

# Kashmir Convener



ED Seizes 'Biggest'  
Crypto Fund Worth  
Rs 1,646 Crore In  
PMLA Case

P/02



President's rule in  
Manipur symbolic  
of PM, HM's collective  
failure: Gaurav Gogoi

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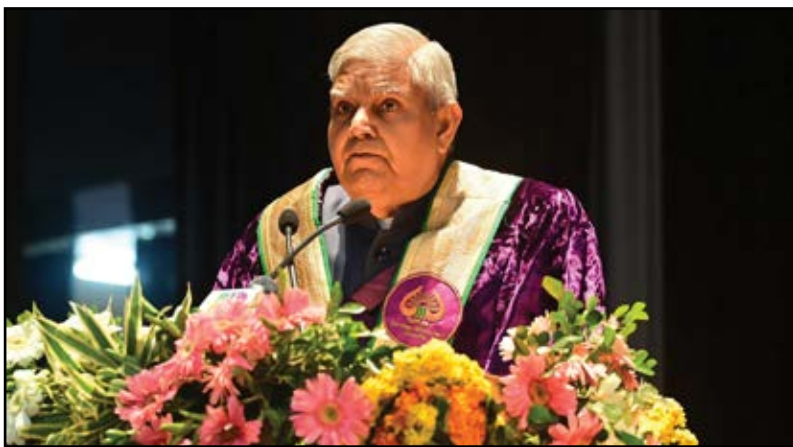


Mamata Banerjee  
govt failed to stop  
atrocities against  
women: Amit Malviya

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## Ambedkar Refused To Draft Article 370: VP Dhankar

➤➤ "J&K no longer story of conflict" ◀◀



Riyaz bhat

**KATRA:** Asserting that winds of change have brought peace and progress to Jammu and Kashmir, Vice-President Jagdeep Dhankar

on Saturday reiterated that Article 370 was a temporary provision and Dr B R Ambedkar, the architect of the Indian Constitution, had refused to draft it.

Addressing a gathering at the 10th

Convocation Ceremony of Shri Mata Vaishno Devi University (SMVDU) here Vice-President Dhankar, according to the news agency—Kashmir News Observer (KNO) said, "The aspirations of generations found wings when the constitutional walls of separation crumbled in 2019 with the historic abrogation of Article 370."

"To the young minds present, I would like to emphasize that Article 370 was a temporary provision. Dr. B.R. Ambedkar, the architect of the Indian Constitution, refused to draft it. Sardar Patel, who integrated most princely states into the Indian Union, was unable to integrate Jammu & Kashmir."

He said, "In 2019, a new journey began on this sacred land—one from isolation to integration."

He emphasized that the transformation in J&K is not just a regional phenomenon but a significant part of

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## Youth Must Carry Forward Country's Development: LG

Addresses 10th convocation of SMVD

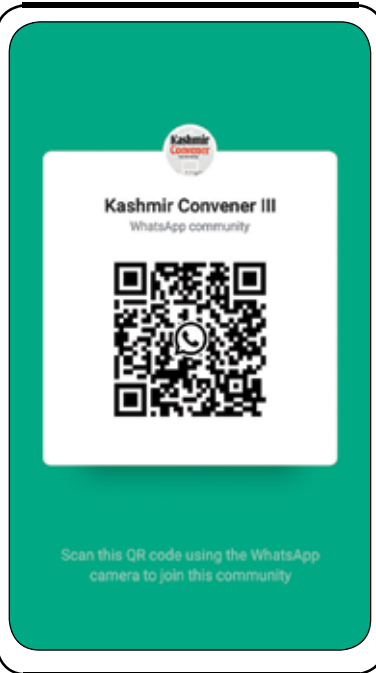


KC News Network

**KATRA:** Lieutenant Governor Manoj Sinha today called upon the youth to carry forward the country's development and make it the largest economy of the world. "The strength of our nation will be determined by the values,

innovation and knowledge and I strongly believe the young men and women graduating in this Amrit Kaal will shape the destiny of our nation. Those stepping out today into the real world have a unique opportunity of nation building," the

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## BJP discusses strategy ahead of budget session in J&K

KC NEWS NETWORK

JAMMU: Ahead of the upcoming budget session of the Jammu and Kashmir Assembly, the BJP held a "crucial strategic" meeting of its legislators and organisational district presidents on Saturday to plan its course of action for raising important public issues, a party spokesman said.



The meeting was chaired by J-K UT President Sat Sharma and attended by, among others, Leader of Opposition Sunil Sharma, the spokesman added.

The budget session of the J-K Legislative Assembly will begin on March 3, with the Chief Minister presenting the budget on March 7.

In his address, the BJP president urged the party MLAs to "aggressively expose the government for its failure on all fronts to fulfill the promises made in its election manifesto." He encouraged the party MLAs to compile a comprehensive list of issues being faced by the people of Jammu and Kashmir.

"Our MLAs must represent every section and every community in their list of issues and should forcefully raise them in the house," he said.

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## Statehood to J&K will be restored in due course of time: Kiren Rijiju

KC News Network

**SRINAGAR:** Union minister Kiren Rijiju on Saturday said Prime Minister Narendra Modi and Home Minister Amit Shah have made it clear that statehood to Jammu and Kashmir will be restored in due course of time.



However, Rijiju, who holds the parliamentary affairs and minority affairs portfolios, declined to give a timeline for the restoration of statehood to the Union Territory.

"The prime minister and the home minister made clear indications in the past that in due course of time, statehood will be restored (to Jammu and

Kashmir) and the powers and functions will be demarcated very clearly," Rijiju told reporters here.

The Lok Sabha MP from Arunachal West said he would not like to comment on the timeline for restoration of statehood or division of powers between the lieutenant governor and the elected chief minister at this time as his visit to Kashmir was confined to the Union Budget. "Therefore, I would not like to venture into the political

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## Terror Crackdown

## LG Sinha Sacks 3 Govt Employees

KC News Network

**SRINAGAR :** The Lieutenant Governor of J&K UT, Shri Manoj Sinha on Saturday terminated 3 government employees including a police constable, a teacher and an orderly in the forest department. According to top sources in the security agencies, the Lieutenant Governor invoked article 311(2)(c) of the Constitution of India to terminate 3 employees after painstaking



investigation by law enforcement and intelligence agencies clearly established their terror links. The massive action just came a day after

security review meeting chaired by the Lieutenant Governor. In the meeting the Lieutenant Governor had directed the police and security

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### FIRDOUS BHAT

He was engaged as SPO in 2005 and became constable in 2011. He was arrested in May 2024 and is facing terror charges and currently lodged in Kot Bhalwal Jail. It is interesting to note that Firdous Bhat after being confirmed as a constable was posted at sensitive position of Electronic Surveillance Unit in the J&K Police. However, he started working for terror outfit Lashkar-e-Toiba. Firdous Bhat got exposed in May 2024 when two

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### NISAR KHAN

Nisar Ahmad Khan joined the forest department in 1996 as a helper and currently posted as an orderly at the forest range office, Verinag, Anantnag. According to top security officials who have thoroughly investigated his terror links said that Nisar Khan is venomous traitor hiding within the govt ranks and mole planted by terrorist organisation Hizbul Mujahideen to destabilise the Indian state. "While working as a govt servant

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### ASHRAF BHAT

Ashraf Bhat, a resident of Reasi was appointed as Rehbar-e-Taleem Teacher in 2008. Rehbar-e-Taleem Teacher system, a temporary job, was introduced in 2000. He was regularised and became permanent teacher in June 2013. A very senior intelligence officer based in Jammu observed that while working as a teacher Ashraf pledged allegiance to Lashkar-e-Toiba and became an overground worker.

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## Jammu suffered most after Article 370 abrogation: Karra

Mubashir Alam Wani

**SRINAGAR:** Jammu and Kashmir Pradesh Congress Committee (JKPCC) President Tariq Karra on Saturday said that the people of Jammu and Kashmir continue to seek the



restoration of their pre-2019 status, asserting that even those who initially celebrated the abrogation of Article 370 have now realised that Jammu has suffered the most.

Speaking to the media in Poonch, Karra as per the news agency—Kashmir News Observer (KNO), highlighted that the Supreme Court's verdict on Article 370 did not meet people's expectations but that the fight for statehood remains crucial.

He highlighted the Congress party's commitment to the cause, stressing that

statehood was a constitutional and assured demand and that the party will continue to pursue it through legal and political means.

JKPCC President said their party stands committed to the restoration of J&K's statehood, highlighting that it was not a matter of political opportunity but a fight for the region's lost identity.

Karra vowed to take the campaign—'Hamari Riyasat, Hamara Haq' (Our State, Our Right) movement—to every district of Jammu and Kashmir to get back the lost identity and status. "This is about the status and rights of the people of J&K, which were taken away. The central government made promises, and we are here to remind them of their commitments," he said.

Karra highlighted that Jammu and Kashmir was once an independent entity before its accession to India, meticulously unified by the Dogra rulers. "Our sub-regional identity was always distinct. The BJP has misled people by claiming that J&K was liberated only in 2014 after they came to power," he said.

He also accused the BJP of misleading the nation about the realities of J&K's integration.

"The Ganga-Jamuni tehzeeb they tried to disrupt is now being understood across the country," he added. The Congress, Karra said, will persist in its legal and political efforts for the restoration of statehood, stressing that their demand is well within constitutional limits and has been assured by the central government itself

## Khelo India Winter Games 2025 not Postponed: Secretary YSS



KC News Network

**SRINAGAR:** Contrary to reports suggesting the postponement of the 5th Khelo India Winter Games 2025, Secretary of Youth Services and Sports, Sarmad Hafeez, has denied any such decision.

Speaking to Kashmir News Service (KNS), Sarmad Hafeez termed the reports as mere rumors, stating that no official decision has been taken regarding rescheduling the event.

Earlier, there were reports claiming that the Winter Games, originally scheduled to be held in Gulmarg from February 22-25, had been pushed to the first week of March due to insufficient snow accumulation. A statement attributed to the Winter Games Association of J&K had also mentioned that new dates for athlete screenings would be announced soon.

However, Hafeez's clarification now puts the speculation to rest, reaffirming that the event's schedule remains unchanged unless an official decision is made.

## Terminated employees should be given chance to prove their innocence: CM Omar

Yogesh

**JAMMU:** Chief Minister Omar Abdullah on Saturday said that the employees, who have been terminated over alleged terror links, should be listened to and that appropriate action be taken, if they fail to prove innocence.

Speaking to reporters on the side-lines of the convocation ceremony of Shri Mata Vaishno Devi University (SMVDU), Omar Abdullah, as per the news agency—Kashmir News Observer (KNO), said that



everyone is innocent until proven guilty as per the law of the land. He was reacting to a query over the termination of three employees including Firdous Ahmad Bhat (Police

Constable), Mohammad Ashraf Bhat (Teacher) and Nisar Ahmad Khan (Orderly in Forest Department) under proviso (c)

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## Opposition calls it 'vendetta'

Sajid Raina

**SRINAGAR:** Jammu and Kashmir's opposition parties erupted in outrage on Saturday

after the government sacked three employees including a police constable, a teacher, and a forest official over alleged terror links.

While National Conference leader Omar Abdullah called for due process, PDP, JKPC, and others as per the news agency—Kashmir News Observer (KNO) slammed the move as part of a broader

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# ED Seizes ‘Biggest’ Crypto Fund Worth Rs 1,646 Crore In PMLA Case

**NEW DELHI:** The Enforcement Directorate (ED) has seized its biggest-ever cryptococurrency worth Rs 1,646 crore as part of a “mega” money laundering investigation into a fraud investment scheme where numerous depositors were duped in the name of securities investment, official sources said.

The Ahmedabad office of the federal probe agency has also seized Rs 13.50 lakh in cash, an SUV and a number of digital devices after it concluded a fresh round of searches on Saturday in the case related to “fraudulent” and unregistered offering and sale of securities in the form of investments through ‘BitConnect lending program’.

The ED case, filed under the Prevention of Money Laundering Act (PMLA), stems from an FIR of the Surat Police crime branch which said the alleged fraud that took place between November 2016 – January 2018 (after demonetisation).

The agency deployed a team of its tech-savvy experts who examined the “complex web” of transactions carried out in “numerous” crypto wallets to unmask the origin and controllers of these crypto wallets. It was found that many transactions



were carried out through the “dark web” to make the transactions untraceable, the sources said.

The agency tracked “numerous” web wallets and gathered ground intelligence to zero-in-on the wallets and the premises where the digital devices containing the said crypto currencies were available, they said. Sources told PTI that cryptocurrencies worth Rs 1,646 crore were seized and transferred into a special crypto wallet

of the agency making it the biggest-ever seizure of virtual digital assets in a mega money laundering investigation which is still going on.

The agency found during the probe that the founder of BitConnect, an unincorporated organisation, established “a worldwide network of promoters, and rewarded them for their promotional efforts by paying them commissions.” In order to “induce” investors to deposit funds in

the form of cash and Bitcoins, into the purported lending program, BitConnect represented, among other things, that it would deploy a purported proprietary “volatility software trading bot” (Trading Bot) that, they claimed would use investor funds to generate returns as high as 40 per cent per month, the ED found.

