

# Kashmir Convener



WHO Hepatitis data in 2024 based on modelling, not actual surveillance: Govt tells Rajya Sabha

P/02



Nithari killings: SC to hear on Apr 3 pleas challenging Surendra Koli's acquittal

P/02



Nepal gov't prepares to lower minimum age for marriage from 20 to 18

P/02

## J&K Assembly approves budget for 2025-26

>>> Appropriation Bill passed <<<



KC News Network

JAMMU: The Jammu & Kashmir Legislative

Assembly on Tuesday approved Rs 1.12 lakh crore budget of the Union Territory for 2025-26, with passage of the Appropriation Bill.

After the culmination of the Question Hour, as per news agency—Kashmir News Observer (KNO), the Assembly passed the Appropriation Bill for 2025-26 (L.A. Bill No. 3 of 2025) introduced by Chief Minister, Omar Abdullah, who also holds the Finance portfolio.

The bill was passed in the absence of BJP members, who had staged a walkout earlier over the issue of daily wagers.

It also passed the Appropriation Bill for the financial year 2024-25 to approve supplementary grants for the current financial year.

The passage of the bills marked the culmination of the process of approval to the budget for next financial year. Chief Minister Omar Abdullah had unveiled Rs 1, 12,310 crore budget for J&K in the Assembly March 07. It was after a gap of seven years that J&K's

>>>SEE ON P-7

## Will give 200 Units Of Free Electricity: CM Omar



KC News Network

JAMMU : Jammu and Kashmir Chief Minister Omar Abdullah on Tuesday said the National Conference government is promise-bound to implement all its election promises

including giving 200 units of free electricity to all households falling under the Antyodaya Anna Yojana (AAY) category.

Abdullah said this in the legislative assembly while replying to a clubbed question by Peoples Conference's Sajad

Gani Lone, BJP's Narinder Singh Raina and independent Shabir Ahmad Kullay.

The chief minister was at his witty best while informing the House that the government will provide free electricity to all AAY households, integrating the scheme with the PM Surya Ghar Muft Bijlee Yojana (PM-SGBBY).

"...our concern is milk and which cow gives us milk does not mean anything for us. Our aim is to give 200 units of free electricity to the people and it will be done...we will ensure that there is not much impact on the exchequer," Abdullah said.

The chief minister said he had clarified thrice on the subject in this House – during the discussion on lieutenant governor's address, budget presentation and discussion on grants.

"All the promises in our manifesto will be fulfilled. We are promise-bound to the people.

>>>SEE ON P-7

## International Cricket Stadium is not a project of JK Govt: CM Omar

KC News Network

JAMMU: Chief Minister, Omar Abdullah, today clarified that the proposed International Cricket Stadium at Bala in Jammu was not a project initiated by the Jammu and Kashmir government.

"The proposal for the cricket stadium was initiated by the Jammu & Kashmir Cricket Association (JKCA) but did not materialize. It was not a project of J&K government," Chief Minister said while intervening during the Question Hour in the Legislative Assembly.

Earlier, replying to the main question raised by Sham Lal Sharma, Minister for Youth Services and Sports, Satish Sharma, said that there was no such proposal by the Youth Services & Sports Department for establishment of International Cricket Stadium at Bala in Jammu.

The Minister informed the House that playfields are available in various schools in Jammu East Constituency wherein sports activities are being carried throughout the year by the staff of Youth Services & Sports Department. These schools included GGHSS Mubarakh Mandi,

>>>SEE ON P-7

## Amit Shah welcomes 2 groups severing ties with separatists

KC News Network

SRINAGAR: Union Home Minister Amit Shah on Tuesday said that separatism has become history in Kashmir.

His statement came a day after a close aide of late separatist leader Syed Ali Geelani, and former head of Jammu & Kashmir Democratic Political Movement (DPM), advocate Mohammad Shafi Reshi, publicly distanced himself from separatist politics and reaffirmed his allegiance to the country and the supremacy of the Indian Constitution. Reshi strongly criticized the ideology of the Hurriyat Conference, asserting that it failed to address the grievances of the people of Jammu & Kashmir. Another separatist group J&K People's Movement also announced its disassociation from the Hurriyat Conference.

Taking to X, the Union Home Minister, according to the news agency—Kashmir News Observer (KNO) wrote: "The unifying policies of



the Modi government have tossed separatism out of J&K. Two organizations associated with the Hurriyat have announced the severing of all ties with separatism." Terming rejection of separatism in Kashmir as a big victory for the government,

>>>SEE ON P-7

Ex-Hurriyat Leader Shahid Saleem Denounces Separatism

KC NEWS NETWORK

SRINAGAR: Former Hurriyat Conference leader and Jammu and Kashmir People's Movement (JKPM) chairperson Shahid Saleem has distanced himself and his organisation from separatist ideology, vowing allegiance to India and the Constitution.

"I am a loyal citizen of India and both my organisation and I owe allegiance to the Constitution of India," he said in a note to the vernaculars press here.

Saleem said in his communication that he and his organisation have no sympathy

>>>SEE ON P-7

## J&K gov't's first law faces protests in Assembly by Kashmir based opposition

KC News Network

JAMMU: The replacement of words "Government of Jammu & Kashmir" with "Government of Union Territory of Jammu & Kashmir" in the State Goods & Services Tax law sparked protests by the Kashmir based opposition legislators in the Assembly on Tuesday, with Peoples Conference president Sajad Gani Lone staging a walkout from the House.



Chief Minister Omar Abdullah, as per news agency—Kashmir News Observer (KNO), slammed Sajad Lone for the walkout and added that Jammu & Kashmir would remain a Union Territory until the Parliament restores statehood.

As soon as Omar Abdullah tabled Jammu & Kashmir Goods and Services Tax (Amendment) Act 2025 for consideration and passage in the House, Lone stood up and expressed objection to it.

"We are ratifying Union Territory status of J&K through this bill," Lone claimed. As Lone agitated over the move, the Speaker told him the amendment wouldn't ratify status and was brought to align

>>>SEE ON P-7

## Two-day moderate rains, snow expected in JK

KC NEWS NETWORK

SRINAGAR: A two-day moderate wet spell is expected in Jammu and Kashmir from tomorrow (Wednesday) as the local Meteorological department (MeT) here has issued yellow alert till March



27 at multiple places. According to the news agency—Kashmir News

Observer (KNO), light to moderate rain and snow is expected for the next two days while some areas received light rains in the afternoon today. The MeT has issued a two-day yellow alert for March 26 and 27 at multiple places in Jammu and Kashmir.

Director MeT, Dr Mukhtar Ahmad said that a spell of light to moderate rain and snow (higher reaches) is expected at many places (mainly over North & central Kashmir) towards 26th late afternoon till night & during

27th late afternoon till night & gradual improvement thereafter.

He said that the weather would remain generally dry from March 28 to April 03. However, the MeT in its advisory has advised the travelers, tourists and transporters to plan accordingly and follow administration and traffic advisory while the farmers were advised to suspend farm operations during 26th & 27th March. "Possibility of thunder with gusty winds at few places during 26-27th March," the advisory reads

## 5868 appointment orders issued to beneficiaries under PM Special Package: Dy CM

KC News Network

JAMMU: Deputy Chief Minister, Surinder Choudhary, today said that, out of 6000 posts under PM Special Package

issued during the current financial year till date, bringing the total figure to 5868 out of 6000 posts under the package. He said that the remaining 132 posts are at various stages including 42 posts



for Kashmiri Migrants/Non Migrant Kashmiri Pandits, 5868 appointment orders have been issued to the beneficiaries, so far. The Deputy Chief Minister was replying to a question raised by MY Tarigami in the Legislative Assembly.

He said that 5724 posts had been issued up to 2023-24 fiscal while appointment orders in respect of 144 posts have been

pending due to Court cases.

The Deputy Chief Minister said that the Prime Minister announced Return a Package for Rehabilitation of Kashmiri Migrants to Kashmir Valley amounting Rs.1618.40 crore in the year 2009. He said that housing, transit accommodation, continuation of cash relief to migrants, student scholarships, employment, assistance to Horticulturalists

and Agriculturalists and waiver of interest on loans are among the components being covered under the package.

He said that construction of 6000 transit accommodations was sanctioned in different districts of Kashmir Valley during December 2015 and work on 5160 flats have been taken up for construction. Of this, 3120 flats have been completed up to ending January, 2025 while the remaining 2040 flats are still under construction. Moreover, the remaining 840 flats are likely to be taken-up shortly.

The Deputy Chief Minister said that the matter of enhancement in relief benefits has been taken up with the Government of India for consideration of enhancement/ grant of full relief benefits in favour of new born babies of Kashmiri Migrants from Rs. 400 per month to Rs. 3250 per month without disturbing the ceiling of Rs. 13000 per family per month. He maintained that the ex-gratia compensation for the damaged properties

>>>SEE ON P-7

## In 7-years over 5,400 children went missing in J&K, Ladakh



Sajid Raina

SRINAGAR: Over 5,400 children were reported missing in Jammu & Kashmir and Ladakh between 2016 and 2022, with over 1,500 still untraced, reveals the data accessed by the news agency—Kashmir News Observer (KNO).

In 2016, 1,070 children went missing, including 589 boys and 481 girls. Of these, 766 cases were carried over from previous years, while 304 children—166 boys and 138 girls—went missing that year.

In the same year, 354 missing children were traced, including 164 boys and 190 girls. However, 716 children—425 boys and 291 girls—remained untraced.

In 2017, a total of 725 children were reported missing, including 431 boys and 294 girls. Of these, 614 cases—379 boys and 235 girls—were carried over from previous years, while 111 children—52 boys and 59 girls—went missing that year. In the same year, total of 219 missing children were traced, including 141

>>>SEE ON P-7

## Uproarious scenes in assembly over issues of daily-wagers

>>> BJP stages walkout <<<

KC News Network

SRINAGAR: The Legislative Assembly on Tuesday witnessed uproarious scenes over protests of daily-wagers with legislators from treasury benches and opposition Bharatiya Janta Party raising slogans against each other.

After the Question Hour concluded, as per news agency—Kashmir News Observer (KNO), Leader of Opposition Sunil Sharma drew the attention of the government towards strike of daily-wagers over their demands

"The strike of daily wagers has triggered a water crisis, and it is unfortunate that there is no response from the government over it", he said.

He said he had also raised the issue in the House on Monday but there has been no response from the government over it.

Responding to LoP Sharma, Deputy Chief Minister Surinder Choudhary accused BJP of failing to resolve their issues in the past 10 years.

"Why were they not agitating

for the past 10 years? We formed a committee within days to resolve the issues of daily wagers. Why you (BJP) didn't form a committee

that the government is serious in resolving their issues.

"If we were not interested in addressing their issues, we would



to address their grievances in the past 10 years?" he asked.

This led to exchange of heated arguments and sloganeering between BJP and Treasury benches.

Amid continuous disruptions, the Speaker said that a committee formed by government would look into the issues of daily wagers.

As BJP legislators continued with the protests, Chief Minister Omar Abdullah intervened saying

not have formed the committee headed by the Chief Secretary. We are surprised that they are staging protests even after the constitution of the committee," he said, adding that he would look into the reasons behind the protests. As protests continued, Chief Minister Omar Abdullah said that BJP has admitted that there has

>>>SEE ON P-7



Nithari killings: SC to hear on Apr 3 pleas challenging Surendra Koli's acquittal

Cash discovery: Allahabad HC lawyers on indefinite strike over transfer of Justice Varma

**NEW DELHI:** The Supreme Court on Tuesday said it would hear on April 3 a batch of petitions challenging the acquittal of Surendra Koli in the 2006 Nithari serial killings case.

The apex court had last year agreed to examine separate pleas, including those filed by the Central Bureau of Investigation (CBI) and the Uttar Pradesh government, challenging the Allahabad High Court's decision acquitting Koli on October 16, 2023.

The pleas were listed for hearing on Tuesday before a bench of Justices B R Gavai and Augustine George Masih.

One of the lawyers appearing in the case mentioned the matter before the bench and requested that the pleas be taken up for hearing next week.

Terming it an "extraordinary case", the counsel said children were going missing in Nithari for about two years and later, the police found several skeletal remains.

The lawyer said that Koli was arrested in the case and was kept in police custody for around 60 days.



