

Kashmir Convener



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CM Omar to unveil J&K Budget today



Mubashir Alam

JAMMU: After a gap of seven years,

Jammu & Kashmir's annual budget for 2025-26 will be presented in the Legislative Assembly on Friday by Chief Minister Omar

Abdullah, who is also serving as finance minister of the Union Territory.

As per the news agency—Kashmir News Observer (KNO), J&K's annual financial statement of expenditure for 2025-26 and the supplementary statement of expenditure for 2024-25 will be presented in the House by Omar Abdullah tomorrow after the conclusion of question hour.

This will be for the first time since 2018 that the budget of J&K will be presented in the Assembly. After imposition of central rule in Jammu & Kashmir in 2018, the budget documents of the UT were tabled annually in the Parliament by the Union Finance Minister.

It is for the first time in history that the CM would unveil the budget in the Assembly.

As already reported, the cabinet gave its go-ahead to the budget during its meeting on March 02.

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"Which Big Project Was Impossible Without Article 370": CM Omar Abdullah

● Reaffirms Commitment to Fulfilling Election Promises



KC News Network

JAMMU: Chief Minister Omar Abdullah, during the Budget Session of the Jammu & Kashmir Assembly, launched a strong attack on the BJP, questioning its claims that the removal of Article 370 was essential for development.

He demanded that the BJP name a

single project that could not have been executed before 2019. At the same time, he reassured the people that his government would stand by every promise made in its election manifesto over the next five years.

Addressing the Assembly, Omar Abdullah declared that his government would implement every

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Article 370 is a closed chapter: Sunil Sharma

KC NEWS NETWORK

JAMMU: Leader of Opposition Sunil Sharma on Thursday said that Article 370 is a "closed chapter" and "history." He said that the BJP will not allow any innocent civilian to die in violence in Kashmir. Speaking during the discussion on the Lieutenant Governor's address, Sharma, as per news agency—Kashmir News Observer (KNO), reiterated that Article 370 is a "closed chapter."

"The Parliament as well as the Supreme Court has settled the issue of Article 370 forever," he said, adding that those raking up the Article 370 issue want to keep Jinnah's two-nation theory alive.

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Govt to develop Bungus as an off-beat tourist destination: CM Omar Abdullah

KC News Network

JAMMU: Chief Minister Omar Abdullah today stated that the government is planning to develop Bungus as an off-beat destination and that funds for providing some basic facilities for tourists have been allocated but the utilization of funds is linked to the forest clearance being granted, which is important for planned development of the area.

The Chief Minister was responding to a question by Member Sheikh Khurshed regarding the funds utilized for the development of Bungus Valley over the last two years. As the in-charge Minister of the Tourism Department, Chief Minister Omar Abdullah informed the Legislature

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CM Omar tables Economic Survey Report-2024-25

KC NEWS NETWORK

JAMMU: Chief Minister Omar Abdullah today laid on the Table of the House a copy of the Economic Survey Report for the year 2024-25.

LG Sinha chairs 74th Meeting of Shri Mata Vaishno Devi Shrine Board

KC News Network

JAMMU: Lieutenant Governor Manoj Sinha chaired the 74th Meeting of Shri Mata Vaishno Devi Shrine Board (SMVDSB), at Raj Bhawan on Thursday.

The meeting was attended by Members of the Board—Mahamandleshwar Swami Vishveshvaranand Giri Maharaj, Baleshwar Rai, Dr Ashok Bhan, Dr Neelam Sareen, K.K.Sharma, Suresh Kumar Sharma and Raghu K. Mehta.

Dr Mandeep K. Bhandari, Principal Secretary to Lieutenant Governor and Anshul Garg, Chief Executive Officer, SMVDSB also attended the meeting.

The Board, which met under the chairmanship of Hon'ble Lieutenant Governor held comprehensive review of its past decisions, ratified the actions taken after its last meeting and took several new decisions against 20 key Agenda Items having far reaching implications for functioning of the Board and augmenting pilgrim services.

Important decisions were taken in respect of new and underway projects of the Board such as construction of Exit



Track & Remodelling of Manokamana area at Bhawan (a part of the Master Plan for Bhawan area), development of helipad in collaboration with Shri Shiv Khori Shrine Board in village Hutt at Katra, New Vaishnavi Bhawan at Bhawan, Cottages (near Sports Stadium), Katra, Widening of Yatra track from Sanjichhat to Bhawan and operationalization of Medical College of the Board at Kakryal.

To cater to the substantial increase in footfall at Bhairon Ji Temple following the installation of the Passenger Ropeway in the year-2019, the Board concurred with the re-development of the Bhairon Ji Temple

Complex to address key concerns, including the implementation of an efficient queue management system, provision of locker facilities and additional washrooms. The project seeks to facilitate simultaneous darshans, reduce turnaround times and enhance the overall pilgrim experience, ensuring seamless crowd management. The project is slated for completion within 12 months.

The Board approved an amnesty scheme to settle long-standing litigation matters with shop licensees, providing a one-time opportunity for resolution.

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Terrorism, drug peddling grave threats: DGP Prabhat

Yogesh

JAMMU: Terming terrorism and drug peddling as equally grave threats to the society Director General of Police (DGP) J&K Nalin Prabhat on Thursday said that he would rate fight against drugs and fight against terrorism on equal pedestal.

Speaking at Thana Diwas here the DGP, according to the news agency—Kashmir News Observer (KNO) said, "Drugs are reaching here through western borders. The entire narcotics racket is managed by Pakistan Army and ISI through different tanzems (outfits) and through smugglers. This is a challenge and J&K Police will keep on fighting with it till the battle is won."

He said that he equates war against drugs at an "equal pedestal" with war against terrorism. "Both the wars are on."

He expressed concern over school going children getting involved in drug trade. "It's unfortunate that even school children, in uniform, are found



selling small bags of drugs and other contraband substances. It's the duty of the parents to keep a vigil at the activities of their children," the DGP added.

He said that a major manpower optimization drive has been initiated to improve resource allocation. "There is a saying that charity begins at home, so I have initiated it from myself, by reliving two thirds of my security guards," he said. The DGP said that "Rome was not

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Srinagar getting sufficient portable water supply: Javed Rana



KC News Network

JAMMU: Minister for Jal Shakti, Javed Ahmad Rana, today informed the House that all areas in Srinagar have been covered and the people are being supplied scheduled portable water supply by the

department.

The Minister was responding to a question from legislator, Shamima Firdous.

The Minister said that the government is committed to facilitate supply of essential services to the people and ensure timely repairing of defunct water

supply schemes.

He maintained that no water supply pipeline is defunct in Srinagar city and whenever any distribution line gets damaged, the same is restored under stage contracts and the damaged pipelines beyond repair are replaced by new pipelines properly.

The Minister said that the department is providing sufficient potable water supply as per schedule of existing water treatment plants and currently there is no area as uncovered.

MLA, Mubarak Gul, also raised supplementary questions on the question.

Replying to another question raised by MLA Reyaz Ahmad Khan, the Minister said that, PHE works are being executed by PHE Division

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20 Panchayats to be developed as Model Women, Girl-Friendly GPs in J&K

KC NEWS NETWORK

SRINAGAR/JAMMU MARCH 06: In a significant move towards fostering gender-sensitive governance, the Rural Development Department and Panchayati Raj (RDD&PR), Jammu & Kashmir, successfully conducted a two-day capacity-building program aimed at strengthening Women and Girl-Friendly Panchayats across the Union Territory.

The initiative aligns with the national launch of the Model Women-Friendly Gram Panchayat (MWFGP) program, inaugurated by the Ministry of Panchayati Raj in New Delhi on March 5, 2025.

The training sessions, held simultaneously in Srinagar and Jammu, were inaugurated by Director RDD Kashmir, Shabir Hussain Bhat and Director RDD Jammu, Mumtaz Ali, along with Director

Panchayati Raj, Sham Lal.

The program equipped Block Development Officers, Panchayat Inspectors and Panchayat Secretaries with the necessary knowledge and skills to promote safe, inclusive and gender-responsive governance at the grassroots level. Twenty Panchayats will be developed as Model Women and

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Revenue deptt develops online portal for public ease: Sakeena Itoo

KC News Network

JAMMU: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo, today said that the government has developed an online portal for availing various revenue services for the ease of public.

The Minister said this while replying to a question on behalf of Chief Minister, Omar Abdullah, asked by MLA, Surinder Kumar.

The Minister informed the house that the Revenue department has developed an online portal 'jkrevenue.nic.in' for application of CLU in order to ensure



ease of process for the applicant. She added that with this portal an applicant has no need to visit any government office for availing such services.

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Tourism deptt to come up with Home Stay Policy

KC News Network

JAMMU: Chief Secretary, Atal Dulloo, today chaired a meeting of Tourism Department attended by the MD J&K Bank and other concerned officers to take appraisal of measures being taken by the Department for identifying the gaps, policy updates and scope for improvements to strengthen the homestays for overall promotion of tourism sector in J&K.



The Chief Secretary impressed upon the department to come-up with a comprehensive policy for development of Homestays across districts of the UT. He called upon them to prepare the document in next one month after having consultations with all the stakeholders.

He underscored the need for developing a new loan product by the financial institutions which

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J&K council of ministers capped at 10% under Reorganisation Act: Govt

KC NEWS NETWORK

JAMMU: The Jammu & Kashmir Government on Thursday said that the council of ministers in Jammu & Kashmir shouldn't consist of more than 10 percent of the total members in the Legislative Assembly.

In a written reply to question of MLA Handwara, Sajad Gani Lone, as per news agency—Kashmir News Observer (KNO), Chief Minister



Omar Abdullah, who happens to be minister

in-charge of the General Administration Department, said that strength of the council of ministers shouldn't be more than 10 percent of the total members of the Assembly as per Jammu & Kashmir Reorganisation Act-2019.

To a question about the names of the departments held by the ministers including the Chief Minister, the Government has specified names of the

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Verdict upholding ED powers: SC to decide on its reconsideration in April

NEW DELHI, Mar 6: The Supreme Court on Thursday said it would in April decide if its 2022 verdict upholding the Enforcement Directorate's powers to arrest and attach property under the Prevention of Money Laundering Act needs reconsideration.

A bench of Justices Surya Kant and N Kotiswar Singh said a three-judge bench was supposed to hear the matter and it was wrongly listed before it.

Solicitor general Tushar Mehta, appearing for the Centre, agreed with the bench and asked it to post the hearing in April late or May first week.

Senior advocate Kapil Sibal, appearing for the petitioner, said the matter ought to be heard expeditiously by a three-judge bench.

Justice Surya Kant said he ordered listing the matter before a three-judge bench on the administrative side and wondered how it came before



the two-judge bench.

"We will give you a specific date but this matter will not be heard before April end," Justice Surya Kant said.

The top court was hearing a batch of pleas seeking reconsideration of the July 27, 2022, verdict of a three-judge bench on certain parameters.

On July 27, 2022, the top court upheld the ED's powers of arrest and attachment of property involved in money laundering, search and seizure under the Prevention of Money

Laundering Act (PMLA).

In August 2022, the top court agreed to hear a plea seeking a review of its July 2022 verdict and observed tha

t two aspects — not providing an Enforcement Case Information Report (ECIR) and reversal of the presumption of innocence — "prima facie" required reconsideration.

Observing it was a common world over that money laundering was a "threat" to the good functioning of a financial system, the apex court upheld the validity

of certain provisions of the PMLA, underlining it is not an "ordinary offence".

The top court said authorities under the 2002 Act were "not police officers as such" and the ECIR couldn't be equated with an FIR under CrPC.

It had said supply of an ECIR copy in every case to the person concerned was not mandatory and it was enough if ED, at the time of arrest, disclosed the grounds of such arrest.

The verdict came on a batch of over 200 petitions filed by individuals and other entities questioning various provisions of the PMLA, a law which the opposition often claims is weaponised by the government to harass its political adversaries.

It said Section 45 of the PMLA, which deals with offences to be cognisable and non-bailable and have twin conditions for bail, was reasonable and did not suffer from the vice of arbitrariness or unreasonableness (

Pro-Khalistan Extremists Target EAM Convoy In London, India Reacts

LONDON/NEW DELHI: A man from a small group of protesters chanting pro-Khalistan slogans outside Chatham House attempted to breach the security perimeter as External Affairs Minister S Jaishankar left the think tank in London, drawing condemnation from India over the provocative activities of this "small group of separatists and extremists".

The group waving separatist flags was barricaded and monitored by a significant police presence outside the venue on Wednesday night, with officers rushing to restrain the man as he ran past the barricade in an attempt to block the path of the minister's car pulling at an Indian flag. He was swiftly taken aside by Metropolitan Police officers and no arrests have been reported so far.

