

Kashmir Convener



Modi has already declared Adani issue personal matter, will he oblige US SEC: Cong

P/02



NIA Arrests 3 Men For Leaking Sensitive Defence Information To Pakistani Intelligence Operatives

P/02



You Will Be Accountable For Poll Results: Kharge To Top Office-Bearers

P/02

J&K Emerging Out Of 'Evil Eye' Shadow: CM Omar

KC News Network

NEW DELHI: Jammu and Kashmir is emerging out of the shadow of "evil eye" and is on verge of reclaiming its status as one of India's leading tourism destinations, Chief Minister Omar Abdullah said on Wednesday.

He also invited people from across the globe to explore the picturesque region popularly known as 'paradise on earth'.

Speaking at the inauguration of the SATTE exhibition at Yashobhumi here, Abdullah highlighted J&K's rich and diverse offerings beyond its famous tourist spots like Gulmarg and Pahalgam or religious pilgrimage to Mata Vaishno Devi and Amarnath shrines.



Jammu and Kashmir offers a lot more to satisfy anyone from holiday makers to adventure sports lovers and influencers to social media enthusiasts,

he said at the South Asia's Travel and Tourism Exchange (SATTE).

The chief minister talked about improved connectivity between Kashmir

and the rest of the country, including the direct rail link which is likely to start anytime soon.

"The shadow of evil eye resulted in a difficult time for J&K over the past 30 to 35 years but the region is now emerging out of it and is once again one of India's prominent destinations for domestic tourism.

"International tourism is also picking up in spite of the difficulties that we have with travel advisories issued by various embassies and consulates," Abdullah said, referring to the eruption of terrorism in early 1990. Quoting famous Persian poet Amir Khusrau who once said "Gar firdaus, bar ruhe zamin ast, hamin asto, hamin asto

>>>SEE ON P-7

Will make changes in J&K tourism policy: CM Omar Abdullah

KC NEWS NETWORK

SRINAGAR: Chief Minister Omar Abdullah on Wednesday said that Jammu and Kashmir has everything for the visitors and that some changes will be in tourism policy if need arises.

Speaking to reporters, the Chief Minister as per the news agency—Kashmir News Observer (KNO), said that Jammu is the city of temples and Kashmir has beautiful places that visitors can explore. "If you want beauty then there

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Govt forms SIT to probe double murder in Kathua

KC NEWS NETWORK

JAMMU: Government on Wednesday formed a six-member Special Investigation Team (SIT) headed by a superintendent of police to probe the recent murder of two men in a remote village in Kathua district of Jammu and Kashmir, officials said.

Bodies of Roshan Lal, 45, and Shamsher, 37, were retrieved from the banks of a stream in Batheri village in Billawar on February 16. The postmortem report of the bodies revealed that they had been strangled to death.

Police have not ruled out terrorist involvement in the double murder so far. A joint anti-terrorist operation by police, army and paramilitary forces is also underway in the nearby forests over the past couple of days.

However, any breakthrough has eluded the investigators till date, the officials said, expressing

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"If forced, we can be aggressive also with Pakistan": Army Chief



KC News Network

NEW DELHI: India Army Chief General Upendra Dwidivedi has said that since 2014, India has been "assertive" in its communication with Pakistan on the Line of Control (LOC), and they have understood that "we mean business."

Speaking in an exclusive interview with ANI, the Army Chief suggested that India is now aggressive enough to respond if Pakistan provokes us.

"Now what has happened from 2014, if you see, that both sides have generally understood that we mean business. And India has said very clearly that we will be assertive in our communication. And if required, we can be aggressive also. So, what you have just spoken about, it was a kind of an indication that look, if you force us, then we will be aggressive enough to communicate our intent," he said.

General Dwidivedi also stressed the impact of the abrogation of Article 370 in August 2019 in Jammu and Kashmir, noting that the number of terrorists and the recruitment of locals have significantly gone down, and people no longer have "confusion" over identity. The Army Chief emphasized that the decision to revoke the special status

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CS For Framing Incentive Based Policy For Digitization Of Manuscripts Lying With Public



KC News Network

JAMMU: Chief Secretary, Atal Dulloo, today chaired a high level meeting to assess and expedite efforts for revival, restoration, preservation and maintenance of the rich heritage and architectural legacy of Jammu and Kashmir.

The meeting focused on key heritage projects besides working out modalities for ensuring promotion and

preservation of the region's unique blend of cultural and traditional legacy in the form of exquisite manuscripts.

Present in the meeting were Commissioner Secretary, IT Department; Divisional Commissioner, Kashmir/Jammu; Commissioner Secretary, Culture; Secretary, PWD; Commissioner,

JMC; Director, Archaeology & Archives; Chief Engineers and other concerned officers.

>>>SEE ON P-7

Ready To Hit The Roads For Restoration Of Statehood: Karra



KC News Network

SRINAGAR: Accusing central government of playing with the sentiments of people over the restoration of Jammu and Kashmir's statehood, Pradesh Congress Committee (PCC) chief Tariq Hameed Karra on Wednesday said they are ready to hit the roads to force the Centre to fulfil this demand.

"It is a very serious issue that people are losing

'JK is Expected To Face 29% Un-Served Annual Energy By 2034-35'

Riyaz Bhat

SRINAGAR: In an awful revelation, authorities have said that Jammu and Kashmir may face 29 percent of 'forced load shedding' of annual power in the year 2034-35.

Besides, the authorities have further projected that in the coming ten years, the Compound Annual Growth Rate (CAGR) of power demand is likely to increase by more than four percent in Jammu and Kashmir and Ladakh.

According to the official documents accessed by the news agency—Kashmir News Observer (KNO), authorities in a report have projected that "Electrical energy demand for the UT of J&K and Ladakh is increasing with a CAGR of 4.2 percent from 2024-25 to 2034-35 as forecasted by 20th Electric Power Survey (EPS) of India." It has further said that the projections of J&K also indicate that electrical energy demand

>>>SEE ON P-7

J&K staring at water crisis: CM Omar Abdullah
"Will be reviewing measures Jal Shakti department intends to tackle situation"



KC News Network

SRINAGAR: Chief Minister Omar Abdullah on Wednesday said that Jammu & Kashmir is facing a water crisis this year, and he will be reviewing the measures the Jal Shakti (PHE) Department intends to take to address the situation.

In a post on X, formerly Twitter, Omar Abdullah stated that J&K is staring at a water crisis this year. "It's not a recent phenomenon; it's actually been building up for a few years now," he said, as per news agency—Kashmir News Observer (KNO)

Omar emphasized that the government alone cannot handle the crisis and that people need to take measures for water conservation.

>>>SEE ON P-7

Experts sound alarm on diminishing water resources

Rehan Qayoom Mir

SRINAGAR: Experts and environmental science specialists have highlighted the ongoing decrease in water resources in Jammu and Kashmir, saying the issue was due to a combination of natural and human-induced factors.

They said snowfall and rainfall in Jammu and Kashmir have decreased by 29 per cent in 2024, a trend consistent since year 2020, adding that the reduction in precipitation has resulted in lower snow and rain accumulation, which directly affects the re-filling of groundwater sources.

Dr Sami Ullah Bhat, Coordinator of Environmental Science at Kashmir University, speaking to the news agency—Kashmir News Observer (KNO), said the decrease in

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Since 2021, Al Iman Youth Foundation donates 25k blood pints across Kashmir

Raja Syed Rather

GANDERBAL: In a remarkable display of humanitarian service, the Al Iman Youth Foundation, under the leadership of District President Sheikh Danish, has emerged as a crucial support system for patients in need of blood transfusions across Ganderbal.

The foundation's dedicated team, including District Vice President

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Water crisis threat looms large in J&K, first 50 days of 2025 record 83% deficit rainfall

● Ready to tackle any situation, contingency plan devised, says Jal Shakti Department

Owais Gul

SRINAGAR: In the first 50-days of the year 2025 Jammu and Kashmir has witnessed a rainfall deficit of 83 percent thus posing a risk of severe water scarcity in the coming months.

According to the official data accessed by the news agency—Kashmir News Observer (KNO), from January 1, 2025 to February 19, 2025, J&K has recorded a rainfall of just 29.8 mm against the normal precipitation of 175.8 mm. i.e. only the 17% precipitation.

Kargil in Ladakh has recorded



zero percent precipitation in 2025 with the data revealing that the district has witnessed 100 per cent deficit as against the normal rainfall

of 18.5 mm. In Jammu and Kashmir, Kathua has witnessed the highest deficiency

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First 50 days of 2025 record 83% deficit rainfall

Contingency plan devised, says Jal Shakti Deptt

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In Jammu and Kashmir, Kathua has witnessed the highest deficiency with 98 percent as a rainfall of

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NIA Arrests 3 Men For Leaking Sensitive Defence Information To Pakistani Intelligence Operatives

NEW DELHI: The NIA has arrested three men for leaking sensitive information to Pakistan-based intelligence operatives, the anti-terror federal agency said on Wednesday.

They were sharing sensitive information about Indian defence establishments at Karwar Naval Base and Kochi Naval Base, the National Investigation Agency (NIA) said in a statement.

While Vethan Laxman Tandel and Akshay Ravi Naik were picked up from Uttara Kannada district in Karnataka, Abhilash P A was arrested from Kochi in Kerala, the agency said.

All three accused persons arrested on Tuesday with the assistance of local police were found to have been in contact with Pakistan Intelligence Operatives (PIOs) through social media, it said.

As per NIA investigations, they were sharing sensitive information about Indian defence establishments at Karwar Naval



Base and Kochi Naval Base and were receiving money from PIOs in exchange for the information.

A total of eight people have been arrested so far in the case, including these three, the statement said.

NIA has so far chargesheeted five persons, including two absconding Pakistani operatives, in the case that was originally registered by the Counter Intelligence Cell, Andhra Pradesh in January 2021.

NIA investigations have revealed that Pakistan national Meer Balaj Khan and one Akash Solanki — who has been arrested — were involved in the espionage racket related to leaking of sensitive vital information about the Indian Navy as part of an anti-India conspiracy, it said.

Another absconding PIO, Alven, and two others —

Manmohan Surendra Panda and Amaan Salim Shaikh — have also been chargesheeted by the NIA. The agency took over the case in June 2023.

The anti-terror agency will continue its probe in the case to unravel the espionage conspiracy by Pak-based and other anti-national elements, the statement said. (Agencies)

TVS Motor Company Launches India’s First, Bluetooth Connected, Electric Three-Wheeler - TVS King EV MAX in Srinagar



SRINAGAR: TVS Motor Company - a leading global automaker that operates in the two and three-wheeler segments, today announced the launch of its connected passenger electric three-wheeler, TVS King EV MAX. The vehicle has best-in-class features including bluetooth connectivity through TVS SmartXconnect™.

The TVS King EV MAX combines innovative technology with eco-friendly solutions, catering to the growing demand for sustainable urban mobility.

Commenting on the launch, Rajat Gupta, Business Head, Commercial Mobility, TVS Motor Company, said, “The launch of TVS King EV MAX is a significant step forward in our commitment to providing sustainable solutions for last-mile connectivity. As urban areas continue to grow, the demand for clean mobility options has never been more critical. The TVS King EV MAX combines advanced electric propulsion with superior comfort and connectivity. The distinctive blend of long-range, impressive acceleration and quick charging time guarantees high uptime, enabling more trips and increased earning potential for customers, including fleet operators.

The vehicle is being launched in UP, Bihar,

J&K, Delhi and West Bengal, right away. It will be available across the country in the coming months.”

With a range of 179 kms on a single charge, quick charging in just 2 hours and 15 minutes for 0 – 80% charge and 3.5 hours for 100% charge; smart features like TVS SmartXconnect™, the King EV MAX offers users real-time navigation, alerts and vehicle diagnostics through their smartphones. It combines excellent performance, comfort and connectivity, making it a standout choice for modern urban mobility.

