

Kashmir Convener



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Light snow, rains expected till Feb 05

KC NEWS NETWORK

SRINAGAR: The weatherman on Monday said that the series of Western Disturbances are affecting Jammu and Kashmir from January 29 onwards and light snowfall is expected

at isolated places or scattered places till February 05.

According to the news agency—Kashmir News Observer (KNO), Director Meteorological department (MeT),

Dr Mukhtar Ahmad said that the weather is expected to remain dry till January 29

afternoon. However, he said that a series of WDs are affecting

J&K till February 5 and under its influence, there is a forecast of light snowfall at isolated places.

"Fresh spell of light rain and snow is expected at scattered places during 29th

night and 30th morning & at isolated places during 31st January,"

he said, adding that the weather would remain generally cloudy on February 01 and 02 with the possibility of light rain and snow at scattered to fairly widespread places during



**Anti-poisoning
drug 'Atropine' could
prevent mysterious
deaths in Rajouri**

KC NEWS NETWORK

JAMMU: In a path-breaking development, doctors at the Government Medical College (GMC) Hospital in J&K's Rajouri district have finally succeeded in finding the antidote for the poison that killed locals in Budhaal village of Rajouri district.

Around 17 people including 14 children were killed by a mysterious disease in Budhaal village of Rajouri district between December 8 to January 17. Analyses of samples from the victims suggested that the deaths had not been caused by viral or bacterial infection although some neurotoxins were found in those samples. These sample analyses could not lead the

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CM Omar Abdullah reviews Khelo India Winter Games preparations

- Releases mascot & commemorative souvenir for the winter games

KC NEWS NETWORK

JAMMU: Chief Minister Omar Abdullah today chaired a high-level meeting to review the preparations for the 5th edition



of the Khelo India Winter Games (KIWG) scheduled to be held from February 22 to 25, 2025 at the renowned ski resort Gulmarg.

The meeting focused on ensuring the successful conduct of the event and strengthening Jammu & Kashmir's position as a premier destination for winter

Gupta, Divisional Commissioner Kashmir, Commissioner Secretary Tourism, Commissioner Secretary General Administration Department (GAD)/Information, Commissioner Secretary Youth Services & Sports (YS&S), Secretary PW(R&B),

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JPC clears Waqf bill, 14 amendments accepted

KC NEWS NETWORK

NEW DELHI: The Joint Parliamentary Committee (JPC), scrutinising the contentious Waqf Amendment Bill cleared it on Monday and approved 14 amendments proposed by the BJP-led National Democratic Alliance (NDA) members.

The Waqf Amendment Bill, seeking to bring reforms in the way Waqf boards are administered across the country got cleared by the JPC with a margin of 16:10 members (16 from NDA and 10 from Opposition parties).

According to reports, a total of 66 amendments were proposed in the Waqf bill including 23 by the ruling BJP MPs and 44 from Opposition members.

JPC chairman and BJP MP Jagdambika Pal, speaking to reporters said that this was the final meeting of the Parliamentary panel and a total of 14 amendments have been cleared on the basis of a majority.



"In the past six months of deliberations, we discussed many amendments. All amendments were put to vote today and members gave out their verdict with 16 voting in its favour while 14 opposing the amendments," he told newsmen.

Aparajita Sarangi, BJP MP and a JPC member added that the deliberations over amendments in the Waqf bill were held extensively and in most democratic

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Contribute in building a progressive, united society: LG Sinha to poets



KC NEWS NETWORK

JAMMU: Lieutenant Governor Manoj Sinha today called upon the poets and literary personalities to become the voice of patriotism and unity and make their valuable contribution in building a vibrant, progressive and united society.

"Poetry Art form has a social responsibility. It can be a powerful medium for creating awareness about socio-economic issues, inspiring the spirit of patriotism and portraying the values of harmony and

brotherhood," he said after inaugurating the 'Rashtriya Kavi Sammelan' in Hindi, Dogri and Urdu, at Abhinav Theatre today.

The three-day literary event is being organised by J&K Academy of Art, Culture and Languages as a part of the 76th Republic Day celebrations.

The Lieutenant Governor extended his felicitations to the acclaimed and young poets from J&K and other parts of the country participating in the Poetry Sessions.

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CM Omar Abdullah reviews implementation Shakti Department schemes

81% of households in J&K Provided tap water supply under JJM

KC NEWS NETWORK

JAMMU: 81% of households across Jammu and Kashmir have been connected with tap water supply under the Jal Jeevan Mission and efforts being made to achieve the remaining targets.

This was disclosed in a meeting of Jal Shakti Department here at the Civil Secretariat chaired by Chief Minister Omar Abdullah.

The meeting also discussed the progress of the Jal Jeevan Mission (JJM) in Jammu and Kashmir.

CM emphasized the need for effective implementation and robust monitoring mechanisms to achieve the mission's objectives. The meeting was attended by Minister for Jal Shakti, Forest, Ecology & Environment Javed

Ahmad Rana, Advisor to the CM Nasir Aslam Wani,

ACS Jal Shakti presented a comprehensive overview of



Chief Secretary Atal Dulloo, Additional Chief Secretary (ACS) Jal Shakti Shaleen Kabra, Additional Chief Secretary to the CM Dheeraj Gupta, Principal Secretary Finance, Commissioner Secretary H&UDD, Commissioner Secretary Forest, Ecology & Environment, Mission Director JJM and other senior officers from concerned departments.

During the meeting,

the mission's progress, goals, and challenges.

He highlighted that 81% of households across Jammu and Kashmir have been connected with tap water supply under the Jal Jeevan Mission and efforts being made to achieve the remaining targets.

It was informed that mission aims to provide 55 litres per capita per day (lpcd) of safe and

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Transfer & Postings

Muneer Ul Islam posted Secretary Information



KC NEWS NETWORK

SRINAGAR : In a significant administrative reshuffle, the Jammu and Kashmir government has transferred and posted several senior JKAS officers to various key

positions across departments. The General Administration Department issued Government Order No. 143-JK(GAD) of 2025, outlining changes aimed at enhancing governance and administrative efficiency.

Among the key appointments, Munir-ul-Islam, previously Chief Executive Officer/Secretary of the J&K Building and Other Construction Workers Welfare Board, has been posted as Secretary, Information Department. Known for his impactful leadership in public communication, his appointment

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Govt revises DA to 53% for employees, pensioners, family pensioners

KC NEWS NETWORK

SRINAGAR: The Jammu and Kashmir Government has increased the Dearness Allowance (DA) for its employees and pensioners to 53%, effective from July 1, 2024, according to two official orders issued by the Finance Department.

As per an order issued by the J&K Government Finance Department, the government employees working under the 7th Pay Commission recommendations will now receive DA at 53% of their Basic Pay, up from the previous rate of 50%.

The term "Basic Pay" in the revised pay structure refers to the pay drawn in the prescribed level in the Pay Matrix as per the 7th Pay Commission recommendations, excluding special pay and other allowances.

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Rajouri mysterious deaths: Situation normalising

- Organophosphorus poisoning suspected; Health

Jahangeer Ganaie

SRINAGAR: The situation in the Budhaal area of Rajouri appears to be stabilizing, with no new cases reported in the last



five days. However, authorities are still working to confirm the cause behind the 17 mysterious deaths that occurred in the village over the past two months.

Officials informed the news agency—

Kashmir News Observer (KNO) that three siblings who were undergoing treatment at GMC Jammu and SMGS Srinagar have recovered and were discharged. These individuals have been shifted back to

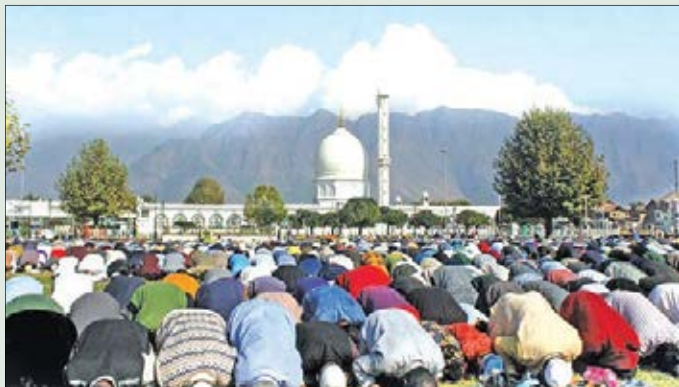
Rajouri, where they will remain under observation along with their families and close contacts.

Another patient, Aijaz Ahmad, who is being treated at PGI Chandigarh, is also showing signs of recovery, while other patients admitted to GMC Rajouri have also recovered.

Top health officials suspect that organophosphorus poisoning might be behind the deaths, as patients responded positively to atropine injections—a standard antidote for organophosphate poisoning.

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Thousands throng Hazratbal shrine on Shab Me'raj-un-Nabi (PBUH)



KC NEWS NETWORK

SRINAGAR: Thousands of devotees from across Kashmir thronged the revered Hazratbal shrine in Srinagar on Monday

evening to observe Shab-e-Mehraj, an occasion commemorating the miraculous night journey and ascension of Prophet Muhammad (SAW).

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CM, Dy CM, Minister Itoo greets people

KC NEWS NETWORK

JAMMU: Chief Minister Omar Abdullah today extended his heartfelt greetings to the people of Jammu and Kashmir on the auspicious occasion of Shab-i-Miraj, marking the miraculous night journey and ascension of Prophet Muhammad (SAW) to the heavens.

In his message of felicitation, the Chief Minister highlighted the profound significance of this sacred event, stating that it reaffirms the truthfulness, greatness and devotion of Prophet Muhammad (SAW) to Almighty Allah.

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V-P Dhankhar questions those opposing common code

NEW DELHI: Vice-President Jagdeep Dhankhar on Monday questioned those opposing a uniform civil code and said it was only a matter of time before the entire country adopted a common code, asserting that it would bring gender equality.

Addressing a fresh batch of participants of the Rajya Sabha Internship Programme, Dhankhar said it was a "very auspicious sign" that Uttarakhand made a uniform civil code a reality.

Uttarakhand on Monday became the first state to implement a uniform civil code, with the ruling BJP fulfilling a major commitment made ahead of the 2022 assembly polls.

Article 44 of the Constitution mandates that the state shall endeavour to secure for citizens a uniform civil code throughout the territory of India, the vice-president



noted.

"... I am sure it will only be a matter of time before the entire country adopts a similar legislation," he said.

Noting the opposition to a common

code, Dhankhar – who is also the Rajya Sabha chairman – said, "Some people, I would say out of ignorance, are criticising it. How can we criticise something which is a mandate of

the Constitution? Ordainment emanating from our founding fathers. Something that has to bring about gender equality. Why oppose it?"

According to an official statement, Dhankhar was of the view that politics had taken "such a deep root" in people's minds that it turned into "poison".

"For political gain, people don't hesitate to forsake nationalism, not even for a moment, without feeling concerned. How can anyone oppose promulgation of a uniform civil code?" he wondered.

In short, a uniform civil code means having a common law for all citizens that is not based on religion. Personal laws and laws related to inheritance, adoption and succession are likely to be covered by a common code.

Rahul Gandhi Accuses BJP-RSS Of Insulting Ambedkar, Constitution

MHOW (MP): Leader of Opposition in the Lok Sabha Rahul Gandhi on Monday accused the BJP and RSS of insulting B R Ambedkar and the Constitution framed by him, and urged the party workers to protect it from those in power.

Addressing the "Jai Bapu, Jai Bhim, Jai Samvidhan" rally here,

Gandhi also announced that the Congress will get a nationwide caste census conducted soon after assuming power at the Centre, while alleging that Prime Minister Narendra Modi will never get it done as he is scared of holding one.

Gandhi also asserted that the Congress will break the wall of 50-per cent reservation and bring a law in this regard in both the Lok Sabha and the Rajya Sabha.

Accusing the BJP-led Centre of working for billionaires,

he alleged that Dalits, backwards, tribals and the poor are once again being made slaves as employment opportunities are being finished and the country's wealth is being handed over to only a few crony capitalists.

"The BJP and the RSS want a pre-independence like situation in the country where the poor

do not have any rights and only the rich have," Gandhi said.



He also accused the BJP-RSS of attempting to change the Constitution framed by Ambedkar and said that is why they gave the slogan of "400 paar" in last year's Lok Sabha polls.

"The day our Constitution is changed, there will be nothing left in the country for the backwards, Dalits, tribals," Gandhi said at the rally.

Kejriwal Announces 15 Guarantees In AAP Manifesto For Delhi Polls

NEW DELHI: AAP national convener Arvind Kejriwal on Monday released the party's manifesto, titled "Kejriwal ki Guarantee," ahead of the February 5 Delhi Assembly elections.

