

Kashmir Convener



1984 Anti-Sikh Riots Delhi Court Awards Lifer To Ex-Congress MP Sajjan Kumar

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ED Raids In Rs 600 Crore Crypto Conversion Case

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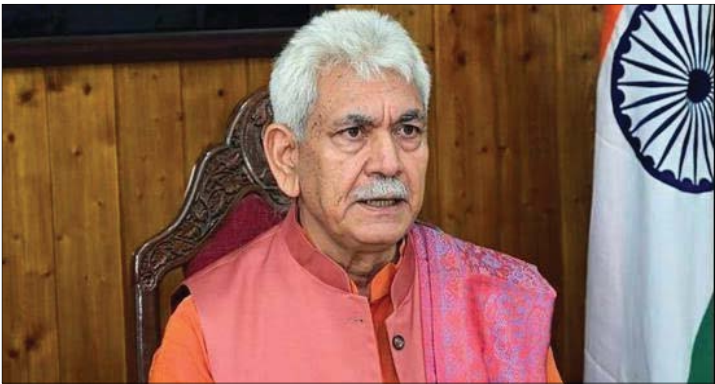


'Scandalous': Trust opposes in Supreme Court Centre's stand on Halal certification of certain products

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Ecosystem Dismantled in J&K, No 'Commanders' Left: LG Sinha

● 'No More Shutdown Calendars, Only Business Calendars' in J&K



Yogesh

JAMMU: Lieutenant Governor Manoj Sinha on Tuesday said that local recruitment in terrorist groups has dropped to zero and no commander of any outfit is alive in Kashmir.

In an interview to a National Channel, LG Sinha said, "Security forces are following a clear guiding principle: Don't touch innocents, don't spare the culprits."

Referring to terrorists shifting their focus to Jammu region, LG Sinha said, "Jammu was never a challenge, but the focus had

shifted to Kashmir. Our neighboring country played a role in infiltrating people and disturbing peace in Jammu region, but we are prepared to establish peace," he asserted, adding that the "people of Jammu are nationalists and they will never tolerate terrorism."

On action against terrorist supporters, LG Sinha said, "We have to wipe out the terror ecosystem." He revealed that 76 government employees had been dismissed for supporting terrorism.

He said that these measures played a pivotal role in establishing peace in the region.

LG Sinha praised the improved coordination among security forces, which had contributed to successfully tackling terrorism.

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India Will Always Advocate 'Zero Tolerance' For Terrorism: Jaishankar

KC News Network

NEW DELHI: There is a clear and urgent need for a new multilateral system that reflects contemporary global realities as past few years "exposed" the "stark inadequacies" of the existing structures, External Affairs Minister S Jaishankar has said.

In a virtual address at the 58th Session of the UN Human Rights Council in Geneva, he also asserted that India will always advocate "zero tolerance" for terrorism and call out any effort to normalise it.

Delving into geo-political turmoils in various geographies, Jaishankar said the world continues to grapple with conflicts and it is growing more fractured, uncertain, and unstable in the face of emerging challenges.

"There is a clear and urgent need

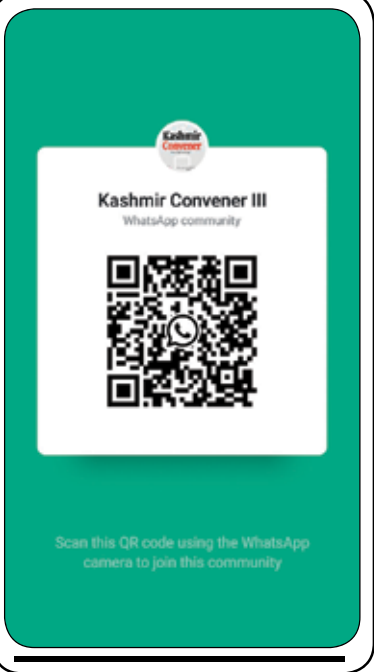
for a multilateral system that reflects contemporary global realities, one that is better equipped to respond to modern



challenges, and, in essence, one that is fit for purpose," he said.

"The past few years have exposed the stark inadequacies of existing multilateral structures.

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PDD to minimize power curtailment at Sehri, Iftaar times

Deptt likely to run trial of revised schedule before Ramadhan

Riyaz Bhat

SRINAGAR: The Power Development Department (PDD) Tuesday said that it will reduce power curtailment fixture at Sehri and Iftari times in the holy month of Ramadan.



Besides, it also said that the department will likely run a trial on a revised schedule before the commencement of Ramadhan.

A top official of PDD informed that the department has already minimized the curtailment in almost all areas of Kashmir division.

However, it will further reduce it at particular times in the upcoming holy month of Ramadhan.

>>>SEE ON P-7

Unfair To Collect Toll If Highway Is In Bad Shape: HC Orders Reduction In Toll Fees



KC News Network

JAMMU: The Jammu and Kashmir High Court directed 80% reduction in the toll fee at two toll plazas on the National highway-44 until the completion of construction.

The court said that the National

Highway was in a deteriorated state, making toll collection unfair and unreasonable.

"This is based on the principle that tolls are collected to provide users with the benefit of well maintained infrastructure. If this highway is in a deteriorated condition and uncomfortable to

drive on, it is considered unfair for commuters to continue paying tolls, rather the same is violation of fair service. Certainly, the commuters and drivers must be feeling frustrated by the poor state of this particular highway they are paying to use. The basic premise is that tolls should be a form of compensation for road users in exchange for smooth, safe, and well-maintained highways," the court

The court observed that commuters are being unfairly charged as they are not receiving the value they are paying for in terms of

>>>SEE ON P-7

CM Holds Pre-Budget Meetings With Key Departments Ahead Of Budget Presentation



KC News Network

JAMMU: Setting the stage for the upcoming budget presentation on March 7, Chief Minister Omar Abdullah Tuesday chaired a series of pre-budget meetings with several key government departments at the Civil Secretariat here to finalize proposals for the upcoming budget, which is scheduled to be presented

on March 7.

The meetings were held to understand the sector wise priorities and to align it with government's development agenda.

The meetings would continue in the coming days with other departments also scheduled to brief the Chief Minister.

The meetings were attended by Minister for Health & Medical

Education Sakeena Itoo, Minister for Rural Development and Panchayati Raj Javed Ahmad Dar and Advisor to the Chief Minister Nasir Aslam Wani, Additional Chief Secretary Jal Shakti Shaleen Kabra, Additional Chief Secretary to CM Dheeraj Gupta, Principal Secretary Finance Santosh D Vaidya, along with Administrative Secretaries from the Power Development Department, Housing & Urban Development, Industries & Commerce, Tourism, Public Works Department (R&B), Health & Medical Education, Rural Development. Director General Budget Mohammad Sultan Malik and Joint

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Have positive hopes on Omar govt's maiden budget: PDP's Parra

KC News Network

SRINAGAR: Peoples Democratic Party (PDP) MLA from Pulwama, Waheed-ur-Rehman Parra on Tuesday said they have positive hopes on Omar Abdullah-led government's first budget, which will be presented by the Chief Minister himself on March 7 in the Legislative Assembly.

Speaking to the news agency—Kashmir News Observer (KNO), Parra said, "We are hopeful that the budget will be as per the demands of people, who are seeing popular government after a long time. The government should address the anxiety

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Will Prioritize Progress, Tourism, Youth Employment In Assembly Session: BJP

● Backs liquor ban, slams PDP, accuses NC of deceiving people

Sajid Raina

JAMMU: Bharatiya Janata Party (BJP) on Tuesday said that the party will raise the issues related to development, tourism, unemployment and others during the upcoming Budget Session of Jammu and Kashmir, slated to be held from March 3.

A senior BJP leader and Jammu west lawmaker, Arvind gupta while speaking to the news agency—Kashmir News Observer (KNO), said that the party will focus on the development of Jammu and Kashmir, tackling youth unemployment and also improving tourism across the region.

The leader said, "We will raise the issue of unemployment among the youth of J&K and work towards creating more job opportunities for them."

The BJP will also push for the development of border

tourism, particularly in areas previously impacted by cross-border shelling. "We are committed to promote border tourism in both Jammu and Kashmir and we want these areas to benefit from tourism for the



overall development of the region," Gupta added.

Regarding the liquor ban, he stated that the party has no objections to the proposal.

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Speaker LA engages with Media in pre-budget session talks

KC News Network

JAMMU : Speaker of Legislative Assembly, Abdul Rahim Rather, Tuesday chaired a crucial meeting with the media fraternity to facilitate smooth and efficient coverage of the maiden Budget Session of Omar led government here.

The meeting was attended by Director Information, Nitish Rajora; Secretary, JKLA, Manoj Kumar Pandit; SSP Traffic, Faisal Qureshi; SSP Security Civil Secretariat, Sajjad K. Bhat; Director IT, Raman Gupta; Deputy Director Information

(PR), Deepak Dubey, along with Bureau Chiefs, senior journalists, correspondents and editors from various media houses including All India Radio



and Doordarshan.

During the meeting, a detailed discussion was held on various issues concerning media professionals, focusing

on ensuring hassle-free entry to the Legislative Assembly premises and smooth regulation of traffic on roads leading to the Assembly Secretariat and MLAs

Hostel, Jammu. The Speaker emphasized the importance of taking necessary measures to prevent

>>>SEE ON P-7

Tulip Garden to have 75 varieties this year, two more imported from Netherlands

● 1.7 million tulips to bloom, garden to open after March 15, parking capacity increased

Owais Gul

SRINAGAR: After a record-breaking footfall last year, the authorities here have increased the parking capacity to accommodate more rush of visitors at Asia's largest Tulip Garden, which will be thrown open for visitors after March 15 this year.

With 1.7 million bulbs, the famous Indira Gandhi Memorial Tulip Garden, located between Dal Lake and the Zabarwan hills, will have two more varieties



imported from the Netherlands this year.

Javid Masood, In-charge Tulip Garden told the news agency—Kashmir News Observer (KNO), that the preparations are in full

swing and the garden will be thrown open any time after March 15.

"At present, 100 gardeners and casual labourers are making tireless efforts to complete all the

processes and make the garden ready for the public," he said.

Given the record-breaking footfall of visitors last year, Masood said the parking space has been increased at the garden to accommodate more rush of visitors this year. "We are expecting a huge footfall of visitors this year also," he said, adding that 4.5 lakh visitors visited the garden last year in just 30 days. "We are prepared to accommodate the record number of

>>>SEE ON P-7

4-day wet spell begins in J&K, snow in upper reaches, rains lash plains

● MeT predicts more snow for 3 days; depts directed to keep men, machinery ready

Owais Gul

SRINAGAR: The four-day wet spell started in Jammu and Kashmir on Tuesday with the higher reaches experiencing fresh snowfall while the rains lashed plains, bringing down the mercury across the valley.

According to details obtained by the news agency—Kashmir News Observer (KNO), various places including the famous ski resort Gulmarg, Sonamarg and Dodhpathri received fresh snowfall.



Six inches of snowfall was recorded at Gulmarg and Sonamarg, 5 inches at Dodhpathri and 4 inches in Daksum Sinthan top and Peer ki Gali. An independent weather

forecaster, Aadil Maqbool said. The plains of Kashmir, including Srinagar - the summer capital of Jammu and Kashmir - were lashed by the intermittent rains from the afternoon, which

brought the mercury down.

The local Meteorological department (MeT) has issued a yellow alert for February 26 across Jammu and Kashmir. An orange alert has been issued for February 27 for both J&K. On February 28, an orange alert has been issued for Jammu and yellow alert for Kashmir region.

Isolated heavy rain and snow are expected during the period while surface traffic may also be witnessed, reads the advisory issued by the MeT.

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ED Raids In Rs 600 Crore Crypto Conversion Case

NEW DELHI, Feb 24: The Enforcement Directorate on Monday said it has frozen bank deposits worth more than Rs 2 crore after conducting multi-state searches against an Indian national accused of illegal conversion of crypto currency worth around Rs 600 crore through various Indian crypto exchanges.