The TVS King EV MAX is powered by a high-performance 51.2V lithium-ion LFP battery enabling making it perfect for urban commuting. With a top speed of 60 km/h (ECO Mode: 40 kmph; City: 50 kmph; Power: 60 kmph), the vehicle ensures efficient travel while maximizing passenger comfort through its spacious cabin and ergonomic seating design.

The TVS King EV MAX is now available across select dealerships in UP, Bihar, J&K,

Delhi and West Bengal, at a price of Rs. 2,95,000/- (ex-showroom). It also comes with a warranty of 6-years / 150,000 km (whichever is earlier), along with 24/7 road-side-assistance for the first 3 years.

Mechanical engineer from IIT-Roorkee and former Haryana CS, Vivek Joshi now election commissioner

NEW DELHI: A mechanical engineer from IIT-Roorkee who has served as the chief secretary of Haryana, Vivek Joshi on Wednesday assumed charge as an election commissioner.

At 58, Joshi is one of the youngest members to be a part of the poll panel.

According to the law governing the appointment of CEC and ECs, the chief election commissioner and other election commissioners will hold office for a term of six years from the date on which they assume office or till they attain the age of 65 years, “whichever is earlier”. Born on May 21, 1966, Joshi will turn 65 in May 2031, but as per the law, his term in the poll panel will end on February 18 of that year.

While CEC Gyanesh Kumar will demit office on January 26, 2029, the other election commissioner, Sukhbir Singh Sandhu will retire in July 2028.

Joshi could possibly supervise the conduct of the Lok Sabha elections in 2029 as the next CEC.

Joshi is a 1989 batch officer of the Indian Administrative Service of the Haryana cadre.

He has served as the chief secretary of Haryana and Secretary, Department of Personnel and Training and Department of Financial Services in the central government.

Earlier in his career, he served as the Registrar General and Census Commissioner and as member secretary of the Fifth State Finance Commission of Haryana.

Hailing from Uttar Pradesh, Joshi is a mechanical engineer from IIT-Roorkee. He has a Masters in International Business from IIFT, New Delhi, an MA and a Ph.D. in International Economics from the Graduate Institute, Geneva, Switzerland.



EU envoys approve more sanctions against Russia to mark third anniversary of its war on Ukraine



BRUSSELS: European Union envoys have approved a new raft of sanctions against Russia, with the measures set to enter into force next week on the third anniversary of its full-scale invasion of Ukraine, a top EU official and diplomats confirmed on Wednesday.

The move comes with the Europeans sidelined from US-led talks to end the war.

The EU has slapped several rounds of sanctions on Russia since President Vladimir Putin ordered his troops into Ukraine in February 24, 2022. More than 2,300 officials and entities — usually government agencies, banks and organizations — have been hit.

The diplomats confirmed approval of the sanctions — the 16th package of measures including travel bans, asset freezes and trade restrictions — on condition that they not be named. The measures are still not entirely finalised until EU foreign ministers endorse them on Monday, allowing them to enter force.

Among the latest sanctions are measures targeting Russia’s so-called “shadow fleet” of ships that it exploits to skirt restrictions on transporting oil and gas, or to carry stolen Ukrainian grain.

Some 70 vessels believed to be part of the shadow fleet will be added to more than 50 already listed.

EU Commission President Ursula von der Leyen, whose services drafted some of the measures for consideration, welcomed their prospective adoption by the 27-nation bloc’s ambassadors.

“The EU is clamping down even harder on circumvention by targeting more vessels in Putin’s shadow fleet and imposing new import and export bans. We are committed to keep up the pressure on the Kremlin,” she said in a social media post.

Almost 50 Russian officials will be targeted, joining a list that already includes Putin, several of his associates and scores of lawmakers, while dozens more entities face sanctions. Among the measures are restrictions on 13 Russian banks and 3 financial institutions, the diplomats said.

The sanctions would also place restrictions on the use of 11 ports and airports in Russia that the EU considers are being used to help Moscow bypass an oil price cap and other measures already imposed by the bloc.

Trade bans on some chemicals and aluminum are also included.

Modi has already declared Adani issue personal matter, will he oblige US SEC: Cong

NEW DELHI: The Congress on Wednesday said Prime Minister Narendra Modi has already declared the Adani issue to be a personal matter and asked whether he would oblige the US Securities and Exchanges Commission’s (SEC) request in the ongoing probe against the business group.

The opposition party’s assertion came after the SEC told a federal judge in New York that its efforts to serve its complaint on Gautam Adani and Sagar Adani in the alleged bribery scheme are “ongoing”. This included a request for assistance to the Indian authorities.

Congress general secretary in-charge communications Jairam Ramesh said the SEC has just informed a New York district court that it has sought the assistance of the Modi government to serve complaints on the violations of US laws by Gautam Adani and some of his colleagues.



“The PM has already declared the Modani issue to be a personal matter. Will he oblige the SEC?” Ramesh said on X.

To a question on whether the issue relating

to Adani figured in the talks, Modi said at a joint media briefing with Donald Trump in Washington last week: “India is a democracy and our culture is ‘Vasudhaiva Kutumbakam’. We consider the whole world as one family. I believe every Indian is mine.”

“Two prominent leaders of two countries never discuss such individual issues,” he said.

The SEC submitted a status update Tuesday to Judge Nicholas Garaufis at the United States District Court, Eastern District of New York, regarding its efforts to serve its complaint on Gautam Adani and Sagar Adani.

Government of Jammu & Kashmir

Directorate of Tourism, Kashmir

e-mail: ddtreg123@gmail.com

Sub:- Application for grant of registration to Hotel “Grand Mumtaz Resorts-II”(Radison Hotel Sonamarg) located at Sonamarg Ganderbal.

Public Notice

Whereas, Mr. Waseem Mushtaq & Naseem Mushtaq S/o Mushtaq Ahmad Chaya R/o Brain Nishat, Srinagar have approached this office for grant of Registration to Hotel under the name and style “Grand Mumtaz Resorts-II”(Radison Hotel Sonamarg) located at Sonamarg Ganderbal;

Whereas, the applicants have submitted requisite documents like Revenue documents of the land, building permission issued by Chief Executive Officer, Sonamarg Development Authority, NOC from SDA, Land ownership certificate, Consent to Operate from JKPC, State Subject, Character certificate, PAN Card/GST, Site Plan, NOC from Fire and Emergency Services, , NOC from PHE and PDD etc; Whereas, grant of registration certificate to the hotel is purely for the purpose of running operation management of the said hotel and shall not confer upon the applicant any right of ownership of the hotel or any other entitlement in respect of property disputes etc and shall also not regularize any unauthorized construction or encroachment upon Government land;

Now, therefore, in exercise of powers conferred on me under section 10 of J&K Registration of Tourist Trade Act 1978/82/2011, before issuance of registration certificate in favour of Mr. Waseem Mushtaq & Naseem Mushtaq S/o Mushtaq Ahmad Chaya R/o Brain Nishat, Srinagar, the matter is hereby notified for information of General Public/Financial Institutions/ Banks/ Development Authorities/ PHE Department/ Electric Department that in case of any objection, the same should reach the office of undersigned within a period of 07 days from the date of publication of this notice. No objections beyond the period of 07 days will be entertained and the request of the applicant will be considered under rules, after submission of requisite documents, as per norms.

No: Reg/UP-95/151/DTK
Dated: 19.02.2025

DIPK-12189/24

Sd/-
Assistant Director Tourism,
Registration

Office Of The Zonal Education Officer D H Pora Expression of Interest

Application are invited from Supplier’s /Booksellers/ Publishers for their empanelment as authorized vendors for supply of books by offering discount percentage. Interested Supplier’s /Booksellers/ Publishers may submit the application with a security amount of 10000 credited to the account of Zonal Educational Officer, D.H. Pora along with requisite documents upto 24th of Feb., 2025. The terms and conditions can be obtained from the office of the undersigned on all working days upto 4pm.

NO: ZEO/DHP/Accts/ 36/25
Dated: 19.02.2025

DIPK-12201/24

Sd/-
Zonal Education Officer
D.H.Pora

Government of Jammu and Kashmir UT

OFFICE OF THE CHIEF MEDICAL OFFICER BUDGAM

Subject: Revised Final Seniority list of Junior Pharmacists District Cadre Budgam Reference:- Administrative Department Health & Medical Education Circular No: 15-HME of 2024 Dated: 24-06-2024 duly endorsed by Directorate of Health Services Kashmir under No-DHSK/Est/ NG/E-7509487/5814-48 Dated: 27-06-2024,

CIRCULAR

Whereas, 1st Tentative Seniority list of Junior Pharmacists District Cadre Budgam whose initial posting is in District Budgam was issued by this office vide No:- CMOB/4753-79 Dated: 16-11-2024 and also disseminated among all DDO’s for objection, if any.

Whereas, various representations has been received by this office along with supported documents for rectification, which were scrutinized and accordingly included in the 2nd tentative seniority list.

Whereas, 2nd Tentative Seniority list of Junior Pharmacists District Cadre Budgam was issued by this office vide No: CMOB/5172-98 Dated: 27-11-2024 and also disseminated among all DDO’s for objection, if any.

Whereas, one representation in favour of Shabir Ahmad Wani duly forwarded by Block Medical Officer Khag vide No:- BMOK/513 Dated: 30-11-2024 has been received by this office of his date of initial appointment viz 27-27-1990 instead of 05-01-2008 along with supported documents for rectification, which were scrutinized and accordingly included in the final seniority list issued by this office vide No. CMOB/5412-37, dated 02-12-2024.

Whereas, final Seniority list of Junior X-Ray Technicians District Cadre Budgam was issued by this office vide No:- CMOB/5412-37, Dated 02-12-2024 and also disseminated among all DDO’s for objection, if any.

Whereas, one more representation of Sheikh Kaiser Mehboob duly forwarded by Block Medical Officer Budgam vide No:- BMO/BUD/1064 Dated: 14-02-2025 has been received by this office for inclusion his name in the final seniority list of Junior Pharmacists along with supported documents for rectification, which were scrutinized and accordingly included in the final seniority list

Now, Revised final seniority list of Junior Pharmacists (borne on 2210) District Cadre Budgam is hereby framed and circulated among all concerned for information and objection, if any which should reach to this office within two days. The list is available on DHSK website www. dhskashmir.org.

No:- CMOB/1041-67
Dated: 19-02-2025

DIPK-12175/24

Sd/-
Chief Medical Officer,
Budgam

JK Govt Pushes High-Density Farming in Bandipora, Javed Dar inaugurates Mother Block

Launches plantation drive at Horticulture Fruit Plant Nursery

BANDIPORA: Minister for Agriculture Production, Rural Development Department & Panchayati Raj, Javid Ahmad Dar, today inaugurated Mother Block besides launching the plantation drive at Horticulture Fruit Plant Nursery Bandipora.

The Minister was accompanied by MLA Bandipora, Nizamuddin Bhat; MLA Gurez, Nazir Ahmad Khan Gurez; Deputy Commissioner Bandipora; Director Horticulture Kashmir and Chief Horticulture Officer Bandipora.

The Minister said that presently agricultural advancements have become indispensable to navigate the farming sector towards progress and prosperity. "Our primary responsibility is to make the agriculture sector more vibrant, productive in

order to encourage and promote agricultural practices and activities on modern patterns with sci-



entific and technological orientations", added the Minister.

Javid Dar said that after introducing High Density farming in the Horticulture sector, it has become imperative to propagate true to type quality fruit

plant material at par with the imported fruit plant material locally. In this direction, it is of paramount



importance that we must possess dedication and commitment along with scientific and technological know-how to deal with the challenges, he said.

The Minister said that High Density farming is

a game changer and it will uplift the socio-economic status of the farming community in terms of better returns. Besides, it will upgrade the quantity manifold with quality production.

As a growing demand of establishing High Density orchards, the Minister said we have to cater to the demand by providing quality high density fruit plant material.

