



Srinagar

Wednesday

January 17 | 2024

05 Rajab 1445

Issue No: 14

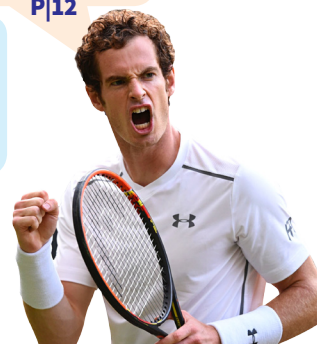
Volume: 14

Andy Murray Says 'Definite Possibility' He Has Played Final Australian Open

P12

DC Srinagar visits Makdoom Mandal, Ganpatiyar Temple and Soumyaar Temple

P3



None Amongst the Deserving Should be left Out, Collective efforts from all Sections of the Society quite Imperative : LG Manoj Sinha

■ HT News Network

BARAMULLA, JAN 16: Lieutenant Governor Shri Manoj Sinha today dedicated the Baramulla Stadium renamed after General Bipin Rawat to the public.

Paying homage to the brave soldier and military strategist, the Lt Governor remembered the service of General Bipin Rawat in North Kashmir in various capacities and his immense contribution in peace, progress and prosperity.

At Baramulla, the Lt Governor joined the Viksit Bharat Sankalp Yatra, and called for collective efforts from all sections of the

TURN ON.....PAGE 02



Srinagar Has Emerged As Model Of Urban Transformation In Country: LG Sinha

■ HT News Network

SRINAGAR, JAN 16: Lieutenant Governor Shri Manoj Sinha inaugurated the revamped Old Habba Kadal Bridge on River Jhelum in the Shehr-e-Khaas area of Srinagar, today.

The Lt Governor congratulated the Srinagar Smart City Limited and the people on the restoration of the historic Old Habba Kadal Bridge into a pedestrian corridor and state-of-the-art public space.

He said the amenities, vibrant and creative

TURN ON.....PAGE 02

'Situation In Kashmir Is Good, But Have To Move Forward': Lt Gen Ghai

■ HT News Network

SRINAGAR, JAN 16: The General Officer Commanding of Army's Srinagar based sensitive 15 Corps Lt Gen Rajiv Ghai on Tuesday said 'the situation in Kashmir is good, but yet there is a little distance that we have to move forward.'

The Corps Commander said that Kashmir is moving ahead and there are bright days and a very bright future ahead for the youth of Kashmir.

"...The situation is good. You heard our Army Commander (the General Officer Commanding-in-Chief of the Northern Command, Lieutenant General Upendra Dwivedi) also spoke about it (two days ago in Srinagar). The situation is good but yet there is a little distance that we have to move forward," Lt Gen Ghai told reporters in Baramulla after J&K Lt Governor Manoj Sinha inaugurated Gen. Bipin Rawat Sports Stadium.

The stadium on the outskirts of Baramulla town was renamed on Tuesday after the former Chief of Defence Staff



General Bipin Rawat who along with his wife and 11 others lost their lives in a helicopter crash in Coonoor, Tamil Nadu on December 8, 2021.

Gen Rawat's last stint in Kashmir was as the General Officer Commanding of the Baramulla based 19 Infantry Division. It was during this stint he became close to many people in Baramulla town.

Lt Gen Ghai termed the inauguration of the stadium a

TURN ON.....PAGE 02

NEWS BRIEF

Police attach the Property of a drug 'peddler' in Kulgam

SRINAGAR, JAN 16: Property of a drug peddler was attached in Kulgam district of Jammu and Kashmir' on Tuesday, police said.

Kulgam district Police attached the under construction house of notorious drug peddler Barkatullah Mir of Buch-roo under section 68-F(2) of NDPS Act 1985.

"The property was identified as illegally acquired property during the course of investigation/enquiry conducted by Kulgam police. The property was prima facie acquired from illicit trafficking in narcotic drug and psychotropic substances by the

TURN ON.....PAGE 02

Farmers bear brunt of prolonged dry spell, crops hit hard

SRINAGAR, JAN 16: The farmers on the outskirts of Srinagar are grappling with the challenges of a prolonged dry spell as their crops suffer substantial damage.

Nazir Ahmad, a farmer from the Maloora area, with over five kanals of land, said his turnip crop bore the brunt of the dry spell.

"The dry spell has wreaked havoc on most of my turnip crop. It's unlikely to fetch reasonable rates from buyers now. In the absence of rains and snow, they have dried up," Nazir Ahmad told the news agency—Kashmir

TURN ON.....PAGE 02

Escalating prices bring down gold demand by 95% in Kashmir

SRINAGAR, JAN 16: The escalating cost of gold is giving a tough time to the dealers in Kashmir who said the demand for this yellow metal has fallen by almost 95 percent in Kashmir. As per news agency—Kashmir News Observer (KNO), gold has seen unprecedented price hikes in recent months, reaching once unimaginable levels.

The price of 24-carat gold rose Rs 170 in early trade on Tuesday, with ten grams of the precious metal selling at Rs 63,270.

The ripple effect of this surge has now reached Kashmir, where dealers are reporting a staggering drop in demand for the yellow metal.

Local gold dealers, who have long

TURN ON.....PAGE 02

GST, Simplified Income Tax Resulted In Record Tax Collection: PM Modi

■ HT News Network

ANANTAPUR (ANDHRA PRADESH), JAN 16: Prime Minister Narendra Modi on Tuesday said the GST and simplified income tax introduced by the Central government have resulted in record tax collection.

Modi said this after inaugurating the new campus of National Academy



of Customs, Indirect Taxes & Narcotics (NACIN) at Palasamudram village in Sri Sathya Sai District.

Addressing the gathering, the Prime Minister expressed confidence that the new campus of NACIN would create new dimensions of good governance and give a boost to trade and industry in the nation.

TURN ON.....PAGE 02

India Is Now Seen As 'Strong And Powerful' Nation: Rajnath Singh

■ HT News Network

LUCKNOW, JAN 16: Asserting the perception that India was a weak



country has changed in the past over nine years, Defence Minister Rajnath Singh on Tuesday credited Prime Minister Narendra Modi for this and said the nation is now considered as

TURN ON.....PAGE 02

J&K Govt Asks Staff To Attend R-Day, 'Beating Retreat'

■ HT News Network

JAMMU, JAN 16: The Government has asked its staff to attend January 26 function and 'beating retreat ceremony' as a part of their official duty.

The main function of the Republic

TURN ON.....PAGE 02

Modi Ensured Doorstep Delivery Of Welfare Benefits: Dr Jitendra

■ HT News Network

MAINPURI, JAN 16: Union Minister Dr Jitendra Singh today said that Prime Minister Narendra Modi has ensured doorstep delivery of government welfare benefits to citizens.

Addressing a "Viksit Bharat Sankalp Yatra" program at Mainpuri in Uttar Pradesh, Dr Jitendra Singh said, there was a time when even for small benefits the poor citizen had to repeatedly knock from one office to another, in frustration give up his legitimate due and most often resign to one's fate since he was not influential enough to the right strings or grease the official machinery.

TURN ON.....PAGE 02

Over 34 Lakh J&K Workers Register On e-Shram Portal Till Date

Labour Com asks for seamless delivery of services, fast track disposal of Labour Court cases

■ HT News Network

JAMMU, JAN 16: Labour Commissioner, J&K, Charandeep Singh Tuesday took a comprehensive

review of the functioning of the Labour Department in a meeting with officers here.

Charandeep Singh, who recently assumed charge as Labour Commissioner, emphasised the need to reach out to the Labourers and generate awareness among them regarding various welfare schemes being implemented for their benefit.

"We need to reach out to workers in both

TURN ON.....PAGE 02

CS Reviews Implementation Of The Projects Under HADP



■ HT News Network

JAMMU, JAN 16: Chief Secretary, Atal Dulloo today reviewed the major achievements and progress on the implementation of all the 29

projects and sub-projects of the Holistic Agriculture Development Program (HADP) here in the UT through different Project Grounding & Monitoring Committees (PGMCs) headed by senior officers of the UT admin-

istration.

Besides the Principal Secretary, Agriculture Production Department, the meeting was attended by the Vice Chancellors, SKUAST K/J; MD, HADP;

TURN ON.....PAGE 02

Increasing business profitability

by reducing printing cost

LUBAAB PUBLICATIONS

ONE STOP SOLUTION FOR ALL PRINTING NEEDS

LUBAAB Printing services means I get my job back on time, always accurate and of the highest quality

When you need a Company that can handle a complex workload, save your money and deliver on time..... leave it to

Also visit us for: Newspapers & News Magazines

Specialists in: Non Woven & Paper Bags

Mobile: 9999038812, 9419008414
Tel: 0194-2496287
Email: jahangirbukhari@gmail.com
Radio Colony Gund Hassibhat Lawaipora Srinagar 190017

Prepress

Sheet Fed

Bindery

Finishing

Promotions

Our Printing Services

Flyers

Posters

Business Cards

Envelopes

Brochures

Booklets

Catalogues

letterheads

Magazines

Newsletters

Raised printing

Wedding Cards

Invoices

Note pad

Forms

Labels

Scratch coupon

Signs/Banners

Pen/Caps

T-Shirts

Calenders

Embroidery

Door Hangers

CMYK



CONTINUE FROM FRONT PAGE.....

