



# India Alliance Have A Common Agenda Of Defeating BJP: PM Modi



■ HT News Network

THRISSUR, JAN 3: Virtually sounding poll bugle for the coming Lok Sabha poll, Prime Minister Narendra Modi on Wednesday lashed out at the Congress and left parties in Kerala for creating impediments in implementing several projects for the development of the state.

Addressing a mammoth rally of women at the sprawling Thekkinkadu Maidan in the heart of Thrissur town, Modi said the INDIA alliance have a common agenda of defeating BJP. They have no interest in taking the country forward. Both the Congress and the Left are not interested in implementing any developmental projects beneficial to the common people.

Whether it is Highways, Airport or Railways, the State government

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## Conference Of DGPs, IGP To Be Held In Jaipur On January 5-7; PM, Shah To Attend

■ HT News Network

NEW DELHI, JAN 3: Terror threats in Jammu and Kashmir, cyber frauds and activities of pro-Khalistani groups are among the key issues to be discussed at the three-day conference of DGPs

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## Kashmir Valley Continues To Reel Under Severe Cold

■ HT News Network

SRINAGAR, JAN 3: Kashmir Valley continues to reel under severe cold, with Srinagar recording a low of -4.8°C and Pahalgam -6.6°C on Wednesday.

The Meteorological Centre Srinagar said the minimum temperature in Srinagar settled at -4.8°C for the second consecutive day on Wednesday. It was -2.7°C below normal for the summer capital of Jammu and Kashmir during this period of the season.

Parts of Dal Lake and other water bodies froze due to



the impact of the temperature in Srinagar and other parts of the valley.

The maximum temperature was 4.3°C above the normal of 6.9°C, against 11.2°C in Srinagar the previous day amid sun appearing during the day. The other stations in the valley also witnessed 4-5°C above-normal day temperatures.

Pahalgam witnessed a further fall in the night

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### NEWS BRIEF

#### Gross death rate shows slight decline at SMHS

SRINAGAR, JAN 3: The gross death rate has shown a slight decline in Kashmir's one of the largest tertiary care hospitals, Shri Maharaja Hari Singh (SMHS).

The Health and Medical Education Department (H&MED) said a total of 72,795 patients were admitted as inpatients in the hospital in the year 2023-24 until November 30, 2023, and the total deaths during the period were 2095.

Out of these total deaths, 295 patients were brought to death, and 838 deaths were reported in the hospital.

"In the year 2022-23, 3218 deaths were reported for a figure of 1,09,202

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#### Police attaches Orchard land of under trial in Ganderbal

SRINAGAR, JAN 3: Police on Tuesday attached an orchard land of an under trial, involved in terror related act in Jammu Kashmir's Ganderbal district.

The land, measuring 10 Marlas falling under Survey/khasra No.984 situated at Revenue Estate Wakoora belonging to Lateef Ahmad Kambay, a resident of Wakoora was attached in pursuance to orders passed by Court of Additional Session Judge (Special Judge designated under NIA Act) Ganderbal in a Case FIR No. 110/2022 U/S 353 IPC, 13, 18, 23, 38, 39 UA (P) Act, 7/25 I.A Act, 207 M.V Act of Police Station Ganderbal, police said.

This decisive step is part of

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#### Fuel stations resume operations normally as transporters call off strike

SRINAGAR, JAN 03: The fuel stations across Jammu & Kashmir resumed the operations normally after the transporters decided to call off strike following the government's assurances.

Earlier on Tuesday, the people were seen queuing up at almost all the fuel stations, waiting to get the fuel in cans, bottles and other things as the transporters had called for a strike in wake of the 'new penal law'.

In the late evening hours, the transporters called off their strike after holding a meeting with the government, assuring them that they will be taken

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## Two Remote Villages Of Keran Get Grid Connectivity For The First Time In 75 Years

■ HT News Network

KUPWARA, JAN 03: It was a moment of joy for the 1300 souls of remote villages Kundian and Patroo of Keran along the line of control (LOC) in Kupwara district, as their villages for the first time got electricity supply (through grid connectivity).

Two Sub Stations of 250 KV (33kv/440 volts) were completed under Samirh Seema Yojan (SSY) by KPDC Electric Division Kupwara, electrifying the villages, ending the long wait of the residents.

Residents were ecstatic, they had strong reason to be happy, some even shrieked in joy on witnessing the elec-

tricity illuminating their houses, thanks to the efforts of the Deputy Commissioner (DC) Kupwara, Ayushi Sudan.

Happiness of the villagers was evident, as they had gathered at Kundian to receive the Deputy Commissioner, who visited these villages to

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## Drug Free Society Possible Only With Public Support

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JAMMU, JAN 3: District Development Commissioner Sachin Kumar Vaishya today urged for greater societal cooperation in tackling the



drug menace, during a public grievance redressal camp at the office of Sub Divisional Magistrate Jammu North.

The camp saw detailed discussions on

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## CRS Conducts Inspection On Banihal-Khari Section Of Kashmir Rail Project

■ HT News Network

BANIHAL/JAMMU, JAN 3: The Commissioner of Railways Safety (CRS) on Wednesday conducted the second round of the statutory inspection of the recently completed 14.869 km track between Banihal and Khari section along the ambitious Udhampur-Srinagar-



Baramulla Rail Link (USBRL), officials said. The Khari railway station in Jammu and Kashmir's Ramban district falls between Banihal and Katra on the remaining 111-km stretch of the USBRL project, which on completion will connect Kashmir with the rest of the country by train in the coming months.

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## Kathua Mega Expo To Promote North India StartUps, B-Town Outreach: Dr Jitendra



■ HT News Network

NEW DELHI, JAN 3 : Vice President

of India, Jagdeep Dhankhar will inaugurate a Mega Expo under the theme

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## Behind Kashmir's Floating Heritage Lies A Tale Of Hardship, Livelihood

■ HT News Network

SRINAGAR, JAN 03: Beyond the breathtaking mirror of Dal Lake lies a hidden story etched in wood and vibrant colours.

Nestled amidst the beautiful Dal Lake, serves as a canvas for the craftsmanship exhibited in the iconic Shikaras and houseboats that grace its waters.

Speaking to the news agency—Kashmir News Observer (KNO), the skilled artist whose families have meticulously crafted these wooden wonders for generations, Ghulam Nabi Kinzou, said, "I have been working in this craft for the last 25 to 30 years. My father used to be involved in this craft, and after him, I took over this



craft of Shikaras and houseboat making. We have about 10 to 15 types of Shikara

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## Once Famed Kashmir's Anchar Lake Struggles For Survival

■ HT News Network

SRINAGAR, JAN 03: Once renowned for its fish, Nadru, and lush vegetable gardens, Anchar Lake in the Soura area of Central Kashmir's Srinagar district is now struggling for survival as it has become a victim of illegal dumping sites being made on its shores.

The lake, linked to Dal Lake through the Nallah Amir Khan water channel, has faced a drastic reduction in size, nearly half of its original area, over the past few decades due to administrative neglect, rampant pollution, siltation, and encroachment.

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## Commercial Units In J&K's Reasi Directed To Install CCTVs Within 21 Days

■ HT News Network

JAMMU, JAN 3: Commercial units in Jammu and Kashmir's Reasi district have been directed to install closed-circuit television (CCTV) cameras in their busi-



ness premises within 21 days for the security of the public. District Magistrate, Reasi, Vishesh Paul Mahajan also asked the owners of hotels, guest houses, restaurants, dhabas, shopping malls and other commercial establishments at Katra and Ransoo to furnish details of their employees to their respective police station and tehsildars within the same period.

Reasi district is home to the famous

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### India Alliance.....

is not cooperating with the central government, he said. Most of the time he devoted his speech for various developments undertaken by his government.

The Congress which ruled many years never thought of passing the women's reservation bill. It was only the BJP government which succeeded in passing the bill in Parliament.

The Left party has hurt the feeling of the people in the Sabarimala issue and also Thrissur Pooram lovers.

The conduct of world famous Thrissur pooram was in suspense because of the stand taken by the ruling Left party.

Many unpleasant scenes during the Sabarimala season last time were a creation of the Left party.

Like that they tried to create some hurdles in the smooth conduct of Pooram which has hurt the feeling of many, the PM said.

Repeatedly telling the women gathering that it is "Modi guarantee" that his government wanted to give them economic and social upliftment.

During his 40-minute speech, he also touched upon a reception he hosted at his residence for the Christian leaders who gave them full support for the developmental works of his government.

There was strong criticism from the Left party leaders in Kerala for hosting such a reception in the wake of Manipur incidents, where Christians were affected.

The rally which was attended by more than two lakh women and an equal number of men is being viewed as BJP's election campaign for the Lok Sabha poll.

Modi said Shree Shakti Karanam (Empowerment of women) is the basic thing which can take the country to progress.

"Modi will also give guarantee to security, safety and your economic self-reliance", the Prime Minister told them amid great applause.

On his arrival in the town, a road show was conducted in which he stood atop a jeep and waved thousands of people on both sides of the one km route to the venue of rally.

Textile entrepreneur Beena Kannan, Actor Sobha, Singer Vaikom Vijayalakshmi Cricketer Minnu Mani, and 78-year-old Mariakutty and P T Usha, MP shared the dais with the Prime Minister.

BJP has identified Thrissur as a priority constituency and former MP Suresh Gopi is certain that he will contest the election.

State BJP President K Surendran and Suresh Gopi also shared dais with Mr Modi. (UNI)

### Conference Of.....

and DGPs in Jaipur, beginning January 5, officials said on Wednesday.

Prime Minister Narendra Modi will interact with the country's top police officers before addressing them at a formal session. Union Home Minister Amit Shah will be present throughout the conference that will span several sessions.

Implementation of the recently-enacted three criminal laws, the Maoist problem, inter-state police coordination and issues to be handled during the general elections are some of the other major issues expected to be discussed during the meeting, a Union Home Ministry official said.

About 250 officers in the rank of Directors General of Police (DGPs) and Inspectors General of Police (IGPs) will physically attend the conference while more than 200 others are likely to attend virtually.

Many officers have been tasked with delivering presentations on specific subjects such as counterterrorism, online fraud, cross-border terrorism in Jammu and Kashmir, activities of pro-Khalistani groups and Left Wing Extremism, among others, the official said.

There will be detailed deliberations on how to face all these emerging internal security challenges.

Till 2013, the annual meet had been held in New Delhi.

The following year, after the Modi government came to power, it was decided to hold the event, organised by the Union Ministry of Home Affairs and the Intelligence Bureau, outside the national capital. Accordingly, it was first held in Guwahati in 2014, Rann of Kutch in 2015, the National Police Academy in Hyderabad in 2016, the BSF Academy at Tekanpur in 2017, Pune in 2019.

In 2020, the meet was held virtually during the Covid pandemic and in hybrid mode in Lucknow in 2021. The conference was held in New Delhi in January 2023.

The number of business sessions and topics have increased significantly, with a focus on improving policing in the service of the people.

Before 2014, the deliberations largely focused on national security matters. Since 2014, these conferences have a twin focus on national security as well as core policing issues, including prevention and detection of crime, community policing, law and order and improving the police's image, among others, another official said.

Earlier, the conference was Delhi-centric with officers coming together only for the meet. Residing on the same premises over two to three days has served to build a heightened sense of unity among officers of all cadres and organisations since 2014, the official added.

Direct interaction of the police's top brass with the head of government has resulted in a convergence of views on crucial challenges faced by the country and the emergence of doable recommendations, the official further said.

In the past few years, the topics have been selected after detailed discussions with the highest echelons of the police service.

Once selected, several interactions on presentations are held before committees of DGPs to encourage participation and incorporate ideas from the field and from younger officers.

As a result, all presentations are now broad-based, content-intensive and carry a set of cogent, actionable recommendations.

Since 2015, detailed follow-up of recommendations of past conferences has become the norm and is the topic of the first business session, attended by the prime minister and the home minister, the official said.

Recommendations are tracked closely by the conference secretariat, led by the Intelligence Bureau, with the help of nodal officers in the states.

Decisions made in the past few conferences brought in significant policy changes, leading to improvement of policing, including setting higher standards for effective policing in rural and urban areas and improved methods of modern policing based on smart parameters, the official added. (AGENCIES)

### Kashmir Valley....

temperature and remained the coldest place, with -6.6°C on Wednesday against the -6.2°C recorded the previous night. It was normal for the tourist hotspot of south Kashmir.

Qazigund on the Srinagar-Jammu national highway slipped to a low of -4.6°C against the -4.4°C recorded the previous night, while Kokernag plunged to a low of -3.2°C against the -2.7°C recorded a day ago.

The mercury at Gulmarg improved by a few notches and was recorded at -3.8°C against the -4.0°C recorded the previous night. It was still 3.2°C above normal for the famous ski resort of North Kashmir.

Kupwara dropped to a low of -5.3°C on Wednesday, against the -4.6°C recorded a day ago. It was 2.8°C below normal for the north Kashmir district, the MeT office said.

The weather is likely to remain mainly dry today and generally cloudy on January 4-5, with the possibility of very light snow over isolated, extreme higher reaches of Jammu and Kashmir, the MeT office said, adding that from January 6-7, the weather will mainly be dry with no significant activity. (UNI)

### Two Remote....

interact with locals.

DC on reaching Patroo and Kundian congratulated the people and PRIs for getting grid connectivity for the first time. She said that it is a job well done. Everything was done in mission mode. From Officers to Line men of PDD, Local PRIs and concerned contractors, all have contributed in timely completion of this electrification project which was handed over to people in a record time of two months. It is a big achievement and testimony of transformation down at the grassroots level as only two months ago approval and allocation of this project was made.

The DC further said that the road stretch from Dutt Bridge to Keran has been handed over to Beacon and work on it will be started. She said that by the end of this year all the villages of Keran will get saturated by the BSNL mobile network.

DC added Airtel and Jio companies will be roped in for providing and enhancing cell phone connectivity to the area.

Chairperson, BDC Keran, Mohammad Syed Khoja while expressing his gratitude to District Administration Kupwara said that District Administration led by Deputy Commissioner Kupwara deserves all the appreciation for getting the villages electrified in a short span of just two months. He said that for the residents here it is like a dream come true. We used to receive 2 to 3 hours of low voltage power through a decade old Diesel Generator Set (DG Set) which could hardly light up a bulb. We were using candles to lighten our homes. Now our children will study under electric lights and perform well."

On the occasion, Locals hailing the efforts of DC Kupwara said the hard work of the District Administration has paid off and their remote villages have got electric supply.

Commanding Officer, 6 RR, Lt. Col Harshad Saini, OC Beacon, VV Sharma, Tehsildar Keran, Omer Bashir, EXen PDD Javid Ahmad, AEE PDD, Latief, AEE, STD Sohail Nisar, PRIs and a large number of people of the area were present on the occasion.

### CRS Conducts....

On December 6 last year, the Northern Railways successfully conducted the first trial run of an electric train from the Banihal railway station to the Khari railway station, bringing cheer on the faces of the local population residing in the remote picturesque area. The officials said the second round of statutory inspection by CRS Dinesh Chand Deshwal for the opening of Banihal-Khari track was conducted, brightening the chances for commission of this section to link Khari with Kashmir valley by train.

During the inspection, the officials said the chief administrative officer of the USBRL, the construction officers and other concerned officials accompanied the CRS, who first led trolley inspection of the work from Banihal to Khari and later returned from Khari to Banihal by special train.

The train schedule will be released after the submission of the report by the CRS, the officials said, adding the track between Banihal and Khari passes mostly through tunnels and has four minor and major bridges as well.

Deshwal said the infrastructure is ready for commissioning and the inspection was imperative before extending the train service to Khari.

"This (inspection) is a process and we are completing it before starting the train operations after checking the passenger safety. The government guidelines for testing and commissioning are being completed," he said.

Out of the total 272 km USBRL project, the 161 km was commissioned in phases with the first phase 118-km Qazigund-Baramulla section commissioned in October 2009 followed by 18-km Banihal-Qazigund in June 2013 and 25-km Udhampur-Katra in July 2014. The work on the project, which is the most challenging railway infrastructure project being undertaken post-independence, was started in 1997 and has missed several deadlines amid huge cost escalations. (Agencies)

### Drug Free....

drug eradication, with SHO Janipur actively participating in the sensitive talks.

DDC emphasised the need for a collaborative approach – "While the administration is committed to crack down on drug peddlers and creating awareness, public support is critical to make the society truly drug-free."

Beyond this crucial topic, the camp addressed a range of public concerns. SDM Nitish Rajora and Tehsildar Aman Kumar Anand were encouraged by the DDC to maintain regular dialogue with residents, ensuring quick and effective resolution of people's issues.

Matters related to roads, drinking water facilities and traffic management were brought to light, along with suggestions for improvement. Former Municipal Corporators also lent their voices to highlight significant public needs.

Sachin Kumar Vaishya reiterated the importance of close collaboration between citizens and the administration. "Change can sometimes be met with initial resistance, but united we can overcome any obstacle," he stated. "Every individual, whether from the administration or the public, can become a torchbearer for positive change."

Residents from Mishriwala, Durga Nagar, Muthi and other areas actively participated, raising concerns about revenue matters, roads and infrastructure and urban development.

The camp was attended by Chief Medical Officer Dr Harbaksh Singh, Chief Planning Officer Uttam Singh, Chief Education Officer Jagdeep Padma, Executive Engineers and other district officers.

### Kathua Mega....

"Emerging StartUp Trends in North India" tomorrow at Kathua, the border town sharing its boundaries with Jammu & Kashmir, Himachal Pradesh and Punjab, in the august presence of Dr. Jitendra Singh, Union Minister of State (Independent Charge) Science & Technology; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space and Vice President CSIR.

