

Kashmir Convener



UCC Cannot Become Political Instrument To Keep Country In Permanent Polarisation: Cong

P/02



Opposition Protests Govt's Silence On Deportation Of Indians Staying Illegally In US

P/02



Attempt To Push RSS Agenda: Rahul Slams Govt At Protest Against Draft UGC Regulations

P/02

PM Modi turns city of temples into education hub: LG Manooj Sinha



Yogesh

JAMMU: Hailing Prime Minister Narendra Modi for turning city of temples, Jammu into an education hub, Lieutenant Governor Manoj Sinha on Thursday said that it's the only city in the country which houses four premiere education institutions.

Interacting with students from the North-Eastern states visiting Jammu under the Akhil Bharatiya Vidyarthi Parishad's (ABVP) Students' Experience in Inter-State Living (SEL) initiative, LG Sinha, according to the news agency—Kashmir News Observer (KNO), said,

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Build a strong Viksit Bharat collectively: LG

KC NEWS NETWORK

JAMMU: Lieutenant Governor Manoj Sinha today interacted with the youth from North-Eastern states visiting Jammu under ABVP's Students' Experience in Inter-State Living (SEL) initiative, at Convention Centre. The Lieutenant Governor called upon the youth to work collectively to build a strong and Viksit Bharat. "I want our youth to focus on the needs and aspirations of weaker and vulnerable sections of the society so that they are able to participate in the development process and contribute to all-round progress," the Lieutenant Governor said. In his address, the Lieutenant Governor commended the initiative by the Akhil Bharatiya Vidyarthi Parishad (ABVP) aimed at promoting oneness and providing opportunities to youth to experience Unity in Diversity. The Lieutenant Governor said, "I am extremely proud that as the world's largest student organization, the Akhil Bharatiya Vidyarthi Parishad, since its inception, is

>>SEE ON P-7

Day-2 Budget Consultation

Budget Should Not Be Framed In Isolation: CM Omar

KC NEWS NETWORK

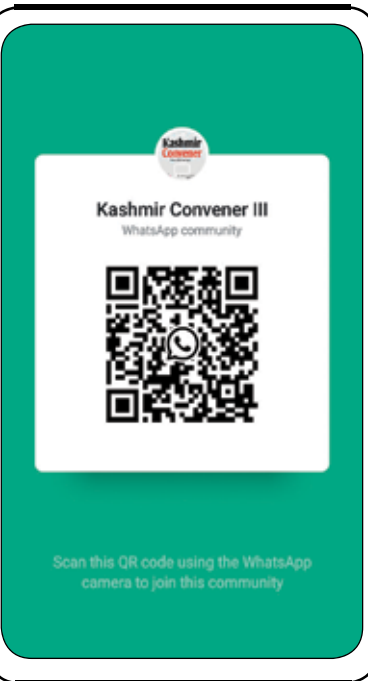
JAMMU: On the second straight day, Chief Minister Omar Abdullah continued pre-budget consultation with stakeholders, emphasizing that feedback from public representatives is crucial as they remain directly connected with the people.

The Chief Minister held a series of consultative meetings with District Development Council (DDC) Chairpersons and Members of the Legislative Assembly (MLAs) from Baramulla, Udhampur, Kulgam and Ramban districts. Addressing the participants, the Chief



Minister reiterated the government's commitment to an inclusive budget-making process. "The Assembly may pass the budget, but it should not be framed in isolation. Our aim is to ensure that the proposals of people's representatives, including DDC Chairpersons and MLAs, are considered and their needs and aspirations are reflected in the budget," he stated.

>>SEE ON P-7



J&K private hospitals threaten to withdraw from SEHAT scheme by Mar 15

Jahangeer Ganaie

SRINAGAR: The Jammu and Kashmir Private Hospitals and Dialysis Centre Association has raised serious concerns over the future of the Ayushman Bharat SEHAT scheme, warning that they may stop providing free treatment under the programme unless urgent reforms are introduced.



In a letter addressed to the CEO of the State Health Agency (SHA), J&K, accessed by the news agency—Kashmir News Observer (KNO), the association said that following extensive deliberations, they have concluded that the current contract—set to expire on March 15, 2025—is no longer viable under existing terms.

The letter highlighted several key grievances arising from the 9th Governing Council Meeting held on January 19, 2025, where certain decisions were made that the association considers detrimental to private healthcare providers.

"The reservation of four surgical procedures for public hospitals, a 10% reduction in UT-specific incentives, and the implementation of HBP 2.2 instead of HBP 2022 are not in our interests. These measures are anti-private sector and will push many hospitals to the verge of bankruptcy, given that we have already been suffering for the past ten months," the letter stated.

The association also expressed concern that the meeting failed to address long-pending payments, interest on delayed reimbursements, or the review of unjustified deductions and claim rejections dating back to 2022.

A member of the association told KNO that the government's plan to exclude key surgeries such as gall bladder surgeries, hemorrhoids, appendectomies and fissure surgeries from the scheme and restrict them to government hospitals is a concern. "These surgeries constitute around 50-60% of total surgical cases.

>>SEE ON P-7

Truck Driver Killed In Firing After 'Ignoring' Security Check In Blla

● Police say thorough probe launched



KC News Network

SRINAGAR: A truck driver from Sopore was killed in a firing incident after he allegedly ignored a security forces' checkpoint (Naka) in north Kashmir's Baramulla district on Thursday.

>>SEE ON P-7

Omar takes up civilian killings with Centre

"Govt will also initiate probe"

KC NEWS NETWORK

SRINAGAR: Asserting that he has taken up the matter of youth's suicide and the killing of a truck driver with the Centre, J&K Chief Minister Omar Abdullah on Thursday announced that his government would also initiate a probe in both the incidents.

>>SEE ON P-7

Chief Secretary Reviews Admin Efforts Towards Safeguarding Badhal Residents

● AIIMS Delhi to train local doctors to deal with such situations



KC News Network

JAMMU: Chief Secretary, Atal Dulloo today chaired a meeting of all the concerned from Health and Police Departments along with the representatives of nationally reputed institutions to take assessment of the efforts made to safeguard the lives there besides identifying the causes behind these deaths.

The meeting besides Principal Secretary, Home and Secretary, H&ME was attended by ADGP, CID; Divisional Commissioner, Jammu; IGP, Jammu; IGP, CID; DC, Rajouri; SSP, Rajouri; Principal, GMC Jammu and other local health experts.

It was also joined by Director, AIIMS; Director, PGIMER, Chandigarh; DG, ICMR; Director, Indian Institute of Toxicology Research (IITR), Lucknow; Director, CFSL; Experts from National Institute of Virology (NIV), DRD,

Gawalior and experts from other reputed laboratories carrying out investigation of the samples sent by the Health Department.

Dulloo took this occasion to impress upon the concerned not to lower their guard and take samples of fertilizers, pesticides, insecticides used locally to identify the root cause of these deaths. He also asked for augmentation of facilities in the local hospitals so that these are well equipped to deal with any such eventuality in future.

He directed for carrying out audit of the health facilities to examine the need of adding more ICU beds, oxygen plants, isolation wards in addition to availability of specific drugs and specialists there. The Chief Secretary also urged the AIIMS, New Delhi to extend their support

>>SEE ON P-7

After Kathua Man's Death, Authorities Order 2 Probes

Yogesh

JAMMU: Authorities on Thursday ordered separate enquiries into the death of a man, Makhandin, after he was called for questioning by the Police in Kathua district. In a statement issued to the news agency—Kashmir News Observer, (KNO) a Police spokesman said, "

>>SEE ON P-7

REC Declares Rs 4.30 Per Share Interim Dividend as Net Profit Rises 23%

KC News Network

SRINAGAR : REC Limited has announced robust financial results for the third quarter of FY25, with a 23% increase in net profit and an interim dividend of Rs 4.30 per share. The company's continued growth across all verticals, strategic interest rate adjustments, and efficient financial management have contributed to this impressive performance.

REC reported a standalone net profit of Rs 4,029 crore for Q3 FY25, up from Rs 3,269 crore in the same quarter last year, reflecting a 23% growth. The company's net interest income also saw a 19% rise, reaching Rs 4,930 crore from Rs 4,153 crore. Revenue from operations



surged 18% to Rs 14,157 crore, while total income stood at Rs 14,173 crore, marking a similar 18% increase.

The company also improved its asset quality, with net credit-impaired assets reducing to 0.74% from 0.82%. Meanwhile,

REC's average cost of funds dropped by 10 basis points (bps) to 7.18%, leading to an increase in spreads and net interest margins.

For the nine-month period ending December 31, 2024, REC's standalone

net profit reached Rs 11,477 crore, up 15% from Rs 10,003 crore in the previous year. The company's disbursements grew by 19% to Rs 1,45,647 crore, with a significant focus on the renewable energy sector. Disbursements to renewables jumped by 79% to Rs 17,612 crore from Rs 9,858 crore in the previous year.

REC's loan book, or Assets Under Management (AUM), continued its upward trend, reaching Rs 5.65 lakh crore, compared to Rs 4.97 lakh crore a year ago. The company's market capitalization also saw a 21% increase, touching Rs 1,31,844 crore. With strong profits, REC's net worth rose to Rs 76,502

>>SEE ON P-7

Pakistan Will Take Hamas' Help For Terrorist Attacks In Kashmir: VHP

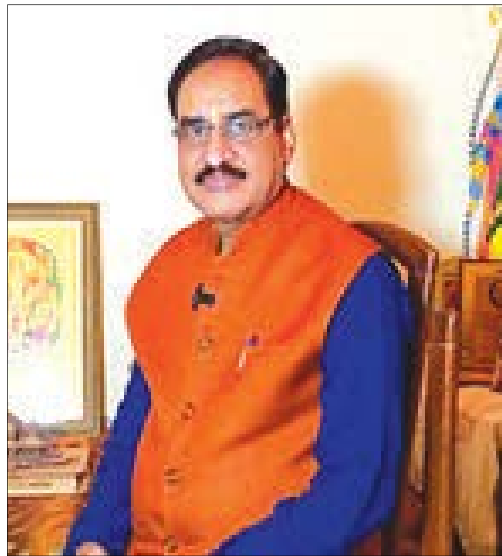
KC News Network

NEW DELHI: Vishwa Hindu Parishad (VHP) spokesperson Vinod Bansal on Thursday claimed that Pakistan will now take the help of Hamas for terrorist attacks in Jammu and Kashmir (J&K).

The VHP leader shared on social media platform 'X' that on Wednesday, Hamas commander Khaled al-Qaddoumi and other Pakistani terrorists were spotted during a rally in Pakistan-Occupied-Kashmir (PoK).

He further claimed that Pakistan's Intelligence agency ISI is playing an important role in this "terrorist alliance".

Slamming the Hamas sympathisers and "radical Muslims" in India, who have been raking up



the Gaza issue, raising 'Palestine Zindabad'

slogans in Parliament and shedding tears for global terrorists, he questioned their silence on the issue.

