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Price: Rs 02/-

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 loca-

tions 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",

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

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,"

The Jammu Kashmir government recently approved a proposal for Turn.....LAND.....Pg 2

and 02 Sadhvis performed

Among the pilgrims was

a Ukrainian lady who

shared her views about

pilgrimage and appreci-

ated smooth and orga-

nized arrangements

besides praised passionate

support from people.

darshan on Saturday.

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 4/1 (1018-137) Penal Code of the Police Turn.....**EWS**.....Pg 2 (fraud), and 471 (forgery) of the Ranbir

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

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

SRINAGAR, JULY 15: With 21401 Shri Amarnathji pilgrims having darshan today, the total count of yatries 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.



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



15510 males, 5034 females. 617 Children, 238 Sadhus

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

■ HT News Network

Kolkatta, Jul 15: The I&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 Commission 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 I&K stall and praised the natural beauty

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

No more favouritism in participation of artisans/ weavers in exhibitions

J&K government orders process to be merit based; No artisan to participate in more than 2 fairs in a year

HT News Network

Srinagar, Jul 15: In a significant move to ensure transparency in participation of artisans in exhibitions, the administration of Jammu & Kashmir Union Territory has ordered that no artisan/weaver shall participate in more than two fairs in a single year.

As per news agency—Kashmir News Observer, the Department of industries & Commerce has unveiled a slew of measures to ensure fairness in participation of artisans/ weavers of Jammu & Kashmir in exhibitions/fairs within and outside the Union Territory.

According to a circular issued by the Department of industries and Commerce, a copy of which is in possession of KNO, the government has ordered that the selection of participants in fairs/ exhibi-



tions must be merit based after $due\, diligence\, by\, the\, authorities$ of Handicrafts and Handloom Department, Handicrafts and Handloom Corporation and I&K Khadi Village & Industries Board (KVIB).

These processes shall be fair, transparent and beneficial to all registered/recognized artisans/weavers/cooperatives/ self-help groups (SHGs), the circular states. "To further democratize the process of participation, it shall be ensured that no

Turn.....ARTISANS.....Pg 2

Around 8 lakh unemployed youth registered: Labour & **Employment Dept**

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

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 Àsad Saturday undertook an extensive visit of various Shia populated areas of City and Imambargahs 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, Zahoor 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 Bandipra, 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

CONTINUE FROM FRONT PAGE......

LE HEADLINES

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", the Lt Governor said. Reiterating the commitment of the J&K administration to work for socioeconomic empowerment of all, the Lt Governor said, the marginalized section of society have first right on government's resources."Vision of Sabka Sath, Sabka Vikas has brought transformation in the lives of underprivileged. We are working on holistic and scalable strategy to harness tremendous creative power of a large population", the Lt Governor said. He said, Land to landless and a Pakka House under PMAY will unleash the full potential of thousands of families and will meet their basic needs."Government wants to see the last person in the queue get a sense of empowerment and I want to assure these families that a promising future awaits you", the Lt Governor said. Paying tributes to the "Lion of Baramulla", Maqbool Sherwani, the Lt Governor called upon all the sections of society to make their significant contribution in the next 25 year journey of new and aspirational J&K towards Viksit Jammu Kashmir."Cronyism, unethical nexus which had thrived in J&K for 70 years are being dismantled systematically. It has triggered panic among certain influential people and many having vested interests are trying to disrupt J&K growth but stringent action against corrupts will continue," the Lt Governor said.

DC SRINAGAR

Syed Ahmad Kataria, SP Headquarter, Arif Amin, besides, Joint Commissioner, SMC, Chief Medical Officer, Superintending Engineers, Executive Engineers of R&B, PDD, PHE, SDM, East, SDM West, Tehsildars of Eidgah, Khanyar and North, ARTO and other senior officers from Police and Civil Administration.

On the occasion, the Deputy Commissioner passed several onspot directions to the line Departments and stressed on elaborate arrangements and sustained efforts facilitating the observance of important proceedings especially on the 9th and 10th of Muharram. The DC also stressed on conducting Department wise audit of the essential services on the occasion of the Holy month.

At Zadibal Imambara, the DC held a detailed interaction with the local Shia leaders and public representatives to have first-hand feedback of the arrangements to be put in place during the Holy Month of Muharram-ul-Haram.

On the occasion, the Chief Medical Officer and officers of the Health Department were asked to keep first aid facilities, Medical teams and Ambulances available in the areas and also accompany the processions to ensure immediate first aid/ medical treatment.

Similarly, the DC asked the SMC and allied Departments to repair all dysfunctional Street lights including High Mass lights around Imambaras and make them functional well before the important days of Muharram. He also stressed on ensuring cleanliness of lanes and drains inside the compounds of Imambaras, Shrines and roads enroute Procession routes. He also asked them to enhance manpower for ensuring proper cleanliness during the Muharram days.

The DC also asked the concerned Departments to take immediate measures for cleanliness and desilting of drains in Zadibal, Alamgari Bazar, Madain Sahib Hawal and other routes leading to Imambaras and through which Muharram processions will pass so that people do not face any difficulty.