The searches were undertaken on February 20 at Delhi, Jaipur in Rajasthan and Mumbai in Maharashtra under the Foreign Exchange Management Act (FEMA).

The case pertains to the "conversion" of crypto currency worth around Rs 600 crore at various Indian crypto exchanges and the subsequent transfer of the funds to the beneficiaries, the federal agency said in a statement.

"ED investigation was initiated on the basis of a newspaper report that an Indian national named Chirag Tomar was undergoing prison sentence in the USA for stealing more than USD 20 million from hundreds of victims through the use of fake or spoofed websites mimicking the crypto currency exchange website



Coinbase," it said.

Tomar, sentenced to prison by a court in the US in November last year, could not be contacted immediately for his response to the allegations made against him by the ED.

Probe found, the agency said, trusted websites were "spoofed" in such a way by search engine optimisation that when the

website would be searched, the spoofed website would appear at the top.

The spoofed website appeared "exactly similar" to the trusted website except for the contact details, the investigation found.

When users entered the login credentials, the spoofed website would show it wrong. Therefore, the users would contact the number given on the

spoofed website which would eventually connect them to the designated call centre "managed" by Tomar.

Once the "fraudsters" gained access to the victims' accounts, they transferred their crypto currency holdings to crypto currency wallets under their control. The stolen crypto currency would then be sold on the website – localbitcoins.com – and converted into Indian Rupee at Indian crypto exchanges, the ED found.

Subsequently, the money was "transferred to the bank accounts of Tomar and his family members."

The ED said it has identified that the amount received by Tomar and his family, so far, through this scheme was Rs 15 crore.

Several bank accounts pertaining to the Tomar family have been frozen during the searches including deposits of Rs 2.18 crore kept in them, it said.

A similar "modus" of selling "doubtful" crypto on local bitcoins and its conversion to Indian Rupee on Indian crypto exchanges was unearthed during the search operation, the agency claimed.

1984 Anti-Sikh Riots Delhi Court Awards Lifer To Ex-Congress MP Sajjan Kumar

NEW DELHI: A Delhi court on Tuesday awarded life-term imprisonment to former Congress MP Sajjan Kumar in a murder case connected to the 1984 anti-Sikh riots.

Special judge Kaveri Baweja pronounced the judgement for the murders of Jaswant Singh and his son Tarundeep Singh on November 1, 1984.

A detailed verdict is awaited.

The court on February 12 convicted Kumar for



the offence and sought a report from Tihar Central Jail on his psychiatric and psychological evaluation in view of a Supreme Court order asking for such a report in cases attracting capital punishment.

The offence of murder attracts a maximum punishment of death penalty, while the minimum sentence was life imprisonment.

The complainant, Jaswant's wife, and the prosecution, had sought maximum punishment for Kumar.

He is currently lodged in Tihar jail.

Though Punjabi Bagh police station registered the case initially, a special investigation team later took over the investigation. On December 16, 2021, the court framed charges against Kumar, finding a "prima facie" case against him.

‘Scandalous’: Trust opposes in Supreme Court Centre’s stand on Halal certification of certain products

NEW DELHI: The Jamiat Ulama-I-Hind Halal Trust has opposed in the Supreme Court the Centre's submission over halal certification of non-meat products such as iron bars and cement, calling it "vexatious and scandalous".

In a rejoinder filed in the apex court, the Muslim certification body said the concept of halal was considered a basic requirement of "behaviour and lifestyle", which included eating habits and consumption in general, of a very large community.

It said halal certification related to the religious belief and practice of a large section of Indian citizenry and was protected under Articles 25 and 26 of the Constitution.

While Article 25 deals with freedom of conscience and free profession, practice and propagation of religion, Article 26 prescribes freedom to manage religious affairs.

On January 20, the Centre raised the issue of halal certification of non-meat products such as iron bars and cement,

asking why should non-believers be made to pay a higher cost for halal-certified products.

Denying any such certification, the trust said,

"It is submitted, in clear terms, that the petitioner (trust) has not issued any halal certification to iron bars or cement." The trust



further argued the choice of food, components used in preparing it, was the right of an individual or group of people protected by Articles 25 and 26 of the Constitution.

"The state, whether it is Central government or state government, cannot take away this liberty of an individual as to what material somebody is eating," it said.

It was a matter of an individual's right to be informed about the component used in edible products whether vegetarian or a non-vegetarian food, the trust said.

"For instance, Tulsi water, or lipstick or biscuits with or without chocolate, packaged water bottles are projected to be as ridiculous expansion of halal certifications. The said criticism of ridicule is baseless and due to ignorance of fact in general public," the rejoinder added.

Need to develop more healthcare facilities in Bihar: President Murmu

PATNA: President Droupadi Murmu on Tuesday said there is a need to develop more inclusive healthcare facilities in Bihar.

Speaking at an event organised on the centenary celebrations of the Patna Medical College and Hospital (PMCH) at Babu Sabhagar here, she said the Bihar government has done a lot



for the overall development of medical infrastructure in the state.

"There is a need to develop more inclusive healthcare facilities in the state. The PMCH should coordinate with other hospitals in the country for treatment and research of cancer and other serious ailments."

The Prince of Wales Medical College (now known as PMCH) was established on February 25, 1925.

The President arrived here on a two-day visit to Bihar on Tuesday. She landed at the Patna airport around 11.45 am and went straight to Babu Sabhagar near Gandhi Maidan to attend the function.

Bihar Governor Arif Mohammad Khan and Chief Minister Nitish Kumar received her at the airport.

**OFFICE OF THE EXECUTIVE ENGINEER
(Mechanical), PW(R&B), Central Kashmir**
Engineering Complex (PMGSY Building), Rajbagh Srinagar Kashmir-190008
E-Mail: xenmechcentralkmr@gmail.com
Establishment Mail: mdsestb2023@gmail.com
DATE EXTENSION-2

Subject:- SITC of 03 No. (G+4) 08 Passenger MRL lift with two years CMC Post 01 year DLP at Excise & Taxation Building Solina, Srinagar,
Reference:- eNIT No:- R&B/MDCK/NIT/04 of 2024-25 Dated:- 03.02.2025
Due to zero response, various dates of the captioned work publicized vide above referred NIT are extended as per details given below:
1. Last date & time for online submission of bids: 05-03-2025 upto 1600 Hrs
2. Date of opening of bids: 06-03-2025 at 1400 Hrs
All other terms and conditions of the said e-NIT & SBD shall remain same.
No. XENMC/Sgr/1338-42
Dated: 25.02.2025

**Sd/-Executive Engineer
PW(R&B) Mechanical Division
Central Kashmir**

DIPK-12418/24

Union Territory of Jammu and Kashmir
**OFFICE OF THE EXECUTIVE ENGINEER
PUBLIC WORKS(R&B) DIVISION AWANTIPORA**
Email: rbddivisionawantipora@gmail.com
NO-T-1/EEA/10395-98 Date: 24/02/2025
Extension

Subject:-
S.No Name of Work
1 Restoration of road surface by way of construction of cement concrete Drain on Hurdmir Lariyar road
Reference: E-NIT No: 142/EEA/RNB of 2024-25/9814-24 DATED 08/02/2025
It is notified for the information of all concerned that single bidder has Participated for above said NIT for s.no (01). Hence the above mentioned work/Tender is hereby extended/modified and fixed as under:
1 Bid Submission End Date 03-03-2025 upto 3.00 P.M
2 Date & time of opening of Technical Bids (Online) 04-03-2025 at 12.00PM
All other terms & Conditions shall remain same as per above mentioned NITS

**Sd/-Executive Engineer R&B
Division Awantipora**

DIPK-12426/24

UNION TERRITORY JAMMU AND KASHMIR
**OFFICE OF THE CHILD DEVELOPMENT PROJECT
OFFICER POSHAN PROJECT, DEVSER,**
E.MAIL-cdpodevser@gmail.com

PRIME MINISTER'S OVERARCHING SCHEME FOR HOLISTIC NUTRITION
Subject:-Provisional merit list of candidates applied for the post of anganwadi helpers (sahayikas) for different wards of Poshan Project Devser and inviting of objection thereof.
Reference: 1. Government Order No.222-JK (SWD) of 2022 Dated: 30.11.2022
2. Government Order No.103-JK (SWD) of 2023 dated: 28.04.2023
3. MD/Poshan/Estt/38414-17 dated:03-12-2024
4. DPO/POSHAN/KUL/2024/651-52 dated: 23-12-2024
5. Adv.Notification No:01-CDPO-DEVSAR OF 2025 dated: 13-01-2025
**NOTIFICATION NO: 02 - CDPO- DEV OF 2025
DATED: 25 - 02 - 2025**
Followed the Government orders referred above, related to the recruitment, the post of anganwadi helpers (sahayikas) for two locations/AW Centres/wards, were advertised by this office vide Notification No: 01-CDPO-DEVSAR OF 2025 dated: 13-01-2025 under endorsement No: CDPO/Poshan/Dev/2024-25/862-870 dated: 14-01-2025, published in daily news paper "Aftaab" vide DIPK No:10876/24 dated: 17-01-2025. Further, the provisional merit list of candidates of two wards/locations can be seen at annexure "A" (below this notification) and is published for information to concerned candidates applied for the said posts. Furthermore, objections related to the provisional merit list, if any, shall be submitted to this office within a period of seven (07 days) from the date of publication of this notification and after completion of period of seven days, no objection/appeal shall be considered by this office. Annexure "A"
Provisional merit panel/List of of anganwadi helper (sahayikas) for anganwadi centre "Shah Mohalla Manigam, ward No: five-05, of Poshan Project Devsar, District Kulgam

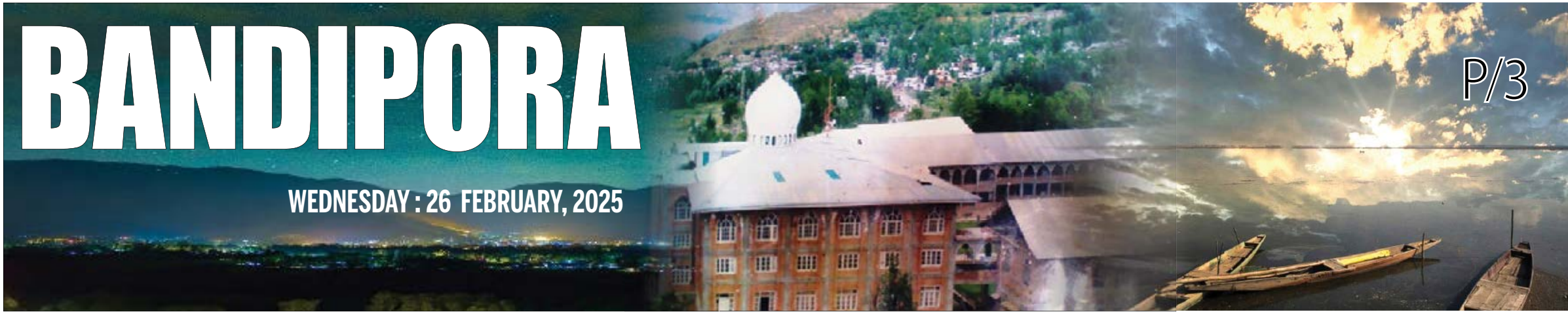
S.No.	Name of Applicant	Parentage/ Spouse	D.O.B	Residence	Qualification	Total Marks	Marks Obtained	%AGE	Marital Status	Two additional points for family member of retired AW Helper	Total merit points
01	MASROOF JAN	FAROQ AHMAD SHAH	01-11-1989	HABLISH	10 TH	600	406	67.67	M	YES	69.7
02	RAFFI JAN	PEER SUHAIL ASHRAF	13-01-1995	HABLISH	10 TH	500	207	41.4	M	NO	41.4

Provisional merit panel/List of of anganwadi helper (sahayikas) for anganwadi centre "Bhat Mohalla Tankipora, ward No: three-03, of Poshan Project Devsar, District Kulgam

S.No.	Name of Applicant	Parentage/ Spouse	D.O.B	Residence	Qualification	Total Marks	Marks Obtained	%AGE	Marital Status	Two additional points for family member of retired AW Helper	Total merit points
01	NASREENA MANZOOR	NADEEM YOUSF BHAT	01-03-1997	GUND TANKIPORA	10 TH	500	188	37.6	M	NO	37.6

No: CDPO/POSHAN/DEV/2025/926-31
Dated:- 25--02--2025

DIPK-12441/24
**SD=/Child Development Project
Officer Poshan Project Devsar**



BANDIPORA

WEDNESDAY : 26 FEBRUARY, 2025

Bandiporians Push for National Highway Status as Poor Connectivity Stalls Growth

SAQIB AFZAL/ DANISHWAR NISAR /
SUMAIYA NAZIR

BANDIPORA : The cries for national highway status to Srinagar-Bandipora-Tulail road are growing louder with people alleging that the development of the district is on hold owing to poor connectivity.