Later, the Minister also kicked started a plantation drive by planting a sapling in the fruit plant nursery Bandipora. He emphasized that we must protect our fauna and flora and plant more and more trees to safeguard the ecology and environment.

JK General Line Teachers Forum Calls on CEO Bandipora; Submits Charter of Demands

BANDIPORA: A delegation of Jammu and Kashmir General Line Teachers Forum (GLTF), Bandipora, on Wednesday called on Chief Educa-



tion Officer (CEO) Bandipora Abdul Majeed Dar and submitted charter of demands.

An official spokesperson of the organization said the delegation was led by General Secretary (Kashmir Province) Mr. Zahoor Ahmad Lone. He said the delegation extended a warm welcome to the CEO and expressed optimism that his tenure would bring significant improvements to the education sector in the district.

During the meeting, the delegation submitted a charter of demands, highlighting key issues that require urgent attention.

According to the spokesperson, GLTF demanded Adequate Staffing in Remote Areas by ensuring sufficient teaching staff in far-flung areas to improve education quality.

They also demanded Transfer of Teachers and Masters from Zone Gurez (ATD 2023) - Addressing concerns regarding the Annual Transfer Drive (ATD) 2023 for teachers from Gurez.

Spokesperson said the GLTF also flagged Deployment of Subject-Specific Teachers by Assigning specialized teachers in High and Higher Secondary Schools for better subject-wise learning.

GLTF also demanded timely Release of Travel Allowance (TA) for January 2025 - Ensuring the prompt disbursement of TA for teachers who attended official duties in January 2025.

The delegations also urged Utilization of Teachers from Merged Schools - Proper deployment of teachers from recently merged schools to optimize workforce distribution.

The forum also called for Rationalization of Staff Before School Reopening - Completing the staff rationalization process before the new academic session to ensure smooth functioning of schools.

The delegation expressed confidence that the CEO would prioritize these issues and take necessary steps to strengthen the educational framework in Bandipora.

Skill Development Training on Advanced Techniques in Natural Product and Medicinal Chemistry kickstarts at IIIM Srinagar

SRINAGAR: The skill development program "Hands-on Training on Advanced Techniques in Natural Product and Medicinal Chemistry" commenced on Wednesday at CSIR-IIIM Srinagar (br.).



An official spokesperson said the programme was inaugurated by Director CSIR-IIIM Jammu Dr. Zabeer Ahmed, virtually. In his keynote video message, Dr. Ahmed underscored the pivotal role of natural products and medicinal chemistry in accelerating drug discovery and development while also highlighting recent advances in the field.

Dr. Zabeer Ahmed emphasized the enduring relevance of natural products, stating, "From traditional remedies to modern therapeutics, natural compounds remain a cornerstone of drug discovery. He further said that the program aims to cultivate a skilled workforce capable of leveraging natural product chemistry for novel therapeutics. "By merging traditional knowledge

with modern science, it seeks to address pressing healthcare needs through sustainable innovation".

The training combines theoretical sessions with hands-on labs, focusing on advanced meth-

odologies such as bioactive compound isolation, structural elucidation, and molecular modelling. Participants will gain proficiency in high-throughput screening, spectroscopy, and data analysis tools critical for pharmaceutical research.

20 Attendees from eight states representing academia, industry, and research institutions, reflecting the program's broad impact, are participating in this training program. The three-day program is coordinated by Dr. Bilal Ahmad Bhat, Principal Scientist and Dr. Syed Khalid, Scientist, under the supervision of Er. Abdul Rahim, Head IM Srinagar (Br.) and Dr. Fayaz Malik, Deputy Head. The inaugural session saw participation from other scientists, scholars and technical staff.

Govt undertakes comprehensive program for imparting modern skills to youth: Dy CM

JAMMU: Maintaining that the Government is committed for honing the technical abilities of the youth, Deputy Chief Minister, Surinder Choudhary, today said that a comprehensive program has been undertaken for imparting the modern and market based technical skill education to youth so that they can create employment opportunities for themselves and other aspiring ones as well.



The Deputy Chief Minister was interacting with the students during his comprehensive visit to Government Industrial Training Institute and Government Polytechnic for Women at Akhnoor road Jammu. He was accompanied by the senior officers of administration.

The Deputy Chief Minister said that the present government is aware of the challenges being faced by the youth and several schemes have been launched for ensuring their economic and social empowerment. He said that due care should be taken for using quality materials and also adhering to the timelines set for construction of these meant to augment the existing facilities being provided to the students.

While inspecting the pace of work on the ongoing infrastructural works, the Deputy Chief Minister directed for speedy construction of these assets. He said that due care should be taken for using quality materials and also adhering to the timelines set for construction of these meant to augment the existing facilities being provided to the students.

Javed Dar assesses development landscape of Bandipora, e-inaugurates development projects

BANDIPORA: Minister for Agriculture Production, Rural Development and Panchayati Raj, Cooperative and Election departments, Javed Ahmad Dar, today reviewed the developmental landscape of Bandipora district in a meeting held at mini secretariat here.

The Minister was accompanied by DDC Chairman, Abdul Gani Bhat; MLA Bandipora, Nizam u din Bhat; MLA Gurez, Nazir Ahmad Khan and MLA Sonawari, Advocate Hilal Akbar Lone.

During the meeting, the Minister reviewed the developmental scenario of the district besides e-inaugurating a series of development projects in the district.

Deputy Commissioner Bandipora, Manzoor Ahmad Qadri, briefed the meeting regarding various developmental parameters of the district. He apprised of the progress and status of various flagship programmes including JIM, MGNREGA and other programmes besides briefing regarding various district specific initiatives.

During the meeting, the legislators raised constituency specific issues and demands emphasizing early redressal.

Speaking on the occasion, the Minister emphasized the importance of prioritising construction and maintenance

of roads for enhanced development.

While reviewing implementation of government schemes, the Minister directed the officers to take public welfare initiatives to their doorsteps on priority basis. He also urged upon the public



representatives to bring the issues of public importance into the notice of concerned authorities for prompt redressal. He directed the officers to conduct regular field tours to take appraisal of ground level issues.

On the occasion, the Minister also e-inaugurated various projects including hi-tech polygreen houses at Papchan, Nadihal and Bazipora established with a cost of Rs 21 lakh each, water supply

scheme Chitreybandi worth Rs 255.99 lakh, water supply scheme Numberdar Pati worth Rs. 141.72 lakh and water supply scheme Gundpora Rampora costing Rs. 544.24 lakh.

Later, the Minister, while responding

to the issues and grievances of public delegations, assured them of government's commitment towards resolving their concerns in a time bound manner.

Among others, Director Horticulture; Director Sericulture; Director RDD; Director Animal Husbandry; Director Sheep Husbandry; Registrar Cooperative societies J&K; HODs and district officers of various departments were present on the occasion.

Bandipora Police Traces Stolen Mobile Phones, Returns to Owners by Bandipora Police

February 19: Bandipora Police traced multiple stolen phones and returned to the owners on Wednesday.

An official spokesperson said during the current year had received multiple complaints through CEIR Portal from the general public regarding missing/stolen mobile phones.

Spokesperson said acting on these complaints, police achieved a significant breakthrough by recovering 10 stolen smart phones worth 2.80 lakhs from different places of UT J&K and outside UT.



"The smart phones were handed over to their owners after completion of necessary legal formalities. Recipients expressed their gratitude & appreciation to police's relentless efforts in recovering their mobile phones".

Police advise the general public to use their mobile phones and other electronic media gadgets with precaution in order to safeguard themselves from cyber related frauds and crimes. If anyone becomes the victim of any Cyber related crime/fraud he should immediately register complaint on National Cyber Crime Reporting Portal www.cybercrime.gov.in or Call Toll Free No. 1930.

Also, citizens should report missing/stolen mobile phones on CEIR Portal online on www.ceir.gov.in, dedicated online Portal on lost/stolen mobile phones by (Dept. of Telecommunications, Ministry of Communications GOI).

Pir Panjal Winter Festival: Music and Dance Talent Hunt Competition Begins in Poonch

POONCH: The much-anticipated Music and Dance Talent Hunt Competition kicked off in Poonch, setting the stage for an electrifying showcase of artistic talent.

An official spokesperson said the key highlight of the Pir Panjal Winter Festival, the event aims to provide a platform for aspiring singers and dancers to exhibit their skills, passion, and artistic excellence.

With over 50 participants from diverse age groups and backgrounds, the competition features performances across various categories, including classical, contemporary, and fusion dance and music. The opening performances captivated the audience, setting the tone for an exhilarating contest ahead.

Enthusiastic participants, an energetic audience, and a panel of esteemed judges have made the event a thrilling celebration of music and dance.

The Pir Panjal Winter Festival is more than just a cultural extravaganza—it symbolizes unity, mutual respect, and collective growth. Through sports, cultural exchanges, and shared festivities, the festival fosters a spirit of togetherness and camaraderie, strengthening bonds within the community.



Active public participation in policy formulation cornerstone of Omar govt : Tanvir Sadiq

SRINAGAR: The Jammu & Kashmir National Conference Chief Spokesperson and MLA Zadibal Tanvir Sadiq, stated that the government led by Omar Abdullah is committed to working with a vision of participatory and collaborative planning to foster development and address public issues.

He emphasized the importance of involving the public in decision-making processes to ensure that policies are reflective of the needs and desires of the people. "This commitment to public participation demonstrates a dedication to transparency, accountability, and responsiveness, ultimately leading to a more inclusive and democratic governance system," he said.

During his tour of the Hazratbal and Lalbazar areas of the Zadibal Assembly segment, Tanvir said Omar Abdullah govt was keen on working closely with people to have their issues redressed. Accompanied by the party's local unit functionaries and representatives from the administration, he engaged in lively conversations with the people, addressing their concerns with ease.

Fisheries Department Organizes Awareness Camp at Kulhuma

Bandipora: The Fisheries Department Bandipora, in coordination with CSC Operators, organized an awareness camp at Kulhuma to promote the Applications Mobilization Campaign under the Pradhan Mantri Matsya Kisan Samridhi Sah-Yojana (PM-KSSY).

The Central Sector Scheme, launched by the Government of India for 2023-24, aims to continue until 2026-27, focusing on on-the-spot registration of fishermen on the NFDP portal.

A large number of fishermen, including local fishermen from Kulhuma, participated in the camp. They availed benefits of registration under NFDP and showed keen interest in Aquaculture Insurance and various value chain projects introduced under the scheme.

The initiative is expected to enhance financial security, provide insurance coverage, and promote modern aquaculture practices, contributing

PM Modi and Trump Forge a New Dawn in U.S.-India Relations

Prime Minister Modi's visit to the United States not only deepened the strategic alliance between the two nations but also set in motion a cascade of initiatives that promise to reshape the geopolitical landscape for decades to come.



RAHUL PAWA | X @IMRAHULPAWA

In a dazzling display of strategic vision and personal rapport, Prime Minister Narendra Modi's recent visit to the United States in February 2025 has set the stage for an era of renewed cooperation and transformative partnerships between two of the world's most influential democracies. Against the backdrop of an increasingly complex global landscape, the visit showcased a masterclass in diplomacy, marked by high-level meetings, landmark agreements, and an inspiring confluence of ideas that spanned defence, trade, technology, energy, and cultural exchange.

At the heart of this historic journey was the much-anticipated meeting between Prime Minister Modi and President Donald J. Trump in Washington, D.C. In an atmosphere that was as congenial as it was consequential, the two leaders not only reaffirmed the bedrock of the India-U.S. Comprehensive Global Strategic Partnership but also demonstrated a genuine personal rapport that resonated far beyond policy papers and strategic memos. Their conversation, punctuated by mutual admiration and forward-looking optimism, culminated in the launch of the ambitious U.S.-India COMPACT for the 21st Century—a transformative roadmap designed to deliver tangible results across defence, commerce, and technology within the year.