"It is shameful that this attack comes when Dr S Jaishankar is on a UK tour and had just completed a successful meeting with UK Foreign Secretary David Lammy where they discussed bilateral ties," said community organisation INSIGHT UK, posting footage of the incident on social media. The Ministry of External Affairs (MEA) in New Delhi condemned the incident of the security breach and called on the UK government to "live up to their diplomatic obligations".

"We have seen the footage of a breach of security during the visit of the external affairs minister to the UK," MEA spokesperson Randhir Jaiswal said in New Delhi. "We condemn the provocative activities of this small group of separatists and extremists. We deplore the misuse of democratic freedoms by such elements. We expect the host government in such cases to fully live up to their diplomatic obligations," he said.

Earlier, during his session at Chatham House, the EAM was asked about human rights concerns pertaining to India.

Domestic Violence Survivors May Soon Get To Stay At Govt-Run Centres For 10 Days

NEW DELHI: The Centre is planning to double the duration for which domestic violence survivors can seek temporary shelter at One-Stop Centres from five to 10 days, Women and Child Development Minister Annapurna Devi said.

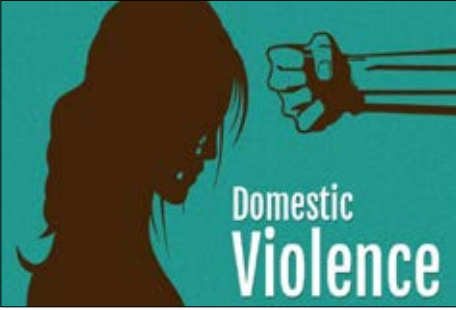
Speaking to reporters on the sidelines of an event on Wednesday night, Devi said under special circumstances the survivors can stay in such centres for up to 15 days.

One Stop Centres (OSC) are intended to support women affected by violence, in private and public spaces, within the family, community and at the workplace.

According to the present legislation, women affected by violence along with their children (girls of all ages and boys up to 8 years of age) can avail themselves of a temporary shelter at the OSC for a maximum period of 5 days.

Devi said the Women and Child Development Ministry is planning to increase the number of days for which domestic violence survivors can seek temporary shelter at one stop centres from five to 10 days and the government is finalising it.

For women requiring long-term shelter, OSCs make arrangements with Swadhar Greh which are managed or affiliated with government or NGOs.



Devi was speaking at a dinner that she hosted at her residence to felicitate women panchayat leaders and sarpanch from Jharkhand on Wednesday night. Devi is an MP from Jharkhand's Koduma.

These women are in the national capital to participate in the International Women's Day program celebrating the achievements and leadership of women everywhere.

"It is truly an honour to host such inspiring women leaders who are the backbone of change in their communities. Recognising their relentless efforts and determination is essential as we work towards women development to women-led development," she said.

Cong cites IMF report to slam govt; calls for boosting consumption, rationalising trade policy

NEW DELHI: Citing an IMF report to flag "tepid" private investment growth in India, the Congress on Thursday said the way out of the current "economic slump" requires measures to boost consumption, enhancing of policy predictability, and rationalising trade policy. Congress general secretary in-charge communications Jairam Ramesh said the International Monetary Fund (IMF) has devoted an entire section to "Reigniting Private Investment in India" in its just-released annual India Article IV Consultation Report.

"Somewhat unusually, it is a strong—if implicit—critique of the Modi government's policies and actions," he said in a statement.

"The report underscores the tepid private investment growth in India, noting that 'private corporate investment has been sluggish especially compared with historical averages.' Notably, the situation is only getting worse, since 'nominal investment growth by private corporates appears to have decelerated further from 21 percent in 2022/23 to 13 percent in 2023/24,'" he said. Our statement on the IMF's recently-released report on reigniting private investment in India. The IMF's observations underline the INC's consistent and repeated demands for measures to boost consumption, enhance policy predictability, and rationalise trade policy pic.twitter.com/ojgSLfppOM

— Jairam Ramesh (@Jairam_Ramesh) March 6, 2025 Specifically, investment in machinery and equipment — critical for expanding production capacity — has consistently fallen as a percentage of GDP, Ramesh pointed out.

Worryingly, the IMF notes that capacity utilisation in manufacturing reached only



75.8 percent in July-September 2024, and that most firms expected production capacity to be adequate to meet demand within the next six months, he said.

This moderation of production expectations in manufacturing reflects the larger and much-commented-on slowdown in consumption growth, Ramesh said.

"Without adequate money in the hands of consumers, they are able to demand fewer goods and services. Manufacturing firms are unable to utilise their existing production capacity and therefore have no reason to invest in further growth," he contended.

Noting that the IMF states that Foreign Direct Investment in India has underperformed its expectations in recent years, Ramesh said India's share in global FDI has decreased, falling to about 2 percent in 2023 from about six-and-a-half percent in 2020.

The IMF notes that this is partly due to the Modi Government's incoherent trade policy — which can be best characterised as maintaining an open-door policy for China, and protectionism for the rest, he said.

"This has led to India getting the worst of both worlds, with investors unwilling to produce for export markets due to the fear of retaliatory protectionism and being unwilling to invest for domestic consumption due to the threat of Chinese dumping," Ramesh argued.

The IMF also attributes much of the much-proclaimed increase in labour force participation rates to growth to self-employment and unpaid family work, he said.

As the Congress has been consistently pointing out, this shows a worrying decline in the quality jobs in recent years, Ramesh said.

He said the IMF also highlights a disturbing trend — a rise in agricultural employment which diverges from the typical development path of labour shifting toward industry and services. "This economic distress is the direct consequence of the Modi government's policies such as demonetisation, the flawed implementation of GST, which is crying out for reform," he claimed. The IMF report makes clear that the gap between government rhetoric and economic reality remains the key challenge in reviving India's private investment, he said. "The failure to deal with the fundamentals and a relentless emphasis on a handful of politically-connected monopolists have led to this abject failure," he alleges. Ramesh asserted that the Congress has consistently argued that the way out of India's current economic slump is three-fold.

He called for measures to boost mass consumption and kick-start real wage growth out of their decade-long stagnation. The Congress has also called for economic policy predictability, with fewer knee-jerk policy decisions, an end to tax terrorism, and a move away from the Most Favoured Businessmen policy of the last decade, he said.

PM Modi has forgotten his guarantee of cleaning Ganga, his govt only cheated Maa Ganga: Kharge

NEW DELHI: Hours after Prime Minister Narendra Modi offered prayers at the winter abode of Goddess Ganga in Uttarakhand, Congress chief Mallikarjun Kharge took a swipe at him on Thursday, saying the government has only "cheated" 'Maa Ganga' in the name of cleaning the river.

Modi offered prayers at Mukhwa temple in Uttarkashi district in the morning. Mukhwa is located on the way to the Gangotri temple dedicated to Goddess Ganga. Her idol is moved to Mukhwa temple from Gangotri Dham every year after the closure of its gates for winter.

In a post in Hindi on X, Kharge said, "Modi ji had stated that 'Maa Ganga had called him' but the truth is that he has 'forgotten' his guarantee of cleaning the Ganga!" "The Namami Gange scheme was launched nearly 11 years ago under which Rs 42,500 crore was to be used by March 2026, he said. "But the answers to questions in Parliament show that only Rs 19,271 crore have been spent till December 2024." "That is, the Modi government has not spent 55 per cent of the funds of the Namami Gange scheme. Why so much indifference towards Maa Ganga?" Kharge posed.

Addressing a rally in Harsil after praying at the Mukhwa temple, the prime minister said he feels blessed to visit Goddess Ganga's



winter abode. "I think Maa Ganga has adopted me. It is her blessings that took me to Kashi and gave me an opportunity to serve the people," he said.

Hitting out at Modi over the issue of cleaning the Ganga, Kharge said, "In 2015, Modi ji had urged our NRI friends to contribute to the Clean Ganga Fund.

Rs 876 crore has been donated to this fund till March 2024, but 56.7 per cent of it has not been used yet. Around 53 per cent of this fund has been donated by government undertakings." A November 2024 reply to a question in the Rajya Sabha shows that 38 per cent of Namami Gange projects are still

pending, the Congress president pointed out.

He claimed 82 per cent of the total allocated funds were to be spent to build Sewage Treatment Plants (STPs) but 39 per cent of those have still not been completed. Those that are completed are not even operational, Kharge claimed.

Referring to a reply given by the government in Rajya Sabha, he said that in Uttar Pradesh 75 per cent of the drains that were supposed to go to STPs have been discharging their effluents directly into the Ganga.

Asserting that 3513.16 MLD sewage was being dumped into the river, Kharge said, "Rules have not been followed in 97 per cent of the STPs. (November 2024)." "Bihar — 46 per cent of STPs are not operational; rest do not meet faecal coliform levels (October 2024). West Bengal:

40 STPs not functional; 95 per cent do not meet NGT norms; 76.16 per cent do not comply with MoEF norms (March 2024)," he said.

In November 2024, the National Green Tribunal expressed strong displeasure over the administration's "failure" to maintain the cleanliness of the Ganga in Varanasi, Modi's parliamentary constituency, the Congress chief said.

Government Of Jammu & Kashmir

OFFICE OF THE MATERIALS MANAGEMENT OFFICER (Imports) SHER-I-KASHMIR INSTITUTE OF MEDICAL SCIENCES, SOURA-190011

Email: ammoinports@skims.ac.in, Fax: 0194-2403403
e-NIT NO: SIMS-324-eNIT-04-(Imports) of 2025
DATED: 05/03/2025

Subject: - Abbreviated Notice inviting e-tenders for supply of various glass ware & plastic ware items at SKIMS, Soura, Srinagar on one year rate contract basis.

For and on behalf of Lt. Governor of Union Territory of Jammu & Kashmir, e-tender under two bid system are invited through Director Sher-i-Kashmir Institute of Medical Sciences from Original Manufacturers/ their authorized distributors/ dealers for supply of various Glass ware & Plastic ware items, for various departments/labs of SKIMS Soura on one year rate contract basis to be reckoned from the date of allotment of rate contract.

The detailed tender document is available on www.jktenders.gov.in & on SKIMS website www.skims.ac.in & the NIT schedule is as following:
Last Date for submission of online bids 08/04/2025 upto 12:00 PM
Opening of technical bids 11/04/2025 at 02:00 PM
Last date for submission of original copy of Tender Fee & EMD 10/04/2025 upto 02:00 PM
Complete bidding process will be online on e-tender portal www.jktenders.gov.in & the tenders should be submitted strictly in accordance with the provisions of the detailed NIT.

Note: The original tender fee and EMD documents shall be submitted in the office of Material Management Officer, Imports-SKIMS
No: SIMS-324-eNIT-04- (Imports) of 2025 – 4225 – 31
Dated: 06/03/2025

Sd/-
Materials Management Officer
Imports, SKIMS

DIPK-NB-3649/24

GOVERNMENT OF JAMMU AND KASHMIR

OFFICE OF THE DEPUTY DIRECTOR KASHMIR HORTICULTURE (P&M) RAJBAGH SRINAGAR.

NOTICE INVITING TENDERS

Ph. No. 0194-2311325 Fax No. 2310007 E-mail ddkashmir@gmail.com
e-Nit AUC Notice 120F 2025-26 Dated: 04-03-2025

Outsourcing of Gate Entry Contract with respect to F & V Market Pachhar Pulwama

For and on behalf of Market Administrative Committee Fruit Mandi Pachhar Pulwama, e-bids, accompanied with CDR worth Rs.18,700/= (Rupees Eighteen thousand seven hundred only) pledged to Member Secretary MAC Fruit Mandi Pachhar Pulwama as earnest money and DD for an amount of Rs 500/= pledged to Member Secretary MAC Fruit Mandi Pachhar Pulwama as tender processing fee are invited from the interested parties/ persons having valid GST Registration for outsourcing of Gate Entry Contract fee at F&V Market Pachhar Pulwama for the year 2025-26 (upto 31.03.2026).

The minimum reserve bid amount is fixed at Rs. 6,22,908/- (Rupees Six Lakh twenty two thousand nine hundred eight only).

The tender documents can be downloaded from <http://jketenders.gov.in>

The Tenders/bids shall be opened online in the Office of the Deputy Director Kashmir/Chairperson MAC on bid opening date.

Name of work	Minimum Reserve Bid	Earnest Money in the shape of CDR/FDR	Cost of Tender Document	Period of Contract
Collection of Gate Entry Fee of Fruit and Vegetable Market Pachhar Pulwama for the year 2025-26 (w.e.f. from 00.00hrs. of 01-04-2025 and shall terminate at 24.00hrs. of the intervening night of 31.03.2026 and 01.04.2026)	Rs.6,22,908/- +GST /TCS & other taxes as applicable in the J&K Union Territory	Rs.18,700/- 3% of the Minimum Reserve bid Amount in favor of Market Administrative Committee (MAC/APMC Pachhar Pulwama).	Rs.500/- (Non-Refundable Demand Draft (in favor of Market Administrative Committee Pachhar Pulwama	(w.e.f.01-04-2025 To 31.03.2026)

Critical Dates Table.