Announcing this at a press conference at the National Media Centre here, Dr Jitendra Singh said, Kathua Mega Expo scheduled tomorrow will not only promote StartUps in North India but will also promote B-Town outreach as far as the StartUp culture is concerned.

Dr Jitendra Singh said, under the leadership of Prime Minister Narendra Modi, the government is doing everything to ensure that the StartUp ecosystem in the country is sustainable.

The Minister said that from over 350 in 2014 the number of StartUps in India today is more than 1.30 lakh and number of unicorns more than 100, while India is rated at number 3 in the world in its StartUp ecosystem. He said that equal participation of all stakeholders and early industry linkage are necessary to ensure sustainable StartUps. He urged the media community to help spread awareness about the enabling StartUp ecosystem in the country.

Kathua Mega Expo scheduled tomorrow will not only promote StartUps in North India but will also promote B town outreach as far as StartUp culture is concerned, said Dr Jitendra Singh

Referring to the back-to-back success of ISRO including Chandrayaan 3, Aditya Mission and recently launched XPOSat, the Minister said that even though talent was never lacking in the country, the enabling environment was created in the last 10 years under the leadership of Prime Minister Modi.

Answering questions from the media, the Minister said that digitalization and monitoring systems have minimised the procedural delays and created an enabling environment for StartUps. Minister also said that the government is working on multiple levels to boost the startup ecosystem. He said that startups can become large scale entrepreneurship, making use of such schemes.

The Startup Expo under the theme, "Emerging Startup Trend in North India", is being organized jointly by Biotechnology Industry Research Assistance Council (BIRAC), DBT, GoI and CSIR-Indian Institute of Integrative Medicine (CSIR-IIIM), Jammu, wherein a total of 25 Startups from North India, i.e. from Jammu and Kashmir, Himachal Pradesh, Punjab and Delhi would be showcasing their innovations and products.

The event is organized with the specific objective to create a convergence point for budding entrepreneurs and seasoned mentors, to foster innovation, collaboration, and growth. The event encapsulates the spirit of pushing boundaries, embracing change, creating solutions and ushering new opportunities that address real-world challenges and will witness various innovations by 25 selected startup, in varied sectors which includes, agriculture, industrial biotechnology, medical & diagnostic devices, food technology, nutraceuticals, aroma and space, etc. During the expo, StartUps will exhibit their products, proto-

types, and services, providing attendees with hands-on experiences of cutting-edge technologies. The event will also offer ample networking time, allowing participants to connect with potential co-founders, investors, mentors, collaborators and industry people.

This event will also be valuable for the local youth, college and school students, budding entrepreneurs, young farmers, and women of the Jammu region to be acquainted with the government startup schemes, funding opportunities and various other initiatives that are meant to strengthen the youth. It will also encourage the youth to start a career as a StartUp and facilitate the country to become self-reliant.

After inauguration, the Vice President would also interact with the distinguished gathering of traders, academicians, technocrats and members of the civil society, including the representatives of the Panchayati Raj Institutions (PRIs) of the region.

Dr. N Kalaiselvi, Secretary, DSIR and DG, CSIR, Shri Chaitanya Murti, Joint Secretary, Department of Biotechnology and Dr Jitendra Kumar, MD BIRAC also spoke at the press meet.

### Commercial.....

shrines of Shri Mata Vaishno Devi at Katra and Shri Shiv Khori Shrine at Ransoo Tehsil in Pouni and a large number of pilgrims from different parts of the country visit them every day.

In an order issued on Tuesday, the district magistrate said installation of CCTVs would not only help in controlling crime but will also enhance safety of people and thwart terrorist activities.

"In order to deter criminals, anti-social and anti-national elements from committing crimes, the installation of CCTV outside such establishments would work as a force multiplier, which would inspire further confidence in general public/customers visiting these establishments," Mahajan said, directing installation of the CCTVs within 21 days.

"Any contravention of this order shall attract legal consequences as are contemplated under section 188 of the India Penal Code," the order read.

In another order seeking details of employees working in commercial units in Katra and Ransoo, Mahajan said it was felt necessary to conduct verification of employees for the safety of the public and pilgrims visiting shrines.

The owners of the business establishments were asked to furnish details of their employees, including Aadhaar numbers, address and mobile phone numbers to their respective police stations and tehsildars concerned within a period of 21 days.

### Behind Kashmir's.....

made here, and it takes us about 20 days to make Shikara."

"It is a time-consuming and hectic process but thanks to the Almighty Allah, work is good," said Ghulam Nabi, adding, his workload is dependent on the tourism sector.

"We make our Shikaras from Deodar wood. It incurs huge expenses to shift our material here in the interiors of Dal Lake," he said.

Speaking about government support, he added that if rates are controlled, "it will be easy for us, and we can continue our work easily".

"Though I am skilled in making both houseboats and Shikaras, government regulations have limited me to crafting Shikaras only. I seek to expand my work by building more Shikaras, and houseboats but my heart aches for the declining houseboat industry. Therefore, I urge the government to reconsider the ban and allow responsible construction of houseboats to revive this vibrant tradition," said Ghulam Nabi.

As already reported by KNO, the iconic houseboats are declining, with a recorded number decrease from 2000 to just 750, courtesy of a blanket ban on construction and non-availability of master craftsmen.

President Houseboat Owners Association (HBOA), Manzoor Pakhtoon, said till early 1980s, there were almost 2000 houseboats in Dal Lake, Nigeen Lake, and river Jehlum. "But today, the number of houseboats in Dal Lake, Nigeen Lake, Chinar Bagh, and river Jehlum is just 750," he said while

He expressing serious concern over the fast-fading houseboats, once known as the "Crown of Kashmir."

"Moreover, a houseboat is usually made out of Cedar wood, which can withstand damage from being in water for long periods, the houseboats usually have a corridor, drawing room, dining room, pantry, two to four bedrooms with attached bathrooms with hot and cold water," he added.

Suhail Yaseen, who owns a houseboat at Dal Lake, said, the number of houseboats is fast shrinking, and they can't construct new houseboats as there are hardly any master craftsmen left now. "Those who are present, the government should activate support for them," he added.

### Once Famed.....

As per news agency—Kashmir News Observer (KNO), formerly, a sought-after tourist destination, Anchar Lake is losing its

allure as the nearby residents continue to dispose of solid waste directly into its waters on a daily basis. The lake, once famous for high-quality fish, Nadru, vegetable gardens, and chestnuts, no longer exhibits these features, according to locals.

According to locals, the current state of the lake has taken a toll on aquatic life, impacting the 93,000 residents who rely on fishing and other sources of income. The lake's size has dwindled from 19.4 sq. km to just 6.8 sq. km, transforming it into a dumping ground for sewage, residential trash, and various pollutants.

Fareeda Begum, residing on the lake's shores, expresses concern as her area, along with other low-lying areas, is being used as a dumping site for domestic and commercial waste. "The lake, once crystal clear and a source of drinking water, is now heavily contaminated," she said. Migratory birds have vanished due to growing pollution, according to Fareeda's daughter, Shafeeqa.

Local fisherman Mohammad Ashraf laments the decline in Nadru production, attributing it to pollution, encroachments, and the lake's fast shrinkage.

Abdul Hameed, whose home is in close proximity to the dumping site, expressed concern over the daily occurrence of people disposing of garbage during morning and evening hours. "This waste, either directly or indirectly, finds its way into the lake. Also, vehicles are consistently leaving garbage at this location. The pervasive smell has become intolerable, preventing us from opening our windows," he said. Hameed urges the government to address this issue promptly.

Boatmen harvesting Nadru from the lake report a significant drop in production due to pollution and encroachments.

Furthermore, the locals highlight the adverse impact on water species and note the lake's shrinking dimensions over the past few years. They call for an immediate halt to waste dumping on the lake's banks.

Despite the concerted efforts of authorities, including the establishment of the Wetland Development Authority (WDA) to protect water bodies, Anchar Lake continues to be at risk. The government, responding to reports of encroachments, pledges action to secure the lake's future.

Another official asserted that he would instruct the relevant department to initiate appropriate actions against those found responsible for disposing of garbage and other solid waste materials in the area. "Strict measures will be enforced to prevent the lake's shore from turning into a dumping site, and decisive action will be taken against anyone found involved," he added.

### Gross death.....

admissions in the hospital. The gross death rate for 2022-23 was 2.98, and for 2023-2024 it was 2.87, thereby showing a slight decline this year," an official spokesman of the HMED said.

The spokesman added that the percentage of deaths per inpatient department (IPD) figures is well within the normal range and is not alarming.

"It is essential to consider various factors contributing to these numbers, such as the complexity of cases, underlying health conditions, and external factors beyond the hospital's control, as well as the fact that SMHS Hospital is a tertiary care hospital and generally critical patients are referred to the facility," he said.

The spokesman said the hospital administration has procured 156 ventilators over the last three years from various companies, aiming to enhance critical care capabilities.

"Further, causality wards, both surgical and medical, have been upgraded. Surgical facilities are provided with causality for critically injured patients with head injuries. All radiological investigations, including CT, USG, Doppler, and other high-end investigations, are provided under one roof 24x7, and the reports are available online," he said.

On Monday, former Union Minister and Congress leader Saifuddin Soz raised an alarm over the "high" number of deaths in the SMHS. He had taken up the issue with the advisor to the J&K Lt. Governor. (UNI)

### Police attaches.....

ongoing efforts to address activities falling under the purview of the Unlawful Activities Prevention Act (UAPA), they added.

The accused is currently under trial & is lodged at Central Jail Srinagar. The said property is attached U/S 33 (1) of UA (P) Act.

The attachment follows the due legal process outlined in the law, UA (P) Act. (UNI)

### Fuel stations....

on board before implementing the new law.

However, according to the news agency—Kashmir News Observer (KNO), all the fuel stations resumed their operations normally today while a rush of commuters continued to be witnessed there throughout the day. "It took me almost half an hour to get the petrol at fuel station near Munawarabad here as the rush of vehicles remained high," one of the commuters said, adding that unlike yesterday, the fuel was available at all the fuel stations.



# DC Srinagar holds Public Grievance Redressal camp at Bemina

Inspects ongoing works on Rs 30 Cr project of Art and Craft Market Batamaloo being developed by SSCL

**SRINAGAR, JAN 03:** The Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad on Wednesday held a Public Grievance Redressal Camp here at Bemina in Shalteng Tehsil of the District under weekly Block Diwas programme in order to bring Administration at the door steps of people for an on spot resolution of their developmental issues.

The Programme witnessed large participation of people from Bemina, Parimpora, Qamarwari, Boatman Colony, Bilal Colony, Umer Colony and other adjoining areas of Shalteng Tehsil of Srinagar District.

During the Grievance Redressal Camp, Public delegations and scores of individuals projected various issues and demands before the DC including augmentation of drainage network system to resolve water logging issue, road upgradation, redevelopment & face lifting of public parks, providing transport services from inner Colonies of the area to Qamerwari.

After giving patient hearing to the grievances and demands

of the public, the DC sought issue wise on the spot response from the concerned District Officers present during the Grievance Redressal Camp.

He also assured the people of Bemina and other local vicinities that all genuine demands and issues projected by them will be looked on priority basis. He said jurisdictional issues have already been taken up with higher authorities and will be resolved soon.

The DC also gave on the spot directions to the concerned officers for time bound redressal of the public issues.

Addressing the gathering, the Deputy Commissioner said the District Administration is holding such grievance redressal Camps to take appraisal of local issues from the general public for precise and on-ground assessment to ensure their time bound redressal as all issues are taken up with concerned quarters with proper monitoring on periodical basis. He said providing all civic facilities to people is the top priority of the Government.

During the Public Grievance



Redressal Camp, the Deputy Commissioner also led Viksit Bharat Sankalp Yatra (VBSY), as a special VBSY Mobile IEC Van reached the venue for raising awareness and facilitating delivery of welfare scheme benefits in Ward 24 of Srinagar Municipal Corporation (SMC).

The VBSY IEC Van was accorded a warm welcome by the Deputy Commissioner Srinagar in presence of members of the Swagat Committee along with prominent persons and large gathering of people of the area. The VBSY Van displayed the message of the Prime Min-

ister and also spread awareness among people aimed to ensure seamless reach of Government welfare programmes/flagship schemes.

On the occasion, the DC administered the VBSY pledge to the gathering and said that the primary objectives of the

Yatra include disseminating information, fostering awareness and establishing direct interaction with beneficiaries, besides achieving saturation of all schemes and enhancing awareness among the populace.

He said the Viksit Bharat Sankalp Yatra focuses on both urban and rural areas, highlighting key schemes such as PM Svanidhi, PM Vishwakarma Yojana, PM Mudra Yojana, PM Ujjwala Yojana, Ayushman Bharat, PM Awas Yojana (Urban), SBM (Urban), Subhagya Yojana, Digital Payment infrastructure, Ayushman Bharat PMJAY, PMG-KAY, DAY-NRLM, PM Awas Yojana Rural, PM Ujjwala Yojana, PM KISAN Saman, PM Vishwakarma, KCC, PM Poshan Abhiyan, JJM and SVAMITVA.

Later, the DC inspected the stalls established by different Departments to cover the beneficiaries under different Government Welfare schemes on the spot.

Meanwhile, the Deputy Commissioner visited Batamaloo area and took onsite inspection of ongoing developmental works being executed

on Rs 30 crore project of Art and Craft Market Batamaloo being developed as a part of the Smart City project.

At the site, the DC was apprised that over 80 percent works on 4 blocks of the project comprising 52 shops have been completed. He was informed that the Art and Craft Market Batamaloo is being developed on the State of the Art pattern and will have Shops, Public Plaza, Eateries, Heritage Shops, Foot Court etc., besides will be a new public commercial as well as a tourist attraction place.

On the occasion, the DC directed the concerned to expedite the construction work and complete the project under the set timeline of March 2024.

Chief Planning Officer, Mohammad Yaseen Lone, Joint Commissioner, SMC, Riyaz Ahmad, Secretary SDA, Ishtiaq Ahmad, Chief Medical Officer, Dr Jameel, Chief Education Officer, Abdul Hamid Fani, SDM West, Pimroze Bashir, besides other senior Officers and Engineers of the District Administration were present in the Public Grievance Redressal Camp.

## Tagging of Pvt Schools Row: Pvt schools association Jammu to hold protest on Jan-10

**SRINAGAR, JAN 03:** J&K Private Schools Association (JKPSA) of Jammu Wednesday decided to hold a demonstration in the region on January-10 against tagging of several private educational institutes with government schools.

President of JKPSA Ajay Gupta told the news agency—Kashmir News Observer (KNO) that the association of Jammu region unanimously decided to protest against the government move of tagging the students of many private schools with the government educational institutes.

“J&K Private Schools Association decided unanimously to protest on Wednesday January-10 at Jammu against tagging of private schools,” Gupta said.

He said that as of now the Jammu and Kashmir Board of School Education (JKBOSE) have tagged 45 private schools of Jammu and 65 private schools of Kashmir division with the nearby government school.

Meanwhile, President of Private Schools Association of Jammu and Kashmir (PSAJK) G N Var said that the association is supporting the protest call of Jammu private schools association. “We extend our support to the JKPSA.”

Pertinently, JKBOSE earlier this week has given a nod to enrol secondary and senior secondary level students of sixty private schools to nearby government institutions in view of ‘land and affiliation expiry issues’.

In this regard JKBOSE Deputy Secretary General for Kashmir division said that the directives have been issued for tagging of on-roll students of sixty private academic institutions of Kashmir Division running their affairs on proprietary land, having their period of affiliation expired and also failed to furnish their extension case files.

“In order to safeguard the academic career, sanction is accorded to tagging of on-roll students of sixty private schools of classes 10th to 12th with the nearby government high or higher secondary schools or cluster head schools, as the case may be in respect of schools of Kashmir division with immediate effect,” it reads.

The officer said that the sanction was accorded consequent upon the expiration of affiliation of such private academic institutions of Kashmir division in October 2021-2022, coupled with the failure of the concerned managements to submit requisite case files for further extension with necessary certificates and safety documents.

“The concerned principals or cluster heads after securing necessary discharge certificates of the concerned students shall authenticate and submit the Permission-Cum-Admission (PCA) forms of classes 10th to 12th and renewal registration returns, as the case may be, with normal prescribed fee, as per the notifications issued by the JKBOSE Director Academic,” it reads.

The board authority has also said that the concerned private schools shall remit a tagging fee equivalent to periodical inspection fee for the current academic session viz. 2023-2024, as prescribed by the JKBOSE.

The board authorities said that the orders shall be subject to the outcome of writ petitions, if any, pending before the competent courts of law.

Earlier the top official has told KNO that “Under Statutory Order (SO) 177, in the case of those private schools who are running their institutions from the state land and are defaulters, their number is around 200.”

The official said that those private schools will have to get their title cleared from the revenue department. “We only need a NOC from them.”

Pertinently, in April-2022, the government had notified conditions under SO-177 for private schools for their registration, recognition, and affiliation.

# Paraplegic artist from Pulwama secures first position in 3D art talent hunt in Jammu

**PULWAMA, JAN 03:** A 27-year-old paraplegic youth from Pulwama district has secured first position by showing extraordinary 'Waste Reuse' talent by 3D house at talent hunt in Jammu.

Mohammad Jibran, hailing from Pingalgam village, began his creative journey two years after the 2015 accident that left him paraplegic.

