



Coco Gauff enters Australia Open as teenage Grand Slam champion, the pressure is off

P12

Shailendra presided over a mega Public Darbar at Banquet Hall Sgr

P3



Investment in J&K is Directly Proportional to Investing in the Integrity of Bharat: LG Manoj Sinha

HT News Network

GUJARAT, JAN 12: Lieutenant Governor Shri Manoj Sinha attended the special session on 'Investment opportunities in J&K' at Vibrant Gujarat Global Summit, today.

The Lt Governor highlighted the thriving investment landscape of J&K and unique economic opportunities the UT has to offer in various sectors.

He invited industrialists from India and abroad to invest in the UT of Jammu Kashmir. "Investing in Jammu Kashmir means investing in the unity and integrity of Bharat," he said.

Under the leadership of Hon'ble Prime Minister Shri Narendra Modi, J&K has developed a strong investor-friendly environment, economic stability, highly skilled manpower and tremendous opportunities in

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LG addresses Vibrant Gujarat Global Summit Valedictory Session

HT News Network

GUJARAT, JAN 12: Lieutenant Governor Shri Manoj Sinha today addressed the Valedictory Session of the Vibrant Gujarat Global Summit. The Valedictory Session was presided over by the Hon'ble Union Home and Cooperation Minister Shri Amit Shah.

The Lt Governor expressed his gratitude to the Hon'ble Home Minister Shri Amit Shah for accelerating the industrial growth in Jammu Kashmir.

Earlier, Jammu Kashmir was known for other reasons. Today, the Hon'ble Prime Minister

TURN ON.....PAGE 02



Amit Shah Appeals Gujarati Industrialists To Invest In Kashmir

HT News Network

GUJARAT, JAN 12: Union Home Minister Amit Shah has appealed to industrialists in Gujarat to expand their businesses in the northern part of the country, and Kashmir in particular.

"I would like to tell Gujarati industrialists, in case they want to expand towards the north, then please invest in Kashmir. By doing so, please support Prime Minister Narendra Modi's initiative in mainstreaming Kashmir," Shah said, addressing the Vibrant Gujarat Global Summit, with Lieutenant Governor of Jammu and Kashmir Manoj Sinha in the audience.

Using Vibrant Gujarat Global Summit as a platform, Manoj Sinha too made a similar appeal to investors to visit and participate in the growth journey of the Union Territory.

TURN ON.....PAGE 02

NEWS BRIEF

Terrorists strike yet again in Poonch, fires at army vehicle

JAMMU, JAN 12: In yet another incident of terror attack, terrorists fired at army vehicle on Friday in Poonch district of Jammu and Kashmir.

Official sources said that terrorists taking an advantage of darkness, fired at army vehicle in Khanetar area of Poonch district.

"There are no reports of any injury or major damage in the incident," they said adding that the area has been cordoned while more details are awaited.

Earlier on December 21, four soldiers were martyred and three others injured when terrorists attacked

TURN ON.....PAGE 02

Top Army Commanders visit forward posts in rajouri sector

SRINAGAR, JAN 12: Demonstrating 'unwavering support and appreciation for the dedicated troops', Lieutenant General Upendra Dwivedi, Army Commander of the Northern Command, and Lieutenant General Navin Sachdeva, General Officer Commanding White Knight Corps, conducted a visit to the forward posts in the Rajouri Sector.

News agency KNS reported that during this visit, both commanders actively engaged with the troops, commending their unyielding morale and relentless commitment to maintaining round-the-clock vigilance.

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BJP believes in 'Nation First', INDI Alliance in 'Self First': Rana

JAMMU, JAN 12: Senior BJP leader Mr Devender Singh Rana today described INDI Alliance as an amalgam of self seekers and opportunists coming together for their inherent hate for Prime Minister Narendra Modi, who has become synonymous to vibrant India and emerged as a global leader.

"The fundamental difference between the BJP and INDI Alliance is that the former believes in the 'Nation First', party second and self-last while the later believes in self-first, family second, party third and the Nation last", Mr Rana said while interacting with the media at the side-lines of the weekly public hearing at the party headquarters at Trikuta Nagar here this

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Change Of Venue For Public Durbar Aims To Provide Relief To People: DGP

HT News Network

SRINAGAR, JAN 12: Director General of Police



J&K RR Swain Friday said that change of venue for the Public Redressal Programme was aimed to reach out to people in their respective areas and provide relief to them. Talking to KNS, DGP Swain said that

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FEEBLE WD MAY TRIGGER SNOWFALL OVER ISOLATED HIGHER REACHES OF J&K: MET

HT News Network

SRINAGAR, JAN 12: As Kashmir continues to freeze, an approaching feeble Western Disturbance (WD) may cause snowfall over the isolated higher reaches of Jammu and Kashmir, officials said on Friday.

The Meteorological Centre Srinagar said under the influence of the WD, the weather will remain

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Amidst ongoing dry weather, special prayers held in Mosques

HT News Network

SRINAGAR, JAN 12: A large number of people held special prayers for rain and snowfall in Kashmir Valley to end the long dry spell at the historic

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Action Against The Drug Menace Will Continue With More Pace: IGP Kashmir

HT News Network

SRINAGAR, JAN 12: Inspector General of Police Kashmir, V K Birdi on Friday said the action against the drug menace would continue with more pace.

IGP said this while interacting with the public during his visit to Jammu and Kashmir's Baramulla district, where he

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SEC notifies revision schedule for updation of Panchayat Electoral Roll-2024

HT News Network

JAMMU, JAN 12: State Election Commission (SEC) has notified the dates for updation of Panchayat Electoral Roll-2024 in the UT of Jammu and Kashmir.

According to the revision schedule issued by the Commission, the publication of draft Panchayat Electoral Roll will start from 15th January 2024. Besides, 1st January 2024 has been

TURN ON.....PAGE 02

Jammu Gears Up For Lohri Festivities Today With Traditional Fervor And Gaiety

HT News Network

JAMMU, JAN 12: The vibrant and exuberant spirit of Lohri has swept through the markets of Jammu, with shopkeepers adorning their stalls in a riot of colors showcasing Mungfali (peanuts), Gachak (sesame seed and jaggery brittle), and Khajoor (dates) in anticipation of the festive celebration.

The streets have come alive with the twinkle of festive lights and traditional embellishments, weaving a joyful ambiance resonating with the spirit of Lohri.

News agency KNS reported that locals and visitors are fully immersed in the festive atmosphere, as families

TURN ON.....PAGE 02

Director Information For Optimum Use Of Digital Platforms To Educate People On Govt Initiatives



HT News Network

JAMMU, JAN 12: Director Information, Jatin

Kishore, today called for optimum use of digital platforms for timely dissemination of

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CMYK

Shailendra presided over a mega Public Darbar at Banquet Hall Sgr

Listens scores of delegations, individuals; issues on spot directions for time bound redressal of public grievances

SRINAGAR, JAN 12: Principal Secretary, Agriculture Production Department, Shailendra Kumar Friday presided over a mega Public Darbar at Banquet Hall Srinagar and took first hand appraisal of the issues and demands of people of Srinagar District.

Deputy Commissioner, Srinagar, Dr Bilal Mohi-Ud-Din Bhat, Senior Superintendent of Police (SSP) Srinagar, Ashish Mishra, Director Agriculture, Director Sheep Husbandry, Director Animal Husbandry, Chief Engineers of R&B, Secretary SMC and other Sectoral/District Officers of District Administration were present on the occasion.

Vice Chairman, DDC Bilal Ahmad Bhat and other DDC members and scores of delegations were also part of the mega

Public Outreach programme.

The Public Darbar witnessed overwhelming response from the public during which people apprised the Principal Secretary about their developmental issues and demands by seeking his intervention in redressing the same in a time bound manner.

While delegations of Traders Association Lal Chowk, Small Scale Industries Association, Kashmir Houseboat Owners Association, Kisan Behbood Committee, All Street Vendors Association and other several delegations also attended the Public Darbar and submitted memorandum of demands.

The delegations expressed satisfaction over the conduct of the outreach programme and

said this provides people an opportunity to voice their grievances and for the Administration to expedite the resolution through the appropriate channels. At the outset, Principal Secretary while listening to the public delegations, gave a patient hearing to the issues and grievances of the people. He issued on spot directions to the concerned Officers to address all the grievances put forth by the delegations during public darbar meticulously in a time bound manner.

Shailendra Kumar assured all individuals and delegations that the issues and genuine demands projected by them would be redressed on merit basis.

Principal Secretary also gave directions to the concerned officers to personally visit the places and find solutions to the



problems for the benefit of public good. He emphasized that the top priority of the Government is to ensure that basic facilities and services are delivered to the general public in an efficient and timely manner.

Earlier, Deputy Commissioner, Srinagar, Dr Bilal Mohi-Ud-Din Bhat welcomed the participants and briefed the chair about the District profile.

During the public darbar, a delegation of Panzina raised their long pending concern of jurisdictional issues and sought early resolution of the same.

Another delegation from Harwan demanded for upgradation of PHC and development of a playground, besides establishment of Fruit mandi in the area.

A delegation of Soiteng raised the issue of installation of a dewatering station and

augmentation of the drainage network and said that low lying areas have to face problems during the rainy season due to the poor drainage system.

Similarly, another delegation from Lasjan demanded for upgradation of school infrastructure, PHC and drainage network in their area.

Another delegation of Traders raised the issue related to the parking of vehicles for the shopkeepers of the Lal Chowk.

The transporters also projected their issues and demands during the public darbar.

Likewise, other delegations mainly approached him with civic problems pertaining to upgradation of roads, health facilities, water supply, better provision of health facilities in rural areas and upgradation of schools etc.

Police arrest 3 members of family, recovered huge consignment of Contraband substance in J&K

SRINAGAR, JAN 12: Police on Friday arrested three members of a family and recovered a huge consignment of contraband substance from their possession in Jammu Kashmir's Anantnag district.

Anantnag Police received information through reliable sources that a family comprises Father, Mother and Son under a well-planned criminal conspiracy continuously indulging in illegal trade of illicit alcohol as well as of cannabis charas powder in Seer Hamdan Mattan area.

The trio was identified as Mohammad Ramzan Ganai, his wife Shahzada Akhtar and son Zubair.

Police and reliable sources also revealed that the trio has concealed huge quantities of illicit alcohol as well as illicit cannabis charas powder in specially made hideouts in their residential house, Swift Dzire Car, Baleno car and Motorcycle.

A search team composed of Anantnag Police and Executive Magistrate concerned was constituted who carried out the search of the house. During which about 9.27 Kgs of Charas powder and 867 Bottles of illicit alcohol were seized on the spot.

All three accused persons were arrested and two vehicles and a KTM Motorcycle beside cash of Rs. 13325 was seized.

Further investigation in the instant case continues, police added.

A Case FIR No. 04/2024 U/S/8/20, 29 NDPS Act and 48, 50 Excise Act was registered in Police Station Mattan, they added. (UNI)

DC Srinagar visits SMHS drug de-Addiction Centre; inspects facilities for victims of substance Abuse

SRINAGAR, JAN 12: The Deputy Commissioner (DC) Srinagar, Dr Bilal Mohi-Ud-Din Bhat here on Friday undertook a visit to Drug De-Addiction Centre at SMHS Hospital to oversee the treatment and counselling facilities being provided to the victims of Drug Abuse.

During the visit, the DC was accompanied by Chief Planning Officer, Mohammad Yaseen Lone, Incharge Drug De-Addiction Centre, GMC Srinagar, Prof. Yasir Hassan Rather, Incharge Yoga and other concerned.

On the occasion, the Deputy Commissioner inspected several sections and wards of the facility and took first hand appraisal about the functioning of the Centre.

The DC was given a detailed brief about the treatment and counselling facilities being provided to the victims of Drug substance by Incharge Drug De-Addiction Centre, GMC Srinagar, Dr. Yasir Rather. He informed that the Centre acts as an integrated centre where affected youth are

being treated, counselled and enabled to mainstream life.

The DC also held a detailed interaction session with the staff and emphasised upon the doctors and other paramedical staff to take the job as a noble task and treat the affected people with patience and dedication.

The DC said youth are our precious asset and we have to use their energies in a positive way and District Administration will provide all possible support for further strengthening the treatment, counselling and rehabilitation measures.

He said in order to combat this rising societal problem, multi-pronged rehabilitation, counselling and guidance policy needs to be implemented on ground for proper monitoring and tracking of victims of drug abuse, besides taking remedial measures to uproot the menace.

The DC laid emphasis on making an effective database/repository system of the affected per-



sons through a robust IT intervention to keep proper track and monitoring of the victims. He stressed on giving focused attention towards new cases of drug abuse/users.

The DC asked the Incharge Drug De-Addiction Centre, GMC Srinagar to submit a comprehensive plan regarding strengthening of the treatment/counselling and rehabilitation setup, besides curbing the drug menace by breaking supply chain.

Earlier, the DC interacted with over a dozen inmates admitted in the Drug De-Addiction Centres at SMHS Hospital and sought their views about the treatment facilities and counselling being given to them.

The inmates apprised the DC that they are being given satisfactory treatment at the centres. They also said that they will spread the message about the ill effects of the menace so that no one becomes an addict to the substance abuse.

In Kashmir, PDD mulls to install smart meters in over 40,000 Distribution Transformers

Dept to replace nearly 9,000 DTs that have turned obsolete or are out-aged: Pr Sec PDD

Srinagar, Jan 12: In addition to consumer smart metering, Jammu and Kashmir Power Development Department (JKPDD) is mulling to install smart meters in over 40,000 Distribution Transformers (DTs) of Kashmir region.

Speaking to the news agency—Kashmir News Observer (KNO), PDD Principal Secretary H Rajesh Prasad said, "JKPDD is all set to replace nearly 9,000 DTs that have turned obsolete or are out-aged."

Prasad said: "Besides the department is going to install smart meters in all 40,000 plus DTs functioning in the Kashmir region so that we have a complete chain from feeder meter to DT meter to consumer meter."

He said that the department aims to measure the energy right from the source to make it more accountable.

In the meanwhile, the official documents in this regard accessed by KNO reads, "KPDCL currently operates approximately 40,000 Distribution Transformers (DTs),"

"Additionally, there are proposed plans to add 9,000 DTs under the RDSS. Among these DTs, 10,000 are to have smart meters installed under the PMDP, while the remaining DTs covered under RDSS," it reads.

It also states that the primary objective of implementing smart meters at the DT level is to enable accurate energy accounting and monitoring.

The Principal Secretary said, "The 10,000 DTs under PMDP have not been started yet because it is being covered under RDSS of which tendering has been done and installation have been initiated."



Beyond snow: Gulmarg's vibrant culture, musical events keep tourists captivated

Some, however, expressed disappointment over unusual weather conditions

GULMARG, JAN 12: Contrary to the traditional snowy landscapes, Gulmarg continues to captivate tourists with its unique allure, even in the absence of the customary winter snowfall, as tourists instead of skiing or sledding, are immersing themselves in the lively cultural tapestry woven by the town's musical events and festivities.