Despite being known for its rich history, literary heritage, and the famous Wular Lake, Bandipora continues to struggle with poor road infrastructure. Since being designated a district in 2007, the lack of proper connectivity has hindered economic growth and posed risks to commuters.

Residents said the district's development is on halt as all development is subservient to connectivity. "It's owing to poor roads that all other sectors including tourism, health, education, business and agriculture are lagging behind. Roads are key to development of all these sectors," said Shabir Ahmad, a local resident. "Doctors, Teachers, Govt Employees of other districts prefer not to visit Bandipora or Gurez owing to poor road connectivity especially the narrow Srinagar-Bandipora-Gurez Road. Once roads are okay all other sectors will flourish".

Ahmad highlighted the dangers posed by narrow, poorly maintained roads, recalling a recent tragedy where four army soldiers lost their lives due to

inadequate road widening. "Many accidents have occurred for the same reason," Ahmad said. "With increasing vehicle traffic, the risks are only growing." Gurez, a rapidly growing tourist destination, has been attracting visitors from across India. How-



ever, dilapidated roads remain a major hurdle, especially during medical emergencies.

Businessman Tahir Mir pointed out that patients, including pregnant women, are often referred to Srinagar for treatment but struggle to reach hospitals in time due to the poor road conditions.

"We urge the government to act before more lives are lost," Mir stated.

Another local businessman said truckers and

other goods carrier vehicles refuse to carry freight to Bandipora and Gurez owing to narrow roads and subsequent slow movement of traffic that also impacts their business negatively.

Responding to local demands, the lawmakers from all the three constituencies of the district have jointly raised the demand of granting national highway status to Srinagar-Sumbal-Bandipora-Tulail Road.

Chief minister Omar Abdullah also raised the demand of highway status to Bandipora-Sumbal-Gurez with the Union minister for Road, Transport and Highways days after MLA Bandipora Nizamuddin Bhat wrote a letter to the chief minister, seeking former's intervention.

The chief minister while reverting to the legislator, in a letter, stated that the matter has been taken up by the Union ministry for consideration.

"This has reference to your D.O letter dated 20-12-2024, containing an issue relating to grant of National highway status the road from Sumbal to Gurez. The issue has been taken up with the Union Ministry vide officer letter No.HCM/PS/2024/ND-04 for consideration," reads the letter.

Bhat has sought intervention of chief minister Omar Abdullah to have this "long pending demand duly considered for early redressal".

He had stated that Bandipora's main connectivity has not been accorded highway status from Sumbal to Gurez, despite its strategic, economic, and accessibility considerations.

MLA Sonawari, Advocate Hilal Akbar Lone, emphasized that the lack of proper road connectivity has limited access to key tourist destinations like Wular Lake, stalling economic progress and worsening unemployment.

"Tourism has not fully developed due to poor roads," Lone said. "A well-developed highway will boost tourism and create jobs for locals." Lone and other leaders from Bandipora, Gurez, and Sonawari constituencies are actively lobbying for the project.

"A good road is the backbone of progress—whether in education, healthcare, or tourism. We will continue to push for this crucial infrastructure upgrade," Lone affirmed.

As calls for better connectivity grow louder, residents remain hopeful that authorities will take action to improve Bandipora's infrastructure, economy, and safety. With strong backing from local leadership, the demand for National Highway status could soon become a reality, transforming the region's development prospects.

DC Bandipora Visits Tehsil Library, Takes Stock of Facilities

BANDIPORA: Deputy Commissioner Bandipora, Manzoor Ahmad Qadri, accompanied by Additional Deputy Commissioner Zaffar Husson Shawl, on Tuesday paid a visit to the Tehsil Library Bandipora to assess the available facilities and took feedback from students and staff.

During the visit, the students and library staff raised several concerns, including extending the library's operating hours, improving heating and cooling facilities, and addressing other infrastructure issues. The Deputy Commissioner listened patiently to the concerns and assured the students and staff that all genuine issues would be resolved within a specified time frame.

He said District Administration Bandipora is committed to enhance the learning environment for students and address these concerns to ensure a better and more comfortable space for students.

M. A. Qadri said that the library is an important resource for which administration will make every effort to ensure that it meets the needs of the public.



DC Bandipora visits CHC Sumbal, takes stock of Healthcare Facilities

BANDIPORA: Deputy Commissioner Bandipora, Manzoor Ahmad Qadri, on Tuesday visited Community Health Centre (CHC) Sumbal to review the available healthcare facilities and take stock of services being provided to the public.

During his visit, M.A Qadri conducted inspection of the various sections including OPD, wards, diagnostic units and other units. While interacting with the staff, the DC emphasized to ensure that medical equipment and essential supplies are available besides enquired about the challenges faced in delivering quality healthcare services.

He also interacted with patients and took feedback regarding the services provided to them. Qadri emphasized the need for prompt action to address any gaps in services, ensuring that the healthcare centre operates efficiently. He asked the concerned to identify areas of improvement and steps that need to be taken to enhance healthcare delivery and make services more accessible.

He asked the staff to maintain high standards of patient care and urged them to address any deficiencies to ensure better outcomes for patients.

Among others, ADC Zaffar Husson Shawl, SDM Sumbal Murtaza Ahmad Shiekh and other concerned were also present.



JKTF Bandipora Extends a Warm Welcome to ZEO Sumbal

SUMBAL: The Jammu & Kashmir Teachers Forum (JKTF) Bandipora today extended a warm and cordial welcome to the newly appointed Zonal Education Officer (ZEO) Sumbal, Mr. Mohammad Azad Lone Sahab.

An official spokesperson said the event marked a significant milestone in reinforcing the commitment to educational excellence, collaborative growth, and administrative efficiency in the region.

A high-level delegation of JKTF leaders, led by District President Bandipora, Mr. Sajad Ahmad Wagay, welcomed the esteemed ZEO and presented him with garlands to mark the occasion of assuming office.

During the event, JKTF leaders expressed their confidence in Mr. Lone's leadership, commending his vision for strengthening the education sector, fostering transparency, and creating a more inclusive academic environment. They emphasized that his extensive administrative experience and deep understanding of grassroots challenges would bring much-needed positive reforms to the system.

The JKTF Bandipora team pledged its full support to Mr. Lone, assuring cooperation in his mission to uplift educational standards, safeguard teachers' rights, and enhance student welfare. They reiterated their commitment to working collectively to create an efficient and student-centric education framework in Sumbal.

On this occasion, the JKTF leadership extended heartfelt gratitude to Senior Leader JKTF, Haji Irshad Ahmad from Tiral, who accompanied the esteemed ZEO Sumbal and played a crucial role in facilitating the meeting. His guidance and encouragement were acknowledged as a source of motivation and strength for the leadership and teaching community.

Other leaders who attended the occasion, include:- Mr. Majid Majeed Sahab, Vice District President, JKTF Bandipora, Mr. Gh Hassan (Hussain), Zonal President, Mr. Nazir Ahmad Ganaie, Zonal President, JKTF Sumbal Mr. Syed Babar Ali, Zonal President, EJAC Sumbal, Mr. Arshad Hussain Pathan, Organizer, JKTF Sumbal Mr. Syed Nissar Hussain, Executive Member, JKTF Sumbal, Fayaz Ahmad, M. Tariq Ah Mir, M. Shafi Shah, and other.

On the sidelines of today's programme, Vice DP Majid Majeed said that This welcome ceremony was more than just a symbolic gesture—it was a testament to the shared dedication of educators towards building a brighter, more progressive future for education in the region.



Bandipora Joinery Association Voices Concerns to MLA Sonawari at Annual Meet

AADIL ABDULLAH

BANDIPORA: The Bandipora Joinery Association holds an annual meeting at Dak Bungalow in Sumbal on Tuesday, drawing a large number of joinery mill owners from across the district. MLA Sonawari, Advocate Hilal Akbar Lone, attended as the chief guest, accompanied by Association District President Jameel Ahmed Dar, Vice President Bashir Ahmad, Spokesperson Irfan Ahmad, and other members.

The meeting provided a platform for mill owners to engage in direct dialogue with the MLA, highlighting several critical challenges facing their industry. Among the primary concerns raised were the complexities of licensing procedures and other departmental regulations. The members also requested the allocation of industrial land in their respective areas to facilitate expansion and growth. The meeting concluded with members receiving certificates of recognition.

MLA Hilal Akbar Lone assured the association members that their concerns would be brought to the attention of higher authorities, including Chief Minister Omar Abdullah, and pledged to work towards swift resolutions.

Speaking to reporters after the meeting, Ban-

dipora Joinery Association President Jameel Ahmed Dar expressed optimism about the outcome. "Today, we held our annual meeting at Dak Bungalow Sumbal, attended by all members from Bandipora district. We raised important issues with MLA Sonawari, Advocate Hilal Akbar Lone, and we are hopeful that our demands will be addressed soon," he stated. The association spokesperson echoed this sentiment.

MLA Sonawari, Advocate Hilal Akbar Lone, thanked the association for the invitation and acknowledged the validity of the issues raised. Specifically addressing concerns regarding licensing and the departmental requirement for a 3-kilometer distance between joinery mills, he assured the members, "I will take up this issue with the concerned department."

Regarding the demand for industrial land, MLA Lone informed the attendees about the government's announcement of 1,000 kanals for Bandipora district, with 700 kanals designated for Sonawari and 300 for Bandipora. He emphasized the potential of this land to generate livelihoods and create employment opportunities within the community.

MLA Lone reiterated his commitment to addressing the association members' genuine demands as a priority, promising to escalate the issues to higher authorities for prompt action.



Hajin Residents Fear Disaster as Road Develop Cracks near Jhelum Embankment

GOWHAR MAQBOOL

HAJIN: The road passing through Hajin town near Sheikh Mohalla developed massive cracks on Tuesday, creating panic among locals.

Residents said the cracks had been forming over the past few days, but today, the damage worsened with fresh fissures appearing.

Talking to Kashmir Convener, Gh Hassan said that a 120-meter stretch of the road at Sheikh Mohalla had breached, putting the surrounding area at risk.

He added that a few days ago, DC Bandipora and the MLA of Sonawari had visited the spot to assess the situation, but no concrete steps had been taken to prevent the embankment from breaching.

Another local, Abdul Ahad, who resides near the Jhelum embankment, expressed deep concern. "The situation is extremely worrying. We fear that with each passing day, the cracks will widen, and the road might collapse. If that happens, our houses will be inundated, and we could lose everything we have worked so hard for."

"It's not just about our homes; it's about our lives. We have small children and elderly family members to care for. If the authorities don't take immediate action, we could be facing a disaster," he added.

The locals have urged the administration to intervene immediately to prevent further damage.

A team of officials has rushed to the spot to assess the situation, and necessary measures will be taken

accordingly.

Meanwhile, senior leader Imtiyaz Parry strongly criticized the administration for its continued neglect of the area.



"This is nothing but a shameful failure of the district administration and the government, who are deliberately ignoring this grave issue. How long will the people of Hajin suffer? How long will our voices go unheard? The concerned NC MLA keeps making false promises, fooling the people time and again. Enough is enough!" he said.

"I warn the administration and the government—if the repair work does not start within days, I will stage a protest along with my party workers and the people of my town. The people of Hajin will not remain silent while their livelihoods are destroyed!" he added.

