

Kashmir Convener



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CM Omar reviews Ramadan arrangements

“Set up district control rooms to promptly address grievances”



KC News Network

SRINAGAR: Chief Minister Omar Abdullah today chaired a high-level meeting to review the arrangements

made for the holy month of Ramadan, which commences tomorrow.

The Chief Minister emphasized that people rightfully expect their elected government to take all necessary measures

to ensure they do not face any inconvenience during this sacred month.

“As the holy month of Ramadan begins tomorrow, the people rightfully expect the government to take all necessary measures to ensure they do not face any difficulties during this sacred month” the Chief Minister said.

He stressed that key departments under pressure must deliver service— particularly the power supply— which must be prioritized. “People want, and we must strive, to ensure that there are no power outages during Sehri and Iftar time. Any necessary shutdowns should be well-planned and curtailment could be made

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Holy Month Of Ramadan Begins: LG, CM Greet People

KC NEWS NETWORK

SRINAGAR: Lieutenant Governor, Manoj Sinha has greeted the people on the beginning of holy month of Ramzan.

In a message, the Lieutenant Governor said: “Best wishes on the commencement of the holy month of Ramzan. May this sacred month of prayers, blessings and

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Stage set for stormy budget session

NC, Congress, BJP to hold legislature party meetings in Jammu



Mubashir Aalam Wani

SRINAGAR: The stage is set for a stormy budget session of the Jammu & Kashmir Legislative Assembly starting on March 3 as issues like Article 370, reservation, human rights, and election commitments made by the National Conference in its election manifesto are expected to take center stage. Ahead of the session, all major political parties are holding separate meetings of their legislature parties in the winter capital, Jammu, tomorrow to chalk out their strategies for the session.

The divided opposition, comprising

the BJP and Kashmir-based parties, is set to take on the ruling National Conference-led alliance over a gamut of issues. While the 28-member BJP plans to corner the government on commitments made by the National Conference in its election manifesto, ranging from free electricity to free ration, the Kashmir-based parties, including the PDP and Peoples Conference, will question the government on issues like Article 370 and the alcohol ban.

Both the PC and PDP have already set the tone for a stormy session by bringing resolutions and bills

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JK Govt tightens noose on illegal mining

KC News Network

JAMMU: In a decisive move aimed at tackling the menace of illegal mining in the Union Territory, the Jammu and Kashmir government has attached Joint Director, Geology and Mining, Jammu, H L Langeh, with the Administrative Department, ceasing all powers vested in him with immediate effect.

The order, issued by the Mining Department under Government Order No. 13-JK(MNG) of 2025, comes in the wake of directives received from the office of



the Deputy Chief Minister, Surinder Choudhary, reinforcing the administration's commitment towards ensuring transparency and accountability in the mining sector.

The government has taken this step in response to rising concerns over unauthorized mining activities that have been causing severe environmental degradation and revenue loss to the state exchequer. In light of this, the Director of Geology and Mining, J&K, has been directed to submit a comprehensive report addressing complaints related to illegal mining and the issuance of disposal permits, allowing authorities to initiate further scrutiny and take necessary corrective measures. The officials have been instructed to ensure strict compliance with mining regulations to prevent any further unlawful extraction of mineral resources. Deputy Chief Minister, Surinder Choudhary, while addressing the matter, underscored the government's firm stance against

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NC says Speaker will decide on business of the House

KC News Network

SRINAGAR: Amid BJP's demand for disallowing unconstitutional, anti-national and undemocratic resolutions and bills in the House, National Conference on Saturday said that the Speaker would take a final call on business of the House and they (BJP) are just making such statements for scoring brownie points.

To a question that BJP has urged the Speaker that he shouldn't permit any unconstitutional, anti-national and undemocratic activity in the House in the wake of Article 370 resolution submitted by PC president Sajad Gani Lone, the NC today said that the Speaker has to decide on the Business

of the House. “The Speaker would national or unconstitutional bill is tabled in the House,”



decide on whether any bill is unconstitutional and anti-national and qualifies to be introduced in the House. The Speaker is in the House.

A team of legal experts looks into bills to be tabled. The Parliamentary Affairs Ministry ensures that no anti-

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Budget Session Restoration of statehood Cong's primary agenda, says Karra

Mubashir Alam Wani

SRINAGAR: Jammu and Kashmir Pradesh Congress Committee (JKPCC) president Tariq Hameed Karra on Saturday said that the party's primary agenda in the upcoming budget session of the J&K Legislative Assembly will be the restoration of statehood.

Karra, while speaking to the news agency—Kashmir News Observer (KNO) said the Congress legislators will meet in Jammu on Sunday to devise their strategy.

Responding to a query whether NC and Congress legislators will hold a joint meeting before the session commences, Kara said, “No such meeting has been called.”

Asked about the anticipated

stormy session, particularly with opposition parties like the People's Conference and the PDP expected



to raise issues like the liquor ban, Kara said, “The government has its own standing, while the opposition has its democratic rights to raise issues.” “Our

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CM Omar Meets LG Sinha Ahead of Budget Session



KC NEWS NETWORK

SRINAGAR: Jammu and Kashmir Chief Minister Omar Abdullah met Lieutenant Governor Manoj Sinha at Raj Bhawan in Srinagar today.

The meeting revolved around key discussions concerning the upcoming Budget Session of the J&K Legislative Assembly, which is scheduled to commence on March 3.

According to an official communication, “The Chief Minister of Jammu and Kashmir Omar Abdullah called on Lieutenant Governor Manoj Sinha, earlier

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No need of shadow cabinet, elected govt will fulfil promises: CM Omar

KC News Network

SRINAGAR : Chief Minister Omar Abdullah Saturday said that there is no need for a shadow cabinet as the elected government in Jammu and Kashmir will fulfil the promises made to the people.

Speaking to reporters after offering condolences to Mirwaiz-e-Kashmir Moulvi Umar Farooq and National Conference MLA Hasnain Masoodi, the Chief Minister, according to the news agency—Kashmir News Observer (KNO), said that the departments have been directed to ensure better facilities to the people in Ramadan.

Omar visited the residence of Dr Chulam Sibtain Masoodi in Hyderpora, who passed away this week. Dr Sibtain was brother NC leader Hasnain Masoodi and father-in-law of Mirwaiz Moulvi Umar Farooq. The Chief Minister told reporters that the



government is trying to ensure adequate electricity and water supply, especially during Sehri and Iftar.

Asked about the “shadow cabinet” formed by the BJP, he said that there is no provision of such a cabinet in the country. “We have only one cabinet. There is no need for

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MeT predicts intermittent rains, snow till Mar 12

Owais Gul

SRINAGAR: After a major wet spell of the season, the weather improved across Jammu and Kashmir on Saturday, while the weatherman predicted that light rains and snow would continue in the Union Territory till March 12.

According to the details available with the news agency—Kashmir News Observer (KNO), Batote in Jammu division received a rainfall of 28.8 mm in the intervening night of Friday-Saturday till 08:30 am today while 19.0 mm rainfall was recorded in Banihal.



The details read that 10.0 mm rainfall was recorded in Baderwah during the period while Jammu and Katra received the rainfall of 7.6 mm and 7.0 mm respectively till

today morning. Nearly 12.2 mm rainfall was recorded in Qazigund till this morning while 11.2 mm precipitation was recorded in Kokernag.

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Art 370, announcing truce in 1947 ‘big Nehruvian blunders’: Dr Jitendra Singh



Sajid Raina

NEW DELHI : Terming insertion of the Article 370 in the Indian Constitution as one of the biggest “Nehruvian blunders”, Union Minister Dr. Jitendra Singh on Saturday said that Jawahar Lal Nehru's ceasefire decision prevented the reclaiming of Pakistan occupied Jammu and Kashmir (PoJK).

Speaking at the PoJK Resolution Day event organized by the Jammu and Kashmir People's Forum and the Mirpur PoJK Sacrifice Committee at the Indian Society of International Law Auditorium here, the Union Minister, according to the news agency—Kashmir News Observer (KNO) said, “When the Indian Army was on the verge of reclaiming the territory of Mirpur, now part of PoJK, in 1947 Nehru (the then Prime Minister of India) announced unilateral ceasefire.”

Dr Singh stated that the truce was declared without consulting the cabinet, as Nehru, in his attempt to be a “messiah of peace”, halted military operations when the Army needed just two more days to complete its mission.

Dr Singh said, “Insertion of Article 370 (which provided special status to J&K) into the Constitution kept J&K on edge

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In 3-years, Srinagar gardens generate over Rs. 1.5 crore revenue

Tourist footfall crosses 3.2 lakh in 2022-23, dips to 1.8 lakh in 2024-25

KC News Network

SRINAGAR: The gardens and parks under the jurisdiction of the Floriculture Officer in District Srinagar have collectively generated over Rs. 1.5 crore in revenue from 2022 to 2025, according to recent data.

The revenue was sourced from departmental collections and outsourced ticketing systems across locations like Children's Park, Iqbal Park, Badamwari, and Eidgah Park.

As per the official documents available with news agency—Kashmir News Observer (KNO) at Children's Park, the revenue generated departmentally stood



at Rs. 93,864 for the year 2022-23, with the entry ticketing system outsourced at a bid amount of Rs. 13,94,675. However, in 2023-24, no departmental revenue was recorded, as the ticketing system remained outsourced at a higher

bid amount of Rs. 22,98,000. For 2024-25, the department generated Rs. 8,94,646, with the outsourcing bid rising significantly to Rs. 33,02,399. Tourist footfall at Children's

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Srinagar Police Uncover Drug Frame-Up Conspiracy

KC NEWS NETWORK

SRINAGAR: Srinagar Police claims to have dismantled a well-orchestrated criminal conspiracy involving the planting of narcotics, leading to the arrest of four individuals under the NDPS Act.

According to an emailed statement to Associated News Bureau, the operation, which unfolded over the past week, began with a tip-off on 24/02/2025, and has exposed a calculated plot driven by greed and revenge.

The case originated when advocate Yusha Yousuf Mir, a resident of Bakshipora Noorbagh, Srinagar, contacted Police Station Shaheed Gunj with information about a suspicious vehicle bearing registration number JK01AX-8467.

According to the complainant, the vehicle was being parked daily near OASIS School in Karan Nagar, raising suspicion. Acting swiftly, Srinagar

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Out Of Your Scope

Law Ministry To Parliamentary Panel

On ONOE On Reverting To Ballot Papers

NEW DELHI: The question of holding elections using ballot papers does not fall under the ambit of the joint committee of Parliament examining the two bills on simultaneous polls to the Lok Sabha and state legislative assemblies, the Union law ministry is learnt to have said.

Reverting to the ballot paper system was a "suggestion" made by some of the members of the joint committee and the law ministry was to respond to it in writing.

While the ministry's Legislative Department gave elaborate responses to a variety of questions posed to it by the committee, it did not give a direct reply on the suggestion on the ballot paper system.

The ministry is learnt to have said that the suggestion on the use of the ballot paper system was "out of scope" of the parliamentary panel.

Sources explained that the committee is mandated to examine the bills on simultaneous polls – the Constitution (129th Amendment) Bill and the Union Territories Laws (Amendment) Bill – and give its report on whether they are sound enough for the purpose or need changes.

Using electronic voting machines (EVMs) or ballot paper for casting votes is not the subject the panel is examining, they underlined.

While the Constitution (129th Amendment) Bill lays down a legal framework to hold the Lok Sabha and assembly polls together, the Union Territories Laws (Amendment) Bill seeks to align the terms of legislative assemblies of Delhi, Puducherry and Jammu and



Kashmir for the purpose of holding joint elections. Jammu travel packages Jammu tourism guide

Delhi, Puducherry, and Jammu and Kashmir are the three union territories with legislative assemblies.

The government has on multiple occasions told Parliament that it does not favour returning to the ballot paper system and the Supreme Court too has weighed in favour of using EVMs.

The top court recently rejected pleas for reviving paper ballots, holding that suspicions regarding tampering of voting machines were "unfounded".

The sources said that while the ministry answered some of the questions, some others were sent to the Election Commission for a calibrated response.

The ministry has also told the committee that holding simultaneous polls to the Lok Sabha and state assemblies

is not undemocratic and does not hurt the federal structure.

It is learnt to have asserted that simultaneous elections were held in the past before the cycle was broken due to various reasons, including the imposition of President's rule in some states.

Following the adoption of the Constitution, elections to the Lok Sabha and all state assemblies were conducted simultaneously from 1951 to 1967, the ministry noted.

The first general elections to the Lok Sabha and state assemblies were held together in 1951-52, a practice that continued for three subsequent general elections in 1957, 1962 and 1967.

However, this cycle of synchronised elections was disrupted in 1968 and 1969 due to the premature dissolution of some state legislative assemblies.

The fourth Lok Sabha was also dissolved

prematurely in 1970, with fresh elections held in 1971. Unlike the first, second and third Lok Sabha, which completed their full five-year terms, the term of the fifth Lok Sabha was extended until 1977 under Article 352 because of the declaration of Emergency.

Since then, only a few Lok Sabha terms have lasted the full five years, such as the 8th, 10th, 14th and 15th. Others, including the 6th, 7th, 9th, 11th, 12th and 13th were dissolved early, a government explainer on 'one nation, one election' earlier said. Jammu travel packages

State assemblies have faced similar disruptions over the years. Premature dissolutions and term extensions have become a "recurring challenge", the government said.

"These developments have firmly disrupted the cycle of simultaneous elections, leading to the current pattern of staggered electoral schedules across the country," it observed.

Citing a report of the high-level committee on 'one nation, one election', the explainer said simultaneous polls promote consistency in governance.

"Due to the ongoing cycle of elections in various parts of the country, political parties, their leaders, legislators and both state and central governments often focus their efforts on preparing for upcoming elections rather than prioritising governance," it said, citing the "rationale" for holding simultaneous polls as recommended by the panel headed by former president Ram Nath Kovind.

