

Kashmir Convener



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Protecting Rights of Citizens Should Be Top Priority of J&K Police: HM Shah

● Ensure Full Implementation of New Criminal Laws in UT by April 2025

KC News Network

NEW DELHI: Stating that the Jammu & Kashmir police should now prioritize safeguarding citizen rights, Union Home Minister Amit Shah on Tuesday directed the Union Territory administration to ensure the full implementation of three new criminal laws by April 2025.

Shah, who chaired a high-level review meeting on the implementation of these laws in Jammu & Kashmir, noted that with the decline in terror activities and improvement in the security scenario in the region, the police should now prioritize safeguarding the rights of its citizens.

Shah, who reviewed the implementation of the laws in the presence of LG Manoj Sinha and Chief Minister Omar Abdullah, asked the UT administration to ensure the full implementation of the three new criminal laws, made under the leadership of Prime Minister Shri Narendra Modi, by



April 2025.

The three criminal laws—Bharatiya Nyaya Sanhita, the Bharatiya Nagarik Suraksha Sanhita, and the Bharatiya Sakshaya Act—came into effect on July 1, 2024. These laws replaced the Indian Penal Code, Code

of Criminal Procedure, and Evidence Act.

According to the news agency—Kashmir News Observer (KNO), Shah said that for the full implementation of the new laws, it is imperative to

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Application Of New Criminals Laws In J&K Largely Successful: CM Omar

KC NEWS NETWORK

NEW DELHI: Jammu and Kashmir Chief Minister Omar Abdullah on Tuesday said the three new criminal laws have been "by and large" implemented successfully in the Union Territory and it was important that the citizens are made aware about the provisions of the new Acts.

Abdullah was speaking to reporters outside the Ministry of Home Affairs (MHA) office after participating in a review meeting of the three laws that was chaired by Union Home Minister Amit Shah. Jammu and Kashmir Lieutenant Governor Manoj Sinha and other senior officers were also part of the meeting.

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"Sun in Chilai Kalan is God's Wrath, Not Blessing": MP Ruhullah on Omar's Praise for Modi



KC News Network

SRINAGAR: Reacting to Chief Minister Omar Abdullah's remarks during Prime Minister Narendra Modi's visit to Sonmarg, National Conference MP Agha Ruhullah Mehdi dismissed the praise, calling it unnatural and a sign of divine wrath.

Ruhullah made these remarks in an exclusive conversation with Kashmir News Service (KNS) in New Delhi.

During PM Modi's visit to Sonmarg in January, Omar praised the Prime Minister, saying that the weather supported his presence with clear skies and warmth in their hearts. The comment sparked backlash, with many drawing parallels to former CM Mehbooba Mufti's infamous "toffee and milk" remark, which has haunted her politically for years.

When asked whether Omar's praise could, like Mufti's statement, remain a political tag for years to come, Ruhullah said that sunshine during Chilai Kalan was not something to celebrate.

He said that Kashmir's winters are meant for snow, and an absence of it is unnatural and ominous. "If, during Chilai Kalan, we see the sun instead of snow, it is not a blessing—it is God's wrath." Ruhullah refused to justify Omar's remarks and added, "Only he can explain why he said that."

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Asian Water Bird Census To Begin from Feb 19 in Kashmir



KC News Network

SRINAGAR: The Department of Wildlife Protection, in collaboration with the Wular Conservation and Management Authority (WUCMA), is set to conduct the Asian Waterbird Census (AWC) 2025 on February 19.

This annual initiative plays a crucial role in estimating the

population of migratory birds visiting Kashmir's wetlands and assessing the ecological health of these vital habitats.

Ahead of the census, an orientation program was conducted on Today, at IMPA, where volunteers received specialized training in bird identification, population estimation techniques, and data collection

methods.

The session saw participation from scholars from SKUAST, students from various colleges, and members of prominent NGOs such as Wildlife Conservation Fund, SRDE, Wildlife SOS, WRCF, and SEEDS.

Also, officials from the Forest Territorial Department, Forest Protection Force, Wildlife Department, and WUCMA, along with experienced birdwatchers and conservationists, took part in the training.

Speaking at the event, Rashid Yahya Naqash, Regional Wildlife Warden elaborated on the migratory patterns of birds arriving in Kashmir's wetlands between November and March.

He highlighted the Central Asian Flyway, a significant migration route used by birds traveling from Russia, Siberia, Europe,

>>>SEE ON P-7

IGP Kashmir for strengthening region's security framework

Reviews Joint Security Preparedness in South Kashmir

KC NEWS NETWORK

SRINAGAR: Inspector General of Police (IGP) Kashmir Zone, V.K. Birdi, visited Anantnag today to commend the efforts of both forces in maintaining law and order and stressed the need for continued collaboration



to strengthen the region's security framework.

He made these remarks during a visit to Anantnag to assess the joint security preparedness and operational capabilities of the Jammu and Kashmir Police and the Central Reserve Police Force (CRPF).

During his visit, IGP Birdi chaired a high-level joint security review meeting at DPO Anantnag, focusing on enhanced coordination, joint resource utilization, and operational efficiency.

The Meeting was attended by senior officers from the Police and CRPF, who deliberated on joint deployment strategies, operational preparedness, and emerging security challenges. IGP Birdi also inspected the Special Operations

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Govt Takes Up Issue Of Drying Achabal Stream With GSI

Jahangeer Ganaie

SRINAGAR: Renowned earth scientist and Vice-Chancellor of the Islamic University of Science and Technology (IUST) Prof Shakeel Romshoo on Tuesday said that snowless winters during the past five years have pushed Kashmir to the brink.

In an exclusive interview with the news agency—Kashmir News Observer (KNO), Prof. Romshoo said that the Kashmir has experienced a significant decline in snowfall over the past five years, particularly during the peak winter season. This has led to the current alarming situation. "Snowfall is a major source of water for Kashmir's population. With the pervasive lack of snow, rivers,



tributaries, and streams are drying up. This could severely impact the tourism sector, horticulture, and food security systems in Kashmir, with far-reaching economic implications," Prof. Romshoo said. Asked about the drying up of the Achabal water

stream, Prof. Romshoo explained that geological factors could be at play. The mountains from which these streams originate are shallow, and their flow is sustained by snow accumulation. "

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Unusual dry spell keeps Kashmir's border areas open

Sajid Raina

SRINAGAR, Feb 18: The border areas of north Kashmir, which are typically cut off for months due to heavy snowfall for months, have remained accessible by road this winter due to an unprecedented dry spell.

While this has eased connectivity for residents, it has also raised concerns about water shortages and long-term environmental impacts.

Residents living along the Line of Control (LoC) in districts like Kupwara and Bandipora, including remote areas such as Gurez, Tulail

>>>SEE ON P-7

Mission YUVA Accomplishes Baseline Survey Of Over 1.1 Cr People

● CS terms exercise crucial in shaping roadmap to tackle unemployment



KC News Network

JAMMU: Chief Secretary, Atal Dulloo, today convened a meeting with all the stakeholders to assess outcomes of amonth-long baseline survey conducted under Mission Yuva Udyami Vikas Abhiyan (YUVA) aiming identification of potential entrepreneurs and challenges faced by the existing enterprises in J&K.

The survey, carried out digitally from 1st of January this year, encompassed whole adult population of the UT residing in both rural and urban areas.

The mammoth exercise was accomplished with the help of nearly 18,000 investigators and 800 supervisors who visited around 23.64 lakh households in different districts of J&K to identify the potential entrepreneurs (PEs).

Dulloo, while making observations about this survey, remarked that carrying out such a massive exercise in record time is commendable.

He termed it crucial for determining a roadmap to deal with the unemployment issue in the region. He impressed upon the concerned to come up with a comprehensive report based on the insights made in the survey. He advised for stacking the data so that the relevant stacks are used by the Universities and research institutions for completing research papers over the same subject matter.

The Chief Secretary also advised the developers to separately categorise the self employment schemes from social security and others. He stressed on making provision of scheme advisor in the YUVA application so that the potential entrepreneurs are guided as per their strengths and area of interest.

He reiterated the significance of augmenting the institutional structure envisaged under this scheme so that the handholding of applicants is done to transform them into successful entrepreneurs.

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'Chillai Khurd' likely to bring rain, snow on its last day

KC NEWS NETWORK

SRINAGAR: After Chilla-i-Kalan-- the

40-day harshest winter period-- ended on a dry note in Kashmir, the 20-day small cold known as "Chillai Khurd" too failed to bring any major respite.

However, as the 20-day small cold is all set to culminate on (Wednesday February 19), the weatherman has

predicted light to moderate rain and snow at many places on its last day.

The fresh rains and snow in Jammu and Kashmir will likely end the prolonged dry spell tomorrow as a two-day wet spell is expected to bring rains and snow in J&K till Thursday. Notably, after a 20-day long Chillai-

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‘Visionless’ Modi Govt Tanked Economy: Kharge

NEW DELHI: Congress president Mallikarjun Kharge on Tuesday termed as ironical the claim of Finance Minister Nirmala Sitharaman that the Indian economy is giving good returns, and said a “visionless” Modi government has tanked the economy and ruined the lives of Indians. “Nothing can be more ironical than Modi Sarkar’s FM saying that our Economy is delivering ‘Good Returns’, he said in a post on X.

Kharge said Rs 45 lakh crore has been wiped out from the Indian stock markets so far in 2025 and Nifty 50 firms have shown the worst quarterly profit growth in five years.

“Foreign Investors have sold over Rs 1.56 lakh crore of stocks since October last year, including nearly Rs 1 lakh crore in 2025 itself, which has led to wiping out wealth of small and medium investors,” the Congress chief said.

“Rupee at 87, means Trade Deficit is sky-high. Imports have risen by 62.21 percent in the last 5 years. The Modi Government’s Trade policy is disastrous for India,” he said.



Drawing a comparison, Kharge said export growth during the 10 years of UPA government from 2004 to 2014 grew by 549.36 percent while during the 10 years of Modi government from 2014 to 2024 exports grew by 24.72 percent (Till April-Nov 2024).

“The Modi Government has forgone a Corporate Tax revenue of Rs 10 Lakh Crore in past 10 years, in anticipation that they

will create jobs, but 8 out of 9 companies that have benefited from the cut in Corporate taxes have REDUCED Jobs,” he said.

The Congress chief also said India is staring at a global Tariff war,

“Our Manufacturing Sector is drowning, Make in India and PLI Schemes have failed, youth unemployment has NO solution, Price Rise is extinguishing savings, Consumption is falling and there is no respite from Budget,

Rural wages have seen ZERO growth, the Rupee has depreciated by 43% in the past 10 years and forced oil-gas buy would burden our import bills,” he said.

“A visionless, rudderless and policyless Modi Sarkar has tanked the Indian Economy, ruining the lives of Indians,” Kharge charged.

Seeking to assuage concerns over foreign institutional investors (FII) selling Indian equities lately, Sitharaman on Monday attributed the action to profit booking.

She said the Indian economy is one where the investors are bagging better returns which leads to profit booking.

“FIIs also go out when they are able to or in a position to book profits. Indian market today, Indian economy today, has an environment in which investments are also yielding good returns and profit booking is also happening,” she said.

It can be noted that FIIs have sold over Rs 1.56 lakh crore of stocks since October last year, including nearly Rs 1 lakh crore in 2025 itself, which has led to a sharp correction on the indices and wiping out investor wealth.

Government of Jammu & Kashmir (UT) Department of Tribal Affairs Office of the Warden Gujjar and Bakerwal Boys Hostel Srinagar boysgbbhostelsgr@gmail.com Notice No. 01 of 2025 Dated: 15-02-2025

Subject: Notice For Admission In Gujjar and Bakerwal Boys Hostel Srinagar For The Academic Year 2025.