In an era defined by intricate challenges—from rebalancing global tariffs and tackling illegal immigration to addressing the ramifications of the Russia-Ukraine issue—Modi's discussions with President Trump were both candid and constructive. The leaders deliberated on the urgent need to streamline tariff structures to foster a more equitable trading relationship. They also exchanged views on sensitive judicial issues, such as the extradition of Tahawwur Rana, recognising that robust legal cooperation is pivotal in the fight against terrorism. This frank dialogue underscored their shared commitment to maintaining a rules-based international order, a cornerstone for global stability.

A standout moment during the visit was Prime Minister Modi's engaging discussion with Elon Musk, who, in his dual role as the head of the U.S. Department of Government Efficiency (DOGE) and CEO of Tesla, symbolised the seamless fusion of public policy and private innovation. In an exchange that was as energetic as it was visionary, Modi and Musk explored the boundless possibilities of emerging technologies—from space exploration and artificial intelligence to sustainable development. Musk's presence, accentuated by the warmth of his family's company, added a distinctly personal dimension to the dialogue, reinforcing the belief that when innovation is nurtured, boundaries dissolve and progress becomes inevitable.

The visit was also a testament to the two nations unyielding commitment to security. In his meeting with U.S. National Security Advisor Michael Waltz, Prime Minister Modi delved into discus-

sions centred on strategic technologies and defence industrial cooperation. The dialogue, which included pivotal discussions on civil nuclear energy and the deployment of small modular reactors, laid the groundwork for an enduring partnership aimed at fortifying both nations' security frameworks. Equally significant was the meeting with U.S. Director of National Intelligence Tulsi Gabbard, where the emphasis was placed on bolstering intelligence sharing, particularly in the realms of counterterrorism and cybersecurity. These high-level engagements highlighted a shared understanding: that in today's volatile global environment, the integration of traditional and technological security measures is indispensable.

One of the most consequential outcomes of the visit was the announcement of a new ten-year major defence partnership framework. This comprehensive agreement is poised to not only enhance the interoperability of the two nations' armed forces

create an enabling environment for business expansion, ensuring that the economic benefits of the strengthened partnership are widely shared.

Energy security, a linchpin of national stability, featured prominently in the agenda. The U.S.-India Energy Security Partnership was designed to guarantee reliable, sustainable, and affordable energy supplies through joint initiatives in oil, gas, and liquefied natural gas (LNG). Complementing this was the reaffirmation of the U.S.-India 123 Civil Nuclear Agreement, aimed at advancing civil nuclear cooperation through the development of U.S.-designed reactors in India. Special emphasis was placed on the development of small modular reactors—an innovation set to revolutionise energy generation by being both cost-effective and environmentally sustainable.

Perhaps one of the most forward-looking initiatives announced was the U.S.-India TRUST (Transforming the Relationship



through expanded defence sales and co-production initiatives but also to foster the development of cutting-edge autonomous systems via the newly established Autonomous Systems Industry Alliance (ASIA). Such initiatives are testament to the strategic foresight of both nations, ensuring they remain at the vanguard of modern warfare and intelligence-sharing capabilities.

In parallel, enhanced military collaboration was underscored by plans for expanded joint exercises such as the "Tiger Triumph" tri-service exercise. This commitment to operational readiness and mutual trust stands as a bulwark against both conventional and unconventional threats, ensuring that the armed forces of India and the United States are ever-prepared to respond to emerging global challenges.

On the economic front, the visit heralded a bold new chapter with the introduction of "Mission 500"—an ambitious initiative aiming to double bilateral trade to \$500 billion by 2030. This visionary target is complemented by ongoing negotiations for a comprehensive multi-sector Bilateral Trade Agreement, expected to streamline trade practices and dismantle barriers to market access. Modi's discussions emphasised the importance of greenfield investments and regulatory reforms designed to

Utilizing Strategic Technology) initiative. This comprehensive programme is poised to catalyse innovation by fostering collaboration among governments, academia, and the private sector in fields as diverse as artificial intelligence, semiconductors, and quantum computing. In tandem, the INDUS Innovation Bridge aims to bolster industry-academic partnerships and create secure, trusted supply chains for vital technological components, thereby enhancing both nations' self-reliance and resilience in an increasingly interconnected global economy.

The discussion also extended to strategic mineral recovery and civil space cooperation. Recognising the critical role of raw materials in technological advancement, efforts to accelerate the recovery of essential minerals like lithium and cobalt were highlighted. Joint space projects, including a NASA-ISRO collaboration, are poised to propel both nations into a leadership role in global space exploration, signalling a new era of scientific and exploratory endeavours.

Beyond the bilateral sphere, Modi's visit also placed a strong emphasis on multilateral and regional cooperation. The Quad and Indo-Pacific frameworks were reaffirmed as vital to ensuring a free, open, and rules-based Indo-Pacific region. With plans for

a Quad Leaders' Summit in New Delhi and enhanced maritime initiatives, both nations are setting a robust agenda to safeguard regional trade routes and maritime security.

Moreover, initiatives in the Middle East and the Indian Ocean region were discussed with an eye towards building broader, inclusive partnerships that extend the benefits of this strategic alliance to a wider international community. The commitment to undersea cable projects and digital infrastructure investments further underlines the forward-looking nature of this expansive agenda.

No diplomatic mission is complete without the human element, and Modi's visit was replete with initiatives aimed

The discussion also extended to strategic mineral recovery and civil space cooperation. Recognising the critical role of raw materials in technological advancement, efforts to accelerate the recovery of essential minerals like lithium and cobalt were highlighted. Joint space projects, including a NASA-ISRO collaboration, are poised to propel both nations into a leadership role in global space exploration, signalling a new era of scientific and exploratory endeavours.

at strengthening cultural and academic ties. Efforts to expand academic and talent exchanges, such as joint degree programmes and the establishment of Centres of Excellence, are designed to nurture a generation of leaders who embody the collaborative spirit of this new partnership. Modi's engagement on public platforms—celebrating World Radio Day and inviting public contributions for the famed Mann Ki Baat session—reinforced his commitment to transparent communication and grassroots connectivity.

As the curtains fall on a visit that will be remembered as a watershed moment in India-U.S. relations, the resounding message is one of hope, progress, and unwavering commitment. Prime Minister Modi's visit to the United States not only deepened the strategic alliance between the two nations but also set in motion a cascade of initiatives that promise to reshape the geopolitical landscape for decades to come.

In an era where global challenges demand collaborative solutions and shared visions, the personal camaraderie between Modi and Trump, coupled with the strategic foresight of both leaders, stands as a beacon of what can be achieved when nations unite for a common purpose. The renewed partnership, with its blend of defence, economic, technological, and cultural dimensions, is poised to deliver a legacy of enduring peace, stability, and prosperity—a testament to the power of visionary leadership and the timeless value of friendship across borders.

(Rahul Pawa is an international criminal lawyer and director of research at New Delhi based think tank Centre for Integrated and Holistic Studies.)

Saudi Arabia's Future and Trump's Plan about Gaza: The Final Solution



Firdous Ahmad Malik

As of February 17, 2025, Saudi Arabia's Vision 2030 is progressing rapidly, with over 18,000 projects planned to reshape the country's economy. The initiative, led by crown prince Mohammad bin Salman, aims to reduce dependence on oil and expand sectors such as tourism, technology, and entertainment. One of the latest developments includes partnerships with countries like Pakistan, which is exploring opportunities to send skilled labor to support Saudi Arabia's growing infrastructure and development projects. The kingdom is also focusing on sustainable energy, artificial intelligence, and smart city projects to position itself as a global economic leader. If successful, Vision 2030 will significantly boost employment, foreign investment, and innovation in the region.

In parallel, President Donald Trump has introduced a highly controversial plan regarding the Gaza strip. The proposal involves the U.S. taking control of Gaza, relocating its over 2 million Palestinian populations to neighboring countries, and transforming the area into a commercial and tourism hub. Israeli Prime Minister Benjamin Netanyahu has expressed support for the idea, while Arab nations, including Egypt and Jordan, have rejected it, citing concerns over forced displacement and regional instability. The plan has sparked significant debate, with critics arguing it violates international law and could further

escalate tensions in the Middle East.

President Donald Trump's proposal to take control of the Gaza strip and relocate its Palestinian population has elicited strong reactions globally. Israeli Prime Minister Benjamin Netanyahu has expressed commitment to the plan, emphasiz-

ing the complex geopolitical dynamics and the



ing collaboration with the U.S. to implement the controversial strategy. Netanyahu stated that, post-conflict, neither Hamas nor the Palestinian Authority would govern Gaza, aligning with Trump's vision for a transformed territory. However, this proposal has been widely condemned by Arab nations and the international community,

potential for increased tension in the Middle East.

In the United States, the proposal has sparked intense debate. While the Trump administration defends the plan as a necessary shift in Middle East policy, critics argue it constitutes a violation of international law and could exacerbate regional conflicts. The situation remains fluid, with

diplomatic efforts ongoing to address the myriad concerns raised by this unprecedented proposal.

The Saudi Ministry of Foreign Affairs reiterated the Kingdom's unwavering commitment to the establishment of an independent Palestinian state, emphasizing that such a position is "firm" and "non-negotiable." This stance reflects Saudi Arabia's long-standing support for Palestinian Sovereignty and rights.

In response to the proposal, Saudi Arabia has engaged in active diplomacy to address the potential regional implications. U.S. Secretary of State Marco Rubio recently visited Riyadh to discuss the plan and its possible consequences. During these talks, Saudi officials expressed concerns that forced displacement of Palestinians could lead to increased instability in the Middle East. The kingdom is also participating in an emergency Arab summit aimed at formulating a unified response to the proposal, underscoring its commitment to regional stability and solidarity with the Palestinian cause.

President Donald Trump's proposal to assume control over the Gaza strip and relocate its Palestinian inhabitants has ignited significant international and regional controversy. European nations, including Spain, France, and the United Kingdom, Slovenia, Poland, Belgium, and Germany, have expressed strong opposition to any forced displacement of Palestinians, emphasizing the importance of adhering to international law and supporting a two-state solution. In response to Israeli Defense Minister Israel Katz's suggestion that countries critical of Israel's actions should accept displaced Gazans, Spanish Foreign Minister Jose Manuel Albares reaffirmed that "the land of Palestinian Gazans is Gaza," rejecting external directives.

Within the Middle East, Arab nations have

unanimously rejected the proposal, citing concerns over regional stability and the rights of the Palestinian people. Egypt is formulating its own plan to reconstruct Gaza without displacing its residents, focusing on establishing secure areas and collaborating with international partners for infrastructure rehabilitation. This initiative underscores a collective regional effort to counter proposals perceived as undermining Palestinian sovereignty and exacerbating tensions in the region.

Conclusion

Saudi Arabia's firm stance against the displacement of Palestinians positions it as a key diplomatic player in shaping the region's future. As the Kingdom continues its Vision 2030 economic reforms, it also seeks to balance its growing ties with the West while maintaining solidarity with the Palestinian cause. Saudi Arabia's leadership in the Arab world will likely influence in the Arab world will likely influence broader regional policies, especially as it participates in diplomatic initiatives to counter Trump's Gaza plan. Its role in upcoming negotiations may determine whether a peaceful resolution, aligned with international law, can be achieved.

For Gaza, the future remains uncertain. If the U. S. and Israel push forward with plans for forced relocation, tensions could escalate, leading to long-term instability. However, regional efforts, including Egypt's reconstruction proposal, offer an alternative path that prioritizes Palestinian sovereignty. The outcome will largely depend on international diplomatic efforts and the willingness of global powers to enforce a fair solution.

Author is Pursuing M.ed at Kashmir University. He can be mailed at Artismalik61@gmail.com

Health Minister reviews functioning of H&ME, Social Welfare, Education departments in Baramulla

SRINAGAR: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo, today chaired a meeting at Civil Secretariat here to review the performance and functioning of Health & Medical Education, Social Welfare and Education departments in Baramulla district.