Uttarakhand Avalanche:

One Labourer Dies, 49 Rescued;

Search Continues For Remaining 5

DEHRADUN: A labourer died and 49 were pulled out alive from the snow that engulfed a BRO camp in the high-altitude Mana village in Uttarakhand's Chamoli district as rescuers raced against time to find survivors on Saturday. Five workers remain trapped.

Thirty-three labourers were rescued by Friday night.

The avalanche hit the Border Roads Organisation (BRO) camp between Mana and Badrinath between 5:30 am and 6 am on Friday, burying 55 workers inside eight containers and a shed, according to the Army.

Rain and snowfall hampered the rescue efforts on Friday and the operation was suspended as the night fell.

As the weather cleared up on Saturday, choppers joined the operation.

Chief Minister Pushkar Singh Dhami conducted an aerial survey of the affected area and directed officials to speed up the rescue operation.

Prime Minister Narendra Modi spoke to Dhami and assured him of full support.

District Disaster Management Officer N K Joshi said Army and Indo-Tibetan Border Police (ITBP) personnel based in Mana resumed the rescue operation in the morning. A labourer died at the

avalanche site, sources said.

Officials said 49 labourers have been rescued alive and a search is underway for the remaining five.

Eleven of the rescued

being airlifted to Jyotirmath for treatment.

"Took stock of the situation by conducting an aerial survey of the avalanche area near Mana in Chamoli district," Dhami said



labourers have been brought to the Army hospital in Jyotirmath. Of them, one is critical, some have fractures and others have minor injuries. The vitals of all of them except one are stable and necessary investigations are being done by specialist doctors at the hospital, Chamoli District Magistrate Sandeep Tiwari said.

The weather is turning bad again and could slow down the rescue operation.

However, Army helicopters are making sorties and if the weather remains favourable, we will soon be able to find the remaining eight labourers, he said. Dhami conducted an aerial survey of the avalanche-hit area. He also interacted with an injured labourer who was

in a post on X. He said he instructed officials to ensure that the relief and rescue work is conducted quickly and effectively.

"Our government is working promptly for the safety of the affected workers," he added.

In another post, the chief minister said that PM Modi spoke to him on the phone about the situation in Chamoli.

"Respected Prime Minister Shri @narendramodiji spoke on the phone and took information about the rescue operation being carried out to safely evacuate the workers trapped in Mana in Chamoli district." He also sought detailed information on the situation of rain and snowfall in the state.

President Murmu

visits Harappan-era

city Dholavira

BHUJ: President Droupadi Murmu on Saturday visited Dholavira, a major archaeological site belonging to the Indus Valley Civilisation located on the Khadir Bet island in Gujarat's Kutch district, officials said.

During her visit to the UNESCO World Heritage site and a metropolis of the 5,000-year-old civilisation, President Murmu was given in-depth information about the phased development of ancient human civilisation and town planning, a government re-



lease said.

She was briefed about the site – one of the best preserved urban settlements that was occupied between 3000-1500 BCE – by Yadubir Singh Rawat, Director General of the Archaeological Survey of India (ASI), it said. President Murmu got detailed information about the Harappan culture, housing, systems of water storage and disposal existing in those times, and huge walls in the ancient metropolis, it said.

"She was overwhelmed by seeing the ancient bead making factory, well-planned stepwell, upper town, middle town and lower town, etc," the release said. Various artefacts, pottery remains, various copper items, weighing instruments and stone ornaments found during the excavation of the Dholavira site by the ASI were shown to her, it said.

PM Modi boasts of 56

inch chest, but silent when

Trump announced F-35

sale to India: Owaisi

HYDERABAD: AIMIM president Asaduddin Owaisi on Saturday alleged that Prime Minister Narendra Modi, who boasts of a 56-inch chest in the country, was silent when US President Donald Trump announced, as if unilaterally, that America would sell F-35 jets to India.

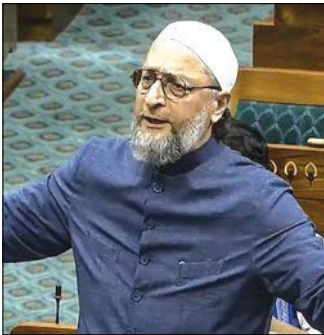
Addressing a gathering at the AIMIM headquarters here on the occasion of the party's formation day, he also hit out at Uttar Pradesh Chief Minister Yogi Adityanath over his remarks against Samajwadi Party leaders that the latter send their own children to English medium schools but want others' children to learn Urdu and become "maulvis".

Referring to PM Modi's meeting with Trump during his recent visit to the US, Owaisi quoted the US President as saying 'we will sell Narendra Modi F-35'.

"He (Trump) will decide or we will decide (about it)? Our prime minister, who boasts of 56 inch (chest) in the country, was silent there. Who is Trump to decide about me? Mr Modi. I will decide whether I want F-35, European fighter or whatever I want and not Trump. How did you listen to him there?", he said.

Owaisi, who took a dig at Adityanath, also alleged that the BJP wants to make this country as per 'one language, one religion, one ideology and one leader'.

Adityanath had slammed the Samajwadi Party for demanding translation of Assembly proceedings in Urdu, saying, "They send their children



to English medium schools, but when the government wants to extend this opportunity to others' children, they (SP leaders) say 'teach them Urdu'... they want to make these children maulvis. They want to take the country towards fanaticism (kathmulla-pan)." Owaisi said he would like to inform the Uttar Pradesh chief minister that Lok Sabha Speaker Om Birla had said whoever gives a speech in the Parliament their speech will be translated into Urdu and other languages.

The AIMIM chief said Adityanath does not even know that Urdu is a part of Uttar Pradesh's culture.

Ahmedabad's heritage will be incorporated

in redevelopment of railway station: Vaishnaw

AHMEDABAD: Union Minister Ashwini Vaishnaw on Saturday said several innovations have been made for the Ahmedabad railway station redevelopment project, and special care is being taken to ensure that the facility's design reflects the city's rich heritage.

Vaishnaw, who reviewed the redevelopment project, said architectural elements inspired by the city's heritage, such as the 'Jhulta Minar' (swaying minaret), kite festival, etc, will be incorporated into the design.

He said this approach was in line with Prime Minister Narendra Modi's commitment to preserve the cultural fabric of modern India.

The redevelopment is a part of the Indian Railways' ambitious Amrut Bharat station project, which aims to transform over 1,300 railway stations across the country.

Talking to reporters, Vaishnaw said the upgraded railway station will give Ahmedabad the status of a global heritage city with world-class facilities.

He assured the construction work would be carried out at great speed and there would be minimum cancellation of trains.

"The work on a world-class Ahmedabad station is underway at a good speed. Several innovations have been made for this," the minister said.

He said the focus is on increasing the speed of construction and using high-strength materials.

"A lot of focus has been given on the construction and design, keeping the

monument, 'Jhulta Minar' in mind," he said, referring to the structure, which comprises the relics of the Sidi Bashir mosque complex, near the railway station.

Vaishnaw said the station's design was revised after considering representations from Ahmedabad residents to include aspects of the city's heritage.

"The representations were discussed in detail, and the station design was completely



revised according to the city's architecture. Union Home Minister Amit Shah had also reviewed this. The prime minister has given us one guidance, the station should be made according to the city culture," he said.

The minister further said that 97 per cent of the railway lines in Gujarat have been electrified, and 100 per cent electrification will be achieved soon.

Reiterating the Centre's commitment to the development of Gujarat, the minister

said a record budget of Rs 17,155 crore was allocated to the state for the development of the railways, and an investment of Rs 1.27 lakh crore is being made in the sector.

He said the production of engines will start soon at the Dahod factory, where Prime Minister Narendra Modi laid the foundation stone.

Vaishnaw also visited the bullet train station in Anand later in the day to review the progress.

The National High Speed Rail Corporation Limited (NHSRCL) said the station would have three floors with two side platforms and four tracks in between.

The agency said the station will have all modern facilities and amenities, including ticketing and waiting areas, a business-class lounge, a nursery, restrooms, information booths, retail centres, etc.

"The bullet train project is progressing well. Viaduct and track slabs are being constructed on the 360 km route," the minister told reporters in Anand.

When the train moves at a speed of 350 kmph, it will create a pressure zone, which is being considered carefully during construction and design, Vaishnaw said.

He said the Mumbai-Ahmedabad bullet train corridor will bring five to six cities together to create a single economic zone. "Because of the project, new kinds of competencies were developed in manufacturing, fabrication and construction technology," the Minister said.

Article 136 Intervention Was

Supposed To Be Narrow-Slit; Hurting

Arbital Process Now: Dhankhar

NEW DELHI: Vice President Jagdeep Dhankhar on Saturday said the provision of special leave petition was supposed to be a "narrow slit" but is now hurting the arbitral process due to its wide use.

He also stressed on the need to have domain experts in arbitration cases, saying experts in varied areas can be utilised in handling complex matters involving commercial disputes.

Addressing a conference on arbitration here, Dhankhar drew the attention towards the use of Article 136 and its impact on the



arbitral process.

"... Article 136 intervention was supposed to be a narrow-slit. The wall has been demolished with anything and everything

under the sun,

including what a magistrate has to do, what a session judge has to do, what a district judge has to do, what a high court judge

has to do," he said.

Article 136 of the Constitution allows the Supreme Court to grant "special leave" to appeal from any judgment or order. It is called as a special leave petition (SLP). Dhankhar said the "wall demolition" is also hurting arbitral process.

"All I am suggesting in all humility and as the concerned citizen of this country that the issue which you are debating is of critical importance to micro, small industries.

They want facile, easy arbitral process," he said.

Government Of Jammu And Kashmir

OFFICE OF THE ZONAL EDUCATION OFFICER SRIGUFWARA

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Subject: Provisional Selection List of Helpers/AAYAs under ECCE in approved schools for the year 2024-25.

Provisional Selection List

1. Whereas, Directorate of Samagra Shiksha, Jammu & Kashmir UT vide communication No.: Edu/PD/Sms/ECCE/AAYA/4517-41/2024-25 Dated: 23-04-2024 duly endorsed by Chief Education Officer Anantnag vide No.: CEO/A/Sms/3637-39/24 Dated: 23-04-2024 issued orders for hiring/engagement of Helpers/AAYAs under ECCE in the schools having minimum enrolment of 05 students in Pre-Primary wing for the year 2024-25 purely on terminus basis in terms of Govt. order No.: 07 OF CHIRAG-2023 Dated: 09/01/2023 read with order No.: 150-CHIRAG OF 2023 Dated: 21-09-2023 and amendments made from time to time;

2. Whereas, this office vide No.: ZEO/S/Sms/4685-4706/24 Dated: 29/06/2024 floated advertisement notification for engagement/hiring of Helpers/AAYAs under ECCE in 16 approved schools for the year 2024-25 purely on terminus basis for participation in selection process from eligible candidates;

3. Whereas, the said advertisement notification was displayed on the notice board of this office, notice boards of concerned schools/Panchayat Ghars. Besides, the said advertisement was published in the leading dailies of Kashmir Division;

4. Whereas, as per the detailed guidelines/norms to be followed, the Selection of Helper/AAYA has to be restricted to Village/Ward in respect of Rural/Urban areas respectively, where approved school is located. The candidate must possess minimum qualification: 8th Class Passed. Preference shall be given to the candidates from BPL Category in the below mentioned order of Priority;

i. Widow

ii. Divorced

iii. Orphan

a. Double Orphan (women whose both biological parents are dead)

b. Paternal Orphan (women whose biological father is dead)

c. Maternal Orphan (women whose biological mother is dead).

In case of tie-up of the selection of candidate for Helper/AAYA, the preference shall be given to the elder candidate (i.e Candidate with more age shall be considered);

5. Whereas, this office vide No.: ZEO/S/Sms/5092-5107/24 Dated: 09-08-2024 constituted School Level Screening Committees headed by Head of Institution concerned for verification of documents like Domicile, BPL/AAY Ration Card, Widow Certificate, Divorced, Orphan Certificate, DOB Certificates etc. submitted by the candidates for engagement/Hiring of Helpers/AAYAs under ECCE. The School Level Committee was mandated to draw-up the panel of all eligible candidates in order of merit/preference in sequel to the detailed guidelines of Directorate of Samagra Shiksha J&K UT in consultation with concerned PRI/VEC.

6. Whereas, the constituted School Level Committees in consultation with PRIs/VEC/SMCs have prepared/drawn the panel of all eligible candidates strictly in order of merit/preference as per the detailed guidelines of Samagra Shiksha.

7. Whereas, this office vide No.: ZEO/S/Sms/5087-91/24 Dated: 09-08-2024 constituted Zonal level Committee to cross-check the panels drawn-up by the School Level Screening Committee in order of merit/preference. The committee was also mandated to re-verify the documents/testimonials/ certificates submitted by eligible candidates.

8. Whereas, Headmaster (Chairman) concerned, submitted the panel prepared by the committee constituted for the purpose with a note that "the father of S. NO. of the empanelled candidate donated more than one kanal of land and the fathers/candidates of S. No. 01 & 03 have given resolution in writing which is enclosed".

9. Whereas, in response to the aforesaid note portrayed on the panel, this office vide No.: ZEO/S/Sms/S/5118/24 Dated: 10/08/2024, this office directed the Headmaster concerned to furnish the affidavits of S. No. 01 & 03 duly attested by a competent authority for proceeding further in the instant case. Headmaster concerned vide his No.: GMSK/172/24 Dated: 16/08/2024 submitted that the parties viz. S. No. 01 & 03 failed to deposit the said affidavits.

10. Whereas, the Headmaster concerned vide No.: GMSK/1730/24 Dated: 10/09/2024 again moved resolution of villagers/inhabitants regarding engagement of S. NO. 02 however, the Headmaster concerned submitted that S. No. 01 & 03 opposed the said resolution.

11. Whereas, this office took the matter with Chief Education Officer Anantnag vide No.: ZEO/S/Sms/5753/24 Dated: 17/10/2024 for imparting necessary instructions regarding settlement of the case.