It is for the information to students of Gujjar and Bakerwal community who are desirous to seek admission in the Gujjar and Bakerwal Boys Hostel Srinagar in class 6th for the academic year 2025. The entrance test forms will be issued from the office of the u/sd as per the following schedule:

- 1: Date of Issue (Entrance test forms) from 20.02.2025 To 02.03.2025
 - 2: Last date of Submission of forms in the office of the u/sd will be 05.03.2025
 - 3: Date of written test: 09.03.2025 (Sunday).
- Eligibility
- 1: The student must have passed/ appeared in 5th class examination from any Govt./ Govt. recognised Private school.
 - 2: The student must belong to Gujjar and Bakerwal community.
 - 3: The student must fall in BPL/AAV/orphan Category.
 - 4: The either of the parents of the student must not be a Govt employee.
 - 5: The student must belong to the District Srinagar and District Ganderbal only.

Sd/-Warden
Gujjar and Bakerwal Boys Hostel
Srinagar
DIPK-12135/24

Union Territory Jammu & Kashmir OFFICE OF THE EXECUIVE ENGINEER R&B DIVISION SUMBAL

NOTICE INVITING TENDERS
NIT No.81 of 2024-25/R&B Division Sumbal
(Single Cover System)

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

S.No	Name of Work	Adv. Cost (Rs. In Lacs)	Cost of T/Doc. (In Rupees)	Earnest Money (In Rupees)	Time of Completion	M.H of Account	Class of Contractor
1	Construction of Building for Sub-Treasury Sumbal.	0.38	200/-	760/-	15 Days	4059-NFB Treasury	DEE

Position of AA/TS:- Available

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

1	Date of Issue of Tender Notice	
2	Period of downloading of bidding documents	17-02-2025 from 4.30P.M
3	Bid submission Start Date	17-02-2025 from 4.30P.M
4	Bid Submission End Date	24-02-2025 upto 4.00 P.M.
5	Date & time of opening of Bids (Online)	25-02-2025 at 11.00 A.M in the office of Executive Engineer R&B Division Sumbal.

2. Bids must be accompanied with cost of Tender document (as mentioned above) in the shape of Treasury Receipt/e-Challan in favour of Executive Engineer R&B Division Sumbal. (The Date of Treasury Challan and CDR must be between the date of start of bid and Bid Submission End Date. The Treasury Challan must clearly depict the NIT No., S.No of work and Name of work against which the T.C has been deposited. The T.C should be deposited to the M.H 0059-Rev. Any deviation shall render the bidder as Non-responsive.

3. The successful Bidder has to produce Performance Security Deposit @5% of contract value in the shape of CDR/FDR/BG within 02 days after opening of Bids, which shall be released after successful completion of work with DLP. This will replace the EMD @ 2% of the Advertised cost uploaded by the Bidder.

4. The date and time of opening of Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same Web Site in the Office of Executive Engineer R&B Division Sumbal (tender receiving authority).
5. The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical bids
6. Instruction to bidders regarding e-tendering process.
- 6.1 Bidders are advised to download bid submission manual from the “Downloads” option as well as from “Bidders Manual Kit” on website www.jktenders.gov.in to acquaint bid submission process.
- 6.2 To participate in bidding process, bidders have to get ‘Digital Signature Certificate (DSC)’ as per Information Technology Act-2000. Bidders can get digital certificate from any approved Vendor.
- 6.3 The bidders have to submit their bids online in electronic format with digital Signature. No bid will be accepted in physical form.
- 6.4 Bids will be opened online as per time schedule mentioned in Para-1.
- 6.5 Bidders must ensure to upload scanned copy of all necessary documents with the technical bid.
7. For drawing of agreement of the contract and memorandum of an agreement relating to sate of bill of exchange one rupee for Rs.10,000/- or part thereof shall have to be realized/deposited by the Contractor at his own to revenue Head of Accts.0030/ Stamps of Deputy Commissioner Stamps J&K UT.
8. The Bidder emerging as 1st Lowest (Successful Bidder) has to complete the work & if he fails in completion of the work allotted to him, the bill deposit, unpaid work done and the EMD submitted by him shall be forfeited & the Agency shall be debarred to participate in the future tenders of this Division for one year.

No. R&B/Sbl/24/8793-99.
Dated:- 18-02-2025.

Sd./Executive Engineer
R&B Division Sumbal
DIPK-12124/24

Domestic Violence Act: SC Slams States, UTs For Not Filing Status Reports

NEW DELHI: The Supreme Court on Tuesday pulled up several states and union territories for not filing status reports over the implementation of the domestic violence law



while allowing them four more weeks subject to the payment of Rs 5,000 as costs.

A bench of Justices B V Nagarathna and Prasanna B Varale took note when the petitioner’s counsel said several states and UTs did not file their status reports despite the top court’s direction. “The counsel for the respective states have sought for some more time to file status reports. Hence, four more weeks are granted to file status reports subject to payment of cost of Rs 5,000 to the Supreme Court mediation centre,” the bench said. The bench noted Andhra Pradesh, Arunachal Pradesh, Himachal Pradesh, Madhya Pradesh, Maharashtra, Meghalaya,

Odisha, Telangana, West Bengal and Assam were among the defaulters.

UTs of Dadra and Nagar Haveli and Daman and Diu, Jammu and Kashmir, Ladakh and Lakshadweep also did not file the status reports, it was further informed.

“Pay cost of Rs 5,000 and file it. If you don’t file it, next time it will double,” said Justice Nagarathna. The bench posted the matter on March 25.

In its December 2 2024 order, the apex court said the status report had to be filed with regard to implementation of the Protection of Women from Domestic Violence Act, 2005.

On January 17, the top court extended the time for filing of the status reports by the states and UTs till February 14. While hearing the matter in November last year, the apex court said the prayers in the petition were essentially for the implementation of the 2005 law. While issuing notices, the top court said the obligation for the implementation of the law not only rested with the Centre but also with the respective state governments. The plea sought directions to the authorities for the proper enforcement and implementation of the provisions of the 2005 Act aside from directions for adequate appointments.

Defence industry in India at cusp of massive expansion: Defence secy

NEW DELHI: The defence industry in India is at the “cusp of a massive expansion”, Defence Secretary Rajesh Kumar Singh said on Monday even as he suggested that public-private-partnership would be “critical” in making the country a hub for advanced manufacturing in the sector.

In his address at a defence conclave here late evening, he also said the intention of the Government is to build a “technologically advanced” and “combat-ready force” that can effectively address the “complexities of modern warfare”.

The event was hosted by Axis Bank to bring together different stakeholders, including Government officials, industry members, financial institutions, among others under one roof.

Singh said the conclave fosters collaboration among different stakeholders from the defence industry ecosystem, including those who would finance them. Creating a unified platform for discussions on ‘Atmanirbhar Bharat’, empowering the defence ecosystem is a “critical issue” right now, he added. “It is an ongoing effort which we sort of need to continue to focus on. It is also in line with our priorities of modernising and reforming the defence ecosystem in our quest for ‘Atmanirbharta’ or strategic self-reliance,” the defence secretary said.

He recalled that the Ministry of Defence recently declared 2025 as the “year of reforms”, saying the objective is to make systems and procedures more efficient, streamlined in order to deliver timely outcomes.

No extension of Maha Kumbh: Prayagraj DM

MAHA KUMBH NAGAR (UP): Prayagraj District Magistrate (DM) Ravindra Mandar

on Tuesday categorically denied rumours circulating on social media regarding an extension of the Maha Kumbh Mela due to heavy crowds. Dismissing these claims, he clarified that the schedule of the event is determined on the basis of religious “muhurats” (auspicious timings) and remains unchanged.

The Maha Kumbh will conclude on

February 26, in accordance with its pre-decided schedule, Mandar said.

“According to (Uttar Pradesh) Chief Minister Yogi Adityanath’s instructions, the administration is ensuring a smooth travel and other arrangements for all the devotees. There is no proposal from the government or the district administration to extend the mela dates. Pilgrims should

not pay heed to such misinformation,” he said. The DM asserted that all necessary arrangements are in place for the remaining days of the Maha Kumbh to facilitate hassle-free bathing at the Triveni Sangam.

The administration is also focused on traffic management to maintain a balance between the movement of devotees and normal life in Prayagraj, he said.

Disrespectful For PM, HM To Have Made Midnight Decision To Appoint New CEC: Rahul

NEW DELHI: Congress leader Rahul Gandhi on Tuesday said it is “disrespectful” and “discourteous” for the prime minister and home minister to have made a midnight decision to select the new CEC when the process of selection is being challenged in the Supreme Court.

The government late on Monday night appointed Gyanesh Kumar as the new Chief Election Commissioner (CEC), hours after the meeting of the prime minister-led selection committee in which the Leader of Opposition in Lok Sabha asked the government to defer the meeting in view of the Supreme Court hearing in the matter.

Gandhi also presented a dissent note to the panel, of which Home Minister Amit Shah is also a member.

The Supreme Court on Tuesday said it would on February 19 take up on “priority basis” the pleas against the appointments of the chief election commissioner (CEC) and election commissioners (EC) under the 2023 law.

In a post on X, Gandhi said, “During the meeting of the committee to select the next Election Commissioner, I presented a dissent note to the PM and HM, that stated: The most fundamental aspect of an independent Election Commission free from executive interference is the process of choosing the Election Commissioner and Chief Election Commissioner”.

“By violating the Supreme Court order and removing the Chief Justice of India from the committee, the Modi Government has

exacerbated the concerns of hundreds of millions of voters over the integrity of our electoral process,” he also said in his post while sharing his dissent note.

Gandhi said as the Leader of Opposition, it is his duty to uphold the ideals of Babasaheb



Ambedkar and the founding leaders of the nation and hold the government to account.

“It is both disrespectful and discourteous for the PM and HM to have made a midnight decision to select the new CEC, when the very composition of the committee and the process is being challenged in the Supreme Court and is due to be heard in less than forty-eight hours,” he also said.

In his dissent note presented before the panel, Gandhi cited the speech of B R Ambedkar while speaking in the Constituent Assembly in June 1949 to discuss the setting up of an independent Election Commission, where he had warned about executive interference in India’s democracy and the affairs of the

Election Commission.

Gandhi said in a judgement on March 2, 2023, the Constitutional Bench of the Supreme Court ordered the appointment of the CEC and election commissioners should be undertaken by a committee comprising the prime minister, Leader of Opposition and Chief Justice of India.

“The Supreme Court judgement reflected the larger concern among hundreds of millions of voters over the integrity of our electoral process. This is also reflected in public surveys that show a continuing decline in trust of voters in India’s election process and its institutions.

“Unfortunately, soon after the Supreme Court order, the Government of India notified a legislation in August 2023 that bypassed the spirit and the letter of the Supreme Court’s order,” he said.

Gandhi said the government legislation reconstituted the committee to appoint the CEC and Election Commissioners to include the prime minister, Leader of Opposition and a Union Cabinet minister to be appointed by the prime minister and removing the chief justice from the committee.

“This is in flagrant violation of the letter and spirit of the Supreme Court order,” he noted.

He said this government order was subsequently challenged by a public interest litigant and the Supreme Court has indicated its intention to take up this matter on February 19, 2025, which was less than forty-eight hours away.

