

Kashmir Convener



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People Of J&K Will Continue To Seek Restoration Of Statehood: CM Omar Abdullah



KC NEWS NETWORK

SRINAGAR: Chief Minister Omar Abdullah said on Tuesday that the elected government is concentrating on resolving people's

issues and it is worthless to count how many days the government has been in place in Jammu and Kashmir.

"If you believe we were not counting days, it is you who are counting days. It is worthless for us. It serves no purpose when we talk of 100 days of working. You know it is a different era in place after a period of six years. It takes time to understand the domain and functioning of the government. Earlier I had served as chief minister of the state and there were special provisions people were enjoying, but today it is a union territory which is

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Maharaja Hari Singh was a key architect of modern J&K

KC NEWS NETWORK

JAMMU: Lieutenant Governor Manoj Sinha today felicitated the recipients of 'Maharaja Hari Singh Peace & Harmony Award', organised by Gulistan News Network at Jammu.

The Lieutenant Governor paid tributes to Pandit Prem Nath Dogra, Pandit Girdhari Lal Dogra and Devender Singh Rana, who were honoured with the award posthumously for their leadership qualities and tenacity and dedicating the life for the welfare of people.

In his address, the Lieutenant Governor paid homage to Maharaja Hari Singh and spoke on the revolutionary reforms introduced by him that had made a profound impact on the society and the



development of J&K.

"Maharaja Hari Singh Ji was a key architect of modern Jammu Kashmir. He also played a major role in shaping its destiny during a critical period in history and ensured the dream of 'Ek Bharat

Shreshtha Bharat' becomes a reality," the Lieutenant Governor said.

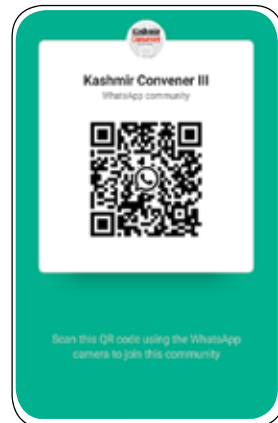
The Lieutenant Governor observed that Maharaja Hari Singh Ji was unflinching in his concern for the poor and the disadvantaged and he championed the cause of

women empowerment, education, healthcare and upliftment of the marginalised. His entire life was a great saga of courage and conviction for betterment of society.

The Lieutenant Governor further highlighted that it is the responsibility of people at the helm of affairs to ensure that different segments and sections have a stake in Viksit Bharat.

He said the prestigious Maharaja Hari Singh Awards are the recognition of the work done for promoting peace, inclusive development, achievement in different sectors and a feeling of oneness between communities. "As India moves forward on the path of rapid economic

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UCC Has Same Team Spirit As Sports: PM Modi

KC NEWS NETWORK

DEHRADUN: Prime Minister Narendra Modi on Tuesday said the Uniform Civil Code (UCC), which was implemented in Uttarakhand a day ago, has the same team spirit as sports.

Speaking at the inauguration of the National Games at the Rajiv Gandhi International Cricket Stadium here, he congratulated the Uttarakhand government for implementing the UCC and described it as a "his

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J&K Police Busts Inter-State Drug Trafficking Module

KC NEWS NETWORK

SRINAGAR: Jammu and Kashmir Police busted an inter-state drug trafficking module by arresting two kingpins from Delhi and Uttar Pradesh.

Police on Tuesday said that it has dismantled a major inter-state drug trafficking network while investigating Case FIR No. 136/2024 under sections 8/22-29 NDPS Act.

Based on evidence from the investigation, including bank transactions and communication records, two key drug suppliers Raju Gupta from Bareilly, Uttar Pradesh, and Mohammad Abrar from Bhajanpura, Delhi were identified as major sources of narcotics supplied to local drug peddlers in Kashmir valley.

A Srinagar police team conducted extensive operations in Uttar Pradesh and Delhi over 10 days with the assistance of local police during which Raju Gupta was

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Govt committed towards Agricultural reforms: Javed Dar



KC NEWS NETWORK

JAMMU: Minister for Agricultural Production, Rural Development, Panchayati Raj, Cooperatives, and Election Departments, Javed Ahmad Dar, today said that all efforts are being made for best use of available

agricultural land through adoption of the latest technologies.

Speaking at 'Gulistan News Conclave' in Jammu, the Minister emphasised the importance of modernising agriculture and addressing the challenges posed by decreasing

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Steps underway to transform J&K: Dy CM

KC NEWS NETWORK

JAMMU: Elaborating the people friendly measures initiated by the present government, Deputy Chief Minister, Surinder Choudhary, today said that steps are underway to ensure transformation of Jammu and Kashmir.

The Deputy Chief Minister was speaking at a conclave "Badalta Jammu and Kashmir" organised by Gulistan News Network here.

The conclave was attended by Minister for Health and Education, Sakeena Itoo, Minister for Agriculture and Horticulture, Javid Dar, Minister for FCS&CA, Satish Sharma, Legislators, DDC members, Intellectuals, Academicians, Media persons and people from different fields.

The Deputy Chief Minister

said that ever since the present government has taken over several steps have been taken to ensure Jammu and Kashmir comes up



as most developed part of India. "These flagship programmes would ensure that the socio-economic and developmental initiatives get a fillip and people get benefitted", he maintained.

While responding to a query,

the Deputy Chief Minister said that we are committed to restoration of special status to J&K. He said that both Prime Minister and Home Minister have already promised restoration of the statehood and we are looking forward for fulfilment of the promise.

While referring to the initiatives undertaken to streamline the Mining operations, the Deputy Chief Minister said that strict enforcement has been ensured to stop illegal extraction of minerals. He said that mechanism has also been devised for safeguard the ecology of the region while undertaking such activities. Responding to another query, the Deputy Chief Minister said that the Government would take necessary steps for revitalising the local

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NIA Conducts Raids At 6 Locations In J&K

KC NEWS NETWORK

SRINAGAR/NEW DELHI: The National Investigation Agency (NIA) on Tuesday conducted searches at six locations in Jammu and Kashmir in connection with the killing of two migrant workers from Punjab in Shaheed Ganj area of Srinagar last year.

On February 7, 2024, Amritpal Singh and Rohit Masi — hailing from Chamryari in Amritsar — were shot by suspected Lashkar-e-Taiba (LeT) terrorists. Singh died on the spot while Masi succumbed to his injuries at a Srinagar hospital the next day.

The NIA took over the probe on June 15 last year on the directions of the Union Home Ministry. The NIA had earlier filed charge sheet against four accused in the case.

The searches were conducted in Srinagar, Badgam and Sopore, officials said.

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J&K's First Budget Session post abrogation Art 370

Legislators may not be allowed to discuss Police, L&O, AIS

KC NEWS NETWORK

SRINAGAR: As the Union Territory of Jammu and Kashmir prepares for its first "Budget Session" in March 2025, the legislators may not be allowed to discuss matters pertaining to All India Services, the Police, Law and Order, and Security.

As per the news agency—Kashmir News Observer (KNO) this session, about the presentation of the 2025-26 annual budget, will be the first since the assembly was reconstituted in October 2024.

Jammu and Kashmir, reorganized into two Union Territories on October 31, 2019, has operated without a

legislative assembly for many years.

Sources from the Assembly



Secretariat said that there is every possibility that written questions on All India Services like IAS, Police, Law and Order, and security matters will not be permitted during the session,

nor will these topics be debated unless allowed by the Speaker under special circumstances.

Additionally, issues related to All India Services are also likely to be excluded from the discussion.

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All patients out of danger, to be discharged soon

Jahangeer Ganaie

SRINAGAR: The situation in the Badhaal area of Rajouri district is improving as no new cases have been reported in the past seven days. Authorities are awaiting forensic reports to determine the exact cause of the mysterious deaths that claimed 17 lives, including 12 children, since December 8, 2024.

Speaking to the news agency—Kashmir News Observer (KNO), Dr Shamim Ahmad, Medical Superintendent at Government Medical College (GMC) Rajouri said no fresh cases have been reported in the last week.

"Currently, 11 patients admitted last week are under observation

Following the mysterious deaths in Budhal village,



at GMC Rajouri, but all of them are out of danger," he said.

Dr Ahmad added that none of the patients are on ventilators and their discharge will be decided soon after consultations with experts.

authorities declared it a containment zone, with hundreds of close contacts relocated to an isolation centre at the Government Nursing College in Rajouri.

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J&K braces for wet spell from today

KC NEWS NETWORK

SRINAGAR: Jammu and Kashmir would likely witness a week-long wet spell from January 29 with the weatherman predicting a series of Western Disturbances till February 05.

According to the news agency—Kashmir News Observer (KNO), Director Meteorological department (MeT), Dr Mukhtar Ahmad said that there is a forecast



of light snow and rain from January 29 afternoon under

the influence of a Western Disturbance, affecting J&K

from tomorrow.

"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 the period. Sharing further details, the Director

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Only Allah can protect Waqf properties: Dr Farooq

Yogesh

SRINAGAR: National Conference (NC) President Dr Farooq Abdullah on Tuesday said that only Allah can protect the Waqf properties and people should seek forgiveness from the Almighty.

Talking to reporters here, Dr Farooq, as per the news agency—Kashmir News Observer (KNO), said, "We are Muslims by name only not by actions. That's why the situation is worsening for Muslims. People should seek forgiveness from the Almighty."

Asked about the statement made in Mahakumbh over Waqf, Dr Farooq said



that "Almighty is the guardian of the properties and only Allah can protect

the Waqf properties."

Urging the people to wake up before it's too late the National Conference (NC) President said that "Kashmiris themselves were responsible for drug abuse becoming a menace in the Valley."

Replying to a query about New Delhi blaming Pakistan for sending drugs into Kashmir, he said, "I don't know who is to be blamed. We Kashmiris are responsible for ruining the Valley. The problem is drugs are a big money and a lot of people are involved in this money, but unless we Kashmiris wake up, we will never be able to eliminate this

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Police Can't Serve Accused Notice Via WhatsApp, Other Electronic Means: SC

NEW DELHI: The Supreme Court has said police cannot serve notices to accused persons through WhatsApp or other electronic modes under the Criminal Procedure Code or Bhartiya Nagrik Suraksha Sanhita, 2023.

A bench of Justices M M Sundresh and Rajesh Bindal directed all states and union territories (UT) to issue appropriate directions to police for issuing notices under Section 41A of CrPC, 1973 or Section 35 of BNSS, 2023 only through the mode of service permitted under the law.

"All the states/UTs must issue a standing order to their respective police machinery to issue notices under Section 41-A of CrPC, 1973/Section 35 of BNSS, 2023 only through the mode of service as prescribed under the CrPC, 1973/BNSS, 2023," the bench said on January 21.

The top court went on, "It is made amply clear that service of notice through



WhatsApp or other electronic means cannot be considered or recognised as an alternative or substitute to the mode of service recognised and prescribed under the CrPC, 1973/BNSS, 2023."

The direction came when the court

accepted a suggestion by senior advocate Sidharth Luthra, appointed amicus curiae in the matter.

Luthra flagged instances where a notice under Section 41-A of CrPC, 1973 was sent through WhatsApp, but the accused did

not appear before the investigating officer.

He said the police machinery must not circumvent the mandate of Section 41-A of CrPC, 1973 or Section 35 of BNSS, 2023 by serving notices via WhatsApp or other electronic modes, instead of following the normal mode of service.

The court passed the directions in the case of Satender Kumar Antil.

The bench further directed all high courts to hold its respective committee meetings to ensure both its past and present decisions were implemented on a monthly basis

"at all levels" and monthly compliance reports were submitted by the authorities concerned.