Panchayat, ULB.....

society to ensure that no beneficiary is left behind. He also inaugurated and laid foundation stone for development projects worth Rs 38 crore.

He said the impressive participation of the citizens during Viksit Bharat Sankalp Yatra across the UT is a reflection of the transformation that happened in J&K, under the leadership of Hon'ble Prime Minister Shri Narendra Modi, over the past few years.

"All the districts are witnessing accelerated growth and rural Jammu Kashmir has been transformed beyond imagination," the Lt Governor said.

We have been able to fulfill hopes and aspirations of the people to a large extent. Today, the people of Jammu Kashmir have better quality life and equal economic opportunities to grow, he said.

"Our efforts towards the creation of new infrastructure, knowledge economy and achieving 100% saturation of schemes will ensure J&K realise its destiny," he further added.

The Lt Governor also highlighted the key initiatives taken by the J&K Administration for the development of Baramulla District.

He observed the ongoing work on developing a new tourism circuit in the District will benefit areas like Mundaji, Ladoo, Kazinag, Rajpora, Rampora and Uri, and give a boost to the local economy.

I hope for snowfall in the valley as it is important for tourism in this season and for power projects, he said.

The Lt Governor inspected the stalls put up various departments and handed over sanction letters to beneficiaries under different government schemes. He administered 'Hamara Sankalp Viksit Bharat' pledge to officials and the citizens.

He also flagged off a fleet of Garbage Collection Vehicles for rural areas of the district.

The demonstration of sports activities and cultural performances received special appreciation from the Lt Governor.

The projects inaugurated by the Lt Governor today include Office Accommodation for Block Development Council Tangmarg; WSS Aglar; Retrofitting works of Water Supply Schemes at Sagipora Razakpora, Achabal Doabgah, Gund Dalwash, Gani Wani Manchkhud; Sub Stations and Improvement of LT/ HT Network in the District and Model School at Government Higher Secondary School Pattan.

The projects for which foundation stones were laid by the Lt Governor include Astro Turf for Football at Sheikh-ul-Alam Stadium; 8-Lane Synthetic Athletic track Surface at Tulibal Sopore; Installation of Blow Moulded Chairs for General Bipin Rawat Stadium; Spawn Production Laboratory in Public Sector under (HADP) for Mushroom Promotion in Baramulla and Laboratory Block at Government Higher Secondary School Authoora.

Ms Safina Baig, Chairperson, District Development Council Baramulla; Lt Gen Rajiv Ghai, GOC 15 Corps; Sh Vidhi Kumar Birdi, IGP Kashmir; Sh Vijay Kumar Bidhuri, Divisional Commissioner, Kashmir; Sh Sarmad Hafeez, Secretary Youth Services and Sports; Sh Minga Sherpa, Deputy Commissioner Baramulla; senior officers of Security Forces, Civil and Police administration; former PRI members; youth and people in large numbers were present.

Srinagar Has.....

space will improve old liveliness and quality of life of the city.

Srinagar Smart City Limited has completed extensive restoration of Old Habba Kadal which includes structural retrofitting, new wooden decking, Heritage-styled Wooden gazebos & Kiosks, restoration of traditional style balustrades and grill-work, laying and installation of Utility ducts, Stone pitching and re-construction of Ghat on River Jhelum, entry plazas and gates, improvement of Façade of adjacent buildings, lighting and illumination.

The restored bridge will serve as a vibrant social hotspot, offering a welcoming space for community interaction in the lively neighborhood of Shehr-e-Khaas.

The Lt Governor also laid the foundation stone of Jhelum Riverfront Phase-II from Downstream Budshah Bridge to Chattabal Weir at a cost of 17.82 crore.

Jhelum Riverfront Phase-II project has been envisioned to enhance the quality of the Jhelum Riverfront and restore the city's linkage with the river.

The project under Phase II includes the restoration of 24 Ghats in Shehr-e-Khaas, Stabilization of embankment, Stone pitching of bunds, Improvement of Access Street to Ghats, Ghat Steps and Surface improvement, Ramp Access at Water Transport Ghats, Improved Illumination, Guard rails and supports, Jetty, Boat Charging points, Antiskid paving and Seating spaces.

Ms. Mandeep Kaur, Commissioner/Secretary, Housing & Urban Development Department; Sh Vijay Kumar Bidhuri, Divisional Commissioner Kashmir; Dr. Bilal Mohi-Ud-Din Bhat, Deputy Commissioner Srinagar; Dr Owaid Ahmad, CEO Srinagar Smart City Limited, senior Officers of Police and Civil Administration were present.

'Situation In.....

big day for the people of Baramulla and Army. "I am sure that for the country, for the state of J&K, it is a very proud moment that a stadium has been named after General Bipin Rawat who not only commanded 19 Infantry Division but has a special place in the heart of people of J and

K," the Corps Commander said.

He said the Army would do whatever is required to improve the infrastructure of the stadium.

"We will definitely be involved in the improvement of the facilities for the stadium," Lt Gen Ghai said. (UNI)

GST, Simplified.....

"We gave the country a modern system in the form of GST and simplified income tax and introduced faceless assessment. All these reforms have resulted in record tax collection", Modi said.

"We are returning people's money through various schemes", he added, stating that the IT exemption limit was raised from the income of Rs 2 lakh to Rs 7 lakh. Tax reforms after 2014 have resulted in tax savings of about 2.5 lakh crore rupees for the citizens," the PM said.

"The number of taxpayers is consistently increasing in the country as they feel happy that their tax money is put to good use," he stated.

Modi also highlighted the special attention paid to the optimum utilization of resources, pointing out to the past UPA government which tended to stall, shelve and divert projects causing huge losses to the nation.

He said that in the last 10 years, 10 crore fake names have been weeded out of the documents. "Today, every paisa reaches the bank account of the beneficiary who is entitled to it. Fight against corruption and action against corrupt people has been the priority of the government", the Prime Minister said.

He underlined that the positive results of this belief can be witnessed in the development works carried out in the country as he apprised the nation about the latest report released by NITI Aayog yesterday which states that almost 25 crore people have been lifted out of poverty in the last 9 years by the efforts of the present BJP government.

Modi expressed the belief that the poor of this country have the potential to defeat poverty if they are given the means and resources. "We can see this becoming a reality today", he added, stating that the government spent on health, education, employment and self-employment, and increasing the facilities for the poor.

"Poverty can be reduced in India, this is going to fill everyone with a new belief and will increase the confidence of the country", he remarked.

The PM credited the reduction in poverty to the rise of the neo-middle class and the proliferation of the middle class.

AP Governor Justice S Abdul Nazeer, Chief Minister Y S Jagan Mohan Reddy, Union Finance Minister Nirmala Sitharaman and Chairman of the Central Board of Indirect Taxes and Customs Sanjay Kumar Agarwal, among others were present on the occasion/

Modi earlier took a walk through of the exhibition showcased on the occasion and interacted with Officer Trainees of the 74th and 75th batches of the Indian Revenue Service (Custom & Indirect Taxes) as well as officer trainees of the Royal Civil Service of Bhutan.

The Prime Minister also visited the Veerabhadra Temple in Lepakshi and offered prayers. (UNI)

India Is Now.....

"strong and powerful".

Addressing the 'Viksit Bharat Sankalp Yatra' in his parliamentary constituency, the home minister said the perception regarding India has changed across the world now.

"Now no one considers India as weak. We are now seen as a strong and powerful country. The credit for this goes to Prime Minister Narendra Modi," said Singh.

"When the country and countrymen are strong, no power in the world can dare to show eyes to us," he added.

Singh said it is happening for the first time in the history of India post independence that any government is reaching the door of people to ensure that they avail the benefits of various welfare schemes.

"Our prime minister is worried and concerned if anyone eligible is not getting benefited by the schemes. He used to ask us to ensure that schemes should reach the beneficiaries in our constituencies," he added.

Singh said that India's economy was at the 10th position in the world when Modi became the prime minister, adding it is now at the fifth place.

"The economists feel this is the charisma of Modi. If all goes like this, the Indian economy will be among the top three economies in the world by 2027 and on the top by 2047," he added. (Agencies)

J&K Govt.....

Day, 2024 is being held at Maulana Azad Stadium, Jammu, where the Hon'ble Lieutenant Governor will preside over and take the salute. All the officers/officials of the Government and Public Sector Undertakings, stationed at Jammu, are called upon to attend the function as a part of their official duty.

All Heads of Departments and Chief Executives of Public Sector Undertakings shall ensure their own participation and also of the employees subordinate to them in the function.

Meanwhile, according to a separate circular, Beating Retreat Ceremony of the Republic Day Celebrations shall be held on 29 January, 2024 at 04:30 p.m. at Maulana Azad Stadium, Jammu. All the officers/officials of the Government Departments stationed at Jammu are directed to attend the Beating Retreat Ceremony. It is also

impressed upon all the Heads of the Departments and Chief Executives of the Public Sector Undertakings to ensure their own participation and also of the employees subordinate to them in the said function.