The promoters posted “fictitious” returns on the BitConnect webportal that amounted to an average 1 per cent per day or about 3,700 per cent on an annualised basis, the sources said.

These claims were a “sham” as the accused knew that BitConnect did not deploy investor funds for trading with its purported Trading Bot rather, they “siphoned” investors’ funds off for their own benefit, and their associates’ benefit, by transferring those funds to digital wallet addresses controlled by them, the sources said.

The agency had attached assets worth Rs 489 crore in this case in the past.

The sources said foreign nationals also “invested” in BitConnect and the “main accused” is under probe by federal authorities in the US.

## Mamata Banerjee govt failed to stop atrocities against women: Amit Malviya

**KOLKATA:** Senior BJP leader Amit Malviya on Saturday accused the Mamata Banerjee government in West Bengal of failing to prevent attacks and atrocities against women, citing the incidents in Sandeshkhali and RG Kar hospital as examples.

When reporters asked him about the state government not increasing the monthly amount under its flagship ‘Lakshmir Bhandar’ financial assistance scheme for women in the 2025-26 budget, the BJP IT cell head did not give a direct reply.

Instead, he chose to focus his attack on the “dichotomy between the TMC government’s claim to support the cause of women through such projects and its aiding and abetting perpetrators of atrocities against women in the state”.

“While the chief minister gloats in public about her government’s monthly dole to women and claims to be concerned for their welfare, she looks the other way when horrific incidents like the Sandeshkhali sexual abuses come to light. Instead, she and her party rushed to protect perpetrators like Shahjahan Sheikh,” Malviya said at Asansol in West Bengal’s Paschim Bardhaman district.

Referring to the rape and murder of a woman medic of R G Kar Medical College and Hospital, which sparked national outrage, Malviya accused the chief minister of shielding the culprits.

“Even after such a heinous crime shook the conscience of the entire nation, the woman CM tries to protect those responsible,” he said.

This proves her concern for women’s empowerment and bragging about their cause is hollow, he alleged.

Speaking on the arrest of TMC leaders and ministers on graft charges, Malviya said, “The ruling party activists and leaders are becoming part of syndicates and mafias and the common man is reeling under their intimidation.”

“Why are MPs and MLAs of the ruling party accused of taking cut money in state projects? TMC and cut money culture are synonymous in West Bengal. People in the state will vote out this corrupt regime and elect the BJP to power in 2026,” he said.

Malviya said the BJP will usher in good governance, weed out corruption at all levels and ensure a safe, secure environment for women.

He alleged around 4,000 industrial units both under public and private sectors have closed down in West Bengal, while 1.5 lakh migrant labourers have gone out of the state for employment opportunities elsewhere.

“This is not the Sonar Bangla we had dreamt



about. The state government has failed to chart a road map for the revival of the 4,000 listed industrial units – both in private and central sectors – and present any plan to the Centre as the ruling TMC does not have any plan,” he said.

This is reflected in the lack of any strategy or plan for industrial growth in Bengal in the state budget, Malviya claimed, adding the state’s charge about discrimination in the Union budget is false as “this government itself failed to utilise central allocation and instead the money was siphoned by its party leaders”.

Next year once BJP assumes power in the state, a conducive environment will be created for investment opportunities with the improvement in law and order, he said.

Speaking on the issue of the Calcutta High Court on Friday granting conditional permission to RSS to hold a rally in Purba Bardhaman district on February 16, Malviya said.

## CBSE Exams For Classes 10, 12 Begin; Over 42 Lakh Students Set To Appear At 7,800 Centres

**NEW DELHI:** The Central Board of Secondary Education (CBSE) exams for Classes 10 and 12 began on Saturday, with more than 42 lakh students set to take the tests at over

7,800 centres across the country and abroad.

“The CBSE board exams for Classes 10 and 12 have started. Today, the Class-10 English and Class-12



Entrepreneurship exams were held. The Class-10 exam took place at 7,780 centres, with over 23.86 lakh students appearing, while the Class-12 exam was conducted at 995 centres with around 23,000 students,” CBSE Examination Controller Sanyam Bhardwaj said.

“The exams were organised smoothly. I hope all the students reached their exam centres with enthusiasm and were able to take the tests in a positive environment,” he added.

Bhardwaj said the CBSE has ensured that all necessary guidelines

and security measures are in place to maintain the integrity of the examination process.

“Schools and exam centres have been briefed on strict protocols to facilitate a fair and seamless examination experience.

The CBSE had organised a live webcast on Friday in the presence of school principals from Delhi-NCR, outlining the essential exam guidelines for the schools and stakeholders,” he added.

The Class-10 exams are scheduled to end on March 18, while the Class-12 exams will conclude on April 4.

The CBSE started its annual counselling service ahead of the board exams to alleviate examination-related stress and support the students as they prepare for their theory exams.

“A team of 66 trained professionals, principals, counsellors, special educators from CBSE-affiliated schools and psychologists will offer voluntary support to the students. The services are available from 9:30 am to 5:30 pm from Monday to Saturday,” Bhardwaj said.

“Fifty-one counsellors are based in India while 15 counsellors will connect from Nepal, Japan, Qatar, Oman and the United Arab Emirates to guide the students,” he added.

## President’s rule in Manipur symbolic of PM, HM’s collective failure: Gaurav Gogoi

New Delhi, Feb 15: Congress leader Gaurav Gogoi on Saturday termed the imposition of President’s rule in Manipur “symbolic of the collective failure”



of Prime Minister Narendra Modi, Union Home Minister Amit Shah, and the BJP’s leadership in the Northeast. President’s rule was imposed in strife-torn Manipur on Thursday and the state assembly put under suspended animation, days after Chief Minister N Biren Singh resigned from his post.

“The imposition of President’s Rule in Manipur is symbolic of the collective failure of the Prime Minister and Home Minister and the party leadership in Northeast,” Gogoi wrote on X.

The Congress deputy leader in the Lok Sabha also said that there is still no roadmap for sustainable peace and reconciliation in Manipur. “Therefore, it can be said that the President’s Rule is only there because the state BJP is in total disarray. People of Manipur and India deserve better,” he said.

## Jamia protest: AISA claims 17 students suspended, calls for boycott of classes

**NEW DELHI:** The Left-affiliated All India Students’ Association has called for a boycott of classes at Jamia Millia Islamia

on Monday, claiming 17 students have been suspended by the university for protesting against the disciplinary action against two PhD scholars.

The university is yet to issue a response to the claims about the suspensions of students.

The controversy began after the university

suspended two PhD scholars for allegedly leading an unauthorised protest in December last year. The administration defended its actions, stating that protests disrupted academic activities and resulted in property damage, including vandalizing the central canteen and breaking the gate of the security advisor’s office.

## Not All Disputes Suited For Courtrooms; Mediation Is Mode For Redressal: CJI

**MUMBAI:** Chief Justice of India (CJI) Sanjiv Khanna on Saturday said not all disputes are suited for courtrooms and litigations, and asserted that mediation is the mode for redressal as it offers creative solutions and strengthens relationships.

Speaking at the third convocation ceremony of the Maharashtra National Law University (MNLU) in Nagpur, he said each case has to be seen not from the eyes of legal issues but as a human story.

Indian legal aid structure is perhaps the most robust in the world where assistance is given to all the stakeholders, he noted.

“Not all disputes are suited for courtrooms, litigation or even arbitration. Mediation is the mode for redressal that offers us more than just dispute resolution,” the CJI said.

It opens doors to creative solutions beyond simple yes or no answers, he said.

By choosing this path, we not only resolve conflicts efficiently, but also strengthen relationships between people and businesses, he said.

CJI Khanna added that lawyers are the problem solvers who have to come up with creative solutions that address both the legal and human dimensions of the problem.

“Just as problems cannot be fixed into boxes, neither can their solutions. As our problems keep becoming more dynamic,

## Government of Jammu & Kashmir OFFICE OF THE DEPUTY DIRECTOR UNDP (HANDLOOM PROJECT) NOWSHERA, SRINAGAR.

Email: -dydirectorundp88@gmail.com  
Tele /Fax No: -0194-2429788  
Abbreviated Tender Notice.  
Tender Notice No: - 01 of 2024-25 Dated: -15 -02-2025  
For and on behalf of Lt. Governor of Jammu and Kashmir UT, sealed tenders affixed with revenue stamp worth Rs 5/= accompanied with the CDR for Rs 2500.00 (Rupees Two Thousand and Five Hundred only) are invited from registered/ authorized dealers / firms having GST registration with TIN No. etc. for supply of good quality Soap for Scouring of greasy wool, Stain Removing Agent for wool & Batching oil for carding of Scoured Wool for use in different processes viz. Finishing/ Scouring/ Carding at UNDP Nowshera. The tender document along with detailed terms & conditions can be had from the office of Deputy Director UNDP, Nowshera Srinagar, against cash payment of Rs. 200/- (Two hundred only) non-refundable on any working day during the office hours w.e.f. 17.02.2025 (from 11:00AM). However, the agencies registered as MSE's and SSI Units are exempted for EMD, subject to the production of documentary evidence. The tenders shall be deposited in the office of Deputy Director, UNDP (Handloom Project) Nowshera Srinagar up to 24.02.2025 (till 4:00PM) either personally or by registered post. The tenders received would be opened on 25.02.2025 at 11:00 AM in presence of tenderers or their representative who wish to remain present at the time of opening of tenders. In case, if it happens to be non-working day for any valid reason, then the tenders would be opened on the following working day.  
No: - DDH/UNDP/Accts/295-97  
Dated: - 15.02.2025.

DIPK-12047/24

**Sd/-Deputy Director,  
UNDP (Handloom Project),  
Nowshera, Srinagar.**

## GOVERNMENT OF (U.T) JAMMU & KASHMIR OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI (PHE) DEPTT.

**Ground Water Division Srinagar**  
Baghi-Ali-Mardan, Nowshera Srinagar.  
E-mail:-phegdwd@yahoo.com, Tel./Fax No:-0194-2411285  
**CANCELLATION CORRIGENDUM/NOTICE**  
Sub: 1. Construction of Gravel Packed Production Tube Well at Water Supply Shame Katchpora Baghatpora  
Ref: This office e-NIT. No: 36/JS-PHE/GWDS/Mech. of 2024-25 issued vide this office endorsement No: JS-PHE/GWDS/24-25/Corrs./7626-39, dated: 18-11-2024 baring tender ID No: 2024\_PHE\_265161\_1.  
Refer to the above mentioned subject and reference. In this connection, the two (02) No. of bids has been received for the above mentioned works, in which one bidder have not qualified in technical evaluation as per T&C of e-Nit by the evaluating committee.  
Hence, the above mentioned works is hereby cancelled and will be retendered.  
No: -JS-PHE/GWDS/24-25/Corrs./12197-210  
Dated: 15-02-2025

**Sd/=Executive Engineer,  
Jal Shakti (PHE) Deptt.  
Ground Water Div. Srinagar.**

DIPK-12060/24

## Government of Jammu & Kashmir DIRECTORATE OF TOURISM, KASHMIR

**Tel:0194-2315378, Fax 0194-2479548, e-mail: ddtreg123@gmail.com**  
Sub: Application for Transfer of registration certificate of the Travel Agency “M/s Surkhhab Tour and Travels” situated at Main Road Buchpora Near J & K Bank.

### Public Notice.

Whereas, proprietor of the Travel Agency namely Mr. Mehraj-ud-Din S/o Mr. Mohammad Maqbool R/o Haji Bagh, Buchpora, Srinagar has approached this office for transfer of registration certificate of his unit under the name and style “M/s Surkhhab Tour and Travels” situated at Main Road Buchpora Near J & K Bank in name of his son namely Mr. Khalid Mehraj Shah S/o Mr. Mehraj-ud-Din Shah as per Section 39 of the J&K Registration of Tourist Trade Act 1978/2011; Whereas, the said Unit has been registered with this Department in 2012 vide No. Reg/827/277/DT/63/L-8 dated 05.06.2012 and online registration No. JKTA00000281 in the name of Mr. Mehraj-ud-Din S/o Mr. Mohammad Maqbool R/o Haji Bagh, Buchpora, Srinagar and the same stands renewed upto 31.12.2027;  
The applicant has submitted Rent deed dated 11.11.2024 (Notarized) in the name of transferee alongwith supportive affidavit dated 06.12.2024 duly authenticated by Judicial Magistrate, 1st class, Character Certificate, Affidavit dated 05.12.2024 from the registration certificate holder wherein he explicitly stated that he has no objection to transferring the registration certificate in the name of his son namely Mr. Khalid Mehraj Shah. Furthermore, he assumes personal responsibility for any dispute on account of financial transaction, past claims, liabilities, or legal issues etc that may arise, another affidavit dated 05.12.2024 from the transferee duly authenticated by Judicial Magistrate for transfer of Registration Certificate, Non Conviction affidavit of the transferee, Experience Certificate, Salary Slip, id proof, PAN Card, Qualification Certificate, Domicile Certificate,;  
Now therefore, in exercise of powers conferred on me under section 39 of J&K Registration of Tourist Trade Act 1978/82/2011/2012, before the request of the applicant for transfer of registration certificate of the afore mentioned Travel Agency in the name of Mr. Khalid Mehraj Shah S/o Mr. Mehraj-ud-Din Shah R/o Haji Bagh Buchpora, Srinagar is considered, the matter is hereby notified for information of General Public/Financial Institutions/Banks/Development Authorities/ PHE Department/ Electric Department that in case of any objection, the same should reach the office of undersigned within a period of 07 days from the date of publication of this notice. No objections beyond a period of 07 days will be entertained and the request of the applicant will be considered under rules, after submission of requisite documents.  
No: Reg/T/927/DTK/143  
Dated: 15.02.2025

DIPK-12034/24

**Sd/-  
Assistant Director Tourism,  
Registration**



# Senior Dentist in Bandipora Hospital ‘Refuse to perform Night Duties’

Medical Superintendent’s order for 24x7 dental services faces resistance from senior doctors.

