

Kashmir Convener



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MeT issues 'yellow alert' for Today

➤➤➤ "Predicts light to moderate rains, snow" ➤➤➤

KC News Network

SRINAGAR: Amid the forecast of a week-long wet spell, the Meteorological Department here has issued a 'yellow alert' for Thursday, predicting intermittent spells of light to moderate rain and snow at many places.

According to the news agency—Kashmir News Observer (KNO), the intermittent rainfall was recorded in the last three days from March 10 while the prevailing weather conditions are expected to continue till March 16.

The MeT has issued 'yellow alert' for



many stations for tomorrow, expecting

intermittent light to moderate rain and

snow at many places.

Director MeT, Dr Mukhtar Ahmad said that intermittent spells of light to moderate rain and snow in higher reaches at many places are expected to continue till March 15.

He added that intermittent light rain and snow is expected on March 16 at few places towards morning & improvement towards afternoon.

He further said that the weather would remain generally dry from March 17 to 21st. In its advisory, the MeT has said that the

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Five new railway surveys underway in J&K, others remain stalled: GoI

● Doubling of Banihal-Baramulla rail line on govt's priority list

Sajid Raina

NEW DELHI: The Union government on Wednesday confirmed that five new railway surveys are underway in Jammu and Kashmir, while other projects remain stalled.

Replying to a question by Member Parliament (MP) Mohamad Haneefa in the Lok Sabha, Railway Minister Ashwini Vaishnaw said, "The Srinagar-Kargil-Leh rail plan was dropped due to high costs and low demand, and the Jammu-Poonch line remains stalled over feasibility concerns. Also, the Banihal-Baramulla rail line doubling has been prioritized by the government."

The minister, as per the news agency—Kashmir News Observer (KNO), clarified that there are no immediate plans to conduct a survey for a rail link between Ganderbal in Kashmir and Kargil in Ladakh, despite the strategic importance of the region.

He said the railway projects are planned and executed based on factors such as traffic projections, operational requirements and overall funding availability rather

than on a district or Union Territory basis.

The minister added that a survey for the Srinagar-Kargil-

cost of the project stands at Rs 1,31,000 crore.

The Union government also confirmed that Rajouri and Poonch



Leh rail line was conducted in 2016-17. "The proposed 480-km route was estimated to cost rupees 55,896 crore. However, the project was not pursued further due to low traffic projections," he said.

Vaishnaw further informed that another railway project, the Bilsapur-Manali-Leh rail line, has been identified as a strategic line by the Ministry of Defence. He said the survey for this 489-km project has been completed, and a Detailed Project Report (DPR) has been prepared. The estimated

districts of Jammu and Kashmir continue to remain without railway connectivity, with no immediate plans to construct a rail line from Reasi-Katra to Rajouri on a priority basis.

Replying to another question by MP Mian Altaf Ahmad, the minister said that railway projects are sanctioned and executed based on feasibility, traffic projections and financial viability, rather than on a district or state-wise basis.

>>>SEE ON P-7

No new liquor vends being advertised, allotted: J&K CM's Office

KC News Network

SRINAGAR: The Office of Chief Minister J&K today dismissed reports claiming an increase in liquor vends in the region, calling them fake and baseless.

The Office of Chief Minister J&K wrote on X, "No new liquor vends are being advertised or allotted by my government. TV channels & news portals should immediately stop peddling this lie."

The statement reiterated that the number of wine shops (JKEL-2 vends) remains unchanged at 305 since FY 2023-24, with 291 in Jammu and 14 in Kashmir. It further clarified that the ongoing e-auction process pertains to the existing vends, with 271 already allotted and 34 set for re-auction on March 17, 2025.

The CM's office urged media outlets to verify facts before publishing such reports and directed the public to refer to the Excise Department's official website (<https://jkexcise.nic.in/>) for accurate information.

5th Khelo India Winter Games conclude, CM Omar delighted

KC News Network

GULMARG: Chief Minister Omar Abdullah today said that he was delighted to see the 5th Edition of Khelo India Winter Games (KIWG) in Gulmarg held successfully.

Union Sports Minister Mansukh Mandaviya, who was the chief guest on the occasion, also addressed the concluding function of the Khelo India Winter Games 2025 held in Gulmarg. "Finally, the 5th Khelo India Winter Games were held smoothly," he remarked at the outset of his address while addressing a large gathering of athletes, officials and guests.



Reflecting on the challenges leading up to the event, the CM noted that persistent dry weather in January and February had raised concerns

about whether the games would take place this year.

"Over the past four years, KIWG have been

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No Intel Shared By Centre On Ban On Mirwaiz's AAC: CM Omar



KC News Network

GULMARG: Jammu and Kashmir Chief Minister Omar Abdullah on Wednesday said the Centre has not shared any intelligence with his government that could have warranted the ban on Mirwaiz Umar Farooq's Awami Action Committee (AAC),

and asserted he was not in favour of such decisions.

The Centre had on Tuesday banned the AAC, headed by Kashmir's influential cleric Mirwaiz Umar Farooq, and Shia leader Masroor Abbas Ansari-led IM for five years for their alleged anti-national activities, supporting terrorism and fuelling secessionist activities.

"I do not know the basis of the ban. This is not under the purview of the elected government (in J-K) and the intelligence on the basis of which it has taken place has not been shared with us," Abdullah told reporters here after the culmination of the fifth edition of the Khelo India Winter Games.

However, Abdullah said, "On principle, we have never been in favour of such decisions."

"Since the Mirwaiz was released from house arrest, I have not seen any objectionable statement from him, but we do not have any information about the reasons behind the ban.

(But), we will see what to do (about it) in the future," he added.

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Up-gradation of roads taken up as per traffic volume increase, pavement distress: Dy CM

KC NEWS NETWORK

JAMMU: Deputy Chief Minister, Surinder Choudhary, today informed the House that the up-gradation of roads is being taken up in accordance with the increase in traffic volume and pavement distress, if noticed.

The Deputy Chief Minister was replying to a question raised by Thakur Randhir Singh in the Legislative Assembly.

He said that the PW(R&B) Department has mandate to construct various categories of roads viz, state roads, major district roads, other district roads and village roads. He informed that the PWD is also constructing National Highways entrusted by MoRTH. He said that the each category of the road is designed keeping in view the strength of the sub base strata and traffic volume projected for the future ten years, and accordingly have different load bearing capacities.

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Govt identifies 5000 kanal land for establishment of Industrial estates in Kashmir: Dy CM

Intends for 9661 kanal land submitted to Revenue deptt in Jammu



KC News Network

JAMMU: Deputy Chief Minister, Surinder Choudhary, today informed the House that about 5000 kanal of land has been identified for establishment of industrial estates in different districts of Kashmir division while intends for 9661 kanal of

land has been submitted to the Revenue department in Jammu division.

The Deputy Chief Minister was replying to a question raised by Rajiv Jasrotia in the Legislative Assembly. He said that the intends of 14956.15 kanal land have been placed for establishment

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Those setting up industries in J&K will have to provide employment to local youth: Dy CM

KC NEWS NETWORK

JAMMU: Jammu and Kashmir Deputy Chief Minister Surinder Choudhary on Wednesday said those who set up industries in Jammu and Kashmir will have to provide employment to local youth in the region.

Crediting previous National Conference governments for industrial development in Jammu and Kashmir, he said Chief Minister Omar Abdullah is committed to industrial development in Jammu and Kashmir but that will not be at the cost of the people.

"Those (investors) who will set up industries in Jammu and Kashmir will have to

>>>SEE ON P-7

J&K sports sector engages 61 lakh youth in 1-year

Rehan Qayoom Mir

SRINAGAR: Over 61 lakh youth from Jammu and Kashmir participated in sports activities in one year, reveals the official document accessed by the news agency—Kashmir News Observer (KNO).

It states that the administration is spearheading the development of world-class sports infrastructure, including playfields, stadiums, and indoor sports halls at the Panchayat level to ensure accessibility.

The Jammu and Kashmir Sports Policy 2022, according to the document, has strengthened institutional support, offering coaching and financial aid to promising athletes.

It also reveals that 100 Khelo India centers have been sanctioned across J&K, with 92 already functional. These centers are playing a key role in nurturing young talent and promoting a sports culture

across the region.

The document, as per KNO,



states that athletes from Jammu and Kashmir have achieved remarkable success in national and international events. In the year 2023-24, the athletes bagged 549 national medals (169 gold, 170 silver, 210 bronze) and 16 international medals (8 gold, 4 silver, 4 bronze). In, 2024-25 national medals tally stood at: 639 (239 gold, 150 silver, 250 bronze) and 15

international medals (3 gold, 2 silver, 10 bronze).

2024 saw J&K secure 1 gold, 6 silver, and 4 bronze medals. To institutionalize sports learning, the government, the document as per KNO states, has set up academies for cricket, football, volleyball, wushu, hockey, gymnastics, water sports, judo, and table tennis.

The Gymnastics Academy at MA Stadium, Jammu, with international-standard facilities, is fully operational, while another center at Gindun Stadium, Srinagar, is under construction and set for completion this financial year," the document reveals further.

The document states that the government plans to expand sports inclusivity by introducing initiatives for senior citizens, housewives,

transgender individuals, and specially-abled athletes. It also aims to establish high-performance centers and promote research in traditional games

3,962 Skype IDs, 83,668 WhatsApp Accounts Used For Digital Arrest Blocked So Far: MHA

KC News Network

NEW DELHI: The Ministry of Home Affairs (MHA) on Wednesday informed the Rajya Sabha that its Indian Cyber Crime Coordination Centre (I4C), a specialized wing, has identified and blocked more than 3,962 Skype IDs and 83,668 WhatsApp accounts involved in digital arrest scams.

According to the MHA, these fraudulent accounts were allegedly used to deceive individuals by impersonating law enforcement officials and coercing victims into transferring money.

Union Minister of State for Home Sanjay Bandi Kumar provided this information on behalf of the MHA while responding to a query from Dravida Munnetra Kazhagam MP Tiruchi Siva.

The I4C, in collaboration with the Department of Telecommunications (DoT), has launched a caller tune campaign

to raise awareness about cybercrime and promote the Cyber Crime Helpline Number 1930 and the National Cyber Crime Reporting Portal (NCRP).

"The I4C has proactively

RBI, and other law enforcement agencies, the minister said the central government has issued a press release regarding the matter.

The minister further pointed



identified and blocked more than 3,962 Skype IDs and 83,668 WhatsApp accounts used for digital arrest," the minister mentioned in a written reply.

On high alert against incidents of blackmail and digital arrests by cybercriminals impersonating state and Union Territory police, the NCB, CBI,

out that financial assets worth more than Rs 4,386 crore have been safeguarded in over 13.36 lakh complaints.

A toll-free helpline number, 1930, has been operationalized to assist in lodging online cyber complaints. The minister also stated that the central government and Telecom Service

Providers (TSPs) have developed a system to identify and block incoming international spoofed calls that falsely display Indian mobile numbers, making them appear as though they originate within India. Directions have been issued to TSPs to block such incoming international spoofed calls.

"Till February 28, 2025, more than 7.81 lakh SIM cards and 2,08,469 IMEI have been blocked by the Government of India, as reported by police authorities," the MoS said.

The caller tune is also being broadcast in regional languages, delivered 7-8 times a day by Telecom Service Providers (TSPs).

To spread awareness about cybercrime, the MoS said the central government has taken several measures, including the dissemination of messages through SMS, I4C social media accounts such as X (formerly Twitter), Facebook (CyberDostI4C),

>>>SEE ON P-7

Unsafe to convict on suspicious dying statement sans corroborative evidence: SC

NEW DELHI: The Supreme Court has said it was not safe to convict on the basis of a suspicious dying declaration in the absence of corroborative evidence and acquitted a man of his wife's murder.

A bench of Justices Sudhanshu Dhulia and Ahsanuddin Amanullah said a dying declaration was an important piece of evidence and a conviction could be made by relying solely on it as it held immense importance in criminal law.