Similarly, in order to ensure uninterrupted electricity and water supplies particularly in Shia populated areas, the DC passed on spot directions to concerned Officers for making all arrangements. He also asked Executive Engineer PHE to keep provision of water tanker supply wherever required.

The Traffic authorities were also impressed upon ensuring smooth movement of traffic enroute to the Muharrum processions particularly on 7, 9 and 10th of Muharram. They were also asked to maintain proper coordination with the Police Department.

The DC also enjoined upon the officers to keep proper vigil on prices of essential commodities and conduct intensified market checking to avoid profiteering and

At Hasanabad Imambara, the DC holds a meeting with the concerned leaders of the Community and took stock of the similar arrangements and asked officers to complete all arrangements well before the start of the Holy month. He also asked the LCMA authorities to take up immediate work for the levelling of Auqaf Bagh besides other clean-

Meanwhile, the DC also visited the Shrine of Mir Shamsud-din Muhammad Araqi at Zadibal to oversee the arrangements being made for the smooth observance of Muharram.

During the series of meetings, the DC was presented detailed charter of demands which was listened by him patiently and necessary instructions were given to all the concerned Departments to fulfil them well before the commencement of Muharram

Later, the Deputy Commissioner undertook a comprehensive visit to Mir Behri Dal, the interiors of densely populated Shia areas.

On the occasion, the DC met scores of people of the Shia community and assured them that adequate arrangements shall be made available on the eve of the month of Muharram ul Haram.

EWS

Station Economic Offences Wing, Srinagar.

A spokesman of the Crime Branch said Crime Branch Kashmir's EWS, Srinagar, received a complaint alleging that one Bajard had managed to secure a Government job as a junior lineman in Electric Maintenance Division Kupwara on the basis of fake and forged certificates and documents.

Accordingly, an instant case was registered in P/S EOW, Srinagar, in 2022, and an investigation started.

During the investigation, it has been established that the accused, Qaisar-ud-Din Bajard, availed himself of all the benefits of a Government employee after having been appointed on the basis of fake and forged certificates of 8th Class. The aforesaid acts on the part of the accused individual have established cheating, fraud, and forgery (offences punishable under 420, 468, and 471 RPC)," the spokesman said.

The investigation of the case was concluded as proved against said accused individual, and the charge-report of the instant case has been produced before the court for judicial examination.

both Residents of Batmaloo arrested for assaulting media person & disturbing peace. They were in inebriated condition. FIR No 29/2023 U/S 323, 341,506 IPC in Khanyar PS." Srinagar Police tweetedtaken up.

ADGP

deployment of forces on the ground and instructed them for better coordination and joint efforts to achieve incident free and smooth Yatra.

During the visit, Vijay Kumar and the accompanying officers also observed a mock drill to evaluate the preparedness and coordination of the security personnel in dealing with any unforeseen circumstances including $militant\, threats\, that\, may\, arise\, during\, the\, pilgrimage. The$ drill focused on rapid response, crowd management, and evacuation procedures.

ADGP physically checked function of JPCR and Drone management Centre. Later on, all officers visited to several naka points and interacted with jawans and officers deployed on the ground. Beside ADGP instructed SSP Anantnag to take action against OGWs and conduct regular CASO along with SFs in vulnerable areas of yatra

 $ADGP\,Kashmir\,also\,appreciated\,the\,efforts\,of\,stake hold$ ers involved in the pilgrimage arrangements including the representatives from organizations responsible for infrastructure maintenance, medical services, and other essential support systems—(KNO)

ARTISAN/WEAVER

artisan/weaver participates in more than two events/ fairs/expos (national or international) in a single year. This condition shall not apply to the national/ UT awardees,"

According to the circular, the Department of Handicrafts and Handloom Jammu/ Kashmir shall ensure participation of artisans/ weavers as per the provision of J&K Handicraft and Handloom Policy-2020. "The department Handicraft and Handloom shall not only facilitate in providence of stalls to the artisans/weavers/cooperatives but shall also reimburse the travel expenses and freight charges to such participants as per provisions in Handicrafts and Handloom Policy," the document further states—(KNO)

STALL

and scenic spots of Jammu & Kashmir.

Representatives and leaders of travel fraternities of Eastern India including West Bengal besides travel writers and bloggers also visited the stall and exhibited keen interest in the emerging tourism scenario in Jammu &

The three day fair brings together industry leaders, top media professionals and the entire travel industry from the Eastern part of the country particularly West Bengal and beyond. Around 400 exhibitors from the entire country and many foreign exhibitors from Thailand, South Africa are participating in the leading platform to connect, network and do business. Among the exhibitors include tourist organisations, State/UT government tourism departments, tour operators, travel agents, hotels, resorts, adventure tourism operators, airlines, car rentals, railways, coach operators and others.

A large contingent of tour operators and hoteliers from J&K are also attending the fair for which adequate arrangements were made by the J&K Tourism Department.