12. Whereas, Chief Education Officer Anantnag vide No.: CEO/A/Sms/AAYA/13691-93/25 Dated: 15/02/2025 directed this office to initiate the engagement process strictly in terms of Society Order No.: 07 OF CHIRAG-2023 Dated: 09/01/2023 and Edu/PD/Sms/ECCE/Helpers/1861-1905/2023-24 Dated: 06.06.2023;

13. Whereas, this office vide No.: ZEO/S/Sms/457-60/25 Dated: 15/02/2025 issued tentative selection list in respect of GMS Khellan for inviting of objections, if any within a period of seven candidates from the date of issuance of tentative selection lists.

14. Whereas, the last date for receipt of objections, if any, stands expired on 21.02.2025 and no objection has been received by this office against the aforesaid tentative selection list.

Now, therefore, in view of the above and on the basis of the panels drawn-up by the School Level Screening Committee & principle of Merit-Cum-Preference, the provisional Selection List for engagement/hiring of Helpers/AAYAs under ECCE at GMS Khellan for the year 2024-25 upto 31.03.2025 is hereby issued as

Annexure – "A" to this office order No.: ZEO/S/Sms/487/25 Dated: 24/02/2025

S. No.	Name of the School Applied for	Name of the Applicant	Father/ Husband's Name	Date of Birth	Qual.	Village	Ration Card Type	Whether Widow	Whether Divorced	Whether Orphan	Remarks
1	GMS Khellan	Tari Auzm Jan	Mohammad Ismail Koolie	01-10-2002	12th	Khellan	PHH	-	-	-	Elder Candidate

No. ZEO/S/Sms/487/25

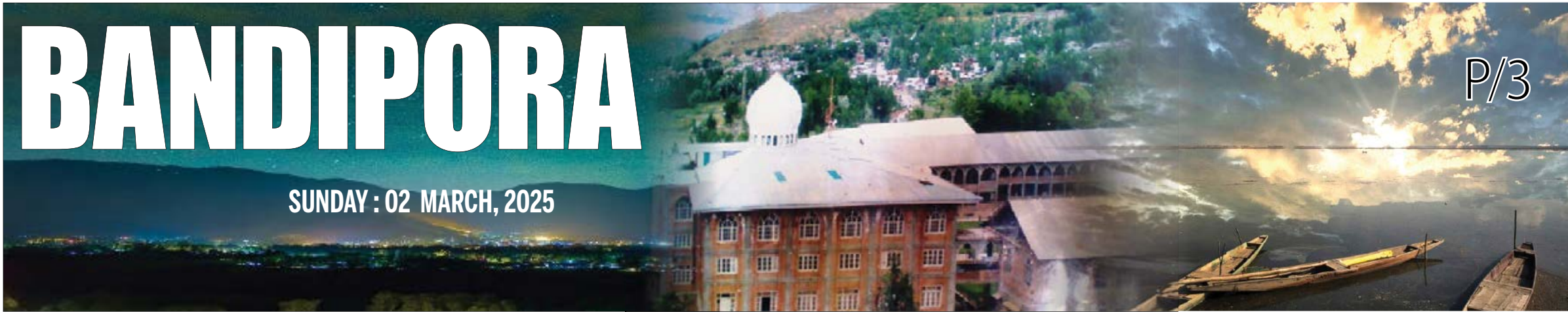
Dated: 24/02/2025

DIPK-12551/24

Sd/-

Zonal Education Officer,

Srigufwara.



BANDIPORA

SUNDAY : 02 MARCH, 2025

P/3

Bandipora Admin to investigate whether District Hospital's referrals are medical or just a routine excuse

DC Bandipora seeks report on referral of pregnant woman to LD Hospital After family's complaint

SUHAIL RATHER

BANDIPORA: Bandipora Administration has launched an inquiry into allegations of an unnecessary referral of a pregnant woman from District Hospital Bandipora to LD Hospital Srinagar, following a formal complaint by her family.

The inquiry was initiated after Umar Akbar Khan, a resident of Kaloosa Bandipora, alleged that his sister, who was scheduled for a C-section, was referred to Srinagar at about 3:30 AM on Wednesday despite their repeated requests to conduct the surgery in Bandipora.

He alleged that despite repeated requests the doctors refused to treat patients in Hospital and forced referral to LD Hospital in Srinagar and caused distress, as the patient had to endure a nine-hour wait before undergoing surgery at LD Hospital. "Due to this forced referral we had to travel to Srinagar in an emergency condition reaching LD Hospital at 6:00 AM. Shockingly she was made to wait for 9 hours before undergoing surgery at 3:00 PM," he told the Deputy Commissioner in the written complaint.

He said if the case was truly an emergency, why did LD Hospital delay the surgery for 9 hours? "If the doctors at LD Hospital could wait for 9 hours, why were the doctors at Bandipora hospital in such a hurry to refer her? Is Bandipora hospital inca-

pable of handling such cases or is this an unjustified referral practice?" the patient's brother raised the questions in the complaint.

"In Bandipora Doctors said patients can't wait

Commissioner (DC) Bandipora directed the Medical Superintendent of District Hospital Bandipora to submit a detailed factual report on the case. According to an official order issued under No:



for too long and hence referred to Srinagar while at LD Hospital, doctors said there is nothing adverse and waited for 9 hours," the patient's brother told the Deputy Commissioner in a written application. Taking cognizance of the matter, the Deputy

CMOB/Estt/2024-25/2244-46, the hospital administration has been asked to provide a full account of the medical interventions given to the patient during her stay, along with an explanation from the concerned gynaecologist and the attending

doctor.

CMO Bandipora Dr Rafi Ahmad Salathi while ordering the probe into the incident has directed the Medical Superintendent of DH Bandipora to seek a comprehensive report from the concerned Gynaecologist and the attending doctor who examined the patient at that time, including details of the medical examination conducted, findings, diagnosis, and any treatment administered. "The detailed report along with relevant documents may be submitted to this office within five days positively for onward submission to Worthy Deputy Commissioner Bandipora," reads the order.

He said the inquiry aims to ascertain whether the referral was medically justified or part of an emerging pattern of unnecessary patient transfers.

The hospital has been given five days to submit its findings to the district administration. The complainant also raised broader concerns over what he described as a "systematic failure" of Bandipora Hospital, alleging that frequent unnecessary referrals were causing immense hardship to patients.

He has sought accountability from the medical staff involved and urged the authorities to ensure that the hospital provides adequate maternal care. Health authorities have assured a thorough investigation, stating that necessary action will be taken based on the inquiry findings.

Hajin Police Organizes Awareness Program on New Criminal Laws

Hajin: To educate the public about the latest amendments in criminal laws, Hajin Police organized an awareness program at ITI College, Hajin, on Saturday. The event, chaired by DySP Hajin Manzoor Ahmad, aimed at familiarizing students and senior citizens with the key aspects of the new legal framework.

During the event, SDPO Hajin provided an in-depth briefing on the salient features of the New Criminal Laws, emphasizing their justice-oriented and victim-centric approach.

He explained that the revised laws prioritize justice over punishment, ensuring swift trials and timely justice for victims. Special attention has been given to crimes against women and children, with stricter provisions and improved legal mechanisms for their protection.

Highlighting the integration of modern advancements, the SDPO also mentioned that the new laws incorporate technological developments to strengthen the criminal justice system. He urged the attendees to be aware of their legal rights and responsibilities, stressing that informed citizens play a crucial role in upholding justice in society.

MLA Sonawari Inaugurates Ambulance, CRM Machine at CHC Hajin

HAJIN: MLA Sonawari, Advocate Hilal Akbar Lone, today inaugurated a new ambulance and a C-Arm (CRM) machine for orthopedic procedures at the Community Health Centre (CHC) Hajin.

Chief Medical Officer (CMO) Bandipora, Dr. Salathia, and Block Medical Officer (BMO) Hajin, Dr. Idrees, were present during the inauguration ceremony. The CRM machine, valued at 12,47,000, will enhance orthopedic care at the CHC, while the newly introduced ambulance, worth 14 lakh, aims to improve emergency medical services in the region.

On the occasion, MLA Sonawari also chaired a Governing Body meeting of the Rogi Kalyan Samiti to discuss measures for strengthening healthcare infrastructure and patient care facilities in the area.

Speaking at the event, Advocate Hilal Akbar Lone reaffirmed his commitment to improving healthcare services in Sonawari and ensuring better medical facilities for the people.

Crackdown on Illegal Mining: 12 Vehicles, L&T Machine Seized in Pulwama

BILAL HABIB

PAMPORE: In an ongoing crackdown on illegal mining, the Geology and Mining Department of Pulwama, under the supervision of District Mineral



Officer (DMO) Er. Mohammad Manzoor, conducted night raids across various parts of the district, seizing 12 vehicles, including nine dumpers, tippers, L&T machine and tractors, involved in illegal extraction and transportation of minerals.

The raids were carried out in Pampore, Wuyan, Khrew, Mandakpal, Awantipora, Tral, and Lassipora

as part of the department's continued efforts to curb illegal mining activities in the district.

Officials informed Kashmir Convener that a total of 55 vehicles, including heavy machinery, have been seized in the past two months, and fines amounting

to Rs 15 lakh have been imposed on violators. He emphasized the department's commitment to taking strict action against those involved in illegal mining and ensuring legal consequences for offenders.

Talking to Kashmir Convener, DMO Pulwama, Er. Mohammad Manzoor, said that their drives against

illegal mining are conducted on a consistent basis in the district. He said in the last three days, they have seized 24 vehicles, including L&T machinery, that were illegally transporting mining minerals and various other types of minerals.

"Additionally, we seized one mechanical boat in Barsoo, Awantipora, which was illegally extracting sand from the Jhelum River. These vehicles and the mechanical boat are currently in custody, and heavy fines will be imposed to ensure that individuals do not engage in illegal mining in the future."

He said that their field teams are on high alert, and they are conducting drives against illegal mining in various areas, including Khrew, Wuyan, Mandakpal, Pampore, Awantipora, Tral, Lassipora, and Kakapora, covering every nook and corner of District Pulwama.

DMO Er. Mohammad Manzoor further told Kashmir Convener that in the last two months, they have seized almost 55 vehicles, including heavy L&T machines, and collected fines amounting to rupees 15 lakh.

DMO Pulwama again appealed to the people to purchase materials from legal sources and not engage in illegal mining under any circumstances, as strict action will be taken against anyone found involved in illegal mining, he said.

Hindon Airport Opens to Civilian Flights Under UDAN Initiative

NEW DELHI: In a landmark move to strengthen regional connectivity the Civilian Aviation Ministry, launched its aircraft BOEING-737 flight from Kolkata-Hindon - Goa on Saturday.



The project was inaugurated by Civil Aviation Minister Kinjarapu Rammohan Naidu at Hindon, showcasing exemplary civilian military coordination. Hindon airport is located in Ghaziabad, Uttar Pradesh. Due to its strategic location dual use capabilities, military infrastructure and capacity to handle diverse air traffic, it is a crucial asset for the nation. Introduction of flights from Hindon will go a long way in decongesting air traffic in NCR.

An official spokesperson said this flight under UDAN (Ude Desh Ka Aam Naagrik) project is a testament to the Indian Air Force's commitment to supporting both military and civilian air operations, facilitating improved access to varied locations.

"Beyond its core mission of safeguarding the nation's skies, the Indian Air Force actively contributes to nation-building by supporting initiatives like Project UDAN, aimed at enhancing regional air connectivity across India".

Snow Clearance Underway in Gurez, Dawar-Kanzalwan Road Reopens



BANDIPORA: The District Administration has launched snow clearance operations in Gurez to restore connectivity and ensure the smooth movement of essential supplies amid heavy snowfall.

A large boulder near the Kishanganga River had blocked the Dawar-Kanzalwan road, but officials confirmed that the route has now been reopened for traffic. Machinery and manpower have been deployed to clear snow and remove obstacles from affected roads.

However, the Dawar-Tulail road and the Bandipora-Gurez road remain closed. The Border Roads Organisation (BRO) has initiated snow clearance operations on the Bandipora-Gurez stretch to restore access.

Meanwhile, due to continued harsh weather and travel disruptions, winter vacations in Gurez have been extended until March 8. Sub-Divisional Magistrate (SDM) Gurez stated that heads of institutions have been instructed to adhere to the revised schedule.

JKTF Welcomes Move to Remove Teachers from Admin Roles, Calls for Proper Implementation

BANDIPORA: Jammu and Kashmir Teachers Forum (JKTF) Bandipora has welcomed the recent directive issued by the Directorate of School Education, which cancels all teacher deployments in offices with immediate effect.

In a statement issued to Kashmir Convener, Forum's Chief Spokesperson Anjum Nisar said Forum, However, expressed disappointment over the lack of implementation in Bandipora district, where many teachers continue to hold administrative positions, allegedly misusing their authority.

Anjum emphasized that despite the clear directive, some teachers in District Bandipora are still managing crucial responsibilities, including the Smart Attendance system, which he termed as "unfortunate."

He pointed out that the district has capable officials within the non-teaching staff who can efficiently handle such responsibilities, yet administrative charges are still being assigned to teachers.

"We fail to understand why these charges are not given to the non-teaching officials, who are competent enough to handle them. The continuation of teachers in these roles is not only a violation of the Directorate's order but also adversely impacts the education system," Anjum stated.

He urged the Director of School Education to take immediate steps to ensure that all administrative responsibilities are assigned to non-teaching staff, allowing teachers to focus on their primary duty—educating students.

"We request the Director to ensure proper implementation of the order so that the education system in district Bandipora remains on track and functions efficiently," Anjum added.

The teaching community and education stakeholders in Bandipora are now looking forward to swift action from the authorities to restore the integrity of the education system in the district.



REC Limited Pledges Rs 21,000 Crore for Madhya Pradesh's Power Sector Growth

BHOPAL: REC Limited, a Maharatna CPSE and a leading NBFC under the Ministry of Power, has signed a Memorandum of Understanding (MoU) with the Government of Madhya Pradesh at the Global Investors



Summit 2025 in Bhopal.