While reviewing the status of healthcare facilities, availability of medicines and infrastructure in hospitals, CHCs and PHCs across the district, Sakeena Itoo stressed on the importance of strengthening healthcare services, ensuring adequate medical staff and expediting work on ongoing projects to enhance patient care. "Address gaps in rural healthcare accessibility and ensure timely availability of life-saving drugs as well as other healthcare facilities to the public", the Minister said.

She called upon the officers of health department to fill the vacancies of paramedics and doctors to

address the staff constraints on health facilities. The Minister further directed the officers

of computerized billing systems and maintenance of psychotropic drug records.



of health department to conduct drug audit of all the medical and chemist shops to control malpractices, if any. She asked them to ensure that the establishments are complying with regulations like installation of CCTV cameras, implementation

While reviewing performance of Social Welfare department in the district, the Minister assessed implementation of various beneficiary oriented schemes for senior citizens, differently-abled individuals and women. She called for transparency

and efficiency in disbursing financial assistance, ensuring that beneficiaries receive their entitlements without delays.

She also highlighted the need for creating awareness among the masses regarding schemes so that maximum people can take benefits.

Regarding Education sector, the Minister emphasized on improving the standard of education, ensuring accountability among teaching staff and bridging gaps in digital learning resources.

The Minister called upon the officers to ensure that all issues raised by the public representatives are followed in a time bound manner and ensure proper follow up of the issues flagged by the public representatives.

During the meeting, the MLAs projected issues regarding Health & Medical Education, Social Welfare and Education departments of their respective constituencies.

FCS&CA Minister, Advisor to CM release first ever ‘Dogri, Kashmiri’ fusion song



JAMMU, FEBRUARY 19: Minister for FCS&CA and Transport, Satish Sharma along with Advisor to Chief Minister, Nasir Aslam Wani, today released the first ever Dogri and Kashmiri fusion song, "Sohna Jammu Kashmir", presented by PCI Folks Music.

releasing the song, the Minister said that it is a mesmerising blend of music, culture and unity representing rich cultural heritage of Jammu and Kashmir. He added that the soul stirring song celebrates the beauty, integrity and culture of J&K.

The Minister lauded the efforts of the artists and production team for creating this wonderful song and asked them to continue their good work.

Satish Sharma highlighted the immense talent present in J&K and asserted that government is committed to create more platforms and opportunities for the emerging artists.

Advisor to CM, said that J&K has tremendous potential and wonderful talents that certainly need to be encouraged. He also underscored government's commitment in promoting and supporting art and artists in their cultural endeavours.

The Minister and Advisor appealed the audience to support and appreciate the local talent.

The song has been beautifully sung by singers Ashh K and Javed Jahanzaib, with Music Direction by Ashh K and video direction by Amit Mahajan, Director, PCI Folks Music & Soulmate Event.

Rana co-chairs session on “Flood Plain Zoning” in All India State Ministers' conference

RAJASTHAN: Minister for Jal Shakti, Javed Ahmed Rana, today co-chaired a session on 'Flood Plain Zoning' in the second All India State Ministers' Conference on Water at Udaipur, Rajasthan.

While speaking on the occasion, Javed Rana emphasized the need for adoption of flood plain zoning approach for comprehensive flood management and minimizing flood damage, ensuring a safe and more resilient region for the people.

"In Jammu and Kashmir, work on Flood Plain Zoning is being pursued vigorously aligning with the guidelines issued by the Ministry for Water Resources. It is a big step towards achieving the goal of effective flood management through a combination of structural and non-structural measures," maintained the Minister.

The two day conference from February 18 to 19 themed "Water Vision@2047 - A Water Secure Nation," was organized by the National Water Mission, Ministry of Jal Shakti.

The session deliberated on the need for integrated river and coastal areas management highlighting strategies for basin level planning, integrating water and land use planning besides flood plain development and other measures

Rana highlighted that Jammu and Kashmir witnesses recurrent floods which gave rise to formulation of a comprehensive flood management plan to tackle the problem. He said that there is a need for judicious use of land, reducing the impact of floods and balancing the risk with the need of land for public good simultaneously. "Flood plain zoning" is not just about restrictions but regulating so that protecting people, property and nature is accorded top most priority," he said.

He also highlighted the initiatives being taken up by the government of Jammu and Kashmir for mitigating the impact of floods. He said that the government has installed modern gauge stations which transmit real time flood data to all stakeholders including the general public through a mobile app.

Rana also expressed gratitude to the Ministry of Water Resources for holding this important conference to strengthen the collaboration with the states and UTs. "We can collectively work towards a future for minimizing the devastating impact of floods and achieving the vision of Water Secure India @ 2047", asserted the Minister.

State Taxes Department Kashmir Intensifies Inspection Drive to Curb GST Violations

SRINAGAR: Following the directions of Commissioner State Taxes J&K, P.K. Bhat, State Taxes Department Kashmir has intensified its enforcement efforts against taxpayers involved in sale suppression and tax evasion by launching a large-scale inspection drive across the Kashmir division.

Based on intelligence inputs generated through advanced AI tools such as Business Intelligence and Fraud Analytics (BIFA), E-Way Bills Portal, Field Enforcement teams, information received from various wings of the department and extensive taxpayer scrutiny, the department, under the supervision of Additional Commissioner, State Taxes (Administration & Enforcement) Kashmir, Parvaiz Ahmad Raina, conducted massive first of its kind inspection, search, and seizure drive in Srinagar, Budgam and Anantnag districts of the valley.

The drive aims to curb fraudulent activities, including fake Input Tax Credit (ITC), willful tax evasion, tax fraud, fake invoicing, and non-compliance with GST provisions with an aim to safeguard the revenue of state exchequer. Eight teams comprising of more than 70 officials constituted by Additional Commissioner, led by State Tax Officers, simultaneously inspected multiple business establishments in Srinagar, Budgam and Anantnag, verifying documents, stock registers, bill books, and physical stock positions to detect GST violations. Meanwhile, several documents were seized for further investigation. Speaking on the enforcement action, Additional Commissioner stated, "The inspections are part of our ongoing enforcement activities. Eight dedicated teams involving more than 70 officials have been deployed to carry out these inspections across the division, targeting dealers involved in sale suppression, fake ITC claims, and fraudulent invoicing." He further added that the primary objective is to create a fair and transparent tax environment where compliant taxpayers are protected, and unfair trade practices are curbed.

Srinagar Admin Organizes TB Awareness and Screening Camps at major Cement Manufacturing Plants

SRINAGAR: Following the directions of Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat, a team of the District TB Centre (DTC) Srinagar conducted multiple TB Awareness and Screening camps at major Cement Manufacturing Plants and sites a part of the 100 Days TB Intensified Campaign.

The team inspected various Cement Manufacturing Plants including Khyber Factory, Tramboo Cement Factory, and Saifco Cement Factory in the District.

During the TB Awareness and Screening Camps, District TB Officer, Dr Abdul Rouf accompanied by Medical Officer DTC, Dr Maheen Latif, emphasized the importance of early TB detection among vulnerable populations, particularly construction workers, who are at higher risk due to occupational exposure. He highlighted the role of AI-based spot X-ray screening, which enables rapid and accurate diagnosis, ensuring timely intervention and treatment.

Additionally, MO JESIS, Dr Rubina and Senior Treatment Supervisor HQ DTC Musadqiq Rafiq spoke about the community's role in combating TB. They stressed that collective efforts and public awareness are crucial to achieving the goal of a TB-free Srinagar.

On the occasion, the camps provided free TB screenings, AI-based spot X-ray facilities, and expert consultations.

Workers were educated on TB symptoms, prevention measures, and the importance of completing the full course of treatment. Suspected cases were immediately referred for further medical evaluation and treatment under the National TB Elimination Program (NTEP).

This initiative aims to strengthen TB elimination efforts by expanding outreach, promoting early detection, and ensuring treatment accessibility for high-risk groups.

The District TB Centre Srinagar urges individuals experiencing persistent cough, unexplained weight loss, night sweats, or prolonged fever to come forward for free screening and TB treatment services.



Satish Sharma inaugurates free medical camp at JKRTC office

JAMMU: Minister for FCS&CA, Transport Youth Services and Sports, Information Technology, Science and Technology, ARI & Trainings, Satish Sharma, today inaugurated a free medical camp at JKRTC office.

The camp was organised by SIBA in collaboration with JKRTC to promote health awareness and well being among the transport workers. Various private hospitals and clinics rendered their services to the participants. These institutions included Amandeep Hospital, Sharp Sight, Shine and Glow, Sarvaang Ayugrah, Path Square, Hear Clear and others.

The medical camp was organised with an aim to provide quality medical care and free

medicines to the present and retired employees of JKRTC and their family members.



A team of expert doctors and paramedical staff provided healthcare facilities related to eye care, Blood Pressure, Diabetes, dental care,

hair and skin care. Free medicines were also distributed among the patients during the camp.

While addressing the gathering, the Minister appreciated the dedication of drivers who, regardless of season or circumstance, work relentlessly for the welfare of society.

He urged the participants to develop a sense of responsibility by adhering to road safety measures, including wearing seat belts and avoiding mobile phone use while driving.

The Minister asserted that monthly health check-up camps would be organised for the drivers so that they can get the facility of routine health checkup at office premises and get free treatment/medicines.

Food Safety Inspections intensified in Srinagar to prevent sale of unhealthy and expired food stuff in City markets

SRINAGAR: Ahead of the holy month of Ramzan, the Food Safety team of the Drug and Food Control Organisation, on the directions of the Deputy Commissioner (DC) Srinagar, Dr.



Bilal Mohi-Ud-Din Bhat intensified the drives across the City to check the sanitary and hygiene conditions of roadside vendors and food business operators dealing with prepared food.

The inspection drives are being conducted to ensure the quality of food, especially dates, dry fruits, ready to eat food items etc as per the guideline of the Food Safety and Standards Act.

The Food Safety team headed by Assistant Commissioner Food Safety Srinagar Yameen Ul Nabi along with Food safety Officers Fayaz Ahmad Bhat and Hakeem Adil Rashid conducted inspections at Parimpora Market and Fruit Mandi Parimpora. The team found 10 food business operators violating sanitary and hygiene standards and were fined under Section 69.

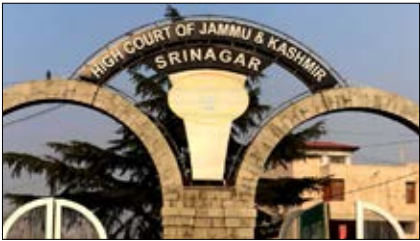
Meanwhile, the team also conducted an evening inspection at various locations in Srinagar,

including Jehangir Chowk, Amirakadal, HSHS, Lal Chowk and other areas. To check the sanitary and hygiene conditions of roadside vendors and food business operators dealing with prepared food. During the evening inspection drive as many as 8 Food Business Operators (FBOs) were compounded and two insanitary challans were submitted to the Adjudicating Office in Srinagar.

On the occasion, Street vendors were informed about food safety rules and regulations, and the importance of maintaining high standards of sanitary and hygiene conditions in their stalls. Vendors were warned against using artificial colors in prepared food and instructed to protect food from environmental hazards.

Moreover, the Deputy Commissioner Srinagar has asked the Food Safety team to further intensify the inspections across the City to monitor the food items in the market to prevent the sale of unhealthy and expired food stuff. He also urged the food business operators to self-comply with the rules and regulations laid under the Food Safety and Standards Act. Failure to comply may lead to strict actions, including closure of their business. In the meantime, the Food Safety Department has also appealed the consumers can contact the Drug and Food Control Organization or report their concerns on the toll-free number 104.

National Lok Adalat in Srinagar on March 08



SRINAGAR: District Legal Services Authority (DLSA) Srinagar is going to hold 1st National Lok Adalat of the year 2025 at District Court Complex Srinagar on March 08.