1	Publishing Date	05-03-2025
2	Document Download/Sale Date	05-03-2025
3	Bid Submission start Date	05-03-2025
4	Bid Submission Closing Date	18-03-2025 (Up to 4:00 PM)
5	Bid Submission Opening Date	19-03-2025 (At 11:00 AM) at Deputy Director (K) office Rajbagh Srinagar

The Gate Entry Fee for each type of vehicle (loaded/unloaded) entering/leaving Fruit and Vegetable Market Pachhar Pulwama shall be as under:

S. No.	Type of Vehicle	Entry Fee Per Trip for 2025-26
1	Trolley: 14 Tyre/ 18 Tyre/ 20 Tyre	Rs. 240/-
2	Trolley: 10 Tyre/ 12 Tyre	Rs. 190/-
3	Truck/Bus	Rs. 120/-
4	Tata Mobile/Sumo/Tractor/Matador/Jonga/Mini Bus	Rs. 40/-
5	Auto/Load Carrier/ Redha/Tanga/Horse Cart	Rs. 10/-

The committee will comprise of the following members: -

1.	Deputy Director Horticulture (P&M) Kashmir	: Chairman
2.	Accounts Officer Horticulture (P&M) J&K	: Member
3.	Member-Secretary MAC /Area Marketing Officer Pachhar Pulwama	: Member
4.	Assistant Grading and Marketing Officer Pachhar Pulwama or Grading and Marketing Inspector	: Member

The other terms & conditions are as under: -
The Successful bidders shall have to enter into an agreement with the Member Secretary MAC Fruit Mandi, PACHHAR PULWAMA. The other terms and conditions are as under:-

1.	The offer shall be super scribed as Gate Entry tender document of Fruit and Vegetable Market PACHHAR PULWAMA.
2.	The Entry fee shall be charged by the successful bidder every time on entry into the Fruit & Vegetable Market PACHHAR PULWAMA as per the above prescribed fee structure.
3.	The successful bidder shall have to enter into an agreement with MAC PACHHAR PULWAMA before taking possession of gate.
4.	The successful bidder shall have to deposit the bid amount in two installments: 1st installment 75% of the bid amount at the time of allotment of contract and 2nd installment is 25% of the offered bid shall be paid by the successful bidder after three months from the date of allotment of contract through assured payees account cheque or Demand Draft whichever is thought feasible in the interest of MAC F&V Market PACHHAR PULWAMA.
5.	The agreement shall be executed only after the successful bidder deposits the 1st installment of the bid amount within three days after allotment of contract.
6.	The successful bidder is bound to record the flow of fruit laden vehicles digitally while entering & exiting into/from the mandi premises as per the norms of National Agriculture Marketing (e-NAM).

No. - 142-III/MAC/DDK/HPM/2025/5353-57
Dated:- 06-03-2025

Sd/-Deputy Director (K), Horticulture (P&M), Srinagar

DIPK-12685/24

DC Bandipora Conducts Surprise Visit to District Hospital

BANDIPORA : The Deputy Commissioner Bandipora, Manzoor Ahmad Qadri, on Thursday conducted a surprise visit to the District Hospital Bandipora.



ra to assess the functioning of the hospital and review the availability of essential medical services and facilities. During the visit, Medical Superintendent, DH Bandipora Dr. Masrat Iqbal, briefed the Deputy Commissioner regarding the operations and functioning of various sections with-

in the hospital. The Deputy Commissioner visited various sections to evaluate the condition of medical machinery and inspect the presence of doctors and paramedics. M.A.Qadri stressed the importance of maintaining high standards of healthcare and proper monitoring of hospital operations. The Deputy Commissioner emphasized the critical role of timely medical assistance, especially during emergencies and urged the hospital administration to address any gaps in service delivery promptly to ensure better healthcare services for the public. He encouraged the medical staff to continue serving with dedication and professionalism to ensure the well-being of the public and improving overall medical facilities in the district.

Six Vehicles Seized, One Penalized in Pampore, Pulwama for Illegal Mineral Extraction

BILAL HABIB

PAMPORE: In a late-night operation conducted by the Geology and Mining Department Pulwama team, six vehicles were seized for illegal extraction and transportation of minerals in various areas of south Kashmir's Pulwama district. One vehicle was also Penalized during this operation. Officials informed Kashmir Convener that Continuing its crackdown on illegal extraction and transportation of minerals, the Geology and Mining Department Pulwama teams conducted night operations at various locations across the district, including Pampore, resulting in the seizure of six vehicles and penalized one vehicle involved in illegal mining activities. The operation, carried out under the supervision of District Mineral Officer Pulwama Er Mo-

hammad Manzoor, targeted the Lethpora, Wuyan, Tral Lassipora areas of the district.



All the seized vehicles were found transporting minerals without valid e-challans. The DMO Pulwama Er Mohammad Manzoor emphasised that legal action will be taken against those engaging in illegal mineral extraction and transportation. He said that despite the month of Ramadan, night operations against illegal mining will continue in different locations across the district.

Indian Army Organized an Agricultural Training Course for Women at Patnazi

KISHTWAR: The Indian Army, in collaboration with the Agricultural Department, launched a pioneering Agricultural Training Course exclusively for ladies at Patnazi, Kishtwar District.



An official spokesperson said this initiative aims to empower women in rural areas by imparting knowledge and skills in modern agricultural practices. The training was conducted by the Indian Army and Department of Agriculture, Kishtwar. The training program covers a range of topics that includes Sustainable Farming Practices which focuses on organic farming, soil conservation, efficient water management and crop management that emphasize hands-on training on crop selection, planting and harvesting. He said the course is designed to equip participants with the necessary skills to enhance agricultural productivity, improve food security and increase their income. The training is being conducted by experienced instructors from the Agricultural Department, with support from the Indian Army. This initiative taken up by Indian Army is a testament to our commitment in supporting rural development and women empowerment. The training program has received an overwhelming response with 70 women and 65 locals participating from nearby villages of Patnazi. The participants have been provided with a variety of seasonal seeds to encourage and empower them. "This collaborative effort between the Indian Army and the Agricultural Department demonstrates the commitment of the Indian Army in promoting agricultural development and women empowerment in rural areas".

Imtiyaz Parray Calls on LG Sinha; Raises Key Issues in Sonawari

SRINAGAR: Senior Jammu and Kashmir Apni Party Leader Imtiyaz Parray, accompanied by party colleague and Role Model Sarpanch Rather Mejrj, met Lieutenant Governor Manoj Sinha on Wednesday to discuss several pressing public concerns in the Sonawari constituency. A party spokesperson said during the meeting, Parray urged the Lieutenant Governor to upgrade the Community Health Centre (CHC) in Hajin to a Sub-District Hospital, citing the need for better healthcare facilities in the region. He also highlighted the urgent need for infrastructure development, including Road erosion along the River Jhelum Bund in Hajin, Non-functional PHE filtration plant in Hajin, affecting water supply. Construction of a bridge near Eidgah Hajin over River Jhelum, Mining concerns at Sader Koot Balla in Bandipora, Construction of a footbridge at Sumbal Bazar to ease pedestrian movement and establishment of a J&K Bank branch at Nowgam in Bandipora to improve banking services. Parray stressed the need for immediate intervention to resolve these longstanding issues, which continue to affect the daily lives of the people in Sonawari. He expressed confidence in the administration's commitment to development and urged prompt action to address these grievances.

Bandipora Teacher Farah Deebea Trained in Culture-Based Learning at CCRT Hyderabad

Only female nominee from Bandipora completed 498th orientation course focusing on integrating culture into modern education

BANDIPORA: Farah Deebea, a teacher from Bandipora district, has successfully completed the 498th orientation course conducted by the Centre for Cultural Resources and Training (CCRT) in Hyderabad under the National Education Policy (NEP) 2020. The Centre for Cultural Resources and Training (CCRT) is one of the premier institutions working in the field of linking education with culture thus contributing to the strengthening of the foundation of the nation by making education culture based and meaningful. The training program, held from February 6 to February 26, 2025, focused on innovative teaching methods and cultural integration in education. Deebea, currently serving at Government Middle School Sonerwani, was the only female nominated for the program from Bandipora district by the Chief Education Officer (CEO) Bandipora. The training covered various aspects of modern education, including culture-based learning, art-integrated teaching, multidisciplinary education, 21st-century skills, digital education, and holistic student development. Speaking about her experience, Deebea said the course provided her with new perspectives on teaching and emphasized the importance of fostering students' overall growth. She highlighted the crucial role of the Ministry of Culture and CCRT in shaping educators to become more effective mentors. Expressing gratitude to the organization, faculty, and fellow trainees, she stated that the interactive sessions and discussions during the course significantly enriched her professional skills. She hopes to implement these learnings in her teaching approach, benefiting students and contributing to the educational landscape of Bandipora. She said such workshops revitalize the education system by creating an understanding and awareness among teachers, students and educational administrators about the plurality of the regional cultures of the society and integrating this knowledge with education. Farah Deebea added that the training programme provides an understanding and appreciation of the philosophy, aesthetics and beauty inherent in Indian art and culture and focus on formulating methodologies for incorporating a cultural component in curriculum teaching. "The role of culture in science and technology, housing, agriculture, sports i.e. in all aspects of development and growth was emphasised in the workshop that was in line with the NEP guidelines".

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JKTF Calls on DSEK Dr GN Itoo; Vows Zero Tolerance Against Corruption

Srinagar, March 6: The Jammu and Kashmir Teachers Forum (JKTF), affiliated with the All India Secondary Teachers Federation (AISTF), on Thursday called on Director School Education Kashmir (DSEK) and assured full support in war against corruption in the department. An official spokesperson of the forum said they have taken a strong stance against alleged administrative inefficiencies and corruption in the education sector. He said a high-level delegation, led by Chairman Showkat Ali Beig, met with Director School Education Kashmir (DSEK), Dr. G.N. Itoo, in Srinagar and submitted a memorandum outlining urgent reforms needed to protect teachers' rights and improve the system. The memorandum called for addressing staff shortages, ensuring timely promotions, streamlining transfers, and eliminating favoritism and corruption within the department. The forum emphasized the need for empowering district and sectoral officers, implementing a structured transfer policy, and ensuring teachers in hard zones are transferred back to soft zones within a fixed timeframe. The delegation also demanded an end to ad-hocism by regularly updating seniority lists and holding Departmental Promotion Committee (DPC) meetings twice a year. To curb corruption and bureaucratic delays, JKTF strongly advocated the introduction of an E-Filing System for service-related matters to reduce human intervention and bribery. Teachers also called for granting Drawing and Disbursing Officer (DDO) powers to institutions to prevent delays in salary disbursement. Additionally, the forum urged reforms in the Midday Meal (MDM) scheme, suggesting that NGOs handle its implementation rather than burdening teachers. Spokesperson said Other demands included the regularization of CPWs, the repatriation of teachers from non-teaching assignments, and the timely release of pending payments, including winter tutorial dues from 2019-20. While appreciating the DSEK's recent efforts in making record promotions and improving transparency, JKTF Chairman Showkat Ali Beig issued a stern warning against corruption within the education system. He directed JKTF leaders across the Union Territory to actively fight bribery and favoritism, vowing to expose anyone engaged in corrupt practices. General Secretary Mir Bashir Ahmad reaffirmed JKTF's commitment to a "zero-tolerance policy" against corruption and declared a "War Against Corruption." He stated that the forum would not allow officials to exploit the transfer process for personal gains and emphasized the need for a "Teacher-Friendly Transfer Policy." "If needed, we are prepared to take a tough stand to safeguard our teachers' rights. However, we also expect every member to stand with us in eliminating corruption and giving their best in classrooms," Mir Bashir asserted. The delegation included Provincial President (Kashmir) Irfan Nazeer, Vice President Mehraj Ud Din Zargar, UT Press & Publicity Incharge M. Ashraf Khan, and senior leaders Bashir Ahmad Thoker, Gulzar Ahmad, and Bashir Ahmad Paddar. The JKTF pledged full cooperation with the Directorate to ensure a fair, transparent, and accountable education system in Jammu and Kashmir.