An official spokesperson of the company said Under this agreement, REC has committed to providing financial support of Rs 21,000 crore over the next five years for the development of power sector infrastructure in the state.

The MoU was signed in the presence of Dr. Mohan Yadav, Chief Minister of Madhya Pradesh; Neeraj Mandloi, Additional Chief Secretary (Energy); Avinash Lawania, Managing Director, Madhya Pradesh Power Management Company Limited (MPPMCL); Pradeep Fellows, Executive Director, REC Limited; Satyaban Sahu, Chief Project Manager (Bhopal), REC; and other senior officials from MPPMCL and REC Limited.

He said This MoU marks a significant step towards enhancing the power supply network in Madhya Pradesh and accelerating the state's transition towards renewable energy.

The investment will focus on strengthening transmission and distribution infrastructure, promoting sustainable energy solutions, and improving overall power reliability for industries, businesses, and households across the state".

Essential Food Items Distributed Among Relocated Families in Hajin

Hajin: In compliance with the directions of the Deputy Commissioner Bandipora, the district administration facilitated the distribution of essential food items among relocated families in Hajin.

Under the supervision of Tehsildar Hajin, Abdul Wasi ul Rouf Deva, the relief kits were handed over to the affected families to ensure their well-being and sustenance.

Tehsildar Hajin emphasized that the administration remains dedicated to supporting displaced families and ensuring they receive adequate assistance during this period of transition.

He assured that further relief measures would be taken as per the needs of the affected families.

Local residents appreciated the swift action of the district administration and urged for continued support until their rehabilitation is complete.



Ramadhan and Fasting: Metaphysics, Purification, and Transcendent Transformation



SHABEER AHMAD LONE

Ramadhan, the sacred ninth month of the Islamic lunar calendar, is not merely a period of fasting but a deeply transformative spiritual experience that integrates devotion, ethical consciousness, and self-discipline into a holistic framework of human excellence. Rooted in divine wisdom and enriched by centuries of intellectual, spiritual, and cultural interpretations, the essence of Ramadhan extends beyond abstaining from food and drink-it is a metaphysical journey towards sacred purity, sanctification, and the transcendence of actions. The Qur'an declares fasting as a divine prescription aimed at cultivating Taqwa (God-consciousness), a state of heightened spiritual awareness and moral elevation: "O you who have believed, fasting has been prescribed for you as it was prescribed for those before you that you may attain righteousness." (Al-Baqarah 2:183). Classical and contemporary Islamic scholarship, from Al-Ghazali's Ihya Ulum al-Din to contemporary studies in neuroscience and psychology, affirm that fasting refines both body and soul, fostering self-control, cognitive clarity, and emotional stability. Across traditions, from the Christian observance of Lent to Hindu vratas and Buddhist meditation fasts, the act of self-restraint is recognized as a universal means of moral and spiritual elevation. Modern scientific research corroborates these age-old insights, demonstrating that structured fasting enhances neuroplasticity, improves metabolic function, and cultivates emotional resilience. Ramadhan, therefore, is not merely a historical or ritualistic observance but a timeless and universal institution of spiritual purification and ethical transcendence, inviting individuals and societies to embrace a higher moral consciousness and reorient their lives toward divine purpose.

Fasting, or sawm, is at the heart of this transformative journey. More than mere abstinence from food, drink, and physical desires from dawn to dusk, fasting is a profound exercise in self-mastery and spiritual purification. The Qur'an states: "O you who have believed, fasting has been prescribed for you as it was prescribed for those before you that you may attain Taqwa (God-consciousness)." (Al-Baqarah 2:183). This divine directive underscores the true objective of fasting-not as a ritual of deprivation, but as a means of elevating one's consciousness, refining one's character, metaphysical realignment of the human soul with its primordial nature (fitrah) and drawing closer to Allah. The Prophet Muhammad (peace be upon him) reinforced this by declaring that fasting is a shield, protecting the believer from sin, anger, and moral corruption. It demands not only physical discipline but also ethical vigilance, ensuring that one's words, thoughts, and actions remain aligned with divine principles/light/nur.

This sacred purity extends beyond individual practice into communal and social dimensions. The act of fasting fosters empathy for the less fortunate, as hunger and thirst serve as reminders of the daily struggles faced by millions around the world. This awareness translates into increased acts of charity, generosity, and kindness, reinforcing the Qur'anic principle that true piety is demonstrated through service to humanity. The Prophet Muhammad (peace be upon him), known for his unparalleled generosity, was reported to be even more giving during Ramadhan, emphasizing that spiritual growth is inseparable from social responsibility. The sanctification that Ramadhan brings is, therefore, not just an inward journey of self-purification but an outward commitment

to justice, compassion, and collective well-being.

The sanctity of fasting extends beyond individual practice into communal and social dimensions. The act of fasting fosters empathy for the less fortunate, as hunger and thirst serve as reminders of the daily struggles faced by millions around the world. This awareness translates into increased acts of charity, generosity, and kindness, reinforcing the Qur'anic principle that true piety is demonstrated through service to humanity:

"By no means shall you attain righteousness unless you give (freely) of that which you love." (Aal-e-Imran 3:92)The Prophet Muhammad (peace be upon him), known for his unparalleled



generosity, was reported to be even more giving during Ramadhan, emphasizing that spiritual growth is inseparable from social responsibility. The sanctification that Ramadhan brings is, therefore, not just an inward journey of self-purification but an outward commitment to justice, compassion, and collective well-being. From a metaphysical perspective, the ethical imperative in fasting aligns with the idea of the interconnectedness of existence (wahdat al-wujud)-to purify oneself is to harmonize with the divine order, and to act ethically is to manifest divine attributes (sifat Allah).

Islamic metaphysics, particularly in the thought of Mulla Sadra and Ibn Arabi, emphasizes that true purification (tazkiyah) is the process of stripping away the veils of material existence (hijab) to perceive the higher realities of being. The act of fasting aligns with this principle-by relinquishing the demands of the nafs (lower self), the soul gains clarity, moving toward an ascent of the spirit (mi'raj). The Prophet's statement that "Fasting is for Me, and I will reward it" (Hadith Qudsi) signifies its direct link to the divine realm, where the human will voluntarily merges with divine will, dissolving egoistic desires.

Modern psychology and neuroscience affirm the benefits of fasting beyond its religious and ethical dimensions. Studies have shown that controlled fasting enhances cognitive clarity, emotional stability, and resilience. Fasting has been linked to increased neuroplasticity, promoting better decision-making

and impulse control. From a physiological perspective, research published in leading scientific journals highlights that fasting reduces inflammation, enhances metabolic function, and supports cellular regeneration. These insights affirm that the divine wisdom embedded in fasting resonates with contemporary scientific understanding, reinforcing its role in holistic well-being.

Historically, fasting has been a practice observed across diverse civilizations and traditions. In Christianity, Lent involves periods of fasting and reflection; in Hinduism, vratas are observed to cultivate self-discipline and spiritual merit; in Buddhism, fasting is a means to attain mindfulness and detachment from

worldly distractions. Indigenous cultures also incorporate fasting as a form of spiritual purification and heightened awareness. This universality suggests that fasting is not merely a religious prescription but a deeply human endeavor to transcend material limitations and attain a higher state of consciousness. The shared wisdom across traditions highlights the perennial nature of self-discipline as a vehicle for moral and spiritual elevation.

Fasting, a timeless practice across cultures, has been explored through spiritual, philosophical, medical, and scientific lenses, each revealing its profound impact on body, mind, and soul. In Ihya Ulum al-Din, Al-Ghazali presents fasting as a means of purifying the heart, disciplining desires, and attaining divine proximity, a theme echoed by Ibn Qayyim al-Jawziyya in Prophetic Medicine, where he highlights its physical and spiritual benefits. Rumi's Masnavi and Fihi Ma Fihi frame fasting as a path to divine love and ego annihilation, aligning with St. Augustine's Confessions and Thomas Aquinas' Summa Theologica, which depict fasting as a moral discipline leading to enlightenment. The Hindu Yoga Sutras by Patanjali emphasize fasting (Upavasa) as a tool for self-mastery and detachment, while Swami Sivananda's The Science of Fasting integrates Ayurvedic wisdom, linking fasting to spiritual and physical rejuvenation. The Buddha's Dhammapada underscores mindful fasting as part of the Middle Way, fostering balance and inner peace. In modern science, Dr. Paul C. Bragg and Patricia Bragg's The Miracles of Fasting advocate fasting as

a method for detoxification, longevity, and mental clarity, while Stephen Harrod Buhner's The Transformational Power of Fasting explores its role in breaking habitual thought patterns, fostering resilience, and enhancing awareness. Nobel laureate Dr. Yoshinori Ohsumi's research on autophagy affirms fasting's role in cellular renewal, disease prevention, and longevity, a theme expanded by Dr. Jason Fung in The Complete Guide to Fasting, which presents fasting as a scientifically proven method for metabolic health and insulin regulation. Philosophers like Thoreau in Walden and Jung in The Red Book recognize fasting's power to awaken higher consciousness, while Gandhi's The Story of My Experiments with Truth portrays it as an act of self-purification and nonviolent resistance. Across time and tradition, fasting emerges as a profoundly transformative practice, harmonizing physical health, mental clarity, ethical discipline, and spiritual transcendence, making it a universal gateway to elevated consciousness.

The transcendence of actions in Ramadhan manifests in the transformation of daily habits and intentions. Ordinary acts such as eating, speaking, and interacting with others are imbued with spiritual significance. Even sleep becomes an act of devotion when accompanied by the right intention. The entire rhythm of life shifts toward divine consciousness, cultivating a heightened sense of accountability and purpose. This transcendence is not confined to the thirty days of fasting but is meant to extend beyond Ramadhan, reshaping a believer's approach to life in a sustained manner. The ultimate success of Ramadhan is not measured merely by completing the fasts but by the extent to which its lessons transform one's ethical and spiritual outlook.

In an age marked by material excess, digital distractions, and spiritual alienation, Ramadhan serves as a powerful counterbalance, inviting believers to return to simplicity, mindfulness, moral clarity and divine consciousness. The deliberate slowing down, the emphasis on gratitude, and the commitment to self-restraint offer a profound antidote to the anxieties of modern life. Reports in global publications and sociological studies suggest that the structured discipline of fasting can enhance personal well-being, strengthen community bonds, and reinforce ethical consciousness in societies struggling with consumerism and moral relativism.

The spirit of Ramadhan represents a paradigm of sacred renewal, where purity, sanctification, and the transcendence of actions converge into a transformative journey of self-mastery and divine proximity. This annual spiritual retreat is not an isolated practice but a blueprint for life, urging individuals to internalize its lessons beyond the thirty days of fasting. The true success of Ramadhan lies not only in physical endurance but in the moral and ethical transformation it instills-refining intentions, elevating character, and fostering a deep-seated commitment to justice, compassion, and divine consciousness. As global societies grapple with material excess, ethical relativism, and spiritual alienation, the discipline of fasting serves as a counterbalance, realigning human priorities towards simplicity, gratitude, and higher purpose. Historical accounts, from the spiritual retreats of Sufi mystics to the fasting practices of monastic traditions, illustrate that self-discipline is an eternal tool for enlightenment and social harmony. Contemporary studies in behavioral psychology affirm that prolonged fasting enhances patience, reduces impulsivity, and fosters long-term goal setting, reinforcing the idea that self-restraint is a fundamental pillar of personal and societal well-being. Ramadhan thus emerges as a universal school of discipline and enlightenment, where divine guidance, ethical action, and spiritual transcendence merge to cultivate not only better individuals but a transformative more just, harmonious, intellectually and spiritually conscious world as a metaphysical blueprint for human flourishing.

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Rise of Internet Gaming Disorder



By: Tawheed Parvaiz Bhait

In the 21st century, the world has transitioned from a global village to a global mahallah, where connectivity is no longer a luxury but a necessity. This transformation has been made possible by the vast and intricate web of the internet, which has brought even the most remote corners of the world under a single digital umbrella.

The internet has revolutionized communication, business, education, and entertainment, making information accessible at the fingertips of every individual. However, along with its numerous benefits, the internet has also brought several challenges, one of which is the alarming rise of Internet Gaming Disorder (IGD).

Traditionally, sports and physical activities have played a crucial role in human development across all age groups. They contribute significantly to physical, mental, emotional, and social well-being.

Playing sports fosters teamwork, discipline, and perseverance while also improving cognitive abilities and emotional resilience. However, with rapid technological advancements, particularly the rise of high-speed internet (4G, 5G), the younger generation has shifted from outdoor physical games to virtual gaming.

While video games were initially designed for entertainment and recreational purposes, their excessive and uncontrolled use has led to a growing dependence on them. Today, many young individuals are deeply immersed in internet gaming, often prioritizing it over real-world activi-

ties, including academics, social interactions, and even basic self-care. This excessive indulgence in virtual gaming has led to the emergence of Internet Gaming Disorder (IGD), a condition that has become a global concern.



Internet Gaming Disorder is a behavioural addiction characterized by compulsive gaming habits that impair an individual's daily life. A person suffering from IGD loses control over gaming, prioritizing it over essential activities such as education, work, and social interactions. The American Psychiatric Association (APA) has recognized IGD as a condition requiring further study in the latest Diagnostic and Statistical Manual of Mental Disorders (DSM-5). According to DSM-5, IGD is defined as the persistent and recurrent use of the internet to engage in gaming, often with other players, leading to clinically significant impairment or distress.

Symptoms of Internet Gaming Disorder

The symptoms of IGD are varied and often overlap with other psychological and behavioural disorders. Some of the key symptoms include: Excessive Preoccupation with Gaming, Craving and Withdrawal symptoms, Neglect of Responsibilities, Loss of Interest in Other Activities (Lack of engagement in real-world hobbies or social interactions) Decreased Sleep and Physical Health Issues, Escapism (Using gaming as a means to escape real-life problems or emotions), Risk of

Substance Abuse, Social Isolation, Increased Aggression and Deteriorating Mental Health.