The apex court directed the registrar generals of high courts and chief secretaries of all the states and UTs to ensure compliance within three weeks.

Budget Session Begins On Jan 31 With President's Address

NEW DELHI: Lok Sabha and Rajya Sabha will take up discussion on President Droupadi Murmu's address to Parliament on Monday as the Budget Session begins on January 31.

The President will address both the Houses of Parliament assembled together in the Lok Sabha chamber on Friday and Finance Minister Nirmala Sitharaman will present the General Budget on Saturday.

The Finance Minister will table the Economic Survey on Friday when both Lok Sabha and Rajya Sabha will convene briefly after the President's address.

Lok Sabha has provisionally allotted two days (February 3-4) for discussion on the Motion of Thanks to the President's address, while Rajya Sabha has earmarked three days for the debate.

Prime Minister Narendra Modi is expected to reply to the debate in Rajya Sabha on February 6.

Parliamentary Affairs Minister Kiren Rijiju has convened a meeting of floor leaders of political parties in Parliament on January 30 to ensure



smooth functioning of the Budget Session.

The first part of the Budget Session will have nine sittings from January 31 to February 13.

Parliament will then break for recess to examine the budget proposals on February 13 and meet again from March 10 to discuss the demands for grants of various ministries and complete the budgetary process. The session will conclude on April 4. The entire Budget Session will have 27 sittings.

Those infamous for appeasement politics now taking dip at Triveni Sangam: Adityanath

LUCKNOW: In an obvious attack on Samajwadi Party (SP) chief Akhilesh Yadav, Uttar Pradesh Chief Minister Yogi Adityanath, without naming anyone, said on Tuesday that even those infamous for their politics of appeasement are now taking a dip at the Triveni Sangam.

He, however, added that it will be a mistake to expect that those who have never respected the faith of India will respect the faith in Sanatan Dharma.

Speaking at the Mahakumbh Samagam organised by Times Now-Navbharat, Adityanath said, "I am pleased that those who once disrespected India's faith and were infamous for their appeasement politics are now eager to take a dip at the holy Sangam of the Ganga, Yamuna and mythical Saraswati to seek 'punya' (virtue)." Responding to a question on whether opposition parties have appreciated his government's organisation of the grand Maha Kumbh, the chief minister said, "Prayagraj belongs to everyone and faith transcends all." He added that the growing participation of people in the Maha Kumbh from diverse political ideologies demonstrates the enduring influence of Sanatan

Dharma.

Adityanath's remarks came after Yadav took a dip at the

did appeasement were not only forced to take a dip but were also forced to install the



Sangam on Sunday. The SP chief also advised BJP leaders to visit the Kumbh with "sahanshila" (patience).

Asked if opposition leaders joining the Kumbh is a victory for Sanatan Dharma, Adityanath said, "This is not a question of victory or defeat. It is a testament to the eternal presence and power of Sanatan Dharma, which continues to thrive and inspire." He, however, added that "to expect that those who have never respected the faith of India will respect the faith in Sanatan Dharma will be a mistake".

"Those who did not believe in Sanatan and only

statues of their stalwarts (at the Sangam) to show that this is also a place, it also has importance. If we ignore this faith, then this faith will ignore who knows how many people." SP workers have installed the statue of party founder Mulayam Singh Yadav at the Sangam. Akhilesh Yadav had garlanded his father's statue after taking a bath at the Sangam.

Responding to questions, the chief minister said, "Mahakumbh Prayagraj is a wonderful moment in our lives and it is our good fortune that we got the opportunity to organise this event and be associated with it." He credited the success of the

Maha Kumbh to Prime Minister Narendra Modi's vision and the collective efforts of the people of Uttar Pradesh. "This unparalleled event reflects not just India's faith but also showcases our cultural pride to the world," Adityanath said.

Highlighting the massive turnout, he shared that in the last 15 days, more than 16 crore devotees have taken a holy dip at the Maha Kumbh. "By the conclusion of the Kumbh on February 26, the number is expected to surpass the population of the third-largest country in the world," the chief minister said. Adityanath expressed optimism that this Maha Kumbh would be remembered as a confluence of faith and modernity, leaving an indelible mark on the state's cultural and spiritual identity.

"When this Maha Kumbh concludes on Mahashivratri (February 26), it will symbolise a new Uttar Pradesh, where faith and development go hand in hand," he said.

The chief minister also lauded the people of Prayagraj and Uttar Pradesh for showcasing the state's productivity, culture and unity on such a grand stage.

Not afraid of legal action, won't let people die in Delhi due to poisonous water: Arvind Kejriwal

NEW DELHI: A day after accusing BJP-governed Haryana of mixing "poison" in the Yamuna river, AAP supremo Arvind Kejriwal on Tuesday said he was not afraid of legal action and asserted he would not let people die in Delhi because of the "dirty, poisonous water".

Kejriwal claimed in a press conference that the Delhi Jal Board (DJB) CEO, in a letter on Monday, confirmed that a "poison" called ammonia had been mixed with the water supplied from the neighbouring state.

Haryana Chief Minister Naib Singh Saini has threatened to file a defamation suit against him if he did not apologise.

Kejriwal said Delhi Atishi and her Punjab counterpart Bhagwant Mann would meet Election Commission officials at 4 pm in connection with the matter.

Hitting back at Saini, the AAP supremo said the Haryana chief minister should not play politics on the issue. "It is sinful, you will face the curse of the people."

"They are threatening to file a case against me. They sent me to jail, will they hang me now?" he asked.

The former chief minister asserted that he would not let the people of Delhi drink the "poisonous water" and die.

The BJP should refrain from its "dirty politics", he demanded and urged the Haryana chief minister to release clean water in the Yamuna.

DJB CEO Shinde had on Monday refuted Kejriwal's allegation in a letter to Delhi Chief Secretary Dharmendra, calling the claim "factually incorrect, without basis, and misleading".

She had clarified that the DJB regularly monitored water quality and accordingly adjusted the treatment process.

Shinde had also said ammonia levels in the Yamuna naturally increased during winters due to reduced flow and the mixing of untreated



Congress MP Priyanka Gandhi visits family of tiger attack victim

WAYANAD (Kerala): Wayanad MP Priyanka Gandhi Vadra on Tuesday visited the family of the woman who was killed by a tiger last week in this high-range district in Kerala.

Priyanka, also the Congress general secretary, arrived at the Kannur airport and then travelled to Wayanad by road, a party source said.

She reached the home of Radha, who was killed by a tiger when she was out collecting coffee beans at the Priyadarshini Estate in



Mananthavady village here on January 24, at around 1.15 pm and consoled the victim's family.

The 'man-eater' tiger that killed Radha was found dead in Kerala's high-range district of Wayanad on Monday and an autopsy on the dead cat revealed the presence of the victim's hair, dress, and a pair of earrings in its stomach, forest officials said.

The Wayanad MP will also be visiting the family of N M Vijayan, former district office-bearer of the party, who, along with his son, died by suicide.

Seventy-eight-year-old Vijayan, who was the Wayanad District Congress Committee (DCC) treasurer, and his son Jijesh, 38, died at Kozhikode Government Medical College Hospital on December 27, 2024 after attempting suicide.

The incident has triggered a political controversy, with the ruling CPI(M) alleging that a cooperative bank job scam involving MLA I C Balakrishnan pushed the duo to take such drastic action.

Prominent Congress leaders in the district, including Balakrishnan and DCC president N D Appachan, were, thereafter, arrested in connection with the case and released on bail as they had obtained anticipatory bail from court.

After visiting Vijayan's family, Priyanka will hold a meeting at the collectorate in the afternoon, the source said.

Maha Kumbh Over 15 Cr Devotees Take Dip; Another 10 Cr Expected On Mauni Amavasya

MAHAKUMBH NAGAR: The Uttar Pradesh government has stepped up security as it gears up for the 'Amrit Snan' on 'Mauni Amavasya' on Wednesday, which is expected to draw around 10 crore pilgrims to the Maha Kumbh in just a day. The Maha Kumbh 2025 has already witnessed over 15 crore pilgrims taking a holy dip in the past 17 days, the state government said on Tuesday. Security measures have reached unprecedented levels for the day with deployment of personnel at every nook and turn

along with installation of AI-powered CCTV cameras and drones keeping eye on the Mela area, spread over several hectares along the Triveni Sangam – the confluence of the Ganga, Yamuna and the mythical Saraswati. While the Mela area has already been declared a no-vehicle zone for the next few days, the Prayagraj administration has also made a fervent appeal to local residents to avoid using four wheelers and opt for two wheelers only if carrying senior citizens to the Sangam.

NIA team likely to visit USA soon for extradition of 26/11 Mumbai terror attacks mastermind Tahawwur Rana

NEW DELHI: A team from the National Investigation Agency (NIA) is likely to visit USA very soon to complete the formalities for the extradition of Tahawwur Rana, who is wanted in India for his role in the 26/11 Mumbai terror attacks, sources said.

The move is learnt to be taken considering the US Supreme Court's recent decision rejecting a review petition filed by Rana challenging his extradition to India. The decision has cleared a significant legal hurdle, allowing Indian authorities to accelerate the process of bringing him to justice.

As per sources, a team of Inspector General



and Deputy Inspector General rank officers are likely to visit the USA by the end of this month, the move regarding it has been shared with the Ministry of Home Affairs as well as the Ministry of External Affairs.

Rana, a former doctor and businessman, is a Canadian citizen of Pakistani origin. He is accused of facilitating the reconnaissance activities of David Coleman Headley, the main planner of the 26/11 Mumbai attacks.

He allowed Headley to use his immigration business as a front to travel to India and identify potential attack targets. Rana was arrested in 2009 in Chicago by the FBI for his role in a Pakistan-supported terror network. He was convicted in the US for supporting the Lashkar-e-Taiba (LeT), the terror group behind the attacks, but acquitted on charges directly related to the Mumbai attacks.

Amritsar Grenade Lobbying Incident: Two Operatives Of US-Based Terrorist Held

CHANDIGARH: Punjab Police on Tuesday said it has arrested two persons allegedly involved in the grenade lobbying incident outside the Gurmata police post in Amritsar.

Police said Bagga Singh and Puskaran Singh are operatives of US-based terrorist Happy Passia.

A hand grenade and two pistols have been recovered from their possession.

"In an intelligence-based operation, State Special Operation Cell (#SSOC) Amritsar, busts a narco-terror module and apprehends two operatives, Bagga Singh/r/o Sarsa & Puskaran Singh @Sagar r/o Amritsar Rural, of #USA-based terrorist Happy Passia and Sarwan Bholasmuggler," Director General of Police Gaury Yadav said in a post on X. "They were involved in grenade lobbying on Gurmata Police Post in Amritsar on January 9, 2025," he said.

Countdown For ISRO's 100th Mission Begins At Sriharikota

SRIHARIKOTA, (ANDHRA PRADESH): The 27-hour countdown for ISRO's historic 100th mission from this spaceport, launch of a Navigation satellite onboard a GSLV rocket commenced on Tuesday, sources in the space agency said. Also, this would be the first mission for ISRO Chairman V Narayanan, who assumed office on January 13.

The Geosynchronous Satellite Launch Vehicle (GSLV) with indigenous Cryogenic upper stage in its 17th flight, carrying the navigation satellite NVS-02 is scheduled for lift-off at 6.23 am on January 29 from the second launch pad here.

The navigation satellite is the second in the series of the Navigation with Indian Constellation (NavIC) aimed to provide accurate position, velocity and timing to users in the Indian sub-continent as well as to regions about 1,500 km beyond the Indian land mass.