Lok Adalat will be held for Pre-Litigation cases including bank recovery matters, labour disputes cases, electricity and water bills (excluding non-Compoundable) and other criminal compoundable, matrimonial, civil disputes etc.

Besides cases pending in courts including criminal compoundable offence, NI Act cases under Section 138, bank recovery matters, MACT cases, labour disputes cases, electricity and water bills (excluding non-compoundable), matrimonial cases (except divorce matters), land acquisition cases, other civil cases including rent, easementary rights, injunctions suit, specific performance suit etc.

Accordingly, all concerned parties & advocates who desire to get their cases, disputes & claims settled through this 1st National Lok Adalat are asked to approach District Legal Services Authority Srinagar or concerned courts by or before March 01 for amicable settlement of through National Lok Adalat.

HDFC Bank, ISAP India Foundation Launch ‘Parivartan’ to Empower Kashmiri Farmers,

Bilal Habib

PAMPORE: HDFC Bank, under its CSR initiative Parivartan, has partnered with the ISAP India Foundation to launch a transformative program aimed at fostering sustainable microenterprises and improving the livelihoods of rural farmers in Kashmir.

The initiative was formally inaugurated on Wednesday at Hotel Asian Park, Srinagar, in the presence of key stakeholders from the agriculture sector, financial institutions, and government bodies.

The programme focuses on poverty alleviation and sustainable livelihood development for 3,000 farmers across 50 villages in the districts of Ganderbal, Baramulla, Budgam, Kupwara, and Pulwama.

The event began with an opening note and guest welcome by Dr. Umer Bin Farook (Project Coordinator - Kisan First, ISAP). Gaurav Vats (Director - Agriculture, ISAP India Foundation) and Dr. Tahir Nazir (State Head - J&K, ISAP India Foundation) introduced the project's objectives and expected impact.

Aadil Ayoub (AVP, HDFC Bank) highlighted HDFC Bank's role in supporting rural livelihoods, while Prof. Rihana Habib Kant (Director Extension, SKUAST-K) discussed the importance

of Krishi Vigyan Kendras (KVKs) in strengthening Farmer Producer Organizations (FPOs). Shamsul Hassan Mir (Department of Agriculture, J&K) addressed the challenges and opportunities in the vegetable marketing chain.

Taking to Kashmir Convener, Director Extension SKUAST-K, Rihana Habib Kant, said that today's programme was launched in collaboration with HDFC under the initiative called Parivartan.

"This programme involves farmers from five districts and focuses on forming vegetable clusters.

The primary objective is to facilitate direct marketing of these clusters, ensuring better market access for farmers".

Talking to Kashmir Convener, Dr. Umer Bin Farook, Project Coordinator Kisan First ISAP, shared details about today's inaugural event.

He said that the P0999 initiative has been launched through a collaboration between ISAP India Foundation and HDFC Bank Parivartan.

"Under this programme, five districts have been selected, including Baramulla, Kupwara, Ganderbal, Budgam, and Pulwama, with saffron farmers from Pampore also participating".

Commissioner Secretary IT reviews Aadhaar generation, updation in J&K

SRINAGAR: Commissioner Secretary, Information Technology, Saurabh Bhagat, today held a meeting at Civil Secretariat to review various aspects of Aadhaar generation and updation in Jammu and Kashmir.

The meeting was attended by Ifitikhar Hussain Chauhan, Director Finance, IT Department; Meenakshi Vaid, Additional Secretary, ITD; Malika Raina, Under Secretary, ITD; Sh. Shoaib Khan, State Project Manager, UIDAI, J&K and other officers and officials.

The meeting was informed that J&K in collaboration with the Unique Identification Authority of India (UIDAI) organises Aadhaar camps across all districts regularly. Further, in order to facilitate Aadhaar generation for newborns using verified birth certificates, Aadhaar enrollment facilities have been established in hospitals too.

Pertinently, for Aadhaar updation, UIDAI has launched a campaign across all districts of Jammu & Kashmir, urging Aadhaar holders to update their demographic details, biometrics, mobile number and supporting documents. The importance of keeping Aadhaar details such as name, age, date of birth, biometrics and other records, updated, was stressed upon in the meeting.

To support this effort of Aadhaar generation and updation, UIDAI, in collaboration with departments like School Education Department, ICDS Poshan, Banks and the Department of Posts, has established over 1000 Aadhaar centers in the Union Territory.

More centers are being set up to make the process more accessible to the residents.

The residents who received their Aadhaar over 10 years ago and have not updated their details are advised to update their Aadhaar so as to avoid its suspension. Updates can be completed online or offline at the nearest Aadhaar center by submitting any proof of identity and address.

During the meeting, the Commissioner Secretary underscored the significance of Aadhaar as a document for accessing government services and benefits. He urged upon the residents, particularly those who have not updated their Aadhaar in over a decade, to update their demographic details, biometrics, and supporting documents. He also appealed the parents to ensure their children's Aadhaar biometric details are updated at the age of 5 and 15 to keep their Aadhaar active.

The Commissioner Secretary laid emphasis on the need that all departments should work collaboratively with IT Department and UIDAI to further intensify efforts to achieve 100% Aadhaar saturation in the UT, expeditiously.

Saurabh Bhagat further instructed the concerned officials to intensify outreach programs and provide adequate resources to facilitate Aadhaar updates for the residents of the region. Meanwhile, the Commissioner Secretary also highlighted the importance of Aadhaar authentication in various services and schemes for Good Governance and Direct Benefit Transfer to the eligible beneficiaries.

Sleep to Clean Your Brain

And Prevent Neurodegeneration

Brainwashing, more scientifically known as brain waste clearance, is a process during which harmful waste products, so called “biological trash”, is removed from your brain. This is crucial for optimal brain functioning and to lower the risk of neurodegenerative diseases such as Alzheimer’s disease, Parkinson’s disease and dementia, which are associated with buildup of such harmful waste products. Only recently scientists discovered that your brain is cleaned only when you are sleeping.

Waste products build up in the body and brain throughout the day

First you might be wondering what needs to be cleaned and removed here? What is “biological trash”?

Throughout the day all cells in our body produce leftover molecules and metabolites due to cellular activity. There is also cellular debris and other harmful toxic molecules that get into our body from the surrounding environment. Moreover, due to various internal and external factors such as our genetic predispositions and UV exposure, certain proteins in our body might change their structure, lose their normal function and become harmful. All of these molecules need to be removed from our body to avoid health problems and disease.

Brain has a different system to clean waste products than the rest of the body

Our body has a wonderful “cleaning system” that removes such “biological trash” and detoxifies our tissues, called the lymphatic system. It consists



of specific lymphoid organs, such as thymus, bone marrow and lymph nodes, lymphatic vessels and a fluid called lymph that circulates throughout our body and removes excess fluid and waste products.

However, not even a single trace of the lymphatic system is detected inside our brain. This is rather surprising as the brain is the most active organ of our entire body and therefore is likely to produce most waste products. In 2012 a groundbreaking study was published which showed that our brain has a different kind of waste clearance system than the rest of the body.

The study described the anatomical pathways and the working principle of the brains’ waste disposal system, which was given the name of the

glymphatic system. Apparently, the brain uses a system of tunnels that are formed around the brain’s blood vessels by special brain cells called the astrocytes. Astrocytes belong to a group of so-called glial cells, hence the name glial + lymphatic = glymphatic. A special brain fluid called the cerebrospinal fluid flows in these tunnels and then through our brain, collecting waste from around the brain cells and then draining it out of the brain and out of our body.

Brains’ waste disposal system is ON when we sleep

Another groundbreaking study was released just a year later in 2013 which showed that waste

products from the brain are removed almost only during sleep. Scientists injected a green dye into the brain of mice after which half of the mice went to sleep and the other half stayed awake. After two hours scientists checked how much of the green dye was left in the brains of these mice.

Surprisingly, brains of mice which stayed awake were still full of the green dye, while the brains of the ones that slept barely had any trace of green dye. These results indicated that substances are removed from the brain much faster during sleep when compared to being awake.

Now many studies in various animal species including humans support the finding that our brains are cleaned from harmful molecules almost exclusively during sleep. For example, a 2018 study with 20 healthy adults showed that a single night of no sleep is associated with significant increase in levels of a specific brain waste product, a protein called amyloid-beta.

A 2021 study investigated how well an externally delivered molecule is cleaned from the brain if you sleep compared to if you don’t sleep. Scientists delivered a special molecule called contrast agent into the brains of patients. Half of them were allowed to sleep and half were asked to spend one night not sleeping. When scientists scanned the brains of these 2 groups of patients, they found higher levels of the contrast agent in the no-sleep group compared to the group that slept. This means that even one night of sleep deprivation impairs brain waste clearance.

Too little sleep increases the risk of neurodegenerative diseases

Build-up of certain waste products in the brain is associated with increased risk of neurodegenerative diseases, such as Alzheimer’s, Parkinson’s diseases and dementia. Now we know that our brain is cleaned and waste products removed when we are sleeping. This would mean that if we don’t get enough sleep, we expose ourselves to higher chances of neurodegenerative diseases.

For example, one study examined nearly 8000 people and found that people who slept six hours or less per night in their 50s and 60s were 30% more likely to develop dementia later in life compared to those who slept 7 hours or more every night.

Another study investigated nearly 700 individuals who due to their genetic make-up were at risk of developing Alzheimer’s disease. Researchers found that better sleep reduced the likelihood of developing clinical Alzheimer’s disease and even reduced the amount of harmful proteins in the brain.

A recent 2020 study showed that sleep disturbances early on can even forecast how much of the harmful protein amyloid-beta will accumulate in a person’s brain. The worse people sleep, the more likely they are to end up having larger amounts of amyloid-beta in their brain which is known to increase the risk of neurodegenerative diseases.

The build-up of waste products in our tissues is a physiological process that happens due to cellular activity. As long as these waste products are efficiently removed, we should not worry. Now we know that our brain has a different kind of waste disposal system than the rest of our body, which interestingly is ON only when we sleep. Therefore, make sure to get enough sleep every night to keep your brains “clean” (literally), and to reduce your risk of developing neurodegenerative diseases!

Study Finds Way to Help Teenagers Get More Sleep

Following a long summer of late nights and even later mornings, it can be hard for teenagers to readjust to a school schedule in the fall. A disturbed sleep schedule and lack of sleep can lead to fatigue, poor performance in school, and changes in mood and focus. Therefore, supporting teens and finding ways to help them get more sleep is crucial.

Although preliminary, the study’s findings suggest that light therapy is a promising intervention for sleep problems in teenagers. It’s also non-invasive, relatively low-cost, and could be easily implemented at home.

The importance of sleep

Restorative sleep is critical for health. During sleep, the body rests and repairs itself. It’s also when the brain consolidates memories and new information.

The benefits of a good night’s sleep are especially important for teenagers, who are still growing and developing. They need a minimum of 8 to 10 hours each night.

Without enough sleep, the risk of chronic health conditions issues increases. These include:



Heart disease;
Kidney problems;
High blood pressure;
Diabetes;
Stroke;
Obesity.

Sleep deficiency also contributes to mental health problems like anxiety and depression, moodiness and irritability, impaired judgment, and increased accidents and injuries.

Although getting enough sleep is critical, around 7 in 10 high school students in grades 9 to 12 don’t get enough sleep on school nights.

Teenagers and sleep issues

The teenage years are a time of significant physical and emotional changes. Teens also experience changes in their sleep biology, meaning they tend to go to bed and wake up later.

The reason is a shift in the body’s 24-hour circadian rhythm — the internal process that regulates the sleep-wake cycle. As a result, teens may develop delayed sleep phase syndrome (DSPS).

DSPS is a common condition that’s accentuated during adolescence when there are two competing forces — the pressures of a school schedule and the need to go to bed early and the biological changes in the body. The result is that many teenagers are sleep-deprived.