The Alarming Impact of IGD

Internet Gaming Disorder has far-reaching consequences that extend beyond the individual

to families and society at large. Some of the negative impacts include,

*Academic and Professional Decline: Students suffering from IGD often experience a drop in grades due to lack of concentration, incomplete assignments, and irregular attendance. Similarly, working professionals may struggle to meet deadlines and responsibilities.

*Emotional and Psychological Struggles: IGD can lead to depression, anxiety, and low self-esteem. Individuals suffering from this disorder may feel isolated and disconnected from reality.

*Financial Burden: Many online games encourage in-app purchases, leading individuals to spend excessive amounts of money, sometimes draining family resources.

*Health Complications: Prolonged screen time can cause vision problems, obesity, and posture-related issues. Sleep deprivation further exacerbates these health risks.

*Broken Family Relationships: Families often struggle to communicate with individuals suffering from IGD, leading to misunderstandings, frustration, and emotional distress within households.

*Loss of Real-Life Skills: Excessive gaming

reduces opportunities for individuals to develop essential life skills such as communication, problem-solving, and leadership.

*Legal and Criminal Issues: Some individuals engage in fraudulent activities, cyberbullying, or hacking due to their excessive involvement in online gaming communities.

The Role of Society in Combating IGD

Addressing Internet Gaming Disorder requires collective efforts from individuals, families, educational institutions, health professionals, and policymakers. Society plays a crucial role in mitigating the risks associated with IGD by implementing proactive strategies and fostering a balanced approach to gaming and digital engagement.

*Educational Institutions: Schools should introduce awareness programs about responsible gaming and the dangers of IGD. Curricula should include digital literacy and healthy screen-time management techniques.

*Parental Involvement: Parents must actively monitor their children's screen time and encourage alternative recreational activities such as outdoor sports and hobbies.

*Community Initiatives: Local communities should organize gaming-free social events, outdoor sports competitions, and workshops to engage young people in non-digital activities.

*Mental Health Awareness Campaigns: Public health organizations should conduct awareness programs about IGD, providing mental health support and counselling services.

*Regulation of Gaming Industry: Governments should enforce age restrictions, regulate excessive in-game purchases, and ensure that game developers introduce features that promote responsible gaming habits.

*Workplace Digital Wellness Programs: Employers should educate employees on digital well-

ness and encourage a healthy work-life balance to prevent excessive gaming outside work hours.

*Peer Support Networks: Encouraging peer-led discussions about IGD can help individuals share their experiences and develop healthier gaming habits.

*Recreational and Sports Promotion: Governments and private organizations should invest in sports infrastructure and extracurricular activities to divert individuals from excessive gaming.

*Technology-Based Solutions: Parental control apps, gaming timers, and digital detox programs can help limit screen time and reduce IGD risks.

*Public Policy and Legislation: Stronger policies on gaming regulations, advertising restrictions on addictive games, and consumer protections against exploitative in-game purchases are essential.

Internet Gaming Disorder is a serious and growing concern in today's digital world. While gaming itself is not inherently harmful, excessive and uncontrolled use can lead to significant negative consequences. Society must recognize the dangers of IGD and take proactive steps to combat it.

By promoting healthy gaming habits, encouraging real-world interactions, and fostering a balanced digital lifestyle, we can help the younger generation develop in a more holistic and meaningful way. A collaborative approach involving families, educators, health professionals, and policymakers is essential in mitigating the risks associated with IGD and guiding individuals toward a healthier digital future.

(The author is a Teacher by profession in the Department of Education)

CS for plugging gaps to achieve set objectives under SBM (G)

JAMMU: Chief Secretary, Atal Dulloo, today chaired a meeting of the Rural Development Department (RDD) to review the progress made under ensuing implementation plan and the one framed for the year ahead.

Dulloo impressed upon the Department to have complete analysis of the works carried out in each panchayat under Swachh Bharat Mission (Grameen) to find out gaps as per the objectives set under this mission. He made out that such gaps, once found, should be plugged at an earliest for achieving the objectives of this mission.

He directed for early completion of the portal for regular monitoring of assets created under SBM (G). He maintained that all these assets were envisaged to make our villages clean and each of these community assets should be put to optimum use for the set purposes these had been created for.

The Chief Secretary also enjoined upon the Department to frame a proper mechanism for

Operation & Maintenance (O&M) of these assets too. He asked for certifying the utilization of these assets properly for their actual uses through independent bodies in these villages and panchayats.



ACS, Jal Shakti Department, Shaleen Kabra also apprised of his insights for smooth implementation of this Mission. He advised the Department to analyse the observations carried out by the central

government department funding this mission all over the country. Secretary, RDD, Aijaz Assad informed the meeting about the cumulative achievements registered by the Department under SBM (G) till

now. He also laid out the anticipated outcomes under Annual Implementation Plan (AIP) 2025-26 for which projects worth Rs 364.50 Cr (excluding 10% UT share) has been proposed before the Central

Government. Meanwhile, DG Rural Sanitation, Anoo Malhotra apprised the meeting that the Department has a plan for declaring around 1243 villages as ODF (Plus) Model category under AIP 2025-26. She said that the Department envisages creation of 30,000 more Individual Household Laterines (IHLs), retrofitting of around 1,10,000 old units, 2744 new Community Sanitary Complexes, 23 Plastic Waste Management Units, 60 Faecal Sludge Treatment Units and 16 new Gobardan plants across different districts of J&K.

As far as Solid Waste Management is concerned, it was divulged that 44,730 individual compost pits, 2662 community compost pits and 1002 garbage collection units would be created.

Regarding the liquid waste management, the meeting was informed that 3770 community soak pits and 1,66,000 individual soak pits with kitchen gardens and other units would be established as part of AIP 2025-26 once approved by GoI for the UT.

Sakeena Itoo greets people on commencement of Holy month of Ramadhan



JAMMU: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo has extended her heartfelt greetings to the people of Jammu and Kashmir, especially Muslim Ummah on the commencement of Holy month of Ramadhan. In her message, Sakeena Itoo emphasized on the spiritual significance of this sacred month. "Ramadhan is a time of reflection, patience as well as kindness. It teaches us to be grateful and helping hand to those in need", Sakeena said.

The Minister urged the people of J&K to embrace the values of unity, generosity and empathy, which define the true spirit of Ramadhan. She called upon the Muslim community to support the underprivileged and needy during this holy month.

Sakeena Itoo also prayed for peace, progress and prosperity of entire Jammu and Kashmir.

DC Kulgam reviews implementation of PM Surya Ghar- Muft Bijli Yojana

KULGAM: Deputy Commissioner (DC) Kulgam, Athar Aamir Khan today chaired a meeting of concerned officers to review the implementation of PM Surya Ghar - Muft Bijli Yojana in the district.

The scheme aims to increase the share of solar roof top capacity and empower residential households to generate their own electricity and reduce the monthly billing with significant financial contribution from the government.

S E , KPDCL (O&M) Circle Bijbehara gave a powerpoint presentation on the subject and apprised the chair that around 1057 applications have been received for registration till date in the district, with fifteen (15) solar plants already commissioned and ten (10) are at inspection stage under the said scheme.

The DC took a comprehensive review of the progress made in installing rooftop solar systems across all electrical sub divisions in the district.

He underlined the numerous benefits of the initiative and urged KPDCL officials to intensify their efforts in raising awareness among the public about the advantages of installing rooftop solar plants besides meeting the targets well in time.

He emphasized the need for launching a mass outreach campaign to sensitize the public about the scheme and its financial and environmental benefits.

Rana Emphasises massive awareness on rainwater harvesting techniques, preserving water resources

BALAKOTE, (POONCH) : Continuing with its efforts of connecting with the people at grassroots level, Minister for Jal Shakti, Javed Ahmad Rana, today concluded his Rajouri-Poonch tour with an extensive public outreach camp held at Balakote where he met several delegations who raised their concerns and issues.

The camp was attended by Additional Deputy Commissioner Poonch, Tahir Mustafa Malik besides SDM Mendhar and various district and sectoral officers from line departments and locals.

During the outreach camp, the Minister interacted with several deputations who highlighted pressing issues like establishment of Government Degree College and Girls High School for Balakote, upgradation of various educational institutions, enhancement of healthcare infrastructure, provision of fire and emergency vehicles for the area, improvement of road

infrastructure, establishment of model residential full boarding school, improvement in Power infrastructure, welfare of tribal communities, timely completion of Khanetar Basooni WSS, upgradation



of WSS Naloi and installation of water hand pumps in the areas and other developmental needs.

Javed Rana was on a five day tour to Pir Panjal region during which he convened a series of public camps in Mankote, Mendhar to assess the developmental needs of the people so that the same are prioritised in the government policies.

Addressing the people at Balakote, Rana emphasised the government's proactive approach towards addressing their development needs and prioritising their basic requirements to enhance

overall quality of life.

The Minister also announced several development initiatives for the area which included a significant investment of 1 crore for construction of Tehsil Office Complex and doctors' residential quarters in Balakote. Additionally, there is a plan to build two guest houses at Bhimber Gali which is a

proactive step towards boosting tourism in the area.

Emphasising the need to provide all-weather connectivity to unconnected habitations in Balakote block and other areas, Rana called to conduct surveys for the Pradhan Mantri Gram Sadak Yojana (PMGSY) to identify eligible habitations and routes.

He also directed the concerned to make adequate provisions for drinking water in high school Balakote.

The Minister also called for urgent action on rainwater harvesting techniques and said there is a need to raise awareness among the people to protect and preserve this vital resource.

"Water scarcity combined with climate change has a huge impact on the lives of people. Water table is receding at a fast pace and water resources are also drying up. We need to act fast and collectively for our future generations," he added.

LMD intensifies market inspections across JK ahead of Holy Month of Ramadan



JAMMU: Ahead of the holy month of Ramadan, the Legal Metrology Department J&K, under the supervision of Controller Legal Metrology Anuradha Gupta, has intensified market inspections across various districts to ensure compliance with the Legal Metrology Act and other regulations.

Enforcement teams conducted inspections in multiple locations including Jammu, Doda, Rajouri, Srinagar, Kulgam and Bandipora.

In Doda, a joint inspection was carried out in coordination with the district administration, covering around 40 traders. In Srinagar, LMD teams inspected Batmalloo and Tengpora areas,

imposing and collecting penalties amounting to 6,000 from offenders on the spot. In Rajouri, inspections were conducted at various shops, including meat and poultry outlets, in collaboration with the district administration. One case was booked, and a composition sum of 1,000 was imposed.

In Jammu, six cases were compounded, and a total fine of 8,000 was collected. Additionally, in Kulgam, a market inspection drive was conducted, leading to the registration of four cases against erring traders and a total composition sum of 6,500 was realised. In Bandipora, three cases were booked, and a composition sum of 1,500 was collected.

Controller Legal Metrology Anuradha Gupta reiterated the department's commitment to safeguarding consumer rights and ensuring fair trade practices, particularly during Ramadan.

She emphasized that traders must strictly adhere to the Legal Metrology Act and related regulations while selling essential commodities. Market inspections will continue in the coming days to curb malpractices and protect consumer interests.

DC Kulgam reviews progress on key developmental projects

KULGAM, MARCH 01: Deputy Commissioner (DC) Kulgam, Athar Aamir Khan today conducted an extensive tour to assess the progress of various developmental projects in the district.

During the visit, DC inspected the construction of the Chowgam Migrant Colony, PHC building at Devsar, and other key projects. He reviewed the ongoing work and directed the concerned officers to expedite construction to ensure timely completion.

It was informed that the Transit Accommodation at Chowgam consists of 12 blocks with 192 flats, out of which four blocks have been completed.

The project will come up at an approved cost of Rs. 22.88 crore.

During the tour, DC also visited NTPHC Chowgam to assess its functioning and ensure efficient healthcare service delivery.

Accompanying the DC during the visit were Additional Deputy Commissioner, Viqar Ahmad Giri; Executive Engineer R&B and other officers.



DC Kupwara visits various Receiving Stations, inspects restoration of Power Supply

KUPWARA: After recent snowfall across district Kupwara, the Deputy Commissioner (DC) Kupwara, Ayushi Sudan today visited various receiving stations to inspect the restoration of the power supply by the concerned departments. During the visit, the DC inspected Receiving Station (RS) Hirri-Trehgam, RS Kralpora and RS Vilgam. She took detailed stock of all the feeders of these Receiving Stations and directed the concerned officers and field staff to ensure seamless power supply to the people as per the curtailment schedule.

The DC also took stock of snow clearance efforts carried out by different departments in the district. Ayushi said that Priority-I roads of the district have already been cleared by different departments including R&B, PMGSY, MED and BEACON and snow clearance efforts are apace on various link roads to ensure hassle free movement of the people especially medical emergencies. Regarding border roads, the DC appealed the commuters to avoid travelling to border areas in view of risk of avalanches. She said that snow clearance operation is going on in full swing on the border roads which will be opened soon for the commuters as the weather conditions have improved. She said that District Administration has tied up helicopter service to deal with any medical exigency rising in these snow bound border areas for carrying evacuation operation. She also said all the shelter homes are operational to facilitate the stranded passengers of snow bound border areas.

DC Pulwama chairs District Skill Committee meeting



PULWAMA: A meeting of District Skill Committee (DSC) was held today under the chairmanship of Deputy Commissioner (DC) Pulwama, Dr. Basharat Qayoom at the District Administrative Complex, Pulwama.

meeting focused on reviewing the progress of the District Skill Development Plan (DSDP) of the current financial year and discussing future initiatives and planning for DSDP 2025-26.

During the meeting, the progress of skill development initiatives undertaken in the district was assessed and strategies for enhancing vocational and entrepreneurship development trainings and employment opportunities were also discussed. The forum also emphasized strengthening collaboration between different departments and institutions to ensure the successful implementation of skill development programs.

