

Srinagar

SUNDAY

July 16 | 2023

Dhul-Hijjah 26 | 1444

Pages: 08

Price: Rs 02/-

Secy Tourism conducts
extensive tour of Kulgam
district

DC Kupwara reviews
functioning of major
hospitals of Kupwara
district



Big Screen Returns to North Kashmir

Decades Long Wait Ends with Inauguration of twin Theaters at Baramulla, Handwara

■ HT News Network

Baramulla, July 15 (GNS): In yet another historic first after abrogation of Article 370, Lieutenant Governor Shri Manoj Sinha today inaugurated the 100-seater Multipurpose Cinema Halls in Baramulla and Handwara.

The Cinema has returned to Baramulla after more than three decades. Last year, the Lt Governor had revived the Cinema Culture by inaugurating Cinema Halls in Shopian and Pulwama. Another Private Multiplex had also come up in Srinagar in 2022. The Lt Governor has pledged to set up a Cinema Hall in every district to provide the big-screen experience to the people.

The Lt Governor congratulated the people of Baramulla and Handwara on the momentous occasion. He said the movie theatres are reflection of growing aspiration of J&K.

The new Multipurpose Cinema Halls under Public-Private Partnership are aimed at providing recreational facilities



to the people, reviving vibrant cinema culture, space for the young generation to rejuvenate, discuss, deliberate through seminars. The facilities at both the locations will also house a cafe, VR, conference and seminar facilities for youth.

At Baramulla, the Lt Governor inaugurated various development projects for the district.

He commended the efforts of the

District Administration, members of PRIs and civil society for taking Baramulla ahead on the path of peace and development.

"Baramulla is now moving towards becoming Inspirational District from Aspirational District. The district has made impressive strides to socio-economic development in the last few years",

Turn.....LG.....Pg 2

No land being provided to any non-local under PMAY scheme: LG

■ HT News Network

Srinagar, July 15 (UNI) Jammu and Kashmir's Lieutenant Governor Manoj Sinha on Saturday asserted that no land was being provided to any non-local under the Pradhan Mantri Awas Yojana (PMAY) scheme.

Sinha said that some people were misleading the people by claiming that land is being given to outsiders.

Addressing a function in Baramulla district of Jammu and Kashmir, the LG said some people unfortunately were misleading people by claiming that land is being given to outsiders.

"No outsider is being given land in J&K," he said.

The Jammu Kashmir government recently approved a proposal for

Turn.....LAND.....Pg 2

ADGP Visits Pahalgam, Calls For Ensuring 'Incident-Free' Yatra

■ HT News Network

Srinagar, Jul 15: Additional Director General of Police (ADGP) Kashmir Zone Vijay Kumar along with other senior officials Saturday visited Nunwan Base Camp, Pahalgam where he reviewed the security arrangements for the ongoing Amarnath Yatra. Besides, he checked the functioning of JPCR & X-Ray Point and held security briefings.

On his visit, the ADGP Kashmir was accompanied by the Deputy Inspector General of Police SKR, DIG CRPF, SSP Anantnag, Commandant CRPF, Camp Director & other senior officers, a police spokesman said in a statement issued to the news agency—Kashmir News Observer.



The purpose of his visit was to assess the security measures put in place and ensure the safety and well-being of the pilgrims participating in the annual Amarnath Yatra.

The officers held a comprehensive security briefing to discuss the current situation and strategize further security measures to maintain a peaceful and incident-free yatra. The ADGP Kashmir physically inspected

Turn.....ADGP.....Pg 2

NEWS BRIEF

Lady jumps into river Jhelum in Sopore, rescued

■ HT News Network

Srinagar, July 15 :- A lady tried to end her life by jumping into river Jhelum in Sopore area of North Kashmir Baramulla district on Saturday. An official told news agency Kashmir Scroll that a lady jumped into river Jhelum near Chankhan Bridge. He said that timely action of the locals and police saved her from drowning. Meanwhile further investigations have been taken up.(KS)

EWS files charge sheet against Kupwara man for securing job on fake certificate

■ HT News Network

Srinagar, July 15 (UNI) The Economic Offences Wing, Srinagar, of Crime Branch Kashmir on Saturday produced a chargesheet against a Kupwara resident who had "secured" a government job on the basis of a fake education qualification certificate.

The charge report of the case was filed before Sub Judge Trehgam Kupwara against Qaisar-ud-Din Bajard, a resident of Zirhama, Marhama, and Kupwara, for his involvement in the commission of offences punishable under sections 420 (cheating), 468 (fraud), and 471 (forgery) of the Ranbir Penal Code of the Police

Turn.....EWS.....Pg 2

Two arrested for assaulting media persons in Srinagar

■ HT News Network

Srinagar, July 15 :- Two persons were arrested for assaulting media persons in Srinagar. A Senior police officer told news agency Kashmir Scroll that case has been registered and further investigation been taken up. "Two miscreants namely Sahil Bashir Sheikh S/o Bashir Ahmed Sheikh & Yasir Jabbar Sheikh S/o Ab Jabbar Sheikh,

Turn.....TWO.....Pg 2

20-year-old youth dies of electrocution in Kulgam

■ Farooq Rather

Kulgam, Jul 15: A 20-year-old youth died due to electric shock in

Turn.....Kulgam.....Pg 2

Over 2 lakh yatrics visit cave shrine so far this year: Govt

SRINAGAR, JULY 15: With 21401 Shri Amarnathji pilgrims having darshan today, the total count of yatrics surpassed two lakh mark in the first half of the month of July this year. In aggregate, 208415 devotees undertook Pilgrimage during ongoing Amarnath Yatra.



15510 males, 5034 females, 617 Children, 238 Sadhus

and 02 Sadhis performed darshan on Saturday.

Among the pilgrims was a Ukrainian lady who shared her views about pilgrimage and appreciated smooth and organized arrangements besides praised passionate support from people.

GMC Anantnag doctor receives 'Best Researcher Award' in Pediatrics

■ HT News Network



Srinagar, Jul 15 The 6th Annual Healthcare Summit (2023) in Chennai organised by Venus International Foundation awarded Dr Showkat Hussain Tali as 'Best researcher in pediatrics'.

As per news agency Dr Tali is an Associate Professor of pediatrics and neonatologist at GMC Anantnag and the first national board certified neonatologist from Kashmir.

Turn.....GMC.....Pg 2

J&K stall in TTF-2023 at Kolkata draws huge crowds

■ HT News Network

Kolkatta, Jul 15: The J&K stall at the Travel and Tourism Fair (TTF)-2023, Kolkata is drawing huge crowds of travel enthusiasts interested in tourism products and services, the UT of Jammu

and Kashmir is offering.

The J&K Tourism department is participating in three day travel fest as feature State/UT.

Among the notables who visited the J&K stall include, West Bengal Tourism & IT Minister, Babul Supriyo and Counsellor, Deputy High Com-

mission for Bangladesh in Kolkatta, Riazul Islam. Counsel General of the Kenyan Consulate at Kolkatta, Pranay Poddar and Maldives Counsellor in Kolkatta, Ram Krishan Jaiswal also visited the J&K stall and praised the natural beauty

Turn.....STALL.....Pg 2

Around 8 lakh unemployed youth registered: Labour & Employment Dept

■ HT News Network

Srinagar, Jul 15: Jammu and Kashmir has roughly eight lakh unemployed youth registered



with the Labour and Employment Department, officials said on Saturday.

Commissioner Secretary Labour and Employ-

ment Department Fatima Batool told the news agency—Kashmir News Observer (KNO) that there were roughly eight lakh people registered with them.

She said the department taking several steps to mitigate the unemployment problems. "Out of the total working force economy, and the data collected from different sources, we have roughly eight lakh unemployed people," she said.

Batool said that as a part of their initiative to mitigate the unemployment problems,

Turn.....8LAKH.....Pg 2

DC Srinagar visits Imambaras at Zadibal, Hasanabad, Shrine of Shamsuddin Araqi and Mir Behri Dal areas

Holds series of meetings with Shia community to review arrangements for Muharram-ul-Haram

■ HT News Network

SRINAGAR, JULY 15: In view of forthcoming Holy month of Muharram-ul-Haram, the Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad Saturday undertook an extensive visit of various Shia populated areas of City and Imambaras at Zadibal and Hasanabad to take a first hand appraisal of arrangements being made for smooth observance of Muharram proceedings.

The Deputy Commissioner also visited the Shrine of Shamsuddin



Araqi and Shia populated areas enroute Mir Behri Dal.

During the visit, the DC was accompanied by Additional District Development Commission-

er, Srinagar, Zahoar Ahmad Mir, SSP Traffic Traffic, Muzafar Ahmad Shah, Additional Deputy Commissioner,

Turn.....DC Srinagar.....Pg 2

Drug abuse big challenge, need to raise voice collectively against it: Chief Justice

Inaugurates Court Complex, Legal Literacy Club At Gurez

■ HT News Network

BANDIPORA, JULY 15: Marking a significant milestone in the judicial infrastructure of district Bandipora, Chief Justice High Court of Jammu & Kashmir and Ladakh, Justice N. Kotiswar Singh today inaugurated New Court Complex at Gurez here.

