chenab River,

Upper Sindh Hydroelectric Project (Stages I & II) on the Sindh River, Lower Jhelum Hydroelectric Project in Baramulla was carried out during the meeting.

The meeting also deliberated on projects under construction, including the New Ganderbal Hydroelectric Project (93 MW) on the Sind River, the Pakal Dul Hydroelectric Project

(1,000 MW) under the Chenab River cascade, and the Ratle Hydroelectric Project (850 MW), which has been reviewed through a joint venture between NHP and JKSPDC. Discussions highlighted the importance of expediting work on these projects to ensure these become operational at the earliest.

The meeting was attended by Advisor to the Chief Minister Nasir Aslam Wani, Additional Chief Secretary to the Chief Minister Dheeraj Gupta,

Principal Secretary Power Development Department (PDD) Rajesh H Prasad, Principal Secretary Finance Santosh D Vaidya, Managing Director JKSPDC Pankaj Magotra and other senior officials.

No negative attitude now in JK towards Kashmiri Pandits: NCM Member Rouble Nagi

SRINAGAR: Member of the panel of community leaders of the National Commission for Minorities (NCM) Rouble Nagi Thursday said the displaced Kashmiri Pandits will have to decide on their return to the valley as there is no negative attitude among the people of Kashmir towards the migrants.

"I do not think that today, there is any negative attitude among Kashmiri people to not welcome Kashmiri Pandits.

There are a few steps that have been taken for their return and now the choice is theirs. They have to make a choice whether they want to come here or not," Nagi said at a press conference here after her five-day visit to various areas of the Kashmir valley.

She said that as far as safety and security of Kashmiri Pandits is concerned, "everything is very peaceful and good in the valley".

"We should move forward in a positive direction," she added,

when asked about the steps taken by the NCM to ensure the safety of Kashmiri Pandits if they return to the valley.

"I would say that what has

building roads and bridges. We have built huge bridges and underpasses in the sea in Maharashtra. We have to see how we can collectively take our country forward," she said.



happened, should be forgotten and focus should be on what will happen in the future.

Today, we are not a fanatic country because in India, Hindus, Muslims, Sikhs, Christians, Buddhists and Jains all live together.

"Today, India is flourishing, our economy is booming, we are

Replying to a question about a recent US panel report on minorities in India, Nagi said killing somebody in the name of religion is not acceptable. "To kill anyone for any reason is not acceptable, because violence or killing is not something that can be forgiven or should be forgiven.

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 تخمینہ کے مطابق چھت میں تقریباً 33 ٹن لوہا لگے گا۔ اس کا لیور اور میٹرل مکمل ماکھر چترپتر 40 لاکھ روپیہ بنتا ہے۔ چھت پر لگنے والے ٹین کے شیٹ ماکر حلا اس کے بعد ہے جس میں الگ سے تقریباً 10 لاکھ روپیہ لگنے کا تخمینہ ہے۔

عمارۃ کی چھت کی حیثیت سرپوش کی ہوتی ہے جو سارے کام کی سترپوشی اور سایہ کرتا ہے۔ لہذا انجینوں 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 خیر میں حصہ لینے کے لئے مدرسۃ البنات کا یا کاؤنٹ نمبر متعین کیا گیا ہے:

Account Number0727010100000200
Title of accountMadrasa Tul Banat Darul Uloom Raheemiyah
BranchJK Bank Branch Nishat Park Bandipora Kashmir
IFSC CodeJAKA0NIPARK

اس سے قبل بھی اسی 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 خوش رکھنے والے لوگ اس کام میں بھی حصہ لیکر اپنے لئے، اپنے والدین کے لئے، عزیز و متعلقین کے لئے صدقہ جاریہ متعین کر سکتے ہیں۔ اپنی خواتین کو بھی ترغیب دیں تاکہ وہ بھی اپنا حصہ اس کا خیر میں لگائیں کیونکہ یہ مدرسہ مستورات کے لئے مخصوص ہے۔ ایک کمرے کی لاگت ساڑھے پانچ لاکھ روپے ہے پتی توفین ہو کمروں میں یا چھت میں حصہ لیں۔ اللہ قبول فرمائے۔

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

محمد رحمت اللہ کشمیری
ناظم دارالعلوم رحیمیہ بانڈی پورہ کشمیر

Kuhnemann has 'no pain' after batting and bowling; hopes to fly to Sri Lanka

Matthew Kuhnemann says his surgically repaired right thumb is almost pain-free after bowling, batting and fielding in Brisbane on Thursday. He now awaits official clearance to fly to Sri Lanka to join Australia's Test squad just a week after suffering a compound dislocation and fracture while playing in the BBL.