The progress achieved by various departments under PM-SVANidhi, PM-VISHWAKARMA, NRLM, Himayat, PMEGP, PMKVY, SANKALP and other related schemes was also reviewed. Concerned officials were directed to ensure the effective implementation of these schemes and enhance awareness among the public to maximise their benefits in the district.

On the occasion, Dr. Qayoom directed for formulating a comprehensive District Skill Plan by involving different line departments for widening the ambit of skill development programme under various schemes to create ample employment opportunities for the unemployed youth of the District.

He further directed the officials to identify skill-deficit sectors in the district and ensure the enrolment of unemployed youth in relevant skill development training programs to effectively address the issue of unemployment in the district.

Dr. Qayoom stressed the need for industry-linked training programs to enhance employability and self-employment opportunities for youth. Additionally, he emphasized the need for batch-wise training of members of Self-Help Groups (SHGs) to enhance their skill sets and economic opportunities.

During the meeting, DC reviewed the intake capacity and training procedures of the concerned centers and institutions, enrollment statistics, completion rates across various sectors and post-training placements of trainees from different training centers and institutes in the district.

Earlier, Superintendent ITI, Pulwama, presented a detailed PowerPoint presentation outlining the current status and achievements of various skill development programs across the district.

NHM releases ranking of Public Health facilities for January on JK e-Sahaj

SRINAGAR: National Health Mission, J&K, today released ranking of Public Health facilities on Hospital Management Information System (JK e-Sahaj) for the month of January, 2025.

In the category of New GMCs of Associated Hospitals of Government Medical Colleges, the first rank has been clinched by Government Medical College, Kathua, followed by Government Medical College, Rajouri, Government Medical College, Udhampur, Government Medical College, Baramulla and Government Medical College Handwara.

In the category of District Hospitals, the first rank has been secured by DH Shopian followed by ASYM DH Budgam, DH Ganderbal, Government Hospital Gandhi Nagar, Jammu and DH Samba.

In the category of Community Health Centres (CHCs), CHC Mendhar, Poonch bagged the first place followed by CHC Thathri, Doda, CHC Pakhepora, Budgam, CHC Marh, Jammu and CHC Sumbal, Bandipora.

JK e-Sahaj (Electronic System for Automation of Hospital Administration in J&K) initiative was formally launched on 4th November 2022 as part of Jashn-e-Sehat for different types of facilities i.e.

Tertiary care, District Hospitals, Community Health Centres, JKE-Sahaj has been integrated with Rapid Assessment System (RAS), 104 Centralised Health Helpline for outbound calling and RCH portal of MoHFW, Government of India.

The ranking has been done on the basis of registration, conversion of EMR (Electronic Medical Record), registration of IPD patients and Patient feedback uploaded on the portal of JK e-Sahaj for the month of January, 2025, on real time basis.

DC Kulgam reviews functioning of Eklavya Model Residential School Tangmarg

KULGAM, MARCH 01: Deputy Commissioner (DC) Kulgam, Athar Aamir Khan today chaired a meeting of concerned officers to review the functioning of the Eklavya Model Residential School Tangmarg.

During the meeting, the Principal of the school informed the chair about the available facilities and additional requirements of the residential school including the hostel facility for students, computer lab and library.

He also informed the chair that presently there are 140 students enrolled in the Residential School and this year there will be addition of more 60 students. The DC also took stock of progress of construction work of teachers quarters, boundary wall besides developing the infrastructure in respect to intake capacity of school.

He further stressed the importance of ensuring that the students have access to all necessary resources including computer lab, library and laboratory facilities to excel in their academic pursuits, including extra-curricular activities.

DC also highlighted the need for regular monitoring of the academic progress of the students and stressed to ensure availability of requisite facilities for the students at the Residential school.

The meeting was attended by ADDC, Altaf Ahmad Khan; CPO, Ex., Engineer R&B DH Pora, CEO, Cluster Principal HSS Manzgam, Warden of School and other officers of School Education Department.

SARAS Aajeevika Mela concludes at Jammu witnessing great business for women SHGs

JAMMU: The SARAS Aajeevika Mela-2025, Jammu, organized by the Jammu & Kashmir Rural Livelihoods Mission (JKRLM) under the Department of Rural Development and Panchayati Raj, successfully concluded today at Kala Kendra, Jammu.

The 10-day event, which began on February 20, provided a vibrant platform to rural women artisans from across India to showcase their skills, heritage, and entrepreneurial spirit.

The Mela witnessed a remarkable footfall, leading to significant business opportunities for participating Self-Help Groups (SHGs). With enthusiastic consumer participation, the event enabled rural women entrepreneurs to generate substantial sales and expand their market reach.

This year's edition featured 70 stalls from 19 states, offering a diverse range of handmade crafts, including textiles, jewelry, pottery, woodwork, metal crafts, paintings and home décor besides special culinary section featuring delicacies from Himachal, Punjab, Rajasthan & Dogri & Kashmiri cuisines

attracted a large number of visitors, further boosting earnings for SHGs.

A key highlight of the event was the live demonstration of traditional crafts such



as pottery, grass handicrafts, and Basohli Art, allowing visitors to witness the artistic process firsthand. Cultural performances by local artists added to the vibrancy of the fair, celebrating the diverse artistic heritage of Jammu & Kashmir.

Mission Director JKRLM Dr. Shubhra Sharma emphasized the event's success in empowering rural women by creating direct market access, eliminating intermediaries, and fostering financial independence.

"The overwhelming response from visitors has translated into great business

for our women SHGs. The Mela is not just an exhibition but a movement towards self-reliance and entrepreneurship," she said.

Dr. Sharma extended her heartfelt gratitude to all SHG members for their dedication and hard work in making the event a resounding success.

"It is inspiring to see the confidence and progress of rural women entrepreneurs. Their participation has reaffirmed the importance of such platforms in providing economic independence and market exposure," she added.

A variety of cultural events held every evening captivated and energized the participants, who enjoyed performances by musical bands and singers throughout the 10-day Mela. Enthusiastic crowds gathered each night, making the performances a major highlight of the event.

The SARAS Aajeevika Mela 2025 not only celebrated India's artistic diversity but also emerged as a major business enabler for rural women, reinforcing their role in the country's entrepreneurial landscape.

Study shows how the brain regulates growth and age at puberty



Through a recent study, scientists have explained how humans have been growing taller and reaching sexual maturity earlier over the past century. Scientists have discovered how a receptor in the brain, called MC3R, detects the nutritional state of the body and regulates the timing of puberty and rate of growth in children and increases lean muscle mass. The findings were published in the journal Nature. Over the 20th century, the average height increased by about 10 cm in the UK and up to 20 cm in other countries. While scientists have long suggested that this phenomenon could be related to more reliable access to food for pregnant women and children, until now, precisely how the body senses its state of nutrition and turns that information into growth and sexual maturation had not been understood. It was already known that signals reach the brain to indicate the body's nutritional state, such as the hormones leptin, produced in adipose (fat) cells, and insulin, produced in response to increases in blood sugar levels. In a part of the brain called the hypothalamus, these hormones act on a small group of neurons that produce signals called melanocortins. The melanocortins act on a variety of receptors, two of which are present in the brain. One of these, the melanocortin 4 receptor (MC4R) has previously been shown to regulate appetite and lack of MC4R results in obesity; however, the MC4R system does not control the effect of nutrition on the growth and timing of puberty. Now, a study, led by researchers from the

MRC Metabolic Diseases Unit and the MRC Epidemiology Unit (both part of the Wellcome-MRC Institute of Metabolic Science) at the University of Cambridge, with collaborators from the Queen Mary University of London, University of Bristol, University of Michigan and Vanderbilt University, has discovered a role for the brain's other melanocortin receptor, which is known as the melanocortin 3 receptor (MC3R). They found that in response to nutritional signals the MC3R system controls the release of key hormones regulating growth and sexual maturation. To show the link in humans, the scientists searched amongst the half a million volunteers in UK Biobank for people with naturally occurring genetic mutations that disrupt the function of the MC3R. They identified a few thousand people who carried various mutations in the gene for MC3R and found these people were on average shorter and went into puberty later than those with no mutation. For example, they identified 812 women who had the same mutation in one of their two copies of the MC3R gene. This mutation only partly reduced the ability of the receptor to work. Despite this subtle effect, women who carried this were on average 4.7 months older at puberty than those without the mutation. People with mutations that reduced the function of MC3R were also shorter and had lower amounts of lean tissue, such as muscle, but it had no influence on how much fat they carried. To confirm these findings in children, they studied almost 6,000 participants from

the Avon Longitudinal Study of Parents and Children (ALSPAC) and identified six children with mutations in MC3R. The six children were shorter and had lower lean mass and weight throughout childhood, showing that this effect starts very early in life. All the people identified in these studies had a mutation in only one of the two copies of the gene. Finding mutations in both copies of the gene is vanishingly rare, but in another cohort, the researchers were able to identify an individual in the Genes and Health study with a very damaging mutation in both copies of the gene. This person was very short and went into puberty after the age of 20. This same phenomenon linking adequate nutritional body stores to reproductive maturity is seen right across the animal kingdom, so the

researchers conducted studies in mice to confirm that the MC3R pathway operates across species. Work in the laboratory of Dr Roger Cone at the University of Michigan, who had previously demonstrated a role for the MC3R in the control of growth and lean mass in mice, showed that while normal mice shut off their reproductive cycle when they underwent a period of food deprivation, mice engineered to lack the MC3R did not. This confirmed that MC3R is a necessary part of how the nutritional state controls sex hormone production. Professor Sir Stephen O'Rahilly, a senior author on the study and Director of the MRC Metabolic Diseases Unit at the University of Cambridge, said: "This discovery shows how the brain can sense nutrients and interpret this to make subconscious decisions that influence our growth and sexual

development. Identifying the pathway in the brain whereby nutrition turns into growth and puberty explains a global phenomenon of increasing height and decreasing age at puberty that has puzzled scientists for a century. "Our findings have immediate practical implications for the testing of children with serious delays in growth and pubertal development for mutations in the MC3R. "This research may have wider implications beyond child development and reproductive health. Many chronic diseases are associated with the loss of lean mass, including muscle, with resultant frailty. This responds poorly to simple nutritional supplements such as protein-rich drinks. The finding that the activity of the MC3R pathway influences the amount of lean mass carried by a person suggests that future research should investigate if drugs that selectively activate the MC3R might help redirect calories into muscle and other lean tissues with the prospect of improving the physical function of such patients." Professor John Perry, a senior author on the study from the MRC Epidemiology Unit at the University of Cambridge, said: "This is such an exciting time for human genetics. By analysing the genetic sequences of large numbers of research participants, we can now understand fundamental biological processes that have remained elusive until now. By combining these studies with experiments in cellular and animal models, we will continue to uncover new insights and understand the mechanisms behind human growth and metabolic disease."

Nutrition, healthy diet may affect risk and severity of COVID-19: Study

WASHINGTON: In a recent study led by researchers at Massachusetts General Hospital (MGH) and published in Gut, people whose diets were based on healthy plant-based foods had lower risks on both counts. The beneficial effects of diet on COVID-19 risk seemed especially relevant in individuals living in areas of high socioeconomic deprivation. Although metabolic conditions such as obesity and type 2 diabetes have been linked to an increased risk of COVID-19, as well as an



increased risk of experiencing serious symptoms once infected, the impact of diet on these risks is unknown. "Previous reports suggest that poor nutrition is a common feature among groups disproportionately affected by the pandemic, but data on the association between diet and COVID-19 risk and severity are lacking," said lead author Jordi Merino, PhD, a research associate at the Diabetes Unit and Center for Genomic Medicine at MGH and an instructor in medicine at Harvard Medical School. For the study, Merino and his colleagues examined data on 592,571 participants of the smartphone-based COVID-19 Symptom Study. Participants lived in the UK and the US, and they were recruited from March 24, 2020, and followed until December 2, 2020. At the start of the study, participants completed a questionnaire that asked about their dietary habits before the pandemic. Diet quality was assessed using a healthful Plant-Based Diet Score that emphasises healthy plant foods such as fruits and vegetables. During follow-up, 31,831 participants developed COVID-19. Compared with individuals in the lowest quartile of the diet score, those in the highest quartile had a 9 per cent lower risk of developing COVID-19 and a 41% lower risk of developing severe COVID-19. "These findings were consistent across a range of sensitivity analyses accounting for other healthy behaviours, social determinants of health and community virus transmission rates," said Merino. "Although we cannot emphasize enough the importance of getting vaccinated and wearing a mask in crowded indoor settings, our study suggests that individuals can also potentially reduce their risk of getting COVID-19 or having poor outcomes by paying attention to their diet," said co-senior author Andrew Chan, MD, MPH, a gastroenterologist and chief of the Clinical and Translational Epidemiology Unit at MGH. The researchers also found a synergistic relationship between poor diet and increased socioeconomic deprivation with COVID-19 risk that was higher than the sum of the risk associated with each factor alone. "Our models estimate that nearly a third of COVID-19 cases would have been prevented if one of two exposures—diet or deprivation—were not present," said Merino. The results also suggest that public health strategies that improve access to healthy foods and address social determinants of health may help to reduce the burden of the COVID-19 pandemic.

