

Kashmir Convener



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Central govt plans ropeway for Amarnath pilgrims

Sajid Raina

SRINAGAR: The Central government has announced plans to establish ropeway connectivity at 18 major religious and tourist destinations across India, including a ropeway connecting Baltal to the Amarnath shrine in Jammu and Kashmir.

The news agency—Kashmir News Observer (KNO) has learnt that the government is seeking proposals from consultants to prepare detailed project reports (DPRs) for these developments. The proposed 11.6-kilometre ropeway will link Baltal with the Amarnath shrine. The initiative, as per the government, aims to improve

accessibility and provide a convenient travel option for visitors to these sites. Currently, pilgrims undertake a lengthy trek from Baltal or Pahalgam or rely on helicopter rides, which may not always be available. The new ropeway will reduce travel time and offer an alternative route, allowing visitors to enjoy views of the surrounding landscape.

This project is expected to ease the journey for a wider range of pilgrims, including children, the elderly, and those with mobility issues, making the annual Amarnath Yatra more accessible to thousands of devotees. In 2024, the Amarnath Yatra commenced on June 29 and concluded on

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Constitute teams to gauge accuracy of digitized land records: Chief Secretary



KC NEWS NETWORK

JAMMU: Chief Secretary, Atal Dulloo impressed upon the Revenue Department to constitute teams of revenue experts who would visit the districts to gauge the accuracy of the digitised records. He made out that it is pivotal to check the quality and accuracy of these records and people themselves should take lead in scrutinising their respective records for any discrepancies so that these are timely rectified, CS said while chairing a meeting to review progress on digitisation of land

records of revenue villages of J&K under Digital India Land Record Modernisation Program (DILRMP). The meeting besides Financial Commissioner (ACS), Revenue was attended by Commissioner Secretary, H&UDD; Secretary, Revenue; Director, Land Records; SIO, NIC besides other concerned officers. While chairing the meeting, Atal Dulloo reaffirmed the commitment of UT government towards boosting digitisation and maintenance

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Rajouri deaths

No New Illness Case Reported In Six Days

KC NEWS NETWORK

JAMMU: No new illness case was reported in six days from a remote village in Jammu and Kashmir's Rajouri district which was shaken by the unexplained deaths of 17 people belonging to three families between December 7 and January 19, an official said on Wednesday. He said the district administration under the supervision of Rajouri Deputy Commissioner Abhishek Sharma, is continuing with the intensive preventive care for the well being of the Badhaal village. To mitigate the situation and prevent further casualties, 87 families comprising 364 individuals were shifted from the village to three isolated centres in Rajouri – Government Nursing College, Government Boys Higher Secondary School and Government Medical College



and associated hospital and are under observation. "Comprehensive arrangements have been made to ensure the comfort and safety of the affected families which are being provided with meals, water, baby

food, sanitary items, medicines, clothing and other daily necessities under close monitoring of the doctors and district administration," the official said.

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DGP visits forward operating bases in Kathua, Doda
KV NEWS NETWORK

JAMMU: Jammu and Kashmir Director General of Police Nalin Prabhat on Wednesday visited forward operating bases on Kathua-Doda border and appreciated the special security teams for their proactive approach to wipe out terrorism. Accompanied by Additional DGP (Jammu Zone) Anand Jain, DIG (Jammu-Kathua-Samba Range) Shiv Kumar Sharma and Kathura SSP Shobhit Saxena, DGP Prabhat interacted with all ranks of various security forces during the visit, a police spokesperson said. The police chief was briefed on the current security scenario and the attendant challenges. The DGP emphasised on the need for operational alertness, focussed execution of tasks and resolute will, the spokesperson said, adding that he appreciated the special teams for their proactive

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Union Minister reviews construction of ESIC Hospital at Budgam

KC NEWS NETWORK

SRINAGAR: Union Minister of State (MoS) for Ministry of Micro, Small & Medium Enterprises (MSME), Labour and Employment, Shobha Kararana ndlaje, today chaired a meeting to review construction of 100-bedded Employees' State Insurance Corporation (ESIC) Hospital at SIDCO Industrial Complex, Ompora, Budgam. The hospital being constructed at a cost of Rs 160 crore would be equipped with modern healthcare facilities and will have OPD, IPD, ICU, Wards, Diagnostic Laboratories, Operation Theater, Disaster management facilities, in addition to an independent sub-station. Besides, Surgery and Psychiatric departments would be established in which specialist doctors and well trained staff will be made available round the clock. The Union Minister termed the hospital as yet another step to boost healthcare infrastructure in J&K. He said the hospital is being constructed to provide world class healthcare facilities

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76th Republic Day Celebrations Culminate With Beating Retreat Ceremony



KC NEWS NETWORK

JAMMU: The Customary 'Beating Retreat' ceremony marked the culmination of the four-day-long Republic Day celebrations, at the MA Stadium, today. Lieutenant Governor Shri Manoj Sinha was the Chief Guest for the ceremony.

Enchanting patriotic tunes by the Brass Bands and Pipe drum Bands of Armed Forces and J&K Police and the musical performances on Ae Mere Watan Ke Logon and other mesmerizing musical tunes enthralled the audience. The ceremony also featured the felicitation of the contingents of Jammu

Kashmir Police and Security Forces; Parade Commander, Dy Parade Commander, Ex-Servicemen, officials of Civil Administration; marching contingents of cadets from NCC (Boys & Girls), cultural performers, children with special needs and Tableaux of different departments by the Lieutenant Governor for their outstanding display at the grand event. The Lieutenant Governor also awarded the winners of the Patriotic Song Singing competition organized by the Department of Information and Public Relations. The Beating Retreat ceremony was concluded with the ever-

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Kashmir parts receive light snowfall



Owais Gul

SRINAGAR: After a prolonged dry spell in Jammu and Kashmir, the light snowfall was experienced at multiple places, especially in the higher reaches of the Valley on Wednesday, bringing down the mercury across Kashmir. As per the reports received by the news agency—Kashmir News Observer (KNO), the light snowfall was recorded in Pir Panjal areas, Zojila,

Razdan Pass, Sinthan Top, Sadhna Top and other areas today. The fresh snowfall was recorded under the influence of feeble Western Disturbance, which started affecting J&K this afternoon. The gusty winds were reported from Srinagar, the summer capital of Jammu and Kashmir as well as the other areas of the Valley since this afternoon. Earlier, the weatherman had predicted

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J&K sees deficit rainfall of 87% from Jan 01 to 29

Owais Gul

SRINAGAR: Amidst the forecast of wet spell for the next one week, Jammu and Kashmir continued to record the deficit rainfall in the month of January with details revealing that a deficiency of 87 per cent was recorded from January 01 to January 29. As per the details available with the news agency—Kashmir News Observer (KNO), against the normal

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SC Strikes Down Domicile-Based Reservation for PG Medical Courses



KC NEWS NETWORK

NEW DELHI: The Supreme Court on Wednesday ruled that providing domicile or residence-based reservation for admissions to postgraduate (PG) medical courses within the State Quota is unconstitutional, as it violates the right to equality under Article

14 of the Constitution of India. The ruling came in the case of Tanvi Behl v. Shreya Goyal, as reported by Bar and Bench. A Bench comprising Justices Hrishikesh Roy, Sudhanshu Dhulia, and SVN Bhatti emphasized that merit alone should determine admissions to PG medical courses. "We are all domiciled in India,

and there is no provincial domicile, etc.... This gives us a right to pursue trade across India. The benefit of reservation in education to those who reside in certain areas can be given only in MBBS in some cases. But reservation at a higher level on the basis of residence is violative of Article 14," the Court ruled, according to Bar and Bench. However, the Court clarified that the judgment will not affect reservations already granted under the residence-based category. The ruling stemmed from a 2019 reference by a two-judge Bench, which had sought clarity on the constitutional validity of domicile-based reservations for PG medical courses. The Court addressed three key questions

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Jurisdiction of Muslim personal law being ignored in Waqf Bill: Mirwaiz Umar

KC NEWS NETWORK

SRINAGAR: Mirwaiz Umar Farooq has expressed serious concerns over the amendments and proposed bill related to Waqf properties, stating that the changes will further disempower Muslims. He stated that the issue is not only legal but also religious, as Muslim personal law has its own jurisdiction and powers, which are being ignored in the new provisions. Seeking to KNS in an, Mirwaiz stated that Muslim institutions are systematically being weakened. He noted that scholars from Jammu, Kashmir, Kargil, and Leh have unanimously opposed the amendments,

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Legal Vacuum

SC Asks Centre To Setup Panel To Safeguard Domestic Workers' Rights

NEW DELHI: The Supreme Court on Wednesday directed the Centre for a legal framework to provide a safeguard to domestic workers observing their exploitation and a "legal vacuum" over the protection of their rights.

In the opinion of a bench of Justices Surya Kant and Ujjal Bhuyan, for now, there seemed no effective legislative or executive action to enact a statute, which could provide solace to millions of vulnerable domestic workers across the country.

"The simple reason for this harassment and rampant abuse, which seems to be prevalent throughout the country, is the legal vacuum which exists vis-à-vis the rights and protection of domestic workers," the court said. Indeed, domestic workers in India remain largely unprotected and without any comprehensive legal recognition. As a result, they frequently endure low wages, unsafe environments, and extended hours without effective recourse, it added.

The court directed the Ministry of Labour and Employment along with the Ministry of Social Justice and Empowerment, the Ministry of Women and Child Development, and the Ministry of Law and Justice, to jointly constitute a committee comprising area experts for a legal framework meant for the benefit, protection and regulation of the rights of domestic workers.

The composition of the expert committee, said the bench, was left to the wisdom of the Centre and its ministries concerned.

"It will be appreciated if the committee submits a report within a period of six months, whereupon the Government of India may consider the necessity of introducing a legal framework which may effectively address the cause and concern of domestic workers," it added.

After the verdict was pronounced, Justice Surya Kant said the court planned to monitor the progress once the panel filed its report.



The top court passed the order while quashing a criminal case against former DRDO scientist Ajay opened to marginalised women merit celebration, we are at pains to note that despite their growing demand, this indispensable workforce has also been the most vulnerable to exploitation and abuse," it said.

In its opinion, domestic workers often belonged to the marginalised communities, such as SC, ST, OBC, and EWS and were compelled to undertake domestic work due to financial hardship or displacement, further reinforcing their vulnerability.

For the bench, it was abundantly evident from the present appeals, the torture and exploitation of the complainant for several years by individuals who forcibly trafficked her to differing cities, promising a better life that never materialised.

The purported placement agency which employed the complainant "continually leeches

her salaries", leaving her utterly destitute and helpless, it added.

The bench referred to various international norms and standards on the issue.

Justice Surya Kant, who authored verdict, said the court not only acknowledged the vulnerability of domestic workers but also strove to provide them extensive protection and parity with other labourers.

The verdict pointed to a "degree of lacunae" in legislative frameworks, safeguarding and protecting the rights of domestic workers.

It said aside from the absence of any legislation protecting their interests, domestic workers were excluded from existing labour laws.

"These, inter alia, include statutes such as the Payment of Wages Act 1936, Equal Remuneration Act 1976, Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, Juvenile Justice (Care and Protection of Children) Act, 2015, etc," the court said.

Given the lack of specific protection covering domestic workers in India, the court said it was a solemn duty and responsibility to intervene, exercise the doctrine of parens patriae and forge the path leading to their proper welfare.

"In a catena of decisions, this court has repeatedly stepped in and laid down interim guidelines to protect vulnerable groups who were utterly unprotected due to legal gaps," it added.