SUHAIL RATHER

**BANDIPORA:** Senior dentists posted in District Hospital Bandipora have allegedly refused to perform night duties and instead force the Medical Superintendent to revoke the orders of 24\*7 opening of the dental section.

Official sources said none of the senior doctors have performed their duties during night hours in the hospital since the day the Medical Superintendent announced the opening of a round the clock dental section in the district hospital.

“The order has not gone well with the senior doctors as they are not willing to perform night duties,” officials said.

According to the official sources, the dentists recruited under NRHM are being forced to perform extra duties while doctors recruited through JKPS have defied the orders of the Medical Superintendent outrightly. “Every order issued by the Medical



superintendent is for NRHM staff while permanent staff hardly care about orders and work as per their

own convenience,” said a paramedic.

An official said the doctors who refuse to perform night duties are running private clinics in Bandipora market after duty hours. “That’s why they don’t want to perform night duties. Their private clinics will get affected if the dental section remains open round the clock and hence playing a spoil game”.

Sources claim that while lower-rank staff are consistently assigned night shifts, certain senior doctors have been evading their responsibilities, leading to an imbalance in duty distribution. The alleged non-compliance has sparked resentment

among medical staff who adhere to duty schedules.

Pertinent to mention that controversy erupted some weeks ago when MLA Bandipore Nizamudin Bhat made a surprise visit to the hospital and found the dental section locked, however, the Medical Superintendent rebutted the claims made by the legislator.

Residents and hospital insiders have urged authorities to strictly enforce duty rosters and ensure that no medical professional is given undue exemptions. Officials have yet to issue a formal statement regarding the allegations.

Medical Superintendent Dr Masarat Iqbal said there have been some issues with regard to the implementation of daily rosters. He said he has made arrangements for the strict implementation of the roster. “There is no question of defying orders. We will take strict action against anyone who will try to sabotage the healthcare service”

## KPDCL Holds Awareness Program on PM Surya Ghar Muft Bijli Yojana in Bandipora

**Bandipora:** The Kashmir Power Distribution Corporation Limited (KPDCL), Bandipora, organized an awareness program on the PM Surya Ghar Muft Bijli Yojana at Gulshan Chowk, Bandipora, to educate residents about the benefits of solar energy.

Officials briefed participants on the scheme’s objectives, eligibility criteria, and application process, emphasizing how it aims to reduce electricity costs and promote renewable energy adoption.

Local residents and stakeholders attended the session, raising queries about the scheme’s implementation and benefits. Officials assured them of continued assistance, highlighting the government’s commitment to clean energy initiatives.

The event was part of ongoing public outreach efforts to increase awareness about government schemes in the power sector.



## IGP Kashmir chairs orientation programme of probationary DySsP

**SRINAGAR :** An introductory programme of Probationary DySsP of 2023 batch was conducted in PCR Kashmir, today. The programme was attended by IGP Kashmir V.K Birdi, Range DisG, JDP ZPHQ, SSP Srinagar, SSP PCR Kashmir, SO to IGP Kashmir, SP PC Srinagar and virtually by district SsP of Kashmir Zone.

During the inaugural session, DySP probationer Ishwar Dev briefed the officers regarding the batch strength, composition and training done so far. IGP Kashmir welcomed the probationers and acknowledged their commitment and honor of joining the police force, a police spokesman said in a statement issued to the news agency—Kashmir News Observer (KNO).

IGP Kashmir outlined the core values and mission of the J&K Police stressing the importance of integrity, fairness and accountability in all police actions. The officers were also briefed upon the ethical standards and expectations of their behaviour. They were advised on the aspects of professionalism, impartiality and respect for all regardless of race or ethnicity. The officers were also briefed with regard to acquiring investigative skills, operational skills, criminal laws, use of IT, adherence to police rules and procedures and importance of documentation and reporting, which are crucial for legal and departmental accountability.

Range DisG also briefed the officers with regard to acquiring technical skills and soft skills which will help them grow professionally.

JDP ZPHQ also briefed the participants with regard to investigative procedures especially related to NDPS to secure conviction in drug related cases.

SSP Srinagar/PCR Kashmir and other officers also briefed the participants with regard to building positive relationships with the public in their effort to prevent crime and solve critical problems and challenges arising during the course of their service.

The district SsP were directed by the chair to take periodic assessment and feedback from the officers during their period of probation and take keen interest during their on-the-job training.

The session concluded with the cumulative resolve by all the probationary officers to be responsible, dedicated and committed to serving and protecting the nation. The orientation programme instilled a sense of pride and responsibility in the new officers, ensuring they are well equipped, trained and motivated to serve in J&K Police—(KNO)

## PSAJK Slams JKBOSE for Defying Court Order on Student Admit Cards

**SRINAGAR:** The Private Schools Association of Jammu and Kashmir (PSAJK) has welcomed today’s court ruling allowing 22 students from Islamic Global School, Srinagar, to appear in their Class 10th board examinations. These students had previously been denied admit cards by the Jammu and Kashmir Board of School Education (JKBOSE).

The Chief Judicial Magistrate (CJM) Srinagar directed JKBOSE authorities to issue admit cards to these students, ensuring they can sit for their board exams starting February 17, 2025. This intervention has come as a relief to students and parents who were left in distress due to administrative inefficiencies at JKBOSE.

However, despite clear-cut orders from the Srinagar Court, JKBOSE has yet to issue roll number slips to the 22 students, further aggravating the crisis. Concerned over the delay, PSAJK members, including President G.N. Var, along with parents are currently camping at the JKBOSE Bema Srinagar office, demanding immediate compliance with the court order.

PSAJK President G.N. Var hailed the court’s decision, stating, “Alhamdulillah! Finally The Hon’ble Court came to the rescue of 22 students of Islamic Global School and directed JKBOSE to allow them to appear in the 10th exam. This was a much-needed intervention to prevent an academic disaster.”

PSAJK Spokesperson Dr. Souleh also welcomed the Srinagar court’s intervention, emphasizing the importance of prioritizing student welfare in all administrative decisions. She stated, “The future of our students should never be jeopardized by bureaucratic hurdles. This ruling ensures that their academic progress remains uninterrupted.”

PSAJK urges J&K Chief Minister Omar Abdullah and Education Minister Sakeena Itoo to personally intervene in this matter, as it concerns the future and careers of our students. The association remains committed to advocating for a fair and efficient education system and calls for immediate action to streamline school approval procedures and eliminate unnecessary bureaucratic obstacles.



## Sumbal Traders, Civil Society Highlight Infrastructure and Healthcare Woes in Sumbal

**SUMBAL:** The President of the Traders Federation, Sumbal, and the Chairman of the Sonawari Citizens Council, Nazir Ahmad Reshi, held a joint press conference on Saturday in Sumbal Sonawari



to address several pressing public issues plaguing the area.

The traders and civil society members raised concerns about the severe shortage of doctors at the Community Health Centre (CHC) in Sumbal.

“Our main concern is the shortage of doctors at CHC Sumbal,” stated Reshi. “Recently, around 10-15 doctors were transferred, but replacements have not yet been appointed. As a result, people are facing numerous difficulties and are forced to travel long distances for medical treatment. CHC Sumbal is struggling with a lack of doctors, which

is causing significant inconvenience to the residents.”

Nazir Reshi also highlighted the lack of developmental progress in the region. He pointed to a recently installed ATM unit near the hospital that remains non-functional, causing hardship for the public. He noted that despite repeated requests for a Cash Recycling Machine (CRM), no action has been taken. Further exacerbating the situation, Reshi pointed out the absence of public restrooms in the Sumbal market, creating difficulties for passengers and visitors. He urged authorities to construct public bathrooms as soon as possible to address this urgent need.

The press conference also touched upon a tragic incident where a 35-year-old woman died at CHC Hajin, with her family alleging negligence by hospital authorities.

“DC Bandipora has already assured us of an investigation into the matter,” Reshi stated. “I also appeal for a thorough and fair inquiry.” The combined voices of the Traders Federation and the Citizens Council underscored the urgency of these issues and their impact on the local population.

They called upon the relevant authorities to take swift and decisive action to resolve these problems and improve the lives of the residents of Sumbal Sonawari.

## In a first, Achabal Garden dries up amid climate change

UMAISAR GULL GANIE

**Anantnag :** For the first time, the historic Mughal garden at Achabal, once a lush marvel known for its cascading waterfalls and natural spring, is facing an unprecedented crisis as its water sources dry up due to climate change. The iconic garden, built by Empress Nur Jahan in the 17th century, is struggling with severe water scarcity, leaving its fountains and streams barren.

Speaking to the news agency—Kashmir News Observer (KNO), Shabir Ahmad, a local resident and social activist, said, “We have never witnessed such a change in the Mughal Garden at Achabal drying up. This is the first time we are seeing such a disheartening scene.”

He said the spring has completely dried up, leading to a shortage of drinking water. “Our sins—how we are polluting the water bodies—along with a decline in rain and snowfall due to climate change, are the main reasons for this worsening situation,” he said.

When asked about the future situation, he said, “When water is not available, how can we irrigate our land? Both horticulture and agriculture depend on water, and this situation will have a severe impact. Shortages have already started in nearby areas, and people are suffering as they now rely on water tankers. It is time to unite and work together to preserve our water bodies from pollution.”

“Achabal Garden is our heritage, a part of our

identity. Seeing it dry up is heartbreaking,” said Mushtaq Ahmad, a local resident. “If immediate action is not taken, we fear it may never be the same again.”



Experts attribute the crisis to rising temperatures, deficient rainfall, and depleting groundwater levels. “Climate change has altered precipitation patterns in Kashmir, affecting the natural springs that have sustained Achabal Garden for centuries,” Dr Mason A. Beig, a geographer, told KNO. “The reduction in snowfall and prolonged dry spells have further worsened the situation.”

Speaking to KNO, Gowhar Ahmad, AEE Jal Shakti Achabal, said that the Achabal spring catered to over a dozen villages, with as many as 15 water supply schemes depending on the source. However, after the spring dried up, the villages are now being served by tanker services.

He said that almost 80 per cent of the area has been affected due to the drying up of the spring, as it was the primary source of drinking water. “We are sending tankers to the affected villages to ensure water supply,” he said—(KNO)

## Fencing bridges reduced suicide attempts in Srinagar, other areas: Officials

REHAN QAYOUM MIR

**SRINAGAR:** The fencing of bridges in Srinagar city and other parts of the Kashmir Valley has emerged as a noteworthy step in preventing suicide incidents, with no cases reported in



the last seven months, officials from the State Disaster Response Force (SDRF) here said.

Officials said the fencing initiative is proving to be effective in curbing such incidents. They added that the current low water levels in the Jhelum River and other water bodies could be another contributing factor to the reduced numbers.

According to details obtained by the news agency—Kashmir News Observer (KNO), the

process of fencing several bridges in Srinagar was initiated to safeguard human lives. At the time, the Deputy Commissioner of Srinagar had announced the formulation of a Detailed Project Report (DPR) for the fencing work.

As per the DPR, Rs 19 lakh each was allocated for the fencing of Nawa Kadal and Fateh Kadal bridges, Rs 9 lakh for Gaw Kadal bridge, and Rs 29 lakh for Safa Kadal bridge. Additionally, the fencing of Noor Jahan Bridge over the Jhelum at Qamarwari was set to be completed at a cost of Rs 11 lakh.

Meanwhile, Srinagar residents, reacting to the decrease in incidents, have welcomed the move, saying it has made the bridges safer. “It was a much-needed step. We have witnessed many unfortunate incidents in the past. Fencing has definitely reduced the risk, and we hope the authorities continue such preventive measures,” said Bilal Ahmad, a resident of Fateh Kadal.

Another local, Tariq from Qamarwari, said the initiative should be expanded further. “This is a good step, but authorities should also focus on mental health awareness. Prevention is important, but people in distress also need counselling and support,” he said.

Notably, with the initiative now showing positive results, officials believe the move has played a crucial role in preventing tragic incidents in the city, which has also received a positive response from locals—(KNO)

## Paras Health Srinagar’s ‘Umeed Ke Sitaare’ Campaign to Feature Cancer Awareness, Free Consultations, and Survivor Support

**SRINAGAR:** Paras Health, Srinagar, is launching ‘Umeed Ke Sitaare’, a special initiative to honor cancer survivors and raise awareness about prevention, early detection and holistic treatment of the disease. The campaign, taking place on February 16th and 23rd, will bring together survivors, doctors and the community to fight cancer together.