Signs and Symptoms of Anxiety Disorders

Anxiety can appear so abruptly and with such intensity that it makes you feel as if you are being attacked by an outside force. To better understand and demystify this emotion, let's have a closer look at the neurophysiological pathway to learn how anxiety is created. Triggers Anxiety can get stimulated by something "scary" you notice in your environment, such as a loud noise at night, an unexpected bill or an angry boss. The emotion can also get sparked internally by a dream, a negative thought or a body sensation. Sometimes these external or internal stressors can be so sudden and fleeting that you are not even able to consciously compute them, although they have been registered by your nervous system. All you notice is that you are anxious for no apparent reason. Brain Response The anxiety triggers activate the amygdala, an almond-shape group of cells that are part of the brain's limbic system and play a significant role in emotional responses and long-term memory. The amygdala, which has also been called "the anxiety switch," evaluates whether the information it receives could be related to any dangerous or threatening events from the past. The more memories

that are associated with fear and anxiety, the more readily the amygdala will raise alarm. Stress Hormone Release As soon as your brain considers a situation potentially perilous, the hypothalamus and the pituitary gland stimulate the release of stress hormones, such as adrenaline and cortisol, to prepare your body for an appropriate flight, flight or freeze response. Physiological Responses Stress hormones increase your heart rate, breathing, blood sugar level, perspiration and blood circulation to the muscles. As a result you feel hot, sweaty and tense; your heart is pounding and you are breathing faster; you may start trembling, shaking or even experiencing chest pain. These physiological reactions can be so sudden, uncomfortable and overwhelming that they themselves can trigger additional anxiety. This is the reason people can become more afraid of their own anxiety compared to perceived

external threats. This neurophysiological pathway is designed by nature to protect you from danger and keep you safe. In other words, anxiety is a normal feeling with an important purpose. However, when even the smallest triggers cause the anxiety pathway to overreact regularly, you are dealing with an anxiety disorder. The distinguishing factors between a normal level of anxiety or an anxiety disorder are whether your feelings cause you suffering or dysfunctional behavior or interfere with your daily life. Typical Symptoms of Anxiety Disorders Excessive worrying and racing thoughts - Overwhelmed and difficulty concentrating - Overanalyzing past or present challenges and ruminating about the worst-case scenario - Hypervigilance and trying to micromanage others and your outside circumstances - Feelings of powerlessness and inability to make decisions - Growing difficulties with work and relationships due to insecurity, doubt and fear - Seeking distractions in addictive behaviors, such as gambling, eating, sex or work - Self-medicating with alcohol, nicotine or other drugs - Trouble falling asleep or waking up in the middle of the night feeling wired and unable to relax again - Physical symptoms like high blood pressure, irregular heartbeat, chronic pain, and weight fluctuation.



People between 30-40, who do not exercise daily, at higher risk of heart diseases

When we speak of heart health, we often picture older people. Studies, unfortunately, show that Indians are at risk of heart disease at least a decade earlier than western counterparts. This means there is an increasing prevalence of cardiovascular diseases (CVDs) in people as young as 30. India already accounts for one-fifth of deaths worldwide, caused by cardiovascular diseases. And this reflects in the younger population as well, with an age-standardized death rate of 272 per 1,00,000 population as compared to the global average of 235. This increased risk of heart disease in young Indians is due to a combination of inherited genes as well as environmental factors. Unfortunately, these environmental factors have only worsened the risk over time. Working long hours, often in stressful jobs and sleeping less has become the new normal in our lives. Modern work setups involve sitting a lot and not exercising and this can nearly double the risk of poor heart health. A study conducted by Saffolalife in 2019 states that 58 percent of people in top cities, between ages 30 to 40, who do not exercise regularly, are at greater risk of heart disease. Despite this 92 percent of them do not consider lack of exercise among the top 3 risk factors for heart disease. This lack of awareness further exacerbates the issue. Among younger people, we do see an increasing awareness about the importance



of food in maintaining good health. But the reality also is that after a long and tiring day, it has often become easier to order in and give in to unhealthy food urges. With less exercise and eating junk food frequently, there is an increased chance of belly fat, which is another major risk factor for heart disease. Thankfully, there is good news. Caring for your heart is not difficult. Once you are aware of the risk factors, you can take the right steps to reduce their impact. Making simple changes to your diet and lifestyle can really make a difference. The most important thing, however, is to be proactive; changes we make in our 30s and 40s can go a long way in keeping our heart healthy. In your 30s, it is a good idea to assess your

blood pressure, cholesterol, blood sugar and general health every year. This can let you be aware of symptoms earlier and corrective action can be taken immediately. Develop healthy lifestyle habits like brisk walking for about twenty minutes a day, at least thrice a week. Try to take breaks between work hours for deep breathing exercises. Control stress with exercise and yoga, rather than emotional/stress eating or staying up late and binge-watching. Make simple and easy changes to your diet, like eating one portion of raw fruits and vegetables during snack-time every day. Try to include heart-healthy ingredients like nuts, green leafy vegetables, avocados and oats. Using heart-healthy oil can also be a great and easy change you can make.

Continued From P1...

CM Omar

during the day time as per a proper schedule. The maintenance works, wherever required, be also taken up during the day time." CM instructed. He directed officials to immediately address system issues or faulty distribution transformers (DTs) to avoid disruptions. On water supply, CM said that the recent spell of snow and rainfall had helped improve the situation but stressed the need for supply of adequate potable water to house holds. "By the grace of Allah, the recent rainfall over the past few days has been beneficial in this regard," he said.

The Chief Minister also directed officials to focus on cleanliness, particularly around mosques, shrines, traffic management, and making security arrangements.

He noted that both IG Jammu and IG Kashmir have addressed the security concerns. To enhance public service delivery, he directed all Deputy Commissioners to set up a fully staffed and operational district control rooms to promptly address grievances.

"Our collective effort should be to ensure a smooth and hassle-free Ramadan for the people. It is our responsibility to put all necessary arrangements in place," he stated.

The meeting was attended by Advisor to the CM Nasir Aslam Wani, Chief Secretary Atal Dulloo, Additional Chief Secretary Education Shantamanu, Additional Chief Secretary Jal Shakti Shaleen Kabra, Additional Chief Secretary to the Chief Minister Dheeraj Gupta, all Administrative Secretaries, Divisional Commissioners of Kashmir and Jammu, Inspector General of Police Kashmir and Jammu, Deputy Commissioners, Commissioner JMC, MDs of KPDCI/JPDCL, and heads of key departments and Joint Director SMC.

The meeting was conducted both in person and through virtual mode. Earlier, Divisional Commissioner Kashmir, Vijay Bidhuri, presented a detailed report on the arrangements in place for the holy month.

The meeting was informed about the electricity demand during peak hours, particularly at Sehri and Iltari, water supply, sanitation around religious and significant public places, ration distribution for March, traffic deployment plans, police security arrangements, food safety and joint market inspections.

Holy Month Of

forgiveness inspire us to work towards upliftment of the underprivileged with complete dedication and devotion. May this sacred month also strengthen mutual goodwill and encourage each one of us to follow the path of love and compassion".

Chief Minister Omar Abdullah also extended his greetings to the people as the holy month of Ramadan commences.

"This spirit of togetherness will help build a stronger and more resilient community throughout Jammu & Kashmir," he noted.

Chief Minister Omar Abdullah also prayed that Almighty may answer all prayers and accept our fasting for this sacred month.

He also prayed for peace, prosperity and the well-being of all the people of Jammu and Kashmir. "May Allah's blessings be upon all. Ramzan Mubarak!" he added.

Stage set

on Article 370 and alcohol. The BJP has indicated that it would oppose any move to raise issues like Article 370 in the House. Sunil Sharma, leader

of the opposition in the J&K Assembly, told the Speaker during an all-party meeting held in Jammu on February 27 that they wouldn't permit any unconstitutional and anti-national resolution, question, or bill in the House.

As earlier reported, the National Conference and Congress are holding separate legislature party meetings in Jammu tomorrow to devise their strategy for the session. Chief Minister Omar Abdullah will chair the NC meeting at his official residence on Wazarat Road, while Tariq Hamid Karra will preside over the Congress meeting at party headquarters in Jammu. The BJP is also expected to hold its legislature party meeting in Jammu on March 2 or 3

JK Govt

illegal mining, stating that the administration would not tolerate any misconduct or negligence in the execution of duties. He affirmed that illegal mining not only endangers the environment but also deprives the government of rightful revenue, impacting developmental initiatives.

Stressing the need for stringent enforcement mechanisms, the Deputy Chief Minister assured that those found complicit in unauthorized mining activities, irrespective of their position, would face strict legal consequences. He also urged the public to actively participate in reporting any illegal mining operations, emphasizing that community vigilance plays a crucial role in safeguarding the region's natural resources.

Illegal mining has been a longstanding issue in Jammu and Kashmir, with unregulated extraction causing extensive damage to riverbeds, groundwater levels and local ecosystems. The government has reiterated its commitment to sustainable and legal mining practices, ensuring that all mineral extraction activities are conducted within the ambit of law and environmental norms. Efforts are being intensified to introduce advanced monitoring technologies, including satellite surveillance and digital tracking to curb unlawful mining operations.

The action against the Joint Director of Geology and Mining serves as a strong message that the government will not hesitate to take stringent action against any official found to be negligent or complicit in illegal activities.

The government has urged all stakeholders, including law enforcement agencies, regulatory bodies and local communities to work in unison to eliminate illegal mining. With a clear emphasis on accountability and legal enforcement, this move signals a renewed effort to protect Jammu and Kashmir's natural wealth while fostering responsible economic growth. The citizens are encouraged to report any instances of illegal mining through designated helplines and online grievance portals, reinforcing the administration's objective of public participation in governance and environmental conservation.

NC says Speaker

has submitted a resolution in the Assembly seeking condemnation of abrogation of Article 370 and Art. 35A. Lone has also sought restoration of the pre- August 5, 2019 constitutional position. On the other hand, the BJP is demanding that no such resolution should be brought in the House, saying that they wouldn't permit any unconstitutional and anti- national activity in the House.

Restoration

prime issue remains the restoration of statehood. The confusion surrounding governance today is a direct result of the delay in reinstating statehood, which has also impeded the framing of business rules," Karra said.

He also highlighted that the Congress has transformed the demand for statehood into a people's movement, beginning with Jammu.

Pertinently, the last budget session of J&K Assembly took place in 2018 during the PDP-BJP regime in the erstwhile state of Jammu and Kashmir, which was bifurcated into two Union Territories in August 2019 after abrogation of Article 370.

The National Conference and the Congress contested the assembly elections last year together. Congress has six MLAs but hasn't joined the government, while the NC got a clear mandate

by bagging more than 40 seats

CM Omar Meets

today and discussed various issues relating to the forthcoming Budget Session of Jammu and Kashmir Legislative Assembly. The Budget Session, 2025 of the Assembly will commence on Monday the 3rd March, 2025."

MeT predicts

Srinagar, the summer capital of Jammu and Kashmir, recorded a rainfall of 1.4 mm till 8:30 AM.

Meanwhile, Director Meteorological department (MeT), Dr Mukhtar Ahmad said that generally cloudy weather is expected on Sunday with the possibility of light rain and snow at isolated places late night today as well.

He added that on March 3, there is a possibility of light to moderate rain and snow at most places, adding that few higher reaches of North & Central Kashmir may receive moderate to heavy snowfall.

From March 4 to 9, he said generally dry weather is expected during the period, adding that a fresh spell of rain and snow is expected between March 10 and 12.

Moreover, the MeT has issued an advisory, advising the tourists, travellers and transporters to follow administration and traffic advisory.

"Farmers should suspend irrigation & other farm operations till March 4. Landslides, rock fall and shooting stones are expected at vulnerable places," the advisory reads.

"Avoid sloppy slopes & avalanche prone areas & follow DGRE's avalanche warning and bulletin," it adds.

Pertinently, J&K witnessed moderate rain and snowfall for the past four days, especially from February 26 to February 28, which led to the increase in the water level in all the water bodies including river Jhelum.

No need of

a shadow cabinet. The BJP has ruled in the past and now it is the time for an elected government to serve the public. We will work to fulfil all the promises made to the people of Jammu and Kashmir," he said.

Earlier, KNO had reported that in a first such move by an opposition party in Jammu & Kashmir, the Bhartiya Janata Party (BJP) has formed a "shadow cabinet" to keep a close watch on the performance of the National Conference-led government in the Union Territory.

Sources had said that BJP has formed a group of senior MLAs to closely examine performance of different departments and question their performance within and outside the Assembly. "The party has tasked senior MLAs, who served as ministers in the previous PDP-BJP government, to closely monitor departments assigned to them for assembly interventions and other issues," they had said

Art 370, announcing

till August 5, 2019, when PM Modi led government scrapped it. This temporary Article was one of the biggest Nehruvian blunders."

He went on to criticize Nehru's decision to take Kashmir to the United Nations, calling it another "historical blunder." "Taking the matter to the United Nations prevented India from reclaiming its territory."

He declared that POJK, Pakistan Occupied Territories of Ladakh (POTL), and China Occupied Territories of Ladakh (COTL) are integral parts of

NOTICE

It's to inform to all general public through the medium of notice, that i Zahoor Ahmad Malla, son of Ghulam Ahmad Malla, resident of village Amargrah, tehsil Singhpora, that my daughter namely Insha Zehra, born on 26-11-2012 at home. Now i want to obtain DOB in favour of my daughter. Before the case will be proceed under rules, if somebody has any kind of objection in this regard, he/she shall approach the office of BDO Khore within seven (07) days from the date of publication of this notice. After expiring date, no objection shall be entertained.

NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No: 0216010004545, which is Registered in the name of my Grandfather Namely Gh Mohi-U-Din Wani, S/O Ab Ahad Wani, R/O Khirpora Payeen Arin Bandipora. Now i want to apply for Change this Electricity Agreement in the name of Mumtaz Ahmad Wani, S/O Gh Mohd Wani, R/O Arin Dardpora Bandipora, in this regard any person having any objection he/she may file the Objections in office of the Assistant Executive Engineer Electricity Sub Division Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Mumtaz Ahmad Wani.
S/O Gh Mohd Wani.
R/O Arin Dardpora Bandipora.

India and will remain so.

"The government led by PM Modi is committed to reclaiming POJK," he added

In 3-years,

Park saw a notable increase, with 78,994 visitors in 2022-23, 78,044 in 2023-24, and a sharp rise to 1,72,498 in 2024-25.