Speaking to the news agency—Kashmir News Observer (KNO), Chief Executive Officer, Gulmarg Development Authority (GDA), Raja Waseem said that in the face of unexpected weather patterns, the destination's ability to evolve into a cultural haven showcases its versatility. He said the array of events, from traditional performances to musical events, exemplifies their commitment to providing tourists with a rich and immersive experience, even in the absence of the customary snowfall.

Gulmarg's meadows transform into stages of cultural performances, art exhibitions, and culinary showcases, offering a unique blend of tradition and entertainment – the official, who is also a Managing Director, JK Cable Car Corporation said. He said local artisans, performers, and musicians converge to present a kaleidoscope of cultural expressions against the picturesque backdrop of Gulmarg.

"Currently on average, the destination has a footfall of around 3-4 thousand tourists. Though the number is slightly low, the visitor's anticipation is going to witness a

surge with snowfall", the official said.

The CEO added, "Gulmarg remains an inviting canvas for tourists seeking not just winter sports but also cultural richness. We invite visitors to explore the depth of our heritage and the richness of experiences Gulmarg has to offer."

Meanwhile, visitors shared their experiences and sentiments with KNO. Some expressed disappointment, while others were satisfied with the destination's cultural festivities and musical events taking centre stage.

"We had been to Gulmarg to enjoy the snow, with an anticipation of the thrilling experience of skiing on snow-clad slopes, however, its cultural festivities and musical extravaganzas have added an unexpected layer of joy to our experience," said a group of tourists.

Similarly, the disheartened visitors, who had specifically chosen Gulmarg for its reputation as a winter wonderland and were caught off guard by the scarcity of snow, expressed surprise and disappointment at the unusual weather conditions of Gulmarg.

Meanwhile, local residents and businesses, heavily reliant on winter tourism, shared concerns of tourists and expressed hopes for a late-season snowfall to salvage the remaining winter months.

Waseem Bhat, a renowned athlete who thrives on the exhilarating slopes of Gulmarg, said that the absence of snowfall this season is truly disheartening, he said the

crisp white canvas is not just a playground for winter sports but a source of inspiration and the backdrop to countless victories.

"The dearth of snowfall in Gulmarg poses a significant challenge for athletes, including him, who were diligently practising on these slopes, gearing up for international competitions. These mountains are more than terrain – they're our training ground, shaping our skills and fortitude," Bhat, an international skier, who recently represented India in the 30th Asian Alpine Ski championship at Mzaar Ski Resort in Lebanon said.

Meanwhile, the absence of snow has impacted winter activities such as skiing, snowboarding and snowmobiling, which are major attractions for tourists during the colder months.

Speaking to KNO, Jahangir Ahmed Bhat, an adventure tour operator said the unexpected absence of snowfall in Gulmarg has posed a unique challenge for adventure tour operators. The thrill of skiing and snow-based activities is an integral part of our offerings and the current scenario is a cause for concern, he said.

Bhat, who owns Third Pole Adventures Company, Gulmarg, said they have witnessed a dip in bookings, which is a direct reflection of the impact the absence of snowfall has had on Gulmarg's appeal. "To counter this trend, we are strategizing marketing efforts to showcase the diverse cultural and recreational aspects Gulmarg has to offer beyond the snowy landscapes," he said.

Deputy Commissioner Pulwama Leads HADP review

HT News Network

PULWAMA, JANUARY 12: The Deputy Commissioner (DC) Pulwama, Dr Basharat Qayoom Friday convened a meeting here to take a comprehensive review of the progress of schemes under the Holistic Agriculture Development Programme (HADP) in the district.

The meeting, conducted department and sector-wise, meticulously covered Agriculture, Horticulture, Animal Husbandry, Sheep Husbandry, Fisheries, Sericulture, and Horticulture and Produce Marketing Corporation (HPMC).

The DC emphasized the importance of the ongoing Kisan Sampark Abhiyan, a platform designed to connect with farm-

ers. This initiative was highlighted as a crucial avenue for maximizing impact across all sectors.

Dr Basharat led a detailed examination of the accomplishments during the current financial year, focusing on the need for departments to expand their outreach. The strategic move aims to bring new families under the purview of their schemes, broadening the spectrum of beneficiaries in line with the overarching goal of the HADP.

The review delved into the physical and financial progress of each scheme, with the DC directing officers to ensure timely completion of all works. Quantitative and qualitative targets were underscored as essential benchmarks for success.



Earlier, the meeting was appraised that 36,998 participants had engaged in Kisan Sampark Abhiyan phase 1, while 13,389 participants participated in phase 2. It was also informed

that 10,214 individuals had been registered on the Daksh portal. DC while reviewing the figures directed officials to ensure that no one is left behind in these initiatives.

In an effort to enhance the effectiveness of the Daksh portal, Dr Basharat stressed the importance of providing training to registered farmers. Additionally, he emphasized the need for

value additions within the district ensuring finished products are produced locally to maximize benefits for farmers.

A noteworthy achievement during the current financial year includes the approval of 647 cases under HADP, involving a substantial subsidy amount totaling Rs.13.25 crores. This financial support underscores the commitment to fostering agricultural and allied sector development in Pulwama District. This holistic review not only demonstrated a commitment to agricultural and allied sector development in Pulwama District but also signified a strategic shift towards sustainable growth. Dr Basharat led a detailed examination of the accomplishments during the current financial year, focusing

on the need for departments to expand their outreach. The strategic move aims to bring new families under the purview of their schemes, broadening the spectrum of beneficiaries in line with the overarching goal of the HADP. The review delved into the physical and financial progress of each scheme, with the DC directing officers to ensure timely completion of all works. Quantitative and qualitative targets were underscored as essential benchmarks for success. Earlier, the meeting was appraised that 36,998 participants had engaged in Kisan Sampark Abhiyan phase 1, while 13,389 participants participated in phase 2. It was also informed that 10,214 individuals had been registered on the Daksh portal. DC while reviewing the figures.

DDC Kupwara chairs Mining Plan Approval Committee meeting

HT News Network

KUPWARA, JANUARY 12: The District Development Commissioner (DDC) Kupwara, Ayushi Sudan today chaired a meeting of the Mining Plan Approval Committee. During the meeting, threadbare discussion was held regarding mining on scientific patterns. The DDC directed officers of Geology and Mining and other line departments to visit the spot for ground check and



authentication before resizing/reducing the area of Minor Mineral Block No. 2 (Shedipora - Rukhmachari Bakhikar to Kachwara Talri- Nallah.

The DDC directed the Geology and Mining department to take on board all line departments. Speaking on the occasion, the DDC stressed upon all committee

members that it shall be ensured that extraction of minerals is done without disturbing the ecology as per the already laid down guidelines. She directed the concerned officers to deal with the offenders strictly including slapping of FIRs on habitual offenders. Joint Director, Geology and Mining, Kashmir, Khawaja Nisar, EXen Irrigation & Flood Control, Kupwara and EXen, I & FC Handwara and other concerned officers and officials attended the meeting.

DLSA Budgam passionate on strengthening the diverse cultures of the nation; celebrates Youth Day

HT News Network

BUDGAM, JANUARY 12: In a vibrant and enlightening celebration of "National Youth Day", the District Legal Services Authority (DLSA), Budgam, under the ages of JKLSA Friday organized a day long programme on National Youth Day at ADR Centre Budgam.

The programme was organized under the able guidance of Khalil Ahmad Choudhary, Chairman DLSA, Budgam and under the supervision of Jehangir Ahmad Bakshi, Secretary



DLSA Budgam.

The programme witnessed the presence and active participation of enthusiastic PLVs, Panel Lawyers, Assistant LADC and Staff of DLSA Budgam. Abdul Rouf Parry, Asstt.

LADC briefed the audience about the importance of the day. In his speech he shed light upon the Nation's renowned personality Swami Vivekananda, as the nation's Youth Day is celebrated on the day of his

birthday. He further said that it is the duty of the youth to carry the development of the nation on their shoulders as has been witnessed by history that the youth have played an active role in preserving and strengthening the cultural bonds of the nation.

Mehnaz Qazi from DLSA Budgam presided over the function. In her presidential address she briefed the audience about the day's importance. At the end of the programme a general discussion between the speakers and participants of the programme was held.

VBSY IEC Van electrifies Qazigund: Anantnag Enthralled

HT News Network

ANANTNAG, JANUARY 12: The Viksit Bharat Sankalp Yatra (VBSY),

is charting substantial progress in Block Qazigund, Anantnag with IEC Van traversing through Panzath A, Panzath B, Srangran, Dreyan, Nusso, Sransoo, Kewa, Y.K.Pora A, Y.K.Pora B GPs witnessing overwhelming surge of public participation, symbolizing a collective commitment to development in the region.

The VBSY, 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.

SMC hosts events under VBSY at Nawab Bazar

HT News Network

SRINAGAR, JANUARY 12: The Srinagar Municipal Corporation (SMC) today expanded the reach of the Viksit Bharat Sankalp Yatra (VBSY) by organizing events in Nawab Bazar, marking a successful extension of the initiative within the SMC's jurisdiction.

These gatherings served as a platform for officers and officials from various departments to engage with the local community, fostering a spirit of cooperation and knowledge sharing.

Representatives from diverse departments seized the opportunity to explain the fundamental goals and procedural intricacies of their respective schemes, aiming to bridge information gaps and ensure that citizens are well-informed about the numerous benefits and assistance programs available to them.

PUBLIC NOTICE

I informed to general public that my daughter Nargis Nisar D/o Nisar Ahmad Najar R/o Kachwa Muqam her mother's name is wrongly registered as GULSHAN Begum instead of Gulshana Ara in DOB certificate . Now I am applying for its correction if anybody having any objection in this regard He/She may file his /her objection in office of the Registrar Deaths and Births BDO wagoora within the period of seven days from the publication of this notice after that no objection will be entertained .

Name. Nisar Ahmad Najar
F/o Nargis Nisar
R/o kachwa Muqam Block. Wagoora

PUBLIC NOTICE

I informed to general public that my daughter's Date of birth (DOB) is 25/07/2019.. Now I am applying for her date of birth certificate (DOB) if anybody have any 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.....IMRAN AHMAD KHAN
F/O.....AYESHA IMRAN
R/O.....TANGWARI BALA
Distt....BARAMULLA

PUBLIC NOTICE

I informed to general public that my son's Date of birth (DOB) is 18/03/2021... 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.....MUSHTAQ AHMAD MONAN
F/O.....MOHSIN MUSHTAQ
R/O.....BULBUL ABAD KAWHAR
Block.....WAGOORA Distt....BARAMULLA

PUBLIC NOTICE

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

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

PUBLIC NOTICE

I inform to general public that my electric bill is on the name of ABDUL AHAD NAJAR S/O. GH QADIR NAJAR R/O BANDIPAYEEN bearing Consumer ID No ..0212040004942... Now I want to change my electric bill name from ABDUL AHAD NAJAR S/O GH QADIR NAJAR R/O BANDIPAYEEN to MOHAMMAD LATEEF S/O LATE ABDUL AHAD NAJAR R/O BANDIPAYEEN ... If anybody have any objection he/she may file his/her objection in the concerned PDD office within seven days from the date of publication of this notice after that no objection will be entertained.

Name ...MOHAMMAD LATEEF NAJAR
S/O ...LATE ABDUL AHAD NAJAR
R/o BANDIPAYEEN
BBlock ..WAGOORA Distt...BARAMULLAH

PUBLIC NOTICE

ISSUANCE OF REGISTRATION ORDERS IN RESPECT OF DELAYED BIRTH/ DEATH CERTIFICATE.

The Registrar Births and Deaths (Block Development Officer Wagoora) has submitted case file pertaining to Birth of MOHAMMAD ALTAJ RATHER S/O JAID Ahmad RATHER R/O TELGAM Tehsil Kreeer Distt. Baramulla, After having verified the date of Birth, as 28..04..2021 at S.D.H Kreeer. The event has been shown to be occurred / Anybody have any objection if any to the issuance of delay order of birth certificate shall present his/her claim at the office of Executive Magistrate 1st Class, Kreeer, within 07 days. No objection shall be entertained after the said time period.

PUBLIC NOTICE

I informed to general public that my son's Date of birth (DOB) is 10/06/2012... 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.....HABIBULLAH KHAN
F/O.....ZAHID HABIB
R/O.....TANGWARI BALA Block.....WAGOORA

Government of Jammu & Kashmir Office Of The Executive Engineer (R&B) Electric Division Kashmir, Engineering Complex Srinagar Rajbagh.

NOTICE INVITING TENDER

E-NIT No. 41 /R&B/Electric Division Kashmir of 2023-24 issued under Endorsement No: ERB/2304-12
DATED: 11-01-2024.

For and on behalf of the LT. Governor, J&K (U/T) e-tenders (in Double cover system) are invited on percentage basis from approved and eligible Contractors registered with J&K UT Govt. CPWD, Railways and other State/ UT/ Central Government Departments for the following works:-

Sl. No.	Name of Work	Estimated. Cost (In Rs.)	Cost of Tender/ (Doc. In Rs.)	2% Earnest Money (In Rs.)	Time of Completion (Calendar Days)	Class of Contract	Major Head of Account	Remarks
01	Requirement of electric items for Hut at Tulip Garden Srinagar.	0.84 Lacs	Rs. 200/=	1680/=	15 Days	"AAY" Class Electrical	AAA by Director Floriculture, Kashmir vide order no. 452-Flori of 2023-24 Dtd. 08-08-2023.	

1	Date of Issue of Tender Notice	11-01-2024
2	Period of downloading of bidding documents	11-01-2024 from 06:00 PM
3	Bid submission Start Date	11-01-2024 from 06:00 PM
4	Bid Submission End Date	23-01-2024 upto 04.00 PM
5	Date & time of opening of Technical Bids (Online)	24-01-2024 at 02.00 PM in the office of Executive Engineer R&B Electric Division Kashmir, Engineering Complex Srinagar Rajbagh.
6	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed.

Position of AAA= Accorded

Position of T/S= Accordeds

Position of funds= Available/ Committed.

The bidding documents consisting of qualifying information, eligibility criteria, specifications, drawings, bill of quantities (BOQ), set of terms and conditions of contract and other details can be seen /downloaded from the departmental website [www.jktenders.gov.in](#) as per schedule of dates given below:-

Note:- The Bidders are advised to read all conditions laid down in the E-NIT carefully before uploading soft's copy. Any short fall found in the softcopy will tender the Bid rejected. As per Circular issued by the Government of Jammu and Kashmir Civil Secretariat Finance department vide No. OM No. A/24(2017)-651 dtd.07-06-2018 which reads as under:-

a) Furnishing of Hard Copies of bids immediately after submission of e-tenders is dispensed with. The same should be obtained only from the Bidder who's declared 1st Lowest (L-1) after opening of financial bids.

1.The Cost of tender document should be collected by introducing Treasury Challan (Receipt).

