



Poor Should Have the First Right on State Resources : LG Manoj Sinha

■ HT News Network

JAMMU, JAN 10: Lieutenant Governor Shri Manoj Sinha participated in Block Diwas, a public outreach programme of J&K UT Administration, at Bhalwal today. Congratulating people for overwhelming response on Block Diwas, the Lt Governor said the Jan-Bhagidari campaign to strengthen participatory governance is empowering citizens, generating awareness about responsibilities and ensuring accountability of officers in administration.

He called upon every section of the society to take initiative with dedication and determination to make their panchayat clean, liveable, achieve 100% literacy rate, maintain green spaces and 100% saturation of all government schemes.

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Terrorism is breathing its last breath and we will soon finish terror ecosystem from the soil of J&K: LG

■ HT News Network

JAMMU, JAN 10: Lieutenant Governor Shri Manoj Sinha today reiterated the commitment of the J&K Administration towards the well-being of minority employees and to immediately address all their concerns through the established institutional mechanism.

The Lt Governor was attending the Abhinandan Samaroh organised by All Minority Employees Association of Kashmir at Abhinav Theatre. On the occasion, the Lt Governor said the administration is sensitive to the needs and aspirations of every section of the society.

Our aim is to fulfill the dreams of the common

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Kashmir Awaits Snow, Rain

■ HT News Network

SRINAGAR, JAN 10: Dry spell prevailed in Kashmir valley even as the minimum temperature fell by several degrees, intensifying bone chilling conditions, officials said on Wednesday.

The dry weather has resulted in freezing nights and warmer than usual days as Srinagar on Tuesday recorded a maximum temperature of 14.2 degrees Celsius which was 8.1 degrees higher than usual for this time of the year.

Jammu, the winter capital of the union territory, was



FILE PHOTO

colder than Srinagar on Tuesday recording a high of 11.6 degrees Celsius, which was 6.5 degrees below the normal. Jammu is currently under a cover of dense fog which has resulted in colder days.

Srinagar city recorded a minimum temperature of minus 5 degrees Celsius on Tuesday night, down from minus 2.4 degrees Celsius recorded on the previous night, the officials said.

They said Qazigund recorded a low of minus 4.4 degrees against minus 2.6 degrees Celsius, while in the ski resort of Gulmarg in north Kashmir it was minus 5 degrees Celsius

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NEWS BRIEF

Govt Orders Reshuffle In Administration

JAMMU, JAN 10: The Jammu and Kashmir Government on Wednesday ordered transfers and postings in the administration.

According to a government order, Reyaz Ahmad Bangroo, Private Secretary is transferred from the Public Works (R&B) Department and posted in the Agriculture Production Department to work in the personal section of the Administrative Secretary.

Latif Ahmad, Private Secretary, awaiting orders of adjustment in the General Administration Department is transferred and posted in the Cooperative Department to work in the personal section of the Administrative Secretary.

Sajid Rashid Bhat, Private Secretary is transferred from the ARI and Trainings Department and shall await in the General Administration Department for further posting

Shabir Ahmad Mir, Private Secretary is transferred from the Housing & Urban Development Department and shall await in the General Administration Department for further posting.

Reyaz Ahmad Bangroo, Private Secretary is transferred from the Public Works (R&B) Department and posted in the Agriculture Production Department to work in the personal section of the Administrative Secretary.

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'In JK only 15% Govt teachers trained to use computer as medium of teaching'

SRINAGAR, JAN 10: In Jammu and Kashmir only 15 percent of teachers in government-run schools are trained to use computers as a medium of teaching—raising a question on upgrading the quality of education in the public institutions.

According to the official figures accessed by the news agency—Kashmir News Observer (KNO) among the total number of teaching staff in Jammu and Kashmir, only 26,180 teachers were trained in use of computers and teaching through the means.

The official figures reveal that the

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Pay Bills Or Face Disconnection: MD KPDCL

■ HT News Network

SRINAGAR, JAN 10: Managing Director, Kashmir Power Distribution Corporation Limited (KPDCL), Mussarat Islam, today urged consumers to clear their outstanding balance on account of electricity dues, failing which KPDCL shall be left with no option but to further

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No DT Presently Damaged In ED II Sgr: KPDCL

■ HT News Network

SRINAGAR, JAN 10: Managing Director, Kashmir Power Distribution Corporation

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Panchayat, Municipal Elections In J&K Unlikely To Be Held Before Lok Sabha Polls: Official

■ HT News Network

SRINAGAR, JAN 10: Panchayat and municipal elections in Jammu and Kashmir are "extremely unlikely" to take place before the



upcoming Lok Sabha polls as the Centre is yet to amend the law for extending reservation to Other Backward Classes (OBCs) in local bodies, a senior official said.

Although the Administrative Council headed by Lieutenant Governor Manoj Sinha has taken a decision for extending the benefit of reservation to OBCs in panchayats and municipal bodies,

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BSF DG Calls On LG Sinha, Reviews Operational Duties of Troops at Jammu

■ HT News Network

JAMMU, JAN 10: The Director General Border Security Force, Nitin Agrawal on Wednesday reviewed operational preparedness and duties of troops deployed along the International Border.

The DG is on two-day visit to Jammu Frontier. He also called on Lieutenant Governor Manoj Sinha and briefed him on security scenario.

The BSF spokesman said that DG

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DC Srinagar inspects developmental works in Harwan Block

■ HT News Network

SRINAGAR, JAN 10: Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat today undertook an onsite visit to various panchayat Halqa of Harwan Block of the District and inspected several developmental works.

The DC accompanied by the Officers inspected the proposed site for development

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Mobile Phone Recovered From Possession Of Inmate In Jammu's High Security Central Jail

■ HT News Network

JAMMU, JAN 10: In yet another incident of security breach, a mobile phone has been recovered from the possession of an inmate lodged in UAPA case here in Kot Bhalwal Central Jail.

Official sources said that acting on a specific input that one inmate from Hariachak, Kathua lodged in Central Jail is using a mobile phone, jail authorities conducted a surprise search.

"As per the information received, a

Govt designates BDOs as administrators of Panchayats

■ HT News Network

SRINAGAR, JAN 10: A day after the five-year term of elected Sarpanchs and Panchs came to an end in Jammu & Kashmir, the administration of the Union Territory on Wednesday appointed block development officers as administrator(s) of Halqa Panchayats falling under their jurisdiction.

The J&K government today appointed block development officers as

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Centre Begins Capacity Building Programme For 38 Officers Of J&K Administrative Service

■ HT News Network

NEW DELHI, JAN 10: The National Centre for Good Governance, an apex-level autonomous central government institution, commenced a capacity-building programme for 38 officers of the Jammu and Kashmir Administrative Service working under various capacities, an official statement said on Wednesday.

The inaugural session was chaired by V Srinivas, Director General of NCGG and Secretary of the Department of Reform and Public Grievance (DARPG).

In his address, Srinivas said the capacity-building programmes are being undertaken at NCGG, Mussoorie under the



Memorandum of Understanding between NCGG and the Jammu and Kashmir government.

To date, 318 officers have attended

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IGP Kashmir visits police establishments in Awantipora

Stresses on people friendly, transparent policing

■ HT News Network

SRINAGAR, JAN 10: Inspector General of Police (IGP) Kashmir Zone V. K Birdi Wednesday visited Police District Awantipora where he inspected Police Station Tral and Police Post Arpal and held a detailed interaction with the Police personnel.

DIG SKR Anantnag Rayees Mohammad Bhat, SSP Awantipora Ajaz Ahmad Zargar and other senior officers of the Police district were also present on the occasion, a police spokesman said in a statement issued to the news agency—Kashmir News Observer (KNO).

The inspection zeroed in on critical elements, including the crime data and statistics for the jurisdiction, assessing the effectiveness of on-going initiatives and identifying areas for improvement, functioning of Woman Help Desk,



Crime and Criminal Tracking Network & Systems, reporting systems, accommodation and

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DC SRINAGAR HOLDS PUBLIC GRIEVANCE REDRESSAL CAMP AT DARBAGH-SYEDPORA

Says Time Bound Quality Disposal Of Public Grievances Is Among Top Priorities Of The Administration

SRINAGAR, JAN 10: Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat Wednesday held a Public Grievance Redressal Camp at Darbagh-Syedpora area in Harwan Block of the District under weekly Block Diwas to bring Administration at the door steps of people for an on-spot resolution of their developmental issues. The Public Grievance Redressal Camp was among others attended by Local DDC and BDC members including Shabir Ahmad Reshi and Haji Ali Mohammad, besides other public representatives and a large gathering of people from the area.

On the occasion, people from Syedpora, Fakir Gujri, Danihama, Mular, Gandthal, Theed and other adjoining

areas of Harwan Block welcomed Dr. Bilal Mohi-Ud-Din Bhat with warm greetings for being posted as Deputy Commissioner Srinagar.

The People and public representatives apprised the Deputy Commissioner about the issues confronting them besides their developmental demands including development of playfield, restoration of road stretch at Sarab Bagh, establishment of Girls Higher Secondary School, Skill Development Centre and Fruit Mandi in the area, providing ATM facility and Transport services for local population, completion of Chandpora-Darbagh road, saturation of beneficiaries under PMAY scheme and other issues.

The Deputy Commissioner after giving patient hearing to



the grievances and demands of the public, sought on the spot response from the concerned District Officers present in the Grievance Redressal Camp. He also assured them that all genuine demands and

issues projected by them will be looked into on priority.

The DC also gave on the spot directions to the Officers of line Departments for time bound redressal of the public issues.

Addressing the gathering,

the Deputy Commissioner said the purpose of holding such grievance redressal Camps is to take appraisal of local issues from the general public. He said the decisions taken during Public Grievance Redressal

Camp with regard to public issues and demands are addressed with proper follow up to ensure all demands are fulfilled for the public good.

The DC added that timely redressal of public grievances and their quality disposal in a time bound manner is among top priorities of the Administration. He instructed the Officers to ensure prompt response in mitigation of public issues and grievances.

The DC further laid emphasis on cent percent implementation of Centrally Sponsored Schemes on ground with visible impact for overall development and welfare of the people. He also stressed on saturation of Social Security Schemes by covering all left out beneficiaries.

With regard to the menace

of drug abuse, the DC sought active cooperation from the public to uproot the burning societal issue from the District to save the younger generation from its disastrous ill effects. He said the menace of Drugs is non-negotiable and stressed on adopting zero tolerance against drug abuse.

During the Camp, the DC also handed over sanction letters to the tune of Rs 10 lakh among the KCC beneficiaries for setting up of income generating units in the area.

General Manager DIC, Chief Planning Officer, Chief Medical Officer, Sub Divisional Magistrate East, Assistant Commissioner Development, Tehsildar North besides all Sectoral/District Officers were present in the Public Grievance Redressal Camp.

JKTPO spotlights J&K's culinary brilliance in food, agriculture at Indus Food exhibition 2024

NOIDA, JAN 10: Jammu & Kashmir, renowned for its rich culinary heritage, proudly exhibited its diverse food, agriculture and horticulture products at the prestigious Indus Food 2024.

The event, held from January 8th to 10th, witnessed J&K's vibrant participation, capturing the essence of the region's agricultural prowess.

Indus Food 2024, Southeast Asia's largest food and beverage export-focused exhibition, served as a vital platform for international collaboration within India's dynamic food industry. The event, organized by the Trade Promotion Council of India in association with the Ministry of Commerce, Government of India, attracted over 1200 exhibitors and 7500 global buyers.

Jammu & Kashmir, recently honoured with the Gold (Winner) in National OODP awards, claimed the spotlight at the esteemed Indus Food 2024. Eighteen exhibitors from the region, witnessed a remarkable showcase of products and impactful B2B meetings with both international and domestic buyers. These interactions resulted in 780+ promising leads and on spot orders worth 45 Lakhs.

The 7th Edition of Indus Food was inaugurated by Union Minister for Commerce & Industry, Consumer Affairs, Food & Public Distribution and Textiles, Piyush Goyal. He praised India's diverse food industry, emphasizing its potential to captivate global markets. He com-



mended the sector's exponential growth, citing a remarkable 150% increase in processed food exports over the past nine years. He underscored India's agricultural export potential, currently standing at approximately US\$ 53 Billion, with a projected target of US\$ 100 Billion by 2030.

He quoted Prime Minister, Narendra Modi and said that the time has come for a fusion of technology and taste, emphasizing a new era in the food processing sector. He stressed the importance of large-scale food processing, effective product branding, and an export-oriented approach to benefit farmers, boost employment, and elevate the nation's economic gains.

The platform not only provided exposure and experience but also facilitated substantial business opportunities for entrepreneurs from Jammu & Kashmir. The region's exceptional products and culinary traditions stood out, contributing to the success of Indus Food 2024 as a significant avenue for promoting India's diverse food industry on the global stage.

The triumph at Indus Food 2024 reinforces Jammu & Kashmir's position as a powerhouse of culinary excellence and a vital contributor to India's diverse food industry on the global stage. The event served as a testament to the region's commitment towards promoting its unique offerings and fostering meaningful connections within the global food and beverage community.

Stree Shakti - the Parallel Force celebrated Nari Shakti Vandan Act in Jammu with women leaders and esteemed politicians to thank Prime Minister Narendra Modi

Farooq Abdullah Celebrates Historic Stree Shakti Conclave, says it a Turning Point in Kashmir's History

JAMMU, JAN 10: In a momentous stride towards fortifying women empowerment and advancing feminine progress within the electoral landscape, a Mega Conclave convened, bringing together women leaders and esteemed politicians from across the nation. Under the distinguished banner of Stree Shakti, this historic gathering unfolded at the illustrious Hari Niwas Palace in Jammu. Distinguished political luminaries such as Dr. Farooq Abdullah, a senior figure of the National Conference and Parliament member, Safina Baig, Senior People's Democratic Leader and DDC Chairman, and Kavin-der Gupta, Senior leader of the Bharatiya Janata Party and former Deputy Chief Minister, graced the occasion. Joining them were eminent personalities like Dr. Kunawarani Ritu Singh, an esteemed educationist and Chairman of the Maharaja Hari Singh Foundation and Farzana Mumtaz, Editor in Chief of News Kashmir and a prominent media figure.

On the occasion Dr. Farooq Abdullah remarked, "As a soul who has witnessed the ebb and flow of Kashmir's history, I stand before you today with a heart



brimming with hope. This Stree Shakti Conclave is not just a gathering, it is a turning point. For the first time, the ramparts of Hari Niwas echo with the united voices of women leaders, their resolve as unwavering as the Himalayas themselves. This is a day we will etch in gold, a day that marks the dawn of a new era for Jammu and Kashmir, for India."

Safina Baig poured her heart out as, "Today, we celebrate a hard-won victory – the passage of the women's bill. We extend our gratitude to the Modi government for shepherding this bill through, but acknowledge that this is merely the first step on a

long road to gender justice."

Rekha Mody, Founder of Stree Shakti - the Parallel Force and architect of this monumental gathering, emphasized the significance of the Nari Shakti Vandan Adhinyam, underscoring that the epoch-making Women's Reservation Bill in Indian politics serves as a resolute countermeasure against divisive forces rooted in religion and caste. Ms. Mody expressed her conviction, stating, "Women are ready to embrace reservation and it is political parties who need to walk the talk. At the historic Hari Niwas Palace, Jammu, we celebrated the Women's Reservation Bill and expressed

gratitude that Jammu and Kashmir and Puducherry are the first regions of the country that will witness implementation of women reservation in electoral polity. We are stressing on women of Jammu and Kashmir to be ready to be part of history and all the political parties to not just wait for reservation, but be women centric in approach, actively shaping the new political landscape."