"The 27.30 hour countdown commenced at 02.53 am on Tuesday," multiple sources told PTI.

The 50.9 metre tall GSLV-F15 follows the GSLV-F12 mission which successfully carried navigation satellite NVS-01, the first of the second generation satellites on May 29, 2023.

NavIC comprises five second generation satellites–NVS-01/02/03/04/05 envisaged to augment NavIC base layer constellation with enhanced features for ensuring continuity of services.



The NVS-02 satellite designed and developed by the U R Satellite Centre weighs about 2,250 kg. It has navigation payload in L1, L5 and S bands in addition to ranging payload in C-band like its predecessor NVS-01.

The key applications the satellite would be used for are terrestrial, aerial and maritime navigation, precision agriculture, fleet management, location based services in mobile devices, orbit determination for satellites, Internet-of-Things (IoT) based applications, emergency and timing services, ISRO said.

FS Misri in Beijing India, China to resume Kailash Mansarovar Yatra, share hydrological data

NEW DELHI : India and China have decided to resume the Kailash Mansarovar Yatra this year, and have also agreed to hold an early meeting of the Expert Level Mechanism to discuss resumption of provision of hydrological data and cooperation on trans-border rivers, following talks between Foreign Secretary Vikram Misri and Chinese Foreign Minister Wang Yi in Beijing.

Foreign Secretary Misri visited Beijing on January 26-27 for a meeting of the Foreign Secretary-Vice Foreign Minister mechanism between the two sides held on January 27.

As agreed between Prime Minister Narendra Modi and Chinese President Xi Jinping at their meeting in Kazan on October 23, the two sides reviewed the state of India-China bilateral relations comprehensively and agreed to take certain people-centric steps to stabilize and rebuild ties, a statement said.

In this context, the two sides decided to resume the Kailash Mansarovar Yatra in the summer of 2025; and will discuss the modalities for doing so as per existing agreements. They also agreed to hold an early meeting of the India-China Expert

Level Mechanism to discuss resumption of provision of hydrological data and other cooperation pertaining to trans-border rivers.

The two sides agreed to take appropriate



measures to further promote and facilitate people-to-people exchanges, including media and think-tank interactions. They agreed in principle to resume direct air services between the two countries;

the relevant technical authorities on the two sides will meet and negotiate an updated framework for this purpose at an

early date.

The two sides recognize that 2025, being the 75th anniversary of the establishment of diplomatic relations between India and China, should be utilized to redouble public diplomacy efforts to create better awareness about each other and restore mutual trust and confidence among the public. The two sides will conduct a number of commemorative activities to mark this anniversary.

The two sides took stock of the extant mechanisms for functional exchanges. It was agreed to resume these dialogues step by step and to utilize them to address each other's priority areas of interest and concern. Specific concerns in the economic and trade areas were discussed with a view to resolving these issues and promoting long-term policy transparency and predictability. During his visit, Foreign Secretary called on Member of the Politburo of the Central Committee of the Communist Party of China, Director of the Office of Central Commission of Foreign Affairs and Foreign Minister Wang Yi, and Minister of the International Department of the Communist Party of China Liu Jianchao.

Pahalgam to get gondola facility to boost year-round tourism

Drag lift for Aru Valley to promote winter sports, adventure tourism: Official

Jahangeer Ganaie

Srinagar: Pahalgam, one of Kashmir's most iconic tourist destinations, is set to receive a state-of-the-art gondola service, designed to rival the renowned Gulmarg Gondola. The proposed cable car project aims to enhance the region's tourism potential and attract visitors year-round, particularly during the winter months.

According to details obtained by the news agency—Kashmir News Observer (KNO), the proposed aerial route will span approximately 2 kilometres, connecting Yatri Nawas to the scenic meadow of Bai Saran, which is surrounded by snow-capped mountains and dense pine forests.

An official from the J&K Tourism Development Corporation (JKTDC) said the Detailed Project Report (DPR) is in its final stages, with the Board of Directors expected to make a decision soon. "While a few No Objection Certificates (NOCs) from forest and other concerned departments are still pending, efforts are underway to expedite the process," the official added.

The project, designed with environmental



sustainability in mind, ensures no deforestation will occur during construction. A drag lift is planned for Aru Valley to promote winter sports and adventure tourism, which will further enhance the region's appeal as a hub for adventure activities, the official said.

"These initiatives are expected to transform Pahalgam into a year-round tourist destination," he added.

Local stakeholders, including hoteliers and travel agents, have warmly welcomed the move. Uzair Ahmad, a local hotelier, told KNO, "Pa-

halgam sees a steady flow of tourists during the summer, but winter months witness a significant decline. Facilities like the gondola and drag lift will keep Pahalgam vibrant throughout the year."

He said most hotels in the area currently lack central heating systems, as many remain closed during the winter due to low tourist numbers. "If the winter footfall increases, hoteliers can upgrade facilities, which will benefit the local economy," Ahmad added.

The gondola project is being described as a "game-changer" for Pahalgam by local authorities and stakeholders. It is expected to reduce congestion at Gulmarg by offering tourists an alternative adventure site while establishing Pahalgam as a premier destination for both summer and winter activities.

The drag lift at Aru Valley is particularly aimed at promoting winter sports, attracting adventure enthusiasts and hosting potential sporting events in the future.

With the completion of these projects, Pahalgam is set to see a boost in tourist footfall, particularly during the winter months—(KNO)

JKAACL organises All India Urdu Mushaira to mark 76th R-Day celebration

JAMMU: The Jammu and Kashmir Academy of Art, Culture, and Languages (JKAACL) today organized the prestigious All India Urdu Mushaira here this evening at Abhinav Theatre, Jammu.



in the presence of a galaxy of writers and intellectuals of different languages.

Principal Secretary, Culture and School Education, Suresh Kumar Gupta was the chief guest at the event.

In his address, Suresh Gupta stated that the primary objective of the Mushaira is to celebrate the diversity of India through the universal language of poetry, which serves as a bridge connecting people from varied backgrounds and regions. He emphasized that poetry is a powerful medium to promote unity, harmony and cultural exchange in a multilingual nation like ours. He also stated that 31 new schemes are being introduced in JKAACL for overall promotion of regional art, culture and languages.

Harvinder Kour, Secretary JKAACL, welcomed the veteran poets, literary luminaries and esteemed guests. In her address, she stated that this event, began in 1960, has become an annual tradition and continues to be a significant platform for promoting Urdu literature and poetry.

This year's Mushaira was organized as part of the 76th Republic Day celebrations, bringing together renowned poets from across Jammu

and Kashmir and other states and Union Territories of the country. She further highlighted the vital role of literary events like this Mushaira in fostering creativity, nurturing fresh ideas and preserving our cultural and linguistic heritage.

The Mushaira featured mesmerizing performances by celebrated poets from across the country including Chander Bhan Khaal (Delhi); Rajesh Reddy (Mumbai); Manish Shukla (Lucknow); Dr. Sunita Raina (Delhi); Mohan Muntazir (Uttarakhand); Monika Dehlvi (Delhi); Amjid Khan Amjid (Dehradun); Deepak Gupta (Faridabad); Asad Mehtab Asad (Mumbai) and Krishen Kumar Toor (Dharamshala).

Local poets also enriched the Mushaira with their captivating verses. Notable participants included Pritpal Singh Beetab (Jammu); Dr. Liaquat Jafri (Jammu); Sohail Siddique (Bhaderwah); Mumtaz Ahmad (Rajouri); Dr. Shafaq Sopori (Srinagar); Gulzar Jaffar (Kupwara); Shabeena Ara (Kulgam); Qazi Akhter (Srinagar) and Dr. Tahir Tanveer. Each poet enthralled the audience with their thought-provoking poetry, blending traditional themes with contemporary insights and reinforcing the timeless charm of Urdu poetry.

As part of the Republic Day celebrations, JKAACL will also host the Dogri Kavi Sammelan at Abhinav Theatre, Jammu, on 30th January 2025.

CUK to host winter sports event in Gulmarg: 27 Universities, 169 athletes to participate: VC

SRINAGAR: The Central University of Kashmir announced on Tuesday that it will host the All India Inter-University Winter Sports event in Gulmarg on January 30-31.

In a press conference held at the DIPR Complex, Poloview Srinagar, Prof. A. Ravinder Nath, Vice Chancellor of the Central University of Kashmir, as per news gathering agency KINS, said that the All India Inter-University Winter Sports event will be organised in Gulmarg from January 30 to 31. He said that sponsored by the Association of Indian Universities, the event will feature 27 universities, with 169 athletes, coaches, and managers participating.

Prof. Nath emphasized the importance of this event in putting Kashmir further on the map as a winter sports destination, enhancing both the university's national identity and the region's winter tourism potential.

The second focus of the conference was the introduction of the Common University Entrance Test for postgraduate programs, with the application deadline fast approaching on February 1.

VC Prof. Nath urged Jammu and Kashmir students to take part in this national-level exam, which offers access to 48 central universities across the country.

The Participants of the press conference also highlighted the reforms under the National Education Policy (NEP) 2020, focusing on creating a

learner-centric education system.

They outlined the university's focus on preparing students for higher education, employment, and entrepreneurship, with the new motto "Educate, Enrich, Empower."



Prof. Nath mentioned ongoing infrastructure developments at the university, including new hostels and academic buildings, which are expected to be completed within 24-36 months.

The university is also introducing nine new academic best practices, which will be shared with faculty and stakeholders shortly.

Prof. Nath expressed hope that such events would contribute to Kashmir's growth as a hub for winter sports and education. (KINS)



Indian Army Unveils Monolith Honoring Heroes of Battle of Phuklian

JAMMU: In a tribute to the valor and sacrifices of soldiers in the 1971 Indo-Pak War, the Indian Army unveiled a monolith near the border location of Pargwal, Jammu, on January 28, 2025. The monolith commemorates the historic victory of the Indian Chenab Brigade in the Battle of Phuklian (Chenab Enclave) under the aegis of the Tiger Division.

Named the Pargwal Parakram Pillar, the monument stands as a testament to the bravery and dedication displayed by Indian soldiers during the war. The initiative aims to educate locals and inspire youth by honoring the triumphs and sacrifices of the armed forces. The monolith was inaugurated by the Commander of the Chenab Brigade.

The ceremony was attended by a host of

dignitaries, including local military veterans, Commandants, officers from the Border Security Force (BSF), Jammu and Kashmir Police, civil administration officials, school children, and residents of the border village Pargwal.

During the event, the Commander of the Chenab Brigade interacted with civilians and veterans, emphasizing the importance of fostering strong military-civil relations to address future challenges.

The Pargwal Parakram Pillar not only commemorates the gallantry of the Chenab Brigade soldiers but also serves as a permanent reminder of their selfless service. It symbolizes the spirit of nationalism and aims to inspire future generations to reflect on India's glorious military history.

Mirwaiz-e-Kashmir Visits Nizamuddin Auliya Dargah, also Meets Tableegi Jamaat Ameer

SRINAGAR: Mirwaiz-e-Kashmir, Dr. Moulvi Muhammad Umar Farooq, today visited the revered Dargah of Hazrat Nizamuddin Auliya in New Delhi, where he offered Fatiha (prayers) at the shrine of the great Sufi saint. The Mirwaiz was warmly received by the Sajada Nasheen and Incharge of the Dargah, Syed Anis Nizami, and others who extended their warm hospitality.

Later, the Mirwaiz called on the Ameer of the Tableegi Jamaat, Moulana Saad Syed Kandhlavi, at their Markaz in Bengla Wali Masjid. He commended the Tableegi Jamaat for their tireless efforts in promoting dawah (Islamic outreach) and islah (reformation) within the Muslim Ummah.