The inauguration ceremony was attended by Justice Moksha Khajuria Kazmi (virtually); Principal Secretary to Chief Justice, M.K Sharma; Principal and District



Sessions Judge, Bandipora, Amit Sharma; Deputy Commissioner, Bandipora, Dr Owais Ahmad; SSP Bandipora, Lakshay Sharma; Judicial Magistrate (First Class), Shayesta Nazir; members of the Bar Association Gurez and representatives from the legal fraternity.

Addressing a huge gathering on the occasion, Chief Justice emphasized on the importance of robust judicial system in ensuring rule of law and safeguarding rights of citizens. Chief Justice added that the inauguration of the

Turn.....GURAZ.....Pg 2

EDITORIAL

Towards Empowering Youth through Versatile Facilities

The recent inauguration of multipurpose cinema halls in Baramulla and Handwara by the Lieutenant Governor (LG) marks a significant milestone in empowering the youth of these regions. These multipurpose facilities not only offer entertainment avenues but also serve as platforms for community engagement, cultural expression, and skill development. The LG's initiative demonstrates a visionary approach to nurturing the potential of the younger generation.

The inauguration of multipurpose cinema halls in Baramulla and Handwara expands the entertainment and recreational options available to the youth. These modern facilities provide state-of-the-art audio-visual technology, comfortable seating arrangements, and immersive experiences that cater to diverse interests. The availability of such cinema halls within local communities reduces the need for travel and ensures that young people can access quality entertainment conveniently. This step by the LG acknowledges the importance of leisure activities in the lives of youth, contributing to their overall well-being and fostering a sense of belonging within their communities.

Multipurpose cinema halls act as catalysts for cultural expression and community engagement. These versatile venues offer a platform for showcasing local talent, including theater performances, music concerts, and film screenings. By hosting events that celebrate regional arts and traditions, these cinema halls encourage cultural preservation and create opportunities for artists to connect with a wider audience. Additionally, the multipurpose nature of these facilities allows for community gatherings, discussions, and educational workshops, fostering social cohesion and stimulating intellectual growth among the youth.

The LG's inauguration of multipurpose cinema halls in Baramulla and Handwara also opens avenues for skill development and entrepreneurship. These facilities can serve as incubation centers for aspiring filmmakers, providing access to filmmaking equipment, technical training, and mentorship programs. By nurturing talent and encouraging creativity, the cinema halls empower young individuals to pursue careers in the film industry. Moreover, the availability of these multipurpose spaces can inspire entrepreneurial ventures related to film production, event management, and other associated industries. Such opportunities not only enhance the youth's professional prospects but also contribute to the economic development of the region. The inauguration of multipurpose cinema halls in Baramulla and Handwara represents a commendable effort by the LG to empower the youth through versatile facilities. These cinema halls serve as catalysts for entertainment, cultural expression, community engagement, skill development, and entrepreneurship. By fostering a vibrant and inclusive environment, the LG's initiative acknowledges the potential of the younger generation and provides them with the necessary resources to explore their passions and contribute to their communities. These multipurpose facilities are an investment in the future, ensuring the holistic development of the youth in Baramulla and Handwara.

Seed science and technology: Need of the hour for future nutritional and food security in Kashmir



By Asra Firdose

In the pursuit of achieving future nutritional and food security, seed science and technology emerge as critical components. The Kashmir Valley, with its fertile land and rich agricultural heritage, holds immense potential to contribute to this global challenge. By harnessing the power of seed science and technology, we can enhance crop productivity, improve nutritional quality, and strengthen the agricultural sector. In this article, we explore the significance of seed science and technology from basic to higher-level research in the context of the Kashmir Valley, emphasizing its crucial role in ensuring a sustainable food future.

Enhancing crop productivity and adaptation

Seed science and technology play a vital role in enhancing crop productivity and adaptation to changing environmental conditions. Through careful selection, breeding, and genetic improvement, we can develop high-yielding and climate-resilient crop varieties. The use of advanced technologies such as molecular breeding, marker-assisted selection, and genetic engineering can expedite the development of superior seeds that exhibit traits such as drought tolerance, disease resistance, and improved nutritional content. By focusing on crop improvement, we can ensure a consistent supply of high-quality food, even in the face of climate change and other challenges.

Improving nutritional quality

Seed science and technology also contribute to improving the nutritional quality of agricultural produce. By incorporating nutritional traits into breeding programs, we can develop crops that are rich in essential micronutrients, vitamins,

and proteins. For instance, biofortification, a technique involving the enhancement of nutrient levels in crops, can address micronutrient deficiencies prevalent in the Kashmir Valley. Through research and development, we can produce biofortified seeds that yield crops with enhanced

the availability of high-quality seeds, farmers can achieve higher crop yields, improve product quality, and enhance their incomes. Additionally, capacity-building programs and farmer training initiatives can equip farmers with the skills and knowledge needed to maximize the benefits of



levels of iron, zinc, and vitamin A, offering improved nutrition and health benefits to the local population.

Conservation and preservation of genetic diversity

Preserving and conserving genetic diversity is vital for maintaining the resilience and adaptability of agricultural systems. Seed banks and genetic repositories play a crucial role in safeguarding diverse seed varieties, ensuring their availability for future generations. In the Kashmir Valley, establishing and maintaining a robust seed bank can help preserve local landraces, wild relatives, and traditional crop varieties that possess unique traits and adaptations. By valuing and promoting local biodiversity, we can enhance the resilience of agriculture and protect our cultural heritage.

Empowering farmers and enhancing livelihoods

Seed science and technology empower farmers by providing them with access to improved seeds and knowledge about their appropriate use. By ensuring

advanced seed technologies. By involving farmers in seed production and encouraging their active participation, we can foster a sense of ownership, promote sustainable farming practices, and strengthen the agricultural sector in the Kashmir Valley.

Collaborative research and institutional support

To fully harness the potential of seed science and technology, collaborative research efforts and institutional support are crucial. Establishing research partnerships between universities, research institutions, and agricultural agencies can facilitate knowledge exchange and joint research initiatives. By creating a favorable research ecosystem, we can promote innovation, attract investment, and provide the necessary infrastructure for seed-related research. Strengthening seed testing laboratories, establishing seed certification systems, and enforcing quality standards can ensure the availability of certified seeds, safeguarding farmers from low-quality or counterfeit seeds.

Seed science and technology are

paramount for future nutritional and food security in the Kashmir Valley. By focusing on basic to higher-level research, we can enhance crop productivity, improve nutritional quality, and promote sustainable farming practices. Collaborative research efforts, institutional support, and farmer empowerment are essential to unlock the full potential of seed science and technology. The Kashmir Valley, with its rich agricultural resources, has the opportunity to become a hub for seed research, production, and innovation.

By investing in seed science and technology, we can address the pressing challenges of food security, climate change, and malnutrition. This requires a multi-stakeholder approach, involving farmers, researchers, policymakers, and the private sector. Together, we can develop and disseminate improved seed varieties that are tailored to the local agro-climatic conditions, ensuring higher yields, nutritional quality, and resilience. Moreover, it is crucial to emphasize the preservation and utilization of traditional and indigenous seed varieties. These seeds often possess unique traits and adaptations, making them valuable resources for crop improvement. By integrating traditional knowledge and modern seed technologies, we can promote agricultural diversity, safeguard cultural heritage, and enhance the livelihoods of local farmers.

In the pursuit of future nutritional and food security, seed science and technology must be at the forefront of agricultural research and development in the Kashmir Valley. By embracing innovation, collaboration, and sustainable practices, we can build a resilient and prosperous agricultural sector that meets the needs of the present and future generations. Let us seize the opportunity and work together towards a more secure and sustainable food future for the Kashmir Valley.

The writer is a PG student and researcher at SKUAST-Kashmir. Feedback at asra.firdose11@gmail.com

The shape of your ear can reveal your hidden personality traits



Vijay Garg

Personality test: The shape of your ear can reveal your hidden personality traits

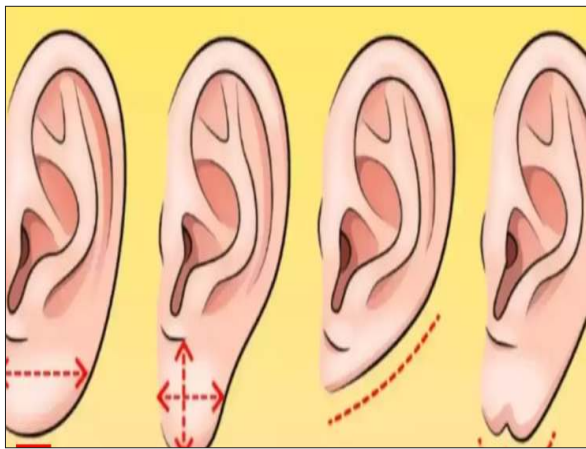
The internet is filled with various personality tests that assign personality attributes based on certain traits. In this test, we will determine your personality type based on the shape of your ears. Let's explore the four types:

1. Big ear shape

If you have big ears, you tend to approach life's situations calmly and steadily. You have a confident and authoritative demeanor, and you don't easily give up or get frustrated. You are self-reliant and capable of handling tough situations on your own. You have a go-with-the-

flow attitude and worry less about the future.