Speaking at the manifesto launch, Kejriwal took a swipe at the BJP, accusing it of copying AAP's promise-based governance.

"We coined the term 'guarantee' first in the country. After us, the BJP stole it, but the difference is, we fulfil our guarantees,



and they do not," he said.

The manifesto outlines 15 guarantees, with Kejriwal promising "robust" job creation for Delhi residents as his first guarantee.

The second guarantee, under the Mahila Samman Yojana, assures monthly financial support of Rs 2,100 for women. For senior citizens, the Sanjeevani Yojana will provide free healthcare facilities.

The fourth guarantee promises to waive outstanding "hiked" water bills, while the fifth guarantee is of round-the-clock supply of clean drinking water to every household in the national capital.

Among other key promises is a commitment to clean the polluted Yamuna River and make Delhi's roads world-class.

Under the Babasaheb Ambedkar Scholarship Yojana, the AAP has pledged scholarships for SC and ST students to study abroad. Male students will also benefit, with free bus rides and a 50 per cent discount on metro fares.

The manifesto further promises Rs 18,000 monthly financial aid to priests and Gurudwara Granthis and the extension of free electricity and water benefits to tenants. Additionally, AAP has committed to improving Delhi's sewage system, issuing ration cards to those left out of the system, and offering financial support to auto and cab drivers. The party has also promised Rs one lakh for their daughters' weddings and Rs 10 lakh insurance coverage.

Resident Welfare Associations (RWAs) will also receive funds to hire security guards and address local safety concerns.

Kejriwal emphasised that the AAP's existing free welfare schemes, which provide benefits worth approximately Rs 25,000 per month to Delhi residents, would continue if the party retains power.

"The BJP has already made it clear that they will stop all these schemes if they come to power. I want to ask the people of Delhi – will you be able to bear the cost if the BJP stops these benefits?" he asked.

The manifesto is being pitched as a reaffirmation of AAP's governance philosophy, which prioritises welfare and infrastructure improvements.

With the BJP threatening to disrupt the status quo, the upcoming polls are expected to be a high-stakes battle between the two

Maha Kumbh Govt Says Taking Steps To Rationalise Fares For Prayagraj Flights

NEW DELHI: The civil aviation ministry on Monday said steps are being taken to rationalise airfares for flights to Prayagraj and the number of flights has been increased to cater to the rising traffic demand in view of the Maha Kumbh.

Amid concerns over surging airfares for the flights to Prayagraj, where the Maha Kumbh will be on till February 26, officials of aviation regulator DGCA held a meeting with airline representatives last week and urged them to add more flights and rationalise the ticket prices.

Currently, there are 132 flights operating with approximately 80,000 monthly seats to Prayagraj from various Indian cities. Prayagraj is connected directly with 17 cities against 8 cities in December 2024. In a release, the ministry said that with direct and connecting flights reaching 26 cities, including Srinagar and Visakhapatnam, Prayagraj is now a well-connected hub for devotees. According to the ministry, the new flights are part of the ongoing efforts to ensure regional connectivity and accommodate the influx of travellers to Prayagraj during the Maha Kumbh period.

Uttarakhand Becomes First State To Implement Uniform Civil Code

DEHRADUN: Uttarakhand on Monday became the first state in the country to implement the Uniform Civil Code with the ruling BJP fulfilling a major commitment made ahead of the 2022 Assembly polls.

The UCC came into force as Chief Minister Pushkar Singh Dhami unveiled its notification, released the rules for its implementation and launched a portal created for the mandatory online registration of marriages, divorce and live-in relationships.

The event took place in the auditorium at Dhami's official residence called "Mukhya Sevak Sadan" in the presence of his ministerial colleagues and a host of senior officials.

"The UCC, creating equal laws for every citizen across all religions, comes fully into effect at this moment. The credit for it goes entirely to the people of the state," Dhami said at the function.

It is an instrument to put an end to all discriminatory practices against women regardless of their

religion, he said.

It marks a historic moment

term, a feat never achieved by any other party in the state since



as Uttarakhand is the first state in independent India to bring into effect a UCC, modelled basically upon the vision of a single set of laws applying to all citizens, regardless of their religion as enshrined in Article 44 of the Constitution.

It is also the fulfilment of a major pre-poll promise made by Dhami to the people of the state at the time of the 2022 Assembly polls which saw the BJP retaining power for a second consecutive

its creation in 2000.

On several occasions, Dhami has attributed the historic mandate to the party's commitment to the electorate about bringing a UCC if voted to power for the second time in a row.

As soon as Dhami formed the government again in March 2022, the state cabinet at its very first meeting chaired by him cleared a proposal for the formation of an expert committee to draft it.

Every Sacred Tenet Of Constitution Being Shredded Into Pieces By Authoritarian Regime: Kharge

NEW DELHI: In a scathing attack on the BJP-led Centre, Congress president Mallikarjun Kharge alleged on Sunday that a hateful agenda, immersed in religious fundamental-

ism, has sought to divide the society over the last 10 years and every sacred tenet of the Constitution is being "shredded into pieces by an authoritarian regime".

He claimed that the ruling Bharatiya Janata Party (BJP) practises pseudo-nationalism by making disadvantaged youngsters carry the flag of "nationalism" and "religious supremacy", but does nothing to get them employment.

In his message to the nation on the 76th

Republic Day, Mallikarjun Kharge said it is high time that people preserved and protected the ideas and ideals of the Constitution – justice, liberty, equality and fraternity.

"We uphold the values espoused by our founders. Be ready to make every sacrifice to protect the Constitution. This will be the true tribute to our ancestors," Mr. Kharge said.

He said it is also time to reflect upon how the country is witnessing constant attacks on the Constitution.

The ruling party has unleashed a continuous degradation of India's institutions, built carefully over decades, the Congress chief alleged.

"Political interference in autonomous institutions has become a norm. Exercising control over their independence is being seen as a virtue of power. Federalism is being trampled on a daily basis and the rights of Opposition-governed states are being curtailed," he further claimed.

Government of Jammu and Kashmir

Public Works (R&B) Department Civil Secretariat, Jamrnu/Srinagar.

Subject: Tentative seniority list of Executive Engineers (Civil) Degree Holders of Public Works (R&B) Department

NOTICE

WHEREAS, the Final Seniority of Executive Engineers (Civil), Degree Holders, was notified vide Government Order No. 172-PW(R&B) of 2024 dated 21.06.2024;

AND WHEREAS, on the recommendations of the Departmental Promotion Committee/J&K Public Service Commission, a number of Assistant Executive Engineers have been promoted/regularized as Executive Engineers vide various Government Orders after the issuance of the above said Final Seniority of Executive Engineers (Civil), Degree Holders;

AND WHEREAS, these changes have warranted revision of the above said Final Seniority list of Executive Engineers (Civil), Degree Holders and after consideration of the matter, it has decided to issue a revised tentative seniority list for inviting objections from the concerned stake holders;

NOW, THEREFORE, the tentative seniority list of Executive Engineers (Civil), Degree Holders, is hereby notified as per 'Annexure-A' to this notice.

The notification of the tentative seniority list is subject to the following conditions:

- i. The stakeholders/ members shall submit their objections, if any, against the seniority assigned to them, along-with material proof/documents in support of their claim for seniority, within 15 days from the date of issuance of the tentative seniority list.
- ii. The claims/ objections shall be submitted through concerned Head of Department/ Chief Engineer or through CRU Jammu/ CRU Srinagar.
- iii. The claims/ objections filed by any members shall clearly indicate details of the applicant/member of the service i.e., Name, Designation, Present place of posting, CPIS Number, Email ID and Contact Number.
- iv. Anonymous/ Pseudonymous claims/ objections shall not be entertained.
- v. Any claim/ objection received through any means after prescribed 15 days time shall not be entertained and shall be rejected without going into merits.
- vi. This shall be without prejudice to the outcome of the writ petition(s), pending in any competent court(s) of law.
- vii. The date of birth recorded in the seniority list shall in no manner be construed as final and shall be subject to verification from service-book/date of birth certificates of the concerned officers.

2. Additional Chief Secretary to Hon'ble Chief Minister, J&K.
3. Principal Secretary to the Hon'ble Lieutenant Governor, J&K.
4. All Heads of Departments/Managing Directors/ Chief Engineers.
5. Director, Information, J&K, with the request to publish the 'Notice' in two leading Newspapers in Union territory of Jammu and Kashmir.
6. Director, Archives, Archaeology and Museums, J&K.
7. Private Secretary to the Chief Secretary.
8. Private Secretary to Secretary to the Government, Public Works (R&B) Department.
9. Private Secretary to Administrative Sectary, General Administration Department, Union territory of Ladakh.
10. Incharge Website, PWD.
11. Government Order file/Stock file.

No: PWD-HRM1/33/2024[7453688]
Dated: 27.01.2025

Sd/ (Bhupinder Kumar), IAS
Secretary to the Government

DIPK-11284/24

Government of Jammu and Kashmir

Public Works(R&B) Department Civil Secretariat, J&K

Subject: Acceptance of Degree of Mr. Shahid Akbar Lone, Junior Engineer and inclusion of name in the Seniority list of Degree Holders of Junior Engineers.

NOTICE INVITING OBJECTIONS

Whereas, the Chief Engineer R&B Department vide communication No. CE/RBK/ADM/27691-95 dated 06.11.2021 has intimated that the Administrative Department accorded the sanction to the grant of one year Study leave permission in favour of Mr. Shahid Akber Lone for acquiring higher qualification as per following details :-

S. No	Name of the Engineer	Date of appointment / confirmation	Date of enrollment	Mode of degree	University	Date of passing degree	Status of permission
1	Shahid Akber Lone	February, 2012	Nov 2020	Regular	Baba Ghulam Shah Badshah University	June, 2023	Granted vide Vide Government Order No. 308-PW(R&B) of 2020 dated 27.11.2020 and extended Government Order No. 356-PW(R&B) of 2021 dated 26.11.2021 read with the Government Order No. 418-PW(R&B) of 2022 dated 28.11.2022

Whereas, the Chief Engineer, PW (R&B) Department, North Kashmir vide letter No. CE/NK/ESTB/2545-46 dated 06.09.2024, has forwarded the final marks sheet of the candidates issued on 27.06.2023 which stands verified by the BGSB University vide No. BGSBU/CoE/2341 dated 14.09.2023.

Whereas, the above named Junior Engineer has also produced undertaking in the shape of Affidavit dully attested by the 1st Class Magistrate, affirming therein that the certificates/ documents submitted by him are genuine, if at any stage it is found that the documents submitted by him are fraud/ forged/tempered the authorities are at liberty to take action against him as per law as deem fit and proper.

Whereas, on further examining of the case, it has been observed that there is a case to accept his Degree from the date of passing of his Degree and include his name at appropriate place in the relevant seniority list of Degree Holders Junior Engineers (Civil) as and when the same is notified afresh by the department and also exclusion of his name from the seniority list of Diploma Holders Junior Engineers (Civil).

Now, therefore, before acceptance of the Degree acquired by the above named Junior Engineer (Civil) and also inclusion of his name at appropriate place in the seniority list of Degree Holders Junior Engineers (Civil), objections are hereby invited from the members of the Service, who are likely to be affected due to decision of the department which should reach in the Administrative Department through concerned Chief Engineer/s by Post or by e-mail to compwd@rediffmail.com within a period of 21 days from the date of issuance/ publication of the notice. No claim, whatsoever, shall be entertained after expiry of stipulated time period.

No.PWD-NGAZOCIV/169/2021-05
Dated: 27.01.2025

Sd/- (Hamid Hameed)
Under Secretary to the Governments

DIPK-11311/24

Govt Puts Bandipora Hospital MS on Notice After MLA's Night Inspection

Lawmaker finds several wards shut during late-night inspection

■ CONVENER NEWS DESK

BANDIPORA: The Jammu and Kashmir Government has put In-Charge Medical Superintendent of Bandipora District Hospital on notice after Bandipora lawmaker found many sections of the hospital closed in the wee hours, asking him to explain his position within three days.

The explanation has been sought by the Department of Health and Medical Education after lawmaker Nizamuddin Bhat made a surprise visit to the hospital on January 23 and streamed a live video on social media showing many wards closed, puncturing the claims made by the hospital administration about 24/7 services. Bhat claimed to have found many doctors absent.

“Whereas, a video surfaced online showing Nizamuddin Bhat, MLA, visiting District Hospital Bandipora on 23-01-2025 at night, and whereas several rooms were found locked, and many doctors were unavailable,” reads the explanation issued by the government, a copy of which is available with Kashmir Convener.