CEO, Bani Basohli Development Authority, Dr. Des Raj Bhagat; Deputy Director Tourism Kashmir, Ahsanul Haq Chishti; Assistant Director Tourism, Gulmarg, Javed Ahmad and Assistant Director Tourism, Batote, Arif Ahmad Lone are representing the J&K Government at the fair. The officers briefed the visitors about tourism scenario and the availability of new tourist choices and products across I&K, particularly the new 75 destinations and adventure tourism activities launched by the department—(KNO)

GMC

Dr Tali has won numerous awards such as the National Research Talent Award (1997), the Creative Writing Award from the Help Foundation and the Rajiv Gandhi Foundation (2006), the EET-CRS Young Faculty Award (2017), the First Place Award for Paper Presentation at the 7th Arab Neonatal Care Conference in Dubai (2017), the Emerging Professional of India Award (2022), the Best Young Researcher Award (2022), the Global Icon Award (2023), the Appreciation Award from WHO state branch (2022), Best book award 2023 and the APJ Abdul Kalam Inspirational Award 2023.

Distinguished national and international academics attended the award ceremony.

"It is an honour to receive this prestigious award. More than achievements, it is a recognition of my hardwork and determination for a noble cause," Dr. Tali said in thanks for the recognition—(KNO)

they organised a job fair in which companies of both local and national repute participated for manpower requirements.

The entire process of the job fair is on the digital lines for both job seekers and providers, she said, adding that they are going to take more measures in the future.

Earlier, Director Employment, Nisar Ahmad Wani told KNO that they were providing a single platform to both

f jo<mark>b se</mark>ekers and providers.

For the job fair event, around 10,000 youth registered, he said, adding that the other line government departments have also made their participation to showcase their schemes for the unemployed.

As per a government spokesperson, 205 companies, including 25 of the national repute with more than 7000 vacancies, participated in the event—(KNO)

GURAZ

Court Complex at Gurez marks a significant step forward in enhancing access to justice for the people of the region. With the latest facilities and a dedicated team of legal professionals, the complex is expected to expedite the legal processes, reduce case backlogs, and provide timely justice to those in need, he said.

Justice N. Kotiswar Singh expressed his gratitude to district administration Bandipora, judiciary, and all stakeholders involved in making Court Complex at Gurez a reality. He emphasized that this infrastructure development is a testament to commitment to strengthening the justice delivery system and ensuring swift and fair resolution of disputes.

Justice Moksha Khajuria Kazmi, in her address on the occasion said that Judiciary has always ensured justice to remote areas of the country and the visit of Chief Justice to Gurez for the inauguration of new court complex is one such example. She said that new court complex at Gurez will ensure delivery of justice to people of the sub division.

Principal and District Sessions Judge while speaking on the occasion, informed that newly constructed Court Complex boasts state-of-the-art facilities, including modern courtrooms equipped with advanced technology to streamline proceedings. He added that the complex also houses administrative offices, conference rooms, and a dedicated space for alternative dispute resolution mechanisms, providing a comprehensive framework to cater to the diverse needs of the legal community and the public.

LAND

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 allotment of 5 marla land each to landless families for construction of houses under the PMAY. Atleast two former chief minister of erstwhile state raised their concerns over the policy and categorisation of the landless people. Hitting out at those who have been criticizing the J&K government decision to provide land to landless, the LG asked them to stop misleading people.

"They are the people who grabbed state land and constructed huge houses not with their own money. I don't want to go into where they got money to construct huge palaces," the LG said. "Cronyism, unethical nexus which had thrived in J&K for 70 years are being dismantled systematically. It has triggered panic among certain influential people and many having vested interests are trying to disrupt J&K growth but stringent action against corrupts will continue," the Lt Governor said.

KULGAM

Batpora Nowbal area of Qaimoh in South Kashmir's

An official told the news agency—Kashmir News Observer (KNO) that Mohsin Ahmad Bhat son of Abdul Ahad Bhat of Batpora Nowbal received an electric shock last evening when he was repairing some gadget at his home.

He said soon after the incident the boy was rushed to a nearby hospital where he was declared dead on arrival—

Baramulla Girl becomes India's youngest female pilot at the age of 15 in 201

DR. AB QAYOOM



Baramulla, Jul, 15: Ayesha Aziz, the 27 -year-old belongs to North Kashmir's Baramulla district, who is the youngest female pilot in the country acts as a source of inspiration and a beacon of empowerment for numerous Kashmiri women. In the year 2011, Aziz became the youngest student pilot to get a license at the age of 15 and underwent training to fly a MIG-29 jet at Russia's Sokol airbase the following year. She later graduated in aviation from the Bombay Flying Club (BFC) and obtained a commercial license in 2017. While speaking to HEADLINES TODAY, Aziz said that she believed that Kashmiri women had progressed immensely in the last few years and have done exceptionally well in the field of education. "I chose this field because I have loved travelling from a very young age and was very fascinated by flying. One gets to meet so many people. This is why I wanted to be a pilot. It is quite challenging because this is not like a normal 9-5 desk job. There is no fixed pattern and I have to constantly be ready to face new places, different types of weather and meet new people," she told In this profession, one's mental state should be very strong because you'll be carrying 200 passengers and it is a great responsibility," she added. She also expressed gratitude towards her parents, who have supported her and enabled her to achieve her dreams." I am very lucky that I have parents who have supported me in everything. Without them, I would not have been able to get to where I am today. I am constantly looking for growth, on a professional and personal level. My father is my greatest role model,"