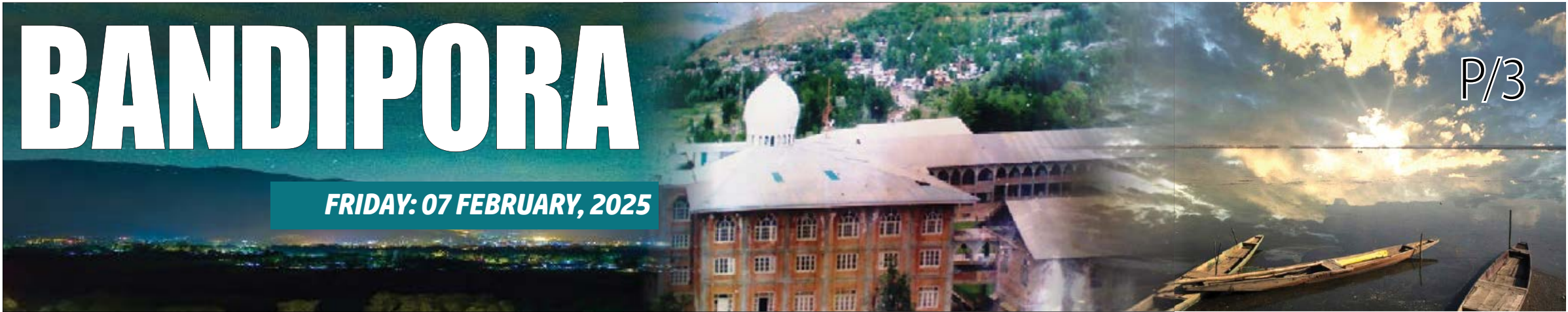
"Will they not utter a single word over this issue?" he said, adding "Shouldn't they protest against terrorism as they did in support of Gaza."

He said: "Now all these anti-India elements have been exposed once again."

Bansal's remark came after Jaish-e-Mohammed (JeM), Lashkar-e-Taiba (LeT) commanders, and senior Hamas representatives, took part in Pakistan's propaganda exercise recently.

The rally indicates Pakistan's involvement with terrorist organisations to fuel unrest in the region. Notably, Union Home Minister Amit Shah recently shared that after the abrogation of Article 370, terror incidents in J&K have reduced by 70 per cent.

DIPK-11630/24



BANDIPORA

FRIDAY: 07 FEBRUARY, 2025

21,568 houses built in last 3 years under PMAY-U in J&K

RAJA SYED RATHER

SRINAGAR: Under the Pradhan Mantri Awas Yojana - Urban (PMAY-U), Jammu & Kashmir and Ladakh have seen considerable progress in terms of Central assistance and the completion of housing projects, according to data from the Minister of State in the Ministry of Housing and Urban Affairs.

As of the latest figures, accessed by the need agency—Kashmir News Observer (KNO), J&K has received rupees



483.48 crore in Central assistance, with a significant portion allocated during the current financial year.

A total of 29,258 houses have been completed since the inception of PMAY-U, with 21,568 of them delivered in the last three years and the current year.

Ladakh, though relatively smaller in terms of housing projects, has also made strides under PMAY-U, receiving 25.23 crore in Central assistance.

With a total of 876 houses completed since the scheme's inception, 465

houses have been delivered in the last three years and the current year.

These initiatives are part of the government's commitment to providing affordable housing to the urban poor and ensuring that the housing needs of citizens in these regions are addressed.

Both J&K and Ladakh are set to continue benefiting from the PMAY-U scheme, with more houses expected to be completed as part of the ongoing efforts to improve living conditions in urban areas—(KNO)

Massive Fire Razes Three Structures in Bandipora's Arampora

AADIL ABDULLAH

BANDIPORA: A devastating fire erupted in the Arampora Sumbal area of Bandipora district on Thursday evening, leaving three structures in ashes. The blaze destroyed a double-storey residential house, a wooden three-room residential structure, and a kitchen.

An official from the fire and emergency service department said that the fire engulfed the properties belonging to Nazir Ahmed Dar, son of Sona Ulla, a resident of Arampora Inderkote. The intense flames completely gutted the structures before firefighters could bring the situation under control.

Fire tenders from the Sumbal fire station responded swiftly and began a rescue operation to prevent the fire from spreading to adjacent properties. However, their efforts were hampered by two gas cylinder explosions, which intensified the blaze. Due to the severity of the situation, additional fire tenders were dispatched from the Naidkhai fire station. After a strenuous effort, firefighters finally managed to control the fire.

The official indicated that the likely cause of the fire was an electrical short circuit. Fortunately, no casualties or injuries were reported as a result of the incident.

Meanwhile Police have taken cognizance of the incident and have launched an investigation into the matter.



Fire Destroys Three Structures in Sumbal

Bandipora: A devastating fire ripped through the Arampora Sumbal area of Bandipora district on Thursday evening, reducing three structures to ashes. The blaze destroyed a double-storey residential house, a three-room wooden residential structure, and a residential kitchen.



An official from the fire and emergency services department confirmed that the fire engulfed the properties belonging to Nazir Ahmed Dar and his brother, Bashir Ahmed Dar, sons of Sona Ullallah Dar, residents of Arampora Sumbal.

The intense flames completely gutted the structures, causing losses worth lakhs of rupees, before firefighters could bring the situation under control.

Fire tenders from the Sumbal fire station responded quickly and began a rescue operation to prevent the fire from spreading to neighboring properties. However, their efforts were hampered by two gas cylinder explosions, which intensified the blaze. All items, including jewelry, crockery, and other belongings within the three structures, were destroyed in the fire. Due to the severity of the situation, additional fire tenders were dispatched from the Naidkhai fire station. After a strenuous effort, firefighters finally managed to control the fire.

The official indicated that the likely cause of the fire was an electrical short circuit. Fortunately, no casualties or injuries were reported as a result of the incident.

Meanwhile, police have taken cognizance of the incident and have launched an investigation into the matter.

Capacity building prog for child help groups held at Bandipora

BANDIPORA: District Child Protection Unit, Mission Vatsalya, Bandipora, in collaboration with the District Administration, on Thursday organized a capacity building programme for various stakeholders, including the District Juvenile Police Unit, Bharat Scouts and Guides, NSS Volunteers, Self-Help Groups, and representatives of Non-Governmental Organizations.

The programme was aimed to sensitize participants about the formation of Child Help Groups at the sub-district, ward, and PRI levels. These groups play a crucial role in identifying children in need of care and protection at the grassroots level.

During the programme, Gowhar Mahmood, Protection Officer, highlighted the role and responsibilities of Child Help Groups in implementing the Juvenile Justice Act, 2015.

Dr. Asima Hassan emphasized the responsibilities of the District Child Protection Unit, Child Welfare Committee, Juvenile Justice Board, and Special Juvenile Police Unit besides Dr. Nasir Ahmad Bhat discussed the role of the Child Helpline.

In the closing remarks, Sahir Majeed, District Child Protection Officer, thanked the participants and stressed the importance of Child Help Groups in tracing children who require care and protection.

The programme was part of the Mission Vatsalya initiative, which aims to strengthen child protection services at the district level



Javed Rana inaugurates seminar on eminent Gujjar leader, freedom fighter 'Faiz Hussain Inqalab'

JAMMU: Minister for Jal Shakti, Forests, Tribal Affairs, Javed Rana, today inaugurated a day long seminar on eminent Gujjar leader and freedom fighter 'Late Faiz Hussain Inqalab' at K L Saigal Hall here.

The program was organised by the Jammu &

J&K and reaffirmed JKAACL's commitment to the preservation, propagation and documentation of the language. She urged the younger generation to remember and connect with the legacy of heroes like Lt. Inqalab.

Dr. Javid Rahi, while speaking on the occasion,



Kashmir Academy of Art, Culture, and Languages (JKAACL) and conducted in Gojri language.

Prominent writers and scholars from across Jammu & Kashmir participated in the event.

Secretary JKAACL, Harvinder Kour; Chief Editor JKAACL, Dr. Javid Rahi; Former MLC, Rahim Dad; noted writer Rashid Azam Inqalabi and Choudhary Mohammad Rashid, former Registrar of BGSB University Rajouri were present in the presidium of inaugural session.

Speaking on the occasion, Javed Rana stressed on the importance of language in preserving the identity of a community and lauded the efforts of Lt. Faiz Hussain Inqalab in promoting Gojri language and tribal culture. He highlighted Inqalab's crucial role in reforming the people of the twin border districts. He stated that his contributions to national integration and uniting different identities of the border regions in testing times against external threats will be remembered for all times to come.

The Minister appreciated JKAACL for holding this purposeful event in this capital city and stressed that more such events should be organised to connect people with their roots.

Harvinder Kour, in her address, underlined the importance of Gojri as a significant language of

stated that the main objective of the seminar was to highlight the contributions of the legendary tribal leader. He mentioned that JKAACL has already published a well-researched book on Lt. Inqalab's life and work and announced plans for another publication following the conclusion of the seminar.

Noted writer Ch. Rashid Azam Inqalabi paid homage to Lt. Inqalab, stating that the best way to honor his legacy is to work towards upliftment of the poor, downtrodden and people living in far-flung areas.

Several scholars and researchers presented papers on Lt. Faiz Hussain Inqalab, including Dr. Ishtyaq Ahmed Masba, Dr. M.K. Waqar, Engineer Liaqat, Prof. Mohd Rashid, Dr. Liaqat Nair Professor BGSB University and Hussan Perwez renowned broadcaster.

The seminar also featured musical tributes to the late leader, with performances by Ayaz Ahmed Saif, Anisa Kareem, Barkit Hussain, and Qammar Shabban, accompanied by Rakesh Anand on flute, Sayall Jasrotiya on tabla and Rakesh Kumar on octopad.

The event concluded with a vote of thanks delivered by Mehmood Raiz while Shoukat Naseem of Gojri section conducted the proceedings.

KPs of Pampore Begin Prarambhik Puja at Sedeshwar Temple

PAMPORE: The Kashmiri Pandit community from Pampore Tehsil today commenced the Prarambhik Puja at the historic Sedeshwar Temple in Pampore, marking a significant step towards the revival of this revered Hindu heritage site.

A large gathering of devotees participated in the ceremony, reaffirming the temple's spiritual and cultural importance.

The Sedeshwar Temple holds deep historical and religious significance. This ancient Shiv temple is a crucial Padav (resting point) for Amarnath Yatra pilgrims, located along their sacred journey after the Pavitar TChhadi Mubarak departs from the Akhada Building in Srinagar. The temple is also associated with Yogini Laleshwari, a revered Kashmiri mystic Yogini who took her Sanyas (renunciation) here under the guidance of her Guru, Sedmol (Srikanth). It was at this holy site that she received the Shiv Amrit Vani, which transformed her into a spiritual icon. Her poetic "Vakhs" continue to inspire generations in devotion to Lord Shiva.