Bharti Airtel Partners with Ericsson to Advance 5G Evolution

SRINAGAR: Bharti Airtel has strengthened its partnership with Ericsson (NASDAQ: ERIC) to deploy Ericsson's high-performance 5G Core network solutions, enhancing connectivity for millions of Airtel customers across India. The collaboration will enable Airtel to transition seamlessly to a full-scale 5G Standalone network, unlocking advanced capabilities for users and enterprises.



Randeep Sekhon, CTO of Bharti Airtel, emphasized the importance of this partnership, stating that the deployment of Ericsson's 5G Core solutions will be a key pillar in Airtel's long-term 5G strategy, enhancing network capacity and enabling innovative services. Andres Vicente, Head of Market Area Southeast Asia, Oceania, and India at Ericsson, highlighted that this deployment will future-proof Airtel's network while unlocking new monetization opportunities through network slicing and API-based services.

As part of the agreement, Ericsson will integrate its Signaling Controller solution and 5G Standalone-enabled Charging and Policy solutions within Airtel's network. This strategic upgrade is expected to boost Airtel's 5G monetization efforts by enabling new business models and innovative use cases.

Ericsson and Bharti Airtel share a longstanding partnership of over 25 years, spanning multiple generations of mobile communications, including Airtel's first 5G contract in India. This latest collaboration marks another milestone in their commitment to advancing India's 5G landscape.

JK Teachers' Forum Holds Virtual Core Group Meeting, Discusses Key Issues

BANDIPORA : The Bandipora Unit of Jammu and Kashmir Teachers Forum (JKTF) on Tuesday held a virtual core group meeting, presided over by UT General Secretary Mir Bashir Ahmad, to deliberate on key issues affecting teachers across various zones.

Chief Spokesperson of the forum Anjum Nissar told Kashmir Convener that the meeting, organized and hosted by Chief Coordinator Hilal Ahmad Quraishi, lasted over an hour and focused on addressing teachers' grievances and ensuring their timely resolution.

During the meeting, JKTF Bandipora extended a warm welcome to the newly appointed officers, including CEO Bandipora Abdul Majeed Dar, ZEO Quil Muqam Abdul Rehman, ZEO Bandipora Fayaz Ahmad Shah, ZEO Sumbal Mohd Azad Lone, and ZEO Hajin Gh Hassan Parrey.

The forum expressed hope that their leadership and commitment would contribute to the overall improvement of the education sector in the district.

On the occasion, Mir Bashir Ahmad highlighted the difficulties faced by teachers working in Gurez due to harsh weather conditions and challenging terrain.

He assured the leadership that the govern-

ment has provided assurances regarding their early repatriation. If necessary, he emphasized, JKTF leadership would take a strong stand to ensure their transfer to more accessible zones. Raising concerns over unauthorized media access to educational institutions, Mir Bashir Ahmad assured that he would personally engage with the BAJWA President to safeguard the privacy and sanctity of schools. He added that this issue, among others, would be taken up with the District Administration.

A high-level delegation, led by District President Sajad Ahmad Wagay, will soon visit the District Headquarters to address these concerns.

Senior trade union leader Noor Mohammad Bhat urged the leadership to uphold honesty, dedication, and sincerity, emphasizing the importance of unity in the fight against injustice and corruption. The leadership expressed its gratitude to Mr. Bhat and sought his continued guidance in advancing JKTF's mission.

District President Sajad Ahmad Wagay announced that a JKTF team will soon visit the CEO Office to discuss community concerns with officials.

District General Secretary & Chief Spokesperson Anjum Nissar underscored the im-

portance of truthfulness and integrity, stating that principled and sincere efforts, despite challenges, can bring meaningful change.

The meeting also witnessed the active participation of Zonal Presidents and senior executive members, including Nazeer Ahmad Ganaie (ZP Sumbal), M. Hussain Haseen (ZP Hajin), Syed Babar, Dr. Asif Iqbal, Nazeer Ahmad, and M. Yaseen Ahmad, who shared valuable insights on organizational growth and leadership.

During the meeting Nazeer Ahmad Dar and Hilal Ahmad Quraishi were elected to the State Body while Dr. Asif Iqbal and Mohammad Yaseen were nominated for the Provincial Body.

On the occasion Mudassir Ahmad Mir was also congratulated on his appointment as Incharge of the Legal Cell.

According to an official statement, Anjum Nissar, a renowned broadcaster and JKTF District General Secretary & Chief Spokesperson, was nominated for the State Body of NMOPS upon the recommendation of NMOPS State President Sheikh Mohammad Ashraf, who also serves as the JKTF State President.

In his concluding remarks, Mir Bashir Ahmad extended his best wishes to the leadership and reaffirmed his unwavering support. He assured that he remains available at all times to stand by the forum in addressing any challenges that may arise.



Sarthal: A Hidden Gem of Jammu Waiting for Development



Mudasar Ali

Sarthal, located in the Tehsil Bani of District Kathua, is a beautiful tourist destination, situated near Bhaderwah, Basohli, and Pathankot. It is approximately 50 kilometers away from Bhaderwah and is one of the most charming places in Jammu and Kashmir, often referred to as "Mini Kashmir."



The area is blessed with abundant natural beauty, with lush greenery, dense forests, towering mountains, and clear air. Sarthal's scenery rivals popular destinations like Gulmarg, Pahalgam, and Sonamarg. The beauty of the region has been further enhanced by snowfall, attracting visitors year-round.

Mudasar Ali, a prominent social activist from Bani, has dedicated extensive efforts to the development of the Sarthal tourist destination. His deep passion for the region and its potential has led him to conceptualize several visionary plans to enhance its appeal and infrastructure. With a clear understanding of the area's rich natural beauty and untapped potential, Mudasar Ali is not only a driving force in local activism but also a key figure whose insights could play a pivotal role in transforming Sarthal into a nationally recognized tourist hub.

It is now essential for the government to recognize his invaluable contribution and actively seek his guidance in advancing the region's development. His visionary plans and profound knowledge of the area's needs could provide the necessary momentum to catapult Sarthal to the national stage, ensuring it receives the attention and resources it deserves. Through collaboration with forward-thinking leaders like Mudasar Ali, the government can help realize the full potential of this beautiful destination and make it a must-visit spot for tourists from across the country.

The region is enriched in natural beauty and offers an enchanting atmosphere that draws both local and international

tourists. Each year, thousands of tourists from Bhaderwah, Jammu, Himachal Pradesh, Punjab, Delhi, and other states come to enjoy the serene landscape of Sarthal. Particularly, during the summer, tourists flock here because the weather remains neither too hot nor too cold, providing a comfortable environment for them to enjoy the lush greenery and scenic beauty.

In the winter, the area is covered in snow, and visitors enjoy playing with snowballs, making the experience even more delightful. In addition to being a popular tourist spot, Sarthal is also a location for film shootings, with several songs having been recorded here. The region also hosts various events like cricket tournaments and the annual Chinj Mela/Dangal (wrestling competition) held every year from June 25th to 27th. This mela has been celebrated for over a hundred years and attracts people from Bhaderwah, Kathua, Himachal Pradesh, Punjab, Haryana,

tion. Sarthal suffers from power issues, and although a mobile tower has been installed, it has yet to be activated. Public toilet complexes and health facilities are also lacking. Tourists often face difficulties in finding accommodation or food, as the area lacks hotels or restaurants to cater to the growing number of visitors. Furthermore, cleanliness is a concern, with a shortage of dustbins and proper waste management.

The people of Sarthal want the government to improve infrastructure, build parks, install fountains, and create better facilities for visitors. They also urge for the development of the Chattergala Tunnel, which has been awaited for over five years, as it would help connect Bani to Bhaderwah more efficiently, opening up opportunities for locals, especially the educated youth, who are currently struggling with unemployment. This project could be a game-changer for the region, providing employment

Traditional attire in Sarthal includes churidar pajamas, phadi woolen coats in winter, and pherans (long, loose-fitting garments) for both men and women. Men also wear a dastar (turban), while women wear ghagras. The region's cuisine includes local delicacies like rajma chawal, kasrod ki sabzi (fiddlehead), and sarson ka saag. Dairy products such as kadhi or karhi (a yogurt-based dish), kalari cheese, desi lassi (yogurt drink), and makhan (butter) are also staples. Local sweets like barfi and jalebi are favorites, while fruits such as apples, pears, peaches, plums, apricots, and cherries, along with dry fruits like almonds and walnuts, are commonly found here.

Delhi, and beyond.

Sarthal's attractiveness is not only due to its beauty but also because it serves as a picnic destination for schools and colleges. As the summer season begins, the Gujjars and Bakarwals bring their livestock to the area, adding to the charm of this picturesque place. The locals are always happy to see tourists enjoying the beauty of the area, as it brings life and prosperity to the region.

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The languages spoken in Sarthal include Pahari, Dogri, Hindi, Kashmiri, and Urdu. Local music and dance styles include Dogri and Pahari songs, along with the Kud and Gaddi dances.

Despite its natural beauty, Sarthal, and the Bani Tehsil, in general, has been often overlooked by both tourists and authorities. The region faces several challenges, including a lack of basic infrastructure that could make it a more viable tourist destination.

opportunities and boosting tourism.

Additionally, the locals hope that the government will consider installing a Gondola lift in Sarthal to attract more tourists and improve the overall infrastructure. A better road network, including the year-round opening of the Bhaderwah, Basohli, Pathankot highway, would make the region more accessible, encouraging tourism and benefiting the economy.

The locals also believe that promoting Sarthal and Bani as a tourism hub will help curb the growing issues of unemployment and drug abuse among the youth. The tourism industry could provide a stable source of income for families, allowing them to lead better lives.

In conclusion, Sarthal is a hidden gem that deserves more attention and promotion. With its natural beauty, rich culture, and potential for growth, the area could become a major tourist destination if the government takes the necessary steps to improve its infrastructure.

By focusing on Sarthal, the government can provide employment opportunities, enhance the local economy, and create a better future for the residents. Local authorities, such as Union Minister Dr. Jitendra Singh, Lt. Governor Manoj Sinha, Chief Minister Omar Abdullah, and the Director of Tourism Jammu, are urged to visit the area and help elevate its status on the tourism map of Jammu and Kashmir.

Early Signs and Symptoms of Cataracts



By: Mukhtar Ahmad Qureshi

We are all unique, and any changes in our eyes can be disturbing. Due to being such a common eye disorder, cataracts are commonly overlooked and progress steadily over time. May I share with you what knowledge I have gathered on the symptoms of cataracts at their earliest stages from my younger brother Nissar Ahmad Qureshi, a veteran Ophthalmic Technician and the owner of Quareshi Opticas Bonijar. He has been focusing on improving the eyes condition and has implemented several awareness campaigns to educate people about cataracts and other eye conditions.

Understanding Cataracts:

Cataracts result from the natural cloudiness of the lens of eyes causing blurry or distorted vision. Cataracts often form slowly with time and may occur in one or both of the eyes simultaneously. Even though it is an age-related condition, cataracts can be caused by conditions such as diabetes, longer exposure to Ultra Violet light, smoking, eye injuries, and long term use of specific drugs.

Early signs and symptoms of cataracts.

Cataract symptoms can be present if you or someone you know:

1. Blurry or Cloudy Vision.
- Foggy windows and blurry or cloudy eyesight can be caused by cataracts during the early detection process. Reading, driving, and facial expressions

may be difficult for you.

2. Increased Sensitivity to Light.
- It can be a challenge to use bright lights, whether they are from the sun, headlights, or lamps. Cataracts patients commonly experience



discomfort and blemishes in bright surroundings.

3. Difficulty Seeing at Night.
- Cataracts can cause blurry vision and driving difficulties in the dark.
- Why?
4. Are there any frequent alterations to eye-glasses or contact lenses?
- Sudden or recurring alteration in your prescription may contribute to vision impairments called cataracts. What causes the eye conditions?
5. Faded or Yellow Colours.
- Yellow, pale, or greyish colours are a potential consequence of cataracts. Finding the different colours is difficult to distinguish.
6. Halos around Lights.