How light therapy could help

The conflicting relationship between the shift in circadian rhythm and the need for an early night’s sleep prompted researchers’ interest in light therapy. In the Sleep study, they tested a 2-week intervention focusing on the circadian system and using various behavioral measures. The aim was to help teenagers maintain a better nighttime routine.

The researchers recruited adolescents who typically had late bedtimes and less than 7 hours of sleep each night. For 2 weeks, the participants followed their normal sleep pattern to



establish a baseline. Then, they received bright light therapy for 2.5 hours on the 2 weekend mornings.

Bright light therapy, also known as phototherapy, is similar to sunlight. Exposing the eyes to intense but safe amounts of light for a specific and regular length of time resets the internal clock and helps shift the circadian rhythm. The therapy involves sitting in front of a light box for a predetermined amount of time.

The participants gradually advanced their week-night bedtime to 1 hour earlier than baseline during the first week and 2 hours earlier during the second week. They also received personalized time management plans — Sleep RouTeen — to help facilitate earlier bedtimes.

The control group who didn’t follow the same light therapy protocol slept as usual and had no evening time management plan. The weekday sleep onset time and duration were measured with sensors.

Ultimately, the researchers shifted the teenagers’ bedtime by 1.5 hours and increased total sleep time by 1 hour each night through the intervention. Plus, the teens felt less tired, irritable, and worried and had improved concentration and alertness.

The authors noted that the participants with late circadian clocks shifted their sleep by up to 2 hours earlier. However, those with an earlier circadian clock didn’t shift their bedtime but benefited from the behavioral support of time management to increase sleep duration.

Changing sleeping patterns

The research findings suggest that it’s possible to change the sleep patterns of young adults with DSPS by manipulating their exposure to light and providing time management strategies.

One significant advantage of light therapy is that it’s safe and easy to administer at home. There are various personal light-therapy tools available. These include table-top light boxes that house several lighting tubes. They’re popular because you only need to face the box, not look directly into the light, meaning you can do other activities during the session, like reading a book or working on a computer.

Alternatively, light visors, which are worn like a baseball cap, and lighted eyeglasses, which look like regular glasses but have small LED lights on the frames, are other options.

Besides light therapy, teens can improve their sleeping patterns with good sleep hygiene practices. This involves developing healthy habits and sleep behaviors, such as:

- Maintaining a regular sleep schedule throughout the week.
- Avoiding caffeine and alcohol before bedtime.
- Establishing a relaxing bedtime routine, such as having a warm bath.
- Exercising regularly.
- Limiting computer and phone screen time before bed.
- Creating a sleep-friendly environment in the bedroom, such as ensuring the room is dark and cool.
- Preparing for the morning the night before to

Bright light therapy, also known as phototherapy, is similar to sunlight. Exposing the eyes to intense but safe amounts of light for a specific and regular length of time resets the internal clock and helps shift the circadian rhythm. The therapy involves sitting in front of a light box for a predetermined amount of time.

reduce stress.

Although sleeping difficulties are troublesome, it’s possible to re-train the body’s internal clock and improve sleep quality.

Sleep is critical for overall health and well-being, but it’s something that many teenagers struggle with. However, bright-light therapy appears to be an effective treatment.

In addition, practicing good sleep hygiene and establishing a regular sleep schedule can help improve overall sleep quality. By making a few simple changes, teens can get the recommended 8 or more hours of restorative sleep.

Do Females Need to Sleep More Than Males?

But when it comes to the male and female differences in sleep, research has shown that women tend to need more sleep. Let’s look into some possible reasons below.

How many hours should a female sleep?

There is a slight difference in the number of hours of sleep men and women need to get. On average, women need to sleep 12–13 minutes longer than men. It might seem like an arbitrary amount, but there are reasons why a woman’s body requires a little bit more rest than a man’s.

Why women need more sleep than men

Did you know that over 70 million Americans suffer from sleep problems, but men and women don’t suffer equally? Women are more likely to have sleep issues than men — creating the need to catch up on sleep. Women are also more prone to developing various sleep disorders such as insomnia and restless legs’ syndrome. Let’s review the most common sleep issues that tend to affect women more than men.

Pain

Pain makes it difficult to find a comfortable sleeping position and fall asleep. It also makes it challenging to stay asleep, as certain conditions may force you to turn and toss during the night to prevent waking up in pain.

Some illnesses associated with chronic pain are more typical among women. Cures for pain-related sleep problems may concentrate on targeting the area of pain, the sleeping difficulty, or both. Combining relaxation techniques, Cognitive Behavioral Therapy (CBT), lifestyle changes, and over-the-counter and prescription medications may help.

Insomnia

Insomnia is a difficulty falling or staying asleep throughout the night. As a result, sufferers don’t feel refreshed upon waking up and have difficulty getting through the day. Insomnia is a prevalent sleep disorder, but women are 40 percent more likely to suffer from it than men.

They are also more likely to experience

symptoms of daytime sleepiness. Women may be more prone to insomnia for several reasons:

Hormones. Hormonal changes associated with menstruation, pregnancy, and menopause can affect the sleep/wake cycle.

Mood disorders. Women are more likely to suffer from anxiety and depression than men, which can lead to insomnia and other sleep-related issues.

Treatment for insomnia often begins with better sleep habits, such as following a regular sleep schedule, reducing caffeine and alcohol intake, and improving the sleep environment — like cooling down your room before sleep or using blackout blinds.

Restless Legs Syndrome (RLS)

Restless legs’ syndrome (RLS) causes tingling sensations in the legs which occur when you lay down — making you want to move your legs to reduce the discomfort. Because symptoms occur when lying down and can only be relieved through movement, many women with RLS have difficulty sleeping.

Continued From P1...

J&K Emerging

hamin ast (If there is paradise on this earth, it is here, it is here, it is here), Abdullah explained the cultural concept of 'nazar' (evil eye), suggesting that the region's beauty has often been overshadowed by challenges.

He reminisced about the significance of J&K in Indian culture, mentioning that no honeymoon was complete without a stay on the houseboats of Dal Lake, and that Bollywood films often featured the region's picturesque landscapes including mustard fields or from the snow-capped mountains of Kashmir.

However, the chief minister said that "Jammu and Kashmir is not resting on its laurels or trying to sell you a sob story... Jammu and Kashmir has something for everyone... Jammu and Kashmir is the right place now for any investment in the tourism industry".

Abdullah asserted that J&K is a year-round destination, suitable for pilgrims, wedding celebrations, adventure seekers, and those looking to unwind in a scenic environment.

"Jammu is known as the city of temples, and there is significant potential for heritage and border tourism. Places like Gurez, once relatively unknown, are now among the fastest-growing tourist areas," he said.

"...Kashmir border tourism on the Line of Control with Pakistan, whether we talk about Tangdhar, Machil, Karnah or Keran, these areas are seeing increasing numbers of visitors. J-K is about new meadows like Bangus and Doodhpathri," he said.

The chief minister also referred to the potential of adventure tourism and said rafting in rivers, skiing in mountains, water skiing in Dal lake and Mansbal lake are yet to be fully explored.

"I have often said J-K is heaven on earth long before Kerala became the God's own country. Please look at J-K as a destination for your next holiday, for your next visit, or for holding your conference or seminar," he said.

Abdullah pointed out the region's increasing focus on wellness and sports tourism, referencing upcoming marathons planned for the area.

"We had the Kashmir marathon and full marathon last year, and this year we intend to start the Jammu half marathon and Jammu ultra marathon while continuing with the Kashmir marathon," he said.

Highlighting improvements in connectivity, Abdullah noted that direct rail links between Kashmir and the rest of the country are expected to be operational soon.

"Travelling to Kashmir has become significantly easier than in the past when there were only a few flights connecting Delhi and Srinagar. Today, there are direct flights from various cities, and soon, rail connectivity will further enhance accessibility," he added.

Concluding his speech, he extended an open invitation to the audience, saying, "Please give us a chance to host you. We will ensure you leave with unforgettable memories and experiences." Taking to X after the event, the chief minister wrote, "Today I took the @OfficialDMRC AirPort Express to get to Yashobhumi for the SATTE 2025 Tourism promotion event. 25 minutes in the train beats 1.5 hours in the car hands down & saves fuel & emissions. I'm not

driving to Yashobhumi again."

Will make

is no dearth of picturesque places in Kashmir. If you want to have a darshan then visit Mata Vaishno Devi and Amarnath Ji. J&K has everything," he said.

About changes in tourism policy by many states, he said that at present things are going well, but if need arises, some changes will be made in the policy to attract more investment

CS For Framing

The Chief Secretary issued several key directives regarding framing of incentive based policy for digitization of valuable manuscripts lying with the public. He emphasized for acknowledging the contributors by returning their original manuscripts post-digitization to encourage wider participation in this heritage preservation initiative.

Observing the current status of different architecture and heritage conservation projects, the Chief Secretary asked the department of Archaeology & Archives to intensify the restoration efforts, ensuring visible progress on ground. The department was also impressed upon to utilize released funds effectively to meet project deadlines.

As far as the cultural revitalization of Mubarak Mandi Heritage Complex (MMHC) is concerned, the Divisional Commissioner, Jammu, was directed to transform MMHC into a culturally vibrant space by organizing cultural evenings in collaboration with the Academy of Art, Culture & Languages.

The Chief Secretary also emphasized upon the need for adaptive reuse of restored structures at MMHC. He tasked the Department of Archaeology with developing a robust reuse plan for restored structures at MMHC. He noticed that failure to repurpose these structures would undermine the restoration efforts made so far. He maintained that keeping such structures idle would render them into dilapidation which is highly unacceptable.

Regarding engagement of Transaction Advisor (TA) for heritage hotel at MMHC, the Chief Secretary advised the concerned to approach the Finance Department seeking their guidance on engaging TA for the adaptive re-use of this valuable heritage property. This included the proposed heritage hotel, to be developed under the Public Private Partnership (PPP) model on a Design, Build, Finance, Operate and Transfer (DBFOT) basis for development of sustainable tourism in the Jammu city.

In order to promote the region's cultural heritage, the Chief Secretary called for instituting awards recognizing outstanding contributions in preserving J&K's cultural identity. He also suggested holding painting competitions highlighting the lives and contributions of saints like Lal Ded to educate younger generations and inculcate in them the aesthetic value of our significant heritage and traditions prevalent here in the past.

The Chief Secretary reviewed the progress made in formulation of Detailed Project Report (DPR) for modernization of SPS Museum, Srinagar, and instructed its finalization within 15 days. He emphasized upon taking up this work for execution in the upcoming summer season.

The meeting also included an assessment of major heritage-related projects including restoration and development of Shergarhi Palace, construction of Tehzeeb Mahal, construction of a 250-meter span flyover bridge connecting Jullaka Mohalla with MMHC at a cost of Rs. 23.50 crore and installation of a vertical lift between the Cable Car Project (Peerkho) and Mubarak Mandi Complex besides creation of exclusive parking for heritage complex by JMC.

The Chief Secretary directed the IT Department to create an online portal for documenting and showcasing activities held across all the districts during celebration of Constitution Day and the 150th Birth Anniversary of Sardar Vallabhbhai Patel.

NOTICE

This is an information for general public that in my Driving licence bearing Registration No JK-1520110002316, my name has been Mistakenly Mentioned as Ishfaq Anjum Eijaz, while as my Actual and correct name as per my Aadhaar Card is Ishfaq Anjum Eijaz Samoon. Now i want to apply for its correction in this regard any person having any objection he/she may file the Objections in office of the Assistant Regional Transport Office Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Ishfaq Anjum Eijaz Samoon.
S/O Khalid Hussain Samoon.
R/O Badwan Wanpora Gurez District Bandipora jammu and kashmir.

NOTICE

I have changed my name from Taliya to Taliya Mehraj. In future I will be known as Taliya Mehraj. If any body is having any objection he/she may contact Passport Office, Srinagar with in 7 days. After 7 days no objection will be accepted.