All Jammu and Kashmir Shia Association(AJKSA) Holds Inspiring **Meeting at Darul Jawad (Qamarwari)**

"Leaders emphasize the lessons of sacrifice, urge community to help the needy, and announce upcoming flag-changing ceremony at Imam Bargah Zadibal".

Surkhab Zehra



Srinagar, 15th July 2023 In a remarkable display of unity and commitment, the All Jammu and Kashmir Shia Association today convened a meeting at Darul Jawaad (Qamarwari), drawing prominent figures such as President Molvi Imran Raza Ansari and General Secretary Abid Hussain Ansari. The gathering centered around commemorating the sacrifice of Imam Hussain (AS) and emphasizing the importance of helping those in need. Molvi Imran Raza Ansari, in his address, shed light on the profound lessons to be learned from Imam Hussain's (AS) sacrifice, urging people to extend a helping hand to the less fortunate. The meeting concluded with the announcement of an upcoming flag-changing ceremony at the revered Imam Bargah Zadibal.

Molvi Imran Raza Ansari, the President of the All Jammu and Kashmir Shia Association, passionately emphasized the timeless significance of Imam Hussain's (AS) sacrifice during the meeting. Ansari encouraged attendees to draw inspiration from Imam Hussain's (AS) selflessness and use it as a guiding light in their lives. Stressing the importance of compassion and empathy, he called upon the community to actively engage in helping those in need, creating a society rooted in solidarity and support for one another.

Adding to the discourse, General Secretary Abid Hussain Ansari echoed the sentiments expressed by Molvi Imran Raza Ansari. Abid Hussain Ansari passionately spoke about the sacrifice of Imam Hussain (AS) in Karbala, highlighting the enduring message of unity that resonates with people from all walks of life. He emphasized the need for the community to come together, setting aside differences and focusing on common goals for the betterment of

Moreover, the meeting witnessed the formation of committees in Srinagar, aimed at tackling pressing local issues. Several dedicated volunteers were selected to work on resolving traffic congestion and improving sanitation in the city. By actively involving themselves in these endeavors, the All Jammu and Kashmir Shia Association aims to contribute to the overall well-being and development of the region, fostering a harmonious and thriving community.

The meeting concluded with a renewed sense of purpose and commitment among the attendees, as they left with the profound understanding of the need to learn from Imam Hussain's sacrifice and extend a helping hand to the needy. With the upcoming flag-changing ceremony at Imam Bargah Zadibal, the All Jammu and Kashmir Shia Association continues to inspire and lead by example, fostering unity and progress within the community and beyond.

DC Kupwara inaugurates Cash Recycle Machine (CRM)in main market Handwara.

DR. AB QAYOOM



Handwara, Jul, 15: (HT): Deputy Commissioner Kupwara Auyshi Sudan (IAS)inaugurated the first Cash Recycle Machine (CRM) of Jammu and Kashmir Bank in presence of Cluster Head (Kupwara), Shadab Mehboob, Branch Manager Handwara Main, Masood Ahmad &other bank officialsADC Handwara Nazir Ahmad Mir, Tehsildar Handwara, Traders president Ajaz Ah Sofi, Municipal committee deputy chairman Bashir Ahmad and senior officers from sub district administration were also present on the occasion. The machine will provide a facility of cash deposit and withdrawal facilities to the people visiting the Main JK Bank of sub district While talking to HEADLINES TODAY, the Deputy Commissioner thanked the J&K Bank authorities and called it a New precious gift for the people especially trader's of Handwara as the facility will benefit locals immensely. SHe also asked the jk bank authorities to explore the possibility of installing more CRM in other parts of the Sub $district\,like\,Langate, Mawar, Rajawar, Magam, Kralgund$ and Pharou .She said that the machine will specifically benefit the traders and businessmen community as well as the local population by saving their valuable time and

Secy Tourism conducts extensive tour of Kulgam district, reviews developmental scenario

Also assesses progress of District Good Governance Index, interacts with PRI representatives

■ Farooq Rather

KULGAM, JULY 15: Secretary, Tourism and Culture, Dr. Syed Abid Rashid Shah today conducted day long extensive tour of Kulgam district and took stock of developmental scenario of the district.

During his visit, the Secretary, who is also Incharge Administrative Secretary of the district, inspected ongoing construction works at various developmental projects being executed in the district. He inspected Chambagund bridge, flood protection bund at Aadigatnoo and also assessed progress of works on Indoor Stadium, here.