That being said, the court found it appropriate to lay down an interim legal code to govern the working conditions of domestic workers.

It was cognisant of the fact that ordinarily, the judiciary should "not stray too far out of bounds" and expressly interfere in the legislative domain.

"The democratic setup of this country may be likened to a tripartite machine, fuelled by the doctrine of separation of powers, without which it's functioning shall surely come to a grinding halt," it added.

Stampede At Maha Kumbh, Adityanath Says Some Devotees Seriously Injured

MAHAKUMBH NAGAR: A stampede broke out at the Sangam area of the Maha Kumbh early Wednesday as crores of pilgrims jostled for space to take a holy dip on the occasion of Mauni Amavasya, with Chief Minister Yogi Adityanath saying some devotees were "seriously injured".



The incident took place between 1 am and 2 am when some devotees climbed over the barricades at Akhara marg, he said.

"Between 1 am to 2 am, at the akhara route where arrangements were made for the Amrit Snan of the akharas, some devotees crossed over the barricades and were critically injured. They were immediately rushed to hospital where treatment was promptly ensured," he said after a high-level meeting in Lucknow.

Adityanath also said that Prime Minister Narendra Modi, Union Home Minister Amit Shah and BJP chief JP Nadda had called him up since morning to take stock of the situation.

He added that a consensus has been reached with the akharas that they would take the holy dip only after the crowd pressure has decreased at the ghats.

"I have personally spoken to Akahara Parishad heads and other seers, including Maha Mandaleshwars and the respected saints have politely agreed to let devotees take the dip and only after the crowd pressure decreases they will take the dip," the CM said.

"Our first priority is to ensure safety of devotees," he said, adding "the situation in Prayagraj is under control but the crowd pressure is still there".

Oceans Warming Four Times Faster Than In 1980s, Study Finds

NEW DELHI: A new study has found that the rate at which oceans are warming has become four times faster as compared to the last four decades.

Published in the journal Environmental Research Letters, the study showed that ocean temperatures are rising at 0.27 degrees Celsius per decade during 2019-23, compared to 0.06 degrees Celsius every decade in the late 1980s.

"If the oceans were a bathtub of water, then in the 1980s, the hot tap was running slowly, warming up the water by just a fraction of a degree each decade," lead author Chris Merchant from the University of Reading, UK, said. "But now the hot tap is running much faster, and the warming has picked up speed. The way to slow down that warming is to start closing off the hot tap, by cutting global carbon emissions and moving towards net-zero," Merchant explained.

"The underlying rate of change of GMSST (global mean sea surface temperature) rises in proportion with Earth's energy accumulation from 0.06 (Celsius per decade) during 1985-89 to 0.27 (Celsius per decade) for 2019-23," the authors wrote. They explained that the accelerated warming of oceans is driven by a growing imbalance in the Earth's energy — whereby energy from the Sun being absorbed by Earth is more than that escaping back to space.

Congress Releases Manifesto For Delhi Polls, Promises To Conduct Caste Census If Elected

NEW DELHI: With the Delhi polls drawing nearer, the Congress on Wednesday launched its election manifesto, promising to conduct a caste census and set up a ministry for Purvanchalis if it is voted to power in the capital.

The party, which was ousted from power by the AAP in 2013, also promised a monthly grant of Rs 2,500 to women, free electricity up to 300 units, and LPG cylinders at Rs 500.

Free health insurance of up to Rs 25 lakh and free ration kits were also among the party's guarantees.

The manifesto, divided into 22 focus areas, was unveiled by Delhi Congress president Devender Yadav, who was flanked by Congress communications in-charge Jairam Ramesh.

The manifesto also promises financial assistance of Rs 8,500 per month for one year to educated unemployed youth. The party also proposed launching 100 Indira canteens

across the city, offering meals at Rs 5. Ramesh targeted the BJP-led

covers a wide range of areas such as health, education, women's



central government and the AAP-led Delhi government over the issue of pollution, saying both had failed to tackle the crisis.

"We will conduct a Delhi caste survey to enumerate the various deprived classes in Delhi in the first Cabinet meeting of the state government," the manifesto mentioned.

The manifesto, with 219 points,

issues, minorities, Scheduled Castes, Purvanchalis and the LGBTQIA+ community.

Encroachments on both sides of the Yamuna River will be removed to restore it to its original condition and flow. The manifesto also includes plans to set up green police stations to handle complaints regarding solid waste and Yamuna pollution.

GOVERNMENT OF (U.T) JAMMU & KASHMIR

OFFICE OF THE EXECUTIVE ENGINEER

Jal Shakti (PHE) Deptt.

Ground Water Division Srinagar

Baghi-Ali-Mardan, Nowshara Srinagar.

E-mail:-phegwd@yahoo.com, Tel./Fax/No:-0194-2411285

Extension Notice 10th.

Subject: Construction of 02 No. Service Reservoirs in rural village Ajas including up-gradation of distribution system in left out and outgrowth households of Village Ajas (Production Well).

Reference: This office e-NIT No.31-JS-PHE/GWDS/Mech. of 2024-25, issued vide endorsement No: JS-PHE/GWDS/24-25/Corrs./7193-7202, dated: 06-11-2024. Bearing Tender ID No. 2024_PHE_263609_1.

Due to "Poor Response" for the above mentioned works advertised vide e-NIT No. and Tender ID No's under reference. Which was scheduled to be downloaded till 29-01-2025 Up-to 11:00 AM are extended as per the details given below: -

S.No.	Item	Fresh Date
1.	Period of submission of bids	05-02-2025 Up-to 11:00 AM
2.	Date of opening of tenders	06-02-2025 11.00 AM

NOTE:

All other terms and conditions shall remain same as laid down in the aforesaid e-NIT issued vide above referred endstt: nos.

No: -JS-PHE/GWDS/24-25/Corrs./11285-95

Dated: 29-01-2025

DIPK-11365/24

Sd/- Executive Engineer
Jal Shakti (PHE) Deptt.
Ground Water Division Srinagar.

GOVERNMENT OF JAMMU AND KASHMIR

Office Of The Authorized Officer, Divisional

Forest Officer Pir Panjal Forest Division Budgam

Sub: - Seizure of illicit Timber Deodar Round 03 Logs= 26.00 Cfts alongwith vehicle (Load Carrier – Chota Hathi bearing Registration No. JK05L-5899) and Lodging of FIR thereof against Mohammed Yakoob Malik S/o Gh Nabi Malik R/o Shuchpal- Pora Pattan.

SHOW CAUSE NOTICE

Under Sub-Section 4b of section-52 of the Indian Forest Act (Amended) 2020.

01. Whereas on perusal of the report of the Range Officer, Soil Rang Budgam and after due enquiry and inspection of the seized vehicle by the Range Officer concerned, there are reasons to believe that a vehicle bearing Registration No. JK05L/5899 was used in commission of forest offence for transport of forest produce i.e; illicit timber Deodar Round 3 Logs=26.00 which was not bearing Government Hammer Mark and valid transit permit, and purportedly brought from Reserve Forests in contravention of provision of Section 26 of IFA & Rule 4 of J&K Forest Produce Transit Rules, 2020 read with Section 41 & 42 of the IFA.

02. Whereas, Range Officer concerned further reported that the aforesaid vehicle alongwith the illicit forest produce (Timber) was seized on 18th of September, 2024 by the Forest Staff of Budgam Range and dispatched the same to the OB Post Budgam for safe custody on the same date when seizure was made.

03. Whereas, an intimation was sent to the Hon'ble Chief Judicial Magistrate Budgam as required under section 52(4)a of Indian Forest Act 1927 vide No. DFO/PP/Legal/343-44, dated: 19-09-2024 regarding the committed forest offence.

04. Whereas after initiating confiscation proceedings, a notice was published in two local leading Newspapers through which interested persons were asked that the case regarding seizure of vehicle alongwith illicit timber is under trial before this Authority and it was impressed upon to appear on 21.10.2024 for recording the statement. Meanwhile, a series of summonses (By name) were also issued from time to time to the person from whom property was seized in term of section 52(4)b of IFA for recording his statement. However, neither anyone turned up to this Court of Authorize for the same nor the accused person preferred any claim with respect to seized property during the course of proceedings and till date accused person who was summoned, failed to prove his innocence despite of the fact.

Now therefore, in exercise of power conferred under sub-section (3) of section 52 of the IFA, I consider it necessary that the illicit forest produce together with the aforesaid vehicle should be confiscated under above cited section of the Indian Forest Act.

As such, Shri Mohammad Yakoob Malik S/o Gh Nabi Malik R/o Shuchpal-Pora Pattan is hereby asked to explain with justification as why the above detailed forest produce together with the aforesaid vehicle should not be confiscated under the law. You are at liberty to make any representation in writing within fifteen (15) days from the date of receipt of this notice. If no representation within the specified period is received and if no request is made for being heard the matter, it shall be presumed that you neither want to make any representation against the proposed confiscation of the aforesaid property nor want to avail opportunity of being heard in the matter, and order as deemed fit shall be passed in as ex-parte thereafter by the undersigned.

No.DFO/PP/Legal/555-59

Dated: - 29/01/2025

Sd/-Authorized Officer
-cum-
Divisional Forest Officer
Pir Panjal Forest Division Budgam.

DIPK-11376/24

Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER(R&B) DIVISION AWANTIPORA

NOTICE INVITING TENDERS

Single Cover System

E-NITNo:Fresh-130/EEA/RNBof2024-25/9254-64 DATED:29/01/2025

For and on behalf of the Lt. Governor, UT J&K, e-tenders (In single cover system) are invited on Percentage basis from approved and eligible Contractors registered with J&K Govt., CPWD, Railways and other State/Central Governments for the following works:-

SNo	Name of Worfi	Adv.Cost (incl. GST) (Rs. In Lacs)	Cost of T/Doc. (In Rupees)	E/Money (In Rupees)	Time of comple(days)	M.HOF Account	AAANo & Dated	Class Of Contactor
1	2	3	4	5	6	7	8	9
2.	Construction of Lane by way of CC Tile sand Re-Construction of Drain from Main road on backside of Graveyard at Chat Mohal Namblabal Ward No 03 upto H/o Ali Mohammad Sheikh.	5.01	300/-	2% of Adv cost	20 working days	Capex Budget 2024-25-MC Pampore	61 of 2024 Dated: 09/11/2024	CEE, DEE

Position of AAA: Recorded- Position of funds:- Available

Project Authority: MC-Pampore

The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/ downloaded from the departmental website www.jktenders.gov.in as per schedule of dates given below:-

1	Date of Issue of Tender Notice	29/01/2025
2	Period of downloading of bidding documents	29/01/2025
3	Bids submission Start Date	29/01/2025
4	Bid Submission End Date	04/02/2025 upto 3.00PM.
5	Date & time of opening of Technical Bids	05/02/2025 at 12.00PM in the office of Executive Engineer R&B Division Awantipora.

Bids must be accompanied with cost of Tender document in shape of Treasury Challan (deposited in MH: 0059) in favour of Executive Engineer R&B Division Awantipora (tender inviting authority) and Earnest money / Bid security in shape of CDR/FDR/BG pledged to Executive Engineer R&B Division Awantipora_ (tender receiving authority).