The discussions highlighted the shared mission of strengthening faith and spirituality among Muslims through propagation of Islamic teachings. (KNS)

KU Holds Social Service Camp for Hazratbal Devotees

JAMMU: The University of Kashmir (KU) organized a special social service camp at its Sir Syed Gate to facilitate devotees visiting the



Hazratbal shrine on the eve of Shab-i-Mehraj.

The camp, managed by the University's Proctorial Wing, provided refreshments to the large number of devotees who gathered for the sacred occasion.

Vice-Chancellor KU, Prof. Nilofer Khan, personally served refreshments to the devotees and supervised the arrangements at the camp. "It is a part of our social responsibility," Prof. Khan said while appreciating the efforts of the Proctorial Wing in ensuring smooth arrangements and dedicated service to the devotees.

"Such initiatives help strengthen our connection with the local community and reflect the University's commitment to serving society beyond academics," she further remarked.

Prof. Khan also emphasized the need to continue such community-oriented initiatives, adding that the University looks forward to organizing more such camps in the future as a gesture of support and engagement.

Chief Proctor KU, Prof. Imtiyaz Khan and Special Secretary to the VC KU, Dr. Ishfaq Zarri were also present on the occasion.

The devotees expressed their gratitude and appreciated the thoughtful arrangements made by the University and also acknowledged the hospitality extended to them.

DPIIT, JKEDI Sign MoU to Strengthen Startup Ecosystem In J&K

JAMMU: 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 during "Jammu Kashmir Konnect," a special startup-focused program organized at JKEDI's Baribrahamna campus, where startups, incubators, and key-way stakeholders gathered to discuss innovation and growth opportunities. DPIIT and JKEDI formally signed the MoU marking a significant step toward strengthening startup support systems in J&K.

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 with India's vision of becoming a developed nation by 2047.

During the program, Director DPIIT and Director JKEDI held one-on-one interactions with all incubators, discussing their challenges, needs, and future plans. The session provided a unique platform for incubators to share insights, suggest improvements, and seek policy-level support for enhancing the startup ecosystem.

During the event, Shri Rajinder Kumar Sharma, JKAS, 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, 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. Incubators from NIT-Srinagar, IUST University, SKUAST-Kashmir and CIIT Baramulla joined virtually.

21st century innovations in teaching



Mukhtar Ahmad Qureshi

With training moving even farther into the future, everything about research has seemed to have gone overboard and teachers have to run as fast into a culture full of changes and demands with relation to the learning process of their members. A chalk and talk approaches no more cuts it in a world driven by technology, creativity, and critical thinking. We ought to embrace innovative verbiage of teaching whereby curiosity, collaboration, and lifelong procedures happen rather concurrent within young minds in order to make learning stick.

1. Activity based learning: Activity based learning can be one of the most powerful ways to keep students interested in the class. I found it very interesting because, when I first used it in my class, the enthusiasm changed. Instead of listening passively, they would be an active participant.

For instance, explaining mathematical concepts with the help of puzzles, games, and solving real life problem solving scenarios. It makes the learning fun for them and hence, retains their information.

2. Tech infused learning: We are the digital generation and do not have an option but to integrate technology with learning. There is no place for textbooks for students when Smart boards, educational apps, and virtual classrooms are available.

I have used interactive quizzes, storytelling apps, and even some online simulations where one can make a lesson more interactive. For example, in a history lesson, a virtual tour of the ancient world could be given via Virtual Reality to take students through another era, making learning much more immersive.

3. Flipped classroom: The flipped classroom model reverses the traditional approach. Instead of teaching concepts in class and giving homework later, the students learn it at home, through videos, articles, or presentations. Class time is then

used for discussions, problem solving, and application based activities.

I noticed that when I implemented this strategy, students were better prepared to come to class and were eager to clarify doubts, and more so, they were more involved in group activities. 21st Century Innovations in Teaching

Education has been an inevitable journey into a pretty future; research has always been moving forward and so far necessitated the educators to run. They need to run even faster through cul-

tion, immediate feedback, and a positive learning atmosphere.

5. Personalized learning: Each child has his/her unique set of characteristics and, thus, the same teaching method cannot work for all of them. Personalized learning helps students to learn at their own pace and time based on the areas in which they are both strong and poor. By using AI powered tools and adaptive learning platforms, we can do classes with personalized assignments, keep numbers on the progress and



tural shifts and make huge demands on them, and on the community members from the context of the learning process. No more chalk and talk-only world in the midst of so much emerging technology, creativity, and critical think. It's a new script of teaching that has to offer a time for the curiosity, collaboration, and life procedures happening simultaneously as it is in the young mind, in order for the learning to stick.

4. Gamification: Gamification is a very effective engagement strategy. By adding points, badges, leader boards, and interactive games, we can make even the most difficult subjects fun.

I remember using a math quiz competition in my class where students earned points for correct answers. Their excitement and motivation were remarkable. Games encourage healthy competi-

provide targeted help. I saw myself that students gave more importance to their studies and eventually work better if they get individualized attention.

6. Experiential Learning: Students will understand the principles when they get to see them. The experiential type of learning is the one which includes trips to actual places, the students making real experiments, and other activities related to the topics they learned in the classroom.

As one example of such activity is an environmental science subject, students may vividly do such things as visiting a local conservation site which is used to show the way to become more sustainable. Real world experiences help students understand the relation between theory and practical concepts.

7. Storytelling: Stories can be a tool for entertaining, enlightening as well as educating. Whether one is teaching literature, history or even science subjects, using storytelling as a tool can make content easily understood and memorable.

I have frequently utilized the narration of true events to make it easy for students to understand difficult concepts. A simple story that tells about a scientist's struggles and attainments can be the reason for physics to become more appealing as a subject. Through storytelling, a learner develops a strong emotional connection.

8. Mindfulness and emotional learning: Learning is not just acquiring academic knowledge and memorizing facts; it is about mastering emotional intelligence and well-being. Practicing mindfulness to imagine inserting a few minutes each day, or even during class, for relaxation and sharing. The method, which can also include gratitude journals, meditation, and deep breathing exercises, improves student concentration, resilience, and positive thinking. I have witnessed the outcome of mindfulness exercises in my school, which gave me the idea of my research. I saw the children were able to concentrate better and were less worried and were more respectful to others. A person is happier and more balanced in relationship to his or her emotions when he or she can concentrate on the material he or she is learning.

Embracing change for a brighter future
As educators, we carry the mantle of shaping minds for the young and preparing them for the future. Traditional ways are wonderful, but we have to innovate as educators to truly engage with 21st century learners by experimenting with new teaching techniques.

There have been confirmations that the utilization of activity based learning methods has created exciting learning environments. Sustainable learning centers don't just make one learn and retain knowledge, but inspire, empower, and nurture lifelong learners. The concepts are the newest in the teaching industry, so why don't we, educators, take it up and begin teaching in a fun, meaningful, and impactful ?

(The author is a teacher. He hails from Boniyar Baramulla and can be reached at mukhtar.qur@gmail.com)

Delhi University: How Will It Gain Global Recognition?



Prof. Mahesh Chand Gupta

DU, a century-old institution, is one of India's most prestigious universities. It operates over 80 academic departments, more than 80 colleges, and over 500 courses, serving over 700,000 students annually. DU boasts a network of more than 8 million alumni worldwide. However, despite these achievements, DU's global ranking is below world-class standards, standing approximately 300th among the world's top 500 universities. Concerned by this ranking, the government, university administration, and DU's stakeholders aim to shine DU's name on the global stage.

Centuries ago, universities like Nalanda, Takshashila, and Vikramshila established India as a global center of education. These institutions were not only hubs of knowledge and research but also attracted

more than 80 colleges, and over 500 courses, serving over 700,000 students annually. DU boasts a network of more than 8 million alumni worldwide. However, despite these achievements, DU's global ranking is below world-class standards, standing approximately 300th among the world's top 500 universities. Concerned by this ranking, the government, university administration, and DU's stakeholders aim to shine DU's name on the global stage.

To achieve this, efforts are being made to enhance DU's infrastructure, introduce world-class facilities like smart classrooms, libraries, auditoriums, academic blocks, and advanced laboratories. The DU Found-

ation Endowment Fund, established under the university's auspices, is mobilizing financial resources. Not only have DU alumni worldwide stepped forward to contribute, but various sectors of society have also joined this noble cause.



students and scholars from across the globe. Today, the situation is entirely different. Indian universities lag behind in global rankings. Foreign students rarely aspire to study here, while our students are heading abroad for higher education. To make India a leader in education once again and bring worldwide acclaim to our universities, it is essential to understand the ongoing efforts at Delhi University (DU).

With the ambitious goal of securing a top spot in global rankings, the Delhi University Foundation was established two years ago as part of broader reforms. This foundation aims to connect and build a network of millions of DU alumni scattered across the globe.

DU, a century-old institution, is one of India's most prestigious universities. It operates over 80 academic departments,

learning" would be in much better shape. Prominent universities globally thrive on alumni funding, a practice not common in India. If even 500,000 of DU's 8 million alumni contribute, it could transform DU. Encouragingly, DU alumni, their families, and major organizations like LIC Golden Jubilee Foundation and Reliance Power are now showing interest.

Recently, at the first dedication and recognition ceremony of the foundation, Union Education Minister Dharmendra Pradhan launched initiatives like Sashakt Beti and E-Drishti, aimed at empowering women and differently-abled individuals. As part of Sashakt Beti, 400 female DU students were provided laptops. Under E-Drishti, 400 tablets were distributed to visually impaired students to enhance their learning and research capabilities. The

minister also inaugurated a fully equipped ambulance donated by LIC Foundation, ensuring better healthcare and emergency services for DU's faculty, staff, and students.

Despite these exemplary efforts, the foundation's ultimate goal is to make DU a globally recognized institution in academic and research excellence, innovation, and internationalization, ultimately achieving a top world ranking.

From my extensive experience as a teacher, I firmly believe education and development complement each other. Education is the ladder to reach every milestone of development. If we envision India as a developed nation by 2047, this dream can only be realized through education. However, achieving this is neither simple nor easy. It requires immense effort from the country's universities.

The plight of children enduring exploitation in private universities underscores the need to improve UGC-funded universities. Changing this scenario depends on elevating our universities to world-class standards and establishing them as leading global brands. Over the past five years, over 3 million Indian students have gone abroad for higher education and settled there. The primary reason is our poor standing in global university rankings. Notably, 50 major global corporations are led by Indian CEOs educated in foreign universities, whose combined market value exceeds \$5 trillion—more than India's current economy. The Modi government is striving to change this, which could position India as the world's third-largest economy.

The central government, DU management, and the foundation aim to enhance DU's global reputation. Recently, Prime Minister Modi laid the foundation stones for DU's East and West Campuses and Veer Savarkar College. This expansion is expected to create 10,000 new jobs and provide quality education to 15,000–20,000 new students, aligning with the vision of universal education. These efforts will help DU emerge as a world-class institution, contributing to PM Modi's vision of a developed India while setting an example for other Indian universities.

(The author is a renowned educationist, thinker, speaker, and the Coordinator for Fundraising at Delhi University Foundation.)

Union Minister chairs review meeting on Aspirational District Programme in Baramulla

Inaugurates MRD Registration Center at GMC, Hi-Tech Polygreen House under HADP

BARAMULLA: Union Minister of State (MoS) for Union Ministry of Micro, Small & Medium Enterprises (MSME), Labour and Employment, Shobha Karandlaje, today chaired a meeting at Baramulla to review progress on various indicators of NITI Ayog's Aspirational District Programme (ADP).