1.1.The successful Bidder has to produce Performance Security Deposit @5% of contract value in the shape of CDR/ FDR within 02 days after opening of Bids which shall be released after successful completion of work with DLP. The EMD @2% of successful bidder will be released only after the submission of 5% performance secondary deposit.

2.The date and time of opening of Bids shall be notified on Web Site [www.jktenders.gov.in](#) and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same Web Site in the Office of the Executive Engineer R&B Electric Division Kashmir, Srinagar (Tender receiving authority).

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

4.The earnest money (EMD) shall be released in favour of unsuccessful bidders only after submission of Treasury Challan.

5.The earnest money may be forfeited if:-

a. Any bidder/ tendered with draws his bid/ tender during the period of bid validity or makes any modifications in the terms and conditions of the bid.

b. Failure of Successful bidder to furnish the required performance security within the specified time limit.

c. Failure of successful bidder to execute the agreement within 28 days after fixation of contract.

6.Instruction to bidders regarding e-tendering process.

DIPK-15141/23
DATED:- 12-01-2024

SD/=
. Executive Engineer,
(R&B) Electric Division Kashmir
Engineering Complex Srinagar Rajbagh

Secretary RDD discusses roadmap for inclusive development and citizen empowerment

Reviews schemes implemented by RDD & PR Deptt

■ HT News Network

JAMMU, JANUARY 12: Secretary, Rural Development Department (RDD) and Panchayati Raj, Dr Shahid Iqbal Choudhary conducted a detailed interaction with the heads of department to discuss action plan for rural development and citizen empowerment through various initiatives and schemes in the Union Territory. Detailed presentations were made by the HoDs about performance under various schemes, issues therein and interventions required.

Dr Shahid underscored the need for strengthening the institution District Development Councils and Local Self

Government, innovation in rural development, convergence with other departments for maximisation of outcome based development in villages, fast track disposal of service related matters, conduct of DPCs, public grievance redressal and outreach, and effective inter-sectoral coordination. He laid out the vision of Lt Governor Sh Manoj Sinha for measures to effectively ensure citizen engagement, tangible infrastructure development, youth empowerment, public outreach and inclusion of marginalised sections.

Secretary in RDD, Tariq Zargar made a detailed presentation about the status of MGNREGA implementation, administrative and financial status of



schemes, challenges related to staffing and other issues. He informed that against the total outlay of Rs 1250 Cr during the FY 2023-24 funds to the tune of Rs 697 Cr were made available to the department out of which 97%

expenditure has been registered. District wise performance corresponding to key indicators of the CSS were also discussed. It was informed that 2371 panchayats out of 4291 have been covered under Amrit Sarovar and

efforts are being made for saturation.

Director General, Rural Sanitation Anoo Malhotra made a presentation about the implementation of Swachh Bharat Mission- Grameen in the UT, including flagship initiatives and interventions. It was informed that under the Solid Waste Management Plan (SWM) 5979 villages have been covered while under the Greywater Management (GWM) 3009 villages have been covered. Jammu and Kashmir Rural Development Department is also endeavouring for Republic Tableau on the Swachhata mission.

Mission Director, Rural Livelihood Mission Indu Kanwal Chib made a presentation informing that the program is being implemented in 285

blocks across 20 districts, under which rural households have been mobilised into 87,563 SHGs, 6046 Vos and 538 Cluster Level Federations. Rs 422.39 Cr capitalization has been provided to the community-based organisation. She elaborated on the plan to expand the SHGs footprints into service sector and commodity trade.

CEO IWMP Bharat Bhushan, made a presentation about implementation of Integrated Watershed Management Plan, Directors Rural Development Jammu Mohammad Mumtaz Ali, Director Kashmir Shabir Ahmad Bhat, Director Panchayati Raj Sham Lal Sharma, made presentation about the sectoral initiatives, progress under CSS and UT CapEx.

SEC notifies revision schedule for updation of Panchayat Electoral Roll-2024

■ HT News Network

JAMMU, JANUARY 12: State Election Commission (SEC) has notified the dates for updation of Panchayat Electoral Roll-2024 in the UT of Jammu and Kashmir.

According to the revision schedule issued by the Commission, the publication of draft Panchayat Electoral Roll will start from 15th January 2024. Besides, 1st January 2024 has been kept as qualifying date for all those who have attained age of 18 and have become eligible for registering their name in the Panchayat Electoral Roll-2024. Similarly, the period for filing of claims, objections for additions, deletions, corrections and transposition will be from 15th January to 5th February 2024. The date for disposal of claims and objection by Electoral Registration Officer (ERO) would be 16th February 2024 while the final publication of the Electoral Roll 2024 would be done on 26th February 2024.

Awareness camp on Nasha Mukht Bharat, BBBP held at Muttal with- in Union Territory

■ HT News Network



UDHAMPUR, JANUARY 12: The Department of Social Welfare Udhampur orchestrated an impactful sensitization program on "Nasha Mukht Bharat Abhiyan," BBBP and other women-centric initiatives here today at Panchayat Muttal. Held under the adept guidance of District Social Welfare Officer Kanika Gupta, the program primarily focused on combating drug abuse among the youth.

Account Assistant Sonali Devi and Financial Literacy Specialist (DHEW) Mission Shakti played a pivotal role in raising awareness about the deleterious impact of drugs. They emphasized positive actions among the youth and championed the slogan "SAY NO TO DRUGS" under the "NASHA MUKHT BHARAT" campaign. Sonali Devi also elucidated on BBBP and various women-centric schemes operating in District Udhampur, encouraging community participation.

Over Rs. 5 lakh penalty imposed on machinery involved in illegal extraction

■ HT News Network

RAJOURI, JANUARY 12: The Viksit Bharat Sankalp Yatra (VBSY) has become a driving force in the implementation of various government schemes and ushering in comprehensive development in Rajouri district.

Central to this endeavor is an Information, Education, and Communication (IEC) van, a dynamic mobile platform designed to effectively communicate and create awareness about the diverse initiatives undertaken as part of the Yatra. The van plays a pivotal role in engaging with local communities, imparting crucial knowledge, and empowering residents to avail themselves of the benefits offered by government schemes.

The VBSY has recorded

notable success in the implementation of various government schemes in Rajouri District. These schemes, crafted to elevate living standards and provide essential services, have been executed with exceptional efficiency on the ground. Consequently, the community has experienced tangible improvements and witnessed positive changes in their daily lives.

Today, the VBSY IEC vans traversed through the panchayats of Handan, Langhar, Kalsian, Bhawani-A, Deeing, Gakhrote, Mangal Devi-A and Mangiote of block Seri as well as Nowshera. This strategic journey highlights the Yatra's commitment to reaching every corner of the district and ensuring that the benefits of government initiatives are felt at the grassroots level. The impact of the Yatra is evident.

DC reviews functioning of PACS in Udhampur

■ HT News Network

UDHAMPUR, JANUARY 12: Deputy Commissioner Udhampur Saloni Rai presided over a meeting of the District Cooperative Development Committee (DCDC) in the Mini Conference Hall, DC Office Complex, to assess the functioning of Primary Agriculture Credit Societies (PACS) in the district.

The meeting was attended by Additional District Development Commissioner Ghan Sham Singh, Chief Agriculture Officer Sanjay Anand, Chief Horticulture Officer Brij Vallabh Gupta, and other officers addressing the key aspects such as the adoption status of model bye-laws by all 39 PACS, hardware procurement, selection of a system integrator for computeriza-



tion, identification of PACS for convergence with the PM-KUSUM scheme, revival of cooperative sugar mills, formation of new FPOs by PACS, and revival of non-functional cooperatives.

The Deputy Registrar Cooperative was directed to take steps for revival of non-functional cooperative societies.

The meeting discussed district-wise targets for establishing new multipurpose PACS, the PMKSK initiative, formulation of Farmers' Producer Organizations (FPOs) by PACS, identifica-

tion of PACS for convergence with the PM-KUSUM scheme, utilizing PACS as Common Service Centers, and establishing Jan Aushadi Kendras to improve rural access to generic medicines.

The Deputy Commissioner issued several directives, emphasizing the need for close coordination among relevant departments to revitalize PACS in the district. She urged expedited action plans, emphasizing collaborative efforts to achieve all targets within the stipulated timeline.

DC Kathua reviews Republic Day arrangements

■ HT News Network

KATHUA, JANUARY 12: Deputy Commissioner Kathua Rakesh Minhas presided over a crucial meeting of officers of different departments here today to strategise and coordinate arrangements for the District level Republic Day 2024 celebration function.

The focal point of the celebration will be the Kathua Sports Stadium, where the chief guest will unfurl the National Flag, followed by a parade comprising 46 contingents from J&K Police, PTS, Home Guards, NCC cadets, and students from both government and private educational institutions. The festivities will commence



with a melodious Shehnai Vadan by the Information department in the wee hours of the day. Comprehensive discussions were held on the key aspects, including drinking water provisions, power supply, sanitation, barricading, security measures, traffic regulation, seating arrangements, fire-tenders, medi-

cal teams, and the illumination of government buildings and important landmarks. Emphasizing the importance of meticulous planning, the Deputy Commissioner urged departmental heads to ensure that all necessary arrangements are in place well ahead of time, fostering a seamless and enthu-

siastic atmosphere for the National event. He directed officers to enhance coordination efforts, underscoring the need for collective action to ensure the grand success of the celebration.

Furthermore, the Deputy Commissioner called upon district and sectoral officers to oversee the arrangements for flag unfurl ceremonies in all government offices across the district. The meeting was attended by key officials, including DC State Taxes Ranjit Singh, ADC Kathua Ranjeet Singh, CPO Ranjeet Thakur, XEN Jal Shakti, XEN PDD, and other senior officers from Civil Administration and Police, reflecting a collaborative and integrated approach to organizing this significant.

DC Rajouri discusses Action plan at District Level Export Promotion Committee Meeting

■ HT News Network

RAJOURI, JANUARY 12: Deputy Commissioner Rajouri, Om Prakash Bhagat presided over a crucial meeting of the District Level Export Promotion Committee here today. The primary focus was on the approval of the District Export Action Plan (DEAP), meticulously prepared by the Jammu and Kashmir Trade Promotion Organization (JKTPPO).

The General Manager DIC, the Convener of the Committee, welcomed all members and outlined the agenda of the meeting.

Discussions centered on formulating a comprehensive and effective district export action plan, with a special emphasis on the dairy and walnut sectors. Committee members shared insights, expertise, and recommendations to align the action plan with the objectives of the district.

The Deputy Commissioner underscored the



importance of cooperative efforts and coordination among stakeholders in the export sector. He emphasized the need for synergy among government departments, financial institutions, trade organizations, and exporters to create an enabling environment for promoting exports. The Deputy Commissioner also stressed harnessing the unique resources and capabilities of the district to maximize opportunities in dairy and walnut exports.

In a significant development, the district export plan for dairy and walnut was approved during the meeting. The Deputy Commissioner expressed confidence that this approval would enhance the export potential of Rajouri district, contributing to its economic progress and prosperity.

Meanwhile, the Deputy Commissioner also discussed 59 cases under PMVKSY (Pradhan Mantri Vishwakarma Kaushal Samman Yojana).

Chairperson KVIB chairs bankers review meeting at Jammu

■ HT News Network

JAMMU, JANUARY 12: Chairperson J&K Khadi Village Industries Board, Dr. Hina Shafi Bhat, today convened a review meeting with banks and officers from KVIB, Jammu division.

It was informed in the meeting that a margin money of Rs. 122.84 crore has been released by KVIB for establishment of 5966 units thereby creating employment opportunities for 46558 persons during the current financial year. It was further informed that nearly 40% of the total cases settled during the current financial year are of women entrepreneurs.

Speaking on the occasion, Dr. Hina Shafi Bhat reiterated that the government is committed to provide employment opportunities to aspirant entrepreneurs and unemployed youth to ensure sustainable development in the UT. She added that employment generation programmes viz. PMEGP and JKREGP have been devised to encourage entrepreneurship, empowering individuals to start their businesses and contribute to eco-



nomic diversification.

Dr. Hina Bhat expressed confidence in commitment of the financial institutions in successful implementation of employment generation programmes.

Referring to large number of cases pending at financing banks, she advised bankers to pass on directions to financing bank branches to process the cases as per timelines fixed in the

guidelines. She impressed upon the bankers to give preference to aspirants belonging to women and marginal sections of the society and process their cases on priority.

Chairperson emphasized on the need for improved collaboration among bankers and implementing agencies to ensure that the benefits of employment generation programmes percolate to the target population.

GDC Kunjwani celebrates National Youth Day -2024

■ HT News Network

JAMMU, JANUARY 12: Red Cross Unit of Government Degree College Kunjwani, in collaboration with Jammu & Kashmir AIDS Control Society, Department of Health & Medical Education, today organized Speech Competition on 'Let's Youth lead for awareness of AIDS & Nation Building' to mark the 'National Youth Day'. The theme of National Youth Day 2024 is 'Youth for Digital India'. The event was organized under able guidance and supervision of Dr. Ravender Kumar Tickoo, Principal of the College.

At the outset, Dr. Ravender K Tickoo, Principal of the College made the students aware about the importance of the day and this year's theme.

A large number of students participated in the competition with great zeal and enthusiasm. Insha Malik, Sem.I grabbed the first position; Jatin Kumar, Sem. VI clinched the second prize; Sourav Saini, Sem. IV and Lakshita Singh Chib, Sem. VI won the third prize. Cash prizes of Rs.1000, Rs.800, Rs.500 were awarded to the first, second and third prize winners respectively.

EDITORIAL

Road Safety Week Amidst Soaring Road Accidents

In the wake of a concerning surge in road accidents in Kashmir, particularly in Srinagar, the initiation of a week-long road safety event comes as a timely and crucial response. Recent statistics paint a grim picture, revealing a disturbing rise in accidents, indicating a pressing need for immediate attention and preventive measures.

The significance of this road safety event cannot be overstated. It serves as a collective effort to address the root causes of accidents and enhance public awareness about responsible road behavior. By bringing together local authorities, law enforcement, and the community, this initiative aims to foster a culture of safety on the roads.

The latest data underscores the urgency of such interventions. The increasing number of accidents not only poses a threat to lives but also strains healthcare resources and impacts the overall well-being of the affected individuals and their families. Beyond the human toll, there are economic implications linked to the repair of damaged infrastructure and the subsequent traffic disruptions.

This week-long event is more than symbolic, it symbolizes a commitment to proactive measures. From educational campaigns to increased law enforcement presence, the multifaceted approach intends to create a safer environment for both motorists and pedestrians. Public engagement is paramount, and initiatives like workshops on defensive driving and the dangers of distracted driving can contribute significantly to changing behavior.

As the road safety event unfolds in Srinagar, its success will hinge on sustained efforts beyond this week. The collaboration between authorities and the public is key to cultivating a long-lasting impact. Ultimately, this initiative not only seeks to reduce accidents but also aims to foster a sense of responsibility and mindfulness on the roads, ensuring safer journeys for everyone.