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Mission Yuva: Orientation program for SBDU, BHDs, Yuva Doots held at Ganderbal

GANDERBAL: A one-day orientation program under Mission YUVA was today organized for members of the Small Business Development Unit (SBDU), Business Help Desk (BHD) and Yuva Doots at the Conference Hall of Mini Secretariat, Ganderbal. The program was presided over by Deputy Commissioner (DC) Ganderbal, Jatin Kishore, along with Additional Deputy Commissioner (ADC) Gulzar Ahmad. The session aimed to equip participants with a clear understanding of their roles and responsibilities in implementing the institutional business support mechanism under Mission Yuva, fostering self-employment and entrepreneurship in the district. At the outset, Assistant Director, Employment, delivered a comprehensive presentation, outlining the specific duties of each committee member. The orientation covered key aspects of financial, legal, and market advisory support to budding entrepreneurs, ensuring an efficient and well-coordinated execution of the Mission Yuva initiative. Speaking on the occasion, the DC emphasized the need for a strong support system for potential entrepreneurs, ensuring they receive comprehensive guidance in their journey towards self-employment. He stressed the importance of teamwork, clarity of responsibilities, and seamless coordination among all stakeholders for the successful implementation of the project. The program featured expert-led sessions, providing insights into the operational framework of Mission Yuva and highlighting the pivotal role of Yuva Doots in driving grassroots-level engagement. Interactive discussions allowed participants to address queries, gain clarity on various aspects of the mission, and share valuable inputs. The event was attended by SDM Kangan, Assistant Director DE&CC, LDM, and other officials, reaffirming their commitment to empowering youth and strengthening the entrepreneurial ecosystem in Ganderbal.

Bandipora Police Attach Property Worth Rs 2.81 Crore Under UAPA

BANDIPORA: Police in Bandipora have attached immovable property measuring 18 Kanals and 1 Marla, valued at approximately 2.81 crore, belonging to six accused persons involved in a case registered under the Unlawful Activities (Prevention) Act (UAPA) and other relevant laws. An official spokesperson said the attachment was carried out in connection with Case FIR No. 33/2022 under sections 121 IPC, 18, 20, 39 UAPA, and 2/3 of the E&MCO Act at Police Station Bandipora. He said the attached properties include various land parcels across different survey numbers, owned by individuals from Harteng Mantrigam, Ketson Aloosa, and Aloosa areas of Bandipora. The action was taken by a police team led by DySP Headquarters Bandipora, Latief Khan along with the SHO of Police Station Bandipora, in coordination with local revenue officials, including the Naib-Tehsildar. He said the execution of the attachment was conducted in the presence of local residents. Giving details, spokesperson said land includes Land measuring (2 Kanal 11 Marla) under Survey No.'s 1392, 1394, 1458, 1461, 1377 belongs to Mohamad Anwar Mir son of Gh Rasool Mir resident of Harteng Mantrigam; land measuring 03 Kanal -15 Marlas) under Survey No.'s 194, 195, 234, 388, 389, 8390 belongs to Ab Rashid Doie son of Alif Din resident of Ketson Aloosa, Land measuring (03 Kanal 09 Marlas) under Survey No.'s 182, 166, 164, 167343, 375 belongs to Sarfraz Ahmad son of Mohamad Yousf resident of Ketson Aloosa, Land measuring (01 Kanal-01 Marlas under Survey No.'s 03, 04, 05 Mohamad Yousf Turk son of Mohd Shamsuddin Turk resident of Ketson Aloosa, land measuring (06 Kanal -10 Marlas under Survey No.'s 3904, 2091, 2092, 39168, 2318 belongs to Mohamad Abdullah son of Gh Ahmad Malik resident of Aloosa, land measuring (06 Kanal 06 Marlas) under Survey No.'s 2420, 2421, 2426, 2430, 2351, 2352 belongs to Farooq Ahmad son of Mohamad Ramzan Ganie resident of Aloosa.



Man Dies After Walnut Tree Branch fell on him in Bandipora

Suhail Rather

BANDIPORA: A 38-year-old man lost his life after being struck by a falling walnut tree branch in the Konan area of North Kashmir's Bandipora district on Thursday. An official said that Noor Mohammad, son of Gh Qadir Dar, a resident of Lankreshipora, Bandipora, sustained critical injuries when a walnut tree branch fell on him in Konan, Bandipora. He was immediately rushed to District Hospital Bandipora, where doctors declared him dead on arrival. Meanwhile, police have taken cognizance of the incident and initiated an investigation.

Turning Pain into Purpose: Suhail Saeed Lone's Rise from Bandipora to Bollywood

MUMBAI: Suhail Saeed Lone, a film producer at Taha Film International, has emerged as a rising voice in Indian cinema, using his craft to honor the sacrifices of the armed forces and tell stories of resilience. Born in Bandipora, Kashmir, his journey from conflict-ridden childhood to the Mumbai film industry is a testament to perseverance and patriotism. Lone's life took a traumatic turn in 1994 when his father was abducted by militants of the Hizbul Mujahideen, accused of aiding the Indian Army. Held captive for four days, his father endured torture, while the family faced immense pressure, including a ransom demand and threats against their women. Though he was eventually released, the psychological and physical scars of the incident left a lasting impact on Suhail, shaping his resolve to stand against terrorism. Now based in Mumbai, Lone has dedicated himself to filmmaking, focusing on stories that highlight the bravery of the armed forces and the sacrifices made to protect the country. "My experiences have instilled in me a deep respect for those who defend our nation. Through cinema, I want to bring their untold stories to the forefront," Lone said. Working with Taha Film International, he has been involved in projects such as The Up Files, striving for authenticity in military storytelling. Additionally, he has showcased his acting skills in A Million Dollar Tourist, an English film shot in Jammu and Kashmir with London-based actors, furthering his commitment to bringing Kashmir's realities to global audiences. Lone is currently focused on producing a film that highlights the contributions of the Rashtriya Rifles, a crucial counter-insurgency force in Jammu and Kashmir. "The Rashtriya Rifles play a vital role in our security. Their bravery deserves to be celebrated, and I hope to contribute to that through my work," he emphasized. His journey from the turmoil of Bandipora to the heart of Bollywood underscores a powerful narrative of resilience, transformation, and unwavering patriotism. Through cinema, Suhail Saeed Lone continues to serve the nation in his own way, turning personal tragedy into a medium of tribute and recognition.



Atma Nirbharta Initiative in Defence



Lt Gen VG Khandare (Retired)

Any aspiring nation must set its vision and all the citizens would have to be equally responsible stake holders and contributors to the achievement of the desired vision, mission and objectives. Such a commitment should cut across all fault lines within the nation. India is not alien to this fact, history is replete with illustrations of India's grandeur and the invasions to plunder its wealth. There were many looting campaigns victimising India, each worse than the other, degrading India's wealth of knowledge, goods, institutions and self-esteem. The most important reason for India being enslaved for centuries was its neglect of security, incorrect assessments of the intent of the invaders and colonial powers and internal cohesion being weak.

India in 2024 is looking ahead with the national vision outlined by the Hon'ble Prime Minister Shri Narendra Modi, focused to be a 'Viksit and Surakshit Desh' i.e. A Developed and Secure Nation by 2047, a timeline synchronised with 100 years of her Independence from the UK; this European Imperialist proved to be the dismantling power of Indian economy and security arrangement. From being 27% global GDP contributor in early 1700 CE when the British East India Company entrenched itself here, India crashed down to barely 3% global GDP contributor in 1940s when the exploiters finally left India. The Colonial power could not destroy Indian desire and spirit to be reborn, India's existence is of thousands of years of heritage and history establishing it as a rich cultural civilisation.

The East India Company was formed in 1600 CE initiating the Unmaking of India by force, manipulation and enslavement in all domains of daily life in all segments of society. The end result was the exploitation and manipulation of the local systems and minds to leverage dependence of every common man, and indigenous institution on the British Crown. The attitude exchanged from civilisational pride to an era of self-doubt and self-criticism. Aping the West became the accepted norm. After over seven decades so far in dependence, a wave of resurgence to grow and be secure has been reborn.

Hon'ble PM since 2014 initiated the Make in India mission symbolised by the Lion with gears, pulleys and machinery inside. The mission has initiated numerous changes to empower Self-reliance in India that is Bharat. Coming to power with a falling Rupee between 2011 and 2013, the new Govt reformed the governance mechanism in pursuance to its vision of making India rise again. Fuelled by success from 2014 to 2019, by becoming a 2 trillion US \$ economy from an inherited 1 Trillion US \$ economy in 2014, the PM called for a growth trajectory quantifiably aimed at a US \$ 5 Trillion economy by 2024 as announced by him from

the ramparts of Red Fort on 15 Aug 2019.

The COVID Pandemic of 2020-21 initiated from China coupled with the Chinese military LAC standoff, adversely impacted our national growth momentum. Despite these stumbling blocks India is marching on to achieve the 5 Trillion mark soon. Make in India that is Atma Nirbhar Mission is meant for all Ministries and encompasses the sum total of public and private sector has been a great reform in the defence sector. From the mentality of boasting as being one of the greatest importers of military hardware, India is moving to Make in India for itself and for the world.

The current geopolitical world order is in a state of uncertainty and increasing disorder with Russia- Ukraine Kinetic Conflict, the radical HAMAS-Israel conflict, uncertainty prevalent between China and Taiwan and multiple flash points due

DPSUs. Modernisation of the entities is in progress. The DPSUs are challenged to modernise and improve the work culture for delivering quality products, at competitive pricing, timely delivery and with assured post sales service. DPSUs are already exporting their products and earning precious foreign exchange. Private sector is encouraged by users' hand holding from inception stage to delivery stage. Defence Exports surged from Rs 686 crores in FY2013-14 to Rs 16,000 CR IN 2022-23 and is expected to cross Rs 20,000 Cr in a few months. This is in relentless pursuit of the Hon'ble PM star's assignment of 5 billion \$ worth of exports to be achieved. India is engaged with nearly 85 countries in defence exports. Major indigenous content in hardware and platforms. INS Vikrant (aircraft carrier), Light Combat Aircraft Tejas, Main Battle Tank Arjun, K9 Vajra tracked artillery gun, submarines,

conferences, exhibitions and advertise Indian defence products, initiate technology and partner discovery in countries of choice. Dedicated Defence Corridors are set up in UP and Tamil Nadu thus attracting an ecosystem in close proximity to build robust supply chain resilience. Process simplification for industry setting up and generating exports has been done. Enhancing opportunities for innovation through IDEX is in progress with the initiative of Dept of Def Production. DRDO fusion with industry partners for technology discovery and to fruitfully utilise Technology Development Fund is the focus. Transferring technology (TOT) developed or acquired by DRDO to Indian Start Ups, MSMEs and established big defence manufacturers at a nominal cost is happening.

MOUs of private sector with Dept of Def Production and DRDO,



to the West promoting its agenda which is stonewalled and challenged by the resistant Russia, expansionist China, fiercely resilient Iran and the economically manipulated weak nations of the world. The situation is compounded by the evil issues of drugs proliferation, transnational terrorism, engineered asylum seekers, unfortunate refugees and ideology driven radicalisation. There are issues of climate change, poverty, health, cyber espionage-attacks, misinformation-disinformation, biochemical attacks etc which continue to disturb the world. In this era of turbulence and uncertainty India has confidently embarked on the Atma Nirbharta journey in multiple Ministries of which the Ministry of Defence is also an integral part. The rear multiple initiatives being acted upon to translate the vision into execution. Policy directives like DPP2016 and DAP2020 issued and in use. Structural changes-creation of the appointment of CDS and DMA as a vertical. Functional transformation-an intense study resulted in removal of Ordnance Factory Board and Corporatisation of Ordnance Factories to convert the 41 factories into seven

ships, boats, helicopters, drones, Electronic Warfare systems, missiles, rockets, Transport aircraft, radar set care being indignously being manufactured.

Joint Ventures model is preferred for international collaboration - BRAMHOS, AK 203 Rifle. Encouraged innovations through Startups and MSME with IDEX Challenges of which Indian Navy initiated the "Swavalamban" event with Hon'ble PM throwing open 75 maritime challenges to the Indian brains during DefExpo in June 2022 followed by 75 Defence Space challenges in Oct 2022 again thrown open by Hon'ble PM. This is in addition to a series of DISC Challenges. The Armed Forces promulgated five Positive Lists with 509 items and four positive lists were issued by DPSUs. These items are to be bought from indigenous manufacturers. 75% budgetary provisions are earmarked for capital acquisitions of indigenous products. Assured provision has been made for 25% Defence R&D budget.

DefExpo and Aero India patronized Indian brand companies, MSMEs, Start Ups and academia. The Indian Embassies now host

are being done thus encouraging user-innovator- manufacturer-financer interaction across the table. Setting up design, develop, market search entities in Services are established. DQQA reforms have been initiated and are being implemented. Promoting the concept of research and product designing with academia at multiple levels is paying off. States and UTs are facilitated to promote Defence technology research, encourage designing, developing prototype and manufacturing components- products. Critical technology attracting initiatives are in vogue through multiple engagement lines with friendly technology powers. To achieve timely results towards the Atmanirbhar Bharat Mission over a sustained period the key issue is synergy between users, designers, developers, manufacturers, policymakers and financiers. Every citizen is a stakeholder in the growth of India to be a Viksit and Surakshit Desh by 2047.