Government of Jammu & Kashmir OFFICE OF THE EXECUTIVE ENGINEER R&B DIVISION -BANDIPORA

NOTICE INVITING e-TENDER

E-Tendering- Fresh e-NIT No.86 of 2024-25/6896-6902/BANDIPORA DATED:-17-02-2025
Executive Engineer PWR(R&B) Division Bandipora on behalf of Lt. Governor of J&K (UT) State invites percentage rate bids in electronic tendering system for the following works from the eligible and approved contractors registered with J&K UT Govt. CPWD, Railways and other State Governments.

S. No	Name of Work	Tendered Cost including GST (Rs in lacs.)	Cost of document (in Rs)	Earnest Money (in Rs)	Time of completion	Tender Call	Date of opening of tenders online (Technical Bid)	Class of contractor	Project Authority
1	Construction of Hostel at Govt. Polytechnic College at Watapora Bandipora	460.41	2500	920940.00	Two Working Seasons	3rd	28-02-2025 at 11.00 AM	“AA”	Director Technical Education

Position of AAA:- Accorded
Position of TS:- Accorded

M.H New Works-Polytechnic Sector, Capex Budget 2022-23

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

1	Date of Issue of Tender Notice	17-02-2025
2	Period of downloading of bidding documents.	18-02-2025 from 10.00 AM
3	Date & Time of Pre-bid meeting	22-02-2025 from 11.00 A.M in the office of Superintending Engineer PWD Circle Bandipora
4	Bid submission Start Date	18-02-2025 from 2:00 PM
5	Bid Submission End Date	27-02-2025 upto 4.00 P.M.
6	Date & time of opening of Bids (Online)	28-02-2025 at 11.00 A.M in the office of Superintending Engineer PWD Circle Bandipora

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

Bids must be accompanied with cost of Tender document (as mentioned above) in shape of Treasury Challan Receipt (under M.H-0059) in favour of Executive Engineer R&B Division Bandipora. (The Date of Treasury Challan, must be between the date of start of bid and Bid Submission End date).

1.2. The Bidders shall upload earnest money equal to 2% of the Advertised Cost in the shape of CDR/FDR/BG at the time of tendering pledged in favour of Superintending Engineer PWD (R&B) Circle Bandipora. The Bank Guarantee should be valid for 45 days beyond bid validity.

1.3. Successful bidder (L1) has to produce performance Security Deposit @5% of contract value in the shape of CDR/FDR/BG pledged to Superintending Engineer PWD (R&B) Circle Bandipora within 21 days after opening of Bids which shall be released after successful completion of work with DLP EMD 2% will be released after furnishing of performance security.

12. Defect Liability Period:

The DLP shall be 18 Months and shall be calculated from date of certified completion of work.

13. All key construction material (i.e., cement, steel, bitumen, pipes etc.) shall have to be arranged by the contractor strictly as per specifications with the approval of Engineer-in-charge.

14. Qualification criteria for the work and other terms and conditions are contained in the bidding document available on website.

15. The CDR’s/FDR’s/BG’s framed by the bidders for the above mentioned work earlier advertised through this office e-NIT No.79 of 2024-25 Dated:-21-12-2024 & Fresh e-NIT No. 84 of 2024-25 Dated:-10-02-2025 shall remain in-force for current fresh e-NIT & Treasury Challans framed by the Bidders for Fresh e-NIT No.84 of 2024-25 Dated:- 10-02-2025 shall also remain in-force.

No. EE/R&B/Bpr/6896-6902
Dated:- 17-02-2025.

Sd/=Executive Engineer
R&B Division Bandipora
DIPK-12126/24

Abandoned Hospital in Gund Jahangir Becomes Shelter for Addicts

Nine Years On, NTPHC Gund Jahangir Remains Incomplete; Residents Demand Action

CONVENER NEWS DESK

BANDIPORA: The residents of Gundjahangeer village in Hajin Sonawari area of north Kashmir's Bandipora district are unhappy with the authorities over the stalled construction of a much-needed hospital building.

For nine years, the project has remained incomplete, leaving the area's 12000-plus residents without adequate medical facilities and forcing them to travel longer distances for treatment.

"The construction of the New Type Primary Health Center (NTPHC), initiated in 2016, has been inexplicably halted," said Zahoor Ahmad Bhat, a local resident.

He added that this inaction has had a severe impact on patients, who must endure considerable hardship and travel long distances even for minor ailments.

Zahoor Bhat further alleged that DDC Chairman Abdul Ganie Bhat has neglected the village and its



needs, claiming that funds were inappropriately allocated to NC workers for personal gain. He stated that despite bringing the issue to the DDC Chairman's attention multiple times, no action has been taken.

Bhat appealed to Lieutenant Governor Manoj Sinha to intervene and investigate the matter, demanding strict action against those misusing government funds.

Another local resident, Fayaz Ahmad Shahri, raised concerns over the deteriorating state of the abandoned building, which, he claimed, has become a haven for drug addicts. "Crores of rupees have been spent on this project, yet it appears to have been a complete waste of money," he lamented.

Shahri also said that the inade-

quacy of the existing Primary Health Center (PHC), citing its small size and severe shortage of doctors. Residents feel the government is simply ignoring their plight.

"They should complete the construction work immediately so that we can finally have access to proper healthcare," he urged.

The residents claim they have repeatedly raised this issue during government initiatives like 'Back to Village,' but despite repeated assurances, no tangible progress has been made.

They are now appealing to the Lieutenant Governor's administration and the deputy commissioner Bandipora to intervene and address their long-standing grievances urgently.

Meanwhile, Deputy Commissioner Bandipora, Manzoor Ahmad Qadri, stated that the NTPHC project in Gundjahangeer is facing funding issues, which have placed it in the "languishing" category. He assured that work will resume as soon as the necessary funds are released.

Khyber Cement's Commitment Shines with Massive Helmet Distribution for Safer Roads in Kashmir

SRINAGAR: Khyber Cement, in collaboration with the Traffic Department on Tuesday launched a helmet distribution campaign to promote road safety awareness.



In a statement issued to Kashmir Convener, Spokesperson of the company stated that the initiative, launched by SSP Traffic Muzaffar Shah, underscores the need for responsible riding and traffic safety in Srinagar.

Demonstrating its role as a socially responsible corporate entity, Khyber Cement distributed helmets across the city, ensuring riders have essential protective gear. The drive is a proactive initiative aimed at promoting road

safety and was met with widespread appreciation from the local community and officials alike.

Umar Trambo, Director of Corporate & Strategy, highlighted the company's deep-rooted commitment to initiatives that contribute to the region's progress and safety.

"At Khyber Cement, we have always prioritized initiatives that benefit the people of Jammu & Kashmir. Ensuring the safety of riders through this helmet distribution campaign is part of our ongoing responsibility to the community," he said.

Spokesperson said the successful helmet distribution drive not only reinforced the importance of wearing protective gear but also powerfully reminded people of Khyber Cement's constant dedication to improving Jammu & Kashmir and its people.

He said over the years, Khyber Cement has consistently championed initiatives that address social, environmental, and safety concerns, making meaningful contributions to the development of Jammu & Kashmir. "This campaign further cemented the company's position as a responsible and trusted partner in the region's growth".

DC B'la Felicitates Teachers, Volunteers at Ekal Vidyalaya Foundation Celebration at Pattan

BARAMULLA: Deputy Commissioner Baramulla, Minga Sherpa, attended the 16th anniversary celebra-



tion of the Ekal Vidyalaya Foundation of India in Pattan today, where he honored teachers and volunteers for their exceptional contributions to education in remote areas.

The Ekal Vidyalaya Foundation, supported by Seva Bharti J&K, operates 180 education centers across Baramulla, bringing free education to children in far-flung areas with limited access to learning. The event also featured cultural performances by students, highlighting the rich heritage and talent of the region.

Speaking on the occasion, DC Baramulla praised the combined efforts

He stressed the importance of education in shaping a brighter future for society and reaffirmed the administration's commitment to supporting initiatives that improve literacy and empower youth.

He also assured that the administration will continue to strengthen educational outreach, ensuring that every child gets access to quality education.

The celebration saw active participation from students, educators, and community members, reflecting the shared commitment to enhancing the education sector in Baramulla.

KU Hosts Three-Day Adventure Tourism Training Program

SRINAGAR: To equip students with practical skills and industry insights, the Department of Tourism, Hospitality & Leisure Studies, University of Kashmir (KU), in collaboration with Jammu and Kashmir Mountaineering and Adventure Club (JKMAC), inaugurated a three-day adventure tourism training program here on Tuesday.

The program aims to prepare students of the Masters in Tourism & Travel Management (MTTM) course for careers in adventure tourism by offering a mix of classroom learning and field-based training. It covers a wide range of topics, including the adventure tourism scenario, resource base, operational challenges, mountaineering equipment, adventure documentaries and essential safety guidelines.

In her message Vice Chancellor KU Prof Nilofar Khan while encouraging the participants to make the most of this learning experience said "This program aligns with our commitment to promoting sustainable tourism and skill development among our youth. Adventure tourism is a growing sector with immense potential, and through initiatives like this, we aim to equip participants with the necessary knowledge, expertise, and hands-on experience to explore new op-

portunities in this field."

Speaking at the inaugural session, Dean Academic Affairs KU, Prof. Shariefuddin Pirzada, highlighted the importance of adventure tourism in



the region's economic development.

"By training young professionals in adventure tourism, we can meet the growing demand for skilled personnel in the sector and further diversify Kashmir's tourism offerings," he remarked.

President JKMAC, Mauzam Bakshi, shared his insights into the club's initiatives and encouraged students to actively participate in adventure tourism activities.

Earlier Head, Department of Tourism, Hospitality & Leisure Studies KU, Dr. Reyaz Ahmad Qureshi, emphasized that the department is actively collaborating with industry stakeholders

to provide students with hands-on exposure for their professional growth.

The program is structured into three phases. The first day consists of theoretical sessions and demonstra-



tions of mountaineering equipment. On the second day, participants will head to Naranag, Ganderbal, for practical activities such as trekking, hiking, rappelling, and ziplining. The final day will include a hiking expedition to Mamneth and the adjoining areas of Dachigam National Park.

The inaugural session was attended by faculty members, adventure tourism entrepreneurs, scholars, and students from the campus. Joint Secretary, JKMAC, Sajad Hyder Wani, provided an overview of the training modules, while Dr. Ajaz Ahmed Khaki, faculty member at the department, delivered a formal vote of thanks.

DC Kupwara chairs Multi Department DLTF Meeting

KUPWARA: The Deputy Commissioner Kupwara, Ayushi Sudan today chaired the Multi Departmental - District Level Task Force (DLTF)

meeting to review various measures for curbing illegal mining activities across different mining blocks of district Kupwara.

SSP Handwara, Mush-taq Ahmad; ADC Kupwara, Mohd Rouf Rehman; Dy. SP Kupwara, District Mineral Officer, Executive Engineers of I&FC, DFOs, AD Fisheries and other concerned officers attended the meeting.

Addressing the meeting, the Deputy Commissioner stressed upon the officers to work with added dedication and utmost coordination for monitoring and strictly restricting the illegal mining activities across the district.

She said that it is a collective responsibility of all stakeholders to make efforts towards the protection of the environment by preventing illegal and unlawful mining and directed the officers to conduct joint visits to the mining sites to monitor the mining activities.

DMO was directed to ensure that

the CCTV Cameras are installed across river beds by the block owners.

It was given out in the meeting that



a Control Room under the supervision of District Mining Officer will be established which shall be responsible for monitoring the feed of these CCTVs.

It was also given out that the block owners shall follow the guidelines strictly which include installation of cameras, pegging and other conditions.

The meeting also discussed various other measures including Constitution of Tehsil Level and Sub Level Committees to intensify the regulation of the mining activities.