The government stated that this has raised serious concerns regarding hospital management during night hours and has directed the MS to explain his position within three days to enable further action.

The hospital administration had earlier claimed that several sections of the facility

were functional 24/7. However, locals have dismissed these claims as mere publicity stunts, alleging that most departments shut down after 5 PM, leaving trainee health workers to manage the hospital's affairs.

While talking to Kashmir Convener, locals



said most of the departments remain closed after 5 PM, and the affairs are being managed by trainee health workers.

The In-Charge Medical Superintendent Dr. Masarat has remained in the news since his posting on New Year's Eve as he has faced multiple allegations of corruption and administra-

tive misconduct during his previous tenures in Bandipora as the BMO.

On December 29, the government transferred Dr. Masarat Iqbal Wani (Medical Officer, Block Lar) to District Hospital Bandipora as Medical Superintendent, as per Government Order No. 915-JK(HME) of 2024.

Dr. Masarat's first tenure as In-Charge Block Medical Officer (BMO) Bandipora in 2018 was marred by allegations of embezzlement, misuse of resources, and illegal appointments.

According to official documents (a copy of which is available with Kashmir Convener), he was accused of withdrawing Rs 30,000 from the Hospital Development Fund (HDF) for unauthorized salaries and diverting Rs 50,168 from the HDF to a private service station without approval from the local MLA, who was the Chairman of the Rogi Kalyan Samiti (RKS).

He was also accused of consuming fuel worth Rs 1.5 lakh by using a hospital ambulance for his daily commute to his residence in Goshbug Pattan from Bandipora.

Notably, the Directorate of Health Services Kashmir (DHSK) attached him to the Directorate's office following an inquiry but did not

lodge any formal case. (The year of this incident has not been specified.) Then-local MLA Bandipora, Usman Majid, had directed the recovery of Rs 1.85 lakh from the accused for alleged violations.

In his second tenure in 2021 as BMO Bandipora, Dr. Masarat once again found himself in the spotlight for the wrong reasons. On November 25, 2021, the BMO office was gutted in a mysterious fire that destroyed the service books of over 60 employees. Locals suspected the fire was a deliberate attempt to conceal evidence of illegal appointments, although these allegations were never independently verified.

Sources revealed that during the same tenure, the BMO office had a strained relationship with the Chief Medical Officer (CMO) office. Both offices exchanged allegations and counter-allegations regarding the procurement of medicines and oxygen concentrators, with each accusing the other of corruption. “This internal discord badly impacted the smooth functioning of healthcare services in Bandipora,” civil society members told Kashmir Convener.

Dr. Masarat's repeated controversies have cemented his reputation as a ‘controversial figure’ within the health department, especially in Bandipora, where both of his previous tenures were characterized by allegations of mismanagement and misconduct. This latest controversy, emerging within just a month, has further validated public apprehensions.

Isolated In Winter, Gurez Valley Yearns For Year-Round Connectivity

SAJID RAINA

SRINAGAR: Villages near the Line of Control (LoC) in north Kashmir face severe challenges every winter when heavy snowfall disconnects them from the rest of the world.

Essential commodities, including food and healthcare, become scarce as roads remain blocked for months, leaving residents to endure long periods of isolation.

The Gurez Valley, located near the LoC, is one such area. Known for its snow-capped mountains and pristine rivers, the valley transforms into a harsh winter zone for its residents.

“We stock firewood, rice, oil, and dried vegetables before the snowfall begins,” Abdul Rasheed, a resident of Tulail, told the news agency—Kashmir News Observer (KNO), adding, “These provisions are critical for survival as roads connecting the valley to Bandipora remain inaccessible for several months.”

Razdan Pass, the main route to Gurez, records about 10–15 feet of snow during winter. This heavy snowfall blocks the road, leaving the region isolated.

According to locals, this closure creates administrative challenges

and disrupts daily life. “During winter, we cannot even take critically ill patients to the hospital. Sometimes, it takes days to move a body back to its native area for burial,” one of the residents said.

The administration has been using helicopters to manage medical



emergencies. “Critically ill patients are airlifted to city hospitals, and students in need of evacuation also use the chopper service,” an official told KNO.

However, locals expressed concerns about this reliance on choppers. “If the weather is bad, the helicopters can't operate,” said Ishfaq Ahmad, another local.

The region's harsh conditions force many residents to leave during winter.

Bashir Ahmad, a health worker, said the closure of roads, coupled with health emergencies and food shortages, forces migration.

“For those who stay, daily life is

centred around survival,” Bashir said, adding, “During heavy snowfall, we gather at someone's house to sing traditional songs and share folktales.”

The winter months also bring unique challenges in healthcare. The sub-district hospital often remains out of reach for residents due to blocked roads. “The snow-clad region includes 15 sub-villages, and during winter, accessing healthcare is nearly impossible,” said a local.

Despite the administration's efforts, the lack of a year-round road link remains a problem.

Residents believe a tunnel at the high-altitude Razdan Pass could provide a permanent solution. “A tunnel would ensure year-round connectivity and eliminate dependence on temporary measures like helicopter services,” another resident said.

Snow clearance operations are currently underway to reopen the Gurez-Bandipora road. “We are working to ensure the road is cleared as soon as possible,” an official said.

“Winter life here is about patience and preparation. You might not see your neighbours for weeks because of the snow,” said Aziz, another local. “The challenges are an integral part of life in the Gurez Valley.”—(KNO)

Basharat Bukhari Commends MMU for fulfilling religious duties on Wakf Board Proposed Bill

SRINAGAR: PDP Senior Leader and former law minister Syed Basharat Bukhari Monday commended the Muttahida Majlis-e-Ulema (MMU) from Jammu and Kashmir, for meeting with the JPC to express their concerns and suggestions on the proposed Wakf Amendment Bill.

In a statement, Bukhari said, “The J&K's Muttahida Majlis-e-Ulema (MMU), delegation met the JPC in Delhi and put forward their concerns, objections, and suggestions on the proposed Wakf amendment bill. MMU members have fulfilled their religious duties/responsibilities and for us Muslims around the globe the Sharia is sacred and should not be alerted and touched through any way or legislation.”

The former minister, while expressing surprise at the absence of any engagement of NC parliamentarians with JPC on the issue so far, hoped that the two elected MPs from the ruling National Conference from Central Kashmir and South-Pir Pan-chal seats must also take time and meet the empowered committee to

register the concerns of the community in J&K about the proposed amendments.

“Both of the MPs being Muslims themselves and having religious sway in their capacities as well, have an extra responsibility to represent the



community's apprehensions vociferously on the proposed amendments in the JPC and stand up against all such amendments which are against the Shariah Law.” Said Syed Basharat Bukhari. He said that if the two MPs haven't met as yet, they should do so swiftly so that a strong pitch is made against any possible interference in the Shariah Law. [KNT]

J&K Students Association Appoints New Media Coordinators to Amplify Student Representation

SRINAGAR: The Jammu and Kashmir Students Association (JKSA) has announced the appointment of new media coordinators to strengthen the representation of students from Jammu and Kashmir at both regional and national levels. The decision, made by the Central Working Committee (CWC) after extensive deliberations and a performance-based review, aims to bolster the association's outreach and support for the student community.

The newly appointed media coordinators are Dr. Adil Hassan, Faheem ul Islam, Anfoo Mahajan, Sadia Masoodi, and Krishna Suproo. Leading the team will be Rohool Banka, who has been designated as the Chief Media Coordinator. Banka will oversee coordination across institutions and ensure seamless communication among various teams.

Mushtaq Habeeb, Chairman of the JKSA, congratulated the appointees and urged them to prioritize the welfare, safety, and security of students. He emphasized the importance of building strong regional teams, increasing membership, and fostering collaboration within the association.

“These appointments will infuse fresh energy into our organization, enabling us to better serve the student community and address their concerns,” said Habeeb. He further stressed the significance of a close partnership between state body heads and the Central Working Committee to resolve issues and advocate effectively for students.

The JKSA is confident that the new team will enhance its efforts to support students and amplify their voices, reinforcing the association's commitment to their representation and welfare.

Statehood Restoration Linked to Specific Parameters, Says BJP's Ashok Kaul

JAMMU: BJP General Secretary for Jammu and Kashmir, Ashok Kaul, Monday clarified that the BJP-led Central Government will assess specific parameters before granting statehood back to Jammu and Kashmir.



He emphasized that only the elected government in New Delhi has the authority to restore statehood, a commitment already made by Prime Minister Narendra Modi to Chief Minister Omar Abdullah.

Reacting to recent remarks by Apni Party Chairman Syed Altaf Bukhari, who claimed that only his party could restore statehood, Kaul dismissed the statement with skepticism. “I don't know what kind of magical wand Apni Party has and how it plans to restore statehood to Jammu and Kashmir,” he remarked.

Kaul while talking to the news agency Kashmir News Trust reiterated that the BJP remains committed to returning statehood to Jammu and Kashmir at an appropriate time. “Sooner or later, Jammu and Kashmir will get back its status as a state, and it will be the BJP that fulfills this promise,” he said.

Notably, the restoration of statehood has been a prominent issue in political discourse since Jammu and Kashmir was reorganized as a Union Territory in 2019 following the abrogation of Article 370. BJP leaders have consistently maintained that statehood will be granted when conditions align with the central government's goals of peace and progress for the region. [KNT]

Animal Husbandry Department unveils Calendar for 2025

SRINAGAR: Animal Husbandry Department Kashmir today officially unveiled its calendar for the year 2025 in an impressive function, held here.

The unveiling function was presided over by the Director Animal Husbandry Kashmir, Dr. Parvinder Singh Sudan, and Burhan Hussain, Assistant Director Information department serving as the guest of honour with all departmental officers/officials in attendance.

The calendar is part of an ‘information dissemination’ campaign initiated by the Animal Husbandry Department to apprise masses about departmental advisories/schemes/programmes besides initiatives and achievements.

Dr. Sudan highlighted that this initiative aims to provide valuable month-wise advisories specifically designed for pet and livestock owners. This structured approach is intended to enhance awareness regarding animal care practices throughout the year.

He said it also acts as a source for information regarding employment generating departmental schemes that align with broader goals aimed at doubling farmers' incomes in Kashmir.

Media Liaison Officer, Dr. Anwar Hussain Nagoo stated that the calendar acts as a strategic planning tool for individuals involved in animal husbandry by providing specific dates and information relevant to their activities, like breeding schedules, feeding regimens and health check-ups.



JK Cements Set To Acquire 60% Stake Of Saifco Cements

Srinagar: JK Cement Ltd. is set to mark its presence in J&K, as the industrial giant has entered into a joint venture with Saifco Cements.

According to the Associated News Bureau, JK Cement Ltd, one of the leading building materials company and one of India's leading manufacturer of grey and white cement globally, announced that it has entered into a joint venture agreement with Saifco Cements Pvt. Ltd, one of the leading cement brands in Kashmir with an enterprise valuation of INR 290 Crores.

JK Cement will acquire a 60% stake in Saifco Cements at a value of INR 174 Crore. This acquisition marks a strategic step in expanding JK Cement's presence in one of the fastest growing regions of the country and furthering its footprint in Northern India. Saifco Cements brings strong manufacturing capabilities and an impressive presence in the Jammu & Kashmir market, which will scale up to meet the business plan objectives for JK Cement over the next few years. This move aligns with the government's focus on boosting infrastructural growth in Jammu and Kashmir region, accelerating the development journey.

Expressing his delight, Dr. Raghavpat Singhania, Managing Director, JK Cement Ltd. said, “Known for its rich culture and resilience, Jammu & Kashmir brings a special meaning to us, this acquisition is a significant step forward in accelerating JK Cement's growth journey.

He said they are committed to ensuring a seamless and successful integration of our businesses, bringing together our combined expertise and experience.

“The state of J & K not only holds strategic importance but also has immense potential for infrastructural development and partnering with Saifco Cements is a step towards solidly cementing the goal to manufacture the best for our customers and nation,” he said.

Saifco's integrated manufacturing unit at Khunmoh in Srinagar is spread across 54 acres of land and has a clinker capacity of 0.26MTPA and grinding capacity of 0.42MTPA. It has captive limestone reserves spread over an area of 144.25 hectares with a total mineable reserve of 129MnT.