"However, such reliance should be placed after ascertaining the quality of the dying declaration and considering the entire facts of a given case," the bench said.

The apex court, therefore, acquitted a man convicted for allegedly murdering his wife by setting her ablaze in September 2008.

The bench said the trial court convicted him on the basis of his wife's dying declaration.

"In other words, if a dying declaration is surrounded by doubt or there are inconsistent dying declarations by the deceased, then courts must look for corroborative evidence to find out which dying declaration is to be believed," the



bench said in its March 4 verdict.

Courts, the bench said, were required to act cautiously in such matters.

"In cases where the dying declaration is suspicious, it is not safe to convict an accused in the absence of corroborative evidence," it said.

It came on record that the victim gave two statements that were "totally different" from her subsequent testimonies, including the one made before the judicial

magistrate that became her official dying declaration.

Investigation, the bench said, also ruled out the angle of dowry harassment.

The order observed the relations between the families of the accused and the woman had soured and a couple of years the woman's death, the man's brother had filed an assault case against his father-in-law and brother-in-law.

While allowing his appeal, the bench set aside a Madras High Court's February 2012 order that had upheld his conviction and life sentence for the alleged offence of murder.

According to the prosecution, the woman succumbed to burn injuries in a hospital three weeks after being set on fire by the husband. The couple lived in Tuticorin with its minor son.

The apex court observed the woman told the police in the hospital the fire was due to an accident in the kitchen.

However, three days later, the police recorded another statement of the victim in which she claimed her husband set her on fire by pouring kerosene.

Govt committed to ensure fair conduct of examinations: MoS Education

NEW DELHI: The Government is committed to ensure fair conduct of examinations and trying to strengthen the system to prevent any malpractice, Union Minister of State for Education Sukanta Majumdar said on Wednesday in the Rajya Sabha.

Replying to queries during Question Hour related to irregularities in the NEET (UG) exam held last year, the minister cited a Supreme Court order to assert that there was no systemic failure and the Government has already asked CBI to investigate the matter and five charge sheets have been filed against 45 people in the paper theft case. Majumdar said the Government has passed a new law 'Public Examination (Prevention of Unfair Means) Act, 2024' and implemented many recommendations of the K Radhakrishnan committee. "Our Government is committed that examinations are held in a clean system. We assure that under the Modi Government, we will not allow any malpractice," he said. Already, he said, the Supreme Court has given a verdict that there is no systemic leakage. "So, if we call it a leakage then, we are disobeying or disrespecting the verdict of the Supreme Court."



PM Modi providing free foodgrains to 80 cr people in systematic way: Pralhad Joshi

NEW DELHI: The UPA government introduced a food security law in 2013 haphazardly eying next year's general elections, but it was Prime Minister Narendra Modi who took the initiative to provide free foodgrains to 80 crore people in a systematic way, Union Minister Pralhad Joshi said on Wednesday.

The Union food minister made the remark in the Lok Sabha when Congress member Praniti Shinde said the National Food Security Act, 2013, which aimed to provide subsidised foodgrains to the poor, was the brainchild of her party's leader Sonia Gandhi.

"The Congress brought the food security act in 2013 only because of the election. It was introduced in a haphazard manner. Even rules under the act were not framed," Joshi said.

He said when the NDA government assumed charge after the 2014 Lok Sabha polls, Prime Minister Narendra Modi took the initiative to ensure free foodgrains to the poor as he understands their pain.

"Now Prime Minister Modi is providing free foodgrains to 80 crore people in the country," the Union minister said.

He also said that people's life was made easy by the Modi government with the introduction of the 'One Nation, One Ration Card' scheme under which a beneficiary can avail free foodgrains anywhere in the country, irrespective of the state he or she belongs to.

'JeM Operative' Accused Of Conducting Recce Of Hedgewar Memorial Moves HC For Bail

NAGPUR: An alleged Jaish-e-Mohammed operative accused of conducting a reconnaissance of the memorial of RSS founder Dr K B Hedgewar in Nagpur in 2021, has moved a bail application in the Bombay High Court, claiming that there was no evidence against him.

The accused, Raees Ahmed Sheikh Asadulla Sheikh, a resident of Jammu and Kashmir, moved the Nagpur bench of the high court on March 11 after his bail plea was rejected by a trial court. Jammu tourism Jammu tourism guide Sheikh is currently lodged in Nagpur Central Jail.

Sheikh allegedly conducted a recce of Dr Hedgewar Smruti Mandir, the memorial of the Rashtriya Swayamsevak Sangh (RSS) founder, located in Reshimbag area of Nagpur on September 15, 2021. Sheikh had failed to conduct a recce of the RSS headquarters located in Mahal area of the city.

Sheikh's lawyer Nihalsingh Rathod submitted the bail application in the high court, contending that there was no evidence to prove that Sheikh was conducting a recce of the concerned places.

Sheikh's activities do not fall under the purview of the Unlawful Activities (Prevention) Act (UAPA), his lawyer argued in the court.

Government pleader Devendra Chauhan told the court that there was ample material to show that accused Sheikh was associated with the banned terrorist organisation (JeM).

His activities were in furtherance of a future terrorist attack and therefore it would be covered under the definition of a terrorist act under the UAPA, he said.

"The purpose of the act (recce) was not to wait till the outcome of the final action, but even preparatory actions are held as terrorist acts," he said.

"There was no natural conduct about why he came to Nagpur and that his coming to the city was not natural. The accused had no relatives or business purpose and



other factors which could say that his visit was natural," Chauhan said.

He also brought to the notice of the court the statements of autorickshaw drivers and staffers of the hotel that the accused used.

Chauhan also told the court that the data related to the calls made by the accused outside the country were also available.

The next hearing in the case will be held on March 17.

As per the police's probe, Sheikh's target was to conduct a recce of the six lanes connecting the RSS headquarters. However, after observing a huge number of police personnel deployed for security, he did not dare to enter the lanes.

After getting concrete evidence from Jammu and Kashmir police and intelligence agencies, a case under relevant sections of the UAPA was registered against Sheikh at Kotwali police station.

FIR Lodged In Connection With 'Azad Kashmir' Graffiti On JU Campus

KOLKATA: An FIR has been lodged in connection with the 'Azad Kashmir' graffiti spotted on the Jadavpur University campus, police said on Wednesday. Jammu travel guide The FIR was registered against unknown persons for their alleged involvement in putting up the graffiti, a senior officer said. "The suo motu case has been filed at Jadavpur Police Station under sections 61(2) (criminal conspiracy.

OFFICE OF THE PRINCIPAL

GOVT. DEGREE COLLEGE FOR WOMEN, SOPORE KASHMIR-193201

(NAAC Accredited Grade "B")

Email Id: gdcwsopore@gmail.com

WCS/ visit us at: www.gdcwsopore.com Dated: 11/03/2024

Notice Inviting Tenders

For and on behalf of the Lt. Governor of J and K Union Territory, the college is going to outsource the College Canteen for the calendar year i.e. from March 2025 to February 2026. In this connection, tenders are invited through offline mode from the registered dealers. Interested vendors may submit hard copy superscribed as "offline tender for outsourcing of college canteen" to the Principal Govt. Degree College for Women Sopore" by or before 22-03-2015. The CDR of Rs 1000/- may also be deposited in the office of undersigned in a sealed packet. The complete tender document along with terms and conditions is available for download from www.gdcwsopore.edu.in. or can be availed from the college during official hours). The undersigned reserves the right to accept or reject any or all tenders without assigning any reason thereof. Complete details for submission and opening of tender offers are as detailed below:

Date of issue of Tender on college website	11-03-2025
Date of publication of Tender Notice in local Newspaper(s)	12-03-2025
Submission start date	13-03-2025
Last date of submission of Tender	22-03-2025(4pm)
Tender opening	24-03-2025(12pm)

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VP Dhankhar Discharged From AIIMS-Delhi

NEW DELHI: Vice-President Jagdeep Dhankar was discharged from AIIMS-Delhi on Wednesday after making a satisfactory recovery, the premier hospital said.

He was admitted to the All India Institute of Medical Sciences (AIIMS) on March 9 following cardiac-related ailments, it said in a statement. "After receiving necessary care from the medi-

cal team at AIIMS, he made a satisfactory recovery and was discharged on March 12," AIIMS-Delhi said. He has been advised to take adequate rest for the next few days.

GOVERNMENT OF (U.T) JAMMU & KASHMIR

Office Of The Executive Engineer Jal Shakti (PHE) Deptt Ground Water Division Srinagar

Baghi-Ali-Mardan, Nowshara Srinagar.

E- mail - : phgwd@yahoo.com, Tel./ Fax No: -0194-2411285

NOTICE INVITING e-TENDERS

GIST of Detailed e- NIT No: - 72/JS-PHE/GWDS/Mech. of 2024-25.

For and on behalf of Government of UTJ&K, e-tenders from reputed and resourceful Registered/Approved Electrical Works having good experience in the relevant field /Joint Ventures etc as per details given below The bidding process shall be completed online on www.jktenders.gov.in in two covers viz. Cover 1st consisting of Pre Qualification Criteria, General Terms and Conditions and Technical Specifications and Cover 2nd shall consist of Financial Bid in the prescribed BOQ.

S.No	Name of work	Est. Cost Rs . in Lacs	Earnest money	Cost of T/Doc	Time of completion	Class of Contract	Major Head / Programme	Tender Call
1.	Providing and fitting of 24v inverter with batteries and other allied works to be carried out at office of the Superintending Engineer Jal Shakti (PHE) Deptt. Mech. Circle (North).	Rs. 0.96Lacs	Rs.3,000/-	Rs.100/-	05 days (from the date of issuance of work order)	Registered for Electrical works	M & R	1st

Position of Funds: - Available.

The Bidding Documents and other details can be downloaded from the website: https://www.jktenders.gov.in

From 11.03.2025 (10:00 AM) UPTO 19.03.2025 (11:00 AM)

The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings (if any), Book of quantities (B.O.Q), Set of terms, conditions of contract and other details can be seen / downloaded from the website: https://www.jktenders.gov.in

As per Critical Dates/Information scheduled given below

1.	Publishing Date	11-03-2025 (10:00 AM)
2.	Period of Downloading of Bids	11-03-2025 (10:00 AM) upto 19-03-2025 (11:00 PM)
3.	Period of Submission of bids	11-03-2025 (10:00 AM) upto 19-03-2025 (11:00 PM)
4.	Date of opening of Tender.	20-03-2025 (11:00 AM)
5.	Tender Receiving Authority: Executive Engineer , Jal Shakti (PHE) Ground Water Srinagar Kashmir-190011	
6.	Cost of Tender Document : Non-Refundable should be in form of DD /TR/e-challan deposited to Account Head 0215 in favour of Executive Engineer (Jal Shakti) PHE Ground Water Division Srinagar (at Saddar Treasury Srinagar) (The firm shall specify the name of work for which apply) NOTE: In case the firm/agency/contractor submits/uploaded scanned copy of tender document fee in the shape of DD/e-challan, the hard copies shall have be submitted in the divisional office before opening of cover 2nd (Financial Cover) of e-NIT.	
7.	Bid Validity Period: 180 Days	
8.	The bids can be downloaded or uploaded on www .Jktenders.gov.in	

Bids must be accompanied by bid security viz: Earnest Money in shape of CDR/FDR and (The date of CDR/FDR etc must not be prior to 03 months from the date of issuance of this e-Nit and Treasury Receipt (mentioning therein the NIT No., S.No. of work and Advertised Cost as per the NIT) as cost of Tender Document under Account Head 0215 to be pledged in favour of the Executive Engineer Ground Water Division Srinagar (as specified in the table (I) (Page 1st). Bid security will have to be in any one of the forms as specified in the bidding documents and shall be valid for 180 Days after opening of bid. Bids will be opened in the Office of the Executive Engineer Jal Shakti (PHE) Ground Water Division Srinagar (H.Q. Baghi-Ali-Mardan, Nowshara Srinagar) on 11.03.2025 at 11:00 am. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue.