Recognizing the temple's immense cultural and religious value, as well as Pampore's potential as a religious tourism heritage site, the Union Territory Government has allocated funds for the renovation of the Sedeshwar Temple, Drangbal Pampore, and the Shiv Temple, Drangbal Pampore. Additionally, the Department of Archives has revived this long-pending project, endorsed community demands, and assured further funding in Phase III to construct the main temple structure and restore the sanctum sanctorum, which was unfortunately overlooked in the previous DPR (Detailed Project Report).

We extend our heartfelt gratitude to the UT Government, especially KK Sidha (Director of Archives), the Deputy Commissioner of Pulwama, MLA Pampore, Tehsildar Pampore, the R&B Department, and all those supporting this initiative. We also deeply appreciate the unwavering support of Kashmiri Pandits worldwide, our community members in exile, and those residing in the valley.

A special acknowledgment goes to the Sedeshwar Temple Committee, Pampore, for their tireless efforts in making this dream a reality.

With the moral support of the local majority community, we are optimistic that the renovation will be completed before the end of the financial



year.

Prominent community leader Ravi Ji Bhat, General Secretary of Swami Jeewan Sahib (Dhoni Sahib) Mandir Prabandhak Trust, Ladhoo Pampore, addressed the gathering, emphasizing the spiritual and historical significance of the Sedeshwar Temple. He spoke passionately about Shaivism, the teachings of Yogini Laleshwari, and the need to preserve this

site as a center for research on her philosophy of Shiva. He also urged the government to allocate funds for the construction of a dedicated Laleshwari Peeth, a long-cherished aspiration of the Kashmiri Pandit community.

Daya Krishan Bhat, a Kar Sevak of the Sedeshwar Temple Committee, Pampore, highlighted the temple's immense historical and spiritual significance. He reaffirmed the community's unwavering commitment to preserving this sacred heritage site.

The Prarambhik Puja was attended by several distinguished members of the Sedeshwar Temple Committee, including Shakti Wangoo, Rahul Koul, Ritik Bhat, Nisheeta Bhat, Divya Bhat, and many other devotees. The ceremony was conducted with collective prayers for peace, prosperity, and harmony.

Speaking on behalf of the community, Ravi Ji Bhat expressed hope that the time has come for those in exile to return to the valley with dignity and honor. The Kashmiri Pandit community, along with dedicated Kar Sevaks, remains committed to completing this restoration project in the shortest possible time, ensuring that the Sedeshwar Temple continues to serve as a beacon of faith and history for generations to come.

Sopore Hospital Operation Theatre Sealed Amid Shocking Surgical Error

SOPORE: Authorities in Sopore have sealed the operation theatre of Hakeem Sonuallah Hospital following shocking allegations that a doctor mistakenly removed a patient's uterus instead of performing a scheduled ENT surgery. The incident has sparked outrage, raising serious concerns about medical negligence and the hospital's surgical protocols.

Sources told the news agency Kashmir News Trust that the patient was admitted for a routine ENT procedure, but due to an alleged error, doctors instead carried out an irreversible surgical procedure, leading to the removal of the uterus.

The incident has led to widespread condemnation, with local health officials responding swiftly by sealing the operation theatre and initiating an inquiry.

Authorities said that if the inquiry confirms negligence or malpractice, those responsible could face criminal charges as well as civil lawsuits.



Sagar rejects BJP's remarks against NC as futile attempt to shift blame

SRINAGAR: The General Secretary of the Jammu and Kashmir National Conference, Ali Muhammad Sagar Thursday rejected the remarks made by BJP MLA Sunil

Imran Nabi Dar and Dr. Mohammad Syed Makhdoomi, Vice President of District Srinagar.

In a scathing rebuke to Sharma, Sagar



Sharma against the NC, calling it as a futile attempt to shift blame and save face amidst the deteriorating situation in the valley.

Sagar denounced the remarks made by Sharma during a workers' meeting at the party headquarters, Nawa-e-Subha, Srinagar, today. The meeting was attended by Provincial Secretary Advocate Syed Tauqueer Ahmed, State Spokesperson

pointed out that the remarks are a blatant attempt by the BJP to shift blame and cover up their failures amidst the worsening security crisis in the Valley.

"It seems like they're more concerned with saving face than actually addressing the real issues at hand. It's like the pot calling the kettle black! The BJP has been in power and directly responsible for the

security situation in Jammu and Kashmir for a decade now. They are the ones who need to answer to the people about the deteriorating situation. They are the ones who proudly claim that scrapping Article 370 has brought peace to the region. But where is this peace they speak of? It's been more than five years since the changes were made, and we're still waiting. All fingers point towards the BJP, as they continue to play the blame game. After all, the home department works directly under the Ministry of Home Affairs. It's time for some accountability," Sagar said.

Speaking on the return of Kashmiri Pandits to the valley, Sagar had some tough questions for the BJP. He challenged them to provide a white paper detailing how many Kashmiri Pandits actually made their way back to Kashmir during their time in power.

Instead of progress, Sagar pointed out that the previous Omar Abdullah-led government's efforts to bring back the Pandits had been completely undone. "Under the BJP's rule, there were constant attacks on the Pandits, leading to many fleeing to Jammu for safety. So, where are the peace dividends that the BJP promised would come from their actions on August 5, 2019?" he added.

The Societal Lens

The Silent Price of Success: Why Professionals Must Prioritize Their Health

Syed Hidayat Bukhari

attack in India has dropped to 40-45 years, nearly a decade earlier than in Western countries.

memory, decision-making, and emotional regulation—directly impacting job performance and personal relationships.

ü Reduced Quality Time Impacts Emotional Growth

A parent who is always too tired to play, engage, or attend school events unknowingly misses critical bonding moments. Studies show that children who lack active parental engagement struggle with self-esteem and emotional intelligence.

ü Unhealthy Parents Set Unhealthy Examples

Children imitate their parents' habits. If they grow up watching stress, unhealthy eating, and lack of self-care, they subconsciously learn that success comes at the cost of health.

Ask yourself: Would your family prefer a wealthy but sick parent or a healthy, present parent?

Doctors' & Psychologists' Recommendations: How to Prioritize Health Without Sacrificing Career

1. Prioritize Movement & Exercise

- Walk at least 10,000 steps daily to counteract the effects of prolonged sitting.
- Stretch every hour to improve circulation and prevent back pain and muscle stiffness.
- Try "walking meetings" or stand while working when possible.

2. Fix Your Diet & Hydration

- Cut down on processed food, sugar, and excessive caffeine.
- Increase protein, fiber, and healthy fats for sustained energy.
- Drink at least 3 liters of water daily to prevent fatigue and dehydration.

3. Fix Your Sleep Patterns

- Maintain consistent sleep schedules for better cognitive performance.
- Avoid screens 30 minutes before bedtime to improve sleep quality.
- Sleep at least 7-8 hours per night to allow the body to recover.

4. Stress Management Techniques

- Practice deep breathing, yoga, or meditation to reduce cortisol levels.
 - Set clear work-life boundaries—learn when to unplug.
 - Take short breaks throughout the day to reset mental clarity.
 - 5. Regular Health Check-Ups
 - Get annual full-body health screenings.
 - Monitor blood pressure, cholesterol, and sugar levels to prevent chronic illnesses.
 - Never ignore persistent fatigue, headaches, or chest pain—these are warning signs.
- Final Thought: Success Means Nothing Without Health
It is time we redefine success. It should not be "work until you drop" but rather, "work hard while staying healthy."
A six-figure salary won't matter if you spend it on hospital bills. A high-ranking job won't bring joy if stress has ruined your health.
True success is having both career achievements AND a body that allows you to enjoy them.
Let's stop normalizing burnout as ambition. Let's shift the narrative—your health is your greatest wealth.
Make your well-being a priority, no matter what.

Syed Hidayat Bukhari works as a consultant with a US-based software company. He is also pursuing his PhD in Artificial Intelligence and is engaged in various social activities.). The author can be reached at hidfan@gmail.com



The Illusion of Success

In today's hyper-competitive world, success is glorified as the ability to work endlessly, achieve financial milestones, and secure promotions. Yet, the silent cost of this pursuit is one that few acknowledge—our health.

The idea of "hustle culture" has made it normal to sacrifice sleep, ignore mealtimes, and dismiss health warnings as minor inconveniences. Many professionals, especially those in their 30s and 40s, assume they are too young to worry about health issues. But medical experts warn that the damage accumulates silently—and by the time symptoms appear, it is often too late.

Doctors, psychologists, and fitness experts all agree on one thing: Health is not an expense. It is an investment. And the earlier we realize this, the better our chances of leading a long, fulfilling, and productive life.

The Alarming Rise of Health Issues Among Professionals

Health statistics reveal a disturbing trend—lifestyle diseases like heart attacks, hypertension, diabetes, and mental health disorders are on the rise, particularly among professionals. The combination of long working hours, sedentary behavior, stress, and lack of exercise is creating a global health crisis.

Cardiovascular Diseases: A Time Bomb for Young Professionals

- A World Health Organization (WHO) study found that working more than 55 hours a week increases the risk of stroke by 35% and heart disease by 17%.
- In India, one in five heart attack victims is under 40, an alarming statistic that highlights how workplace stress, lack of movement, and poor diet are leading to premature cardiovascular diseases.
- Studies indicate that the average age for the first heart

Dr. John Doe, a leading cardiologist, explains:

"Prolonged work hours trigger a rise in stress hormones like cortisol, leading to high blood pressure, inflammation, and plaque build-up in arteries. The first sign is often fatigue, followed by sleep disturbances, and in extreme cases—heart attacks. The worst part? Most young professionals don't even realize they are at risk until it's too late."

Sedentary Lifestyle: The New Smoking

The rise in desk jobs and technology dependence has created another silent killer—prolonged sitting.

- The WHO estimates that physical inactivity contributes to 5 million deaths globally each year.
- Sitting for more than 8 hours a day increases the risk of heart disease by 147% and premature death by 90%.
- In India, 63% of urban professionals aged 20-40 lead an inactive lifestyle, drastically increasing their risk of obesity, diabetes, and back pain.

Mental Health Crisis: The Silent Epidemic

While physical health is deteriorating, mental health is suffering just as much, if not more.

- 84% of Indian professionals report experiencing chronic stress and burnout at work.
- Workplace-related anxiety, depression, and sleep disorders are at an all-time high.
- Employees working 10+ hours daily report higher levels of frustration, relationship breakdowns, and social isolation.

Dr. Jane Smith, a clinical psychologist, warns:

"Mental burnout leads to emotional exhaustion, detachment, and reduced job performance. It also increases the risk of depression, anxiety, and long-term psychological distress. People assume stress is just part of work, but if left unchecked, it results in serious cognitive decline and even suicidal thoughts."