Dr. Kunawarani Ritu Singh, an eminent educationist and Chairperson of the Maharaja Hari Singh Foundation, lauded the visionary leadership of Prime Minister Narendra Modi in steering the women of Jammu and Kashmir towards

a brighter present and future for the country. Dr. Singh highlighted the transformative impact of women's Reservation, foreseeing a significant elevation in the socio-political status of Indian women and a catalytic boost in entrepreneurial development across all spheres. Furthermore, Dr. Singh stressed that active participation of women in governance and policy-making would foster equality and efficiency, aligning with the foundational principles of Indian democracy.

She shared her views as, "Women of J&K, rise with Modi's vision! Reservation is our weapon, entrepreneurship our battlefield, and equality our ultimate victory."

Social and political circles of Jammu and Kashmir have widely applauded the move of Stree Shakti and as the women of Jammu and Kashmir stand poised to take a leading role in shaping the destiny of the nation, Stree Shakti remains committed to championing the cause of women's empowerment and fostering an environment where women play a pivotal role in the governance and progress of the country. (KNB)

Seven out of eight seats of JKPS Commission without chairman since Nov 2023; 800 gazetted posts awaiting recruitment

COMMISSION WITHOUT CHAIRMAN SINCE NOV 2023; 800 GAZETTED POSTS AWAITING RECRUITMENT

SRINAGAR, JAN 10: With the retirement of Jammu and Kashmir Public Service Commission (JKPSC) member Zubair Ahmed Raza, seven out of eight seats in the JKPSC are now vacant.

According to the news agency—Kashmir News Observer (KNO), Tariq Ahmad Khan, a former Director General of Planning, remains the sole active member and is also due to retire soon. The commission, operating without a chairman since November last year, has halted the recruitment process.

Since the abrogation of Article 370 in 2019 and the bifurcation of the state into two Union Territories, JKPSC Chairman Satish Chandra took on the role of the reconstituted PSC's first Chairman in June 2020. However, several members, including the

Chairman, have retired since then, leaving only Tariq Khan as the single active member.

The members who retired from the reconstituted Commission include former judge Syed Iqbal Aga on January 15, 2022; Samir Bharti, a retired Indian Forest Service officer, on January 28, 2022; Subhash Gupta on March 28, 2022; Prof Showkat Ahmad Zargar on April 3, 2022; retired IAS officer and incharge Chairman Dr Farooq Ahmad Lone on June 1, 2022; engineer Desraj on December 15, 2022; retired IGP Syed Ahfadul Mujtaba on February 11, 2023; and Chairman Satish Chandra on November 19, 2023.

Officials said the vacancies have not only impacted the recruitment process for hundreds of gazetted posts but have also caused concerns among students. They said the absence of a chairman and members has delayed the forwarding of selected candidates' lists to respective departments.

"The Chairman has the authority to make decisions related to conducting examination but the absence of the chairman is not putting an impact

on the functioning of the commission but it is also causing concerns among students," they said.

According to officials, the absence of the chairman and its members has put the recruitment process of around 800 gazetted posts on halt. "More than 200 assistant professors were selected in October and November 2023 in the Health and Medical Education and Higher Education Department, but the lists are yet to be forwarded due to the absence of the chairman and members," they said, adding that the examinations for hundreds of posts scheduled for December 2023 and January 2024 have been postponed, and DPCs of various departments are pending.

Candidates, speaking to KNO, have expressed frustration, saying the issue was brought to the notice of higher-ups several times but no positive steps have been taken as of now.

They have urged Lieutenant Governor Manoj Sinha and Chief Secretary Atal Dulla to intervene and expedite the appointment of a new chairman and members to ensure the swift functioning of the commission.

Properties worth Rs 3 cr consumed by fire in Gbl last year: Official data

Ganderbal, Jan 10: The Central Kashmir's Ganderbal district has witnessed 149 fire incidents last year, causing losses worth Rs 3 crore. The alarming figures highlight the urgent need for enhanced fire safety measures in the district. Besides, data obtained by the news agency—Kashmir News Observer (KNO) showed the fires devoured the lives of 24 people.

The affected properties included residential houses, a mosque, a Dar-ul-Awam, commercial centers, government buildings, tin sheds, cowsheds, poplar trees, electricity transformers, vehicles, poultry farms, a dairy farm, and gas cylinders. The estimated cost of the damaged assets surpasses 3 crores, leaving a trail of devastation.

Electric short circuit has been found to be responsible for 80 percent fire incidents.

Amid the losses, the district is equipped with only five fire stations across 139 revenue areas, raising concerns among the local population. An official from the Fire Service Department acknowledged the severity of the situation and revealed that the department witnessed a 25% reduction in fire incidents compared to the previous year.

He attributed the decline to proactive measures, including public awareness campaigns and enhanced fire protection procedures implemented by the department.

Tragically, the year 2023 also saw seven individuals, including two firefighters from the Fire and Emergency Department, sustain injuries while battling the blazes.

This underscores the challenges faced by emergency responders and emphasizes the need for a comprehensive approach to fire safety in Ganderbal.

The district is now at a crossroads, with residents and business owners urging the establishment of additional fire stations in prominent tourist spots like Sonmarg and Manasbal as well as other areas including Tulmulla.

Director General, Women and Child Development (J&K) visits Kupwara, participates in Viksit Bharat Sankalp Yatra at Lidderwan Block Qadirabad

■ HT News Network

Kupwara, Jan 10: The Viksit Bharat Sankalp Yatra (VBSY), aimed to attain saturation of flagship schemes of the government, was organized today at Government Higher Secondary School, Lidderwan, Block Qadirabad.

The Mega event was chaired by Director General, Women and Child Development Department (J&K), Mir Tariq Ali, who visited Lidderwan during his visit to Kupwara.

ADC Kupwara, Gh.Nabi Bhat , Programme Officer ICDS Kupwara, Hakeem Tanveer, Tehsildar Trehgam, Mudasir Sikander, District Officers and field functionaries of various departments were present on the occasion.

While addressing the gathering, Director General Women and Child Development (J&K), said that the Government has reached the doorsteps of people through VBSY, Block Divas and Public Darbar like outreach programs.

He said that earlier people used line-up in queues outside secretariat to highlight their issues but now the government is knocking at the doors of people urging them to come forward and take benefits of welfare schemes. He further said that it is the responsibility of the people to help the administration in identifying the most deserving people so that benefits of welfare schemes trickle down to the deserving sections of society.

The Chief Guest congratulated People for participating in large numbers in the Viksit Bharat Sankalp Yatra



despite cold weather conditions.

He said that the Yatra aimed to

ensure saturation and awareness of the schemes among the people. He

added that the Yatra's primary goal is to ensure every citizen benefits from government flagship schemes. He highlighted the need and role of different line departments in providing on the spot services to the people so that people can avail the benefits of different schemes at their door steps.

Mir Tariq Ali, while expressing his gratitude to the District Administration Kupwara said that people of Kupwara district are luckiest, as they are having a most honest, dedicated DC, Ayushi Sudan, with a team of innovative and energetic officers. He praised the beneficiaries for sharing their success stories.

Chief guest handed over the sanction letters of the Agriculture Department and engagement letters of AWW to the candidates. Earlier, the Director

General inspected the stalls set up by various departments to showcase their achievements and services. He also interacted with the beneficiaries and scheme implementing agencies and appreciated their efforts. He also took part in plantation drive along with the other Officers.

The event witnessed screening of the Prime Minister's message played through the Information Education and Communication (IEC) van. Mir Tariq Ali along with the officers of District Administration and locals actively took part in the Viksit Bharat pledge, reaffirming their commitment towards development of the nation.

The event featured a segment called 'Meri Kahani Meri Zubaani', where the beneficiaries of various schemes such as NRLM (Umeed), SBM, MGNREGA.

DC Kulgam reviews Winter preparedness

■ Farooq Rather

KULGAM, JANUARY 10: The Deputy Commissioner (DC) Kulgam, Athar Aamir Khan today chaired a meeting of officers to review winter preparedness in the district.

During the meeting, the DC reviewed availability of snow clearance machines, stock position, action plans prepared by the concerned departments to prevent interruption to services during this winter season.

He impressed upon the officers to remain available at headquarters for prompt response to the public griev-



ances and for better coordination in dealing with snow clearance operations and to ensure smooth power, water supply and other essential supplies to avoid any inconvenience to people. Concerned officers from the Mechanical Engineering

Department briefed the DC about the action plan and informed that there are 25 Machines available to them including 2 snow cutters for snow clearance.

The DC directed for ensuring that snow clearance machines are posi-

tioned at all critical spots and that these are pressed into service as soon as snow starts to accumulate, prioritizing roads leading to all important installations across the district including Hospitals and other essential institutions.

He also reviewed availability of buffer stock of transformers and availability of stock position of essentials. The DC sought inter-departmental coordination for effective response for any eventuality in the winter season and exhorted that the reaction time should be prompt and the snow clearance plan should be effectively implemented.

DC Pulwama inaugurates Comprehensive Competitive Exam Classes under AVSAR

■ HT News Network

PULWAMA, JANUARY 10: A significant stride in educational empowerment unfolded today at the Govt Degree College for Boys in Pulwama, marking the inauguration of comprehensive competitive exam classes under the AVSAR program.

This initiative, encompassing various competitive exams, including the NEET Super 50, operates under the Mission Youth scheme.

The ceremony, inaugurated by Deputy Commissioner (DC) Pulwama, Dr. Bharat Qayoom emphasized the inclusive nature of AVSAR, acting as the overarching program facilitating diverse competitive exam prepara-



tions. The DC delivering a compelling speech, elucidated the significance of AVSAR, which translates to opportunity. He shared that the initiative comes under the Mission Youth scheme, and Pulwama's proposal stood out among 20 districts, garnering an appreciable response.

Addressing the students, he encour-

aged them to view this platform as the best opportunity for personal and academic growth.

Delving into personal insights, the DC motivated the students, emphasizing the pivotal role of conviction and self-confidence in achieving success. He underscored the importance of leveraging the Information Technology revolution and announced the throwing open of an advanced center dedicated to technology utilization within days. The Government and District Administration are fully committed to ensuring that students reap the benefits of these initiatives, added DC expressing the collective determination to facilitate comprehensive support.

Government of Jammu & Kashmir

Office of the Zonal Education Officer Tullamulla District Ganderbal

No:ZEOT/Estt/014

Dated:10/01/2024.

Tentative (Annexure "A") list of candidates for Engagement/Hiring of AAYA/Helper of Zone Tullamulla in various schools for the year 2023-24 under

Sub: ECCE for observation within a period of six days (w.e.f 10.01.2024 to 15.01.2024 thereof.

Administrative Department, School Education, J&K vide communication No.Edu-PSOCSS/75/2021-01-SED(97253), dated 04.01.2023 & Director Samagra Shiksha, J&k Order No.07 of Chirag 2023, dated 09.01.2023, engagement in remaining schools vide his letter No.EDU/PD/SMS/ECCE/Helpers/1861-1905/2023-24 Dated 06.06.2023 and CEO Ganderbal's Letter No.CEO/Gbl/SS/285, dated 20.06.2023 and this office advertisement notification no.03 of 2023, Dated:-19-07-2023. And Clarification order No.s CEO/Gbl/15815 dated:- 18.12.2023.

Ref: The merit list framed by U/Sd in presence of committee members and sarpanch Concerned of Zone Tullamulla. The Candidates whose particulars are given below have been recommended by U/Sd for the engagement/Hiring of AAYA/Helpers on the basis of merit determined by them from their credentials. The Candidates

1. Only female Candidates have been considered.

2. Preference given to Candidates belonging to BPL Category in the below mentioned order of priority.

• Widow

• Divorced

• Orphan

• Any Candidate among the poorest of the poor in the village .

3. Minimum Qualification 8th Class pass have been considered.

4. The Candidates recommended for Engagement/Hiring of AAYA/Helpers are domicile of that particular village.

5. The Candidates recommended for Engagement/Hiring of AAYA/Helper are fit to carry out job. As per Medical Report of BMO.

6. Age of the Candidates is between 18-45 years as on 1 January 2023.

Annexure A

S.No.	Name of the Village	Name of the candidate	D/W/O	Date of birth	Residence	Qual	Category (widow, Divorced, Orphan, Poor)	Type of Ration card	Mobile no.	School where Engaged
1	Kokagund	Sabreena Tabsum	Late Ghulam Mohammad Bhat	26-04-2002	kokagund	12th	orphan	PHH	6006773113	PS Kokagund

The committee constituted by zonal Education Office Tullamulla vide order No:- ZEOT/T/Estt/4271, Dated:- 16-08-2023 have scrutinised the merit list of aforementioned of AAYA/Helpers and found correct as per the guidelines issued by director Samagra Shiksha J & k. Hence tentative list is hereby approved for record and reference propose.

DIPK-15027/23

Date: Jan 10 2024

Zonal Education Officer Tullamulla

Government of Jammu and Kashmir

OFFICE OF THE EXECUTIVE ENGINEER

PWD(R&B) DIVISION ANANTNAG.

Email: xenrnbkhanabal@gmail.com

Phone and Fax: 01932-222221

CORRIGENDUM

Subject: Ammendments/Updations made in NIT 181, Item No 01" Construction of walling at HS Aupzan."

Ref: This Office NIT NO 181 OF R&B/Anantnag/2023-24 /E-TENDERING/18432-41 DATED 01-01-2024

Kindly read Updations/Amendments made in Class of Contractor for subject cited work as under:

Please Read	Instead of
Class of Contractor as BEE & CEE Class Only	Class of Contractor as BEE, CEE & DEE Class Only

DIPK-15067/23

Dated: 10-01-2024

Executive Engineer,
R&B Division Anantnag.

PUBLIC NOTICE

I informed to general public that my Date of birth (DOB) is 28/05/2019.....Now I am applying for 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....NISSAIR AHMAD KHAN
F/O.... ARHAN NISSAIR KHAN
R/O.... TANGWARI BALA
Distt....BARAMULLA

PUBLIC NOTICE

I informed to general public that my son's Date of birth (DOB) is 08/04/2007.....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....KHURSHED AHMAD KHAN
F/O.... KAMRAN KHURSHED KHAN
R/O.... KALANTARA BALA
Distt....BARAMULLA

PUBLIC NOTICE

I informed to general public that my daughter's Date of birth (DOB) is 21/09/2021.....Now I am applying for her date of birth certificate (DOB) if anybody have any objection in this regard He/She may file His /her objection in the TEHSILDAR OFFICE KREERI within seven days from the publication of this notice after that no objection will be entertained .

Name....HILAL AHMAD ALAIE
F/O.... SALIQA JAAN
R/O.... WARIPORA PAYEEN TEHSIL ...KREERI

OFFICE OF THE TEHSILDAR KREERI (Executive Magistrate 1st Class)

Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate.

PUBLIC NOTICE

The Registrar Births and Deaths (Block Development Officer Wagoora) has submitted case file pertaining to Birth of Saliqa Jaan D/O Hilal Ahmad Aloie R/O Waripora Payeen Tehsil Kreeri Distt. Baramulla having verified the date of Birth, as 21.09.2021 at S.D.H Kreece and event has been shown to be occurred /

In this connection, if anyone have any objection to the issuance of delay order of birth certificate shall present his/her claim this office within 07 days, after that no objection shall be entertained.