2. Small ear shape



Individuals with small ears often lean towards shyness and introversion. You enjoy spending time alone, with family, or with close friends. You don't feel the need to

speak on every occasion, but when necessary, you make yourself present. You are creative, observant, and don't seek validation from others. You strike a balance between solitude and socializing and are not extremely social or antisocial.

3. Attached earlobes

Those with attached earlobes are emotionally powerful individuals. You possess empathetic and understanding personalities, making decisions based on logic and reason rather than being swayed by emotions. You are resilient and can bounce back from setbacks, moving forward with your life.

4. Pointed ears

Individuals with pointed ears tend to be intuitive and imaginative. You have a unique way of looking at the world and possess good emotional intelligence. You are intellectual, ambitious, and unafraid to express your emotions.

Vijay GarG Retired Principal Educational Columnist
Malout Punjab

The Essential Role of Coaching Centers in Education



Aubaid Ahmad Akhoo
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I recently had the opportunity to read an insightful article titled "Education as a Business: The Dark Side of Coaching Centers." While I appreciate the concerns raised by the author regarding the commercialization of education, I believe it is crucial to acknowledge the positive contributions that coaching centers make to the academic landscape. As such, I would like to present a well-rounded perspective that highlights the benefits of coaching centers in nurturing students' educational growth.

Specialized Guidance and Expertise:

Coaching centers employ highly skilled and experienced teachers who possess in-depth knowledge of the subjects they teach. These educators provide personalized guidance, helping students navigate complex concepts and excel in their academic pursuits. Their expertise enhances students' understanding, enabling them to grasp challenging topics with greater ease.

Supplementing

Traditional Education:

Coaching centers serve as valuable supplements to traditional educational institutions. They offer additional resources, study materials, and practice sessions that may not be readily available in regular schools or colleges. These supplementary resources empower students to expand their knowledge, refine their skills, and perform better in examinations.

Skill Development and Exam Preparation:

Coaching centers contribute significantly to the development of essential skills such as discipline, effective study habits, and time management. Through structured study plans, mock tests, and practice sessions, students acquire valuable examination strategies and enhance their problem-solving abilities. This comprehensive approach prepares them to face competitive exams with confidence and achieve their academic goals.

Collaborative Learning and Motivation:

Coaching centers provide opportunities for students to interact with like-minded peers who share similar educational goals. These interactions foster a sense of healthy competition, collaborative learning, and personal growth. Engaging with motivated peers encourages students to push their boundaries, strive for excellence, and continuously improve their academic performance.

Quality Education and Supportive Environment:

Reputable coaching centers prioritize their students' success by investing in well-trained teachers and comprehensive study materials. They create a supportive learning environment that nurtures students' intellec-

tual growth and instills a passion for knowledge. Students benefit from the individualized attention, mentoring, and resources provided by these centers, enabling them to reach their full potential.

In Essence: While concerns regarding the commercialization of education are valid, it is important to recognize the invaluable role coaching centers play in the educational system. These centers offer specialized guidance, supplementary resources, and a supportive learning environment that significantly contribute to students' academic success. By acknowledging the positive aspects of coaching centers and addressing the concerns raised, we can work towards a balanced and effective education system that benefits all students.

To the author

Thank you for your thought-provoking article, which prompted me to consider the multifaceted nature of coaching centers. I hope my perspective provides a more comprehensive understanding of the subject.

About the Author: Aubaid Ahmad Akhoo is a renowned Motivational Speaker and an Associate Editor of the weekly publication 'Education Quill.' He currently serves as the Senior EDP Head at DD Target PMT Kashmir, a reputable institute renowned for its coaching classes in the medical/JEE/Foundation Classes. Follow author on insta ID UB19305.

DC Kupwara reviews functioning of major hospitals of Kupwara district

Directs for round the clock functioning of OT at SDH Kupwara, SDH Tangdar; stresses for better utilization of available men and machinery.

HT News Network

KUPWARA, JULY 15: Deputy Commissioner Kupwara, Ms. Ayushi Sudan (IAS), today reviewed the functioning of major hospitals of Kupwara district during a meeting with Health Officers.

Addressing the meeting, the Deputy Commissioner stressed upon the concerned officers to make concerted efforts and streamline the functioning of the hospitals so that people of this far flung district do not face any inconvenience in getting proper healthcare facilities. The Deputy Commissioner

took a detailed review of the availability of Medical and Paramedical staff in major hospitals including Sub District Hospital (SDH) Kupwara, SDH Tangdar, SDH Sogam, SDH Kralpora and PHC Machill.

Regarding SDH Kupwara, the Deputy Commissioner directed the Chief Medical Officer to ensure round the clock operationalization of General Operation Theatre at the hospital to control the referral rate of patients from the hospital. She directed the CMO for procurement of Work Station for the operation theatre to ensure its uninterrupted functioning. The Deputy Commissioner

emphasized the need for better utilisation of available staff in the hospitals for which she asked the CMO to identify the gaps and fill up them with proper internal arrangements. She asked the Health officers to utilize the service of DNB students at SDH Kupwara, whenever possible, to augment the existing capacity so that the patients get timely treatment. Reviewing SDH Tangdar, the Deputy Commissioner directed the CMO to ensure uninterrupted functioning of Operation Theatre at the hospital for which one Anaesthetist and one Gynaecologist shall be deployed there on rotation basis.



Regarding "Scan & Share" facility, CMO was directed to deploy a helper in the hospital premises who will guide the people about using hassle free Mobile app based registration services without standing in queues. Reviewing healthcare of border block Machill, the chair was informed that sufficient number of Medical Officers and Paramedical staff is available at PHC Dudi to take care of the patients of the area. She directed look the CMO to deploy a USG-Trained Medical Officer there to ensure smooth functioning of USG section in Machill. She also directed the CMO for deployment of one

Gynecologist to SDH Kralpora to augment the OPD unit of the hospital. Earlier, the Chief Medical Officer Kupwara briefed the Deputy Commissioner about the patient footfall in various hospitals of the district.

Chief Medical Officer Kupwara, Medical Superintendent SDH Kupwara, BMO Kupwara and concerned were present in the meeting. Reviewing healthcare of border block Machill, the chair was informed that sufficient number of Medical Officers and Paramedical staff is available at PHC Dudi to take care of the patients of the area. She directed look the CMO to deploy a USG-Trained Medical Officer.

Daylong Cultural Festival held at Budgam

DC appreciates Cultural Academy for starting cultural festival series from Budgam

HT News Network

BUDGAM, JULY 15: Jammu and Kashmir Academy of Art Culture and Languages (JKAACL) in collaboration with District Administration Budgam, today organised a One Day Cultural Festival at Govt. Boys Higher Secondary School Budgam. The festival was the inaugural show of a series of 20 festivals to be conducted in all districts of Kashmir Division during the coming months. Deputy Commissioner (DC) Budgam, Akshay Labroo



attended the function as Chief Guest, and Secretary J&K Culture academy Bharat Singh Manhas was the Guest of honour.

Speaking on the occasion, DC said that people of Budgam are rich in culture and possess huge potential in the field. He appreciated

JKAACL for beginning its series of cultural festivals from this district and providing young and ace artists a platform to perform and promote cultural activities in the district. Further, he said that such programmes shall continue to be organised in the district for promotion of art and culture. In this festival variety of cultural items were presented by artists from different fields of art and culture including Raja Bilal, Feroz Ahmad Shah, Ajaz, Gazi Ajaz, Aaqib Asad, Nasira, Fayaz Ahmed Bhat.

DC Pulwama chairs District Cooperative Development Committee meeting

HT News Network

PULWAMA, JULY 15: In order to strengthen the Cooperative movement at ground level and to realize the vision of 'Sahakar se Samridhi', a meeting of District Cooperative Development Committee was held today under the chairmanship of the Deputy Commissioner, (DC) Pulwama, Dr Basharat Qayoom at DC Office Pulwama. The meeting discussed threadbare various aspects with regard to making primary agriculture credit societies (PACS) as vibrant economic entities and adoption of model bylaws by all the PACS in the district.



Speaking on the occasion, the DC stressed upon the line departments to work in coordination with the Cooperative department and ensure inter departmental linkages and convergence of schemes for greater good and enhancing the livelihood opportunities of rural populace. He acknowledged

the timely completion of data compilation of PACS for the Centrally Sponsored Project of Computerization of PACS by Cooperative Department of Pulwama district. Moreover, he stressed for activation of all PACS as Common Service Centre's who have been already on boarded in a time.