The initiative will spotlight the inspiring journeys of cancer survivors, celebrating their strength and resilience. It will also feature educational talks by leading oncologists, discussions on early diagnosis and timely treatment, and complimentary mental health support sessions for patients and caregivers. As part of the campaign, free consultations with cancer specialists will be available for symptomatic patients on Sundays from 11:00 AM to 3:00 PM (Feb 16 & 23) and from 4:00 PM to 6:00 PM (Feb 17 & 22).

To promote early detection, Paras Health is offering discounted cancer screening packages and consultations for symptomatic patients. The campaign also extends to schools, organizations and remote areas through awareness sessions, along with a quit-smoking drive supported by medical guidance. Special discounts on cancer screenings will further encourage proactive health check-ups. Additionally, free health screening camps will be held outdoors.

Beyond these events, Paras Health will continue its awareness efforts throughout the month with multiple educational sessions focused on prevention, screening and advancements in treatment.

Recognizing the early warning signs of cancer can be life-saving. Symptoms such as unexplained chang-

es in the body, the sudden appearance of lumps, blood in urine, persistent changes in bowel habits, lumps in the breast, coughing, chest pain, breathlessness, and unexplained weight loss should not be ignored. Early detection plays a crucial role in improving treatment outcomes, and seeking timely medical advice can make a significant difference.

Dr Sheikh Zahoor Ahmad, Associate Director, Surgical Oncology, Paras Health Srinagar, said, “Cancer is a tough battle, and no one should face it alone. Umeed Ke Sitaare is our way of supporting survivors and spreading awareness. Early detection and knowledge can save lives, and we are committed to making a difference by providing free consultations with our expert oncologists. To date, we have done more than 75 breast cancer screenings and mammograms for free.”

Paras Health, Srinagar, invites the community to join this mission, participate in awareness sessions, and support those affected by cancer. Other activities will include motivational events with regular cancer patients, complementary physiotherapy sessions, and psychiatrist consultations to support both the mental and physical well-being of patients and caregivers.

With over 14 lakh new cancer cases reported in India in 2023 (ICMR), the Government of India has taken significant steps to improve cancer care through policies and financial aid. The Union Budget 2025-26 has allocated Rs. 99,858.56 crore to the Ministry of Health and Family Welfare, focusing on cancer care facilities, Day Care Cancer Centres, and reducing the cost of life-saving drugs.





# Defining Trends from a Year of Conflict in West Asia



DR. MUNEE AHMED

Since October 2023, violence in West Asia, particularly between Israel and factions in Gaza and Lebanon, has seen substantial escalation. This conflict has significantly reshaped the region, impacting not only military strategies but also diplomatic re-

connaissance and kamikaze attacks, demonstrating a substantial enhancement of their offensive capabilities. In response, Israeli forces have integrated AI for real-time threat assessment and facial recognition, allowing them to intercept many rocket and drone attacks successfully.

Additionally, the Iron Beam—an advanced laser-based air defence system—is reportedly nearing deployment. It will enhance Israel's capability to target smaller, low-altitude threats like drones. Existing Israeli defence systems have not been able to intercept every projectile launched by the Iranian Revolutionary Guard Corps (IRGC), Hamas, and Hezbollah.

Both sides have also extensively utilised cyber operations. Israel has conducted sophisticated cyberattacks aimed at Hamas' infrastructure, targeting banking services and imposing blanket bans on Hamas' telecommunications to spy on its adversaries. Conversely, Hamas has engaged in various cyberattacks, including spying, phishing, and denial-of-service (DoS) attacks on Israeli

instance, amid Israeli airstrikes on civilian infrastructure in Gaza, videos of the destruction and civilian casualties were uploaded online within minutes, facilitating increased global scrutiny.

In many ways, social media has become a tool for documentation as well as a platform for advocacy, pressuring governments to respond to human rights violations. It has also galvanised humanitarian efforts following the viral spread of images depicting devastation in Gaza.

Testing political agreements; shifting alliances

The ongoing conflict has had significant ramifications for regional diplomacy, testing the durability of existing political agreements and shifting alliances. The conflict has put pressure on the Abraham Accords brokered by the US, which normalised relations between Israel and several Arab states, including the UAE and Bahrain. The accords have remained intact primarily

taken a cautious approach, prioritising their national interests over support for the Palestinian cause.

Similarly, the US and major European powers might need to recalibrate their involvement in the region. As they continue to provide military and financial support to Israel, they face increasing criticism both domestically and internationally for not doing enough to halt the violence. US efforts to mediate ceasefires have been repeatedly undermined by on-the-ground developments, such as the breakdown of a tentative ceasefire in June 2024, brokered by Secretary of State Antony Blinken.

Cross-border strikes between Israel and Hezbollah are also straining the ceasefire in Lebanon as both sides accuse each other of violations. In addition to the scrutiny regarding the role and efficacy of great powers, similar scepticism has also surrounded multilateral institutions. A record number of casualties involving journalists and emergency aid workers is another dominant feature of this escalation.

## Iran-Israel dynamics

Iran has downplayed the impact of Israel's recent strikes on its territory, which occurred on 26 October in response to a missile attack conducted by Iran on 1 October—marking the second such attack in 2024. For decades, both states have engaged in a shadow war, executing covert assassinations and cyberattacks, with Iran activating proxy militias (axis of resistance) across the Arab world to target Israel. However, the recent Israeli strikes signify a pivotal moment, with Israel openly acknowledging that it targeted Iran. This unprecedented admission has unsettled Iran, raising doubts about its capacity to deter direct attacks.

In April, following an alleged Israeli attack on its diplomatic post in Damascus, Iran retaliated against Israel, who in turn conducted another strike, though this wasn't confirmed officially. This time, however, Israel confidently declared "precise strikes" on Iranian military targets. Iran's Supreme Leader, Ayatollah Khamenei, initially urged a measured response, asserting that the strikes should "neither be exaggerated nor downplayed." Going by Iran's usual strategy, this calm facade might soon erode, leading to a violent response.

The toppling of a key Iranian ally, Bashar al-Assad in Syria, by a Salafi group, Hayat Tahrir al-Sham (HTS), has enabled an Israeli incursion in Syria through the Golan Heights. Such developments might further deteriorate Iran's capabilities, yet a weaker Iran may not refrain from aggression should it feel threatened.

## Conclusion

The past year of conflict in West Asia has significantly changed the regional strategic landscape. Military strategies have evolved, with advanced technologies and hybrid warfare becoming central to the fighting. Diplomatic relations, especially within the Arab world and between global powers, have become strained. Additionally, social media has amplified both the documentation and perception of the war. Red lines that once governed the use of force have shifted, increasing the risk of broader regional escalation. As the conflict continues, the fragile balance in West Asia will remain a source of instability, with profound implications for both regional and global security.

The article was published by Institute of Peace and Conflict Studies Dr. Muneer Ahmed is Senior Researcher with IPCS' Centre for Internal and Regional Security (IReS).

lationships, social media narratives, and evolving discourse around using force. This article highlights outstanding features of the ongoing conflict and examines their effects on the region's strategic landscape.

## Impact on the nature of warfare

Israel and non-state actors like Hamas and Hezbollah have adapted their combat strategies, influenced by technological advancements and changing battlefield conditions. The increased use of drones, particularly by Hamas and Hezbollah, is one of the most significant developments. Hamas has employed drones for

websites. Innocent civilians often get caught in this crossfire. While cyber warfare may seem like a formidable offensive tactic, non-state actors are unable to compete with the resources of a state.

## Social media documentation and its impact on the war

Social media is widely accessible and has been used to document the conflict, impacting not just how war is waged but also how it is perceived. The role of social media has been central to documenting and shaping the narrative of this conflict. It has altered global perception and influencing political discourse by providing near-instantaneous coverage of the conflict. For

due to the will of the Arab monarchs though the political costs of maintaining relations with Israel are increasing. As the conflict in Gaza escalated, British Petroleum (BP) and Adnoc, a UAE-owned oil company, suspended negotiations to purchase a 50 percent share in Israel's leading natural gas producer, deeming the US\$2 billion deal "politically risky."

Similarly, Bahrain experienced domestic protests, with citizens demanding that their government cut ties with Israel. Since the outbreak of the war in Gaza, the responses of key regional Arab actors have been notably subdued—marking a stark change. While Israel's military retaliation and the resulting humanitarian crisis have faced widespread condemnation, most Arab states have

# Baburao Vishnu Paradkar: The Pioneer of Hindi Journalism



Er. Prabhat Kishore

Baburao Vishnu Paradkar, the inspiration behind the magazine of ideological revolution, was born on 16 November 1883 in a Marathi family in Kashi. The renowned editor of the Hindi daily 'Aaj', who earned immense fame by setting the best standards of journalism, had three aspects of his personality: (1) Revolutionary leader of the freedom struggle, (2) Master of literature, and (3) Pioneer of modern Hindi journalism.

Despite Marathi being his mother tongue, Paradkarji gave a new direction to Hindi journalism and made Hindi prose beautiful and impressive. He spent 12-13 years of his youth in Kolkata, where he received the best education in journalism from his maternal uncle Ram Ganesh Deoskar. Paradkarji entered the field of journalism in 1906 as an assistant editor of the Hindi newspaper 'Bangwasi'. After working in it for some time, he edited 'Hitvarta' and 'Bharat Mitra' published from Kolkata. Through these newspapers, he exposed the anti-national colonial politics of that time and inspired and encouraged the people to participate in the freedom movement.

In 1920, Paradkarji came to Kashi and took up the important responsibility of the editor of the daily 'Aaj'. He discharged this responsibility throughout his life. During the days of the Salt Satyagraha, when the British government banned

'Aaj', Paradkarji edited and published a two-page secret magazine called 'Ranbheri' and distributed to the revolutionaries spread across the country. The daily 'Sansar' published from Kashi from 1943 to July 1947 flourished under his editorship. He also edited 'Kamla', the ideal magazine for women.

The comments and editorials he wrote as an editor are of historical importance. His writings not only raised the voice of nationalism, but he also enriched the Hindi language and coined new Hindi words like Shri, Sarvashri, Shrimati, Rashtrapati, Mudrasphiti, Vayumandal, Antar-rashtriya, Magar Aansu etc. He showed generosity in adopting words from other languages, but did not consider it appropriate to use Arabic-Persian adjectives with Sanskrit words. The promotion, support and guidance he gave to the national language and literature through journalism for 50 years will be unforgettable.

Paradkarji had the good fortune of coming in contact with many great men and personalities of Bharat, prominent among whom are Vitthal Bhai Patel, Purushottam Das Tandon, Arvind Ghosh, Bal Gangadhar Tilak, Sampurnanand, Rasbihari Ghosh, Sardar Vallabh Bhai Patel, Dr. Bhagwan Das, Babu Shriprakash ji, Shiv Prasad Gupta and Banarasi Prasad Chaturvedi. By staying in the company of these personality, he played an important role in the freedom struggle. He was imprisoned from 1916 to 1919.

While presiding over the first Hindi Editors' Conference organized on the occasion of Vrindavan Sahitya Sammelan in 1925, Paradkarji said: - "The policy of future Hindi editors will not be the policy of patriotic, religious or great editors who worship humanity. .... The work of Hindi editors is very difficult. We are

directly connected to the society. But we have to understand ourselves. The more success we can show in this and the deeper we go, the more success we will achieve. Till we do not adopt the common society and make our newspapers their



reflection, we will neither be able to progress nor will we be able to truly serve the country."

In 1938, he was made the President of the Shyamala (Shimla) session of the Akhil Bharatiya Hindi Sahitya Sammelan. In 1950, in the Marathi Sahitya Sammelan held in Mumbai, he delivered an impressive speech on the development of Indian newspaper publication from the chair of

the press conference. Paradkarji wrote a book named 'Desh Ki Baat', which was a translation of 'Deshor Katha' written by his maternal uncle and guru Sakharam Ganesh Deoskar. 'Vishwashanti Ka Agradoot' written by him on 15 August 1947 was an excellent editorial.

Paradkarji wrote about a hundred editorials on various subjects such as - Language and Literature (14 editorials), Memoirs and Tributes (9 editorials), Journalism (8 editorials), Freedom Struggle (37 editorials), World and India (11 editorials), Economy and Inflation (94 editorials), Social and Rural Problems (8 editorials). His last editorial was published in the daily 'Aaj' on 8 February 1954 under the title 'Amrit Kumbh Ya Vish Kumbh'. Paradkarji, who had contact even with pigeons and hawks, was an expert in the knowledge of the afterlife. He was a supporter of widow remarriage and married a widow for the third time.

Some of the precious statements of Paradkarji related to journalism are still inspiring and useful: - (1) "The ideal of Hindi journalism is great, and its objective is to enhance the glory of the nation by bringing about its all-round development. The help of journalism is required in finding solutions to the challenges facing the nation." (2) "News should be a reflection of the society and must also set high ideals before its readers. Description of the natural state of soci-

ety, analysis of its merits and demerits, reform, guidance and entertainment, all these are the duties of newspapers. Public education is our true religion." (3) "In my opinion, apart from knowledge of literature and language, it is necessary for the editor to have detailed knowledge of Indian history and general knowledge of world history and general knowledge of sociology, political science and international laws. He may not be an expert in economics, but at least he should have the ability to understand the Indian and provincial budget. It is also necessary for editors of newspapers published with different objectives to have special knowledge of those subjects."