The meeting was attended by Member Legislative Assembly Baramulla, Javed Hassan Beig; Deputy Commissioner Baramulla, Minga Sherpa; officers from the Ministry of MSME, Labour and Employment and other officers from the concerned departments. She was apprised that the district has made remarkable progress in its Delta Ranking, issued by NITI Aayog, moving from the 108th position to 46th out of 112 districts, achieving a composite score of 59.3 as on September 2024.

The Minister was further informed that the education sector in Baramulla has witnessed wholesome progress, with a substantial increase in student enrolment, especially among girls, a significant decrease in the dropout rate, with efforts to improve the quality of education through skill upgradation for teachers, upgrading school infrastructure, and promoting digital learning with the implementation of smart classrooms.

The Union Minister had a comprehensive review of district under Agriculture and Financial Inclusion besides Skill Development and Infrastructure. She expressed her appreciation over the progress achieved by Baramulla administration.

Speaking during the meeting, the Union MoS directed the officers from the Health Department to conduct comprehensive research to identify the underlying causes of infant and maternal mortality in the district. She asked for implementing targeted interventions to ensure further reductions in mortality rates, thereby improving overall healthcare outcomes.

The Union Minister instructed the administration to plan for



long distances, thereby boosting the local economy and benefiting the farmers.

Shobha Karandlaje asked the officials to accelerate the execution of developmental projects, particularly those that support MSMEs, employment generation and livelihood enhancement. She reaffirmed the Government of India's commitment to holistic development in Aspirational Districts through data-driven governance and targeted interventions.

During the meeting, Shobha Karandlaje distributed various

essential resources including computers, smart boards and other amenities to Panchayati Raj Institutions (PRIs) and schools, aimed at enhancing their overall functionality for betterment of the community.

During the visit to Baramulla, Shobha Karandlaje inaugurated a hi-tech polygreenhouse with a total area spanning 500 square meters at Chakloo, which was sanctioned to the local farmer Dr. Mudasir Ali through HADP scheme at an estimated subsidy of 95%.

Later, the Union Minister visited Government Medical College Baramulla, where she inaugurated the Endo-Urological Equipment at the Associated Hospital as part of the Aspirational District Programme. The newly introduced equipment will support advanced urological procedures, enhancing healthcare options for patients in the region.

The Union Minister also inaugurated the newly constructed Medical Registration Department's (MRD) Registration Centre at GMC Baramulla, aimed at streamlining the patient registration process.

During her visit, the Minister interacted with the attendants and sought feedback on the healthcare facilities being provided to the patients.

Meanwhile, Javed Beigh also raised several concerns related to water scarcity and other developmental challenges in the region and sought the intervention of the Union MoS for their timely resolution.

Earlier, Deputy Commissioner Minga Sherpa, presented a comprehensive overview of the district's performance under 5 key indicators of ADP including Health and Nutrition, Education, Agriculture and Water Resources, Financial Inclusion and Skill Development besides Infrastructure.

DC Baramulla highlighted significant improvements in health and nutrition, including upgradation of existing facilities and establishment of new health centres, maternal and child healthcare, reduction in infant and maternal mortality rates, reduction in TB cases, and effective implementation of Poshan Abhiyan in combating malnutrition.

Outstanding Cambridge Learner Awards in India announced

SRINAGAR: The International Education group at Cambridge University Press & Assessment (Cambridge) is delighted to announce the winners of the Outstanding Cambridge Learner Awards in India. The awards celebrate the outstanding academic achievements of secondary school learners in India in the November 2023, March and June 2024 Cambridge examination series.

In total 228 students in India received awards for exceptional performance in Cambridge IGCSE™ and International AS & A Level examinations across a wide range of subjects.

The winners, felicitated at a ceremony in Mumbai, include 82 students who won 'Top in the World' awards for achieving the highest mark in the world in a single subject, and 110 students who attained the highest mark in India in a single subject. The awards show that students in India are performing particularly well in Mathematics followed by English.

In India, 88 percent of the students who have excelled in the 'Top in World' Award category are from Mathematics and English disciplines, with Mathematics alone accounting for 80 percent.

The Outstanding Cambridge Learner Awards programme celebrates the success of students taking examinations awarded by Cambridge International Education in over 40 countries around the world. Cambridge qualifications prepare and equip learners with the skills they need to thrive at university and beyond.

The world's best higher education institutions recognise Cambridge qualifications and value the critical thinking skills, independent research abilities and deep subject knowledge that Cambridge learners bring to university.

Vinay Sharma, Sr VP, Cambridge International Education South Asia, said:

'Congratulations to our learners who have achieved remarkable success. Cambridge learners are at the heart of everything we do.

Every element of a Cambridge education – the curriculum, teaching and learning, resources and assessment – is carefully designed to help learners reach their potential and thrive in life. We also sincerely thank parents and educators for their unwavering support towards our learners.'

The awards also celebrate the achievements of those learners who have been recognised for 'High Achievement', based on outstanding performance in subjects which are not yet so widely taken in India, and learners who have achieved the highest cumulative marks across a number of subjects.

The winning students out-performed thousands of candidates worldwide who sat Cambridge examinations.

Cambridge has over 160 years' experience in delivering international exams and provides education to nearly one million students every year. Cambridge International Education is the awarding body of the International Education group at Cambridge University Press & Assessment, part of the University of Cambridge.

Our International Education group works with schools worldwide to build an education that shapes knowledge, understanding and skills. Together, we give learners the confidence they need to thrive and make a positive impact in a changing world.

Javed Rana calls on Union Tribal Affairs Minister

Pushes for holistic development of tribal population in JK

NEW DELHI: Minister for Tribal Affairs, J&K, Javed Rana, today called on Union Minister for Tribal Affairs, Jual Oram, in New Delhi and discussed the roadmap for holistic development of tribal communities in Jammu & Kashmir.

He sought Centre's assistance for transforming lives of tribal communities by fostering sustainable, inclusive growth.

The discussions revolved around a range of proposals aimed at addressing the socio-economic challenges faced by tribal populations in the Union Territory.

Accompanying the Minister were Secretary, Tribal Affairs J&K, Prasanna Ramaswamy G and Deputy Secretary, Tribal Affairs Department.

The meeting witnessed presentation of a detailed proposal outlining transformative initiatives for welfare of tribal communities in Jammu and Kashmir. The focus was on improving access to education, healthcare, sustainable infrastructure, women empowerment and economic opportunities.

The Union Minister commended the efforts of J&K government and assured robust support from the Centre.

One of the key highlights of the discussion was establishment of 15 Eklayva Model Residential Schools (EMRS) in tribal-dominated districts. The initiative is set to provide quality education and skill development opportunities to tribal children, addressing long-standing educational disparities in the region.

Rana emphasised the transformative potential of these schools in empowering tribal youth. He sought support of the Centre to develop a Tribal Smart Village with modern infrastructure, renewable energy solutions and digital connectivity. This project is envisioned as a model for sustainable and inclusive development, catering to the unique needs of tribal communities, he added. He underscored the importance of such initiatives in setting a precedent for tribal development nationwide.

The Minister also proposed establishment of 50 telemedicine centers, six 30 bedded hospitals and deployment of advanced ambulances in remote tribal areas. These measures aim to bridge critical gaps in healthcare access and improve health outcomes for vulnerable populations.

The challenges faced by nomadic tribes were also highlighted, with plans for mobile education units and resettlement zones equipped with essential facilities like healthcare and grazing lands. The provision of tents for migratory families was highlighted as an immediate succour to improve their living conditions during harsh weather.

The Minister stressed on women empowerment with a mission to support self-help groups engaged in crafts, dairy and small enterprises. He noted that empowering women would have a ripple effect on the overall progress of tribal communities.

Renewable energy solutions for remote villages and eco-tourism initiatives in regions like Rajouri and Poonch also formed part of the discussions. These initiatives aim to enhance living standards while preserving the cultural and environmental heritage of tribal areas.

Speaking after the meeting, Javed Rana expressed confidence in the Union Government's support for these initiatives.

"The proposed projects are designed to address the core needs of tribal communities in Jammu and Kashmir. We are committed to ensuring their holistic development and improving their quality of life," he said. Union Minister, Jual Oram, praised the comprehensive approach of J&K government, calling the proposals a significant step towards achieving sustainable development for tribal populations.

He assured that the Centre stands firmly with the UT in its efforts to uplift tribal communities.

Govt's priority is to upgrade existing resources, facilities; transform JK's healthcare: Sakeena Itoo

Attends Gulistan News Network's Conclave 'Badalta Jammu & Kashmir'

JAMMU: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo, remarked that government's priority is to upgrade existing resources and facilities in the health sector in order to transform the healthcare landscape of Jammu and Kashmir.

The Minister made these remarks while speaking at the 'Badalta Jammu and Kashmir Conclave' organised by Gulistan News Network here.

Speaking during the Conclave, Sakeena Itoo said that Jammu & Kashmir is making significant strides under the leadership of Chief Minister, Omar Abdullah. She added that the present government has appointed around 300 new doctors and posted them in remote areas to



take care of healthcare needs of people living in far off areas.

The Minister acknowledged the shortage of doctors and paramedical staff in the health department but assured the people that the government is committed to address all these

issues promptly.

She added that government has already started the process of having dialysis facilities in all sub-district hospitals for the facilitation of general public.

She further said that Cath Labs have been made functional in Jammu as well as Kashmir besides Linac facilities will be shortly available here.

Highlighting different interventions being made by the present government for public welfare, Sakeena Itoo said that the Chief Minister, Omar Abdullah, is personally monitoring the progress in each department and taking regular reviews regarding implementation of various interventions being made for public good.

...Mehraj-ul-Alam

Thousands throng Hazratbal shrine, participate in special prayers

Rehan Qayoom Mir

Srinagar: Thousands of devotees thronged Dargah, Hazratbal shrine on Tuesday to mark Mehraj-ul-Alam, commemorating the ascension of Prophet Muhammad (SAW) to the heavens.

The holy occasion, observed with night-long prayers and spiritual fervor, drew men, women, children, and the elderly in large numbers, seeking blessings and spiritual solace.

According to the details available with the news agency—Kashmir News Observer (KNO), the Hazratbal Shrine, situated on the banks of Dal Lake, became the focal point of devotion as thousands of worshippers flocked to witness the holy relic of Prophet Muhammad (SAW).

As the relic was displayed to the crowd, cries of devotion echoed, with



men and women overwhelmed by emotion as they sought blessings.

MD Kashmir Power Distribution Corporation Limited reviews power scenario

Progress on implementation of RDSS works and PM Surya Ghar-Muft Bijli Yojna

BUDGAM: In order to review power scenario and implementation of various Centrally Sponsored Schemes MD KPDC Limited Mehmooh Ahmed Shah today visited district Budgam and chaired a meeting of Engineers of Kashmir Power Distribution Corporation Limited (KPDC) here.



Besides Superintending Engineer Shurjeel Ghani Lala the meeting was attended by Executive Engineer Ishtyaq Ahmed and other Engineers/Officers of KPDC.

At the outset, MD KPDC took a firsthand appraisal of the power scenario and directed the officers

to ensure smooth power supply to all the major towns and far flung areas.

The MD was appraised about the damages of the transformers and replacements made thereof. The officers were directed to ensure swift restoration of power in case of inclement weather

and replacement of damaged transformers as per the set timelines.

The MD was informed about the IEC/awareness camps organised at various locations across the district for promotion of PM Surya Ghar-Muft Bijli Yojana and the targets set.

The chair was also informed about the progress made in this regard.

A total of 3275 applications have been received in the district with installation of 45 units till date.