GOVERNMENT OF JAMMU & KASHMIR UNION TERRITORY

OFFICE OF THE EXECUTIVE ENGINEER ESTATES DIVISION JAMMU

Sh. Mohd. Yousuf Telli,
(Govt. Contractor)

R/o Makandpora Danow, Kulgam.

No. Est/DB/3066-69

Dated: 11-07-2023

FINAL NOTICE

Sub: Upgradation of Govt. qtr. No. 21-B by way of Pre-fab Structure at Gandhi Nagar, Jammu. (C. No. 530-NP)

Ref: This office allotment No. Est/Cores/10878-82 dated: 04-03-2023 & thereof notices served upon you by AEE Estates Sub Div-I vide No. (i) Est/AEE-1/563-565 dated: 17-06-2023 (ii) Est/AEE-1/570-572 dated: 23-06-2023 (iii) Est/AEE-1/584-586 dated: 08-07-2023 & Executive Engineer Estates vide No. (i) Est/Cores/2492-95 dated: 20-06-2023 (ii) Est/Cores/2631-33 dated: 24-06-2023

Dear Sir,

The aforementioned work for upgradation of Govt. qtr. 21-B by way of Pre-fab structure at Gandhi Nagar allotted to you vide this office No. Est/Cores/10878-82 dated: 04-03-2023 was supposed to be completed by you within twenty days from the date of start which shall be reckoned from 7th day from the date of issue of allotment letter.

But despite lapse of more than three months & serving of repeated notice upon you for completion of the contract, you have failed to take up the work till date nor have you responded to the notices from this end.

As such you are directed through this 'Final Notice' to take up the work within seven days otherwise the work shall be put to fresh tenders at your risk & cost & your CDR shall be forfeited & you will be also debarred from tendering in this Division for next two years.

DIPK-5211/23
Date: Jul 15 2023

Executive Engineer Estates
Division Jammu

Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER MECHANICAL HOSPITAL AND CENTRAL HEATING DIVISION SRINAGAR

(Tele-fax No: 019-2496089, e-mail id: xenmhchdk@yahoo.in)

Subject: - I. Supply, Installation, Testing & Commissioning of Mist based Fire Fighting System at Forensic Science Laboratory (FSL) Bemina, Srinagar
II. Shifting of Hot Water convectors from Analyzer Room in Biochemistry Diagnostic and Research Lab of F-Block SMHS Hospital, Srinagar
III. Dismantling of MGPS along with Central Heating System in the Old Dialysis Ward of SMHS Hospital, Srinagar

References: I. This office e- NIT no: MHCHD/TS /2023-24/30/e-tendering Dated 21.06.2023

II. This office e- NIT no: MHCHD/TS/2023-24/39/e-tendering Dated 04.07.2023

EXTENSION

In view of poor /no response, the Critical dates of above subject work(s) tendered vide above referred e-NIT(s) are extended as follows: -

S.No	Description	Date and Time
1.	Last Date of Bid Submission	20.07.2023 (12:00 hrs)
2.	Date of Bid Opening	20.07.2023 (14:00 hrs)

All other Terms and Conditions of the NIT shall remain the same.

DIPK-5158/23
Date: Jul 15 2023

Sd/-
Executive Engineer
MHCH Division
Srinagar.

Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER ANANTNAG PWD(R&B) DIVISION KHANABAL

NIT NO 57 OF R&B/Khanabal/2023-24 /E-TENDERING/8051-60 DATED 14-07-2023

For and on behalf of the Lt. Governor, Union Territory of J&K tenders are invited on %age basis from approved and eligible Contractors registered with J&K Govt. CPWD, Railways and other State/Central Governments for each of the following works: -

S. No	Name of Work	Estimated Cost (Rs in Lacs)	Cost of T.Doc. (in Rs)	Earnest Money (In Rs)	Time of Completion	Major Head of Account	Position Of AA	Class of Contractor
1.	Providing of Roofing of 04 No Shops at Bus Stand Bijbehara.	7.27 Lacs Contract Price exclusive of GST: 6.17 + (18% GST Amount 1.10)	300	14540	20 Days	14 th FC	Accorded Vide Order No. MC/Bij/Works/ 38 Of 2023, Dated 08.07.2023	CEE & DEE Class Only
2.	Construction R/wall from H/o Mohd Shafi Sheikh to H/o GH Hassan Teeli at Karewa Colony Bijbehara	4.92 Lacs Contract Price exclusive of GST: 4.18 + (18% GST Amount 0.74)	200	9840	20 Days	14 th FC	Accorded Vide Order No. MC/Bij/Works/ 38 Of 2023, Dated 08.07.2023	DEE Class Only
3.	Construction of road from Mohsani Insaniyat School to land of Ab Rahim Hafiz viz Fanoos Ahmadi Ganie at Ustad Mohalla SICOP Bijbehara.	3.70 Lacs Contract Price exclusive of GST: 3.14 + (18% GST Amount 0.56)	200	7400	15 Days	14 th FC	Accorded Vide Order No. MC/Bij/Works/ 38 Of 2023, Dated 08.07.2023	DEE Class Only
4.	Laying of soiling /metaling from H/o Mohd Ashraf Zargar to Gh Rasool Wagay via Gh Quadir Tak at Housing Colony Bijbehara	2.97 Lacs Contract Price exclusive of GST: 2.52 + (18% GST Amount 0.45)	200	5940	15 Days	14 th FC	Accorded Vide Order No. MC/Bij/Works/ 29 Of 2023, Dated 20.06.2023	DEE Class Only
5.	Construction of tile lane from H/o Ab Rehman Wani upto main road SICOP MC Bijbehara.	2.16 Lacs Contract Price exclusive of GST: 1.83 + (18% GST Amount 0.33)	200	4320	15 Days	14 th FC	Accorded Vide Order No. MC/Bij/Works/ 29 Of 2023, Dated 20.06.2023	DEE Class Only
6.	Development of Turf Wicket Loktipora Hafizabad Ground	3.00 Lacs Contract Price exclusive of GST: 2.55 + (18% GST Amount 0.45)	200	6000	15 Days	PRI Grants	Accorded Vide Order No. 229-DDCA Of 2023, Dated 03.07.2023	DEE Class Only
7.	Construction of Tile Path from H/o Mukhtar Ahmad Shah to main street at ward No 09 MC Aishmuqam	0.50 Lacs Contract Price exclusive of GST: 0.42 + (18% GST Amount 0.08)	200	1000	10 Days	District Capex (UDS)	Accorded Vide Order No. 07-SE(R&B)/Plg Of 2023, Dated 01.06.2023	DEE Class Only
8.	Construction of Tile Path from H/o Gh Qadir Shah to onward at ward No 09 MC Aishmuqam.	0.68 Lacs Contract Price exclusive of GST: 0.58 + (18% GST Amount 0.10)	200	1360	10 Days	District Capex (UDS)	Accorded Vide Order No. 07-SE(R&B)/Plg Of 2023, Dated 01.06.2023	DEE Class Only
9.	Construction of Lane from Wani Restaurant to H/o Yash Mohd Shah at ward No 10 MC Aishmuqam	0.74 Lacs Contract Price exclusive of GST: 0.63 + (18% GST Amount 0.11)	200	1480	10 Days	District Capex (UDS)	Accorded Vide Order No. 07-SE(R&B)/Plg Of 2023, Dated 01.06.2023	DEE Class Only

Project Authority:-1. District Development Commissioner Anantnag.
2. Municipal Committee Bijbehara.

1. The NIT Consisting of qualifying information, eligibility criteria, specifications, Bill of quantities (B.O.Q), Set of terms- and conditions of contract and other details can be seen-downloaded from the departmental website www.jktenders.gov.in as per schedule of dates given below:

S. No.	Particulars	Dated
1	Date of Issue of Tender Notice	14-07-2023
2	Period of Downloading of bidder documents	From 15-07-2023 (09:00AM) To 20-07-2023 (05:00PM)
3	Bid submission Start Date	From 15-07-2023 (09:00AM)
4	Bid Submission End Date	To 20-07-2023 (05:00PM)
5	Date and time of opening of bid (online)	21-07-2023 (11:00AM)

2. Bids must be accompanied with cost of tender document in shape of Treasury Challan / E-Challan (Under MH-0059 PWD) in favour of Executive Engineer R&B Division Khanabal [Tender Inviting Authority] (Name of Work/Item No. to be mentioned on the Treasury Challan / Receipt) (Refer Govt. order No. O.M No. A/24 (2017)-651 Dt 07-06-2018 (The Date of Treasury Challan should be between the date of Start of Bid and Bid Submission End Date) and EMD (2% of advertised Cost) in the shape of CDR/ FDR/ BG pledged to Executive Engineer PWD(R&B) Division Khanabal (Tender receiving Authority).