Journalism was both a weapon and a shield for Paradkarji. Whenever the black law of the British tried to snatch away the power of the pen, he wrote the entire editorial column "We are silent against the black law" and left it plain. This great architect of Hindi journalism died in Kashi on 12 January 1955. In the words of President Dr. Rajendra Prasad, Paradkarji was the pillar of Hindi Sahitya Sammelan and the Hindi journalist world.

Through journalism, Paradkarji not only raised consciousness against the British in the minds of the people, but also tried to make the country socially and culturally prosperous. He recognized, tested and patronized the creative potential of new writers and put them on the path of progress. Undoubtedly, he was a pioneer in the art of editing. The generations to come in journalism will continue to draw inspiration from him for ages.

The author is an engineer and educationist Patna



# Secy RDD inspects development projects in Akhnoor, Pargwal; emphasises community participation

**JAMMU:** Secretary, Rural Development and Panchayati Raj Department, Mohammad Aijaz Asad, conducted an extensive inspection of multiple developmental initiatives in Akhnoor and Pargwal blocks of Jammu District on Saturday.

The visit focused on assessing progress, addressing public concerns and reinforcing community-driven sustainability efforts.

At Panchayat Sungal C, the Secretary reviewed the newly constructed Plastic Waste Management Unit, which serves three blocks and was established at a cost of Rs 65 lakh. He stressed the need to raise awareness among the local population, urging them to deposit plastic waste at designated locations instead of disposing it randomly. He also highlighted the importance of involving self-help groups in this process. He stated that the unit not only contributes to environmental protection but also generates employment opportunities.

He also reviewed the activities of self-help groups operating under the Jammu and Kashmir National Rural Livelihoods Mission (JKRLM) and encouraged them for their pursuits.

Responding to the request from women-led self-help groups for a kitchen shed and a sanitary complex, he directed the concerned officials to commence the construction work for the kitchen shed and CSC.

During the tour, the Secretary also inspected the Panchayat Ghar and the under-construction library in Sungal Lower Panchayat. He instructed that a sanitary complex be built at the site.

Ajaz Asad also reviewed the GOBARdhan unit at Gurha Brahmana East, which has the capacity to generate two gas cylinders daily. The project supplies gas to 15 nearby households through a pipeline.

The Secretary was informed that the project has enabled them to switch from firewood to gas, which is not only more affordable but also more convenient.

To ensure the sustainability of GOBARdhan, the Secretary assigned the responsibility of monitoring the plant's to the respective Block Development Officers. He emphasised that the maintenance of these units should be self-sustained through revenue income. He

stated that the department will soon organize a workshop to train relevant personnel and community members in operating these units efficiently.

He reiterated that local communities play a crucial role in success of these projects and directed that a local committee be formed to oversee operations and receive necessary training.

Furthermore, the Secretary conducted a detailed review of developmental works under Mahatma Gandhi NREGA, PMAY-G, SBM-G, UT Capex and other schemes in Akhnoor and Pargwal blocks. He instructed the officials to ensure that all PMAY houses and Panchayat Ghars are completed within the stipulated timeframe besides constructing community sanitary complexes wherever required.

He also inspected the CSC, Plastic Waste Management Unit and other development projects in Pargwal Lower Panchayat.

During his visit, the Secretary met with border residents who expressed concerns over difficulties in reaching their fields during the rainy season due to deteriorated pathways and the challenge of crossing water channels.

Addressing their concerns, Ajaz Asad directed for construction of culverts over local water channels and development of footpaths to facilitate smoother movement for the residents. During the tour, MD NRLM, Subhra Sharma, Additional Secretary, Wasim Raja, ACD Jammu, ACP Jammu and other officials were also present.

## District Admin B'la Organizes Awareness Programme on New Criminal Laws



**Baramulla:** In a significant effort to empower citizens, particularly women, with knowledge of the three newly enacted criminal laws, the District Administration Baramulla organized a comprehensive awareness programme at the Government Degree College for Boys, Baramulla.

The programme was presided by the Deputy Commissioner Baramulla, Minga Sherpa and was attended by legal professionals, police officers, and a large number of women audience and students. The event aimed to educate the public about the Bharatiya Nyaya Sanhita 2023, Bharatiya Nagarik Suraksha Sanhita 2023, and Bharatiya Sakshya Adhiniyam 2023, which represent a transformative shift in India's legal framework.

The programme was designed to ensure that citizens, especially women, are well-informed about their rights and the legal protections available to them under these new laws.

During the programme, the DC emphasized the importance of legal literacy in fostering a just and equitable society and highlighted the progressive provisions in the new laws that aim to safeguard the rights of women and marginalized communities, ensuring faster justice delivery and enhanced accountability.

Minga Sherpa further stressed that the new laws are not just legal reforms but a step towards building a society where justice is accessible to all. Legal expert provided in-depth talk on the three new criminal laws replacing older laws of the Indian Evidence Act. They elaborated on the key changes, including the introduction of community service as a form of punishment, streamlined procedures for investigation and trial, and the incorporation of technology in legal processes.

A special focus was laid on how the new laws directly impact women, highlighting measures to address crimes against women more effectively, such as stricter penalties for sexual offenses, improved mechanisms for reporting crimes, and enhanced protection for victims during trials. The session emphasized the importance of women being aware of their rights and encouraged them to actively participate in the legal process and seek justice without fear. The discussion also touched upon the role of community support in ensuring that women feel safe and empowered to report crimes.

## CEO SSCL Conducts reviews Implementation of Intelligent Traffic Management System

**Srinagar:** In a significant step towards modernizing traffic management in Srinagar, the CEO SSCL, Dr Owais Ahmed convened a meeting today at SMC Central Office Karanagar to discuss the implementation of the Intelligent Traffic Management System (ITMS). This initiative aims to enhance road safety, reduce congestion, and improve the overall traffic flow in the city.

The meeting was attended by SSP traffic Srinagar, Additional CEO SSCL, Chief Engineer SSCL and other Senior officials from SSCL to review the proposed strategies for integrating advanced technology into Srinagar's traffic management framework.

The ITMS is designed to utilize real-time data analytics, smart signaling, and automated monitoring systems to optimize traffic conditions and respond swiftly to incidents. The CEO emphasized the importance of adopting innovative solutions to tackle urban traffic challenges.

Implementing the ITMS will not only improve the efficiency of our traffic system but will also contribute to a cleaner and more sustainable environment, he said.

## Awareness programme on New Criminal Laws organized in Ganderbal

**GANDERBAL:** The District Administration Ganderbal, in collaboration with the District Legal Services Authority (DLSA) Ganderbal, and District Police Ganderbal organized a mass awareness programme today to educate the public about India's newly enacted criminal laws—Bharatiya Nyaya Sanhita 2023, Bharatiya Nagarik Suraksha Sanhita 2023, and Bharatiya Sakshya Adhiniyam 2023.

The event, held at the Auditorium Hall of Govt. Boys Hr. Secondary School Ganderbal, was aimed at informing stakeholders about the key provisions and implications of these laws.

The programme was presided over by Deputy Commissioner (DC) Ganderbal, Jatin Kishore, as the Chief Guest. Additional Deputy Commissioner (ADC) Gulzar Ahmad, Dy.SP HQ Aftab Bukhari, and other district officers were also present.

A large gathering, including officers, officials, lumberdars, chowkidars, and members of the general public from various villages across District Ganderbal, participated in the awareness session.

Speaking at the event, the Deputy Commissioner highlighted the key reforms introduced in the new laws, emphasizing that they prioritize justice over punishment and are designed to ensure speedy justice, strengthen judicial and court management systems, and enhance accessibility to justice for all. He stressed the importance of public awareness in facilitating a smooth transition to the new legal framework.

ADC provided a comprehensive overview of the three new criminal laws, elaborating on their role in protecting citizens and ensuring transparent and expeditious justice.

Dy.SP delivered an insightful presentation, explaining each law in detail. He outlined the significant changes in the existing legal framework and raised awareness about their implications. The awareness programme was part of a broader initiative by the District Administration Ganderbal to familiarize the public with legal reforms and empower them with the knowledge to navigate the new judicial landscape effectively.

## Deputy Commissioner Baramulla Reviews JK Samadhan Grievance Redressal System

**Baramulla:** Deputy Commissioner Baramulla, Minga Sherpa, today reviewed the implementation and progress of the JK Samadhan grievance redressal portal in the district.

The review focused on ensuring swift and efficient resolution of public grievances, reinforcing the administration's commitment to transparent and accountable governance.

During the review, the DC assessed the status of grievances registered under the JK Samadhan portal and directed all concerned departments to expedite their resolution.

He emphasized the need for a citizen-centric approach, urging officials to ensure that complaints are addressed within stipulated timelines to enhance public trust in governance.

The discussions covered key areas, including clearing pending grievances, strengthening departmental accountability, and increasing public awareness about the platform.

DC instructed departments to facilitate easy access to the JK Samadhan portal, particularly for residents in remote areas, ensuring that all citizens can effectively register and track their complaints.

To improve the efficiency of the system, the DC directed the designation of nodal officers within departments for close monitoring of grievance redressal.

He also stressed the importance of regular reviews to assess the performance of each department in resolving issues raised by the public.

Additional Deputy Commissioner Baramulla, Dr Zahoor Ahmad Raina, General Manager District Industry Center Baramulla, Assistant Commissioner Development, SDMs of Pattan, Gulmarg Superintending Engineer R&B, Chief Education Officer and other senior officers from various other Departments were present during the meeting.

# Deputy CM Surinder Choudhary reviews development projects in Anantnag

### Calls for ensuring the benefits of welfare schemes percolate to grassroots level

**ANANTNAG:** Deputy Chief Minister, Surinder Choudhary, today directed the officers to ensure that the benefits of welfare and development schemes percolates to the grassroots level.

"The district is having a diverse topography and officers should ensure that the benefits of welfare initiatives and infrastructural development percolates to the grassroots level and the last habitable hamlets", emphasised the Deputy Chief Minister.

The Deputy Chief Minister was addressing the officers during a review meeting to assess the progress on developmental activities in Anantnag district.

The meeting was attended by MLA Dooru, Ghulam Ahmad Mir; MLA Kokernag, Zafar Ali Khatana; MLA Anantnag West, Abdul Majeed Bhat; MLA Bijbehara, Bashir Ahmad Shah Veeri; MLA Shangus-Anantnag East, Riyaz Ahmad Khan and MLA Pahalgam, Altaf Ahmad Wani besides District Development Commissioner, Syed Fakhruddin Hamid; Heads of Departments (HODs) and sectoral officers.

During the review of progress on various works, the Deputy Chief Minister was informed that the district administration has focussed on transforming the infrastructure, grievance redressal, heritage protection and priority based planning. He was apprised that as per standard practice, the district administration undertook quality analysis of grievances received in the district on JK Samadhan-Raabta

to ensure that people's grievances are addressed in a timely and quality manner.

While reviewing the status of proposed projects of public importance such as Mini Secretariat, district level auditorium and

Minister, while assessing the social sectors such as health, education, social welfare, ICDS, POSHAN, emphasised that deliverables under these developmental initiatives needed to be made accessible to the beneficiaries to ensure effective

flyovers for traffic management, the Deputy Chief Minister noticed that these works have the potential to transform the district profile, ensuring ease of living for the people.

The Deputy Chief Minister also reviewed the works being executed in the infrastructure sector through a comprehensive assessment of Public Works Department (PWD), Pradhan Mantri Gram Sadak Yojana (PMGSY), Jal Shakti, KPDC and others.

The Deputy Chief Minister emphasised the importance of maintaining high quality standards and adhering to project deadlines. He directed the officials to prioritise the pending projects and ensure early completion in all sectors. He instructed the officers to adhere to technical specifications and safety standards as well. The Deputy Chief

Minister, while assessing the social sectors such as health, education, social welfare, ICDS, POSHAN, emphasised that deliverables under these developmental initiatives needed to be made accessible to the beneficiaries to ensure effective

implementation. In this regard, he issued specific directions with regard to functioning of hospitals, health care centres, Jan Aushadhi stores, Samagura Shiksha, PM SHRI, National Social Assistance Programme and POSHAN Abhiyan, among others.

The Deputy Chief Minister assessed working of various departments and sectors including Labour, JKRLM, Rural Development (MGNREGA), Fisheries, Agriculture, Dairying and others. He directed the officials to ensure that the enrolment under such schemes is done timely, as these sectors have potential to create employment opportunities for the youth. With reference to the mining sector, the Deputy Chief Minister emphasised sustainable and judicious utilisation of mineral

wealth of the district. He stated that the government has zero tolerance policy towards illegal mining.

Meanwhile, the Legislators highlighted the issues of public importance concerning their respective constituencies.

Among others, these included construction of approach roads in their areas, road connectivity in the Scheduled Tribes and remote habitations, upgradation of healthcare facilities including Sub District and Trauma hospitals, construction of Dak Bungalow in Dooru, drinking water and irrigation augmentation, desilting of water canals, enhancement of Tourism activities in Pahalgam and Kokernag besides establishment of Industrial Training Institutes.