A survey by the American Psychological Association (APA) confirms that heavy workloads and insufficient sleep impair

How Poor Health Affects Family & Children

Many professionals justify their long working hours by saying, "I'm doing this for my family." But what happens when your

"Mental burnout leads to emotional exhaustion, detachment, and reduced job performance. It also increases the risk of depression, anxiety, and long-term psychological distress. People assume stress is just part of work, but if left unchecked, it results in serious cognitive decline and even suicidal thoughts."

declining health affects the very people you're working hard for?

ü Your Children Feel Your Absence

Children are deeply affected by their parents' emotional and physical availability. When parents are constantly exhausted, overwhelmed, or unwell, children experience stress, insecurity, and emotional detachment.

Books vs. YouTube: Which Is More Effective for Learning?



Dr. Reyaz Ahmad

In today's digital age, learning resources have expanded beyond traditional books to include interactive and visual platforms like YouTube. Both mediums offer unique advantages, catering to different learning styles and preferences. While books provide in-depth, structured knowledge, YouTube offers engaging, easily accessible content with expert explanations. But which is more effective? Let's compare them based on depth of information, engagement, accessibility, retention, and expert-led learning.

1. Depth of Information

Books:

Books are often written by scholars, researchers, and professionals who provide well-researched, structured, and detailed information. They undergo rigorous editing and peer review, ensuring credibility and accuracy. Books are particularly valuable for subjects that require deep understanding, such as philosophy, history, and science. However, they demand strong reading comprehension and concentration.

YouTube:

YouTube offers vast content, but the depth of information varies. Some channels provide simplified overviews, while others, led by experts and institutions, offer in-depth discussions and

detailed explanations. However, not all content is peer-reviewed, and misinformation can be a concern.

Winner: Books (for depth and credibility).

2. Engagement and Learning Experience

Books:

Reading is an active form of learning that requires focus and imagination. However, books can sometimes be dense and challenging to engage with, especially for visual and auditory learners.

YouTube:

YouTube videos use visuals, animations, and real-life examples to enhance engagement. Seeing an expert explain a concept visually makes learning more interactive and easier to grasp, especially for complex topics like physics, medicine, and coding. Unlike books, YouTube caters to all types of learners—visual, auditory, and kinesthetic—making concepts more digestible.

Winner: YouTube (for engagement and accessibility).

3. Accessibility and Cost

Books:

Books can be expensive, especially academic textbooks. While libraries and digital platforms offer free or affordable options, access is still limited compared to YouTube. Additionally, reading requires dedicated time and effort.

YouTube:

YouTube is completely free and accessible from anywhere with an internet connection. Learners can instantly access educational content on a wide range of topics, from university lectures to hands-on tutorials. This makes it a powerful tool for those who lack access to formal education

or expensive study materials.

Winner: YouTube (for free and easy access).

4. Retention and Long-Term Learning

Books:

Reading books promotes deep cognitive processing, leading to better retention. Taking



notes, highlighting key points, and re-reading sections reinforce learning. Books also encourage critical thinking and analytical skills.

YouTube:

YouTube videos provide quick insights but may encourage passive consumption. However, channels with interactive elements, quizzes, and real-world applications help improve retention. Studies suggest that watching an expert demonstrate a concept visually enhances understanding and memory better than reading alone.

Winner: Books (for long-term retention, but YouTube aids understanding).

5. Learning From Experts

Books:

Books written by industry experts, professors, and researchers offer reliable knowledge.

However, they require readers to interpret complex ideas independently, which can be challenging without prior knowledge.

YouTube:

YouTube lets learners watch experts explain and demonstrate concepts visually, making complex subjects more accessible. Platforms like TED-Ed, Khan Academy, and MIT Open Courseware provide direct access to university-level education from top professionals, often in an engaging format.

Winner: YouTube (for expert-led, visual learning).

6. For scientific and engineering content, YouTube videos are often more effective than books, especially for beginners or those who struggle with abstract concepts. Here's why:

1. Visual and Practical Demonstrations

Many engineering and scientific concepts involve complex diagrams, formulas, and physical phenomena. Seeing these concepts in action (through animations, simulations, and real-life experiments) makes them easier to understand.

For example, fluid mechanics or circuit analysis is much clearer when watching an experiment or simulation rather than just reading equations in a book.

2. Expert Explanations and Real-World Applications

Watching professors, engineers, and scientists explain concepts step by step helps clarify difficult topics.

YouTube channels like Verita Sium, Khan Academy, MIT Open Courseware, and Engineering

Explained provide expert insights in a way that's more digestible than a textbook.

3. Faster and More Engaging Learning

Books require self-interpretation, which can be tough without prior knowledge.

YouTube's interactive and engaging format (animations, whiteboard sessions, real-world examples) helps retain information better than reading static text.

4. Accessibility and Cost

YouTube is free, while many engineering textbooks are expensive.

Videos are easily available, whereas books may require purchasing or library access.

Final Verdict: Which Is More Effective?

The effectiveness of books vs. YouTube depends on the learner's needs:

For deep knowledge and long-term retention: Books are superior.

For visual, expert-led, and free learning: YouTube is more effective.

Best Approach? Use Both!

Read books for in-depth knowledge and retention.

Watch YouTube to reinforce learning through expert demonstrations and visual explanations.

By combining both, learners can achieve a well-rounded, effective educational experience!

Author is Faculty of Mathematics, Department of General Education SUC, Sharjah, UAE. he can be mailed reyaz56@gmail.com

Dy CM, Transport Minister hold public outreach programme at Chowki Choura

JAMMU, FEBRUARY 6: Deputy Chief Minister, Surinder Kumar Choudhary, along with Minister for FCS&CA, Transport, Youth Services and Sports, Satish Sharma, today held a public outreach programme in Chowki Choura, Jammu and took stock of people's grievances and demands.

The event aimed to provide immediate solutions to the issues faced by the local residents besides ensuring on the spot redressal of certain development issues.

During the programme, the Deputy Chief Minister and Transport Minister addressed various issues raised by the local deputations, led by the DDC, BDCs and PRLs of Chowki Choura.

The issues mainly pertained to road connectivity, irregular power and water supply, better health services, inadequate staff in various departments especially schools.

The locals also demanded two degree colleges in Chowki Choura and Maira Mandrian, Guest house, ITI college, upgradation of high schools, fire station, ambulance service and other vital utilities.

The Deputy CM issued strict instructions to the officers to resolve



the concerns promptly and implement all directives in letter and spirit for the welfare of public.

He personally met with the individuals, listened to their grievances

ensuring prompt action on the same.

Surinder Choudhary directed the officers to conduct frequent visits to rural areas to ensure effective implementation of government schemes. He said that holding these public outreach programmes is a testament to government's commitment towards directly addressing and resolving the grievances of public at their doorsteps.

The Deputy CM emphasised that the government's initiative of organising village-level camps to provide citizen-centric services, is a step towards making governance more efficient and people-friendly.

Speaking on the occasion, Satish Sharma expressed gratitude to Deputy CM for visiting his constituency and listening to people's genuine issues and also resolving them.

He asked the officers of the line departments to put in their sincere efforts in rendering prompt services to the people. He urged them to work in synergy so that people don't face any kind of inconvenience. Satish Sharma said that the Government is committed to fulfill developmental aspirations of people while taking care that no one is deprived of his basic requirements and all are served equally.

Chief Minister Omar Abdullah releases book of JKAS officer



JAMMU: Chief Minister Omar Abdullah here on Wednesday released a book titled "Hearts and Heroes: Lives that Shaped Us", a poetic narrative on famous personalities authored by Kulbhushan Kumar, JKAS officer presently posted as Director Finance in Disaster Management Relief & Rehabilitation Department. The event was attended by colleagues and friends of the author at a brief function held at Civil Secretariat Jammu.

Hearts and Heroes is a collection of poems that pays tribute to visionaries, leaders, and unsung heroes whose lives have left an indelible mark on humanity.

The book emphasizes power of love, kindness, and determination, drawing inspiration from global icons described in the poems on eminent personalities.

In his comments, Chief Minister Omar Abdullah praised the author for his literary pursuits while balancing his demanding role as a civil servant. The author hails from the village Birnoo in Jammu and Kashmir and his book 'Hearts and Heroes' has been published by Authors press.

Advisor Nasir Aslam Wani engages with public at Raabita Office Srinagar

SRINAGAR: Advisor to the Chief Minister Nasir Aslam Wani today held an extensive interaction with delegations and individuals here at Raabita Office.

People from Srinagar, Budgam, Sopore, and other parts of Kashmir valley came forward to discuss key developmental and civic issues affecting their areas.

A wide range of concerns, including road infrastructure, power supply, water availability, health services, education, and employment opportunities, were raised during these interactions.

Advisor Wani, while patiently listening to the concerns, assured the delegations that their issues will be taken up with the relevant authorities for swift resolution.

He reiterated the government's unwavering commitment to public welfare and its proactive approach to addressing citizens' concerns.

"The government is fully committed to bridging the gap between administration and the people. We are here to listen, act, and ensure that public concerns are addressed in a time-bound manner," he stated.

He further emphasized that public engagement is the cornerstone of the government's development agenda, and such interactions will continue to ensure that governance remains people-centric and transparent.

The initiative was widely appreciated by the public, who expressed gratitude for the opportunity to directly communicate their issues to the administration.

The Advisor assured that all genuine demands will be followed up with the concerned departments, ensuring that necessary measures are taken at the earliest.

J&K PCC expands water, air pollution monitoring network

SRINAGAR: J&K Pollution Control Committee (JKPCC) Kashmir has considerably prioritised one of its basic mandates of environmental monitoring and pollution control in the past one year.

All the laboratories in Kashmir Division have been equipped with new machinery and environmental monitoring has been expanded and streamlined covering different aspects like water, air, microbiology and vehicular pollution.

J&K Pollution Control Committee has been monitoring the performance of all 10 Common Sewage Treatment Plants (CSTPs) operational in Kashmir Division having a combined capacity of 68.0 MLD (million litres per day), with the particulars of designed capacity, utilisation and quality of influent and effluent. Besides, the performance of all individual industrial STPs and Effluent Treatment Plants (ETPs) like those installed in hotels, hospitals and other water polluting industrial units are under constant observation.