Over 34 Lakh.....

the organized and the un-organised sector and facilitate them in availing benefits under various schemes of the Government and to also ensure that any grievance arising between labour and the management of establishments are settled amicably as per labour laws", he said adding that disposal of Labour court cases under payment of wages, compensation and gratuity also needs to be fast tracked across all districts.

While reviewing the status of registrations on the e-shram Portal, it was informed that over 34.3 Lakh workers of J&K have registered on the Portal till date.

E-Shram Portal which acts as a National Database of the unorganised workers has been launched by the Ministry of Labour & Employment, Government of India. The unorganised workers including migrant workers and domestic workers can register on the portal on self-declaration basis. Registration on the portal facilitates delivery of Social Security and welfare Schemes to the workers.

The Labour Commissioner called for sustained efforts by the officers in generating awareness among the workers regarding registration on the e-shram Portal and benefits associated with it and to ensure that no workers are left out. "Registration on the e-shram Portal will facilitate seamless delivery of benefits under the PM Vishwakarma Scheme, Pradhan Mantri Jeevan Jyoti Bima Yojana (PMJJBY), Pradhan Mantri Suraksha Bima Yojana (PMSBY), Pradhan Mantri Shram Yogi Man Dhan Pension Scheme (PM-SYM) and other UT and Central Government schemes to the workers".

Charandeep Singh also reviewed the status of online services of the Labour Department wherein it was informed that the Department has fully switched to delivery of services through online mode and now these are being delivered via the J&K Single Window System. He underscored the need to ensure that the delivery of online services is seamless and timely.

He emphasised on taking all stakeholders on board and urged officers to work earnestly for Labour Welfare to improve their working conditions, provide them social security benefits and raise their standard of living.

Modi Ensured.....

"Now, PM Narendra Modi has turned everything upside down. - government officials come to the doorstep of each and every citizen since they have been made accountable to authorities to report whether all beneficiaries have been covered or not," the Minister said.

This has been made possible due to the visionary and imaginative leadership of the Prime Minister that has enabled the citizen to be the nodal point of government planning and every welfare scheme is devised with the common man in mind, he said.

"Purely objective parameters are being followed to deliver justice, wherever justice had been denied in the past. This, he said, was quite a departure from the past practice followed by previous opposition governments, wherein vote bank politics pre-determined the selective rolling out of State benefits" he said.

Dr Jitendra Singh said, Prime Minister Modi will always be credited for having introduced a new work culture in India wherein each of the pro-poor and public welfare schemes were designed in such a manner so as to reach the neediest or the last man in the last queue, regardless of caste, creed, religion or vote consideration.

"IEC Vans are Modi Guarantee Vans, where 100 percent saturation is being attempted of the 17-18 major flagship schemes introduced in the last 9-10 years for socio-economic upliftment of the weaker and marginalised sections of society," he said.

Dr Jitendra Singh said, during a short span of nine and half years, the Centre has been able to bring many schemes closer to 100% saturation and benefits are given to deserving people by following the principle of "Sabka Saath, Sabka Vikas, Sabka Vishwas, Sabka Prayas". Viksit Bharat Sankalp Yatra is a novel concept, aiming for saturation of all government schemes such as the Ujjwala Yojana, SVANidhi, PM Awas Yojana etc, he said.

"The Viksit Bharat Yatra targets those citizens who probably did not come forward or are unaware of the various schemes they are eligible for or such people who may not have sought the benefits due to them," he said.

The Minister added that Prime Minister Modi successfully raised the standards of public delivery much above the vote consideration, based on the principle of justice for all and then left to the public to decide whom they wanted to vote for, and the public too endorsed this approach by returning the Modi government for the second term with a much higher mandate than the earlier election, he added.

Dr Jitendra Singh said, his parliamentary constituency has achieved virtually near saturation in all Central Government welfare schemes, be it PM Kisan Yojana, Soil Health Card, PM Maan Dhan Yojana, Kisan Credit Card etc.

"Pertinent to mention that for the last 3 to 4 years Udhampur has been consecutively securing top rank or one of the top 3 ranks among all districts of the country in the implementation of Central PMGSY road projects," he said.

Dr Jitendra Singh, there is a network of roads

being established even in far flung hilly terrains of Udhampur and in some of the peripheral villages. Asia's longest road tunnel was also inaugurated here by Prime Minister Modi, which takes off from Chenani and is the first such project to be named after Dr. Syama Prasad Mukherjee, he added.

Similarly, Dr Jitendra Singh said, Udhampur railway station has been expanded and is possibly the first railway station of the country to be named after a martyr soldier Captain Tushar Mahajan. With the Kashmir Valley soon to be linked by railway with the rest of the country in next few months, Udhampur is going to emerge as the most important railway junction in North India, he said and added that we have already demanded that a full-fledged Division Headquarters of Railways be set up at Udhampur.

Viksit Bharat Yatra focuses on the various Jan Bhagidari events like experience sharing by beneficiaries of the schemes, interaction with progressive farmers, celebration of achievements of Gram Panchayats achieving 100% saturation of schemes like Ayushman Card, Jal Jeevan Mission, Jan Dhan Yojana, PM Kisan Samman Nidhi Yojana, ODF Plus status, on the spot quiz competitions, Drone demonstration, health camps and Mera Yuva Bharat volunteer enrolment.

The Viksit Bharat Campaign, one of the largest ever outreach initiatives to be undertaken, eventually aims to cover over 2.55 lakh Gram Panchayats and over 3,600 urban local bodies by 25th January 2024 touching every district of the country.

The entire campaign is being planned and implemented with the 'whole of Government' approach with active participation and involvement of the State Governments, District authorities, Urban Local Bodies and Gram Panchayats.

It may be noted that the IEC Vans have been branded and customised to enable dissemination of information through audio visuals, brochures, pamphlets, booklets and flagship standees in Hindi and state languages showcasing the major schemes, highlights and their achievements at national, state and district level.

CS Reviews.....

Deputy Commissioners; Chairmen PGMCs; concerned HoDs; Bank representatives and other officers.

Outstation based officers participated in the meeting through video conferencing.

While reviewing the progress on the achievements made in implementation of this program the Chief Secretary emphasized upon prompt decision on the fate of applications received on the portal. He asked for moving ahead from the tendering and other modalities and focus on the establishment of different production units by the eligible beneficiaries.

He directed the two agricultural varities to make short informational videos demonstrating the essential ingredients and processes of each agricultural activity for the awareness of farmers. He asked each Deputy Commissioner to generate awareness about the benefits of this program in their areas especially on the occasions of Block diwasheld across panchayats and attended by farmers in large numbers.

While speaking about this massive program Dulloomade out that all the projects have been tailored out to bring maximum benefit to the farmers here. He observed that the projects are inclusive of different components for development of agriculture sector and many folds enhancement in the income of our farmers.

He advised for making the procedure for submission of applications simple, sticking purely to the guidelines delineated under the program. He asked for close monitoring of the progress by each PGMCM chairperson in collaboration with the concerned Deputy Commissioner. He asked for meeting targets without fail as per the set timeline of this program.

The Principal Secretary, APD, Shailendra Kumar threw light on different parameters and achievements made by department in implementation of the sub-projects. He delineated the key steps taken by the department for the successful grounding of different projects of this mega program here.

He revealed that under the first phase of the 'Kisan Sampark Abhiyan' conducted between 24th of April and 31st August last year around 5,10,000 farmers were covered across 3697 panchayats. Moreover under block level youth orientation programme more than 19000 youth were contacted to map their skillsets and interests in farming. He also made out that the rest of panchayats are being covered under phase 2nd to reach out to all the areas of the UT.

Regarding the implementation of the program it was given out that a number of steps had been taken for monitoring & evaluation of the projects, carrying out outreach activities, redrafting of loan guidelines, focussed attention on application processing, holistic skilling, coordination between multiple agencies implementing same projects besides making specific

interventions for impactful farm mechanization and making eligibility conditions more realistic and practical in nature.

On the occasion the district wise ranking as per different parameters of the program was depicted which was said to be a regular feature to be updated each month. It was said that the ranking was done on the number of applications received, approvals given and the percentage of rejections from each district.

Further it was made out that till now 52693 applications have been received on the Kisan Sathi portal with registration of 50662 farmers. It was apprised that 43831 applications have been received in Agriculture sector, 1214 in horticulture and 14472 in Livestock production.

The meeting also discussed the project wise monitorable indicators, challenges faced in its swift implementation and the possible solutions available for its smooth implementation in the UT.

Police attach.....

owner," police said.

Police said the drug peddler was involved in two cases registered in Kulgam and Yaripora Police Stations of the district .

"This action reaffirms the commitment of Police to combat the drug menace," police said. (UNI)

Farmers bear.....

News Observer (KNO).