Note:- The Date of Treasury Challan and Earnest Money / Bid security must be between the date of start of bid and Bid Submission End date. Any deviation shall render the bidder as Non-responsive. The 1st lowest bidder has to produce an amount equal to 5% of contract as Performance Security in the shape of CDR/FDR/BG in favour of Executive Engineer R&B Division Awantipora within 07 (Seven) days after the date of receipt of letter of acceptance and shall be released after successful completion of DLP. The Bank Guarantee (bid security) should be valid for 45 days beyond bid validity. At the time of tendering, all bidders must upload earnest money/bid security equal to 2% of the Advertised Cost in the form of CDR/FDR/BG pledged to the tender receiving authority, i.e., Executive Engineer R&B Division Awantipora. Besides that, the successful bidder will have to provide Performance Security in the shape of CDR/FDR/BG @ 5% at the time of contract award, strictly in accordance with the Government's circular instructions from time to time. The earnest money/bid security of 2% will be released to the successful bidder only after the submission of a Performance Security of 5% of the allotted cost, which will be released after successful completion of the DLP/Maintenance Period.

All Bidders shall quote the rates in BQ including GST. GST @ 18% or as admissible will be added separately at the time of issuance of Allotment by the allotting authority.

The deadline time of opening of Financial Bids of a responsive bidder shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address.

The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical bids.

The earnest money/performance security shall be forfeited if:-

Any bidder/ tenderer withdraw his bid/ tender during the period of bid validity or makes any modifications in the terms and conditions of the bid.

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

No.Fresh-130/EEA/R&B/2024-25/9254-64

Dated: 29/01/2025

DIPK-11347/24

Sd/-Executive Engineer
R&B Division Awantipora

Highway Status to Bandipora road: Fresh Memorandum submitted to Union Minister

NEW DELHI: The Bandipora chapter of Indian National Congress's Youth Wing on Wednesday submitted a fresh memorandum to the union ministry of Road Transport and Highways demanding highway status to the Srinagar-Bandipora road.

In a statement issued to Kashmir Convener, a party spokesperson said its youth leader from Bandipora Tawheed Sheikh submitted a memorandum to Union Minister for Road Transport and Highways, Nitin Gadkari, requesting National Highway status for the Srinagar-Bandipora road. The memorandum was also presented to Ministers of State (MoS) Ajay Tamta and Harsh Malhotra.

Spokesperson said the initiative was taken on the directions of senior Congress leader and MLA Bandipora Nizamuddin Bhat who has been actively pursuing the matter since his election to Jammu and Kashmir assembly.

Shortly after assuming office, Bhat raised the issue in the Jammu and Kashmir Assembly and later wrote a letter to Jammu and Kashmir Chief Minister, Omar Abdullah urging him to take up the demand with



the central government. "Within days, the Chief Minister brought the issue to the notice of the Union government," spokesperson said.

He said today's submission marks another step in the ongoing efforts to push for better road infrastructure in Bandipora. "Notably, Tawheed Sheikh has been a vocal advocate for road improvements in the district. His online campaign under the hashtag #BetterRoadsForBandipora has already resulted in noticeable

enhancements to the district's road conditions," reads the statement issued by the congress party in Bandipora.

He said the memorandum highlights the strategic and socio-economic importance of the Srinagar-Bandipora road. Residents have long been demanding its upgradation to National Highway status, citing its significance for daily commuters, trade, and access to essential services.

The memorandum also underlines a tragic incident on January 4 this year

when four Indian Army soldiers were martyred due to the narrowness of the road.

"The road is so narrow that two vehicles cannot pass at the same time, despite being a critical route for the Indian Army," the memorandum states, emphasizing the urgent need for expansion and modernization.

The residents of Bandipora, along with their elected representative have repeatedly raised this demand with different authorities but it has remained unfulfilled.

With this renewed push at the central level, hopes are high that the long-standing demand will finally be addressed under the supervision of Union Minister Nitin Gadkari.

It appeals to the Union government to take immediate steps to declare the Srinagar-Bandipora road a National Highway, ensuring smooth and safe connectivity for thousands of residents.

"We sincerely urge the Hon'ble Minister to consider this issue with priority and ensure this much-needed demand is fulfilled at the earliest," the memorandum states.

CBC Organizes Outreach Programme on Mission LiFE, Drug Addiction Awareness in Bandipora

SADERKOOT, BANDIPORA: The Central Bureau of Communication (CBC), Field Srinagar, under the Ministry of Information and Broadcasting, Government of India, today organized a Mini Integrated Communication and Outreach Programme at Childcare Educational Institute, Saderkoot Bala, Bandipora district.

Resource persons and experts elaborated on the eradication of drug abuse, environmental protection, unity and promoting cultural exchanges besides awareness on various Central government schemes.

The programme, held under the supervision of Director CBC J&K and Ladakh Region, Ghulam Abbas, aimed to raise awareness about Mission LiFE (Lifestyle for Environment), Ek Bharat Shreshtha Bharat, drug addiction, and various Central Government schemes.

Reaffirming CBC's commitment to continuing such initiatives across Jammu and Kashmir, Director CBC J&K and Ladakh region, Ghulam Abbas said that such outreach programmes are being conducted across Jammu & Kashmir and Ladakh to ensure maximum reach

of welfare initiatives. He said that awareness is a key to avail benefits of various government schemes.

Field Publicity Officer Naseer Ahmad Rather underscored the importance of such initiatives in educating

informative programmes prove very beneficial to the local populace, especially the younger generation.

Students also delivered speeches on environmental protection and drug addiction, stressing the importance of



people about government schemes. Stressing on collective responsibility in building a sustainable and drug-free society, he urged the students to act as ambassadors of change in environmental protection and drug abuse eradication.

Resource person Mohammad Sami stressed the role of youth in preserving natural resources and thanked CBC for its efforts in reaching out to students from remote areas.

Principal Mudasar Ahmad thanked CBC for organising such awareness programmes in far flung areas, saying such

youth participation in these critical issues.

An open quiz, painting, and drawing competition was held on the programme's themes with winners receiving certificates and mementos. Empanelled cultural troupes of CBC Srinagar presented musical performances and skits highlighting various government initiatives.

At the culmination of the programme, the students also took part in an awareness rally carrying placards and banners advocating for environmental conservation and the eradication of drug addiction.

J&K NHM cautions against fake recruitment notification

SRINAGAR: The National Health Mission (NHM), Jammu and Kashmir, has issued an urgent alert regarding circulation of fake job advertisements on social media, specifically concerning claims about the JKNHM CHO Recruitment 2024.

This misinformation has been propagated by the online portal www.bika.co.in, leading to significant confusion among the job seekers.

The NHM J&K has informed the public that currently no advertisement has been issued for



recruitment of Community Health Officers (CHO) or any other category of staff by the State Health Society, NHM, J&K. Any notifications claiming otherwise are entirely false and misleading.

The Mission has urged the candidates to disregard false announcements and ignore any unverified claims regarding JKNHM CHO recruitment circulating on social media or through unofficial websites.

For accurate information regarding job openings, candidates should refer exclusively to the official NHM J&K website (<https://jknhm.jk.gov.in/>).

The NHM J&K emphasizes the importance of relying on verified sources to avoid falling victim to misinformation or defrauds. Job seekers should remain vigilant and consult official announcements for any updates regarding recruitment processes.

For further information on this account, the NHM J&K Office can be contacted directly through the official website or Centralised Health Helpline 104.

DC Bandipora Directs Expedited Infrastructure Work for JNV School

BANDIPORA: The Deputy Commissioner Bandipora Manzoor Ahmad Qardri on Wednesday chaired a meeting of the Vidyalaya Management Committee (VMC) and DLMC at the Mini Secretariat, Bandipora.

The meeting discussed various measures for operationalization of the new building of Jawahar Navodaya Vidyalaya (JNV) Bandipora including construction of a link road at JNV Brar and road construction at JNV Brar, alongside addressing various infrastructure issues that need urgent attention.

The Deputy Commissioner directed the Chief Medical Officer to arrange counselors to provide guidance to adolescent students ahead of their examinations aimed to offer emotional and psychological support to the students, ensuring they are well-prepared and confident.

On the occasion, the Deputy Commissioner M.A. Qadri instructed the concerned from Jal Shakti Department and Power Development Department (PDD), to facilitate water and electricity connections for the new JNV school building, once all required formalities are completed



by the institution.

The Deputy Commissioner emphasized the importance of ensuring quality education and the welfare of students in the district and reiterated the District Administration's commitment to improving educational infrastructure and facilities across the district.

The meeting was attended by

ADC Zaffar Husson Shawl, Chief Education Officer Bandipora Kishore Kumar, Chief Medical Officer Rafi Ahmad Salathi, Assistant Director FCS&CA, Dr. Naseer Ahmad, Executive Engineer R&B Mohammad Hussain, Executive Engineer PDD, Principal JNV Bandipora (Member Secretary), Mohammad Parvaiz, Officers from PHE and other concerned.

Army Goodwill School Hajinar Shines at National Innovation Exhibition

SRINAGAR: In a moment of immense pride and achievement, Army Goodwill Higher Secondary School Hajinar has once again made its mark on the national stage. A project from the school's Innovation Club, under the mentorship of Mr. Rashid

Fareed, was selected for the prestigious Grand Exhibition organized by the Bharti Airtel Foundation at Plaksha University, Mohali, Chandigarh, on 26th January 2025.

The selected project, Fire Defence System, was developed by Assad Zahoor and Obaid ur Rehman, two talented and visionary Class 10th students. Their groundbreaking innovation, showcasing remarkable creativity, problem-solving acumen, and technical excellence, received high praise and appreciation from the jury at the exhibition held in Chandigarh.

Recognizing their outstanding achievement, on 29th January 2025, Brigadier S. K.



Pradhan, VSM, Commander Shakti Vijay Brigade, felicitated the participants and commended their dedication and innovative

spirit. He encouraged them to strive for even greater accomplishments in scientific innovations and discoveries, expressing

his hope that their success would bring greater laurels to them, their families, and the people of Karnah.

The school extends its heartfelt gratitude to the Bharti Airtel Foundation for providing this invaluable platform for young minds to explore, create, and excel.

This remarkable accomplishment is a testament to the relentless hard work and ingenuity of the students and mentors, reaffirming the school's commitment to excellence in science and technology. With such passion, perseverance, and guidance, the future looks incredibly bright for these young innovators!

Palaash, Pareesha Secure Top Spot in Bandipora's 76th Republic Day Festivities

BANDIPORA: The child care institutions Palaash and Pareesha of District Bandipora made their mark



on the 76th Republic Day celebrations, securing the first position in the district-level event.

The institutions, which provide care and support

to children in need, showcased their talents and skills.

The Republic Day celebrations in Bandipora were attended by various dignitaries, including the DDC Chairperson Deputy Commissioner, and other senior officials. The event featured a parade, cultural programs, and the distribution of prizes to the winners.

District Child Protection Officer, Mr. Sahir Majeed, congratulated the children of both institutions on their achievement.

"I am thrilled to see the children of Palaash and Pareesha excel on the 76th Republic Day celebrations. Their hard work and dedication have paid off, and I am proud of each and every one of them," he said while talking to a news agency.

The District Child Protection Unit (DCPU) and Child Welfare Committee (CWC) were also felicitated on the occasion for their outstanding work in child protection and welfare.

KU VC flags -off Student Contingent for North Zone Youth Festival

SRINAGAR: Vice Chancellor University of Kashmir (KU), Prof. Nilofer Khan, today flagged-off a contingent of 46 students from the University of Kashmir, including participants from its satellite campuses, affiliated colleges and constituent colleges for the Inter-University North-Zone Youth Festival to be held at Panjab University, Chandigarh. The festival is being organized under the aegis of the Association of Indian Universities (AIU). The flag-off ceremony, held at the varsity's main campus, was also attended by Dean Research KU Prof. Mohammad Sultan Bhat and Dr. Ashfaq Zarri, Special Secretary to the Vice Chancellor.