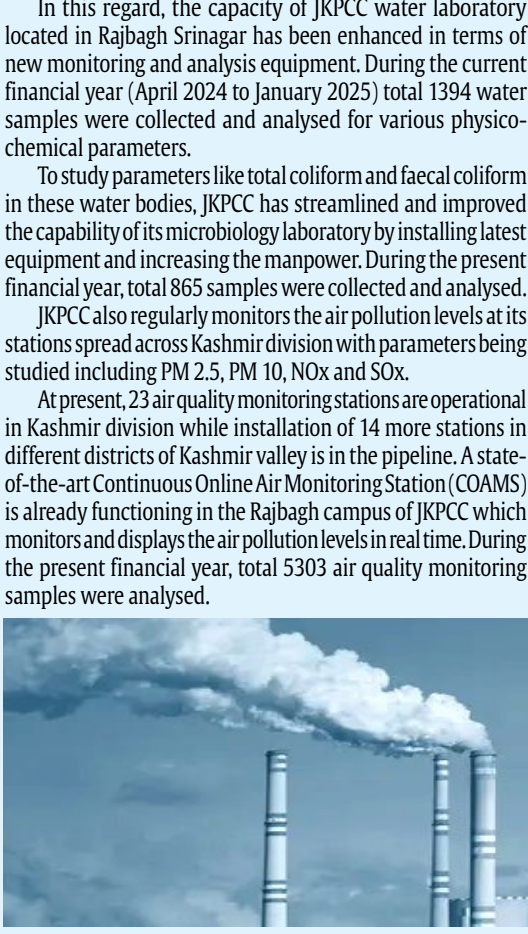
Besides, important water bodies like Dal Lake, River Jhelum, Lidder, Sindh and wetlands are being constantly monitored for their water quality viz a viz parameters like DO, BOD, COD, Phosphates and pH.

In this regard, the capacity of JKPCC water laboratory located in Rajbagh Srinagar has been enhanced in terms of new monitoring and analysis equipment. During the current financial year (April 2024 to January 2025) total 1394 water samples were collected and analysed for various physico-chemical parameters.

To study parameters like total coliform and faecal coliform in these water bodies, JKPCC has streamlined and improved the capability of its microbiology laboratory by installing latest equipment and increasing the manpower. During the present financial year, total 865 samples were collected and analysed.

JKPCC also regularly monitors the air pollution levels at its stations spread across Kashmir division with parameters being studied including PM 2.5, PM 10, NOx and SOx.

At present, 23 air quality monitoring stations are operational in Kashmir division while installation of 14 more stations in different districts of Kashmir valley is in the pipeline. A state-of-the-art Continuous Online Air Monitoring Station (COAMS) is already functioning in the Rajbagh campus of JKPCC which monitors and displays the air pollution levels in real time. During the present financial year, total 5303 air quality monitoring samples were analysed.



Javed Dar emphasises niche crop cultivation, farmer empowerment

JAMMU: Minister for Agriculture Production and Rural Development Department, Javed Ahmad Dar, held a comprehensive review meeting regarding functioning of the Agriculture department at the Directorate Office, here.

The Minister assessed the progress on agriculture initiatives across all districts of Jammu, emphasising the need for innovation, farmer support and sustainable growth in the sector.

Chairing the meeting, the Minister highlighted the immense potential of niche crop cultivation, particularly those with aromatic and medicinal value. He called for greater collaboration between the Forest and Ayush departments to explore new opportunities for farmers.

The Minister asserted on highlighting progressive farming practices for encouragement

of other farmers. "We need to showcase our success stories whether in high-tech farming or

distribution of farm machinery, bore wells and poly housing facilities to enhance productivity.

Development Programme (HADP). Javed Dar appreciated the outstanding work done in



progressive techniques so that more farmers feel encouraged to adopt modern practices," the Minister asserted.

He asked the officials to conduct regular field visits, engage directly with farmers and guide them towards sustainable agricultural methods. He also stressed the importance of raising awareness about government schemes, ensuring they reach every farmer at their doorstep.

Javed Dar emphasized speedy

"Despite staff shortages, I see the agriculture department doing commendable work," he said, encouraging the officers and field functionaries to play a proactive role in empowering the farmers at the grassroots level.

The Minister also reviewed strengthening irrigation infrastructure, timely distribution of quality seedlings and planting materials besides increasing farmer accessibility to resources that boost yield under the Holistic Agriculture

Kathua, particularly in mushroom cultivation, vermicomposting and establishment of a millet restaurant, which has empowered women farmers under HADP.

"I want this Kathua model to be replicated across other districts. Farmers must be encouraged to adopt high-tech farming, exotic vegetables, organic methods, and other high-yield practices to transform agriculture for better economic prospects," the Minister emphasized.

Commissioner STD reviews functioning of department in Jammu

JAMMU: Commissioner State Taxes department (STD), P K Bhat today chaired a meeting with all State Tax Officers (STOs) of Jammu division to review functioning as well as assess ongoing activities of the department.

The meeting was attended by Additional Commissioner State Taxes Administration & Enforcement, Jammu, Namrita Dogra; State Taxes Officers from all circles of Jammu Division and other concerned officers.

During the meeting, discussions were held to streamline strategies for improved tax compliance and revenue augmentation while as stress was laid on ensuring 100% return filing compliance and creating deterrence among the defaulters.

The meeting also discussed other key issues like identification of Fake ITC Suppliers, monitoring of TDS Payments, action on Intelligence Reports, Audit and Revenue Realization, Verification of E-Way Bills and other issues.

Addressing the meeting, the Commissioner emphasized on the pivotal role of the department in ensuring financial discipline and highlighted priority areas requiring immediate attention. He laid focus on revenue augmentation, proper scrutiny and tracking of E-way bills, optimal use of technology for assessment of red flags, tax evasion and input tax credit mismatch cases. He directed to ensure timely return filing.

The Commissioner also directed the officers to create awareness amongst masses for availing a

golden chance to settle outstanding tax liabilities for financial years (2017-18, 2018-19, and 2019-20) under GST Amnesty Scheme without the burden of penalties or interest.



The Commissioner reiterated the department's commitment to maintaining constant vigilance and fostering a culture of accountability. He stressed the importance of a proactive approach in identifying non-compliance and enhancing revenue generation for the state. During the meeting, Namrita Dogra apprised the Commissioner regarding the status of various activities and presented circle wise report. She stressed inter circle coordination to detect tax evasion and revenue leakage cases. The officers were directed to ensure compliance by banquets, and restaurants and adopt innovative approaches to identify tax evasions.

Ministry of Minority Affairs allocates quota to Combined Haj Group Organisers for Haj-2025: EO Haj Committee

SRINAGAR: According to the Executive Officer, J&K Haj Committee the public in general and aspiring Haj Pilgrims of Haj-2025 in particular are informed that union Ministry of Minority Affairs has allocated Haj quota to member constituents of Combined Haj Group Organisers (CHGO) for Haj-2025.

Accordingly, M/S LABAIKA HAJ & UMMRAH SERVICES, 2nd Floor, M.S. Shopping Mall, Srinagar, (Member constituent of M/s Sacred Trips LLP, MHCHGO) has been allotted quota of 100 pilgrims; while M/S AL HAYAT HAJJ AND OMRAH TRAVEL SERVICES, 1st Floor, Main Road, Budgam (Member constituent of M/S FOUR WAYS CHGO FORUM); M/S UNIVERSE TRAVEL CORPORATION 217, Dr. Ali Jan Complex, M.A. road, Srinagar (Member constituent of M/S FOUR WAYS CHGO FORUM); M/S AL GHAZALI TOUR & TRAVELS, Gawkadai, Srinagar (Member constituent of M/S RAHMAT-E-HARAM CHGO); M/S ALHUDA TRAVELS, Maharaja Heights, Airport Road, Srinagar (Member constituent of M/S AZONE Haj Services Private Limited MHCHGO); M/S AL SAFEER TOUR AND TRAVELS, 19-Thoker Market, Anantnag (Member constituent of M/S FOUR WAYS CHGO FORUM); M/S FLY HIGH TOUR AND TRAVELS, 1-Anantnag (Member constituent of M/S AFSHEEN HAJ GROUP INDIA, PCHGO); M/S ALANSAR TOURS AND TRAVELS, 1-Achabal Adda, Anantnag (Member of constituent M/S JUNOOB HAJ SERVICES PRIVATE LIMITED, DLCHGO); M/S

AL HARAMAIN HAJJ AND UMMRAH SERVICES, 3-Gole Market, Srinagar (Member constituent of M/S JUNOOB HAJ SERVICES PRIVATE LIMITED, DLCHGO) and M/S JAVID IQBAL, AL-HARAM TOUR



HAJJ & UMMRAH SERVICES Shop No. 5, Haj House Complex near Railway Masjid (Member constituent of M/S AFSHEEN HAJ GROUP INDIA, UPCHGO) have been allotted quota for 50 pilgrims each.

The pilgrims intending to perform Haj through Haj Group Organisers have been advised to register for Haj through Haj Group Organisers who have been allotted quota by MoMA and finalize terms and conditions with HGO.

It has also informed that as per latest advisory issued by Kingdom of Saudi Arabia no person will be allowed to perform Haj on Ummrah or Tourist Visa.

DC Ganderbal reviews progress of PM Surya Ghar Muft Bijli Yojana



GANDERBAL: Deputy Commissioner (DC) Ganderbal, Jatin Kishore, today chaired a meeting to assess the implementation & progress of the PM Surya Ghar Muft Bijli Yojana in the district.

At the outset, the Executive Engineer, KPDC, delivered a detailed PowerPoint presentation outlining the scheme's objectives and benefits. It was informed that 143 applications have been received on the portal, and 39 vendors have been empaneled for the installation of solar setups in the homes of beneficiaries.

Emphasizing the importance of public awareness and participation, the DC directed the Executive Engineer, KPDC, to actively engage stakeholders and sensitize them about the scheme's benefits and incentives.

He stressed the need for collaborative efforts to ensure maximum outreach and successful implementation of the scheme across the district.

The meeting was attended by Superintending Engineer KPDC, Chief Planning Officer, Executive Engineer KPDC, AEEs, and other concerned officials.

Dc Pulwama presides over Grievance redressal review meeting

PULWAMA: A grievance redressal and review meeting was held by Deputy Commissioner (DC) Pulwama, Dr. Basharat Qayoom, on Thursday to provide a crucial platform for stakeholders to voice their concerns and discuss developmental priorities.

The meeting saw participation of Ex-Presidents and Councilors of the Municipal Council Pulwama, along with representatives of Traders, civil society groups and community forums, including, Local Auqaf Committee Pulwama, Citizen Welfare Committee Pulwama, Youth Forum Pulwama and Street Vendors Association Pulwama.

prominent traders from Pulwama actively participated in the discussions, reflecting a representation of stakeholders invested in the district's development.

The session was structured into two distinct phases. The first phase focused on listening to grievances and recommendations presented by stakeholders, while the second phase involved responses and resolutions from the concerned departments.

The proceedings commenced with a welcome address by the Deputy Commissioner, who voiced for participatory governance, efficient public service delivery and the timely

redressal of citizens' issues.

A diverse range of issues including infrastructure, civic amenities, public services and socio-economic development, were brought forth during the meeting.

The representatives emphasized the completion of key public infrastructure projects, including the Marriage Hall, Slaughterhouse and Conference Hall, highlighting their importance in enhancing civic amenities. They also stressed the need for improved drainage systems, the installation of solar-powered streetlights and the widening of major roads to enhance urban planning and traffic management.