■ Farheen Wani

Harassment in hospitals is a burial case that requires rapid awareness and thorough inspection. Concerning providers and healing environments, hospitals should prioritize the security and well-being of both patients and healthcare specialists. Unfortunately, instances of harassment, be it sexual, verbal, or emotional, have become increasingly predominant in healthcare environments.

One of the primary reasons for harassment in hospitals is the power dynamics within these organizations. Hierarchical structures often develop environments where individuals in positions of administration exert control over others, leading to illustrations of harassment. Moreover, the stress and high-pressure nature of healthcare settings can worsen these power imbalances and contribute to unhealthy work environments. The lack of adequate policies, protocols, and training on staying off and handling harassment further perpetuates this issue.

The impacts of harassment on victims, whether they are patients or healthcare professionals, can be overwhelming. For patients, undergoing any form of harassment during their vulnerable state can lead to feelings of fear, helplessness, and a decline in trust towards healthcare providers. This not only hinders their recovery but also discourages them from seeking the care they desperately need. Similarly, healthcare professionals who face harassment may suffer from emotional distress, anxiety, decreased job satisfaction, and even burnout. This can ultimately compromise patient care, as traumatized and demoralized healthcare workers may struggle to perform their duties effectively.

To combat harassment in hospitals, a comprehensive approach is essential. Firstly, there must be a strong commitment from hospital administration and leadership to prioritize a safe and respectful culture. This includes developing and enforcing strict anti-harassment policies, conducting regular training programs across all levels of the organization, and establishing clear reporting mechanisms for incidents of harassment. It is crucial that victims feel supported and empowered to report such incidents without fear of retribution.

Additionally, fostering an open and inclusive work environment is crucial. Encouraging dialogue and creating spaces for open discussions about harassment can help raise awareness and create a sense of accountability among all staff members. Implementing programs that promote empathy, respect, and diversity can also contribute to a more inclusive and harmonious hospital environment.



Collaboration with external organizations that specialize in addressing harassment can provide hospitals with valuable expertise and resources. Establishing partnerships with legal entities, advocacy groups, and counseling services can ensure that victims receive the necessary support and that perpetrators face appropriate consequences for their actions. These collaborations may also assist in conducting rigorous investigations into reported incidents, offering legal guidance to victims, and implementing long-term preventive measures.

It is worth noting that eradicating harassment from hospitals is a continuous and long-term endeavour. Regular evaluation of the implemented policies, programs, and initiatives is crucial to ensure their effectiveness and identify areas for improvement. By working collectively, hospitals can strive to create safe environments that prioritize the well-being and dignity of all individuals involved in the healthcare process.

In conclusion, addressing harassment in hospitals is of utmost importance to safeguard the physical and emotional well-being of patients and healthcare professionals alike. By understanding the causes and impacts of harassment, implementing robust policies, promoting a culture of respect and inclusivity, and collaborating with external organizations, hospitals can create environments that foster healing, empathy, and safety. This issue must receive continuous attention and efforts to ensure that hospitals are free from harassment and truly embody their role as places of healing and care.

To effectively address and stop harassment in hospitals, directors must take proactive measures to create

a safe and inclusive environment for all employees. Here are some detailed steps they can consider:

- Policy Implementation:** Directors should establish clear and comprehensive anti-harassment policies that explicitly define various forms of harassment, including sexual, verbal, and bullying. These policies should also outline the consequences for violating them.
- Training and Education:** Directors should ensure that all hospital staff, including managers, supervisors, and employees, receive regular training on harassment prevention, awareness, and reporting procedures. This training should emphasize the importance of respectful behaviour and promote a zero-tolerance approach towards harassment.
- Reporting Mechanisms:** Implementing a confidential and accessible reporting system is crucial. Directors should encourage employees to report any incidents of harassment promptly and assure them that their complaints will be taken seriously and investigated impartially. Anonymous reporting options can also be provided to increase employee comfort.
- Investigation and Accountability:** Directors should establish a robust process to investigate reported incidents thoroughly and promptly. They should assign trained personnel to handle investigations objectively, ensuring transparency and confidentiality throughout the process. Appropriate disciplinary actions should be taken against the harassers, including warnings,

retraining, suspension, or termination, based on the severity of their actions.

- Support Systems:** Offer support resources to victims of harassment and those who report such incidents. This could include access to counselling services, employee assistance programs, or legal advice. Directors should prioritize the well-being and safety of employees affected by harassment.
- Cultural Change:** Directors should foster a culture of respect and inclusivity throughout the hospital. This can be achieved by regularly communicating the organization's commitment to preventing harassment, reinforcing zero-tolerance policies, recognizing and rewarding positive behaviour, and promoting diversity and equality in all aspects of the workplace.
- Regular Evaluation and Improvements:** Directors should periodically review and assess the effectiveness of their anti-harassment initiatives. They should solicit feedback from employees, measure complaint resolution times, and track incident statistics to identify areas for improvement and take corrective actions accordingly.

By following these steps, directors can create an environment that discourages harassment, promotes ethical conduct, and ensures the well-being of all employees within the hospital setting.

The author is a journalist and you can reach to her at farheenwani47@gmail.com

WHY CAREER COUNSELLING IS IMPORTANT IN THE WORLD OF ONLINE EDUCATION



■ Vijay GarG

Traditional education has undergone a radical transformation in an era defined by screens and cyberspace. Once a novelty, online education has become a mainstream alternative for learners of all ages. With this shift, the importance of career counseling in the realm of online education has risen to the forefront, guiding students through the digital wilderness toward their professional aspirations.

THE CHANGING EDUCATIONAL LANDSCAPE

Online education has revolutionised the way we learn, breaking down geographical barriers and making education accessible to millions worldwide.

According to recent statistics, the global e-learning market is expected to reach \$336.98 billion by 2026, with a compound annual growth rate of 9.1 percent.

This staggering growth underscores the need for effective career counseling to

guide learners through the myriad of online courses and career options available.

THE UNPRECEDENTED OPPORTUNITIES AND THE CATCH

Online education offers unparalleled opportunities for self-improvement and skill enhancement. Students can choose from various courses spanning diverse fields, from artificial intelligence to music theory.

The flexibility to learn at your own pace, access to global resources, and the absence of geographical constraints make online education a compelling choice. But with great power comes great responsibility.

The wealth of choices in online education can be overwhelming. Students often find themselves at crossroads, uncertain about which courses to take, what skills to acquire, and how to align their learning journey with their career goals. This is where career counselling steps in as a guiding light in the digital wilderness.

THE MULTI-FACETED ROLE OF CAREER COUNSELLORS

Career counsellors in online education are not mere advisors—they are mentors, motivators, and navigators. Here's a glimpse into their multi-faceted roles:

Personalised guidance: Career counsellors work closely with students to understand their individual strengths, interests, and career aspirations. They help students identify suitable courses, majors, and certifications, ensuring their educa-



tional choices align with their goals.

Skill gap analysis: According to a study by the World Economic Forum, half of all employees will require significant reskilling and upskilling by 2025. Career counsellors in online education can help students identify skill gaps, recommend appropriate courses, and ensure that they stay competitive in a rapidly evolving job market.

Job market insights: Staying updated with the ever-evolving job market is challenging. Career counsellors provide students with current market trends, job

prospects, and industry-specific advice, helping them make informed decisions.

Maximising ROI: Let's talk about a different kind of ROI – Return on Investment in Education. The cost of online courses can add up, and without proper guidance, students may invest in courses that don't align with their career aspirations. Career counsellors can help students make informed decisions, ensuring that their investments in education yield tangible benefits in their chosen fields.

Resume building and interview preparation: Crafting a compelling resume and

acing interviews are essential skills for job seekers. Career counsellors offer guidance on resume building, interview techniques, and networking strategies, giving students a competitive edge.

THE FUTURE OF LEARNING

As online education continues to grow, the role of career counseling will become even more significant. The future of learning lies in the fusion of technology and personalised guidance. Machine learning and artificial intelligence algorithms can further enhance the effectiveness of career counseling by analysing vast amounts of data to provide tailored recommendations.

By embracing these technological advancements, career counseling can reach new heights, guiding learners toward fulfilling and successful careers.

CONCLUSION

Career counselling is not just a service; it's a catalyst for change in the online education landscape. Its importance cannot be overstated, as it empowers learners, boosts their confidence, and equips them with the knowledge needed to navigate the complexities of the digital age.

As online education continues to shape the future of learning, career counseling will remain at its forefront, guiding learners toward a world of endless possibilities.

Vijay GarG Retired Principal
Educational columnist malout Punjab

■ [Harsha Kakkar](#)

Writing for The Economist on India's diaspora in June this year, Avantika Chilkoti mentioned that the Indian diaspora is the largest in the world. She wrote, "India's claim to be a democracy steeped in liberal values helps its diaspora integrate more

also has representatives in parliaments of UK, Australia, Canada, EU and the US, including few current and past heads of state. Currently Indians head 25 leading S and P 500 companies. They also hold important portfolios in local national politics. Neera Tandon, Director of US Domestic Policy Council stated, 'you can't

throw a stone in the White House and not hit an Indian-American these days.'

While the diaspora are no longer Indian citizens, many follow Indian customs and traditions. It is not uncommon to witness typical Indian weddings abroad. It is this diaspora which carries Indian soft power across the globe. As Joseph Nye states, 'if

you have people in the diaspora who are successful and create a positive image of the country from which they came, that helps their native country.' The government also works to remain connected and enhance rapport with its diaspora.

The 'Pravasi Bharatiya Divas' which celebrates achievements of the Indian community abroad and connects with the diaspora is held on 9 January every year, coinciding with the return of Mahatma Gandhi to India in 1915. No matter where an Indian makes his home, his connections with his country of origin remain. This is in contrast to most other nations.

The diaspora has occasionally raised its voice for or against decisions of the Indian government, whether it be abrogation of article 370, the farmers' bill or the Citizenship Amendment Act. Indian origin members of parliament have flagged issues concerning India in their political forums as these impact families of their constituents in India.

Thus, whatever happens in India has global ramifications due to the presence of the Indian diaspora. All major Indian political parties have their connectivity with the diaspora hoping for their support in domestic politics. Some political parties have received funding from the diaspora based on their agenda.

The Indian diaspora, apart from projecting India's soft power, also influences Indian politics. A minuscule number of supporters of a utopian Khalistan, residents of different countries with religion as their sole link to India, remain a blot on the country's largely peaceful diaspora. Their demands for splitting the country, joining hands with Pakistan to incite violence, targeting Indian origin Hindus and their places of worship in their countries of residence, solely as vengeance, while funding anti-India activities has gone against the ethos of an otherwise soft powerexpanding diaspora.

They gain confidence when their country of residence turns a blind eye. There have been occasions when activities of these elements have raised diplomatic tensions between India and their nation of residence, but nothing can match the current Indo-Canadian spat. India has, whenever their activities cross a threshold, protested to the concerned country requesting them to curb these illegal activities. While their protests as also failed referendums have had almost no impact on India, it is the violence they generate against other Indians or the nation's diplomatic property which raises hackles in Delhi.

Since the movement for Khalistan poses no local threat, as compared to Islamic groups, the response of their home country is generally lukewarm. In response to Indian requests, countries enhance security for its diplomatic establishments, act against select perpetrators of violence but fail to curb ringleaders, nor are they willing to extradite them, despite India declaring them as terrorists and obtaining Interpol's Red notice.

Intelligence provided by India is either ignored or rejected as being insufficient as evidence. In some cases, the movement is even exploited as a means to gain leverage over India. This was evident when the Indian NSA, Ajit Doval, mentioned to his US counterpart, Jake Sullivan, that India has not acted against Sikhs for justice leader, Gurpatwant Singh Pannun, because it is aware that he is a CIA agent. The Khalistan movement had been ongoing for some time with little to show, but gained global attention after Justin Trudeau accused India of having a hand in the killing of known terrorist Hardeep Singh Nijjar.

Since then, diplomats have been expelled and accusations exchanged between the two nations. India has stopped issuance of visas as the relationship slips downhill. A small group, with no legal sanctity, funded by an inimical Pakistan, has managed to mar the positive image of the Indian diaspora.

This could not have happened in isolation. Nations where such elements reside must understand that the diaspora has a lot to offer and by acting against a few troublemakers, they have much to gain from a growing and powerful India.

The writer is a retired Major-General of the Indian Army



Bouncing Back: 7 Ways to Get Up When You Fall Down

■ [Nuala Walsh](#)

Life is filled with more fist-pumping triumphs than soul-destroying setbacks. Yet it's the latter that disproportionately dominates our minds and our moods.

When you mess up or get something badly wrong, it's hard to get back on the horse. It can feel crushing, especially if the error was caused by your own hand. Whether it's a relationship breakdown, career setback, psychological trauma, or sports defeat, it's important to know how to rebound quickly.

No one appreciates this more than Nelson Mandela, who said, "Do not judge me by my success, judge me by how many times I fell down and got back up again."

The speed with which you bounce back is based not just on the inner voices you tune into but also on the scornful voices you tune out.

Tuning in to the Right Voices

Behavioral science can help with seven simple strategies and some advice from those who have bounced back.

1. Acknowledge Your Embarrassment

The only way to deal with feelings is to actually feel them. Acknowledging and processing embarrassment or disappointment is a crucial step in boosting well-being. We tend to catastrophize events when we can't see how the future will unfold—it's the uncertainty effect. "What do I do now?" What doesn't help is social media which amplifies and

sensationalises error. Or when others seem to relish our mistakes!

Adding further to our agony is the delusion that others are watching us. It's the spotlight effect. "What will colleagues or neighbors think?" Of course, others are so busy self-obsessing that they don't care—and even fewer have noticed. Our anxiety is often less about coping with our disappointment than coping with the compounding factor of what we think others think. We get stuck in our own spotlight misery.

2. Gain Relative Perspective

The most obvious response is to try to gain immediate perspective and reduce the perceived consequentiality of the error. I find it helpful to look at more high-consequence impact and ask three things: (i) Will you struggle to eat? (ii) Will you lose your bed? (iii) Has this damaged lives? If the answer is most likely "No" to any of these questions, then the issue may not be quite so dramatic. Note the echo of Maslow's survival needs. Compare yourself to those who lose loved ones, face terminal illnesses, have missing children, and struggle to pay bills or feed families. It's the contrast effect that minimizes potential overreaction to what is usually a minor event, albeit one that feels disproportionately large in the moment.

3. Adopt a Positive Mindset

Businesses adapt after a setback or market shift which often signifies a turning point. Equally, individuals can regard change as an opportunity



for new beginnings. "Change is the law of life. And those who look only to the past or present are certain to miss the future," opined John F. Kennedy. Winners appreciate that time lost in self-recrimination means squandered money, reputation, and opportunity. They know a positive mindset increases the probability of achieving the desired result. Stephen Spielberg was rejected three times from the University of Southern California film school. Similarly, JK Rowling was rejected 15 times by publishers. What voices did they entertain? Self-belief is the essence of getting back up.