The arid weather conditions have taken a toll on various crops, including carrots, radishes, turnips and collard greens. Farmers across different parts of Srinagar are reporting financial losses and damage to their agricultural produce.

"Vegetables like carrots, radishes, turnips and collard greens have either dried or turned red due to the lack of rain or snow. All this is causing financial losses to us," a group of farmers, working in the fields, lamented.

Bulk vegetable buyers, who had entered into early purchase agreements with the farmers, are also counting losses due to the unexpected weather challenges.

This unforeseen challenge has disrupted the agricultural rhythm, leaving farmers grappling with emerging consequences.

With fields experiencing reduced yields and crop failure, farmers have expressed concerns about their livelihoods and are worried about how to sustain their families in the absence of regular precipitation.

"We are witnessing withering fields, reduced yields, and there is an imminent threat to our livelihoods. What will we feed our families when there is no crop?" the distressed farmers asked.

Director of Agriculture, Kashmir, Choudhary Mohammad Iqbal told KNO that the department is closely monitoring the situation. He said an advisory will be issued soon to guide farmers through the ongoing dry spell.

"We are monitoring the situation; this particular crop damage can be an isolated one. There is no denial that dry weather conditions won't be affecting the vegetable crops, but as I am talking to you, a meeting is underway, and an advisory will be issued," he said.

Aside from crop damage, the dry spell has resulted in a decline in water levels in rivers and reservoirs. This scarcity of water for irrigation further aggravates the challenges faced by farmers.

Escalating prices.....

been a staple in Kashmir's vibrant economy, are feeling the pinch as customers turn away from gold due to its exorbitant prices.

"There is a fall of almost 95 percent in the demand for gold currently. A 24-carat gold sells at Rs 6300 per gram in Kashmir, which is almost Rs 200 less than the cost of per gram of gold in the country. Still, we don't get customers now," said Bashir Ahmad Rather, the President of the All Kashmir Valley Gold Dealers and Workers Union.

Rather said the instability in the gold prices has compelled people not to invest in gold and silver.

"We have been witnessing that the gold prices have not been stable for a couple of weeks. It had led to a recession among gold dealers countrywide. We would often make good sales even during winters which is off-season for gold dealers in Kashmir. This winter we are facing immense losses," he said.

The soaring prices have led to a sharp decline in the purchasing power of consumers, with many finding it difficult to afford gold for traditional occasions such as engagements and weddings. The economic downturn has created a ripple effect across various sectors, impacting the livelihoods of those dependent on the gold industry.

"Kashmiris mostly prefer to buy gold when its rates come down. For the last few months, the gold rates have been touching the sky. As such people have deferred functions like engagements, which mostly do happen during winter," said Noor Mohammad Zargar, a gold dealer.



DC Srinagar visits Makdoom Mandal, Ganpatiyar Temple and Soumyaar Temple

Takes first hand appraisal of works on restoration, preservation and maintenance of Architecture and Heritage of religious places/assets

SRINAGAR JAN 16: With an aim to revive and preserve the Religious Places/Heritage Sites that have historical, cultural, religious significance, the Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat Today visited various religious and heritage sites of the District. Accompanied by senior Officers from District Administration undertook site visit of the works being taken for restoration, revival, preservation and maintenance of Architecture and Heritage of religious places/assets in District.

The DC visited Makdoom Mandal near Shrine of Makdoom Sahib RA, Ganpatiyar Temple and Soumyaar Temple being preserved as heritage monuments.

On the occasion, the Deputy Commissioner stressed on all concerned executing agencies to



adopt a coordinated approach to ensure time bound completion of all historical and heritage religious places/assets of the District.

The DC said the aim of the projects is to revive and preserve the Religious Places/Heritage Sites that have historical, cultural, religious significance, besides reflect the representation of every community and every section of our cultural society.

The DC stressed that conservation efforts must retain the aesthetic, historic and social values of our great civilization and cultural legacy.

The DC further asked the Officers of the line Departments to ensure transparency and effective onsite monitoring of the projects, besides follow value-based methodologies and integrated approach to complete the conservation projects efficiently.

DC Srinagar visits Gurdwara Chatti Padshahi; takes onsite review of arrangements for Prakash Purab

SRINAGAR, JAN 16: Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat Tuesday visited Gurdwara Chatti Padshahi, Rainawari to take onsite review of the arrangements to facilitate the devotees of Sikh community on the occasion of religious festival Prakash Purab, marking the birth anniversary of Guru Gobind Singh Ji being celebrated on January 17, 2024

On the occasion, the DC took a comprehensive appraisal about the arrangements to be made by different Departments for smooth observance of Prakash Purab celebrations in the District.

The members of the District Gurdwara Parbandhak Committee briefed the Deputy Commissioner about the requirements for the occasion.

The DC assured the members of DGPC that all kinds of facilities will be made available on the auspicious occasion. The DC asked the Officers of the line Departments to ensure that all arrangements are put in place by today including proper traffic and parking facilities, health facility, security management, cleanliness in and around Gurdwaras, besides making arrangements for uninterrupted power and water supplies.

The DC was accompanied by Chief Planning Officer, Mohammad Yaseen Lone, Assistant Commissioner Revenue, Raies Ahmad and other concerned.

Unprecedented dry spell brings unusual benefits, concerns for LoC areas

BARAMULLA, JAN 16: The snowless winter in Kashmir has kept the residents of border areas along the Line of Control (LoC) in north Kashmir connected by road with the rest of the valley, a situation uncommon during heavy snowfall. The snowless landscape has not only allowed for unhindered road connectivity but has also enabled residents to carry out agricultural activities, a situation unusual for this time of the year.

Residents, speaking to the news agency—Kashmir News Observer (KNO), said the border areas typically receive substantial snowfall. They said the prolonged dry weather has, for the first time in decades, kept the border areas connected by road to the rest of the valley.

This unique situation has permitted agricultural activities to continue for the past month, which would typically be hampered by heavy snowfall.



Ahmadullah Khan, a local resident, expressed concern about water shortages in various LoC areas, such as PTL, Kilshay, Budaaab, Zidgay, and Kashpath areas of Gurez. While these areas usually receive spring-based water supply, the persistent dry conditions have led to some degree of water scarcity, he said. Muzaffar Ahmad, another resident, said there has been no snow cricket in Gurez Valley this year due to the lack of snowfall. "For the first time in my life, I am witnessing the region, which is usually covered in snow, being snowless," he said.

While plains in Kashmir experienced dryness in the past, the border areas consistently received substantial snowfall. This year marks a departure from the norm, with both plains and border areas witnessing the same dry conditions, raising concerns among residents.

Residents from the border town of Kupwara said while the dry weather has maintained their connection with the rest of the Kashmir Valley, they miss the harsh winter for which the border areas were known.

Despite the current benefits of road connectivity and continued agricultural activities, people have expressed concerns about the problems arising during April and May, which are crucial months for agricultural activities.

Zaheer Ahmad, a local from Kupwara, said there has been bud swelling in several plants due to the high daytime temperatures in these areas, signalling potential challenges ahead.



Mandeep Kaur reviews working of SMC, Srinagar Smart City Ltd

SRINAGAR, JAN 16: Commissioner Secretary, Housing and Urban Development Department, Mandeep Kaur, today chaired an introductory cum review meeting of Srinagar Municipal Corporation (SMC) and Srinagar Smart City Limited (SSCL) here to assess working of these organisations besides evaluating the ongoing projects and developments in the city. Commissioner SMC/CEO, SSCL, Dr. Owais Ahmed, displayed a comprehensive PowerPoint Presentation

highlighting the achievements and future goals of the Corporation and the Srinagar Smart City Limited. The presentation covered various aspects including infrastructure development, urban planning, waste management and other critical areas of municipal governance.

Commissioner Secretary expressed satisfaction over the progress achieved by the SMC and SSCL and emphasized the importance of continued collaboration

and innovation in order to further enhance the city's infrastructure and service delivery mechanism.

She emphasized the need of committed efforts by all stakeholders towards making Srinagar a model city in line with the Smart City vision. She asked the concerned for closure of all open garbage sheds, source segregation of waste collection and its disposal, installation of street lights and maintenance within the municipal limits.

Dry spell: Mustard crops show deficiency symptoms

ANANTNAG, JAN 16: The ongoing dry spell has raised concerns among farmers in south Kashmir's Anantnag district, who have sown mustard crops. The insufficient rainfall or snowfall has led to deficiency symptoms in these crops, farmers said.

Mustard is an annual crop in Kashmir harvested in April and is also utilised as a double crop. The seeds are sown in October and reaped during the last weeks of both April and May. The prolonged dry

spell poses a threat to the burgeoning mustard crop in Kashmir, with farmers expressing concern over adverse weather conditions.

Ghulam Rasool Shah, a farmer based in Anantnag, told the news agency—Kashmir News Observer (KNO) that the lack of precipitation or regular snowfall over the last two months has impacted the mustard crop. He said the mustard crop is increasingly vulnerable to dry conditions, showing signs of yellowing

due to the absence of adequate rainfall or snow.