Halos or rings around lights at night, which are common signs of cataracts, can also have an impact on your eyesight.

7. Double Vision in One Eye.
- Double vision in one eye, caused by cataracts,

is not visible in one photograph. Other illnesses could also cause this to happen.

8. Difficulty Reading Small Print.
- Small print could be hard even when you wear glasses. Reading books, newspapers, or menus is a cause of irritation.

When would it be good for you to see a doctor?

Our eyesight is under rated, but ignoring the symptoms leads to a decline that is worse than this. In case you experience any of the above symptoms, it's time to visit an eye specialist. This will mark the occasion of a medical visit to be

done. If your confusion is growing and affecting your daily life.

When driving at night, there may be a glare or halos around the lights.

Why?

Your eyes may be corrected by glasses, but you are unable to recognize faces or read.

The occurrence of double vision is due to the sight of either eye or both eyes simultaneously. When they look the same, like yellows or greys.

If your medication changes frequently over several days.

How Can Cataracts Be Diagnosed?

A comprehensive examination of the eyes may involve, at an eye clinic.

Measuring the visual perception of individuals through distance vision.

The Slit Lamp Examination, utilizing a personalized microscope to scrutinize the inner workings of your eye.

By dilatation of pupils during the Retinal Examination, you can see your retina and lens in good perspective.

The intraocular pressure is measured in order to prevent other eye diseases like glaucoma with the help of the Tonometry Test.

Treatment to Overcome Cataracts:

Even though cataracts don't get better on their own, they can be treated carefully. Why? The first thing to do is wear strong glasses, magnifying glasses, or enjoy the natural world. If you have cataracts that seriously affect your vision and way of life, choose cataract surgery.

The foggy lens is removed through surgery and substituted with a clear artificial lens. The approach is effective, fast and highly successful in restoring clear vision.

Prevention is possible where a disaster would otherwise occur.

While it is impossible to avoid cataracts, there are methods of reducing the risk:

Wearing wide brimmed hats and wearing sunglasses can shield your eyes from Ultra Violet light in public.

Eating green leafy vegetables, carrots, and omega-3 fish is advisable for people who opt for a diet rich in vitamins C and E.

Manage chronic diseases, diabetes mellitus, and other conditions that can lead to cataract development.

Eye check-up every now and then are necessary to avoid the aggravation of the condition.

It is important to take care of your eyes since your eyesight is imperative in daily life. A cataract issue is inevitable but may be avoided by recognizing and treating it early. Consult a doctor if any of the aforementioned symptoms are inconvenient to you or the one whom you know.

My respect for my little brother. The work done by Nissar Ahmad Qureshi in spreading awareness of cataracts. By doing so, he has brought the first signs into light and encouraged people to approach treatment at a later stage. Our eyes should be taken care of and other people should do the same as well.

Nissar Ahmad Qureshi, with the support of Al Imdad International Srinagar, has organized numerous free eye check-up camps, providing essential eye care services to the School Students and general public. Through these camps, they have distributed sunglasses, spectacles, and ointments, ensuring better vision and eye health for many. I extend my heartfelt gratitude to him for this remarkable service and his dedication to the wellbeing of the people.

(The author is a teacher and hails from Uri, Baramulla)

Srinagar Heritage Festival "Soun Meeraas" commences to celebrate rich cultural heritage of Kashmir

SRINAGAR: Srinagar Heritage Festival "Soun Meeraas" an initiative of District Administration Srinagar aimed to celebrate Srinagar's rich cultural heritage begins here today to highlight local tradition, culture, heritage and art, through live exhibitions and demonstrations.

Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat launched the first leg of the mega event with Painting and Calligraphy competition at Jhelum River Front showcasing culture, heritage and tradition of Kashmir Valley.

The Srinagar Heritage Festival that commenced from today shall continue till February 28 has been organized by District Administration Srinagar in collaboration with Indira Gandhi National Centre for

Arts to preserve the essence of Kashmir's heritage, cultural legacy and traditional practices for future generations.



Speaking about the event, the DC Srinagar maintained that the Srinagar Heritage Festival

"Soun Meeraas" is set to become a vibrant event, offering varied activities, Live Exhibitions of Traditional Markets and Winter Preparations, besides



showcase Traditional Attire March, Painting Contests, Shikara Events, Folktales, Cultural performances,

Demonstrations through Jhankies etc to provide a vibrant stage to present generation to learn about cultural background and develop a strong sense of belonging within their community.

DC added that during the Srinagar Heritage Festival events will be held at Jhelum River Front, Poloview, Dal Lake and at Kashmir Haat (Numaish Gah).

DC hoped that the event will provide a memorable experience for participants and visitors as well, besides building a strong sense of identity, fostering community cohesion and promoting understanding and respect for diversity.

DC has called out for maximum participation from all sections of the society.

Div Com Kashmir extends warm greetings on Mahashivratri

SRINAGAR: Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri today extended his warm greetings to the people on the auspicious occasion of Mahashivratri celebrated with fervour and gaiety across the country.

In his message, Div Com wished for enriching spiritual experience to devotees and prayed for unity among communities and prosperity in the region.

DC Kulgam reviews arrangements for Ramdhan



KULGAM: The Deputy Commissioner Kulgam Athar Aamir Khan today convened a meeting of officers to review and finalize the arrangements for ensuing holy month of Ramadan.

During the meeting, DC instructed Officers of KPDC and Jal Shakti to ensure uninterrupted electricity and water supply to the consumers during the month of Ramadan especially at the Sehri and Iftar times.

Emphasizing on the sanitation of towns and municipality areas, DC directed Executive Officers of Municipal Committees to launch special cleanliness drives in the district with focus on roads, lanes, drains and regular lifting of waste from markets.

He also directed concerned for installation of more lights in their respective towns.

Concerned officers and departments were instructed to carry special market checking squads to keep check on profiteering, hoarding and overcharging by shopkeepers.

Moreover, availability of essentials in the market was also reviewed during the meeting. While traffic authorities were directed to ensure availability of transport in evening hours.

The meeting among others was attended by ADC, Mohammad Altaf Khan, ADC Vigar Ahmed Giri, ACR Mushtaq Ahmad, ACP, Exen Jal Shakti, Tehsildars, AEs of PHE, PDD, EOs, officers from Sheep and Animal husbandries besides Auqaf Committee members.

8th Bn JKAP Conducts Route March to Strengthen Police-Public Relations

Jammu: A route march was conducted today by the jawans and officers of JKAP-8th Battalion, Miran Sahib, Jammu.

The march commenced from the Battalion Headquarters to Tanda and back, covering approximately 10 km.

A total of 118 officers and personnel from the unit participated in the exercise.

The primary objective of the route march was to enhance police-public relations, familiarize the personnel with the topography and conditions of the area, and promote physical fitness and discipline among the force.

The march was conducted under the overall supervision of Sh. Suram Singh (JKPS), SSP, Commandant JKAP-8th Battalion. Speaking on the occasion, he emphasized the importance of such events in not only improving the health and endurance of police personnel but also fostering a strong bond between the police and the public.

Among other officers, Sh. Bupinder Singh (DySP) and Inspector Remy Khajuria also actively participated in the march, reinforcing the commitment of the JKAP-8th Battalion towards community engagement and operational preparedness.

Such initiatives will continue to be an integral part of JKAP's efforts to ensure better coordination, physical readiness, and public trust in law enforcement agencies.

STD busts a fake Input Tax Credit case; realizes penalty of Rs11, 18, 068

ANANTNAG: In a major enforcement action, the team from Enforcement South Kashmir of State Tax Department has realized a huge penalty of Rs 11,18,068 from a tax payer carrying rigid tubes, pipes, hoses, and fittings made of propylene polymers in violation of GST regulations.

Acting on specific intelligence input, the enforcement team laid a special Naka and intercepted a vehicle in violation of GST norms by passing fake Input Tax Credit (ITC) without actual movement of goods in which 03 taxpayers were involved.

During investigation it was found that a Delhi based firm generated 02 e-invoices and E-Way bills worth Rs 73,29,554 in favour of two taxpayers but was carrying goods of Rs 36,64,777 only. The enforcement drive was carried out by team of STOs, Inspectors, Sub-Inspectors and guards led by Anil Kumar Chandail, Deputy Commissioner, Enforcement South Kashmir under the guidance of P.K. Bhat Commissioner, State Taxes, J&K and Pervaiz A Raina Addl Commissioner State Taxes, Kashmir.

Commissioner and Addl Commissioner appreciated the efforts of Team South Kashmir for efficiently handling big cases which will help in tax compliance and in neutralising the nexus of tax evaders using fake ITC. They emphasized the department's commitment in fostering a culture of accountability and strict compliance of GST laws & rules.



DC Shopian meets SBDU, BHD members under Mission Yuva

Shopian: A meeting was today convened by Deputy Commissioner Shopian, Shishir Gupta with all the members of Small Business Development Units (SBDU) and Business Help Desks (BHD) to discuss the roles and responsibilities of each member in the context of the Mission YUVA project.

A comprehensive and detailed presentation was shared with the members, outlining the specific roles and duties of each member.

The committee members were sensitised about their job profile and helped to clarify expectations and facilitate a deeper understanding of the tasks at hand.

DC Shopian emphasized the importance of their specific and critical roles in the project and stressed that a clear comprehension of responsibilities would ensure a smooth and efficient execution of the Mission YUVA project.

Furthermore, he directed that each Yuva Doot will be identified after filling all the details of their selection as per the Yuva Doot Document. Additionally, The panchayats will be allocated to them, ensuring that the next steps can be taken accordingly in the project.

One SBDU at district Level and two BHDs at sub divisional level at Shopian and Zainapora have been set up for the effective implementation of Mission Yuva in the district.

NCD screening drive held at Reshnagri, Shopian

Shopian: In line with the Non-Communicable Disease (NCD) screening drive initiated by the Health and Medical Education Department, a drive was conducted today at AHWC Reshnagri, Shopian.

The event was organized by Medical Officer, AHWC Reshnagri, Dr. Mushtaq Ahmad Malik and was attended by staff members of the centre.

The drive aimed to promote early detection and prevention of NCDs among the local community and witnessed active participation from the local population.

Besides, the initiative focused on raising awareness and encouraging proactive health measures to combat the rising burden of non-communicable diseases.

Forest Dept Launches ‘Ek Ped Maa Ke Naam’ Plantation Drive at GDC Pampore

Bilal Habib

PAMPORE, February 25: As part of the Go Green Forest Division Awantipora initiative, a plantation drive was conducted at Government Degree College (GDC) Pampore in South Kashmir's Pulwama district.

The drive was organized by the Forest Department Division Awantipora under the "Ek Ped Maa Ke Naam" campaign, aiming to promote environmental conservation and green cover expansion.

The event saw enthusiastic participation from the Principal of GDC Pampore Prof Saffiya Khalil, Range Officer Pampore Dr. Muneesa Bandy, and other officials, along with students and Forest Department employees.

During the drive, numerous saplings of different species, including Deodar, were planted within the premises of GDC Pampore.

Talking to Kashmir Convener, Range Officer Pampore, Dr. Muneesa Bandy, stated that today they are conducting a plantation drive under the "Ek Ped Maa Ke Naam" initiative at GDC Pampore.

As part of the drive, students have been given plants to plant in honor of their mothers. However, the goal is not just to plant trees but also to take care of them so that they become a valuable asset in the future. The students have pledged to nurture these trees until they fully grow and thrive.

She further added that more plantation drives will be conducted in the coming days as part of their mission and target for this year. Under this flagship program, they aim to plant a significant number of trees to enhance the green cover in the Awantipora Forest Division.

Talking to Kashmir Convener, Division Forest Officer Awantipora, Sajad Ahmad, said that this year they initially planned to plant 1.5 lakh trees. However, they have now increased the target to 2 lakh trees in the Awantipora Forest Division. In addition to planting, they will also distribute more trees among the people to raise greater awareness about the environment.