Speaking on the occasion, Prof. Nilofer Khan expressed her pride in the students representing the KU at such a prestigious event.

BJP Committed for Dignified Return of Kashmiri Pandits: Sat Sharma

JAMMU: Bharatiya Janata Party is committed for the dignified return of the Kashmiri Pandit community to their homeland. The party has from the beginning championed the cause of the displaced community and has taken effective measures to safeguard their basic rights and dignity. Prime Minister Narendra Modi led union government has ensured a significant improvement in curbing the terrorist and separatist related incidents. These developments will ensure the socio-economic growth of the society as a whole and encourage the re-development of faith in the Kashmiri displaced community

for their dignified return to their land," said Sat Sharma.

According to the Associated News Bureau,

Nagar, Jammu. Sat Sharma said that the woes faced by the community were taken at every forum by the party with



Sat Sharma was speaking, while he welcomed the BJP's Kashmir displaced district team led by its new District President Rajeev Pandita at the party headquarters, Trikuta

a firm commitment for the dignified return of the Kashmiri Displaced persons, while working to provide lasting solutions to their issues. He said that the party has entrusted

a strong confidence in the party's Kashmir displaced unit to enlist and highlight the grievances and the issues of the community. The new unit of BJP KDD has the foremost duty to live up to the expectations of the organization as well as the community now, added Sat Sharma. BJP, Kashmir Displaced district (KDD) led by its President Rajeev Pandita, also felicitated Sat Sharma for his election as the President of BJP Jammu & Kashmir.

The KDD team also felicitated Ashok Koul, General Secretary (organization), acknowledging his invaluable contributions to the party and the community.

Emotional Suppression and Its Burden on Mental and Physical Health

DR MEHJABEEN

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

Understanding Emotional Suppression

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

Why Do People Suppress Their Emotions?

There are several reasons why individuals choose to suppress their emotions rather than express them openly. One of the most common reasons is fear of judgment. People often worry about how others will perceive their emotions, fearing they might be seen as weak, overly sensitive, or irrational. This fear is especially prevalent in environments that prioritize strength, resilience, and emotional stoicism.

Societal expectations also play a significant role in emotional suppression. In many cultures, there is an unspoken pressure to maintain composure, stay strong, and avoid showing vulnerability. Men, in particular, are often socialized to suppress emotions such as sadness or fear, as expressing them might be perceived as a threat to their masculinity. Similarly, women may suppress emotions such as anger or frustration to conform to societal expectations of being nurturing and composed.

Past experiences contribute significantly to emotional suppression as well. Individuals who have faced rejection, criticism, or betrayal when expressing their emotions may develop a defense mechanism of withholding their feelings to avoid experiencing similar pain again. Negative experiences with emotional expression can lead to self-doubt and hesitation in opening up to others.

Feelings of shame and guilt are additional factors that drive emotional suppression. People may feel embarrassed or ashamed of their emotions, believing that they should be able to handle challenges without showing weakness. Guilt may also arise when emotions conflict with societal or cultural values, leading individuals to suppress them rather than confronting the underlying issues.

Lastly, cultural and familial influences often dictate how emotions should be expressed. In many cultures, emotional



openness is discouraged, and individuals are expected to maintain a façade of strength and self-sufficiency. Family upbringing also plays a critical role; individuals raised in environments where emotions were dismissed or invalidated may struggle with expressing their feelings as adults.

Psychological Impact of Suppressed Emotions

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

One of the most significant consequences of emotional suppression is increased stress levels. The effort required to hide or avoid emotions places a constant strain on the mind, leading to chronic stress and tension. Over time, this stress can contribute to burnout, exhaustion, and difficulties in coping with everyday life. Another common psychological effect of emotional suppression is emotional detachment or numbness. When individuals suppress emotions for extended periods, they may begin to feel disconnected from their true selves and struggle to experience joy, excitement, or deep connections

with others. This emotional disconnection can create a sense of emptiness and dissatisfaction with life.

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

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

Physical Consequences of Emotional Suppression

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

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

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

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

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

Breaking the Cycle of Emotional Suppression

Overcoming emotional suppression requires a conscious effort to recognize and embrace one's emotions in a healthy and constructive way. The first step in breaking the cycle is self-awareness. Acknowledging emotions without judgment and understanding their root causes can help individuals develop a more compassionate perspective toward their feelings.

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

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

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

The Importance of Emotional Expression

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

Conclusion

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

Author is Founder Vision High Mental Health Wellness

Altaf Kishtwari's Seher Surag: A Testament to Literary Excellence

RAYEES AHMAD KUMAR

Chenab valley of Jammu Kashmir is nestled amidst towering mountains, pristine vast meadows and crystal clear water bodies. It's beauty is resplendent, enticing both local and nonlocal populace. The literary brilliance of this region has been radiating since ages. Having produced legendary poets, litterateurs, artists, vocalists and intellectuals, it is indubitably evident that this fertile land has been divinely blessed.

Rasa Jawdani, Gh Nabi Dolwal, Bashir Bhadarwahi, Raashid Jahangir and Wali Mohd Aseer Kishtwari are some of it's literary giants, whose pen has been painting emotional and cultural themes for decades. In contemporary times also, we see newer faces depicting literary prowess through their poetry and prose writings.

Among such decent literary figures stands one Altaf Kishtwari. Born in 1963 to an illiterate but humble father who had been an ironsmith by profession, Altaf Kishtwari has served as a police cop and during his service tenure, he has composed hundreds of poems, Ghazals etc which came to limelight in the form of collection "Seher Surag" only after his superannuation in 2023.

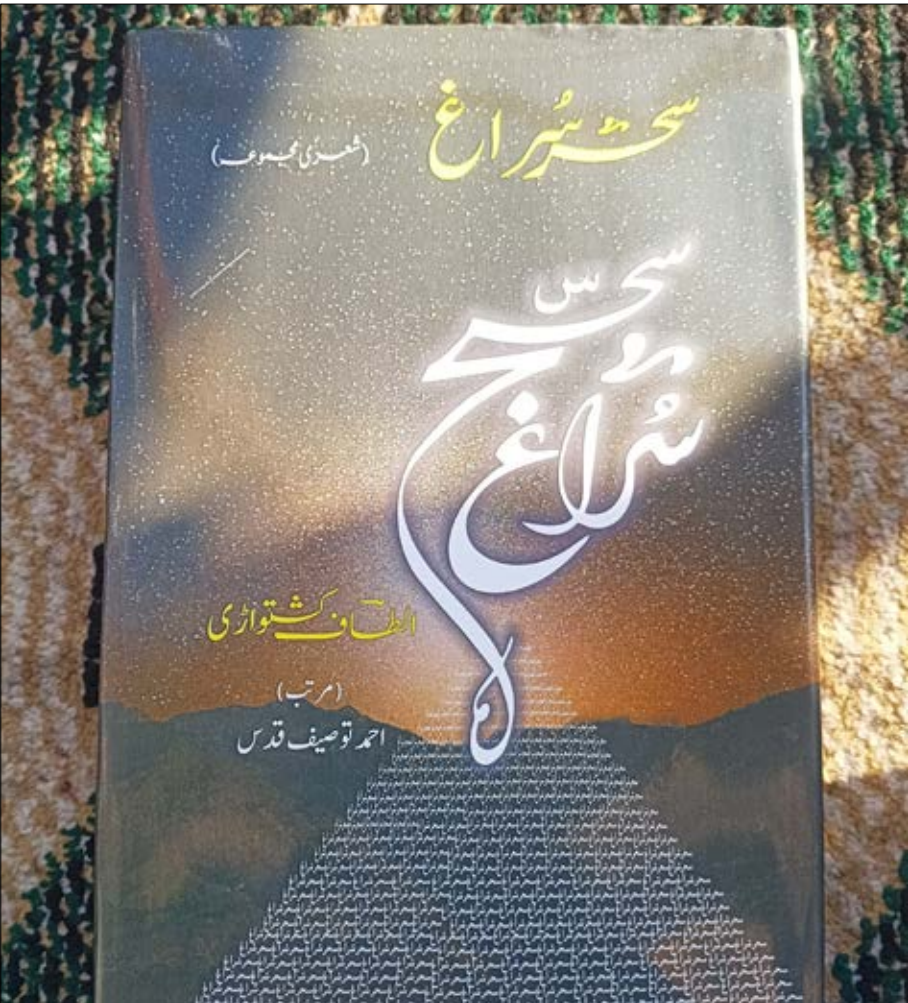
This poetry collection spanning 364 pages is published by Tafheem Publications Rajouri. It's cover is adorably designed and dedicated by the author to his mother, spouse, three sons and the lone daughter. While writing a detailed note on the Ghazals of Altaf Kishtwari, Prof Kawsar Mazhari of Jamia Millia Islamia university, commends the literary adeptness of poet.

According to him, Altaf Kishtwari uses beautiful imagery to uncover what he has felt and endured in life through his poetry. Ahmad Tawseef, the beloved son of Altaf has written an insightful essay about the literary brilliance of his father. He has enumerated the virtues of a litterateur, from being a farsighted human to the one influencing reader's mind and heart.

According to Tawseef, a writer's focal point never remains an individual rather he always intends to address the society. He further reiterates that a litterateur unlike other people, feels societal ills and evils intensely and he aspires to revolutionize the downtrodden society through his writings. He proclaims that his father isn't lacking any skill or virtue, which a seasoned or well versed poet is owning.

Despite frail and infirm family background, he hasn't let his literary works to get spoiled. Altaf Kishtwari while deliberating upon his literary journey, reveals his initial interests towards drawings and paintings followed by writing poetry to give vent to his thoughts and emotions. Initially he would receive mandatory and requisite tips about poetry from accomplished and adept poets of Pirpanchal region while being posted there.

In his note, he has expressed his gratitude to all who assisted him in one or the other way to compile this collection. As a devoted Muslim, Altaf Kishtwari has firstly written the two poems praising God (Hamud) and Prophet saw(Naat) in this book followed by a manqabat about Baba



Fariduddin (R.A). It reflects his faith and devotion towards Allah, Prophet saw and sufi saints like Baba Farid (R.A).

Altaf Kishtwari's style of composing poetic items is unique and his word usage is a testament to his memory power and poetic prowess. It seems that he thinks multiple times before incorporating a word or phrase in couplets.

Lafzon ko tolna ke tu awzan hai alag,
Naswar kaise tulain wo samaan hai alag.

Through this handsome couplet, he tries to make a reader understand that words which a speaker speaks during interaction aren't like things which we utilize in daily lives. In fact their weighting and measures too are different. Dour huye hu jab se tum is duniya se, Har pal bas mere hi saye

lagte hu. This one of a prettiest ghazal has been meticulously and arduously crafted to eulogize poet's beloved.

According to poet his beloved, who no more now is accompanying him seems to entice his flower garden, acting like a shadow to relieve him from scorching heat, garnishing the flower vases of his room and even gossiping with him as he always stays closer to his heart.

Dil idhar hai magar udhar tu hai,
Aankh meri hai nazar tu hai.

This couplet of a seductively composed and bewitchingly crafted ghazal reflects the pain of poet as he is vehemently missing his beloved. Giza main aaj bi safak amun ka dushman, Diye hayat ke har roz hi bujata hai. From last many months we have been witnessing the devastation of Gaza at the hands of Israel and no one caring about the agony of these depressed people, acting merely as mute spectators.