"These crops significantly rely on winter snowfall for irrigation, and ensure water availability for the upcoming seasons. However, the lack of substantial snowfall and a persistent dry spell in the last two months raises concerns for the upcoming seasons and harvest," Shah said.

An official from the agriculture department said that in the 2022-2023 period, 1.40 lakh hectares of land were

brought under mustard cultivation. Despite J&K's edible oil requirement being 14.20 lakh quintals, the region only produces 3.36 lakh quintals, he said, adding that the government aims to expand mustard cultivation to cover 7.5 lakh hectares.

Director of Agriculture in Kashmir, Choudhary Mohammad Iqbal, assured the farming community that the department is actively addressing the issue. He said a meeting has been conducted and an advisory will be issued shortly.

MHA CONSTITUTES TRIBUNALS TO ADJUDICATE BAN ON TEHREEK-E-HURRIYAT, MUSLIM LEAGUE

SRINAGAR, JAN 16: The Union Home Ministry has constituted two tribunals under the Unlawful Activities (Prevention) Act (UAPA) for the purpose of adjudicating whether there is sufficient cause for banning Tehreek-e-Hurriyat and Muslim League (Masrat Alam faction).

The MHA has constituted

two tribunals for the purpose of adjudicating whether or not there is sufficient cause for banning Tehreek-e-Hurriyat and Muslim League (Masrat Alam faction).

According to news agency—Kashmir News Observer (KNO), two separate notifications were issued by the MHA on Monday and Tuesday to constitute the

tribunals. Both the tribunals would be headed by Justice Sachin Datta of Delhi High Court.

The Muslim League headed by jailed separatist leader Masrat Alam Bhat was banned on December 27 for being involved in "anti-India and pro-Pakistan propaganda." The MHA said that the objective of the outfit was to "get freedom of Jammu and

Kashmir from India" and "realise its merger with Pakistan and establish Islamic State in Jammu & Kashmir."

On December 31, the MHA declared Tehreek-e-Hurriyat an 'Unlawful Association' under the Unlawful Activities (Prevention) Act (UAPA). The organisation was earlier headed by deceased separatist leader Syed Ali Shah

Geelani. Union Home Minister Amit Shah said that the outfit was involved in "forbidden activities to separate Jammu and Kashmir from India and establish Islamic rule." "The group is found spreading anti-India propaganda and continuing terror activities to fuel secessionism in Jammu and Kashmir," he said.

Secretary Health conducts surprise visit to SMHS, GMC Srinagar

Inspects ongoing development works, asks for expeditious completion

SRINAGAR, JAN 16: Secretary Health and Medical Education, Dr. Syed Abid Rasheed Shah, today conducted a surprise visit to SMHS Hospital, Srinagar and assessed the healthcare services besides inspecting different units of the institute. Dr. Abid Rasheed visited the casualty block and took an appraisal regarding the patient care and inflow of patients, management, various health interventions being given to the patients, security arrangements and other related aspects. He was informed that at an average the Casualty caters about 2500 patients in 24 hours besides basic lab tests and other diagnostic facilities are being provided as per requirement.

He asked the concerned for exploring possibilities of provision of lab tests and diagnostic facilities round the clock for larger interests ailing. He also called for ensuring cleanliness in and around the wards which is prerequisite for health of the patients.

Secretary also inspected Bio-Chemistry Lab, Surgical Casualty, Medical and Emergency and Neuro-Surgery wards and Operation Theatres. He interacted with the patients and attendants there and had feedback about the facilities being provided to them. Later, Secretary visited Government Medical College, Srinagar, where he visited different units of the institute besides chairing an extensive meeting with the faculty members and other officers regarding working of the medical college.

Secretary visited Radiology Department, GMC, Srinagar, where he interacted with the concerned faculty and took stock of functioning of the institute. He was briefed about the working of the department and was informed that CT scan, USG, X-rays, Colour Dopplers etc are being carried out in the department and on an average 700 tests are being done in a day.

Dr. Abid Rasheed also inspected Doctor Rooms, Resident Rooms, Sanitary Blocks and passed strict directions for upkeep and maintenance of hygiene in the establishments. He interacted with the doctors on duty and enquired about the health status of various patients admitted in these wards. He called upon the doctors and paramedics to work with utmost dedication and devotion towards ensuring best patient care. Meanwhile, Secretary convened a meeting with Principal/Dean, Government Medical College, Srinagar, Professor Dr. Masood Tanvir, Administrator Associated Hospitals, Srinagar, Mohammad Ashraf Hakak and heads of various departments.

A threadbare discussion was held on various issues aimed at further enhance the healthcare system, academics, facilities for Undergraduate and Postgraduate students and overall functioning of GMC Srinagar.

The Principal/Dean briefed the Secretary about the overall functioning of Associated Hospitals and Government Medical College, Srinagar.

Dr. Abid Rasheed assured full support for making healthcare system more effective and patient friendly and called for putting in extra efforts to make the college one of the best in the UT. He asked for expediting pace of progress on different ongoing projects including Theatre Block of SMHS, Hospital, Srinagar, New Girls Hostel, Multi Facility Centre. He called for enhanced coordination among the executing agencies and hospital administration for timely completion of these vital works. During his visit, the Secretary also inspected Girls Hostel, located within the college campus and inspected mess, dining hall and common room. He interacted with the hostel inmates and sought their feedback with regard to facilities available there.

Medical Superintendent, SMHS Hospital, Srinagar, Dr. Muzaffar Zargar, CMO/RMO and concerned faculty members were also present in the meeting.

DC Kulgam reviews Export Promotion Action Plan

Stresses to enhance production of Garlic, Red Chillies by 20% in current year

■ **Farooq Rather**

KULGAM, JANUARY 16: With a vision to enhance the Export Promotion from the district and to make the district an export hub to boost the local economy, a meeting of the District Level Export Promotion Committee was today held under the chairmanship of Deputy Commissioner (DC) Kulgam, Athar Aamir Khan.

The meeting discussed the modalities for formulating a detailed Export Promotion Action Plan for the Kulgam district.

During the meeting, GMDIC, Bashir Ahmad through a PowerPoint presentation shared a blueprint regarding the District Export Promotion Plan

and it was given out that Red Chillies and Garlic have been identified under One District One Product (ODOP) (a government of India initiative) in Kulgam District.

The DC took a detailed appraisal of the measures undertaken for boosting exports of various products that are being produced in the district.

He instructed the concerned officers to mobilize their technical staff and ensure an increment in production of Red Chillies and Garlic by 20 percent this year.

Comprehensive discussion on the subject was held wherein various issues about the finalization of the District Export Action Plan were discussed and DC directed to put the final export plan for approval in the next



meeting after revisiting the Draft Plan.

The meeting was attended by ADDC Showkat Ahmad Rather; JDP Zahid Sajjad; GM DIC, DM NABARD, CHO, CAO and other officers. With a vision to enhance the Export Promotion from the district and to make the district an export hub to boost the local economy, a meeting of the District Level Export Promotion Committee was today held under the chairmanship of Deputy Commissioner (DC) Kulgam, Athar Aamir Khan. The meeting discussed the modalities for formulating a detailed Export Promotion Action Plan for the Kulgam district.

During the meeting, GMDIC, Bashir Ahmad through a PowerPoint presentation shared a blueprint regarding the District Export Promotion Plan

and it was given out that Red Chillies and Garlic have been identified under One District One Product (ODOP) (a government of India initiative) in Kulgam District. The DC took a detailed appraisal of the measures undertaken for boosting exports of various products that are being produced in the district. He instructed the concerned officers to mobilize their technical staff and ensure an increment in production of Red Chillies and Garlic by 20 percent this year. Comprehensive discussion on the subject was held wherein various issues about the finalization of the District Export Action Plan were discussed and DC directed to put the final export plan for approval in the next meeting after revisiting the Draft Plan.

ADC Shopian visits Chitragam, inspects Record Room & Jamabandi Centre

■ **HT News Network**

SHOPIAN, JANUARY 16: The Additional Deputy Commissioner (ADC) Shopian, Dr. Zakir Hussain Faaz today inspected the Record Room and Jamabandi Digitization Centre Chitragam in the district.

During his inspection, ADC said that digitization is imperative for streamlining the revenue records and making revenue records easily accessible to the public through online based platforms. The ADC said this during his inspection to the Revenue Record Room established at Village Chitragam Shopian. He reviewed the progress on implementation of the Land Records Modernization



Programme. On this occasion, a detailed resume of digitization programmes was given to the ADC including safe custody of revenue documents, data entry, and digitization of maps, Jamabandi and updation with latest mutation records. While interacting

with the officers, the ADC said that the comprehensive digitization would ensure better land record management that will enhance the district's overall land record maintenance forever.

The ADC inspected the Land Records section and inquired about computer-

ization and directed for its proper maintenance.

On Jamabandi, the ADC said that it is a challenging task and directed for keeping it properly up to date and well maintained and stressed upon officers and staff to complete the process of digitization of records in fixed timelines.