4. Forgive Yourself

Some disappointment, self-loathing, and self-lashing is inevitable—at least temporarily. It doesn't feel much better if others are responsible and you've been fired, ghosted, or dumped. The response is different—rejection and ridicule—

but no less intense or debilitating. Part of a positive mindset involves self-compassion and forgiving yourself. Aspiring comedians and actors suffer rejection and humiliation all the time. Just as you would to a friend, treating yourself with kindness improves resilience. Accept that you're doing the best you can. For some, self-esteem can be strengthened through meditation and mindfulness. Others prefer collective optimism. Massachusetts citizens gained solidarity after the 2013 marathon bombings with the unifying phrase "Boston Strong." There is no universal panacea.

5. When It's Gone, Move On

When Novak Djokovic won the French Open and became the highest-achieving male tennis player, he shared his winning formula that is as useful on as off the court. He urged us to "live in the present, forget the past as the future will just happen."

When he misses a tie-breaker, game, or match point, the moment is gone. There's no time for negative narratives, dwelling on mistakes and what should have been. Psychological distance is immediately placed between the error and the next move. The mind is at the baseline, preparing to receive the next opportunity.

Iconic tennis player McEnroe understands the danger of an all-consuming win/lose mentality: "Measure your success by how much you evolve, not necessarily how much you win." The ability to compartmentalize loss reduces severe side effects.

6. Reflect, Relearn, and Reset

Companies conduct post-mortems to identify sources of error and prevent similar mistakes. It's a crucial step toward growth and recovery. "Failure is the opportunity to begin again more intelligently," said Henry Ford. Otto von Bismarck agreed, espousing that only a fool learns from his own mistakes. In the 1990s, Apple faced bankruptcy until Steve Jobs strategically narrowed its products to the iMac, iPod, iPhone, and MacBook. The rest is history. Similarly, Netflix started as a DVD rental-by-mail service and leaders faced a crisis as the market declined; they transitioned into a streaming service. Individuals can learn from this in any situation and redefine the meaning of success.

Resetting goals is a powerful way to refocus energy and motivation. "The secret to change is to focus all of your energy not on fighting the old,

but on building the new," said Socrates.

7. Recalibrate Expectations

Mistakes hurt as we worry about social, political, religious, and career repercussions. When we're preoccupied with smashing the competition, winning a medal, or securing a promotion, excessive tunnel vision sets in. You need a pressure valve or method of release to regulate anxiety in these scenarios. Wharton professor Adam Grant advocates a "challenge network" to provide a buffer zone that insulates against poor decisions.

Losing face is an inevitable part of life, whether in business, sports, or relationships. It's how you respond to challenges that define your character and success. Avoid those who seem to enjoy your dilemma. It can be tough to reach out to empathetic others for guidance. Oprah Winfrey got it right when she said, "Surround yourself with those who only lift you higher." It's too easy to criticize and condemn, usually serving the critic more than the criticized.

Armed with these behavioral strategies, you can reframe losses more easily as opportunities for growth—and in time, even stories to tell others. This is merely a stepping stone toward a better, smarter, and more robust you.

Nuala Walsh is a behavioral scientist and the CEO of MindEquity, with multiple Advisory Board roles in business, sport, and non-profit organizations

DC Bandipora visits PHULWARI- Cradle Baby Reception Center & PALASH- Child Care Institute for girls at Sonerwani

Undertakes firsthand appraisal of overall well being of inmates

■ HT News Network

BANDIPORA, JANUARY 12: In order to assess facilities and services offered in various institutions of the district, the Deputy Commissioner (DC) Bandipora, Shakeel Ur Rehman, today undertook a comprehensive visit to several institutions including PHULWARI - Cradle Baby Reception Centre and PALASH - Child Care Institute for girls at Sonerwani Bandipora to have firsthand appraisal of overall well being of inmates.

At PHULWARI, the DC interacted with the staff and observed the facilities set up for abandoned infants. He commended the staff for their dedication in providing crucial care for these vulnerable children and emphasized the importance of maintaining a child-friendly environment.

The DC subsequently proceeded to PALASH, the Child Care Institute for girls, where he engaged with the inmates and assessed their living conditions, educational opportunities, and overall well-being. He assured the girls of the administration's commitment to their safety and holistic development.

The DC interacted with the staff and observed the facilities set up for abandoned infants. He commended the staff for their dedica-



tion in providing crucial care for these vulnerable children and emphasized the importance of maintaining a child-friendly environment.

Speaking during the visits, Shakeel Ur Rehman stated that these institutions play a vital role in supporting individuals facing challeng-

ing circumstances. He said that it is our responsibility to ensure that they receive the necessary care, protection, and opportunities to thrive.

The DC was accompanied by ADC Umar Shafi Pandit, DSWO Hidayatullah Mir, and other officials of DCPU Bandipora.

DC Bandipora participates in VBSY on eve of National Youth Day-2024

BANDIPORA, JANUARY 12: The Deputy Commissioner (DC) Bandipora, Shakeel Ur Rehman Rather along with other senior officers, actively participated in the Viksit Bharat Sankalp Yatra (VBSY) on the eve of National Youth Day 2024.

VBSY, a nationwide initiative, spearheaded by the Prime Minister, aims to transform rural India through collective action and the active participation of young people. The Information Education and Communication (IEC) Van displayed a live speech by the PM wherein he stated that National Youth Day 2024 is celebrated on January 12th to honour the birth-day of Swami Vivekananda, one of greatest spiritual and social leaders of India. He said that the day is dedicated to inspiring young minds, promoting education, and encouraging community service.

The VBSY serves as a platform to raise awareness about various government schemes and programs focused on rural development, youth entrepreneurship,

Arrangements for Republic Day, 2024 celebrations reviewed at Anantnag

■ HT News Network

ANANTNAG, JANUARY 12: The Deputy Commissioner (DC) Anantnag, SF Hamid today convened a comprehensive review meeting at Dak Bungalow Khanabal, here to ensure seamless arrangements for the upcoming Republic Day celebrations in the district.

During the meeting, various aspects of the event were discussed to guarantee a successful and memorable celebration.

At the outset, the DC said the Republic day marks an important day in the history of our country. He said that as per tradition, celebrations must be held with zeal and enthusiasm. He directed the officers and agencies for making better coordination among themselves besides putting all requisite arrangements in place to make the National event a grand success.

The meeting discussed timing and schedule, security, sanitation and cleanliness, seating arrangements, medical facilities, power and water supply, illumination and decoration of the main venue, deployment of fire tenders, transportation facilities, invitations, stage



management and PA system installation, prize distribution besides other arrangements were reviewed for the ensuing national event.

Concerned officers were directed to do their assigned jobs meticulously for ensuring smooth Republic Day celebration.

The meeting was informed that the main function shall be held at Government Degree College (Boys), Khanabal where the National Flag will be unfurled by the Chief Guest followed by parade by contingents from

JK Police and other Security Forces. Further, colourful cultural programmes based on patriotism and nationalism, folk etc would also be presented.

The celebrations will also be held at the Subdivision and Tehsil levels. The respective SDMs and Tehsildars were directed to ensure the function becomes a success.

The DC urged everyone to be united and diligently to make the event a grand success and a source of pride for the national event.

DC Baramulla reviews progress of JJM

■ HT News Network

BARAMULLA, JANUARY 12: The Deputy Commissioner (DC) Baramulla today chaired a meeting to review the ongoing progress of the Jal Jeevan Mission (JJM) in the district.

Emphasizing the mission's significance in ensuring water accessibility, the DC directed the concerned engineers and officers to intensify efforts to meet the established targets.

During the meeting, it was informed that an impressive 82% of the mission's target has been achieved so far, showcasing the dedicated work of the involved stakeholders. The DC commended the commitment of the team and stressed the importance of achieving the mission's goals for the welfare of the community.

Expressing confidence in achieving further milestones, the DC urged sustained cooperation among all stakeholders. The mission's success is seen as pivotal in realizing the broader goal of transforming lives through improved water access.

Sherpa emphasized the importance of continued dedication and teamwork to ensure the successful implementation of the JJM in the district. Superintending Engineer Jal Shakti Department, Executive Engineers, and other concerned officers were present in the meeting.

DC Budgam visits under-construction School at Rakhi Arth, Bemina

■ HT News Network

BUDGAM, JANUARY 12: The Deputy Commissioner (DC), Budgam, Akshay Labroo today visited the under-construction School Building at Rakhi Arth Bemina.

The DC took stock of progress of ongoing work including painting, windows and door fittings and other related works.

He directed concerned to ensure completion of all pending works including sanitary works for washroom facility very shortly without fail.

DC said that the school shall normally function from the coming session to ensure smooth imparting of education to local students of Rakhi Arth.

Speaking on the occasion, the DC said that the district administration is committed to complete and dedicate infrastructure projects which were pending for a long time in the district.

He said in the last few months various such projects of the Health and Education departments were completed and dedicated to the general public.

DC maintained that the School at Rakhi Arth Bemina is also one such project which has been stuck and pending for some time now due to various bottlenecks, and shall be completed soon and dedicated to the public very shortly. During the visit, the DC also met various public deputations who raised their demands with the DC. DC gave them patient hearing and assured all their genuine demands shall be addressed on priority.

Among others, CPO Fayaz Ahmad, CEO Humma Mir, SE R&B, Tehsildar and other concerned were also present on the occasion. During the visit, the DC also met various public deputations who raised their demands with the DC. DC gave them patient hearing and assured all their genuine demands shall be addressed on priority. Among others, CPO Fayaz Ahmad, CEO Humma Mir, SE R&B, Tehsildar and other concerned were also present on the occasion.

DC Budgam takes stock of facilities at Craft Tourism Village Kanihama

■ HT News Network

BUDGAM, JANUARY 12: The Deputy Commissioner (DC), Budgam, Akshay Labroo today visited Craft Tourism Village, Kanihama to take stock of facilities for artisans as well as visiting tourists.

On the occasion, the DC witnessed live demonstration of Kani Shawl making and interacted with local artisans.

He inspected various facilities and reviewed the functioning of the Common Service Facility and other units at the Craft village.

The DC also took stock of improvement and upgradation works under execution, stressing on its speedy completion.

He instructed concerned to carry out improvement works at the earliest.

He directed concerned to



ensure all facilities are in place and smooth functioning of library, cafeteria and other facilities for both artisans as well as tourists.

DC emphasised on installation of signages, creative works, availability of background history of Kashmir crafts particularly Kani Shawl weaving for easy understanding of visiting tourists.

Among others, CPO Budgam, Fayaz Ahmad, Officers from Textiles, AD Handicrafts, XEN KPDC, BDO and other concerned were also present on the occasion. DC emphasised on installation of signages, creative works, availability of background history of Kashmir crafts particularly Kani Shawl weaving for easy understanding of visiting tourists.

DC Kulgam reviews functioning of Revenue department

■ Farooq Rather

KULGAM, JANUARY 12: The Deputy Commissioner (DC) Kulgam, Athar Aamir Khan today chaired a meeting of officers to review the functioning of the Revenue Department.

During the meeting, threadbare discussion was held on various revenue matters and progress made in removal of encroachments, status of updation of revenue records, disposal of complaints, establishment of record room and other revenue related matters were discussed and reviewed.

At the outset, ACR through a PowerPoint presentation briefed the chair about the number of revenue offices functioning in the district and staff positions in the department.

He also informed the chair that scanning and digitization progress of jamabandis have been completed in the district.

It was also informed that 9737 Kanals of state land and 16252 kanals



of encroached Kahcharai land were retrieved.

The chair was also informed that under the SVAMITVA scheme a Drone survey was conducted and completed.

Sub Registrar/SDM Noorabad informed the chair that 1048 registrations were done during the year 2023 and revenue of 3.80 crore was realized

from these registration deeds.

The DC impressed upon the revenue officers to focus on quality disposal of grievances. He also instructed Tehsildars to expedite the certification process of digitization.

During the meeting, the DC instructed to ensure quality and speedy disposal of revenue court cases.

DC conducts extensive tour of Kulgam Town

■ Farooq Rather

KULGAM, JANUARY 12: The Deputy

Commissioner (DC) Kulgam, Athar Aamir Khan today conducted an extensive tour of Kulgam town.

The tour encompassed areas including the main market, Ziyarat Market area, Bus Stand Laroo, Chawalgam, Clock tower and other locations where the DC assessed the status of basic amenities and interacted with

people. During the visit the DC also engaged with local residents to gather feedback, understand concerns and reinforce collaborative efforts towards beautification of the town and to provide hassle free services to the people. He also visited the Shrine of Mir Syed Ali Hussain Simnani RA at Kulgam.

Jammu girl Nandita Jamwal represents J&K at Bhartiya Chhatra Sansad in Pune

■ HT News Network

Jammu, Jan 12 (UNI) A prominent student leader from Jammu, Nandita Jamwal has represented Jammu and Kashmir at the Bhartiya Chhatra Sansad 2024 in Pune.

During her participation, she expressed her views on the urgent need to reform the political system and highlighted the crucial role of youth in shaping the future of India.

Nandita, as per the reports reaching here, emphasized the significance of active youth participation in politics, particularly at the grassroots level.

She firmly believes that involving young individuals in politics from an early stage is essential for creating a better future for our nation.

"By engaging in grassroots politics, the youth can contribute to bringing about positive changes and addressing the challenges faced by our society," she presented.

During her speech, Nandita stressed the importance of empowering the youth to voice their opinions and actively participate in decision-making processes.

She highlighted the need for inclusive policies that consider the perspectives and aspirations of young people, as they are the



driving force behind the progress and development of any nation.

Nandita's representation at the Bhartiya Chhatra Sansad 2024 showcased her dedication to advocating for political reform and youth involvement in politics.

Her articulate views and passionate stance on these issues have garnered attention and admiration from fellow participants and observers alike.

"As a young leader, Nandita Jamwal's presence at the event serves as an inspiration for other aspiring youth leaders to actively engage in politics and work towards a brighter future for India," said a participant.

National Youth Day: Anantnag hosts MyBharat-Viksit Bharat@2047 - 'By the Youth, For the Youth' Conclave

■ Farooq Rather

ANANTNAG, JANUARY 12: The Deputy Commissioner (DC) Anantnag, SF Hamid today attended the MyBharat-Viksit Bharat@2047 - 'By the Youth for the Youth' Conclave on National Youth Day hosted at Ravjee Memorial Higher Secondary School Khanabal Anantnag.

The event marks a significant stride towards empowering the youth and aligns with the broader theme of 'MyBharat-Viksit Bharat@2047' - 'By the Youth, For the Youth'.

On the occasion, the live message of Hon'ble Prime Minister was played through the IEC Vans of VBSY. The Viksit Bharat Sampark Yatra (VBSY) exemplifies the commitment to youth development and progress. As the VBSY continues in District Anantnag, it resonates with the spirit of national unity and showcases the cultural richness of our diverse heritage.

SF Hamid, in his inaugural address, emphasized the vital role of the youth in realizing the vision of a developed and empowered Bharat.