Author Lt Gen VG Khandare ret'd is Ex DGDIA and presently Principal Advisor MoD

Tobacco : A threat to public health and environment



Er. Prabhat Kishore

Tobacco consumption is the major cause of preventable death and illness. It kills half of its users prematurely, especially in their reproductive age. It is a major risk factor for many chronic diseases, including Cancer, Cardiovascular Disease (CVD), Diabetes, Lung Diseases, Stroke, Infertility, Blindness, Tuberculosis (TB), Oral Cavities etc. The exposure to second-hand Smoke or passive smoking causes numerous health problems in infants, children and adults. Spitting of tobacco products leads to spread of swine flu, pneumonia, gastrointestinal diseases, posing a potential risk of transmission of TB as well as nuisance to the public.

There are two forms of tobacco - "Smoking Tobacco", such as cigarettes, bidi, Ganja, hookah, cigars etc. and "Smokeless Tobacco" such as Khaini, Jarda, Gutkha etc. New and emerging electronic products (e-cigarettes and like products) have created new challenges. Electronic nicotine delivery systems (ENDS) and electronic non-nicotine delivery systems (ENNDS), commonly known as e-Cigarettes, do not contain tobacco and may or may not contain nicotine, but are harmful for health. The combustion of tobacco releases carcinogen, like benzene and formaldehyde, which damages lung cells and DNA, leading to cancer.

According to the report of the Global Adult Tobacco Survey India (2016-17), about 33.2 crore population of adults (28 % of all adults) above 15 years age group use tobacco in Bharat, out of which 10 crore are smokers, 20 crore are smokeless tobacco users and 3.2 crore are of both users. As per the Global Youth Tobacco Survey (2009), 14.6 % of students aged 13 to 15 use tobacco. In Bharat, more than 13 lakh people lose their life every year due to tobacco consumption. It leads to social and economic costs too.

Globally 62 countries have adopted comprehensive smoke-free policies. Bharat Sarkar has enacted Cigarettes and Other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply & Distribution) Act 2003 (or COTPA 2003) in 2004 for effective reduction of tobacco consumption. Various Rules and Guidelines have been issued from time to time to restrict the tobacco use. Smoking in public places, Sale of tobacco products

to and by minors. Sale of tobacco products within 100 yards of educational institutions, Advertising and promotion of such products etc. is prohibited. Statutory warnings have been placed on tobacco packets. It has been made mandatory to display such warnings in Films and TV.

Smokeless Tobacco products are banned through the Food Safety and Standards (Prohibition and Restriction on Sales) Regulations 2011 under the Food Safety and Standards Act 2006. In 2007-08, National Tobacco Control Programme

free Educational Institutions", with the objectives of - (a) Awareness about the harmful impacts on health due to tobacco use among students, teachers and other institutional functionaries, (b) healthy and tobacco free environment in the institution, (c) better implementation of legal provision regarding tobacco use.

The institution should display "Tobacco Free Educational Institution" signage in the form of Sign boards or wall writings at prominent places inside and outside the premises. The institution

Vapes, e-Sheesha, e-Nicotine Flavoured Hookah.

The institution should organize various tobacco control activities such as Assembly for taking pledge against tobacco, organizing co-curricular activities such as Poster/Slogan/Essay/Quiz/Debate competitions and street plays etc. Certificate of appreciation /awards should be provided to those students/teachers/staffs who perform good work in this field. The local law enforcement authorities/ health authorities should be invited from time to time to deliver lectures on tobacco control in



(NTCP) has been launched which focuses on community mobilization, School programmes, IEC and advocacy besides implementation of control laws. People's Representatives Institutions (PRI) have pivotal role and responsibilities in implementing the laws, rules and regulation to control the tobacco consumption.

Children and adolescents are the future of any nation. Hence, it must be mandatory to make our educational institutions tobacco free. As per report of GYTS and GATS, there is significant tobacco use among adolescents and youngsters. Hence a guideline has been released in 2008 for "Tobacco

should designate one or more Tobacco Monitors from among teachers, staffs and/or students from class- IX onwards. The monitor must not be tobacco user. The institution should ensure that no Tobacco product is sold inside the premises and within a radius of 100 yards. Fine should be imposed on tobacco user if found. The institutional authority should help tobacco users to quit tobacco by encouraging them to avail Quitline services and mCessation.

Tobacco monitor should remain vigilant about the tobacco substitutes such as e-Cigarettes and the like devices such as Heat-Not-Burn Devices,

the school assembly.

Although several laws, rules and other prohibitory measures are prevalent in the country to save the lives of people from Tobacco consumption, but these acts and rules are just lip services. If Government is really sensitive towards a healthy and Nasha-Mukt Bharat, then the production of all intoxicating products including tobacco should be completely banned and its factories should be sealed; otherwise, the numerous fashionable control programmes and initiatives will be a misuse of public money and human resources.

(Author is a technocrat & academician.)

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CS asks Tourism deptt to come up with comprehensive Homestay policy within a month

Deptt in process of developing one stop app for all stakeholders

JAMMU: Chief Secretary, Atal Dulloo, today chaired a meeting of Tourism Department attended by the MD J&K Bank and other concerned officers to take appraisal of measures being taken by the Department for identifying the gaps, policy updates and scope for improvements to strengthen the homestays for overall promotion of tourism sector in J&K.

The Chief Secretary impressed upon the department to come-up with a comprehensive policy for development of Homestays across districts of the UT. He called upon them to prepare the document in next one month after having consultations with all the stakeholders.

He underscored the need for developing a new loan product by the financial institutions which would encompass every activity that could be done to promote the homestays in the region. He advised for exploring option for increasing the number of rooms that could be converted into homestay besides the quantum of finance that could be secured for the construction and upgradation of homestays.

Dulloo emphasized that the ambit of this scheme should be widened to accommodate the concerns of the people associated with this tourism practice.

The Chief Secretary also urged the Department to make provision for convergence with other schemes like PMEGP, PM Surya Ghar Yojana or other such schemes in the policy for accrual of multiple benefits to the people at grassroots level. MD and CEO J&K Bank, Amitava Chatterjee,

while speaking in the meeting, agreed that there is still scope for refining this loan product to make it more inclusive and attractive for the aspiring

It was also given out that the policy envisions lessening the compliance burden on the people interested in taking advantage of homestay



population. He also observed that an additional attraction of 1% rebate on the loan could be extended to the customers on prompt repayment of the credit amount.

On the occasion, Commissioner Secretary, Tourism, Yasha Mudgal, reaffirmed that the policy is in its final phase of constitution. She gave out that many of the concerns of the stakeholders had been addressed after consulting them at both Jammu and Srinagar.

She further said that collaboration with SIDBI, IITM, and other agencies for capacity building of the homestay owners would be carried out under the new policy. It also envisages training on social media branding, digital marketing and geo-tagging besides listing on google maps and travel portals like booking.com, airbnb, NIDHI etc.

scheme. The policy would further promote this scheme provisioning registration of secondary properties under a structured Bed and Breakfast model with many other novel benefits for the effective implementation of this homestay policy across the UT.

Later, the Chief Secretary reviewed the progress on development of an extensive app for better user interface, wholesome information and extension of all facilities at one-stop.

He asked for making it a single stop solution for availing different benefits and bringing various services related to both tourists and service providers under one umbrella app. He further advised to make this app more comprehensive and less confusing arranging services related to different stakeholders separately with timely updation of

contents reflecting the changes on ground.

its development through BISAG-N, Yasha Mudgal demonstrated the phases of its development and the progress achieved so far with the help of several slides. She apprised the meeting that this app would be one of the novel ways to promote J&K tourism for it would be more user-friendly and beneficial for both the tourists and tourism players as well.

MD, JKTDC, Fazlul Haseeb, while throwing light on different features of this application made out that the main objectives to be achieved through its launch would be easy content management, accessibility across all platforms, handy information and better user experience.

This web portal in addition to providing the wholesome information on all the tourist destinations and availability of amenities would also inform the users about the upcoming events. It would also ask about the experiences of visitors too about their specific feedback related to different seasons, festivals, cuisines, customs and colourful events here.

The gallery would offer photos, videos and e-brochures giving the tourists panoramic idea about the air and aura of each destination. The app would host a burger tab assisting the tourists to customize their trip as per available time and interests.

The app is also going to be a boon in giving insights to tourists based upon their interests in trekking, hiking, angling, wildlife and other adventure and leisure activities. It would host the accurate information about nearby shopping places, medical facilities, transportation and tourist service providers so that tourists do not have to look elsewhere to avail different services.

Srinagar getting sufficient portable water supply: Javed Rana



Srinagar: PHE, Irrigation & flood works being executed expeditiously in Shangus

Minister for Jal Shakti, Javed Ahmad Rana, today informed the House that all areas in Srinagar have been covered and the people are being supplied scheduled portable water supply by the department.

The Minister was responding to a question from legislator, Shamima Firdous.

The Minister said that the government is committed to facilitate supply of essential services to the people and ensure timely repairing of defunct water supply schemes.

He maintained that no water supply pipeline is defunct in Srinagar city and whenever any distribution line gets damaged, the same is restored under stage contracts and the damaged pipelines beyond repair are replaced by new pipelines properly.

The Minister said that the department is providing sufficient potable water supply as per schedule of existing water treatment plants and currently there is no area as uncovered.

MLA, Mubarak Gul, also raised supplementary questions on the question.

Replying to another question raised by MLA Reyaz Ahmad Khan, the Minister said that, PHE works are being executed by PHE Division Bijbehara while as irrigation works are being looked after by Irrigation Division Anantnag and flood related works are being executed by the Flood Control Division Anantnag for Shangus.

The Minister said that there is no requirement for creating these facilities separately for Shangus as of now. He assured that the government is committed to provide all basic facilities to the people in all far flung areas.

Anti-Corruption Foundation of India presents Duty Officer Award to Yasha Mudgal



JAMMU: The Anti-Corruption Foundation of India has recognised the remarkable efforts of Yasha Mudgal, Commissioner Secretary, Tourism Department, Jammu & Kashmir, by presenting her with the prestigious "Duty Officer Award."

The honour was given in recognition of her exceptional leadership and dedication towards growth and promotion of tourism in the Union Territory.

Mudgal's efforts have been instrumental in shaping policies and initiating innovative programs that have greatly impacted the tourism landscape in Jammu & Kashmir. The Anti-Corruption Foundation of India commended her visionary leadership and role in seamless execution of these initiatives, which have played a key role in bolstering the tourism sector.

Under her leadership, Jammu & Kashmir has witnessed a surge in high-profile tourism events that have positioned the Union Territory as a premier destination for adventure, sports, and cultural tourism. Landmark events such as the F4 Mega Car Show in Srinagar, Sunburn in Jammu, J&K Tourism Development Conclave in Srinagar, Maiden Kashmir Marathon and 4th PGTI J&K Golf Open 2024 in Jammu have significantly boosted tourism, attracting national and international visitors. These initiatives have not only enhanced the tourism experience but have also contributed towards economic growth of the region.

Further strengthening J&K's position as a preferred tourism and business destination, the J&K Tourism Department recently organized MICE (Meetings, Incentives, Conferences, and Exhibitions) reach-out event in Mumbai, led by the Chief Minister of J&K. This initiative promoted J&K as a key hub for business tourism and corporate events.

Additionally, the department actively participated in SATTE (South Asia's Travel and Tourism Exchange) 2024 in New Delhi, one of the largest travel trade shows in the region. The event served as a platform to showcase J&K's tourism potential, attract investors and forge strategic partnerships with the global stakeholders in the travel and hospitality industry.

The award appreciates Mudgal's achievements under the guidance of higher authorities of the Government of Jammu and Kashmir and reflects the Government of Jammu & Kashmir's ongoing commitment towards promoting tourism, transparency and efficiency in governance. The recognition is a testament to the Government's dedication towards making Jammu & Kashmir a prime destination for global tourists.

The award was presented by Nazakat Choudhary, Director, Anti-Corruption Foundation of India and Brand Ambassador for the Swachh Bharat Mission in J&K.

DC Jammu stresses priority sector lending during DLRC meeting

JAMMU: A meeting of the District Level Review Committee (DLRC) was held today under the chairmanship of Deputy Commissioner, Sachin Kumar Vaishya, to review the performance of banks and financial institutions in the district.

During the meeting, an improvement in the Credit Deposit Ratio (CDR) over the past quarter was noted.

The DC stressed the need for further enhancement of priority sector lending and directed banks to expedite the sanctioning and disbursal of loans for government-sponsored cases.

He also underlined the importance of increasing lending in the agriculture sector, ensuring adequate financial support for farmers.

Special emphasis was placed on the 'PM Surya Ghar Muft Bijli Yojana', with directions to organise special camps for awareness and financing of beneficiaries.

Jammu: Around 3000 posts lying vacant in Health Department

All post under direct quota referred to administrative department, says Govt

Jahangeer Ganaie

Srinagar: Around 3000 posts are lying vacant in the Health Department in Jammu division, data has revealed.