Speaking with the news agency—Kashmir News Observer (KNO), he expressed his excitement for securing first position by making a 3D house during an open talent hunt organised by the Social Welfare department at University of Jammu last week.

“I was presented a memento and certificate for securing first position during two day talent

hunt,” he said. “Getting appreciation at any stage ignites makes you more energetic that helps you to do your job more efficiently.”

Recalling the unfortunate incident in March 2015, Jibran shared, “Though the accident left me disabled for life, it became a turning point that helped me discover hidden talents. Subsequently, I started crafting various items from scrap, alongside exploring calligraphy.”

Despite the challenges, Jibran's passion for innovation flourished after the accident.

He created an array of items, including remote-controlled cars, tanks, aeroplanes, robots and 3D art models of significant landmarks like Mecca, Madina and Masjid-e-Nabvi (SAW), as well as



a Shikara.

To promote his creativity, Jibran established a YouTube

channel named 'Jibran & Art' to connect with a wider audience. He has actively participated

in numerous exhibitions to showcase his talent and remains committed to doing so whenever an opportunity arises.

Utilising cardboard as his primary raw material, Jibran's creations show his dedication.

He said each piece reflects his labour and is filled with emotions.

He said that those youth who say they want a platform must understand that social media is the best platform for them to showcase their talent.

In a message to all specially-abled individuals, he emphasised the importance of hard work. “Never lose hope and always strive for self-dependence,” he said, while adding that there is no alternative to success other than hard work and dedication.

## Handmade chain stitch craft struggles to survive amid diminishing demand

**SRINAGAR, JAN 03:** The intricate artistry of handmade chain stitch work is witnessing a decline, posing challenges for artisans who have mastered this meticulous craft through generations. The demand for such traditional craftsmanship is diminishing, overshadowed by the allure of mass-produced alternatives. Artisans, who have inherited the legacy of handmade chain stitch work, express concern over the various challenges that threaten the continuity of this unique craft.

Speaking with the news agency—Kashmir News Observer (KNO), Abdul Rasheed Bhat, a 60-year-old chain stitch master from Tengpora Nawa Kadal, lamented the

decline of this art form despite his family running a Kashmir Crewel Chain stitch factory in the area for the past century.

“I have been associated with this craft for the last 40 years. Earlier, there were good returns but a person who works down to dusk on a handmade chain stitch doesn't even earn Rs 100 per day and sustaining a livelihood on such earnings is impossible in today's era,” he said.

With each passing day, this craft is sinking towards decline, Bhat said, adding that the shift towards mass production and the prevalence of mechanised alternatives led to the dwindling demand for handmade chain stitch work.

**A.B EDUCATIONAL INSTITUTE**  
Takiya Chewa District Bandipora-193504  
Contact/email: 9858357239/ abeducationalinstitute@gmail.com  
NO: A.B EDU/99/30112/2023  
FEE STRUCTURE OF A.B EDUCATIONAL INSTITUTE TAKIYA CHEWA FOR THE YEAR 2023-2024

S.No	Class	Tution fee/month	Annual charge	
1	Nursery	400	1000	
2	LKG	450	1000	
3	UKG	450	1000	
4	1st	500	1000	
5	2nd	500	1000	
6	3rd	550	1000	

Sd/- Principal

A.B. Education Institute Chewa

Note. No admission fee is charged from any student

**A.B Educational Institute**  
Takiya Chewa District Bandipora-193504  
Contact/email: 9858357239/ abeducationalinstitute@gmail.com  
OFFICE OF THE PRINCIPAL A.B EDUCATIONAL INSTITUTE  
Takiya chewa Bandipora 193504  
School Management Committee  
NO. A.B EDU/99/30112/2023

S.no	Name of the member	parentage	Residence	Desig/ Member	occupation	Qualification	
1	Syed wassem Ahmad Shah	Syed Mohd shafi shah	chewa	Chairman/ other	Business	M.A Bed	
	Mohd sameer Bhat	Gh Mohammad	chewa	Secretary/ other	Farmer / Business	Under graduate	
3	Neelofar Nabi	Gh Nabi Hajam	chewa	Casher/ Teacher	Private teacher	Graduate	
4	Mushtaq Ahmad Bhat	Gh Mohammad Bhat	Takiya chewa	Parent/ member	Farmer	10+2	
5	Firdous Ahmad Sheikh	Gh Qadir sheikh	chewa	Principal /member	Private teacher	M,A	
6	Tanvir Ahmad chopan	Gh Qadir Chopan	chewa	Parent/ member	Farmer	10+2	
7	Abdul Rehman Wagay	Mohd sabir wagay	chewa	patron/ other	Retd. Govt employee	Graduate	

If any body has any objection, he/she may inform to ZEO Sumbal/ CEO Bandipora with in seven days after publishing of this notice

Sd/ Principal A.B Educational Institute Takiya chewa Sumbal Bandipora

Principal  
A.B Educational Institute Chewa



# DC Bandipora presides over Mega Public Darbar at Markundal Naidkhai

## Emphasizes that administration is committed to ensure door-step delivery of services

### HT News Network

BANDIPORA, JANUARY 03: District Administration Bandipora on Wednesday organised a public darbar cum grievance redressal camp at Markundal Naidkhai area of Sumbal Subdivision to get first hand appraisal of various issues faced by local people and other adjacent areas.

The public darbar was presided over by Deputy Commissioner (DC) Bandipora, Dr Owais Ahmed, and was attended by ADDC Bandipora Mohammad Ashraf Hakak, SDM Sumbal Aamir Choudhary, Exen R&B and Exen Jal Shakti Department.

The programme was also attended by DDCs, BDCs, PRIs and officers from Police and civil administration besides the general public.

On the occasion, the general public and PRIs put forth various demands relating to improvement of roads, drinking water supply, upgradation of schools, basic facilities in educational institutions, availability of teachers, transportation, health, children's park, availability of tourist huts etc.

Addressing the gathering, Dr. Owais said that holding public interaction programs enables administration to have an on spot appraisal of developmental programs besides other welfare initiatives, schemes run by various departments relating to all sectors.

Related to road construction work, Dr. Owais asked people to submit the proposal in the Gram Panchayat meetings in cooperation with PRIs, and further decisions will be taken.

The DC said construction of water supply schemes besides upgradation



of water supply schemes under JJM and all other basic facilities are going on in full swing in the district for the welfare of the general public.

Dr. Owais directed health officials to ensure basic facilities in all the health institutions falling within the region, especially keeping in view the ongoing winter season.

Most of the problems were resolved on the spot, whereas for rest, concerned departments were given instructions for redressal on priority.

The DC, on the occasion, urged the public to cooperate with administration and submit all requirements pertaining to their areas in consultation with PRIs. While ensuring proper disposal of the concerns raised by the people, the DC said that district administration is committed to the welfare of people. Addressing the gathering,

Dr. Owais said that holding public interaction programs enables administration to have an on spot appraisal of developmental programs besides other welfare initiatives, schemes run by various departments relating to all sectors. Related to road construction work, Dr. Owais asked people to submit the proposal in the Gram Panchayat meetings in cooperation with PRIs, and further decisions will be taken. The DC said construction of water supply schemes besides upgradation of water supply schemes under JJM and all other basic facilities are going on in full swing in the district for the welfare of the general public.

Dr. Owais directed health officials to ensure basic facilities in all the health institutions falling within the region, especially keeping in view the ongoing winter season.

## DC Ganderbal presides over Block Diwas at Manigam

### HT News Network

GANDERBAL, JANUARY 03: In an endeavor to take firsthand appraisal of the community issues, the Deputy Commissioner (DC) Ganderbal, Shyamir today presided over a Block Diwas at Govt. Hr. Sec. School Manigam. Additional District Development Commissioner, Mushtaq Ahmad Simnani, Chief Planning Officer, Irfan Giri, Assistant Commissioner Development, Dr Bashir Ahmad, Tehsildar Lar and other officers from concerned line departments, public representatives and locals participated in the Block Diwas.

During the event, residents of block Lar raised several developmental concerns and grievances with the con-



cerned officers. These issues include upgradation of Anderwan road, commissioning of Vocational Training Centre at Chountwariwar, NOC for construction of boundary wall of Haripora School, development of playground alongside other pressing community issues. Speaking during the occasion, the DC said that Block Diwas programmes serve as a vital link

between the administration and people to directly gather insights into local concerns from the public, allowing for on-site assessments and facilitating a comprehensive and prompt resolution process. Besides, make people aware about the Government schemes so that they are able to avail their benefits meant for overall well-being of the general masses, he added.

## Viksit Bharat Sankalp Yatra/ Block Diwas programme empowers public engagement in Block Shadimarg of Pulwama

### HT News Network

PULWAMA, JANUARY 03: In a significant community-driven initiative, the Viksit Bharat Sankalp Yatra cum Block Diwas programme was today conducted at the Children Park in Nikas, Block Shadimarg of Pulwama. The event witnessed the participation of Additional District Development Commissioner (ADDC) Pulwama, Dr. Sheikh Abdul

Aziz along with District and Sectoral officers.

Commencing with the playing of a recorded message from the Hon'ble Prime Minister on Viksit Bharat, the programme resonated with the community highlighting the Government's commitment to development. It was emphasized that the central focus of the Viksit Bharat Sankalp Yatra is saturating Government schemes to reach every individual.

During the programme, various Government departments presented insights into their initiatives and how citizens could benefit from their schemes. Attendees had the opportunity to articulate their grievances, leading to on-the-spot redressal by concerned departments.

Reaffirming the importance of such initiatives, the chair underscored their role in bridging the gap between the government and the

public.

In conclusion, the Viksit Bharat Sankalp Yatra cum Block Diwas Programme in Block Shadimarg exemplified the Government's commitment to transparent governance, public engagement, and efficient redressal of citizen concerns. These proactive initiatives play a vital role in ensuring the effective implementation of Government schemes and services at the grass-roots level.

## Block Diwas: DC presides over grievances redressal camp at Kulgam; gives patient ear to public grievances

### Farooq Rather

KULGAM, JANUARY 03: Continuing the endeavors to ensure early redressal of grievances and issues of people at their door steps, the District Administration Kulgam today organized public outreach programmes as part of weekly Block Diwas in three blocks of the district viz. Devsar, Kulgam and D.H. Pora.

The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat took appraisal of issues of people in grievances redressal camp held at Kulgam.

The grievance redressal programme witnessed participation of people from Khallora, Qaimoo Naibasti, Hadigam, Shouch, Khandipora, Mohammadpora,



Liroo, Mirhama, Kakran and other areas who put forth various developmental and welfare demands before the chair.

PRIs members from vari-

ous areas also projected developmental demands of their areas.

Officers and heads of departments responded to the queries and grievances

of the people pertaining to their departments and intimated them about various welfare schemes and ongoing developmental projects.

The DC after giving patient hearing to the public issues raised during the camp addressed some grievances of the immediate nature on the spot and assured to take rest with the concerned quarters for their timely redressal.

Speaking on the occasion, the DC urged the people to make judicious use of electricity.

ADC Viqar Ahmed Giri, ACR Imtiyaz Ul Aziz, JDP Zahid Sajjad, ACD Mohammad Imran, ACP Sharjeel Ali and other district officers and officials were also present in grievances redressal camp.

## J&K SMALL SCALE INDUSTRIES DEVELOPMENT CORPORATION LTD

### (A J&K GOVERNMENT UNDERTAKING)

O/O DIVISIONAL MANAGER, INDUSTRIAL ESTATE ZAINAKOTE

Mail Id: dmestatesicopzkt@gmail.com

NO: SICOP/DM/L.E-Zkt/23-24/ J|2 Dated:-6/12/2023

### Notice inviting Objections from Financial Institution/Banks/General Pubis

Whereas, land measuring 0.75 kanals has been leased out in favour of M/s Mushtaq Enterprises, Integrated Textile Handicraft/Silk Park Zakura through its partners namely Mustaq Ahmad Rather S/O Mohammad Yousf Rather R/O Soura Sinagar And and Mr. Mohammad imran changa S/o Mohammad Rafiq Changa R/o syed Sanib Rajouri Kadal Srinagar for the activity of "Weaving of silk, woolen and cottor cloth and power looms".

Whereas on the request of the proprietor General Manager DIC Srinagar vide No: DICS/Dev/2023/2772-77 dated: 16/10/2023 has sought NOC from SICOP for change in name & style from "M/s Mushtaq Enterprises I/E Integrated Textile Park Zakura Srinagar" to "M/s Kohinoor Fabrics at VE Integrated Textile Park Zakura Srinagar" and also grant of additional line of activity i.e "Machine embroidery" in favour of M/s Mushtaq Enterprises I/E Integrated Textile Park Zakura Srinagar.

Now the proprietor of unit has approached SICOP for issuance of NOC for Change in name & style and grant of additional line of activity as per above.

Before issuance of NOC for Change in name & style and grant of additional line of d from Financial Institutions/Banks/General Public regarding activity, objections if any, are invited to above. Objections should the office of the undersigned within the period of, 7 days from the date of publication of this Notice.

DIPK-NB-5086/23  
Date: Jan 3 2024

Divisional Manager  
(Estates), SICOP, Zainakote

## Government of Jammu and Kashmir Office of the District Sheep Husbandry Officer Kulgam.

Tel/Fax No. 01931260163 Email ID: sheephusbandrykulgam@gmail.com.

### Technical Section

Subject: Invitation for short term quotations for Shearing Machine with all accessories.

### SHORT TERM QUOTATION

On behalf of Lt. Governor of Union Territory of Jammu and Kashmir short term quotations are invited from the registered Companies/dealers for supply of Shearing Machine with all accessories, under the scheme Promotion of Wool/Pelt for effective Processing and Marketing under Holistic Agriculture development Programme -HADP during current financial year. The interested companies/dealers shall submit the sealed quotations along with revenue stamp of Rs 2. The same shall reach to this office through registered post or in person by or before 08/01/2024 upto 4pm. The quotations will be opened on the next day (09/01/2024) by the constituted committee.

S. No	Name of the item	Remarks
01	Sheep Shearing Machine along with all accessories.	Item should be of superior quality and the rates shall be inclusive of all taxes

Terms and Conditions:

- The quotation must be submitted in properly sealed envelope.
  - The rates should be written legible without any cutting, overwriting
- The department reserves the right to reject the quotation of any company without assigning any reason thereof.

DIPK-14669/23  
Date: Jan 3 2024

Sd/-  
District Sheep Husbandry  
Officer Kulgam

## DEMISE

WITH PROFOUND GRIEF AND SORROW WE  
INFORM THE SAD DEMISE OF ABDUL KHALIQ  
RESHI S/O: ABDUL REHMAN RESHI  
R/O: MASJID AL FAROOQ HOUSING COLONY,  
BEMINA, SRINAGAR WHO LEFT FOR HEAVENLY ABODE  
ON 3RD JANUARY, 2024. MOURNING WILL BE HELD FOR  
3 DAYS ONLY. THE CONGREGATIONAL PRAYERS WILL BE  
HELD ON 5TH JANUARY, 2024 (FRIDAY) AT 2:30 PM AT  
NEAREST GRAVEYARD MASJID ANJUM, QAMARWARI, SGR.

## BEREAVED FAMILY

7889666625, 8082449625

## اظہار تعزیت

یہ خبر انتہائی دکھ کے ساتھ دی جاتی ہے کہ  
ارشیدہ اختر زویدہ ایگاز احمد بن شاہ سائنہ  
مانچھماڑی 11 جنوری 2024 بروز سوموار  
دارفانی سے رخصت کر گئی اللہ تعالیٰ مرحومہ کو  
جنت الفردوس عطا کرے مرحومہ کا بہرام  
04 جنوری بروز جمعرات کو ان کے آبائی  
گاہوں مانچھماڑی میں انجام دیا جائے گا نوٹ۔۔۔ متواتر سے گزارش  
ہے کہ وہ میت وغیرہ ساتھ نہ لائیں۔

فون نمبر۔ 96228545709469263826

## PUBLIC NOTICE

It is for general information that the name has been wrongly register in JK Bank Saving Account No 0227040850005295 Branch Singhpora Pattan as Sakina W/O Mohd Bhat instead of Sakeena Begum W/O Ghulam Mohammad Bhat. Now I have apply for it's correction. If anybody have any objection may contact the concern JK Bank Branch Manager Singhpora Pattan within 7 days. After completion of time no objection will be entertained.

Name:-Sakeena Begum  
W/O:- Ghulam Mohammad Bhat  
R/O:-Matipora Baramulla Pattan

## PUBLIC NOTICE

I inform to general public that my (twin) Son's and daughter's Date of Births wrongly mentioned is 21/03/2010 in school record instead of 10/02/2010. Now I am applying for it's correction if anybody having any objection in this regard he/she may file His/Her objection in the (Z.E.O) office WAGOORA within seven days from the publication of this notice after that no objection will be entertained

NAME .....MOHAMMAD ABDULLAH BHAT  
F/O.....SHAFQAT ABDULLAH  
F/O.....ABBAS ABDULLAH  
R/O.....KREERI  
Zone.....WAGOORA .DOB.....10/02/2010

## PUBLIC NOTICE

I informed to general public that my son's Date of birth (DOB) is 20/08/2018.....Now I am applying for his date of birth certificate (DOB) if anybody have any objection in this regard He/She may file His /her objection in the (BDO) office WAGOORA within seven days from the publication of this notice after that no objection will be entertained

Name.....NASEER AHMAD KALAS  
F/O..... SAYAAM NASEER KALAS  
R/O..... KAWHAR BARAMULLA  
Distt.....BARAMULLA



# Justice Tashi inaugurates dental cum awareness camp at Central Jail, Kot Bhalwal

## Visits 'Muskan' Home for mentally challenged persons, Channi Rama

■ HT News Network

JAMMU, JANUARY 03: Justice Tashi Rabstan, Judge, High Court of J&K and Ladakh and Executive Chairman, J&K Legal Services Authority, today inaugurated a dental awareness cum hygiene camp organized for the inmates of Central Jail, Kot Bhalwal here.