The high court acquitted them in the death penalty case and said the prosecution had failed to prove their guilt "beyond reasonable doubt" and called it a "botched up" investigation.

Reversing the death sentence given to Koli in 12 cases and Pandher in two cases, the high court said the probe was "nothing short of a betrayal of public trust by responsible agencies".

The high court allowed multiple appeals filed by Koli and Pandher, who challenged the death sentence awarded by a CBI court in Ghaziabad. A total of 19 cases were lodged against the duo in 2007, and the CBI filed closure reports in three cases due to lack of evidence. Koli was acquitted in three of the 16 remaining cases and his death sentence in one case was commuted to life.

The killings came to light with the discovery of the skeletal remains of eight children from a drain behind Pandher's house at Nithari in Noida, bordering the national capital, on December 29, 2006.

confirmed its decision to recommend transfer of Justice Varma, facing an enquiry over the alleged discovery of huge cash from his official residence and from whom judicial work was withdrawn, to his parent Allahabad High Court.



The transfer recommendation to the Centre was made public in a resolution uploaded on the top court website.

The alleged cash discovery happened following a fire at Varma's Lutyens Delhi residence at around 11.35 pm on March 14, prompting the fire officials to rush to the spot and douse it.

Political power only way to secure Dalits' welfare: Mayawati

Col assault incident: Army calls for fair probe; highest respect for Army, says Punjab DGP

**LUCKNOW:** Bahujan Samaj Party (BSP) chief Mayawati on Tuesday said only political power can bring "good days" for the Dalits and Bahujans.

"Winning political power is the only way to bring 'achhe din' for Bahujans," the party supremo said at a state-level special meeting of BSP's OBC officials. Mayawati said that the Bahujan community, particularly OBCs, has been severely affected by caste-based and narrow-minded politics.

She claimed that, like Dalits, OBCs have been deprived of their Constitutional reservation benefits due to new policies that have rendered quota ineffective.

Mayawati urged for a renewed and intensified campaign to unite all sections and secure political power to end social discrimination.

"To free themselves from humiliation, all sections of the Bahujan community must unite and strengthen their political power. We must start a new and aggressive campaign at the village level to expose the anti-Dalit and anti-OBC agendas of Congress, BJP, and SP," she said.

She added, "Defeating casteist parties like BJP, Congress, and SP and securing political power is the only effective way for Bahujans to bring their 'achhe din'."

The former Uttar Pradesh chief minister said that OBCs had always been divided and marginalised until the implementation of the Mandal Commission recommendations.

She said it was the BSP that helped them secure their Constitutional right to the reservation.



Accusing rival parties of conspiring against BSP, Mayawati said, "In 2012, casteist parties worked together to remove BSP from power in Uttar Pradesh. Since then, Dalits and OBCs have suffered under successive governments, and their condition has only worsened."

During the meeting, Mayawati also spoke at length about the development work undertaken during her four terms as UP chief minister. She recalled that in 2011, her government had written to then-prime minister Manmohan Singh, demanding a caste-based census.

"Opposition parties have created small caste-based parties and organisations to divide and weaken Bahujan unity. While some leaders of these outfits fulfil their personal and family interests, their communities remain deprived. Only under BSP's banner can the entire community's interests be safeguarded," she asserted.

Mayawati alleged that all major political parties—Congress, BJP, and SP—were equally responsible for misleading and exploiting Dalits and OBCs.

He said any person who has assaulted the serving Army officer shall be dealt with severely and in accordance with law. The investigations shall be completed swiftly so that the culprits are brought to book soon, said the DGP.

as he talked about various steps taken by the Punjab Police after the incident which includes setting up of a high-level Special Investigation Team headed by a senior Punjab Police officer.

Bath, who sought the transfer of the probe to the CBI or another independent agency, alleged in the plea that a fair investigation was impossible under the Punjab Police.

The Punjab Police last week registered a fresh FIR based on Bath's statement.

A high-level special investigation team has been set up to conduct the investigation in a "fair and expeditious manner".

All 12 personnel have been placed under suspension and departmental proceedings for major punishment have been initiated against them.



The Army on Tuesday called for a fair and honest investigation in a transparent and time-bound manner to punish the guilty in the Colonel Pushpinder Singh Bath assault incident.

Bath accused 12 Punjab Police personnel of assaulting him and his son over a parking dispute on the intervening night of March 13-14 in Patiala. On Monday, he filed a plea in the Punjab and Haryana High Court seeking transfer of the probe to the CBI or another independent agency.

"We reiterate the need for a fair and honest investigation in a transparent and a very time-bound manner to punish the guilty and restore the faith in the system," Lt Gen Mohit Wadhwa, Chief of Staff, Army Western Command headquarters Chandimandir, said at a joint media briefing here with Punjab's Director General of Police Gaurav Yadav.

Lt Gen Wadhwa said the guilty police personnel should be punished in a timely and exemplary manner so that the incident does not vitiate the atmosphere and affect the long cherished bonhomie between the Punjab Police and serving and retired Army personnel.

"I would like to assure all that the Indian Army remains fully committed to pursuing the case to its logical conclusion," Lt Gen Wadhwa added.

DGP Yadav said the Punjab Police reiterates its highest respect to the Indian Army and is committed to maintaining and upholding the dignity of the Army officers.

Nepal govt prepares to lower minimum age for marriage from 20 to 18

SC To Hear In May Pleas For Implementation Of Its 2006 Verdict On Police Reforms

**KATHMANDU :** The Nepal government is preparing to lower the minimum age for marriage from 20 years to 18 years or lessen the penalty for child marriage, according to a media report on Monday.

The Kathmandu Post newspaper said



Explaining before the Law, Justice and Human Rights Committee of the House of Representatives on Sunday, Minister for Home Affairs Ramesh Lekhak said the government is giving a final touch to the amendment.

"The present age limit is not working. It needs to be lowered," he said. "The government was working on two modalities. First, lower the minimum age or second, opt for the Romeo and Juliet law."

The Romeo and Juliet law, which is in practice in various states in the US, envisions creating an exception to statutory rape for two young people who do not have a large age gap.

For instance, if the minimum age for marriage is 18, there can be consensual sex between the partners who don't have an age gap more than two or three years.

The Criminal Code says a marriage is concluded or caused to be concluded only when the two parties have attained 20 years of age. "A person who flouts the law shall be liable to a sentence of imprisonment for a term not exceeding three years and a fine not exceeding Rs 30,000," says section 173 of the code.

**NEW DELHI:** The Supreme Court Tuesday said it will hear in May pleas seeking implementation of its 2006 verdict on police reforms that recommended steps like separation of investigation and law and order duties.

In the 2006 verdict, the top court also passed a slew of directions, that included no ad hoc or interim appointment to the post of Director General of Police (DGP) by the state governments.

The Union Public Service Commission, in consultation with a state government and other stakeholders, will have to prepare a list of three senior police officers and the state can appoint any one of them as DGP, the top court had said.

On Tuesday, lawyer Prashant Bhushan and senior advocate Dushyant Dave told a bench comprising Chief Justice of India Sanjiv Khanna and Justices Sanjay Kumar and KV Viswanathan that the apex court guidelines were being flouted by various state governments.

"There has been rampant corruption in the appointment of police chiefs...rampant," Bhushan said.

"State after state is refusing to comply with the judgment and directions," Dave alleged, adding if these reformatory directions are not implemented then "we will lose


WHO Hepatitis data in 2024 based on modelling, not actual surveillance: Govt tells Rajya Sabha

**NEW DELHI:** The data on hepatitis in the WHO Global Health Report 2024 is based on modelling and not actual surveillance, the Rajya Sabha was informed on Tuesday.

Minister of State for Health Anupriya Patel was responding to a question on whether India ranks second globally in Hepatitis B and C cases with 3.5 crore infections according to the World Health Organisation (WHO) report.

She said that the data presented in the WHO Global Health Report 2024 is based on modelling and not actual surveillance.

In a written reply she stated that the 2023 Seroprevalence report under the National Program for Surveillance of Viral Hepatitis estimates the prevalence of Hepatitis B and C at 0.85 per cent and 0.29 per cent, respectively.



Based on the data by the National Program for Surveillance of Viral Hepatitis the estimated number of persons likely to be infected with Hepatitis B and C in India is 1.38 crore, she said.

On the government's response and available health infrastructure for managing the disease burden, Patel said that health is a state subject.

However, the Centre has been implementing the National Viral Hepatitis Control Program (NVHCP) since 2018 under the National Health Mission (NHM) to provide diagnostic and treatment services for Hepatitis C, A, and E. The program was expanded in 2019 to include Hepatitis B diagnosis and management, she added.

The minister further said that since Hepatitis B is primarily transmitted from an infected mother to her child, the program mandates screening of all pregnant women.

Newborns of Hepatitis B-positive mothers are administered Hepatitis B Immunoglobulin (HBIG) along with Hepatitis B vaccination under the Universal Immunisation Program (UIP) to prevent disease transmission, Patel said.

The NVHCP also focuses on prevention through awareness campaigns and behaviour change initiatives, she added. Currently, 1,140 existing healthcare facilities (till December, 2024) across the country have been strengthened as treatment sites under the program, where all diagnostic and treatment services are provided free of cost, she said.

OFFICE OF THE STATE DRUGS CONTROLLER  
DRUG & FOOD CONTROL ORGANIZATION(JAMMU & KASHMIR)

Jammu Office: Patoli Mangotrian, 1stFloor , Combined Food & Drug Testing Laboratory ,Jammu.  
Fax: 0191-2538527; Telephone: 2538527.Pin: 180007  
Kashmir Office: Dalgate, Srinagar,Drugs Testing Laboratory complex. Pin: 190001  
e-mail: controllerdrugsfoodjk@gmail.com

Subject:Strict Monitoring of Psychotropic Drugs-Imposition of specific restrictions to stock/sell drugs comprising of habit-forming ingredients thereof....reg.  
Reference: Drugs Controller General(India)'s communication No: Enforc-11018(13)/14/2025-eoffice dated 17.03.25

**CIRCULAR**

Whereas, drug abuse has become a matter of grave concern,as it has a potential to cause irreparable damage to the society at large; and  
Whereas, the Government of Jammu & Kashmir is aware of the growing menace of drug abuse and has initiated several measures to evolve an appropriate regulatory mechanism which can help to curb the drug menace with prudence; and  
Whereas, the Government has involved all allied enforcing agencies with an objective to secure due diligence related to eradication of the menace of drug abuse from the society; and  
Whereas, some instances of misuse of certain medicinal preparations containing intoxicating ingredients are reported / observed on regular basis; and  
Whereas, the Department has already taken several steps to ensure that certain medicinal preparations containing intoxicating ingredients are sold strictly as per legal provisions; and  
Whereas, despite strict regulatory surveillance, pilferage of intoxicating drugs (through un-regulated channels) for purposes other than licit use can not be ruled out ; and  
Whereas, ,the Government of Jammu and Kashmir has made it mandatory for drug sale establishments to adopt computerised billing systems for maintenance of sale records and installation of CCTV cameras within their premises to cover all their critical operations as an abundant precaution; and  
Whereas, despite enforcing the above said measures, misuse of intoxicating drugs continues to be an area of concern.  
Now, therefore, in order to further regulate the sale and supply of pharmaceutical preparations containing intoxicating ingredients, such drugs ( as per Table-1) shall be restricted to pharmacies operating within the health care institutions( Hospitals, Nursing Homes, Clinics of Psychiatrists ) / Secondary care institutions / Tertiary care health institutions only with immediate effect:

**( Table-1)**

S.No	Drug formulation (comprising of following ingredients)	Dosage form(s) and strength(s)	Wholesale /Sub Stockist(Stock in hand not exceeding inclusive of all brands )	Retailers/ RMP's/Pharmacies operating within Health care institutions(Stock in hand not exceeding( inclusive of all brands)
1.	Tramadol ( Fixed Dose Combinations of Oral Solid Dosage Forms) or Tramadol Injection	Tablets 50 mg, and 100 mg., Injection 50 mg/ml	Tablets-1000 Injectables-1500	Tablets-200 Injectables-50
3	Nitrazepam	Tablets 2.5 mg, 5 mg, 10mg and 20 mg Oral Suspension 5mg/ml	Tablets-1500 Oral suspension-200	Tablets-200 Oral suspension-20
4	Pregabalin	Tablets 25mg, 50mg, 75mg 150mg and 300mg Capsule 50 mg, 75mg 150 mg and 300 mg Oral Solution 20mg/ml	Tablets -1000 Capsules-1000 Oral solution-200	Tablets -200 Capsules-200 Oral solution-20
5	Diazepam	Tablets 2 mg, 5 mg, and 10 mg Injection 5 mg/mL, 10mg/mL	Tablets-2500 Injectables-200	Tablets-250 Injectables-10
6	Clonazepam	Tablet 0.25 mg, 0.5 mg, 1 mg and 2 mg Injection 1 mg/ml	Tablets-3000 Injections-200	Tablets-500 Injections-20
7	Alprazolam	Tablet 0.25 mg, 0.5 mg and 1 mg	Tablets-2500	Tablets-500
8	InjKetamine	Injection 10 mg/mL Injection 50 mg/mL	Injectable-2500	Injectable-20
9	Codeine(Fixed Dose Combinations of Oral Solid Dosage Forms)	15 mg, 30 mg and 60 mg	Tablets-2500	Tablets-200

Medicinal Preparations like Tramadol( Single Ingredient Oral Solid Dosage Forms) , Tapentadol, Codeine based cough Syrups & such items shall be sold and supplied only after obtaining prior written permission from the Licensing cum Controlling Authority, J&K.  
The above transactions shall however be supported by written indents by the retailers or wholesalers, copies of which should be kept available for the empowered inspecting authorities for on spot verification / authentication and as and when required.  
Moreover, sales/purchase/distribution records of aforementioned drugs formulations shall be submitted to the concerned authorities through email : deputycontrollerjammu@gmail.com (Jammu Division) /dydrugscontroller@gmail.com (Kashmir Division) on monthly basis.  
It may be noted that above restrictions include Registered Medical Practitioners who deal with pharma products.  
No person/firm shall indulge in procurement of lesser-known brands of drugs formulations mentioned herein above directly from the suppliers / manufacturers located outside Union Territory of Jammu and Kashmir in a clandestine manner or through online platforms or through courier service providers /speed post etc.  
The Retailer/ / Wholesaler / RMP for whom the above allowed quantity is not sufficient or is not in proportionate to the requirements of the patient or more quantity is required for tender/ govt supply, they may apply to increase their limit being special case with proper justification to this office.  
In case any violation is reported, the defaulters shall be dealt strictly in accordance with zero-tolerance policy adopted by Union Territory of J&K against persons involved in promoting drug abuse which warrants the cancellation of such licensees as also legal mandate.  
Note: This circular is issued in supersession to all the previous circulars issued on the subject matter and without any prejudice to the rights of end users requiring such pharmaceutical preparations for medicinal purposes.  
No: DFO/ D-36/ HFD/ 5963-75  
Dated: 25 /03/2025

DIPK-13376/24

SD/- (Lotika Khajuria)  
State Drugs Controller  
Drugs & Food Control Organization  
J&K, Jammu



# DC Bandipora Chairs NCORD Meeting

Reviews Enforcement, Prevention and Rehabilitation efforts

**Bandipora:** The Deputy Commissioner (DC) Bandipora on Tuesday chaired a meeting of the District Level Narco Coordination (NCORD) committee, at mini secretariat Bandipora to review enforcement, prevention and rehabilitation efforts.

The meeting discussed threadbare ongoing anti-drug initiatives, including enforcement actions, awareness campaigns, and rehabilitation efforts besides discussed progress made in addressing identified drug hotspots within the

district.

At the onset Additional Deputy Commissioner (ADC) Bandipora Zaffar Husson Shawl briefed the chair regarding action taken report of various departments.

Speaking on the occasion, the Deputy Commissioner M.A. Qadri emphasised stringent measures against drug peddlers and others involved in illicit drug trade.

He stressed for enhanced inter-departmental coordination to ensure effective enforcement of relevant laws.



The Deputy Commissioner directed for intensified awareness campaigns targeting vulnerable sections.

Deputy Commissioner (DC) Manzoor Ahmad Qadri highlighted the importance of a coordinated and multi-pronged approach to tackle the problem of drug menace and the need for proactive measures and community involvement.

He directed the drugs control department to intensify efforts and ensure regular monitoring of CCTV's installed in medical shops besides stressed on strengthening measures to combat the growing menace of drug abuse.

Among others the meeting was attended by Additional Deputy Commissioner (ADC) Zaffar Husson Shawl, ACD Irfan Bahadur, ARTO Anees Ahmad, CMO Dr. Rafi Ahmad Salathi, DIO Aadil Manzoor Wani, DySP C.L. Verma and other concerned.

## SKUAST-K Team Visits Pampore Villages to Investigate Garlic Crop Disease

BILAL HABIB

**PAMPORE:** The SKUAST-K team visited the villages of Shar Shali and Patalbagh in Pampore Tehsil on Thursday after receiving reports of a disease affecting garlic crops.



Following the directions of Director Extension SKUAST-K, Rihana Habib, a team comprising plant pathologists and vegetable experts inspected the affected areas, interacted with farmers, collected garlic samples, and recommended spraying to prevent the further spread of the disease.

Officials stated that the disease was identified as a basal fungal infection, which has disrupted nutrient absorption in the plants, leading to the withering of the crop. The infection was caused

by excessive moisture retention in the soil.

Furthermore, the team confirmed that they have collected samples, and appropriate treatment will be prescribed to the farmers after laboratory analysis.

Speaking to Kashmir Convener, Professor Zahoor Ahmad Bhat from the Division of Plant Pathology, SKUAST-Kashmir, informed that the crop has been affected by a disease.

The farmers visited SKUAST-K and requested us for inspection.

"In response, our entire team arrived here and examined the crop. Initially, it appears that the disease has primarily affected the underground parts of the plants. We collected some samples, and from our preliminary observations, it seems that the disease is caused by root rot. Due to this, the plants are unable to uptake water properly, which has led to yellowing of the leaves," he said.

"We have taken samples for further examination in the laboratory. Based on our initial assessment, it appears to be a fungal infection that has caused the garlic bulbs to rot. After a thorough examination, we will provide the farmers with appropriate recommendations to prevent further spread of the disease," he added.

He also said that condition of the affected plants suggests that their recovery will be extremely difficult.

"However, the remaining healthy plants can be saved if proper recommendations are followed. Plants with minor infections may still recover. Once we identify the specific fungal infection through laboratory analysis, we will provide precise recommendations to the farmers accordingly," he added.

## DIET Bandipora holds District-Level Science Exhibition

**BANDIPORA:** A District-Level Science Exhibition under the Project Innovation Program for PM Shri Schools was successfully conducted today at the DIET Complex Bandipore.

The event, held under the dynamic leadership of Principal DIET Bandipore, Abdul Rashid Mir, witnessed enthusiastic participation from 30 students representing 19 PM Shri Schools across the district.

Inaugurating the event, Worthy principal, emphasized the importance of scientific temperament in light of the National Education Policy (NEP) 2020. He also stressed the need to provide students with ample opportunities to express their innovative ideas and explore scientific solutions. The exhibition showcased novel and creative models, reflecting the young minds' scientific acumen and problem-solving skills.

Among the participants, Samreena Fayaz from GHS Sumbal secured the first position, while Najma Altaf from HSS Shadipora bagged the second position. The third position was awarded to Sadiya Nissar from GHS Kalooosa

The jury panel, comprising Senior Lecturers Sajad Ahmad Bhat and Zahoor Ahmad Mehdi, meticulously evaluated the projects, appreciating the students' innovative approaches. Mr. Zahoor Ahmad Mehdi announced the top three positions and delivered a brief deliberation on the importance of project-based learning in fostering scientific knowledge and creativity. All participants were felicitated with certificates and trophies in recognition of their efforts. The program concluded with a vote of thanks delivered by Senior Academic Officer Tanvir Ahmad Jan, who acknowledged the contributions of all participants, jury members, and organizers. The event was efficiently coordinated by In-charge Lecturer Shahida Jan.

This initiative serves as a significant platform for nurturing scientific curiosity and innovation among students, aligning with the vision of NEP 2020 and encouraging young minds to explore, experiment, and innovate.

## Over 1400 JPDCL consumers get zero bills post RTS installation under PMSGY

CS asks for enhanced awareness for optimal utilisation of scheme benefits

**JAMMU:** Chief Secretary, Atal Dulloo, today chaired a UT Level Coordination Committee (UTLCC) meeting of the PM Surya Ghar Muft Bijli Yojana.

He emphasised upon brisk awareness generation for optimal utilisation of benefits by public being offered under this flagship scheme.

The meeting besides Principal Secretary, PDD and Commissioner Secretary, IT Department was attended by Deputy Commissioners; MD, JPDCL/KPDCL; CEO, JAKEDA; Chief Engineers of JPDCL/KPDCL and representatives from NHPC and other implementation agencies.

The Chief Secretary urged the two DISCOMS to make their ground level staff responsible for creating awareness among the general public. He also advised them to encourage the registered consumers to make agreements followed by payments and assist them in subsequent installation of Rooftop Solar (RTS) plants through the chosen vendors. He stressed on making all the success stories public where people had been successful in reducing their energy bills substantially. He further asked for reducing the waiting period for the consumers after submission of applications on their part and swift disbursement of subsidy into their accounts.

The Chief Secretary also took live demonstration of the National portal meant for implementation of PM Surya Ghar Yojana (PMSGY). He made out that the respective DISCOMS should not hesitate in reaching out to the registered consumers individually to encourage them in going ahead for successful installation of RTS in their homes.

Regarding solarisation of government buildings, he underscored the need for allotment of

all the works proposed under Capex and bringing pace in implementation of RESCO model on the ground. He called upon the JAKEDA to closely monitor the progress and take weekly appraisals to enhance its implementation here.

Dulloo further pointed out that the scheme is in vogue here for a substantial period of time and it is expected that the tangible results as per the set targets are achieved without showing any laxity. He directed the DCs for fixing responsibility in case of each electric division to ensure that

Earlier, Principal Secretary, PDD, H. Rajesh Prasad, informed the meeting about the achievements of the Department in implementation of this scheme. He made out that PM-Surya Ghar Yojana is a key flagship program to boost solar energy use by the domestic consumers across the country.

The Principal Secretary further remarked that this initiative has attracted widespread participation, with the Jammu Power Distribution Corporation Limited (JPDC) receiving 19,076 applications, equivalent to 66.77 MW of solar capacity. The Kashmir Power Distribution Corporation Limited (KPDCL) has recorded 17,746

applications, totalling 56,787 MW across the region.

He stated that in order to facilitate this growth, 502 solar PV vendors have been registered under both JPDCL and KPDCL, including at the national level, with JPDCL acting as the central agency for vendor enrollment, a process that continues to expand.

About the phenomenal success of this scheme, Managing Director, JPDCL, Choudhary Yasin, informed the meeting that 1438 consumers had received zero sum bills for their consumption due to RTS installed in their homes.

He further made out that, on an average, 47 SRTs are installed daily with a commissioning rate of 54 SRTs per day with 294 and 202 consumers already disbursed Centre and UT subsidy respectively in their bank accounts.

MD, KPDCL, Mehmood Ahmad Shah, revealed that under this scheme, KPDCL has completed 1,199 installations, so far.

Giving district-wise highlights, he informed that Budgam leads with 16.07% progress (95 installations). He made out that with improvement in weather conditions the pace would increase considerably now.



## 108/102 JKEMS Completes Five Years Serves Over 3.76 Lakh Patients in J&K

**JAMMU:** The 108/102 Jammu & Kashmir Emergency Medical Services (JKEMS) has marked five years of operations, having provided emergency medical assistance to over 3.76 lakh patients across the Union Territory.

Launched on March 24, 2020, under a Public-Private Partnership (PPP) between the National Health Mission and BVG India Ltd, the 24x7 free ambulance service started with 416 ambulances, later expanding to 489 ambulances, including 139 Advanced Life Support (ALS), 64 Basic Life Support (BLS), and 286 Patient Transport ambulances.

The Emergency Response Centre, based in Channi Himmat, Jammu, has handled 1,88,939 medical emergencies, 17,461 road accident cases, 1,03,509 pregnancy-related cases, 1,261 childbirths inside ambulances or at the scene, 12,111 COVID-19 patient transfers.