Executive Magistrate 1st Class
kreeri

Government of Union Territory Jammu & Kashmir OFFICE OF THE EXECUTIVE ENGINEER MECHANICAL AND HOSPITALS DIVISION SRINAGAR

-----Telefax:- 0194-2496089, Email ID:- xenmhchdk@yahoo.in-----
Gist of e-tender

NIT No: M&HDS/TS/2023-24/167/e-tendering
Dated:-10.1.2024

For and on behalf of the Lt. Governor, J&K UT e-tenders are invited from registered/reputed/experienced firms with J&K State Govt., CPWD, Railways and other State/Central Governments for the below mentioned work: -

Name of Work	Est. Cost (Rs. in Lacs)	Cost of T/Doc. (In rupees)	Time of completion (in days)	AA Accorded Vide No:	TS No	Earnest Money (in Rs.)	Position of Funds
1	2	3	4	5	6	7	8
Servicing of 200 kva Cummins make DG set installed at Govt. PD Hospital Srinagar.	1.08	100	03	19 MCS of 2023, Dt:- 23-06-2023	M&HDS/TS/8 2 Dated 10/23	2200	Available with intending Department (Principal GMC Srinagar)

Downloading of Bids:- The NIT Consisting of qualifying information, eligibility criteria, specifications, Bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen from the departmental website www.jktenders.gov.in from 10.01.2024 (15.00 hrs) and can be downloaded from 10.01.2024 (15.00 hrs).
Uploading: The bidders shall deposit their bids in electronic format on the above web site 10.01.2024 (16:00 hrs) to 18.01.2024 (12:00 hrs) in two (02) covers.
Opening of Bids :- The bids received upto due date and time shall be opened on 18.01.2024 at 14:00 (hrs)

DIPK-15044/23
Date: Jan 10 2024

Sd/-
Executive Engineer,
M&HD, Srinagar

Dr. Abid Rasheed visits GMC Jammu, assesses medical care facilities Also reviews progress of works on major projects of GMC, Associated Hospitals

■ HT News Network

JAMMU, JANUARY 10: Secretary Health and Medical Education (HME), Dr. Syed Abid Rasheed Shah today visited Government Medical College here, during which he took comprehensive round of all the wards of hospital to assess the medical care facilities available for patients.

The Secretary, on the sidelines of the visit, also chaired a meeting with the administration of GMC and Associated Hospitals to review the progress of works on major projects of GMC.

During the visit, the Secretary assessed the current state of healthcare infrastructure and services at GMC Jammu, focusing on patient care, infrastructure, medical equipment and overall operational efficiency of the hospital.

Interacting with the doctors and other staff on the occasion, Dr. Abid underlined that the goal is to ensure

that the medical facilities meet the highest standards and we are able to provide effective healthcare services to the community. He emphasized upon the doctors to commit themselves towards the enhancing the quality of medical services in the hospital.

He called upon the medical professionals to conduct through rounds in the hospital for efficient management of patients, acknowledging their role in providing vital medical services to the people of region.

During the visit, the Secretary took detailed round of hospital including state of art BSL3 Lab and COBAS6800 Lab, patient wards, emergency wards, MRI lab, radiation oncology lab and other related infrastructure and took first hand appraisal of each facility systematically.

He also interacted with the patients as well as attendants and took detailed feedback from them about the healthcare facilities being provided there.



The Secretary, during the visit, also inspected the Jan Ashudi Kendra at the GMC and took stock of the availability of medicines there. He asked the Principal GMC to establish more Jan Ashudi Kendra's in the hospital so that the people can take maximum benefit out of it.

Later, the Secretary also visited Girls Hostel of GMC Jammu and took stock of facilities there for the students.

He inspected the dining area, study room and other facilities of the hostel. He passed on the spot directions for rectification of various things in the hostel premises for the facilitation of girl students.

The Secretary, on the occasion, also interacted with the students and sought first hand feedback from them about the services being provided at the hostel.

Earlier, Dr. Abid chaired a high level meeting with the management of the GMC and Associated Hospitals to review the progress of ongoing works on major projects of GMC.

The meeting was attended by Principal GMC, Chief Engineer, PWD, Jammu, HoDs of different departments of GMC, Medical Superintendents of GMC and its Associated Hospitals, Executive Engineers of all wings and other concerned officers.

Addressing the officers during the meeting, Dr. Abid maintained that these projects play a crucial role in advancing healthcare capabilities, have much role in improving the overall healthcare standards of Jammu region. He called upon the officers to work with zeal and zest so that the GMC Jammu emerges as best performing health institution across J&K.

He called upon the Administration of GMC and Associated Hospitals to maintain an absolute cohesion and team work among all agencies as well

as medical professionals so that the desired and improved medical care facilities are provided to public at large.

Dr. Abid further said that we are here for public welfare and we need to work with that yardstick. He remarked that the barometer of success of any hospital is how we meet the expectations of public and society at large.

The Secretary called upon the doctors to maintain punctuality and be conscious working hours to maintain faith of public regarding health care services.

He also asked the Principal GMC to focus on innovative and new researches at the institute so that the GMC Jammu can emerge Hub of excellence in medical sciences across the country.

The Secretary further asked the officers to delve a mechanism for better patient management so that patients get sense of relief and welfare in the hospital.

Weekly Block Diwas: DC Rajouri listens to people's issues at Dreari panchayat in Border Block Manjakote

■ HT News Network



RAJOURI, JANUARY 10: To address people's grievances at their very doorsteps, Deputy Commissioner Rajouri, Om Prakash Bhagat today chaired weekly Block Diwas public outreach camp at Dreari panchayat of border block Manjakote

The 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.

Specific issues which were highlighted during the event sanctioning a Degree College for block Manjakote, blacktopping BG to Kakora road, scarcity of water, speedy implementation of JJM scheme, link road from Chennar Manda to main road, sanctioning JK Bank branch at panchayat Dreari, opening a cutting and tailoring centre, shortage of electricity poles, sanctioning an anganwadi centre at ward No. 02 Dagrote, inclusion of left out eligible beneficiaries under PMAY-G etc.

Other issues were sanctioning handpumps at Deri Ralyote Upper and Lower panchayat, construction of road from Khori to Nada, completion of work on main road to Dreari, road from main road to Patrara, sanctioning additional border bunkers, shortage of staff in schools, construction of road from Daka to Upper Dagrote, road from Galhuti to Gambir Muglan etc. 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 Om Prakash Bhagat 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. The Deputy Commissioner Om Prakash Bhagat also acknowledged the invaluable contribution of all stakeholders who have played a vital role in achieving the objectives of government initiatives.

Workshop on "Spirituality and Education" organized in Central University of Jammu.

■ HT News Network

JANUARY 10th, 2024: The Office of Dean Students' Welfare, Central University of Jammu in collaboration with LADAKH PHANDAY TSOGSPA organised a workshop on "Spirituality and Education". The chief guest of the event was His Eminence the 8th Choe-kyong Palga Rinpoche. The event was graced by the Prof. Sanjeev Jain Vice Chancellor, Central University of Jammu. Sh. Parshotam Kumar Dadhichi, President, Sanatan Dharam Sabha, J&K. Dr. Chhering Tandup, Ladakh Phanday convenor Jammu were also present in the event. The welcome address was given by Dr. Ritu Bakshi, Dean Student's Welfare Central University of Jammu.

She welcomed all the dignitaries and stated that such events are the need of the hour and we should continue to collaborate on such things in future also and after that Parmeet ji gave introduction of LADAKH PHANDAY TSOGSPA organisation and he stated that it is working on Seva, Sanskar and Ekta. The NGOs is committed for providing health care centres in far flung areas, telepathy, mental health programmes and preservation of our National Integration. As a mandate of Viksit Bharat@2047, a video showcasing the road map of the National Highways and Infrastructure Development Corporation Limited (NHIDCL), Tehsildar and other revenue officials. Together, they meticulously examined the road's

Deputy Commissioner inspects quality of work on newly constructed Khalleni-Goa NH stretch

■ HT News Network

DODA, JANUARY 10: Deputy Commissioner (DC) Doda, Harvinder Singh, led a comprehensive inspection of the recently constructed highway stretch from Khalleni to Goa (Marmat). The primary objective of the visit was to evaluate the maintenance and quality of the road infrastructure.

The inspection team comprised key officials, including Assistant Commissioner Revenue (ACR), Sanjeev Kumar, Manager of the National Highways and Infrastructure Development Corporation Limited (NHIDCL), Tehsildar and other revenue officials.

Together, they meticulously examined the road's



condition, identifying any maintenance requirements and assessing compliance to construction quality standards.

During the inspection, the DC underscored the significance of maintaining the newly constructed

highway stretch to guarantee the safety and convenience of commuters. He issued directives to the NHIDCL manager and other relevant authorities to promptly address any identified maintenance issues. Additionally, the revenue

officials were tasked with assisting in the resolution of land acquisition matters that might arise during the maintenance and improvement processes.

The visit not only reaffirmed the commitment of the Deputy Commissioner and his team to ensuring quality infrastructure but also demonstrated their dedication to addressing issues promptly for the welfare of the public. This proactive approach aligns with the goal of providing a reliable and safe transportation network for the community. During the inspection, the DC underscored the significance of maintaining the newly constructed highway stretch to guarantee the safety and convenience of commuters. He issued directives.

VBSY cum Block Diwas event connects citizens & administration at Panchayat Jagatpur

■ HT News Network

KATHUA, JANUARY 10: District Administration Kathua today reached Panchayat Jagatpur in Block Keerian Gandyal to mark the ongoing Viksit Bharat Sankalp Yatra.

The event witnessed the overwhelming participation of locals who were engaged by key officials, including Deputy Commissioner Rakesh Minhas, DDC member Dr. Shweta besides other PRIs.

The event also featured the Block Diwas Proceedings, providing a platform to the community to voice their concerns and needs, many of which were addressed on the spot. The event, marked by enthusiasm and community engagement, showcased the commitment of local authorities to the principles of good governance and responsive administration. The departmental stalls were set up to facilitate direct interaction between the public and government officials, fostering a sense of transparency and efficiency. The Information, Education, and Communication (IEC) Van (Viksit Bharat



Rath), played a crucial role in disseminating valuable information and offering on-the-spot services to the attendees.

After giving patient hearing to the highlighted issues, DC Rakesh Minhas directed concerned officials to redress the same on priority. He also underscored the importance of such initiatives for empowering the citizens by bringing the administration to the doorsteps. He emphasized the need for active citizen participation in the ongoing Viksit Bharat Sankalp Yatra and commended the role of PRIs in raising the genuine issues & demands during the Block Diwas Proceedings.

Election Department Ramban gears up for Panchayat Electoral Roll Revision-2024

■ HT News Network

RAMBAN, JANUARY 10: In preparation for the imminent Panchayat Electoral Roll Revision-2024, the Election Department Ramban conducted an extensive day-long training programme to sensitize Electoral Registration Officers (EROs), Assistant Electoral Registration Officers (AEROs) and Panchayat Election Booth Officials (PEBOs) about the critical aspects of the electoral roll revision process.

The event was organized in the Conference Hall, District Administrative Complex, under the guidance of Deputy Commissioner, Ramban Baseer-Ul-Haq Chaudhary who is also the District Panchayat Election Officer.

During the comprehensive training programme, the participants were educated on the intricacies of the registration process, briefed on the usage of spe-



cific forms during the revision, and instructed to ensure a flawless and healthy electoral roll.

Dwelling in detail about the significance of accurate electoral registration, Additional District Development Commissioner Rajinder Sharma emphasized the need for timely completion of the process.

The ADDC urged upon the concerned government functionaries and stakeholders for their active participation during Summary Revision of Panchayat Electoral Roll for ensuring cent per cent registration of all eligible voters in the Panchayat Electoral Rolls. The

department is committed to achieve a thorough and accurate revision within the stipulated time frame, he added.

To inform the general masses about the Summary revision of Panchayat Electoral Roll, Programme Officer, ICDS, Jahangir Hashmi, who is Nodal officer SVEEP, asked the concerned to carry out SVEEP activities across the district.

Assistant Commissioner, Revenue, Giasul Haq provided key details, including the commencement of the Panchayat Electoral Roll Revision from January 15, 2024 to February 5, 2024, with 01.01.2024.

J&K grapples with erosion of democracy and economic instability under BJP regime: Rattan Lal Conduct ULB, Panchayat polls to reinstate democratic process in J&K: Ajaz Jan

■ HT News Network

JAMMU Jan, 10th : Over the nine years of BJP's misrule at the Centre and its proxy government in J&K, the people of this historically rich and diverse state have borne the brunt of a governance model that has failed to deliver on its promises and safeguard the interests of the residents. Under the incumbent government, J&K has witnessed a troubling erosion of democratic values, economic instability, and a palpable decline in the overall quality of life.

This was stated by Rattan Lal Gupta, Provincial President while addressing a meeting of Youth Wing of J&K National Conference from Chenab Valley and Jammu District at Sher-e-Kashmir Bhawan in Jammu. In the meeting, Ajaz



Jan, Provincial President JKNC Youth and former Legislator was also present. Rattan Lal expressed deep concern over the deteriorating situation in J&K under the present administration, citing a range of issues that have adversely impacted the lives of the people. From the erosion of democratic values to the economic downturn, he highlighted the multiple challenges faced by

the people of J&K. "The people of Jammu and Kashmir have been enduring the brunt of the BJP's misrule for far too long. The promises made by the BJP during their campaigns have not translated into tangible improvements on the ground. Instead, we have witnessed a systematic erosion of the democratic fabric, economic instability, and an overall decline in the well-being of the people." Rattan Lal Gupta asked the central government to revisit its policies and engage in meaningful discussions with all stakeholders to find lasting solutions to the complex issues affecting Jammu and Kashmir. The Provincial President has called upon the youth brigade of the Party to gear up for the upcoming polls in Jammu and Kashmir. Emphasizing the significance of active participation in the democratic process, Gupta urged the party cadre.

76 Battalion CRPF organises free medical camp at GBHSS Nowabad

■ HT News Network

JAMMU, JANUARY 10: Continuing the Wellness of Civilians, 76 Battalion CRPF in collaboration with J&K Health Department, organised a free medical camp under Civic Action Programme here today at Govt. Boys Higher Secondary School, Nowabad.

The health camp was held under the guidance of Sandeep Khirwar, IG Jammu Sector and Ramesh Kumar, DIG Jammu Range. The main objective of the camp was

to reach out to the needy people of the area to provide free health care and make them aware about their health. A team of 2 Medical Officers Dr. S. Sowmiya, 76 Battalion, CRPF and Dr. Rimpi Sangral, Medical Officer, conducted free medical check-ups of around 250 civilians and provided free medicines. T.H. Khan, Commandant-76 Bn inaugurated the Civic Action programme and appealed to all people of the area to stay fit by doing physical exercises regularly. He sensitized them to maintain a healthy lifestyle & hygiene.

EDITORIAL

Unlocking Potential - Cultivating Sports Culture in Kashmir

In the region where the beauty of nature is unparalleled, lies a realm with untapped potential—the development of sports culture. Adequate playing fields are not just patches of green, they are the bedrock upon which a robust sports infrastructure can flourish, fostering physical health, mental well-being, and community cohesion.