No: -JS-PHE/GWDS/24-25/Corrs./13573-81

Dated: 10-03-2025

Sd/=Executive Engineer Jal Shakti (PHE) Deptt. Ground Water Division, Srinagar.

DIPK-12906/24

Government of Jammu & Kashmir

Health & Medical Education Department

OFFICE OF THE PRINCIPAL

Government Medical College, Anantnag

Main Campus Dialgam, Anantnag (J&K 192210)

Phone: 01932-227624 e-mail: gmcanantnag2018@gmail.com ragmca22@gmail.com

Subject: Engagement of Junior Residents from waiting list in Government Medical College, Anantnag.

Order No. 16.GMCA (RA) of 2025

Dated: 12.03.2025

In continuation to this office Order No 11 GMCA (RA) of 2025 dated 17.02.2024 for the engagement of Junior Residents in Government Medical College Anantnag. The below mentioned candidate(s) who were falling next in merit list are hereby engaged as Junior Residents on academic arrangement basis under S.O-364 of 2020 dated 27.11.2020, initially for a period of 6 months which can be extended up to a period of one year, on the basis of satisfactory work and conduct of the individual selectees:-

S. No.	ROLL NO.	APPLICANT NAME	ADDRESS	MERIT POINTS
1.	0083	Dr. Sameera shabir	Budgam	30.00
2.	0021	Dr. Jaffar Mustafa	Anantnag	30.00
3.	0059	Dr. Mehreen Majid	Anantnag	30.00
4.	0017	Dr. Adina Aiman	Anantnag	30.00

All the selected Candidates are required to join the College ge within (07) Days from the date of issuance of this order failing which the appointment of the concerned appointee shall be cancelled ab-initio. The selected Candidates will have to produce the below mentioned original documents along with a set of self attested photocopies of the same at the time of joining.

I. MBBS Degree Certificate issued by the Concerned University/Institution.

II. Internship completion Certificate.

III. J&K Medical Council Registration Certificate of MBBS.

IV. Attempt Certificate

V. 1st, 2nd, Pre-final and Final MBBS examinations marks sheets issued by the Concerned University.

VI. Date of Birth Certificate.

VII. Domicile Certificate.

VIII. 2 Passport size photographs.

IX. Undertaking as per below prescribed format.

The appointment of above Doctors is subject to the following terms and conditions:

1. The selected candidates shall submit an affidavit duly attested by the judicial/First class Magistrate to the effect that:-

a) If the information furnished or document submitted by him/her in the application form is found wrong at any point of time, his/her engagement as Jr. Resident will be terminated immediately and followed by action under rules.

b) He/she will not participate in any kind of strike/protest etc. during the period of his/her tenure engagement.

c) He/she shall follow the departmental roster strictly and maintain discipline during the tenure period.

d) He/she is not involved in any criminal activity or there is no FIR pending/registered in any criminal department or in any police station against him/her.

e) One month salary shall remain as deposit with the department and shall be released on the completion of sanctioned term (6 months).

f) He/she will not leave the department before the completion of Junior Residency term (06 Months), however abandoning/ terminating of the engagement in the department after (06) six months will require one month prior notice on either side failing which the salary shall not be paid for one month to the incumbent which shall always remain in deposit with the department and leaving the job midway shall not entitle him/her for any experience certificate/remuneration.

g) h He/she is not entitled for any kind of experience if leaving the job midway (6 months).

j) He/she will have no objection if transferred to any other department during the tenure (Need Based).

i) He/she will not indulge in any private practice. In case he/she is found practicing in private capacity, his/her appointment shall be liable to be terminated without any notice.

j) He/she will reside in the vicinity of their respective Associated Hospitals during their tenure at GMC Anantnag.

k) That the salary will be released only after receiving satisfactory report of the selectee from the CID/police department. The appointment shall be terminated ab-initio without any notice if CID/police verification report of the candidate is found adverse. COLLE

1) He/she has not done Junior Residency from any medical college/institute earlier.

Note: "Those candidates whose JK Medical Council Registration/MCI Registration is pending/under process will not be allowed to join the college and their engagement will be cancelled without any further notice".

2. Junior Residents appointed on academic arrangement basis shall be paid as per S.O-364 of 2020 dated 27.11.2020.

No. GMCA/PD/JR/RA/Eng./2025/440-447

Dated: 12.03.2025.

Sd/-Principal/Dean Govt. Medical College, Anantnag

DIPK-12908/24

DC Bandipora Reviews Traffic Management in B'pora Town

BANDIPORA: The Deputy Commissioner of Bandipora, Manzoor Ahmad Qadri, today convened a meeting of concerned officers to discuss the traffic congestion issues in the main market and Bandipora Town.



The meeting aimed to assess the current situation and explore practical measures to ease traffic flow and decongest the town.

During the meeting, the Deputy Commissioner emphasized the coordinated efforts to address traffic-related issues that are causing inconvenience to the public.

He urged the concerned officers to implement comprehensive solutions that ensure smoother traffic flow and overall convenience for the general public.

The meeting discussed, various issues includ-

ing unauthorized vehicle parking, inadequate parking signages, the entry of heavy vehicles into Bandipora Town, and the importance of providing proper guidance to transporters.

The Deputy Commissioner directed the concerned officers to take immediate steps to implement measures for traffic decongestion in the main market area and its surroundings.

The Deputy Commissioner instructed the Assistant Regional Transport Officer (ARTO) to initiate an awareness campaign for transporters, focusing on better traffic management practices within the town.

He directed the CEO Municipal Council Bandipora to ensure that towing vehicles are available to remove vehicles parked improperly or in violation of regulations.

Additionally, the Deputy Commissioner emphasized the importance of regulating street vendors, urging that they occupy only designated areas without encroaching roads or footpaths.

Further as a concrete step to address congestion caused by heavy vehicles, the Deputy Commissioner issued a circular restricting the entry of heavy vehicles into the main market area from 08:00 am to 06:00 pm.

Among others the meeting was attended by ARTO Anees Ahmad, Tehsildar Firdous Qadri, DySP Latief Khan, EO MC Ajaz Ahmad and other concerned.

GDC (Women) Sopore Hosts Essay Writing Competition

SRINAGAR: Government Degree College for Women Sopore on Wednesday organised an essay writing competition on Women's Role on Nation-Building under the supervision of Principal Prof. Subeena Chiloo.

Acting Principal Dr. Murtaza Gilani also shared his insights, appreciating the committee's efforts in selecting such a crucial topic. He lauded the students' enthusiastic participation, noting that platforms like these enable young minds to express



An official spokesperson of the college said the Debates and Cultural Activities Committee, in collaboration with the Women Development Cell, organized an Essay Writing Competition on the theme "Role of Women in Nation-Building." The event was part of the International Women's Day 2025 celebrations, aligning with this year's theme: "For All Women and Girls: Rights, Equality, Empowerment."

The competition commenced with opening remarks by Dr. Aadil Mohi-Ud-Din Sheikh, Convener of the Debates and Cultural Activities Committee, who outlined the rules and regulations of the contest and emphasized the transformative power of women in shaping societies.

He particularly stressed the importance of girl education, stating, "Educating girls has far-reaching benefits that extend beyond the individual to the family, community, and society at large. It is a powerful tool for achieving social and economic development, promoting health and well-being, and ensuring a more equitable and just world."

their perspectives on social progress and gender equality.

A significant number of students actively participated in the competition, submitting essays in both English and Urdu, as there was no language restriction. The college provided all necessary materials, including ball pens, paper sheets, and folders, to ensure smooth participation.

Faculty members who played a vital role in organizing the event included Dr. Pervaiz Ahmad Dar (HOD Zoology), Dr. Parvaiz Ahmad Dar (HOD Physics), Dr. Muzamil Wali, Prof. Aasiya Shafi, and Prof. Zafar Majeed Rather, who also delivered the concluding remarks.

As a token of appreciation, light refreshments, including packets of dates, were distributed among all participants in view of the holy month Ramadan. The students expressed gratitude to Madam Principal and the organizing committee for providing them with an opportunity to showcase their talent and contribute to meaningful discussions on women's empowerment.

Govt prioritizing scientific disposal of solid waste: Sakeena Itoo

JAMMU: The Government today emphasized its shift from traditional solid waste dumping to a more scientific and sustainable waste disposal approach.

Responding to a question raised by Nizam ud Din Bhat on behalf of Member G.A. Mir, Minister for Health, Sakeena Itoo, informed the House that the government is implementing scientific waste management methods. This included bio-mining of legacy waste, construction of scientific waste management centers, door-to-door waste collection, bio-fencing around waste management sites and conversion of dumping sites into bio-parks, she added.

The Minister, replying on behalf of the Chief Minister, who is also the Minister-in-Charge of the Housing & Development Department, further stated that a Solid Waste Management Facility is operational in Achabal Town with a capacity of 4 TPD, where the town's waste is systematically collected and processed.

No plan to waive off power bill for terminally ill patients, fishermen community: Govt

WARIS FAYAZ

Srinagar: The Jammu and Kashmir government on Wednesday ruled out any plans to waive electricity bills for households with terminally ill patients or those belonging to the fishermen community.

In response to a query by MLA Hilal Akbar Lone, the government, as per the news agency—Kashmir News Observer (KNO) informed the house that in its ongoing amnesty scheme, 275,081 domestic consumers have benefited from a 100% waiver on interest surcharges on outstanding electricity bills.

The minister incharge of the Power Development Department (PDD) said that under the Antyodaya Anna Yojana (AAY) category, households of domestic consumers would receive 200 units of electricity free of cost, as announced by the government recently.

The minister also clarified that there is no specific provision for terminally ill patients or the fishermen community—(KNO)

Hajin Residents Decry Irregular Door-to-Door Waste Collection

BY GOWHAR MAQBLOOL

Hajin: Residents of Hajin town have raised concerns over the irregular door-to-door waste collection, alleging that the inconsistency has caused them immense inconvenience.

Despite paying monthly charges to the Municipal Committee (MC) Hajin, locals claim that the waste collection vehicles do not operate daily across all wards, leaving many areas unattended. They further criticized the lack of a fixed schedule, stating that the collection staff arrives at random hours and often fails to cover all designated areas.

"If they do not streamline the waste collection timing, we will stop making payments," said an aggrieved resident, highlighting the growing frustration among locals.

Residents also alleged that the collection vehicles sometimes arrive as late as 11 AM, only covering one or two wards before leaving, neglecting other areas.

"There is no proper mechanism in place. The route of the waste collection vans is not fixed, and they either arrive at random hours or do not come at all," another resident claimed.

The residents have urged the concerned authorities to take immediate action to streamline the waste collection process and ensure a consistent and reliable system to maintain hygiene and sanitation in the town.



RDD constructs 69 waste segregation sheds worth Rs 2.17 cr in Langate : Javed Dar

Minister for Rural Development & Panchayati Raj, Javed Ahmad Dar, today informed the House that 69 waste segregation sheds have been constructed in Langate Constituency with a total cost of Rs. 2.17 crore under the Swachh Bharat Mission.

He was responding to a question raised by Sheikh Khurshheed Ahmad, who sought details on waste segregation sheds being constructed under the mission, with special reference to Langate Constituency.

The Minister further stated that, of these 69 sheds, only four are located near the water bodies.

Airtel Celebrates Customer Day in J&K

Srinagar: Airtel Jammu and Kashmir marked its annual Customer Day celebrations with its 1,290+ strong workforce stepping out of their offices to engage directly with customers, retailers, and stakeholders on Wednesday.

As part of the initiative, Airtel employees gathered real-time feedback, addressed customer concerns, and reinforced the company's commitment to service excellence. The company has been celebrating Customer Day annually, dedicating this day to strengthening its relationship with users and enhancing customer satisfaction.

Airtel officials stated that such initiatives help the company understand customer needs better and improve service delivery in the region.