The camp was organized by Indira Gandhi Government Dental College in collaboration with J&K Legal Services Authority and Prison Department, J&K.

Justice Tashi, accompanied by Amit Kumar Gupta, Member Secretary, J&K Legal Services Authority, was warm-

ly received by Deepak Kumar, Director General Prisons, Sanjay Parihar, District & Sessions Judge and Chairman DLSA Jammu, Virendar Bhat, Superintendent, Central Jail Kot Bhalwal Jammu, Rakesh Gupta, Principal, Indira Gandhi, Government Dental College, Smriti Sharma, Secretary, DLSA Jammu, Dr. Poli Thapa, Senior Medical Officer, Central Jail Kot Bhalwal Jammu and Advocate Anil Sharma, Chief LADC, Jammu.

A ceremonial guard of honor was also accorded to Justice Tashi.

While addressing after inaugurating the two day camp, Justice Tashi said that dental hygiene is equally important for every person but due



to lack of awareness the people normally ignore these issues. He said this awareness cum hygiene camp has been specially designed to address the dental problems being faced by the jail inmates. Referring to his earlier visits to various jails in the UT of J&K, Justice Tashi said that a number of jail inmates had raised the demand for referring them to dental hospital for dental checkup. So, the J&K Legal Services Authority after holding a detailed meeting with Principal Indira Gandhi, Government Dental College and Director General, Prisons formulated a calendar spreading over 2 months for organising dental awareness cum hygiene camps in two

phases in all the jails of Jammu and Kashmir, he added. The first phase would cover jails located in Jammu province while the second phase will be covering all the jails of Kashmir province. Principal Indira Gandhi, Government Dental College, informed the Executive Chairman that various teams comprising 22 dental surgeons and 4 technicians have been deputed for two days at Central Jail, Kot Bhalwal, Jammu. This shall not only spread the awareness about the dental hygiene, but shall also conduct dental check-up and provide treatment during the camp. He further informed that besides using the dental equipment available in various jails.

### Director employment inaugurates 2-day Science Festival at Ramban

■ HT News Network



RAMBAN, JANUARY 03: Director Employment, Nisar Ahmed Wani today inaugurated a 2-day Science Festival in the Industrial Training Institute (ITI) Ramban.

The programme has been organised by the Technical Education Department in collaboration with the National Council for Science & Technology Communication (Deptt. of Science & Tech.) GOI and J&K Science, Technology & Innovation Council.

After inaugurating the festival, the Director inspected an impressive exhibition featuring projects from students of ITI Ramban, ITI Gool and local schools. The projects highlighted the innovative and scientific endeavors of the young minds.

A notable feature of the festival was an awareness stall by the State Disaster Response Force (SDRF). Officials from SDRF conducted demonstrations on life-saving techniques, including Cardio-Pulmonary Resuscitation (CPR) and rescue operations.

The students actively participated in a slogan writing and poster making competition, showcasing their creativity and understanding of scientific concepts. A vibrant cultural program followed, featuring skits, flute playing, folk music, and dance, providing a glimpse into the rich cultural tapestry of Ramban district.

Addressing the gathering, the Director emphasized the importance of skill development for enhanced employability. He encouraged students to embrace a curious and innovative mindset, citing the vast opportunities available for skilled individuals in the current era. He also commended Bharat's significant strides in science and technology, acknowledging the international recognition earned by young entrepreneurs with strong scientific skills.

The Science Festival at ITI Ramban stands as a testament to the region's commitment to nurturing scientific curiosity and fostering skill development among its youth. During the event, the Chief Guest also distributed certificates to 25 trainees, including 10 women, who successfully completed a 3-month IT Automation training organised by the Employment & Counselling Centre in Ramban at ITI Ramban.

### District level awareness camp held for Sheep & Goat breeders at Samba

■ HT News Network

SAMBA, JANUARY 03: Sheep Husbandry Department Jammu today organized "One Day District Level Awareness Camp" in the Conference Hall of DC office Samba. District Development Commissioner, Samba Abhishek Sharma, was the chief guest. More than two hundred breeders participated in the awareness camp. The District Development Commissioner interacted with Sheep & Goat breeders of the area and informed the public and PRLs regarding the schemes launched by the Department for the welfare of the people. He exhorted upon the people to come forward to avail the benefits of the Employment Generating Schemes of the department launched by the Government. He stressed upon the breeders

to constitute FPOs, avail Livestock insurance under NLM, HADP, Kissan Credit Card (KCC) and implementation of various schemes to double the farmer's income.

Various problems put forth by the breeders were redressed on the spot by the District Development Commissioner after a patient hearing. He assured them that other issues will be redressed as per laid down norms in a time bound manner. Dr. Tara Chand I/c Joint Director (Ext.) / DSHO Samba interacted with the breeders advising them to use modern techniques such as Artificial Insemination, synchronization of estrus, embryo transfer and machine shearing besides value addition of the products to raise their income.

Shalesh Sharma DDM NABARD spoke in detail about the creation of FPOs and gainful activities.

### DC reviews progress of ongoing PWD projects in Poonch District

■ HT News Network

POONCH, JANUARY 3: Deputy Commissioner Poonch Yasin M. Choudhary chaired a meeting in the Conference hall of DC Office Complex to review the progress of projects undertaken by different sub divisions of PWD (R&B) Department. The DC took a comprehensive review of physical and financial progress of works taken up by the PWD (R&B) under NABARD, UT-Sector, City & Town, DDC, BDC, PRI Grants and others. The Deputy Commissioner was updated on the progress, accomplishments, and objectives of various ongoing projects.

The DC directed XENs to pace up the speed of all



ongoing works to achieve completion in a time bound manner. He further asked the concerned XENs to mobilize men and machinery for the saturation of all the pending schemes within set timelines. He also called for removing bottlenecks by taking all concerned departments onboard.

He also directed the concerned Executive Engineers

to take help from concerned SDMs and other administrative officers to resolve bottlenecks which impact the execution of work, especially developmental projects of the social sector.

Issues impeding the developmental projects were also discussed threadbare in the meeting wherein the DC said that inter department coordination is a must to resolve devel-

opmental bottlenecks and timely completion of works.

The Deputy Commissioner further asked stakeholders to conduct joint inspection of projects to take decisions on-the-spot to resolve the issues, if any.

Further, while taking note of expenditure management, the DC directed to achieve the financial targets within the shortest possible time, and directed for 100 percent expenditure under different schemes.

The meeting was attended by Superintending Engineer PWD (R&B) Poonch, CEO Poonch Development Authority, PO ICDS, SDM Surankote, CMO, CEO, ALL XENs/AEE/JEE of PWD Division and Sub-Divisions, Range Office Poonch/Mendhar/Surankote.

### DC Doda leads Block Diwas Outreach Program to address public concerns at Dessa

■ HT News Network

DODA, JANUARY 3: In a significant move to address the public's concerns and grievances, the District Administration Doda today conducted an extensive Block Diwas outreach program at Gai-A Dessa, Block Bhagwah. The initiative provided the local residents a platform to project their issues directly to the authorities.

District Development Commissioner, Harvinder Singh, spearheaded the program in presence of ADDC Pran Singh, ACD, Phulial Singh ACP Ashfaq Khanji DPO/DIO Doda Suraj Singh, Teshildar, DFO, CEO, BDO and others.

Several issues, encompassing provision and augmentation of water and electricity supply, school and healthcare infrastructure, road connectivity, and MGNREGA-related concerns were projected by the locals.

Notably, the public, along with members of PRLs, sarpanchs and panches actively participated in these discussions. The



Deputy Commissioner also inspected the Government HSS building, school activities, and a newly constructed road in the area.

The outreach event witnessed participation of a large gathering from different parts of the district, seeking intervention of the administration to meet their demands effectively and promptly.

The program, a testament to the administration's commitment to responsive governance, aimed at ensuring that government services and benefits reach the populace efficiently and without delay.

### Empowering Lives: PM Poshan Project touches hearts and homes in Kathua District

■ HT News Network

KATHUA, JANUARY 03: In the heartland of Kathua district, the nationwide Viksit Bharat Sankalp Yatra became the stage for Asha, an Anganwadi helper from Partap Nagar, to share a compelling tale during the "Meri Kahani, Meri Zubani" segment.

Her heartfelt narrative encapsulates the transformative impact of the PM Poshan Project, highlighting its pivotal role in fulfilling the nutritional needs of pre-pregnancy and lactating women, while also securing the future of the girl child through the Laadli Beti Scheme.

Asha's words carried a resonance that touched the souls of those present, echoing her gratitude for the visionary policies championed by the Prime Minister, aimed at protecting and empowering women and the girl child.

"Through the PM Poshan



Project, we've witnessed a revolution in our community," Asha shared, echoing the sentiments of many. "The focus on the well-being of pre-pregnancy and lactating women has brought about a positive change that extends beyond nutrition. It's about empowerment."

The nationwide campaign, Viksit Bharat Sankalp Yatra, passing through Kathua district, became a platform for Asha to extend her gratitude to the Prime Minister for these transformative initiatives. "The dissemination of information,

education, and communication through this Yatra is a testament to the government's commitment to reaching every corner of the nation," she affirmed.

In Partap Nagar, the PM Poshan Project has become a beacon of hope. Women, once overlooked, now receive targeted support ensuring their nutritional needs are met comprehensively. The Laadli Beti Scheme, a crucial part of this initiative, has brought about a paradigm shift, providing not just monetary security but a sense of equality and opportunity.

### District Development Commissioner reviews progress of Jal Jeevan Mission schemes in Reasi District

■ HT News Network

REASI, JANUARY 3: The District Development Commissioner Reasi, Vishesh Mahajan, conducted a meeting with concerned officers to assess the advancements made under the Jal Jeevan Mission (JJM) in the district.

SEJJM, CPO, ACD, XENs, DIO (info) and other members of DJJM committee attended the meeting.

The review encompassed various components of the mission, including the status of bore wells, progress in the laying of pipe network and allied infrastructure besides the financial status.

The DDC Mahajan directed concerned officers to further expedite



the work and ensure the completion of all components of the schemes by 15th January.

DDC Mahajan directed all XENs

not to leave Headquarters till the task is accomplished.

Assistant Executive Engineers (AEEs), AEs and Junior Engineers

(JEs) were directed to remain present at the work site and share Geo-tag locations regularly until 100% completion of all pending works is achieved.

The chair directed for installation of pending IEC Boards on each site of WSS and subsequent online updation of the same.

DDC Mahajan underscored the importance of expediting pending projects to ensure that a significant portion of the population will get benefits from the ambitious Jal Jeevan Mission of the Government.

The DDC directed the concerned officers/officials to mobilize their resources for the swift execution of all pending tasks within the stipulated deadline.

### DC Kupwara reviews progress of PM Vishwakarma Scheme

KUPWARA, JANUARY 03: In order to review the progress in implementation of PM Vishwakarma scheme, launched to uplift traditional Artisans and Craftspeople, a meeting was held today under the chairpersonship of Deputy Commissioner (DC) Kupwara, Ayushi Sudan at Meeting Hall of the DC Office Complex, here.

At the outset, the DC took a firsthand appraisal about the progress made so far with regard to registration and on-boarding of Sarpanches and Artisans (Vishwakarmas).

On the occasion, the chair was informed that as on date 292 Sarpanches out of total 385 have been onboarded.

The DC also reviewed the technical issues on Vishwakarma Portal and stressed on resolving the issues at the earliest to ensure a smooth process.

She asked the Officers of all the line Departments to co-operate with VLEs for successful implementation of the scheme so that the target group is benefitted for their overall socio-economic development.

The DC directed District Manager, CSC to speed up the process, give individual targets to VLEs and onboard all Sarpanches and beneficiaries of the district.

She also directed the Labour department to organize Vishwakarma camps block wise.



EDITORIAL

## Addressing Heating Needs in Kashmir during Chilai Kalan

As the biting cold of Chilai Kalan settles in Kashmir, the imperative for adequate heating becomes a critical concern for the well-being of the residents. Harsh winter conditions demand effective heating appliances to ensure not only comfort but also the preservation of health and safety.

In the face of these challenges, initiatives are underway to provide heating solutions for all. Recognizing the severity of the weather, local authorities are implementing measures to distribute heating appliances to vulnerable communities. This includes not only urban areas but also remote villages where access to such resources is often limited.

Efforts are being made to deploy a variety of heating options, considering both effectiveness and sustainability. From traditional methods like wood-burning stoves to modern electric heaters, the aim is to cater to diverse needs while minimizing environmental impact. Collaborations with NGOs and governmental agencies are essential to ensure a coordinated and widespread distribution, leaving no one in the cold.

Moreover, raising awareness about proper heating practices and safety measures is integral to this initiative. Education campaigns emphasize the responsible use of heating appliances to prevent accidents and promote efficient energy consumption.

As we navigate the frosty days of Chilai Kalan, it is a collective responsibility to ensure that every individual in Kashmir has access to the warmth they need. By addressing heating needs comprehensively, we not only alleviate immediate challenges but also contribute to the long-term well-being of the community.



■ Rayees Ahmad Kumar

The recent move of the Jammu and Kashmir Board of School Education to prescribe one type of textbooks for both private and public schools from classes 1st- 12th has recieved a mixed response from stakeholders and general public.

Earlier private schools of the region would teach board prescribed textbooks from classes six onwards, but the fresh orders of the board makes it mandatory for both private and government schools to adopt board prescribed textbooks from classes 1-12 leaving no room for any kind of laxity or deviation from the strict orders. For a long time, various sections of the society have been demanding same type of syllabus and textbooks for the students enrolled both in private as well as government schools. However this all of a sudden move though displeasing to a minor group, has been widely hailed by majority of the people and has succeeded in garnering widespread praise and admiration.

Board prescribed textbooks are not authored by a single author instead a team of academic experts after thorough deliberations for months together come up with their product. They not only keep in mind the academic needs of the child but keep into consideration the overall personality development of the child also. Education is a fundamental right that empowers children and shapes their future.

Governments bear the responsibility of providing accessible and inclusive education free from discrimination. Education equips children with the knowledge and skills needed to participate actively in society fostering a culture of learning and understanding. Thus it makes no sense that children of same region enrolled in two different kinds of schools are taught different set of textbooks. It develops inferiority complex among those learning in public schools besides failing to provide equal competitive opportunities to them.

Exhorting common syllabus and textbooks can develop a sense of uniformity among children of same region,



equal opportunities for the upcoming competitive events and demand common methodologies to acquire the set academic goals. Strong foundations of an effective education system are laid at primary level, so both government agencies and other stakeholders must be focused on improving the academic standard of primary education.

Various NGO's and parents associations have previously appealed to the people at helm about the burning issue of minimising the weight of school bags of little chaps who find it difficult to carry on their shoulders. Upto class 5th, only five textbooks including Kashmiri is taught in government run schools while their counterparts in private schools are forced to carry a heavy load of more than a dozen books which is obviously an injustice to them.

Teaching computer, fat grammar books, Islamic studies, General Knowledge etc to children at tender age is beyond every one's understanding. It brings no good results instead dips our future progeny in a well of melancholy because a heavy load of textbooks and extended syllabi can only push them to mental trauma. Teaching computer books to students of primary standard can hardly yield any desired result as these are laden with bulk of information, tough concepts and terms alongside difficult wordings which they seldom comprehend. Instead of teaching computer books, it is far better to take them in computer labs so that they get acquainted about the computer hardware and basic parts.

Likewise it is useless to teach gen-

eral knowledge of higher standard to primary level children who hardly remember onerous and burdensome concepts. Similarly teaching Islamic studies at this stage can no longer make them religious scholars instead overburden them with an extra textbook. If we are truly sincere to our upcoming generation, then instead of teaching a dozen of separate textbooks it is imperative to impart education through a minimum number of textbooks with the incorporation of contents from all the sections.

It will unconsciously and playfully equip them with required informative content rather coercing them to learn the same through a dozen books. The sweet fruits of this board order can be reaped by taking into confidence the publishers and private school managements also who through unanimous deliberations and discussions can choose best and qualitative content material out of a big choice, which can satisfy both academic and developmental needs of a child. Decades ago there were least number of private schools and students learned from the books which board had prescribed.

Products of such institutions are presently holding highest ranks in every field of life, so we must have full faith in board prescription which from time to time takes stock of quality of the books as well as their necessary amendments in quality and contents. Prescribing a common set of textbooks and syllabus would remove the tag of discrimination among children and those being educated in private schools

would surely get them at reasonable rates who earlier would raise hue and cry over their exorbitant prices.

After the declaration of NEET, JEE and other state and national level civil services results, candidates who top the results or qualify with flying colours attribute their successes to NCERT and other board textbooks. According to them, these books not only help them in full comprehension of the terms and concepts but also pave the way for their success in future.

Moreover our proud son of soil, Dr Shah Faisal who topped the prestigious Civil service exam in 2009, averred in an interview that any candidate aspiring to sit in the civil services exam must collect the board textbooks of all subjects from classes 6th- 12th, read them thoroughly and then stride ahead with new choice of books. In order to overcome the social and academic disparities among our children, it is crucial to frame a common curriculum and prescribe same set of textbooks but every attempt must be made to update and review the quality and content material of the books.