ABVG India Ltd report revealed that one emergency is attended every eight minutes.

Despite challenging terrain, the average response time stands at 12 minutes 41 seconds in urban areas and 18 minutes 19 seconds in rural areas.

Mushtaq Ahmed, Project Head, said all ambulances are equipped with lifesaving medical facilities and staffed by trained Emergency Medical Technicians (EMTs). Urging people to use the free emergency service, he assured that every call is treated with urgency.

Since its inception, 108/102 JKEMS has played a crucial role in saving lives, particularly in high-risk areas prone to accidents and mass casualty incidents.



## Army pays RMY homage to bravehearts on Shaheed Diwas

**RS Pura :** On the solemn occasion of Shaheed Diwas, Army personnel from the Miran Sahib Brigade paid tribute to the legendary freedom fighters—Shaheed Bhagat Singh, Rajguru, and Sukhdev—who sacrificed their lives for the nation's independence.

A wreath-laying ceremony was held at RS Pura, where soldiers from 17 MADRAS (COCHIN) of Miran Sahib Brigade laid a wreath on behalf of the Indian Army, honouring the supreme sacrifices of the Bravehearts.

The ceremony witnessed the presence of local dignitaries, veterans, and Army personnel, who gathered to remember and acknowledge the invaluable contribution of the great revolutionaries. The event served as a poignant reminder of their unwavering courage and the Army's steadfast commitment to upholding the ideals of freedom and patriotism.

During the event, Army personnel reaffirmed their pledge to continue the legacy of these brave sons of the soil and uphold the values of courage, sacrifice, and national service.

## Dozens of NC Workers Join BJP in Bandipora's Bakhshibal Gundiprung

**BANDIPORA:** In a significant political development, dozens of workers from the National Conference (NC) joined the Bharatiya Janata Party (BJP) on Tuesday in the Bakhshibal Gundiprung area of Bandipora district.

Among the new entrants were former Sarpanches and Ward members, who formally joined the BJP in the presence of senior BJP party leader and Constituency Incharge Bilal Ahmed Wani, under the directions of BJP District President Bandipora, Mudasir Ahmad Jan.

Bilal Ahmed Wani warmly welcomed the newcomers into the party fold, emphasizing that their inclusion would strengthen the BJP at the grassroots level. Speaking to the media, he stated, "Today, dozens of political workers from the National Conference, including Sarpanches and Ward members, have joined hands with the BJP. Their support will further fortify the party's presence at the grassroots."

He urged party workers to gear up for the upcoming Urban Local Body (ULB) and Panchayat elections, expressing confidence that the BJP would secure victory. Wani also criticized the National Conference for neglecting its workers and failing to provide them with basic facilities.

"The BJP is the only party truly working for the welfare of the people. Under Prime Minister Narendra Modi's vision of 'Sabka Saath, Sabka Vikas, Sabka Vishwas, and Sabka Prayas,' we are committed to serving the public. I pledge to continue working for the upliftment of our people," he added. The joining of these former NC workers is seen as a major boost for the BJP ahead of the upcoming elections, reflecting the party's growing influence in Bandipora.

## Helicopter Services Suspended Due to Adverse Conditions in Gurez

AADIL ABDULLAH

**Gurez :** Helicopter services in the Gurez valley of Bandipora district were suspended on Tuesday due to adverse weather conditions, leaving passengers stranded at Badugam, Izmar, Dawar, Purana Tulail, and Niru helipads.

The area is currently experiencing heavy rainfall, further hindering travel.

Official sources told news agency JKNS that persistent rain and low visibility have rendered helicopter operations unsafe. Authorities are closely monitoring the weather and will resume flights as soon as conditions permit.

Passengers have been advised to remain updated through official channels, as the administration undertakes necessary measures to ensure their safety and well-being during this disruption.





# Breaking The Stigma: A Humane Approach To Marital Challenges And Divorce

DR FIAZ MAQBOOL FAZILI

Marriage, a sacred bond and cornerstone of human society, has historically symbolized union, commitment, and social harmony. It forms the basis for familial stability and nurtures shared values within communities. However, marriages often face strains due to various reasons, ranging from personal differences to societal pressures. In such cases, it becomes imperative to offer couples a dignified path toward resolution, whether that

marital harmony. Compatibility goes beyond initial attraction and must be nurtured through understanding and compromise. Infidelity and Trust Issues: Breach of trust, often through infidelity, creates emotional wounds that are difficult to heal, leading to long-lasting resentment and conflict.

Domestic Violence and Abuse: Physical, emotional, or psychological abuse devastates the victim's well-being and makes coexistence intolerable. Mental Health Issues: Undiagnosed or untreated mental health challenges can destabilize a marriage, with one or both partners struggling to cope.

can offer guidance, counseling, and even temporary refuge for individuals in abusive or distressing marriages. These networks should work to reduce stigma around marital disputes and provide a non-judgmental space for affected individuals.

4. Focus on Children: In marriages involving children, their well-being should be of utmost priority. Custody arrangements must consider the best interests of the child, and co-parenting plans should emphasize stability, love, and security.

”

The Role of Society and Family: Societal norms and family dynamics play a crucial role in marriages. While they can provide support and encouragement, they also have the potential to exacerbate problems. In patriarchal societies, gender-based expectations often result in women bearing the brunt of marital issues. Societal stigma surrounding divorce and separation forces many couples to remain in toxic relationships, leading to mental health deterioration or worse. Family pressures, especially in arranged marriages, can create unrealistic expectations for couples. The emphasis on dowries, lavish weddings, or material success often overshadows the core essence of a marriage, which is mutual respect and companionship.

”

involves reconciliation, adjustment, or, if necessary, separation. Providing a dignified settlement to marriages in distress is essential for preserving respect and humanity in relationships.

The separation of a Bollywood celebrity, a renowned singer, after nearly three decades of marriage has reignited debates on the complexities of marital life and the causes of discord. While the reasons behind such decisions remain deeply personal, it serves as a reminder of the importance of communication, mutual respect, and adaptability in relationships. As a society, we can contribute by fostering environments that encourage couples to seek counseling, normalize discussions about emotional and mental health, and promote understanding rather than judgment. Supporting friends or family during marital struggles with empathy, rather than unsolicited advice or criticism, can also make a difference.

The Strains on Marriages: Marriages are not immune to challenges, irrespective of cultural, religious, or social contexts. Strains in marriages can emerge from a multitude of factors, including: Lack of Communication: Poor communication is a primary cause of discord in marriages. Misunderstandings, unexpressed expectations, and unresolved conflicts can snowball into larger issues over time. Financial Stress: Money matters often lead to tension in marriages. Disparities in financial goals, debt, or economic hardships can erode trust and create friction between partners. Cultural and Family Interference: In traditional societies, interference from extended families, particularly in joint-family setups, can strain relationships. In-laws' meddling and societal expectations add to the burden. Compatibility Issues: Differences in values, aspirations, and personal habits can challenge

The Role of Society and Family: Societal norms and family dynamics play a crucial role in marriages. While they can provide support and encouragement, they also have the potential to exacerbate problems. In patriarchal societies, gender-based expectations often result in women bearing the brunt of marital issues. Societal stigma surrounding divorce and separation forces many couples to remain in toxic relationships, leading to mental health deterioration or worse. Family pressures, especially in arranged marriages, can create unrealistic expectations for couples. The emphasis on dowries, lavish weddings, or material success often overshadows the core essence of a marriage, which is mutual respect and companionship.

Providing Dignified Settlements: A Framework. A dignified settlement in marriage issues requires sensitivity, fairness, and a humane approach. Both societal attitudes and institutional mechanisms must align to ensure that couples in distress can resolve their conflicts respectfully.

1. Reconciliation and Mediation: Reconciliation should be the first step when a marriage is in trouble. Counselling sessions from marriage counsellors with trained professionals or community leaders can help couples navigate their issues. Mediators can facilitate constructive dialogues, encouraging spouses to understand each other's perspectives and find common ground.

2. Legal Safeguards: When reconciliation fails, legal frameworks should provide an impartial and just avenue for settlement. Divorce laws should prioritize fairness, particularly in matters related to alimony, child custody, and division of assets. Courts must avoid perpetuating stigma and ensure that neither party is left destitute or marginalized post-separation.

3. Community Support Systems: Community-based support networks

5. Respect for Autonomy: While external support is invaluable, the autonomy of the individuals involved must be respected. Forced reconciliations or societal pressures to remain married can have detrimental effects on mental health. The decision to stay together or part ways must ultimately lie with the couple.

Shifting Attitudes Toward Separation" Divorce or separation is often viewed as a failure, particularly in traditional societies. This stigma exacerbates the suffering of couples already in distress. To provide dignified settlements, it is essential to normalize separation as a valid, albeit challenging, life decision.

Religious and cultural institutions can play a pivotal role here. For instance, in Islam, marriage is a contract with defined rights and responsibilities, and divorce is permitted when these obligations are not fulfilled. Educating communities about the humane aspects of such provisions can help reduce the stigma surrounding separation.

Encouraging Healthy Marital Practices- Preventing strains in marriages begins long before the wedding. Societies need to foster healthy marital practices that emphasize emotional readiness, mutual respect, and equality.

Premarital Counseling: Counseling sessions before marriage can help couples align their expectations, discuss potential challenges, and develop conflict resolution strategies. Realistic Expectations: Dispelling myths about "perfect marriages" and encouraging realistic expectations can reduce disappointments and frustrations.

Financial Planning: Financial literacy and planning as a couple can help prevent monetary disputes. Open discussions about income, expenses, and savings are crucial.

Shared Responsibilities: Both partners must share responsibilities, whether in domestic chores, childcare, or financial obligations. This fosters a sense of partnership and reduces feelings of being overburdened.

Mental Health Awareness: Recognizing and addressing mental health issues early can prevent them from escalating into marital problems. Societies should destigmatize seeking psychological help.

Marriages, though sacred, are not immune to challenges. Providing a dignified settlement to strained marriages—whether through reconciliation or separation—is essential for preserving individual dignity and societal harmony. This requires a multi-faceted approach involving legal frameworks, community support, and societal attitude shifts.

Above all, there must be an emphasis on compassion and understanding. Marriages are about two individuals coming together to build a life, but when the strain becomes irreparable, offering them the dignity to part ways respectfully is the humane course of action. By fostering a culture of empathy and support, we can ensure that even in conflict, respect and humanity prevail. Let us pray for marriages to be filled with love, understanding, and resilience, fostering lifelong happiness and companionship. May those facing irreconcilable differences find the strength to part ways amicably, preserving dignity and respect for one another. In both union and separation, may compassion and peace guide every step.

-Author besides being a Medical doctor , and a Counsellor very active in positive perception management of various moral, social and religious issues. He can be reached at drfiazfazili@gmail.com & twitter @drfiazfazili)





# Sakeena Itoo inaugurates State-of-the-Art Cath Lab at Super Speciality Hospital, Jammu

**JAMMU:** Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo, inaugurated the State-of-the-Art Catheterization Laboratory (Cath Lab) at Super Speciality Hospital here today.

MLA Jammu West, Arvind Gupta; Secretary Health and Medical Education, Dr. Syed Abid Rasheed Shah; Principal GMC Jammu, Dr. Ashutosh Gupta; Medical Superintendent, Super Speciality Hospital, Dr. Rehana Khurshid; Medical Superintendents of Associated Hospitals, HoDs of different specialities and other staff were present on the occasion.

Speaking at the inaugural ceremony, Sakeena Itoo said that establishment of this State of Art Cath Lab will give a major boost to advanced cardiac care in Jammu region. "This remarkable facility will surely enhance hospital's capabilities in diagnosing and treating complex cardiovascular diseases with cutting-edge technology", Sakeena stated.

The Minister further highlighted that the present Omar led government is committed to strengthen healthcare infrastructure across Jammu and Kashmir with focus on ensuring world-class medical facilities for the people.

"In recent Budget, CM Omar Abdullah has kept a major provision of budget for upgrading medical infrastructure in J&K. Our government is determined to establish top notch medical care facilities in all district hospitals of J&K", Sakeena maintained.

The Minister elaborated the critical role of the Cath Lab in providing invasive cardiac procedures, reducing treatment time and improving patient outcomes, particularly in Jammu region.