Poet has deeply felt the pain and painted on paper. Aag main phir se utar kar kya karon, Shahar se tere guzar kar kya karon. Using simplest words, the poet has prioritised his message and thought to be easily comprehended by a reader.

Ye koyal kaisa nagma ga rahi hai,
Mere dil ko buhut tadpa rahi hai.

Through the imageries of dove, birds, roofs etc poet has skilfully composed the verses of ghazal.

Pathar zamane bar ke yahan seh raha hoon main,
Ik sach hi hai ki jisko abi keh raha hoon main.

In this egocentric world, finding an altruistic person is quite arduous. One who always speaks truth and is a candour often endures the pain and sufferings caused by the society. Same has been elegantly pictured in this couplet.

Hai azil se hi yahan likhi hui hijrat apni,
Ik nagar se hame ab aur nagar jana hai.

Death is an ultimate reality and no one even atheists can't deny this universal truth. This world is mortal and we are dwelling temporarily here but our everlasting abode lies somewhere else.

Tir mara galat nishane par,
Wo shikari shikar hi kab tha.

This couplet reflects the poetic adroitness and deftness of poet to weave adorable compositions. While going through the poetry of Altaf Kishtwari, it is evident that he has exhibited agony, melancholy, sadness, loneliness, pain and helplessness in his poetry.

This collection of a Hamud, Naat, Manqabat and 200 Ghazals is full of imageries. Kashmir's culture and unique ways of living too have been mentioned through the poetry. I congratulate the author for this splendid collection and suggest urdu enthusiasts to go through the pages of this book as it will enhance their poetic prowess and knowledge.

Writer is a columnist hailing from Qazigund Kashmir.

Chief Justice rolls out activity calendar of J&K Legal Services Authority for the year 2025

JAMMU: In a significant step towards strengthening legal awareness and ensuring access to justice for all, Justice Tashi Rabstan, Chief Justice, High Court of J&K and Ladakh & Patron-in-Chief, J&K Legal Services Authority, today rolled out an Activity Calendar (Wall Hanging) 2025 of the J&K Legal Services Authority in the august presence of Justice Atul Sreedharan, Executive Chairman, J&K Legal Services Authority, who joined the simple but impressive ceremony virtually from Srinagar. The Activity Calendar 2025 serves as a comprehensive roadmap for legal awareness programs, legal aid initiatives and outreach activities planned for the current year across the Union Territory of J&K. Besides highlighting key dates for National and Special Lok Adalats, it outlines awareness campaigns on social justice issues, training programs for legal aid functionaries, helpline numbers for enhanced accessibility and initiatives aimed at strengthening alternative dispute resolution

mechanisms. While releasing the calendar, the Chief Justice commended the J&K Legal Services

document for all stakeholders, including judicial officers, legal aid counsels, paralegal volunteers,

of legal aid initiatives and stressed that the calendar would serve as a strategic tool for organizing legal literacy programs, Lok Adalats, victim support initiatives and pro bono services across the UT. The event also marked discussions on further strengthening legal aid mechanisms, enhancing digital outreach and promoting legal literacy at the grassroots level. The calendar includes special focus areas such as legal assistance to prisoners, empowerment of women and children, awareness on cyber laws, environmental justice, rehabilitation of victims of crime and undertaking of special campaigns launched by the NALSA. The unveiling of the Activity Calendar 2025 stands as another milestone in the continued efforts of the J&K Legal Services Authority towards enhancing legal awareness, promoting justice for all, and fostering a society where legal services are accessible to every individual, irrespective of their socio-economic background.



Authority for its commitment in bridging the gap between legal institutions and the legal aid seekers, particularly those from marginalized and underprivileged sections of society. The Chief Justice emphasized that the calendar will act as a guiding

and legal services institutions, to effectively execute their responsibilities in ensuring access to justice. Justice Atul Sreedharan, Executive Chairman, J&K Legal Services Authority also underscored the importance of activity calendar in timely execution

Chief Justice inaugurates Judicial Enclave at DCC Kathua



KATHUA: Chief Justice, High Court of J&K and Ladakh, Tashi Rabstan, today inaugurated the Judicial Enclave, comprising five well furnished apartments for Judicial Officers, at District Court Complex, Kathua in presence of Justice Rajnesh Oswal, Administrative Judge, Kathua district.

Shahzad Azeem, Registrar General, High Court; MK Sharma, Principal Secretary to Chief Justice; Amit Gupta, Member Secretary, J&K Legal Services Authority and Judicial Officers posted at District Headquarters Kathua were also present on the occasion.

The Chief Justice highlighted the significance of having dignified residences for the Judicial Officers nearer to the Court Complex.

He emphasised early completion of the under construction Court Complex at Kathua and other Court Buildings in the district so that the Courts, which are presently functioning in the buildings with grossly insufficient and inadequate space and facilities, can be shifted there. The same would be beneficial for all the stakeholders paving the way for smooth and speedy dispensation of Justice.

Justice Rajnesh Oswal also expressed happiness at the completion of the Judicial Enclave and appreciated the pioneering efforts made by the Chief Justice in this regard.

In his welcome address, Jatinder Singh Jamwal, Principal District and Sessions Judge, Kathua welcomed Chief Justice, Administrative Judge and all other dignitaries which included Officers of the High Court Registry, the Deputy Commissioner Kathua and Senior Superintendent of Police Kathua.

He presented a brief overview of Judicial Enclave and other infrastructural projects coming up in the district.

Pravin Pandoh, Additional District Judge Kathua, presented vote of thanks. He thanked all the dignitaries present on the occasion and made a special mention of Parvez Malik and his team for their dedication in timely completion of this project.

The proceedings of the event were conducted by Amandeep kour, Special Mobile Magistrate, Kathua.

Mental Health wareness for prisoners held at Subsidiary Jail, Dignibal



Ganderbal: District Legal Services Authority (DLSA) Ganderbal, in collaboration with the District Mental Health Unit Ganderbal and District Police Ganderbal, organized a Mental Health awareness and Psychiatric consultation camp for prisoners at the Subsidiary Jail Dignibal, Ganderbal today, under the theme "Breaking the Chains of Stigma".

The camp was held under the supervision of Abdul Nasir, Chairman DLSA, Ganderbal and under the guidance of Sheikh Babar Hussain, Secretary DLSA Ganderbal, aimed to provide mental health services, creates awareness about the importance of mental well-being, and promote inclusivity among prisoners, encouraging them to seek help without fear of stigma.

Dr. Rajnish Raj, PG (Mental Health), and Afshan, Clinical Psychologist, from District Mental Health Unit Ganderbal, provided mental health awareness sessions among the prisoners and psychiatric consultations to those in need.

The team interacted with 32 prisoners, addressed their mental health concerns and provided guidance on maintaining good mental well-being.

The camp was also attended by Gurmukh Singh, Incharge, Subsidiary Jail Dignibal Ganderbal, Tanveer Ashraf, Assistant LADC, Ganderbal, Police personals of Subsidiary Jail Dignibal Ganderbal & Adhikaar Mitras of DLSA Ganderbal.

Javed Rana calls on Union Forest Minister, HP Chief Minister

NEW DELHI: Minister for Jal Shakti, Forest, Ecology & Environment and Tribal Affairs, Javed Ahmed Rana, today called on Union Minister for Environment, Forest & Climate Change, Bhupender Yadav, in New Delhi to discuss key environmental and tribal welfare issues concerning Jammu & Kashmir.

Emphasizing the ecological significance of Jammu & Kashmir, which has over 52% of its land under forest cover, Javed Rana sought greater financial assistance and policy support from the central government to protect J&K's biodiversity and strengthen sustainable development efforts.

During the meeting, Javed Rana highlighted the urgent need for increased funding for forest conservation, soil and water preservation and afforestation programs. He submitted a proposal seeking 75 crore for soil and water conservation in the Kandi region over the next three years, 100 crore for development of migratory routes for nomadic grazers and 50 crore for conserving medicinal plants in the Shivalik region.

Highlighting the increasing risks posed by forest fires, he urged for release of 10 crore at the beginning of the financial year for fire prevention and management. Additionally, he demanded 50 crore for conducting a comprehensive study on the ecological and economic value of J&K's forests, as well as expedited approval for a JICA-backed training

facility in Jammu and Srinagar to enhance forest management expertise. Recognizing the role of

concerns regarding the forestry sector's human resource challenges. The Minister particularly



technology in modern forestry. Javed Rana sought 4 crore under a centrally sponsored scheme to leverage AI and remote sensing for forest resource management, afforestation monitoring, fire prevention and water harvesting. He also pushed for a 300 crore allocation over the next five years under the Climate Change Action Plan to strengthen J&K's environmental resilience.

Besides, special funding of 100 crore was also requested for conservation of key water bodies including Wular Lake and Gharana Wetlands.

Additionally, he called for enhanced financial allocations under the Compensatory Afforestation Management and Planning Authority (CAMPA) and the Green India Mission to support large-scale afforestation and ecological restoration efforts in the region.

Apart from conservation funding, Rana raised several

pushed the induction of SFS officers recruited in 2011 into the Indian Forest Service (IFS) to strengthen mid-level management and requested increased allocation of IFS officers under the AGMUT cadre to support J&K's growing forestry needs.

He further recommended upgrading the Kashmir Forest Training Institute in Bandipora to an academy at par with Tamil Nadu Forest Academy and Kundal Academy in Maharashtra to provide advanced training for forest officers across the country.

The discussion also covered critical policy interventions including the need to restore the powers of the Chairman of J&K Pollution Control Committee (JKPCC) under Section 5 of the Environment Protection Act, 1986.

Rana urged the Union Minister to expedite clearance of over 400 pending cases under the Forest

Conservation Act related to the Jal Jeevan Mission, which are awaiting approval at the regional office, so that water infrastructure projects in forested areas can be implemented without further delay.

The Union Minister acknowledged the concerns raised and assured full cooperation from the central government.

He reiterated the Centre's commitment towards strengthening conservation efforts, enhancing financial support for afforestation projects and ensuring that tribal communities receive the benefits they rightfully deserve.

Both leaders agreed on the need for a collaborative approach between the central and J&K governments to implement long-term solutions that balance environmental conservation with economic growth.

The Union Minister assured that the proposals would be considered on priority and necessary steps would be taken to expedite approvals and fund allocations.

Speaking after the meeting, Javed Rana exuded confidence that proactive policymaking and sustained government support would lead to meaningful environmental reforms. He reaffirmed the commitment of J&K Government led by Chief Minister, Omar Abdullah, for policies that safeguard J&K's natural heritage while ensuring the welfare of its tribal and forest-dependent communities.

DLSA Srinagar conducts review meeting of Legal Aid Defence Counsels



Srinagar: District Legal Services Authority (DLSA) Srinagar today conducted a review meeting of Legal Aid Defence Counsels in the chamber of the Secretary, DLSA Srinagar.

The meeting was held under the chairmanship of Jaffer Hussain Beg, Chairman DLSA Srinagar and Principal District & Sessions Judge, Srinagar, and under the supervision of Nusrat Ali Hakak, Secretary DLSA Srinagar. The meeting to assess the performance

of Legal Aid Defence Counsel and ensure they are meeting the standards of Service delivery. The meeting was attended by Chief Legal Aid Defence Counsel, Saad Ganaie, Assistant Legal Aid Defense Counsels, Urba Rashid and Sehar Nazir who shared their experiences, challenges, and suggestions for improving the delivery of legal aid.