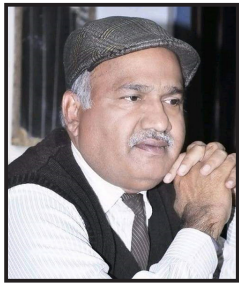
To truly embrace sports culture in Kashmir, investments in playing fields are paramount. These spaces serve as the training grounds where budding athletes hone their skills, fostering a sense of discipline, teamwork, and perseverance. Beyond the individual benefits, sports create a sense of community, transcending societal divisions.

However, promoting sports goes beyond mere infrastructure. It necessitates comprehensive strategies, including the establishment of coaching programs, organizing competitions, and integrating sports into the educational curriculum. These efforts can identify and nurture talent from an early age, ensuring a continuous influx of skilled athletes.

Moreover, partnerships between government bodies, private enterprises, and local communities are crucial. Sustainable funding, coupled with grassroots initiatives, can bridge gaps in access and opportunity. Engaging youth in sports not only contributes to their physical development but also steers them away from potential distractions, thereby fostering a healthier and more focused generation.

In conclusion, adequate playing fields are the cornerstone of a thriving sports culture in Kashmir. To unleash the full potential of this region, a concerted effort involving investments, education, and community engagement is indispensable. The journey toward a vibrant sports culture in Kashmir begins on the playing fields, where dreams are nurtured, skills are honed, and a healthier, more united society takes root.

Draftsman - How to become a Draftsman



■ [Vijay GarG](#)

Draftsman is the skilled professional who takes the first step towards creating an infrastructure or machine out of an idea in the mind. His job is to make a design of the idea of the infrastructure like dams, roads, bridges etc. on a piece of paper so that it could be well visualized by those professional that has to really build it.

Teams of drafters with different specializations work together on projects, sometimes drawing by hand but more often through the use of drafting computer software like CAD etc. This is not a mean task to do as it is the drawing on which whole of the work is to be based.

So to become a good draftsman, an ability to see all sides of an object i.e. 3-D vision and strong math skills are necessary. Thus aspirants who are looking to combine artistic talent and math skills in a career, becoming a draftsman is an ideal choice. Not only can this job offer a creative outlet, but it can also provide an impressive income in the present scenario when a lot of emphases is being given not only at the strength of the buildings and dams but also their beauty and durability.

To be a Draftsman one has to be dedicated, hard-working, innovative and positively critical. The job of a Draftsman demands intensive foresight and inside depth of the field, one is working in. To get the desired results one should have the capacity to work hard with commitment, open mind and honesty. The most important thing that Draftsman designer should have is that they should always be ready to take criticism in stride as this is the major thing that can help a Draftsman to improve and bring accuracy in his work.

To do his work most effectively he requires special training which can be acquired by doing the required courses of varying duration. To be a Draftsman one has to follow the below-given path.

Eligibility to become a Draftsman

1. Educational Qualification

Pass in Senior Secondary Examination (10+2) or equivalent recognized examination with physics, chemistry and Mathematics as main subjects at this level with at least 60% marks to get admission in some of the good institutions.

2. Age

There is no restriction with regard to the age of the candidate however some good institution prefers younger people below the age of 17yrs as their student.

How to become a Draftsman?

To become a Draftsman one has to follow the below-given steps:-

Step 1

One has to apply for the entrance test taken by some of the good institutes providing diploma and degree courses for the draftsmanship like JET ie, Joint Entrance Test held by the Punjab state technical education Board and DET Diploma Entrance Test taken by the Haryana state technical Education Board for admission to the Diploma Engineering colleges in their states respectively. However, there are some other institu-



One has to apply for the entrance test taken by some of the good institutes providing diploma and degree courses for the draftsmanship like JET ie. Joint Entrance Test held by the Punjab state technical education Board and DET Diploma Entrance Test taken by the Haryana state technical Education Board for admission to the Diploma Engineering colleges in their states respectively. However, there are some other institutions which take the candidates on the merit bases of first cum first bases.

tions which take the candidates on the merit bases of first cum first bases.

Step 2

After completing this three-year Diploma course one can either join some job with public or private sector companies or can go for the degree course after taking the test for the degree courses in Draftsmanship offered by various engineering colleges. After getting enough exposure in the field one can start his own business or can continue working for some big Construction company like DLF, HDIL, or GMR infra etc with a good financial return.

Draftsman Job Description

A draftsman's job is to turn a design idea into an accurate picture. The drawings that a draftsman creates serve as guides for builders and manufacturers, so 100 per cent precision is required in starting the construction. Although blueprints are now considered out-of-date, draftsmen create their modern relatives.

Draftsman Career Prospects

Although there is a lot of scope for this professional yet there is a lot of competition to get good jobs. But there is no dearth of placements for the efficient draftsman. They can opt and earn in any of the three option open to them ie. The private sector, public sector or self-employment. With the increasing privatization of infrastructural activities, Draftsmen can find an employer with a company with handsome salaries or can start their own business once they have got the necessary education and experience. Besides there are a lot of jobs on offer in public sector departments like PWD ie. Public works department of various state and central Government. With all of the opportunities for advancement in this career, it is worth considering for anyone who is looking for a practical way to apply their creative side.

Draftsman Salary

To start with one can get nearly Rs.15,000 to Rs.20,000 in a job with a good organization. And if working independently then there is no limit of his earning, it may be from a few thousands a month and can be lakhs, to say the least. It all depends upon the capabilities and marketing skills of the Draftsman along with his expertise and clarity of work.

Vijay GarG Retired Principal Educational
Columnist Malout Punjab

BUILDING BRIDGES WITH BOOKS: PARRAYPORA'S EDUCATIONAL ODYSSEY



■ [Aubaid Ahmad Akhoo](#)

In the modern era, despite the plethora of available resources, the everlasting importance of books continues to grow. Books serve as gateways to imagination, with each reader living a thousand lives before their own ends. The world belongs to those who read, and books are rightly called the "WORLD OF WONDERS."

Educational Void in Parraypora

Nestled near the Indira Gandhi Road and housing a bustling airport, Parraypora, Kashmir, thrives as a vibrant educational hub. However, a crucial need emerges—a public library to enrich the educational landscape of this region. Despite the presence of coaching centers and academic activities, a noticeable void exists, emphasizing the immediate need for a public library.

Parraypora, known for its vibrant educational atmosphere, sees students

immersing themselves in various subjects through coaching centers and educational initiatives. However, the absence of a public library creates a gap in the learning ecosystem. Students, despite their dedication to studies, face challenges in accessing diverse resources beyond their specific courses.

The Role of a Public Library

A public library stands as a beacon of knowledge, providing students with a diverse range of books and materials relevant to their academic pursuits. It serves as a communal space where individuals can broaden their horizons, explore new subjects, and engage in self-directed learning. Furthermore, a public library acts as a unifying force, fostering a sense of community and shared intellectual growth.

The urgency for government intervention is evident. By designating suitable land for a public library in Parraypora, the authorities can significantly contribute to the educational infrastructure of the area. This initiative not only addresses the immediate need for accessible learning resources but also cultivates a culture of continuous learning and intellectual development.

A Dynamic Hub for Educational Activities

A public library in Parraypora would not only serve as a repository of knowledge but also as a dynamic hub for educational

Each book is a magical box, offering a journey to discover treasures of knowledge. They illuminate the human conscience, act as companions in loneliness, and serve as healers of anxiety. The importance of books is deeply rooted in various aspects of life. The Qur'an itself introduces as "Al-Kitab," highlighting the significance of awareness towards knowledge

activities. It can host workshops, seminars, and community events, creating a space where students and residents can engage in intellectual discourse and collaborative learning.

Investment in Education for Generations to Come

In conclusion, Parraypora and its adjoining areas, with their rich educational landscape, are primed for the establishment of a public library. This endeavor requires proactive government measures, including the identification and allocation of suitable land. Such an investment in education will undoubtedly contribute to the academic success and intellectual vibrancy of the community, ensuring that Parraypora remains a beacon of learning for generations to come.

The Transformative Power of Books

Reading transports individuals to imaginary places, ignites curiosity, and expands perspectives. A voracious reader values books over anything else, considering them as treasures that unlock knowledge and information. Books are not merely possessions; they are sources of happiness.

Each book is a magical box, offering a journey to discover treasures of knowledge. They illuminate the human conscience, act as companions in loneliness, and serve as healers of anxiety. The importance of books is deeply rooted in various aspects of life. The Qur'an itself introduces as "Al-Kitab," highlighting the significance of awareness towards knowledge.

Global Perspective on Reading and Knowl-

edge

Research indicates that engaging in intellectual activities like reading contributes to lower rates of mental decline in old age, emphasizing the enduring impact of books on cognitive well-being. Despite the global importance of books, it is noteworthy that Islamic countries are absent from the top-selling nations, signaling a need for a renewed focus on knowledge and literature.

Tailpiece

In conclusion, books, with their transformative power, play a crucial role in shaping individuals, communities, and nations, making them indispensable in the pursuit of knowledge and personal growth. As John Piper aptly puts it, "Books don't change people; paragraphs do, sometimes even sentences." The call for a public library in Parraypora echoes this sentiment, emphasizing the transformative potential of literature in building bridges and fostering an educational odyssey in the heart of Kashmir.

About the Author:
Aubaid Ahmad Akhoo is a distinguished Educational Columnist, Motivational Speaker, and Associate Editor of the weekly educational publication 'Education Quill.'

INTERFAITH APPROACH TO AI IS NEED OF THE TIMES

■ [A. K. Merchant](#)

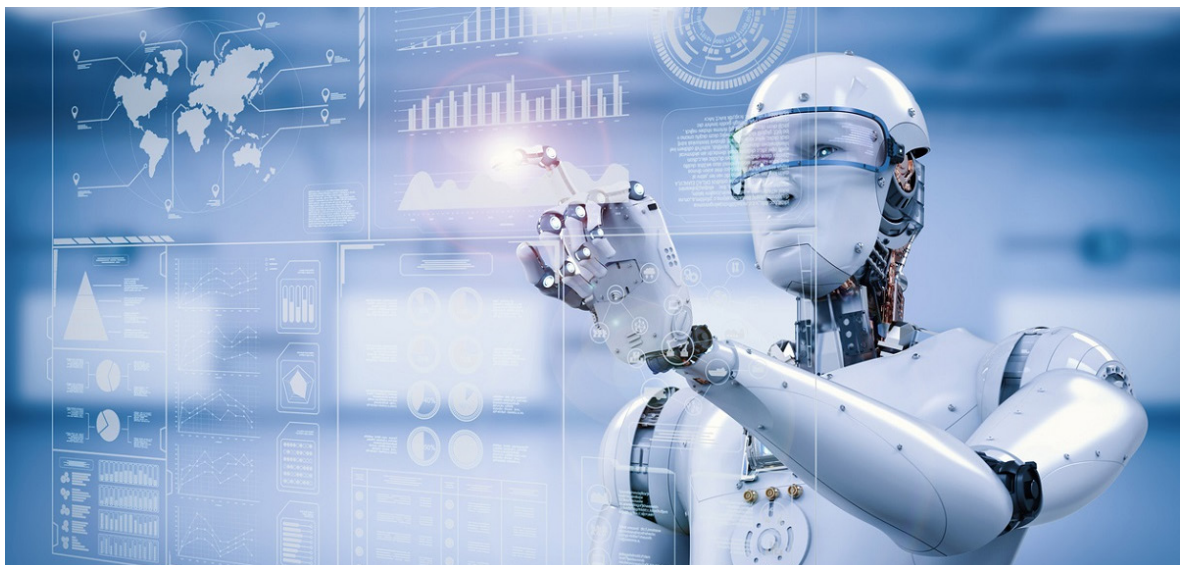
In light of the call for a global framework for responsible development of Artificial Intelligence (AI), it is important to understand what this amazing transformative and fast evolving technology is. Among the many disruptive technologies AI occupies an important place. Like a knife in the kitchen it can do good as well as harm. Therefore, Prime Minister Narendra Modi, in his speech at the recent Global Partnership on Artificial Intelligence Summit, among other things said, “making it transparent and free from bias would be a good start. We must convince people across the world that AI is for their benefit and for their future, and that no one will be left behind...”

We must not lose a single second... We must complete the global framework within this year... we must all work together.” A number of multinational corporations have invested heavily in the promotion of AI for financial gains impelling governments around the world to debate on what legislations should be made for formulating evidence-based policies to ensure that AI is all-inclusive and to understand the risks as well as the harm it could do in the absence of government regulations.

The unethical dimension of our scientific and technological advancement is that poorer sections of populations, particularly in developing countries, are still deprived of most benefits of scientific progress. National and international means for a better distribution and application of new knowledge are essential. It has become clear, however, that even in the most developed countries that material progress has become unsustainable and a society driven by fossil fuel-based growth has plunged the entire planet into dire peril.

And even more important, are moral crises for if material gains outrun the social and spiritual progress of man, as evident today, it will threaten the very survival of the human race. Sadly, many developing countries and emerging economies are hell-bent on aping the Western model of growth. It is not surprising, therefore, that permanent solutions to global problems, including the negative impact of disruptive technologies such as AI, 3D printing, augmented reality, blockchain and streaming media, appear to be elusive and distant. AI and ChatGPT have the potential of overtaking human intelligence and seizing control over all affairs of life.

The primary reason for such a situation is the unethical proliferation of newer technologies. The economic development process should accordingly employ science and technology to reflect fully the fundamental organic oneness of the human race, by helping to abolish all prejudice and divisiveness, whether of class, creed, caste, sex, race, or nationality. While new technologies may appear uncontrollable and unpredictable, ethics research at Simon Fraser



University in British Columbia believes that “they are not unguided” and work according to the instructions and choices made by people.

Mario Rosetti, Professor Emeritus of Theoretical Physics at the Politecnico di Torino, noted that the human brain cannot be compared to artificial intellect due to the brain’s magnificent structure and function. If the human brain is far more powerful than Artificial Intelligence, there is hope that the technology could be controlled by people. All previous studies accentuate an argument that Artificial Intelligence must not be worshipped. However, since machines are constantly being improved upon, it is vital for religious and technology leaders to discuss the ethical issues that surround Artificial Intelligence and help innovators minimize their risks. We know that if ethically employed science and technology can lead to the betterment of the human race, to the development of the qualities of humanity, and to an understanding of the mysteries of the universe. They have the potential to eradicate poverty, enrich humanity, and free it from the struggle for existence. The Internet is one of this age’s most transformative technological developments. It appears to be playing a catalytic role in breaking down long standing geographical, cultural and institutional barriers while facilitating the formation of new communities of interaction that are increasingly global in nature.

All would agree that finite material resources of the planet are for the benefit of all human beings; it is through science that we can understand the potential of existing resources and learn to develop this natural heritage for ourselves and future generations. Science should, therefore, be pursued to improve human life, and have as its conscious and ultimate goal the establishment of world peace and the unification of the human race.

Yet, for many of the multinational and transnational

corporations, profit-maximization appears to be the first priority. Oftentimes technology providers, those toiling in laboratories or research institutions, do not know if their inventions or innovations are benefiting society. A range of ethical questions have been posed such as how Artificial Intelligence can address the needs of diverse local communities, and how innovation and regulation can work hand in hand to advance the common good. ChatGPT, the chatbot launched by “Open AI”, a company that develops Artificial Intelligence products is already causing disruptions in the society. While the storm unleashed by ChatGPT is still not fully understood, its impact in daily transactions and educational institutions has become a matter of concern for all sections of society.