3. All the Bidders have to submit Earnest Money/Bid Security (EMD@2% of Advertised Cost) in the shape of CDR/ FDR/ BG. Non submission of Earnest Money/Bid Security shall render the bidder as No-responsive.

4. The 1st lowest responsive (Successful) Bidder has to produce an amount equal to 5% of contract as Performance Security in the shape of CDR/ FDR/ BG in favour of Executive Engineer R&B Division Khanabal (Tender receiving authority) within 03 Days before fixation of Contract and shall be released after successful completion of Defect Liability Period (DLP) of the work. Failure to produce Performance Security shall render the LI as non-responsive and case for debarring of the Contractor be forwarded to Higher Authorities for a period of 01 Year.

5. The Earnest Money Deposit (EMD@2% of Advertised Cost) in the shape of CDR/ FDR/ BG of the successful Bidder shall be released after receiving Performance security @5% of the allotted cost in the shape of CDR/ FDR/ BG and same shall be released after successful completion of Defect Liability Period (DLP) of the work.

6. The date and time of opening of Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same Web Site in the Office of Executive Engineer R&B Division Khanabal

7. The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical Bid

8. Instruction to bidders regarding e-tendering process.

a. Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website www.jktenders.gov.in to acquaint bid submission process.

b. To participate in bidding process, bidders have to get 'Digital Signature Certificate (DSC)' as per Information Technology Act-2000. Bidders can get digital certificate from any approved vendors.

c. The bidders have to submit their bids online in electronic format with digital Signature. No Financial bid will be accepted in physical form.

d. Bids will be opened online as per time schedule mentioned in Para-1.

e. Bidders must ensure to upload scanned copy of all necessary documents with bid.

f. Bidders must ensure to upload scanned copy of all necessary documents including tender document fee in terms of soft copies with technical bid.

Note: - Scan all the documents on 100 dpi with black and white option.

DIPK-5177/23
Date: Jul 15 2023

(ErRubeena Kousar)
Executive Engineer,
R&B Division Khanabal

Youth Jammu and Kashmir People's Conference Empowers Youth through Transformative WISE Programme in Budgam

Youth Wing ignites the souls of Budgam's youth with the Wear Smiles, Ignite Souls, Serve People, Empower Youths (WISE) Programme

■ **Surkhab Zehra**

Budgam, Jammu and Kashmir – The Youth Wing of the Jammu and Kashmir People's Conference (YJKPC) has orchestrated a groundbreaking initiative in Budgam, the ongoing WISE Programme, aimed at empowering and inspiring the young minds of the region. The event, graced by the presence of YJKPC President Mudasir Karim, General Secretary Azad Parvaz, and Youth Secretary of District Budgam, Wahid Khan, marks a significant step towards creating a brighter future for the youth of Jammu and Kashmir. Under the banner of the WISE Programme, the YJKPC Youth Wing seeks to equip the younger generation with essential skills, knowledge, and opportunities to flourish in various fields. By instilling a spirit of service, leadership, and empathy, this transformative initiative aims to foster a sense of empowerment among the youth, enabling them to make a positive impact on their communities and society as a whole. The event, which took place at a prominent venue in Budgam, witnessed an enthusiastic turnout of young individuals eager to embrace the opportunities presented to them. YJKPC President Mudasir Karim, in his opening speech, highlighted the importance of empowering the youth and providing them with a platform to thrive. He stated, "The future of Jammu and Kashmir lies in the hands of our youth, and it is our responsibility to nurture their potential and support their dreams. The WISE Programme is a stepping stone towards a better future for all." The



WISE Programme is designed to ignite the souls of our youth, enabling them to realize their true potential. By encouraging a culture of service and empathy, we are nurturing future leaders who will work towards the betterment of our society." General Secretary Azad Parvaz emphasized the significance of education and skill development in shaping the lives of young individuals. He said, "Education is not just about acquiring knowledge; it is about empowering oneself to bring about positive change. Through the WISE Programme, we aim to provide the youth with the necessary tools and guidance to become leaders and change-makers." The WISE Programme comprises a diverse range of activities, including leadership workshops, skill-

building sessions, career counseling, community service initiatives, and networking opportunities. By combining theoretical knowledge with practical experiences, the program aims to provide a holistic development platform for the youth of Budgam. The ongoing WISE Programme by the YJKPC has already made a profound impact on the youth of Budgam, empowering them to dream big and work towards their goals. As the initiative continues, it is expected to bring about a positive transformation in the lives of countless young individuals, fostering a brighter future for Jammu and Kashmir. In a region often marred by challenges and uncertainties, the YJKPC's commitment to empowering the youth through initiatives like the WISE Programme serves

as a beacon of hope and inspiration. By equipping the younger generation with the necessary skills, knowledge, and opportunities, the YJKPC is nurturing a generation of leaders who will shape the future of Jammu and Kashmir for years to come.

HT News Network Summer has just begun in the Northern Hemisphere but a brutal heat wave is already gripping parts of Europe, China and the United States, where record temperatures expected this weekend are a stark illustration of the dangers of a warming climate. Extreme heat advisories have been issued for more than 100 million Americans with the National Weather Service forecasting particularly dangerous conditions in Arizona, California, Nevada and Texas. At the same time, several European nations, including France, Germany, Italy, Spain and Poland, are also baking in searing temperatures. The mercury may soar as high as 48 degrees Celsius (118.4 degrees Fahrenheit) on the islands of Sicily and Sardinia, the European Space Agency said – "potentially the hottest temperatures ever recorded in Europe." North Africa has also been sweltering and the Moroccan meteorological service issued an extreme heat red alert for southern parts of the country. Some regions of China, including the capital Beijing, are also experiencing sweltering temperatures and a major Chinese power company said its single-day power generation hit a record high on Monday. Last month was already the hottest June on record, according to the US space agency Nasa and the European Union's Copernicus Climate Change.

SWD Udhampur contests social media video post on Old-age Home

■ **HT News Network**

UDHAMPUR, JULY 15: District Social Welfare Officer, Kanika Gupta has contested a video post on different social media platforms on Jagriti old-age home. She stated that after conducting on the spot verification, it was found that the allegations raised against the management of Jagriti old age home are completely false. "Some media channels presented a statement of a single inmate of Jagriti oldage home who might be having some personal grudges. He is residing in the ashram from past 3 to 4 months" she said.

"While talking to others inmates and children residing in the ashram it was found that they get all the facilities, fresh food and that too with due respect. There are some inmates who are staying for more than 15 years and are bed ridden. They too are being dealt with due care. Moreover local people of the nearby area were also asked about the same. Nothing was found against the management of ashram" the SWO said.

Doda District offers bright future for big business ventures: DC

■ **HT News Network**

DODA, JULY 15: Deputy Commissioner Vishesh Mahajan today launched the sale of New Hyundai Exter Car in the district in presence of ACR, Sanjeev Kumar and others.

Speaking at the launch, DC expressed his delight on opening big business units in the district, providing services to the people and livelihood to many workers engaged in these business establishments. He called upon the youth to come forward and take the benefit of numerous subsidy based financial assistance/ self employment schemes to build the career of their choice and create employment avenues for their fellow unemployed youth.

He informed that due to a positive outlook, transparent and accountable public administration, along with a peaceful and favourable atmosphere under the Lieutenant Governor of J&K, new world class infrastructure in the shape of luxury hotels, world class educational institutes, and Healthcare facilities are coming up in the district.

"Youth must take the benefit of these affirmative changes and play their role in building ADBHUT Doda and Shining J&K" he added.

District level Committee discusses Draft Export Plan for Reasi

■ **HT News Network**

REASI, JULY 15: Deputy Commissioner, Babila Rakwal today chaired a meeting of the District Export Committee to discuss the modalities for formulating a detailed District Export Action Plan to Develop Reasi as an Export Hub.

At the outset, the General Manager DIC Reasi (Member Secretary of District Level Export Promotion Committee) informed about the agenda of the meeting. He requested the participants to study the District Export Action Plan and explore the sector wise export potential to realize the Prime Minister's vision to transform every district into an export hub.

The consultant from Jammu and Kashmir Trade Promotion Organization, (JKTPO) presented a PPT and draft district Export action plan Reasi, detailing both hard and soft measures required to increase exports of products identified under ODOP, i.e. aromatic plants, and products identified under District as Export Hub, i.e. spices, which include ginger, garlic and turmeric.

An extensive discussion was held on promotion of cultivation of lemongrass and lavender, and extraction of oils to increase the income of the local farmers. It was informed that essential oil has a bright future ahead of it due to its wide range of applications in people's daily lives. These are components of cosmetics, soaps, pharmaceuticals, perfumeries, confectionery, ice cream, carbonated water, disinfectants, agar-bathis and a variety of related products.