MLA Sonawari Reviews Lift Irrigation Schemes Amid Falling Jhelum Water Levels

SUMBAL: With water levels in River Jhelum dipping alarmingly low, MLA Sonawari, Hilal Akbar Lone, visited various Lift Irrigation Schemes in his constituency to assess the situation and formulate strategies for the upcoming irrigation season.

The MLA was accompanied by Exen I&FC Sumbal, Mutayib Bashir, ExEn MID Shadipora and other concerned visited various areas including MID Shadipora, wasikhan, prang, Asham, Madwan, rakhi Hajin and other areas.

Accompanied by officials from the Irrigation and Flood Control Department, including the Executive Engineer, MLA Lone conducted an extensive review at Shadipora, Rakhi Shilvat, Sumbal, Asham, and other affected areas. The visit aimed at ensuring that farmers do not suffer due to water shortages during the critical agricultural season.

Speaking on the occasion, Lone emphasized the need for immediate remedial measures to tackle the declining water levels and ensure efficient functioning of lift irrigation schemes.

During the visit, MLA Hilal Akbar Lone discussed the progress of irrigation infrastructure, assessed the condition of canals and water distribution systems, besides interacting with locals and officials to address any concerns or challenges.

He urged the concerned departments to take proactive measures for maintaining the irrigation system throughout the season and emphasized the importance of timely and efficient irrigation facilities to support agriculture and the livelihood of farmers.



JK Teacher's Forum Establishes Legal Aid Facility for Teachers in Bandipora

BANDIPORA: The Bandipora Unit of Jammu & Kashmir Teachers Forum (JKTF) Bandipora has established a Legal Aid Facility Wing in the district in a move to enhance organizational efficiency and provide legal support to its members.

In a statement issued to Kashmir Convener, an official spokesperson said Following consultations with forum leaders, Mr. Mudasar Ahmad Mir has been appointed as the Incharge Head of the Legal Aid Facility Wing with immediate effect.

"He will be responsible for overseeing legal affairs and providing necessary assistance to forum leaders and teachers whenever required," reads the order.

He said the initiative aims to address teachers' grievances and offer structured legal support to ensure their rights and concerns are effectively represented.

Discrepancies in Lab Reports in Bandipora Put Patient Health at Risk

BANDIPORA: Serious concerns have been raised over the accuracy and reliability of medical laboratories in Bandipora, as multiple reports of inconsistent test results and poor infrastructure emerge.

A recent personal investigation by a local resident revealed alarming discrepancies in Complete Blood Count (CBC) test results from different labs in the district. The patient put discrepancies of various lab reports on social media and expressed concern over the same.

Each lab provided varying reports, casting doubt on the credibility of these diagnostic centers and raising serious risks for patient health.

Apart from inconsistent results, many of these labs are reported to be operating in substandard conditions, lacking heating systems and proper arrangements for essential diagnostic equipment like analyzers. The poor infrastructure and inadequate maintenance further exacerbate concerns about the accuracy of test reports.

Residents urged the concerned authorities to conduct immediate inspections of these labs, focusing on equipment quality, maintenance standards, hygiene, and the accuracy of test reports. They emphasize that ensuring trustworthy and high-standard medical testing facilities is crucial for public health and patient safety.

Locals calls for urgent intervention to regulate and improve diagnostic services, preventing further distress for patients who rely on these tests for critical medical decisions.

Fire Destroys cowshed, store in Bandipora kills livestock

SUHAIL RATHER

BANDIPORA: A massive fire on Tuesday killed almost fifteen sheep and goats at Pazalpura village of north Kashmir's Bandipora district.

According to locals, the fire broke out at one Bashir Ahmad Chopan's Cowshed in Chopan Mohalla Pazalpura and within minutes reduced the structure to ashes, including a storage unit in which hay, rice and other stock were kept.

Officials estimate that about fifteen livestock, including sheep, goats, which included lambs, and kids of the sheep, were killed.

Although the fire was later controlled, the farmer has been left devastated.



Childhood Trauma: The Silent Wounds That Begin Early



DR MEHJABEEN

Child mental health is often overlooked, yet it plays a crucial role in shaping a child's future. Many assume that trauma only affects older children and adults, but distressing experiences can

- Neglect and Abandonment: When a child's basic emotional and physical needs are unmet, they may develop deep feelings of insecurity.
- Physical, Emotional, or Sexual Abuse: Exposure to harm or inappropriate behavior can disrupt a child's sense of safety.
- Parental Separation or Loss: Losing a parent due to death, divorce, or prolonged absence can be deeply distressing.
- Witnessing Domestic Violence: Seeing parents or caregivers in conflict can create fear and instability.
- Medical Trauma: Painful medical procedures or prolonged hospitalization can cause anxiety and distress.
- Exposure to Accidents, Disasters, or War: Events like car accidents, natural disasters, or displacement can leave a lasting impact.

If left unaddressed, these emotional struggles can persist into adolescence and adulthood, increasing the risk of anxiety, depression, and attachment disorders.

Cognitive and Learning Difficulties

Trauma can also interfere with cognitive functions, leading to:

- Delayed speech and language development.
- Difficulty concentrating and staying engaged in activities.
- Poor problem-solving and impulse control.
- A tendency to dissociate or "zone out" as a coping mechanism.

These challenges can affect academic performance and

Create a Safe and Nurturing Environment

- Provide consistent love, reassurance, and security.
- Maintain a predictable routine to help the child feel safe.
- Use gentle discipline and avoid harsh punishments.

Encourage Healthy Emotional Expression

- Use play, storytelling, and art therapy to help children express their emotions.
- Teach simple relaxation techniques, such as deep



begin as early as 2 ½ years of age. At this stage, a child's brain is rapidly developing, forming critical neural connections that influence emotions, cognition, and social behaviors. Any traumatic event during this period can significantly impact their emotional regulation, learning abilities, and overall mental health.

Recognizing childhood trauma, understanding its causes, and addressing its long-term effects are essential in ensuring children receive the support they need. This article explores what childhood trauma is, its impact on young children, and how caregivers and professionals can help.

What is Childhood Trauma?

Childhood trauma refers to distressing events that exceed a child's ability to cope. Trauma can result from both single incidents and prolonged exposure to adverse conditions. Since young children lack the verbal skills to articulate their distress, they express trauma through changes in behavior, emotions, and physical health.

Common Causes of Childhood Trauma

Several factors can contribute to childhood trauma, including:

At an early age, trauma does not manifest through words but through changes in behavior and emotional responses. Identifying these signs is crucial for early intervention.

Effects of Early Trauma on Child Development

Trauma at a young age affects multiple aspects of a child's development, including their emotional well-being, cognitive abilities, and physical health. The developing brain is highly sensitive to stress, and traumatic experiences can alter neural pathways, leading to long-term consequences.

Emotional and Behavioural Changes

- Children who experience trauma often struggle with emotional regulation, which may manifest as:
- Frequent tantrums and irritability.
 - Excessive clinging or withdrawal from caregivers.
 - Heightened fear responses, even in safe environments.
 - Difficulty trusting others and forming healthy relationships.
 - Regression in behavior, such as thumb-sucking or bedwetting.

social interactions, making it difficult for children to thrive in school environments.

Physical Symptoms of Trauma

- Children who experience trauma often exhibit physical symptoms, such as:
- Sleep disturbances, including nightmares and trouble falling asleep.
 - Frequent stomach aches or headaches without a medical cause.
 - Heightened sensitivity to noise, touch, or light.
 - Increased susceptibility to illnesses due to chronic stress.
- These symptoms are often misunderstood as medical conditions, but they may be a child's way of expressing emotional distress.

How to Support a Child with Trauma

While childhood trauma can have long-term effects, early intervention and a nurturing environment can help mitigate its impact. Here are some ways caregivers and professionals can support healing:

Childhood trauma can begin as early as 2 ½ years of age, leaving invisible scars that shape a child's future. By recognizing the signs, providing a supportive environment, and seeking professional help when necessary, we can break the cycle of trauma and nurture emotionally strong, well-adjusted individuals. Prioritizing child mental health is not just about preventing harm—it's about ensuring every child has the opportunity to grow, thrive, and reach their full potential. They are our future heroes, leaders we never know, let us create a better future and create wonders in their lives.

breathing.

- Validate their feelings and encourage open communication.

Seek Professional Support When Needed

- Consult child psychologists or therapists trained in trauma-informed care.
- Consider therapy approaches like play therapy, attachment-based therapy, and sensory integration therapy.
- Involve teachers and parents, caregivers in creating a supportive network for the child.

Conclusion

Childhood trauma can begin as early as 2 ½ years of age, leaving invisible scars that shape a child's future. By recognizing the signs, providing a supportive environment, and seeking professional help when necessary, we can break the cycle of trauma and nurture emotionally strong, well-adjusted individuals. Prioritizing child mental health is not just about preventing harm—it's about ensuring every child has the opportunity to grow, thrive, and reach their full potential. They are our future heroes, leaders we never know, let us create a better future and create wonders in their lives.

"Behind every troubled child is a story that needs to be heard, not punished."

Author is Founder vision high mental health wellness and can be contacted at www.drmejhabeenmohammed.com

Book Review

The Greatest Salesman in the World by OG Mandino



Firdous Ahmad Malik (Reviewer)

Overview of the book
Book title: The Greatest Salesman in the World
Author: OG Mandino
Year of publication: 2008 (Recent Edition)
Place of publication: Random House, USA
Publisher: Bantam Books edition
Number of Pages: 140
Prince: 246 (In India)
E. Book: 200
Print ISBN: 978-0-553-27757-0
Online ISBN: 978-0-307-78090-4

Introduction to Author

OG Mandino (1923-1996) was an American author best known for his inspirational and self-help books. Before becoming a renowned writer, Mandino faced numerous struggles, including alcoholism and financial ruin, which nearly led him to take his own life. However, a chance encounter with self-help literature transformed his outlook, inspiring him to change his life and share his wisdom with others. His most famous work, The Greatest Salesman in the world, has sold millions of copies worldwide and remains a cornerstone in personal development literature. Mandino's writing blends motivational storytelling with practical philosophy, encouraging readers to cultivate discipline, perseverance, and positive habits. His books, including The Greatest secret

in the World and the Choice, continue to influence readers seeking personal and professional success. Through his work, Mandino left behind that anyone can transform their life with the right mindset.

Introduction to the Book

The greatest salesman in the world by Og Mandino is a timeless self-help book that blends storytelling with powerful life lessons. First published in 1968, the book is more than just a guide for salespeople—it offers wisdom on success, perseverance, and personal growth that applies to all aspects of life. Set in ancient times, the story follows Hafid, a poor camel boy who aspires to become a great salesman. His mentor, Pathros, entrusts him with ten sacred scrolls, each containing a fundamental principle for achieving success.

The book teaches that greatness is achieved through positive habits, self-discipline, love, and persistence. Each scroll presents a lesson that guides readers toward developing a winning mindset and a purposeful life. Written in a simple yet profound manner, The Greatest Salesman in the World continues to inspire millions, making it must-read for anyone seeking motivation and personal transformation.

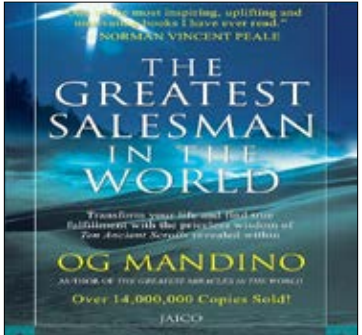
Motives behind Writing the Book

Og Mandino wrote The Greatest Salesman in the World to inspire individuals to cultivate success through discipline, perseverance, and positive habits. Having overcome personal struggles, including alcoholism and despair, Mandino wanted to share the self-improvement and faith. The book is not just about sales but about developing strong character, resilience, and a purposeful approach to life. Through the story of Hafid and the ten scrolls, Mandino presents timeless principles that guide readers toward success in any field. His primary motive was to instill hope, encourage personal

growth, and show that greatness is achieved through consistent effort and a positive mindset. He also sought to merge spirituality with practical wisdom, helping readers realize that success is not merely financial but also about love, service, and inner fulfillment. Ultimately, Mandino aimed to leave a lasting impact by providing a roadmap for achieving both material and spiritual success.