Dr. Abid also visited Drug De-Addiction centre Kulgam and reviewed its functioning. He interacted with the patients and staff and took stock of availability of facilities at the centre.

The Secretary, later visited Civil Services Library here and interacted with the aspirants. He urged them to prepare for exams with dedication and asked them to utilise the resources at library effectively.

Deputy Commissioner Kulgam, Dr. Bilal Mohiud Din Bhat and other senior officers of district administration accompanied the Secretary during the visit.

During the tour, Dr. Abid also flagged off a group of trekkers from Resthouse Chawalgam to Kounsarnag for tracking expedition.

Later on, the Secretary chaired a meeting of officers and took detailed review of progress made under various schemes and programmes of the government in

The meeting was attended by Deputy Commissioner, Kulgam, Dr. Bilal Mohiud Din Bhat; ADDC, Showkat Ahmad Rath-



cial achievements under District Capex, During the meeting, Deputy Commis-PRI Grants, CSS, PMDP, among others.

While reviewing the functioning of of government programmes meant for Heath sector, the new was apprised about the urgency of creation of posts for Dis-trict Hospital for better health care service. The made was also informed about the requirement of creation of posts for Maternity and Child care Hospital to make it functional at an earliest.

The meeting was also apprised about the status of major projects under execuch includes officers residential BHostel Kulgam, PRI quarters, Qaimoo and

neeting, the Secretary verse range of serfrom the district, sectoral office d enquired about interventions bei made in the district of public. Dr. Abid for larger intere icers to give their best and ensure proper implementation the welfare of people.

Taking assessment of the progress on various parameters of District Good Governance Index, the Secretary emphasized upon making improvements on various development parameters of the index. Dr. Abid called upon the officers for strengthening the grievance redressal mechanism besides ensuring timely completion of works under ambitious JJM, CSS works, Aspirational Blocks and Panchayats, among others.

In the meanwhile, the Secretary also held an interaction with PRI representatives and took stock of their issues and demands. While interacting with them, Dr. Abid highlighted the role of PRIs in development and proper implementation of various government schemes. He assured them that all of their genuine issues will be resolved on priority.

Preparations to commemorate Kargil Vijay Diwas reviewed at S.P College

HT News Network

SRINAGAR, JULY 15: Major General Pawan Bir Singh Lamba, GOC 31 Sub Area today visited S. P. College, here to review the preparations being made to commemorate the Kargil Vijay Diwas.

He congratulated the Principal SP College for getting accredited with Grade A+ by NAAC. During his interaction with Prof. (Dr.) Ghulam Jeelani Qureshi, Principal of the college, the GOC emphasized on measures being taken by the Indian Army to reach out to the youngsters especially the student community.

Apart from organizing a number of lectures by eminent people, he also expressed his interest to initiate on campus counseling sessions for students regarding Combined Defense Services (CDS) and NDA (National Defense Academy) examinations.

Principal of the college appreciated the efforts of Indian Army jawans in ensuring safety and security of our nation. The college administration looks forward to collaborating with the nearby units for the betterment of the nation.

SWD organises Awareness Camp under NMBA at

Bohrihallan, Shopia Bohrihallan High School During the exmade aware about the various effects the possible solutions to overcome the menac numbers were also made public. The repartments threw light on can be possibly obtained dicate this menace from the ives, especially of younger generation. officials of Social Welfare Department participated in the

event. They also said that it is the collective responsibility of all of us to fight against drugs which has ruined the precious lives, especially of younger generations.

PUBLIC NOTICE

have lost my 8Th pass certificate. Now i am applying for its duplicate if anybody have any objection in this regard He/She may contact Concerned authorities within seven days from the publication of this notice after that no objection will be entertained.

> **FAISAL SHAFI BHAT** S/O MOHD SHAFI BHAT **R/O DOLIPORA KAWACHECK**

NOTICE

Information to the general public for inviting objections (if any) regarding the change in the Name and style M/S MANZOOR AHMAD LOLO TO M/S LULU ENTERPRISES & change in the Line of Activity from FABRICATION OF ALMUNIUM ITEMS TO MANUFACTURING OF FURNISHING ITEMS (CURTAINS, CUSHIONS, QUILTS, PULLOWS PILLOW COVERS ETC). The objection is raised if any shall be communicated to the office of GM DIC ANANTNAG, J&k within week's time positively, after that no objection will be entertained.

> M/S MANZOOR AHMAD LOLO **LOCATION: I/E VESSU ANANTNAG** Mob: 9419092576/7889626193

32 job offer letters given to candidates steps would be taken for reducing unemploy-■ HT News Network

Rehana Batul inaugurates Mega Job Fair at Srinagar

SRINAGAR, JULY 15: Secretary, Labour & Employment, Rehana Batul today inaugurated day long Mega Job Fair at Kashmir Haat,

The Job Fair was organised by Directorate of Employment in collaboration with Desh Bhagat University Punjab and witnessed an overwhelming response from the job seekers as than 11000 job seekers who had registered online, participated in the event.