The left-arm orthodox spinner is a key part of Australia's plans for the two-Test series in Sri Lanka, with both Tests in Galle, but his tour looked in severe jeopardy when he was struck on the thumb during Brisbane Heat's five-wicket loss to Hobart Hurricanes last Thursday.

Kuhnemann, 28, was driven to the hospital that night by Heat team-mate Daniel Drew where he had the dislocation put back into place before having surgery the following morning to put a pin in the fracture.

Kuhnemann's recovery, though, has been rapid and he is hopeful he can fly to Sri Lanka after bowling eight overs at Allan Border Field in Brisbane on Thursday. Kuhnemann also batted, facing throw downs from Heat and Queensland bowling coach Andy Bichel. He also took a few catches during the session that was overseen by Heat's team physio Adam Smith.

Speaking to reporters, Kuhnemann said he was feeling good but needed to consult Australia's medical staff in Dubai via a conference call on Thursday evening, where the squad are holding a pre-tour training camp, before being cleared to join them when they fly to Sri Lanka in the next few days.

"Nothing's official yet," Kuhnemann said.



"I think it was more about just ticking off the boxes each day this week, and so far it's gone to plan. I'm hoping so, but nothing's come out yet. I'll probably speak to the medical team this afternoon. My bowling, batting and fielding has gone excellent so far. So I'll just relay that message. There's a bit of a time zone difference and hopefully, I can get on the plane over there."

"I'm feeling really good, really grateful with how it sort of progressed in the last week. It's healed really well, and the surgery went excellent. Very fortunate and lucky so far that I'm sort of in a position to be able to bowl and bat and catch a few balls. Everything's gone to plan so far. There's not much pain at all any more, and no pain bowling and batting."

Kuhnemann has had a plastic thumb splint made to protect his right thumb and can wear it in games without needing to remove it as it is on his non-bowling hand. He has worn a similar splint in the past having previously broken the same thumb. He is confident that if a ball is hit back at him with power again, his thumb will withstand any blow.

West Indies qualify for Super Six, hosts Malaysia knocked out

West Indies beat hosts Malaysia by 53 runs in Kuala Lumpur on Thursday to seal a spot in the Super Six stage of the Women's Under-19 T20 World Cup 2025. Despite scoring just 112 for 7 from their 20 overs, West Indies skittled Malaysia out for 59 to finish third in Group A.

Malaysia, as a result, are knocked out after finishing bottom of the group with three defeats.

Captain and allrounder Samara Ramnath starred in the virtual knockout fixture for West Indies. She was out for 5 at the top of the order, but then wreaked havoc with the ball, finishing with figures of 4 for 6 - bettered only by five-fors from India's Vaishnavi Sharma and Scotland's Maisie Maceira in this edition.

Malaysia were 38 for 2 after 10 overs chasing 113 and that's when Ramnath started a collapse that saw the hosts lose eight wickets for 21 runs. The Malaysia batters were unable to read her as she got all four of her wickets either bowled or lbw.

Bowling her second over, she first castled her opposite number Nur Daniya Syuhada - who had incidentally dismissed Ramnath in West Indies' innings - and then trapped Nur Izzatul Syafiqah in front in the same over.

In her next over, she knocked over Suabika Manivanan as Malaysia lost half their side. Fellow offspinners Naijanni Cumberbatch and Erin Deane then took four wickets in the next three overs before Ramnath completed the rout in the 18th over.

West Indies had been put in to bat and struggled to pick up the pace, but Ramnath's opening partner Assabi Callender held the innings together with a 42-ball 30, and got them to a total that proved to be more than sufficient.

India and Sri Lanka, who play later in the day, are above West Indies in the group and have already secured entry into the next stage.



Khyber Cement Ka Zarra Zarra Dil Se Bana Hai