Academic experts and publishers of high repute must be consulted from time to time in giving the material a final shape. Moreover the availability of textbooks in required quantity must be ensured both in market and schools before the commencement of the academic session to ensure no academic loss.

Writer is a columnist hailing from Qazigund Kashmir.



■ Vijay GarG

## Career In Politics Is Opportunity To Create An Impact And Build A Network

In this era of information and communication, the political skills and behavioural knowledge required for a career in politics remai within a closed group of people. This leads to an uneven playing field for those who hail from a non-political background. One of the major reasons for this is the lack of a structured mechanism for political education and training at various levels.

### Common citizens:

To make informed decisions at the polling booth, citizens must possess a comprehensive understanding of the political decisions made at the local, state, and national levels as it impacts the lives of millions.

### Professionals in politics:

In the era of new age media, data and technology professionals — from campaign strategists and policy advisors to communication experts and data analysts — act as the support system.

### Party workers:

The training of political workers plays a pivotal role in shaping the course of a nation's democratic journey. Proper training ensures that political workers can

maximise their outreach and influence.

### Politicians:

People coming from non-political backgrounds face steep challenges in their journey. Political training and education gives them the framework and direction to take key decisions and helps them build their skills to excel as politicians.

Political education is an upcoming domain in India. The following courses and programmes focus on political training and strategy.

### Postgraduate courses

**Leadership, Politics and Governance:** A nine-month residential course, it focuses on Leadership and Management, Politics and Democracy, Governance and Public Policy.

**Political Leadership and Government:** A two-year programme that covers election internship, constituency internship, issue-based internship and political internship

### Certification courses

**Political Campaigns and Electoral Strategy:** A 100-hour course, it contains ten



subjects on political campaigns and electoral strategy.

**The Art of Political Success:** A two-month courses with 12 modules that focuses on the skills needed to be successful politicians.

**The Good Politician:** A nine-month experiential programme that invites 30 emerging grassroots leaders to embark on a political journey.

**Election Campaign Management:** A six-month UGC-approved programme under

the National Education Policy (NEP) 2020, it is divided into eight modules delivered through a series of physical lectures, workshops and projects.

**She Represents:** A seven-day leadership programme for elected women representatives selected from across India.

### Qualities

**A career in politics involves passion and hunger to succeed. A few skills needed to be successful are:**

**Patience and perseverance:** Politics has no shortcuts. Waiting for the right time and timing one's leap is the biggest factor.

**Personal connections:** Nothing supersedes personal connections when it comes to politics. A strong and well-maintained bond leads to greater growth.

**Understanding society:** Politics requires an in-depth understanding of society and the electorate.

**Self-branding:** Making oneself visible to the society and community by using media, social media and new age media makes one stand out in the crowd.

### Career opportunities

Apart from a position as a politician, one can aspire to become executive assistants to leaders, political consultants and analysts, subject matter experts like psephologist, media managers, digital political communication experts and starting a political service agency. All these gives one the opportunity to create an impact and network at the highest level.

The author Retired Principal Educational columnist malout



# DECARBONISING FOOD IS ESSENTIAL TO MEETING OUR CLIMATE GOALS

## TRANSFORMING FOOD SYSTEMS IS A POWERFUL WAY TO REDUCE GLOBAL DEPENDENCY ON FOSSIL FUELS

■ [Anna Lappé](#)  
■ [Patty Fong](#)

When political leaders, policymakers, environmental advocates, and philanthropists gather for this year's United Nations Climate Change Conference in Dubai (COP28), food systems will be high on the agenda for the first time. Given that the food sector accounts for one-third of all greenhouse-gas emissions, its inclusion is long overdue.

Fortunately, this challenge need not compete for our attention, because transforming food systems is also a powerful way to reduce our global dependency on fossil fuels. As our organisation shows in a new report, *Power Shift: Why We Need to Wean Our Industrial Food Systems Off Fossil Fuels*, food systems, from farm to plate to landfill, account for at least 15 per cent of annual global fossil-fuel use – equal to that of the European Union and Russia combined. And if the current approach to industrial food production continues, that figure is expected to increase significantly.

Today's industrial food system is increasingly fossil fuel-intensive. Fossil fuels go into synthetic fertilisers and pesticides, as well as the plastics that are used in everything from the coatings for those pesticides and fertilisers to most food packaging. Moreover, most packaging is needed to store ultra-processed foods – from meat and dairy to sweets and sugary drinks – all of which require highly energy-intensive manufacturing and petrochemicals in the form of plastics.

Worryingly, the energy sector views the food system as a promising growth market. Food-related plastics and synthetic fertilisers account for approximately 40 per cent of all petrochemical products, and the International Energy Association predicts that petrochemicals will drive nearly half the growth in oil demand by 2050, outstripping sectors like aviation and shipping. Similarly, research from the Center for International Environmental Law has shown that fossil-fuel companies are banking on the expansion of these markets. The industry "is eyeing the food



system", CIEL's Lisa Tostado told us, "from inputs like pesticides and fertilisers to production and processing, as a dangerous escape hatch".

Finally, we're also seeing a push to use more agricultural land for incredibly inefficient energy production. The United States already dedicates about 40 per cent of its corn harvest to ethanol fuels, which are estimated to be "at least 24 per cent more carbon-intensive than petrol."

Given increased marketing of and demand for energy-intensive food, decoupling food production from fossil fuels is essential to meet our climate goals. Even if all governments delivered on their 2030 climate pledges, fossil-fuel use in the food system alone would consume our remaining 1.5° Celsius carbon budget by 2037.

Fortunately, there are many ways to

phase out fossil fuels in food systems. These include strategies to end the use of fossil-fuel-based fertilisers and pesticides, and to move away from input-dependent crop-based energy systems like corn ethanol; shifting to renewable energy for processing, cooling, and drying food; supporting minimally processed, less energy-intensive foods and encouraging plant-rich diets; and encouraging the uptake of seasonal, locally grown food.

Shifting away from industrial methods toward more sustainable ways of farming not only would protect the planet. It also would create jobs, improve health, protect biodiversity, and help address the roots of hunger. Evidence from around the world shows that approaches like agroecology and regenerative agriculture are effective in driving a shift away from fossil-fuel

dependency. With these strategies, yields remain steady or improve, while emissions fall, farmworkers' health improves, and biodiversity is protected.

There is no technical barrier to shifting from dependence on synthetic inputs toward agroecological and regenerative food production, or to replacing fossil-fuel energy with renewable sources. But many governments offer very few subsidies to support these transitions, and many more incentivise business as usual. According to the OECD, every year between 2019 and 2021, public funds totalling \$528 billion were channelled to agricultural and food-production practices that are generally bad for the climate, the environment, and human health.

Now that we have come to understand just how endemic fossil-fuel usage is across

our economies, we must take pains to ensure that all sectors are included in the transition to a fossil-fuel-free future. We are pleased to see food finally taking centre stage at COP28. But that discussion must not be isolated from the one about ending the use of fossil fuels as fast as possible. There will be no food-systems transformation without phasing out fossil fuels, and there will be no phasing out fossil fuels without food-systems transformation.

**Anna Lappé is executive director of the Global Alliance for the Future of Food. Patty Fong, programme director of Climate, Health, and Well-being at the Global Alliance for the Future of Food, is lead on the Power Shift report**

Courtesy: Project Syndicate

## 6 Ways to Find and Write About Harmony During the Holidays

■ [Diana Raab](#)

For many people, the holiday season can present some unwanted challenges. In addition to the normal stresses of holiday shopping, celebratory events, and gathering with friends and relatives, it's also a time when we're reminded of loved ones who have passed away. For one reason or another, many people are triggered.

### The Importance of Harmony

The trick to navigating this time of year is to create a sense of harmony in our lives. According to Mark E. Williams (2016), "Harmony means being in a position of compatibility, usefulness, and benefit to other things." Harmony cannot be forced, but when you are harmonious, it is contagious to those around you. Having a harmonious life means maintaining good work and personal and social balance. It's also about being self-aware, setting realistic goals, and knowing what your priorities and values are. A study published in *Frontiers in Psychology* (Carreno et al., 2021) suggests that inner harmony is an essential facet of well-being, particularly in adverse situations, whether a global pandemic or dealing with the stress of the holidays.

### Achieving Harmony

Harmony may be achieved through regular self-care practices, such as exercising, walking, reading, and, of course, writing—whether it's journaling or writing poems, essays, or stories.

To achieve a greater sense of harmony, you might also consider creating a mantra or an intention to focus on during the holiday season. This could also be a few words that resonate with you, quotes written by others, or inspirational sayings that are reminders to stay grounded and keep your mind calm. A mantra can be thought of as a seed that you plant into your mind to settle yourself. You might



consider posting this mantra or intention somewhere you frequently pass in your home, such as the kitchen, on your computer, or bathroom mirror.

**Here are a few examples of mantras or intentions:**

Breathe. Be in the moment. Listen to your heart.

My life is good, and I am at peace.

I feel calm now.

Approach everything with kindness and love.

**Harmony and a Regular Writing Practice**

As an advocate of writing for healing and transformation, I would like to offer some prompts associated with maintaining a sense of harmony as you navigate this

time of year:

6 Harmony Tips and Writing Prompts

1. Practice gratitude. Those who are the happiest tend to practice gratitude on a regular basis. Once you get in the habit of frequently saying thank you, it often becomes as easy as brushing your teeth.

Reflection or writing prompt: How about writing a letter of gratitude to someone who has changed your life? They could be alive or could have passed, someone you are either still in touch with or not.

2. Establish rituals. Having a set of rituals can help keep you focused during the course of the day. If possible, try not to make big changes during the holiday

season. For example, if you always have a cup of coffee or exercise at a certain time of the day, try to continue this practice.

Reflection or writing prompt: Make a list of all your rituals and how you feel about them.

3. Engage in self-care. Perhaps this is already a part of your daily routine but, if not, try to incorporate activities during the course of the day that make you feel good about yourself or activities that you tend to turn to de-stress.

Reflection or writing prompt: Write about your favorite self-care activities.

4. Foster good communication. Tell others how you feel. Express yourself openly.

Reflection or writing prompt: Write

about any communication challenges you or your loved ones may have.

5. Find your bliss. This means being self-aware and knowing what makes you happy and what makes your heart sing.

Reflection or writing prompt: Write about what you're doing when you're in your "happy place."

6. Practice empathy and compassion. Sometimes, when wrapped up in our own lives, we forget that others might also have challenges. Having empathy means being attuned to other people's emotions and feelings. Compassion is having concern for another person's misfortunes or challenges.

Reflection or writing prompt: Write about a time when you offered compassion to someone in need.

Like any practice, achieving harmony means being self-aware and being alert to your internal and external influences. Wishing you all a very harmonious holiday season!

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**Diana Raab, MFA, Ph.D., is an author, speaker, educator, and survivor. She's written nine books of nonfiction and poetry, including the recent *Writing for Bliss* and *Writing for Bliss: A Companion Journal*.**



# PM Talks Of "Modi's Guarantee", Slams Congress, Left For Women's Bill Delay

■ HT News Network

Thirissur, Kerala: Prime Minister Narendra Modi today slammed the Congress and Left parties, alleging that they had delayed the Women's Reservation Bill, whereas the BJP had ensured the passage of the quota legislation that would empower women.

The Nari Shakti Vandan Adhiniyam has now become law, the Prime Minister said addressing a large gathering of women, emphasising that he has fulfilled his commitment to the cause of women empowerment.

"Regrettably, after independence, the Leftist Congress government undermined the strength of our women," the Prime Minister said.

"The Congress and other parties delayed the reservation bill in the Lok Sabha. However, the Nari Shakti Vandan Adhiniyam has now become law. PM Modi has fulfilled his commitment," he said.



"Mesmerising": PM Modi Praises Swati Mishra's 'Ram Aayenge' Bhajan

Asserting that the progress of the poor, women, youth and farmers will ensure national growth, he also said there was a buzz around "Modi's guarantee", apparently referring to the Centre's developmental initiatives.

PM Modi also said he guaranteed freedom from triple talaq for Muslim women and fulfilled

it honestly. "Regrettably, after independence, the Leftist Congress government undermined the strength of our women," the Prime Minister said. Prime Minister Narendra Modi today slammed the Congress and Left parties, alleging that they had delayed the Women's Reservation Bill, whereas the BJP had ensured the passage of the quota legislation that would empower women.

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## Days After Russia Visit, S Jaishankar Speaks With Ukranian Counterpart

■ HT News Network

New Delhi: External Affairs Minister S Jaishankar today held a "useful" conversation with his Ukrainian counterpart Dmytro Kuleba exchanging views on the ongoing conflict in Ukraine as ways to advance bilateral ties. The phone conversation came days after Mr Jaishankar paid a five-day visit to Moscow.

"A useful conversation with FM @DmytroKuleb of Ukraine today. Discussed advancing our bilateral cooperation in the year ahead. Exchanged views on the ongoing conflict in Ukraine," the external affairs minister said on X. On his part, Mr Kuleba said



he conveyed to his Indian counterpart the "peace formula" and Ukraine's plan for the 'Global Peace Summit' of leaders.

"I informed my counterpart of Russia's recent escalation of terror and mass air attacks, which caused civilian suffering and destruction," he said in a post on X.

"We discussed further cooperation on the Peace Formula. In this regard, I informed my counterpart

of Ukraine's vision for the Global Peace Summit of leaders," he said. "We agreed to hold the first meeting of the India-Ukraine Inter-Governmental Commission since 2018 in the near future," Mr Kuleba said.

The Ukrainian foreign minister further added that the "rejuvenation of this primary mechanism of four bilateral ties will allow us to jointly move forward in a comprehensive manner." "A useful conversation with FM @DmytroKuleb of Ukraine today. Discussed advancing our bilateral cooperation in the year ahead. Exchanged views on the ongoing conflict in Ukraine," the external affairs minister said on X.

# In A Ist, India To Launch Its Big Communications Satellite On SpaceX Rocket

■ HT News Network

New Delhi: The Indian space agency will rely on SpaceX to launch its next generation heavy communications satellite named GSAT-20. This is the first time the Department of Space and Indian Space Research Organization (ISRO) will use the Falcon-9 heavy lift launcher which may liftoff from Florida on a dedicated Indian mission.

The deal also exposes the weak underbelly of ISRO which still lacks a rocket which has

the capacity to lift big communication satellites. ISRO Chairman S Somanath says India had to go to SpaceX since 'no other rocket was available in time.' The commercial arm of ISRO, New Space India Limited has signed a contract with SpaceX for a possible liftoff in the second quarter of this year. The SpaceX deal also signifies a significant shift since till now India relied heavily on the France led Arianespace consortium to launch the heavy satellites. India's own rockets lack the capacity for launching very heavy satellites to the geostationary



orbit beyond 4 ton class. According to NSIL, GSAT-20 offers Ka-Ka band high through put (HTS) capacity with 32 beams having Pan-India coverage including Andaman & Nicobar, Jammu & Kashmir and Lakshadweep islands. NSIL is realizing GSAT-20 satellite through ISRO. The satellite weighs 4700 kg, offers HTS capacity of nearly 48Gbps. The satellite has been specifically designed to meet the demanding service needs of remote/unconnected regions. Dr Radhakrishnan Durairaj, CMD, NSIL says this is the second demand driven communica-

tion satellite mission being undertaken by NSIL after the GSAT-24 mission whose full capacity was leased out to Tata Play. Durairaj says this new satellite deal only confirms that the reform process undertaken by the government is yielding results. NSIL has not revealed who has bought the capacity of the satellite.

While France and Arianespace was indeed a trusted all weather partner all along and India launched 23 of its heavy duty communications satellites on this rocket owned by the European Space Agency.

## Notice To Centre, 11 States On Plea Claiming Caste Discrimination In Jails

■ HT News Network

New Delhi: The Supreme Court today sought responses from the Centre and 11 states, including Uttar Pradesh and West Bengal, on a PIL alleging that the prison manuals of these states encourage caste-based discrimination in jails. A bench comprising Chief Justice DY Chandrachud and Justices JB Pardiwala and Manoj Misra took note of senior advocate S Muralidhar's submissions that the jail manuals of these 11 states discriminate in allocation of work inside their prisons and caste determines the places where inmates are lodged.

Certain de-notified tribes and habitual offenders are treated differently and discriminated against, the senior lawyer said. The court asked Muralidhar to compile jail manuals from the states and listed the plea for hearing after four weeks. Issuing notices to the Union Ministry of Home Affairs and others, the bench asked Solicitor General Tushar Mehta to assist the court in dealing with the issues raised in the PIL filed by Sukanya Shantha, a native of Kalyan in Maharashtra.

"The petitioner states that caste-based discrimination is there in barracks to the manual labour which is allotted and such discrimination among de-notified tribes and habitual offenders. The plea seeks repeal of offending provisions in state prison manuals. Issue notice to the Union and the state government...", the court ordered.

"I have not heard of discrimination on caste... the segregation is usually based on undertrial prisoners and the convicts," the solicitor general said.

Besides Uttar Pradesh and West Bengal, the other states are Madhya Pradesh, Andhra Pradesh, Telangana, Punjab, Odisha, Jharkhand, Kerala, Tamil Nadu, Maharashtra.

## Mahua Moitra Gets No Supreme Court Relief, Next Hearing In March

■ HT News Network

New Delhi: The Supreme Court today declined to look into the expulsion of Trinamool Congress leader Mahua Moitra from the Lok Sabha, in a setback to the leader who faces cash-for-query allegations linked to businessman Darshan Hiranandani. Though the Supreme Court did not dismiss Ms Moitra's challenge against her expulsion from parliament, the court said it will first determine whether it has jurisdiction to hear the matter.