While highlighting the importance of elected representatives in ensuring speedy socio-economic transformation, the Deputy Chief Minister asked for considering the suggestions and feedback of the elected representatives while formulating development schemes so that these could reflect the local needs and demands. He assured the officers of government's full support in addressing challenges, if any.

The Deputy Chief Minister called for holding regular meetings with the elected representatives for effective monitoring and evaluation of all ongoing works to ensure transparency and accountability.

Earlier, the Deputy Commissioner presented a detailed overview of the developmental scenario of the District.

## Judicial Academy organises training prog on “Hardware & Software maintenance”

**JAMMU:** Under the patronage of Chief Justice, High Court of Jammu & Kashmir and Ladakh (Patron-in-Chief, J&K Judicial Academy), Tashi Rabstan, guidance of Chairperson, Governing Committee for J&K Judicial Academy and members of Governing Committee for J&K Judicial Academy, the J&K Judicial Academy organised one day training programme on "Hardware & Software maintenance, Data Replication, Data monitoring, VC equipment, LAN connections" (ECT\_10\_2024 and ECT\_11\_2024) for the technical staff, NIC coordinators, District System Administrator and System Officers of Jammu Province at J&K Judicial Academy, Janipur, Jammu.

In the first technical session, Jagdish Chhaikar, Scientist F, e-Courts Division NIC Pune, joined the session virtually. He explained the introduction to concept of CIS 4.0 and improvements in comparison to CIS 3.2. He discussed that CIS 4.0 is a giant move under the initiative of e-committee to make the Indian Judiciary more transparent and litigant friendly.

He also discussed the data center VMs, transfer of physical data centers into digital data

centers (i.e., virtual) using a cloud software platform, enabling companies to remotely access information and applications.

The Resource Person addressed the elaboration on networking concepts and VC equipment, Ubuntu OS maintenance in relation to e-Court Project. He elaborated on working of other portals viz. e-Summons, NSTEP, ICJS in tandem with CIS 4.0.

Director J&K Judicial Academy, Sonia Gupta, conducted the proceedings for the daylong training programme and presented the vote of thanks.

All the sessions remained very interactive during which all the participants actively participated and shared their experiences, difficulties besides discussing various aspects of the subject topics. They also raised a number of queries which were answered satisfactorily by the resource persons.

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## MLA Anantnag West Flags off Watershed Management Campaign Van at Block Vessu

Anantnag, February 15: In a major step towards water conservation and sustainable management of water resources, Member of the Legislative Assembly (MLA) Anantnag West Advocate Ab Majeed Larmi flagged off the Watershed Management Campaign Van today at Block Vessu of Anantnag.

The initiative aims to raise awareness about responsible water usage and conservation practices among communities across various districts.

The event was attended by Assistant Commissioner Panchayat (ACP) Anantnag, who also serves as the Project Manager for the Watershed Management Development Program; Block Development Officer (BDO) Block Vessu, along with a large gathering of farmers, civil society members and local residents.

The Watershed Management Campaign Van, which began its journey from Jammu reached Vessu Anantnag today and will now proceed to Srinagar and later to Baramulla.

Throughout its route the van will engage with communities to emphasize the importance of water conservation, soil erosion prevention and sustainable agricultural practices.

Speaking on the occasion, MLA highlighted the urgent need for collective efforts in water conservation, calling for active collaboration between government agencies, civil society organizations, and the farming community. He stressed that protecting water resources is a shared responsibility that demands participation from all sections of society.

ACP Anantnag elaborated on the objectives of the Watershed Management Development Program, emphasizing its role in addressing water scarcity and promoting sustainable agricultural techniques. He urged the community to take responsibility

of conservation efforts to ensure a secure water future for generations to come.

BDO Vessu reiterated the significance of awareness campaigns in educating the masses about the benefits of water conservation. He encouraged local farmers and residents to adopt water-efficient practices and actively contribute to the campaign's success. During the event, students of various educational institutions presented skits and other cultural programmes displaying messages of watershed management and water preservation.

The event witnessed enthusiastic participation from farmers and civil society members, who appreciated the initiative and pledged their support in spreading awareness within their communities.

As the campaign progresses across different districts, it is expected to further strengthen community-driven efforts towards the protection and sustainable management of water resources.

Later the MLA distributed mementos and appreciation certificates among students and other stakeholders.





# Visceral fat: A popular plant-based protein source can help trim belly flab



**New Delhi:** Visceral fat refers to the fat that accumulates inside the body and wraps around the abdominal area. The risk of accumulating this form of fat increases with age, and with that comes the likelihood of being unable to get rid of it. What further makes visceral fat a cause of concern is that this one cannot always be seen – a slim individual is also likely to have visceral fat – and if left untreated, it can raise the risk of severe health crises ranging from hypertension to stroke and insulin resistance. As scary as it may sound, the good news about visceral fat is that with the help of diet one can get rid of this risky form of belly fat. Keep reading.

**How does diet help with visceral fat management?**

Visceral fat is not the same as other forms of fat as it is stored deep inside the belly region wrapped around organs like the liver and intestines. It can account for about 10 per cent of fat stored in the entire body.

According to experts, the most effective way of getting rid of visceral fat is by lowering weekly meat intake and replacing it with plant-based sources of proteins. For this, foods like beans and pulses could be the key to reducing belly fat. The benefits of these foods for fat reduction are attributed to fibre content – a macronutrient linked to healthier digestion and lower odds of obesity.

**How to eat beans the right way for weight loss?**

Experts suggest eating one to two portions of beans every week as part of a fat-burning healthy diet. Some of the healthiest beans for people with visceral fat include:

1. Chickpeas
2. Kidney beans
3. Butter beans
4. Pinto beans
5. Baked beans
6. Runner beans

Some of the best sources of proteins, these foods along with pulses are a great way to beat hunger pangs. Over time, high intake of these foods lower heart disease and metabolic syndrome risk in people. Pulses are some of the best sources of proteins for people who are vegetarian, vegan, or lactose intolerant. These can be added to meat dishes, pies, and soups

# Diabetes, weight loss: A popular grain in India that is low in GI and calories

**New Delhi:** If you grew up in an Indian household, you must have heard about yummy dishes like Dalia ki kichdi, Dalia ki kheer, etc. Dalia, also known as bulgur, broken wheat, or cracked wheat, is a popular ingredient that's widely consumed in India. But did you

**Benefits of Dalia**

Some other benefits of Dalia are as follows:

1. **Digestion friendly:** What could be better than finding a dish that is delicious, nutritious, and easy to digest? Dalia checks all the listed benefits, making it an excellent



know that this ingredient is also a rich source of protein and can support muscle and bone health? There are multiple benefits of this common food variety that you must know about.

**Dalia for diabetes and weight loss**

Living with diabetes is not a ferry ride. The dietary restrictions imposed makes it crucial to vet every meal before consuming it and truth be told, it can be quite a hassle. According to the experts, diabetics should consume food that is low in glycemic index (GI). Dalia, being a rich source of fibre, protein, and low in GI makes up for a diabetes-friendly food as it can help manage blood sugar levels.

Furthermore, it's low in calories and aids healthy digestion and metabolism. These properties make it weight loss friendly as well.

food that can be consumed daily. Dalia is high in fibre which helps promote healthy and easy digestion. This is what makes Dalia a popular food choice for babies, ill people, and the elderly.

2. **Improves skin health:** Inflammation is one of the major causes of skin issues. Therefore, foods such as Dalia, which have anti-inflammatory properties, can serve as an excellent food for skin health.
3. **Easy to prepare:** Dalia is one of the easiest dishes to prepare which makes it a popular breakfast choice. Furthermore, this ease of preparation enables versatility, convenience, and adaptability. Dalia is also an extremely flexible ingredient. So even if you have to consume it regularly, you wouldn't need to worry about monotony because you can try a variety of other ingredients and recipes with Dalia

# Breakthrough invention! Researchers create 3D human spinal cord implants to treat paralysis

**Tel Aviv:** It is an unfortunate reality that there isn't a cure for permanent paralysis. The spinal cord

PhD student Lior Wertheim, Dr Reuven Edri, and Dr Yona Goldshmit. Other contributors included Prof.



can't heal itself. But, now, for the first time in the world, researchers from Sagol Center for Regenerative Biotechnology at Tel Aviv University, engineered 3D human spinal cord tissues and implanted them in a lab model with long-term chronic paralysis.

The results of the study were published in the scientific journal 'Advanced Science'.

The results were highly encouraging: an approximately 80 per cent success rate in restoring walking abilities. Now the researchers have started preparing for the next stage of the study: clinical trials in human patients. They hoped that within a few years the engineered tissues will be implanted in paralyzed individuals enabling them to stand up and walk again.

The groundbreaking study was led by Prof. Tal Dvir's research team at the Sagol Center for Regenerative Biotechnology, the Shmunis School of Biomedicine and Cancer Research, and the Department of Biomedical Engineering at Tel Aviv University. The team at Prof. Dvir's lab included

Irit Gat-Viks from the Shmunis School of Biomedicine and Cancer Research, Prof. Yaniv Assaff from the Sagol School of Neuroscience, and Dr Angela Ruban from the Steyer School of Health Professions, all at Tel Aviv University.

Prof. Dvir explained, "Our technology is based on taking a small biopsy of belly fat tissue from the patient. This tissue, like all tissues in our body, consists of cells together with an extracellular matrix (comprising substances like collagens and sugars). After separating the cells from the extracellular matrix, we used genetic engineering to reprogram the cells, reverting them to a state that resembles embryonic stem cells - namely cells capable of becoming any type of cell in the body. From the extracellular matrix we produced a personalized hydrogel, that would evoke no immune response or rejection after implantation. We then encapsulated the stem cells in the hydrogel and in a process that mimics the embryonic development of the spinal cord we turned the cells into

3D implants of neuronal networks containing motor neurons."

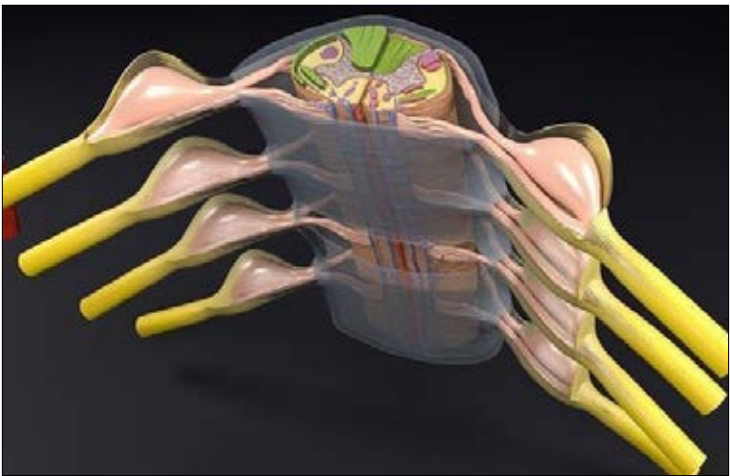
The human spinal cord implants were then implanted in lab models, divided into two groups: those who had only recently been paralyzed (the acute model) and those who had been paralyzed for a long time - equivalent to a year in human terms (the chronic model). Following the implantation, 100 per cent of the lab models with acute paralysis and 80 per cent of those with chronic paralysis regained their ability to walk.

Prof. Dvir then continued, "The model animals underwent a rapid rehabilitation process, at the end of which they could walk quite well. This is the first instance in the world in which implanted engineered human tissues have generated recovery

their lives, bearing all the social, financial, and health-related costs of paralysis. Our goal is to produce personalized spinal cord implants for every paralyzed person, enabling regeneration of the damaged tissue with no risk of rejection."

Based on the revolutionary organ engineering technology developed at Prof. Dvir's lab, he teamed up with industry partners to establish Matricelf (matricelf.com) in 2019. The company applies Prof. Dvir's approach in the aims of making spinal cord implant treatments commercially available for persons suffering from paralysis.

Prof. Dvir, head of Sagol Center for Regenerative Biotechnology, concluded, "We hope to reach the stage of clinical trials in humans within the next few years, and ul-



timately get these patients back on their feet. The company's preclinical program has already been discussed with the FDA. Since we are proposing an advanced technology in regenerative medicine, and since at present there is no alternative for paralyzed patients, we have good reason to expect relatively rapid approval of our technology."

# Top 5 ways to tackle mental health issues

**New Delhi:** The 2022 Union Budget was announced by Finance Minister on February 1. This year's Budget also laid focus on health and wellbeing with the announcement of a National Tele Mental Health Programme holding precedence – this involved the establishment of 23 centres of excellence with NIMHANS at the centre and tech support from the International Institute of Information Technology-Bangalore. You can fight mental health woes by making some simple changes to your lifestyle – and it won't cost a penny extra and take all of your time either.

**Stay active:** Sitting in the same spot attending online classes and working from home can take a major toll on your physical and mental health as well. Therefore, it is advisable to spend some time breaking a sweat – be it a walk or a running session, yoga, or spend some time at the gym – keeping active is one of the best ways to distract your mind from overthinking and depressive thoughts.