Addressing the gathering, DC emphasized the Prime Minister's vision behind VBSY, which focuses on widespread awareness, reaching the unreached, facilitating the utilization of government welfare schemes, and Saturation of Schemes. The yatra has played a pivotal role in fostering development, promoting engagement with government schemes, and achieving saturation under citizen-centric programs. DC also administered the "Hamara Sankalp Viksit Bharat" pledge to officials, PRI members, students, and citizens. Cultural programs and quizzes were presented by local school students to sensitize the population about the objectives of VBSY.

Secretary Health chairs public darbar at Shopian; Emphasizes timely disposal of public issues

■ HT News Network

SHOPIAN, JANUARY 12: Secretary, Health and Medical Education, Dr. Syed Abid Rasheed Shah, today chaired a public darbar at Shopian held under UT government's public outreach program, to assess public grievances and demands.

Delegations including members of District Development and Block Development Councils, Councillors of Municipal Corporation, fruit growers, traders, tribal leaders, activists, civil society members, youth besides locals projected various welfare and development issues and demands of their respective areas.

These delegations raised various issues which inter alia included establishment of Press Club, augmentation of hostel and accommodation facilities at GDC Shopian, adequate supply of water, revision of Master Plan of Shopian Town, development of Municipal Park at Shopian, augmentation of power transmission and distribution system, promotion of Tourism spots including scenic and cultural sites on Mughal road, speedy completion of Indoor Stadium, playfields, construction of Mughal road tunnel, establishment of Maternity Hospital, filling of vacant posts at DH and other centres, better equipment and accommodation at DH Shopian, establishment of GMC or Nursing College, drug de-addiction and rehabilitation services, upgradation of NTPHC Ramnagri and other issues.

Locals, on the occasion, thanked the administration for installing the CT Scan at DH. The youth representatives appreciated the ambitious outreach program where people come together to interact with senior officers and deliberate on welfare and development concerns.

Responding to public issues, Secretary directed the concerned to vigorously follow up public grievances and other issues for redressal at the earliest. He sought timely



resolution of all public welfare issues including those requiring inter-departmental coordination.

Secretary asked the Director Health and CMO Shopian to address the healthcare related public issues and make adequate provision of staff across the health centres of the district. Deputy Commissioner, Shopian, Faz Lul Has-eeb, apprised the Secretary of the measures being taken up by the district administration for public welfare and development.

Director Health, Dr. Mushtaq Ahmad, SSP, Tanushree,

ADDC, Dr. Nasir Ahmad Lone, ADC, Dr. Zakir Hussain Faaz besides other district and sectoral officers were present on the occasion. Secretary asked the Director Health and CMO Shopian to address the healthcare related public issues and make adequate provision of staff across the health centres of the district. Deputy Commissioner, Shopian, Faz Lul Haseeb, apprised the Secretary of the measures being taken up by the district administration for public welfare and development. Director Health, Dr. Mushtaq Ahmad, SSP, Tanushree, ADC, Dr. Nasir Ahmad Lone.

Kathua: Sellers face Rs 3.39 lakh penalty for peddling misbranded and substandard items

■ HT News Network

KATHUA, JANUARY 12: Additional District Magistrate (ADM), Kathua Ranjeet Singh, acting as the Adjudicating Officer, imposed Rs 3.39 lakh fine on various Food Business Operators (FBOs), including manufacturers, wholesale dealers and retailers for different violations. The action was taken following complaint cases and investigations into violations of the Food Safety and Standards Act-2006.

During the proceedings related to cases across different blocks of the Kathua district, the fines were levied on traders found guilty of selling misbranded and substandard items, contravening established regulations.

ADM Ranjeet Singh issued a stern warning to the implicated FBOs, emphasizing the imperative to comply with legal regulations. Non-compliance with the Food Safety and Standards Act and its rules by FBOs in the district will face more stringent consequences in the future.

It is noteworthy that the Adjudicating Officer, under the FSS Act-2006, has directed the concerned enforcement agencies to take stringent action against violators. This proactive approach aims to ensure that consumers are provided with wholesome and safe food, reinforcing the commitment to food safety standards within the district.

GGHSS Reasi marks Lohri Festival with Cultural Extravaganza and environment preservation Drive

■ HT News Network

REASI, JANUARY 12: Government Girls High Secondary School Reasi resonated with joyous festivities as the school celebrated the vibrant and culturally rich festival of Lohri. The event, organized with enthusiasm and zeal, was graced by the presence of the District Development Commissioner Reasi Vishesh Mahajan, who presided as the chief guest. The event was not only a celebration of cultural heritage but also marked a significant step towards environmental responsibility with the Theme "Say No To Polythene".

The Lohri celebration at Government Girls High Secondary School was a testament to the school's commitment to embracing and promoting cultural diversity among its students and staff. The festive atmosphere was further elevated by a cultural program that showcased the essence of Lohri through various performances.

Secretary Health conducts surprise inspection of DH Shopian

■ HT News Network

SHOPIAN, JANUARY 12: Secretary, Health & Medical Education, Dr. Syed Abid Rasheed Shah, today conducted a surprise inspection of District Hospital, Shopian, to assess the healthcare facilities being provided there to the ailing besides reviewing functioning of the institute. Secretary visited different wards, Operation Theatre, Diagnostic Units and OPDs of the hospital and interacted with patients and attendants. He sought their feedback on the quality of services and healthcare facilities being provided at the hospital. While interacting with medical and paramedical staff, he called upon them to provide enhanced healthcare services and facilities to the people visiting the hospital with kindness and compassion. Dr. Abid Rasheed emphasized that the health sector is one of the topmost priorities of the government and numerous innovative measures are being taken up to provide.

Div Com chairs 16th Board meeting of Jammu Smart City Limited Reviews progress on major projects



■ HT News Network

JAMMU, JANUARY 12: Divisional Commissioner Jammu and Chairman Board of Directors, Jammu Smart City Limited, Ramesh Kumar today chaired the 16th Board meeting of JSCL here at JSCL office.

During the Board meeting, Rahul Yadav, CEO, JSCL presented the Agenda items before the Board for discussion, ratification and approval.

The Div Com reviewed the progress made under the Tawi Riverfront Development Project and direct-

ed the concerned officials to resolve inter departmental issues for early completion of the project. He further desired to hold a detailed review meeting on the progress made under the said project.

The Div Com directed the concerned officials to hold regular meetings of all stakeholders to monitor the progress and expedite removal of bottlenecks, if any. The Board also discussed the sustainability, maintenance and regulation of projects completed under Smart City Mission such as Integrated Command Control Centre, Integrated Traffic Management

System, eBuses. Reviewing implementation of different components, the Div Com inquired about the functioning of smart classes in the Schools built under Jammu Smart City Limited. The progress made under other JSCL projects like Heritage Trail from Mubarak Mandi Complex to Raghu-nath Nazam was also reviewed.

The meeting was attended by ADC Jammu, VC JDA, Director, Archives, Archaeology and Museum, SSP Traffic Jammu, officials from JSCL, PWD, Tourism, Education, Irrigation and Flood Control and concerned departments.

BJP believes in 'Nation First', INDI Alliance in 'Self First': Rana

■ HT News Network

JAMMU JANUARY 12- Senior BJP leader Mr Devender Singh Rana today described INDI Alliance as an amalgam of self seekers and opportunists coming together for their inherent hate for Prime Minister Narendra Modi, who has become synonymous to vibrant India and emerged as a global leader.

"The fundamental difference between the BJP and INDI Alliance is that the former believes in the 'Nation First', party second and self-last while the latter believes in self-first, family second, party third and the Nation last", Mr Rana said while interacting with the media at the side-lines of the weekly public hearing at the party headquarters at Trikuta Nagar here this afternoon accompanied by Parmesh Mahajan, Incharge BJP Training Cell, Shalinder Vaid Mr. Shalinder Vaid, BJP Additional Protocol Secretary, and Danish Mishra, Vice President, BJP Yuva Morcha, Mr Devender Rana said the track record of the BJP since its inception as



Jana Sangh, especially during the past nearly ten years, stands testimony to its pledge of 'Nation First', as the party has placed national interest at the forefront in an era where ideologies and priorities differ. The pledge 'Nation First' is an intent and commitment to the inclusive growth of the society as per cherished objective of Sabka Saath, Sabka Vikas, Sabka Vishwas, Sabka Prayas besides progress of all, regardless of caste, creed or region. The Prime Minister has translated this vision as reality on ground, which is why India is seen as a vibrant country across the world, he said, adding that every Indian feels a sense of pride across the continents for the stature the nation has achieved in the comity of nations. Mr Rana said the

philosophy of 'Nation First' is a guiding principle for national security and social harmony, which is an eyegore for those who have been struggling to show some semblance of relevance in national politics. But for the lust of power, the INDI Alliance has nothing in common. To achieve their sinister political objectives, the alliance of opportunists have not even been hesitating in compromising with the honour and pride of the nation, he added.

Mr Devender Rana referred to the path-breaking initiatives taken under the visionary leadership of Yashasvi Narendra Modi during the past ten years, saying the focus has been on building a resilient nation that can overcome obstacles and emerge stronger.

ACS Home convenes public grievances redress camp at Bishnah

■ HT News Network

JAMMU, JANUARY 12: Additional Chief Secretary (ACS) Home, RK Goyal, today convened a public grievances redressal camp at Bishnah.

Vice Chairperson, District Development Council, Suraj Singh and DDC member, Davinder Kumar and locals attended the camp.

The participants projected their grievances and demands concerning development of their respective areas while seeking an early redressal of the same. The issues and concerns projected during the camp inter alia included infrastructure development of local degree college, streamlining of ration card issuance and MGNREGA working and payments, desilting and maintenance of irrigation canals, development of Bishnah Bus Stand besides matters related to Revenue department.

ACS asked the concerned officers to initiate remedial



measures to alleviate public inconvenience on account of lack of proper basic services. He emphasised strict adherence to timelines while executing various welfare and development programmes of the government. He issued on the spot instructions to the concerned officers to deeply examine the issues raised during the camp ensuring prompt redressal. He also asked them to conduct regular visits to the construction sites of development projects for effective monitoring.

Goyal had a constructive discussion on pervasive

issue of drug menace, exploring strategies to curb its impact and identifying hot spots for targeted intervention.

Others present on the occasion included Deputy Commissioner, Sachin Kumar Vaishya, SSP Dr. Vinod Kumar, Chief Planning Officer Uttam Singh and Sub Divisional Magistrate, Jammu South, Atul Dutt Sharma. Others present on the occasion included Deputy Commissioner, Sachin Kumar Vaishya, SSP Dr. Vinod Kumar, Chief Planning Officer Uttam Singh and Sub Divisional Magistrate, Jammu South, Atul Dutt Sharma.

DC Rajouri inspects ongoing projects of PWD(R&B) in Nowshera Sub division

■ HT News Network

RAJOURI, JANUARY 12: Deputy Commissioner Rajouri, Om Prakash Bhagat conducted a comprehensive inspection of the ongoing developmental projects of the Public Works Department in Nowshera subdivision, today.

Inspecting the 100-bedded Mother Child Care Hospital in Lamberi, strategically positioned on NH144A, he was informed that the project is coming up at a cost of Rs 37.55 crores with three floors. The facility slated to complete by January 2026, would cater to the critical Maternal & Child Health needs of residents of Rajouri and Poonch.

Emphasizing the importance of maintaining high construction standards, Deputy Commissioner Om Prakash Bhagat directed the concerned officers to aim for early completion. He also visited the pro-



posed site for the doctor's quarter and highlighted the commitment of the Government to improving healthcare access in remote areas.

Envisioning the MCH Hospital in Lamberi as a cornerstone for Maternal & Child Health services, the Deputy Commissioner stressed its role in providing comprehensive care for normal and high-risk preg-

nancies, as well as facility-based care for newborns. This initiative reflects the unwavering dedication of the Government to the well-being of the region's residents. Once operational, the Mother Child Care Hospital in Lamberi will serve as a crucial healthcare hub, enhancing the quality of life for people in Rajouri and Poonch. Furthermore,

the hospital's strategic location on the Jammu Poonch highway holds significance, improving connectivity and emergency response capabilities in the region. Later, Deputy Commissioner Om Prakash Bhagat also inspected the remodeling of HSS Lamberi, costing Rs 7.9 crores and scheduled for completion in September 2024, along with the Farmers Training Institute building in Lamberi, estimated at Rs 7 crores and set to be completed by June 2024. The Deputy Commissioner directed the officers to work with an added zeal to ensure that the projects are completed well before the set deadlines so that necessary benefits are provided to the public with the completion of work on the projects. Accompanying the Deputy Commissioner were officers, including Executive Engineer PWD(R&B) Nowshera, VK Raina, AE Hitesh Sharma, and others from the Public Works Department.

Viksit Bharat Sankalp Yatra, Dr Rashmi Singh holds interactive session with youth, women groups

■ HT News Network

BARAMULLA, JANUARY 12: Celebrating National Youth Day, Commissioner Secretary, Hospitality & Protocols, Dr. Rashmi Singh, today had an exclusive interactive session with youth and women groups at Tangmarg, Baramulla under "Viksit Bharat Sankalp Yatra". Director Hospitality and Protocol, Tariq Hussain Ganai and other officers of District Administration were present. The session aimed at fostering

dialogue and sharing innovative ideas, aligning with the collective vision of "Viksit Bharat by 2047". Acknowledging the vital role of youth in shaping nation's future, Dr. Singh engaged in insightful discussions, encouraging exchange of ideas. She laid emphasis on channeling the energy and creativity of youth towards the overarching goal of national development. The Commissioner Secretary expressed optimism about the collaborative efforts, stating, "National Youth Day serves as



a platform to harness the potential of our youth. Their ideas and enthusiasm are crucial in

realizing the vision of a developed India by 2047, she added. During the event, which witnessed active participation from various youth and women groups, elaborate discussion was held on education, entrepreneurship, social development and other vital issues. "As India aims for a 'Viksit Bharat by 2047', such interactions play a pivotal role in shaping policies and initiatives that resonate with the aspirations of the youth, Dr. Rashmi Singh maintained. She reiterated the government's commitment

towards providing opportunities and support to youth enabling them contribute significantly to nation's progress. The event concluded on a positive note, with participants expressing gratitude for the platform provided to voice their ideas. Earlier, the Commissioner Secretary inspected stalls installed by different government departments set up with vital information about different government sponsored schemes for the general public.

Saurabh Bhagat holds public darbar at Baramulla; Assesses public issues, development works

■ HT News Network

BARAMULLA, JANUARY 12: Commissioner Secretary, Science and Technology Department, Saurabh Bhagat, today presided over a public darbar at Baramulla to take stock of issues and concerns of locals besides assessing development scenario in the district. Deputy Commissioner Baramulla, Minga Sherpa, was also present on the occasion. During the interactive session, the people raised various issues including macadamization of roads, completion of Mazbug bridge, beautification of river banks, upgradation of NTPHC at Bagh Islam Baramulla and installation of solar panels in various schools of far-flung areas of the district. Commissioner Secretary expressed his



commitment towards addressing the concerns raised by the public during the event. He stated that, "the public darbar serves as a direct channel for us to understand

the needs of the community. We are dedicated to work collaboratively towards enhancing infrastructure and services in the district".