Iqbal Park, on the other hand, showed consistent growth in departmental revenue, increasing from Rs. 12,32,220 in 2022-23 to Rs. 14,43,162 in 2023-24 and further to Rs. 19,19,130 by February 2025. Despite this, tourist footfall at Iqbal Park declined significantly, from 2,01,786 in 2022-23 to 62,077 in 2023-24, before slightly recovering to 67,333 in 2024-25.

Badamwari Park experienced a mixed trend in revenue generation. In 2022-23, the entry ticketing system was outsourced at Rs. 28,27,300, with no departmental revenue recorded. The following year, departmental revenue was Rs. 34,960, with outsourcing bid amounts rising to Rs. 52,47,017. By 2024-25, departmental revenue surged to Rs. 25,90,250. Tourist footfall at Badamwari Park, however, declined sharply from 3,16,456 in 2022-23 to 1,89,226 in 2023-24 and further to 79,944 in 2024-25.

Eidgah Park recorded modest departmental revenues of Rs. 57,308 in 2022-23 and Rs. 56,445 in 2023-24. In 2024-25, the entry ticketing system was outsourced at Rs. 3,70,111, with no departmental revenue reported. Tourist footfall at Eidgah Park remained relatively low but showed gradual growth, increasing from 3,191 in 2022-23 to 3,832 in 2023-24 and further to 8,740 in 2024-25.

Srinagar Police

Police along with concerned Magistrate, raided the location to find the vehicle parked as reported. Further it reads, the owner, identified as Manzoor

Ahmad Bhat son of the late Ghulam Mohd Bhat from Astan Mohalla, Natipora, Srinagar, was contacted through the phone number displayed on the vehicle, and he was directed to present himself at the scene.

In the presence of the magistrate, a preliminary search of the vehicle led to the recovery of 452 grams of the charas-like substance.

Consequently, case vide FIR No. 05/2025 under NDPS Act was registered in PS Shaheed Gung. The vehicle was seized and the owner was arrested.

However, what initially appeared to be a straightforward drug trafficking case soon unravelled into a deeper conspiracy.

Further investigation revealed that Manzoor Ahmad had been deliberately targeted by a group of five individuals motivated by a financial dispute. The investigation established that some days prior to the incident, Mohd Shafi Badyari, a resident of Tauheed Colony, Natipora, had borrowed the vehicle from him under false pretence. Mohd Shafi along with accomplices Toufeeq Ali from Safakadal and Arshid Ahmad Wani from Pamposh Colony, Natipora, transported the vehicle to Natipora, where they planted the contraband substance in the vehicle.

Mohd Shafi then returned the vehicle to Manzoor Ahmad at Karan Nagar, setting the stage for the trap.

Following this, Mohd Shafi allegedly tipped off the complainant, who in turn informed the Police, initiating the chain of events that led to Manzoor Ahmad's arrest.

Further investigation uncovered that the conspiracy had been in motion for months, orchestrated by Mohd Shafi, along with his accomplices. The motive stemmed from a land deal in Hyderpora, where Manzoor Ahmad had entrusted the group with money to purchase property. Instead of fulfilling the transaction, the conspirators sought to eliminate him by framing him in a drug case, thereby securing his funds for themselves.

Major Reshuffle In Admin, 34 JKAS Officers Transferred

SRINAGAR: The Jammu and Kashmir Government on Saturday ordered a significant administrative reshuffle, transferring and reassigning 34 Jammu and Kashmir Administrative Service (JKAS) officers across key departments. The orders, issued by the General Administration Department (GAD), aim to streamline governance and fill vacancies ahead of the fiscal year-end.

Vivek Sharma, formerly Special Secretary in the Agriculture Production Department, has been appointed as Director General of Floriculture, Jammu. She will assume charge after the retirement of Jatinder Singh on March 31.

Bhavani Rakwal, awaiting adjustment in GAD, is now Project Director of Samagra Shiksha Abhiyan. Khalid Jahangir, Managing Director of J&K Trade Promotion Organization, moves to the Industries and Commerce Department as Special Secretary, while retaining additional charge as Director of the Entrepreneurship Development Institute.

Sudershan Kumar, Secretary of the J&K Board of School Education, takes over as Managing Director of the J&K Trade Promotion Organization. Naseem Javaid Chowdhary shifts from Horticulture

Marketing to Director of School Education, Jammu, while Mohammad Farooq Dar replaces him as Managing Director of the Horticulture Corporation.

Several officers have been assigned dual roles. For instance, Vikas Sharma (Housing and Urban Development) will also lead the AMRUT Mission, and Puneet Sharma (Revenue Department) will oversee critical projects like SVAMITVA and AGRISTACK.

Shahbaz Ahmad Mirza becomes Managing Director of the J&K Housing Board.

Rubina Kausar takes charge as Director of Libraries. Ghulam Hassan Sheikh, previously Additional DDC Srinagar, is now Secretary of the J&K Board of School Education.

The transfers, ordered under Government Order No. 320-JK(GAD), came into force immediately. The reshuffle impacts departments ranging from Education, Tourism, and Skill Development to Urban Planning and Conservation.

The move aligns with routine administrative restructuring to optimize efficiency and address vacancies. Notably, some postings, such as Mohammad Nazir Sheikh (repatriated from Ladakh as Director of Handicrafts), reflect inter-UT adjustments.

01957-225271-225514

باسمہ سبحانہ و تعالیٰ

فون نمبر

نقشہ سحر و افطار بابت رمضان المبارک ۱۴۴۶ھ

برائے سرینگر و مضافات

(۳۳ ڈگری عرض البلد و مضافات کے لئے)

نوٹ :- یہ نقشہ میقات الصلوۃ (مرتبہ حضرت مولانا محمد رحمت اللہ میر القاسمی صاحب) کے عین مطابق ہے

شائع کردہ :- دارالعلوم رحیمیہ بانڈی پورہ

افطاری سے پہلے کی دعا: اَللّٰهُمَّ لَكَ صُمْتُ وَبِكَ اَمْنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ اَطْمَرْتُ

افطاری کے بعد کی دعا: ذَهَبَ الظَّهْمُ وَأَبْثَلَتِ الْعُرُوقُ وَتَبَّتْ الْأَجْرَانِ شَاءَ اللَّهُ

اولہ رحمۃ				واوسطہ مغفرۃ				وآخرہ عقیق من النیران			
تاریخ قری	تاریخ ششی	دن	ختم	افطاری	تاریخ قری	تاریخ ششی	دن	ختم	افطاری	تاریخ قری	تاریخ ششی
۱	01/مارچ	سنہجر	5:38	6:30	۱۱	۱۱	منگل	5:25	6:38	۲۱	21
۲	02	اتوار	5:37	6:31	۱۲	۱۲	بدھ	5:24	6:38	۲۲	22
۳	03	پير	5:36	6:32	۱۳	۱۳	جمعرات	5:23	6:39	۲۳	23
۴	04	منگل	5:34	6:33	۱۴	۱۴	جمعہ المبارک	5:20	6:40	۲۴	24
۵	05	بدھ	5:33	6:33	۱۵	۱۵	سنہجر	5:19	6:41	۲۵	25
۶	06	جمعرات	5:31	6:34	۱۶	۱۶	اتوار	5:18	6:42	۲۶	26
۷	07	جمعہ المبارک	5:30	6:34	۱۷	۱۷	پير	5:16	6:42	۲۷	27
۸	08	سنہجر	5:28	6:35	۱۸	۱۸	منگل	5:15	6:43	۲۸	28
۹	09	اتوار	5:27	6:36	۱9	۱۹	بدھ	5:14	6:44	۲۹	29
۱۰	10	پير	5:26	6:37	۲۰	۲۰	جمعرات	5:12	6:45	۳۰	3۰

ضروری مسئلہ:- اگر یہ سمجھ کر سحر کر لیا کہ کوئی وقت ہو چکا ہے بعد میں معلوم ہوا کہ اس وقت صحیح صادق ہو چکا تھی تو روزہ نہیں ہوا و بارہ رکھنا پڑے گا اس لئے

افطاری کے وقت میں تین منٹ مضیقات پہلے ہی شامل کر دئے گئے ہیں اسی کے مطابق افطاری کیجئے وقت میں مزید اضافہ کی ضرورت نہیں۔

نقشہ ہذا سے پڑھا جائیگا
اوڑی ۳ منٹ پارہمولہ امنٹ
پونچھ ۲ منٹ شکرگڑ امنٹ
سوپور ۱ امنٹ کرناہ ۳ منٹ

نقشہ ہذا سے لکھا جائیگا
اسلام آباد ۲ منٹ پلوامہ امنٹ
ترال ۲ منٹ کد ۲ منٹ کوگام امنٹ
لیہ ۱ امنٹ ہرموٹھ امنٹ

ابتداء:- رمضان المبارک کے مقدس مہینے میں عموماً مسلمان زکوۃ و صدقات ادا کرتے ہیں۔ دارالعلوم رحیمیہ یا طبری پورہ زکوۃ و صدقات کے مصارف لکھا ہے اس لئے مدرسہ بنو ابی بکر پورامانت فرما کر عند اللہ اجر ہوں۔ نیز اپنی نیک دعاؤں میں مدرسہ کی ترقی کے لئے ہمیشہ حصہ رکھیں۔ جزاکم اللہ

Dawar Triumphs in Snowy Gurez Premier League 2025 Finale

AADIL ABDULLAH

BANDIPORA: The Gurez Premier League (GPL) 2025 concluded with resounding enthusiasm amidst a picturesque, snow-covered field at the Dawar sports ground in the Gurez Valley of Bandipora district. The highly anticipated final match witnessed a massive turnout of over 500 locals, including women, girls, children, and youth, who passionately supported and cheered for both competing teams.

Batting first, Markoot managed to score 91 runs. However, their efforts were overshadowed by a dominant Dawar team, which comfortably chased down the target, securing victory by eight wickets.

The match featured several standout performances. Irfan's brilliant innings of 46 runs earned him the "Man of the Match" title, along with a cash prize of 1,000. The tournament also recognized exceptional talent in various categories. Parvez Shrikh was awarded "Best Bowler of the Tournament" for his impressive haul of 10 wickets and received a cash prize of 3,000. Parvez Ahmed showcased his batting prowess, scoring 106 runs throughout the tournament, which earned him the "Best Batsman" award and a cash prize of 3,000. Further cementing his dominance, Parvez Ahmed was also declared "Man of the Series" for his combined performance of 106 runs and five wickets, receiving an additional 3,000.

Ultimately, the Dawar team emerged as the champions of GPL 2025, claiming the coveted trophy along with a cash prize of 25,000.

The closing ceremony was graced by

esteemed dignitaries, including Brigadier C. Bharathan, SC, Commander 109 Infantry Brigade; Miss Mehak Mehboob, Judge Munsif; Colonel Ganesh Singh Pokhariya, Commanding Officer 16 Assam; and Mr. Mukhtar Ahmed, SDM Gurez.

Speaking on the occasion, the chief guests

in the snowbound region. The dignitaries also highlighted the potential of the region's youth in sports and assured their continued support for such initiatives.

Speaking to the media, locals emphasized the significance of the GPL, stating that the tournament is organized annually during

expressing gratitude towards the Indian Army for its organizational support and assistance. "The Army is providing us with everything we need, and we are deeply thankful to them."

Another local resident highlighted the potential of Gurez Valley for winter sports, urging the district administration to take



commended the organizers for successfully hosting the tournament and lauded the sportsmanship displayed by the participating teams. They emphasized the importance of such events in fostering community bonding and promoting healthy lifestyles among the youth of Gurez Valley, particularly during the winter months

winter to engage the youth of the region, as Gurez Valley remains cut off from the district headquarters, confining residents to their homes.

"The main aim of these tournaments is to keep our youth away from drug addiction and engage them in sports activities," they said,

action. "Gurez Valley has great potential for winter sports, but the district administration is not taking it seriously," the resident said. "We urge them to initiate winter sports activities in Gurez Valley, as it will not only benefit the people but also create job opportunities for the youth and help them secure their livelihoods."

"The main aim of these tournaments is to keep our youth away from drug addiction and engage them in sports activities," they said, expressing gratitude towards the Indian Army for its organizational support and assistance. "The Army is providing us with everything we need, and we are deeply thankful to them."

Afghanistan can win an ICC tournament in next decade: Steyn

Dale Steyn backed Afghanistan to win an ICC tournament within the next decade. To do so, he suggested that they inject patience into their individual and collective games.

Afghanistan beat England in a thriller in Lahore but couldn't make the knockouts of the Champions Trophy 2025. They lost their first match to South Africa and looked in trouble against Australia as well before rain intervened.

"Back in the day, a lot of players would go play county cricket," Steyn said. "Or they would go play first-class cricket to improve their skills and improve their patience really. I think we live in a time now where people are not patient enough. We can hardly watch two seconds on an Instagram story and it just feels like the Afghanistan players are similar when they're playing their cricket."

"They want things to happen so quickly. This ball must be a wicket, there's no patience to building up and taking a wicket. And sometimes, the batters are the same, they're batting in the first over. There's so much movement happening in the crease, so they're trying to hit a six and they're trying to get the game going."

"I think a lot of them play T20 cricket around the world, which is great, it's great for their pockets and it's great for them to learn. But, maybe, spending some time in four-day games might help, because one-day cricket is essentially a shortened version of a Test match. It's got its moments where T20 is applied. But patience is one of the biggest things that Afghanistan players need to learn, and once they get that down, honestly, in the next decade, they could win ICC tournaments, for sure."

Wasim Jaffer, who also praised Afghanistan's rapid rise at the international level, identified their inability to hit the ground running in tournaments and fragility in their batting line-up as issues they need to look into going forward.

Ibrahim Zadran made a match-winning 177 against England but Sediqullah Atal couldn't convert his 85 against Australia into a big score. Their top-three have not set up a game collectively and Rahmanullah Gurbaz, arguably their best batter, finished with 16 runs in three games.



KHYBER CEMENT

Dil se banao

عبادت وہی جو دل سے ہو
دعا وہی جو دل سے نکل آے

رمضان مبارک

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