She added that this newly inaugurated Cath Lab is equipped with advanced imaging technology, which will allow cardiologists to perform procedures like angioplasty, stent placement, Temporary Pacemakers, Permanent Pacemakers, Cardiac re-synchronization Therapy, cardiac catheterization and other cardiac procedures with precision and efficiency.

She said that this specialized cardiac care facility will also reduce the need for patients to travel outside J&K for advanced cardiac treatment.

Pertinently, the State of Art New Cath Lab at Super Specialty Hospital Jammu was established at the cost of 12.5 crore. The lab is well equipped with latest technology and after this Super Speciality Hospital Jammu will be able to perform additional high end procedures like ROTA-ablation, IVUS and Peri Operative Transesophageal echo (T), Ultrasound, ASD, PDA closure besides the routine Cardiac procedures like coronary angiography, coronary angioplasty both simple and complex, procedures like Temporary Pacemakers, Permanent Pacemakers, Cardiac re-synchronization Therapy Pacemaker (CRTP) and Cardiac re-synchronization Therapy with Defibrillator (CRTD) with pacing.

## DIG, DC & SSP Baramulla assess Fire Damage in Old Town Baramulla

Rs.10.60 Lakh immediate relief provided to affected families



**BARAMULLA:** Deputy Inspector General (DIG) of North Kashmir, Maqsood-ul-Zamaan, along with Deputy Commissioner (DC) Baramulla, Minga Sherpa, and Senior Superintendent of Police (SSP) Baramulla, Gurinderpal Singh, visited Mohalla Jala Sahib in Old Town Baramulla to assess the devastation caused by a massive fire.

The massive blaze damaged 17 structures, leaving 29 families affected. Among them, 12 structures were completely destroyed, while five suffered partial damage.

During the visit, the officers personally interacted with the affected families, acknowledging the gravity of their losses and assured them of the administration's full support.

The DC distributed Rs.10.60 lakh from the Red Cross Fund to the affected families as an initial relief measure to help them address their most immediate needs as they begin to recover from the tragedy.

He also assured the affected families that additional financial aid will be provided under SDRF norms and directed the Tehsildar Baramulla to complete the necessary formalities for further assistance within 1 to 2 days.

To ensure swift rehabilitation, the DC directed the Executive Officer, Municipal Council Baramulla to arrange temporary accommodation for the displaced families.

Additionally, the Assistant Director of Food was instructed to provide one month of free ration to all affected families.

## JKRLM organizes free Medical Health Camp for SHGs at BK Pora

**BUDGAM:** Jammu & Kashmir Rural Livelihood Mission (JKRLM) Block BK Pora, in collaboration with the Health Department, today organized a health camp for Self-Help Group (SHG) members in BK Pora, District Budgam.

The initiative offered free medical check-ups and medications to SHG members.

The event was part of a larger initiative across the UT of J&K, led by Mission Director JKRLM, Dr. Shubhra Sharma, to provide accessible healthcare services directly to members. The event received an overwhelming response from the SHG members of BK Pora Block. The camp was organized at Aribagh Kanipora, with a team from CHC Chattergam, including Medical Officer Dr. Rukhsana, Medical Officer RBSK Dr. Shabnum Akhter, and the paramedical staff.

BMO BK Pora Dr. GulAfroz Khuru presided over the event, offering valuable insights on health and hygiene for the participants. She stressed that women often tend to overlook their own health while focusing on the well-being of their families, and urged them to prioritize self-care.

## CEO interacts with National, UT political parties; emphasises collaboration for successful electoral process

**JAMMU:** In accordance with directives from the Election Commission of India (ECI), the Chief Electoral Officer (CEO), Jammu & Kashmir, Padurang K Pole, today convened a crucial meeting with Presidents and General Secretaries of recognised national and UT political parties at Nirvachan Bhawan, Rail Head, Jammu.

The primary objective of the meeting was to foster a collaborative dialogue and ensure comprehensive understanding of the electoral processes among all the stakeholders, particularly in light of the upcoming electoral activities.

During the interaction, a detailed discussion encompassed key aspects of the electoral framework. These included legal framework of the electoral process;

comprehensive clarification on the legal provisions governing elections,



ensuring adherence to established guidelines, registration process; in-depth explanation of the voter registration procedures, emphasising accuracy and accessibility, reforms brought by the ECI; highlighting the latest reforms implemented by the ECI to enhance the efficiency, transparency and inclusivity of the electoral system and role of Booth

Level Officers (BLOs) and Booth Level Agents (BLAs); emphasizing

the critical role of BLOs and BLAs in voter facilitation and electoral process integrity.

The meeting also attended by Additional CEO Rahul Sharma, Nodal Officer, Qazi Alhtar, Deputy DEO Jammu, Rameshwar Kumar and Under Secretary in the office of CEO, Huma Khan.

The CEO reiterated the ECI's

commitment towards conducting free, fair and transparent elections. He emphasized the importance of collaboration with political parties to ensure a smooth and credible electoral process.

The political party representatives engaged in constructive discussions, raising pertinent queries and providing valuable feedback.

The CEO assured them of the electoral office's commitment towards addressing their concerns and ensuring a level playing field for all.

The electoral office will continue to maintain open communication with the political parties and other stakeholders to ensure successful conduct of upcoming electoral activities in Jammu & Kashmir.

## Chief Justice chairs High-Level meeting to strengthen functioning of Legal Aid Clinic & Support Centres at GMCH Jammu, Srinagar

**JAMMU:** J&K Legal Services Authority under the esteemed guidance of Justice Tashi Rabstan, Chief Justice, High Court of Jammu & Kashmir and Ladakh (Patron-in-Chief, J&K Legal Services Authority) today convened a virtual meeting with all the Secretaries of District Legal Services Authorities (DLSAs), Medical Superintendents of Government Medical College & Hospital (GMCH) Jammu and Srinagar and Jail Superintendents along with Medical Officers of the jails across the UT of J&K and Ladakh.

to extend similar facilities to all correctional institutions across the UTs. It was resolved that these Legal Aid Clinics should be fully operationalized with designated Legal Aid Defense Counsels (LADCs) and Para-Legal Volunteers (PLVs) to ensure seamless and timely access to legal assistance for inmates.

To enhance accessibility and outreach, it was further mandated that the contact details of PLVs, Legal Aid Counsel and nodal officers nominated by the GMCH Jammu and Srinagar be prominently displayed in all jails, ensuring that every inmate is aware of their rights and can seek legal assistance without procedural hindrance. This initiative aligns with the broader objective of expediting special medical attention and ensuring the swift resolution of pending legal matters. Additionally, Jail Superintendents were directed to extend all necessary facilities

to avail all benefits of providing the specialized medical treatment from the Legal Aid Clinics available at GMCH Jammu & Srinagar, including specialized medical care, psychological counseling and legal consultation to inmates, reinforcing the commitment to upholding their fundamental rights, as enshrined in the Constitution of India and international human rights conventions.

The Chief Justice reiterated the importance of a coordinated approach involving jail authorities, legal services institutions, and healthcare professionals to ensure the holistic well-being of inmates.

The meeting concluded with a firm commitment from all stakeholders to strengthen legal aid infrastructure across correctional institutions, with continued efforts to enhance Legal Aid Clinics, legal literacy initiatives and rehabilitation programs and health care of jail inmates across the UT of J&K and Ladakh.

The J&K Legal Services Authority remains steadfast in its mission to uphold justice, ensure access to legal remedies, and safeguard the dignity and rights of all individuals, particularly those in custody.

## World TB Day observed at Shopian

**SHOPIAN:** On the eve of 'World Tuberculosis Day', Department of Health Shopian today organized a programme with the theme 'Yes we can end TB, Commit, Invest and Deliver.' The program was chaired by the Additional District Development Commissioner (ADDC) Shopian, Dr. Nasir Ahmad Lone.

The focus was laid on raising awareness about the prevention and treatment of the disease.

Speaking on the occasion, ADDC emphasized the importance of collective efforts in eradicating TB from the district. He said the day serves as a reminder to strengthen the fight against this infectious disease.

The event included interactive sessions where health experts educated attendees about the symptoms, causes, and preventive measures for TB. They urged people to avail

free diagnostic and treatment services available at government health centres.

World TB Day is observed annually on March 24 to raise awareness and accelerate efforts toward eliminating tuberculosis globally.

ACD, Manzoor Ahmad; CMO, Dr. Arshid Hussain Tak; Dy. CMO, DTO, BMOs, medical professionals, health workers and others concerned were present.

## DC Srinagar visits Hazratbal; takes onsite review of arrangements for upcoming religious festivals

**SRINAGAR:** Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat today undertook a visit to Hazratbal Shrine in order to take onsite review of the arrangements being made by all line Departments for smooth conduct of the upcoming auspicious religious occasions of Shab-e-Qadr, Jumat ul vida, Eid-ul-Fitr at the Shrine.

The DC was accompanied by Additional Deputy Commissioner, Dr. Khalid Hussain Malik; SP Hazratbal, SP Traffic, Superintending Engineer R&B, Tehsildar Eidgah, Tehsildar North and other senior Officers of line Departments, besides Administrator of J&K Wakf Board and senior members of Hazratbal Shrine Management.

On the occasion, DC took a detailed appraisal of the action plan from concerned Departments regarding the arrangements put in place for observance of auspicious occasions of Shab-e-Qadr, Jumat Ul vida and Eid-ul-Fitr.

He passed the directions to concerned Departments related to ensuring supply of water and electricity, cleanliness measures, dog menace, fire service, transport, parking and medical facilities etc. The measures to tackle any kind of inconvenience caused inclement weather conditions were also discussed. The DC directed the Officers of all line

departments to ensure special arrangements for smooth observance of the pious religious occasions at the Shrine for the Devotees particularly during



the intervening night (Shab-e-Qadr) 26-27th Ramzan-ul Mubarak 1446 Hijri, which falls on intervening night of 27-28 March, 2025 and on Jumat ul vida i.e March 28, 2025 besides on the auspicious occasion of Eid-ul-Fitr during which large religious congregations are expected.

During the visit, the DC was apprised by the Administrator, J&K Wakf Board about the arrangements being made by the Wakf for smooth observance of the holy religious occasions during which about one lakh devotees are expected to visit the Hazratbal Shrine to offer special prayers during intervening night (Shab-e-Qadr), congregational prayer on Jumat ul vida and of Eid-ul-fitr.

## Monthly NCORD meeting held at Shopian

**SHOPIAN:** To strategize the multi pronged efforts against the menace of drug addiction across the district, a district level Narco Coordination (NCORD) meeting was held today at Mini-Secretariat Shopian.

The meeting, chaired by Deputy Commissioner (DC) Shopian, Shishir Gupta, detailed department wise action plans aimed at strengthening the fight against drug abuse.

DC emphasized the critical role of departments in combating the rising menace of drug abuse. He directed the Drug Control Department to continue the pharmacy inspections and ensure compliance to drug storage, dispensing and other norms and intensify penal action including suspensions against violations.

Revenue, Police, Agriculture and Excise Departments were

stressed to gear up and take preventive measures against the illicit crop cultivation in hotspot areas and the growth of wild bhung.

"Take strict action against the cultivators of illicit crops including poppy," DC instructed officers.

Additionally, the police department was instructed to implement stringent measures against individuals involved in drug peddling, and efforts were highlighted to identify and rehabilitate victims of drug abuse through institutional support of the Addiction Treatment Facility.

DC focused on enhancing Information, Education, and Communication (IEC) activities to raise awareness about drug abuse especially at Morning Assemblies across schools and colleges. "Engage more people at Panchayat level in the ongoing IEC Campaign on Drug Abuse," DC instructed Officers.

## DC Kulgam chairs DLRC/ DCC meeting, reviews performances of Banks, line departments

**KULGAM:** District Development Commissioner (DDC) Kulgam, Athar Aamir Khan today chaired the District Level Review Committee Meeting/ District Consultative Committee (DLRC/DCC) in order to review the performance of Banks and line departments for quarter ending December 31, 2024 under Annual credit Plan and Govt Schemes.

The Meeting was attended by ACR, RBI, NABARD, and District Officers of line departments besides District Coordinators of various banks.