The development of eco-tourism at various places was strongly advocated to boost local employment and economic growth, with calls for Homestay registrations and sustainable tourism facilities. Additionally, stakeholders urged better representation and support for street vendors, ensuring legal recognition and designated vending zones to secure their livelihoods. The development of Chatpora Industrial Estate was identified as a priority, given its potential to generate employment and attract investments. Stakeholders urged swift action to operationalize the estate and

stimulate industrial growth in the region.

To promote participatory governance, it was decided that Ward Sabhas would be held regularly, providing a direct platform for citizen engagement and government accountability.

Following the deliberations, officials from the relevant departments, including the Executive Engineer (EXEN) R&B, PHE, KPDC, General Manager DIC and Police authorities, provided detailed responses to the concerns raised.

They assured that necessary steps would be taken to resolve the issues in a structured and time-bound manner, with a focus on ensuring transparency and accountability in project execution. Subsequently, a review meeting was held under the chairmanship of the Deputy Commissioner to assess the progress of various ongoing developmental projects. During the session, the Dr. Qayoom emphasised the significance of interdepartmental coordination and proactive governance. He directed regular monitoring and implementation of decisions taken in the meeting and assured that follow-up reviews would be conducted to track progress and address any emerging challenges.

LICORICE TEA
MAY HAVE
HARMFUL
SIDE EFFECTS,
SAYS STUDY



Excessive consumption of licorice tea – a popular herbal beverage – may have health risks such as high blood pressure and reduced potassium levels, researchers claim. According to a case study, published in CMAJ (Canadian Medical Association Journal), consuming tea made from licorice root resulted in severely elevated blood pressure in an 84-year-old man.

“Excessive amounts of some herbal products can have harmful side effects,” said Jean-Pierre Falet from the McGill University in Canada. “Products containing licorice root extract can raise blood pressure, cause water retention and decrease potassium levels if consumed in excess,” said Falet. According to the researchers, the patient visited the emergency

department for a high-blood pressure emergency. His blood pressure was severely elevated, and he was suffering from a headache, light sensitivity, chest pain, fatigue and fluid retention in the calves. After admission to hospital and treatment, the patient, who had a history of high blood pressure, told physicians he had been drinking one to

two glasses daily of homemade licorice root extract called “erk sous” for two weeks prior. Licorice tea is popular in the Middle East and parts of Europe, and erk sous is especially popular in Egypt during Ramadan. “Physicians should consider screening for licorice root intake in patients with difficult-to-control hypertension,” said Falet.

MEDITATION: A BOON
IN THE AGE OF STRESS

WASHINGTON: Off late, the people are increasingly adopting mindfulness and meditation as part of their daily routine to acquire peace of mind. The benefits of mindfulness and meditation have been further highlighted by Bob Roth, CEO of David Lynch Foundation in his book named Stength in Stillness: The Power of Transcendental Meditation. “My memory was better, my sleep was better and I was less at unease after adopting the transcendental meditation”, he writes. The book further includes notes from celebrities including Oprah Winfrey, Gwyneth Paltrow and Russell Brand about how does the meditation offers clarity and focus. According to Lynch, the meditation provides a sense of calm which no pharmaceutical company could duplicate. The ways of experiencing mindfulness could vary as some experience it while scrubbing each utensil, or while lying in the bed or by simply noticing how the body feels. The meditation does need not to have a formalised way of practice. ABC news anchor Dan Harris also wrote a book, named ‘Meditation for Fidgety Skeptics’, in which he shared his own experience to highlight the benefits of meditation. He further hosts a weekly show named ‘10 percent Happier’, where he chats with celebrities and also layman who practice mindfulness. Harris started practicing meditation after he confronted an on-air panic attack in 2004. Another neuroscientist Davidson suggested how to balance between hectic work schedule and practicing meditation. He suggested that one needs to part from his/her favourite gadgets and technology in order to achieve the benefits of meditation. Also, as one starts practicing meditation, he would be easily able to manage things in spite of being busy. He further pointed out that more people have now started adopting a strict workout regime as the science has highlighted the benefits of doing workout to maintain a healthy body.

Chemicals in sunscreen may seep
into the bloodstream: FDA study

Dermatologists always advise people to apply sunscreen before stepping out in the sun, but the results of a small clinical trial by researchers at Food and Drug Administration in the US have indicated that the UV-blocking chemicals in sunscreens seep into the blood cells. Though, there's no evidence as to what the molecules do inside the body, it is understood to have serious repercussions for sunscreen manufacturers going forward, and may change the options found in drugstore shelves.

“Everyone had always thought that because these are intended to work on the surface of the skin that they wouldn't be absorbed, but they are,” mentioned Theresa Michele, director of the FDA's division of nonprescription drug products, and co-author on the FDA-funded study. Her team found that it took only a few hours after the application of sunscreen for the photoprotective chemicals to infiltrate the bloodstream. The results, published in the journal JAMA, document that the researchers saw the same patterns in all 24 of the volunteers they recruited – 12 men and 12 women, who were randomly assigned to apply one of four available sunscreens: two sprays, a lotion, and a cream.

The participants applied their potions four times a day for four days to 75 percent of their bodies, roughly the skin visible in a bathing suit. For those four days, and three days after, researchers collected blood every few hours to be analysed for the presence of avobenzone, oxybenzone, octocrylene, and ecamsule which made for 30 samples in all. They discovered that while it took only a few hours for the UV-blocking chemicals to spike over the target, for three of the four formulations, those levels remained elevated through the end of the study, three days after participants had ceased spraying and smearing. Only the cream users saw their chemical concentrations tail off sooner.

The fact that these sun-filtering molecules do penetrate into the circulation system does not on its own mean that such ingredients are unsafe. “There might be nothing, and that would be great,” said Kanade Shinkai, a dermatologist at UC San Francisco and editor in chief of JAMA Dermatology.

“But the problem is that we just don't know.” The bottom line, she said, is that although the evidence is irrefutable that the sun causes skin cancer, scientists know a lot less about sunscreen chemicals' relative risks and benefits.

Like other over-the-counter drugs, the FDA are trying to study sunscreens to make sure they don't mess up people's hormones, affect their reproductive systems, or cause cancer. Such safety testing has never been done on the active ingredients in sunscreen, because those chemicals were approved decades ago, before anyone suspected they could be absorbed into the body. But now, they suspect that it could be a problem if they do seep into the bloodstream.

However, it is understood that the effects on internal tissues would require more research in the long-term exposure and absorption of such chemicals in children and infants with their smaller ratio of body surface to overall size.

The research team also pointed out that it is required that the research move out of humidity-controlled confines to real-world environments, for example, a hot, sandy beach.

Similar research in India has suggested for a long time that sunscreens are more a luxury than a conscious need.

“It is important to have stringent safety assessment of their potential to produce local toxicity, such as irritation, sensitisation, phototoxicity, acute toxicity, dermal absorption/penetration, sub-chronic toxicity, genetic toxicity, carcinogenicity and photo-carcinogenicity etc. for the sunscreen chemicals in this country,” said a 2013 paper ‘Safety and regulatory issues on sunscreen products in India’ by Sujit Kumar and Roop Narayan Gupta from the Department of Pharmaceutical Sciences, Birla Institute of Technology, Mesra, Ranchi, Jharkhand.

They also stated that SPF rating for cosmetic products and drugs needs to be fixed and guidelines for label claims on these products should be developed.

Meanwhile, results of another study from 2008 titled ‘Efficacy Study of Sunscreens Containing Various Herbs for Protecting Skin from UVA and UVB Sunrays’ said, “scientifically verified that herbs are having enough potential to protect skin from harmful sun rays and it is worthwhile for consumers to use herbal sunscreens”.



Women less likely to be
diagnosed with minor strokes

Women are less likely to be diagnosed with minor strokes than men when they show up in emergency rooms, claims a new study.

“Men were more likely to be diagnosed with transient ischemic attack (TIA) or minor stroke, and women were 10% more likely to be given a non-stroke diagnosis, is often a warning sign of another stroke. TIAs can also be associated with a permanent disability.

“Our study also found the chance of having another stroke or heart attack within 90 days of the diagnosis was the same for women and men,” added senior author Dr Shelagh Coutts.

Researchers say while further study is needed, it is possible that patient reporting of symptoms, interpretation of symptoms by clinicians, or a combination of both, could explain the discrepancy in diagnosis among men and women.

“What's important to recognize in stroke is that the brain has so many different functions and when a stroke is happening, people can feel different things beyond the typical stroke symptoms. Accurately diagnosing TIA and stroke would change a patient's treatment plan and could help prevent another stroke from happening,” concluded Yu.



Scientists identify
new possibility for
untreatable blood
cancer

NEW DELHI: Scientists have discovered a new biomarker that could help to unlock the medical mystery behind an untreatable blood cancer. QIMR Berghofer Medical Research Institute's Immunology in Cancer and Infection senior scientist Professor Mark Smyth and clinician researcher Dr Kyohei Nakamura worked with colleagues in France to make the discovery about multiple myeloma. Multiple myeloma grows in the bone marrow. The study

found a particular molecule called IL-18 suppressed the immune system to help create a bone marrow environment where the cancer was more likely to grow. The study analysed the impact of IL-18 on 152 patients with multiple myeloma and found strong evidence that high levels of the molecule were associated with poorer survival. Professor Smyth said IL-18 was responsible for promoting the immune suppressive function of a particular kind of white blood cell (granulocyte) in the bone marrow. He said the resulting suppression hindered another kind of immune cell, known as a T cell, from doing its job of finding and destroying cancer cells. “IL-18 has traditionally been recognised as a growth factor for immune cells because it was thought to promote the activity of the white blood or ‘natural killer’ cells that protect us from infection and cancer,” he said. “We’ve turned that thinking on its head with our discovery

that IL-18 is actually a pro-tumour factor, which causes virtually the opposite effect. “IL-18 is critical in the progression of multiple myeloma by enabling one part of the immune system to suppress another.” Professor Smyth said bone marrow IL-18 levels were a potential biomarker for predicting a person's disease prognosis as well as a potential target for new multiple myeloma treatments. “Our research shows IL-18 could be an independent prognostic factor, which is very significant,” he said. “Practically speaking, the higher a person's IL-18 levels in the bone marrow, the greater the likelihood their immune system is suppressed. That means their prognosis is not as good.” Dr Nakamura said the findings could one day influence the way patients were treated for multiple myeloma. “If a person's prognosis is not as good because they have higher levels of IL-18 in the bone marrow, a doctor might

choose to treat the patient more aggressively,” he said. Dr Nakamura said the discovery was vital to building a better understanding of what caused inflammation in the bone marrow that leads to the development of multiple myeloma. “Multiple myeloma creates a really inflammatory microenvironment inside the bone marrow,” he said. “We want to understand the molecular processes underpinning that inflammation. “This will help us to determine whether this biology is unique to the bone marrow and multiple myeloma, or whether it is also present in other cancers.” Dr Nakamura said there was even potential to one day work with pharmaceutical partners interested in targeting IL-18 with a unique antibody or small molecule inhibitors. He said a test for IL-18 in the bone marrow of patients would need to be performed at the point of diagnosis by taking a fluid sample from inside the bones.