Overview of the Contents

Og Mandino's The Greatest Salesman in the World is a unique self-help book that presents



essential principles of success through an engaging fictional narrative. The story follows Hafid, a poor Camel boy in ancient times who dreams of becoming a great salesman. His mentor, Pathros, entrusts him with ten 8-acre scrolls, each containing a timeless lesson on personal and professional growth (Mandino, 1968, P.23). These scrolls serve as the foundation of the book, emphasizing that success is not just about selling but about developing character, discipline, and resilience.

The first scroll teaches the importance of habits, stating, "I will form good habits and become their Slave" (P.41). The second highlights the power of love, urging, "I will greet this day with love in my heart" (P.55). The third scroll focuses on

persistence, reinforcing the idea that setbacks are temporary: "I will persist until I succeed" (P.67). The fourth emphasizes the value of self-awareness and controlling emotions, while the fifth teaches the importance of time management (P.78). The sixth scroll encourages action, stating, "Today, I will act" (P.91), and the seventh promotes laughter and maintaining a positive outlook (P.102). The eighth scroll reinforces self-worth and confidence, while the ninth discusses the importance of taking risks and embracing one's destiny (P.112). Finally, the tenth scroll instills faith and reminds readers to trust in a higher purpose (P.119).

Mandino's book goes beyond traditional sales techniques, emphasizing personal transformation as the key to success. By following the lessons of the ten scrolls, readers are encouraged to develop a disciplined mindset, a compassionate heart, and an unwavering commitment to their goals. Each scroll is meant to be read daily for 30 days to ensure deep internalization, making the book a practical and lifelong guide to success (P.125). The Greatest Salesman in the World remains as enduring classic, inspiring readers to achieve greatness in all aspects of life, not just in business (P.132).

Criticism of the Book

While the Greatest Salesman in the World is widely praised for its motivational message, it is not without criticism. Some readers find the book's narrative overly simplistic and idealistic; arguing that it lacks practical sales techniques and focuses too much on personal philosophy rather than concrete business strategies. The repetitive nature of the scrolls, which must be read daily for 30 days, may feel tedious to some, making the book's structure seem rigid and time-consuming. Additionally, the book's emphasis on faith and spirituality might not resonate with all audiences, particularly those seeking a more secular

or data-driven approach to success. Critics also point out that the book's principles, while valuable, are not groundbreaking and can be found in other self-help literature. Despite these criticisms, Mandino's work remains influential, offering timeless wisdom on persistence, discipline, and self-improvement, even if it may not appeal to everyone's tastes or practical needs.

Counter Arguments

Despite criticism, The Greatest Salesman in the World remains highly influential due to its timeless wisdom and universal principles. While some argue that it lacks specific sales techniques, Mandino's focus on personal development underscores the idea that success begins with mindset and discipline (Mandino, 1968, P.41). The repetition of the scrolls, rather than being tedious, reinforces habit formation, a key element of success (P.78). Additionally, while the book incorporates faith, its principles can be applied universally, regardless of religious beliefs (P.112). Rather than being outdated, its lessons on persistence, love, and action remain relevant across industries and professions.

Conclusion

I suggest reading The Greatest Salesman in the World because it offers timeless wisdom that goes beyond sales, guiding readers toward personal growth and success. Og Mandino's ten scrolls provide practical lessons on discipline, persistence, and positive thinking, which can be applied in all aspects of life. While some may find its repetitive structure challenging, this method helps reinforce powerful habits. The book's inspirational storytelling and simple yet profound principles make it a valuable read for anyone seeking motivation and self-improvement. Whether for business or personal development, this book is a great tool for achieving lasting success.

H&ME Minister Sakeena Itoo reviews progress on development works, welfare schemes in Srinagar

Emphasizes strong collaboration between legislators, officers to percolate maximum benefits to common people

SRINAGAR: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo, convened a marathon meeting here to review progress on development works besides assessing implementation of government sponsored schemes across Srinagar district.

The meeting was attended by Members of Legislative Assembly from Srinagar district including Mubarak Gul, Salman Sagar, Tanveer Sadiq, Ehsan Pardesi and Mushtaq Ahmad Guru besides Deputy Commissioner Srinagar, Dr Bilal Mohi-Ud-Din Bhat; Commissioner SMC, Dr Owais Ahmad; Director School Education Kashmir; Director Health Services Kashmir and other senior officers of police and district administration.

During the meeting, the Minister held detailed deliberations regarding various ongoing key projects and development works undertaken in the district. She also had a comprehensive review of implementation of various beneficiary oriented schemes.

Addressing the officers on the occasion, the Minister emphasized that the present dispensation led by Chief Minister, Omar Abdullah, is committed

to address the public issues on priority basis and improve their socio-economic conditions at grassroots level. We are resolute to fulfill public

the budget cycle and fulfill public needs and their aspirations. She impressed upon the officers to work with added zeal and sense of responsibility and

the face of Kashmir and all necessary measures must be taken to make it more beautiful besides ensuring up to mark facilities to its residents and the visitors as well.

She also directed the officers to ensure that all issues raised by the public representatives during the meeting are addressed in a time bound manner so that people of their respective areas are benefited. She directed all the departments to ensure proper follow up of the issues flagged in the meeting while ensuring prompt redressal of the same before the next meeting.

The Minister also emphasized the need for strong collaboration between the elected legislators and the officers in order to fulfill aspirations of the people and ensure maximum benefit of government schemes percolate to the public.

During the meeting, the MLAs of the district projected issues and development related demands of their respective constituencies.

Earlier, the Deputy Commissioner gave a detailed presentation highlighting the district's profile, functioning of different sectors and developmental scenario.



aspirations and ensure better facilities and services to them. The Minister stressed on choosing priority projects with achievable deadlines that align with

attend public in a compassionate manner, ensuring prompt redressal of their issues and developmental needs. The Minister underlined that Srinagar is

DC Ganderbal reviews Drug Abuse control measures at NCORD meeting



Ganderbal: Deputy Commissioner Ganderbal, Jatin Kishore, convened a meeting of Narco Coordination Committee (NCORD) to assess the effectiveness of the district's anti-drug initiatives and reinforce efforts towards a drug-free environment.

At the outset, the DC took a detailed appraisal from concerned members of NCORD Committee regarding the present scenario of drug related occurrences, various issues related to menace of drug addiction, its control and rehabilitation.

Emphasizing the significance of a coordinated approach, the DC highlighted the need for a robust monitoring and evaluation system to ensure the success of anti-drug measures. He stressed the importance of regular awareness campaigns, particularly targeting the youth, to educate them about the harmful effects of drug abuse.

During the discussion on measures taken to combat drug abuse, the meeting was informed that 100% of medical shops in the district have installed CCTV cameras, and over 82% have transitioned to computerized billing systems.

DC directed the concerned department to conduct regular prescription audits, especially in non-computerized medical shops, to prevent the sale of banned drugs.

Furthermore, the meeting was informed that 64 Panchayats have been declared 'Nasha Mukta', and wild cannabis spread over 300 kanals of land was destroyed last year. Farmers were encouraged to cultivate alternative crops on such land to discourage illegal cultivation.

The DC urged all departments to intensify their efforts against drug abuse and work collaboratively to address drug-related concerns effectively. The Police Department was instructed to maintain strict surveillance on drug peddlers, ensuring that all movable and immovable property of offenders is seized immediately.

The meeting was attended by Additional Deputy Commissioner Gulzar Ahmad, Dy.SP (HQ), SDM Kangan, Chief Medical Officer, Chief Education Officer, Chief Agriculture Officer, District Social Welfare Officer, Tehsildars and other concerned officials.

REC Foundation to Fund 8,000 Free Cataract Surgeries Under 'Eye Care for All' Initiative

Chennai: REC Limited a Maharatna CPSE under the Ministry of Power has pledged to sponsor as many as 8000 free cataract surgeries under its "Eye Care for All" initiative for the people from economically weaker sections of the society.

An official spokesperson said REC Limited, through its CSR arm REC Foundation, has signed a Memorandum of Association (MoA) with Sankara Eye Hospital, Pammal, Chennai, committing 6.00 crore for the 'Eye Care for All' initiative.

He said this project aims to provide free cataract surgeries to 8,000 economically disadvantaged individuals in and around Chennai.

The MoA was formalized on February 17, 2025, between Smt. Thara Ramesh, Chief Program Manager (CPM), REC Regional Office Chennai, and Wg Cdr V. Shankar (Retd), Trustee, Sankara Eye Hospital.

The signing took place in the presence of Narayanan Thirupathy, Director (Independent), REC Limited, along with other officials from REC and Sankara Eye Hospital.

Speaking on the occasion, Narayanan Thirupathy emphasized REC Foundation's commitment to community empowerment through meaningful CSR initiatives. "Our partnership with Sankara Eye Hospital is a significant step towards eliminating avoidable blindness and improving lives," he said.



SAD DEMISE

Haleema Mir, wife of former JKAS officer Ghulam Nabi Mir, passed away after a brief illness in Srinagar. She was a retired government school teacher and was widely respected for her dedication to education and community service.

Her funeral was held in her native village, Khelan in Pulwama, where thousands of mourners gathered to pay their last respects. No Rasm-e-Chahrum will be observed.

Grief Stricken

Ghulam Nabi Mir (JKAS), Dr Mir Samiullah Dr Aabida, Dr Rafia, Zahida (JKAS) Abdul Rashid Elahi, Muzaffar Elahi Neyaz Elahi, Cell: 7780864410, 9906255154

JKNC functionaries from Udhampur call on Advisor to CM

JAMMU: A delegation led by District President, Jammu Kashmir National Conference (JKNC) Udhampur, Sunil Verma called on Advisor to the Chief Minister, Nasir Aslam Wani.

During the interaction, the delegation raised several issues like Reviving Industrial Policy for local growth, infrastructure development in Udhampur district, revision of Mining Policy, establishment of new Industrial Estates, regularisation of daily wagers, staff for health and education sector, reclassification of Private Land under Forests, amendment in Change in Land Use (CLU) regulations besides other developmental issues.

While interacting with the delegation, the Advisor assured them prompt redressal of all their genuine issues.

Senior Vice President, Javed Iqbal; Vice President, Gurmeet Singh Josh, District Secretary, Ch. Abdul Rashid, Block President Ramnagar, KD Sharma; District President SC cell, Om parkash, Block President Udhampur City and others were part of the delegation.

Jal Shakti Minister attends 'All India State Ministers' conference on water in Rajasthan

Terms initiative a significant milestone in shaping India's water security future

UDAIPUR, (RAJASTHAN): Minister for Jal Shakti, Javed Ahmed Rana, attended the second All India State Ministers' Conference 2025 on Water held at Udaipur, Rajasthan.

The two day conference being convened from February 18 to 19 themed "Water Vision@2047, A Water Secure Nation," is being organised by the National Water Mission, Ministry for Jal Shakti.

The Minister, while addressing the conference, shared perspectives on the broad approach of government of Jammu and Kashmir towards sustainable use of water resources. He highlighted Jammu Kashmir's Water Policy on the subject of water supply and storage management.