The MD directed the officers to ensure that all the applications received be pursued and installations completed by the end of March 2024 with daily progress reported and weekly reviews.

He further directed for handholding of the applicants in completing the installations and continuing the campaign for maximum benefits to the consumers of the district.

During the visit, MD also inspected Transformer repair workshop, various receiving stations, work sites and Budgam Grid Station.

The MD took an on-spot review of the ongoing RDSS distribution works besides other works to ensure reliable power supply to the district.

On-spot instructions were given for speedy execution of the RDSS and other works to ensure maximum benefits to the consumers of the district.

Kissan Mela cum Exhibition organised at Kathua under HADP

Dr. Bharat Bhushan hails govt's initiatives for developmental of farming sector

KATHUA: A one-day Kisan Mela cum Exhibition was inaugurated at Kathua by Member of the Legislative Assembly (MLA) Kathua Dr. Bharat Bhushan and Director Agriculture Production and Farmers Welfare Jammu Arvinder Singh Reen.

The event, organised under the Holistic Agriculture Development Programme (HADP) 2024-25, focused on the development of seed and seed multiplication chains and aimed to empower farmers with knowledge of modern agricultural practices.

MLA Dr. Bharat Bhushan was the Chief Guest, while S. Arvinder Singh Reen presided over the event organised by the Chief Agriculture Officer Sanjeev Rai Gupta.

Different stakeholders including farmers, agricultural experts and representatives from Farmer Producer Organizations (FPOs), NGOs, self-help groups and private companies attended the event.

The exhibition featured a diverse range of stalls showcasing agricultural innovations, farm machinery, organic products and the latest advancements in seed production.

Among several displays were sections dedicated to agriculture inputs, seed procurement, farm mechanization and integrated farming practices.

Dr. Bharat Bhushan, in his address, emphasised that such events provide farmers with a valuable opportunity to interact with agricultural experts, gain insights into cutting-edge technologies and apply these innovations to enhance farm productivity and income. He encouraged farmers to take full advantage of the opportunities presented in the Kisan Mela.

Director Agriculture Jammu S. Arvinder Singh Reen, urged farmers to explore different schemes

available under the HADP and other centrally sponsored programs for adopting modern farming techniques.

He highlighted the benefits of organic farming, exotic vegetable cultivation, integrated farming systems, and farm mechanization in driving sustainable agricultural growth.

Furthermore, he underscored the importance of developing community-based seed procurement centers and strengthening FPOs to enhance seed multiplication chains and ensure food security.

As part of the event, the farmers participated in live demonstrations at various stalls, where they were educated on the latest agricultural innovations through electronic mediums.

The unique approach, as instructed by the Director Agriculture Production and Farmers Welfare Jammu, enabled farmers to engage with the content in smaller, interactive groups.

The exhibition also showcased the diverse activities of the Agriculture Department, including Plant Health Clinics, Agriculture Engineering, Apiculture, Mushroom and Spawn Production, Agronomy, Floriculture, Seed Analytical Laboratories, and Soil Testing Labs.

These displays provided valuable insights into the department's ongoing efforts to improve agricultural practices and promote sustainability in the region.

The event was conducted by the officers and staff of the Chief Agriculture Office, who ensured the smooth execution of the program.

The Kisan Mela served as a reminder of the importance of modernizing agriculture and fostering collaboration between farmers, experts, and policymakers to create a thriving agricultural ecosystem.

Harvard experts list

8 steps to help support a healthy immune system

With the third wave of COVID-19 already here, people are banking on methods learnt through earlier waves to combat the viral scourge. Availability and administration of vaccines have altered the turn of events a great deal this time. But that has not ended the pandemic, only taken the bite out of the disease in a small but significant way.

So, apart from medical intervention, this time around, people are banking a great deal on their immunity, to fight back any possible infection. Varying reports have been emerging, some saying the Omicron variant brings about mild (milder) symptoms as compared to earlier variants like Delta, etc.

What remains the baseline though is that it is one's immunity that will see one sail through. Take a look at these 8 steps that the Harvard Health (<https://www.hsph.harvard.edu/nutritionsource/nutrition-and-immunity/>) experts say we must follow to keep our immune system strong and in peak fighting shape.

8 steps to stronger immunity:

Eat a balanced diet: Include a platter of rainbow coloured fruits, vegetables, lean proteins, whole grains, and plenty of water. A Mediterranean Diet is one option that includes these types of foods. No need to hunt for the exotic. Regular tropical fruits available in India are potent in antioxidants. Have them sliced instead of juiced, retain the fibre, and have them fresh.

Ask your doctor about supplements: A deficiency of single nutrients can alter the body's immune response. Animal studies have found that deficiencies in zinc, selenium, iron, copper, folic acid, and vitamins A, B6, C, D, and E can alter immune responses. These nutrients help the immune system in several ways: working as an antioxidant to protect healthy cells, supporting the growth and activity of immune cells, and producing antibodies. Lack of proper supply of nutrients through diet exposes us to a greater risk of bacterial, viral, and other infections. If a balanced diet is not readily accessible, taking a multivitamin containing the RDA for several nutrients may be used.

Don't smoke (or stop smoking if you do): Research (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5352117/>)



shows that cigarette smoking is associated with numerous diseases and poses a serious challenge to the current healthcare system worldwide. Smoking impacts both innate and adaptive immunity and plays dual roles in regulating immunity by either exacerbation of pathogenic immune responses or attenuation of defensive immunity. Why would you want to smoke or continue the habit if it puts you directly in the path of danger?

Moderate your consumption of alcohol: If you are already a drinker, and if your doctor recommends that you can continue to drink, bring down your consumption. Research (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4590612/>) has established that there is an association between excessive alcohol consumption and adverse immune-related health

effects such as susceptibility to pneumonia. In recent decades, this association has been expanded to a greater likelihood of acute respiratory stress syndromes (ARDS), sepsis, alcoholic liver disease (ALD), and certain cancers; a higher incidence of postoperative complications; and slower and less complete recovery from infection and physical trauma, including poor wound healing.

Perform moderate regular exercise: Research shows that Acute Respiratory Infections (ARIs) are caused by respiratory viruses and bacteria, being the most infectious disease in humans. Despite the lack of accurate data on how physical activity improves the immune response against the new coronavirus, there is evidence of lower rates of ARI incidence, duration and intensity of symptoms and risk of

mortality from infectious respiratory diseases in individuals who exercise at high levels appropriate. Furthermore, different studies suggest that regular physical exercise is directly related to decreased mortality from pneumonia and influenza, improvements in cardiorespiratory function, vaccine response, metabolism of glucose, lipids and insulin.

Get adequate sleep: Aim for 7-9 hours of sleep nightly. Try to keep a sleep schedule, waking up and going to bed around the same time each day. Our body clock, or circadian rhythm, regulates feelings of sleepiness and wakefulness. Work-From-Home and continuous use of digital screens have rendered our boy clocks disturbed and out of rhythm with nature. Harvard report says that if we maintain a consistent sleep schedule, it can help balance the circadian rhythm so that we can enter deeper, more restful sleep.

Aim to manage stress: According to SimplyPsychology (<https://www.simplypsychology.org/stress-immune.html>), when we're stressed, the immune system's ability to fight off antigens is reduced. That is why we are more susceptible to infections. The stress hormone corticosteroid can suppress the effectiveness of the immune system (e.g. lowers the number of lymphocytes) and also propel us towards unhealthy behaviour such as drinking or smoking. It is said that one must learn to manage stress but frankly, that is easier said than done. All the same, Harvard experts advise that you must try to find some healthy strategies that work well for you and your lifestyle—whether that be exercise, meditation, a particular hobby, or talking to a trusted friend. Another tip is to practice regular, conscious breathing throughout the day and when feelings of stress arise. Learn Pranayam -- the Yoga of breathing techniques -- available through certified experts online on videos. It doesn't have to be too long—even a few breaths can help. If you'd like some guidance, try this short mindful breathing exercise.

Wash hands throughout the day: Especially ever since the COVID-19 pandemic spread across the world, most of us have adopted healthier lifestyles, mindfully. Sanitise your hand with a good quality alcohol rub prescribed by medics if no water and soap is available. Otherwise, the best option is to wash your hands several times a day, especially when coming in from outdoors, before and after preparing and eating food, after using the toilet, after coughing or blowing your nose.

Is arsenic safe?

Study says it may clog arteries

A research has found that environmental exposure to low levels of the toxic metals arsenic, cadmium and titanium appears to increase the risk of plaque buildup in arteries in the neck, heart and legs.

The study has been published in the 'Arteriosclerosis, Thrombosis and Vascular Biology Journal'.

Traces of metal may enter the body through contaminated soil that infiltrates food, through drinking water, air pollutants or tobacco smoke. There is strong evidence that toxic metals, such as arsenic and cadmium, are cardiovascular risk factors. Arsenic and cadmium are often found in tobacco and food, while arsenic is also found in water. Titanium exposure is mainly derived from dental and orthopaedic implants, screws, pacemaker encasings, cosmetic products and some foods.

"Metals are ubiquitous in the environment, and people are chronically exposed to low levels of metal," said lead investigator of the study Maria Grau-Perez, M.Sc., of the Institute for Biomedical Research Hospital Clinic de Valencia INCLIVA in Valencia, Spain, and a PhD candidate in the department of preventive medicine, public health and microbiology at the Universidad Autonoma de Madrid, in Spain.

"According to the World Health Organization, 31 per cent of the cardiovascular disease burden in the world could be avoided if we could eliminate environmental pollutants," she added.

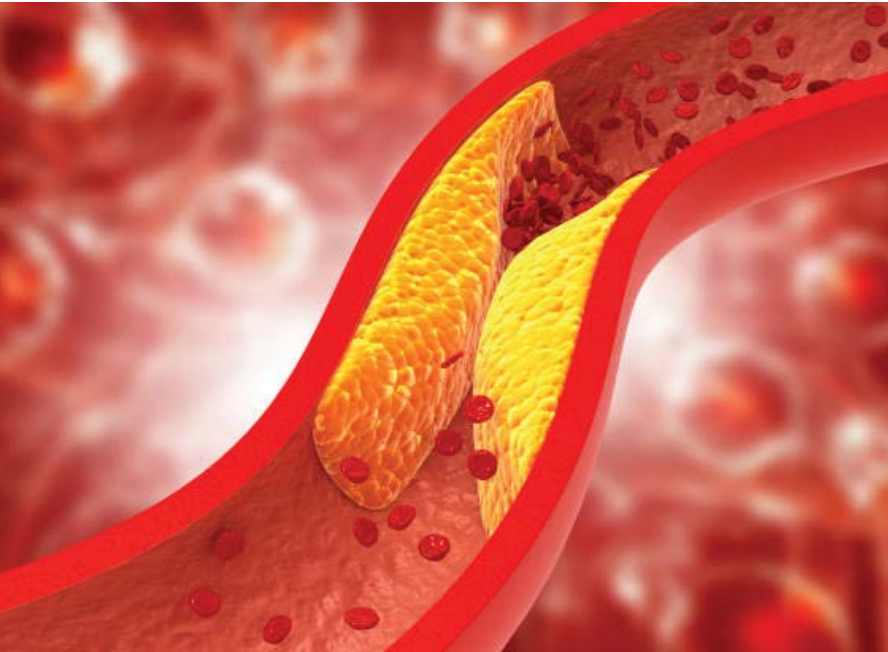
Atherosclerosis developed when fatty deposits, or plaque, build up in the arteries causing them to narrow, weaken and stiffen. Depending on the arteries affected, it can lead to a heart attack, stroke, angina, peripheral artery disease or kidney disease.