Discussions focused on ensuring quality legal representation, expediting pending cases, and enhancing coordination among counsels to strengthen access to justice. The Secretary, DLSA Srinagar, emphasized the importance of efficient and accessible legal aid services and reiterated the commitment of DLSA to providing free and effective legal assistance to those in need. The meeting concluded with a collective resolve to further streamline legal aid mechanisms and enhance the efficiency of legal services in the district.

Ganderbal: Jal Shakti Deptt tests waters, finds 37 out of 40 springs contaminated

Syed Rather

Srinagar: Authorities on Wednesday declared 37 out of 40 springs contaminated in Central Kashmir's Ganderbal District and advised people not to use water from these water sources for drinking purposes.

A public notice issued by the office of the Executive Engineer Jal Shakti (PHE) Department Rural Water supply division, Ganderbal which is in possession of the news agency—Kashmir News Observer (KNO), reads: "Jal Shakti (PHE) Rural Water Supply Division Ganderbal/Sgr carried out a massive drive of random sampling & testing of various springs across Ganderbal District, wherein it has been found that 37 out of 40 samples collected are bacteriologically positive. As such, rendering those springs unfit for human consumption."

"Now, through the medium of this notice,



general public of District Ganderbal and rural Srinagar where spring water is used for drinking purposes by locals at their own level, are requested to refrain from using spring water for drinking purposes and instead use tap water only till further instructions, please," the notice reads, adding," However, if at all spring water is to be used, it is advised to use it only after prolonged boiling."

CUK's DCJ commemorates 'Indian Newspaper Day'

Srinagar: The Department of Communication & Journalism, Central University of Kashmir, on Wednesday commemorated Indian Newspaper Day by organizing an insightful online lecture featuring Prof. Sanjeev Bhanawat, a renowned academician and former Head & Professor of Journalism, University of Rajasthan, Jaipur.

The event commenced with a welcome address by Dr Arif Nazir, Head, Department of Communication & Journalism, who set the tone for the session, encouraging students to actively engage in the session, reads a statement.

Dr Arif also expressed gratitude to the Hon'ble Vice Chancellor, Prof. A. Ravinder Nath for unwavering support. "We are grateful to Hon'ble VC for his guidance and encouragement in making such initiatives successful", he said.

The keynote speaker, Prof. Sanjeev Bhanawat, delivered an engaging lecture covering the evolution of newspapers in India, their contemporary relevance and the transformative impact of Artificial Intelligence (AI) in the media industry. He highlighted both opportunities and challenges posed by AI in

journalism. Prof. Bhanawat also discussed the challenges newspapers are currently facing, including Declining Print Readership, Fake News and Credibility Crisis, Technological Adaptation etc. Expressing gratitude, Prof.



Shahid Rasool, Dean, School of Media Studies, thanked the Hon'ble Vice Chancellor for his continued support in fostering academic discussions on crucial media-related themes. "We deeply appreciate the Hon'ble Vice Chancellor's vision and encouragement in organizing such intellectual engagements, which help students and scholars."

In a time when the media industry is undergoing rapid information, such discussions help students understand the challenges and opportunities that lie ahead,

he said.

Prof Shahid stated "Newspapers are not just sources of information but powerful instruments of societal change". Further, Prof Shahid cautioned about decreasing credibility of media amid increasing trivialisation, commercialization and commodification of news.

Meanwhile, in his message to students, scholars and alumni, Hon'ble Vice Chancellor, Prof. A. Ravinder Nath, stressed on understanding the historical significance of this day which marks the beginning of newspapers in the press history of the country. In his message, VC urged students to recognize their responsibility as future journalists in upholding ethical and fact-based journalism.

The event concluded with a formal Vote of Thanks delivered by Dr. Nookaraju, who expressed appreciation to the Hon'ble Vice Chancellor, the keynote speaker, faculty members, and participants.

The online lecture witnessed enthusiastic participation from students, scholars and faculty members besides, alumni. The session concluded with an interactive Q&A

CS Atal Dulloo emphasises result oriented action plan to prevent drug abuse

JAMMU: Reiterating Government's commitment towards complete eradication of drug abuse, Chief Secretary, Atal Dulloo, today emphasised the need to devise a result oriented action plan to prevent and eliminate drug menace from the society through massive awareness.

The Chief Secretary was addressing a high level meeting held in this regard at the Civil Secretariat.

Among others the meeting was attended by Principal Secretary, Home; Commissioner Secretary, Social Welfare; Commissioner Secretary, H&UDD; Commissioner Secretary, GAD; ADGP, Jammu; Divisional Commissioner, Kashmir/Jammu; Secretary RDD; Director, Information; Drug Controller;



Deputy Commissioners and other concerned officers.

The Chief Secretary directed the Information Department to collaborate with other departments in raising awareness about the ill effects of substance abuse. He emphasized the importance of public awareness campaigns, including posters, slogans, advertisements on social media, public transport and outdoor spaces. He further instructed the department to

produce a short film highlighting the ill effects of drugs and ways to protect individuals and society from this growing threat.

Stressing a multi-pronged strategy, Atal Dulloo stated that by implementing stringent measures, we aim to dismantle drug networks, reduce drug demand and create a healthier, safer society. The awareness program will focus on educating students on prevention strategies, emphasizing the role of mental

health support, engaging youth in anti-drug campaigns.

To ensure widespread outreach, the Chief Secretary directed the Police, Health, School Education, Social Welfare and Rural Development Departments to prepare a calendar of activities covering every Panchayat. This will accelerate the momentum of the Drug-Free Campaign, especially among the students and young people. He also asked all the stakeholders to develop a comprehensive action plan to reach every village across Jammu & Kashmir, ensuring that no community remains untouched by the anti-drug awareness initiatives. "Youth are the future of our nation, and it is our collective responsibility to protect them from this serious challenge," he added.



SALT IS A WHITE POISON ; HERE IS WHY

We have been consuming common salt since ages . Studies have shown that high salt consumption is a major cause of high blood pressure. There is a strong link between high salt consumption and risk of stroke, left ventricular hypertrophy, renal disease, obesity, renal stones and stomach cancer. What does excessive salt do to our body ? It has been shown to reduce the activity of superoxide dismutase which is a very powerful antioxidant enzyme working tirelessly to detoxify a million free radicals per second. Once we cripple our very own antioxidant machinery our arterial functions get crippled. Further, excessive salt intake leads to stiffness of arteries and its consequent effects . It has been observed that people

consuming high salt their blood pressure never gets controlled despite multiple drugs and the nasty game of hypertension is set free. Salt intake is especially deleterious for the heart, kidney and liver disease patients. High Sodium intake has been shown to reduce nitric oxide release known to relax blood vessels . Thus by consuming one salty meal not only does our blood pressure go up, but our arteries literally stiffen. Can reduction in salt intake help us ? If we would cut our salt intake by a half teaspoon a day we might prevent 22% of strokes and 16 % of fatal heart attacks. Your kitchen master could help you more than pharmacy.

Do we really need salt ? Yes, we do need salt in our body and it should come naturally from food (fruit and vegetables) Stop adding table salt, avoid salty preparations from the market .We don't need more than 2.3gm/day (1/4 tea spoon) of Sodium per day which is equivalent to 5gms of common salt per day We should reduce salt in cooking and avoid hidden sources of salt like that found in Bread, Pizza, Burgers bakery, processed foods , fast foods, potato chips. Salted nuts etc Sounds strange! There are no deleterious effects associated with reducing salt consumption and it is also very cost-effective.

It has been observed that our taste buds get acclimatized to NO SALT within 2 -3 weeks and you won't have salt cravings later at all. Our Pink tea contains a lot of sodium (Baking soda, common salt) our morning bread (Lawasa) is loaded with salt. How to have salt alternatives for our naughty taste buds ? Be creative and season your foods with spices, lemon ginger garlic. Vinegar To conclude common salt is a white poison World over 4 million deaths are linked to high salt intake. Gradually stop salt intake from today. Train your taste buds SALT FREE FOODS, it needs just 3 WEEKS to adapt and live a healthy Life.

SURGERY, ANAESTHESIA MAY AFFECT MEMORY

WASHINGTON: Turns out, surgery and anaesthesia can slightly affect memory of patients. According to a new study, patients may score slightly lower on certain memory tests after having surgery and anaesthesia. In the study of 312 participants who had surgery and 652 participants who had not (with an average age in the 50s), surgery between tests was associated with a decline in immediate memory by one point out of a possible maximum test score of 30 points. Memory became abnormal in 77 out of 670 participants with initially normal memory comprising 18 percent of those who had had surgery compared with 10 percent of those who had not. No differences in other measures of memory and executive function were observed between participants having and not having surgery. Reduced immediate memory scores at the second visit were significantly associated with the number of operations in the preceding nine years. Working memory decline was associated with longer cumulative operations. Dr Kirk Hogan, the senior author said, “The cognitive changes we report are highly statistically significant in view of the internal normative standards we employ, and the large sample size of the control, or non-surgery, population. But the cognitive changes after surgery are small--most probably asymptomatic and beneath a person's awareness”. “The results await confirmation both in follow-up investigations in our own population sample after more surgeries in ageing participants, and by other investigators with other population samples”, Dr Hogan further explained. Dr Hogan noted that it is too early to recommend any changes in clinical practice regarding prevention, diagnosis, management, and prognosis of cognitive changes after surgery. The findings from the study are published in the journal Anaesthesia.

VITAMIN D LEVELS CAN NOW BE MEASURED WITH YOUR HAIR



Researchers have found that vitamin D can now be measured by human hair, paving the way for improved diagnosis of deficiency of the sunshine vitamin. With over a billion people estimated to be affected, vitamin D deficiency – a risk factor for depression, cardiovascular disease, inflammation, diabetes and cancer – has reached epidemic proportions worldwide. While traditional blood analysis captures the levels at a single time point, in contrast, hair, which grows at approximately one centimetre per month, could reflect vitamin D status over several months, capturing the large seasonal differences in the levels. “The study presents the idea that vitamin D is being deposited continuously in the hair as it grows, more might be deposited at times when vitamin D concentration in the blood is high, and less when it's low,” said lead author Lina Zgaga, Associate Professor at Trinity College Dublin. “Therefore, a test based on the hair sample might

be able to give doctors a measure of vitamin D status over time – if hair is long enough, this even might be over a few years,” Zgaga added. The findings were published in the journal Nutrients. However, further research is needed to establish the exact relationship between vitamin D concentration in the blood and in hair over time. There is also a need to investigate different factors that might affect vitamin D levels in hair, the most obvious ones being hair colour and thickness, or use of hair products such as hair dye, Zgaga said. The discovery could also have other applications as hair (along with teeth) are some of the longest lasting surviving biological materials after death and thus it could be possible to assess the vitamin D status of historical populations – Elizabethans, Vikings, Celts, Romans, ancient Chinese, Egyptians, the researchers said.