**Do something you are good at:** Sometimes, what we need is a boost to our self-esteem, gaining a sense of accomplishment to dodge depressive thoughts. For this, try doing something you are good at – success can boost confidence levels, and once you are ready to push yourself out of the shell, the path to new learning and experiences opens up.

**Watch what you eat:** Patients with depression and anxiety often find themselves struggling with stress eating habits – majorly relying on sugar and caffeine for immediate effects, even alcohol. This, however, is short-lived. The human mind and body is



what it eats, therefore, it is advisable to nourish your body with a plethora of nutrients that keep the physical and mental aspects of health satiated. Include lots of fruits, vegetables, nuts, fatty fish, seeds, bread, grains, and water in your diet.

**Be mindful of alcohol intake:** Alcohol can have an immediate effect on the brain in helping it dodge negative thoughts to a great extent, but only for a short term. Once the effect wears off, an individual finds him or herself back in the same spot and sometimes it can be worse. For temporary relief, some might fall for frequent alcohol binges which can be detrimental to mental and physical health in the long run. Treating alcohol addiction can become a whole new priority then.

**Practice mindfulness:** Meditation is another way of getting relief from mental health problems. Try sitting in a calm environment without any distractions or step out in a greener atmosphere – a garden or park, for instance, choose a quiet place where you can listen to the sound of birds, focus on your mind. Practicing some yoga poses as the cobra pose can also help get relief from mental health woes.

# Sugar detox: Know its impact on the body, tips to pull it off effectively

**New Delhi:** From cakes and doughnuts to Starbucks' caramel latte and hot chocolate with marshmallows, sugary treats make up for a variety of comfort foods. While limited consumption of sugar is not necessarily harmful, studies have shown that an unmoderated intake of sugar can put the body at risk of various health complications such as weight gain, cardiovascular disease, mismanagement of diabetes, etc. So is there a way to shield the body from this sweet threat? Yes, and the answer is - sugar detox.

**Sugar detox - Benefits and side effects**

Detoxification is the process of eliminating toxins from the body that can be harmful to overall health. Added sugar, rightfully called the sweet poison, can and must be reduced from the diet to ensure short- and long-term health. A sugar detox can be an effective way to achieve the same. The benefits of a sugar detox are as follows:

- It can have mood-boosting effects.
- It can help in cutting back on calories.
- It reduces the risk of developing chronic health complications such as hypertension and diabetes.
- It supports weight management.
- It aids in achieving sound oral health.

However, here's the catch - Sugar detox is more complex than it seems to be because the deeply ingrained use of sugar in our daily life makes it difficult to keep its consumption at bay. A study has shown that the human mind is wired in a way that it can develop addictive tendencies towards sugar consumption and any change or reduction in the same can lead to a display of symptoms that are similar to that of drug withdrawal. Depending on the daily sugar intake, different people can exhibit different symptoms. Here are some side effects of a sugar detox:

- Unhealthy alterations in the sleeping pattern
- Decreased dopamine release can cause changes in the mood
- Uncomfortable level of cravings
- Loss of focus and impaired cognitive function
- Restlessness, irritability, and anxiety

**Sugar detox - Tips and tricks**

Here are some ways in which you can successfully pull off a sugar detox:

**Add healthy fats to your diet:** A variety of fatty foods such as pies, cakes, etc. are loaded with sugar. It's time to replace them with healthy fats to provide your body with the required fat content. Some foods with healthy fats in-



clude avocado, nuts, seeds, eggs, etc.

**Replace your soda cans with water:** The habit of quenching thirst with soda or juice, however unhealthy, is not uncommon. Using sugary drinks as a substitute for water can not only increase your added sugar intake, it can also leave your body malnourished and dehydrated. There-

fore, for successful sugar detox, it's time to throw those soda cans away and pick up a reusable water bottle.

**Use fruits as dessert:** We all need that 'one bite' of the dessert after every meal. But little do we know about the damage that a single bite can do to the body. Do not compromise with your meal satisfaction and finish off your meal with a dessert, but in a healthy way. You can do it by replacing sugary desserts with fruits such as pineapples, oranges, berries, etc.

**Don't miss out on protein:** Sugary cravings are easier to creep in on an empty stomach. Nip the problem in the bud by adding the required amount of protein to your diet to keep your body satiated for longer periods. Some high protein foods that you can add to your diet include chicken, egg, chickpeas, nuts, milk, etc.

**Destress your mind and body:** Ever heard of stress eating? This adverse impact of stress on the body is caused due to the increased levels of cortisol. Munching on desserts and sugary treats can have a relieving effect on stress but can have an unhealthy impact on the body due to excessive sugar intake. Therefore, an effective sugar detox calls for stress management methods to keep the mind and body relaxed.



# Continued From P1...

## Ambedkar Refused

India's national renaissance.  
“The winds of change have brought peace and progress. Let us be the architects of a new dawn for Jammu & Kashmir and for Bharat,” he said.

The Vice-President said, “A great son of the soil once voiced the demand for ‘Ek Desh Mein Ek Nishan, Ek Vidhan, Ek Pradhan.’ That dream has been accomplished. Where there was once disorder, we now witness real order and stability.”

“Nationalism is our identity. It is our supreme duty to always prioritize national interest above everything else. No political or personal interest is greater than the interest of the nation,” he said.

Highlighting the importance of duties, the Vice-President said, “Every individual has certain duties. Our culture teaches us what our duties are. We must discharge our civic duties diligently, and when we do so, the results will be remarkable.”

“We must march ahead, fast-tracking our journey toward a developed Bharat. One significant step in this direction is the transformation from the Danda Vidhan to the Nyaya Vidhan—unshackling the colonial mindset.”

Referring to last year's Parliamentary polls, the Vice-President said, “Jammu and Kashmir, which had the highest voter turnout in 35 years during the 2024 Lok Sabha polls, witnessed a 30-point increase in participation in Kashmir.”

He said, “Democracy has found its real voice, its real resonance. The region is no longer a story of conflict; Every investment proposal in New Kashmir isn't just about capital, it's about trust being restored, faith being rewarded.”

“The change is not imperceptible; it is perceptible. Perception has changed, ground reality is changing, hopes of the people are soaring,” the Vice-President said.

Referring to the investment proposals that Jammu and Kashmir received after the abrogation of Article 370, the Vice-President said, “In just two years, J&K received investment proposals worth Rs 65,000 crores, signaling strong economic interest in the region.”

“For the first time since 2019, Foreign Direct Investment (FDI) has entered Jammu and Kashmir, with multiple international companies showing interest. The region is a confluence of confidence and capital,” he added.

He said, “In 2023, over 2 crore tourists visited Jammu and Kashmir, giving a tremendous boost to the local economy. What was once called heaven on earth is now a symbol of hope and prosperity,” said the Vice-President.

The Vice-President told the students that they are living in a confident and resilient India. “Today, Bharat

is being celebrated globally as a favorite destination for investment and opportunity. Never before in our history since independence has the voice of an Indian Prime Minister been so resonant with global leaders,” he added.

Lieutenant Governor Manoj Sinha, Chief Minister Omar Abdullah, Minister of Education of J&K, Sakeena Masood and other dignitaries were also present on the occasion

## Youth Must

Lieutenant Governor said while addressing the Convocation Ceremony of Mata Vaishno Devi University (SMVDU).

The Lieutenant Governor expressed gratitude to Vice-President of India, Jagdeep Thakkar for blessing the graduating students of SMVDU at University's 10th Convocation. Today's moment will remain etched in students' memories for a lifetime, he said.

He said the advances in humanities, arts, science and technology have opened new areas of opportunities and the knowledge and learning of the graduating students will help them achieve success.

“Today our youth are equipped with special knowledge and skills that can be properly utilised to transform rural areas. This mission calls for dedication and determination. Above all, our youth needs to be rooted in ancient culture and must have faith in their abilities and wisdom of our culture,” the Lieutenant Governor said.

The Lieutenant Governor emphasised that the skills and knowledge must contribute in improving the lives of people.

To seize future opportunities in science and technology, we need to take a fresh look at our teaching-mentoring system because it will have a direct bearing on the journey of Viksit Bharat, the Lieutenant Governor further said.

The Lieutenant Governor asked the teaching community to focus on harnessing the capacities of our students and transform the educational institutions into the most potent instrument to build a prosperous India.

It is the responsibility of our teachers and educational institutions to initiate innovative educational programmes and nurture curiosity, promote critical thinking, creativity, innovation. Teachers should share their own life experience to inspire students for Lifelong Learning Skills that will shape the future, he said.

The Lieutenant Governor extended his best wishes for a productive and a bright future to all the graduating students. He also congratulated the girl students for outshining the boys in the medal tally, and also remained ahead in Certificate of Distinction and Infosys Foundation Prize.

Shri Mata Vaishno Devi University also conferred Honoris Causa degrees on writer & historian Padma Pt Shiv Dutt Nirmohi, and former CEO National Health Authority Dr Ram Sewak Sharma.

## Statehood to

and governance side... I can only say that Jammu and Kashmir is within the status of a Union Territory at this time. The lieutenant governor is the administrative head of the UT but we have also elected a government. We have a very successful government which was elected very recently,” he said.

On the Waqf (Amendment) Bill, Riji said that Andhra Chief Minister N Chandrababu Naidu and his Bihar counterpart Nitish Kumar were on board with the government's decision.

“The Waqf bill is for transparent management of properties for the benefit of Muslims. There is no way that anyone can snatch the properties,” he said.

Asked if Naidu and Kumar were supportive of the bill, the minister replied in the affirmative saying several Muslim MPs too have privately supported it.

“Several Muslim MPs have expressed support (for the bill) while thousands of Muslims, including women, have welcomed it,” Riji said.

On the reduction in budgetary allocation for Jammu and Kashmir for the 2025-26 fiscal, Riji said the provisions have been made as per the spending capacity of the Union Territory in the current fiscal.

“The budgetary allocations are according to the Union Territory status. The finance minister has made it clear that the allocation is as per spending capacity. She also said whatever money is needed will be provided. It does not include the centrally-sponsored schemes. There is no dearth of resources,” he said.

The minister also said that there was relief for horticulture farmers and handicraft artisans of Jammu and Kashmir in the Budget.

“J-K has a special situation. There is a lot of relief for horticulture and handicrafts. Special mission mode announcements have been made to enhance exports of handicrafts and Kashmiri art,” Riji said.

After this Budget, small-scale and medium-scale industries will get a boost in Jammu and Kashmir, he added. (Agencies)

## FIRDIOUS BHAT

terrorists- Waseem Shah and Adnan Beigh- were arrested in Anantnag with pistol and hand grenade. Investigation revealed that Firdous Bhat had tasked two other local terrorists of LeT- Omas and Aquib- to provide arms and ammunition to Waseem and Adnan to carry out terror attacks on non-local civilians and tourists visiting Anantnag. During the interrogation Firdous Bhat revealed his sinister design.

“Sizable quantity of arms including pistols, ammunition, explosives and narcotics was recovered from his residential quarter in Police Housing Colony, Qamarwari in Srinagar and a newly constructed house in Ganje Mohalla, Mattan, Anantnag, 3 KG of Charas was also recovered from his residence which was dropped by LeT terrorist Sajid Jutt alias Saifullah through drone in Samba few days earlier. Investigation further revealed that Firdous Bhat was a close associate of Sajid Jutt helped him operate a large terrorist network from Pakistan. Firdous Bhat while serving in J&K Police was also working for Hizbul Mujahideen's Commander Khursheed Dar, LeT terrorist Hamza Bhai and Abu Zarrar,” a source in the intelligence community revealed.

Firdous Bhat not only provided classified information about security forces movement, collection, storage and delivery of arms ammunition on the instruction of terrorists but also provided targets for killing and guided terror attacks.

“Firdous Bhat in 2020 guided the LeT terrorists which led to the killing of J&K Police Sub-inspector Ashraf Bhat. On 18th May 2024 Firdous Bhat gave the target and guided the terrorists to attack tourists in which two tourists from Rajasthan were injured at Yanner, Pahalgam. He was also involved in radicalising and luring the youth to join terror ranks. Using his police constable cover Firdous Bhat was transporting arms, ammunition and explosives for terrorists,” sources in the security agencies said.

Another official said that after Firdous Bhat became constable in 2011, he used to send terrorists to the residence of government officials and businessman with intent of blackmailing.

“He did not spare his colleagues in police department. In one such instance he sent HM terrorists to the house of a Sub-Inspector and also made threatening calls on behalf of LeT to the families of police officers. They were scared so one spoke out,” the official said.

## NISAR KHAN

he covertly joined Hizbul Mujahideen and started collaborating with separatist forces. He traded his loyalty for bloodshed and duty for destruction,” the officials said.

His links with Hizbul Mujahideen first came to light in the year 2000 when a landmine blast at Chamaran in Anantnag District. The attack was executed by

Hizbul Mujahideen in which Ghulam Hasan Bhat, the then power minister of J&K was killed. Nasir Khan and another accused had provided logistical support to the terrorists to assassinate the then Minister along with two police personnel. Nasir also helped in smuggling RDX used in the blast and coordinated the terror attack. He was arrested, chargesheeted but later acquitted in 2006 due to witnesses backtracking, intimidating environment inside and outside the courts.