Rajouri District gears up to implement Intensified Mission Indradhanush 5.0

■ **HT News Network**

RAJOURI, JULY 15: Deputy Commissioner Rajouri, Vikas Kundal, today held a meeting to discuss the action plan for the implementation of Intensified Mission Indradhanush (IMI) 5.0. The program aims to provide immunization to all eligible infants and pregnant women, with a focus on hard-to-reach areas and regions with low immunization coverage. At the outset of the meeting, the CMO, Dr Rajinder Sharma highlighted the objective of the program, which is to ensure that all eligible infants and pregnant women in the district receive the necessary immunizations. The program is expected to cover a total population of nearly 1.15 lakh in the district. To identify eligible infants and pregnant women in the district, a headcount survey will be conducted shortly. Health department officials have also received necessary training to prepare for the successful implementation of the program. During the meeting, the DC, Vikas Kundal emphasized the importance of ensuring that the benefits of the IMI 5.0 program reach all eligible infants and pregnant women in the district.

DC Ramban reviews progress on PMGSY projects

■ **HT News Network**

RAMBAN, JULY 15: Deputy Commissioner, Ramban, Mussarat Islam today reviewed the progress of Pradhan Mantri Gram Sadak Yojana (PMGSY), road projects here at a meeting of the functionaries of Ramban and Banihal Divisions.

ACR, Giasul-Haq; Executive Engineer, PMGSY Banihal, Romesh Kumar and other Engineers and contractors attended the meeting.

The Deputy Commissioner directed the Engineers of both PMGSY Divisions of the district to focus on completion of road projects, particularly which are nearing completion.

He took project wise review of roads and bridges being executed under different phases in PMGSY Division Ramban and Banihal. He directed the department to expedite the pace of work on all projects and resolve the bottlenecks, if any, that may be hindering the pace of the progress.

The DC also reviewed the



status of land acquisition and disbursement of land compensation of all PMGSY projects.

Earlier, the Engineers apprised the DC about working conditions and bottlenecks hindering the pace of progress.

Discussing the status of work, the DC directed the Executive Engineer to ensure completion of all projects in prescribed time. He also assured full cooperation of the District Administration for completing all ongoing road and bridge projects in the interest of the general public.

As many as 84 PMGSY projects of a total 650 km length are under execution

in the district under different phases.

The DC fixed the target for completion of various road projects in the district. He also directed the Engineers to ensure the quality of construction work.

The concerned Executive Engineer informed that a total 50.7 km road is under execution and 13.7 km has been black topped in PMGSY division Banihal.

Regarding Ramban Division, the Executive Engineer informed that a total 532 km road projects have been executed and all the remaining projects will be completed by the end of October, 2023.

Director Health Services Jammu reviews implementation of Centrally Sponsored Schemes

■ **HT News Network**

JAMMU, JULY 15: A review meeting of Centrally Sponsored Schemes (CSS) of Jammu Division for 1st Quarter was held in the Directorate of Health Services Jammu today.

The meeting was chaired by Director Health Services, Dr. Rajeev Kumar Sharma. Deputy Director Schemes Dr. Sanjay Turki; Deputy Director Dentistry, Dr. Sanjay Sharma; Dy. Director Planning, Deepa Sharma; Chief Accounts Officer, Deepshikha Sharma, Controller of Stores, Dr. Ritesh Khullar and all Programme Officers of Centrally Sponsored Schemes were present in the meeting.

The Chief Medical Officers of Jammu Division attended the meeting through video conference. A Power Point Presentation regarding deliverables and Centrally sponsored schemes was presented by Dy. Director Schemes.

The concerned Programme Officer of Centrally sponsored schemes projected the work done by the districts under each programme in the 1st quarter



of 2023. The same was reviewed by Director Health Services Jammu. Detailed discussion was held on each deliverable.

Keeping in view the increase in snake bite cases during monsoon, the CMOs were directed to ensure the availability of anti venom serum in their districts. Similarly, directions were issued to intensify Information Education and Communication activities to inform the people about prevention and symptoms of vector borne diseases, including Malaria and Dengue. The Director Health Services directed the Chief Medical Officers to put in extra efforts to achieve targets laid down under each programme. Stress was laid on enhancing Cataract surgeries, Spectacle distribu-

tion, activities under Non Communicable Diseases, Tobacco free youth campaign, school activities regarding tobacco etc.

The Director Health Services also directed CMOs to expedite the process of Bio Medical Waste Management. They were further asked to submit estimates for the infrastructure development required in their respective districts.

Special emphasis was laid on to boost Information Education and Communication activities to spread awareness about National Health Programmes and Centrally Sponsored Schemes, for which Block Diwas is a right platform where awareness to the community at large can be generated by installing health stalls.

Week long capacity building programme on "Basic pillars of organic farming concluded at Wadura SKUAST-K.

■ **DR.AB QAYOOM**

Sopore, Jul, 15: The Division of Agronomy, Faculty of Agriculture, SKUAST-K, Wadura, completed one week capacity building training programme under Holistic Agriculture Development Programme

Project no 16: 'Alternate System of Agriculture For Sustainability' scheduled from 10th to 15th July, 2023. The delegates and participants, which included various officials from line departments as well as Subject Matter Specialists from various KVVs and researchers were welcomed by Dr. Amal Saxena, Professor and Head, Division of Agronomy, FoA, Wadura.

Dr. Farida Khan, the Chairperson, BDC Sopore, graced the occasion as the Chief Guest and delivered



an insightful valedictory address. During her speech, she emphasized the significance of the workshop in aligning with the United Nations' Sustainable Development Goals, particularly in the realm of organic production systems, promotion of organic, medicinal, and aromatic plant cultivation, beekeeping, and fishery, with a special focus on trout production. Furthermore, Dr. Khan underscored the workshop's relevance in the context of the International

Year of Millets. She highlighted the importance of organic millet production as nutri-cereals for enhancing the health and prosperity of the farming community. Additionally, she placed strong emphasis on the creation of self-help groups to empower women and generate employment opportunities for them in the Kashmir valley. The Dean, Faculty of Agriculture, Professor Raihana Habib Kanth, presented the comprehensive training report, shedding light on

the range of activities and lectures conducted during the one-week training program. The program consisted of a total of 18 lectures and an exposure visit, all centered around addressing the concerns and queries of farmers pertaining to organic farming production systems in the Valley. Prof. Raihana said that she was hopeful that this programme would go a long way in creating awareness regarding Organic Farming among the various stake holders. She also expressed her deep gratitude to Dr. Farida Khan, BDC Chairperson, Sopore for accepting the invitation to the programme and sharing her valuable insights and suggestions. Experts from ICAR-IARI New Delhi and GBPUAT Pantnagar also deliberated on the issue of organic farming.

MVD Doda organises free Eye checkup camp for commercial drivers at Assar

■ **HT News Network**

DODA, JULY 15: Motor Vehicles Department (MVD) Doda, in coordination with Rotary Eye Hospital Udhampur, and Transport Associations on Saturday conducted a Mega Eye Screening/Check Up Camp cum General Awareness Programme for Commercial Vehicle Drivers here near Assar on Jammu Doda National Highway.

The camp was managed by ARTO Rajesh Gupta and inaugurated by SDM Assar Lekh Raj in presence of Dy SP Traffic, Baljeet Singh, SHO Assar, Bhupinder Kumar, Eye specialists from Rotary Eye Hospital, members of transport unions, commercial drivers and general public.

The team of Doctors and other health staff conducted the general eye checkup and eye sight tests of all the Drivers/Cleaners who attended the programme.

More than 170 drivers were checked, out of which 10 drivers suspected of color blindness were asked for further tests/ investigations and treatment. They were also asked to refrain from night driving till their recovery.

The motive of the camp was to facilitate the eye check up of the operators on Road and to make them aware about the regular checkup of their eyes for safe driving and to avoid any mishap. Earlier, ARTO Doda welcomed the participants in the Eye Camp and extended gratitude to SDM Assar, Management of Rotary Eye Hospital Udhampur, Traffic Police, & Transport Associations.

Milk, Cheese, Yogurt: How Dairy Fat May Help Lower Heart Disease Risk

Researchers say foods that are high in dairy fat can help reduce the risk of cardiovascular disease. Part of the reason is that dairy products such as milk, cheese, and yogurt are high in a number of nutrients.

Eating high-fat dairy is good for our heart health.

This is suggested by a new study from Sweden that looked at the relationship between a fatty acid biomarker in blood samples called 15:0 (pentadecanoic acid) and cardiovascular diseases such as heart disease or stroke. Biomarkers are molecules that can help signify normal or abnormal functioning.

Researchers said of the 4,150 adult study participants (51 percent female and 60 median age), those with the highest levels of the fatty acid associated with higher fat dairy had the lowest risk of cardiovascular disease and no increased risk of death from death all causes. Other cardiovascular risk factors like smoking were accounted for in the research.

"While the findings may be partly influenced by factors other than dairy fat, our study does not suggest any harm of dairy fat, per se," Matti Marklund, PhD, a senior researcher at the George Institute for Global Health in Sydney, Australia, and joint senior author of the paper, said in a statement.