LDM, Iftikhar Ah Padder informed the meeting that deposits of Banks stand at Rs 2753.01 crores as on 31.12.2024 witnessing growth of 12.20% over December 2023, while Advances

stand at Rs.2278.57 cr as on 31.12.2024 witnessing growth of 5.38% over December 2023. The Credit Deposit Ratio of District Kulgam stood at 82.77%, quite above the National Benchmark of 60%.

Under District Annual Credit Plan (2024-25) of Rs.1937.00 Cr, Banks have disbursed Rs.1264.45 Cr to 46322 beneficiaries during quarter Q3 ended December 31, 2024 thus achieving 65% of ACP target. DDC while reviewing sector wise achievements instructed Banks to improve credit dispensations in Agriculture, MSME, and more focus should be given to Farm Mechanization, Education, Housing and Renewable Energy sectors.

It was informed by the LDM

that the district has achieved the targets of PMEGP, Artisans/ Weavers Credit Card & PM Weavers Mudra Scheme.

The district has disbursed 325 vehicles till date under Mumkin Scheme, 30 Tejaswini cases and 56 cases disbursed under Spurring till date. Kulgam district is leading in UT of J&K, he added.

DDC stressed for proper and timely implementation of Govt Schemes viz. PMEGP, REGP, NRLM and NULM in order to generate self-employment opportunities in the district.

The DDC instructed Banks for speedy disposal of cases. He also impressed upon the line departments to cover all eligible persons under PMSBY, PMJJBY and APY.



# When Electronic Voting Machines Meet Democracy

DR. SATYAWAN SAURABH

The power of politics and democracy lies in the Electronic Voting Machine (EVM). After all, voting represents a significant power, and it is important for every voter to recognize this. The nation is ours, and so is our democracy. In this democratic setup, the vote has the greatest power. With this power, we shape our future and that of our children. Therefore, it is the duty of every person above the age of 18 to participate in elections. Choosing not to vote is essentially a renegeing on this democratic obligation. Every voter must make an effort to engage in the electoral process despite their busy lives. Just as people take out time to visit places of worship to pray for happiness and prosperity, we must view Parliament as the holy of holies of our democracy.

Elections are a celebration of this democracy, and fulfilling our responsibility of voting is equally important. Unfortunately, voting has become less of a priority for many ordinary citizens, especially the youth, who are the future of our country. They often fail to engage with the democratic process with true enthusiasm and patriotism. Many working people are eager to enjoy voting day with their families, but for young people, voting often takes a backseat. Their mindset is, "I have time during the holiday fun, I will vote," and if they find long queues at polling stations, they may abandon the idea altogether. This trend shows that voting is not a priority for the younger generation, and despite the efforts of elders to explain the importance of civic duty, their advice often goes unheeded. This is a significant factor contributing to voter turnout decline.

The state of politics has deteriorated to such an extent that voters often question their choice in leaders. A politician may stay with a party for many years, enjoying the benefits of power, but when they sense a possible defeat



in the upcoming elections, they switch parties and start criticizing the very organization they have been a part of for so long. This behavior has eroded voters' trust in their leaders, which is troubling for our democratic system. Seventy-five years after independence, India, the world's largest and oldest democracy, is facing global concerns about waning faith in democracy. Are citizens feeling oppressed by alleged political autocracy and missing the British Raj? Is there a waning interest in the electoral process crucial to democracy? These burning questions are being raised across various seg-

ments of society, highlighted by the significant drop in voter turnout in elections.

The root of the issue is not just young voters; it is a collective failure to inculcate a sense of nationalism and patriotism in the new generation. Had these values been a part of their early education at home, perhaps we would not be facing this situation today. If we take a moment to reflect on our commitment to patriotism and civic responsibilities, we may find ourselves falling short. In the hustle and bustle of daily life, we often forget to reflect on our duties towards our country.

However, we still have time to reflect on our personal and national issues. We must seriously reflect on the current political direction of our country; otherwise, we run the risk of repeating the old saying, "What good does it do to regret now that the bird has eaten the crop?"

It is important to give priority to principles in politics. Political actions should always keep the national good in mind. Before changing parties, we should think about how this decision will affect our supporters. Leaders can change quickly, but winning voters takes time. To increase voter turnout,

leaders must respect voters' sentiments and avoid playing with their emotions. To strengthen democracy, strong ideals need to be established in politics, which can significantly increase voter participation. We need to create an environment where voters are motivated to vote voluntarily. This can only be achieved by improving the political system. To improve the political scenario, we must ensure that opportunistic leaders are kept away so that the feeling of respect for the party increases among the public.

Author is a TV Panelist

# Blocked Nose - Infection, Allergy Or What?

DR. RAJKUMAR SINGH

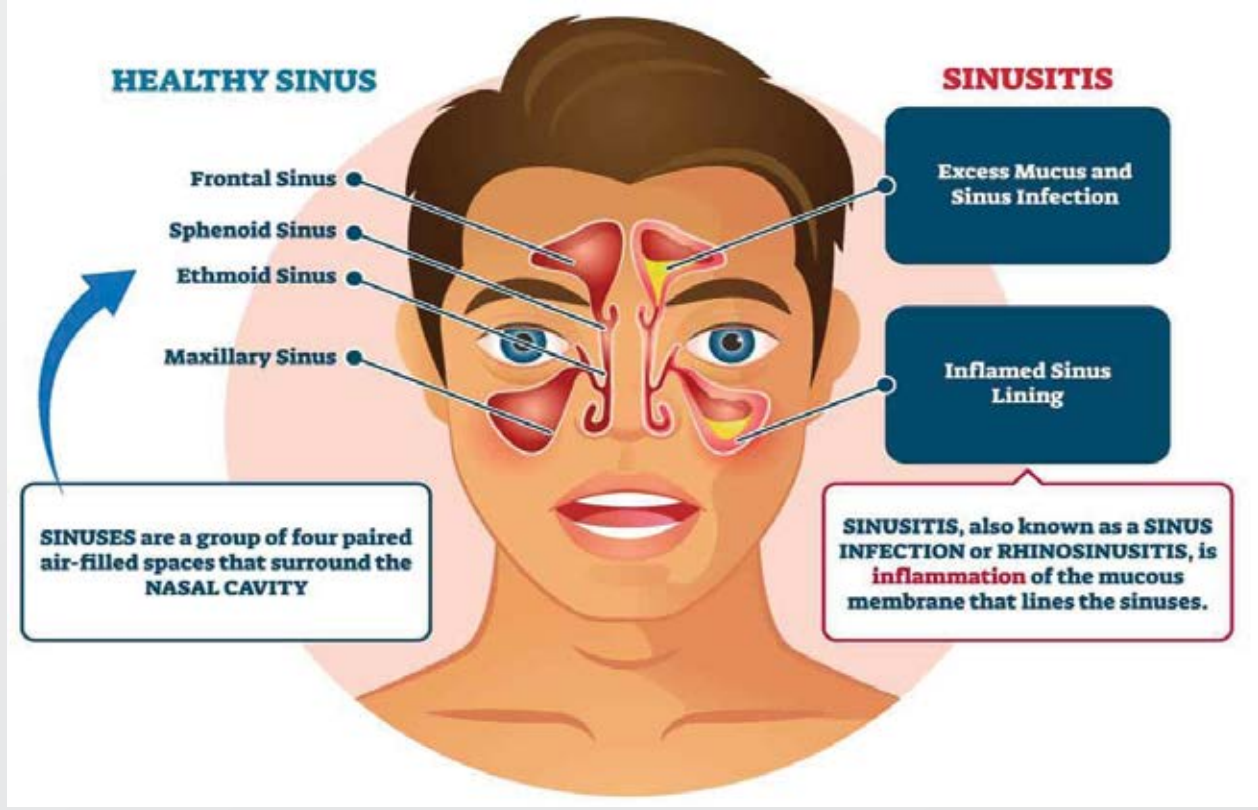
A blocked nose, also known as nasal congestion, occurs when the tissues and blood vessels in the nasal passages become swollen with excess fluid or mucus. This can make breathing through the nose difficult. A blocked nose is a common yet uncomfortable condition caused by various factors like infections, allergies, and structural abnormalities. While most cases can be managed with home remedies and medications, advanced treatments offer long-term relief for chronic cases. Proper care, hygiene, and early treatment can prevent complications and improve quality of life.

**Causes:** Infections: Common cold, flu, or sinus infections. Allergies: Dust, pollen, pet dander, or mold. Irritants: Smoke, pollution, or strong odors. Nasal Polyps: Non-cancerous growths in the nasal passages. Deviated Septum: Misalignment of the nasal wall. Medications: Overuse of nasal decongestant sprays. Hormonal Changes: During pregnancy or thyroid problems.

**Symptoms:** Difficulty breathing through the nose, runny nose or thick nasal mucus, sneezing, sinus pressure or headache, reduced sense of smell and taste, snoring and postnasal drip (mucus dripping down the throat).

**Treatment:** Home Remedies: Steam inhalation, saline nasal sprays, and hydration. Medications: Antihistamines, decongestants, and nasal corticosteroids. Medical Procedures: Surgery for nasal polyps or deviated septum. Allergy Management: Avoiding allergens and taking prescribed medications. If the blocked nose persists for more than 10 days or is accompanied by high fever, severe pain, or bleeding, seek medical advice.

**Foods recommended include:** Hydrating Foods: Warm soups (chicken or vegetable broth), fresh fruit juices (orange, lemon, or pomegranate) and herbal teas (ginger, mint, or chamomile). Anti-inflammatory Foods: Turmeric, ginger and garlic. Vitamin C-Rich Foods: Oranges, lemon, kiwi and bell peppers. Immune-



**Boosting Foods:** Yogurt (probiotics), almonds and spinach. **Spicy Foods** (in moderation): Black pepper, chili peppers (helps clear mucus). **Warm Fluids:** Honey with warm water, ginger tea. **Foods to Avoid:** Dairy products (may thicken mucus in some people), fried and oily foods, sugary foods, cold beverages and alcohol and caffeinated drinks.

**Precautions:** Hygiene: Wash hands frequently to avoid infections. Avoid Irritants: Stay away from smoke, dust, and strong odors. Stay Hydrated: Drink plenty of water to thin mucus. Rest: Get enough sleep to boost immunity. Steam Inhalation: Use hot water steam to relieve nasal congestion. Room Humidifiers: Use a humidifier to keep the air moist. Limit Nasal Sprays: Avoid prolonged use of decongestant sprays. Allergy Control: Identify and avoid allergens. If symptoms persist or

worsen, consult a doctor immediately.

**a. Current Advancements:** Nasal Irrigation Devices: Automated saline irrigation systems for better mucus clearance. Portable nasal irrigators with adjustable pressure. Nasal Drug Delivery Systems: Spray devices with better absorption technology. Targeted drug delivery using nanoparticles for long-lasting relief. Laser Therapy: Low-level laser therapy (LLLT) to reduce nasal inflammation. Balloon Sinuplasty: A minimally invasive procedure to open blocked sinuses without surgery. Biologic Therapies: Monoclonal antibodies for treating chronic sinusitis with nasal polyps.

**Future Treatment Possibilities:** Gene Therapy: Targeting genes linked to chronic sinusitis and allergic rhinitis. Artificial Intelligence (AI): AI-based apps to diagnose nasal issues through symptom analysis. Smart

**Nasal Devices:** Wearable devices to monitor nasal airflow and automatically release medication. **Nanomedicine:** Nano-based nasal sprays to deliver drugs directly to inflamed tissues. **Regenerative Medicine:** Stem cell therapy to repair damaged nasal tissues. Advancements in technology and medicine are making blocked nose treatments more effective and less invasive. Future treatments are expected to focus on personalized medicine, faster recovery, and long-term relief. However, early diagnosis and proper care remain key to managing nasal congestion.

In India, the treatment landscape for nasal congestion has seen significant advancements, integrating both traditional practices and modern medical interventions. **a. Traditional Medical Therapies:** Conventional treatments continue to play a pivotal

role in managing nasal congestion: **Allergen/Irritant Avoidance:** Identifying and avoiding triggers that cause nasal congestion. **Nasal Medications:** Utilizing nasal sprays and drops to relieve symptoms. These methods are often sufficient for conditions like turbinate enlargement. **b. Innovations in Intranasal Drug Delivery:** Recent developments in nanomedicine have enhanced intranasal drug delivery systems: **Nanoparticle-Based Therapies:** Albumin nanoparticles combined with cyclodextrins have been synthesized for nasal administration, improving therapeutic characteristics.