“It was not honorable acquittal. Arms, ammunition and wireless set seized from his house was not considered as evidence by the trial court and also witnesses and associates backtracked on their testimony. Those days gun-wielding terrorists would roam freely in the villages and people were scared to speak out against Hizbul Mujahideen terrorists. Even officers and witnesses were reluctant to testify against persons like Nasir in the court,” the security officials said.

However, despite his acquittal in 2006, Nasir Khan continued his work for terror group. His role was once again exposed in 2016 and he played a central role during the valley's unrest following killing of HM terrorist, Burhan Wani.

“He mobilised mobs, incited violent protests and transformed the streets into terror battleground. He also mobilised youth for stone pelting and arranged weapons to attack security forces. During that period 4 FIRs were lodged against him. After the killing of another HM terrorist Yawar Nisar Wagay in 2017, Nasir once again played a key role in organising stone pelting and attacks against security forces. He was detained under PSA for 8 months. However, no departmental action was taken against him because his senior officers were scared of him. Officers in criminal justice system too were intimidated so he has continued his work as an asset of HM terror outfit and providing support to carry out attacks on civilians and police personnel,” the officials said.

## ASHRAF BHAT

He started attacking the same Indian state which was providing him salary and putting the food on his table. For many years his activities were undetected eventually came to light in 2022

and he was arrested and currently lodged in district jail, Reasi.

During the course of a painstaking investigation, it was revealed that Ashraf Bhat's handler was most wanted LeT terrorist Mohd Qasim, who is based in Pakistan.

“LeT found him to be very useful because as a teacher Ashraf Bhat was best placed to radicalise youth and carry out terror activities under the cover of a respectable, noble profession. He helped LeT to raise finances for terror activities and coordinated transport of arms, ammunition and explosives. As an active terror associate,

Ashraf also used his cover to deliver threat letters to the targeted individuals identified by LeT handlers based in Pakistan. Even after he was arrested he has no remorse for working with terror outfit and in fact while he was lodged in jail, he managed to communicate with some of his handlers in Pakistan through his aides. It is also learnt that he is actively involved in radicalising inmates in district jail, Reasi,” Sources in security agencies said.

Sources also said nowhere in the world you would such example where government employees are biting the same hand that is feeding them.

“They are drawing their salary from Indian exchequer and their families are getting all the facilities provided by Indian state. But, they are siding with terrorists and adversaries and killing innocent people,” sources added.

## BJP discusses

The Leader of Opposition noted that the budget is being presented in J&K after a gap of seven years, adding that the party MLAs will strongly advocate for public interests in this session, while safeguarding the rights of all sections of society.

He specifically stated that the government would not be allowed to “compromise the interests of the people.”

“The current functioning of the NC government is showing its bias toward a particular region while ignoring the interests of the other region,” he alleged, vowing to counter “any such measure by the government in the budgetary allocations.”

## Terminated employees

of sub-section of Article 311 of the Constitution of India.

If there is any evidence against them (terminated employees) and they are given a chance to justify themselves, but they could not, then it is fine,” he said, adding that if a decision is taken without listening to them, then the law says everyone is innocent until proven guilty.

On being asked about the Wakf Amendment Bill, he said that it is against Muslims and there is no other reason behind it.

Earlier, addressing the gathering during the convocation ceremony of the university, the Chief Minister said that it is the day of celebration, reflection and new beginnings.

## Opposition calls

pattern of disempowerment. The BJP, however, defended the dismissals, calling them necessary to combat 'terrorism'.

PDP Chief and former J&K chief minister, Mehbooba Mufti said that people had pinned their hopes on the new government, expecting at least some relief through vigorous advocacy of these issues with the Lieutenant Governor.

“Arbitrary & summary dismissals of government employees has become a daily occurrence since 2019. What is perhaps most surprising & puzzling is that it continues unabated despite an elected government in power that had promised to put an end to such practices once in office,” she said.

JKPC Chief and Handwara legislator, Sajad Gani Lone said that “the termination of three employees is a stark reminder of our continued disempowerment.”

## LG Sinha

and ensure the security of citizens,” the Lieutenant Governor Sinha had directed the senior police officials on 13th February.

A senior security official said the government employees terminated by the Lieutenant Governor Manoj Sinha were serving the terrorist organisations and not the nation.

“They were betraying and sabotaging the same country which was feeding them. Look at the curious case of Firdous Ahmad Bhat, a police constable, who was orchestrating the terror attacks instead of protecting the lives of common citizen,” the official said.

از عدالت ایگزیکٹو مجسٹریٹ در جواد تحصیلدار سوپور

مضمون درخواست منجانب داد جہیل ملہ محمد جہیل ساکن کوئلہ مقام تحصیل آگلیں ا۔

محمد اعظم رفیقی

برادر احمادی تاج محمد رفیق شریف

اشتراک برادر داد آگلیں ہر خاص و عام

چونکہ معاملہ زیر بحث کے نسبت برادران Sopore MC کے درخواست نسبت احمادی سر تقی زہر

بحث دی جی جنہوں نے عدالت بد کو جسٹریٹن انکماٹ صادر کی برادران نے تہا نہ پئے/

جنگ کی پیدا انکماٹ مندرجہ ذیل اصول انکی ایس ایچ سو پور میں کی ہے جسکے

مطابق برادران آراٹیلہ کے پئے کی جنگ کی ایم پیڈا اگلیں 2019-05-26 ہے جس کے

جسٹریٹن کے لئے

انکماٹ نسبت احمادی برادر محمد رفیق احمادی اکیا پئے تو اگر کسی شخص یا شخص کو

کی نظر یا اعتراض ہو تو سات ایم کے اندر دفتر ہذا میں دفتر کی افواہات کے دوران اپنے

مذرات پیش کریں۔

بعد پڑنے معذرت کوئی نظر ردار کی قابل قبول نہ ہوگا۔

ایگزیکٹو مجسٹریٹ در جہ اول

تحصیلدار سوپور۔

# NOTICE

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

**Name -Shah mohammad hibban**  
**S/o Tariq ahmad**  
**DOB- 22-10-2021**

# NOTICE

This is an information for general public that in my Driving licence bearing Registration No: JK-05 20090022991, My name and Address has been Mistakenly Mentioned as Feroz Ahmad, R/O Kaloosa Bandipora, while as my Actual and correct name and Address is Feroz Ahmad Khan, R/O Kaloosa Bandipora Muslim Abad. 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 within a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

**Feroz Ahmad Khan.**  
**S/O Ghulam Mohammad Khan**  
**R/O Kaloosa Bandipora Muslim Abad.**

# NOTICE

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

**Name -Aalima Lateef**  
**D/o mohd lateef Shusha**  
**DOB-20-10-2021**

# NOTICE

This is an information for general public that the parantege of my Daughter's Namely, 1) Aaisha Hilal, 2) Zainab Hilal, has been Mistakenly Mentioned in their school records as Syed Hilal Ahmad Rehmani, Mother's name as Fatima Begum, while as their Actual and correct Father's and Mothers Name is, Syed Hilal Ahmed Rehmani, and Mothers Name is Fatima Bano. Now i want to apply for its correction in this regard any person having any objection he/she may file the Objections in office of the principal Faiz Aam Secondary school Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

**Syed Hilal Ahmed Rehmani.**  
**F/O 1) Aaisha Hilal.**  
**2). Zainab Hilal.**  
**R/O Onagam Bandipora.**

# NOTICE

This is an information for general public that the Name and Address of My Son has been Mistakenly Mentioned in his school records as Mohd Huzaif Dar, R/O Chak Rampora Gundpora. While as his Actual and correct name and Address is, Mohammad Huzaif Dar. R/O Gundpora Rampora Bandipora, Now i want to apply for its correctio, in this regard any person having any objection he/ she may file the Objections in office of the Principal Faiz Aam Secondary school Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

**Mohammad Huzaif Dar**  
**F/O Mubashir Ahmad Dar.**  
**R/O Gundpora Rampora Bandipora.**


# NOTICE

I Irfan Shafi Malik, son of Mohammad Shafi Malik, resident of Buran, Tehsil Singhpora having DOB 24-04-1998. Now I want to obtain DOB Certificate from the office of Block Development Officer Singhpora. In this regard anybody having any objection, he/she may contact the said office within 7 days from the date of publication of this notice. No objection will be heard thereafter.

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By the mercy of Allah Ta'ala, many students have completed the recitation of the Holy Quran, while others have advanced to higher levels of Islamic learning and are now serving the cause of Deen.

Currently, the Madrassa functions in temporary tin-roofed sheds, while a four-story building is under construction. This noble endeavour requires your Zakat, Sadaqah, and donations to ensure a better future for these aspiring students. Your contribution will be a Sadaqah Jariyah (Everlasting Charity), bringing endless rewards for you and your departed loved ones.

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**Your well wisher:** Hazrat Maulana Muhammad Rahmatullah Kashmiri Nazim Darul Uloom Raheemiyah, Bandipora.



# Ashwin slams superstar culture in Indian cricket, says "we must normalise things"

Stop treating Indian cricketers as demigods and "normalise things" going forward so that they remain grounded and relatable to common people, spin legend R

"It is important to normalise things in Indian cricket. We must not encourage this superstardom and super celebrities within the Indian cricket team," Ashwin said on his Hindi YouTube channel, 'Ash Ki Baat'.

spoken against the superstar culture in the team, and like Ashwin, urged that the focus should be on team effort rather than individual achievements. Gambhir, himself a successful former India player who has rubbed shoulders

When you hit one more century, it is not just about your achievement anymore. It should be the business as usual, and our goals should be bigger than these achievements."

Ashwin believed that personal milestones should not overshadow the ultimate goal of winning tournaments for the country.

The spin great also raised concerns over the Indian selectors' decision to name five spinners in the team for the upcoming ICC Champions Trophy.

India have picked Kuldeep Yadav, Axar Patel, Washington Sundar, Ravindra Jadeja and Varun Chakravarty in the final squad for the mega event starting in Pakistan on February 19.

"Five spinners in Dubai? I don't know. I think we are one spinner too many if not two," he said.

"The two left-arm spinners are your best all-rounders alongside Hardik Pandya."

"So both Axar Patel and Ravindra Jadeja are going to play. Hardik will also play and Kuldeep will play."

"If you want Varun Chakravarty in the team, then you will have to make a pacer sit out and use Hardik as your second pacer. Else you will have to drop a spinner to bring in a third seamer," Ashwin said.

The Tamil Nadu player, who finished his career with 537 wickets in 106 Tests, 156 scalps in 116 ODIs and 72 in 65 T20Is, decided to retire abruptly from all forms of cricket after the drawn third Test against Australia in Brisbane.



Ashwin said while slamming the prevailing superstar culture in the team.

Ashwin, India's most successful off-spinner with 765 international wickets across formats, said batting maestros such as Virat Kohli and Rohit Sharma scoring a century should be considered "business as usual" as they have already achieved so much in their career.

"We must normalise all these things going forward. We are cricketers. We are not actors or superstars."

"We are sportspersons, and we must be someone that the common people should resonate with, and can compare themselves with."

In recent times, Indian men's team's head coach Gautam Gambhir has also strongly

with legends such as Sachin Tendulkar, Rahul Dravid and Anil Kumble, has made it his mission to end Indian cricket's affinity for superstardom.

Ashwin, who retired from international cricket after a glittering 14-year career, further said, "For example if you are a Rohit Sharma or a Virat Kohli, who have achieved so much.

Ashwin, who retired from international cricket after a glittering 14-year career, further said, "For example if you are a Rohit Sharma or a Virat Kohli, who have achieved so much. When you hit one more century, it is not just about your achievement anymore. It should be the business as usual, and our goals should be bigger than these achievements."

## KKR and RCB set to play IPL 2025 opener on March 22

Defending champions Kolkata Knight Riders (KKR) will face Royal Challengers Bengaluru (RCB) in the opening match of IPL 2025. ESPNcricinfo has learned the season opener will be played at Eden Gardens on March 22 and the IPL final will be played on May 25.

While the IPL is yet to release the schedule, it is learned that last season's finalists Sunrisers Hyderabad will begin their campaign at home against Rajasthan Royals on the afternoon of March 23. Later that Sunday evening, Chennai Super Kings are likely to host Mumbai Indians at Chepauk.

The 10-team league is set to start 12 days after the Champions Trophy final on March 9 and will be played at 12 venues - the ten traditional homes of the franchises as well as Guwahati (second venue for RR) and Dharamsala (second venue for Punjab Kings).

The opening fixture will feature two teams led by new captains. While RCB recently appointed Rajat Patidar as their captain, KKR are yet to announce the successor to Shreyas Iyer, who led them to the title in 2024. RCB had finished fourth in the league last year, following a streak of six defeats with six wins to make it to the playoffs where they lost the Eliminator. KKR have been dominant against RCB in Kolkata, winning eight of their 12 matches at Eden Gardens.

PBKS, who have a new captain and coach in Shreyas and Ricky Ponting, will play three of their home matches in Dharamsala - one more than the usual two they play each season at the picturesque venue in Himachal Pradesh. Their remaining four home matches will be at Mullanpur in Punjab.



## Khyber Cement Ka Zarra Zarra Dil Se Bana Hai