These have brought fresh interest in Artificial Intelligence, as well as optimism and fear. There is no doubt that with ChatGPT, Artificial Intelligence has turned a corner. From the perspective of ethics, all must endeavour to become agents of positive change. Followers of the Bahá’í Faith believe that moral principles derived from the best there is in every religion when instilled in individual scientists and technocrats can be a most effective way to eliminate obstacles to the application of science and technology to development. They will immediately see the need for betterment of society and will want to apply their knowledge in service of their fellow beings.

So motivated, they will encourage the appropriate transfer of technology that can address the needs of diverse local communities, and show how innovation and regulation can work hand in hand to advance the common good. Religions are the source of ethics and moral imperatives and traditionally provided standards and goals for the individual and society, but misunderstandings and distortion of fundamental

teachings have brought prejudice, dogmatism, superstition and fanaticism, all major hindrances to human development. On the other hand, scientific progress, without the religious values brought by the founders of the world’s revealed religions, has spawned materialism, greed, selfishness, distrust and injustice.

On January 10, 2023, “AI Ethics: An Abrahamic Commitment to the Rome Call” gathered the three Abrahamic religions – Judaism, Christianity, Islam – and different corporate leaders at the Vatican for the purpose of discussing ethics in navigating this technology. The common agreement was that algorithms should improve the world but not be the ultimate decision-maker. At a time when humans are being defined as biochemical Algorithms, it is interesting to note that Brad Smith, Microsoft representative at this gathering, underlined the importance of considering the religious take on ethics as a moral compass in determining the rules and regulations around Artificial Intelligence. Following the conference, the leaders of Abrahamic religions signed a joint declaration.

It urged the developers of AI to follow six principles: AI must be transparent, inclusive, accountable, impartial, reliable, secure, and respectful of the users’ privacy. It is necessary to analyze relevant studies on the positive and negative aspects of AI in order to better understand the rising concerns that surround it. The initiative taken by the Abrahamic Faiths could be expanded to include all other religious/dharmic communities. Dangers emanating from emerging technologies must impel all sections of society to re-think the role of both religious institutions and scientific progress. The spirit of altruism and human goodness must keep pace with the speed of technological advances that seem to have outpaced the human capacity to reflect on consequences. The need for greater participation of the human family in critical questions concerning humanity’s future, such as how Artificial Intelligence and other digital technologies are developed is very urgent. Inclusivity is a must in designing any software or any new piece of technology.

The risk of Artificial Intelligence being designed only to serve a certain part of the world or part of society is real. It was highlighted at the recent Summit meeting against the criteria that places human progress at the centre of all our goals. Recognizing the urgency of the situation, it is hoped that a global framework for AI would be enacted and adopted by all countries. When graphed into the future, such changes can accelerate the progress of science and technology. From the perspective of ethics, all must endeavour to become agents of positive change.

The writer is a social worker, independent researcher and an active member of the Bahá’í Community. The views expressed are personal.

How to Prevent Anger’s Damage to Your Brain

■ [Stan Goldberg](#)

When I was in college and proudly showed my mother my new Volkswagen, she tearfully said, “How could you? The Germans murdered 33 of our relatives.”

I wanted to say, “Mom, the people who built my car weren’t born then; they aren’t responsible for the sins of their fathers.”

But her anger was so immediate and intense that I knew nothing would reduce her hostility toward anything German, from riding in a Volkswagen to eating schnitzel. I didn’t realize the neurological effects of her anger.

Anger and the Aggressive Amygdala

Anger is the brain’s reaction to events, ranging from my mother’s response to the horrific deaths of family members to a partner’s fury when not remembering a 25th wedding anniversary. This reaction, and others on the “offense” continuum, start in the amygdala, an almond-shaped bundle of neurons in the brain no bigger than a shelled peanut.

Five million years ago, the amygdala’s “fight or flight” response was essential for survival when velociraptors lurked in the forest, hoping our ancestors would be on the menu for lunch.

You can think of the amygdala as a sentry that acts when it senses danger. If it snoozes, people die, or on a personal level, your ancestor becomes an appetizer.

Hardwired into the amygdala is the motto, “Better safe than sorry,” a reaction that caused our ancestors to flee at the sound of rustling in the forest rather than hoping to get close enough to pet the toothy monster lurking behind a tree.

Unfortunately, many of our hardwired traits linger thousands or even millions of years after their survival value has diminished. Anger appears to be one such trait.



Instead of anger becoming a little-used reaction with limited value, the amygdala remains on high alert, responding to words with the same ferociousness as if a passing insult was life-threatening rather than unskillful. This inappropriate reaction often results in unintended and hurtful consequences.

Anger’s Consequences

Tibetans have a saying, “You can throw hot coals at the enemy, but you’ll burn your hands in so doing.” The effects of

anger have been well-documented, ranging from the destruction of interpersonal relationships to the impaired mental health of those who are consumed by it. On balance, the survival value of anger does not seem to justify the damage it does to the initiator or the recipient of the emotion.

Your anger can rarely be contained, like spilled water on a countertop. Think about how your furious response affected interactions with everyone that day. An

explanation of why you cannot isolate your anger about a specific event may come from neurological research.

Negative emotions—including anger—trigger other negative feelings that often result in depression or a prevailing sense of gloom. Think of a row of dominos where the tripping of one sets off a reaction that doesn’t stop until the last one falls.

Shakespeare got it right in The Merchant of Venice when Portia pleads for mercy. The quality of mercy is not strained;

It droppeth as the gentle rain from heaven

Upon the place beneath. It is twice blest;

It blisseth him that gives and him that takes.

Mercy and forgiveness, precursors for bridling anger, can reduce or eliminate the damage the amygdala’s prehistoric reaction causes to both the thrower of hot coals and the person struck by them. But what happens when you can’t forgive? When an offense is so horrific that you believe even God could not forgive what the person did. The answer lies in understanding.

Try to Understand When You Can’t Forgive

Understanding is often mistaken for forgiveness. It is not. There are important distinctions between the two that involve both the heart and the head.[viii] I can’t forgive what the Nazis did to my relatives, but I can understand the dynamics that explain why they blindly followed a madman.

We routinely encounter situations in which a choice is necessary. We can become angry, forgive, or understand. Even when the response is justified, anger does nothing to render justice. Although forgiveness is healing, the greater the magnitude of the offense, the less likely it will occur. Sometimes, the only thing left is understanding.

Is understanding as comforting as forgiving? Absolutely not, but understanding won’t burn your hands as much.

Stan Goldberg, Ph.D., is a professor emeritus at San Francisco State University and has received numerous national and international awards. His recent book is Preventing Senior Moments.

Director AHD interacts with dairy farmers at series of camps across Ramban district



■ HT News Network

RAMBAN, JANUARY 10: Director, Animal Husbandry Department, Jammu, Dr Shubhra Sharma presided over a series of Awareness Camps during her 2-day visit to Ramban district.

Speaking at various camps, Dr. Shubhra exhorted the farmers to avail the benefit of Integrated Dairy Development Scheme (IDDS) to establish Dairy units to enhance the milk production. She said that JKMPCL will provide the facilities especially for collection of milk, buying subsidized milk vans and opening Milk ATMs in Ramban. She impressed upon the participants to focus on improving the milk output of the district and strengthening the poultry sector by availing the benefits of the farmer friendly schemes as IDDS, IPDP, Feed and Fodder and HADP.

Responding to the demands of locals, the Director assured that the demand relating to establishment of new Veterinary Centres and availability of medicines would be looked into.

At the outset, CAHO, Dr. Suhail apprised Dr Shubhra of achievements and progress of the department registered in various sectors and schemes. During the Awareness Camps organized at Chief Animal Husbandry Officer (CAHO), office Kowbagh, village Gaam and Chamalwas, where a team led by CAHO, Dr. Suhail Jan Kawoosa comprising Dr. Nadeem Ahmed, Extension Officer, Extension & Publicity Wing, Directorate of Animal Husbandry, Jammu and, Managing Director, JK Milk Producers' Cooperative Ltd. (JKMPCL) Chirag Bhensadadia sensitized and motivated the farmers about various government sponsored schemes and the subsidized facilities being provided by the Department.

Managing Director, JKMPCL informed that as many as 1,50,000 litre milk is collected from 60,000 persons by the JKMPCL daily and about

Rs.8 crore to Rs.9 crore is distributed among them daily across UT of J&K. An amount of Rs.280 crore was paid to these milk producers last year he said and added that JKMPCL bought buffalo milk at the rate of one percent milk fat for Rs.8.6 that is maximum at the rate of Rs. 68 per litre of buffalo milk in J&K which is highest price in India. At Kowbagh, as many as 25 Pashu Sakshies were given free kits which they will use to record milk production and balanced diet of cattle and bovines in their respective villages for which they were already trained.

Many a progressive farmers also shared their experiences as beneficiaries of government sponsored schemes, local issues and demands. Some of them demanded Milk Van and establishment of a Milk ATM in their respective areas.

At village Gaam, the villagers demanded holding of more Awareness Camps in remote hamlets and sanctioning of a Veterinary Centre in Gaam. The villagers were given free Feed Supplements and Deworming Medicines there.

Doda District gears up for Panchayat Electoral Roll revision

■ HT News Network



DODA, JANUARY 10: District Development Commissioner (DDC) Doda, who is also District Panchayat Election officer, chaired a meeting in the conference hall of DC office complex, to review preparedness for the Summary revision of the Panchayat electoral roll, with January 1, 2024 as the qualifying date.

The DDC directed the Block Development Officers (AEROs) to actively enroll voters during this revision and ensure the presence of the Assured minimum facility (AMF) at each polling station. The Jammu and Kashmir State Election Commission, as the Election Authority, has issued comprehensive directions for the annual revision of the Panchayat Electoral Rolls. This process is in accordance with Section 38 of the J&K Panchayati Raj Act, 1989, and Rule 4 of J&K Panchayati Raj Rules, 1996. The revision will be effective as of January 1, 2024, and will involve four Special Camps organized at all polling station locations on specific dates. The Special Camps scheduled for January

27-28, 2024, and February 3-4, 2024, aim to facilitate the revision process.

During these camps, Panchayat Election Booth Officials (PEBOs) will be present at respective polling stations, equipped with necessary forms to guide electors and receive claims or objections. Assembly Booth Level Officers (BLOs) will also assist PEBOs during these special camps.

The Block Development Officers (AEROs) will play a crucial role in collecting details of claims and objections received during the Special Camps, following a prescribed format. This information will then be submitted to the Electoral Registration Officer (ERO), who, in turn, will submit it to the District Panchayat Election Officer (DDC). A consolidated report of the district will be submitted to the State Election Commission for appraisal on the day following the special

camp. The schedule of the revision process includes the publication of the integrated draft Electoral Roll on January 15, 2024, followed by a period for filing claims and objections until February 5, 2024. The disposal of claims and objections by the ERO is expected to be completed by February 16, 2024, with the final publication of the Electoral Roll slated for February 26, 2024. This announcement signifies the commitment of the J&K State Election Commission to maintain an accurate and up-to-date electoral roll, ensuring a fair and transparent electoral process for the Panchayat elections in 2024. The meeting was attended by the deputy district election officer Doda Om Prakash, BDOs (AEROs) election Naib Tehsildar Doda Angrez Singh Jasrotia and concerned representative of concerned department.

Surya Namaskar session held at Sun Temple Martand Anantnag

■ HT News Network

ANANTNAG, JANUARY 10: Directorate of Ayush UT of J&K in collaboration with Morarji Desai National Institute of Yoga & Archaeological Survey of India today organised a session of SURYA NAMASKAR hear at iconic Sun Temple Martand in Anantnag.

The program was organised by District Ayush Officer Anantnag under the guidance of Director Ayush UT of J&K, Dr. Mohan Singh.

2nd Commandment CRPF & Deputy Commandant CRPF 96 Bn, Assistant Conservator Archaeological Survey of India (Srinagar Circle) were also invited as guests.

The whole staff of Ayush Anantnag and Ayush Kulgam also participated in the event.

Program started with recitation of the National Anthem. Afterwards stunning programs of SURYA NAMASKAR with some standing Asanas of yoga were performed.

At the conclusion of the session, District Ayush Officer Anantnag on behalf of AYUSH department thanked all, especially District Information Centre Anantnag, for making the event a grand success.

Viksit Bharat Sankalp Yatra's reach-out emerges as on-the-spot grievance solution in Ramban

■ HT News Network

RAMBAN, JANUARY 10: The ongoing Viksit Bharat Sankalp Yatra, led by Deputy Commissioner Baseer-Ul-Haq Chaudhary, is creating a wave of positive change in Ramban District. With the active participation of over 82,200 people, including 31,800 women, this 44-day initiative is gaining impressive momentum.

The Yatra focuses on implementing important government schemes and spreading awareness about beneficiary-oriented programs. It brings together local youth and people from marginalized communities, showcasing their enthusiasm for schemes like PMAY-G, PMAY-U, PM-JAY Ayushman Card, Poshan ICDS, PM Garib Kalyan Anna Yojana, MUDRA Yojana, KCC, and PM Kisan Nidhi. A special emphasis is placed on health-care accessibility through extensive issuance of PM-JAY Ayushman Cards, and health screenings for anemia, TB, and NCDs. The ICDS (Poshan) team is actively creating nutritional awareness and conducting anemia tests for women and children. In support of agriculture, the Agriculture Department's distribution of KCC cards to farmers plays a crucial role. The "Meri Kahani Meri Zubani" initiative allows around 2,300 individuals to share success stories, fostering a sense of community achievement. Today's activities included an impactful Information, Education, and Communication (IEC) Van visit to several Panchayats, generating substantial public engagement. In Batote town, a motivational program encouraged residents to benefit from government-sponsored schemes, with various departmental stalls providing awareness and facilitating registrations.

Honoring two beneficiary families with token keys to their new homes marked tangible progress in housing initiatives. Jahangir Hashmi, PO ICDS, mentioned that the daily reach-out during the Yatra is becoming a platform for on-spot grievance redressal in certain.

VBSY unveils Triumph over Adversity through NRLM in Anantnag

■ HT News Network

ANANTNAG, JANUARY 10: The Viksit Bharat Sankalp Yatra (VBSY) transcends mere statistics, unraveling a tapestry woven with the resilient stories of transformation. At its core, this expedition is a testament to the unwavering spirit of Anantnag's people and the Central Government's dedication to inclusive progress through the DAY-NRLM initiative. Consider the inspiring journey of Iqra Rashid from Nipora village, who turned financial challenges into triumph with the UMEED scheme. Through the formation of Pamposh SHG, Iqra expanded her walnut business, breaking free from middlemen, and now enjoys a stable monthly profit of Rs 30,000 to 40,000. Her success echoes the profound impact of UMEED on rural women below the poverty line. Zahida Shabnum's story reflects the transformative power of joining a self-help group. With financial assistance, she innovated in her father's carpentry business, establishing a successful Joinery Mill and lifting her family above the poverty level. These success stories resonate with the core objective of DAY-NRLM - empowering individuals to break



free from financial constraints and build sustainable livelihoods. The heartwarming tale of Minu Jan, who realized her dream of a Bakery and Fast Food shop through the Umeed program, exemplifies the program's ability to bring economic stability to families. Such success stories are not isolated incidents; they are beacons of hope, lighting the way for others to follow. In Sagam Breng, Kokernag, individuals like Zareefa and Maroofa Akhter have risen above adversity through Umeed's intervention. From initiating small businesses,

VBSY: IEC Van triumphantly arrives at Hingipora Kapran along Anantnag-Doda Boundary

■ HT News Network

ANANTNAG, JANUARY 10: The far flung areas of Block Verinag in Anantnag resonated with an air of transformation and vitality as the Viksit Bharat Sankalp Yatra's Information, Education, and Communication (IEC) Van surged through its roads. This yatra has become a beacon of change, captivating the hearts and minds of the public across various Gram Panchayats (GPs) including Thamanakoot, Qammer B, Gawass, Hallsidar A, Hallsidar B, Her Gawass, Chohab, Hingipora Kapran.