Among others, Tehsildar Chitragam, Naib Tehsildar, Girdawars, Patwaris and concerned officials of revenue department were present. Later, ADC also visited the Veterinary Centre and interacted with the public and officials on its functioning. Among others, Tehsildar Chitragam, Naib Tehsildar, Girdawars, Patwaris and concerned officials of revenue department.

VBSY: DAY-NULM Illuminating lives in Anantnag

■ **HT News Network**

ANANTNAG, JANUARY 16: The Viksit Bharat Sankalp Yatra (VBSY) transcends beyond a mere march, emerging as a poignant call to action. In the heart of Anantnag, this transformative journey isn't just about statistics; it's a vibrant tapestry interwoven with stories of lives experiencing profound positive change.

Individuals in Anantnag exemplify the Central Government's commitment to inclusive development through the DAY-NULM campaign, aimed at empowering urban poor households. The success story of Sada-Bahar in the implementation of DAY-NULM in Anantnag is truly inspirational. Three young boys from Pahalgam town transitioned from a fading tourist filming venture to a



thriving joint venture in tourist camping, supported by the DAY-NULM mission management unit and the bank. Their journey highlights the transformative power of DAY-NULM in fostering sustainable livelihoods and empowering local communities.

hoods and empowering local communities.

Testimonials from Sada-Bahar beneficiaries echo gratitude for the opportunities provided by DAY-NULM. Ishfaq expresses, "Day-NULM has shown us the way to a better life, and we are happy and focused on our work." Mudaris acknowledges the timely support, stating, "Thanks to the DAY-NULM mission management unit and ACC Bank Pahalgam for continuous support and guidance." Reflecting on the transformation, Umar adds, "Our lives have changed completely, and we are earning our livelihood with ease."

VBSY propels Transformation across Pulwama District

■ **HT News Network**



PULWAMA, JANUARY 16: Commencing its journey on November 25th, 2023, Viksit Bharat Sankalp Yatra (VBSY) has emerged as a catalyst for positive change throughout Pulwama District. Aligned with the vision of the Hon'ble Prime Minister, this initiative is dedicated to reaching the unreached and ensuring the comprehensive saturation of various Government schemes. The Yatra, focused on fostering community development, has traversed panchayats, municipalities, and is currently making a profound impact in the villages of Pulwama. Today's program unfolded across six villages, with active participation from the local community in this transformative experience.

Central to the event was the Sankalp Pledge, where individuals committed to contributing to the development of their villages, aligning with the Hon'ble Prime Minister's vision for a developed nation. The message was effectively conveyed through Information, Education.

PUBLIC NOTICE

I informed to general public that I Want to Change my Daughters Name From Alisha Shabir D/O Shabir Ahmad BAJARD R/O GAGAL LOLAB Instead of Haniya Shabir D/O Shabir Ahmad BAJARD R/O GAGAL LOLAB .

Now I am applying for her Correction, if anybody have any objection in this regard He/She may file His/her objection in the Concerned Department within seven days from the publication of this notice after that no objection will be entertained .



**Name :-Haniya Shabir
D/O Shabir Ahmad BAJARD
R/O GAGAL LOLAB**

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

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

PUBLIC NOTICE

The Registrar Births and Deaths (Block Development Officer Wagoora) has submitted case file pertaining to Birth of MOHAMMAD ALTAJ RATHER S/O JAID Ahmad RATHER R/O TELGAM Tehsil Kreeri Distt. Baramulla having verified the date of Birth, as 28.04.2021 at S.D.H Kreece and event has been shown to be occurred / In this connection, if anyone have any objection to the issuance of delay order of birth certificate shall present his/her claim this office within 07 days, after that no objection shall be entertained.

**Executive Magistrate 1st Class
kreeri**

Union Territory of Jammu & Kashmir

Office of the Executive Engineer R&B Division Lolab

Fresh NIT No. 19-Lolab/1031-39 of 2023-24 e-tendering DATED:- 15-01-2023

For & on behalf of Lieutenant Governor of J&K Union Territory, e-tenders (in single cover system) are invited on item rate basis from approved and eligible Contractors registered with Union Territory J&K Govt. CPWD ,Railways and other state/Central Governments for the followings works:-

S. No	Name of Work	Est. Cost (Rs. In Lacs)	Cost of T/Doc. (In rupees)	Earnest Money (In rupees)	Time of Completion In days	Time & Date of Opening of Bid	Class of Contractor	Major Head of Account
01	CONSTRUCTION OF AWC AT THANDDOOSA OLD HAYATPORA SOGAM,	4.91	200/-	9850/-	30days	22-01-2024	"D"	PRI
02	CONSTRUCTION OF AWC AT BATNARD PAYEEN KHURHAMA C	4.91	200/-	9850/-	30days	22-01-2024	"D"	PRI
03	CONSTRUCTION OF AWC AT BUNPORA MAIDANPORA.	4.91	200/-	9850/-	30days	22-01-2024	"D"	PRI
04	CONSTRUCTION OF AWC AT PIR MOHALLA MAIDAMPORA A.	4.91	200/-	9850/-	30days	22-01-2024	"D"	PRI
05	CONSTRUCTION OF AWC AT NUMBERDAR MOHALLA GAGAL B.	4.91	200/-	9850/-	30days	22-01-2024	"D"	PRI
06	CONSTRUCTION OF AWC AT JABDI MOORI,,	5.35	300/-	10700/-	30days	22-01-2024	"D"	PRI
07	CONSTRUCTION OF AWC AT NARIKOTE,	5.35	300/-	10700/-	30days	22-01-2024	"D"	PRI
08	CONSTRUCTION OF AWC AT CHALINDRI NAGSARI,,	5.35	300/-	10700/-	30days	22-01-2024	"D"	PRI
09	CONSTRUCTION OF AWC AT SHANDI SANJA	5.35	300/-	10700/-	30days	22-01-2024	"D"	PRI

Position of funds : Demanded

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

01.	Date of issue of Tender Notice	15-01-2024
02.	Period of downloading of bidding documents	From 15-01-2024to 22-01-2024
03.	Bid submission start date	15-01-2024 from (06.00P.M)
04.	Bid submission end date	22-01-2024 upto (11.00P.M)
05.	Date & time of opening Bids (on line)	22-01-2024 at (12:00A.M) in the Office of the Executive Engineer RnB Division Lolab

Terms and Conditions :-

The Bidders are advised to read all conditions laid down in the NIT carefully before uploading softcopy any short fall found in the soft copy the tender shall be rejected.

a.Bids must be accompanied with cost of Tender document in shape Treasury Challan (Under Account Head 0059) (Treasury Challan) must be written boldly the Name of Work, Name of Contractor alongwith Cell No, NIT No. & Sr. No of NIT) in favour of Executive Engineer R&B Division Lolab (tender inviting authority) and Earnest money / Bid security in shape of CDR/ FDR pledged to Executive Engineer R&B Division Lolab .

b.The Successful Bidder has to produce an amount equal to 5% additional performance security deposit of the allotted cost. The same shall be released after successful completion of the defect liability Period of the work. The EMD of 2% successful bidders shall be released after receipt of 5% Performance Security

c.Additional performance security for unbalanced bids is to be submitted by the lowest bidder before issuance of Allotment as per procedure in vogue.

S.No	%age of unbalanced Bid viz a viz advertised cost on account of Law Rate	Additional performance security to be deposited
1	Up to and including 15% below	Nil
2	Greater than 15% upto and including 20% below	5% of advertised cost
3	Greater than 20% upto and including 25% below	10% of advertised cost
4	Greater than 25% upto and including 30% below	15% of advertised cost
5	Greater than 30% below	20% of advertised cost

Chief Engineer PW(R&B) Department Kashmir's Circular No. CE/RBK/HD/3271-73

a.The bidders shall ensure that their bids shall be accepted only if their registrations cards are uploaded on [https://jkpwdoms.jk.gov.in](#) portal in active Tab. as per circular instructions issued by Development Commissioner works vide No.PW/DCW/DB/668-72 DT.10-06-2022.

d.The GST-3B for last Quarter (Quarterly return) and Previous month for (Monthly return) Should be uploaded, irrespective of date of Tender

e.No bid shall be accepted if enlistment card is not found in JKPWDOMS online of those departments which have been serving the said portal as per circular instruction issued by development Commissioner works vide No.PW/DCW/DB/668-72 DT.10-06-2022

f.1st lowest bidder will submit the CDR/ FDR within two days after opening of Tender failing which 2nd lowest will be approached. Besides 1st lowest will be debarred from participating in tendering process for one year in this division.

DIPK-15273/23
DT: 16-01-2023

Executive Engineer
R&B Division Lolab.

Govt. of Jammu & Kashmir (UT)

OFFICE OF THE EXECUTIVE ENGINEER, JAL SHAKTI (PHE)

MECHANICAL DIVISION SOUTH AWANTIPORA

Tele/fax: 01933/295537; Email Id: [xenphemechsouthawp@gmail.com](#)

EXTENSION NOTICE 2nd

Subject: *Supply, Installation, Testing & Commissioning of electro-mechanical equipments at various water supply schemes of Jal Shakti (PHE) Mechanical Division South Awantipora under JIM.*

Reference: *This Office ENIT No.: 41 of 2023-24 Dated: 19-12-2023 issued vide No.: JSD/MDSA/5653-74 Dated: 19/12/2023.*

Due to no response of the above subjected works, advertised vide this office eNIT under reference, the date of downloading/uploading of the bids of these works is hereby extended upto 01/02/2024 (06:00 PM) and the opening date of the Technical Bid is 02/02/2024 (2:00 PM).