Principal Secretary APD reviews wayside amenities along highways across J&K



JAMMU: Principal Secretary, Agriculture Production Department, Shailendra Kumar, chaired a high level meeting at Civil Secretariat here to review the status of wayside amenities and toilet facilities along major highways and roads across Jammu and Kashmir.

The meeting was aimed to address the growing needs of both local commuters and the increasing number of tourists visiting the Union Territory.

The meeting had detailed discussion on enhancing

infrastructure to improve travel experience and ensure seamless access to essential facilities along major routes.

The Principal Secretary asked the officers to identify the locations along the roads and acquire/ transfer land in consultation with the concerned Deputy Commissioners for raising requisite facilities for the local and outside visitors.

The Principal Secretary directed the officers to ensure installation of signboards marking toilet facilities and indicating distances along highways to enhance visibility and accessibility. He directed the Beacon authorities to submit a location plan for wayside amenities within fixed timelines besides asking the NHAI to ensure that all existing amenities become functional.

The PWD and Tourism Departments were asked to conduct a gap analysis to identify location specific requirements for new wayside amenities along major highways. This will ensure an overall infrastructural development plan that meets the evolving needs of both the residents and the visitors. He also directed the concerned agencies to ensure wayside amenities and toilets facilities are incorporated in the DPRs of road construction projects.

GDC Srinagar, GMC Baramulla Launch Joint Dental Healthcare Initiative

Srinagar: Government Dental College & Hospital Srinagar and Government Medical College Baramulla signed a Memorandum of Understanding (MoU) to expand collaboration in oral healthcare, education, and disease prevention in remote areas of Kashmir. The agreement was formalized between the Department of Public Health Dentistry at Government Dental College Srinagar and the Department of Social and Preventive Medicine at GMC Baramulla.

The MoU was signed in the presence of Prof. Dr. Ajaz Shah, Principal Dean of Government Dental College Srinagar, and Prof. Dr. Majid Jehangir, Principal Dean of GMC Baramulla, along with Dr. Aasim Farooq Shah, Head of Public Health Dentistry, Dr. Zahid, Head of Social and Community Medicine, and Dr. Umer Hussain, Head of Dentistry at GMC Baramulla.

Under this collaboration, the institutions will provide free and comprehensive oral healthcare at a satellite dental clinic established at UTHC, Bagi Islam, operated by the Department of Social and Community Medicine at GMC Baramulla. The initiative is expected to benefit the large population of Bagi Islam, which currently lacks a fully functional dental healthcare facility. The clinic will also serve as a training ground for doctors, BDS, and MDS scholars, helping them gain experience in peripheral healthcare settings. Additionally, the center will function as a referral unit for complex cases and conduct health education workshops on oral hygiene.

Prof. Dr. Majid Jehangir commended the role of the Department of Public Health Dentistry at Government Dental College Srinagar in addressing oral health challenges in underserved communities.

Prof. Dr. Ajaz Shah emphasized the significance of maintaining a direct presence in peripheral areas to improve healthcare accessibility.

Both dignitaries reaffirmed their commitment to strengthening community health services and fostering cooperation between the two institutions.

DC Budgam reviews progress on upgradation, renovation works of Behisht-e-Zehra Park

Budgam: The Deputy Commissioner (DC) Budgam Akshay Labroo today took stock of beautification, renovation and redevelopment works being executed on the Behisht-e-Zehra park Budgam. During the visit, the DC reviewed progress of infrastructure upgradation including walkway reconstruction using

paver blocks & interlock tiles; seating platforms with tea & coffee resting blocks finished with granite; installation of decorative metal lights outside park, structural steel railings for walkway sides and other developmental works aimed at enhancing the aesthetic and public utility of park. On the occasion, DC



directed R&B department Budgam to ensure that the

work is executed as per specification, and instructed the site engineers to monitor the works properly to bring out quality results. DC while expressing pleasure regarding the ongoing works at the park stated that the work on enhancing, renovating, and beautifying of park is progressing well.

Apple seeds can be POISONOUS!

Here’s what happens when you eat them

Apple is considered as one the healthiest fruits but this same nutritious fruit can turn fatal. Yes, you heard it right. Apple seeds are capable of poisoning and causing death. Apple seeds contain amygdalin, a substance which releases cyanide when it comes in contact with human digestive enzymes. Amygdalin contains cyanide and sugar which when ingested by the body gets converted into hydrogen cyanide (HCN). This cyanide can make you sick and can even kill you. But acute toxicity is rare with accidental ingestion of seeds.

How cyanide works? Cyanide is infamous as one of the deadliest poisons with a long history in mass suicide and chemical warfare. Cyanide works by interfering with oxygen supply. And yes, apart from its chemical form it is also found in seeds of some fruits including, apricots, cherries, plum, peaches and apples. These seeds have tough protective coating which seals the amygdalin inside them. This strong protective layer of seeds is resistant to the digestive juices.

How much cyanide is



Also, lower amount of cyanide can lead to problems like nausea, headache, vomiting, stomach cramps, dizziness, confusion and weakness.

The exact amount that can poison someone depends on their body weight. To be more precise 0.5 to 3.5mg of cyanide per kg of a human body can be

poisonous. Though it also depends on individual tolerance and the type of apples.

1 gram of finely crushed or chewed apple seeds contain 0.06-0.24 mg of cyanide.

Verdict:

Swallowing whole apple seeds is unlikely to cause any complications, as they pass without causing any harms to the body. Still it's a good idea to remove the seeds before eating the apple. Nevertheless, if you accidentally eat a few seeds, don't worry. But you should immediately spit them out to avoid any potential issues.

PROTEIN THAT MAY PREVENT HEART ATTACK, STROKE IDENTIFIED

Scientists have identified a naturally occurring protein in the human body that protects against heart attacks and strokes, and may help develop new therapies to prevent the build up of fat in the arteries.

Researchers from King's College London in the UK measured the level of the dickkopf-related protein 3 (DKK3) in blood samples collected from 574 people over five years.

They found that those people with higher levels of DKK3 were less likely to develop atherosclerosis or to die from a heart attack or stroke. This correlation was independent of other atherosclerosis risk factors such as high blood pressure and cholesterol levels, researchers said.

Atherosclerosis is the build-up of fatty material inside the arteries. When this material breaks down a blood clot can form blocking the blood supply to the heart or brain, causing a heart attack or stroke.

Researchers found that mice bred to be genetically deficient in the DKK3 protein also developed larger, less stable atherosclerotic plaques than those who could produce the protein.

They noted that DKK3 deficient mice were also less able to regrow the endothelial lining coating their blood vessels after it had been damaged.

This suggests that DKK3 is able to protect against atherosclerosis by helping the endothelial lining repair itself at the first sign of damage, before any fatty deposits can build up.

"Our work suggests that we could use a simple blood test to find seemingly healthy people who are at risk of heart attack, and would not routinely be identified as at risk by their general physician," said Qingbo Xu, professor at King's College London.

"Ultimately it may also be possible to boost DDK3 levels and protect people against the fatty build ups which can cause a heart attack or stroke," Xu added.

"By identifying a new protective molecule this research may lead to new medicines to further reduce the risk of a heart attack," said Jeremy Perarson, professor at British Heart Foundation.

Each year in the UK there are around 200,000 hospital visits due to heart attacks.

This research shows that it might be possible to treat the root cause of this devastating disease, ultimately saving lives.

The study was published in the journal Circulation.

Stressful life experiences can cause brain to age ‘by years’, claims study!



A fast-paced life, much like the one we lead today, can often take its toll on you and put you under mounting pressure and stress.

Financial issues, relationships, job, divorce, death, health problems, societal pressures – the list of things in life that pressurize us are endless. However, these stressful life experiences can put pressure on the brain and cause it to age by several years, a study has claimed.

Researchers examined data of 1,320 people who reported stressful experiences over their lifetime and underwent tests in areas such as thinking and memory.

The average age of the subjects' was 58 years and included 1,232 white Americans and 82 African Americans.

Researchers from Wisconsin University in the US also found that African American experienced 60 percent more stressful events than white people during their lifetimes.

Each stressful experience was equivalent to about four years of cognitive ageing in African

Americans, researchers said.

A series of neuropsychological tests examined several areas, including four memory scores (immediate memory, verbal learning and memory, visual learning and memory, and story recall).

Stressful life experiences included incidents such as losing a job, the death of a child, divorce or growing up with a parent who abused alcohol or drugs.

The results showed that a larger number of stressful events was linked to poorer cognitive function in later life, "The Guardian" reported.

"Studying the role of stress is complex. It is hard to separate from other conditions such as anxiety and depression, which are also thought to contribute towards dementia risk," Doug Brown, director of research at the Alzheimer's Society in the UK.

"We know that prolonged stress can have an impact on our health, so it's no surprise that this study indicates stressful life events may also affect our memory and thinking abilities later in life," he added

Home remedies to increase platelet count

Known as thrombocytopenia in medical terms, low platelet count is a health disorder in which your blood platelets are lower than normal.

Platelets are the tiniest among the blood cells, much smaller than red and white blood cells. They aid in blood clotting and help in preventing blood loss from the body, in case of injury. With a life span of 5 to 9 days, they are present in a very large number in our body.

Reasons of low platelet count

Loss of platelets is a serious problem as it leads to blood loss from our body. There can be two reasons behind less number of platelets - either they are getting destroyed or enough are not getting produced. This could be due to various reasons including:

- Reduced production of platelets due to anaemia, viral infections, leukaemia, chemotherapy, excessive alcohol consumption and deficiency of Vitamin B12.
- Presence of platelets in the spleen due to any severe liver disease or cancer.

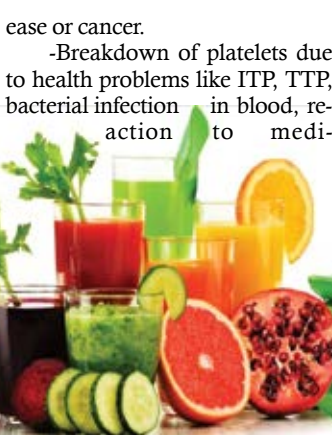
-Breakdown of platelets due to health problems like ITP, TTP, bacterial infection in blood, reaction to medication.

Some symptoms of low platelets can be fatigue, weakness, prolonged bleeding from cuts, rashes on skin, bleeding through urine or stool. But with some changes in lifestyle and by following few home remedies, blood platelet count can be increased.

Below are some simple home remedies to increase the blood platelet count.

?Papaya and papaya leaves

Papaya and its leaves both are



very helpful in increasing the platelet count in our body, says a research conducted by Asian institute of science and technology, Malaysia in 2009. You can consume ripe papaya and drink the juice of its leaves every day till the time your platelet count doesn't come to normal. You can also drink papaya juice and add a little lemon juice to it.

?Pumpkin and its seeds

The nutrients in pumpkin are helpful in producing protein effectively, which is very important for producing platelets. Pumpkin also has Vitamin A which helps in the production of platelets in our body. So, regular consumption of pumpkin and its seeds helps us in increasing our platelet count.

?Lemon juice

Lemon provides our body with a good amount of Vitamin C. Vitamin C helps in improving the platelet count. Not only this, Vitamin C also improves our immunity which in turn is very useful for preventing free radical damage of platelets.

Effective Ayurveda remedies for period problems

From missed periods to menstrual cramps, the period problems are common but usually are not considered serious. The uneasy and uncomfortable situation may make you cranky and can adversely affect your mood. Admit it, you cannot avoid problematic periods but can definitely try some effective remedies to prevent cramps and discomfort. Here we have listed a few Ayurvedic remedies which can help you with period problems.

FOR POLYCYSTIC OVARIAN DISEASE (PCOD)

PCOD is a health condition that affects one in every 10 women. PCOS is an aftermath of a hormonal imbalance in women wherein testosterone

levels shoot up in the body causing an array of symptomatic reactions. A woman with PCOS is prone to gain weight, pelvic pain, acne, depression and irregular menstrual cycles. In some cases, women with PCOD may even face challenges in conceiving. But with proper treatment, diet and exercise schedule, PCOD is curable.