The Viksit Bharat Sankalp Yatra, an unprecedented nationwide initiative aimed at bolstering awareness and maximizing participation in the Government of India's welfare programs, has reached significant milestones across the district.

In a remarkable achievement for the Yatra in the Anantnag district, within a mere 50 days, a staggering number of over 2.53 lakh



people have actively engaged and participated, showcasing the profound impact and immense potential of this movement in unifying the populace towards the common goal of a developed India.

The Yatra, spanning the farthest reaches of the district, has been instrumental in disseminating awareness regarding various government welfare schemes, ensuring their reach even to the most remote corners. Complementing its outreach, on-ground services like PM Ujjwala Yojana enrolments, MY Bharat volunteer registrations, and distribution of Ayushman cards have been provided, facilitating

direct engagement and access to essential social welfare programs.

During the Yatra, citizens have actively involved themselves in numerous government schemes, underscoring substantial participation. Over 2499 individuals gained access to clean cooking fuel under the Pradhan Mantri Ujjwala Yojana, while distribution of Ayushman cards has extended comprehensive health cover of Rs. 5 Lakhs per family per year to thousands. Notably, more than 94,184 citizens have benefitted from health screenings conducted at Health Camps during the Yatra. The Pradhan Mantri Suraksha Bima

MP Jugal Kishore lauds Rural Development Department's role in strengthening gram panchayats

■ HT News Network

JAMMU, JANUARY 10: Jugal Kishore Sharma, Member of Parliament, participated in the Viksit Bharat Sankalp Yatra held at Panchayat Nougarn, Block Bishnah. Residents and members of the Panchayati Raj Institutions extended a warm welcome to the MP and Viksit Bharat Sankalp Yatra - a nationwide effort aimed at achieving the saturation of government flagship schemes. The yatra, led by Block Development Officer Bishnah Roopali Mahajan, aimed to ensure timely delivery of benefits to all targeted beneficiaries.

To promote public awareness and encourage community engagement, the government departments, including Rural Development, Agriculture, Horticulture, Health, Animal Husbandry, Handloom and



Handicraft, set up informative stalls showcasing their respective schemes.

The MP interacted with beneficiaries, applauding their stories of transformation and development, while seeking feedback from the public on the implementation of centrally sponsored schemes. He inspected the stalls established by different departments, commending their effective efforts in scheme implementation.

Commending the Rural

Development Department, he acknowledged the achievements of the Department in attaining saturation of various schemes. These include the provisioning and enhancement of basic infrastructural facilities in all Gram Panchayats, increased transparency and public participation in the daily functioning of GPs. He also commended the prompt resolution of public grievances and the strengthening of public service.

DC Kulgam visits Distt Hospital; takes stock of patient care

■ Farooq Rather



KULGAM, JANUARY 10: To take stock of healthcare facilities being provided to the patients, the Deputy Commissioner (DC) Kulgam, Athar Aamir Khan today visited District Hospital (DH) Kulgam.

During the visit, the DC inspected various wards and sections of the hospital and took stock of the overall functioning of the health institution.

The DC enquired about the availability of medicines, diagnostic and other facilities in the hospital and services being provided to patients there.

He also interacted with the patients and attendants to inquire about their satisfaction with the services of this health institution.

The DC directed the hospital administration to maintain complete hygiene in and around the hospital and provide better medical care facilities to the patients.

He also stressed for proper utilization of human resources and to serve the patients with utmost dedication and sincerity.

Minga Sherpa assumes charge as DC Baramulla Chairs introductory meeting with the district officers

■ HT News Network

BARAMULLA, JANUARY 10: Minga Sherpa, a 2017 batch IAS officer, took over the charge as Deputy Commissioner (DC) Baramulla today, relieving incumbent Deputy Commissioner Dr. Sehrish Asgar for her new assignment.

Dr. Sehrish handed over the charge to Minga Sherpa in a ceremony held at the DC Office, Baramulla.

The ceremony was attended by all the senior officials from the district including Senior Superintendent of Police, Amod Nagpure; Additional District Development Commissioner Baramulla, Aijaz Abdullah Saraf; Additional Deputy Commissioner Baramulla, Dr. Zahoor Ahmad Raina; Principal Government Medical College Baramulla, Prof. Roohi Reshi among others who extended a warm welcome to Minga Sherpa on his new role.

Speaking on the occasion, Minga Sherpa, who was earlier posted as Additional Secretary to the Lieutenant Governor, Shri Manoj Sinha and Director Information extended his heartiest gratitude for the warm reception



accorded by the administration.

He congratulated the departing DC, Dr. Sehrish, for her successful tenure as Deputy Commissioner, Baramulla and wished her success for the new assignment.

After taking over the charge as DC Baramulla, Minga Sherpa held an introductory meeting with the officers/officials of all the line departments of the district to get acquainted with the ongoing developmental scenario of the district. The officers/officials in the meeting provided a brief overview of the progress of the works being conducted in the district and challenges impeding seamless delivery of the services.

The DC expressed his determination and enthusiasm to work closely with all the officials, aiming to implement transformative initiatives and elevate the district Baramulla to newer heights of development and progress during his tenure. The DC expressed his determination and enthusiasm to work closely with all the officials, aiming to implement transformative initiatives and elevate the district Baramulla to newer heights of development and progress during his tenure.

DC Pulwama presides over Block Diwas/ VBSY at Kakapora

■ HT News Network

PULWAMA, JANUARY 10: In a momentous event held at Block Headquarter Kakapora, Deputy Commissioner (DC) Pulwama, Dr Basharat Qayoom today presided over the Block Diwas cum Viksit Bharat Sankalp Yatra.

On the occasion, various line departments showcased their schemes and benefits through stalls, enlightening the public about opportunities available. A substantial turnout marked the event, where public delegations voiced their demands and expressed gratitude for the District Administration's responsiveness.

The DC, while actively listening to grievances, expressed appreciation for the people's participation and acknowledged Kakapora's pivotal role in the program's success. He emphasized the essence of such events as a platform for effective public outreach, aimed at redressing grievances promptly.

Reflecting on the success of the Viksit Bharat Sankalp Yatra, Dr Basharat noted that the program's triumph lies in the active participation of the community. The Yatra, which commenced on November 25, 2023, has significantly impacted the lives of the people, aligning with its goal of fostering development and progress.

DC Bandipora chairs District Level Committee meeting on CLU; approves 05 cases

■ HT News Network

BANDIPORA, JANUARY 10: The Deputy Commissioner (DC) Bandipora, Shakeel Ul Rehman Rather Wednesday convened a meeting of the District Level Committee (DLC) regarding Change of Land Use (CLU) cases in the district.

During the meeting, detailed discussion was held regarding comments submitted by various departments for the issuance of NOCs of pending cases of CLU in the district.

As many as 10 cases were put up for discussion; after thorough deliberation on various aspects of the policy, 05 cases were approved by the committee and 05 cases were reverted to applicants to get some observations cleared.

The DC directed the concerned departments to submit quality comments/concrete NOCs within stipulated time as per the provisions of PSGA Act to ensure timely disposal of CLU.

Rather emphasised that since CLU cases involve comments from various departments, there is an increased need for inter-departmental coordination. The DC directed officers to stick to the given timelines and conduct the joint site inspections of the cases.

The meeting was attended by ADC, ACR, Tehsildars, and concerned officers from related departments.

SMC expands VBSY reach to 02 more locations

■ HT News Network

SRINAGAR, JANUARY 10: In an effort to further engage with the local community and promote collaborative initiatives, the Srinagar Municipal Corporation (SMC) successfully today extended the reach of the Viksit Bharat Sankalp Yatra (VBSY) by hosting events at two new locations within the SMC Jurisdiction viz. Rozabal and Khawaja Bazar. The recent gatherings served as an invaluable platform for officers and officials from various departments to interact with community members, fostering a spirit of cooperation and knowledge sharing. Representatives from diverse departments took the opportunity to clarify the fundamental objectives and procedural intricacies of their respective schemes, with the goal of bridging information gaps and ensuring that citizens are well-informed about the wide array of benefits and assistance programs available to them.

Director Agriculture visits SMF Allowpora Shopian

■ HT News Network

SRINAGAR, JANUARY 10: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today visited Seed Multiplication Farm (SMF) Allowpora, Shopian. While interacting with the concerned officers and technical staff of the farm, Director said that SMFs are the most important assets with the Department and in order to achieve the target of self reliance in the field of seed production and assured seed availability to the farming community of the union territory with respect to all the crops grown in the region, Department is committed to promote these SMFs on modern scientific lines. He said the departmental farms

are practicing modern scientific techniques in crop science, during the seed production of different agriculture crops. Director Agriculture exhorted upon the concerned officers to organise awareness programmes, invite farmers and agri-entrepreneurs to these farms and hold demonstration sessions with them, so that the modern scientific technology could be transmitted to the grassroots level in a comprehensive manner.

Later, the Director visited Tahab, Wasoor, Palpora and some other areas of Pulwama District. He inaugurated a Hi-tech polyhouse at Wasoor Palpora and held interaction with the farmers.

Block Diwas: DC presides over Grievances Redressal Camp at Kulgam, listens to issues of public for redressal

■ Farooq Rather

KULGAM, JANUARY 10: Under the ambitious weekly Block Diwas programme, the Deputy Commissioner (DC) Kulgam, Athar Aamir Khan today presided over his maiden public grievances redressal camp at Kulgam, and listened to the issues of people for early redressal.

The programme witnessed overwhelming public response, and public delegations from Pahlloo, Daderkoot, Qaimoo, Modergam, Nandimarg, KB. Pora and other areas expressed the chair about their demands including construction of building for PHC at Pahlloo, repairs of Nandimarg-Damhal road, removal of encroachment at Akipora Nunmai canal, segregation of Kilam power feeder, construction of playfield at KB Pora besides other demands of public welfare.

DC after giving patient hearing to the public



addressed some of the immediate nature of grievances on the spot and assured that the rest of the genuine issues and grievances will be addressed in a time bound manner.

Addressing the occasion, DC said that resolution of public grievances is the top priority of Administration and directed officers to ensure early redressal of all the issues flagged to them.

He added that his administration is committed to work for the welfare and inclusive development of the district.

He assured people that no one will go unheard and all the genuine issues will be redressed in a time-bound manner.

ADC, Viqar Ahmad Giri; JDP, Zahid Sajjad; ACR, Mir Imtiyaz Ul Aziz; ACD, Mohammad Imran; ACP, Sharjeel Ali and other officers were present during the camp.

Grievances redressal camps were also held at D.H. Pora and Devsar where officers remained available to listen to the issues of people.

DC Budgam visits SDH Chadoora & under construction H&WC Kralpora

■ HT News Network

BUDGAM, JANUARY 10: The Deputy Commissioner (DC), Budgam, Akshay Labroo today inspected SDH Chadoora and Health & Wellness Centre (H&WC) Kralpora and took stock of healthcare facilities.

During the visit, the DC instructed on making the lift facility and new OT section functional in the shortest possible time for its round the clock functioning. He directed concerned to ensure both important facilities are made functional very soon.

On the occasion, the DC also stressed on proper maintenance, functioning and proper signage of recently dedicated toilet complex at the hospital.

He also instructed on construction and repairing of boundary wall, tile works and completion of sanitary works at healthcare facility.

Akshay said other required works with respect to modern machinery and equipment of the healthcare building shall be taken up under District Capex to ensure better health facilities are dedicated



to the general public within the shortest possible time. The DC said that the district administration is committed to ensure required upgradation and improvement at all health facilities for better patient care across the district.

Later, the DC also visited the Health & Wellness Centre Kralpora Building, where he took stock of pending works.

During inspection, the DC reviewed the state of major works and assured locals that the new Health & Wellness centre shall be dedicated to the general public soon.

In order to make the new building functional, the DC stressed on speedy completion of pending works,

including doors and windows fittings, electricity, sanitary works and rallying installation.

He instructed that these works be completed within this month to make the healthcare facility functional in the shortest possible time.

DC said that various NTPHCs including at Gundipora, Mazhama, Kanir, Choon and Pahlroo which were pending for several years were completed in the last few months and dedicated to the general public.

The DC was accompanied by CPO Budgam, SDM Chadoora, concerned Tehsildars, BMOs, district health officers, EO and other concerned.

IG Registration presides over VBSY cum Block Diwas programme at Kangan

■ HT News Network

GANDERBAL, JANUARY 10: Inspector General (IG) of Registration, J&K, Sheikh Arshad Ayub today visited Kangan, and presided over an impressive Viksit Bharat Sankalp Yatra (VBSY) Programme and Block Diwas organized in the Block Conference Hall Kangan.

Deputy Commissioner Ganderbal, Shyambir; Additional District Development Commissioner Ganderbal, Mushtaq Ahmad Simnani; Assistant Commissioner Development, Chief Planning Officer, ACR Ganderbal, SDM Kangan, SDPO Kangan besides district and sectoral officers were present on the occasion.

The event witnessed the enthusiastic participation of civil society members and locals.

During the programme, several departments underscored the significance of various welfare schemes pertaining to



their concerned departments.

An Information, Education, and Communication (IEC) van was utilized to showcase remarkable success stories of beneficiaries thriving under multiple schemes such as Pradhan Mantri Jan Arogya Yojana (PMJAY), Pradhan Mantri Awas Yojana (PMAY), UMEED, Kisan Credit Card (KCC), Pradhan Mantri Kisan Samman Nidhi (PM Kisan), Poshan Abhiyan, and others.

On the occasion, various government departments had set up stalls, presenting a visual narrative of the numerous

schemes and programs actively being implemented in the district.

The 'Meri Kahani Meri Zubaani' segment showcased impactful firsthand accounts from beneficiaries, highlighting the tangible benefits and positive changes brought about by the government welfare programs.

Addressing the gathering, IG Registration underscored the transformative impact of government flagship schemes on citizens' lives and appreciated the district administration for its endeavors and achieving saturation under various Centrally Sponsored Schemes.

ADDC Shopian presides over mega Block Diwas at block Hermain

■ HT News Network

SHOPIAN, JANUARY 10: The Additional District Development Commissioner (ADDC) Shopian, Dr. Nasir Ahmed Lone today presided over a mega block diwas at block Hermain Shopian.

At the outset, ADDC sought feedback from the people about ongoing and completed developmental works and the schemes provided by the government.

The people apprised ADDC about their needs particularly lack of playfield, providing of Dustbins, street lights, people of Hajipora and Chakoor raised the issues which include, providing of drinking water facility, street lights, repairing of roads and people of DK Pora raised the issues regarding providing of playground.