Continued From P1...

PM Modi

"Jammu is the only city in India that houses four premier educational institutions—AIIMS, IIM, IIT, and a Central University."

LG Sinha said, "Jammu, known as the 'City of Temples' since ancient times, has now evolved into a hub of education. It is 'Shiksha ka Shahar' (City of Education). No other Indian city like Mumbai, Delhi, Chennai etc. has all four premier institutions together. This makes Jammu one of the most important cities in the country."

LG Sinha also underscored the importance of unity and youth empowerment in nation-building. Quoting Chandra Kumar, he said, "Man possesses all the powers," and urged students from Jammu and the North-East to build strong bonds to contribute to India's progress.

"Unity is our biggest strength. I hope the youth of Jammu & Kashmir and the North-East work together towards making 'Vikshit Bharat' (Developed India)," he added.

Encouraging students from the North-East to become brand ambassadors of Jammu and Kashmir, LG Sinha called on the younger generation to focus on inclusive development.

"I urge the youth to also pay attention to the weaker sections of society. Ek Bharat, Shreshtha Bharat is PM Modi's vision, and I believe this brotherhood will bring new energy to J&K's development," he said.

"I want our youth to focus on the needs and aspirations of weaker and vulnerable sections of the society so that they are able to participate in the development process and contribute to all-round progress," the Lieutenant Governor said.

LG Sinha commended the initiative by the Akhil Bharatiya Vidyarthi Parishad (ABVP) aimed at promoting oneness and providing opportunities to youth to experience Unity in Diversity. "I am extremely proud that as the world's largest student organization, the Akhil Bharatiya Vidyarthi Parishad, since its inception, is making a significant contribution in strengthening the spirit of unity and brotherhood by eliminating geographical distance and has connected the youth with the cultural roots of India."

"The main basis of the unity amidst diversity is our emotional bond and all the students must have felt it among the families during their stay in Jammu.

NOTICE

The name of my ward namely Hamza-ibn-Luqman has been wrongly entered as Huzaifa Luqman in his school records. Now I want to rectify the same in school records. Anybody having any objection He /She can submit the same in the office of principal Emergent School of Modern Education Quilmuqam within seven days. No objection will be entertained thereafter.

Lugman Ahmad Mir
Father of Hamza-ibn-Luqman
R/O Quilmuqam Bandipora

NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No: 0216010009122, which is Registered in the name of MR Gh Mohmmad Rashi, Address, Chairman Sheikh Hamza College of Education Maddar Bandipora. Now i want to apply for Change this Electricity Agreement in the name of Saleem Jahanger Reshi, Address , Chairman DRM public school Madar Bandipora, 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.

Saleem Jahanger Reshi.
S/O Ghulam Mohammad Reshi.
Address, DRM public school Madar Bandipora.

NOTICE

This is an information for general public that in my Daughter's Birth certificate issued by Municipal Council Sopore her name has been Mistakenly Mentioned as Aiza Ishfaq, Now i want to apply for Change her name from Aiza Ishfaq, to New name as Barirah Jan. In this regard any person having any objection he/she may file the Objections in office of the Municipal council Sopore, with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Ishfaq Ahmad Najar.
F/O Barirah Jan.
R/O Ward NO: 16, Green Land Colony
Ajar Bandipora.

I hope the ideals and values of unity that the youth have learnt during their visit will always guide them throughout their life," he said.

Pertinently, the SEIL programme, launched in 1965, has created an emotional bridge between the youth of the North-East region and the rest of the country. This initiative with its motto -One Nation - One People - One Culture, is playing a pivotal role in realizing the vision of "Ek Bharat, Shreshtha Bharat" and enabling youth to live and understand Unity in Diversity in real sense."

The distinctive feature of the SEIL programme is that each student stays with a local family, which does not treat them as guests but as family members. This allows students to understand local culture and lifestyle while host families also get an opportunity to experience Bharat's cultural diversity.

The Lieutenant Governor also spoke on the development journey of North-East States under the leadership of Prime Minister Narendra Modi. He paid tributes to the prominent personalities from North-East states and recalled their contribution to nation building.

The Lieutenant Governor urged the people to visit the North-East region in large numbers and experience their natural beauty and warm hospitality.

On the occasion, the students from the North-East states also shared their experience of SEIL programme. The host families where the young delegates stayed during the tour were also felicitated by the Lieutenant Governor.

This year, under the SEIL initiative, 30 students from Manipur, Meghalaya, Nagaland, Assam, Tripura, Mizoram, Arunachal Pradesh and Sikkim visited Jammu and each student got the opportunity to live as a member of a local family.

During their stay in Jammu, the delegates also experienced various interactive sessions, cultural programs and educational visits to understand the rich heritage and traditions of the region.

Build a strong

making a significant contribution in strengthening the spirit of unity and brotherhood by eliminating geographical distance and has connected the youth with the cultural roots of India.

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"The main basis of the unity amidst diversity is our emotional bond and all the students must have felt it among the families during their stay in Jammu. I hope the ideals and values of unity that the youth have learnt during their visit will always guide them throughout their life," he said.

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NOTICE

This is to inform the general public that on my driving license bearing registration No. JK15 20180001183, my parentage has been mistakenly mentioned as Mohammad Maqbool Mir instead of Mohd Maqbool Mir. Now i intend to apply for the correction of the same. In this regard any person having any objection he/she may file his/ her objection in the office of Assistant Regional Transport Officer Bandipora within a period of 07 Days from the date of publication of this notice. After that no objection shall be accepted in this matter.

ASIF Maqbool
S/o Mohd Maqbool mir
R/o Koyal Muqam Bandipora

NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No: 0216020008825, which is Registered in the name of Khushal Mohd Khan, S/O Mohd Yousaf khan. Now i want to apply for Change this Electricity Agreement in the name of Imtyaz Ahmad Turk Gojer, S/O Khushi Mohd Turk Gojar, in this regard any person having any objection he/she may file the Objections in office of the Assistant Executive Engineer Electricity Sub Division Kaloosa Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Imtyaz Ahmad Turk Gojer.
S/O Khushi Mohd Turk Gojar.
R/O Dardgund Mantrigam
Bandipora.

nation building.

The Lieutenant Governor urged the people to visit the North-East region in large numbers and experience their natural beauty and warm hospitality. He further asked the visiting youth to be the ambassadors of the new Jammu Kashmir.

On the occasion, the students from the North-East states also shared their experience of SEIL programme. The host families where the young delegates stayed during the tour were also felicitated by the Lieutenant Governor.

This year, under the SEIL initiative, 30 students from Manipur, Meghalaya, Nagaland, Assam, Tripura, Mizoram, Arunachal Pradesh and Sikkim visited Jammu and each student got the opportunity to live as a member of a local family. During their stay in Jammu, the delegates also experienced various interactive sessions, cultural programs and educational visits to understand the rich heritage and traditions of the region.

Yudhvir Sethi and Dr Narinder Singh Raina – Members of Legislative Assembly; Dr Nagesh Thakur, Special Invitee & Member, National Executive Council, ABVP; Dr Ajay Sharma, President, ABVP J&K; Sanak Shrivats, Secretary, ABVP J&K, and other members of ABVP and youth in large number were present.

Budget Should

He further highlighted that such consultations provide a clear picture of ground realities, enabling the government to formulate policies that effectively address public concerns. "These discussions will not only help us in short-term budget planning but will also contribute to long-term policy formulation, ensuring that governance priorities align with the needs of the people," he added.

During the meeting, DDC chairpersons and MLAs of the concerned districts presented demands prioritized by them. The participants raised key issues and demands related to roads, health infrastructure, power supply infrastructure, rural development, water supply, education, sports facilities, recruitment, irrigation & flood control and animal husbandry.

Additionally, concerns regarding urban development, forest clearances, drug menace, tourism promotion, solid liquid waste management, parking facilities and new development projects were also discussed.

MLAs also underlined the need for effective implementation of water supply schemes in main towns under AMRUT 2.0 and called for sorting out issues in tendering of works so that funds under JJM are utilized. Among other issues & demands, the upgradation of power infrastructure, solid waste management, providing critical staff to hospitals & PHCs, physical audit of building infrastructure in schools, Wullar lake conservation, flood protection works, setting up of fire service stations in rural areas, decongestion of district headquarters, parking facilities and construction of mini-secretariat buildings in districts and sub districts were proposed by MLAs and DDC chairpersons.

The meeting was attended, both in person and virtually by Ministers Sakina Itoo representing D.H Pora, Javed Ahmad Dar, representing the Rafiabad Assembly Constituency and Advisor to the Chief Minister Nasir Aslam Wani.

Also present were Additional Chief Secretary to the Chief Minister Dheeraj Gupta, Principal Secretary Finance Santosh D Vaidya, Director General Budget, Director General Expenditure Division-I as well as, MLAs, DDC chairpersons and Deputy Commissioners from the respective districts.

The Chief Minister thanked the public representatives for their suggestions and insights, and emphasized that the primary objective of these meetings is to formulate a people-centric budget

NOTICE

I have lost my wallet containing my identity card, driving licence, two ATM cards, Aadhaar card, and some cash on 6th February 2025, while returning home from SMHS Hospital, Srinagar. The wallet may have been lost between SMHS and the Qamarwari bus stand. If found, please contact me at 7006857797. A reward will be given for its return.

Sincerely,
Manzoor Ahmad Bhat
Resident of Ajas, Bandipora.

NOTICE

This is an information for general public that in my Driving licence bearing Registration No: JK15 20180000115, my name and Address has been Mistakenly Mentioned as Mohammad Umar Mir, and Address as Lawaypora, Bandipora. Laway pora (Kaloosa Nathpora) Bandipora. while as my Actual and correct name and Address as per my Aadhaar Card is Muhammad Umar Mir, and Address is Lawaypora Bandipora. Now i want to apply for its correction in this regard any person having any objection he/she may file the Objections in office of the Assistant Regional Transport Office Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Muhammad Umar Mir.
S/O Ghulam Mohi ud Din Mir.
R/O Lawaypora Bandipora.

by incorporating their valuable input and listening to their feedback.

Yesterday, as part of the ongoing consultations, Chief Minister Omar Abdullah held similar meetings with public representatives from Anantnag, Kathua, Samba and Budgam districts in which demand for various development projects and budgetary requirements were discussed.

J&K private

Excluding them from private hospitals will not only defeat the purpose of providing free healthcare but also increase patient suffering, as government hospitals already have long waiting lists," he said.

He warned that financially stable patients may opt for private hospitals and pay for their treatment, while economically weaker patients would be forced to wait for months for their turn at public hospitals.

Furthermore, he cautioned that staff layoffs would become inevitable as private hospitals experience a 50-60% drop in surgical procedures, worsening the unemployment crisis in the region.