Prior research on the impact of metal exposure on atherosclerosis has traditionally centred on the carotid arteries, the major arteries in the neck. This study focused on subclinical atherosclerosis -- before symptoms are present -- and examined the impact of metal exposure on the carotid, femoral and coronary arteries. Previous research suggested that imaging of the femoral artery, which is the main artery supplying blood to the lower body, may lead to earlier detection of atherosclerosis.

Researchers evaluated 1,873 adults (97 per cent men) in the Aragon Workers Health Study. The study participants worked at an auto assembly factory in Spain and ranged in age from 40 to 55. Researchers measured participants' environmental exposure to nine toxic metals -- arsenic, barium, uranium, cadmium, chromium, antimony, titanium,

vanadium and tungsten -- and the exposure's association with the presence of subclinical atherosclerosis in the carotid, femoral and coronary artery regions. The study explored the potential role of individual metals and metal mixtures on the development of atherosclerosis.

During the participants' annual occupational health visits between 2011 and 2014, socioeconomic and health information for each participant were recorded, including



education level, smoking status and medication use. Each person in the study had a medical examination to measure body mass index, blood pressure, blood glucose levels, cholesterol levels, triglyceride levels and more. Urine samples were collected to assess metal exposure from air, water and food. Researchers performed carotid and femoral ultrasounds, as well as coronary calcium scoring tests.

The analysis found:

1. Older study participants had higher levels of most of the metals measured in the urine.
2. The few female participants in the study had higher metal levels compared to men when levels were measured in the urine.
3. Adults who had smoked at any time showed higher levels of arsenic, cadmium, chromium and titanium than the people who had never smoked.
4. Higher levels of arsenic, cadmium, titanium, and potentially antimony were associated with a higher probability of having subclinical

atherosclerosis.

5. Arsenic and cadmium appeared to be most closely associated with increased plaque levels in the carotid arteries; cadmium and titanium are of greater concern for the femoral arteries; and titanium, and possibly cadmium and antimony, are of more concern for the coronary arteries.

6. Arsenic may be more toxic for the arteries when found in combination with cadmium and titanium.

"This study supports that exposure to toxic metals in the environment, even at low levels of exposure, is toxic for cardiovascular health," said study co-author Maria Tellez-Plaza, M.D., PhD, a senior scientist at the National Center for Epidemiology and the Instituto de Salud Carlos III in Madrid, Spain.

"The levels of metals in our study population were generally lower compared to other published studies. Metals, and in particular arsenic, cadmium, and titanium, likely are relevant risk factors for atherosclerosis, even at the lowest exposure levels and among middle-aged working individuals," she added. The study included a very specific population of mostly men in one area of Spain, so the results may not be completely extrapolated to women or other populations worldwide. Additional research is needed to understand the mechanisms involved in the development of atherosclerosis based on associations to metals.

5 warm up exercises that can enhance your workout results

Warm-up exercises are often discarded as a "wastage of time and effort". But what if we told you that these warm exercises play an integral role in enhancing your workout benefits? It is true, they matter more than you think they do. Warm-up exercises can improve your workout results by building endurance, preventing the risk of injury, boosting flexibility, etc. Some common warm-up exercises may include jumping, jogging, and so on. However, the intensity of warm-ups must be based on the intensity of the routine that follows it. If you are looking for some easy warm-up exercises, read on for the list below.

Warm-up exercises

Here are some warm-up exercises that you must do before your workout:

Side lunges: You can do this exercise in the following steps:

Stand with your legs a bit wider than your shoulder length apart. Bring your hands to your chest and slowly tilt and lower your body to the right side.

Life and return to the original position.

Now slowly tilt and lower your body to the left side.

Return to the initial position.

Repeat the steps at least 10 sides each.

Jumping jacks: You can do this exercise in the following steps:

Stand straight.

Jump while simultaneously opening your legs and arms so you land with your arms up and legs open slightly wider than shoulder length apart. Jump back up and land on your initial position - standing straight.

Repeat the steps at least 10 times.

Waist rotations: You can do this exercise in the following steps:

Stand straight and keep your hands on your waist.

Start rotating your waist.

Do rotations of 5 and change the direction of rotation.

Do another 5 rotations in the opposite direction.

Arms and shoulder rotations: You can do this exercise in the following steps:

Stand straight and stretch your arms wide apart.

Rotate your arms on the axis in circles while keeping them straight.

Do rotations of 5 and change the direction of rotation.

Do another 5 rotations in the opposite direction.

Bring your arms down and rotate your shoulders.

Engage the shoulder and neck muscles.

Do rotations of 5 and change the direction of rotation.

Do another 5 rotations in the opposite direction.

Chest expansions: You can do this exercise in the following steps:

Stand straight with your hands joined and stretched straight forward.

Open your arms wide apart and stretch them sideways

Make sure your arms are straight.

Repeat the steps at least 15 times.



Continued From P1...

People Of J&K

entirely different. But it is our endeavour to maintain good relations between people and the government and we have succeeded in it. We also tried to start fulfilling promises made in the election manifesto," chief minister Omar Abdullah expressed these remarks during a programme organised by a TV channel.

The chief minister Omar Abdullah admitted the hiccups in functioning of the government, as the Union Territory of Jammu and Kashmir is being commanded and controlled from two power centres. "We are transferring KAS officers, while IAS is being transferred from Raj Bhawan. This is due to the dual control system. The cabinet decisions are being sent to the Lieutenant Governor Office for approval. LG is taking care of Law & Order under the order of New Delhi. Earlier it was the cabinet who was deciding who will be DC, SP, IG, Div Com, Chief Secretary etc, and now we are not deciding their appointments. Their command and control is not in our hands; but we feel this system will not remain in place for long," Omar Abdullah hoped.

He highlighted that the elected government of J&K is not powerless. "The government is not powerless. Had we been powerless, you would have questioned LG, and not me. If today elected representatives are sitting in front of you, it means there lies something in our hands," he said.

He also said that during elections we didn't hide anything from people. "We clarified each and everything that if we have to resolve 100 percent issues, that needs full-fledged statehood. But still I will say that there are issues which can be addressed and resolved despite being J&K as UT. We are hopeful the dual power will not remain in place for long as Prime Minister Narendra Modi at the inaugural ceremony of Z-Morh Tunnel said that he will not retreat from his promises. We are chasing our targets and we will ensure our goals are achieved," he said.

Maharaja Hari

growth, your work in literature, social services, sports, education and business strengthens the fabric of our society. It is your duty to ensure that weaker sections of society and empowerment of women are given top priority," the Lieutenant Governor told the Awardees.

Speaking on India's emergence as an economic super power, the Lieutenant Governor said the progress we achieved in the last 10 year, have assured that the nation will certainly accomplish the goal of Viksit Bharat by 2047.

He emphasised that the government alone cannot achieve its goals and the citizens need to work together.

"It is true that despite all the differences, people share a common origin and a common destiny. I urge the people from all sections of the society to lead India into a developed nation and become the active partners in this development journey," the Lieutenant Governor said.

He said the J&K Government, under the leadership

of Prime Minister Shri Narendra Modi, has fulfilled the long pending demand of declaring holiday on the birthday of Maharaja Hari Singh ji.

On the occasion, the Lieutenant Governor was conferred with 'Maharaja Hari Singh Award in Reforms and Planning'.

Jugal Kishore Sharma, Member of Parliament; Sham Lal Chaudhary, former Minister; Ramesh Kumar, Divisional Commissioner Jammu; members of Gulistan News Network; senior officials and prominent citizens from different walks of life were present.

J&K Police Busts

apprehended on January 23, 2025 in Bareilly, and Mohammad Abrar was arrested on January 24, 2025 in Bhajanpura.

Both suspects were presented before the respective courts, transit remands were obtained, and they are now in police custody.

Moreover, a suspicious courier parcel linked to the accused has been identified in Loni, Ghaziabad, and steps are being taken to retrieve it with court approval.

The financial transactions and properties of the accused are under scrutiny for potential attachment under the NDPS Act.

This case originated on November 8, 2024 during a routine police checking at Tarbal Chowk, Srinagar when a motorcycle was intercepted, leading to the arrest of three drug peddlers Aijaz Ahmad Ganie (Athwajan Pantha Chowk), Owais Ahmad Gojri (Brari Pora), and Mir Roman (Ali Masjid Eidgah).

Police also seized 140 bottles of Codeine Phosphate, Rs 38,530 in suspected drug proceeds, 3 mobile phones, and a drone camera allegedly used to monitor drug buyers, police said.

The backward linkage that emerged during investigation of this case led police to the aforementioned 2 drug dealers from Delhi and UP.

Investigations are on-going, with more arrests and seizures expected in the coming days, police added.

Govt committed

land holdings. He outlined that, despite limited land resources, the government is focused on increasing agricultural productivity by integrating modern techniques and fostering innovation in the sector. He highlighted the significant role of universities in driving reforms over the past three months, contributing towards prosperity of agriculture in the region.

The Minister urged the farmers to adopt latest and modern technologies for best produce in agriculture and allied sectors. He acknowledged the challenges posed by urbanisation, as many people aspire to move to cities for better facilities and exposure for their children. However, he assured that all central and UT level schemes including Holistic Agriculture Development Programme (HADP), are being implemented to revolutionise the agriculture sector and enhance livelihoods in rural areas.

Meanwhile, the Minister urged the citizens to maintain trust in the administration, assuring the public that the government, under the leadership of Chief Minister, Omar Abdullah, remains dedicated to fulfil its promises. He assured that the government

would continue its efforts to improve rural livelihoods and agricultural development, meeting the expectations of the general public to the best of its ability.

Steps underway

industry by way of necessary interventions." We are committed towards revitalising and catalysing the local industrial sector, so that the economy of the region gets requisite boost. This would also go a long way in ensuring creation of jobs to our skilled and non skilled youth", he emphasized.

Referring to increasing the connectivity in rural and far flung areas, the Deputy Chief Minister said that the government is actively perusing the provision of 4 lane roads to the Pir Panchal road network so that the travelling time gets reduced and people get benefitted.

The government has already taken it up with the concerned Union Ministry, he said and added that we are also taking up the issue of rail connectivity to other parts of Jammu and Kashmir with the Centre so that an elaborate network of railways is established for the convenience of general masses.

The inaugural session of the conclave was attended by the Chief Minister, Omar Abdullah, Advisor to Chief Minister, Nasir Aslam Wani and other dignitaries.

All patients

Initial investigations suggest that the deaths may be linked to the consumption of contaminated food or water. Symptoms observed in the affected people include irritability, drowsiness, profuse sweating and respiratory distress, which are consistent with neurotoxicity or exposure to organophosphorus compounds.

Union Minister Dr Jitendra Singh said the deaths were caused by toxins rather than an infectious disease, adding that investigations are on to identify the source of the contamination.

An official involved in the probe said the Forensic Science Laboratory (FSL) report from Chandigarh is expected within two days. "The FSL report will provide a clearer picture of the toxins responsible and enable authorities to establish the necessary protocols," the official said.

Law enforcement agencies are exploring the possibility of any criminal angle to the incident to rule out deliberate contamination or foul play.

Authorities have intensified surveillance in the region, while medical teams continue to monitor the health of affected persons. Health officials are coordinating with toxicology experts to ensure a swift response to any emerging symptoms.

Only 21 Pc Govt

reading and arithmetic has revealed that "In government schools of Jammu and Kashmir, 18.1 percent of 5th standard students were able to read text of 2nd class level in 2022. However, in the year 2024, only 21.8 percent 5th standard students of government schools were able to read the text of 2nd class."