Deputy Commissioner emphasized the significance of such forums in satiating the development aspirations of common masses. The open dialogue during the Public Darbar is instrumental in formulating action plans that truly reflect the needs of the people, he added. Commissioner Secretary assured the participants that the administration would work earnestly towards ensuring tangible solutions that contribute towards overall progress and well-being of the community. Additional Deputy Commissioner, Dr Zahoor Ahmad Raina, Chief Planning Officer, Javid Ahmad, Assistant Commissioner Revenue, Peerzada Mumtaz Ahmad and other district officers besides huge gathering of general public participated in public darbar.

National Youth Day, 2024 celebrated at SKC GDC, Poonch.

■ Sharaz Ah Mir



Poonch 12 January//Every year on 12th January, International Youth Day is celebrated. In this connection, NSS Units of Shri Krishan Chander Government Degree College Poonch in collaboration with Nehru Yuva Kendra Poonch celebrated National Youth Day with great enthusiasm. District Development Council Chairperson Mrs Tazeem Akhter was present as the chief guest. She blessed the youth with encouraging words. The guests were formally welcomed by NSS Programme Officer Dr. Khalil Ahmed Reshi. Prof. Waseem Akram, HoD Computer Sciences, gave a lecture to the youth on Viksit Bharat through PPT. Prof. Shamim Bandy, Professor of Zoology gave a motivational and encouraging speech on this occasion. This programme consisted of two parts. In the first part, Government Girls Higher Secondary School Sheesh Mahal presented a Cultural item. The second item was presented by the students of SKC Govt. Degree College Poonch. Mohd Rizwan, student of

NYK, Women College Parade celebrate National Youth Day

■ HT News Network

JAMMU, JANUARY 12: In commemoration of the Birth Anniversary of Swami Vivekananda - The Icon and Ideal for the Youth of India, National Youth Day was celebrated by Nehru Yuva Kendra Jammu under the Ministry of Youth Affairs and Sports at GCW Parade ground Jammu. More than 200 students, NYK volunteers, youth club members and volunteers of District Youth Service and sports took part.

Member Parliament Lok Sabha (Jammu - Poonch), Jugul Kishore Sharma was the Chief Guest, while Dr S P Saraswat, Principal, GCW Parade presided over the event.

Member Parliament Jugul Kishore Sharma, in his address appraised about the teachings and preaching of Saint Swami Vivekananda ji and also highlighted the importance of National Youth Day. He said that Swami Vivekananda Ji appealed to the youth to develop the nation just as the Prime Minister Narendra Modi Ji is working to achieve Viksit Bharat by 2047. He also flagged off the Road Safety Week Campaign led by Nehru Yuva Kendra Sangathan. The live screening of the Prime Minister's address to the nation during the National Youth Festival at Nashik Maharashtra was viewed by all the participants and MP.

National Youth Day celebrated with verve in Rajouri

■ HT News Network

RAJOURI, JANUARY 12: In commemoration of the Birth Anniversary of Swami Vivekananda - The Icon and Ideal for the Youth of India, National Youth Day was celebrated across the Nation. In district Rajouri, the event was organised by Nehru Yuva Kendra Rajouri under the Ministry of Youth Affairs and Sports at Dak Bungalow Rajouri. Pawan Kumar Parihar, ADDC was the Chief Guest of the event.

The ADDC, in his address, shed light on the teachings and preaching of Saint Swami Vivekananda Ji and the importance of National Youth Day. He said that Swami Vivekananda Ji wanted the youth to contribute towards nation building, the way the government is striving for a Viksit Bharat by 2047.

A series of Insightful Sessions including Expert Resource Sessions and Cultural Programs were held as part of this program. Hundreds of youth participants were enthralled by the cultural presentations during the event.

76 Battalion: CRPF organises free health camp for civilians at Village- Raipur

■ HT News Network

JAMMU, JANUARY 12: Continuing its endeavour towards Wellness of Civilians, 76 Battalion CRPF, in collaboration with J&K Health Department, organized a free medical camp under Civic Action Programme today at Village- Raipur, Near Bantalab, Jammu.

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 with free healthcare and spread awareness about the common health issues and their prevention. Two Medical Officers, Dr S Sowmiya from 76 Battalion, CRPF and Dr Kavita Bhat and Dr Priyanka conducted free medical check-ups of around 320 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 remain fit by doing physical exercises regularly and sensitized them to maintain a healthy lifestyle & hygiene. Besides, he also elaborated the role of the CRPF in maintaining cordial relationship between locals & force.

Mahendra Singh 21C, Rajesh Kumar Yadav 21C, Karnail Singh Dy. Comdt., Debu Dhakarwal, Asstt. Comdt. of 76 Bn CRPF also participated in the camp.

The initiative drew positive response and was received well by the locals with the urge that CRPF to organize such camps in the future also. T.H. Khan, Commandant-76 Bn inaugurated the Civic Action programme and appealed to all people of the area to remain fit by doing physical exercises regularly and sensitized them to maintain a healthy lifestyle & hygiene. Besides, he also elaborated the role of the CRPF in maintaining cordial relationship between locals & force.

DC Kathua finalises arrangements for smooth conduct of JKSSB exam

■ HT News Network

KATHUA, JANUARY 12: In view of the upcoming JKSSB OMR-based written examination for the post of Accounts Assistant scheduled on January 28, Deputy Commissioner Rakesh Minhas chaired a crucial meeting in the DC Office complex today, bringing together all stakeholders to finalize arrangements. During the meeting, the DC extensively discussed the comprehensive arrangements required to ensure the seamless execution of the JKSSB's Accounts Assistant examination. It was given out in the meeting that as many as twenty-five (25) examination centers are



being established in the district, accommodating approximately ten thousand aspirants. The meeting meticulously discussed and finalised arrangements pertaining to essential aspects such as drinking water facilities, power supply, seating arrangements, security protocols, and videography procedures. Deputy Commissioner Minhas emphasized the importance of close coordination among

all stakeholders, urging them to work collaboratively to ensure the smooth and successful conduct of the examination across all centers. He also briefed officers about their roles and responsibilities in ensuring the efficient execution of the JKSSB examination throughout the district. The meeting witnessed participation of key officials, including ADC Kathua Ranjit Singh, DSP Kathua Manjeet Singh.

CUKashmir holds 28th FC meeting

■ HT News Network

New Delhi, Jan 12: The 28th meeting of the Finance Committee (FC) of Central University of Kashmir (CUK) was held here with Vice-Chancellor, Prof. A Ravinder Nath in Chair.

The meeting was also attended by representatives from CU Bureau, Ministry of Education, Gol, Integrated Finance Division, Ministry of Education, Gol and UGC, Dr. Ashok Bhan, IPS Retd DGP Intelligence and Prisons, Prof. Muhammad Yousuf, Dean School of Life Sciences, Dr. Mehraj ud din Shah, Finance Officer, Prof. M. Afzal Zargar, Registrar and Mr. Abid Mairaj Bhat, Asst Reg.

The Finance Committee took stock of academic, administrative, financial and infrastructural activities of the University. The Audited Annual Accounts of the University along with Separate Audit Report for the



year 2022-23 were approved and endorsed further for ratification by the Executive Council.

Besides other construction projects, the DPR for Construction of buildings under Phase-I which was earlier recommended by the University Building Committee (UBC) was also recommended for grant of approval by the Executive Council.

The Student Aid Fund (SAF) Policy framed by the University for granting relief to poor and needy students was also approved during the meeting. The Credit linked Fee structure which is aligned with the NEP-2020 and facility of providing Group Personal Accidental Insurance to the students were also approved and endorsed by the members.

CUKashmir holds symposium to commemorate National Youth Day

Ganderbal, Jan 12: The School of

Education in association with the Department of Students Welfare (DSW), Central University of Kashmir (CUKashmir), organised a symposium (online) on "Viksit Bharat @ 2047 Role of Youth in Nation Building to commemorate the National Youth Day-2024 which is also the birth anniversary of Swami Vivekananda. The theme for this year's

National Youth Day 2024 is "Arise, Awake, and Realise the Power You Hold." Addressing the participants, I/c Vice-Chancellor, Prof. Abdul Gani, highlighted the importance of channelizing the energy of the youth for nation building. "The faculty members in universities and colleges have a pivotal role and responsibility to nourish, enrich, educate,

VBSY: Catalyzing Inclusive Progress in Pulwama

■ HT News Network

PULWAMA, JANUARY 12: In a remarkable display of transformative progress, the Viksit Bharat Sankalp Yatra (VBSY) has traversed all 190 Panchayats and 69 Municipal Wards of the District and extending into the villages, marking a significant stride towards inclusive development.

This journey has sparked unprecedented community participation, symbolizing a collective commitment to progress.

At the heart of this odyssey is the Sankalp pledge, embodying the visionary ideals articulated by the Prime Minister. In solemn ceremonies, individuals from diverse corners of the District embraced this pledge, emphasizing the profound alignment with the Prime Minister's vision.

The dissemination of the Prime Minister's message throughout the region further solidified the purpose, ensuring that the transformative impact of Viksit Bharat Sankalp Yatra resonates with every resident.

The essence of this transformative journey is clear - to ensure the maximum saturation of Government schemes, leaving no one untouched and extending benefits



to the unreachable. A pivotal instrument in achieving this objective has been the strategic deployment of Information, Education, and Communication (IEC) vans, traversing the District with precision. These mobile units have played a crucial role in disseminating awareness about various government initiatives, fostering understanding, and encouraging active participation.

Radiating a vibrant tapestry of culture and talent, the Yatra has been illuminated by captivating cultural programs and spirited sports activities. This platform not only acknowledged outstanding achievers but also highlighted the invaluable contributions of women achievers.

Depression Amid Pregnancy Linked to Years of Suicide Risk

A pair of new studies of women living in Sweden suggests that any woman who has depression during or after pregnancy has a higher and longer risk of suicide, regardless of psychiatric history.

Women who are diagnosed with depression during pregnancy or treated for depression within a year of giving birth are three times more likely to have suicidal behavior than pregnant women not affected by depression during those periods, according to findings published Tuesday in JAMA Network Open.

Perinatal depression affects up to 1 in 5 pregnant women in the U.S., and in 2021 there were nearly 3.7 million live births nationwide, pointing toward an increased suicide risk among hundreds of thousands of women each year.

The researchers analyzed the likelihood of suicidal behavior among women with perinatal depression, compared to pregnant women of the same age with similar due dates who did not have depression. Suicidal behavior included attempting or completing suicide. The study followed 925,061 pregnant women living in Sweden for up to 18 years after delivery, and also included an analysis that compared the women with perinatal depression to their sisters who did not have perinatal depression.

For the study, researchers defined perinatal depression as having a first depression diagnosis documented during pregnancy, or having an antidepressant medication prescription filled within a year of giving birth. A total of 86,551 women in the study met the depression criteria, and all gave birth between 2001 and 2017.

The highest risk of an unnatural death occurred during the year after diagnosis,



but stayed higher for as long as 18 years, which was the duration of the study.

The researchers said in a news release that psychiatric treatment should not be discontinued during pregnancy and emphasized the importance of screening for depression before and after birth.

A second study that also looked at many of the same data about women with perinatal depression in Sweden was published Wednesday in BMJ, the journal of the British Medical Association. It showed that the increased risk of suicide among women with perinatal depression could not entirely be explained by family factors (many psychiatric illnesses have familial links), and having a preexisting psychiatric condition before pregnancy also didn't explain the increased risk of suicide.

The second study showed that women

with perinatal depression were almost twice as likely to die of natural or unnatural causes, compared to pregnant women who did not have the condition.

A news release summarizing the findings called the incidence of suicide "rare, but women with perinatal depression were more than six times as likely to die from an accident, than women who did not have perinatal depression," according to the summary from the BMJ press office.

"This finding was not surprising because depression is one of the most common psychiatric disorders in the postpartum

period," the BMJ study authors wrote. They said "early detection and treatment are needed for groups at high risk of perinatal depression to prevent the fatal outcomes." A range of known risk factors for both depression and premature death were taken into account, including socioeconomic status, pre-existing psychiatric disorders, adverse birth outcomes, and death of a child within the first year after birth.

During the 18-year study follow-up period, 522 deaths (0.82 per 1000 person years) were reported among women with perinatal depression diagnosed at an average age of 31 years and 1,568 deaths (0.26 per 1000 person years) among unaffected women.

The results show that women with perinatal depression were more than twice as likely to die than women who did not have perinatal depression. Results were similar when comparing deaths between sisters and among women who did and did not have a pre-existing psychiatric disorder.

The increased risk associated with perinatal depression was most pronounced in the first year after diagnosis, and although it gradually reduced over time, it remained higher throughout the 18 years of study follow up. Overall, the increased risk associated with perinatal depression was greater for death caused by unnatural causes (0.46 per 1000 person years) than by natural causes (0.36 per 1000 person years). Although suicide was rare (0.23 per 1000 person years), women with perinatal depression were more than six times as likely to die from suicide, and three times as likely to die from an accident, than women who did not have perinatal depression. These are observational findings and the researchers point to several limitations.

Health benefits of drinking amla juice on empty stomach

Often the simplest choices wield the most profound impact when one is on the lookout for holistic wellness. Among these, the centuries-old practice of consuming amla juice on an empty stomach has garnered remarkable attention. Renowned for its dense nutritional profile and therapeutic properties, amla, or Indian gooseberry, stands as a treasure trove of health benefits, particularly when imbibed first thing in the morning.

Amla, scientifically termed *Phyllanthus emblica*, packs a punch of essential nutrients, including vitamin C, iron, calcium, and antioxidants. The tangy fruit's juice, derived from its pulpy green flesh, becomes a potent elixir when consumed in its pure form, sans additives or preservatives. This natural concoction boasts an array of health-boosting elements that positively influence the body's functions.

To harness the maximum benefits of amla juice, adopting the right practices is crucial. Opt for fresh, organic amla fruits or cold-pressed, natural juice to avoid additives or preservatives that may dilute its efficacy. Consume



a small glass on an empty stomach every morning, allowing the body to absorb its nutrients optimally. While amla juice offers myriad benefits, excessive consumption may lead to acidity or digestive discomfort.

A moderate intake suffices for reaping its advantages. To experience its full potential, consistency is vital.

Incorporate amla juice into your daily routine for sustained health benefits:

1. Enhances immunity: Amla juice's high vitamin C content reinforces the immune system, fortifying the body's defences against infections, viruses, and diseases. Its antioxidant properties scavenge harmful free radicals, reducing oxidative stress and supporting overall health.

2. Improves digestion: Drinking amla juice on an empty stomach stimulates the secretion of digestive enzymes, aiding in better digestion and absorption of nutrients. It regulates bowel movements, alleviating constipation and other digestive discomforts.