The international team of researchers compared and confirmed their findings with those of 17 other studies involving a total of almost 43,000 people from the United States, Denmark, and the United Kingdom.

Limitations of the study

There was a correlation with the biomarker level in a person's blood at one point



in time and their risk of cardiovascular disease.

The biomarker 15:0 is present in dairy products and has been shown to be a reliable indicator of dairy consumption by an individual when measured from their adipose tissue or serum (the liquid portion of blood), explains Caroline West Passerello, MS, a registered dietitian nutritionist and spokesperson for the Academy of Nutrition and Dietetics.

"But it's important to note that the biomarker levels were only assessed once, at baseline," she said.

"The author's can't say for sure that changes in other [cardiovascular disease] risk factors over time didn't play a role (i.e., smoking, physical activity, overall dietary

patterns), or that the folks in the study continued to consume dairy in the same amounts as they had been consuming at their baseline measurement," Passerello told Healthline.

Dairy is different for everyone

Consumption of foods high in dairy such as milk, cheese, and yogurt doesn't affect everybody the same way.

"If a client wants to increase their consumption of dairy, we talk about what their current dietary pattern looks like and the best strategy for them," said Passerello.

In some cases, she explained, dairy can just be added to the diet, and in other cases, the recommendation may be swapping out something else for dairy.

For example, if someone drinks 2 or 3 cans of soda a day and is interested in increasing dairy consumption, they may be encouraged to swap 1 or 2 cans of soda for a glass or 2 of milk if that fits their budget and lifestyle.

What if you don't eat dairy?

If you don't eat dairy products, don't worry.

"Some good news for someone who doesn't consume dairy is that the study uses a biomarker for dairy," said Passerello. "However, that doesn't mean that the benefits seen came from something that is only available in dairy products."

She says that while dairy foods are a good source of protein, calcium, potassium, and other nutrients, someone who can't or doesn't want to consume dairy can focus on eating various foods to improve their heart health.

If you're looking for a non-dairy milk replacement, you may want to try one of these:

Hemp, Oat, Almond, Soy, Rice Coconut

You can also find non-dairy cheese, yogurt, and sour cream products.

The American Heart Association offers advice Trusted Source on leading a heart-healthy lifestyle with tips on reducing risk factors of cardiovascular disease such as stress, tobacco smoking, and a sedentary lifestyle.

NEWS

Childhood abuse and neglect memories have a greater influence on mental health than the experience itself: Study



The way childhood abuse and/or neglect is remembered and processed has a greater impact on later mental health than the experience itself, according to new research from the Institute of Psychiatry, Psychology, and Neuroscience (IoPPN) at King's College London and City University New York, published today (Wednesday 5 July) in JAMA Psychiatry. Even in the lack of documented evidence, the authors argue that physicians can use patients' self-reported experiences of abuse and neglect to identify those at risk of developing mental health problems and provide early interventions. Researchers conducted a large longitudinal study following 1,196 participants to age 40 years to investigate how experiences of childhood abuse and/or neglect (maltreatment) impact the development of emotional disorders in adulthood. The study found that young adults who retrospectively self-reported experiences of childhood maltreatment before age 12 had a greater number of depressive or anxiety episodes over the subsequent decade than those who did not remember maltreatment, even if they had an official court record.

In contrast, participants who had an official record of childhood maltreatment, but no retrospective recall of the experience, had a similar number of emotional disorder episodes in adulthood as those with no experience of maltreatment. Andrea Danese, Professor of Child & Adolescent Psychiatry at King's IoPPN and joint author of the study, said: "Our study reveals that how a person perceives and remembers experiences of childhood abuse or neglect has greater implications on future emotional disorders than the experience itself. The findings show that, even in the absence of documented evidence of childhood maltreatment, clinicians can use information provided by their clients to identify those at greater risk for subsequent mental health difficulties. The findings also suggest that early interventions that help cope with memories of abuse and/or neglect may prevent emotional problems later on." Participants were interviewed about their self-reported retrospective experiences of childhood maltreatment and their current and past mental health. They were then re-interviewed to measure the course of depression and anxiety symptoms. Further analyses revealed that the association between self-reported experiences of childhood maltreatment and a greater number of subsequent anxiety and depression episodes was partly explained by participants' current and past mental health, which was reported during their first interview. The authors explain that this could be because emotional disorders can negatively bias memories, making participants' more likely to recall negative events. Professor Danese said: "A better understanding of how memories of child maltreatment are maintained and exacerbated over time, and of how the memories affect daily functioning, could provide new insights to develop effective interventions."

Fibre is your body's natural guide to weight management; here's how to eat them

Fiber might just be the key to healthy weight management – and nature packages it in perfectly balanced ratios with carbs when you eat them as whole foods. Think unprocessed fruits, vegetables, whole grains, beans, nuts and seeds. Research suggests that carbohydrates are meant to come packaged in nature-balanced ratios of total carbohydrates to fiber. In fact, certain types of fiber affect how completely your body absorbs carbohydrates and tells your cells how to process them once they

are absorbed. Fiber slows the absorption of sugar in your gut. It also orchestrates the fundamental biology that recent blockbuster weight loss drugs like Wegovy and Ozempic tap into, but in a natural way. Your microbiome transforms fiber into signals that stimulate the gut hormones that are the natural forms of these drugs. These in turn regulate how rapidly your stomach empties, how tightly your blood sugar levels are controlled and even how hungry you feel. It's as if unprocessed carbohy-



drates naturally come wrapped and packaged with their own instruction manual for your body on how to digest them.

I am a physician scientist and gastroenterologist who has spent over 20 years studying how food affects the gut microbiome and

metabolism. The research is clear – fiber is important not just for happy bowel movements, but also for your blood sugar, weight and overall health. Carbohydrates without their wrappers

Unfortunately, most Americans get the majority of their carbohydrates stripped of their natural fibers. Modern processed grains like white rice and white flour as well as many ultraprocessed foods like some sugary breakfast cereals, packaged snacks and juices have removed these fibers. They essentially come unwrapped and

without instructions for the body on how much it should absorb and how it should process them. In fact, only 5% of Americans eat the recommended amount of carbohydrates with enough of their natural packaging intact. Guidelines recommend at least 25 to 30 grams of fiber a day from food. It may not be surprising that lack of fiber contributes to diabetes and obesity. What is surprising is that the fiber gap also likely contributes to heart disease, certain types of cancer and may be even Alzheimer's disease.

Healthy Foods That Are High in Iron

Iron is a mineral that serves several important functions, its main one being to carry oxygen throughout your body as a part of red blood cells (1 Trusted Source).

The Daily Value (DV) for iron is 8-18 mg for non-pregnant adults. A deficiency can occur if your intake is too low to replace the amount you lose daily (2 Trusted Source).

Interestingly, the amount of iron your body absorbs is partly based on how much you have stored.

Iron deficiency can cause anemia and lead to symptoms like fatigue. Menstruating women who don't consume iron-rich foods are at a particularly high risk of deficiency. Here are 12 healthy foods that are high in iron.

1. Shellfish

Shellfish is tasty and nutritious. All shellfish is high in iron, but clams, oysters, and mussels are particularly good sources.

For instance, a 3.5-ounce (100-gram) serving of clams may contain up to 3 mg of iron, which is 17% of the DV (3 Trusted Source).

However, the iron content of clams is highly variable, and some types may contain much lower amounts (4 Trusted Source). The iron in shellfish is heme iron, which your body absorbs more easily than the non-heme iron found in plants.

A 3.5-ounce serving of clams also provides 26 grams of protein, 24% of the DV for vitamin C, and a whopping 4,125% of the DV for vitamin B12.

In fact, shellfish are a good source of omega-3 fatty acids which have been shown to

increase the levels of heart-healthy HDL cholesterol (5 Trusted Source).

Although there are legitimate concerns about mercury and toxins in certain types of fish and shellfish, the benefits of consuming seafood far outweigh the risks (6).

The EPA and FDA recommend eating 2 to 3 servings of seafood a week from their "Best Choices" list, which includes such shellfish as clams, oysters, and scallops (7).

2. Spinach

Westend61/Getty Images

Spinach provides many health benefits but very few calories. About 3.5 ounces (100 grams) of raw spinach contain 2.7 mg of iron, or 15% of the DV (8 Trusted Source).

Although this is non-heme iron, which isn't absorbed very well, spinach is also rich in vitamin C. This is important since vitamin C significantly boosts iron absorption (9 Trusted Source). Spinach is also rich in antioxidants called carotenoids, which may reduce your risk of cancer, decrease inflammation, and protect your eyes from disease (10 Trusted Source,

11 Trusted Source, 12 Trusted Source, 13 Trusted Source).

Consuming spinach and other leafy greens with fat helps your body absorb the carotenoids, so make sure to eat a healthy fat like olive oil with your spinach (14 Trusted Source).

3. Liver and other organ meats

Organ meats are extremely nutritious.