Sharing his views on the acquisition, Madhavkrishna Singhania, Joint MD and CEO, JK Ce-

ment Ltd. said, “With this acquisition, we are strategically positioned to build a robust presence in Jammu and Kashmir. The location and rich



limestone reserves of Saifco offer a unique opportunity to significantly increase our overall capacity. Currently, per capita cement consumption in Kashmir stands at approximately 168 kilograms, nearly 55% of the national average, presenting a vast growth potential. Cement demand typically leads economic expansion by a factor of 1.2X in regions with significant infrastructural development opportunities, and Kashmir is undoubtedly one of these regions. This acquisition opens up limitless possibilities to drive growth and foster progress in the region.”

The government is committed to Jammu and

Kashmir's progress and has undertaken multiple projects and initiatives for the states' growth and infrastructural development. The acquisition will involve both the companies working together to increase the capacity of the cement production by leveraging the expanse of the limestone reserves in the next 5 years.

Manzoor Ahmad Guna, Chairman, Saifco Cements Pvt. Ltd. said, “We are very happy to join hands with JK Cement who are deeply committed towards nation's growth, people, and communities. We are excited about the opportunity to work together to scale our operations and establish ourselves as the leading cement players in the Kashmir Valley.

At Saifco, we take pride in our endeavour towards bringing the country's leading business houses to the valley and contribute to its growth and development through such strategic alliances. We are confident that this partnership will empower us with the expertise and resources needed to drive continued success.” The acquisition is subject to regulatory approvals and conditions. (ANB)

Science, Spirituality, Kashmir and the Maha Kumbh

Maha Kumbh resonates deeply with the land of Rishis—Kashmir, a cradle of spiritual and intellectual advancements, particularly through the teachings of Kashmiri Shaivism. Known for their profound contributions to philosophy, literature, and spirituality, these Vedic scholars have long recognised the Kumbh as a crucible of wisdom.



Rahul PAWA | @imrahulpawa

As the first rays of the sun kiss the sacred waters of the Ganga, a sea of humanity gathers. Millions of voices hum ancient mantras in unison, their echoes rising like a hymn offered to the universe. This is the Maha Kumbh, a phenomenon so rare and so profoundly timeless that it feels like the universe itself pauses to bear witness. This is not merely the world's largest gathering of people. It is an alchemical confluence of the tangible and the transcendental, the earthly and the divine, where the boundaries between science and spirituality blur into irrelevance. For here, at this sacred juncture, the cosmos speaks—through the stars, the rivers, and the beating hearts of the countless souls drawn to its call.

The story of the Maha Kumbh begins far beyond the mortal realm, in the vast expanse of the cosmos. In the ancient language of the Vedas, the celestial alignment of the Sun, Moon, and Jupiter is not just an astronomical event; it is a dialogue between the universe and the soul. When these celestial bodies harmonise within specific zodiac constellations, they create a surge of energy so potent that it alters the very fabric of existence. To the modern astronomer, these are mathematical certainties, predictable patterns in the sky. But to the sages of old, they were keys to the cosmic rhythm, unlocking portals to higher realms of consciousness. The Kumbh, with its roots entwined in this celestial dance, becomes a moment when the universe extends an invitation to humanity: to awaken, to cleanse, and to transform.

Beneath the gaze of these celestial alignments flows the Ganga, a river revered not only as a deity but as a living force. Science has begun to decode her mysteries, revealing the presence of rare bacteriophages and medicinal microbes that lend her waters an extraordinary capacity for healing. To bathe in the Ganga during the Kumbh is to partake in an ancient ritual of purification, where science and spirituality converge in the most elemental of substances—water. But there is something

more profound at work. For millennia, the rishis have understood water as a conduit for energy, memory, and vibration. The act of immersion in the Ganga is more than a ritual; it is a sacrament, a surrender to the cleansing embrace of life itself. The waters

particularly through the teachings of Kashmiri Shaivism. Known for their profound contributions to philosophy, literature, and spirituality, these Vedic scholars have long recognised the Kumbh as a crucible of wisdom. Kashmiri Shaivism, a philosophy that

the divine, their participation in the Maha Kumbh is not just an act of devotion but a reaffirmation of their place in the eternal symphony of life. As the Maha Kumbh unfolds, it offers a rare and precious gift—a chance to step out of the ordinary and



carry away the weight of karma, whispering secrets of renewal and rebirth as they flow onward, eternal and unyielding.

What draws millions from every corner of the globe to this sacred gathering? Ambassadors from 73 nations—including Japan, the United States, Russia, Ukraine, Bhutan, and South Africa—will walk alongside sadhus cloaked in ash, their worldly identities dissolved in the shared rhythm of devotion. They come, not out of curiosity, but out of an unspoken recognition that the Kumbh is a phenomenon that transcends faiths, culture, and geography.

Each pilgrim carries a question in their heart, a longing to understand the ineffable. And as they step into the Ganga's waters, they become part of an eternal current—an invisible thread connecting them to every seeker who has ever walked this path.

Maha Kumbh resonates deeply with the land of Rishis—Kashmir, a cradle of spiritual and intellectual advancements,

celebrates the unity of the self and the universe, finds its expression in the rituals and teachings of this sacred gathering. Even today, the echoes of their wisdom can be heard in Shadipur, where Kashmir's own Kumbh unfolds at the confluence of Vitasta (Jhelum) and Sindh. It is said that to partake in the Kumbh is to honor this legacy, to step into the footprints of those who sought enlightenment not just for themselves, but for all of humanity. In a world hurtling forward at breakneck speed, the Maha Kumbh is a reminder of the timeless truths that anchor us. It is a call to pause, to reflect, and to remember that we are not separate from the cosmos but part of its intricate web. It invites us to align not just with the stars but with the deeper rhythms of our own being.

For the people of Kashmir, this call is particularly poignant. As inheritors of a spiritual heritage that bridges the earthly and

into the extraordinary. It is an invitation to bathe in the sacred waters, to feel the pulse of the universe in every breath, and to remember that we are all part of a story far greater than ourselves.

This is the Kumbh's magic: that it transforms the mundane into the sacred, the individual into the universal. It is not just an event; it is an awakening, a moment when the Earth and the heavens meet, and every soul is reminded of its eternal nature. In the Maha Maha Kumbh, science and spirituality do not stand apart; they dance together in a cosmic embrace. And for those who answer its call, it is a journey not just to a sacred river but to the very heart of existence itself.

(Rahul Pawa is an international criminal lawyer and director of research at New Delhi based think tank Centre for Integrated and Holistic Studies.)

Emotional Suppression and Its Burden on Mental and Physical Health

Dr mehjabeen

Emotions are a fundamental aspect of the human experience, shaping how we perceive and respond to the world around us. However, many people struggle with openly expressing their true feelings, often choosing to suppress them for various reasons—fear of judgment, societal expectations, or personal insecurities. While emotional suppression might provide a temporary sense of control or relief, its long-term effects can be detrimental to both mental and physical health. The hidden burdens we carry silently influence our thoughts, behaviors, relationships, and overall well-being, often without us realizing their true impact.

Understanding Emotional Suppression

Emotional suppression refers to the conscious or unconscious effort to withhold or ignore feelings rather than expressing them in a healthy way. It often stems from a desire to avoid discomfort, conflict, or vulnerability. Suppression is commonly associated with emotions such as sadness, anger, fear, and frustration—feelings that society often labels as undesirable or inappropriate. Individuals may learn from a young age that expressing emotions is unacceptable, leading them to adopt coping mechanisms that involve bottling up their feelings. Over time, this habit can become deeply ingrained, making it challenging to acknowledge emotions even in situations where openness is necessary for healing and growth.

Why Do People Suppress Their Emotions?

There are several reasons why individuals choose to suppress their emotions rather than express them openly. One of the most common reasons is fear of judgment. People often worry about how others will perceive their emotions, fearing they might be seen as weak, overly sensitive, or irrational. This fear is especially prevalent in environments that prioritize strength, resilience, and emotional stoicism. Societal expectations also play a significant role in emotional suppression. In many cultures, there is an unspoken pressure to maintain composure, stay strong, and avoid showing vulnerability. Men, in particular, are often socialized to suppress emotions such as sadness or fear, as expressing them might be perceived as a threat to their masculinity. Similarly, women may suppress emotions such as anger or frustration to conform to societal expectations of being nurturing and composed.

Past experiences contribute significantly to emotional suppression as well. Individuals who have faced rejection, criticism, or betrayal when expressing their emotions may develop a defense mechanism of withholding their feelings

to avoid experiencing similar pain again. Negative experiences with emotional expression can lead to self-doubt and hesitation in opening up to others.

Feelings of shame and guilt are additional factors that drive emotional suppression. People may feel embarrassed



or ashamed of their emotions, believing that they should be able to handle challenges without showing weakness. Guilt may also arise when emotions conflict with societal or cultural values, leading individuals to suppress them rather than confronting the underlying issues.

Lastly, cultural and familial influences often dictate how emotions should be expressed. In many cultures, emotional openness is discouraged, and individuals are expected to maintain a façade of strength and self-sufficiency. Family upbringing also plays a critical role; individuals raised in environments where emotions were dismissed or invalidated may struggle with expressing their feelings as adults.

Psychological Impact of Suppressed Emotions

Suppressing emotions can have profound psychological effects, often leading to the development of mental health challenges such as anxiety, depression, and emotional numbness. When emotions are consistently ignored or pushed aside, they accumulate over time, creating an internal pressure that can manifest in various ways.

One of the most significant consequences of emotional suppression is increased stress levels. The effort required to hide or avoid emotions places a constant strain on the mind, leading to chronic stress and tension. Over time, this stress can contribute to burnout, exhaustion, and difficulties in coping with everyday life.

Another common psychological effect of emotional suppression is emotional detachment or numbness. When individuals suppress emotions for extended periods, they may begin to feel disconnected from their true selves and struggle to experience joy, excitement, or deep connections with others. This emotional disconnection can create a sense of emptiness and dissatisfaction with life.

Unprocessed emotions can also lead to relationship

difficulties. Suppressing feelings may result in misunderstandings, unresolved conflicts, and an inability to express needs and desires within relationships. Over time, suppressed emotions can create emotional barriers that hinder intimacy and trust, leading to feelings of isolation and loneliness.

Furthermore, suppression can contribute to negative self-perception. Individuals who regularly suppress their emotions may struggle with self-esteem and self-worth, believing that their feelings are not valid or important. This internalized belief can lead to self-criticism and a lack of self-compassion, making it difficult to build a positive relationship with oneself.

Physical Consequences of Emotional Suppression

The mind and body are intricately connected, and the suppression of emotions can have tangible effects on physical health. When emotions are ignored or bottled up, the body's stress response is frequently activated, leading to long-term health consequences.

One of the most common physical manifestations of emotional suppression is chronic stress. Suppressing emotions triggers the release of stress hormones such as cortisol, which, when prolonged, can contribute to high blood pressure, cardiovascular issues, and a weakened immune system. Individuals who suppress emotions may experience frequent headaches, muscle tension, and fatigue due to the body's continuous response to unprocessed stress.

Suppressed emotions are also linked to gastrointestinal problems. Conditions such as irritable bowel syndrome (IBS) and indigestion are often exacerbated by emotional stress that is not adequately addressed. The gut-brain connection plays a significant role in how emotions impact digestive health, highlighting the importance of emotional expression in maintaining overall well-being.

Sleep disturbances are another common consequence of emotional suppression. When emotions are not expressed, they can linger in the subconscious mind, leading to racing thoughts, anxiety, and difficulty falling or staying asleep. Poor sleep quality can further contribute to emotional instability, creating a cycle of suppression and distress.

In addition to stress-related conditions, suppressed emotions can contribute to weakened immunity, making individuals more susceptible to illnesses and chronic health conditions. The body's ability to fight infections and recover from illnesses is compromised when emotional stress is left unaddressed.

Breaking the Cycle of Emotional Suppression

Overcoming emotional suppression requires a conscious effort to recognize and embrace one's emotions in a healthy and constructive way. The first step in breaking the cycle is self-awareness. Acknowledging emotions without

judgment and understanding their root causes can help individuals develop a more compassionate perspective toward their feelings.

Embracing vulnerability is crucial for emotional healing. Allowing oneself to feel and express emotions openly, whether through talking, writing, or creative outlets, can provide a sense of relief and emotional clarity. Seeking support from trusted individuals or professional therapists can create a safe space for emotional expression and processing.

Practicing mindfulness and self-care can also aid in emotional regulation. Engaging in activities such as meditation, deep breathing exercises, and journaling can help individuals connect with their emotions and process them effectively. Developing healthy coping strategies, such as physical activity and hobbies, can also provide positive outlets for emotional expression.

Challenging societal and cultural expectations around emotional expression is an essential part of fostering a culture of emotional openness. By encouraging conversations about mental health and emotional well-being, individuals can contribute to a supportive environment where emotions are validated and accepted.