Taliya Mehraj
W/o Sheikh Mehraj Ul Din
R/o Kachgari Masjid Fateh Kadal Srinagar

"If forced, we

reflected India's intent to take a "no compromise" approach.

"The local terrorist number has reduced. The number of recruitment has also reduced a lot. Why? As of August 2019, India has very clearly conveyed its intent to complete J-K. Jammu and Kashmir is an integral part of India. And there is no compromise on that," General Dwivedi said.

The Chief of Army Staff gave an example of the identity issue people of J-K faced before the abrogation of Article 370, noting resolving the matter had also helped solve the issue of Over Ground Workers (OGWs) –people who help terrorists.

He said the wife of a senior political leader in the state had said that after August 2019, when her children went to school, they didn't have confusion, as earlier, they did not know which flag to draw when asked to do so.

Govt forms

confidence that the setting up of the SIT will speed up the probe.

On February 17, Chief Minister Omar Abdullah had expressed his anguish over the tragic death of two persons and said his office is in touch with the local MLA while the concerned officers have been asked to investigate the cause of these deaths.

Last year, several parts of Kathua, including Billawar, witnessed terror activities including an attack on an army patrol that left five soldiers dead.

Ready To Hit

Karra said his party fought the assembly election in coalition with the National Conference and after the results Congress was invited to join the cabinet but "we decided to stay back, on the principled stand of statehood".

"Our leadership took the right decision as we knew that the government will be incomplete without powers of statehood and today we feel we stand vindicated as the elected government is not being allowed to take small decisions in public interest," the Congress leader said.

He said statehood is the right of the people of J&K and "we are not going to beg for restoration of our right, dignity, identity and status but shall fight for it.

"We are ready to take to the streets if required," he said, seeking people's support.

Since 2021,

Ajaz Ahmad, Sajid Aziz, Ravees, Ishfaq, Rehana, Shabaz, Amir Din, Aqar Raheel, and Peer Masroor, has been actively involved in life-saving efforts, ensuring that no one in the district faces difficulties due to a shortage of blood.

'JK is Expected

may increase with a CAGR of 4.07 percent from 2024-25 to 2034-35.

"For satisfying resource adequacy that is meeting the electricity demand reliably and at affordable cost, the UT needs to methodically plan its capacity expansion either by investing or by procuring power," it reads.

The documents states that in view of the reduction in cost of solar panels and newer technology options like battery energy storage systems, planning for long term optimal generation capacity mix gains tremendous importance so as the future generation capacity mix is cost effective as well as environment friendly.

It further said that a study was carried out considering existing capacity, planned capacity and capacity required to fulfill the Renewable Purchase Obligations (RPO) for the UT.

"It was observed that the total un-served energy in the year 2034-35 is expected to be about 9928 MU which is about 29 percent of annual energy during the year 2034-35," it reads.

Un-served energy is referred to as the sum of

NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No: 0216020006855, which is Registered in the name of the Late Father Namely Gh Mohammad Mir, S/O Gh Ahmad Mir. Now i want to apply for Change this Electricity Agreement in the name of Imtiyaz Ahmad Mir, S/O Late Gh Mohammad 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.

Imtiyaz Ahmad Mir.
S/O Late Gh Mohammad Mir.
R/O Sheakh Mohllah Malangam tehsil Aloosa District Bandipora.

NOTICE

I want to correct my name/ parentage/ DOB in my Aadhar card from Saliha Lateef D/o Abdul Lateef Shah, DOB: 15 July 2006 to Salehah Lateef D/o Ab. Lateef Shah DOB: 20 May 2007. Anybody having any objection may contact concerned authorities within a period of seven days. After that no objection will be entertained.

SALEHAH LATEEF
D/O AB. LATEEF SHAH
R/O AHMASHRIEF BANDIPORA

electrical energy demand that cannot be supplied within a region due to a shortage of generation, demand-side participation, or interconnector capacity.

The report further said that in order to find out the least cost option for generation capacity expansion for the period 2024-25 to 2034-35 to meet the demand reliably, long-term study for the UT of J&K and Ladakh was carried with an objective to minimize the total system cost of generation including the cost of anticipated future investments while fulfilling all the technical/ financial constraints associated with various power generation technologies.

"Additionally, a reliability study has been carried out to determine the probability of unmet demand and hours by implementing the variation in demand, RE (Solar, Wind) and forced outage of thermal generators (Coal, gas) etc. Thus, the Resource adequacy studies have projected likely optimal capacity mix for future years till 2034-35 which would be able to meet anticipated demand reliably at every instance while meeting Renewable Purchase Obligations (RPO)," it reads.

J&K staring

"While the government will have to adopt a more proactive approach for water management and conservation, it can't just be a government-centric approach. All of us residents of J&K will have to change the way we take water for granted," he said.

He added that he will be reviewing the measures the Jal Shakti (PHE) Department plans to take to deal with the developing crisis and will be talking to the people of J&K over the next few months about what can be done collectively.

Experts sound

water resources has led to a noteworthy reduction in the water reserves of rivers and streams.

He referred to the recent drying up of springs, including Achwal and similar reports from across the region as evidence of reduced rainfall and groundwater recharge. "Human activities such as road cutting, puncturing of aquifers, and construction work are further exacerbating the problem," Dr Bhat said, adding the drying of Achwal could also be due to sinking phenomena in 'Bringhi stream'.

Data from line departments like Jal Shakti and Irrigation corroborates this, revealing a noticeable water shortage that is impacting both drinking water supply and irrigation needs, he added.

It is not just about drinking water, but our tourism, agriculture, and horticulture industries all rely on these water resources. We must invest in recharging all available sources," Dr Sami said, stressing the need to reduce water wastage, both individually and collectively. He urged experts and line departments to collaborate on strategies that address the issue in the short, medium, and long term.

The expert also warned that if immediate action is not taken, future years could see even more extreme conditions. Both natural causes, such as climate change, and human activities, including sand and boulder mining, road construction and deforestation, are severely impacting water recharge efforts, he added.

First 50 days

only 3.6 mm was recorded against the normal of 152.4 mm.

Jammu and Udhampur stations have recorded a deficit rainfall of 95 per cent each in the last 50

days while 92 per cent deficiency was recorded in Samba district.

Ramban and Kulgam districts have recorded a deficiency of 90 per cent each, the data shows. It adds that Shopian and Reasi have witnessed the deficit rainfall of 88 per cent while Doda and Budgam districts have seen the deficiency of 87 per cent and 86 per cent respectively.

Srinagar, the summer capital of Jammu and Kashmir, has recorded the deficit rainfall of 85 per cent in the last 50 days while Anantnag, Bandipora and Pulwama have recorded the deficiency of above 80 per cent rainfall during the period.

The other stations including Baramulla, Ganderbal, Kishtwar, Kupwara, Poonch and Rajouri districts have recorded a deficit rainfall in between 72-78 per cent.

Meanwhile, Chief Minister Omar Abdullah on Wednesday said that J&K is staring at a water crisis this year, and he will be reviewing the measures the Jal Shakti (PHE) Department intends to take to address the situation.

A top official in the Jal Shakti Department (JSD) while talking to KNO said that the department is ready to tackle any such situation.

"We have already formulated a contingency plan if such a situation arises," he added.

The official also appealed to the people to use the water judiciously and not to waste it to ensure that all the people get adequate drinking water facilities. "Besides, if the dry spell persists,

the department will ensure that the people don't face difficulties," he said

Water crisis

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

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May Allah accept your generosity and bless you abundantly.

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

Latham and Young centuries hand New Zealand thumping victory

New Zealand 320 for 5 (Latham 118*, Young 107, Phillips 61, Naseem 2-63) beat Pakistan 260 (Khushdil 69, Babar 64, O'Rourke 3-47, Santner 3-66) by 60 runs

Pakistan had to wait for nearly three decades for a global tournament to return to their country, but New Zealand spoiled their party on the opening day of the Champions Trophy, handing the co-hosts a 60-run loss in Karachi. In a short, sharp tournament, where each team plays just three group-stage games, a defeat like this might jeopardise Pakistan's chances of making the semi-finals. Will Young and Tom Latham were the architects of their team's victory, both batters scoring outstanding hundreds to set up the dominance that followed but there was also a little bit of luck.

Two balls into the game, Fakhar Zaman suffered an injury while chasing a cover drive from Young and was forced off the field for large parts of the first innings. As result of the time spent off the field, Fakhar, whose big hitting is exactly what was necessary for a big chase, could not open the batting in their pursuit of 321. And when he came out to bat at No. 4 - Pakistan were 22 for 2 in ten overs at the time - he was visibly hampered while running between the wickets. New Zealand's offspinners, Michael Bracewell and Glenn Phillips, kept hiding the ball away from his reach and made life even more difficult for him. Fakhar's tortured stay eventually ended when Bracewell bowled him with a non-turner



for 24 off 41 balls. Just like Fakhar, most of the Pakistan batters failed to get out first gear, including Babar Azam who needed 81 balls for his fifty. New Zealand's attack was depleted by the injuries to Lockie Ferguson and Ben Sears, but their

spinners made up for that on a pitch that offered turn and variable bounce. The spinners were so good that New Zealand didn't need Nathan Smith, their third seamer, until the 31st over. By then Pakistan's asking rate had almost touched ten an over. New Zealand were also depleted by the injury-enforced absence of Rachin Ravindra, but Young and Latham scored tone-setting hundreds before Glenn Phillips provided an electric finish. In all, New Zealand plundered 113 off their last ten overs to finish with 320. That total, however, had looked so far away when New Zealand were reduced to 40 for 2 in the ninth over and then 73 for 3 in the 17th over. That's when Young got together with Latham to repair the early damage and then boss the middle overs.

Young has spent much of his international career on the fringes. He might not have played this game had Ravindra been fit and despite his maiden international hundred away from home, he might make way for Ravindra once the allrounder recovers. In Kane Williamson's absence, Young had emerged as the Player of the Series in New Zealand's historic 3-0 sweep of India in India but was left out for Williamson in New Zealand's very next Test against England at home. However, whenever Young gets an opportunity, he's ready to take it, like he demonstrated once again on Wednesday.

After Devon Conway was undone by a carrom ball from mystery spinner Abrar Ahmed for 10 and Williamson fell for his first single-digit ODI score in six years, in the next over, Young reined himself in and saw off challenging spells from Abrar and Naseem Shah.

It was Pakistan's lowest score in the first ten overs since March 2019 and third lowest in the history of the Champions Trophy. There would be no way back for them, despite late blows from Khushdil Shah, who hit 69 off 49 balls, and the lower order. Pakistan were ultimately bowled out for 260 in the 48th over.

Pir Panjal Volleyball Tournament Concludes with Thrilling Girls' Final

The Pir Panjal Volleyball Tournament came to an electrifying conclusion as Team Shaheed clinched the championship title in a thrilling final against Government Higher Secondary School Surankote. The tournament, which commenced on February 15, witnessed fierce competition, with teams displaying remarkable skill and determination.



The grand finale was a showcase of talent, teamwork, and resilience, with both teams putting on exceptional performances. The enthusiastic crowd added to the high-energy atmosphere, cheering passionately for their favorite players. Despite a strong challenge from Government Higher Secondary School Surankote, Team Shaheed held their ground, securing victory with a stellar display of skill and perseverance.

The tournament concluded with a prize distribution ceremony, where the Champion Team, Runners-up, Best Player, and other outstanding performers were honored for their contributions to the game.

As a key part of the Pir Panjal Winter Festival, the volleyball tournament exemplified youth empowerment and the unifying spirit of sports, with the Indian Army playing a pivotal role in fostering discipline, passion, and camaraderie among young athletes. The festival continues to highlight the transformative power of sports, bringing communities together in the true spirit of teamwork and resilience.



Khyber Cement Ka Zarra Zarra Dil Se Bana Hai