The most simple and effective treatment for PCOD is Ayurveda. You can rely on Aloe Vera pulp with manjistha (rubia cordifolia) capsule. This helps in purifying blood and gradually restores the health of uterus which results in regular, healthy periods.

FOR MENORRHAGIA (HEAVY BLEEDING)

Menorrhagia is defined as menstruation at regular inter-

vals but with excessive flow and duration. This is one of the most common problems in women. Some women have also reported heavy bleeding for 6 to 7 days during periods leading to weakness and other health issues. According to Vaidya Pravin Hirpara, niranjan phal (China Fruit) is best and effective medicine for Menorrhagia.

You can soak Niranjan Phal in water for 1.5 to two hours till the time fruit swells to the size of a lemon. Crush and squeeze the pulp into the water. Add some sugar and drink it. This effectively controls menstrual bleeding.

FOR FOUL MENSTRUUAL BLOOD ODOUR

Many women find menstruation odour unpleasant during and after their periods.

You may experience this situation despite maintaining hygiene. A normal vaginal discharge doesn't have any smell. But a foul-smelling vaginal discharge is a distinctive point between a normal and abnormal menstrual period. The foul odour during menstruation is not normal, thus should be considered a serious problem. It can be the result of infection in the vagina or in the cervix. This foul smell is called aartdushti in Ayurveda and can be treated with manjistha which helps in blood purification.

FOR LEUKORRHEA (WHITE DISCHARGE)

A white or yellow sticky discharge from the vagina or uterine cavity is referred to as Leukorrhea. This often gets increased at the time of ovulation or before a menstrual period.

This situation is also stimulated by sexual excitement, whether or not coitus takes place. Excessive discharge, however, may indicate an abnormal condition. A yellow or creamy white discharge, especially if it is thick, often contains pus and provides evidence of an infection. Eating one or two bananas a day can solve this problem easily.

GENERAL PROBLEMS

According to Ayurveda, cow ghee is an effective medicine for several health-related problems. "Phala-Ghrita, which is prepared using cow ghee is believed to be extremely useful for gynaecology problems. From irregular periods to pregnancy, it works equally effectively. Hirpara adds, "Ayurveda believes that recipe of this Ghee was invented by Ashwini Kumar, the doctor of Gods."

REMEDIES FOR SNORING

A possible reason for your snoring could be the dry air in your room. It dries the nasal membrane and throat and makes air movement restricted, which in turn makes the tissue vibrate, leading to snoring. To solve this problem, buy a humidifier and place it in your bedroom.

Snoring is a common problem, affecting nearly 45 per cent of normal adults. This annoying sound can disrupt your sleep as well as of those who sleep with you. Snoring happens when relaxed muscles in the throat vibrate and start producing noise. It is often considered a sleep disorder. Here are some home remedies you can try to reduce (and even stop) snoring.

Humidify your room

A possible reason for your snoring could be the dry air in your room. It dries the nasal membrane and throat and makes air movement restricted, which in turn makes the tissue vibrate, leading to snoring. To solve this problem, buy a humidifier and place it in your bedroom.

Reduce your weight

Your excess weight can be a reason for your snoring. When you are overweight, there may be extra tissues in the throat that contribute to the noise. The more blocks your throat

has, the more air gets interrupted. This creates vibrations and hence, snoring.

Practice Pranayama

Pranayama is a yoga asana dedicated to controlling your breathing. By learning pranayama, you master taking deep and slow breaths and ensure your lungs get enough oxygen. Pranayama helps in overall blood circulation in the body. It has been said to relieve many sleep disorders including snoring. Practicing pranayama will also make you feel rejuvenated and energized.

Exercise your tongue and throat

By making the muscles in your throat and tongue stronger you can reduce your snoring. Because exercising makes them strong and decreases the chance of slipping them back when you rest. When you age your tissues lose their elasticity and strength and thus block your airways.

Ideas for exercises

- Try to protrude the lower jaw over the upper jaw with your teeth showing while you count slowly to 10. Repeat 7-10 times a day.
- Make your tongue do some work out by saying, "The lips, the teeth, the tip of the tongue." Repeat 10-20 times.
- Take out your tongue perfectly straight as far as you can. Move it right, then left, touching



the corner of your lips but make sure it stays straight. Do this twice a day.

Avoid smoking

Smoking is injurious to health and we all know this. Smoking can be one of the reasons behind your snoring as it leads to swelling and blockage of the air passage.

Raise your head in the bed

When you sleep sometimes your tongue falls

back and blocks your throat. You can avoid this by keeping pillows under your head. This also opens the airway.

Avoid alcohol and sedatives before bedtime

To prevent snoring don't drink alcohol before bedtime because alcohol relaxes tissues in the throat and makes your tongue fall back. This blocks the airway and causes snoring.

Adjust your pillows

Your pillow should be neither too fluffy, nor too flat. While raising your head can help you open up airways and make breathing easier, if your head is too high, your airway path can get constricted and may cause you to snore. Don't use a pillow that is too thick or too thin. Adjust it accordingly.

Milk and turmeric powder

Take 1 cup of warm milk. Add 2 tsp turmeric powder. Consume every day at bedtime.

Use clarified butter or Brahmi oil

Putting 2 drops lukewarm clarified butter in each nostril can help you sleep better by reducing snoring. Brahmi oil, a common Ayurvedic herb, can be used as an alternative to clarified butter. Do this twice a day once every morning and once before bedtime.

Cardamom powder

Take 1 glass of warm water. Crush some cardamom seeds to get 1/2 tsp cardamom powder. Add it to the water. Mix well. Consume every day before bedtime. This will help you a great deal to stop your snoring.

Last but not the least

It's important to note that snoring could also be sign of a sleep apnea, a life-threatening condition that should receive immediate medical attention.

Continued From P1...

Ecosystem Dismantled

NO SHUTDOWN CALENDAR, ONLY BUSINESS CALENDAR

Regarding the revival of Kashmir's cultural and tourism sector, Sinha noted that Bollywood film shootings had resumed, and cinema halls had reopened in the region after 32 years. Following the successful conduct of the G20 summit, the number of foreign tourists visiting Kashmir had increased significantly. International cricket, including the Legends League, had been introduced, and there was no longer a "shutdown calendar"—only a "business calendar."

"The new generation has forgotten stone-pelting, and for the first time in 35 years, Muharram processions were allowed. People were fed up with the violence," he observed.

WEAREONSAMEPAGEVIS-À-VISDEVELOPMENT
Dispelling speculation of any discord between the Chief Minister and the Lieutenant Governor, he clarified, "We are on the same page when it comes to the development of J&K."

He also assured the people that the Union Home Minister had affirmed on the floor of the house, and even the Prime Minister had assured, that statehood would be restored.

The Lieutenant Governor emphasized that steps taken to make governance transparent and accountable had led to increased public faith in the system.

He noted that J&K's growth rate had risen by 9.5% and that wasteful expenditure had been reduced. He also lauded the J&K Police, stating that it was different from other police forces in the country and that security forces had played a crucial role in restoring peace.

"Last year, we completed 92,000 projects. Elections were peaceful, and for the first time in 35 years, poll campaigning continued until 11 PM," he highlighted.

Highlighting infrastructure improvements, he noted that connectivity had played a vital role in J&K's development, with projects worth crores being implemented. "The distance between Jammu and Srinagar can now be covered in four hours. The Zojila Tunnel will be completed by 2026. Rail connectivity will be inaugurated by PM Modi soon, and air connectivity has increased with 126 flights operating from Srinagar daily. Digital connectivity has expanded, covering most areas, and J&K ranks number one in online services."

Addressing the economy, LG Sinha stated that 70% of J&K's population is associated with agriculture and horticulture, with 13 lakh families dependent on farming. The Holistic Agriculture Development Plan (HADP) aims to double the contribution of farmers to J&K's GDP. He credited Prime Minister

Modi for revoking many regressive laws that had previously hindered investment.

"From 1947 to 2021, J&K saw only Rs 14,000 crore in investment. However, under the new industrial scheme with massive incentives—unmatched by any other state or UT—investment has surged. Currently, Rs 33,000 crore worth of industrial projects are in progress, with projects worth Rs 10,000 crore already operational."

He also mentioned the creation of a land bank to facilitate investment, assuring that those who were unable to acquire land earlier would receive it soon.

Tourism has seen exponential growth, with 2.36 crore visitors to J&K. "Many people who owned a single hotel have now built another one in the past four years," he said. The export of Pashmina and carpets has doubled, and horticulture products are reaching the Middle East.

He further highlighted that under the Prime Minister's Employment Generation Programme (PMEGP), J&K had remained the top-performing region for three consecutive years—(KNO)

India Will

When the world needed them the most, they were found wanting," he said.

Jaishankar said India has always played an active role in the global promotion and protection of human rights.

"Our approach has been centered on building capacity and strengthening human resources and infrastructure in alignment with the priorities of our partners—always upholding the principles of fiscal responsibility, transparency, and sustainability," he said.

Jaishankar said India's development partnerships with countries across the world reflects this commitment.

"At the same time, we have been firm and uncompromising in combating terrorism. India will always advocate zero tolerance for terrorism and call out any effort to normalize it," he said.

"We do not merely speak of Vasudhaiva Kutumbakam—the world as one family; we live by it. And today, more than ever, this perspective is urgently needed," he said.

"The world continues to grapple with conflicts and crises, growing more fractured, uncertain, and unstable in the face of emerging challenges, even as it struggles to recover from the recent ones," he added.

The external affairs minister further said India remains ready to support and lead efforts toward reforms.

"Let me conclude by reaffirming India's steadfast commitment to the global promotion and protection of human rights and to ensuring their full realisation for all people," he said. (Agencies)

Unfair To Collect

quality infrastructure. The court added that the basic premise is that tolls should serve as a form of compensation for road users in exchange for smooth, safe, and well-maintained highways.

A bench of Chief Justice Tashi Rabstan and Justice M.A. Chowdhary observed that it was expected from the Government to suspend toll collection until the Delhi-Amritsar-Katra Expressway becomes fully operational. However, instead of suspending toll collection, the respondents have increased the toll fees at Lakhampur Toll Plaza and Bann Toll Plaza.

The court said that the general public is feeling angered because they are forced to pay hefty tolls for shabby and under-constructed roads. The court also said that Union Minister for Road, Transport and Highways, Nitin Gadkari at a Global Workshop on Satellite-based tolling said that there is no justification of highway agencies charging toll, if roads are not in good condition or not upto their standards and people continue to face problems.

The court observed that the National Highway Fee Rules are also being violated, which require that the spacing between two adjacent toll plazas should be 60 km. The court noted that the distance between Sarore Toll Plaza and Bann Toll Plaza is only 47 km, causing a grave violation.

The court stated that millions of devotees visit the Mata Vaishno Devi Shrine, and in order to mint money from these pilgrims, the respondents have purposefully established Bann Toll Plaza before Domel without adhering to the 60 km rule between two plazas. As a result, travelers are forced to pay tolls at multiple plazas despite using only small sections of the highway.

The court also expressed concerns over toll operators employing individuals (gundas) with criminal records, affecting public safety. The court directed the respondents and the contractors not to employ any person at the toll plazas who has a criminal background. They were further instructed to deploy personnel at the toll plazas only after verification by the concerned police agency.

A Public Interest Litigation (PIL) was filed by the petitioner seeking exemption from toll tax at Lakhampur, Thandi Khui, and Bann Toll Plazas along National Highway-44 until the Delhi-Amritsar-Katra Expressway project is fully operational. The National Highway from Udhampur to Lakhampur (Punjab) has been under construction since 2021.

The petitioner argued that about 70% of the highway is under construction, with severe diversions and potholes, and that toll tax should only be collected after the construction is fully completed as per Rule 3(1) & 3(2) of the National Highways Fee Rules.

The court directed that toll tax at the two toll plazas must be reduced by 80% immediately until the national highway is fully operational. It also ordered the removal of any toll plaza situated within 60 km of another. Additionally, the court mandated police verification before employing anyone at the toll plazas. (Agencies)

CM Holds

Director Budget Shafat Yahya also attended the meetings.