3. Detoxifies the body: It acts as a natural detoxifier, purifying the bloodstream and eliminating toxins. Its cleansing effect supports liver function, facilitating the removal of impurities from the body.

4. Promotes hair and skin health: The abundance of vitamin C in amla juice promotes collagen production, enhancing skin elasticity and combating premature ageing. It nourishes hair follicles, curbing hair fall and promoting healthy, lustrous locks.

Stop hair fall in winter with coconut oil, onion juice, honey

Winters wreaks havoc on your hair. Yet, the harsh cold weather is not the only villain behind winter hair problems. There are other factors such as indoor heating, reduced humidity levels, infrequent hair washing due to the cold, and excessive use of hot styling tools that contribute to hair fall. Therefore taking care of your mane during the winter becomes vital in maintaining healthy hair. Additionally, dipping temperatures lead to reduced blood circulation in the scalp, affecting hair follicles and increasing hair fall.

Coconut oil: Grandmother's all-time favourite oil, this kitchen staple is a powerhouse for hair health. Its rich composition of fatty acids penetrates the hair shaft, prevents protein loss and reduces hair breakage. Massaging warm coconut oil onto the scalp enhances blood circulation, promoting healthier follicles and lessening hair fall.

Onion juice: Though many may not like its smell, onion juice surprisingly serves as a powerful solution for hair fall due to its rich sulphur content. Application of onion juice has been associated with enhanced blood circulation in the scalp, thereby encouraging hair growth and averting hair fall. Additionally, the sulphur compounds found in onions



hold antibacterial properties that effectively combat scalp infections, consequently reducing hair fall triggered by microbial concerns. Consistent use of onion juice on the scalp fortifies hair follicles, diminishing both hair breakage and thinning.

Honey: A sweet remedy for your hair, honey is as good as it can get. Known for its humectant properties, honey seals moisture within the hair shaft and prevents dryness, which is a prevalent issue in winter. Its anti-bacterial qualities also help in maintaining a healthy scalp, further reducing dandruff and hair fall.

Eggs: Rich in protein, biotin, and other vital nutrients, eggs help to improve hair strands, reduce breakage and also promote hair growth. Applying an egg mask helps to condition the scalp and hair, plus beat

dryness and hair fall.

Avocado: Avocado is a versatile solution, not just for your diet but also for your hair care routine. Rich in vitamins, minerals, and beneficial fats, it is a potent moisturiser and nourisher for your hair. Its natural oils possess reparative properties that aid in the restoration of damaged hair while effectively averting further breakage.

Aloe vera: This succulent plant is a natural moisturiser and scalp soother. Its enzymes promote healthy hair growth, reduce dandruff, and strengthen hair follicles, resulting in reduced hair fall and improved hair health. As winter sets in, you might notice your hair feeling as fragile as the saying 'splitting hairs' suggests. As you battle against brittle strands and increased hair fall in the colder months, your hair becomes more prone to breakage and dryness, making hair fall a major concern during the colder months. There are other factors such as indoor heating, reduced humidity levels, infrequent hair washing due to the cold, and excessive use of hot styling tools that contribute to hair fall. Therefore taking care of your mane during the winter becomes vital in maintaining healthy hair. Additionally, dipping temperatures lead to reduced blood circulation in the scalp, affecting hair.

Speech And Language Delay In Kids: Expert Shares Causes And Measures

Speech and language development is a critical milestone in a child's early years, playing a fundamental role in their overall cognitive and social growth. However, some children may experience delays in reaching these milestones, posing challenges that require early identification and intervention. Addressing these delays from a medical perspective involves understanding the complexities involved and implementing appropriate strategies.

Recognizing and addressing speech and language delays in young children involves a multidisciplinary approach, encompassing early identification, tailored interventions, parental involvement, and ongoing monitoring. By understanding the complexities involved and implementing timely assistance, the children can communicate effectively and overcome the challenges of delayed speech and language development. Dr Shrishailesh Mantur, Neonatology and Pediatrics, Apollo Cradle



and Children's Hospital, Koramangala, Bengaluru shares potential causes and how to identify the cause. Identification of Developmental Delays:

Recognizing the signs of speech and language delays is crucial. Delayed babbling, limited vocabulary, difficulty understanding instructions, and struggles with forming sentences could indicate potential issues. Delays can manifest in various ways: a child might have difficulty producing sounds, understanding language, or expressing themselves verbally.

Potential Causes For Speech Delay:

Multiple factors can con-

FOOD

Why Mushrooms Should Be Your Diet Staple



Mushrooms are a type of fungus that typically grow above ground, whereas other types of fungi grow underneath the soil. They come in various sizes, shapes, and colors, and have been consumed as food for thousands of years due to their unique taste and texture.

In terms of health, mushrooms are generally considered to be nutritious. They are low in calories and fat, while being rich in vitamins, minerals, antioxidants, and fiber. They are also a good source of protein for vegetarians and can provide important nutrients like vitamin D, potassium, and selenium. Keep reading as we list numerous benefits of consuming mushrooms regularly.

1. Nutrient-rich

Mushrooms are low in calories but high in essential nutrients like vitamins (B vitamins, vitamin D), minerals (iron, potassium), and antioxidants, which can support overall health and well-being.

2. Immune system support

Certain mushrooms, such as shiitake and maitake, contain compounds like beta-glucan that have been shown to enhance immune system function. These compounds stimulate the production of immune cells and enhance their activity against pathogens.

3. Antioxidant activity

Mushrooms contain antioxidants like selenium and ergothioneine, which help protect the body's cells from oxidative damage caused by harmful free radicals. This can reduce the risk of chronic diseases, including heart disease and certain types of cancers.

4. Anti-inflammatory properties

Certain compounds found in mushrooms, such as triterpenes, have been found to possess anti-inflammatory effects. Regular consumption of mushrooms may help reduce inflammation in the body and lower the risk of chronic diseases associated with inflammation.

5. Digestive health

Mushrooms are a good source of dietary fibre, which supports healthy digestion and can prevent constipation. Additionally, certain types of mushrooms contain prebiotic fibres that promote the growth of beneficial gut bacteria, which play a key role in maintaining overall gut health.

6. Weight management

Mushrooms are low in calories, but their high fibre content helps create a feeling of fullness and reduces overall calorie intake. They can be a great addition to a weight management diet by providing volume without significantly increasing calorie consumption.

tively influences social interactions, academic performance, and emotional well-being. Various strategies such as language stimulation techniques, assistive communication devices and in some cases medical interventions to address underlying conditions affecting speech and language development are essential. Parental Involvement: In the process of addressing speech and language delays, parental involvement plays a pivotal role. Educating parents about techniques for fostering language development at home and ensuring consistent practice can significantly support a child's progress. Speech Therapy: Qualified speech-language pathologists employ various techniques and exercises to improve communication skills. These professionals create individualized plans focusing on speech, language, and overall communication abilities. Follow-Up and Monitoring: Continuous monitoring and follow-up assessments are essential to track a child's progress.

tribute to speech and language delays in children including genetic predispositions, neurological conditions like cerebral palsy, hearing impairment, environmental factors or developmental disorders like autism spectrum disorder. Understanding the root cause and seeking medical help aids in tailoring interventions for each child.

Addressing Speech and Language Delays

Early Intervention Programs: Early intervention is crucial in addressing these delays. Addressing speech and language delays during early childhood not only enhances communication skills but also posi-



Clive Lloyd Bats For Rohit, Kohli Inclusion In T20I World Cup

SATGACHIA: West Indies great Clive Lloyd on Friday advocated the inclusion of Rohit Sharma and Virat Kohli in India's T20I World Cup squad, saying the duo's experience is indispensable and filling the team with just youngsters is not prudent. The selectors recently picked the veteran duo for the ongoing T20I series against Afghanistan, indicating that they're still in the scheme of things for the shortest format. Kohli missed the lung-opener in Mohali due to personal reasons. There is a raging debate on whether the duo should play or

make way for youngsters considering India's ICC trophy drought. The latest setback was the final loss to Australia in the ODI World Cup in November last year. "You want to pick your best team, you can't just fill the team with youthful players. You need experience," the two-time World Cup winning captain said in a media interaction here. The 79-year-old was the chief guest at the 75th foundation day ceremony of the Satgachia High School, about three hours from Kolkata. "Kohli is still one of the best players around. Rohit is quite

good as captain. So you pick your best team. You will have some young players too, because you have so many cricketers here, and they are pushing the older players... and that's how it should be. But I'm sure that you will have a very formidable side." Talking about his favourite Team India batters, Lloyd picked Shubman Gill and Shreyas Iyer. "I liked this fellow Gill, he looks a good cricketer, and (Shreyas) Iyer," he said. "India have a lot of good cricketers at the moment, I must say. And I think what I like about it is they have a much more

balanced side," he added. The legendary West Indian, however, is of the view that the Indians are playing too much cricket that may make the sport itself "stale". "Yes, I think they're a very good side, and they will do well for quite a while if they continue in this manner. But my problem is that they might be playing too much cricket, and then, you know, you can get stale," he said, voicing a general concern in the cricket community about tight international schedules. Blaming the advent of T20 franchise leagues for decline of West Indies cricket, Lloyd said Test cricketers

should be "paid well". West Indies failed to qualify for the ODI World Cup last year, while in the 2022 T20 World Cup, they failed to reach the tournament proper, crashing out of the group stage. Lloyd was bitter with his country's players for putting T20 above other formats. "I don't mind T20. It's excellent. It's good entertainment. But I think too much of it might be hampering cricket throughout the world. It's hampered us in the West Indies. We only have five million people, 14 islands..." he pointed out. "And we are losing a lot of our players to

the shorter formats, and they're refusing to play for their country, I find that very disturbing." Lloyd said countries like India don't face this situation because of their huge talent pools. "Other countries like India, Pakistan, England and Australia have a lot of people. So they can afford to lose one or two players because they can replenish those people," he said. "If you're saying that Test cricket is the highest cricket, then they should be paid much better. You're paying the guys who are playing the shorter game, so it doesn't make sense," he said.

Coco Gauff enters Australian Open as teenage Grand Slam champion, the pressure is off

MELBOURNE: Now that the pressure to win a Grand Slam singles title as a teenager is over, Coco Gauff feels liberated enough to discuss her next target: a career tally in double digits. Could be 10, 11 or more ... no limits. Plus, an Olympic medal in Paris this year. Preferably gold, but silver or bronze would do — in singles, doubles or mixed. She's entering the Australian Open as a reigning Grand Slam champion, new territory for the 19-year-old American. Had she not fulfilled those expectations at last year's US Open, this would have been her last shot at being a teenage major winner. Gauff, who turns 20 in March, believes she can play with more freedom now in pursuit of a second major title as the No. 4 seeded player at Melbourne Park. The tournament starts on Sunday, a day earlier than usual. Defending champion Novak Djokovic, aiming for a record-extending 11th Australian title and 25th overall, announced ahead of the schedule's release that he'd be playing Sunday night.



Djokovic opens against 18-year-old qualifier Dino Prizmic of Croatia. Gauff's first-round match is against Anna Karolina Schmiedlova, a 29-year-old from Slovakia who has only been past the third round once in 35 majors. Having rebounded from a shocking first-round exit at Wimbledon to winning a breakthrough major title at the very next major in New York has helped with a shift in mindset. "I think I put too much pressure on winning a Slam. I think I was feeling like I have to do it," Gauff said. "When I went on the scene at 15, I felt like I had to win a Slam as a teenager because that's what everybody thought. "Honestly, going into U.S. Open, I didn't expect it. I felt like I was having a bad season, and my focus was just get through the season and focus on the Australian Open this year." It was the loss at Wimbledon that helped her take pause, relax and think about all those rounds before the final, one-by-one. She'd thought losing in the first round would have been the worst thing to happen to her.

New Zealand beats Pakistan by 46 runs in first T20; leads five-match series 1-0

AUCKLAND: Daryl Mitchell and Kane Williamson made brisk half centuries to propel New Zealand to a 46-run win over Pakistan Saturday in the first of five Twenty20 internationals. Mitchell blasted 61 from 27 balls, following Williamson who scored 57 from 42 as New Zealand made 226-8 after being sent in, the highest-ever total against Pakistan in a T20 international. Pakistan was in with a chance as long as Babar Azam was at the crease. But when he was out for 57 in the 16th over, the size of the run chase became insurmountable. The tourists finally were all out for 180 in 18 overs. Tim Southee took 4-25 for New Zealand to become the first bowler from any nation to claim 150 wickets in T20 internationals. Williamson's 18th half century in T20s came in difficult circumstances. Batting first drop, he came to the crease on only the third ball of the New Zealand innings after Devon Conway was out for a first ball duck. He also lacked recent time in the middle after missing New Zealand's recent T20 series against Bangladesh as he continues a controlled return from the serious knee injury he suffered while playing in the Indian Premier League in April. Williamson also was in the shadow early of Finn Allen who



smashed 35 from 15 balls at the top of the order, including 24 runs, 6, 4, 4, 4, 6, from the second over bowled by Pakistan captain Shaheen Shah Afridi. He batted watchfully at first but when Allen was out, Williamson steadily gained momentum to reach his half century from 40 balls with eight boundaries. He was twice dropped, on nine by Babar from the bowling of Abbas Afridi and on 39 by Iftikhar Ahmed off Usama Mir. Just as Williamson took up where Allen left off, Mitchell stepped up the pace of the New Zealand innings after Williamson and reached his half century from 22 balls. His score of 61 included four

powerful sixes down the ground. "I thought the partnerships we built throughout the middle with Kane and (Glenn Phillips) as well allowed us to build a platform to put the bowlers under some pressure which you always try to do at Eden Park," Mitchell said. "Also the way the boys bowled at the end there was superb. New Zealand piled on runs through the middle of its innings — 80 between the eighth and 14th overs — but didn't finish quite as strongly at it would have hoped. Glenn Phillips made 19 runs from 11 balls and Mark Chapman 26 from 11 at the death. But New Zealand may have been a batter short in the absence of Mitch Santner

who was ruled out of the match at the last moment after testing positive for the coronavirus. Saim Ayub gave Pakistan an explosive start to its innings when he hit 27 from eight balls with three sixes and two fours. But he was immensely unlucky to be run out backing up too far. Mohammad Rizwan had to parry a delivery from Adam Milne who picked up the ball on his follow through and threw out Ayub at the non-striker's end. New Zealand would have been concerned when Pakistan was 62-1 after five overs with Mohammad Rizwan and Babar at the crease. Rizwan fell before the end of the power play, top edging a ball from Tim Southee which hung for a long time in the night sky before being caught by Conway, the New Zealand wicketkeeper. Ish Sodhi pulled off a brilliant one-handed catch off his own bowling to dismiss Fakhar Zaman but Pakistan was 109-3 after 10 overs, still in the race. Babar and Iftikhar added 40 for the fourth wicket but the Pakistan run rate began to dip below New Zealand's. As Pakistan's set batsman, Babar was crucial but New Zealand did well to limit him by bowling shorter to restrict his access to the shorter straight boundaries at Eden Park.