"We have to keep a focussed approach towards augmenting our water resources and ensure sustainable water resource management for future generations," maintained the Minister.

Rana said that change in the weather pattern due to global warming has put extra pressure on our water resources and there is a need to protect and preserve them for the generations to come. "Effective management of water resources

demands a holistic and participatory approach. It is the responsibility of each and every one of us, to be aware of the value of water and act to preserve this vital resource," asserted the Minister.



He added that there is a need to undertake scientific measures towards this direction including planting of trees around the water sources and maintaining cleanliness. He said that the vision of a developed, water-secure India emphasises the importance of sustainable water management to support agriculture, industry and domestic use while preserving our rivers and

ecosystems for generations to come. He shared the ideas, vision and the steps being taken up by the Jammu and Kashmir government for integrated and sustainable water management. He also highlighted the initiatives being taken up by the government to provide safe drinking water to people, improve groundwater levels and formulate the plans under Water Vision-2047.

Sharing his thoughts on the Conference, Rana said that this innovative conference will be a significant milestone in shaping India's water security future. He said that the conference focussed on the concrete actions required to turn the Water Vision@2047 into reality and it is certainly a landmark event, bringing together top policymakers and experts to shape India's water security vision.

The conference will address crucial aspects of water management including effective Governance, Transboundary Cooperation, Innovative Financing and Community Participation. It will also emphasize technological solutions, efficient water use and better coordination across sectors.

DC Srinagar chairs District Level Committee meeting of NCORD

SRINAGAR: To review and strengthen ongoing measures to combat drug abuse and its peddling, a meeting of District level Committee on NCORD was today held under the chairmanship of Deputy Commissioner (DC) Srinagar, Dr Bilal Mohi-Ud-Din Bhat here at Meeting Hall of DC Office Complex.

The meeting deliberated on key issues, including stricter enforcement actions against drug peddlers,



intensified awareness campaigns and enhanced treatment and rehabilitation facilities for those affected by substance abuse.

At the outset, Deputy Commissioner took first hand appraisal from officers of all line departments and other stakeholders regarding the progress achieved in ongoing fight against the drug menace in order to curb the drug menace and tighten the noose against drug peddlers in Srinagar District.

Dr. Bilal stressed the importance of inter-departmental coordination and community involvement in tackling the menace of drug addiction. He emphasized the need for sustained

awareness campaigns targeting vulnerable groups, particularly youth and directed the concerned officers to intensify the awareness programmes in the district.

Highlighting the need for accessible and effective treatment facilities for individuals battling addiction, the DC stressed on up to mark facilities at drug de-addiction centres like IMHAANS, JVC and SMHS. He also called for early operationalization of the Drug De-addiction & Rehabilitation Centre at Sanant Nagar.

He underlined the importance of a holistic approach involving prevention as well as education, treatment, rehabilitation and reintegration of such individuals back into the society, at the same time strict enforcement measures as a strong deterrent.

He added that through a coordinated and multi-pronged approach which includes prevention, enforcement, treatment, rehabilitation and IEC strategies, the menace of drugs will be eliminated from Srinagar soon.

On the occasion, the DC stressed on conducting intensified mass awareness programs to particularly educate the youth against the detrimental effects of drug abuse. Besides DySP Headquarter Srinagar, Chief Medical Officer, Chief Agriculture Officer, District Social Welfare Officer, Assistant Labour Commissioner, Tehsildar Headquarter, the meeting was attended by the Officers of Excise Department, Drug Control Organization, Health, IMHANS, Rehabilitation Centers and other concerned departments.

Pulwama Joins Nationwide NAKSHA Launch

Pulwama: On the occasion of launch of National Geospatial Knowledge-Based Land Survey of Urban Habitations (NAKSHA), a programme was today held at Lal Ded Auditorium, Islamic University of Science & Technology (IUST), Awantipora.

The event was attended by MLA Tril, Rafiq Ahmad Naikoo and Deputy Commissioner (DC) Pulwama besides Additional Deputy Commissioner (ADC) Awantipora, SP Awantipora, officials from the Revenue and Municipal departments, the Registrar and faculty members of IUST as well as other allied departments and local citizens.

Pertinently, Municipal Committee Awantipora was among the 152 Urban Local Bodies (ULBs) across 26 States and 3 Union Territories (UTs) shortlisted for the launch.

The event featured awareness campaigns highlighting the role of NAKSHA in modernizing land management. On the occasion, technical experts provided insights into the necessity of geospatial technologies in urban planning and land record management.

The NAKSHA program aims to create and update land records in urban areas to ensure accurate and reliable documentation of land ownership.

This initiative is set to empower citizens, improve ease of living, enhance urban planning and reduce land-related disputes.

The IT-based system for property record administration will foster transparency, efficiency and support sustainable development

Pampore's Tribal Villages Get Drinking Water After 30 Years, Thanks to 9.7 Crore JJM Project

Bilal Habib

Pampore: A wave of joy swept across the tribal villages of Bathina, Batdalaw, and Bajnari as their decades-long struggle for drinking water finally came to an end with the completion of a 9.7 crore lift water supply scheme under the Jal Jeevan Mission (JJM).

For over 30 years, the absence of a reliable water source had forced villagers—especially young girls—to spend five to six hours daily fetching water from distant areas, severely impacting education and overall well-being. Many families had even migrated due to the severe water crisis.

Residents extended their gratitude to the PHE Sub-Division Pampore, Deputy Commissioner Pulwama, the J&K UT Government, and the Central Government for ensuring clean drinking water reaches their homes.

Talking to Kashmir Convener, Mohammad Iqbal Bajjad, a resident of Gujjar Basti Bajnadi, expressed heartfelt appreciation to the authorities for making the Bajnadi-Bathan-Batdalaw water supply scheme operational. He recalled the immense hardships faced by villagers, particularly school-going girls who had to walk 7 kilometers daily to fetch water.

"With no springs or natural water sources, we were entirely dependent on tanker services, which often couldn't reach us due to bad road conditions. Now, with this scheme in place, our daughters can focus on education instead of carrying water all day," he said. Another resident, Rivaz

Ahmad, expressed deep gratitude to the J&K Government and the PHE Department for addressing their 30-year water crisis. He

rupees 9.7 crore. It has been designed for a population of approximately 3,875 people.

Under this scheme a total of



recounted the severe health implications on children and the community's past reliance on contaminated sources near cement factories.

"This is a historic day for us. Two of these three villages belong to the ST (Scheduled Tribe) community, and they have suffered for decades. Now, with clean water at our doorsteps, our quality of life will significantly improve," he said.

Assistant Executive Engineer (AEE) Sub Division Pampore, Er. Mudasir Mushtaq Untoo, told Kashmir Convener that the Bajnadi, Bathan, and Batdalaw water supply scheme is a lift scheme that has been completed in four stages.

He explained that the source of the scheme is a tube well, and the total cost of the project is

203 households in Bajnadi are being connected, 361 households in Batdalaw are being covered and 214 households in Bathan are being provided with water supply.

He further stated that, so far, the following civil works have been completed. Three service reservoirs have been constructed, three sump tanks have been built and two pump houses have been established. Approximately 27 kilometers of pipeline distribution has been completed.

Today, the testing of the system was successfully conducted, and for the first time, the villages of Bathan, Bajnadi, and Batdalaw are receiving water under this scheme, which has been implemented as part of the Jal Jeevan Mission.



LONGER HOURS

IN A STRESSFUL JOB CAN IMPACT DEPRESSION RISK

A recent study done by a team at the University of Michigan published this month in the New England Journal of Medicine found that the more hours a person works at a stressful job each week, the more their risk of depression increases.

The researchers looked at data on more than 17,000 first-year medical residents over 11 years, training at hospitals across the United States. They found that working 90 or more hours a week was linked to three times the increase in depression symptoms when compared to those working 40 to 45 hours a week.

The study found an average symptom increase of 1.8 points on a standard scale for those working 40 to 45 hours versus 5.2 points for residents working more than 90 hours. At the beginning of the first year of residency, only 1 in 20 met the criteria for moderate to severe depression.

The study also found a higher percentage of the group who worked the increased hours also had more frequent scores high enough to qualify for a diagnosis of moderate to severe depression when compared with people working fewer hours. Residents reported working on average between 65 and 80 hours per week.

The study brings the link between mental health concerns and working long hours in a stressful job to light as national organizations, such as the National Academy of Medicine and the Association of American Medical Colleges, try to figure out how to handle the increased rates of depression in health care professionals.

The results of the study highlight a clear need to further reduce the number of hours residents work each week on average.

Why are more hours worked equated with increased rates of depression and more severe depression?

The study suggests strongly that reducing the amount of hours at work would reduce the number of residents who develop diagnosable depression.

Tess Brigham, MFT, BCC, a life coach and family therapist based in San Francisco, CA thinks this happens because “work is stressful and constant stress on your body impacts you in many ways.”

She says, “If you’re working all the time, you have little or no time to manage your stress or improve your mood.”

Dr. Jennifer Crall, Ph.D., a licensed psychologist based in Quakertown, PA says, “You just don’t have the same time for self care. You don’t have as much time to sleep, eat well, exercise, or have a social life.”


Hours worked and depression

While the study examined first year medical residents, the study authors believe that if similar studies were done in other high-stress, high-work-hour jobs they would show similar negative effects on mental health.

Brigham believes that the number of hours worked may account more for the increased risk of depression than the stressful nature of the job.

She says, “Even if your job is less stressful, the long hours and the limited social/fun time you have available is going to impact you negatively. There

was a reason why we went from working 6 days a week to 5 days a week – because eventually even the best employees lose focus and steam when they hit a certain amount of hours. Even if you have the easiest job in the world, if you are stuck inside,



“

The study brings the link between mental health concerns and working long hours in a stressful job to light as national organizations, such as the National Academy of Medicine and the Association of American Medical Colleges, try to figure out how to handle the increased rates of depression in health care professionals.

“

behind a desk, working away from the people you love, you’re going to start to feel depressed.”

Crall agrees. “You need the time to take care of yourself and do things to lower cortisol levels and increase serotonin. Your body needs those things to keep itself healthy. When most of your life is spent at work, you don’t have that time”

How can a person manage their stress when they work a lot of hours?

While major organizations are still sorting out how to handle the increased rates of depression in healthcare professionals, anyone in a stressful job with long hours can work towards better mental health.

Cralls says, “Setting boundaries at work is key.

It may not be possible to give yourself a break or take a day off, but you can learn how to set mental boundaries and leave work at work.”

She continues saying, “This might mean saying no to extra things at work or learning how to build up some walls so you are not taking work personally and carrying that stress with you when you leave.”

This might help create some kind of balance when balance seems out of reach due to the number of hours spent at work.

Brigham echoes her thoughts and says, “If you have a job that creates chronic stress you want to learn how to create balance for yourself. Stop seeing

...DIFFERENT TYPES OF DEPRESSION

It’s important to learn about the different types of depression and what form of depression you suffer from, so you can find the right treatment option for you.

1. Major Depressive Disorder

Major depressive disorder (MDD) is a mood disorder in which a person experiences most of the following symptoms for more than two weeks:

- Low mood
- Lack of interest in activities that were previously enjoyable (known as anhedonia)
- Weight loss or weight gain
- Changes in sleep
- Fatigue
- Feelings of worthlessness, despair, and guilt
- Trouble concentrating
- Suicidal thoughts

2. Dysthymia

Dysthymia (persistent depressive disorder) is a mild, long-lasting type of depression.

People suffering from dysthymia experience symptoms that are less severe than those felt by MDD patients.