The association has urged the SHA and government authorities to implement the reforms to ensure the sustainability of the SEHAT scheme. These reforms include implementation of HBP 2022 (approved by the National Health Authority in 2022), special rate revision for dialysis patients to reflect rising operational costs, no reservation of surgical procedures for government hospitals so that patients retain the right to choose between public and private healthcare under PMJAY, adherence to National Health Authority guidelines to ensure fair reimbursement practices.

It demanded 1% interest on delayed payments and resolution of past claim deductions and rejections, finalisation of deduction rates before implementation to prevent financial uncertainty, immediate release of pending payments, including Bajaj reimbursements, with 1% interest and continuation of the 10% UT-specific incentive for private hospitals.

The association warned that if their concerns are not addressed, they will be forced to withdraw from the scheme by March 15, 2025, which could severely impact thousands of patients relying on private healthcare facilities under Ayushman Bharat SEHAT.

Truck Driver

An official informed the news agency—Kashmir News Observer (KNO) that the incident occurred when a vehicle carrying apple boxes was signalled to stop at the Naka set up by security forces in Baramulla. The vehicle, however, failed to comply with the order, following which the security forces opened fire, resulting in injuries to the driver, who was shifted to the hospital where he succumbed to his injuries, he said.

The driver has been identified as Waseem Majeed Mir (35), son of Abdul Majeed Mir, resident of Goripora Darpora Bomai Sopore. His family members and relatives on Thursday said that Waseem was innocent and had never taken part in any anti-national activity. They said the authorities must make the CCTV footage viral so that everything will come to light. They have sought the attention of higher authorities and demanded a thorough investigation and justice in this regard.

Meanwhile, police have taken cognisance of the incident and started an investigation.

Chief Minister Omar Abdullah said he has taken up this issue alongside Billawar incident with the Union Government and insisted that both incidents be inquired into in a time-bound, transparent manner.

"I have seen the reports of excessive use of force and harassment of Makhan Din in police custody in Billawar leading to his suicide and the death of Waseem Ahmed Malla, shot by the army under circumstances that are not entirely clear. Both these

incidents are highly unfortunate and should not have happened," Abdullah said in a post on 'X', adding, "J&K will never be completely normalised and free of terror without the cooperation and partnership of the local population. "Incidents like these risk alienating the very people we need to carry with us on the road to complete normalcy," he said, adding, "I have taken up these incidents with the Union Government and insisted that both be inquired into in a time-bound, transparent manner.

Omar takes

Police said that a suspected Over Ground Worker (OGW), Makhan Din, who was called for questioning, at Billawar in Kathua district committed suicide.

Meanwhile, a truck driver, Waseem Ahmed Malla, was killed in a firing incident after he allegedly ignored a security checkpoint in North Kashmir's Baramulla district during the intervening night of Wednesday and Thursday.

After Kathua

Makhandin was the nephew of Pak exfiltrated Terrorist Swar Din @ Swaru Gujjar, he is helping in the same group that conducted the Badnotta Army Convoy attack in July 2024 in which 4 Army Jawans were martyred."

"It is the same group which led to the killing & martyrdom of HC Bashir in Kohag operation. Makhan had number of suspicious contacts in Pak and other foreign countries. There was no custodial torture or injury. He was questioned and then got exposed, went home and committed suicide," the spokesman said.

After the news of the youth's death broke out Deputy Commissioner Kathua, Rakesh Manhas ordered a magisterial enquiry into the incident.

An official order which lies with KNO reads: "Anil Kumar, Tehsildar Lohai Malhar, has been appointed as the Inquiry Magistrate to investigate the case and ascertain the actual cause of death. He has been directed to submit a detailed report within five days."

Chief Secretary

in enhancing the capacity of the local medics here for dealing with such situations. He also suggested for sending some doctors there for specialized training and also sending some experts from there to build capacity of many more here in the hospitals of the UT.

He also talked to the Heath experts from different national institutions and sought their suggestions for adopting the future course of action. He simultaneously directed the Law Enforcement Agencies to conclude their investigations in light of the test reports received from these institutions and the ones which are yet to come.

The Secretary H&ME, Dr Syed Abid Rashid Shah informed the meeting that every measure has been taken to isolate the families and provide them food and water after testing the same. He further informed about the drugs and medical teams that had been made available locally at PHC Kandi and GMC Rajouri.

REC Declares

crore, an 18% YoY increase. The company's capital adequacy ratio remains robust at 25.33%, signaling ample financial strength to support future expansion. In line with its tradition of rewarding shareholders, REC's Board of Directors has declared a third interim dividend of Rs 4.30 per share. With a solid financial foundation, growing investments in renewables, and a disciplined approach to financial management, REC continues to reinforce its position as a leader in the power sector financing space.

Madrasatul-Banat

Darul-Uloom Raheemiyah 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.: 0727010100000200
JK BANK BRANCH NISHAT PARK BANDIPORA KASHMIR
IFSC CODE: JAKAONIPARK

Note/Request: After depositing your contribution into the bank account, kindly send a screenshot or notify us via WhatsApp message or phone call to 9419089250 or 8899101091. Please also provide your name and address to facilitate the issuance of a receipt.

Your well wisher:
Maulana Muhammad Rahmatullah Keshmiri
Nazim, Darul Uloom Raheemiyah Bandipora, Kashmir

Sunrisers keep three-peat dream alive as Marco Jansen makes the difference again

Sunrisers Eastern Cape 184 for 6 (Markram 62*, Tahir 2-21) beat Joburg Super Kings 152 for 7 (Bairstow 37, Overton 2-20) by 32 runs

Sunrisers Eastern Cape remain on course for the SA20 three-peat after beating Joburg Super Kings in the Eliminator in Centurion, having recovered spectacularly from three defeats in their opening three games. They will play Paarl Royals in the second qualifier in less than 24 hours' time to determine who will face MI Cape Town in Saturday's final.

SEC have the advantage of having the most recent experience of conditions up country while Paarl, who played in the first qualifier in Gqeberha, have had to travel. They've also lost their last three matches and their best batter, Joe Root, to national duty, so SEC can consider themselves favourites to reach a third final, if not the title itself.

While they are a franchise that has often billed themselves as the epitome of an outfit that relies on team efforts, there was one individual who cannot be ignored: Marco Jansen.

Even before the match, he was already the leading wicket-taker for this season, and in SA20's history, and what we might call the only genuine allrounder in this tournament. None of the other bowlers who have taken 10 wickets or more have come close to scoring even 100 runs - Mujeeb Ur Rahman is closest with 55- and, naturally, none of the batters who have scored 100 runs have taken 10 wickets.

In the Eliminator, Jansen also became the

joint-leading wicket-taker in the Powerplay, level with Paarl's Bjorn Fortuin. He removed



Devon Conway, the batter who had scored the most runs against him in T20s without being dismissed, in the fifth over when Conway played a leaden-footed tame drive to start JSK's slide.

Jansen did not find himself among the wickets again and the accolades from the Eliminator will go to others but his 12-ball 23, and his role in the 53-run sixth-wicket stand that ultimately proved match-winning with Aiden Markram, deserves special mention and got it from Markram. "It's small chip-ins (with the bat) that help us a lot," Markram

said. "And then a guy like Marco comes in and whacks it."

Jansen was in in the 17th over, when Tristan Stubbs was bowled by Imran Tahir, and SEC were 131 for 5, with a target under 170 still within JSK's grasp. They scored 15 runs off the next 11 balls and were 146 for 5 with two overs to go. Arguably, JSK made a tactical blunder by bringing back Lutho Sipamla, whose first three overs had cost 44 runs, but in the absence of many other options, they chose to back a player who has been good for them through the tournament.

Jansen made sure he had an ending to

forget. He picked his slower ball early and sent Sipamla's first ball for six and then took 16 more runs off four balls he faced in that over, including ending it with another six. In total, 21 of Jansen's 23 runs came off the five he faced from Sipamla and his contribution pushed SEC over 180.

Markram said at the post-match press conference that he was "hoping for 195-plus", but in the end 184 proved enough, despite JSK getting off to a good start. Conway and Faf du Plessis put on 40 inside five overs before Jansen dismissed Conway to open JSK up and set SEC on course for victory. According to his team-mates, that is ultimately the thing Jansen does best.

"His attitude to win is unmatched," David Bedingham told ESPNcricinfo before the Eliminator. "If you ask him if he went for 100 runs and took zero wickets in a Test match and scored a couple of ducks, I don't think he'd care unless we won. His desire to win is why he is who he is. It also helps that he's super talented. He's seven foot tall, he bowls quick, he bats well so that also helps. But I think it's his desire to win that makes him so special."

Markram echoed the idea that contributing to the team is the most important thing to Jansen. "He's a very quick learner and he absolutely hates losing. He just gets fired up every time he plays and he's marrying that fired up energy with better smarts," Markram said.

There's also something else Jansen does before every game which may actually be the secret to his success. "He eats a triple-decker pizza before every game on the bus," Markram said. "And a Coke. That's not a joke."

Stoinis makes shock decision to retire from ODIs, out of Champions Trophy

Australia allrounder Marcus Stoinis has announced his immediate retirement from ODI cricket, ruling himself out of the upcoming Champions Trophy.

Stoinis, 35, will now focus on T20 cricket and remains available for Australia in that format. He scored 1495 runs in 71 ODIs at an average of 26.69 with a best of 146 not out against New Zealand in Auckland in 2017, and also took 48 wickets at 43.12 apiece.

"Playing ODI cricket for Australia has been an incredible journey, and I'm grateful for every moment I've had in the green and gold," Stoinis said. "Representing my country at the highest level is something I'll always cherish."

"This wasn't an easy decision, but I believe it's the right time for me to step away from ODIs and fully focus on the next chapter of my career. I've got a fantastic relationship with Ron [Andrew McDonald] and I've hugely appreciated his support. I'll be cheering the boys on in Pakistan."

Stoinis was part of the 2023 ODI World Cup squad and played an important role with the ball against Pakistan, when Australia began their fightback from a poor start to the tournament and ended it as champions.

However, he played only one more ODI after that World Cup, against Pakistan earlier this season, and did not receive a Cricket Australia contact last year, but was earmarked to play a role at the Champions Trophy in the absence of the injured Cameron Green.

"Stoin has been such a pivotal part of our ODI setup for the past decade," McDonald said. "Not only has he been an invaluable player but also an incredible person to have in the group. He is a natural leader, an exceptionally popular player and a great person. He should be congratulated on his ODI career and all of his achievements."

Stoinis recently played three matches for Durban's Super Giants in the SA20, where he suffered an injury in his second outing, on the back of the BBL with Melbourne Stars.



Markram said at the post-match press conference that he was "hoping for 195-plus", but in the end 184 proved enough, despite JSK getting off to a good start. Conway and Faf du Plessis put on 40 inside five overs before Jansen dismissed Conway to open JSK up and set SEC on course for victory. According to his team-mates, that is ultimately the thing Jansen does best.



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+91 1943501600

info@khybercement.com

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