The Importance of Emotional Expression

Expressing emotions in a healthy and constructive way allows individuals to experience greater self-awareness, improved relationships, and overall well-being. Emotional expression fosters connection, resilience, and authenticity, enabling individuals to navigate life's challenges with greater ease. Rather than viewing emotions as a sign of weakness, recognizing them as a source of strength and growth can transform how individuals approach their mental and physical health.

Conclusion

The hidden burdens we carry in the form of suppressed emotions can significantly impact our mental and physical health, creating a cycle of stress, disconnection, and illness. Recognizing the importance of emotional expression and taking steps to embrace feelings with openness and compassion is essential for long-term well-being. Breaking free from emotional suppression not only enhances personal growth but also strengthens relationships and creates a healthier, more authentic life. It is time to acknowledge that expressing emotions is not a weakness but a vital part of the human experience—one that leads to healing, connection, and inner peace.

Author Is Founder Vision High Mental-Being Wellness

Chief Minister Omar Abdullah inaugurates Tawi State Guest House in Jammu

JAMMU

Chief Minister Omar Abdullah today inaugurated the newly constructed Tawi State Guest House on Canal Road, Jammu, in a significant addition to the state's hospitality infrastructure. Deputy Chief Minister Surinder Choudhary, Ministers Javed Ahmad Dar and Satish Sharma, Advisor to the Chief Minister Nasir Aslam Wani, Chief Secretary Atal Dulloo, Additional Chief Secretary Dheeraj Gupta, Principal Secretary Hospitality & Protocol Rashmi Singh, Director Hospitality & Protocol Ashwani Kumar, Joint Director H&P Naresh Kumar and other senior officers and concerned officials attended the event.

During the inauguration, the Chief Minister conducted a detailed inspection of the facility, including the VVIP suites, mini suites, bedrooms, conference hall and other amenities.



Officials briefed him on the space allocation and state-of-the-art

facilities available at the guest house. Speaking on the occasion, the Chief Minister commended the efforts of the Hospitality & Protocol Department in developing this facility that will serve as an important asset for hosting state guests and high-level delegations. Giving details, an official handout stated that the ground floor of the guest house features five suites, three bedrooms, a conference hall with a seating capacity of 45 persons, a kitchen, pantry and waiting area. The first floor comprises of one VVIP suite, two mini suites, two suites, two additional rooms and another waiting area. The guest house has been equipped with modern amenities, including an advanced HVAC system, a furnished conference hall with audio-visual facilities, and an 8-passenger lift for convenience.

Chief Minister Omar Abdullah extends greetings on occasion of Shab-i-Miraj

JAMMU: Chief Minister Omar Abdullah today extended his heartiest greetings to the people of Jammu and Kashmir on the auspicious occasion of Shab-i-Miraj, marking the miraculous night journey and ascension of Prophet Muhammad (SAW) to the heavens. In his message of felicitation, the Chief Minister highlighted the profound significance of this sacred event, stating that it reaffirms the truthfulness, greatness and devotion of Prophet Muhammad (SAW) to Almighty Allah. "Shab-i-Miraj is a testament to the unparalleled honesty, integrity and spiritual eminence of the beloved Prophet (SAW)," he said. On this auspicious occasion, the Chief Minister prayed for peace, prosperity and communal harmony across Jammu and Kashmir. He urged people to follow the teachings of Prophet Muhammad (SAW) to build a society rooted in compassion, tolerance and unity.

Sakeena Itoo greets people on auspicious occasion of Shab-e-Mehraj

JAMMU: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo has extended her heartfelt greetings to the people of Jammu and Kashmir on the auspicious occasion of Shab-e-Mehraj. In her message, the Minister highlighted that this holy night is a sacred occasion which provides an opportunity to pray and seek forgiveness and blessings of the Almighty Allah. She also prayed that this auspicious occasion would further strengthen the bonds of amity, harmony and brotherhood and be a harbinger of peace, progress and prosperity across Jammu and Kashmir.

Dy CM greets people on Shab-i-Meraj

JAMMU: Deputy Chief Minister, Surinder Choudhary, has extended heartfelt greetings to the people of Jammu and Kashmir on the occasion of Shab-i-Meraj. While elaborating the philosophy behind the occasion, the Deputy Chief Minister said that the event symbolises a connect between God and his creation. He said that we should follow path of righteousness, compassion and mutual tolerance, which are cornerstones of every faith. The Deputy Chief Minister prayed for well being of the mankind and hoped that the occasion would usher peace and prosperity in Jammu and Kashmir.

Dr. Farooq Abdullah greet people on Shab-e-Meraj

Srinagar: The Jammu and Kashmir National Conference President Dr. Farooq Abdullah and Vice President and Chief Minister Omar Abdullah Monday extended greetings to people on the annual observance of Shab-e- Meraj. Party President while greeting people said the venerated night of Meraj marks the ascension of Holy Messenger of Allah Prophet Muhammad (PBUH) towards heavens. "The Holy Prophet (PBUH) was gifted with five daily prayers equal to the reward of fifty daily prayers by Allah on the auspicious night. The Meraj is the great gift of Allah to Muslims; it is the most blessed journey of human history".

DC Kupwara extends greetings on Shab-i-Meraj

KUPWARA: Deputy Commissioner Kupwara, Ayushi Sudan has extended her heartiest greetings to the people of Kupwara district on the eve of Shab-i-Meraj. In her message of felicitations, Ayushi Sudan hoped that this auspicious occasion would spread the message of peace and promote the spirit of brotherhood, harmony and amity among people of all faiths. She prayed for peace, progress, and prosperity in Jammu and Kashmir.

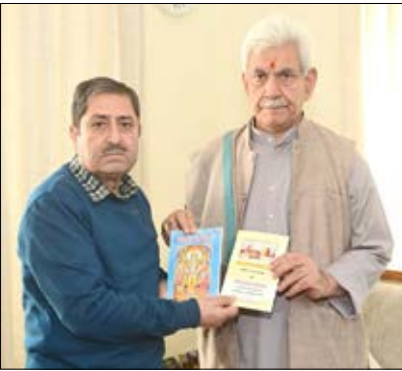
Handicrafts Dept's Field Squad inspects craft showrooms

SRINAGAR: Continuing its inspection drives to discourage sale of counterfeit products in the name of Kashmir Handicrafts, the Quality Control wing of the Department of Handicrafts and Handloom, Kashmir, conducted surprise inspection of handicraft dealers in Lal Chowk and other City Centre sections, here today. Teams, led by Quality Control Inspectors, checked showroom dealers for valid registrations and strict adherence to sale and display of genuine handmade craft products, duly labelled for price with specifications. In a statement issued today, a spokesman from the Handicrafts and Handloom Department, Kashmir, stated that the stakeholders are appreciative of the efforts made by the Department and extended wholehearted support, aimed at customer satisfaction and safeguarding the interests of highly skilled craftsmen and rich heritage of Kashmir. The Handicrafts and Handloom Department has again urged the business houses associated with handicrafts and handloom sector to approach the Department for GI tagging, testing and QR-coded certification of their products at Craft Development Institute & Indian Institute of Carpet Technology labs. Highlighting the circular directions issued from time-to-time on strict adherence on sale of genuine handmade products, the spokesman warned of strict action under the provisions of Tourist Trade and Quality Control Acts against violators, which shall also include imposition of heavy penalty and cancellation of registration certificate.



Chairman SYSF Foundation, social activist call on Lieutenant Governor Sinha

Jammu: Wajahat Farooq Bhat, Chairman, Save Youth Save Future Foundation, called on Lieutenant Governor Manoj Sinha, Monday. He was accompanied by Anika Nazir, Women's Wing President, and Mudasir Ahmed Dar, South Kashmir Zonal President of the foundation. Bhat apprised the Lieutenant Governor on various important issues pertaining to skill development of youth, empowering the women through specialized training and sustainable opportunities to uplift and empower communities across Jammu Kashmir. The Lieutenant Governor congratulated the



members of Save Youth Save Future Foundation

for the prestigious J&K Government Award for social reforms and empowerment, and appreciated everyone associated with the foundation for their selfless service to the society. Rajinder Premi, social activist and son of freedom-fighter, social reformer and litterateur, Sarwanand Kaul Premi called on Lieutenant Governor. Rajinder Premi requested for commemoration of literary and cultural activities on the works of his father martyr Sarwanand Kaul Premi, and naming of PHC Soafshali and Degree College after his late brother Verinder Kaul.

Secretary Rural Development Department for expeditious completion of Panchayat Ghars, CSCs, PLCs

JAMMU: Secretary, Rural Development Department (RDD) and Panchayati Raj, Mohammad Aijaz Asad, on Monday emphasised the need to expedite the construction of Panchayat Ghars (PGs), Common Service Centres (CSCs) and Panchayat Learning Centres (PLCs) across Jammu and Kashmir. While chairing a meeting held in this regard, the Secretary directed for ensuring completion of all ongoing works of Panchayat Ghars by March 31, 2025. He sought the intervention of Deputy Commissioners (DCs) in the projects wherever land related issues for Panchayat Ghars still exist. As of now, 258 Panchayat Ghars have been completed. The Secretary stressed that

Panchayat Ghars are essential for strengthening local self-governance, enhancing rural administration, and ensuring better service delivery to citizens. Furthermore, the Secretary set a deadline of February 3 for submission of balance Detailed Project Reports (DPRs) for PGs planned for the 2024-25 fiscal. He also instructed that the Gram Panchayat Development Plans (GPDPs) must be uploaded immediately with an emphasis on addressing bottlenecks in infrastructure development to ensure timely completion of these projects. He added that the ongoing work on PGs and CSCs is vital for effective local governance. He highlighted that the additional

rooms being added to existing PGs for CSCs would provide also contribute significantly towards enhancing digital literacy of required equipment by March 31. He urged upon the nodal officers to ensure that centralised specifications for equipment are delivered to the concerned PLCs without delay. During the meeting, the Secretary also reviewed the status of Gram Panchayat Development Plans (GPDPs), which define the development priorities for each village. He noted that while the majority of GPDPs had been approved and uploaded, efforts should be made to ensure the remaining ones are completed on time to prevent delays in local

citizens with improved access to digital services, including online applications, banking and various government schemes. This initiative, he said, would not only streamline services but and fostering greater inclusion in rural areas. In addition, the Secretary reviewed division-wise progress on PLCs and asked the district officials to complete installation

of required equipment by March 31. He urged upon the nodal officers to ensure that centralised specifications for equipment are delivered to the concerned PLCs without delay. During the meeting, the Secretary also reviewed the status of Gram Panchayat Development Plans (GPDPs), which define the development priorities for each village. He noted that while the majority of GPDPs had been approved and uploaded, efforts should be made to ensure the remaining ones are completed on time to prevent delays in local

development activities. Director Panchayati Raj, Sham Lal, gave detailed presentation regarding progress on Panchayat Ghars (PGs), Common Service Centres (CSCs) and Panchayat Learning Centres (PLCs). He provided an update on the status of ongoing PG projects, highlighting that while many had reached their final stages, some were still in the construction or planning phase. The meeting was attended by Director RDD Jammu, Mumtaz Ali; Superintending Engineer REW Kashmir, Aamir Ali; Superintending Engineer REW Jammu, Rajesh Kumar; Deputy Secretary RDD, Sheetal Pandita and all Assistant Commissioners Panchayat (ACP).