The difference is that they experience these symptoms for much longer: two years or more. When you have dysthymia, you’re always “down.”

Since dysthymia symptoms last for so long and may not majorly impact your life, you may not even realize you have the condition.

You might think it’s normal to feel how you’ve been feeling.

Dysthymia can be treated with a combination of these options:

- Psychotherapy
- TMS treatment
- Antidepressant medication
- Lifestyle changes, like improved diet, regular exercise, and restful sleep

3. Bipolar Disorder

yourself as a machine and start seeing yourself as human and recognize you have human needs like rest, play, and sunshine.”

To do this she says, “You have to make some mindset shifts around work and stop feeling like you have to say ‘yes’ to everything.”

Brigham continues, “You can also take medical leave and take some time for yourself away from work to reset and learn how to integrate these techniques into your life and then return to work. It’s really hard to make these changes while you’re working, if you’re already burned out.”

Bipolar disorder is a type of depression in which a patient swings between periods of abnormally elevated mood (mania) and depressive episodes.

When the periods of mania are extreme, this is called hypermania.

This can significantly impact your everyday functioning.

Hypermania sometimes requires hospitalization and can affect your grip on reality. Hypomania, on the other hand, is a less severe form of mania.

During the manic phase of bipolar disorder, you may feel intensely euphoric. It’s common to have:

- Lots of energy
- Wild ideas
- Ambitious plans
- Different types depression TMS

There is a tendency to act impulsively, spending money on things that are out of your budget or you wouldn’t normally buy.

When experiencing mania, people will not feel like eating or sleeping and will talk quickly.

They can also become easily irritated or agitated.

Since bipolar disorder includes periods of mania, as well as depression, treatment is different than it is for MDD, which doesn’t include mania.

A psychiatrist may recommend that you take a mood stabilizer, like lithium.

This helps prevent the intense highs and lows associated with bipolar disorder. Talking therapy can also help you recognize what triggers your mania and depression and better manage your symptoms.

4. Psychotic Depression

Psychotic depression is when a person struggling with depression also experiences psychosis. Psychosis is when you lose touch with reality. Signs and symptoms of psychosis include:

- Delusions (false beliefs and perceptions)
- Hallucinations (seeing or hearing things that are not present in reality)
- Anxiety
- Agitation
- Confusion
- Paranoia
- Disorganized thoughts and speech, shown by switching topics erratically

Continued From P1...

Protecting Rights

change the attitude of police personnel and the administration and create awareness about the new laws among citizens. "He said that optimum use of technology should be made to ensure speedy justice under the three new criminal laws," reads an official handout issued by the Ministry of Home Affairs (MHA) after the meeting.

Shah added that there is an urgent need to use the provision of Trial in Absentia in the Union Territory. The Union Home Minister stressed the need to fix the responsibility of police officers to expedite the process of filing chargesheets. He said that every police station in Jammu and Kashmir should maximize the use of the National Automated Fingerprint Identification System (NAFIS). He also emphasized that 100% training of investigating officers regarding the provisions of the new laws should be ensured at the earliest.

The Home Minister said that decisions on provisions related to terrorism and organized crime should be taken only after thorough scrutiny at the level of Superintendent of Police. He added that strict monitoring is required to ensure that these provisions under the new laws are not misused.

Shah commended the Jammu and Kashmir administration and government for their satisfactory work towards the implementation of the new criminal laws despite difficult circumstances. He stated that the progress of implementation should be reviewed on a monthly, fortnightly, and weekly basis at the level of the Chief Minister, Chief Secretary, and Director General of Police, respectively.

The meeting was attended by the Union Home Secretary, Chief Secretary and Director General of Police of Jammu and Kashmir, the Director General of the Bureau of Police Research and Development (BPRD), the Director General of the National Crime Records Bureau (NCRB), and other senior officials from the Ministry of Home Affairs (MHA) and the UT administration.

Application Of New

"The meeting discussed the shortcomings and the areas to work upon for the smooth implementation of the three laws in Jammu and Kashmir," Abdullah said.

The home minister (Shah) said in the meeting that so far a similar exercise has been completed for 11 states and UTs, he added.

"In case of Jammu and Kashmir, so far, the implementation of the new laws has been by and large successful except a few instances. These issues will be addressed," Abdullah said.

The chief minister added that while the implementation of the new laws was "not the responsibility" of the elected government, but it was important that people were made aware about their contents and proceedings as these are new laws.

We will have to make efforts for making people aware about these three criminal laws, be it colleges, universities or other places, he said.

Abdullah said there was no discussion on the law and order issue in the UT, adding that this done when he met Shah at the Parliament recently.

IGP Kashmir for

Group (SOG), reviewing their operational readiness and capabilities. He expressed satisfaction with their high level of training and professionalism, acknowledging their critical role in counter-terror operations. Discussions also included the summer operation strategy, outlining key security tactics and contingency plans for the upcoming season.

Later, IGP Birdi visited the 90th Battalion CRPF camp, where a joint demonstration of operational tactics was conducted by SOG and CRPF personnel. The demonstration showcased advanced operational skills, coordination, and response strategies, reaffirming the commitment of both forces to maintaining peace and security in the region.

Speaking on the occasion, IGP Birdi praised the dedication and professionalism of the personnel, emphasizing the importance of sustained collaboration and proactive measures to counter evolving security challenges.

The visit was attended by IG Ops CRPF Mitesh Jain, Joint Director IB Pankaj Thakur, DIG SKR Javid Iqbal Matoo, DIG CRPF Anantnag Kulvir Singh Deswal, DIG CRPF Awantipora Alok Awasthi, SSP Anantnag Dr. G.V. Sundeeep Chakravarthy, SSP Kulgam Sahil Sarangal, SSP Pulwama P.D. Nitya, SSP Shopian Anayat Ali Choudhary, SSP Awantipora Sajad Ahmad, and commandants of CRPF, IRP, among other Senior officers.

Asian Water

and China, and stressed the importance of Kashmir's wetlands as crucial stopover points.

Tawheed Ahmad Deva, Regional Wildlife Warden,

Kashmir, emphasized that the census is a key scientific exercise, as bird migration serves as an essential indicator of wetland health.

He also noted that over the past two years, more than 12 lakh migratory birds have been recorded in Kashmir's wetlands, reaffirming their global ecological importance.

Altaf Hussain, Wildlife Warden, Wetlands Kashmir, and Coordinator of Wular Conservation and Management Authority (WUCMA), expressed satisfaction that most of Kashmir's major wetlands currently hold sufficient water levels to sustain migratory birds.

He highlighted that interventions such as the construction of regulatory gates at Hokersar, in collaboration with the Irrigation and Flood Control Department, have significantly improved water retention in the Hokersar wetland.

He further noted that Hokersar's water levels are now higher than they have been in the past decade, ensuring a more stable and suitable habitat for migratory birds.

The Asian Waterbird Census 2025 will cover 25 key wetlands, including four Ramsar sites—Hokersar, Haigam, Shallabugh, and Wular Lake—each serving as a critical habitat for thousands of migratory birds.

The census will be carried out under strict supervision by trained personnel from the Wildlife Department, WUCMA, Forest Protection Force, and the Forest Department.

Teams of experts and volunteers will systematically record bird species, count populations, and document behavioral patterns to ensure accurate data collection.

Following the field survey, avian experts will analyze the collected data, compiling a comprehensive report on species diversity, population trends, and overall wetland health.

This report will be instrumental in shaping future conservation policies and wetland management strategies.

Owais Farooq Mir, Coordinator, Wular Conservation Authority, expressed gratitude to all participants, emphasizing that the census is directly linked to the long-term preservation of Kashmir's wetlands, which play a crucial role in maintaining ecological balance and supporting biodiversity.

As the Asian Waterbird Census 2025 unfolds, conservationists and wildlife officials remain committed to protecting these vital ecosystems and ensuring the continued survival of migratory bird populations.

Sun in Chilai

"If we do not fulfill our promises, we will be held accountable. Just like Mehbooba's words are remembered today, we will also be questioned in the future." Ruhullah said in response to a question whether their past statements will haunt them in future. He was quick to add that the government has only been in power for two months, and there is still time to stay on the promised path.

Discussing the National Conference's core promises, Ruhullah said the fight for Jammu and Kashmir's identity was not just a slogan. He said that the abrogation of Article 370 was not merely a political move but a direct assault on Kashmir's constitutional rights. "NC must stick to its ideological commitments throughout its five-year term, or else people will see it as a betrayal," he warned.

Asked whether he felt isolated within his party for continuing to raise the issue of Article 370 while

others focused on statehood, Ruhullah said that it did not matter whether he stood alone. "Two months is too early to say NC has changed course, but I will continue to remind my party of our responsibility. If we abandon our objectives, we will lose people's trust," he added.

Speaking on whether the current government was living up to public expectations, Ruhullah said that the voters in Jammu and Kashmir are politically aware and would hold leaders accountable. "The people of J&K are not just passive observers. They know what they were promised and what they expect in return. If the government does not meet their expectations, the same public that elects leaders also has the power to remove them," he said.

Govt Takes

Over the past several years, we have witnessed dry winters with little to no snowfall. This is the primary reason why streams are drying up," he said.

Meanwhile, the Jammu and Kashmir government has taken up the issue of the drying Achabal stream with the Geological Survey of India (GSI).

The sources informed KNO that the Chief Secretary has directed the General Administration Department to request the GSI to dispatch a team of experts to the region. The team will investigate the causes of the crisis and recommend remedial measures.

The famous Achabal waterfall, a key water source in the region, has completely dried up, leaving many communities struggling for water. Reports indicate that 65% of water sources in the area are severely depleted, creating drought-like conditions.

Environmental experts attribute the crisis to climate change and global warming, which have significantly impacted the lower Himalayan region.

Unusual dry spell

and Machil, have rarely witnessed such a prolonged period without snowfall.

Traditionally, these regions receive heavy snow by January and February, making roads impassable for weeks or even months. However, this year, snowfall has been minimal, and roads that usually remain blocked for extended periods have only faced brief disruptions lasting a few days.

"This is the first time in decades that we have stayed connected with the rest of the valley throughout winter. Usually, by this time, our roads are buried under feet of snow," said Ahmadullah Khan, a resident of Gurez while speaking to the news agency—Kashmir News Observer (KNO).

"While it has made travel easier and allowed us to continue agricultural activities, it also feels unnatural. We are worried about water shortages in the coming months," he added.

According to locals, the lack of snowfall has impacted traditional winter activities, particularly the famous snow cricket tournaments in Gurez Valley, which have been cancelled due to the absence of snow in many areas.

"I have never seen Gurez like this in my lifetime," said Muzaffar Ahmad, another resident. "For the first time, we are witnessing a less snowfall trend," he added.

The unusual weather pattern has raised concerns about water scarcity, as these areas rely on snow-fed springs and streams. Khan said that many regions have started experiencing reduced water availability.

"If we don't get sufficient snowfall, our water sources will dry up in the coming months," he said. In the border areas of Kupwara, residents say the dry spell has kept them connected to the rest of the world like never before. In past winters, roads

NOTICE

This is an information for general public that in my Electricity Agreement Bearing Consumer ID No: 0216010009745, My name has been Mistakenly Mentioned as Showkath Ahmad Bhat, while as my Actual and correct name is Showkat Hussain Bhat. 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 Executive Engineer Electricity Sub Division Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Showkat Hussain Bhat.
S/O Wali Mohammad Bhat.
R/O Wuddar Papchan Bandipora.

NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No: 0216020003950, which is Registered in the name of Gh Qadir Mir, S/O Ali Mohammad Mir. Now i want to apply for Change this Electricity Agreement in the name of Manzoor Ahmad Mir, S/O Late Mohammad Maqbool Mir, in this regard any person having any objection he/she may file the Objections in office of the Assistant Executive Engineer Electricity Sub Division Kaloosa Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Manzoor Ahmad Mir.
S/O Late Mohammad Maqbool Mir.
R/O Kawpora kehnnoosa, District Bandipora.

NOTICE

This is an information for general public that, i have lost my 8th class Discharge Certificate under Admission No: 617, and Marks Card under Roll No:-342, session year 1987. Now i want to apply for its duplicate in this regard any person having any objection he/she may file the Objections in office of the principal Govt Secondary school Bonakoot Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Fareeda Bano. D/O Gh Qadir Sheikh.
R/O Sheikh pora Mantrigam Bandipora.

NOTICE

This is an information for general public that the Mother's name of my Son has been Mistakenly Mentioned in his school records as Shugufta Afroz, while as his Actual and correct Mother's name is Shugufta Begum. 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 Mehboob - ul - Aalam Memorial Public school Gundpora Rampora Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

PZ Ishtiyaq Ahmad.
F/O PZ Mohammad Zaid.
R/O Gundpora Rampora Bandipora.

NOTICE

This is an information for general public that the Mother's name of my Son has been Mistakenly Mentioned in his school records as Shugufta Afroz, while as his Actual and correct Mother's name is Shugufta Begum. 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 Mehboob - ul - Aalam Memorial Public school Gundpora Rampora Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

PZ Ishtiyaq Ahmad.
F/O PZ Mohammad Zaid.
R/O Gundpora Rampora Bandipora.

would be blocked for months due to heavy snow accumulation, but this year, the roads have remained open despite the season.

‘Chillai Khurd’

light to moderate rain and snow at many places during 19th evening to 20th late afternoon. "The fresh Western Disturbance is all set to hit the Union Territory," he added.

Dr Ahmad said that the plains of Kashmir & Jammu may receive light to moderate rain and thunder with gusty winds at few places, adding that the higher reaches of Chenab Valley & South Kashmir may receive moderate snowfall up to around 10 inches while the higher reaches of north & Central Kashmir may receive snowfall up to 8 inches.

Meanwhile, an Independent Weather Forecaster, Faizan Arif Keng said that a fresh Western Disturbance is set to develop over Afghanistan on February 19 and quickly move towards Jammu and Kashmir by February 20, bringing widespread rain and snow across the Union Territory.

Mission YUVA

He directed the bank authorities to make a customised loan product to be offered under YUVA scheme.

Dulloo also enjoined upon the Deputy Commissioners to identify the quality manpower in their districts for acting as 'YUVA Doots' who would groom the PEs in strategising to become entrepreneurs of their choice. He sought suggestions from the participating Vice Chancellors of local Universities, Chairman J&K Bank,

Director IIM Jammu, IIT, CGM NABARD in framing a better roadmap to deal with unemployment across J&K.

While speaking about this baseline survey, DG, E&S, Satveer Kour, gave out some insights about the data collected from each surveyed member. She revealed that the questionnaire was comprised of 15 household related queries, 10 individual specific questions and 42 questions posed to PEs. Besides, 37 queries were related to unregistered enterprises and 88 to registered enterprises. She elaborated that these questions were aimed at capturing demographic details like age, employment status, sector, activity etc. It simultaneously recorded financial, market and skill details of each individual/enterprises as the case may be. Lastly, it delved into determining the challenges faced by the individuals and enterprises in starting their enterprises or challenges faced by the existing units to flourish their business. Secretary, L&E, Kumar Rajeev Ranjan, in his presentation highlighted the methodology and outcomes of the baseline survey. He also explained the working of Mission YUVA app in creation of successful enterprises together with capacity building of these entrepreneurs. He said that among the key pillars of this mission is formulation of scheme for creating mass awareness and institutional mechanism to support this whole process to ensure that the set objectives are accomplished in a time bound manner. He further apprised the meeting that survey dataset is organised and structured to enable data analysis as each respondent had been assigned a unique ID with metadata saved and GIS location/time stamps preserved to verify each set of data anytime later.

Two-Day Training Program Under Project MAMTA Concludes Successfully in Anantnag

PULWAMA: A two-day training program under Project MAMTA, an initiative supported by JK Bank's Corporate Social Responsibility (CSR) and implemented by SPVLG Foundation, successfully concluded today at Bidhad Larnoo, Anantnag. The program aimed to equip health workers and Traditional Birth Attendants (TBAs) with essential skills and knowledge to improve maternal and child healthcare in the tribal community.

The training focused on critical aspects of maternal health, child care, and community health, particularly for pregnant women and lactating mothers. Participants actively engaged in interactive sessions, workshops, and case studies, gaining hands-on experience and insights into best healthcare practices.

The initiative was made possible through the collaborative efforts of JK Bank, the Department of Health, and SPVLG Foundation. JK Bank's financial support enabled the organization of this crucial program, while SPVLG Foundation's expertise ensured its successful execution. Trainers from the health department played a pivotal role, sharing their knowledge and guiding participants throughout the sessions.

Speaking on the occasion, representatives from SPVLG Foundation and the health department



emphasized the importance of continuous skill development for healthcare workers to enhance health outcomes in tribal areas. Participants expressed gratitude for the opportunity to learn and contribute to improving community health.

This training program marks a significant step toward strengthening the healthcare system and ensuring better medical care for mothers and children in remote regions. The success of Project MAMTA reflects the commitment of all stakeholders toward community welfare and sustainable healthcare development.

MADRASATUL BANAT DARUL ULOOM RAHEEMIAH BANDIPORA KASHMIR

A Premier institution for girls education

Madrasatul Banat Tayyib Abad under supervision of Darul Uloom Raheemiyah



With the grace of Allah Ta'ala, Madrasatul Banat Darul Uloom Raheemiyah was established as a residential institution on 1st Rabi-ul-Awwal 1442 AH. Alhamdulillah! In just two years, it has flourished into a thriving centre of education, nurturing 90 resident students with free accommodation and meals, alongside 60+ non-resident students who attend daily. This growing institution is guided by nine dedicated teachers and supported by four administrative staff, with a monthly operational cost of approximately 3 lakh rupees.

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.

Support This Noble Cause



Account No: 0727010100000200
Account Title: Madrasa Tul Banat Darul Uloom Raheemiyah
Branch: JK Bank Nishat Park Bandipora Kashmir
IFSC Code: JAKA0NIPARK

May Allah accept your generosity and bless you abundantly.

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

Djokovic says tennis players have a "lack of trust" in doping agencies after Sinner case

Novak Djokovic says a majority of tennis players have lost faith in the anti-doping authorities following Jannik Sinner's three-month ban, and there's a widespread feeling that "favoritism" is being shown to the sport's biggest stars.

The 24-time major winner called on the World Anti-Doping Agency and the International Tennis Integrity Agency to overhaul their processes for dealing with doping cases "because the system and the structure obviously doesn't work."

"Right now there is a lack of trust generally from the tennis players, both male and female, toward WADA and ITIA and the whole process," Djokovic said at the Qatar Open.

Top-ranked Sinner reached a deal with WADA on Saturday to accept a ban that will have him back playing in time for the French Open in May without having to miss a single Grand Slam tournament. That came after the International Tennis Integrity Agency had decided not to suspend Sinner for what it judged was accidental contamination by a banned anabolic steroid last March.

The short ban for Sinner came after five-time Grand Slam champion Iga Swiatek accepted a one-month suspension in November after testing positive for a banned substance that she said was accidentally consumed because of a contaminated nonprescription medication. Both bans are much shorter than what other athletes in tennis and in other sports have normally received in similar cases.

"It's not a good image for our sport, that's

for sure," Djokovic, the long-time No. 1 in men's tennis, said.

"There's a majority of the players that I've talked to in the locker room, not just in the

last few days, but also last few months, that are not happy with the way this whole process (for Sinner) has been handled.

"A majority of the players don't feel that it's

fair. A majority of the players feel like there is favoritism happening. It appears that you can almost affect the outcome if you are a top player, if you have access to the top lawyers

raised questions about double standards, and when the ban was announced it was widely criticized by other players. The positive tests weren't publicly revealed until August because Sinner successfully appealed against being provisionally banned from playing. He then won the U.S. Open in September and the Australian Open in January.

Sinner's explanation for the positive test was that trace amounts of Clostebol in his doping sample was due to a massage from a trainer who used the substance after cutting his own finger, which WADA accepted.

Djokovic said he didn't question Sinner's and Swiatek's innocence but that he and other players are frustrated about the inconsistent handling of doping cases.

He pointed to the case of former women's No. 1 Simona Halep — who was given a four-year ban by the ITIA in 2022 after a positive test before it was later reduced to nine months — and British player Tara Moore, who was suspended in May 2022 while an investigation lasted 18 months before an independent tribunal determined that her positive test for a banned substance was caused by contaminated meat.

"Right now it's a ripe time for us to really address the system, because the system and the structure obviously doesn't work, it's obvious," Djokovic said.

"So, I hope that in the... near future that the governing bodies are going to come together of our tours and the tennis ecosystem and try to find a more effective way to deal with these processes."

Sinner had been scheduled to play in Qatar before accepting the ban.

The handling of Sinner's case had already



"Right now there is a lack of trust generally from the tennis players, both male and female, toward WADA and ITIA and the whole process," Djokovic said at the Qatar Open.

Real Kashmir FC defeats Namdhari FC, climbs to second spot in I-League

SRINAGAR: Real Kashmir Football Club (RKFC) continued their unbeaten home run with a 1-0 victory over Namdhari FC in an I-League match at TRC Ground, Srinagar, on Tuesday.

With this win, the Snow Leopards moved to the second spot on the points table, securing 26 points from 15 matches.

RKFC's resurgence, with five wins in their last seven games, has placed them firmly back in the title race after a mid-season slump.

The only goal of the match came in the seventh minute when Brazilian striker Paulo César calmly converted a penalty.

The opportunity arose after Karim Samb was fouled inside the box by Namdhari's Joseph Gordon. César sent goalkeeper Jaspreet Singh the wrong way, registering his sixth goal of the season and giving the hosts an early advantage.

RKFC nearly doubled their lead in the 20th minute when Karim Samb, set up by Asrar Rehber, rounded the Namdhari goalkeeper and seemed certain to score. However, former RKFC defender Lamine Moro produced a last-ditch sliding tackle, denying Samb a clear goal just a yard from the line.

The Snow Leopards continued to press forward, with Mohammad Inam looking dangerous in attack. Just before halftime, Inam dribbled past defenders and unleashed a powerful shot, but Jaspreet Singh parried it away. The rebound fell to Asrar Rehber, who set up Samb again, but his effort was blocked by Namdhari's Harpreet Singh.

Namdhari FC, who had been ineffective in attack during the first half, relied heavily on their Brazilian forward, Cledson Carvalho da Silva, in the second period. In the 62nd minute, he attempted a lob over RKFC goalkeeper but misjudged the shot. Later, he dribbled past two defenders and took a shot from outside the box, only to be denied by RKFC captain Muhammad Hammad's crucial block.

After the match, RKFC head coach Ishfaq Ahmad acknowledged the significance of the victory against a strong opponent. "Namdhari FC was second on the table, so this was an important win for us. The support from fans is amazing. Even children come with their parents, creating a great sporting atmosphere," he said.

Club owner Arshid ShauI congratulated the team and reiterated RKFC's commitment to promoting local talent. "Our goal is to nurture Kashmiri players so they can compete at top clubs in India and even abroad," he said.



Khyber Cement Ka Zarra Zarra Dil Se Bana Hai