According to the details accessed by the news agency—Kashmir News Observer (KNO), as many as 2999 posts of doctors and paramedics are vacant in all 10 districts, excluding GMCs, of Jammu division.

In district Jammu, 127 medical and 522 paramedical posts are vacant, in Doda 99 medical and 160 paramedical, in Poonch 120 and 173, Rajouri 106 and 147, Ramban 75 and 73, Kishtwar 77 and 89, Reasi 126 and 366, Kathua 153 and 171, Samba 165 and 126 and in Udhampur 92 medical and 125 paramedical posts are vacant.

At GMC Kathua, 131 posts of doctors and paramedics are lying vacant that include 13

professors, nine associate professors, 15 assistant professors, 10 CMOs/LMOs, 39 associate hospital



doctors and 37 paramedics.

While replying to a question of MLA Rajiv Jasrotia, Health Minister Sakina Itoo said that to meet up the shortage of staff, 53 doctors and 583 paramedics. staff are engaged under NHM to supplement strength. existing staff.

"With reference to vacant posts of medical

officers, it is stated that recently in the month of November, 2024, 365 candidates were appointed as medical officers in the J&K Health & Family Welfare (Gazetted) Services.

Out of which 13 medical officers were posted in district Kathua further strengthening the medical/health care facilities at grass root level," she said.

The department is also in the process of operating a wait list in respect of 91 selected Medical Officers, whose services will also be utilized in the Un- deserved areas across the UT of J&K," she said.

"Besides, 181 numbers of posts of Medical Officers are still to be received from Jammu and Kashmir Public Service Commission. Upon receiving the selections, the selectee doctors will be posted at the health institutions experiencing staff shortages.

Mission Yuva: Orientation program for SBDU, BHDs, Yuva Doots held at Ganderbal



GANDERBAL: A one-day orientation program under Mission YUVA was today organized for members of the Small Business Development Unit (SBDU), Business Help Desk (BHD) and Yuva Doots at the Conference Hall of Mini Secretariat, Ganderbal.

The program was presided over by Deputy Commissioner (DC) Ganderbal, Jatin Kishore, along with Additional Deputy Commissioner (ADC) Gulzar Ahmad.

The session aimed to equip participants with a clear understanding of their roles and responsibilities in implementing the institutional business support

mechanism under Mission Yuva, fostering self-employment and entrepreneurship in the district.

At the outset, Assistant Director, Employment, delivered a comprehensive presentation, outlining the specific duties of each committee member.

The orientation covered key aspects of financial, legal, and market advisory support to budding entrepreneurs, ensuring an efficient and well-coordinated execution of the Mission Yuva initiative.

Speaking on the occasion, the DC emphasized the need for a strong support system for potential entrepreneurs, ensuring they receive comprehensive

guidance in their journey towards self-employment.

He stressed the importance of teamwork, clarity of responsibilities, and seamless coordination among all stakeholders for the successful implementation of the project.

The program featured expert-led sessions, providing insights into the operational framework of Mission Yuva and highlighting the pivotal role of Yuva Doots in driving grassroots-level engagement.

Interactive discussions allowed participants to address queries, gain clarity on various aspects of the mission, and share valuable inputs.

The event was attended by SDM Kangan, Assistant Director DE&CC, LDM, and other officials, reaffirming their commitment to empowering youth and strengthening the entrepreneurial ecosystem in Ganderbal.

3 Solid Waste Management Plants approved for DooruVerinag : Sakeena Itoo

Srinagar: Minister for Social Welfare, Sakeena Itoo, informed the House that the Municipal Committee Dooru /Verinag distributes twin household dustbins among all households to segregate waste at the source, along with installation of twin bins in commercial areas for segregated collection of garbage in twin towns of Anantnag district.

The Minister was replying on behalf of Chief Minister, Omar Abdullah, to a question raised

Verinag while as the department intends to procure machinery including weight bridge, baling machine and shredder for improvement in sanitation and waste management segregation.

The Minister, while replying to a supplementary, stated that three Solid Waste Management Plants of 4 TPD each have been approved for MC Dooru-Verinag. Besides, one Solid Waste Management Plant of 4 TPD is functional at Veering where the dry waste is processed at



by G A Mir in the Legislative Assembly.

The Minister said that for collection of waste from the households and commercial establishments, 08 Hoppers are deployed regularly and the waste is subsequently transported to the Material Recovery Facility Plant at Verinag, where it is further segregated into dry waste and wet waste separately. The dry waste is processed in the MRF center which is then recycled and sold out, while the wet waste is put into the compost pits for generation of organic compost.

The Minister informed that 8 hoppers, 25 tri-cycles and one truck laden with sucker have been procured for Dooru and

efficient waste management practices through continuous improvements in segregation methods. Efforts are being made to enhance citizen participation, upgrade infrastructure and adopt innovative solutions for waste processing, she added.

The Minister further said that under SBM (U) scientific processing of the Municipal Solid Waste in the small and medium Towns of J&K has been undertaken.

She said that the establishment of 78 Solid Waste Management centers (WMCs)/ Material recovery Facility (MRF) along with compost pits has been approved.

She added that construction

work in 52 locations has been undertaken, of which, 33 Waste Management Centers/MRFs and 30 compost pits have been completed, while the work in 19 more sites of WMCs/MRF and 22 compost pits is under progress.

Further, she informed that bio-remediation of legacy waste at the dumping sites like Bhagwati Nagar, Kathua, Samba, Udhampur, Tral, Bijbehara, Pahalgam, Anantnag and Tangmarg has been completed and 3.88 lakh MT legacy waste has been bio-remediated.

She apprised that the work has been awarded for bio-remediation of 6.16 lakh MT legacy waste at Kot Bhalwal by JMC, 2.98 lakh MT by DULBK and 1.20 lakh MT for 7 ULBs of DULBJ. Besides, the tender has been floated for bio-remediation of 11.00 lakh MT legacy waste at Achan, Srinagar, she added.

Regarding housing facilities, the Minister said that PMAY-Urban 2.0 has been launched in September 2024 to address the housing needs of EWS/LIG and MIG income categories by providing financial assistance for construction/purchase of houses through different verticals of the scheme in the next 5 years. She informed that Rs 907.68 lakh have been released to the beneficiaries for construction of houses since 2018 in Dooru and Verinag. Out of 747 sanctioned houses, 505 houses have been completed while 161 are under construction as per the CS&MC data of MoHUA Government of India, she added.

Harvard experts list

8 steps to help support a healthy immune system

With the third wave of COVID-19 already here, people are banking on methods learnt through earlier waves to combat the viral scourge. Availability and administration of vaccines have altered the turn of events a great deal this time. But that has not ended the pandemic, only taken the bite out of the disease in a small but significant way.

So, apart from medical intervention, this time around, people are banking a great deal on their immunity, to fight back any possible infection. Varying reports have been emerging, some saying the Omicron variant brings about mild (milder) symptoms as compared to earlier variants like Delta, etc.

What remains the baseline though is that it is one's immunity that will see one sail through. Take a look at these 8 steps that the Harvard Health (<https://www.hsph.harvard.edu/nutritionsource/nutrition-and-immunity/>) experts say we must follow to keep our immune system strong and in peak fighting shape.

8 steps to stronger immunity:

- Eat a balanced diet:** Include a platter of rainbow coloured fruits, vegetables, lean proteins, whole grains, and plenty of water. A Mediterranean Diet is one option that includes these types of foods. No need to hunt for the exotic. Regular tropical fruits available in India are potent in antioxidants. Have them sliced instead of juiced, retain the fibre, and have them fresh.
- Ask your doctor about supplements:** A deficiency of single nutrients can alter the body's immune response. Animal studies have found that deficiencies in zinc, selenium, iron, copper, folic acid, and vitamins A, B6, C, D, and E can alter immune responses. These nutrients help the immune system in several ways: working as an antioxidant to protect healthy cells, supporting the growth and activity of immune cells, and producing antibodies. Lack of proper supply of nutrients through diet exposes us to a greater risk of bacterial, viral, and other infections. A balanced diet is not readily accessible, taking a multivitamin containing the RDA for several nutrients may be used.
- Don't smoke (or stop smoking if you do):** Research (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5352117/>)



shows that cigarette smoking is associated with numerous diseases and poses a serious challenge to the current healthcare system worldwide. Smoking impacts both innate and adaptive immunity and plays dual roles in regulating immunity by either exacerbation of pathogenic immune responses or attenuation of defensive immunity. Why would you want to smoke or continue the habit if it puts you directly in the path of danger?

Moderate your consumption of alcohol: If you are already a drinker, and if your doctor recommends that you can continue to drink, bring down your consumption. Research (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4590612/>) has established that there is an association between excessive alcohol consumption and adverse immune-related health

effects such as susceptibility to pneumonia. In recent decades, this association has been expanded to a greater likelihood of acute respiratory stress syndromes (ARDS), sepsis, alcoholic liver disease (ALD), and certain cancers; a higher incidence of postoperative complications; and slower and less complete recovery from infection and physical trauma, including poor wound healing.

Perform moderate regular exercise: Research shows that Acute Respiratory Infections (ARIs) are caused by respiratory viruses and bacteria, being the most infectious disease in humans. Despite the lack of accurate data on how physical activity improves the immune response against the new coronavirus, there is evidence of lower rates of ARI incidence, duration and intensity of symptoms and risk of

mortality from infectious respiratory diseases in individuals who exercise at high levels appropriate. Furthermore, different studies suggest that regular physical exercise is directly related to decreased mortality from pneumonia and influenza, improvements in cardiorespiratory function, vaccine response, metabolism of glucose, lipids and insulin.

Get adequate sleep: Aim for 7-9 hours of sleep nightly. Try to keep a sleep schedule, waking up and going to bed around the same time each day. Our body clock, or circadian rhythm, regulates feelings of sleepiness and wakefulness. Work-From-Home and continuous use of digital screens have rendered our body clocks disturbed and out of rhythm with nature. Harvard report says that if we maintain a consistent sleep schedule, it can help balance the circadian rhythm so that we can enter deeper, more restful sleep.

Aim to manage stress: According to SimplyPsychology (<https://www.simplypsychology.org/stress-immune.html>), when we're stressed, the immune system's ability to fight off antigens is reduced. That is why we are more susceptible to infections. The stress hormone corticosteroid can suppress the effectiveness of the immune system (e.g. lowers the number of lymphocytes) and also propel us towards unhealthy behaviour such as drinking or smoking. It is said that one must learn to manage stress but frankly, that is easier said than done. All the same, Harvard experts advise that you must try to find some healthy strategies that work well for you and your lifestyle—whether that be exercise, meditation, a particular hobby, or talking to a trusted friend. Another tip is to practice regular, conscious breathing throughout the day and when feelings of stress arise. Learn Pranayam -- the Yoga of breathing techniques -- available through certified experts online on videos. It doesn't have to be too long—even a few breaths can help. If you'd like some guidance, try this short mindful breathing exercise.

Wash hands throughout the day: Especially ever since the COVID-19 pandemic spread across the world, most of us have adopted healthier lifestyles, mindfully. Sanitise your hand with a good quality alcohol rub prescribed by medics if no water and soap is available. Otherwise, the best option is to wash your hands several times a day, especially when coming in from outdoors, before and after preparing and eating food, after using the toilet, after coughing or blowing your nose.

Is arsenic safe?

Study says it may clog arteries

A research has found that environmental exposure to low levels of the toxic metals arsenic, cadmium and titanium appears to increase the risk of plaque buildup in arteries in the neck, heart and legs.

The study has been published in the 'Arteriosclerosis, Thrombosis and Vascular Biology Journal'.

Traces of metal may enter the body through contaminated soil that infiltrates food, through drinking water, air pollutants or tobacco smoke. There is strong evidence that toxic metals, such as arsenic and cadmium, are cardiovascular risk factors. Arsenic and cadmium are often found in tobacco and food, while arsenic is also found in water. Titanium exposure is mainly derived from dental and orthopaedic implants, screws, pacemaker encasings, cosmetic products and some foods.

"Metals are ubiquitous in the environment, and people are chronically exposed to low levels of metal," said lead investigator of the study Maria Grau-Perez, M.Sc., of the Institute for Biomedical Research Hospital Clinic de Valencia INCLIVA in Valencia, Spain, and a PhD candidate in the department of preventive medicine, public health and microbiology at the Universidad Autonoma de Madrid, in Spain.

"According to the World Health Organization, 31 per cent of the cardiovascular disease burden in the world could be avoided if we could eliminate environmental pollutants," she added.