According to the news agency—Kashmir News Observer (KNO), the report states that there was an improvement of 3.7 percent in reading from 2022-2024 in government schools.

The study further states that in private schools of Jammu and Kashmir, at least 54.9 percent students of 5th standard were able to read the text of 2nd class in 2022 and in 2024, at least 60.3 percent of students were able to read the text of 2nd class.


It said that there was an improvement of 5.4 percent in the 5th standard with regard to reading of text of 2nd class.

J&K's First Budget

Opposition leaders have said that if such restrictions are put in place these would undermine their ability to represent their constituents effectively.

Sheikh Khurshid of the Awami Ittehad Party and Waheed ur Rehman Para of the PDP criticized the move, stating that security and law and order are central to the daily lives of people in Jammu and Kashmir. "From passports to jobs, police verification is mandatory here. If we cannot address issues related to law and order, we are doing a disservice to our voters," said Para.

National Conference MLA Salman Sagar echoed similar views, pointing out the inherent challenge. "When the police and law and order are outside the purview of the state government, what answers can the state government provide on these issues? This limits our ability to hold meaningful discussions," he said. A senior BJP leader said, "In a Union Territory, security and law and order are controlled by the Centre. This arrangement has reduced political interference in police operations, allowing them to function more effectively. In the past, political pressure often hampered the police from acting decisively," Chief Minister Omar Abdullah, however, is reportedly in discussions with the Centre to push for the restoration of full statehood. Though no definite timeline has been given, it is hoped by the ruling dispensation that the statehood will be announced in near future.



TENDER NOTICE

CARE WORLD

INVITATION TO TENDER FOR THE SUPPLY OF FOOD ITEMS

Care World, a registered non-profit organization under the Societies Act (Reg. No. 4103-S), invites sealed quotations from reputed and qualified suppliers for the supply of food items to support economically disadvantaged communities under our Food Assistance Programme. Details of Required Items

S.No	Item Description	Unit	Quantity per Kit	Total Quantity Required	Number of Items Required
1	Turmeric	Kilograms	500 Grams	2,318 Kilograms	4,636 Packets (500 Grams each)
2	Chili Powder	Kilograms	500 Grams	2,318 Kilograms	4636 Packets (500 Grams per Kit)
3	Salt	Kilograms	2 Kilograms	9,272 Kilograms	4,636 Packets (2 Kilograms each)
4	Mustard Oil	Kilograms	2 Kilograms	9,272 Kilograms	4,636 Packets (2 Kilograms each)
5	Chickpeas (Kabuli Channa)	Kilograms	1 Kilogram	4,636 Kilograms	4,636 Packets (1 Kilogram each)
6	Flour (Wheat)	Kilograms	5 Kilograms	23,180 Kilograms	4,636 Packets (5 Kilograms each)
7	Sugar	Kilograms	1 Kilogram	4,636 Kilograms	4,636 Packets (1 Kilogram each)
8	Lipton Tea	Kilograms	250 Gram	1,159 Kilograms	4,636 Packets (250 Gram each)
9	Dates	Kilograms	1 Kilogram	4,636 Kilograms	4,636 Packets (1 Kilogram each)
10	Soi	Kilograms	1 Kilogram	4,636 Kilograms	4,636 Packets (1 Kilogram each)
11	Yellow Lentils	Kilograms	1 Kilogram	4,636 Kilograms	4,636 Packets (1 Kilogram each)
12	Siwai/Vermicelli	Kilograms	500 Gram	2318 Kilograms	4,636 Packets (500 gram each)
13	Refined Oil for Bread	Liters	1 Litter	4636 Liters	4,636 Bottles (1 Kilogram each)

Scope of Work
Qualified suppliers are required to supply the food items listed above in accordance with the specified quantities and delivery timelines. Partial tenders (bids for specific items) are not allowed.

Eligibility Criteria

- Suppliers must be GST-registered and experienced in the supply of food items to NGOs or similar organizations.
- All items must comply with applicable health and safety standards, and suppliers may be required to provide samples for quality assessment.
- Suppliers must ensure delivery within the timeframe. Delayed deliveries may result in penalties.

Submission Instructions

- The tender document can be collected from our office or downloaded from our website: www.careworld.org.in.
- Delivery must be completed between 08/02/2025 and 10/02/2025.
- Late deliveries will not be accepted and may result in disqualification or penalties.

Bid Opening and Closing:

Activity	Date	Time
Bid Opening	29/01/2025	07:00 AM
Bid Closing	05/02/2025	11:59 PM

Bids received after the closing date/time will not be considered.

Submission Address:
Sealed tenders must be submitted to the Care World office at Chanapora, Srinagar before the last date of submission. Late submissions will not be accepted.

Contact Information
For inquiries, please contact:
• Phone: 0194-24339640, 9419014670
• Email: info@careworld.org.in

NOTICE

I have purchased a house from Mr Reyaz Ahmad Khan s/o Gh Qadir khan R/o Singhpora Pattan at Naseer Abad Sopore and wants to Change Electricity Connection registered under ID No. 0213010014989 from Reyaz Ahmad Khan S/o Gh Qadir Khan to my name i.e Tahir Ahmad Sheikh S/o Late Abdul Khaliq Sheikh R/o Naseer Abad Sopore if anybody having any objection He/She can contact the office of the kashmir power distribution corporation Ltd. Sub Division Sopore 1st, within 7 Days, after that no objection will be entertained in this regard.

Tahir Ahmad Sheikh
S/o Late Abdul Khaliq Sheikh
R/o Naseer Abad Sopore

NOTICE

This is an information for general public that my Daughter Namely Areesha Aijaz, reading in Class 9th, in her School Records her Father's name and Mothers name has been Mistakenly Mentioned as Dr Aijaz ul Haq Shah and Dr Shabnam Aijaz, while as her Actual and correct Father's name and Mothers name is Aijaz ul Haq Shah, and Shabnam Firdous. Now i want to apply for its correction in this regard any person having any objection he/she may file the Objections in office of the principal Faiz Aam Secondary school Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Aijaz ul Haq Shah.
F/O Areesha Aijaz.
R/O Nadihal Bandipora.

NOTICE

This is an information for general public that in my Bank account No: 0061040800027334, my name, parantege and Adress is Rubeena Bano, D/O Abdul Rashid Gojar, R/O Arin Dardpora. Now i want to apply for Change the name, Parantege and Adress in my Bank Record, as Rubeena Begum, W/O Mumtaz Ahmad Tadwa, R/O Ahim Sharif Bandipora, in this regard any person having any objection he/she may file the Objections in office of the Manager jammu and kashmir Bank branch office Main Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Rubeena Begum.
W/O Mumtaz Ahmad Tadwa.
R/O Ahim Sharif Bandipora.

NOTICE

This is an information for general public that the Residence of my Son has been Mistakenly Mentioned in his school records as Ward NO: 02 Dachigam Bandipora, while as his Actual and correct Residence is Plan Bandipora Ward NO: 02. Now i want to apply for its correction in this regard any person having any objection he/she may file the Objections in office of the Principal Blooming Buds Computer School Bandipora with in a period of seven days from the date of the publication of this notice after that no objection shall be accepted.

Mohammad Imran khan.
F/O Salim Imran khan.
R/O Plan Bandipora Ward NO :02.

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 **Alhamduillillah**.

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
IFSC CODE: JAKAONIPARK

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

Head to replace Konstas as opener against Sri Lanka



Travis Head will replace Sam Konstas at the top of Australia's batting order for the first Sri Lanka Test despite the teenager's heroics in the triumphant India series. Captain Steven Smith would not rule out finding a place for Konstas elsewhere in the order for the match that begins in Galle on Wednesday, with a vacancy now open at No. 5.

Konstas impressed in his first two Tests to help Australia secure a first series win over India in a decade. But Head's supreme efforts as an opener on the previous subcontinent tour in 2023 were enough to win him the spot next to Usman Khawaja. Head averaged 55.75 runs across two-and-a-half Tests replacing David Warner on that India tour, two years ago. "He did really nicely in India against the

new ball. He put spinners under pressure immediately and we know how well he hits the seam as well if they come with that," Smith said. "It's going to be good fun watching him." Konstas's inexperience appears to have worked against him in the selection conversation, with the 19-year-old embarking on his first subcontinent tour. Smith said Australia would have to select its XI with the conditions in mind.

"Just playing what's in front of us, it's quite different to back home on the surfaces we've been playing on there where it's very pace dominant," he said. "We'd imagine this is going to be quite spin dominant." Specialist opener Konstas, Nathan McSweeney, Cooper Connolly and Josh Inglis appear to be fighting it out for the middle-order vacancy created by Head's promotion. Inglis is uncapped at Test level but has averaged 72.60 across three matches for Western Australia this summer and would bring a similar positive intent to Head. McSweeney averaged only 14.40 on a tough assignment in his first three Test matches, facing Indian pace ace Jasprit Bumrah out of position as an opener. The South Australia captain batted in the middle order in his 30 Sheffield Shield appearances and made an unbeaten 127 earlier in the summer. Uncapped 21-year-old Connolly appears the longest odds with only four first-class games to his name but is rated highly within the Cricket Australia hierarchy. Connolly and McSweeney each provide part-time off-spin options - advantageous on a Galle wicket that could turn from day one. "We'll have another look at the wicket and from there we'll name the team at the toss," Smith said. "We've got all the options available to us. We'll see how we go." Australia won't rule out taking two front-line quicks and two spinners rather than three spinners, despite expectations of a turning wicket. Scott Boland and Sean Abbott are both pace options but Smith is equally confident in medium-pace allrounder Beau Webster taking the new ball alongside veteran quick Starc.

"He stands the seam up really nicely, hits good areas. Whether it's him opening the bowling with Mitchell Starc or a spinner opening, there's always plenty of options there," Smith said. "There's lots of considerations: Two fast-bowlers, one fast-bowler. Couple of spinners, three spinners, two spinners, allrounders."

Adil Rashid marshals defence as England stay alive in series

England 177 for 9 (Duckett 51, Varun 5-24) beat India 145 for 9 (Hardik 40, Overton 3-24) by 26 runs

England kept the T20I series alive with a 26-run win in Rajkot, Jofra Archer, Brydon Carse and Jamie Overton sharing seven wickets alongside a masterful spell from Adil Rashid to help break India's ten-match run without defeat in home conditions.

After being inserted for the third match in a row, Eng-



land's total of 171 for 9 looked a little light - particularly from a position of 83 for 1 in the ninth over. Ben Duckett made his first T20I fifty as an opener but the middle order was blown away by Varun Chakravathy and it needed some belligerent hitting from Liam Livingstone, who made 43 off 24 with five sixes, to keep them afloat. An unbroken stand of 24 for the last wicket between Rashid and Mark Wood was the second highest of the innings.

India had crept over the line by two wickets in the second match of the series, Tilak Varma's unbeaten 72 guiding them to a target of 166. But he fell to Rashid for 18 off 14 - his first T20I dismissal in five innings - as India sank to 85 for 5 in the face of more tenacious defence from England's pace-heavy attack.

India only managed to score two boundaries off the bat between the seventh and 15th overs, with Rashid's immaculate analysis of 4-0-15-1 key to suffocating the innings. After battling his way to 23 off 27, Hardik Pandya finally broke the shackles by hitting sixes off Wood and Archer - but when he was dismissed by Overton for 40 off 35, caught at long-off, India's lingering hopes of burgling the chase went with him.

Mohammed Shami, playing his first match for India since the 2023 ODI World Cup final, was eighth man out as the hosts limped through their 20 overs nine down - beaten in a T20I on home soil for the first time since November 2023.



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