Other terms and conditions of the ENIT shall remain same.

Sd/-

Executive Engineer

Jal Shakti (PHE) Mech. Division

South Awantipora

DIPK-15310/23

Dated: 16/01/2024

VBSY: Prerna Puri attends mega event at Sunderbani; Emphasizes 100 % saturation of Govt schemes

HT News Network

RAJOURI, JANUARY 16: Commissioner Secretary, Information Technology Department, Prerna Puri, today attended a mega public outreach programme besides participating in multitude of activities as part of ongoing "Viksit Bharat Sankalp Yatra" in Sunderbani block.

Deputy Commissioner Rajouri, Om Prakash Bhagat besides other senior officers were present on the occasion.

Commissioner Secretary, while addressing on the occasion, emphasized the significance of this initiative in empowering the common masses through dissemination of information on government schemes, fostering awareness and establishing direct interaction with the beneficiaries. "Ensuring that everyone is brought under the ambit of welfare and development programmes of the govern-

ment is one of the prime objectives of this people friendly initiative and we all need to work collectively towards achieving this goal", she maintained.

Prerna Puri highlighted the role of mobile VBSY van in achieving comprehensive coverage of all schemes and enhancing awareness among the public. This proactive approach demonstrates the dedication of the administration towards ensuring that no eligible individual is left uninformed about transformative government schemes, she added.

Emphasizing the commitment of the government to reach every beneficiary, she directed the officers to ensure hundred percent saturation of all beneficiary oriented government schemes.

Regarding the issue of poor network connectivity, she assured the public that the government is actively working towards addressing this concern by March 2024. She highlighted var-



ious online services of the government saying that the government is mulling a slew of measures to facilitate public service delivery through digital interventions like rolling out of Toll Free Helpline-14471 for accessing government services from the comfort of home.

Recognizing the importance of educating the public about the online services being extended by government departments, she instructed the officers to inform the public about the availability and benefits of such services.

The Commissioner Secretary mon-

itored the activities of VBSY van which is playing crucial role in raising awareness among the common masses about various central government schemes. The van displayed videos of Prime Minister's speeches, testimonials from beneficiaries, and informative clips to enhance understanding about government initiatives.

The key schemes highlighted during the event included PM Svanidhi, PM Vishwakarma Yojana, PM Mudra Yojana, PM Ujjwala Yojana, Start-up India/Stand-up India, Ayushman Bharat, PM Awas Yojana (Urban), SBM (Urban), PM eBus Sewa, AMRUT, PM Bhartiya Jan Aushidi Pariyojana, Ujjala Yojana, Subhagya Yojana, Digital Payment infrastructure, Khelo India, RCS: UDAN, Vande Bharat Trains, Amrit Bharat Station scheme and rural area schemes like Ayushman Bharat PMJAY, PMGKAY, DAY-NRLM, PM Awas Yojana Rural, PM Ujjwala Yojana, PM KISAN Saman, PM Vishwakarma, KCC,

PM Poshan Abhiyan, JJM, and SVAMIT-VA.

Later, Prerna Puri visited the stalls set up by different departments at the event highlighting their respective schemes, providing a visual presentation of the initiatives aimed at promoting economic growth and public welfare.

The event at Sunderbani block also witnessed a vibrant cultural bonanza showcasing the cultural diversity and artistic talents within the district. Besides, the participants took the Viksit Bharat pledge to solidify their commitment towards the cause of inclusive development and nation building.

Meanwhile, beneficiaries of various government schemes shared their firsthand experiences, highlighting the tangible impact of these initiatives on their lives under "Meri Kahani Meri Zubani" initiative.

Mandeep Kaur reviews working of Urban Local Bodies; Asks for expeditious completion of projects

HT News Network

JAMMU, JANUARY 16: Commissioner Secretary, Housing and Urban Development Department, Mandeep Kaur, today chaired a review meeting of the Directorate of Urban Local Bodies, Jammu.

The meeting had detailed discussion on various schemes being implemented by the Directorate including SBM (U), AMRUT, IDMT, FC (Grants), drainage sector, Capex besides other development works and initiatives like GIS mapping.

Commissioner Secretary assessed progress on several ongoing projects and issued directions for expeditious completion of these works of vital public importance. She highlighted the



importance of implementing the sanitation measures leading to 100 per cent processing of Municipal Solid Waste and enhanced beautification measures with focus on improving the aesthetics of urban areas. This will not only add to the environmental grandeur of urban parts but will immensely help towards revenue enhancement ensuring financial sustainability of local bodies, she maintained.

While reviewing the human resources existing in ULBs, Commissioner Secretary directed the officers for formulating a comprehensive proposal regarding filling up of all vacant vacancies. She instructed them to furnish details regarding release of pending honorarium, telephone charges and other expenses of former members of ULBs.

The Commissioner Secretary directed the officers to ensure timely completion

of all the projects undertaken by Directorate of Urban Local Bodies Jammu. She emphasized the importance of shifting towards a paperless work environment through full utilization of e-office platform which will not only reduce bureaucratic hurdles but also enhance data security and facilitate faster decision-making processes within the department.

Reviewing progress on GIS mapping initiated first time in ULBs of J&K, Commissioner Secretary sought details of all thematic layers comprising municipal area/zone, land use, road and street network, water supply pumping station, sewer treatment plants, ponds and water lakes, bus shelters, cell phone towers besides boardings.

Rehana Batul reviews functioning of Information Deptt Commends DIPR's achievements, exemplary G20 summit coverage

HT News Network

JAMMU, JANUARY 16: Secretary Information Department, Rehana Batul today conducted a comprehensive review of the department's working at the Civil Secretariat here.

Director of Information & PR, Jatin Kishore; Special Secretary Information Department, Dr. Mushtaq Ahmad; Director of Finance (Information), Joint Director Information Jammu, Atul Gupta;

Joint Director Information (Headquarters), Vevek Puri, Joint Director Information Kashmir, Mohd Aslam Khan; Deputy Directors Information, Films Production Officer, Field Publicity Officers, Accounts Officer, and other concerned attended the meeting.

At the outset of meeting,



Director Information, Jatin Kishore highlighted the department's achievements, including exemplary media coverage of the G20 Summit, the launch of a revamped departmental website in November 2023, and the adoption of a new logo in July last year.

Joint Director (Headquarters), Vevek Puri provided a detailed presentation, offering valuable insights into the department's work profile and major policies, including

Media Policy 2020 among others. He informed the meeting about the department's successful participation in the International Film Festival 2023 in Goa. Secretary Batul praised the department, stating that over 300 film shooting permissions have been granted in Jammu and Kashmir, showcasing the department's commitment and responsiveness to the film industry both nationally and internationally.

Acknowledging the pos-

itive response from filmmakers during the festival, the Secretary remarked that DIPR's participation at IFF 2023 at Goa was wonderful, sending a positive message to filmmakers in India and abroad.

Expressing her vision for the department, she urged, "Trainings are crucial and should be a regular affair. The provision of the latest state-of-the-art equipment is essential for our staff to remain abreast of with ever changing environs."

"Collaboration with national premier institutions for trainings is a step forward," she added.

The Secretary also appreciated the routine work of the Public Relations section of the department for their dedication to providing real-time information and disseminating it to the public through press releases.

Secretary RDD charts crucial roadmap for IWMP implementation

HT News Network

JAMMU, JANUARY 16: Under scoring the critical importance of the Integrated Watershed Management Program (IWMP) for Jammu and Kashmir, Secretary, Rural Development Department and Panchayati Raj, Dr Shahid Iqbal Choudhary urged officials to prioritize projects like irrigation canal upgrades, soil erosion prevention, and water conservation.

During a comprehensive review of IWMP implementation, Dr Choudhary emphasized the need for long-lasting infrastructure, particularly strengthening irrigation canals and water harvesting structures.

He recognized the urgency of the program in the Kandi belts and



pledged to seek approval for additional projects from the GoI.

Dr Shahid emphasized the historical importance of traditional water bodies in Jammu and Kashmir, urging concerted efforts towards their renewal.

He highlighted the region's abundance of centuries-old water bod-

ies, emphasizing the need for proactive measures to restore them, particularly those associated with religious and tourist destinations.

He stressed the significance of horticulture, lavender plantation, and cactus cultivation for the overall development of the region.

Dr Shahid emphasized the

importance of capacity building for technical experts involved in the program, suggesting exposure visits to states where successful and sustainable initiatives have been implemented.

Dr Bharat Bhushan, CEO of IWMP, presented a detailed report on the physical and financial achievements of the Pradhan Mantri Krishi Sinchayee Yojana under IWMP.