**Gene Therapy Delivery:** Solid lipid nanoparticles are being explored for delivering siRNA gene therapy intranasally, offering potential treatment options for various conditions. These advancements aim to increase drug efficacy and patient compliance. **c. Ayurvedic Remedies:** Ayurveda offers natural approaches to alleviate nasal congestion: **Nasya Therapy:** Administration of herbal oils or powders through the nasal passages to clear congestion. **Steam Inhalation:** Using steam infused with medicinal herbs to relieve nasal blockage. These methods are widely practiced and accepted in India for their holistic benefits. **d. Surgical Interventions:** For chronic or severe cases, surgical options are available: **Functional Endoscopic Sinus Surgery (FESS):** A minimally invasive procedure that enlarges the sinus drainage pathways using an endoscope, effectively treating sinusitis and related conditions. FESS is widely performed in India, offering patients relief from persistent nasal congestion. India's approach to treating nasal congestion encompasses a blend of traditional practices and modern medical advancements, providing patients with a comprehensive range of options tailored to individual needs.

Dr. Rajkumar Singh is a youth motivator and former University Head, Dean, Social Sciences and Dean Students' Welfare (DSW). He can be mailed at email-rajkumarsinghpg@gmail.com



# Continued From P1...

### J&K Assembly

budget was presented in its own Assembly. In his budget speech, Omar had announced free electricity and free ration for the families covered under Antyodaya Anna Yojana (AAY) scheme. He had also announced enhancement of pension to vulnerable sections of the society including old-aged persons, widows, divorcees and specially –abled persons.

The Assembly would now meet on April 7, 8 and 9 to take up resolutions and bills submitted by members from the opposition as well as treasury benches.

### Will give 200

We were neither playing with the truth at that time (during election campaigning) nor today (in the government)," he said.

However, Abdullah said the promises would be implemented in a structured manner. "It is evident that the first preference will be given to the most deserving, the poorest of the poor. We are starting from the AAY category and its ambit will be extended subsequently. This is just the beginning."

"You are raising the apprehension that it won't run but it is yet to start. Let it commence first and then if it fails to work, we will change the scheme. Our aim is to give electricity to the people," he said.

Lone, a former minister, in his supplementary demanded a direct reply whether the government is going to provide free electricity to every household, saying the way it started, 50 years are needed to fulfil the promises of providing 200 units of free power to 25 lakh households.

"I am asking him (CM) what is your name and he is replying what is there in the name because everyone has a name. I want a one word answer, yes or no and also when (you are planning to give 200 free units)," the Peoples Conference legislator from Handwara said.

The chief minister in his response said "my english probably is not better than Sajad sahib, and that is why I do not use much English.. ,two questions were posed, whether we are giving free electricity and when, and so the answer cannot be in one word. How to provide 200 free units of electricity is our responsibility and we will see how to fulfill this".

Earlier, replying to the main question, Abdullah said the government shall provide 200 units of free electricity to all AAY households, integrated with the PM Surya Ghar Muft Bijlee Yojna (PMSCMBY).

"The proposal aims to benefit all households falling under the AAY category by providing them with free electricity up to 200 units, thereby alleviating their financial burden and improving their quality of life," he said, adding this would be done through the RESCO, Utility-Led Aggregation model or any other financially viable model to benefit them.

Regarding electricity bills, Abdullah said the current tariff for domestic consumers ranges from Rs 2.30 per unit (for up to 200 units per month) to Rs 4.35 per unit, which is among the lowest in the country.

For the Below Poverty Line (BPL) category,

the tariff is even lower at Rs 1.40 per unit for consumption up to 30 units per month.

In comparison, the average cost of power supply is around Rs 7 per unit. As such, there are no excessive bills charged to consumers, the chief minister said, adding metered consumers are billed based on actual consumption, while unmetered consumers are billed on a flat-rate basis, which is determined by their sanctioned load.

Further, any billing-related complaints are promptly examined and addressed as per the electricity supply code, he said.

As regards the waiving of excessive electric bills, he said in an effort to streamline the billing and collection systems, an opportunity to waive the interest or surcharge component on outstanding electricity arrears has been provided to domestic consumers to clear their dues under the ongoing amnesty scheme.

"The government intends to extend the existing amnesty scheme, with modifications. A large number of consumers from almost every district have already benefited from this scheme," Abdullah said.

### International Cricket

SRML Parade, GHSS Center Basis, GHSS Hari Singh, GHSS Julakha Mohalla, GHS City Chowk, HSS Khana Chargal, HS Bain Bajalta and HS Chak Largen.

### Amit Shah welcomes

Shah wrote: "I welcome this step towards strengthening Bharat's unity and urge all such groups to come forward and shed separatism once and for all.

It is a big victory for PM Shri @narendramodi Ji's vision of building a developed, peaceful and unified Bharat."

Meanwhile, Leader of Opposition (LoP) in J&K Legislative Assembly, Sunil Sharma also welcomed the "historic move" of two Hurriyat associated groups snapping ties with separatism. "This is a testament of the unifying policies of PM Sh.@narendramodiji and Home Minister Sh.@ AmitShah ji. Their leadership is paving the way for a stronger, unified Bharat. A big victory for peace and progress in J&K," LOP Sharma wrote on X.

### Ex-Hurriyat Leader

for the ideology of All Parties Hurriyat Conference which "has not been able to address the legitimate aspirations and grievances of the people of Jammu and Kashmir".

"I am a loyal citizen of India. My organization and I are not affiliated with any organization or association having an agenda that goes directly or indirectly against India and its interests. Both my organization and I owe allegiance to the Constitution of India," Saleem said.

In March 2019, when IAS officer Shah Faesal quit bureaucracy and launched his own party by the identical name and style, Saleem had taken strong exception, saying his JKPM was launched on April 4, 2000 at the Press Club Jammu, and it became a constituent member of the All Parties Hurriyat Conference (APHC).

Faesal later withdrew his resignation and got

NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No: 0216020010096, which is Registered in the name of Mohd Jamal Sheikh, S/O Ab Jabbar Sheikh, Now i want to apply for Change this Electricity Agreement in the name of Jalal din Sheikh, S/O Jamal din Sheikh, 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.

Jalal din Sheikh.  
S/O Jamal din Sheikh.  
R/O Chicenar Aloosa.

NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No: 0216020002953, which is Registered in the name of Gh Ahmad khaja, S/O Ab Gaffar khaja, Now i want to apply for Change this Electricity Agreement in the name of Maymoona Begum, W/O Gh Ahmad khaja. 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.

Maymoona Begum.  
W/O Gh Ahmad khaja.  
R/O Bankoot Bandipora.

DIET Bandipora holds District-Level Science Exhibition

**BANDIPORA:** A District-Level Science Exhibition under the Project Innovation Program for PM Shri Schools was successfully conducted today at the DIET Complex Bandipore.

The event, held under the dynamic leadership of Principal DIET Bandipore, Abdul Rashid Mir, witnessed enthusiastic participation from 30 students representing 19 PM Shri Schools across the district.

Inaugurating the event, Worthy principal, emphasized the importance of scientific temperament in light of the National Education Policy (NEP) 2020. He also stressed the need to provide students with ample opportunities to express their innovative ideas and explore scientific solutions. The exhibition showcased novel and creative models, reflecting the young minds' scientific acumen and problem-solving skills.

Among the participants, Samreena Fayaz from GHS Sumbal secured the first position, while Najma Altaf from HSS Shadipora bagged the second position. The third position was awarded

to Sadiya Nissar from GHS Kaloosa

The jury panel, comprising Senior Lecturers Sajad Ahmad Bhat and Zahoor Ahmad Mehdi, meticulously evaluated the projects, appreciating the students' innovative approaches. Mr. Zahoor Ahmad Mehdi announced the top three positions and delivered a brief deliberation on the importance of project-based learning in fostering scientific knowledge and creativity. All participants were felicitated with certificates and trophies in recognition of their efforts.

The program concluded with a vote of thanks delivered by Senior Academic Officer Tanvir Ahmad Jan, who acknowledged the contributions of all participants, jury members, and organizers. The event was efficiently coordinated by In-charge Lecturer Shahida Jan.

This initiative serves as a significant platform for nurturing scientific curiosity and innovation among students, aligning with the vision of NEP 2020 and encouraging young minds to explore, experiment, and innovate.

reinstated to the service, and posted as deputy secretary in the tourism department in 2022.

In his media communication on Tuesday, Saleem wrote, "I, Shahid Saleem, Chairman JKPM do hereby solemnly declare... My organization as well as I have no connection or affiliation with either APHC (G) or APHC (A) or any of their constituents or any other entity pursuing separatist or similar such agenda.

"My organization and I do not have any inclination or sympathy for the ideology of APHC, which has not been able to address the legitimate aspirations and grievances of people of Jammu and Kashmir," he said in the notice.

Saleem warned that any use of his name or that of his organisation with the APHC of either of its factions or constituents or any other entity pursuing separatist or similar such agenda will be liable to legal action.

### J&K govt's first

J&K's GST law with Central Goods & Services Tax Act. "We were not consulted when Article 370 and statehood was snatched from us. Why are we being consulted now to ratify UT status?" Lone asked.

Lone staged a walkout from the House, saying that he wouldn't be a partner in the "sin" of ratifying UT status to J&K. Peoples Democratic Party MLA Waheed-Ur-Rehman Para also expressed reservation over the bill.

"You passed resolutions on statehood and Article 370 but now we are ratifying whatever happened to us," he said.

Responding to the opposition's objections, CM Omar Abdullah accused them of playing to galleries and said that Jammu & Kashmir would remain a UT until Parliament restores its statehood.

"It is unfortunate that we are doing everything as per WhatsApp University. This WhatsApp forward received by my colleague (Para) was also received by all of us. An impression is being created through this WhatsApp message that J&K will convert into a UT if this bill is passed," CM Omar said.

He questioned Lone why he didn't stage a walkout when he repeatedly mentioned "consolidated fund of Union Territory of Jammu & Kashmir" during passage of Appropriation Bills.

"When we passed the Finance bill, I repeatedly mentioned 'Union Territory of Jammu and Kashmir' regarding consolidated funds. Why didn't Sajad Lone Sahab stage a walkout then? All of us took oath under the Union Territory and fought elections under it. Would anything change if we would expunge the word 'UT' from the bill? It wouldn't change anything," CM Omar said, accusing the opposition

NOTICE

This is an information for general public that in my Driving licence bearing Registration No JK-15 20160011016, my parantege has been Mistakenly Mentioned as Abdul Gaffar Samoon, while as my Actual and correct parantege is Ab Gaffar Samoon, Now i want to apply for its correction in this regard any person having any objection he/she may file the Objections in office of the Assistant Regional Transport Office Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Abdul Basit Samoon.  
S/O Ab Gaffar Samoon.  
R/O Khandyal, Bandipora. Jamm  
and kashmir.

NOTICE

This is an information for general public that i have lost R C of my 2, wheeler vehicle bearing Registration No JK15 B- 1661, some where. Now i want to apply for its duplicate in this regard any person having any objection he/she may file the Objections in office of the Assistant Regional Transport Office Bandipora with in a period of seven days, from the date of the publication of this notice after that no objection shall be accepted.

Hilal Ahmad Ganie.  
S/O. Mohd Sabir Ganie.  
R./O Gulshan pora, Bandipora,  
District Bandipora.

NOTICE

The name in my driving license is Gayas u din Shah while on my Aadhar card it is Gayas ud din Shah. Now I have applied for the renewal of my driving licence. In this regard, I want to correct the name on my driving license as per Aadhaar card. Anybody having objections may file with the concerned authorities within seven days from the date of publication of this notice. No objection will be entertained thereafter.

Gayas ud din Shah  
R/O : Shah Hands Colony, Khawja  
Bagh Baramulla

of show off for cameras and said that it wouldn't change anything.

Omar said that he is vigorously fighting for restoration of J&K's statehood. "We passed a resolution in the first cabinet meeting and submitted it to the Prime Minister," he said, adding that he also raised the demand of statehood with the Prime Minister during a function at Sonamarg.