Chancellor Desh Bhagat University, Dr Zora Singh; Director Employment, Nisar Ahmad Wani; Joint Director Employment Jammu, Sheeba Inayat; Deputy Director DE&CC Srinagar, Manesh Manhas; senior officers of the department, representatives from Kashmir Chamber of commerce and industries, tourism sector, adventure tourism, travel and tour association of Kashmir, Private School association of Kashmir, President Khanmoh Indus-

Summit 2023, set to take place

on July 17th and 18th at JKEDI's

premises in Sempora, Pamp-

The summit aims to show-

case the entrepreneurial tal-

ent of the region and promote

the growth and development

of startups in Jammu and

The event will provide a

DC Kupwara visits

Handwara, inspects

several devlopment

KUPWARA, JULY 15: In order to take on-site review

of pace of work on different developement projects,

the Deputy Commisioner Kupwara, Ayushi Sudan(

IAS), visited Handwara on Saturday. On reaching

Handwara, the Deputy Commisioner visited under-

construction buildings of Girls and Boys hostels of

Government Medical Handwara and checked the

pace of work of both the Hostel buildings.DC direct-

ed the executing agency to speed up the pace of the

work on both the buildings and increase the working

hours so that buildings are completed well in time.C

was accompanied by ACD Kupwara, Hilal Ahmad Mir,

Nodal officer GMC, Dr. Ijaz Ahmad, Tehsildar Handwara

and other concerned officers.

unique opportunity for visi-

projects

of job seekers

uding 25 Nationhan 7000 vacancies participated in the event, besides all government departments implementing self employment schemes were also present in the event for creating awareness about various

schemes Speaking on the occasion, Rehana Batul emphasized on holding more such events and creation of every possible job opportunity by way of self employment schemes and capacity building measures so that more and more

job opportunities are available for the youth. During the fair, the Secretary took round of stalls of employers and interacted with the representatives of various companies and industries.

During interaction the representative of associations highlighted that skill training is required for accommodating more and more candidates in different industrial sectors. The Secretary assured them that all the necessary

ment rate in J&K, adding that department has already started process of skill development trainings in different sectors as per market

Chancellor Desh Bhagat University, Dr Zora Singh who also spoke on the occasion said that the youth of Jammu and Kashmir are very talented and have proved their mettle in rest of the country and other parts of the world. He said that Desh Bhagat University will go extra mile in hand holding and counselling of youth from the Union Territory so that the youth earn a respectable livelihood. He said that the purpose of today's job fair is to bridge the gap between job providers of different $sectors\, and\, unemployed\, youth\, from\, the\, Union$ Territory and they are happy to see thousands of youth participating in the job fair.

Singh also maintained that it is their endeavour to provide all the assistance and support to the youth of J & K so that they are able to earn their livelihood respectably

Speaking on the occasion, Director Employment said that this platform is aimed to bridge gap between job seekers and employers, providing an opportunity for aspiring individuals to secure gainful employment.

cating lineup awaits at JKEDI's Startup **Leadership Summit 2023: Director, JKEDI**



tors to explore a wide range of innovative products created by local entrepreneurs. From traditional craftsmanship to modern technologydriven solutions, attendees can expect to witness the ingenuity and creativity of Jammu and Kashmir's startup ecosystem.

Among the showcased

products, the innova types fron and captiv Kashmir E Harud Fabrics Republic, Musa Ki ier Koer by Soap Com

tech, Kashur Kraft, Shak Ltd Company, Valley Apiaries, Devri Stones, Hyacinth Food Products, Al Karim Souq, Khen Khoardan, and many more. In addition to the product

displays and sales, the Startup Leadership Summit 2023 will feature captivating cultural programs.

Projects in district he district under [] I, and 30 During the visit, the DC

inspected various Water Supply Schemes in the district including WSS Gangoo, Ratnipora, Inder, Sethergund, Tenghar, Chandgam, Naina and Kharpora, and sought detailed assessment of the status and working of these

nderJJM others are at different phases of execution.

DC Pulwama in spects JJM

The DC visited Gangoo, Ratnipora, Inder and Sethar Gund where WSSs have been taken up under JJM and are being constructed at the cost of Rs 398.19 lakh, 665.00 lakhs, 602.72 lakhs and

771.80 Lakhs respectively and will benefit 14 villages. Similarly, the WSSs at Tenghar, ChandGam, NC Naina and Kharpora will benefit 8 villages and are being executed at an estimated cost of 499.74 lakhs, 353.00 lakhs, 510.77 lakhs and 311.59 lakhs respectivelyDr Basharat said that JJM has been launched with an aim to provide potable drinking water facility to every household under the slogan "Har Ghar Nal Se Jal" and it becomes the prime concern of all stakeholders to work with dedication towards

achieving this goal.

DLSA Srinagar hosts collaborative program at Ahat-e-Waqar, Chanpora

HT News Network

SRINAGAR, JULY 15: The District Legal Services Authority (DLSA) Srinagar, in collaboration with the Department of Social Welfare and Department of Health Services Saturday organized a magnificent program at the Day Care Center for Senior Citizens, "Ahat-e-Waqar" Chanpora, Srinagar.