LOSE WEIGHT FOR LIFE, THIS surprising workout can melt fat forever

When it comes to health and wellness, weight loss is a common goal. From going keto to intermittent fasting and breaking a sweat – there is a lot that people do. However, more than this, there are many who struggle to find out the best way to lose weight and then sustain the results in the long run; because dropping kilos is one thing, and then retaining it is another. Although weight loss is not that tricky or hard to achieve, maintaining the same is a truly herculean task – but to your surprise, there is a workout form that could be key to sustaining the progress and experts support this conclusion. High-intensity interval training or HIIT is recommended by fitness experts for quick weight loss and the effect is attributed to the way this routine works – from fluctuating intensity of the exercises, duration, and mix and match of various techniques of training. And if you aim at sustaining this progress, in the long run, there is a way of doing so – being consistent. How does HIIT help burn fat fast and sustain it? HIIT is a special workout form created to fetch the best results in a short period of time – this involves training with maximum effort in short intervals and then relying on longer recovery or rest periods. In order to maximise its effectiveness, experts recommend working on the routine at 90

per cent of your maximum stamina and strength which trains the body to operate on anaerobic mode which helps maximise the efficiency by producing and burning energy along with fat which then starts melting at an accelerating rate. Also known as one of the most efficient ways of losing weight, HIIT lasts for 10 to 30 minutes, and in this period, it offers twice as many benefits that people obtain from a moderate-intensity workout spanning a longer duration. Additionally, one does not need any equipment to perform HIIT – this can involve sprinting, bodyweight exercises like push-ups and planks, biking, and jumping rope. When using a stationary bike, HIIT is done by cycling for 30 seconds as fast as possible on high resistance followed by multiple minutes of easy, slow-paced, and low-resistance peddling – this is one round of HIIT, and to get benefits from this routine, 4-6 repetition in a single workout are recommended. Working out rigorously over a short period of time boosts the heart rate, optimises your oxygen intake, improves blood sugar balance, and many other health benefits in a single routine. And that is not where the benefits of HIIT end, this routine not only speeds up weight loss, but when practiced consistently in the long run, it could be the key to sustaining a healthier body mass index in the long run.



Hormone therapy may reduce stooped posture for women

WASHINGTON: Turns out, an exaggerated stooped body posture can be cured with hormone therapy for women. A new North American Menopause Society-study found that hormone therapy (HT) use was associated with a reduction in vertebral fracture risk. The Women's Health Initiative found that these same benefits may also guard against a woman's risk of developing hyperkyphosis, an exaggerated curvature of the spine that creates a forward-stooped posture. It is well documented that the

significant declines in estrogen experienced during the menopause transition contribute to an accelerated bone loss. Hormone therapy reverses bone loss and helps prevent fractures. During the first three years of HT use, bone density has been shown to increase steadily and then is maintained during continued use. Given that hyperkyphosis is also associated with bone loss and vertebral fractures, the authors of the article “Patterns of menopausal hormone therapy use and hyperkyphosis in older women” hypothesised that HT may also



be effective in helping prevent exaggerated spine curvature, sometimes called dowager's hump. The study on which the article is based involved more than 9,700 women aged 65 years and older who were evaluated over a 15-year period. Women who reported continuous or remote past HT use had less pronounced kyphosis by the time they were in their mid-80s than never-users, supporting the argument for HT as a possible early post-menopause treatment for women concerned about their posture and fracture risk.

Beyond its adverse aesthetic effects, hyperkyphosis is associated with the poor physical function, an increased risk of falls and fractures, and earlier mortality. “Women who reported the early use of HT were less likely to develop age-related kyphosis, and the protective benefits continued even after stopping HT”, said Dr. JoAnn Pinkerton, NAMS executive director. “This supports a benefit of prescribing HT close to menopause”. The findings from the study are published in Menopause, the journal of The North American Menopause Society (NAMS).

Continued From P1...

Central govt plans

August 19, spanning 52 days. The pilgrimage attracted over 350,000 registered pilgrims, marking a significant increase from the previous year. Notably, helicopter services were available for those preferring a quicker journey, providing access to the Panjtarni base camp, located about 6 kilometres from the cave

Constitute teams

of land records under DILRMP. He impressed upon the officers to ensure completion of the same within the set timelines. Highlighting the importance of quality land records, the CS stated that digitally updated and transparent land records facilitate optimisation of land resources and sharing of information with various agencies for assisting in policy and planning. He maintained that integration of digitised records with geo-referenced cadastral maps is essential to ensure seamless access to land records for enhancing the effectiveness and efficiency of public service delivery. Maintaining that most of the services rendered by the Revenue department are guaranteed under Public Service Guarantee Act (PSGA), the Chief Secretary called for effective monitoring service delivery at different levels. He asked for keeping check on last-minute reverting or cancellation of applications maintaining that it defeats the purpose of PSGA.

No New Illness

On-site medical team, comprising three doctors and six paramedics, has been put on duty round the clock, he said, adding that critical care ambulances are also stationed at the venues. Meals are prepared in kitchens under CCTV surveillance, with food samples sent for testing at NFL Ghaziabad and Patoli Food Testing Lab, Jammu, he said. The official said Anganwadi workers and Child Development Project Officers (CDPOs) are deployed to take care of below six children, while temporary schooling arrangements are in place for school-going children. Craft teachers and ITI instructors are providing training to individuals in tailoring and other trades. Sewing machines have been supplied by the Social Welfare Department, he said. He said officials from agriculture, horticulture and labour departments are educating families about government schemes. To ensure the safety of the remaining 808 households, comprising 3,700 individuals, in Badhaal, the village has been divided into 14 clusters monitored by multi-departmental teams of 182 officials. All shops and establishments have been sealed, and ration is being provided under strict supervision, the official said, adding official teams are feeding 424 domestic animals and 168 poultry birds belonging to shifted families. He said daily sampling of food and consumables is underway and 167 blood, urine and nasal swab samples have been collected for testing at GMC Rajouri. A control room under the supervision of the Additional District Development Commissioner has been established to coordinate efforts, address public queries, and provide updates to prevent panic, the official said.

He said the district administration is addressing the situation comprehensively and ensuring the well-being of all affected families.

DGP visits forward

approach and dogged determination to counter terror activities. DIG Sharma, SSP Saxena and senior officers from the Army briefed DGP Prabhat about the ongoing initiatives to strengthen the security grid in the district and measures being taken to address local issues, the spokesperson said, without elaborating on the local issues.

Kashmir parts

light snow and rain at scattered places from this afternoon. "Fresh spell of light rain and snow is expected at scattered places during 29th night and 30th morning & at isolated places during 31st January," Director Meteorological department (MeT), Dr Mukhtar Ahmad 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 stated that generally cloudy weather is expected on February 03 with the possibility of light snow at isolated higher reaches. Also, on February 04 and 05, there is a possibility of light rain and snow at scattered places, he said

J&K sees deficit

rainfall of 88.2 mm, the Union Territory has recorded a precipitation of just 11.5 mm only. The highest deficiency of 98 per cent was recorded in Kathua during the period followed by 96 per cent in Shopian district in south Kashmir and 95 per cent in Doda. The data further reveals that Jammu, Kishtwar and Reasi districts in Jammu division saw a deficiency of 94 per cent each in the first 29 days of this year—2025. Kulgam in south Kashmir has also recorded a deficit rainfall of 93 per cent during the period. Srinagar, the summer capital of Jammu and Kashmir saw a deficit rainfall of 82 per cent. Udhampur, Ramban and Samba stations have recorded a deficit precipitation of 90 per cent, 89 per cent and 86 per cent respectively. Anantnag and Pulwama districts in South Kashmir have seen a deficiency of 85 per cent and 81 per cent respectively, the data revealed and added that Budgam, Bandipora and Baramulla have recorded a deficient rainfall of 83 per cent, 76 per cent and 73 per cent respectively.

Pertinently, Jammu and Kashmir is expected to witness rains and snowfall for the next one week as the series of Western Disturbances according to the weatherman are affecting the Union Territory from this afternoon till February 05

76th Republic

popular 'Saare Jahan Se Achha' with simultaneous display of spectacular fireworks and sound & light display followed by the National Anthem.

Union Minister

under ESIC to strengthen the preventive, primary and secondary health care ecosystem in J&K. She directed the authorities to complete the project before the deadline while cautioning against any breach in set completion timelines. She visited all the health facilities under construction planned for 23 specialties in the hospital.

SC Strikes Down

This is an information for general public that Electricity Agreement Bearing Consumer ID No:0216010000451, Which is Registered in the name of Gh Rasool Ahangar, S/O Ab Gaffar Ahangar, Now i want to apply for change this Electricity Agreement in the name of Bashir Ahmad Ahangar, S/O Gh Rasool Ahangar, in this regard any person having any objection he/she may file the Objections in office of the Assistant Executive Engineer Electricity Sub Division Bandipora with in a period of seven days, from the date of the publication of this notice, after that no objection shall be accepted.

Bashir Ahmad Ahangar. S/O Gh Rasool Ahangar. R/O Ward NO:02 , Bandipora.

The case arose from appeals challenging a Punjab and Haryana High Court decision that struck down domicile-based reservation provisions in the admission prospectus of Government Medical College and Hospital, Chandigarh. Before the Supreme Court, Senior Advocate Nidhesh Gupta, representing private respondents, argued that domicile-based reservation is unconstitutional—a position that the Court ultimately upheld. With this ruling, the Supreme Court has reinforced the principle that postgraduate medical admissions must be based on merit rather than state-based residence criteria.

Jurisdiction of

asserting that they go against the interests of Muslims. "We have submitted our memorandums, but it appears that they have not been considered," he said. He pointed out that the major issue is related to Waqf-e-Uzer, where properties used by the Muslim community for years could be at risk due to the removal of legal provisions safeguarding them. Another critical concern is the authority granted to collectors to decide whether a particular piece of land belongs to Waqf or the government, which Mirwaiz described as a serious challenge for the community. Despite these reservations, Mirwaiz stated that the Muslim leadership is open to discussions on reforms that ensure transparency in Waqf matters, including improving women's representation and making the Waqf system more stable. However, he criticized the way the process is being rushed, urging the government to delay the bill and allow further discussion.

He further remarked that stakeholders have not been adequately consulted and their suggestions have been ignored. "The chapter of the Joint Parliamentary Committee (JPC) is now closed, and the matter is heading to Parliament. It seems a decision has already been made," he added.

Mirwaiz Umar Farooq called upon the broader Indian society to take note of the issue and urged authorities to reconsider the amendments in the interest of protecting Muslim institutions and ensuring justice.

Predicted 5-day

She said that a premature bloom could be detrimental. "If the early bloom continues and is followed by Western Disturbances in March, the drop in temperatures and excessive rainfall can cause petal shedding and hinder pollination, leading to reduced yields," she added. "Apple trees require adequate chilling hours, and if the temperatures remain high, their chilling requirement may not be met. This could result in poor blooming and lower production," Dr Rasool said. Pertinently, rising temperatures in Kashmir have led to stakeholders anticipating an early bloom of apples, almond, cherry, peach, and plum trees. At present, no advisory has been issued by agricultural authorities, as farm operations are currently limited. However, farmers have been told to closely monitor temperature patterns and avoid pruning in freezing conditions. POSSIBLE ECONOMIC FALLOUT People associated with the apple industry are worried about the financial impact of these climatic changes. "Apple is the backbone of Kashmir's economy. If production is affected, it will severely impact the livelihood of thousands of orchardists," Bashir Ahmad Bashir, president of the apex trade body in J&K told KNO. According to Bashir, the issue has been further aggravated by the absence of a functional crop insurance scheme. He stated that while the government has acknowledged the need for such an initiative, "but no concrete steps have been taken for its implementation," he added. "We had requested crop insurance, but it is yet to be rolled out effectively. Without it, orchardists

NOTICE

I have changed my name from Old name Khursheed Ahmad to new name Khursheed Ahmad Khan and in future I will be known as (New name) Khursheed Ahmad Khan S/o Mohammad Sidiq Khan R/o Arampora Botakadl Lalbazar Sriangar. if any body is having any objection he/she may contact passport office, srinagar within 7 days. Af ter 7 days no objection will be entertained Khursheed Ahmad khan S/o Mohammad Sidiq Khan R/o Arampora Botakadl Lalbazar Sriangar

Sad Demise

We inform the sad demise of Mohammad Ashraf Sofi R/o Buchwara Dalgate who died on **29-01-2025**. His fateh Khawani will be observed on Friday, **31-01-2025** at his ancestral graveyard Maltang Dalgate Srinagar. bereaved Family

are left vulnerable to losses due to climate variability," he said. 2024 DRIEST YEAR IN FIVE DECADES Notably, for the past five consecutive years, Jammu and Kashmir has received deficit rainfall, with 2024 being the driest year in the past 50 years. Faizan Arif Keng, an independent weatherman who forecast weather in J&K, had told KNO that the year 2024 saw the lowest rainfall in five decades and touched close to the previous low of 802.5 mm recorded in 1974, marking the driest year in

the past 50 years. The monthly data for 2024 states that January recorded a staggering 91% shortfall, while February and March saw deficits of 17% and 16%, respectively. WEATHER AHEAD The weatherman on Monday said that the series of Western Disturbances (WDs) would affect Jammu and Kashmir from January 29 onwards and light snowfall is expected at isolated places or scattered places till February 5.