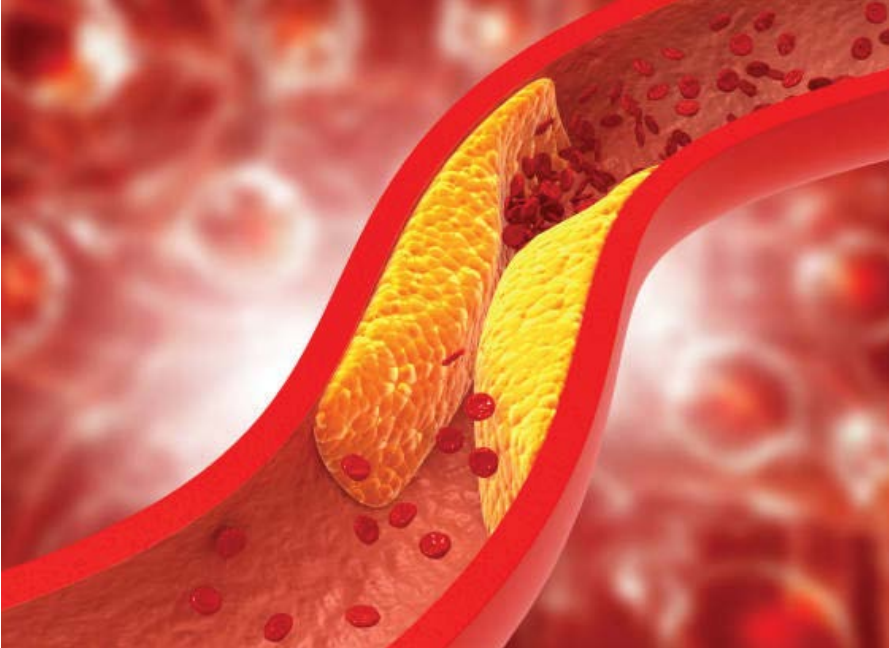
Atherosclerosis developed when fatty deposits, or plaque, build up in the arteries causing them to narrow, weaken and stiffen. Depending on the arteries affected, it can lead to a heart attack, stroke, angina, peripheral artery disease or kidney disease.

Prior research on the impact of metal exposure on atherosclerosis has traditionally centred on the carotid arteries, the major arteries in the neck. This study focused on subclinical atherosclerosis -- before symptoms are present -- and examined the impact of metal exposure on the carotid, femoral and coronary arteries. Previous research suggested that imaging of the femoral artery, which is the main artery supplying blood to the lower body, may lead to earlier detection of atherosclerosis.

Researchers evaluated 1,873 adults (97 per cent men) in the Aragon Workers Health Study. The study participants worked at an auto assembly factory in Spain and ranged in age from 40 to 55. Researchers measured participants' environmental exposure to nine toxic metals -- arsenic, barium, uranium, cadmium, chromium, antimony, titanium,

vanadium and tungsten -- and the exposure's association with the presence of subclinical atherosclerosis in the carotid, femoral and coronary artery regions. The study explored the potential role of individual metals and metal mixtures on the development of atherosclerosis.

During the participants' annual occupational health visits between 2011 and 2014, socioeconomic and health information for each participant were recorded, including



education level, smoking status and medication use. Each person in the study had a medical examination to measure body mass index, blood pressure, blood glucose levels, cholesterol levels, triglyceride levels and more. Urine samples were collected to assess metal exposure from air, water and food. Researchers performed carotid and femoral ultrasounds, as well as coronary calcium scoring tests.

The analysis found:

1. Older study participants had higher levels of most of the metals measured in the urine.
2. The few female participants in the study had higher metal levels compared to men when levels were measured in the urine.
3. Adults who had smoked at any time showed higher levels of arsenic, cadmium, chromium and titanium than the people who had never smoked.
4. Higher levels of arsenic, cadmium, titanium, and potentially antimony were associated with a higher probability of having subclinical

atherosclerosis.

5. Arsenic and cadmium appeared to be most closely associated with increased plaque levels in the carotid arteries; cadmium and titanium are of greater concern for the femoral arteries; and titanium, and possibly cadmium and antimony, are of more concern for the coronary arteries.

6. Arsenic may be more toxic for the arteries when found in combination with cadmium and titanium.

"This study supports that exposure to toxic metals in the environment, even at low levels of exposure, is toxic for cardiovascular health," said study co-author Maria Tellez-Plaza, M.D., PhD, a senior scientist at the National Center for Epidemiology and the Instituto de Salud Carlos III in Madrid, Spain.

"The levels of metals in our study population were generally lower compared to other published studies. Metals, and in particular arsenic, cadmium, and titanium, likely are relevant risk factors for atherosclerosis, even at the lowest exposure levels and among middle-aged working individuals," she added.

The study included a very specific population of mostly men in one area of Spain, so the results may not be completely extrapolated to women or other populations worldwide. Additional research is needed to understand the mechanisms involved in the development of atherosclerosis based on associations to metals.

5 warm up exercises

that can enhance your workout results

Warm-up exercises are often discarded as a "wastage of time and effort". But what if we told you that these warm exercises play an integral role in enhancing your workout benefits? It is true, they matter more than you think they do. Warm-up exercises can improve your workout results by building endurance, preventing the risk of injury, boosting flexibility, etc. Some common warm-up exercises may include jumping, jogging, and so on. However, the intensity of warm-ups must be based on the intensity of the routine that follows it. If you are looking for some easy warm-up exercises, read on for the list below.

Warm-up exercises

- Here are some warm-up exercises that you must do before your workout:
- Side lunges:** You can do this exercise in the following steps:
- Stand with your legs a bit wider than your shoulder length apart.
 - Bring your hands to your chest and slowly tilt and lower your body to the right side.
 - Life and return to the original position.
 - Now slowly tilt and lower your body to the left side.
 - Return to the initial position.
 - Repeat the steps at least 10 sides each.
- Jumping jacks:** You can do this exercise in the following steps:
- Stand straight.
 - Jump while simultaneously opening your legs and arms so you land with your arms up and legs open slightly wider than shoulder length apart.
 - Jump back up and land on your initial position - standing straight.
 - Repeat the steps at least 10 times.
- Waist rotations:** You can do this exercise in the following steps:
- Stand straight and keep your hands on your waist.
 - Start rotating your waist.
 - Do rotations of 5 and change the direction of rotation.
 - Do another 5 rotations in the opposite direction.
- Arms and shoulder rotations:** You can do this exercise in the following steps:
- Stand straight and stretch your arms wide apart.
 - Rotate your arms on the axis in circles while keeping them straight.
 - Do rotations of 5 and change the direction of rotation.
 - Do another 5 rotations in the opposite direction.
 - Bring your arms down and rotate your shoulders.
 - Engage the shoulder and neck muscles.
 - Do rotations of 5 and change the direction of rotation.
 - Do another 5 rotations in the opposite direction.
- Chest expansions:** You can do this exercise in the following steps:
- Stand straight with your hands joined and stretched straight forward.
 - Open your arms wide apart and stretch them sideways
 - Make sure your arms are straight.
 - Repeat the steps at least 15 times.



Continued From P1...

CM Omar

As per the calendar issued by the Legislative Assembly secretariat, there will be general discussions on the budget on March 8, 10, and 11. The Finance Minister, who is also the Chief Minister, will conclude discussion on the budget on March 11 with his reply.

All eyes are on the budget given commitments made by National Conference in its manifesto for the 2024 assembly elections

"Which Big

commitment made to the people of Jammu & Kashmir.

"Over the next five years, we will fulfill every single promise we made in our manifesto, from A to Z. Unlike others, we will stand by our commitments," he said, indirectly targeting the BJP for failing to keep its past promises.

He also reminded the House of the assurances given in previous years regarding the withdrawal of cases against individuals booked during the 2016 protests. "Many were told their cases would be withdrawn, yet those cases still exist. We will ensure justice is done," he said.

Countering the BJP's repeated justification that Article 370's removal was necessary for J&K's progress, Abdullah demanded evidence to support this claim.

"You list projects like Ring Road, IITs, AIIMS, and highways, but tell me—which one was impossible before August 2019? Was there any project that could not have been done under Article 370?" he asked.

He pointed out that many of these initiatives were planned or initiated before 2019. "If Article 370 was truly an obstacle, give us just one example of a project that couldn't have happened otherwise. Otherwise, stop misleading people," he asserted.

Omar Abdullah also took a strong stand against the continued use of the Public Safety Act (PSA), accusing the BJP-led administration of misusing it to detain people indefinitely without trial.

"If you are keeping people in jail for years under PSA alone, it means you have no evidence to prosecute them. If they are what you claim—stone pelters, OGWs—then why don't you charge them in court? Why preventive detention?" he asked.

Citing his own experience, he added, "You imposed PSA on me because you had nothing else against me. And today, 400 people remain detained under PSA simply because the government has no real case against them."

Abdullah also refuted BJP's claim that political reservations had improved representation for marginalized communities, particularly Gujjars.

"Before political reservations, we had nine Gujjar MLAs. Today, we have only six. If your goal was to empower the community, why has their representation gone down instead of increasing?" he questioned.

Article 370 is

He said that dialogue with Pakistan is the domain of the Ministry of External Affairs. "Some people here advocated dialogue with Pakistan, but they should understand it is not the domain of the Assembly. The MEA knows when to hold talks with Pakistan," he said.

Sharma also stated that entire Kashmir politics is now revolving around the BJP, with parties blaming each other for being their proxies

Terrorism, drug

built in a day" and all the battles will be won eventually.

Referring to the incentivization of the police personnel DGP Prabhat said, "From day one I have said in different meetings that whoever does good work, he will get a good posting."

He said, "I have told everyone that do some big work for the country and within one minute you will get the posting you want."

LG Sinha chairs

The meeting also reviewed the implementation of the Annual Green Plan of the Board for the current year and approved the Annual Green Plan for the year 2025-26.

The Lieutenant Governor directed the CEO SMVDSB to conduct a thorough evaluation of the existing Sewage Treatment Plants (STPs) across the Shrine Board's premises to assess their adequacy in handling the generated sewage and necessary

measures be taken to augment STP capacities.

He further directed to explore targeted initiatives to increase reliance on renewable sources of energy especially solar power to the extent feasible in the area of the Shrine.

The Lieutenant Governor also emphasised on implementation of robust feedback mechanism for fostering continuous improvement in the services provided by the Shrine Board.

He lauded the important contribution of Board Members in the last three years since the Board was reconstituted. He said, the pro-active association and continuous guidance by the Members were instrumental in taking the Board's reputation to newer horizons.

The Board took appraisal of peripheral institutions under the SMVD Charitable Society including Gurukul, Hospital, Sports Complex, College of Nursing, Medical College and approved grants-in-aid and financial assistance to support their functioning. The Board also discussed several measures for expeditious completion of the Shankaracharya Temple project in collaboration with local stakeholders.

The Board observed that Shri Mata Vaishno Devi Shrine has seen a consistent surge in devotees with the annual pilgrimage exceeding 90 lakh for the third consecutive year, reaching an impressive 95 lakh last year. The significant growth attributed to the dedication of major projects in the Bhawan area including Durga Bhawan with Tripti Bhojanalya, Skywalk, Remodelled Parvati Bhawan and Atka Area. Furthermore, the expansion of facilities and amenities in Katra and other sectors such as the Queue Complex at Darshani Deodi, YRC at Railway Station, holding area at Adhkuwari, pilgrims cum employees' accommodation and the establishment of Prasad Kendras have also contributed to this growth. The provision of free Langars, medical facilities, facilitating senior citizens and divyang and Arti & Poojan facilities, coupled with eco-friendly and digital initiatives has significantly enhanced the pilgrimage experience.

On the sidelines of the meeting, the Lieutenant Governor inaugurated several pilgrim-centric facilities including the Queue Complex at Darshani Deodi, Banganga and the Holding Area at Adhkuwari. The Queue Complex provides shelter during all weather conditions and streamlines devotee movement. Meanwhile, the Holding Area at Adhkuwari reduces congestion and waiting times, improves crowd management, safety and ensures a smoother movement of pilgrims towards the sanctum sanctorum.

On the occasion, 50gm and 100gm Silver Coins were also launched, adding to the diverse facilities available to pilgrims. Notably, the Shri Mata Vaishno Devi Shrine Board had previously developed gold and silver coins in various denominations featuring an inscription of Goddess Mata Vaishno Devi Ji, ensuring guaranteed purity.

Earlier, Anshul Garg, CEO, SMVDSB gave a detailed presentation on varied activities of the Shrine Board and the action taken with regard to the implementation of various decisions of the previous meetings of the Board.

Govt to develop

NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No: 0216010000257, which is Registered in the name of Abdul Kabir Ahanger, Now i want to apply for Change this Electricity Agreement in the name of Shakir Riyaz Ahanger, S/O Late Riyaz Ahmad Ahanger, 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.

Shakir Riyaz Ahanger.
S/O Late Riyaz Ahmad Ahanger.
R/O Ward NO: 02, plan Bandipora.