Netball Association of J&K Announces Trials for National Championships

JAMMU: The Netball Association of Jammu & Kashmir has announced trials for the upcoming 3rd Fast5 Sub Junior and 1st Mixed Sub Junior Netball National Championship, scheduled to be held in Haryana, and the 3rd Fast5 Senior Netball National Championship, set to take place in Chandigarh.

The selection trials will be conducted on March 10 and 11, 2025, at Dussehra Ground, Gandhinagar, Jammu. Participation is exclusively open to registered players, and the association has encouraged all eligible athletes to take part and showcase their talents.

For further details, interested players can call or WhatsApp at 9796100101.

Ratnuchak Military Station Hosts Breast Cancer Awareness Camp

Ratnuchak: In a proactive initiative to promote women's health, Ratnuchak Military Station, in collaboration with Government Medical College (GMC) Jammu, organized a Breast Cancer Awareness Camp on the eve of International Women's Day 2025. The camp focused on early detection, prevention, and treatment, encouraging women to prioritize regular screenings and self-examinations.

The event saw enthusiastic participation from military families, officers, and civilian staff. A team of expert oncologists and medical professionals from GMC Jammu conducted informative sessions, highlighting risk factors, lifestyle modifications, and treatment options for breast cancer. Attendees also availed free screening tests and consultations.

Officials emphasized the importance of early detection in improving survival rates. "Breast cancer is highly treatable when detected early. This initiative ensures our community is well-informed and proactive about their health," said a spokesperson from Ratnuchak Military Station.

NC welcomes announcement of committee to regularise daily wagers

SRINAGAR: The Jammu and Kashmir National Conference Provincial President Kashmir Showkat Ahmad Mir Wednesday welcomed the announcement of a committee to regularize daily wagers in Jammu and Kashmir, aiming for a roadmap in six months.

In a statement released from the party headquarters, Nawa-e-Subha Mir welcomed the announcement of a high-powered panel by Chief Minister Omar Abdullah, headed by Chief Secretary Atal Dulloo with a motive of creating a roadmap to address the issue of regularizing daily wagers, ad hoc workers, and casual laborers across Jammu and Kashmir.

Mir emphasized that PDP-BJP govt and the LG admisnistartion had ne-

glected this humanitarian issue, ignoring the daily struggles of thousands of families associated with these employ-



ees. "It is time to prioritize the well-being of these workers and their families, and this panel is a step in the right direction towards achieving that goal," he said.

Mir said, "Promises made by previ-

ous governments and bureaucratic regimes since 2014 have proven to be empty, as no concrete measures have been taken to address the issues faced by these employees. The failure to regularize their positions, ensure fair pay, or guarantee timely salary disbursements highlights a deep-rooted apathy that borders on shamelessness. This neglect is not just an administrative lapse; it is a violation of the basic rights and dignity of these professionals. I commend the action taken by the Omar Abdullah-led government in this regard, and I am hopeful that a policy will be formulated and tabled in the next budget session. It is time for real change and accountability in how these valuable employees are treated."

Bharat Vikas Parishad Organizes Free Distribution Camp, and Plantation Drive

Srinagar: Bharat Vikas Parishad (BVP), Jammu & Kashmir, organized a Free Distribution Camp at Hajibagh HMT to assist underprivileged and needy individuals in the area. The initiative aimed to provide essential items, reinforcing the organization's commitment to social welfare and community service.

Alongside the distribution camp, BVP J&K conducted a Plantation Drive at the Government School in Hajibagh, highlighting the importance of environmental conservation. The drive encouraged students to actively participate in afforestation efforts, fostering awareness about the need for a greener and healthier environment.

As a part of their social outreach, BVP also distributed clothing among school students, a gesture warmly appreciated by the school administration and the local community. The initiative was lauded for its focus on education, well-being, and environmental responsibility.

The local residents and beneficiaries expressed their gratitude to BVP J&K for their thoughtful initiative and commitment to uplifting society through meaningful contributions.

The programme was conducted in the presence of President Javid Khan, Women President Saiqa Manzoor, Treasurer Javid Najar and other members of the notional body in which Dev Raj Sharma (National convener), Shiv Ram Sharma (General Secretary J&K Prant), Prof Bharat Bhushan (Regional Secretary Seva), Gurmeet Singh (convener J&K Prant).



Editorial

Faulty ATD Policy

Teachers in remote areas of Bandipora, particularly Zones 4 and 5 under the Annual Transfer Drive (ATD) 2023, are calling for urgent amendments to the policy. They argue that the current transfer system is unfair, disregards teacher welfare, and hampers the effective implementation of the National Education Policy (NEP) 2020. Many teachers transferred to difficult terrains like Gurez face severe climatic conditions, cultural barriers, and linguistic challenges that impact the quality of education. NEP 2020 emphasizes teaching in the mother tongue to enhance learning outcomes, but the ATD policy often disregards this aspect by not prioritizing local teachers. Non-local teachers struggle with dialects and cultural nuances, making it harder to engage students effectively. The affected teachers are urging authorities to introduce policy revisions that allow those from Zone 5 to serve in their home zones for at least a decade. This would ensure continuity in education and foster a better learning environment. Additionally, frequent postings in distant areas create undue hardships, affecting teachers' morale, well-being, and efficiency. A balanced transfer system—ensuring shorter tenures in remote zones or providing more home postings—would be more sustainable and beneficial for both educators and students. As ATD 2024 approaches, teachers hope their grievances will be addressed. The Education Ministry must take immediate steps to align transfer policies with NEP 2020's vision. Any reform that aims to improve education must be practical and responsive to ground realities. A well-thought-out transfer policy would not only enhance the quality of education in remote regions but also ensure that teachers remain motivated and committed to their profession. The government must act now to protect both teachers' rights and students' learning experiences.

Holi : Not only a Religious but a Cultural and Spiritual Festival



Lalit Garg

Holi is not only a religious but a cultural festival; this festival is a unique opportunity to share happiness, love and positivity. The biggest quality of our culture is that all the festivals celebrated here enhance the love, unity and goodwill among the people by establishing human qualities in the society. The spirit behind all the festivals celebrated here is to provide prosperity to human dignity. Holi has a special message that just as nature is full of colours, life should also be full of colours. The colours of life should be such that deep reverence in God along with oneself. Holi is a perfect festival in terms of purity associated with any festival. It is a unique festival which not only associates the body, but also the soul. Holi is a festival of happiness. The happiness in us is also the colour of our soul.

In fact, Holi is the festival of fun and laughter. The most famous story about this festival is also in relation to Prahlada and Holika. Naradapurana states that Prahlada, the son of a demon named Hiranyakashipu, was an exclusive Hari-bhakta, while Hiranyakashipu considered Narayana to be his ultimate enemy. There was also a severe punishment system for chanting the name of Narayana or Srihari in his kingdom. Seeing his son as a Hari-bhakta, he warned many times, but a supreme devotee like Prahlada was always absorbed in piety. His father tried to kill him several times by taking various measures. But, he survived every time by the grace of Narayana. Holika, sister of Hiranya Kashipu, had the boon of not burning in the fire. So she entered the fire with her nephew Prahlad in her lap. But by the grace of God, Prahlada came out alive and Holika was burned. The festival of Holi signifies 'Victory of Truth over untruth and 'Victory of Virtue over Misconduct'. In this way, the festival of Holi also symbolizes the victory of truth, justice, devotion and faith and the destruction of injustice, sin and demonic practices.

Holi is a festival that breaks all our limits and unites us. That is why we colour each other and say, May your life also be full of colours. Apart from the euphoria of colours, there are many other mythological

stories to celebrate the festival of Holi. In North East India, Holika dahan is celebrated as the slaughter day of demonic Putna by Lord Krishna, is celebrated as Putna Daah, then in South India it is believed that on this day Lord Shiva consumed the third eye shell of Kamadeva and he danced the ashes on his body.

night ghoomar, dandiya dance and singing troupes from different regions enhance their fun and joy as the night progresses through their performances. Today, due to the deformity of the Pollutions and anti environment, the entire environment has become polluted and fearful; all the colours of life have fallen.



Thereafter, Lord Shiva revived Kamdev, being moved by the grief of Kamadeva's wife Rati, which pleased the gods and showered them with colours. For this reason, on the eve of Holi, fire is ignited in South India and sugarcane, mango blossom and sandalwood are added to it. Here, sugarcane symbolizes the bow of Cupid, mango blossom of Cupid, the burning of Cupid by the burning fire Shiva and the chanting of sandalwood to calm Kamdev for burning with fire.

Many cultural and public related programs are held to celebrate Holi. The events of Holi in metropolitan culture have given Holi a new zeal and enthusiasm. In these events, there are cultural programs to play songs in a very polite manner. Ghoomar which is a Rajasthani event associated with Holi, people get excited about it. Delicious food items with sandalwood tilak and refresher drinks give this festival a dignified image. In late

There was no mutual trust, no mutual love, nor a sublime feeling of cooperation, nor did the tone of unity arise in the struggle. No one held hands in the crowd of scattering, nor did anyone release the request. Like this, the divided mind is standing alone in the hope of finding everything again. How false is this wait, how much meaning is this reception. Let us also bring together the countless possibilities of the future and create a conscious atmosphere again. Make a pledge to fill the colour of truth in it. Holi requires an atmosphere and a mind too; a mind where we are all one and uproot the filthy layers of the mind so that all the faces reflected in the mirror of the undivided mind can be felt by us.

In Mathura and Vrindavan, the grand hues of Holi are seen. With the arrival of Basantsav, the atmosphere of Vrindavan is included in a wonderful fun, the festival of spring is also celebrated with

great pomp here. The joy of this festival does not slow down even when it starts, the cool month of Falgun. The traditions of Phalgun month and Holi are related to the pastimes of Shri Krishna and have special significance in the devotee's heart. Celebrating the colorful and joyous festival of Holi with a full devotion of Shri Krishna is a unique experience. Falgun Shukla Ekadashi has special significance in the city of temples Vrindavan. On this day, playing the colours of Holi starts in the traditional form. Both the fun and devotion of Holi in temples spreads its unique beauty.

In order to paint themselves in the colour of this divine month and Holi, devotees come to Vrindavan from far off places and celebrate Holi with full enthusiasm. The environment of Vrindavan is filled with Shri Krishna vibes and the fun of Holi prevails in that too. The special heart-touching dance of the group of devotees is very attractive as soon as it is made in the holy land of Vrindavan. There is no kind of worry, no malice and no madams, only a pleasant atmosphere prevails. To organize Holi in its entirety, we need not only the mind, but also the atmosphere and this is seen in Vrindavan.

The word Holi means purity in the English language. Purity is useful to every person and if the heritage of purity is associated with this festival, then the importance of this festival becomes hundred percent. The question is, how permanent is this happiness, which becomes a passion in the days of Holi? The melodic sound of dhapli (drums) and the Dandiya Raas chimes limited the usefulness of a festival like Holi to what can only be called instantaneous happiness, while expecting this tradition of colours to provide long-term. Such a bond of affection and respect, of love, of friendship and harmony should be tied on which a person can be inspired to do something new. Celebration is the nature of consciousness and the celebration that emanates from silence is real. Holi is a celebration of consciousness. The more one feels joyful by him, the more colours are filled with colours in his life.

In a festival like Holi, all kinds of distractions are erased, then it should be felt that in the fire of Holi, all our sufferings, sorrows, worries, animosity etc. should be ignited and the colour of happiness, cheerfulness and joy in life should be scattered. We should have made some resolution and it can be resolved that we ourselves live a peaceful life and wish for a peaceful life for all. Such a resolution and such a life can really make Holi meaningful.