After giving patient hearing to the public, the ADDC assured that all genuine demands shall be looked



into on priority. He said that the District Administration is committed to ensuring provision of all facilities to the people.

Asserting on cleanliness, sanitation and behaviour change, the ADDC urged the concerned and locals to propagate the tenets of

village sanitation by adopting good behaviour practices.

ADDC said there is a need to strengthen the mechanism for disposal of single use plastic and other garbage in rural areas. He reiterated that it is our responsibility to keep our surroundings clean

and green.

Addressing the gathering, ADDC said that the concerned officers and officials shall be held accountable regarding the utility, feasibility and quality of all developmental works being executed in the district.

He directed concerned officers and field functionaries to be proactive, responsive, accessible and visible to the people in the field so that the purpose of the schemes is fulfilled. While replying to the demand of the area for construction of a playground, ADDC directed concerned to take up the construction of a playground in Hermain and ensure its work starts in the same financial year so that the youth of the area do not face any problem in absence of a playground.

Among others, SDM, Zainapora, Mushtaq Ahmed, Tehsildar, Hermain, BDO, Hermain, officers and officials of line departments and people in large number participated in the said block diwas,

DC Bandipora presides over Mega Public Darbar at Bandipora

Holds extensive deliberations with citizens, traders, civil society members

■ HT News Network

BANDIPORA, JANUARY 10: The District Administration Bandipora on Wednesday organised a public darbar cum grievance redressal camp at Conference Hall of Mini Secretariat Bandipora to get first hand appraisal of various issues faced by local people and other adjacent areas. The public darbar was presided by Deputy Commissioner (DC) Bandipora, Shakeel Ur Rehman Rather and was attended by traders association Bandipora, transporters, prominent citizens, besides locals of district Bandipora. On the occasion, the general public

put forth various demands relating to the improvement of roads, proper drainage system in main town Bandipora besides establishment of public toilets and beautification of Nishat Park and town Bandipora. Demand for a bypass road to district Bandipora was also raised by civil society members. People also demanded the long pending issues related to District Hospital Bandipora, including augmentation of staff and medical facilities. Truck Owners Association Bandipora led by Arshad Hussain Rather raised the issue of relocation of municipality check post at papchan which becomes a major reason for traffic jams.



Speaking on the occasion, Rather said that holding public interaction programs enables administration to have an on spot status of developmental programs besides other welfare initiatives, schemes run by various departments relating to all sectors. The DC directed health officials to ensure basic facilities in all the health institutions falling within the region, especially keeping in view the ongoing winter season. 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. Locals on the occasion praised the efforts of district administration and welcomed Shakeel Ur Rehman for being posted as DC Bandipora. Among others, ADDC Bandipora Mohammad Ashraf Bhat, ADC Bandipora Umar Shafi, Exen R&B and Exen Jal Shakti Department, and other officers from line departments were present on the occasion. 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.

DDC Kupwara chairs DLTC to finalize scale of Finance for agriculture, other sectors

■ HT News Network

KUPWARA, JANUARY 10: A meeting of District Level Technical Committee (DLTC) was today held under the chairmanship of the District Development Commissioner (DDC) Kupwara, Ms. Ayushi Sudan to finalise the scale of finance for the year 2024-25 for Agriculture, Horticulture, Floriculture, Fisheries, Animal and Sheep Husbandry at DC Office, here. On the occasion, the DDC sought detailed feedback from the officers regarding the costs of inputs involved for growing different crops.

The DDC directed the officers to ensure maximum coverage of the farmer under these schemes. The meeting held threadbare discussion to determine and fix the



Scale of Finance for providing short term loans to the farmers in the shape of Working Capital for various field crops. A threadbare discussion was also held regarding the costs involved in various sub items such as fodder, fertilizer, pesticides, labour and manure etc for growing the crops and

maintenance of dairy animals.

It was informed that the rates finalized by the Committee will be forwarded to the State Level Technical Committee. It was also informed that the rates approved in Scale of Finance serves as a tool for arriving at the Potential Credit Plan of the

district.

The meeting was attended by LDM, Nodal Officer BCC Bank, Officers from Agriculture, Horticulture, Animal Husbandry, Sericulture, Floriculture, Fisheries; and officials of all the banks operating in the District.

Later, the DDC chaired a separate meeting of concerned officers to review the progress of HADP under the Animal Husbandry Sector. During the meeting, the DDC stressed upon the Chief Animal Husbandry Officer for maximum coverage of the beneficiaries under the HADP scheme. She also directed the concerned to intensify awareness campaigns about the scheme among the farmers and unemployed educated youth so that they can be benefitted at large.

ICCSTWE President Engages in Strategic Talks with Former MP and Women Entrepreneurs in Kashmir

■ HT News Network



SRINAGAR: Today, Mr. Adil Modi, President of the Indian Chambers of Commerce for SC, ST, and Women Entrepreneurs (ICCSTWE) in the Kashmir Division, held a crucial meeting with Sri. Devdas Apte (Bapu), Former Member of Parliament and Senior BJP Leader, at his residence.

The discussion, attended by National President Sri. Subir Paul and National General Secretary Smt. Hema Ekka, focused on the empowerment of SC, ST, and Women Entrepreneurs in the Kashmir Division, with a special emphasis on the Gurjar, Bakarwal, and Pahadi Tribes.

Prof A. Ravinder Nath assumes additional charge of Director, NIT Srinagar

■ HT News Network

Srinagar, Jan 10: Prof A. Ravinder Nath Vice Chancellor Central University of Kashmir on Wednesday assumed additional charge of Director, National Institute of Technology (NIT), Srinagar, relieving Prof. (Dr.) Sudhakar Yedla as per the orders of the Ministry of Education.

Prof. Nath was received by Registrar Prof. Aatikur Rehman, senior faculty members and administrative staff followed by a brief interaction session.

During his interaction, Prof. Nath recognized the impressive legacy of NIT Srinagar. He described the institution as a symbol of knowledge, a sanctuary for intellectual exploration, and a driving force for positive transformation throughout its history.

Prof. Nath conveyed his aspiration to elevate NIT Srinagar to greater heights and sought the cooperation of both teaching and non-teaching colleagues to achieve this shared mission.

He said nothing can be achieved without the support of administrative staff, faculty, colleagues and students. It is collective effort and we all have



to make NIT Srinagar as one of the best institutes of this country, he added. In March 2023, the Ministry of Education had appointed Prof. Nath, Dean, Faculty of Technology, Osmania University, Hyderabad, as the Vice Chancellor (VC) of Central University of Kashmir (CUK) for a period of five years. Prior to his appointment as Director NIT Srinagar, Prof. Nath, who has over 35 years of Research and Teaching experience, has worked in different senior academic and administrative positions in various institutions of higher learning.

Prof. Nath had previously worked as Professor of Biotechnology, at School of Life Sciences, Central University of Karnataka.

Earlier, he served as the Dean, Faculty of Technology and the Dean,

Faculty of Pharmacy, Osmania University, the Dean, Academic Affairs at MANUU and the Dean, Development and UGC Affairs, OU.

He has also been Professor and Head, Department of Pharmacy and Biotechnology, OU. Recently, he was selected for the prestigious UGC-BSR Faculty Fellowship.

Prof. Nath was also the Chairman, BoS, in Pharmacy and Biotechnology. He served the Osmania University for more than three decades. He also acted as the chairman for a Committee on Implementation of CBCS and CFS by the Telangana government.

He also served as a member of the Academic Council of Maulana Azad National Urdu University.

Prof. Nath's administrative responsibilities included international exposure on the H.E. system with State and Central Universities Structure and Function.

He served on various committees of state and national level institutions including prestigious AICTE and UGC etc. Prof. Nath has participated in more than 20 International Conferences, visited over 23 countries and has delivered more than 200 Lectures in scores of Institutions across the nation.

Police organises Cyber Crime Awareness-cum-Jagrukta Programme in Kulgam

■ Farooq Rather

Kulgam January 10: In order to make the general public aware about Cyber Crime, Police in Kulgam on the directions of SSP Kulgam Shri Sahil Sarangal-IPS today organized Cyber Awareness cum Cyber Jagrukta programme at Police Station DH Pora.

The programme was chaired by SHO Police Station DH Pora in which respectable citizens of Ahmadabad, Adapora, Drangbal, Hariwath, Lakdipora, Nagam, Neehama and other adjacent areas participated.

The main motive behind conducting such programmes is to provide awareness of cyber frauds among the general Public particularly students. The officer briefed the participants about various types of cyber threats/activities viz Identity theft, credit card fraud, data stealing, cyber stalking, humiliation of girls, phishing etc. Chairing officer also advised the participants especially students to be aware while surfing internet and not to fall prey to cyber criminals. He also appealed them to spread the awareness among others as well as regarding the risks associated with digital transactions and social media applications in use.

Later, participants appreciated the efforts of Police for organising "Cyber Awareness Programmes" and making the general public aware about the cybercrimes.

Around 10 thousand artisans registered under PM Vishwakarma scheme in Jammu

■ HT News Network

JAMMU, JANUARY 10: Jammu district has registered around 10 thousand artisans under the PM Vishwakarma Yojana, a flagship initiative of the Government to provide end-to-end support to artisans and craftspeople across 18 trades and 28 sub-trades.

Since the launch of the scheme in the district, a total of 9,819 registrations have been completed and all 2,786 cases received at the DM Jammu office have been verified and sent for UT-level verification.

The verification process involves the participation of all 305 panchayats, 7 Urban Local Bodies, Jammu Municipal Corporation and Cantonment Board Jammu of the district. The applications were first verified by the Sarpanch or Councillor at the Panchayat or ULB level and then by the office of the District Magistrate for subsequent verification at the UT level.

The registered artisans will be imparted skill training by the Ministry of Micro Small and Medium Enterprises (MSME), which will enable them to set up their own enterprises.

GHSS Deri Ralyote gets Science Lab & Library

■ HT News Network

RAJOURI, JANUARY 10: Deputy Commissioner Rajouri Om Prakash Bhagat today inaugurated the newly established Science Laboratory and Library at Government Higher Secondary School, Deri Ralyote. The event marked a significant stride towards enhancing the educational infrastructure in the region, aligning with the steadfast commitment of the Government to prioritize education. The newly inaugurated facilities are a testament to the unwavering dedication of the government to provide quality education to the youth of the region. The Science Lab is equipped with cutting-edge equipment and resources, fostering an environment conducive to practical learning and scientific exploration.

MVD Doda hosts Health Check-up camp for Drivers at Thathri

■ HT News Network

DODA JANUARY 10: The Motor Vehicle Department (MVD), Doda today orchestrated a one-day medical health check-up camp for drivers here in the Dak Banglow Thathri. The initiative, led by Deputy Commissioner Harvinder Singh and supervised by ARTO Rajesh Gupta, aimed to prioritize the well-being and safety of drivers by providing essential health check-up and treatment. The camp offered complimentary health assessments, encompassing blood pressure checks and hemoglobin tests, to guarantee the fitness of drivers for safe vehicle operation.

Over 70 drivers availed the medical health screening, receiving not only thorough check-ups but also free medications.

The event garnered significant participation from the commercial driving community across the district, emphasizing the importance of maintaining optimal health



for effective and efficient driving. The ARTO delivered a detailed presentation on various traffic rules and regulations. Discussions centered on the significance of adhering to traffic signals, signs, zebra crossings, and speed limits.

The MVD affirmed its commitment to organize such health-focused initiatives regularly, emphasizing the reduction of road accidents through the physical fitness of drivers.

DC addresses public concerns at Weekly Block Diwas in CFC Chenani

■ HT News Network

UDHAMPUR, JANUARY 10: Deputy Commissioner Udhampur Saloni Rai conducted a visit to Block Chenani, where she actively participated in the weekly Block Diwas program organized in the Community Facility Centre (CFC).

Accompanied by Additional District Development Commissioner Ghan Sham Singh, DFO Rushal Garg, SDM Chenani Parvaiz Naik and BDO Disha Gupta, the DC engaged with the local community to address a plethora of issues.

Among the concerns raised were demand for a bus service from Udhampur to Latti via Chenani, road



upgradation from Bupp to Lothar and Berkunda to Mitra, meeting shortage of staff at High School Bupp Sarar, release of pending payments under MGNREGA, staff shortage at the health sub-centre in Tandar, construction of a primary school building, water supply shortage at Kud Panchayat, creation of a parking place at Patnitop, implementation of JJM, blacktopping and maintenance of various roads etc.

In response to these concerns, the DC assured the public that their genuine issues would be addressed in a timely manner. She directed officers to work collaboratively to ensure equitable development across all Panchayats. The DC further instructed concerned officers to prioritize resolving public demands and submit detailed reports on pending issues for consideration by higher authorities.

SAD DEMISE

With profound grief Mr. Mohamad Abdullah Khan father of Gh Rasool Khan R/O Dawood colony Anachar Soura Srinagar left for heavenly abode on Sunday, 17th of December 2023. May Almighty Allah grant him highest place in Janatul Firdous.



From: Gh Rasool Khan
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9419030224

How Gestational Diabetes Can Affect Expecting Mothers?

Pregnancy, a miraculous journey filled with joy and anticipation, can also bring forth health challenges. Gestational diabetes, a condition emerging during pregnancy, demands attention as it poses potential risks for both the mother and the unborn child. Gestational diabetes presents challenges during pregnancy, necessitating heightened vigilance and proactive management.

By prioritizing early detection, consistent care, and lifestyle adjustments, expecting mothers can navigate this condition with enhanced confidence, safeguarding their own health and the well-being of their precious babies. Dr Smita B Kalappa, MBBS MS (OBG) DNB, Fellowship in Gynecological Endoscopy (ICOG), Apollo Cradle and Childrens Hospital, Jayanagar, Bangalore, shares how gestational diabetes can affect expecting mothers. Understanding Gestational Diabetes:

Gestational diabetes manifests when hormonal changes during pregnancy lead to insulin resistance, causing elevated blood sugar levels. While it often resolves after childbirth, its presence throughout pregnancy requires careful monitoring and management.

Effects on Expecting Mothers:

1. Increased Risk for Complications:

Gestational diabetes heightens the risk of complications during pregnancy and childbirth. It can contribute to high blood pressure (preeclampsia), premature birth, and the need for cesarean delivery.

2. Impact on Maternal Health:

Expecting mothers with gestational diabetes face an increased likelihood of developing Type 2 diabetes later in life. The condition acts as a precursor, signaling the



need for proactive measures post-pregnancy to maintain optimal health.

3. Challenges for the Baby:

Uncontrolled gestational diabetes can affect the baby's health, leading to excessive birth weight (macrosomia), birth trauma during delivery, and an elevated risk of developing obesity and diabetes later in life.

Management and Prevention:

Early detection through routine screenings is crucial. Expecting mothers with risk factors such as obesity, a family history of diabetes, or being older than 25 should undergo screening for gestational diabetes. Regular prenatal care, a balanced diet, exercise, and monitoring blood sug-

ar levels are cornerstones in managing the condition.

Consultation and Support:

Healthcare professionals play a pivotal role in guiding expecting mothers with gestational diabetes. Customized management plans, including dietary recommendations, blood sugar monitoring, and in some cases, insulin therapy, are tailored to ensure optimal maternal and fetal health.