Department for Promotion of Industry and Internal Trade , JKEDI Sign MoU to Strengthen Startup Ecosystem in J&K

BARIBRAHMANA: In a landmark move to bolster the startup ecosystem in Jammu and Kashmir, the Department for Promotion of Industry and Internal Trade (DPIIT) and the Jammu & Kashmir Entrepreneurship Development Institute (JKEDI) have signed a Memorandum of Understanding (MoU) aimed at fostering collaboration, mentorship, and support for startups in the region. The signing took place at "Jammu Kashmir Konnect," a special startup-focused program organized at JKEDI's Baribrahman campus, where startups, incubators, and key-way stakeholders gathered to discuss innovation and growth opportunities. Director DPIIT Dr. Sumeet K Jarangal and Director JKEDI Rajinder Kumar Sharma formally signed the MoU, marking a significant step toward strengthening startup support systems in J&K. While incubators and startups from the Jammu division attended the event physically, those from the Kashmir division participated virtually.

interactive sessions will be conducted in the future, encouraging startups to shift their mindset toward becoming job providers rather than job seekers. Furthermore, he highlighted India's ambition to become a global leader in advanced technology sectors, reducing dependence on countries like Israel and the U.S. Speaking on the occasion, Rajinder Kumar Sharma reiterated JKEDI's commitment as the nodal agency for Startup JK, stating that the institute is actively collaborating with various organizations to

with India's vision of becoming a developed nation by 2047. During the event, Director JKEDI highlighted the impact of the JK Startup Policy, launched in March 2024, which has led to over 250 new startup registrations on the DPIIT portal taking the total to 988 in a short span. He also emphasized the significant outreach efforts undertaken by JKEDI, stating that during the current financial year, the institute has successfully conducted 601 Entrepreneurship Awareness Programs (EAPs) across Universities,



strengthen the startup ecosystem in the region. He assured that more such workshops will be conducted in partnership with DPIIT and incubators to ensure continuous knowledge sharing and engagement. He also lauded the achievements of a startup from Udhampur that has attained unicorn status, underscoring the immense potential of J&K's emerging startup ecosystem. The MoU between DPIIT and JKEDI paves the way for greater branding, outreach, and accessibility to Startup India's ecosystem, fostering mentorship, knowledge exchange, and infrastructure support. It also focuses on market linkages, funding networks, and international expansion opportunities, aligning

Colleges, Higher Secondary Schools, and IITs in 20 districts of J&K—without incurring any expenses. The "Jammu Kashmir Konnect" program, coupled with the signing of the MoU, marks a major milestone in J&K's startup ecosystem, ensuring that aspiring entrepreneurs receive the mentorship, funding opportunities, and ecosystem support needed to thrive. The Head of the Incubators from IIT- Jammu, IIM-Jammu, Jammu University, SKUAST-Jammu, Cluster University and CIIT Jammu along with the FICCI Flo attended the event physically whereas Incubators from NIT-Srinagar, IUST University, SKUAST - Kashmir and CIIT Baramulla joined virtually.

Satish Sharma conducts surprise visit to RTO office Jammu

JAMMU: Minister for Transport, FCS&CA, Youth Services and Sports, Information Technology, Science & Technology, Satish Sharma, on Monday conducted surprise visit to office of Regional Transport Officer (RTO) Jammu at Narwal and took stock of its functioning. The Minister inspected each counter and interacted with the respective dealing Assistants to understand the nature of services being provided by them. While interacting with the staff, Satish Sharma directed the concerned to ensure delivery of public services within set time limit. The Minister had a round of the whole premises and inspected the infrastructural facilities there. He directed for making best use of digital technology to ensure complete transparency in the system and expeditious disposal of public issues. Satish Sharma said that the government is keeping a strong vigil over the Agent Mafia to save the public from exploitation. He said that the government is plying adequate public transport facilitating the passengers for religious places and other tourist spots. The Minister also visited the shops located outside the RTO office and instructed them not to

charge any extra amount beyond the prescribed fees. He emphasized the need to educate the public about utilizing faceless services, allowing them to access services from the comfort of their homes



without visiting any ARTO/RTO offices. He reiterated the department's commitment towards providing seamless, faceless services to the public, eliminating the need for physical visits to any office. Later, Satish Sharma visited fruits and vegetables mandi Narwal and interacted with members of Jammu Fruit and Vegetable Traders Associations and listened to their issues. The Minister assured the associations that all their genuine demands would be fulfilled in a phased manner.

Gulmarg Gondola authorities urge tourists to follow slot allotment

Waris Fayaz

Srinagar, Jan 27 : Amidst the ongoing peak winter season, the management of Gulmarg Gondola has appealed to visitors to adhere to the slot allotment system to ensure a hassle-free experience and avoid long queues. "We are committed to providing a smooth and enjoyable experience for all visitors. We urge tourists to arrive early and enjoy the scenic ride in the first slot of the day," JKCCO official told the news agency — Kashmir News Observer (KNO). "We believe in tourism

with trust and transparency," he added. For those without pre-booked tickets, the Gondola management has introduced an "On-Cabin Ticket" facility, available daily from 8 a.m. to 9 a.m. This initiative aims to streamline ticketing and enhance the overall experience for visitors, the official said. The Gulmarg Gondola, a



key attraction in the region, continues to draw large crowds and the management's latest measures are part of efforts to ensure seamless operations and visitor satisfaction

11 FOODS

That Help In Healing Knee Pain Naturally

We often go about our day not realizing just how much we rely on our knees until they start to ache. One of the most difficult pains to manage is chronic knee pain because whether you're standing or just sitting down, your knees are engaged. Whether you're walking, climbing stairs, biking, or even trying to find a comfortable sleeping position your knees are involved. That's why any pain in your knees can completely affect your entire day.

This chronic knee pain could be caused by bursitis, arthritis, or in some cases certain injuries but luckily there are different remedies that can help you heal from the pain so that you're back to moving around normally. Unfortunately the different OTC and prescription drugs available come with a number of



strong side effects that can add to the complications in your body. An example is Acetaminophen which is known worldwide to be a leading and major cause of liver failure. Something interesting to note is that what you eat goes a long way in affecting your pain levels especially when it involves inflammation.

Here's a list of 11 foods that have a great impact when it comes reducing or healing knee pain. They will also significantly reduce how much you depend on pain medication and keep your body generally healthy.

1. Carrots

Carrots have over the years been recommended if you're looking to get great eyesight. However, there's more to carrots than just this. Eating them to help relieve knee pain is an old Chinese remedy. It's effective because carrots are rich in vitamin A and beta-carotene which are both strong anti-inflammatory compounds. The best way to get the best from carrots is to eat them when they're cooked, however, some people don't like them cooked. If you're one of those people, you can still eat them raw. Eating them in two servings everyday will significantly reduce your knee pain.

2. Turmeric

If you're a big curry lover then you will be happy to know that you're already doing your knees a big favor. Carry usually has turmeric which is the reason it appears orange. This turmeric contains curcumin in large amounts. Curcumin has for centuries been used in medicine, particularly herbal ones because it has anti-inflammatory abilities. Eating it often will significantly reduce your risk of getting knee pains and any other kind of painful joint. Its ability to heal pain is almost similar to that of ibuprofen.

3. Apple cider vinegar

When you think of apple cider vinegar a salad dressing is probably the first thing that comes to mind. However, apple cider vinegar can be used for so much more than that. It can be used in relieving knee pain whether you choose to drink it or to topically apply it on the painful area. You're advised to drink at least two tablespoons of apple cider vinegar a day as this will help you dissolve toxins around the knee that are known to cause inflammation. You can achieve the same effect the moment you mix apple cider vinegar with olive oil and then massage this on your knees at least once a day for about a week.

4. Ginger

Ginger is another great food that you could either eat or rub on your painful and tender knees. Whichever you choose, you'll be happy with the result because ginger does not only taste good but it also smells great. Ginger contains an active ingredient called gingerol which is a strong anti-inflammatory substance. According to studies related to people suffering from arthritis, when ginger is added into their medication regimen, their pain is reduced even further compared to when they only take their medication. You can also enjoy ginger that's grated in different kinds of savory meals or in making some sweet tea. There also exist some premade ginger oils which you could rub on your swollen knees directly.

5. Walnuts

When it comes to nuts, walnuts are a clear winner when it comes to the amount of omega-3 fatty acids they contain and the fact that they're packed with antioxidants. These make walnuts ideal if you're looking to soothe the knee pain. Despite the fact that walnuts have high calorie count, eating them regularly reduces your cravings for junk food. As such, eating walnuts helps in weight loss. You can look at it like this, shedding those few pounds is a great way to reduce the stress on your painful knees.

6. Whole grains

When you choose to eat plenty of whole grains, you significantly reduce the inflammation that's responsible for the pain you're experiencing on your knees especially if this pain is because of exercise. Careful though, if you go for refined grains, you will increase the inflammation instead. Skip foods like white bread and instead, go for alternative products that will retain all the parts of an original grain. The three parts are the germ, the bran and the endosperm. Great alternatives include oatmeal, brown rice, barley, quinoa and breads that have been made with some whole grain flour.

7. Mustard oil

When you're out buying mustard oil, be careful and avoid eating the mustard oil unless the label says mustard essential oil. When you have straight mustard

oil, you can mix it with olive oil or even coconut oil then massage it on your painful knees but do not eat it. Mustard essential oil makes for a spicy addition to meals that will help you achieve a healthier blood flow to the painful area. While this happens, you will experience a reduction in inflammation. For more benefits, sauté some onion and some garlic with the mustard oil as they're both rich in allicin that's packed with anti-inflammatory properties.

8. Avocado

Avocados thanks to being rich in unsaturated fats that are healthy for your body have a creamy texture. Most of these fats are in oleic acid form and according to studies; this can lower the very biomarkers of the inflammation. Regardless of what caused your knee pain, the pain will decrease as the inflammation becomes less intense. Avocado is among the few foods that minimize the ability of many other different foods to cause inflammation. It is therefore a helpful option to include in your meals.

9. Tart Cherries

Tart cherries can help people suffering from knee problems. Cherries have a nice and vibrant red color which they get from plant chemicals known as anthocyanins. Anthocyanins will to a great extent settle down the agonizing pain you have from inflammation. Tart cherries and their juice reduce flare-ups especially among people suffering from gout which is a type arthritis that leads to intense knee pain. This is because of the hard crystals that are formed around the joints area.

10. Red peppers

Eating red peppers is also good for you if you often experience knee pain since red peppers contain vitamin C in high amounts. Vitamin C is crucial in the production of some much-needed collagen. Collagen gives structure to the joints and helps in connecting the bone to muscle. This reduces pain through supporting ligaments, tendons and cartilage that help in cushioning your knee joints and keeping them properly aligned. Instead of taking pain relieving medication, you could always eat foods



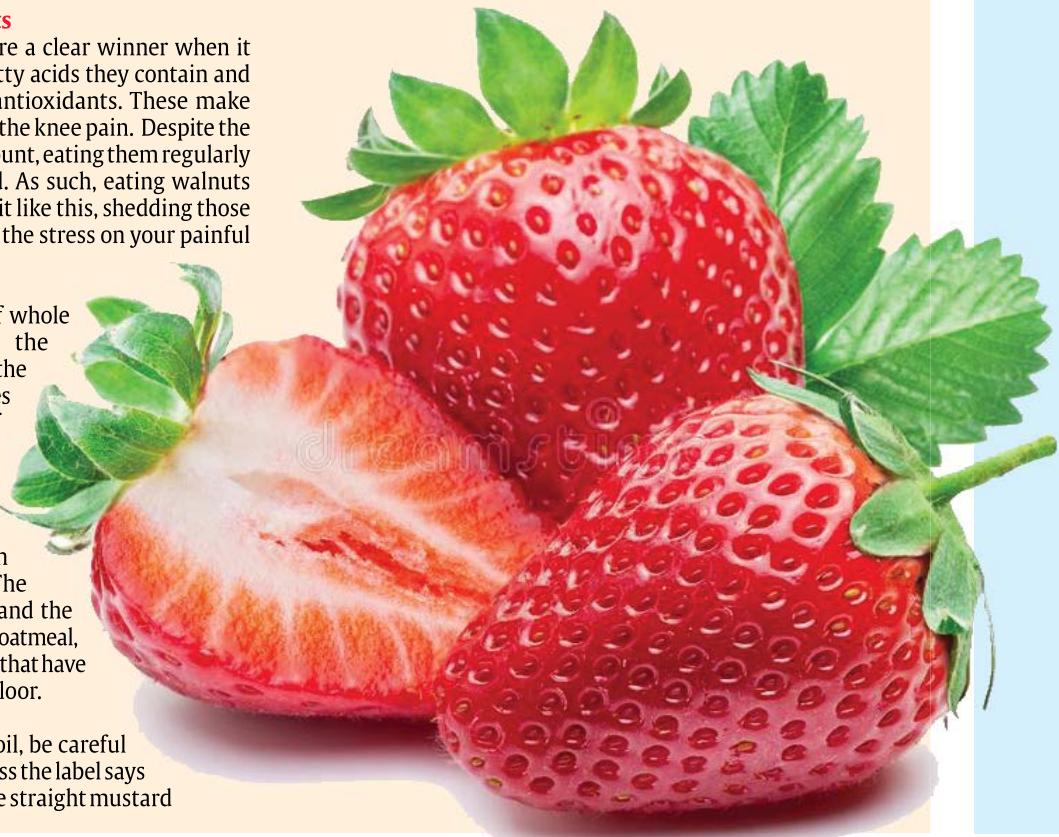
that are packed with vitamin C such as red peppers. By doing so, you will significantly improve the condition of your knees.