The program that was organized under the guidance of Chairman DLSA Srinagar, Jawad



Ahmad showcased the power of collaboration in enhancing the quality of living for senior citizens, fostering a sense of community, and celebrating the

contributions of one of Kashmir's most beloved poets, Zareef Ahmad Zareef.

The event was graced by the

presence of renowned Kashmiri poet Zareef Ahmad Zareef, who participated as the Chief Guest and launched his latest book titled "Bouzie Na Kaensi Zaeree". Zareef's presence added a touch of elegance and literary richness to the program, captivating the audience with his profound words and poetic expressions.

Jahangir Ahmad Bakshi highlighted the role of DLSA and emphasised upon the commitment of DLSA in addressing the needs of senior citizens.



EDITORIAL

Towards Empowering Youth through **Versatile Facilities**

he 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.

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



By Asra Firdose

'n 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 climateresilient 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



 $levels\,of\,iron, zinc, and\,vitamin\,A, offering$ mproved 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 seedrelated 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 multistakeholder 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 asrafirdose11@gmail.com

The shape of your ear can reveal your hidden personality traits



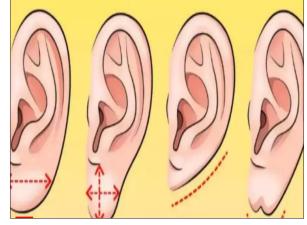
Vijay Garg

ersonality test: The shape of your ear can reveal our hidden personality traits The internet is filled with various personal-

ity 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-theflow 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

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

Vijay GarG Retired Principal Educational Columnist

The Essential Role of Coaching Centers in Education



Aubaid Ahmad Akhoon akhoon.aubaid@gmail.com

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' $a cademic \, success. \, By \, acknowledging \, the \, positive \, aspects$ 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 Akhoon 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, are putable institute renowned for its coaching classes in the medical/JEE/Foundation Classes. Follow author on insta Id UBI9305.

HT - KASHMIR®

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 machinary.

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 emphasized the need for better 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

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 augement 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 Anesthesist and one Gyneacologist shall be deployed there on rotation



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 Samriddhi', 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 acknowl-

edged 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-I/563-565 dated: 17-06-2023 (ii) Est/AEE-1/570-572 dated: 23-06-2023 (iii) Est/AEE-I/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 takeup 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: <u>xenmhchdk@yahoo.in</u>)

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 DATED14-07-2023

For and on behalf of theLt. Governor, Union Territory of J&Ke-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 Farooq Ahmad 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 Onl
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 Onl
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 Onl
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 Onl
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 Onl
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 Onl
9.	Construction of Lane from Wani Restaurant to H/o Yaar 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 Onl

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	То	20-07-2023	(05:00PM)
5	Date and time of opening of bid (online)		21-07-2023	(11:00AM)
,		In the office of Executive Engineer PWD(R&B) Division Khanabal.		

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 L1 as non-responsive and case for debarring of the Contractor be forwarded to Higher Authorities for a period of 01 Year.

of 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

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

(ErRubeena Kousar) **Executive Engineer,** Date: Jul 15 2023 **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

READLINES PUBLICATION

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 oppor $tunities\, presented\, to\, them.\, YJKPC\, President$ 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 com $mitment to \, empowering \, the \, youth \, through \,$ 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 NetworkSummer 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

"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

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, agarbathis 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

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 meet-

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 PMG-SY 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 pres-

ent 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 quar-

ter 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 distribution, 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 15thJuly, 2023. The delegates and participants, which included various officials from line departments as well as Subject Matter Specialists from various KVKs 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 con-

text 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 Roatary 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 Roatary 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.

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.



NEWS

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



he 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 maltreat-

ment, 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."

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.

ating 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

enced by factors other than dairy fat, our disease. 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 individual when measured from their adisenior author of the paper, said in a state-

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



The biomarker 15:0 is present in dairy products and has been shown to be a reliable indicator of dairy consumption by an told Healthline. pose tissue or serum (the liquid portion of blood), explains Caroline West Passerrello, 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] marker level in a person's blood at one point smoking, physical activity, overall dietary out something else for dairy.

"While the findings may be partly influ- in time and their risk of cardiovascular 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." Passerrello

Dairy is different for everyone

Consumption of foods high in dairy such MS, a registered dietitian nutritionist and 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 Passerrello.

In some cases, she explained, dairy can just be added to the diet, and in other cas-There was a correlation with the biorisk factors over time didn't play a role (i.e., es, the recommendation may be swapping

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

"Some good news for someone who doesn't consume dairy is that the study uses a biomarker for dairy," said Passerrello. "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

Hemp,Oat,Almond,Soy,Rice Coconut

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

The American Heart Association offers adviceTrusted Source on leading a hearthealthy lifestyle with tips on reducing risk factors of cardiovascular disease such as stress, tobacco smoking, and a sedentary

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

◄ 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 carbonyurates 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

Tiber might just be the key 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 maybe even Alzheimer's disease.