Empowerment Through Awareness:

Awareness serves as a powerful tool in mitigating the impact of gestational diabetes. Expecting mothers should actively engage in their healthcare journey, understanding the implications of the condition

and adhering to recommended lifestyle modifications and treatment strategies. By prioritizing early detection, consistent care, and lifestyle adjustments, expecting mothers can navigate this condition with enhanced confidence, safeguarding their own health and the well-being of their precious babies. About Diabetes

Diabetes is a condition in which the body cannot use the sugars and starches (carbohydrates) it takes in as food to make energy. The body either makes no insulin or too little insulin or cannot use the insulin it makes to change those sugars and starches into energy. As a result, extra sugar builds up in the blood.

Type 1

The pancreas makes no insulin or so little insulin that the body can't use blood sugar for energy. Type 1 diabetes must be controlled with daily insulin.

Learn more about type 1 diabetes and pregnancy »

Type 2

The body either makes too little insulin or can't use the insulin it makes to use blood sugar for energy. Sometimes type 2 diabetes can be controlled through eating a proper diet and exercising regularly. Many people with type 2 diabetes have to take diabetes pills, insulin, or both.

Gestational

This is a type of diabetes that is first seen in a pregnant woman who did not have diabetes before she was pregnant. Often gestational diabetes can be controlled through eating a healthy diet and exercising regularly. Sometimes a woman with gestational diabetes must also take insulin. Every year, 2% to 10% of pregnancies

FOOD

Stubborn Cough? Add These Magical Herbs To Your Diet This Winter For Relief



Many of these herbs possess immunomodulatory properties, enhancing the body's defence mechanisms against infections. Besides this, it can also improve gut health. Proper digestion is crucial for overall health. These herbs aid in digestion, promoting nutrient absorption and preventing digestive issues.

The anti-inflammatory properties of these herbs can help reduce inflammation, supporting overall well-being. Apart from managing coughs, these herbs strengthen the respiratory system, improving lung function and reducing the risk of respiratory infections.

1. Tulsi (Holy basil)

Tulsi has antimicrobial properties that fight against respiratory infections, including stubborn coughs. It also helps remove mucus and soothes the throat. Additionally, it supports the immune system and reduces stress levels.

2. Trikatu (black pepper, long pepper, ginger)

This combination helps alleviate congestion and improves digestion. It acts as an expectorant, helping to expel mucus from the respiratory tract. Trikatu also enhances metabolism and detoxification.

3. Yashtimadhu (licorice)

Yashtimadhu possesses anti-inflammatory and soothing properties, which can alleviate throat irritation and cough. It also helps reduce oxidative stress and supports healthy digestion.

4. Pippali (long pepper)

Pippali acts as a bronchodilator and decongestant, aiding in respiratory issues such as bronchitis and cough. It promotes the removal of mucus from the airways and strengthens the immune system.

5. Kantakari (yellow nightshade)

Kantakari helps to relieve productive cough by breaking down mucus and reducing inflammation. It also enhances lung function and improves overall respiratory health.

6. Vasaka (malabar nut tree)

Vasaka has expectorant and bronchodilatory properties, making it effective in clearing respiratory congestion and reducing cough. It supports healthy breathing and strengthens lung tissues.

7. Pudina (peppermint)

Pudina acts as an antispasmodic and decongestant, providing relief from cough and congestion. It also aids digestion, relieves headaches.

Glaucoma: Lack Of Timely Treatment Can Lead To Blindness

January is National Glaucoma Awareness Month. Experts point out that glaucoma is a serious eye condition that can lead to irreversible vision loss if not detected and treated in its early stages. Dr Ritika Sachdev, Additional Director of Medical Services & Ophthalmologist, Center For Sight Eye Hospital, says, "As an ophthalmologist, it is crucial to shed light on the different types of glaucoma, the associated risk factors, common symptoms, and available treatment options." 1.

Primary Open-Angle Glaucoma (POAG): This is the most common type, often developing gradually and without noticeable symptoms until later stages.

2. Angle-Closure Glaucoma: This occurs when the drainage angle of the eye narrows, leading to a sudden increase in eye pressure. It can manifest with rapid symptoms like severe eye pain and blurred vision.

3. Normal-Tension Glaucoma: In this type, optic nerve damage occurs despite normal eye pressure. The reasons behind this phenomenon are still being researched.

4. Secondary Glaucoma: Caused by other eye conditions or medical issues, such as eye injuries, inflamma-



tion, or certain medications.

Risk Factors Of Glaucoma

Several factors increase the risk of developing glaucoma. Dr Sachdev lists the following risks:

1. Age: The risk rises with age, especially after 60.
2. Family history: Genetic predisposition plays a role.
3. Ethnicity: People of African, Asian, and Hispanic

descent are at higher risk.

4. Eye conditions: Nearsightedness, farsightedness, or eye injuries.

5. Medical conditions: Diabetes and cardiovascular diseases.

Common Symptoms Of Glaucoma

Detecting glaucoma early is challenging, as symptoms often appear late. However, some signs, as pointed out by Dr Sachdev, may include:

- Gradual loss of peripheral vision.
- Tunnel vision in advanced stages.
- Severe eye pain, headache, nausea (in angle-closure glaucoma).

Glaucoma: Treatment Options

Dr Sachdev lists the following treatment options:

1. Medications: Eye drops or oral medications to reduce intraocular pressure.
2. Laser Therapy: Procedures like laser trabeculoplasty can help improve drainage.
3. Surgery: In advanced cases, surgical interventions may be necessary to enhance fluid drainage.

Your Disposable Water Bottle May Contain 240,000 Plastic Nanoparticles

A new study estimated that, on average, one liter of bottled water contains 240,000 detectable plastic fragments. These are known as nanoplastics.

Nanoplastics are a cause for con-

cern because they are difficult to detect and can pass through intestinal, tissue, and blood-brain barriers, which can result in serious health implications.

Nanoplastics are so small that they

like PCBs, pharmaceuticals, and pathogens (Funded by the Hudson River Foundation)," Beizhan Yan, study author and Associate Research Professor at Columbia Climate School Lamont-Doherty Earth Observatory, told Healthline. "In comparison, nanoplastics are expected to have an even greater ecological and health impact due to their higher partitioning rate and associated nanotoxicity."

Large amounts of nanoplastics in bottled water

For the new study, Yan and fellow researchers looked for seven types of plastic, which only made up approximately 10% of the nanoplastics in the water samples.

This suggests determining particle composition is quite complex.

There researchers estimated that an average liter of bottled water contained 240,000 identifiable plastic fragments.

Further research is necessary to determine if drinking bottled water containing nanoplastics could lead to adverse health effects.

"If people are concerned about nanoplastics in bottled water, it's reasonable to consider alternatives like tap water," said Yan. "However, it's important to emphasize that staying hydrated is crucial for health. Therefore, we do not advise against drinking bottled water when necessary, as the risk of dehydration can outweigh the potential impacts.

Plant-Based Diet, Less Dairy, And Meat To Cut Covid-19 Risk: Study

Eating a predominantly plant-based or vegetarian diet high in vegetables, legumes, nuts, is linked to 39 per cent lower odds of Covid-19 infection, claims a research. Researchers from the Universidade de Sao Paulo in Brazil also claimed that a diet low in dairy products and meat may help to ward off the infection.

"Plant-based dietary patterns are rich in antioxidants, phytochemicals and polyphenols, which positively affect several cell types implicated in the immune function and exhibit direct antiviral properties," the team wrote in the study, published in the open access journal BMJ Nutrition Prevention & Health. In the study, the team set out to evaluate the potential impact of dietary patterns on the incidence, severity, and duration of Covid-19 infection among 702 adult volunteers all of whom were recruited between March and July 2022. They were divided into either omnivorous (424) or predominantly plant-based (278) dietary groups. The plant-based food group was further divided into flexitarians/semi-vegetarians who ate meat three or fewer times a week (87); and vegetarians and vegans (191).

The omnivores reported a higher rate of medical conditions and lower rates of physical activity. And the prevalence of overweight and obesity was significantly higher among



the omnivores -- all factors associated with higher Covid-19 infection risk and more severe symptoms/complications.

In all, 330 people (47 per cent) said that they had had Covid-19 infection. Of these, 224 (32 per cent) said they had mild symptoms and 106 (15 per cent) had moderate to severe symptoms. The omnivores had a significantly higher reported incidence of Covid-19 than the plant-based dietary groups: 52 per cent vs 40 per cent. And they were more likely to have had moderate to severe infection: 18 per cent vs just over 11 per cent.

There was no difference, however, in how long symptoms lasted, the researchers said.

But those following a predominantly plant-based or vegetarian/vegan diet were 39 per cent less likely to become infected than the

omnivores.

It may be that predominantly plant-based diets provide more nutrients that boost the immune system and help to fight viral infections, they suggest, by way of an explanation for their findings. The team noted that "this is an observational study, however, and as such, can't establish causal factors". The researchers also acknowledge that the study relied on personal recall and subjective assessment, both of which are prone to error.

Nevertheless, "in light of these findings and the findings of other studies, and because of the importance of identifying factors that can influence the incidence of Covid-19, we recommend the practice of following plant-based diets or vegetarian dietary patterns," they said.



Afghanistan's Rashid Khan to miss all three T20 matches against India

MOHALI: Afghanistan spinner Rashid Khan will miss the three-match Twenty20 series against India due to injury, but the team has plenty of experience in reserve, skipper Ibrahim Zadran said Wednesday. Rashid, a leg-spinner with 347 international wickets across formats, underwent lower-back surgery in November but remains part of the travelling squad which will play the

opener on Thursday in Mohali.

"He is not totally fit (but) he is travelling with the team. We hope he gets fit soon," Zadran told reporters. "Without Rashid, we will struggle but not that much. His experience is important for us but this is cricket, you should be ready for any kind of situation."

Rashid, 25, is a pillar of a world-class Afghan spin attack that also includes

Mujeeb Ur Rahman, Noor Ahmad and Mohammad Nabi.

The three matches are a tune-up for this year's T20 World Cup in June and Afghanistan will be up against a formidable home side, with skipper Rohit Sharma and star batsman Virat Kohli both back in the short-format team.

"Playing against India on their home soil is a difficult task, but we came here

to play well against them and show our skills," said Zadran.

"We have lots of good T20 players, all our boys are playing good cricket, so I am sure they will play well."

The cricketing minnows put up an impressive show in last year's ODI World Cup in India with victories over England, Pakistan, Sri Lanka and the Netherlands.

Zadran, a 22-year-old opening bats-

man, said fans' raised expectations will motivate the team to elevate their performance.

"Not only Afghanistan people are expecting lots of things, but all around the people are expecting (a) lot of things from us nowadays because we played a wonderful World Cup," he said. Zadran said the team hoped to "play positive cricket and show our skills on the field".

Osimhen dreams of AFCON title, end to Nigerian suffering

ABIDJAN, IVORY COAST: Newly crowned African Player of the Year Victor Osimhen is a star on a mission. He wants to transform the suffering of Nigerian supporters into joy with an Africa Cup of Nations title.

The Napoli forward topped the African poll last month to finish ahead of Egyptian Mohamed Salah and Moroccan Achraf Hakimi and become the first Nigerian winner since Nwankwo Kanu in 1999.

It was a reward for helping his club to a first Italian title in 33 years and also scoring consistently for the Super Eagles.

But amid the successes there was also sadness for the 24-year-old, who sold newspapers and bottles of water in the bustling streets of Lagos as a teenager to eke out a living.

The day that has haunted Osimhen for a long time was March 29, 2022, at the Moshood Abiola National Stadium in the Nigerian capital, Abuja.

Earlier, Nigeria travelled to long-time regional rivals Ghana and drew 0-0 in the first of two matches to decide whether the Black Stars of Super Eagles would qualify for the 2022 World Cup. As Nigerian supporters flocked to the national stadium expectations were high that the home team would use that advantage to good effect and secure a place at the finals in Qatar.

But those dreams were shattered as Ghana drew 1-1 to qualify on away goals and deprive Osimhen and his teammates of a place on the global stage.

"We could not have asked for more from our supporters in Abuja that night," recalled Osimhen to reporters before leaving Italy to join the Cup of Nations squad.



Badminton: Satwik-Chirag advance, Prannoy loses in opening round at Malaysia Open

KUALA LUMPUR: The Indian men's doubles pair of Satwiksairaj Rankireddy and Chirag Shetty began the new season on a winning note, advancing to the second round, while Asian Games bronze medallist HS Prannoy bit the dust in his opening-round match at the Malaysia Open Super 1000 badminton tournament here on Wednesday.

The world No.2 doubles combination of Satwik and Chirag overcame a tough challenge from the gritty Indonesian pair of Muhammad Shohibul Fikri and Maulana Bagas 21-18, 21-19, while world No.8 Prannoy lost to Denmark's Anders



Antonsen, a player ranked one spot below him, 14-21, 11-21 in 43 min-

utes. The second-seeded pair of Satwik and Chirag, which reached

the semifinals in 2023, will look to continue the good run and go deep

in the draw after the stiff 44-minute test from the world No.9 duo, which had beaten the Indians twice last year -- at the Thailand Open and China Open.

Satwik and Chirag have looked in ominous form, winning the Asian Games gold in Hangzhou, a Super 1000 crown in Indonesia, the Korea Open Super 500 and the Swiss Open Super 300 last year before grabbing a career-best ranking of World No.1, albeit for a brief time. The duo asserted early dominance in the first game with powerful smashes to take a four-point lead at 8-4 and never lost the advantage.

However, the second game was more challenging with the Indians trailing for most part of the match before levelling at 19-all and taking the last two points.

ICC rates South Africa's Newlands pitch as unsatisfactory after shortest-ever Test in history

DUBAI: The International Cricket Council (ICC) on Tuesday rated the Newlands pitch for the second Test between India and South Africa as



"unsatisfactory" after it ended inside five sessions.

India defeated the hosts by seven wickets in the match, which turned out to be the shortest-ever in the history of Test cricket.

The victory allowed India to draw the two-match series 1-1. The decision was made under the ICC Pitch and Outfield Monitoring Process.

Only 642 balls could be bowled in the match.

"The pitch in Newlands was very difficult to bat on. The ball bounced quickly and sometimes alarmingly throughout the match, making it difficult to play shots," said Chris Broad, the match referee for the Test, in his report submitted to the ICC.

"Several batters were hit on the gloves and many wickets also fell due to the awkward bounce," Broad further wrote. Subsequently, the Newlands was awarded one demerit point. One demerit point is awarded to venues whose pitches and outfields are rated by the match referee as unsatisfactory.

Cricket South Africa has 14 days to appeal against the sanction. If a venue reaches six demerit points, it is suspended from hosting any international cricket for 12 months. The penalty is 24 months in case of 12 demerit points. These points remain active for a rolling five-year period.

Indian skipper Rohit Sharma was

exceptionally vocal in his criticism of the Newlands surface.

"We saw what happened in this match, how the pitch played. I don't mind playing on pitches like this. As long as everyone keeps their mouth shut in India and don't talk too much about Indian pitches," Rohit had told reporters in his post-match press meet.

"Because you come to Test cricket to challenge yourself. Yes, it is dangerous. It is challenging. So, and when people come to India, it is again pretty challenging as well. If the pitch starts turning (in India), people start talking about 'Puff of dust! Puff of dust!' There's so much crack here (Newlands) on the pitch," he added.