During the consultations, Chief Minister Omar Abdullah emphasized the need for a pragmatic and growth-oriented budget that addresses public aspirations and strengthens key sectors of the economy.

He reiterated the government's commitment to inclusive development, transparent governance and efficient utilization of public resources. The discussions delved into both Capital Expenditure (CapEx) and Revenue Expenditure (RevEx), with a focus on optimizing budgetary allocations for infrastructure development, social welfare programs, and service delivery improvements. Chief Minister Abdullah directed the departments to prioritize flagship projects, accelerate ongoing initiatives, and ensure timely implementation of development schemes.

As part of the budget preparation process, the Chief Minister has already held extensive consultations with public representatives from all 20 districts, including DDC chairpersons and MLAs.

Additionally, interactions were conducted with stakeholders from industry, trade and travel, academia, intelligentsia, tourism, sports, agriculture, horticulture, and other sectors. These engagements aim to incorporate diverse perspectives into the budget, ensuring that the government's financial roadmap is in sync with the needs and aspirations of the people. With today's consultations covering eight major departments, the pre-budget exercise has been in full swing.

The Chief Minister will continue to hold meetings with other government departments in the coming days to gather inputs and finalize budgetary allocations.

Chief Minister Omar Abdullah, who also holds the Finance portfolio, is personally overseeing the process to ensure that the upcoming budget reflects the government's vision for a prosperous Jammu and Kashmir.

The budget is scheduled to be presented in the Jammu and Kashmir Legislative Assembly on March 7 during the upcoming Budget Session commencing from March 3—(KNO)

PDD to minimize

"We will try to reduce the power curtailment at Sheri and Iftari times. Besides, we are planning to run the minimized curtailment on a trial basis before Ramadhan," the official said.

NOTICE

This is an information for general public that in my Driving licence bearing Registration No JK15 20200004793, my name has been Mistakenly Mentioned as Muhammad Yousuf Lone Alise Chacket, While as my Actual and correct name as per my Aadhaar Card is Mohd Yusuf Lone Alise Chacket, S/O Mohd Azad Lone Alise Chacket. 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.

Mohd Yusuf Lone Alise Chacket.
S/O Mohd Azad Lone Alise Chacket.
R/O Badwan Wanpora Gurez,
District Bandipora , jammu and kashmir, pin code : 193503.

NOTICE

By mistake my name is entered in my Service book as Javid Ahamad Mir S/o Nazir Ahamd Mir R/o Barsoo instead of Javid Ahmad Mir S/O Nazir Ahmad Mir R/o Barsoo Awantipora. Now i want to corect the same. if any body has any objection may contact to the SSP office Budgam within the period of seven days. After that no objection will be entertained.

Javid Ahmad Mir
S/O Nazir Ahmad Mir
R/O Barsoo Awantipora

The official further said, "PDD has already reduced the power curtailment that has been in effect from the middle of winters. But, wherever we will find that the areas have extra curtailment, we will try to minimize it further at Sehri and Iftari times."

Pertinently, KNO has already reported that the PDD is likely to take a call on modification of power curtailment schedule a week before the commencement of the holy month of Ramadhan.

Sources in the department earlier had informed that it may consider a slight modification in the ongoing power curtailment schedule a week prior commencement of the Ramadhan.

"As of now PDD has not taken any call for revising the power curtailment schedule. But if there will be any proposal of modification in the schedule, the department will take a call a week before the commencement of holy month Ramadhan if required," sources had said.

Notably, the hydel power generation from the power plants across Jammu and Kashmir has further reduced by five percent—owing to the low water level, in the past one month,

Overall, the hydro power generation from the local plants in Jammu and Kashmir has reduced by 84.17 percent.

In the month of January, the Power Development Department (PDD) was generating nearly 250 Megawatts of power from the local hydel projects that amounts to 20 percent of the total generation capacity.

However, in the ongoing month, the power generation has further reduced by five percent—(KNO)

Speaker LA engages

inconvenience to journalists covering the proceedings.

Senior journalists highlighted key concerns including designating parking spaces, provision of high-speed Wi-Fi for seamless coverage and extension of other logistical support.

Addressing these concerns, the Speaker directed the SSP Security, Civil Secretariat to make appropriate arrangements for media personnel, ensuring parking facilities at the new Assembly Complex and Zanana Park in the vicinity of the LA complex.

Further, the Speaker instructed the senior officers from JAKEGA and the IT Department to provide high-speed Wi-Fi connectivity throughout the session, ensuring uninterrupted digital access for media persons. Additionally, he directed the Information Department to coordinate between the press and the Assembly Secretariat to facilitate comprehensive coverage of the proceedings through both print and electronic media.

To enhance media accessibility, the Speaker directed the officials to install sufficient number of microphones and Public Address Systems (PAS) within the Assembly Hall and its lawns, facilitating smooth interaction between dignitaries, legislative assembly members and the journalists. He also instructed the Secretariat to prepare and issue entry passes for journalists well in advance for their unhindered entry into the assembly complex.

Recognizing the significance of media in

highlighting public issues, the Speaker sought cooperation from media houses for balanced and responsible reporting of the Budget Session. He emphasized the critical role of journalists in ensuring transparency and public awareness of legislative discussions and advised them to keep public interests paramount while disbursing their professional assignments.

Additionally, the Speaker directed the Hospitality & Protocol Department to install a Shamyana with a dais for press briefings by the MLAs and Ministers. He also instructed for keeping provision of a dedicated space for media interactions in the Central Hall of JKLA.

Will Prioritize

However, he criticized the PDP, stating that it is the same party that opposed the ban when it was in power but is now demanding it. "Kashmir is the land of Sufis, and Jammu is the land of temples. If the liquor ban is implemented, we support it. The PDP opposed it in the past but is now deceiving the people on this issue," he said.

The BJP lawmaker also took aim at the Jammu and Kashmir National Conference's (JKNC) 12-point manifesto, claiming the party has not fulfilled its promises. "Instead of addressing real issues, the ruling party is misleading the people by focusing on Article 370 and other irrelevant matters," Gupta said—(KNO)

Have positive

of people. The issues of salaries, employees, pensions and bills should be addressed," he said

The budget session will begin in Jammu on March 3. This will be the maiden budget session of the elected government in the Jammu and Kashmir Union Territory.

Earlier, the budget for Jammu and Kashmir was presented in the Parliament after 2019 as the UT was under a prolonged spell of President's rule, which ended in October last year.

CM Abdullah held a series of pre-budget consultations with public representatives across Jammu and Kashmir to receive their suggestions, which he said is pivotal for accommodating the public aspirations—(KNO)

Tulip Garden

visitors this year as well," he said, adding that the people can avail the benefits of e-tickets.

He said 1.7 million Tulip bulbs with 75 varieties will bloom in the garden as two more varieties have been imported from the Netherlands this year.

The varieties have been increased from 73 to 75 this year, Masood added.

Pertinently, Tulip Garden earned a spot in the World Book of Records (London) as Asia's largest in 2023. In 2024, the garden experienced an extraordinary surge in tourism, with a staggering 4.45 lakh visitors flocking to witness its vibrant blooms, including approximately 2,000 from foreign shore—(KNO)

4-day wet


Generally cloudy weather is expected for the next three days as there is a possibility of light to moderate rain and snow at most places till February 28 late night with isolated heavy rain and snow over both Kashmir and Jammu divisions during the above period, Director MeT, Dr Mukhtar Ahmad said.

He said that on March 1 and 2, light rain and snow are expected in scattered to fairly widespread places, adding that an active Western Disturbance is affecting Jammu and Kashmir from tomorrow. "There are expectations that the next four days would witness the major snowfall of this season. The major intensity is expected between February 27 and 28," he said.

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A Premier institution for girls education

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

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

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

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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.

Pakistan will find it hard to beat India's B team: Gavaskar

Pakistan's cricket team continued to invite scathing criticism a day after being knocked out of the Champions Trophy with the great Sunil Gavaskar saying that it would struggle to beat even a second-string Indian team.

India, the 2023 ODI World Cup finalists, defeated defending champions Pakistan by six wickets in the Champions Trophy in Dubai on Sunday, continuing their dominance over the arch-rivals.

"I think a B team (from India) certainly (can give Pakistan a run for their money). C team, I am not too sure. But a B team will be very, very hard to beat for Pakistan in their current form," Gavaskar said on 'Sports Today'.

Pakistan, hosting an ICC tournament for the first time since 1996, were knocked out of the Champions Trophy after New Zealand beat Bangladesh in another Group A match. Pakistan are still winless in the event.

Since winning the Champions Trophy in 2017, Pakistan's cricketing fortunes have declined, with the team finishing fifth in the last two ODI World Cups.

"I think it's surprising this lack of bench strength. Pakistan always had natural talent. Natural in the sense that they may not have always been technically correct, but they had an instinctive understanding of bat and ball," Gavaskar said.

"Look at Inzamam-ul-Haq, for example. If you look at his stance, you wouldn't recommend that to a young batter, but he had great temperament. With that kind of temperament,



he made up for any technical shortcomings." Gavaskar also noted that despite the Pakistan Super League (PSL) and domestic white-ball tournaments, Pakistan has struggled to produce quality players.

"How has India produced so many young stars in white-ball cricket? It's because of the IPL," said the former India skipper.

"Players from there have gone on to play in the Ranji Trophy and eventually for India. That is something Pakistan cricket must analyse. They need to figure out why they no longer

have the bench strength they once did."

India vs Pakistan: A one-sided contest now, Atherton

An India-Pakistan match is always a highly-anticipated event, but former England captain Michael Atherton believes the contest has become "one-sided" and the cricket does not live up to the hype.

"Well, it was completely one-sided," Atherton said on Sky Sports Podcast.

"It looked very predictable from a long way out. An underpowered Pakistan batting line-up, as it was in that first game, actually, against New Zealand. There just seemed to lack a bit of energy and dynamism in the batting."

India and Pakistan only meet in ICC events, and their clashes are often built up as blockbuster encounters.

"There's a bit of an issue for that contest, isn't it? Because it's a highly anticipated contest for all kinds of reasons. Partly, you know, just because of the scarcity value. They only play each other in ICC events on neutral territory for obvious reasons," he said.

"But there's such hype around that fixture. You kind of want the cricket to live up to that hype as well. If you look at the results in the last 10 years, I think they've played each other nine times in ODIs in the last 10 years.

"Pakistan have only won once, and that was in that final in the Champions Trophy at the Oval. So, it's a one-sided contest right now."

Pakistan leads the head-to-head in ODIs, winning 58 and losing 73 in 136 games. Atherton feels Pakistan have lost the edge in the past decade.

"I think it's surprising this lack of bench strength. Pakistan always had natural talent. Natural in the sense that they may not have always been technically correct, but they had an instinctive understanding of bat and ball," Gavaskar said.

Champions Trophy: India have huge advantage playing at same ground, says Cummins

Injured Australia captain Pat Cummins believes India have a "huge advantage" to be based in Dubai for the ongoing Champions Trophy while other sides criss-cross Pakistan for their group games in the tournament being held under a 'hybrid model'.

Rohit Sharma's men are playing all their matches in Dubai and even the final will be held there if the team goes the distance. This was done after India refused to travel to Pakistan, the original hosts of the event, citing security concerns.

"I think it's good in that the tournament can go on, but obviously it does give them (India) a huge advantage playing on the same ground. They already look very strong and they've got that obvious benefit of playing all their games there," Cummins told 'Yahoo Australia'.

India have won both their games, against Bangladesh and Pakistan, comfortably so far and are through to the semifinal on March 4, to be held in Dubai.

Their last group match is on Sunday against New Zealand, a team that has so far played in Pakistan, also winning both its games against the home side and Bangladesh.

Cummins is watching the tournament from the sidelines owing to an ankle injury and is targeting a return to competitive cricket with the IPL next month. The break also coincided with the birth of his daughter.

"It's been nice to be at home with everything going on and the ankle rehab is tracking well, so I will start running and bowling this week," the 31-year-old said.



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