Healthy Foods That Are High in Iron

ron is a mineral that serves several increase the levels of heart-healthy HDL 11Trusted Source, 12Trusted Source, 13Trust- ent for brain and liver health that many important functions, its main one being to carry oxygen throughout your body as a part of red blood cells (1Trusted 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 (2Trusted 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

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 (3Trusted Source).

However, the iron content of clams is highly variable, and some types may contain much lower amounts (4Trusted Source).

The iron in shellfish is heme iron, which your body absorbs more easily than the nonheme 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 vita-

In fact, shellfish are a good source of omega-3 fatty acids which have been shown to cholesterol (5Trusted 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 verv few calories.

About 3.5 ounces (100 grams) of raw spinach contain 2.7 mg of iron, or 15% of the DV (8Trusted 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 (9Trusted Source).

Spinach is also rich in antioxidants called carotenoids, which may reduce your risk of cancer, decrease inflammation, and protect your eyes from disease (10Trusted Source, ed 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 (14Trusted Source).

3. Liver and other organ meats

Organ meats are extremely nutritious. Popular types include liver, kid-

eys, brain, and

For example, a 3.5-ounce (100-

gram) serving of beef liver contains

6.5 mg of iron, or 36% of the DV (15Trust-

Organ meats are also high in protein and

Liver is especially high in vitamin A, pro-

What's more, organ meats are among the

viding an impressive 1,049% of the DV per

best sources of choline, an important nutri-

rich in B vitamins, copper, and selenium.

ed Source).

3.5-ounce serving.

are high in

black

people don't get enough of (16Trusted Source).

Legumes are loaded with nutrients.

Some of the most common types of

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 (17Trusted Source).

Beans like

legumes are beans, lentils, chickpeas, peas,

4. Legumes

and soybeans.

beans, navy beans, and kidney beans can all help easily bump up your iron

In fact, a half-cup (86-gram) serving of cooked black beans provides around 1.8 milligrams of iron, or 10% of the DV (18Trusted 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 (19Trusted Source, 20Trusted Source, 21Trusted

Source, 22Trusted 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 (23Trusted Source, 24Trusted Source, 25Trusted

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 peef contains 2.7 mg of iron, which is 15% of the DV (26Trusted Source).

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

Researchers have suggested that iron deficiency may be less likely in people who eat meat, poultry, and fish on a regu-

lar basis (28Trusted 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 (29Trusted Source).



District Baramulla Handball **Championship Concludes**

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

Aashig Hussain

READLINES PROGRAMMENT TO THE PRO

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

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 [&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, studnts and sports lovers were present on the occasion.Chief guest intaacted with the participants and congratulated the Members of baramulla Handball Association for



@HEADLINESTODA17

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 include any exercise in their daily lives like the Sports Department for such a move.



spread the message against the ill effects of narcotic drugs on human lives and the society. Ayushi impressed upon the participants to

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 Drug-

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

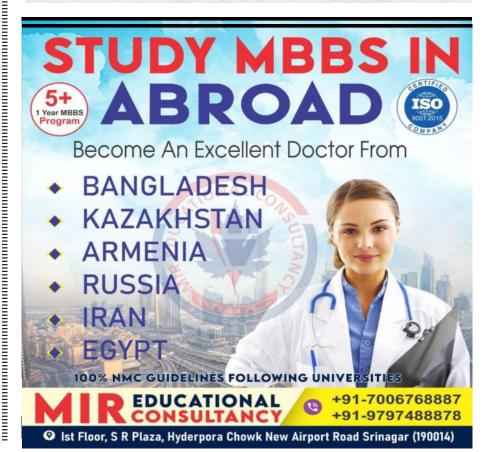
It is worth mentioning here that 5729 students took part in the Trekking Programmes since its commencement on 12th July.

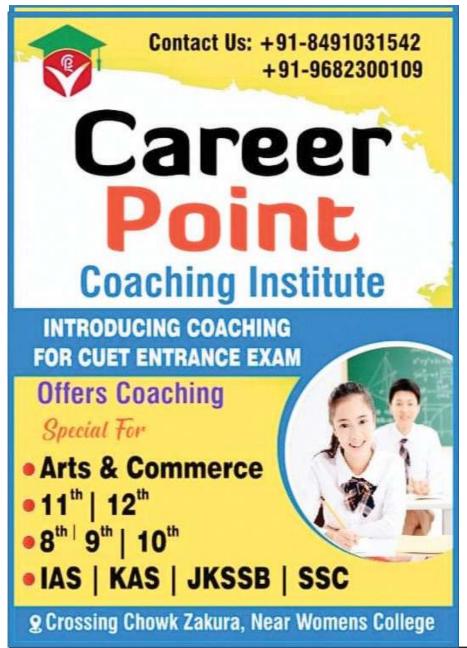
Meanwhile, the participants showed great enthusiasm and complimented the efforts of



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