BJP Baramulla Welcomes Union Minister, Seeks Boost for Industrialization

BARAMULLA: BJP District President Raja Waqar, along with party leaders, welcomed Union Minister for Industries, Smt. Shobha Karandlaje, during her visit to Baramulla. The delegation raised concerns over youth struggling to secure soft loans under PMEGP for setting up industrial units, alleging that banks are reluctant to provide financial support. They also highlighted the availability of vast land for industrial development but lamented the lack of industrial growth in the district. A key demand was the establishment of an industrial estate in the Uri Assembly Constituency, to which Smt. Karandlaje assured necessary action. She also stressed the need for effective implementation of central schemes for youth empowerment in Baramulla. The Minister listened to all concerns and pledged her full support. [KNT]



HIRING NOTICE – SHORT-TERM ENGAGEMENT
(2 MONTHS: 1st Feb to March 31, 2025)
JOIN CARE WORLD NGO IN SUPPORTING DEPRIVED COMMUNITIES
Care World is a not for profit organization looking for dedicated individuals to join our team for a short-term field-based project focused on food assistance for deprived communities.

Locations & Position
KULGAM & PULWAMA– 1 Community Mobilizer, 1 Volunteer
BANDIPORA & GANDERBAL– 1 Community Mobilizer, 1 Volunteer
SRINAGAR & BUDGAM– 1 Community Mobilizer, 1 Volunteer
PHOTOGRAPHER/ VIDEOGRAPHER: Assignment based for two months

Job Details
>Duration: 2 Months
>Job Type: Field-based (Community Engagement, Identification & Documentation)
>Salary: Fixed
Travel Allowance: Fixed

Eligibility Criteria
Community Mobilizer: Master's in Social Work, Sociology, or Allied Subjects (Recent Pass-outs are also encouraged to apply) Volunteer: Graduate in Any Discipline. Photographer/ Videographer: Masters in journalism
(*Experience in the nonprofit sector will be an advantage)

HOW TO APPLY?
Interested candidates can submit their CV's to info@careworld.org.in. Deadline/time 31/01/2025: 11.59 am, for inquiries, Contact: 0194-24339640, 9419014670
Only shortlisted candidates will be contacted for final selection, please mention your working phone number in your CVs
Selected candidates have to join the work from **1st Feb 2025**
Care World is an equal opportunity employer. Women and fresh graduates are encouraged to apply.

Madrasatul-Banat
Darul-Uloom Raheemiyyah Bandipora
Offers a Timeless Opportunity for Everlasting Charity (Sadaqah Jariyah)

By the immense grace of Almighty Allah, the construction of the "Madrasatul-Banat" is advancing steadily, with the final floor nearing completion. The important stage was the construction of roof. According to the engineers, the total cost for labour and material was estimated at around 40 lakh rupees. Now, it is near completion **Alhamdulillah**. The roof of a building acts as a cover and shade to the entire work. So, arranging cover and shade for this institution of girls will be a means of receiving mercy and shade from Allah Almighty, **Insha Allah**.

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

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

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

ACC NO.: 072701010000200
JK BANK BRANCH NISHAT PARK BANDIPORA KASHMIR
IFSC CODE: JAKA0NIPARK

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

NOTICE

I, Aijaz Ahmad Narwari, son of Ghulam Nabi Narwari, resident of Kani Mazar, Nawabazar, Srinagar, holding Medical License Numbers SR/11/03 and SR/11/04 and Pharmacy Registration Number JKPC/32C/17634, hereby declare that my medical license, which was previously invested in Shifa Chemist and Druggists, located at Mustafa Abad, National Highway, opposite Mughal Darbar, HMT, Srinagar, has now been canceled. If anyone has any objections regarding this change, they are requested to contact the office of ADC Srinagar within three (3) working days.

Aijaz Ahmad Narwari
Date: 29/01/2025
Place: Srinagar

NOTICE

This is an information for general public that in my Driving licence bearing Registration No JK15 20130007863, My Father's name has been Mistakenly Mentioned as Mumtaz Ahmad Ganie, while as my Actual and correct Father's name is Mohd Mumtaz Ganie, Now i want to apply for its correction in this regard any person having any objection he/she may file the Objections in office of the Assistant Regional Transport Office Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Altaf Hussain Ganie.
S/O Mohd Mumtaz Ganie.
R/O Bagh Bandipora.

NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No:0216010000451, Which is Registered in the name of Gh Rasool Ahangar, S/O Ab Gaffar Ahangar, Now i want to apply for change this Electricity Agreement in the name of Bashir Ahmad Ahangar, S/O Gh Rasool Ahangar, in this regard any person having any objection he/she may file the Objections in office of the Assistant Executive Engineer Electricity Sub Division Bandipora with in a period of seven days, from the date of the publication of this notice, after that no objection shall be accepted.

Bashir Ahmad Ahangar.
S/O Gh Rasool Ahangar.
R/O Ward NO:02 , Bandipora.

NOTICE

This is an information for general public that i want to apply for fresh "D" Class Contractor Card from Department of R&B, S E office Srinagar, in this regard any person having any objection he/she may file the Objections in office of the R&B, S E, office Srinagar with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Imtiyaz Ahmad Bhat.
S/O Ab Gaffar Bhat.
R/O Malangam, tehsil Aloosa District Bandipora, jammu and kashmir, pin code: 293502.

World Cricketers Association calls out 'random and inconsistent' support for Afghanistan women

Global cricket needs to move away from "random and inconsistent," outbursts of support for Afghanistan's exiled women's cricketers and towards a "systematic global approach." That's the view of the global player body, the World Cricketers Association (WCA) whose CEO Tom Moffat has called the exclusion of women's players in any country "unacceptable."

In the same week that an Afghan Women's XI will come together for the first time to play against a Cricket Without Borders team at the Junction Oval in Australia, Moffat spoke to ESPNcricinfo about possible collective action which he says "doesn't necessarily mean boycotts," but should include both the ICC and individual boards.

"The ICC and national governing bodies run and regulate the game and their tournaments, and have a responsibility to exercise leverage to ensure that the rights of players in our sport, including Afghanistan women's players, are protected and respected," Moffat said. "That doesn't necessarily mean boycotts, there are a number of ways to exercise leverage, but to date the random and inconsistent manner of dealing with it, and of even having the conversation around the world, highlights the need for cricket's governing bodies to implement a more systematic global approach to protecting basic player rights, along with just about every other aspect of the sport."

Afghanistan, who have been a Full Member since 2017, does not have a women's team but was developing one before the Taliban takeover



in 2021. In 2020, the ACB contracted 25 women's players but they never played an international. Under the Taliban regime, women have been banned from participating in sport and there have been increasing restrictions on them in all aspects of public life including education and access to healthcare.

The crackdown on women's rights has drawn criticism from several international

organisations including Amnesty International and the United Nations, and though there are asset freezes on some Taliban officials, there

they will do the same. Both countries continue to play Afghanistan in ICC events, even as calls to boycott those games grow.

In England, a cross-party parliamentary group >wrote to the ECB strongly urging the men's team and officials to, "speak out against the horrific treatment of women and girls in Afghanistan," and to consider not playing Afghanistan in their Champions Trophy fixture on February 26. In response, the ECB CEO Richard Gould called for "a coordinated, ICC-wide approach," which is similar to Moffat's stance.

Similarly, South Africa, who are also grouped with Afghanistan in the Champions Trophy, have received backlash from their sports minister Gayton McKenzie, who compared the Taliban's treatment of women to Apartheid.

Cricket South Africa have actively sought out fixtures against Afghanistan and played them in an ODI series in Sharjah last September and maintain that shunning the men's team will not have a material impact on the situation facing women in Afghanistan. South Africa's stance is important because they have first-hand experience of being banned from the 1970s to 1990s and sporting isolation (along with economic sanctions) was a significant contributor to the fall of Apartheid. However, CSA is of the opinion that it will take more than a cricket boycott to force the Taliban to recognise women's rights.

In England, a cross-party parliamentary group >wrote to the ECB strongly urging the men's team and officials to, "speak out against the horrific treatment of women and girls in Afghanistan," and to consider not playing Afghanistan in their Champions Trophy fixture on February 26. In response, the ECB CEO Richard Gould called for "a coordinated, ICC-wide approach," which is similar to Moffat's stance.

Geoff Allardice steps down as ICC CEO

Geoff Allardice has resigned as chief executive of the ICC after four years in the role, citing a desire to "pursue new challenges". Allardice was appointed chief executive in November 2021, having taken over on an interim basis eight months previously when his predecessor, Manu Sawhney, was suspended. He has worked at the ICC since 2012, initially as general manager of cricket after a previous role with Cricket Australia.

"It has been a privilege to serve as the Chief Executive Officer of the International Cricket Council," Allardice said. "I am incredibly proud of the results we have achieved, from enhancing the global reach of cricket to the commercial foundation put in place for ICC Members."

"I'd like to thank the ICC Chair, the board of directors and [the] entire cricket community for their support and collaboration over the past 13 years. I believe this is the right time for me to step down and pursue new challenges. I am confident that cricket has exciting times ahead, and I wish the ICC and the global cricket community every success in the future."

Allardice's decision to step down coincides with the early days of Jay Shah's term as ICC chair. Shah, the ex-secretary of the BCCI, took over from Greg Barclay on December 1.

"On behalf of the ICC Board, I want to sincerely thank Geoff for his leadership and commitment during his tenure as Chief Executive," Shah said. "His efforts have played a key role in advancing cricket globally. We are truly grateful for his service and wish him all the very best in his future endeavours."

Allardice, like his predecessor Dave Richardson, maintained a lower profile as CEO than predecessors such as Haroon Lorgat or Malcolm Speed, but he was an instrumental administrator within the ICC. In particular, during his stint as general manager cricket he can claim some significant achievements: overcoming the BCCI's early concerns with DRS and ensuring it was implemented as standard across the international game; standardising and implementing the processes around illegal actions; overseeing the creation of the World Test Championship and the (now-defunct) ODI Super League as a means of bringing context to bilateral cricket. In an era in which domestic, cash-rich T20 leagues mushroomed, the latter was an important addition.



Khyber Cement Ka Zarra Zarra Dil Se Bana Hai