Popular types include liver, kidneys, brain, and heart – all of which

are high in iron. For example, a 3.5-ounce (100-gram) serving of beef liver contains 6.5 mg of iron, or 36% of the DV (15 Trusted Source). Organ meats are also high in protein and rich in B vitamins, copper, and selenium. Liver is especially high in vitamin A, providing an impressive 1,049% of the DV per 3.5-ounce serving.

What's more, organ meats are among the best sources of choline, an important nutri-

ent for brain and liver health that many people don't get enough of (16 Trusted Source).

4. Legumes

Legumes are loaded with nutrients.

Some of the most common types of legumes are beans, lentils, chickpeas, peas, and soybeans.

They're a great source of iron, especially for vegetarians. One cup (198 grams) of cooked lentils contains 6.6 mg, which is 37% of the DV (17 Trusted Source).

Beans like black beans, navy beans, and kidney beans can all help easily bump up your iron intake. In fact, a half-cup (86-gram) serving of cooked black beans provides around 1.8 milligrams of iron, or 10% of the DV (18 Trusted Source). What's more, studies have shown that beans and other legumes can reduce inflammation in people with diabetes. Legumes can also decrease heart disease risk for people with metabolic syndrome (19 Trust-

ed Source, 20 Trusted Source, 21 Trusted Source, 22 Trusted Source).

Additionally, legumes may help you lose weight. They're very high in soluble fiber, which can increase feelings of fullness, reduce calorie intake, and promote healthy gut bacteria, which influences weight, inflammation and risk of chronic disease (23 Trusted Source, 24 Trusted Source, 25 Trusted Source).

To maximize iron absorption, consume legumes with foods high in vitamin C, such as tomatoes, greens, or citrus fruits.

5. Red meat

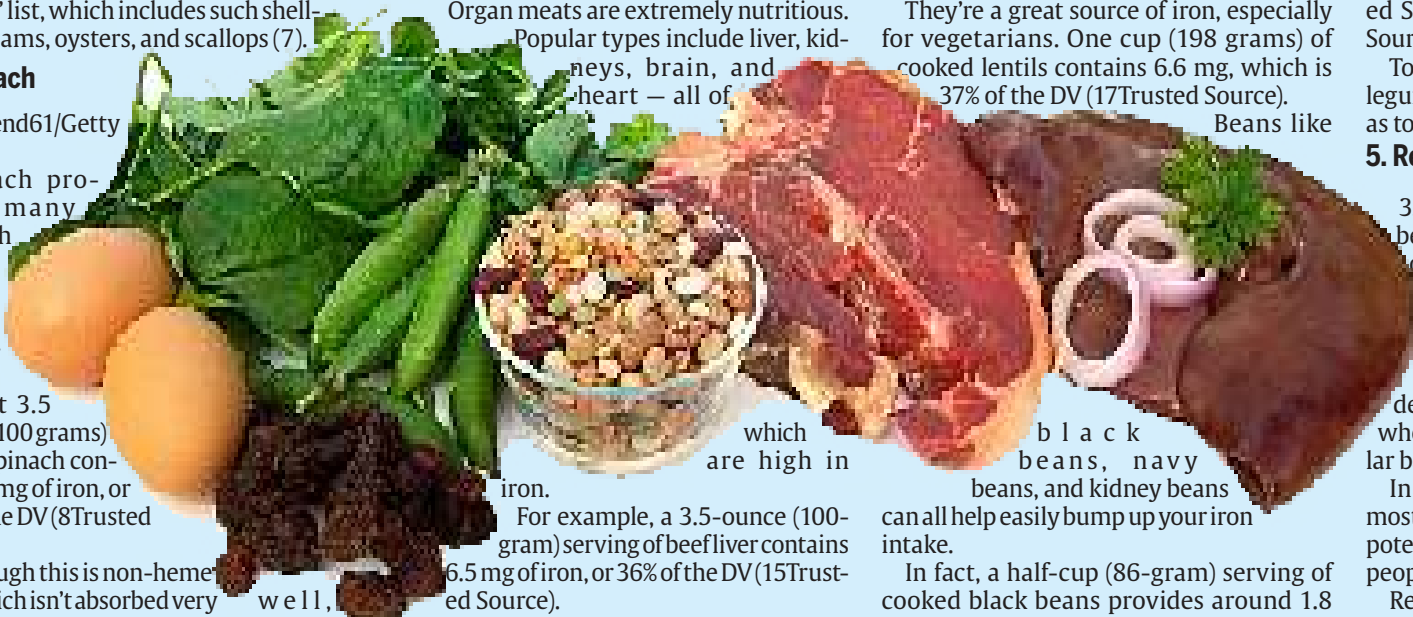
3.5-ounce (100-gram) serving of ground beef contains 2.7 mg of iron, which is 15% of the DV (26 Trusted Source).

Meat is also rich in protein, zinc, selenium, and several B vitamins (27 Trusted Source).

Researchers have suggested that iron deficiency may be less likely in people who eat meat, poultry, and fish on a regular basis (28 Trusted Source).

In fact, red meat is probably the single most easily accessible source of heme iron, potentially making it an important food for people who are prone to anemia.

Research shows females consuming less than 2 ounces of red meat daily were more likely to have inadequate intakes below for zinc, iron, vitamin B12 and potassium and vitamin D intakes than females consuming between 2 and 3 ounces daily (29 Trusted Source).



District Baramulla Handball Championship Concludes

Al Murad Sports Club Kreeri and Khelo india Centre Sopore wins Gold

■ Aashiq Hussain

Baramulla, 14 July(HT) District Baramulla Handball Championship organized by Handball Association Baramulla in collaboration with J&K Sports Council concluded at indoor stadium, baramulla.

Earlier, a large crowd of Handball lovers witnessed the finals in both boys and girls sections. Aishwani Kumar Raina Executive member of Handball association of india (HAI) was the chief guest while as Rajesh Chandan general secretary J&K Handball association was guest of honour. Among others Manager indoor stadium baramulla Showket Ahmad, cricket coach Peer irshad, Khelo india centre coach Mohd Ashraf, students and sports lovers were present on the occasion. Chief guest interacted with the participants and congratulated the Members of baramulla Handball Association for



putting in best efforts to conduct the tournament successfully. The final match in senior boy's section was played between Al

Murad Sports Club Kreeri and Junior Handball Club in which Almurad HC defeated Junior Handball club in a thrilling con-

test. The final match in senior Girls section was played between Khelo india centre Sopore and Baramulla Handball club district in which Khelo india centre defeated the Baramulla handball club by 12-7.

Speaking on the occasion, executive member of handball association of india Aishwani kumar Raina said J&K is rich in sports talent and sportsmen from here have proven their mettle at different national and international championships. He added that proper nurturing by j&k handball will go a long way in promoting the talent at different levels. Around 150 players from different areas of baramulla participated in championship. The matches were officiated by technical panel including Sheikh Nissar, Mushtaq Ahmad, Keisar israr and omer. At last guests distributed medals, trophies and mementos among participants.

YS&S department conducts Trekking Programmes across Kupwara

DC Kupwara flags-off Girls Trekking Groups at Manzhar Hyhama

KUPWARA, JULY 15: The Youth Services & Sports department Kupwara conducted Trekking Programmes at various locations in Kupwara district, in which a large number of girl students, under the age groups of 14 & 17 years, took part with great enthusiasm.

Deputy Commissioner (DC) Kupwara, Ayushi Sudan flagged-off Girls Trekking Groups at Manzhar Hyhama of Kupwara Zone, in presence of DDC Member Hyhama, Haji Sonaullah Khan and District Youth Services & Sports Officer, Zahoor Ahmad Wani.

Speaking at the occasion, the DC appreciated the Youth Services & Sports department for conducting the trekking programme in different zones of the district. She emphasized the role of sports activities and said that physical exercise is paramount to the good health of every person.

She said that the trekking programme held across the district will carry a strong message against drug abuse and impressed upon the student participants to act as ambassadors to



spread the message against the ill effects of narcotic drugs on human lives and the society. Ayushi impressed upon the participants to include any exercise in their daily lives like

Yoga, trekking or any sports activity which will keep them fit and healthy. She asked the participants to take all safety measures during the trekking and wished them all the best.

The Trekking programmes were held across 4 zones of the district including Kupwara, Khumriyal, Sogam and Drugmulla zones.

At Khumriyal, the trekking programme was flagged-off by the Vice Chairman DDC, Haji Farooq Ahmad Mir. DDC Member, Nasir Lone flagged-off the Trekking Programme at Sogam and DDC Member, Advocate Aamina Majeed flagged-off the Trekking Programme at Drugmulla.

Meanwhile, 1355 girl students took part in the trekking programmes held at the identified locations in the district today.

It is worth mentioning here that 5729 students took part in the Trekking Programmes since its commencement on 12th July.

Meanwhile, the participants showed great enthusiasm and complimented the efforts of the Sports Department for such a move.



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