Education Reimagined: Nurturing Life Skills, Resilience, and Ethics



SHABEER AHMAD LONE

In a world burdened by mounting stress and relentless competition, the need to redefine education has never been more urgent. Education must transcend its traditional confines, evolving into a transformative journey that equips individuals with life skills, emotional resilience, and ethical guidance. This shift is not merely aspirational but a pragmatic response to the profound challenges of modern life. Life skills nurture adaptability, communication, and critical thinking; emotional resilience fortifies individuals against adversity; and ethical career guidance aligns aspirations with values, fostering a sense of purpose and collective responsibility. This comprehensive approach to education finds its roots in timeless wisdom and is validated by contemporary research and global success stories. From Finland's emotionally inclusive pedagogy to Bhutan's Gross National Happiness framework, the world offers compelling models that blend ancient philosophies with modern innovation. This paper critically explores the integration of these dimensions, drawing on diverse cultural, historical, and geographical contexts, to present a holistic and inclusive vision for empowering youth to thrive in a complex, interconnected environment.

Life skills, encompassing problem-solving, adaptability, communication, and emotional intelligence, are essential for navigating contemporary challenges. Emotional resilience—the capacity to recover from setbacks and thrive amid adversity—complements these skills, enabling individuals to maintain psychological well-being. Ethical career guidance ensures students align their professional aspirations with principles of fairness, compassion, and societal contribution. When these elements are seamlessly integrated, they prepare youth for holistic growth.

Scholarly research highlights the efficacy of socio-emotional learning (SEL) programs. A meta-analysis of SEL initiatives in over 213

schools globally reveals a 13% improvement in academic performance alongside reduced anxiety and behavioral issues. These findings underscore the symbiotic relationship between emotional well-being and intellectual achievement. Finland's education model exemplifies this integration. By prioritizing student autonomy, mental health, and teacher training in emotional education, Finland has fostered a generation of well-rounded individuals capable of tackling complex societal problems.

Singapore's educational reforms further illuminate the transformative power of holistic education. The Ministry of Education has implemented initiatives like the Applied Learning Program (ALP) and Life Skills Program (LSP), emphasizing real-world problem-solving, resilience-building, and ethical reasoning. These efforts have equipped students not only with academic knowledge but also the soft skills required to excel in a volatile global economy.

A compelling success story comes from Bhutan, where Gross National Happiness (GNH) is prioritized over GDP. Schools incorporate mindfulness practices, environmental stewardship, and life skills education. This holistic approach has significantly reduced youth stress levels while fostering a sense of purpose and community. Similarly, in the United States, the Chicago-based CASEL framework has helped schools integrate SEL into their curricula, leading to enhanced student engagement and reduced dropout rates.

Incorporating ethical career guidance is equally crucial. Studies by UNESCO reveal that students who receive mentorship in ethical decision-making are more likely to pursue careers aligned with societal welfare. For instance, Germany's vocational education and training (VET) system, which combines classroom learning with apprenticeships, embeds ethical considerations in professional training. This approach has not only reduced youth unemployment but also instilled a sense of responsibility and purpose among young professionals.

The Indian education system, though traditionally exam-centric, has seen pockets of innovation. Schools like Rishi Valley in Andhra Pradesh emphasize value-based education, blending academic rigor with life skills and emotional development. Inspired by the teachings of Jiddu Krishnamurti, these schools have cultivated students who excel academically while contributing meaningfully to their communities.

Data from UNICEF and the World Economic Forum highlight the urgency of these reforms. In a survey of 15–24-year-olds across 21 countries, 45% reported feeling unprepared for the workforce. However, those who had participated in life skills and resilience programs reported higher confidence

life skills, emotional resilience, and ethics into their teaching. Moreover, family and community involvement is vital to reinforce these values outside the classroom.

The integration of life skills, emotional resilience, and ethical career guidance into

meaningfully to the collective good. Success stories from Finland, Bhutan, Singapore, and beyond illuminate the transformative potential of such integration, proving that it is both achievable and effective. By bridging ancient wisdom with cutting-edge research, we can create an education



and adaptability. These findings resonate with the principles of ancient philosophies—Stoicism in the West and mindfulness in the East—that emphasize inner strength, ethical action, and the pursuit of a balanced life.

Despite these successes, challenges persist. Many education systems remain fixated on rote learning and standardized testing, neglecting the holistic development of students. Policymakers must prioritize training educators to integrate

education is more than a policy reform—it is a societal imperative. As we navigate an increasingly volatile and complex global landscape, the education system must embrace a holistic vision that prioritizes the mental, emotional, and ethical well-being of students alongside academic excellence. Drawing on authentic, timeless insights from across traditions, cultures, and periods, this approach ensures that education equips youth not only with the tools to excel individually but also to contribute

system that inspires resilience, cultivates purpose, and fosters harmony. This endeavor is not just a response to the crises of our time—it is a blueprint for a future where humanity thrives in balance, guided by wisdom, compassion, and the pursuit of a common good.

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Dr Darakhshan holds Public Darbar at Udhampur, chairs meeting on Eid preparedness

Says public endorsement of Waqf Board's initiatives in J&K is our guiding force

UDHAMPUR: Chairperson J&K Waqf Board, Dr Syed Darakhshan Andrabi, convened a Public Darbar at Eidgah in Udhampur in which prominent social representatives and locals raised their issues and concerns besides suggesting measures for further streamlining of working of the Board.

Waqf Board Chief Executive Officer, Zahir Kaifi and Administrator Jammu, Abid Hussain accompanied the Chairperson.

society representatives including Sheikh Tanvir Ahmad, Surinder Singh Khalsa, Waseem Akram, Anwar Hussain and Tariq Shah also spoke on the occasion.

Besides, Ulema and Imams of Udhampur district also participated in the event.

In her address, Andrabi said that there is commendable improvement in working of Waqf Board management during the past three

years. Focus is being accorded to ensure complete transparency and accountability in extending

done to full satisfaction of the people. "Public endorsement of initiatives of the Board in J&K is



Board services in J&K.

She said that the consolidation and upgradation of our assets in whole of the UT is now being

our guiding force", she maintained.

"We are committed to strengthen the Sufi centers throughout J&K", said Andrabi.

She announced that a shopping complex will be constructed by the Board in Udhampur at Waqf Land which will give work opportunities to the local youth besides generating funds for infrastructure development.

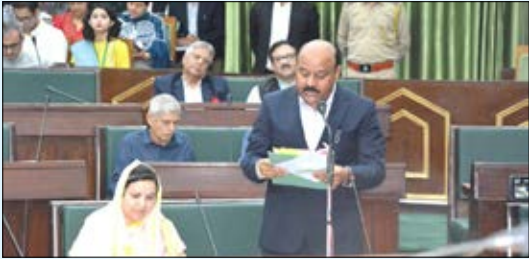
Dr Darakhshan, later, chaired a meeting to review Eid preparedness in which representatives from different government departments and Waqf Board officers participated.

ADC Udhampur Prem Singh, CEO Udhampur Municipality, Rajender Digra, Executive Engineer JKPDCL, Executive Engineer PWD, and Naib Tehsildar, among others, were present in the meeting.

Dr Andrabi stressed upon the need to work in a coordinated manner to provide adequate facilities to the people during the Ramzan special celebrations and Eid festival as well.

Rs 41.78 cr Maitra bridge over Chenab to be completed by August 2026: Dy CM

Men & machinery mobilized, work accelerated for timely completion



Jammu: Deputy Chief Minister, Surinder Choudhary, today informed the House that the Rs. 41.78 crore Maitra Ramban bridge over river Chenab shall be completed by August 2026.

The Deputy Chief Minister was replying to a question raised by Arjun Singh Raju in the Legislative Assembly.

He said that men and machinery is being mobilized and work has been accelerated for timely completion of the project. He informed the House that execution of bridge over river Chenab at Maitra Ramban, sanctioned under CRIF, was delayed, as NHAI did not allow intersection of this bridge with 4-lane Ramban flyover carrying fast moving motorized traffic.

The Deputy Chief Minister said that the bridge has now been planned to intersect with old NH, due to which the height of the bridge is being raised by 8.5 m and span extended by 30 m to 300 m.

He added that foundation of both the abutments has been completed while as Gantry on Maitra side stands installed and casting is in progress. He said that on the Ramban side, pier headwork is under progress and work of casting of segment/deck slab has been started.

The Deputy Chief Minister said that the project has picked up pace as the contractor has mobilized men and machinery in strength. He added that against a sanctioned cost of Rs. 41.78 crore, till date, an amount of Rs. 21.10 crore has been released in favour of the contractor and the bridge is expected to be completed by August 2026.

Sakeena Itoo tables Demand for Grants in Legislative Assembly

JAMMU: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo, tabled the Demand for Grants before the House.

The Demands included sum not exceeding 1201489.52 lakh for School Education Department, sum not exceeding 881370.63 lakh for Health and Medical Education department, sum not exceeding 450428.15 lakh for Social Welfare Department and sum not exceeding 219340.00 lakh for Higher Education Department.

Legislators, Dr. Shafi Ahmad Wani, Pyare Lal Sharma, Devender Kumar Manyal, Irshad Rasool Kar, Mir Mohammad Fayaz, Mushtaq Ahmad Guroo, Mohammad Yousuf Tarigami, Surinder Kumar, Peerzada Feroze Ahmad, Choudhary Mohammad Akram, Dilip Singh Parihar, Er. Khurshheed Ahmad, Iftikhar Ahmed, Bharat Bhushan, Shamima Firdous, Aijaz Jan, Dr. Narinder Singh and Mehraj Malik spoke during the discussion on demand for grants and raised issues with respect to these Departments and their respective constituencies.

The discussion will continue tomorrow.

Haj-2025 Orientation/ training prog. on March 18 at GDC Women Anantnag

ANANTNAG: As per Haj Committee of Jammu and Kashmir, the orientation and training programme for pilgrims of Anantnag selected for Haj-1446 (Hijri) 2025 shall be held on March 18, 2025, at 10:30 AM at the Auditorium of Government Degree College (GDC) Women Anantnag.

This comprehensive training session announced under the second phase by Haj Committee of Jammu and Kashmir aims to equip the pilgrims with essential knowledge about Manasik-e-Hajj (rituals of Hajj) and other critical logistical aspects to ensure a smooth and well-prepared pilgrimage. All selected pilgrims from Anantnag district have been requested to attend the session.

The district administration, in collaboration with the Haj Committee, is conducting this programme as part of a broader initiative to provide thorough guidance and assistance to the pilgrims.

The Executive Officer of the Haj Committee has emphasized the importance of these district-level training sessions to ensure that all pilgrims are well-prepared for their spiritual journey.

All pilgrims are urged to participate in this important orientation session to receive vital information and guidance for a successful and smooth Haj pilgrimage.

Deputy Commissioner Shopian inspects ongoing dev. works

Emphasises on creating durable assets in rural areas

SHOPIAN: Deputy Commissioner (DC) Shopian, Shishir Gupta today visited various villages of the district to take stock of progress of MGNREGA and Capex works.

The DC inspected various works of rural development including construction of drainage networks, pathways and PMAY Housing units, among others.

He also inspected Anganwadi centres, CSCs and playfields and reviewed their working besides progress during the ensuing year.

DC passed directions to RDD officers and officials to execute the works in an efficient and more transparent way.

He also emphasised on creation of durable assets in rural areas.

Gupta stressed for upkeep of proper sanitation and hygiene in rural areas.

Different public delegations also met him on the spot and apprised him of various issues of development and public welfare.

He listened to them patiently and assured for redressal and appropriate action for genuine issues.

The DC was accompanied by ADC Shopian, Zakir Hussain; ACD, Shopian, BDO Shopian and other officers and officials accompanied.

DC Kupwara chairs Single Window Committee meet, reviews mining issues

KUPWARA: Deputy Commissioner (DC) Kupwara, Ayushi Sudan, who is chairperson, District Level Single Window Committee (DLSWC) Wednesday convened a meeting of concerned officers to discuss various issues pertaining to mining.

On the occasion, DC impressed upon the officers to remain vigilant and adopt a proactive approach in identifying any illegal activities related to mineral extraction. She urged the officers to take immediate action against violators and ensure that appropriate legal and punitive measures are implemented.