Headed that he raises the demand for restoration of Statehood whenever he goes to Delhi

### Uproarious scenes

been injustice with daily wagers over the past ten years

"I appeal to the protesting daily wagers to call-off the strike. The committee headed by CS officers and bureaucrats will hold talks with you. I have full faith in CS and my officers," he said.

Later, the BJP legislators staged a walkout from the House, accusing the government of being non-serious in resolving issues of daily-wagers

### In 7-years over

boys and 78 girls. However, 506 children—290 boys and 216 girls—remained untraced.

In 2018, a total of 800 children were reported missing, including 384 boys and 416 girls. Of these, 506 cases—290 boys and 216 girls—were carried over from previous years, while 294 children—94 boys and 200 girls—went missing that year. A total of 416 missing children were traced, including 181 boys and 235 girls. However, 384 children—203 boys and 181 girls—remained untraced.

In 2019, a total of 661 children were reported missing, including 306 boys and 355 girls. Of these, 384 cases—203 boys and 181 girls—were carried over from previous years, while 277 children—103 boys and 174 girls—went missing that year. A total of 260 missing children were traced in Jammu & Kashmir, including 91 boys and 169 girls, 401 children—215 boys and 186 girls—remained untraced.

In 2020, a total of 627 children were reported missing, including 277 boys and 350 girls. Of these, 397 cases—214 boys and 183 girls—were carried over from previous years, while 230 children—63 boys and 167 girls—went missing that year. Also, Ladakh recorded 5 missing children, including 1 boy and 4 girls.

In the same year, a total of 183 missing children were traced, including 61 boys and 122 girls. However, 444 children—216 boys and 228 girls—remained untraced. Also, Ladakh recorded 5 missing children, with 1 child traced and 4 (1 boy, 3 girls) still untraced.

In 2021, a total of 723 children were reported missing, including 280 boys and 443 girls. Of these, 444 cases—216 boys and 228 girls—were carried over

from previous years, while 279 children—64 boys and 215 girls—went missing that year. Also, Ladakh recorded 4 missing children, with no new cases reported in 2021.

In the same year, a total of 240 missing children were traced, including 52 boys and 188 girls. However, 483 children—228 boys and 255 girls—remained untraced. Ladakh recorded 4 missing children, with 3 traced and 1 girl still untraced.

In 2022, a total of 821 children were reported missing, including 319 boys and 502 girls. Of these, 483 cases—228 boys and 255 girls—were carried over from previous years, while 338 children—91 boys and 247 girls—went missing that year. Ladakh recorded 1 missing child, which remained untraced.

In 2022, a total of 376 missing children were traced, including 101 boys and 275 girls. However, 445 children—218 boys and 227 girls—remained untraced. Ladakh recorded 1 missing child, who remained untraced.

### 5868 appointment

due to bomb blast/fire incidents of migrants is being disbursed as per assessment made by the R&B department and the concerned Tehsildars. However, there is no such order regarding settlement of unpaid balance of ex-gratia in addition to Rs. 1.00 lakh already paid at the time of sanction of such compensation.

With regard to reallocation of posts, the Deputy Chief Minister said that, pursuant to Cabinet Decision 3000, supernumerary posts were created in second tranche in addition to 3000 posts created in the year 2009 (First Tranche) and referred to recruitment agencies. He said that the progress with respect to filling up of these posts was reviewed in the year 2020 and it was found that 1997 posts were still unfilled and were withdrawn from different departments. Consequent upon withdrawal, the same number of posts were re-allocated to four departments viz. Finance, Agriculture Production, Food, Civil Supplies & Consumer Affairs and Revenue, he added.

He added that the posts of Junior Assistants, Legal Stenographers, Junior Engineers and Draftsman (Civil/ Mechanical) were among the 1997 withdrawn posts.

The Deputy Chief Minister said that the government has not constituted any Shrines and Temples anagement Committee. However, constant security vigil is being kept on the Shrines and Temples to ensure protection of these places. Any violation to religious properties is taken cognizance of by the competent authority with timely action for eviction, custody and restoration of such properties and also action under law against the violators.

Dr Narinder Singh Raina, Bashir Ahmad Veeri, Altaf Ahmad Wani, Showkat Ahmad Ganie, Hasnain Masoodi, Mir Saifullah, Kuldeep Raj Dubey, Balwant Singh Mankotia, RS Pathania raised the supplementary.

علوم اسلامیہ اور دین اسلام کے حنادم آپ کے محبوب ادارہ

دارالعلوم رحیمیہ بانڈی پورہ کشمیر

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

۱۔ صدقہ جاریہ (خریدی زمین اور تعمیرات وغیرہ)

0061010100001532  
IFSC Code: JAKA0WULLAR  
کرنٹ اکاؤنٹ دارالعلوم رحیمیہ جے کے بینک مین بازار بانڈی پورہ کشمیر

۲۔ نزوۃ، نیاز وغیرہ

کرنٹ اکاؤنٹ دارالعلوم رحیمیہ جے کے بینک مین بازار بانڈی پورہ کشمیر  
0061010100000321  
IFSC Code: JAKA0WULLAR

۳۔ عام امداد، عومی خیرات، اللہ عطیہ

سینک اکاؤنٹ دارالعلوم رحیمیہ جے کے بینک نیشنل پارک بانڈی پورہ

۴۔ تعمیر مسجد شریف

کرنٹ اکاؤنٹ دارالعلوم رحیمیہ جے کے بینک مین بازار بانڈی پورہ کشمیر  
0727010100000084  
IFSC Code: JAKA0NIPARK

۵۔ مدرسۃ البنات

0727010100000200  
IFSC Code: JAKA0NIPARK  
کرنٹ اکاؤنٹ جموں و کشمیر بینک

۶۔ ریلیف کے لئے (بھنگائی آفات، مریضوں کے ڈاکٹلس ر، محتاج)

0061010100001098  
IFSC Code: JAKA0WULLAR  
کرنٹ اکاؤنٹ ریلیف سِل جے کے بینک مین بازار بانڈی پورہ

۷۔ محمود فلاحی ادارہ پار پورہ متیم خانہ، امداد بیوگان مساکین)

0181010100002615  
IFSC Code: JAKA0FRUITS  
کرنٹ اکاؤنٹ بام احمد چلڈرن ہوم پام پورہ فیڈرٹ منڈی سرنگر

نوٹ:- آپ جس اکاؤنٹ میں رقم داخل کریں اس کی اطلاع دفتر کو فون 01957-225271 پر ضرور کریں یا موبائل SMS پر 9419089250 کریں تاکہ مدر کے حسابات اور بینک کے اندراجات میں موافقت رہے اور فرق نہ آئے۔

الذی اعلى الخیر

محمد رحمت اللہ ناظم دارالعلوم رحیمیہ بانڈی پورہ کشمیر پَن: 193502 فون دفتر: 01957-225271

جاری کردہ: رمضان المبارک ۱۴۴۶ھ مطابق مارچ ۲۰۲۵ء



# If I Had All The Money In The World, I Would Rather Be A Pilot: Glenn Phillips

When he is done taking superhuman catches on a cricket field, Glenn Phillips, a man of multiple interests, would love to fly planes for a living.

After all, flying has always been his passion and if he had all the money in the world, the New Zealand and Gujarat Titans all-rounder would rather be a pilot than a cricketer.

Speaking to PTI ahead of his maiden season with Gujarat Titans, Phillips also detailed how he uses his experience of playing a variety of sports in cricket, the hard work behind his gravity-defying catches, how playing in India has made him a better player of spin and why his fourth team in the IPL has already become his favourite one.

But Phillips was most animated when asked about his love for flying, not very surprisingly either.

"Yeah, it's a huge passion of mine. If I wasn't playing cricket and I had all the money in the world growing up, I probably would have ended up being a pilot, to be fair. I love being in the air," said Phillips.

"I love all the procedures around being a pilot, the radio communications, but obviously the handling of the plane itself. And I don't really know why I love it so much, but I think anybody who's into aviation doesn't really know either.

"Obviously, the feeling of flying is something that humans have wanted all the time. So, I guess I'm no different from all those people."

The 28-year-old South African-born player,

who plays all three formats for New Zealand, still has a lot of cricket left in him and if he has not made enough money by his retirement, he



"But if push comes to shove, it means that I still need to work, piloting would be my first option on the list," said Phillips, who has flown the two-seater Cessna 152 aircraft.

With cricket now taking most of his time, his flying time is limited to simulators.

Blend of natural talent and hard work has made me the fielder that I am

Phillips' remarkable reach and agility on the field can be attributed to genes and his stint as a gymnast in his growing up days.

His jaw-dropping catches, most recently seen in the Champions Trophy, are also a result of his dedication to fielding aspect of his all-round game.

"I think there is definitely a huge piece of it that comes down to genetics from a speed and agility perspective. So, I guess you can say a little bit naturally gifted, but at the end of the day, talent and natural gifts can only get you so far.

"So, the other half of it is working my butt off to try and be able to cover all my bases, to go out in the middle and understand that I've done the work. So if I do drop catches, it's not because I haven't put the effort in," said the Blackcaps all-rounder.

His left-handed grab to dismiss Mohammad Rizwan and his right-handed stunner to get rid of Shubman Gill in the Champions Trophy

are fresh in the minds of cricket followers but they don't feature in Phillips' top-three catches.

"I would probably say Marcus Stoinis at the SCG in the T20 World Cup (2022). That one was pretty good, covered a lot of ground, full dive. And then I've taken a catch for Gloucester in the T20 Blast out at deep backward point.

"That was a full dive to my left after a full sprint. And that was pretty cool. And then I'm probably going to say Ollie Pope at Hagley Oval at Gully (during a Test), just because I literally couldn't get any further than that. That was the max limit I've been able to dive at," he recollected.

He never saw Jonty Rhodes go about his fielding in real time but he admires him for changing the outlook towards that facet of the game. Back home, he did not have to look far for inspiration with Brendon McCullum throwing himself in the field.

Learnings from archery, golf and padel

Phillips also spoke about his penchant for dabbling into other sports to become a better cricketer.

"Other sports give you an insight into not only mindset, but I guess using other parts of your body that hopefully you can use coming back into the cricket arena. I used golf to try and find patience and understand things from the longer form of the game.

"I used archery to really hone down on the process-driven piece and then brought that to cricket and understood that if the results weren't going my way, what are things that I can focus on to keep myself enjoying the game. And that became that huge process piece.

## The whole year I focussed and visualised about finishing games: Ashutosh Sharma

**VISAKHAPATNAM:** Ashutosh Sharma says he spent the whole year visualising the finishing line after pulling off a miraculous heist for Delhi Capitals against Lucknow Supergiants in Visakhapatnam.

Ashutosh attracted attention with his exemplary finishing skills last season when he turned up for Punjab Kings. However, he did not leave the season a fully satisfied man as he did not meet his own expectations.

It is early days in IPL 2025 but the 26-year-old, who plays for Railways in domestic cricket, was pleased with his stellar 66 not out off 41 balls that brought Delhi Capitals back from the dead on Monday night.

Ashutosh was quick to highlight the role played by IPL debutant Vipraj Nigam as the duo changed the course of the game after Delhi Capitals found themselves down and out at 113 for six chasing 210.

It was the contentious Impact Player rule that allowed Ashutosh to play the innings of his life.

He changed gears dramatically after collecting 20 runs off the first 20 balls he faced. The last 11 balls he faced yielded 46 runs as he finished the game with a six over the bowler's head and the majority of his five sixes came down the ground.


"Missed out on finishing the game on a couple of occasions in the previous season. The whole year I focussed and visualised it. Had the belief that if I play till the last over, anything can happen.


"Well played to Vipraj. I asked him to keep hitting. He was very calm under pressure. Want to dedicate this award to my mentor Shikhar (Dhawan) paaji," said Ashutosh.

Ashutosh and Shashank Singh made a name for themselves with their exploits for Punjab Kings before the franchise released the former ahead of the auction.



**"I Would Probably Say Marcus Stoinis At The Scg In The T20 World Cup (2022). That One Was Pretty Good, Covered A Lot Of Ground, Full Dive. And Then I've Taken A Catch For Gloucester In The T20 Blast Out At Deep Backward Point.**





# KHYBER CEMENT

*Dil se banao*

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

# رمضان مبارک

Spectrum Ads | 7006500019