NOTICE

This is an information for general public that in my Electricity Agreement Bearing Consumer ID No: 0216010005555, my name and parantege has been Mistakenly Mentioned as Khursheed Ahmad Dar, SiL of Gh Ahmad, while as my Actual and correct name and parantege as per my Aadhaar Card is Khursheed Ahmad Rather, S/O Mahda Rather. Now i want to apply for its correction in this regard any person having any objection he/she may file the Objections in office of the Assistant Executive Engineer Electricity Sub Division Bandipora with in a period of seven days from the date of the publication of this notice after that no objection shall be accepted.

Khursheed Ahmad Rather.
S/O Mohda Rather.
R/O Gund Qasar, Bandipora.

ve Assembly that the approved allocation for the current financial year 2024-25 is Rs. 30 lakh, with Rs. 24 lakh already released.

Srinagar getting

Bijbehara while as irrigation works are being looked after by Irrigation Division Anantnag and flood related works are being executed by the Flood Control Division Anantnag for Shangus.

The Minister said that there is no requirement for creating these facilities separately for Shangus as of now. He assured that the government is committed to provide all basic facilities to the people in all far flung areas

20 Panchayats to be

Girl-Friendly Panchayats, serving as exemplars of gender-sensitive and inclusive governance in Jammu and Kashmir.

Director RDD Kashmir, Shabir Hussain Bhat, stressed the importance of fostering a gender-sensitive workplace environment, where every male employee actively contributes to creating an inclusive and respectful space.

He highlighted that gender sensitivity is not just a moral responsibility but a necessity for progress, urging officials to ensure that Panchayats become spaces where women can thrive, contribute, and lead.

"In Kashmir, women's participation in Panchayats is unparalleled. However, if 50% of the population women are excluded from development activities, progress becomes impossible. Women play an integral role in decision-making, even within households and their active participation is essential for comprehensive development," he said.

Director RDD Jammu, Mumtaz Ali called for a focused approach toward creating child-friendly and women-friendly Panchayats. He further emphasized that on March 8, efforts should be directed towards identifying Panchayats where women's participation is lacking and implementing strategies to empower them.

Director Panchayati Raj, Sham Lal, acknowledged the significant progress made by Jammu and Kashmir's Panchayats in promoting gender-sensitive governance but emphasized the need to build upon these achievements.

Stressing the importance of continuous improvement, he urged stakeholders to strive for excellence at the national level and set new benchmarks in inclusive rural governance.

He highlighted that the primary objective of the initiative is to establish at least one Model Women-Friendly Gram Panchayat in each district, serving as a beacon for gender-sensitive and girl-friendly governance practices.

Revenue deptt

The Minister also quoted Section 133 A, Proviso 2, "Provided further that holder of any Agriculture land may construct a residential house or erect farm building, grain storage, primary processing of Agriculture Produce, wells or tanks or make any other improvements thereon for residential purpose or Agricultural improvement, on intimation to the Tehsildar concerned, however, the plinth area of such building or improvement shall not exceed four hundred Square meters in total".

The Minister also assured the house that any issue faced by the public on this account will be addressed promptly.

Tourism deptt

would encompass every activity that could be done to promote the homestays in the region. He

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Rayeesa Begum.
W/O Saleem Yousf Wani.
R/O Chettibandi Bandipora.

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Hafiz ullah Dar.
S/O Assad ullah Dar.
R/O Rakhi Hajan, District
Bandipora, jammu and kashmir.

advised for exploring option for increasing the number of rooms that could be converted into homestay besides the quantum of finance that could be secured for the construction and upgradation of homestays.

Dulloo emphasized that the ambit of this scheme should be widened to accommodate the concerns of the people associated with this tourism practice.

The Chief Secretary also urged the Department to make provision for convergence with other schemes like PMEGP, PM Surya Ghar Yojana or other such schemes in the policy for accrual of multiple benefits to the people at grassroots level.

MD and CEO J&K Bank, Amitava Chatterjee, while speaking in the meeting, agreed that there is still scope for refining this loan product to make it more inclusive and attractive for the aspiring population. He also

observed that an additional attraction of 1% rebate on the loan could be extended to the customers on prompt repayment of the credit amount.

On the occasion, Commissioner Secretary, Tourism, Yasha Mudgal, reaffirmed that the policy is in its final phase of constitution. She gave out that many of the concerns of the stakeholders had been addressed after consulting them at both Jammu and Srinagar.

J&K council

departments held by five cabinet ministers but has not mentioned names of the departments held by Chief Minister.

"Departments not allocated to any of the Hon'ble ministers are held by the Hon'ble Chief Minister," the government said, in the written reply.

HDFC Bank, Indian Army & CSC Academy expand Project NAMAN to 26 new locations to support Army Veterans and their families

SRINAGAR: HDFC Bank, India Army and CSC e-Governance have renewed the MoU to expand Project NAMAN – A Tribute to Veterans to 26 Directorate of Indian Army Veterans (DIAV) locations. Project NAMAN is designed to provide support and services to Army Veterans, their families and next of kins.

These CSC Centres, which will be operated by Army Veterans or their families or next of kins are dedicated to offer pension related services, Government to Citizen (G2C) services and Business to Consumer (B2C) services at their doorsteps within defence establishments itself. A tripartite Memorandum of Understanding (MoU) was renewed between HDFC Bank Limited (under Parivartan programme), Indian Army's Directorate of Indian Army Veterans (DIAV) and CSC Academy.

The MoU was signed by Mr. Satyen Modi, Executive Vice President and Business Head, Alternate Banking Channels & Partnerships - HDFC Bank, Mr. Pravin Chandekar, CEO-CSC Academy and Brigadier, Directorate of Indian Army Veterans in the

presence of Ms. Smita Bhagat, Group Head – HDFC Bank, Mr. Sanjay Rakesh, Chairman – CSC Academy, Lieutenant General, DG (DC&W) – Indian Army and esteemed dignitaries from the Indian Army, HDFC Bank and other senior officials. In the second phase, the project will be expanded to 26 DIAV locations across Rajasthan, West Bengal, Himachal Pradesh, Maharashtra, Gujarat, Madhya Pradesh, Punjab, Jammu & Kashmir, Meghalaya, Bihar, Odisha and New Delhi. The first phase of the project was flagged off in September 2023 with the establishment of Common Service Centres (CSCs) at 14 DIAV locations. HDFC Bank under its Parivartan programme, supports in building economic inclusiveness for defence service veterans and their next of kin. Similar to the 14 DIAV locations, the new centres will also provide skill development and training across financial products and services, helping the veterans and their next of kin to be financially independent. The individuals managing the CSCs will be paid a monthly monetary grant for initial 12 months. (KNT)

Established: 2012

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Govt. Polytechnic College Pulwama (IUST)
Approved by All India Council for Technical Education (AICTE)
Islamic University of Science & Technology Awantipora kashmir NH 44, Near Main Market, Awantipora, Pulwama, Kashmir (J&K), 192122
Subject: - Cancellation of Advertisement no. GPCP/Advertisement Notice /2025/140-44 regarding engagement of Guest Faculty.

Notice
With regards to the engagement of Guest faculty at Govt. polytechnic College Pulwama, the advertisement Notice no. GPCP/Advertisement Notice /2025/140-44 Dated: 24-02-2025, stands cancelled.
The fresh notice shall be advertised separately.
No:-GPCP/IUST/2025/164
Dated: 06/03/2025


Sd/-Principal
Govt. polytechnic College
Pulwama

DIPK-12696/24

مدرسۃ البنات دارالعلوم رحیمیہ بانڈی پورہ کشمیر

لاڑکیوں کی تعلیم کا بہترین مرکز


مدرسۃ البنات طیب آباد زیر نگرانی دارالعلوم رحیمیہ بانڈی پورہ



الحمد للہ موجودہ یکم ربیع الاول ۱۴۴۲ھ سے اس مدرسہ کو اقامتی بنانے کا فیصلہ کیا گیا۔ دو سال کی مختصر مدت میں اس نے اللہ پاک کے فضل و کرم سے کافی ترقی کی۔ مقیم طالبات جن کے قیام و طعام کا انتظام یہاں کیا جاتا ہے کی تعداد نوے (۹۰) تک پہنچ گئی ہے۔ جگہ کی کمی کی وجہ سے روزانہ گھر آنے جانے والی طالبات اس کے علاوہ ہیں۔ جن کی مفت تعلیم کا یہاں انتظام جاری ہے۔ ان کی تعداد بھی ساڑھے زائد ہے۔ اس طرح سے تقریباً ڈیڑھ سو بچیوں کے لئے نوعملمات اور انتظام کرنے والے کل چار افراد مشغول خدمت ہے۔ مابا پڑ پڑ تقریباً تین لاکھ روپے ہے۔ اب تک بہت ساری بچیاں ناظرہ قرآن کریم مکمل کر چکی ہیں اور کچھ طالبات درجہ دوم کا کورس مکمل کر کے دین کی خدمت میں مشغول ہو چکی ہیں۔

اس لئے اپنی دعاؤں میں بھی یاد رکھیں اور زکوٰۃ و صدقات اور امداد سے مدرسہ کا تعاون بھی کریں۔ ابھی تک مدرسہ ٹین کے چھپروں یعنی ٹینڈ میں ہے جبکہ چار منزلہ عمارت زیر تعمیر ہے جس میں صدقہ جاریہ خود اپنے لئے اور اپنے والدین مرحومین کے لئے لے سکتے ہیں۔ اللہ تعالیٰ توفیق عطا فرمائے۔

تعاون کے لئے مدرسۃ البنات کا درج ذیل اکاؤنٹ نمبر استعمال کریں:



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

محمد رحمت اللہ کشمیری

ناظم دارالعلوم رحیمیہ بانڈی پورہ کشمیر

Southee, Philander back Shami's call to revoke ban on usage of saliva on ball

Mohammed Shami has urged the ICC to rescind the ban on using saliva to shine the ball, in a bid to bring the art of reverse swing back into play.

"We are trying [to get reverse swing], but the usage of saliva on the ball is not allowed," Shami told reporters after India's four-wicket win over Australia in the Champions Trophy semi-final. "We keep appealing that we should be allowed to use saliva so that we can bring reverse swing back into the game and it becomes interesting."

The ban on using saliva to polish the ball was first put into place in May 2020 during the Covid-19 pandemic, as a temporary measure. Then, in September 2022, the ICC made the ban permanent.

Shami has urged the ICC to reconsider their decision now. He has also got the backing of two former international bowlers in Vernon Philander and Tim Southee, who feel reverse swing is definitely missing in the game, especially on batter-friendly surfaces.

"That was a rule brought around Covid with the virus going around the world, but I think as a bowler, you want to have a slight advantage," Southee said on ESPNcricinfo's Match Day. "We see the game going the way it's going and seeing sides score 362 and more often than not over 300 in this format. I think there needs to be something in the bowlers' favour, and whether that's a little bit of saliva, then yeah, I don't see why they couldn't afford to get that back in."

Philander felt that the use of saliva and reverse swing could have come in handy for South Africa in the Champions Trophy semi-final against New Zealand, particularly in the later half of the innings. New Zealand amassed 362 for 6 in their 50 overs.

"If we look at the state of that ball, I mean towards the back end, it was really scuffed up, and I think had you used the saliva [to polish one side of the ball], the element of the reverse swing might have come into play," Philander said. "So it certainly does play a part. You can get it to shine up and you use the elements to swing it a little longer."

"I'd like to see that element being brought back into the game because I think it's needed as well. I mean, especially in ODI cricket where we see batters really dominating, especially when you play on surfaces like we've just seen in Pakistan as well where it's really batter friendly."

Southee felt that the use of saliva to polish one side of the ball and induce reverse swing makes even more of a difference in red-ball cricket than in white-ball.

"I think the ball only swings initially for a few overs [in white-ball cricket]. But with the red ball, you are able to bring it back and obviously sweat can be limited at times in various parts of the world, whereas saliva you're able to obviously have access to it from a number of sources and in all parts of the world," he said. "I think there is an advantage to having saliva on the ball, probably more so in red-ball cricket than white-ball cricket."

Are there any other advantages of using saliva to polish the ball instead of sweat?

"With the South African team, we were always trying to keep the ball as dry as possible," Philander said. "The minute you start erring on the side of sweat, I think you start wetting both sides of the ball. Your hands get sweaty, especially when you play in hot, humid conditions."

"Saliva was definitely the preferred method of shining the ball. In the longer run in the scheme of things, I'd like to see that being brought back. As far as sweat is concerned, I do feel that it's difficult to control the amount of sweat you put on the ball, [especially when] you start sweating obviously heavily."

"We are trying [to get reverse swing], but the usage of saliva on the ball is not allowed," Shami told reporters after India's four-wicket win over Australia in the Champions Trophy semi-final. "We keep appealing that we should be allowed to use saliva so that we can bring reverse swing back into the game and it becomes interesting."





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