Officers were directed to conduct regular inspections, set up surveillance mechanisms, and collaborate with law enforcement agencies to prevent illegal mining operations.

The meeting held threadbare discussion regarding various mining related issues including issuance of NOCs for newly identified Minor Mineral Blocks, royalty clearance on government projects before billing etc. It was given out in the meeting that NOCs will be issued by the concerned departments after due consideration to their concerns in order to e-auction the newly minor mineral blocks.

The DMO Kupwara briefed the chair about the status of minor mineral blocks and informed that NOCs were issued for different mining blocks in the district after joint inspection by all stakeholding departments. The chair also reviewed the status of NOCs under Single Window Clearance of Minor Mineral Blocks. ADC Kupwara, Mohd Rouf Rehman; ACR, DMO, Executive Engineers from different departments and other concerned officers were present in the meeting

Div Com Jammu discusses arrangements for SANJY-2025

JAMMU: Divisional Commissioner Jammu, Ramesh Kumar on Wednesday chaired a high level meeting to discuss arrangements for Shri Amarnathji Yatra 2025. The meeting was attended by Commissioner JMC, Deputy Commissioners of Jammu, Samba, Kathua, Udhampur Reasi and Ramban discussed the arrangements to be made in their respective districts. The Divisional Commissioner sought the details of lodgement centres and sanitation facilities to be made available in the districts of the Jammu Division from where the annual Yatra passes. He asked the concerned district Administrations to furnish the details of existing lodgement centres, toilet facilities and requirements for the construction of additional facilities. The meeting was apprised about the arrangements made last year and the scope of adding new facilities for smooth conduct of SANJY 2025. The Deputy Commissioners were directed to gear up for the repair and restoration work of the existing facilities and new constructions to augment the facilities.

DC Srinagar chairs District level Aadhar Monitoring Committee meeting; reviews progress of Aadhaar enrollment

Directs making all designated Centres operational for Aadhaar saturation

S R I N A G A R : Deputy Commissioner (DC) Srinagar, Dr Bilal Mohi-Ud-Din Bhat today reviewed the progress of Aadhaar Enrollment and its saturation in a meeting of District Level Aadhaar Monitoring Committee held here at Meeting Hall of the DC Office Complex.

At the outset, the DC was given a detailed update on the Aadhaar enrolment and progress of its saturation in the district Srinagar through a PowerPoint presentation.

The DC reviewed operation of designated Aadhaar enrollment centers, population without Aadhaar cards, registration facilities at school, Aaganwari centres, Health Institutions, age group

wise enrollment and updation of Aadhaar after a gap of ten years. the occasion, Dr Bilal emphasized to

targets in the district.

He sought a detailed report on all aspects of Aadhaar enrollment



expedite the process of Aadhaar enrollment of the left out population of the district. He also directed for making all designated Aadhaar stations operational at Hospitals, Banks, ICDS centres and other departments to achieve saturation

with main focus on enrollment of the 0 to 5 year age group. He also reviewed the progress achieved under Aadhaar enrollment in other age groups including 05 to 18 years and 18 years above. The DC urged the Officers to work with added zeal

Distt admin Kulgam holds day-long workshop on Disaster Management



K U L G A M : District Administration Kulgam in collaboration with District Disaster Management Authority (DDMA) today organized a one day workshop on Disaster Management.

The workshop was presided over by the Additional Deputy Commissioner (ADC) Kulgam, Viqar Ahmed Giri, who is the Chief Executive Officer DDMA Kulgam.

ASP Kulgam, Tanveer Ahmad; ACR Mushtaq Lone; all Tehsildars, Ex. Engineers of different wings, besides District/Sectoral Officers, Senior Officers from CRPF, Fire & Emergency and other stakeholders attended the workshop.

Speaking on the occasion, CEO DDMA said that the aim of organizing the workshop is to know how to pool and utilize the resources from different agencies and stakeholders to tackle different kinds of disasters in the district.

He said that the administration faces different adversities including flash floods, earthquake, cloud bursts, fire, snow avalanche, etc which need coordinated and immediate effort to tackle the situation.

ADC emphasized the importance of coordinated efforts among departments, volunteers, and individuals to minimize losses from unpredictable and

unavoidable disasters.

ASP Kulgam Tanveer Ahmad while speaking on the occasion emphasized the need for collaborative efforts from different agencies to strengthen the efforts for disaster management in the district.

He said communication channels like control rooms and coordination of different departments are essential during disasters. Earlier, consultant DDMA Kulgam presented a departmental plan through a powerpoint presentation for dealing with the untoward circumstances.

Later, the officials and volunteers from Aapda Mitra, provided materials like pamphlets, detailed awareness and demonstrations about various techniques to be followed while taking rescue and rehabilitation operations during disasters.

The workshop concluded with the aim that each department will prepare its own draft of disaster plan and share with the district administration for better coordination in case of emergency.

Deputy Commissioner Ganderbal assesses Aadhaar Saturation in DLAMC meeting

GANDERBAL: Deputy Commissioner (DC) Ganderbal, Jatin Kishore, chaired a meeting of the District Level Aadhaar Monitoring Committee (DLAMC) to assess the progress of Aadhaar enrollment and Aadhaar seeding of beneficiaries across the district.

During the meeting, the DC reviewed the status of Aadhaar Centers and was informed that 31 centers are currently operational out of the total 57.

He directed the concerned departments to expedite the activation of all Aadhaar centers under their jurisdiction and emphasized the need for 100% Aadhaar coverage through efficient mobilization of enrollment staff. The meeting also deliberated on key focus areas such as document updates and mandatory biometric updates in Aadhaar. The DC instructed stakeholders to actively encourage parents to enroll children below five years and ensure timely biometric updates after the age

milestones of 5 and 15 years. To facilitate Aadhaar

to ensure birth certificates are issued at the time of birth in



saturation in schools, the Chief Education Officer (CEO) was directed to organize special enrollment camps.

Furthermore, the Programme Officer (Poshan Abhiyaan) and the CEO were tasked with submitting a detailed list of pending enrollments and developing a comprehensive action plan to bridge existing gaps.

Stakeholder departments were urged to launch a mission-mode enrollment drive to ensure complete Aadhaar coverage across the district. To strengthen Aadhaar-linked birth registration, the Executive Officer (EO) Municipality was instructed

hospitals. Additionally, the Health Department was directed to prioritize Aadhaar-linked birth registration to achieve universal coverage from the earliest stage.

Reiterating the importance of Aadhaar in streamlining public welfare schemes, the DC urged all departments to work in coordination to achieve complete Aadhaar saturation in Ganderbal.

The meeting was attended by Additional Deputy Commissioner, Gulzar Ahmad; Chief Planning Officer, Programme Officer (Poshan Abhiyaan), Chief Education Officer, Chief Medical Officer, and other committee members.

DC Budgam visits Vasuki Nag temple site, reviews progress of revival, restoration work

BUDGAM: Deputy Commissioner (DC) Budgam, Akshay Labroo visited the ancient Vasuki Nag temple site at Wagam Chadoora to inspect the ongoing restoration and revival work.

The project, which aims to preserve the historical and heritage based significance of the temple, is progressing steadily, with work progressing at a fast pace.

During the visit, the DC assessed the progress of various components of the project, including boundary walling and chain link fencing, which is nearing completion. The steel mesh roofing and granite work for the temple are also in progress.

Additionally, the hall at the site has reached the slab level, while work on the sanitary complex, which includes the

construction of three toilet units and a disposal system, is

to enhance cultural heritage & tourism in the region and provide



currently underway, with the brickwork of the superstructure in progress.

DC expressed satisfaction with the pace of work and emphasized the need for timely completion

He also interacted with officials and site engineers, directing them to expedite the remaining work.

DC said the revival of the Vasuki Nag Temple is expected

better facilities for devotees.

On the occasion, he also met local delegations from Wagam Chadoora and listened to them and assured them that their genuine demands will be taken up.

During the inspection, the DC was accompanied by CPO Budgam, SDM Chadoora, Executive Engineer REW, PMJSY, R&B, Tehsildar Chadoora and other concerned officers.

10 signs that your blood sugar levels are too high

It is dangerous to walk around with high blood sugar for too long. Your blood sugar level starts to rise when your body produces less or no insulin. Normally, your body produces insulin automatically, for example, when you've had a meal with a lot of carbs. The amount of carbs makes your blood sugar levels go up, but insulin makes those levels go down again. You can imagine that this process does not work the way it should when your body does not produce enough insulin. Blood sugar levels that are too high are dangerous, which is why we present you with ten signs to help your recognise it.

Consequences
High blood sugar is not life-threatening at first, but you can't wait too long to do something about it. Your organs and brain can get damaged when your blood sugar is too high for too long. Apart from that, you also have an increased risk of infections and a high blood sugar level can eventually put you in a coma. This is why it is wise to learn the signs of a high blood sugar level so you can spot it in time.

The signs
Fatigue or listlessness
Irritability
Having to pee a lot
Being very thirsty
Double or blurred vision
Losing weight even though your eating pattern hasn't changed

Itching (especially around the genital area)
Vomiting
Having difficulty breathing
Having infections often or having quickly recurring infections such as a urinary infection
Paying extra attention
When you experience the symptoms mentioned above, it is likely that you have a high blood sugar level. This high blood sugar level is also called type 2 diabetes. Do you want to spot it even earlier? Look for other signs, such as a belly that is too big or whether type 2 diabetes runs in the family. Are you in doubt? Consult your GP. Make sure to spot it in time so you can quickly take action.



Breakfast is NOT the most important meal: Top 5 food myths busted

Key Highlights

- Breakfast does not specifically keep a person lean; instead, those with a high body mass index (BMI) are more likely to eat a high number of calories during the later hours of the day.
- Carbs are also found in oils, beans, lentils, oats – foods that are healthy and considered weight loss-friendly as well.
- Dieticians and nutritionists often warn against the intake of carbs after 6 pm to avoid the risk of weight gain as this is likely to increase the risk of fat accumulation.

Food is what every living being thrives on – be it humans, animals, or plants. And the nutrition that we derive thereafter defines the state of our health in the short and long run. On one hand, while a diet rich in macronutrients like proteins, healthy fats, and carbohydrates ensures longevity and low risk of chronic diseases, on the other, loading on simple carbs, refined sugars, and saturated fats are linked to weight gain, obesity, and metabolic disorders. While these statements and studies and science-backed, there are some food-related myths that people continue to believe in. Keep reading to know what they are.

Breakfast is the most important meal of the day: For a long time, cereal-making companies had people believe that breakfast is the most important meal of the day. However, fact states that as long as one eats the right foods after exercise, your body is getting the nutrition it needs. Be it a morning workout or an afternoon or evening routine, fuelling right is all that matters. Research also suggests that breakfast does not specifically keep a person lean; instead, those with a high body mass index (BMI) are more likely to eat a high number of calories during the later hours of the day.

In order to lose weight, one needs to cut down on carbs: Think of carbs and people feel that bread and pasta are being referred to. However, carbs are also found in oils, beans, lentils, oats – foods that are healthy and considered weight loss-friendly as well. And when obesity and metabolic disorders are being discussed, it is rarely blamed on overeating lentils and oats. Eating these foods regularly and in the right quantities, as per a study published in The Lancet Public Health, is linked to longevity.

Eating smaller and frequent meals improves metabolism: When it comes to metabolism, experts recommend a plethora of tips and tricks – one of the most popular ones being portion control and eating smaller meals throughout the day. However, turns out that this trick is no metabolism booster. Multiple analyses show that what we eat matters more than meal size and frequency.

Eating carbs after 6 pm results in fat accumulation: Dieticians and nutritionists often warn against the intake of carbs after 6 pm to avoid the risk of weight gain as this is likely to increase the risk of fat accumulation. However, it does not quite work that way. Instead, what matters most are the dietary habits and choices of a person throughout the day – for those who like to hit the gym in the evening, healthy and balanced dinner with nutritious carbs is recommended.