Solicitor General Tushar Mehta, appearing for the Lok Sabha Secretary General, said the Supreme Court should not interfere in decisions taken inside parliament, since parliament has its own sovereignty and is one of the three organs under the Constitution, and parliament can internally manage disciplinary issues of its members through its in-house procedure which is not amenable to judicial review. "If we have the power of judicial review, we will investigate," the Supreme Court said.

Ms Moitra will also get three weeks to reply. The hearing will begin from March 11 in the Supreme Court again. At the moment, Ms Moitra remains expelled from the Lok Sabha and can't participate in the proceedings.

The Supreme Court said for now it won't comment on the merits of the issues raised by Ms Moitra in the challenge to her expulsion, but has kept the case open.

"Do you admit that you shared OTP with Hiranandani?" the Supreme Court said in the hearing today.

## 511 Cases Of COVID-19 Sub-Variant JN.1 Detected In India: Report

■ HT News Network

New Delhi: A total of 511 cases of COVID-19 sub-variant JN.1 have been reported in the country so far with the maximum recorded in Karnataka, official sources said today.

The sources told Press Trust of India that 199 cases have been reported from Karnataka, 148 from Kerala, 47 from Goa, 36 from Gujarat, 32 from Maharashtra, 26 from Tamil Nadu, 15 from Delhi, four from Rajasthan, two from Telangana and one each from Odisha and Haryana.

The WHO has classified JN.1 as a separate "variant of interest" given its rapidly-increasing spread, but said it poses a "low" global public health risk.

The JN.1 sub-variant of the coronavirus was previously classified as a variant of interest (VOI) as part of the BA.2.86 sub-lineages, the parent lineage that is classified as a VOI, the world body said.

The Centre has asked states and Union territories to maintain a constant vigil amid an uptick in the number of Covid cases and the detection of the JN.1 sub-variant in the country.

States have been urged to ensure effective



compliance of the detailed operational guidelines for revised surveillance strategy for COVID-19 shared by the Union Ministry of Health and Family Welfare.

They have been also asked to monitor and report district-wise cases of Influenza-like Illness (ILI) and Severe Acute Respiratory Illness (SARI) in all health facilities. COVID-19 sub-variant JN.1: 199 cases have been reported from Karnataka, 148 from Kerala, 47 from Goa, 36 from Gujarat, 32 from Maharashtra, 26 from Tamil Nadu, 15 from Delhi, four from Rajasthan, two from Telangana and one each from Odisha and Haryana.

## Archaeological Body Seeks 4 Weeks To Make Gyanvapi Survey Report Public

■ HT News Network

New Delhi: The Archaeological Survey of India (ASI) has requested a court in Varanasi to give four weeks to make the 'scientific survey' report public in the Gyanvapi case. On December 18, 2023, the ASI submitted a sealed report to the district judge in Varanasi and it was unclear whether to make the report public.

The survey of the mosque premises, excluding the 'wazukhana' sealed by the Supreme Court, was ordered by the Varanasi court to check if the late 17th-century mosque was built over a Hindu temple.

The Muslim side is opposed to a public report, while the Hindu side is demanding that the report should be made public.

The ASI, in its application, said if the survey report is unsealed and disclosed in public before the submission of the copy in the survey report of the suit filed in 1991 seeking the "restoration" of a temple where the Gyanvapi mosque now stands in Varanasi was dismissed by Allahabad High Court, there is more chance of rumours being spread, which may affect the work of ASI.

The Allahabad High Court had on December 19 dismissed several pleas



from Muslim sides challenging the maintainability of a suit seeking restoration of the temple where the Gyanvapi mosque now stands in Varanasi.

In its observation, Justice Rohit Ranjan Agarwal had said the Places of Worship (Special Provisions) Act, 1991 did not define religious character and this can only be determined through evidence presented in the court by opposing parties.

Right-wing groups claim a temple was demolished, by order of Mughal emperor Aurangzeb, to make room for the mosque, which is adjacent to the Kashi Vishwanath Temple.

The survey started after the Allahabad High Court upheld the Varanasi court order. The High Court said the survey was "necessary in the interest of justice" and would benefit both sides in the dispute.

The Gyanvapi mosque committee then moved the Supreme Court against the High Court's order but, on August 4 last year, refused a stay; a bench led by Chief Justice DY Chandrachud, however, directed the ASI to not carry out invasive acts, which ruled out excavations the Varanasi court had cleared.

The top court ordered non-invasive methods of survey and said certain areas - including a structure found in a video survey in April last year and claimed by petitioners as a 'shivling' - were off-limits.

## "Arvind Kejriwal Shaking In Fear": BJP On Chief Minister Evading Summons

■ HT News Network

New Delhi: Delhi Chief Minister Arvind Kejriwal is "shaking in fear" and not appearing before the Enforcement Directorate because he knows that he is the "kingpin" of the alleged liquor policy scam, the BJP said today.

The BJP's reaction came after Mr Kejriwal skipped the third summons issued by the Enforcement Directorate (ED) in the Delhi excise policy case and sent a written reply calling the notice "illegal".

Reacting sharply, BJP national spokesperson Gaurav Bhatia said, "Outright dishonest and sinister Arvind Kejriwal is shaking in fear and making one after another lame excuse to skip ED summons."

"It won't be wrong to say that (Arvind) Kejriwal is afraid today because he knows that his arrest is imminent, he is aware that he is the kingpin and has no answers (to ED's questions). That's why he is trying to evade the process of law," Mr Bhatia told reporters at a press conference at the party headquarters. The BJP leader said it would have never happened in the history of independent India that someone "ordered" a probe agency to withdraw its summons.



"But a corrupt and sinister Arvind Kejriwal tells ED to withdraw its summons. Mr Arvind Kejriwal, you are not above the law," he charged, saying it is the right of the probe agencies to take action against corruption "as per evidence". Mr Bhatia said that if Mr Kejriwal felt that the ED had issued summons to him out of any alleged "political vendetta", he should have approached the court seeking relief. "Why didn't the approach court so far if the ED's summons are politically motivated. He is not able to muster courage (to approach court) because he knows the truth that he is the kingpin of the liquor scam," Mr Bhatia further said.

## Chandigarh Withdraws Order To Cap Sale Of Fuel As Truckers' Strike Ends

■ HT News Network

Chandigarh: As the truckers called off their strike against stricter punishments in the new law on hit-and-run cases, Chandigarh on Wednesday withdrew the order on restriction on the sale of petrol and diesel.

On Tuesday, long queues were witnessed at many fuel stations over fears that stocks would run dry soon in the wake of the truckers' strike, following which the Chandigarh administration put a cap on the sale of fuel.

Two-wheelers in Chandigarh were limited to 2 litres or a maximum value of 200 of fuel, while four-wheelers were limited to 5 litres or a maximum value of 500.

"The District Magistrate Chandigarh, who had earlier issued directions for capping fuel transactions, hereby withdraws the aforementioned restrictions with immediate effect. This development comes as efforts to resume the supply of fuel to Chandigarh have been successful, thanks to coordinated efforts with Oil Marketing Companies and the states of Punjab and Haryana," the Chandigarh Administration said in a statement.

"Fuel station operators are encouraged to resume normal operations, and consumers are no longer subject to the previously imposed restrictions," it added.

Truckers End Protest After Centre Says 'Hit-And-Run Law Decision After Talks'

The countrywide truckers' stir was on Tuesday late evening called off as the Centre assured that it would consult stakeholders before implementing a contentious law against hit-and-run cases.

After long talks with the government, the All-India Motor Transport Congress called off the agitation.

"We had a discussion with All India Motor Transport Congress representatives... the government wants to say that the new rule has not been implemented yet."



# DDC Reasi holds Block Diwas at Bhambla

## Inspects progress on National Highway, Tunnel at Kalidhar & other works

■ HT News Network

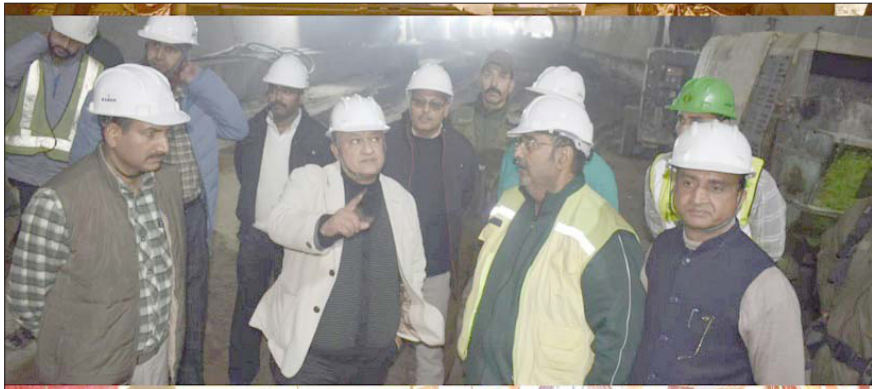
REASI, JANUARY 03: District Development Commissioner Reasi Vishesh Mahajan today participated in a community-centric event, "Block Diwas," to directly engage with the residents of Bhambla Panchayat in block Pouni and address their grievances at their doorsteps.

The initiative of the LG administration aims to strengthen the bond between the district administration and the community by bringing governance closer to the people. During Block Diwas, residents had the opportunity to voice their concerns and seek solutions directly from the DDC and other concerned officers.

During the proceedings of Block Diwas, PRIs and locals raised a number of grievances and general demands with regard to augmentation of water and power supply, shortage of staff in health centers, blacktopping of link road, fresh survey of PMAY, pending MGNREGA payments and other issues of public importance.

After giving patient hearing to the grievances and demands of the public, the DC sought on the spot response from the concerned District Officers present during the Grievance Redressal Camp. He also gave on the spot directions to the concerned officers for time bound redressal of all the genuine public issues.

The DC asked the unemployed youth to come forward and take benefit from diverse



Government self-employment schemes to earn a dignified livelihood for their brighter future.

During the programme, GM DIC Reasi gave a detailed overview of PM Vishwakarma Scheme and AD Employment detailed about Tejaswani and MUMKIN schemes for self employment.

Addressing the public, the District Development Commissioner announced the commitment of timely completion of all

pending development projects in the Reasi district. The DDC also highlighted the pivotal role of education in advancing the district's progress, especially emphasizing the need to educate children, particularly girls. Recognizing education as a cornerstone for development, he urged parents and Guardians to prioritize the education of their children to contribute to the progress of nation building.

Furthermore, the DDC asked all officers

to increase awareness on an array of government schemes among the local populace. Residents informed the DDC about the adverse impact of the construction on their access to water, leading to increased hardship for the community. In response, the DDC has directed officers from the GREF 57 RCC to collaborate with the Public Health Engineering (PHE) department in finding a viable solution to the water shortage issue.

Acknowledging the urgency of the matter, the DDC has set a deadline of 20th January for the GREF officers to propose and implement measures that will address the concerns of the affected population and provide adequate water to them.

Besides sensitizing the people, especially youth about the PMEGP, Tajsawani, PM-SEHAT, e-Shram and other self-employment and other beneficiary oriented schemes, the DC urged the people to avail the benefit of different schemes launched by the UT as well as Central Government. He said that the District Administration is focusing on implementing all job and welfare oriented schemes especially for youth.

Government departments put up their stalls at the event to create awareness about government schemes, including those being implemented by Departments of Revenue, Health, Agriculture, Horticulture, ICDS, Social Welfare and J&K Bank.

Free medical checkup camps, on-the-spot Ayushman Bharat card registrations, and Kissan Credit Card applications were also made available to all.

## Viksit Bharat Sankalp Yatra: IEC Van traverses through panchayats of block Budhal Old, Khawas

■ HT News Network

RAJOURI, JANUARY 03: Viksit Bharat Sankalp Yatra (VBSY) today traveled through the panchayats of Prori, Gakhrote-A, Gakhrote-B, Dhar, Khawas, Gadyog, Keri and Bella of Budhal Old and Khawas block of Rajouri district.

To effectively communicate and create awareness about Government initiatives, the Information, Education, and Communication (IEC) van played a crucial role in engaging with local communities and equipping them with the necessary knowledge to benefit from government schemes.

The VBSY has achieved remarkable success in implementing various government schemes in Rajouri District. These schemes, designed to enhance the quality of life and provide essential services, have been executed with exceptional efficiency on the ground. As a result, the community has experienced tangible benefits and witnessed positive changes in their daily lives.

The impact of the Yatra can be seen in improved access to healthcare, education, and basic amenities, as well as the overall progress of Rajouri District. This initiative has been meticulously planned and executed to align with the core objective of holistic development, leaving a lasting and positive impact on the community.

The VBSY represents progress and collaboration, embodying the spirit of Viksit Bharat Sankalp. By bringing government schemes to the grassroots level and ensuring comprehensive coverage, it has created a platform for empowerment and upliftment. This transformative journey in Rajouri District stands as an exemplary model of effective governance, community engagement, and collective determination to build a better and prosperous India.

## DDC Chairman, DC Udhampur attend Weekly Block Diwas at Latti

■ HT News Network

UDHAMPUR, JANUARY 3: District Development Council Chairman, Udhampur Lal Chand and Deputy Commissioner Saloni Rai today presided over the weekly Block Diwas program at Latti in Udhampur district.

BDC Chairman Darshan Kumar, DDC member Latti-Marothi Pinky Devi, DDC member Narsoo, Subash Chander, ACD Dr. Ranjeet Singh Kotwal, PRI members, and a large number of public from adjoining panchayats actively participated.

During the event, a range of public issues and demands, such as the renovation of the Mantalai to Bupp road, land compensation, blacktopping and completion of under construction roads, posting of X-ray technician in PHC Latti, establishment of a sub-center in Latti, establishment of a Degree College, upgradation of Girls Middle School Latti to High school, appointment of a Veterinary doctor, establishment of a fire service station, construction of a sports stadium, repairing of the Zonal Office building, upgradation of post office sub-branch, laying of BSNL optical fiber from Chennai to Latti, opening of a State Bank of India branch, construction of a foot over bridge, establishment of a guest house, proper verification of ration-card holders, and construction of the road from Latti to Sira were discussed.

The concerned functionaries took note of all the public demands.

The DDC chairman assured the public and PRIs that their legitimate issues would be addressed promptly.

The DC directed officers to work diligently to ensure the timely delivery of deserving services to the people.

Emphasizing that these outreach camps bring governance to the doorstep of the public, the DC highlighted the improvement in the delivery of public services. He also informed the public about various Government of India schemes designed for their welfare, encouraging the public to take full advantage of these initiatives.

In a significant gesture, the Deputy Commissioner handed over a 20,000 cheque to a family left homeless due to a fire incident.

## Nowshera Forest Division conducts plantation drive under Greening Jammu

■ HT News Network

RAJOURI, JANUARY 3: A plantation drive was conducted on the occasion of Block Diwas at Guru Ravi Dass Mandir Thangar of Panchayat Upper Kangri today.

Rajinder Sharma, District Development Counsellor Sunderbani Arun Sharma, Chairman Block Development Council Sunderbani, Rukmash Kumari Sarpanch Upper Kangri along with a number of locals of Kangri and Sectoral officers of all line Department participated. The drive was started by. Rajinder Sharma by planting a Raaj Harar plant in the Ravi Dass Mandir premises.

Distinguished guests including Vinod Baniyal, ADC Sunderbanj, graced the occasion with their presence, underscoring the importance of such initiatives in the region.

The plantation drives not only symbolized a dedication to preserving the environment but also served as a call to action for local residents to participate in building a sustainable future.

The active involvement of the community highlighted their deep-rooted commitment to preserving the natural beauty of Nowshera and Sunderbani regions.

## Weekly Block Diwas: DC announces road connectivity project at Village Kulna Palmar

■ HT News Network

KISHTWAR, DECEMBER 03: To redress the grievances of people at their doorstep, Deputy Commissioner of Kishtwar, Dr. Devansh Yadav today spearheaded the Public Grievance Redressal Camp at Kulna Palmar held as a part of the weekly Block Diwas initiative.

The primary objective was to listen to the demands and issues of the residents of Kulna and its adjoining areas and ensure prompt redress of the same.

Among others, the camp was attended by Sarpanch Upper Palmar Shahzada Begum, Sarpanch Lower Palmar C Vijay Kumar, DSWO Kishtwar Zubair Ahmed Lone, BDO Kishtwar/Palmar Sumeet Singh, CAO Kishtwar Amjad Hussain Malik, CHO Kishtwar Sajjid Mustafa, ExEn PWD Marwah Mohammad Aslam Lone, ZEO Nagseni Nizam-ud-din, NT Palmar Prabhan Kumar, TSWO Kishtwar Rajesh Sharma, HTO Palmar Dr. Vijay Kumar, and field functionaries from various departments.

Approximately 250 local residents participated in the Public Grievance Redressal Camp, voicing concerns predominantly related to infrastructural development in health, education, road connectivity, besides augmentation of water and power supply, along with enhancing public service delivery in the region.

Key grievances highlighted encompassed the need for improved road connectivity to Kulna, Malik Pora, Telmil, and Khattan, infrastructural enhancements in the education sector, including desks and construction of boundary walls for GMS Kulna and establishment of an Animal Husbandry Centre and a Health and Wellness Centre



at Kulna and other places.

Significant strides were made in redressing the grievances, with several concerns resolved on the spot in consultation with the respective officers.

ZEO Nagseni mentioned that due to land availability issues, the development of the school ground and building construction has not commenced yet. However, funds for the boundary wall and desks are available and will be allocated to the school shortly.