11. Pineapple, cinnamon and oat smoothie

If you're on the search for a great way to start your day, then it's worth going for something knee-friendly such as cinnamon, pineapple or oats smoothie. This will give you whole grains, some vitamin C and bromelain from pineapple which is a strong anti-inflammatory. Cinnamon goes a long way in reducing swelling around the joints and minimizes the pain you feel too. It also gives you that flavorful touch or kick. To properly make it, combine a cup of oats that have already been cooked, a cup of orange juice, some chopped pineapple, just about three cups of them, a cup of water, some ground cinnamon, and a teaspoon of honey. Put all the ingredients you have in a blender leaving only the oats. Reduce the heat to low and wait for twenty seconds after which you can slowly add the cooked oatmeal. Blend this until it's smooth enough.

Each of the foods mentioned above is helpful in reducing inflammation which is the leading source of pain in your joints. The body normally uses inflammation as some kind of defense mechanism so that your injury or the illness is restricted to a single location which is good. Sometimes even despite the fact that there isn't much of a risk of spreading, inflammation still happens. A case in which there is actually no reason to experience suffering.

When you eat a balanced diet that is full of any of the above foods, you will to a great extent be able to quell inflammation and any pain that comes as a result of it. When you make an effort to eat better, you will be able to get rid of any pain and also reduce just how much you rely on pain medication.



Can you eat nothing but fruits? With THIS diet, you can!

If you are a fruit lover, then the fruitarian diet is for you. Resembling a lot like a vegan and vegetarian diet, this diet includes the consumption of fruits, nuts, seeds, and some vegetables. All animal and dairy-based foods are eliminated from this diet. It might sound too good and convenient to be true but all that glitters is not gold. Is going crazy on fruits a wise decision for the health?

Benefits of fruitarian diet



Here are some common benefits of the fruitarian diet:

Sustainable: This diet is sustainable as the carbon footprint of plant-based foods is lower than animal-based foods. This implies that a fruitarian diet can be an eco-friendly diet option.

Hydrating: Having high water content, fruits can be extremely effective in fulfilling the hydration requirements of the body.

Provides whole nutrition: It is often said that going natural is the best way to keep the body healthy. With a fruitarian diet, the body can be provided with natural, whole nutrition.

Fruitarian diet - Are there any risks?

The fruitarian diet might seem like an ideal diet for all the fruit lovers out there. However, experts have cited that this diet might not be the healthiest choice. Here is why:

Malnutrition: The human body requires a variety of micronutrients to function efficiently. A diet consisting majority of fruits might put the body at risk of malnutrition and lead to nutritional deficiencies.

Fructose overload: The sugar found in fruits is known as fructose. It indeed might be healthier than white sugar but its overconsumption can be equally detrimental to the body.

Restrictive: A fruitarian diet might come off as extremely restrictive for some people. This is because apart from the obvious elimination of dairy and animal-based foods, this diet also restricts the consumption of a variety of vegetables.

Digestive problems: Despite being rich in fibre, raw fruits might not be healthy for the digestive system. It contains fructose, the overconsumption of which can cause bloating, gas, imbalance in the gut microbiome, etc.

Bad for teeth: Fruits are a source of fructose and excessive consumption of the same can be unhealthy for oral health as it can cause cavities.

Fruitarian diet - Is it safe?

As tempting as it might sound, a fruitarian diet is one of those diets whose risks clearly outweigh its benefits. Therefore, we can unanimously agree that this diet might not be the healthiest option for everyone. However, the effectiveness of any diet can differ from one body to another. Furthermore, preferences and fitness goals also play an important role. While this diet might have significant health benefits if taken up on a short term basis, following a fruitarian diet for a long term basis must be carried out only after thorough consultation with a doctor.

Weight loss

2 simple hacks will trick your brain into helping you eat sensibly

When it comes to weight loss, many of us believe that following a healthy, low-calorie diet or working out for a good number of hours – or both – are the sole tricks to shed additional kilos. However, a recent study debunked this myth by revealing another factor that could work wonders for weight loss goals, and it is has nothing to do with physical health. Instead, this has a lot to do with mental health.

Weight loss: The mental health connect

In a study published in the Frontier in Endocrinology, experts analysed the effect of mindfulness and emotional support on episodes of overeating. Working with 42 adults, majorly women with a body mass index (BMI) of 40 and above – six participants who went through obesity surgery – experts ensured to create an environment where participants felt supported, safe and comfortable in talking about their 10-week period of weight loss.

Experts said that their key aim was to ensure that participants were made aware of the link between mental health and body weight. The study's leader went on to say that the goal for them was to make participants more aware of the challenges they face on a daily basis and related helpful strategies. As a result, participants successfully figured out the lifestyle and mindset triggers related to overeating. Conclusively, participants experienced a 30 per cent dip in overeating instances and improvement in emotional health – anxiety, depression, irritability, and turmoil. Additionally, they felt less restricted in social activities.

How does emotional support work for weight loss?

Weight loss is one thing, knowing how to retain it is another. While following a balanced diet and working out work for both causes, there is one mental-health-related facto that can help maintain weight loss. For people trying to eat more mindfully for weight loss, one can assess the environment at home and outdoors, and evaluate their eating patterns throughout the week. It is important to be aware of what one intends to change by first understanding the eating style.

Experts suggested maintaining a food emotion log to know the triggers responsible for episodes of overeating beyond satiety. Knowing the psychological barriers to weight loss is the first step towards a healthier BMI, and ironically, not everyone can figure out these limitations on their own.

Nutrients that support weight loss

And while trying to lose weight, it is important to know which nutrients work best for the purpose. These include:

- Proteins
- Fibre
- Complex carbohydrates
- Limited portions of healthy fats – unsaturated
- Vitamin C
- Vitamin D
- Iron
- Probiotics
- Carotenoids
- Magnesium

Continued From P1...

CM Omar

Secretary Health & Medical Education, senior police officers, heads of departments, Director Information, and other concerned officials.

Commissioner Secretary YS&S, Sarmad Hafeez gave a detailed presentation, highlighting the success of the 4th edition of Khelo India Winter Games, which significantly boosted the popularity of Gulmarg and Kashmir as global winter tourism destination.

This year, the 5th edition has once again been allotted to Jammu & Kashmir and Ladakh, he informed.

The meeting was informed that the event is split into two phases: one held in Ladakh from January 23 to 27, and the second in Gulmarg from February 22 to 25.

Over 1,000 athletes from 35 states, Union Territories and sports boards are expected to participate in competitions such as alpine skiing, Nordic skiing, ski mountaineering, snowboarding and a demonstration sport—snowshoe racing.

The venues for the events include Kongdoori and Gulmarg Club.

The meeting reviewed the organizational framework, including technical and logistics arrangements, with the event being funded by the Ministry of Youth Affairs & Sports, Government of India.

Committees for coordination, registration, and logistics have already been constituted, with registrations underway.

The meeting was informed that mascot for the 5th edition, a snow leopard, and the event's logo have been finalized.

Publicity efforts, including hoardings and mascot displays at major cities and airports such as Delhi, Srinagar, Jammu and Amritsar, are in full swing.

In terms of media and publicity, the Department of Information and Public Relations (DIPR) has been actively involved in pre-event, event, and post-event coverage.

The games will be televised live on DD Sports and streamed on other online platforms, with extensive coverage planned through AIR and Prasar Bharati.

A community engagement slogan, “Aes Che Praraan” (We Are Waiting), has been adopted to involve local communities in the games.

Teams and officials are expected to arrive in Srinagar on February 21, where a help desk at the airport will assist with logistics arrangements. The event will also feature cultural evenings, a grand opening ceremony and comprehensive arrangements for transportation, traffic management, health services, water supply, sanitation and food for participants and officials.

Chief Minister Omar Abdullah unveiled the Khelo India Winter Games 2025 mascot, the snow leopard, symbolizing the region's rich biodiversity and commitment to conservation.

During the meeting, Chief Minister Omar Abdullah emphasized the importance of ensuring seamless coordination and preparedness for any unforeseen situations including accidents.

Chief Secretary asked the department to have

some prominent sports celebrities at the event to enhance the event's visibility and appeal.

On this occasion, the Chief Minister also released a commemorative souvenir and launched a multimedia campaign—including print, electronic, and social media initiatives—for the Khelo India Winter Games 2025.

The Chief Minister expressed confidence in the preparations and reiterated the government's commitment to making the 5th edition of Khelo India Winter Games a grand success.

He commended the efforts of all stakeholders involved and emphasized the importance of showcasing Jammu & Kashmir's potential as a hub for winter sports and tourism.

JPC clears

manner and it was after the due procedure that 14 amendments have been approved.

The JPC meets in the past have witnessed chaotic scenes with the Opposition accusing the committee chairman of bias and inclination towards the ruling party. The Opposition also claimed that the procedure was being hastened to start a narrative ahead of Assembly elections in the national capital.

The allegations were however brushed aside by the BJP MP Aparajita Sarangi, who said that every member was given ample time and was heard out by the JPC chief.

The JPC committee on the Waqf Bill had to submit its recommendations by November 29, however, the deadline was extended till February 13.

Anti-poisoning

doctors treating the patients to find the treatment that could prevent fatalities among the patients.

Talking to IANS, Dr A.S. Bhatia, Principal GMC Rajouri said, “We were helplessly watching the patients report at the hospital and dying before our eyes. This left all of us in pain and helplessness. However, the breakthrough came when we sat and analysed the treatment files of all the patients who had reported at the hospital.”

Dr Bhatia added that they received patients on December 14 among whom two patients, Danish and Abdul Qayoom survived while others had passed away.

“When we analysed the treatment files, all the treatments given to patients were the same except that Abdul Qayoom and Danish had been given atropine for some other reason. These two patients survived and we could zero in on atropine as the antidote for the disease. The surviving two patients had been administered atropine for some other reason,” he said.

Muneer Ul Islam

is seen as a strategic move to strengthen the department.

Ajaz Abdullah Saraf, formerly Additional Transport Commissioner, has taken over as Chief Executive Officer/Secretary of the J&K Building and Other Construction Workers Welfare Board, replacing Munir-ul-Islam.

Firdous Ahmad Giri, earlier Additional Director at SKIMS, Srinagar, has been posted as Mission Director, RUSA, J&K. Qazi Sarwar, Additional Commissioner in the Divisional Commissioner's Office, Kashmir, has been transferred as Director, Urban Local Bodies, Kashmir. Bashir Ahmad Wani, Additional District Development Commissioner, Kulgam, has been assigned as Additional Registrar, Cooperatives, Kashmir, while Altaf Ahmad Khan, previously Additional Registrar, Cooperatives, Kashmir, will now serve as Additional District Development Commissioner, Kulgam.

Akram Ullah Tak, who was Director, Urban Local Bodies, Kashmir, has been transferred to the Divisional Commissioner's Office, Kashmir, as Additional Commissioner. Pran Singh, Additional District Development Commissioner, Doda, has been appointed as Special Secretary in the Housing and Urban Development Department, and Zahoor Ahmad Mir, Special Secretary in the same department, has been moved to SKIMS, Srinagar, as Additional Director.

Contribute in building

He said the Rashtriya Kavi Sammelan, starting from today, reflects the richness and variety of our unique literary heritage. In these sessions we get an opportunity to see a repository of wisdom and tradition of our civilization that has existed over millennia, he further added.

On the occasion, the Lieutenant Governor paid homage to the great litterateurs of Dogri, Hindi and Urdu languages and highlighted the pivotal role of poets and writers in the society.

“In India every generation of poets, writers have made rich contribution to the creative tradition and cultural identity. They have also ensured that our traditions are passed on to the next generation,” the Lieutenant Governor said.

CM Omar Abdullah

clean drinking water, adhering to BIS 10500 standards. The adoption of alternative and effective designs, coupled with detailed technical scrutiny of Detailed Project Reports (DPRs), has led to significant cost savings amounting to Rs 522 crore, underscoring the department's commitment to efficiency and innovation.

The Chief Minister reviewed various challenges faced during the mission's implementation, including low tender responses, delays in the supply of Galvanized Iron (GI) pipes in Jammu and Ductile Iron (DI) pipes in Kashmir, and incidence of dry bore wells in multiple districts. Electro-mechanical issues were also highlighted as significant concerns impacting the timely execution of projects.

The proposed project size under the Jal Jeevan Mission covers 3,253 schemes aimed at ensuring sustainable water supply system.

The meeting was informed that establishment of District Project Management Units (DPMUs) and continuous technical review by consultants are being carried out to ensure the quality and success of the mission.

Govt revises

The arrears for the additional DA installment from July 2024 to December 2024 will be paid in February 2025, and the revised rates will form part of the monthly salary from January 2025 onwards, it reads.