You need proteins right after workouts: The human digestive system is smarter than one credits it – it absorbs and repels amino acids as and when the muscles need. According to a review published in the Journal of the International Society of Sports Nutrition, pre and post-workout meals can be separated by a gap of four hours without affection growth.



Do you want to get rid of your cellulite? These tips might help you out

Cellulite is something a lot of women struggle with

The ads in magazines and on TV might suggest otherwise, but most women have cellulite, striae or other skin conditions like scars or acne. In fact, an estimated 85 per cent of women have cellulite. Even supermodels, top athletes and other celebrities have it. For a lot of women, it's a cause for insecurity: they don't like to walk around in their bikini on the beach because of it. Luckily, there might be something you can do about it.

Of course, cellulite is nothing to be ashamed of, but if you want to do something about it, you might benefit from these tips.

Cellulite

So, what is cellulite exactly? It's an irregularity of the skin that makes it look dimpled and lumpy. It usually affects your thighs and buttocks but it can also show up in other places. It's a result of fat cells pushing through the connective tissue beneath the skin. A lot of people connect cellulite to obesity, but this is a wrong assumption: the two have nothing to do with one another. Thick or thin; everyone deals with this skin condition to a greater or lesser extent.

Before we tell you about these tips we'd like to emphasise that these aren't guaranteed to work. They won't do any harm, though, so they're definitely worth a try!

Coffee

It's been said that skin conditions like cellulite, striae, eczema, scars and acne can be solved by scrubbing your body with a coffee-based scrub. Australian brand Frank Body has an entire line of skin care products based on coffee. Their website explains: "Just like it wakes you up from the inside, coffee can wake you up on the outside, too." The idea is that when you apply coffee to your skin, the blood flow is stimulated which causes skin problems to disappear. Coffee also has the same pH value as your skin, which means it won't dry out or grease up your skin. If you don't want to spend a lot of money on a scrub that might not be worth the hype, you can also make your own mixture of coffee, sugar and olive oil. Worth a try, right?

Fashion & Beauty

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Diet

Besides scrubbing with coffee, there are also a few diet tips that might be of help to you. The following food products are said to help reduce cellulite:

- Yoghurt, milk and cheese
- Raw vegetables
- Beans
- Rice
- Low-fat meat like chicken, fish or beef
- Fresh fruit

Blood flow

One last tip is to make sure you stimulate your blood flow. You can do this through regular massages and hot-and-cold showers. Exercising helps to strengthen the muscles in the problem areas. Some exercises that are said to help against cellulite are squats and lunges.



“

IT'S BEEN SAID THAT SKIN CONDITIONS LIKE CELLULITE, STRIAE, ECZEMA, SCARS AND ACNE can be solved by

scrubbing your body with a coffee-based scrub. Australian brand Frank Body has an entire line of skin care products based on coffee. Their website explains: "Just like it wakes you up from the inside, coffee can wake you up on the outside, too." The idea is that when you apply coffee to your skin, the blood flow is stimulated which causes skin problems to disappear. Coffee also has the same pH value as your skin, which means it won't dry out or grease up your skin.

“

Continued From P1...

MeT issues

travelers, tourists and transporters are advised to follow administration and traffic advisory while farmers have been advised to suspend farm operations till 16th March. “Avoid sloppy & avalanche prone areas. Landslides, Mudslides and shooting stones are expected at vulnerable spots,” the advisory reads

Five new

“Railway projects are approved based on factors such as last-mile connectivity, missing links, socio-economic benefits and availability of funds. Challenges such as land acquisition, forest clearances, climate conditions, and law and order situations affect the timeline of railway projects in the region,” he said. The minister said that a survey for a new railway line between Jammu and Poonch via Akhnour and Rajouri (223 km) had been conducted, and the estimated cost of the project stood at Rs 22,771 crore. However, due to low traffic projections, the project has not moved forward, he added.

Meanwhile, five new railway surveys have been undertaken in Jammu and Kashmir which include Baramulla-Uri New Line (46 km), Sopore-Kupwara New Line (37 km), Anantnag-Pahalgam New Line (78 km), Avantipore-Shopian New Line (28 km), Banihal-Baramulla and Doubling (118 km).

5th Khelo

conducted with great enthusiasm. However, this year, we faced an unprecedented challenge as there was very little snow accumulation.”

He shared that a thorough assessment of the snow conditions was conducted by technical staff, leading to extensive discussions on whether the games should be held, postponed or cancelled. Eventually, he decided to postpone the event, hoping for snowfall. “Then, by the grace of the Almighty, we received enough snow, and the 5th Edition of KIWG was officially announced,” he said.

As an avid skier himself, the CM shared a personal anecdote, saying he had attempted to ski earlier that day but found it difficult due to the high water content in the snow.

“If I found it challenging, I can only imagine how difficult it must have been for the athletes,” he said, appreciating their determination and resilience in overcoming the tough conditions to deliver commendable performances.

Reiterating Gulmarg’s status as the Winter Sports Capital of India, CM Omar Abdullah emphasized that the promotion and development of skiing in the country originated from Gulmarg.

He then traced the evolution of Gulmarg’s sports infrastructure, mentioning the development of chairlifts and the Gondola Phase 2 project.

“The initial infrastructure at Gulmarg dates back to the British era, but what we have today is still not sufficient to meet the growing demands of winter sports and tourism,” he stated.

The CM underscored the need to upgrade Gulmarg’s sports facilities, citing examples of Central Asian countries like Uzbekistan, which have developed world-class skiing infrastructure that now attracts international skiers—including those who previously visited Gulmarg.

“If we wish to position ourselves as a global winter sports destination, we must invest in infrastructure enhancement,” he stressed. Speaking about the recent inauguration of the Sonamarg Tunnel by Prime Minister Narendra Modi, CM Omar Abdullah described it as a game-changer for tourism and sports in the region. “Sonmarg is now another glorious tourism and sports destination. We also plan to develop skiing facilities there,” he announced.

Looking ahead, the CM envisioned using eco-friendly artificial snow technology to ensure that the Khelo India Winter Games can be held as early as December and January, thereby expanding the winter sports season.

Referring to the assurance given by Union Sports Minister Mansukh Mandaviya to J&K Sports Minister Satish Sharma, CM Omar Abdullah expressed gratitude for any assistance the Ministry of Youth Affairs and Sports could provide.

He also emphasized that sports infrastructure should not be limited to mainstream games like cricket and football, which require spacious grounds. “Emerging sports like Pickleball are attracting young players, and these require minimal space. We must diversify our sports infrastructure,” he suggested.

The CM outlined his government’s commitment to developing sports infrastructure in every village, ensuring that youth have opportunities to engage in sports.

“Our youth are being diverted toward the wrong

paths. We want them to be actively engaged in sports and make Jammu and Kashmir a sports hub—whether it’s for traditional sports, adventure sports, or winter sports,” he declared. He further revealed that during the presentation of the J&K Budget in the Assembly, he had allocated significant funds for sports development.

“Over the next four and a half years, our government aims to bring a transformative change in the sports sector,” he affirmed.

In conclusion, CM Omar Abdullah extended an invitation to Union Sports Minister Mansukh Mandaviya, inviting him and his family to visit Gulmarg and other tourist destinations in J&K. He also thanked the athletes for their participation, acknowledging their dedication and commitment despite the short notice for the commencement of the 5th Khelo India Winter Games.

Minister for Youth Services and Sports, Satish Sharma, emphasized that hosting the Khelo India Winter Games in Gulmarg was in line with PM Modi’s vision.

“There is a need for improving infrastructure to give a seamless experience to the sports persons and officials. Such events help locals earn livelihood.”

MLA Gulmarg Farooq Ahmad Shah highlighted the economic potential of upgrading skiing infrastructure.

“Kashmir can be the Switzerland of Asia. Gulmarg has the potential to attract lakhs of tourists. However, this resort needs at least 10 chairlifts for the skiers. If we upgrade the skiing infrastructure in Gulmarg and Kongdoori, we can attract lakhs of skiers, and our country can earn huge foreign exchange.”

The event witnessed presence of Nasir Aslam Wani, Advisor to the Chief Minister; Atal Dulloo, Chief Secretary; Sarma Hafiz, Commissioner of Youth Services & Sports; Vijay Kumar Bidhuri, Divisional Commissioner, Kashmir; Minga Sherpa, Deputy Commissioner, Baramulla; and Nuzhat Gul, Secretary, J&K Sports Council.

Govt identifies

of Industrial estates in different districts of Jammu division while 5532.19 kanal land has been transferred during the past two years in Kashmir.

The Deputy Chief Minister said that focus sectors for Jammu and Kashmir Industrial Policy 2021-30 included Manufacturing, IT and ITes, Agriculture and Food Processing, Healthcare and Pharmaceuticals, Infrastructure and Real Estate, Skill Development, Tourism and Hospitality, Film Tourism, Horticulture and Post-Harvest Management, Renewable Energy, Handloom and Handicrafts and Agriculture.

He said that package of incentives, including up to 100 percent subsidy components, turnover incentives, entrepreneurship and skill development fund, ease of doing business, investment promotion agency for promotion of investment and exports besides establishing industrial grievance forum are among various salient features of Jammu and Kashmir Industrial Policy 2021-30.

The Deputy Chief Minister said that several important reforms and measures are being implemented by the departments like Health & Drug Controller, Agriculture, Pollution Control Board, Public Health Engineering, Labour, Forest, Power Development Department, Fire, High Courts, Housing & Urban Development, Industries and Commerce to ensure a smoother regulatory ecosystem. These reforms are being taken up in areas like labour, property registration, single window clearance system and central inspection framework under District level BRAP.

“Various policy initiatives are being taken up by Jammu and Kashmir government to boost the industry sector and making it as investor friendly

destination. These included New Central Sector Scheme, 2021, J&K Industrial Policy 2021-30, J&K Industrial Land Allotment Policy, J&K Private Industrial Estate Development Policy, Policy for Promotion of Foreign Investment in Industrial Sector in J&K 2022, J&K Single Window Rules 2021, Turnover Incentive Scheme 2021, J&K Wool Processing, Handloom and Handicraft Policy 2020, Financial Support Scheme for Cooperatives/Self Help Groups 2020, Credit Card Scheme for Artisans and Weavers, Karkhandar Scheme for Development of Craft Sector in J&K 2021, Export Subsidy Scheme 2021, Revised Education Scheme 2022 for Artisans/Weavers of Handicrafts and Handloom Department and J&K Start Up Policy 2024-27”, informed the Deputy Chief Minister.

The Deputy Minister said that the special marks have been kept in the evaluation criteria of land allotment applications, so that Women get a higher merit by virtue of their participation. He said that sanction has been accorded to establishment of an exclusive Industrial Estate for Women’ on 329 kanal land, out of 1347 kanal land at Seen, Thakran, District Udhampur under the Prime Ministers’ Employment Generation Programme (PMEGP) for setting up of new micro enterprises.

He added that any business enterprise having 51 percent stake held by women entrepreneurs shall qualify to apply for allotment in the designated industrial estate. He said that the department has also granted short term/disposal permits to various executing agencies of National Highway Authority of India, NHIDCL, IRCON, the Ring Road, PWD (R&B), PMGSY, Irrigation and Flood Control, Airport Authority of India and others engaged in developments projects of National/UT importance during the past 2 years.

He said that the department has granted 36 limestone mining leases, 24 mineral gypsum mining leases besides 202 mining leases of e-auctioned minor mineral blocks. Besides, it has reserved/granted 8 mining leases in favour of J&K Public Sector Undertakings (J&K Mineral Limited and J&K PCC Limited), 6 mining leases on private land, 2 quarry licenses on private land, one cluster quarry on state land and 23 quarry licenses in favour of government projects for providing key construction material to various developmental projects across J&K.

Mubarakh Gul and Saifuddin Bhat raised the supplementaries.

Those setting up

provide employment to local youth in the region,” Choudhary said while replying to supplementary questions during the Question Hour in the Assembly here.