Field functionaries from the Jal Shakti department assured the timely completion of the ongoing Water Supply Scheme (WSS) while the DC Kishtwar instructed to expedite the process.

PDD functionaries reported that the required number of poles has been allocated, and the department is diligently working to ensure uninterrupted power supply during the winter sessions in this region.

The Deputy Commissioner, in his address, highlighted the successful resolution of demands of people of Panchayat Upper Palmar for FSC & CA Extension Counter Centre and CSC raised during previous Block Diwas programs held at Palmar.

## Viksit Bharat Sankalp Yatra paves way for inclusive development in Ramban District

■ HT News Network

RAMBAN, JANUARY 3: Viksit Bharat Sankalp Yatra, aimed at maximizing the impact of government initiatives, covered both rural and urban areas in Ramban District today.

With a focus on underserved regions, the initiative, under the guidance of Deputy Commissioner Ramban Baseer Ul Haq Choudhary, traversed through Chareel, Krawah, and wards no 3 of Ramban town. The goal is to bridge the gap between government schemes and the people, ensuring effective implementation and enhancing residents' quality of life. The DC commended the on-spot services provided by different departments during the Yatra. Enrolment and awareness activities for beneficiary schemes, including Ayushman Bharat - PMJAY, Poshan Abhiyan ICDS, PM Garib Kalyan Anna Yojana, Kisan Credit Card (KCC), PM Kissan Nidhi, PMMVY, PMEGP, PMAY, MUDRA Yojana and others, were emphasized. The efficient execution of these schemes on the ground has



led to tangible benefits and positive changes in the daily lives of the public.

"The Viksit Bharat Sankalp Yatra continues to serve as a catalyst for comprehensive and inclusive development, ensuring that government schemes reach every corner of Ramban District" remarked PO ICDS, Jahangir Hashmi.

Sub Divisional Magistrate Banihal, Zaheer Abbas Bhat, highlighted the Yatra's role in creating awareness and fostering engagement with government schemes. The significance of self-employment in promoting economic independence was underscored, along with the transformative potential embedded in these ini-

tiatives. The primary objective is to educate the public and extend the benefits of government schemes to the unreached population of the district.

CEO Municipal Council Ramban, Sudarshan Jamwal, expressed gratitude to participants for their active involvement and commended the locals for contributing to the implementation of various schemes and projects in town Ramban. "The Viksit Bharat Sankalp Yatra continues to serve as a catalyst for comprehensive and inclusive development, ensuring that government schemes reach every corner of Ramban District" remarked PO ICDS, Jahangir Hashmi.

## Div Com Jammu chairs meeting of Experts Committee on Road safety constituted by High Court

■ HT News Network

JAMMU, JANUARY 03: Divisional Commissioner Jammu, Ramesh Kumar today chaired the meeting of the Committee of Experts constituted by the High Court of Jammu & Kashmir and Ladakh to find out the reasons behind road accidents on Ramban-Batote -Doda -Kishtwar National Highway and the Mughal road.

The members of the committee- Prof G M Bhat, former HoD Department of Geology JU, Dr Ankith Khajuria, Assistant Professor from IIT Jammu, Er Mohinder Kumar, former Executive Engineer and Major Gaurav Tewari GREFA attended the meeting.

The Committee of experts will inspect these roads to assess and find out the reasons responsible for accidents in the hilly areas.

During the meeting, the Div Com emphasised the importance of the fact findings and recommendations by the Committee that would be implemented to save the precious lives.

The Div Com stressed on the members of the committee for generating actionable points, immediate measures and practical steps in their report.

The Div Com asked the members of the committee to submit their report at the earliest after visiting the roads, vulnerable sections and assessment of the reasons.

## Saurabh Bhagat visits ITI Shopian, Interacts with trainees, chairs awareness camp

Lauds district admin for being first to start maiden training batch under PM Vishwakarma scheme

■ HT News Network

SHOPIAN, JANUARY 03: Commissioner Secretary, Science and Technology and Skill Development Department (SDD), Saurabh Bhagat, today visited Government ITI Shopian where he interacted with the first batch of Trainees under PM Vishwakarma scheme. He also presided over an awareness camp.

Speaking on the occasion, Commissioner Secretary underscored the pivotal role of PM Vishwakarma scheme in empowering the artisans. The initiative will crucially help in equipping the artisans and youth with skills that align with present industry demands, thus enabling them to become valuable contributors towards the economy. He elaborated on the numerous initiatives being undertaken under PM Vishwakarma scheme to enhance the skill set and employability of local youth and traditional artisans.

Saurabh Bhagat emphasised that



skill training not only narrows the unemployment gap but also brings in opportunities for job creation. He appealed the youth of the district to get themselves registered with PM Vishwakarma Scheme and get a toolkit of Rs. 15000= besides a loan of Rs. 3 lakh for establishing different business units.

Saurabh Bhagat, during interaction with the trainees, emphasized the need for regular up skilling to keep pace with changing trends. He appreciated the district administration for

becoming the first district in the UT to start the first batch of Training of 30 beneficiaries. He also expressed happiness on the selection of significant number of female Candidates.

While addressing the gathering of artisans and trainees, DC Shopian, Faz Lul Haseeb, informed that more than 5000 candidates have registered themselves in district Shopian till now. He added that during the training, a trainee will also get Rs. 500 stipend monthly for undertaking the training under the scheme.



## DC Ganderbal chairs review meeting of District Health Society

■ HT News Network

GANDERBAL, JANUARY 03: The Deputy Commissioner (DC) Ganderbal, Shyambir today presided over a crucial meeting of the District Health Society at Conference Hall of Mini Secretariat, here to address and strategize key healthcare initiatives within the district.

At the outset, detailed discussion was held on various agenda points including repair and renovation Works of Ayushman Arogya Mandir, pending electricity and water connections of Health Institutions, implementation of WIFS programme, creation of Golden cards of left out population, organizing of

Yoga session in Ayushman Arogya Mandir, implementation of Kayakalp, NQAS, approval for civil work of Skill Lab approved under NHM and saturation of ABHA Cards.

During the meeting, the DC emphasized the importance of collaborative efforts in enhancing healthcare services. Discussions revolved around bolstering healthcare infrastructure, optimizing resources, and implementing effective public health programs.

The CMO Ganderbal informed that the estimations for 13 works have been submitted for the tendering process for which the DC directed the R&B department to ensure the tendering process is initiated at an earliest.



While discussing water and electricity facilities in health institutions of the district, the DC directed the concerned

BMOs to ensure such facilities are available in all health facilities falling under their jurisdictions.

Regarding the Weekly Iron Folic Acid Supplementation (WIFAS) programme, the Programme Officer ICDS was asked

to start administration of IFA tablets among the children in all AWCs of the district.

While discussing the strategy for creation of Golden cards and ABHA cards of the left out population, the DC directed to carry a joint survey through ASHAs taking help of FCS&CA so that target is achieved at an earliest.

The meeting was informed that Skill Lab has been approved under NHM in the district which shall be established at MMC Wayil. The CMO informed that equipment is available for establishing the lab besides DPR of Rs 20 lakh is also approved. The DC directed her that all works shall be taken as per the guidelines.

He said that collaborative efforts are expected to contribute significantly to elevating the overall health standards in Ganderbal.

The meeting also explored innovative approaches to tackle prevalent health challenges within the district.

The meeting was attended by Assistant Commissioner Development, Program Officer ICDS, CMO Ganderbal, MS District Hospital, BMOs and other concerned officials.

Regarding the Weekly Iron Folic Acid Supplementation (WIFAS) programme, the Programme Officer ICDS was asked to start administration of IFA tablets among the children in all AWCs of the district.

## Block Diwas held at Kanjiullar, Shopian People hail quality, time-bound redressal of grievances

■ HT News Network

SHOPIAN, JANUARY 03: Continuing the mega public outreach initiative of the Government of UT of Jammu and Kashmir, the Additional District Development Commissioner (ADDC) Shopian, Dr. Nasir Ahmed Lone today chaired a Public Outreach Camp at Kanjiullar block of the district and listened to the issues and development aspirations of public representatives as well as the locals. The issues raised during the programme include, providing of drinking water facility, maintenance of link roads, repairs of lanes and drains, uninterrupted power supply as per schedule, installation of damaged electric poles and other issues of public importance. Officers of different departments also replied to the queries raised by the public and their representatives during the event. They also highlighted a number of schemes and programmes being implemented in the district and motivated the public to avail the benefits of the same. The ADDC gave a patient hearing to all the issues pro-



jected by the public during the event and assured them that the demands raised shall be fulfilled in a time bound manner.

Addressing the event, the ADDC said that the Block Diwas ensures doorstep public service delivery and redressal of

the genuine grievances of the public.

ADDC called for coordination among the departments and PRIs to achieve desired development objectives besides timely intervention and action to mitigate the sufferings of the people.

He also urged the public and their representatives to work shoulder to shoulder with administration to take the district to new heights of development.

While responding to the public issues, the ADDC said that timely and quality disposal of the issues of the general public is the top priority of the district administration. Among others, BDO, BMO, Officers/Officials from line departments and locals of Kanjiullar participated in the block diwas programme. He also urged the public and their representatives to work shoulder to shoulder with administration to take the district to new heights of development.

While responding to the public issues, the ADDC said that timely and quality disposal of the issues of the general public is the top priority of the district administration.

## Police organises Cyber Crime awareness programmes in Kulgam

■ Farooq Rather

Kulgam January 03: In order to generate awareness among general public about cyber-crimes, police in Kulgam have organised cyber-crime awareness programmes at Police Station Yaripora, Police Station DH Pora, Police Station Behibagh and Police Post Mirbazar.

These meetings were chaired by respective jurisdictional officers besides, other officers and officials of police were also present. These events were attended by respectable citizens and youth of Humshalibugh, Badroo, Yaripora, Akhran, Malpora, Mirbazar, DH Pora, Palnoo, Behibagh, Matipora and other adjacent areas.

During these programmes, the chairing officers briefed the participants about various types of cyber threats/crimes such as identity theft, credit card fraud, data stealing, cyber stalking, OTP frauds etc and advised the participants to adopt safe browsing habits to avoid suspicious websites while surfing the Internet. Officers also appealed the participants to not share OTPs or bank account details and Passwords with anyone, officers also explained the ways to adopt precautionary measures while conducting internet banking and online transactions. Moreover, the participants were also cautioned against accepting friend requests from unknown persons or chatting with unauthenticated persons on social media.

At the end, participants appreciated the efforts of Police for organising Cyber awareness programmes and spreading awareness about various cyber-crimes among the common masses.

## Director Agriculture reviews progress on establishment of Medicinal & Aromatic Plants farm at Verinag

■ HT News Network

SRINAGAR, JANUARY 03: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today visited Verinag and reviewed the progress on the work of establishing a Medicinal and Aromatic plants farm, there.

Addressing officers, Director Agriculture said that quality/ quantity of the work should be maintained during the execution of different works. He highlighted the importance of coordination among different executing agencies for the successful completion of the work. Iqbal reiterated the department's commitment to promote the cultivation of aromatic and medicinal plants across the Kashmir division. He said that owing to the diverse agro-climatic condition of the region there is a huge scope for aromatic and medicinal plants. Director Agriculture said that under HADP special attention has been paid/ approved for the development of aromatic and medicinal plants. He said that Kashmir being one of the best tourist destinations in the country has immense opportunities for aromatic and medicinal plants.

## SMC covers Bemina West under Viksit Bharat Sankalp Yatra

■ HT News Network

SRINAGAR, JANUARY 03: The Srinagar Municipal Corporation (SMC) today expanded its reach to Bemina West of Srinagar City under the Viksit Bharat Sankalp Yatra (VBSY) initiative of Government of India.

On the occasion, the IEC Van was welcomed by the Deputy Commissioner (DC) Srinagar, Ajaz Assad and Joint Commissioner SMC, Riyaz Ahmad Shah to encompass events in Bemina West, marking a significant milestone in the Corporation's efforts to engage with the general public within its jurisdiction.

Representatives from designated departments have actively participated in the VBSY events, utilizing the platform to elucidate the core objectives and procedural intricacies of their respective schemes.

## Massive demolition drive held in Kangan areas

■ HT News Network

GANDERBAL, JANUARY 03: On the directions of Deputy Commissioner Ganderbal, a massive demolition drive was conducted today against illegal constructions at Margund, Satrina and Doctors Colony Plang during which various structures were razed to the ground.

The demolition drive was headed by SDM Kangan along with the Executive Engineer I&FC, Tehsildar Kangan and SHO Kangan. The District Administration has initiated action against the offenders who have raised structures illegally along Sindh Nallah and other places in the district. District Administration Ganderbal has asked people not to indulge in illegal construction activities and encroachments as violators.

## Kathua: VBSY continues to empower communities through knowledge and participation

■ HT News Network

KATHUA, JANUARY 03: The latest leg of the Viksit Bharat Sankalp Yatra, a nationwide campaign focused on fostering community engagement and awareness about government initiatives, made a significant impact as it traversed through the twin panchayats of Jakhbar and Mirpur Ram in the Nagri block here today. The enthusiastic response from the inhabitants, particularly the youth and women, underscored a strong desire to enhance their understanding of flagship government schemes and programs. The program, which witnessed a remarkable turnout of curious masses, witnessed young students and women taking keen interest in familiarizing themselves with the latest information on welfare schemes aimed at uplifting the socio-economic condition of the marginalized and remote communities across the country.

The Viksit Bharat Sankalp Yatra (VBSY) stands as a colossal nationwide effort geared towards fostering participatory



development across all sections of society, aligning with the Prime Minister's vision to transform India into a developed nation by 2047. During the event, commendation was bestowed upon students who showcased cultural performances, highlighting the vibrant cultural heritage within these communities. Their talents and expressions were celebrated as an integral part of the program. The enthusiastic participation and overwhelming response from the communities in Jakhbar and Mirpur Ram underscored the significance of initiatives like the Viksit Bharat Sankalp Yatra in.

## Weekly Block Diwas: DC Rajouri listens to people's issues at Saj Panchayat of Block Plangarh

■ HT News Network

RAJOURI, JANUARY 03: In an earnest endeavor to promptly address public grievances at their very doorsteps, Deputy Commissioner Rajouri, Vikas Kundal today chaired weekly Block Diwas public outreach camp at Saj Panchayat of block Plangarh.

This remarkable event witnessed a diverse array of concerns passionately voiced by the public and their representatives. The demands raised by the locals ranged from the macadamization of roads, adequate staff and upgrading of government institutions, meeting water shortage and the essential augmentation of healthcare infrastructure.

The voices of the community echoed in demand for construction of the road from Saj to Beka, speedy implementation of JJM schemes, construction of road from Leera Wali to Sai Walidat, shortage of electricity poles, pending work on CFC building at Lah to be completed at the earliest, dilapidated condition of road from main road to Bawli etc.

Other issues included renovation of Plangarh to Bandhanu road, adequate staff at PHC Dodasan Balla, opening of GMS at Danna, examina-



tion hall for GHSS Saj, inclusion of left out eligible beneficiaries under PMAY-G and many more.

Notably, the event also provided a platform to the government officers to enlighten the public about the multitude of schemes and programs being executed by their respective departments in the district. They motivated the attendees to embrace and benefit from these initiatives for the betterment of their lives.

The Deputy Commissioner assured the public that all their concerns had been meticulously documented and that each genuine issue would be addressed through the intervention of the respective departments in a phased and time-bound manner. In a spirit of collaboration, the Deputy Commissioner acknowl-

edged the invaluable contributions of all stakeholders who have played a vital role in achieving the objectives of government initiatives. He fervently encouraged them to persist in their hard work for the greater good of the common masses.

The Deputy Commissioner also issued on-the-spot directives to the concerned departments to prioritize and resolve the issues flagged by the public. Remarkably, several issues found resolution right there with the prompt intervention of the dedicated departments. Recognizing the pressing need for the construction of the road from Saj to Beka, the Deputy Commissioner has directed the concerned Executive Engineer (EXEN) to promptly implement necessary measures to address the issue.

## DC Kupwara reviews arrangements for conduct of Republic Day celebration

■ HT News Network

KUPWARA, JANUARY 03: In order to ensure proper arrangements for ensuing Republic Day (RD) celebration in the district, the Deputy Commissioner (DC), Kupwara, Ayushi Sudan today convened a meeting of all concerned officers, here and fixed responsibilities on them.

Speaking at the occasion, the DC stressed upon the officers to ensure hassle free arrangements for smooth conduct of the National Event and instructed them to maintain proper coordination and follow a timeline for ensuring arrangements well in advance. She asked the officers to encourage more participation with much fervour and enthusiasm.

The DC directed all the departments to display Tableaus on the eve of Republic Day Parade to showcase developmental activities of their respective departments and government schemes. She said all efforts shall be made to make the National Function

more attractive and informative.

She also stressed the need for maintaining protocol in seating arrangement and also issued directions to the police department for taking proper protocol of the National Flag and security arrangements.

The DC gave directions that Republic Day celebration functions shall be held at Sub divisional, Tehsil and Block level with same fervour and enthusiasm.

Earlier, the ADC Kupwara, Ghulam Nabi Bhat briefed the meeting about the programme and responsibilities of each officer and informed that the main function of the Republic Day will be held at District Police Lines (DPL) Kupwara, where National Flag will be hoisted and the VIP will take salute on the March Past comprising the contingents of JKP, JKAP, CRPF, IRP, BSF, FPP, Home Guard, NCC cadets and school children.

It was also informed that the function will start with Shahnaai Vadan at 8 AM, while the National Flag will be hoisted at 9:55 AM.