Similarly, as per another order issued by the Finance Department reads the DA for pensioners and family pensioners has been revised to 53% of their Basic Pension or Basic Family Pension, up from the previous 50%.

The arrears for pensioners and family pensioners for the same period will also be disbursed in February 2025, while the revised rates will be reflected in pensions and family pensions starting January 2025, reads the order.

Rajouri mysterious

A senior doctor explained, "Atropine was initially administered to two patients for heart rate management, and they showed significant improvement. This led us to consider organophosphorus poisoning as a likely cause."

however, the doctor cautioned against premature conclusions, as official reports from top laboratories are still awaited.

Organophosphorus poisoning is caused by exposure to organophosphates, a class of chemicals commonly used in pesticides, herbicides, and nerve agents. Exposure can occur via ingestion, inhalation, or skin contact.

Common symptoms include excessive saliva and tears, vomiting and diarrhoea, small pupils, sweating, muscle tremors and confusion.

The Forensic Science Laboratory (FSL) report from Chandigarh, which could provide critical insights, is expected within 2–3 days.

Thousands throng

The faithful gathered in large numbers to participate in the night-long prayers at the shrine, seeking blessings and spiritual solace. According to the details obtained by the news agency—Kashmir News Observer (KNO), for many, the Hazratbal shrine serves as a cornerstone of their faith and a place to reconnect with the divine.

Among the faithful was Ghulam Rasool, 62-year-old, from the Ganderbal district.

He said the shrine holds a special place in his heart. “Whenever I come here, I feel a deep spiritual

connection. This year, my son joined me for the pre-dawn prayers,” he said.

Another devotee, Mohammad Shaban, a resident of Srinagar, said despite the ups and downs in life, he makes it a point to come here. “This place gives me peace and answers to my prayers,” he said, adding that nothing could ever break his connection to the shrine.

CM, Dy CM,

“Shab-i-Miraj is a testament to the unparalleled honesty, integrity and spiritual eminence of the beloved Prophet (SAW),” he said.

On this auspicious occasion, the Chief Minister prayed for peace, prosperity and communal harmony across Jammu and Kashmir. He urged people to follow the teachings of Prophet Muhammad (SAW) to build a society rooted in compassion, tolerance and unity.

Deputy Chief Minister, Surinder Choudhary, has extended heartfelt greetings to the people of Jammu and Kashmir on the occasion of Shab-i-Meraj.

While elaborating the philosophy behind the occasion, the Deputy Chief Minister said that the event symbolises a connect between God and his creation. He said that we should follow path of righteousness, compassion and mutual tolerance, which are cornerstones of every faith.

Paras Health Srinagar Successfully Treats 2 Complex Cardiac Cases Showcasing Excellence in Interventional Cardiology

SRINAGAR,: Paras Health Srinagar continues to set new benchmarks in advanced cardiac care by successfully managing two complex cases that highlight the hospital's expertise in interventional cardiology and multidisciplinary care. These cases involved an octogenarian and a 69-year-old man, both suffering from complex heart issues.

within 48 hours.

In another case, Mr. Abdul Hamid Shah, a 69-year-old patient



treated me with utmost care. Dr. Maqbool Sohail and Dr. Wajeed were professional and compassionate, and the hospital staff was supportive throughout my stay. I highly recommend Paras Health for quality medical care."

Dr. Maqbool Sohail, Senior Consultant, Interventional Cardiology, emphasized the importance of timely intervention and said, "Both cases were complex and required precision-driven, multidisciplinary care. At Paras Health, our expertise and advanced technology allow us to handle such challenging scenarios effectively. Timely medical intervention and 24/7 availability of procedures like Primary PCI are crucial in saving lives and improving outcomes for heart attack patients."

These successful interventions underscore Paras Health Srinagar's commitment to providing 24/7 advanced cardiac care, including Primary PCI, the most efficient and safest procedure for treating heart attacks.

The hospital's modern facilities, coupled with a highly skilled team, enable it to handle even the most challenging cardiac emergencies with precision and efficiency.

from Bandipora with chronic liver disease, portal hypertension, and bradycardia, underwent a Dual Chamber Permanent Pacemaker Implantation. Despite the complexities posed by his advanced liver condition and high-grade esophageal varices, the multidisciplinary team ensured a seamless and uneventful recovery. The patient also underwent coronary angiography, which showed non-obstructive coronary artery disease.

His high-grade esophageal varices were also managed by our expert Dr. Wajeed Yousuf, Gastroenterologist.

Post-procedure, Mr. Shah (the patient) expressed gratitude, stating: "I was suffering from a heart ailment, and the doctors

NOTICE

This is an information for general public that in my Driving licence bearing Registration No JK-15 20150009885, My name and parantege has been Mistakenly Mentioned as Mohammad Altaf khan S/O Ghulam Hayder khan, while as my Actual and correct name and parantege is Mohd Altaf khan Gojar, S/O Ghulam Haidar khan Gojar. Now i want to apply for its correction in this regard any person having any objection he/ she may file the Objections in office of the 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.

Mohd Altaf khan Gojar.
S/O Ghulam Haidar khan Gojar.
R/O Chak Arsala khan Bandipora jammu and kashmir.

NOTICE

I Hilal Ahmad Lone, S/o Ghulam Rasool Lone, R/o Dolipora, Kreeri, would like to bring your notice that, i want to apply for Contractor registration card (D Class). Anybody if having any kind of objection in this regard may file the same at the office of R&B Department Baramulla within seven days of period from the date of publication of this notice, after that no objection will be entertained.

NOTICE

This is for the information of all concerned that I have changed my name from Rafiq Bano to Rafiq Begum. In future I will be known as Rafiq Begum. If anybody has any objection, he/she may contact the Regional Passport Office, Srinagar within 7 days. After that no objection shall be entertained.

Name: Rafiq Begum
R/o: Bandipora

NOTICE

This is an information for general public that in my Driving licence bearing Registration No JK05 20070013906, my name has been Mistakenly Mentioned as Manzoor Ahmd Lone, while as my Actual and correct name is Manzoor Ahmad Lone. 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.

Manzoor Ahmad Lone.

S/O Gh Rasool Lone.
R/O Khopari Mastan Gurez, District Bandipora.

NOTICE

I want to change my name from Nasreena Bano to Nusrat Ahad. If anybody has any objection he/she may contact concerned authorities within seven days from the date of publication of this notice. No objection shall be entertained thereafter.

Nusrat Ahad
D/o Abdul Ahad Rather
R/o Chandergeera

NOTICE

I have lost my marks card of J&K Para-Medical / Nursing Council, Government Medical College, Jammu / Srinagar (Name of the Institute: Dolphin Institute of Medical Sciences and Technology, Pulwama) bearing Roll No. GNM-III/159032 under S. No. 95152 at somewhere. If anybody have found it please returned to below mentioned address. Otherwise, I have applied for its duplicate copy of the same. If anybody having any objection in this regard he may file his / her objections, in the concerned authorities within the period of seven (07) days. After that no objection shall be entertained.

Rubeena Nazir, D/o Nazir Ahmad Mir,
R/o Khasipora, Khore, Pattan, Bla.
Cell No. 7006938513

Madrasatul-Banat

Darul-Uloom Raheemiyyah Bandipora

Offers a Timeless Opportunity

for Everlasting Charity (Sadaqah Jariyah)

By the immense grace of Almighty Allah, the construction of the "Madrasatul-Banat" is advancing steadily, with the final floor nearing completion. The important stage was the construction of roof. According to the engineers, the total cost for labour and material was estimated at around 40 lakh rupees. Now, it is near completion **Alhamdulillah**.

The roof of a building acts as a cover and shade to the entire work. So, arranging cover and shade for this institution of girls will be a means of receiving mercy and shade from Allah Almighty. **Insha Allah.**

In the past, many fortunate and generous individuals have seized the opportunity to contribute to this noble cause, either by funding the construction of rooms or by sharing in the expenses.



Now, once again, Allah Ta'ala offers us this blessed opportunity to participate in this virtuous work, allowing us to secure Sadaqah Jariyah for ourselves, our parents, and our loved ones. We urge you to encourage the women in your families to contribute, as this madrasah is dedicated solely to the education of women. May Allah bless and accept our efforts. Aameen!

To take part in this righteous endeavour, donations can be made to the designated account for Madrasatul-Banat:

ACC NO.: 072701010000200
JK BANK BRANCH NISHAT PARK
BANDIPORA KASHMIR
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Note/Request: After depositing your contribution into the bank account, kindly send a screenshot or notify us via WhatsApp message or phone call to 9419089250 or 8899101091. Please also provide your name and address to facilitate the issuance of a receipt.

Your well wisher:

Maulana Muhammad Rahmatullah Kashmiri
Nazim, Darul Uloom Raheemiyyah Bandipora, Kashmir

Warrican Bags Five As West Indies Win In Pakistan After 34 Years



West Indies 166 (Motie 55, Warrican 36, Noman 6-41) and 244 (Brathwaite 52, Imlach 35, Sajid 4-76, Noman 4-80) beat Pakistan 154 (Rizwan 49, Warrican 4-43, Motie 3-49) and 133 (Babar 31, Warrican 5-27, Sinclair 3-61) by 120 runs

Jomel Warrican and the rest of West Indies' spin cast hoisted Pakistan with their own petard, spinning a web around Pakistan's batters to skittle them out for 133, securing a first win on Pakistan soil since 1990. It took

West Indies little over an hour on day three to slice through Pakistan's last six wickets, a 39-run partnership between Mohammad Rizwan and Salman Agha the only one that put up any resistance as West Indies secured a 120-run win that levelled the series.

The signs were immediately ominous for Pakistan when, three balls into the day, Saud Shakeel was drawn into playing at one from Kevin Sinclair that ripped away, taking the outside edge to first slip. Nightwatcher Kashif Ali was dispatched the following over, Warrican forcing the ball through his pads as West Indies began to smell blood.

Rizwan and Agha kept the bowlers at bay for a while, hunkering down and trying to ride out this West Indies wave. With Kumar Roach injured, West Indies continued chipping away with their trio of spinners. Rizwan put away the odd delivery when they missed their lines, but this was becoming increasingly rare and Pakistan continued to feel asphyxiated.

For 12 overs, the seventh-wicket pair held out, but Warrican got one to keep low as Agha defended. It rapped him on the back pad adjacent to the stumps, and the visitors had the breakthrough that exposed the tail.

Soon after, it was Warrican again who dispensed with Rizwan, who played all around a delivery that carried on with the arm and went through the bat-pad gap to make a mess of his stumps. By now, only the formalities remained.

Noman Ali fell to Gudakesh Motie, but, fittingly it was Warrican who had the last laugh. Sajid Khan dragged one onto his stumps to seal another five-wicket haul that took Warrican's series tally to 19. As West Indies squealed with delight, Warrican looked Sajid square in the eye and performed his now famous thigh-thumping celebration. It was an apt metaphor for West Indies giving Pakistan a taste of their own medicine.

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England down New Zealand to join India, Australia and South Africa in semi-finals

England registered a comprehensive win over New Zealand to join India, Australia and South Africa in the semi-finals of the Women's Under-19 T20 World Cup. Fast bowler Tilly Corteen-Coleman (4-0-8-4) and offspinner Prisha Thanawala (4-1-19-3) shared seven wickets between them as they knocked New Zealand over for 89 in Kuching, Malaysia.

Openers Davina Perrin and Jemima Spence - who have



the best strike rates in the tournament - then ensured a comfortable chase, despite England losing four wickets.

It marked the end of a forgetful campaign for New Zealand, who managed just two wins from their five matches. Only two players got into double-digits on Monday.

Opener Kate Irwin gave New Zealand a good start, making 35 off 26 before being dismissed by quick Trudy Johnson in the ninth over. Johnson struck again in her next over before Phoebe Brett had Emma McLeod stumped.

That's when Thanawala got in on the action. She dismissed Eve Wolland in the 15th over before taking two in her next. Corteen-Coleman cleaned up the rest of the line-up with a wicket off the last ball of the 18th over and then three in the final over.

Perrin gave England a quick start, hammering two fours and a six in the first two overs. England were 34 for 1 in 3.2 overs when Sophie Court dismissed her. Perrin's 15-ball 21 saw her go on top of the competition's run charts.

Even as England lost Johnson and captain Abi Norgrove in the space of ten balls, Spence ensured the scorecard kept ticking along. When she fell to Hannah Francis in the ninth over, England were only 16 runs away and Charlotte Stubbs and wicketkeeper Katie Jones took care of the rest to seal the win in 11.4 overs.



Khyber Cement Ka Zarra Zarra Dil Se Bana Hai