He said the Omar Abdullah government is committed to ensuring no injustice to the people of Jammu and Kashmir.

“It is the commitment of the Omar Abdullah government. The industrial estates, whether in Kashmir, Jammu, Gangyal, or any other place, were set up during National Conference rule. The Chief Minister is committed to industrial development in Jammu and Kashmir but that will not be at the cost of the people,” he said.

Replying to a question from BJP MLA Rajiv Jasrotia, the Deputy Chief Minister further said, “It is the endeavour of this government that we will not allow the lands of the people of J&K to be given to outsiders. Whatever is right will be done.”

He said the local youth have a right to jobs in industries.

The deputy chief minister said soon after the formation of the government, Chief Minister Omar Abdullah held meetings with various stakeholders in the industrial sector. “It is a fact that the local industry faced losses during the past 10 years. Nothing was

NOTICE

Whereas, I Syed Tabasum D/O Syed Waheed R/O Kralweth, Kunzer-Baramulla, intends to change the name of travel unit, registered with J&K Tourism department, situated at Fajipora, Tangmarg. I want to change the name from Green Planet tour & travel to Green Planet Journey. Anybody (if) having any kind of objection in this regard may file the same at the office of Deputy Director Tourism TRC, Srinagar (email id: ddtreg123@gmail. com) or contact on 9596743537, within the period of 7 days from the date of publication of this notice, after the pasaage of time no objection will be entertained and case shall be processed under rules.

NOTICE

This is an information for general public that I Ravat Payalben, Presently Residing at Noorabad Ajas, District Bandipora, have Change my name as Nelofer Begum, wife of Showkat Ahmad Bhat, Now in Feature i will be known as Nelofer Begum wife of Showkat Ahmad Bhat for all purposes, in this regard any person having any objection he/she may file the Objections in office of the Concern Authorities with in a period of seven days from the date of the publication in this notice, after that no objection shall be accepted.

Nelofer Begum.
W/O Showkat Ahmad Bhat.
R/O Noorabad Ajas, District
Bandipora.

done for the employment of local youth. We are committed to changing that,” he added.

Choudhary said the key highlights of the Jammu and Kashmir Industrial Policy 2021-30 aim to bolster industrial growth across various sectors, focusing on manufacturing, IT, agriculture, food processing, healthcare, pharmaceuticals, infrastructure, real estate, herbal and medicinal plants, among other sectors notified by the Jammu and Kashmir government.

Up-gradation of roads

“Upgradation of each category of road is being taken into consideration when the traffic volume increases and pavement distress is noticed or there is requirement for improvement of geometrics subject to availability of resources”, maintained the Deputy Chief Minister.

3,962 Skype IDs,

Instagram (CyberDost14C), and Telegram (CyberDost14C), along with radio campaigns. The government has also engaged MyGov for publicity across multiple platforms, organized Cyber Safety and Security Awareness weeks in collaboration with states and UTs, published a handbook for adolescents and students, and installed digital displays at railway stations and airports.

The National Central Bureau (NCB) in the Central Bureau of Investigation (CBI) acts as an effective interface between Indian law enforcement agencies (LEAs) and foreign LEAs, facilitating the regular exchange of information through Interpol channels.

Recently, the BHARATPOL portal was launched to further streamline communication between the NCB, CBI, and Indian LEAs in matters of international assistance and coordination.

The CBI serves as the nodal agency for the G-7 24/7 network, a secure channel for making data preservation requests in cybercrime-related cases.

REC Signs ₹18,360 Cr MoU with Kerala Govt for Pumped Storage Projects

NEW DELHI: REC Limited, a Maharatna CPSE under the Ministry of Power and a leading NBFC, has signed an MoU with the Energy Management Centre (EMC), Government of Kerala, for collaboration and financing of Pumped Storage Projects (PSP) in Kerala.

R Jyothilal, IAS, Additional Chief

Summit in Kochi on March 12-13,



The MoU was signed during the Global Green Hydrogen & Renewable Energy Summit 2025. Under this agreement, REC intends to finance

18,360 crore in the PSP segment in Kerala over the next five years.

The MoU was exchanged by Shri Saurabh Rastogi, Executive Director, REC, and Shri Dinesh Kumar, Joint Director, EMC,

during the summit. The signing took place in the presence of Sh. K

Secretary (Power), Government of Kerala; Shri M. Udaya Kumar, CPM, REC, Kerala, along with other dignitaries from EMC and the Kerala government.

The Government of Kerala is organizing the Global Green Hydrogen & Renewable Energy

2025. The event is supported by the Kerala State Electricity Board (KSEB) and the Energy Management Centre (EMC).

The Energy Management Centre is an autonomous organization under the Department of Power, Government of Kerala.

علوم اسلامي اور دين اسلام کے حنادم آپ کے محبوب ادارہ

دارالعلوم رحیمیہ بانڈی پورہ کشمیر

کی آپ مندرجہ ذیل طریقوں سے رجحتوں کے اس مہینہ میں مدد کر سکتے ہیں

۱۔ صدقہ جاریہ (خریدی زمین اور تعمیرات وغیرہ)

0061010100001532

IFSC Code: JAKA0WULLAR

کرنٹ اکاؤنٹ دارالعلوم رحیمیہ ہے کے بنک مین بازار بانڈی پورہ کشمیر

۲۔ زکوٰۃ، نیاز وغیرہ

کرنٹ اکاؤنٹ دارالعلوم رحیمیہ ہے کے بنک مین بازار بانڈی پورہ کشمیر

0061010100000321

IFSC Code: JAKA0WULLAR

۳۔ عام امداد، عمومی خیرات، اللہ عطیہ

یونٹس اکاؤنٹ دارالعلوم رحیمیہ ہے کے بنک نشاط پاک بانڈی پورہ

0727040100000386

IFSC Code: JAKA0NIPARK

۴۔ تعمیر مسجد شریف

کرنٹ اکاؤنٹ دارالعلوم رحیمیہ ہے کے بنک مین بازار بانڈی پورہ کشمیر

0061010100001226

IFSC Code: JAKA0WULLAR

کرنٹ اکاؤنٹ نشاط پاک بانڈی پورہ

0727010100000084

IFSC Code: JAKA0NIPARK

۵۔ مدرسۃ البنات

0727010100000200

IFSC Code: JAKA0NIPARK

کرنٹ اکاؤنٹ جنوں وغیرہ بنک

۶۔ ریلیف کے لئے (ہنگامی آفات، مریضوں کے ڈاکٹر، محتاج)

0061010100001098

IFSC Code: JAKA0WULLAR

کرنٹ اکاؤنٹ ریلیف میل ہے کے بنک بازار بانڈی پورہ

۷۔ محمود فلاحی ادارہ پارمپورہ یتیم خانہ، امداد یوگان مساکین

0181010100002615

IFSC Code: JAKA0FRUITS

کرنٹ اکاؤنٹ بنام محمود چلڈرن ہوم پارمپورہ غفوت منڈی سرنگر

نوٹ:- آپ جس اکاؤنٹ میں رقم داخل کریں اس کی اطلاع دفتر کوٹن 01957-225271 پر ضرور کریں یا موبائل

پر SMS کریں تاکہ دوسرے کے حسابات اور بنک کے اندراجات میں موافقت رہے اور فرق نہ آئے۔

الداعی الی الخیر

محرم رحمت اللہ ناظم دارالعلوم رحیمیہ بانڈی پورہ کشمیر پن: 193502 فون دفتر: 01957-225271

جاری کردہ: رمضان المبارک ۱۴۴۶ھ مطابق مارچ ۲۰۲۵ء

NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No: 0216010006737, which is Registered in the name of my Father Namely Gh Mohammad Baba, Now i want to apply for change this Electricity Agreement in the name of Mohd Farooq Baba, S/O Ghulam Mohd Baba, 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.

Mohd Farooq Baba.
S/O Ghulam Mohd Baba.
R/O Ward NO: 06, Bandipora.

NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No: 021601020001441, Which is Registered in the name of my Father Namely, Ab Jabbar Rather, S/O Ab Khaliq Rather, Now i want to apply for change this Electricity Agreement in the name of Mudasir Ahmad Rather, S/O Ab Jabbar Rather, in this regard any person having any objection he/she may file the Objections in office of the Assistant Executive Engineer Electricity Sub Division Kaloosa Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Mudasir Ahmad Rather.
S/O Ab Jabbar Rather.
R/O Mantrigam Bandipora.

Rohit might be eyeing 2027 ODI WC title before calling it quits: Ponting

Australia legend Ricky Ponting believes Rohit Sharma is still going strong and a sense of unfinished business was behind his decision to continue playing and leading India in the 50-over format until the 2027 ODI World Cup to be jointly hosted by South Africa, Zimbabwe and Namibia.

Barring the ODI World Cup, Rohit has won all ICC titles while captaining India. He came agonisingly close to laying his hands on the 50-over world title at home in 2023, only to lose to Australia in the final.

Speaking on The ICC Review, the former Australia skipper said Rohit is pretty clear about his future goals.

"When you start getting to that point of your career, everyone's waiting for you to retire. And I don't know why, when you can still play as well as he's played (in the Champions Trophy final), I think he was just trying to put those questions to bed once and for all and say, 'no, I'm still playing well enough. I love playing in this team. I love leading this team.'

"And I think, the fact that he said that, to me, it means that he must have that goal in mind of playing in the next (50-over) World Cup (in 2027)," Ponting stated.

Handed the responsibility of captaincy in 2021 at the age of 34, Rohit on Sunday clinched his second ICC title-- following the T20 World Cup win last year -- as India defeated New Zealand by four wickets to win the Champions Trophy here.

Chasing 252, Rohit, 38, led from the front with an 83-ball 76 at the top to set the platform

for a comfortable win.

In the run-up to the tournament, there were talks around Rohit's retirement from the

from this format, just to make sure no more rumours are spread," Rohit told reporters after winning the player-of-the-match award.

be the thing that's playing on the back of his mind," the Australian said.

"Just have one more crack at trying to win



ODI format after the Champions Trophy, as he had retired from T20Is after winning the T20 World Cup. But Rohit simply rejected the theories at the post-match press conference following the final.

"One more thing, I'm not going to retire

Ponting said the urge to win the only missing ICC trophy in his cabinet, the ODI World Cup, might be behind Rohit's mind to prolong his career.

"I think probably the fact that they (India) lost the last one and he was captain, that might

the T20 World Cup, the Champions Trophy, and the ODI World Cup.

"I mean when you see him play like he played in the Champions Trophy final, you wouldn't say that his time is up just yet," Ponting added.

"When you start getting to that point of your career, everyone's waiting for you to retire.
And I don't know why, when you can still play as well as he's played (in the Champions Trophy final), I think he was just trying to put those questions to bed once and for all and say, 'no, I'm still playing well enough. I love playing in this team. I love leading this team.'

Kashmir Women Cricket Team Leaves for Maharashtra Tour

SRINAGAR: In a significant initiative to promote sports among Kashmiri youth, a women's cricket team from Kashmir has embarked on a tour to Maharashtra under the aegis of the Chinar Corps and Aseem Foundation.

An official spokesperson said the 15-member squad was flagged off by the General Officer Commanding (GOC) of Chinar Corps at Badami Bagh, Srinagar. The tour is designed to provide young female cricketers with exposure and an opportunity to hone their skills by competing with the Maharashtra Cricket Team and interacting with seasoned cricket professionals.

During the tour, the players will train at national-level facilities arranged by Aseem Foundation in Pune and will also get a chance to explore Mumbai, the financial capital of the country. The initiative aims at broadening the players' horizons, fostering unity, and empowering Kashmiri women in the field of sports.

The Indian Army remains committed to engaging, uplifting, and empowering the women of Kashmir by providing such opportunities to help them excel in various fields, including sports. Speaking at the flagging-off ceremony, the GOC of Chinar Corps congratulated the team members on their selection and wished them success in their future endeavors.



KHYBER

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