## PUBLIC NOTICE

It is for general information that the name of my daughter Iraj wazir has wrongly register in school records instead of Iraj Afshen. Now I have apply for it's correction at School Iqbal Memorial Institute Bemina Srinagar. As well as the DOB issued by SMC have also register as Iraj Afshen. In this regard if anybody have any objection may contact the concern school authority within 7 days. After completion of time no objection will be entertained.

Name: Wazir Masood  
F/O Iraj Afshen  
R/o Bilal Colony Qamarwari  
Srinagar

## PUBLIC NOTICE

I informed to general public that I Want to Change my Daughters Name From Alisha Shabir D/O Shabir Ahmad BAJARD R/O GAGAL LALAB Instead of Haniya Shabir D/O Shabir Ahmad BAJARD R/O GAGAL LALAB Now I am applying for his Correction . if anybody have any objection in this regard He/She may file His /her objection in the Concerned Department within seven days from the publication of this notice after that no objection will be entertained

Name Haniya Shabir  
D/O Shabir Ahmad BAJARD  
R/O GAGAL LALAB/O.....KACHWA MUQAM  
Block.... WAGOORA



# Top 5 Cancer Screenings That Should be on Your Radar in 2024

Experts share top preventative cancer screenings to prioritize in 2024.

Cancer screenings can help detect cancer earlier.

Your primary care doctor can help determine which screening is best for you based on your age and risk level.

The new year often brings about new health goals, and one goal everyone should consider adding to their list is scheduling screenings for cancer.

"The advantage of regular cancer screening is that cancers that are small and without any symptoms can be found early, when treatment is more successful," Robert Smith, PhD Trusted Source, senior vice president of cancer screening for the American Cancer Society, told Healthline. "Cancer screening works best when it is done regularly according to the guidelines."

He said to think of cancer screening as part of your preventive health plan, meaning you should always be current for the cancer screening that is recommended for your gender and age group.

As the medical field continues to understand the importance of screening in regards to improving health, impacting survival, and reducing the number of people who develop late-stage cancer, it will be able to help more people obtain screening earlier, which may impact curative potential of many diseases, said Dr. Ajaz M. Khan chair in the department of medical oncology at City of Hope Atlanta, Chicago and Phoenix.

As certain cancers like breast, colon and lung continue to increase, screening becomes more and more critical, he added.

"More importantly, they establish criteria and guidelines that can help determine patients that are at higher risk based upon their age, gender, family, and social history. Early detection of cancers may also help improve survival and offer cura-



tive options for treatment," Khan told Healthline.

The top five cancer screenings to consider in 2024

Health experts say that the top five cancer screenings that should be on your radar in the new year include the following:

**Mammogram**

A mammogram takes an X-ray picture of the breast, so doctors can analyze the breast for early signs of breast cancer. Getting regular mammograms allows doctors to compare changes in breasts over time, and allows them to find breast cancer early, sometimes up to three years Trusted Source before the cancer can be felt.

The American Cancer Society (ACS) recommends the following guidelines: Trusted Source for women at average risk for breast cancer, meaning they don't have a personal history of breast cancer, a strong family history of breast cancer, or a genet-

ic mutation known to increase risk of breast cancer (such as in a BRCA gene), and have not had chest radiation therapy before the age of 30.

Women 40 to 44 can start getting annual mammograms.

Women 45 to 54 should get mammograms every year.

Women 55 and older can get annual mammograms or choose to get them every other year if they are in good health and expected to live at least 10 more years.

"[In] patients with higher risk, which is dependent upon familial or individual risk, screening may also include [ultrasound and] MRI evaluations," said Khan.

**Cervical cancer screening**

The following two tests can help detect cervical cancer early or prevent it. Your doctor can do both tests in the office by collecting cells and mucus from the cervix and the area around it. The sample is then

sent to a lab for testing.

HPV test, which detects the human papillomavirus that can cause cell changes on the cervix. If HPV does not clear on its own, it can cause genital warts and cancer.

Pap smear looks for cell changes on the cervix that could turn into cervical cancer if left untreated.

"Cervical cancer screening usually begins after the age of 18 and women can obtain a Pap smear evaluation along with testing for HPV DNA in order to assess for higher risk of development of cervical cancer," said Khan.

Depending on your age, your doctor will determine how often you need these tests.

**Colorectal screenings**

The U.S. Preventive Services Task Force (USPSTF) recommends that both men and women age 45 to 75 be screened for colorectal cancer. Those older than 75 and those at increased risk for colorectal cancer should talk to their doctor regarding screening.

While there are several screening tests that can detect polyps or colorectal cancer, such as flexible sigmoidoscopy and stool tests, colonoscopy is often used for preventive screening.

During a colonoscopy, a doctor checks the rectum and colon for polyps or cancer by using a flexible, lighted tube. If polyps and cancer are found, the doctor can sometimes remove them during the procedure.

If everything looks normal, your doctor will recommend getting another colonoscopy in 10 years Trusted Source, "but the interval of screening will be dependent upon both individual and familial risk," said Khan.

**Prostate cancer screening**

A prostate-specific antigen (PSA) blood test detects PSA, which is a protein made by cells in the prostate gland (both normal cells and cancer cells).

## FOOD

### Why You Should Consume Walnuts During Winter



Walnuts are edible seeds that come from the Juglans genus of trees. They are commonly used in cooking, baking, and as a snack ingredient. Walnuts are rich in nutrients including healthy fats, protein, fibre, vitamins, and minerals.

Numerous studies have shown that walnuts have several health benefits. They are a great source of omega-3 fatty acids, which are known to promote heart health by reducing inflammation and improving cholesterol levels. Walnuts also contain antioxidants that help fight oxidative stress and prevent chronic diseases. Keep reading as we discuss the many benefits of consuming walnuts in winter.

#### 1. Rich in nutrients

Walnuts are packed with essential nutrients like omega-3 fatty acids, fibre, protein, vitamins, and minerals, which are crucial for maintaining good health during winters.

#### 2. Boosts immunity

Walnuts contain antioxidants and phytochemicals that help strengthen the immune system, protecting us from colds, flu, and other common winter illnesses.

#### 3. Supports brain health

The omega-3 fatty acids in walnuts contribute to improved cognitive function, memory, and mental well-being. This is important during winters when we may experience less natural sunlight, which can impact overall brain health.

#### 4. Provides warmth

Walnuts have a thermogenic effect on the body, meaning they generate heat and provide a feeling of warmth. Consuming them during winters can help regulate body temperature and keep us cozy from within.

#### 5. Promotes heart health

The healthy fats found in walnuts, particularly omega-3 fatty acids, can help lower bad cholesterol levels, reduce inflammation, and improve heart health. This is especially important during winter when cold temperatures put additional stress on the cardiovascular system.

#### 6. Aids in weight management

Despite being calorie-dense, walnuts can actually aid in weight management. The combination of fibre, protein, and healthy fats in walnuts keeps us feeling satiated for longer, reducing overeating and snacking on unhealthy winter comfort foods.

## How To Keep Heart Healthy In Winter

During winter, the body works harder to maintain its core temperature in cold conditions, which can put additional strain on the heart. Cold temperatures can also cause blood vessels to constrict, increasing blood pressure and the risk of cardiovascular events. In this article, we discuss how you can follow certain tips to better manage your heart health during winter.

#### 1. Stay active

Engaging in physical activity helps improve cardiovascular health. Indoor activities like yoga, dancing, or using exercise equipment can help maintain heart health during winter. Follow a fitness routine and exercise at least 30 minutes a day.

#### 2. Maintain a healthy diet

Consume a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. Limit pro-



cessed foods, sugary snacks, and excessive salt intake. Incorporate heart-healthy foods like salmon, walnuts,

berries, spinach, and avocado into your meals.

#### 3. Stay hydrated

Keep yourself well-hydrated even during winter. Drinking water helps prevent dehydration and improves circulation, which is essential for heart health. Aim for at least 8 glasses of water per day.

#### 4. Bundle up

Cold temperatures can constrict blood vessels and increase blood pressure. Dress warmly to maintain body temperature, especially when going outdoors. Layer clothing and use accessories like hats, gloves, and scarves to protect against the cold.

#### 5. Avoid overeating

Winter is associated with indulgent holiday meals and comfort food. Be mindful of portion sizes and avoid overeating. Maintain a healthy balance and limit the intake of high-calorie, high-fat foods.

## Mediterranean Diet Helps Boosts IVF Success Rate: Study

For more than 20 years, millions of women have successfully utilized in vitro fertilization (IVF) as a reproductive treatment. Doctors advise women to consider IVF if all other attempts at conception have failed if they have endometriosis, polycystic ovarian syndrome, blocked or absent fallopian tubes, or if they suffer from any other condition that affects fertility. Hormones that encourage the creation of several eggs rather than just one are injected by doctors to begin the IVF procedure. When more than one egg is found, the eggs are collected and mixed with sperm in a lab dish. An embryo is delivered to a woman's uterus when it reaches the mature blastocyst stage, at which point a typical pregnancy is anticipated to begin.

There are many strategies and tactics available for attempting to conceive that guarantee to increase the likelihood of conception. However, women undergoing IVF should fol-



low a Mediterranean diet to increase their chances of becoming pregnant rather than using supplements, according to a study published in The European Society of Human Reproduction and Embryology published a study titled "Mediterranean Diet May Help Women Receiving IVF Achieve Successful Pregnancies." The researchers discovered that women who followed a Mediterranean diet for six months before undergoing IVF had a "significantly better chance" of becoming pregnant and giving birth than women who did not eat foods associated with the diet. According to the study's findings, women

who ate less or no red meat and more fruit, vegetables, seafood, whole grains, legumes, and vegetable oils had a 65–68% higher chance of becoming pregnant and giving birth than women who followed the Mediterranean diet to the "lowest degree." What are the Benefits of a Mediterranean Diet for a Successful IVF Procedure?

The Mediterranean diet places a strong emphasis on plant-based foods such as nuts, legumes, whole grains, low-fat dairy, fruits, and vegetables. It also emphasises lean protein sources like fish and chicken as well as olive oil, which is a healthy form of fat. A strictly Mediterranean diet

typically excludes red meat and salt. Mediterranean diet dishes are flavoured with spices and herbs rather than high-calorie, high-fat condiments.

Antioxidants and the Outcome of IVF

Antioxidants are chemicals that prevent other molecules from oxidising and destroying themselves. The Mediterranean diet is rich in these kinds of molecules. Since molecules make up cells, eating foods high in antioxidants shields the body's cells from free radicals, which are other molecules that damage good molecules and cells. The cells that make up a woman's eggs, reproductive hormone glands, and reproductive organs are susceptible to harm from an excess of free radicals. While a woman is undergoing in vitro fertilisation, eating foods from the Mediterranean diet can help maintain glands and organs operating at their best and considerably reduce the damage caused by free radicals.

## Enhancing health systems capacities in the WHO European Region

Building capacity of professionals is key to addressing public health challenges effectively and establishing robust and resilient health systems that provide high-quality care for everyone. This is why, together with partners, WHO/Europe has developed several annual training courses to support senior and aspiring health leaders in enhancing their skills and competencies.

The 3 courses held during WHO/Europe's first Health Systems Capacity Building Week last month included:

the second edition of the WHO European Public Health Leadership Course, to specifically strengthen public health professionals' leadership competencies;

the second edition of the WHO/Europe Executive Course on Health Workforce Leadership and Management, to help health leaders and policy-makers to support their health workforce; and

the eleventh edition of the WHO Barcelona Course on Health Financing for Universal Health Coverage (UHC), designed to equip policy-makers with the knowledge and skills needed to improve health systems financing and make progress towards UHC.

Empowering public health leaders Countries in the WHO European



Region are facing unprecedented challenges: climate change, urbanization, socioeconomic turbulence, noncommunicable diseases, mental and behavioural health risks, misinformation, inequalities, and an exhausted health and care workforce. To tackle these, countries need to identify their underlying causes and invest in informed public health leadership.

The second WHO European Public Health Leadership Course, developed with the University of Bordeaux, brought together public health professionals from over 30 countries. For 2 weeks, participants immersed themselves in real-world or hypothetical scenarios presented by facilitators to enhance their leadership skills, including sessions focusing on innovation, governance, self-management, professional growth, and problem-solving.

"In addition to the practical skills

we developed during those weeks, the network we created and the conversations we had with other trainees are exceptional opportunities to understand global health dynamics," shared Delphine Rahib, Research Manager at Santé publique France, who attended the course.

Strengthening health workforce management

Understanding the intricate dynamics of health systems is crucial for shaping effective health policies, and a key component of this understanding lies in grasping the complexities of the health workforce.

As part of the comprehensive support to countries in the WHO European Region to advance their health workforce policies, the WHO Regional Office for Europe hosted the second round of its executive course on health workforce leadership and management in Copenhagen – this time for representatives of the Small Countries Initiative (SCI).

Twenty participants from 9 SCI countries and representatives from Greenland and Ukraine explored ways to make sustainable plans on numbers and skills of health workers, as well as the importance of self-sufficiency, intersectoral collaboration, and the role of human-centred design. This was an important opportunity for small countries working towards achieving the 2025.





# Australia Prime Minister praises Khawaja's courage amid ICC saga

**A**ustralia Prime Minister Anthony Albanese has praised Usman Khawaja's courage in fighting to show solidarity with victims of warfare during the Test series with Pakistan.

Since the days before last month's series opener, Khawaja has been lobbying to voice his support for those affected by ongoing conflict in the Middle East, first by writing "all lives are equal" and "freedom is a human right" on his shoes.

The International Cricket Council (ICC) barred Khawaja from displaying the phrases during the Perth Test on the grounds that international players are prohibited from wear-

ing personal messages on their uniforms.

The veteran opening batter eventually taped over the messages, but the ICC charged him for breaching clothing and equipment regulations with the black armband he wore instead.

Khawaja did not wear the armband in the second Test at the MCG from Boxing Day and had hoped to display a dove holding an olive branch on his bat, but this too was banned by the ICC.

Khawaja, who has received widespread support from current and former Test players, wrote the names of his daughters on his shoes in the MCG Test in place of the original messages.

Mr Albanese made mention of Khawaja on Monday as he addressed the Australian and Pakistani teams at Kirribilli House during his annual New Year's Day reception before the SCG Test.

"I'd like to congratulate [Khawaja] for the courage he has shown standing up for human values," Mr Albanese said. "He has shown courage, and the fact that the team has backed him in is a great thing."

This week's Test match will be Khawaja's last batting with opening partner David Warner, who is hanging up his baggy green at the conclusion of the match, which begins on Wednesday.

**Khawaja did not wear the armband in the second Test at the MCG from Boxing Day and had hoped to display a dove holding an olive branch on his bat, but this too was banned by the ICC.**

"When Ussie and Dave go out, it will be a very special moment, when you walk on to the SCG," Mr Albanese said.

The pair of childhood friends have formed a formidable duo at the top of the order since Khawaja's recall to the Test team during the home Ashes series two summers ago.

Warner became emotional speaking about Khawaja in his pre-match press conference on Monday.

"Just to see him come back the way he has the last two years has been absolutely amazing," Warner said. "I know his family are really, really proud of him. I'm really, really proud of him as a mate."



## Afridi rested for SCG Test; Ayub to debut and Imam dropped

**P**akistan vice-captain Shaheen Shah Afridi has been rested for the third and final Test against Australia at the SCG to manage his workload.

Saim Ayub will make his Test debut in place of opener Imam-ul-Haq, who struggled in the second Test at the MCG despite scoring a half-century in Perth.

The decision that has been enforced upon the visitors is the continued unavailability of Abrar Ahmed. He bowled in the nets on Monday, but there are lingering doubts about his ability to remain fit over the course of five days, as well as concerns around how his body responds to being Pakistan's lead spinner and potentially bowling over 50 overs across the Test. Having pulled up with discomfort in his right leg during the Prime Minister's XI game in Canberra, Pakistan are aware that risking playing him means

potentially going down to ten players early into the Test match.

Abrar was subsequently ruled out of each of the Tests, and Sajid Khan, the man flown in as his replacement in Perth, will play his first game of the series. It is the first Test Sajid will play since Australia's tour of Pakistan in 2022. He fell down the pecking order behind Abrar and Noman Ali since, but injuries to both, as well as Pakistan's eagerness to play a spinner at the SCG, has seen him return to the side.

Afridi's absence is the big surprise, with captain Shan Masood praising him for being the leader of the attack just hours earlier. But his lack of pace since his return from injury last year has been the most talked-about aspect of his bowling, his pace rarely rising above the low 130s. In addition, he has had to shoulder greater responsibility in the absence of key frontline

bowling partner Naseem Shah, with the absence of Pakistan's first-choice spinner and an inexperienced fast bowling attack throwing an even greater burden his way. Consequently, he has bowled - by far - more deliveries than any other player across both sides this series, sending down four balls shy of 100 overs. The man in second place on that list is offspinner Nathan Lyon at 69.5 overs.

Imam being dropped to the bench is less of a surprise, not so much for his struggles in Melbourne but how out of touch he looked while at the crease. Masood also stressed the importance of playing attacking cricket, with Imam's strike rate of 31.22 not quite conducive to that philosophy. While Ayub has limited red-ball experience - the 21-year old has only played 14 first class games - his aggressive disposition is more likely to fall in tune with that brand of cricket.

**Sri. Faggan Singh Kulaste**  
Union Minister of State  
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Government of India

**Sri. Subir Paul**  
National President  
ICCSTWE, New Delhi

**Sri. Sujeet Kumar**  
Member of Parliament (Rajya Sabha)

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**Sri. Sanjay Kushram**  
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