He informed that 19 projects approved by the Government of India, with 16 DPRs finalized and 3 nearing completions. Additionally, he reported the initiation of 1156 projects for the current year, with 517 already completed.

The meeting was attended by Joint Director Planning, Kumal Kumar Sharma, Financial Advisor/CAO, IWMP Ashok Kumar among others.

Secretary PD&MD reviews progress on implementation of "Himayat" scheme in J&K

HT News Network

JAMMU, JANUARY 16: Secretary, Planning Development and Monitoring Department (PD&MD), Aijaz Asad, today convened a meeting with officers of Rural Development Department to review progress on implementation of "Himayat" scheme in Jammu and Kashmir.

The meeting was convened to analyze the current status of Himayat scheme (PMPD Project) besides deliberating on strategies aimed at to ensure effective implementation of the ambitious programme in the UT.

Highlighting the significance of the scheme in fostering economic development and employment opportunities, the Secretary called upon the concerned authorities to further step up efforts towards ensuring successful implementation of the scheme benefitting maximum beneficiaries.

Secretary asked the Rural Development Department to provide information on the existing gap between the training imparted to the prospective beneficiaries and the subsequent placement opportunities extended to them. The prime objective behind launching this schemes is to facilitate the trained individuals with gainful employment.

Aijaz Asad took stock of existing flaws



in smooth execution of the scheme and asked the officers to work out and recommend remedial measures to contain those impediments for obtaining the set targets under the programme. He exhorted upon the concerned officers to work collaboratively towards refining the implementation strategy, addressing challenges and streamlining the process to achieve the scheme's overarching objectives.

"The Himayat scheme stands as a testament to the government's unwavering commitment towards socio-economic development of people of Jammu and Kashmir. Through sustained efforts and periodic reviews, the administration aims to fine-tune the scheme, ensuring its efficacy in providing skill development and employment opportunities to the youth of the region", maintained the Secretary.

Empowering Women: DHEW Mission Shakti, Mission Poshan host Awareness Program at Doda

HT News Network

DODA, JANUARY 16: Guided by the esteemed District Development Commissioner, Harvinder Singh, and under the overall guidance and supervision of District Social Welfare Officer Doda, Tariq Parveez Qazi, the District Hub for Empowerment of Women (DHEW) and Mission Poshan today orchestrated a transformative awareness program here at Zone Gundna.

This collaborative effort aimed to amplify the empowerment of women in the area.

District Mission Coordinator (DMC) for DHEW Mission Shakti, played a pivotal role in enlightening Anganwadi Workers about the fundamental functions of the DHEW.

The session served as an impressive platform to raise awareness about different women welfare schemes, including OAP, WPS, Scholarship,



PMMVY, SYS JSY, and various women income generation schemes such as Tejaswini Scheme,

PMEGP, JKREGP, PMKVY, RSETI, NMFDC.

Underlining the crucial role of Anganwadi Workers as grassroots-level influencers, the DMC emphasized that their awareness of women-centric schemes enables them to reach women at the grassroots level. Recognizing the potential impact of these workers, the DMC stressed the importance of their understanding in effectively disseminating information and fostering awareness among women in the community.

Noteworthy attendees included CDPO Gundna, H&N Mobilizer, and the Accountant from DHEW, collectively affirming the commitment of these key stakeholders towards advancing women's empowerment in the Doda district. This collaborative effort reflects the dedication of the organizing body, DHEW Mission Shakti, in driving positive change and awareness in women-centric initiatives.

IT Deptt fixes rates for online services; overcharging to be dealt strictly

HT News Network

JAMMU, JANUARY 16: On the directions of Chief Secretary, Atal Dulloo, teams of IT Department today conducted inspection of various Common Services Centres across Jammu and Kashmir ascertaining their functioning and adherence to government notified rates.

Pertinently, the IT Department has notified rates to avail various online services which envisages Rs. 50 per service for

government to citizen service and Rs. 75 for government to business services.

During the inspection, the teams visited multiple locations in Jammu and Kashmir divisions, including Talab Tillo, Akhnoor, Gandhinagar, Miran Sahib and rural areas like Domana, Mishriwala, Mathwar in Jammu besides Babademb, Khanyar, Rainawari, Saida Kadal, Hazratbal, Umer Colony, Lal Bazar and Alamgari Bazar Batamloo in Kashmir. They emphasised on ensuring display of government rates for availing e-services.

EDITORIAL

A Harsh Winter Inferno

A prolonged dry spell has ignited multiple bushfires, transforming the picturesque landscape into a fiery battleground. The repercussions extend beyond the immediate threat of the flames, impacting the lives of netizens who find themselves with nowhere to go in the unforgiving winter.

Just yesterday, the crisis reached a distressing pinnacle as several residential houses fell victim to the relentless flames in Jammu & Kashmir's Budgam district.

The fires, driven by the persistently dry conditions, spread rapidly, consuming homes and displacing families. The scale of destruction is a testament to the unforgiving nature of this environmental disaster. Firefighters and emergency responders worked tirelessly to contain the inferno, battling not only the flames but also the challenging winter conditions.

The unprecedented bushfires have engulfed vast stretches of forests, encroaching upon residential areas and leaving a trail of destruction in their wake. The dry spell, exacerbated by climate change, has created tinder-dry conditions, turning the region into a virtual tinderbox waiting to combust. The result is an environmental catastrophe that not only endangers lives but also poses a severe threat to biodiversity and ecosystems.

As the fires rage, the harsh winter weather compounds the challenges faced by those affected. With traditional escape routes blocked and the intensity of the fires escalating, residents find themselves in a dire predicament. The combination of bitter cold and the imminent danger of the advancing flames leaves them with limited options for survival. The stark reality of having no safe haven in these harsh conditions paints a bleak picture for the affected netizens.

The impact on the local population is not just physical; it's also psychological. The constant threat of evacuation, loss of homes, and the pervasive fear of the unknown weigh heavily on the minds of those caught in the midst of this crisis. Communities that once thrived in the idyllic setting of Kashmir are now grappling with the trauma of displacement and loss.

In the face of this unfolding catastrophe, urgent measures are needed to contain the fires, provide shelter for the displaced, and address the root causes of the dry spell. The international community must recognize the severity of the situation and collaborate to mitigate the immediate impact and prevent such crises from becoming the new normal in our changing climate. As the flames continue to rage, it is a stark reminder that climate change knows no seasons, sparing no one from its devastating consequences.

The Unsettling Impact of Global Warming on Kashmir's Winter Wonderland



■ [RJ Abid Khan](#)

Kashmir, a region celebrated for its enchanting winter landscapes, is currently facing an unprecedented challenge – the tangible effects of global warming on its climate. This year, the region has witnessed a disturbing trend of rising temperatures during winter, jeopardizing the traditional spectacle of heavy snowfall. This shift not only threatens the region's critical water resources, historically sustained by winter snow, but also casts a shadow over the vibrant winter tourism industry, with a particular blow to renowned destinations like Gulmarg, famous for its winter games.

Escalating Winter Temperatures

Thallmark of Kashmir's winter has been the serene blanket of snow covering its landscapes. However, this year has brought about a disconcerting change as temperatures continue to rise during the winter months. Such a deviation from the norm poses immediate challenges to the delicate ecological balance of the region.

Snowfall and Water Resources

Winter snowfall has been a lifeline for Kashmir's water resources, serving as a natural reservoir that gradually replenishes rivers and lakes. The scarcity of snowfall this year raises concerns about water availability in the upcoming months, impacting agriculture, local communities, and the delicate ecosystems that depend on this seasonal influx.

Winter Tourism's Precarious Future

Kashmir's winter tourism has been a key economic driver, drawing visitors from around the globe. The allure of pristine, snow-covered landscapes has been a significant factor in this appeal. However, with the diminishing snowfall, iconic destinations like Gulmarg are facing a crisis. The dependability of snow-covered terrains for winter sports and games is eroding, presenting a significant threat to the livelihoods of those dependent on the tourism industry.

Gulmarg: A Struggling Hub for Winter Games
Gulmarg, celebrated for its ski

resorts and winter festivities, finds itself at the forefront of the climate change impact. The reduction in snowfall not only compromises the visual splendor of the region but also endangers the viability of winter sports. Local businesses and individuals reliant on winter tourism are grappling with uncertainty and economic challenges.

The current scenario in Kashmir, marked by rising winter temperatures and a decline in snowfall, serves as a stark reminder of the profound impact of global warming. The interconnected issues of compromised water resources and the jeopardy faced by winter tourism, especially in places like Gulmarg, underscore the urgency of addressing climate change. It is imperative that local and global communities come together to adopt sustainable practices and mitigate the adverse effects of global warming, ensuring the preservation of the unique charm that has defined Kashmir's winters for generations.

This piece solely belongs to RJ Abid Khan

"Small Acts, Big Impact: Navigating Life with Compassion and Grace"



■ [Aubaid Ahmad Akhoun](#)

"In the intricate tapestry of life, the principle that the good you do for others will find its way back to you holds a profound truth. It's a timeless belief that resonates across cultures and religions, encapsulating the essence of humanity's interconnectedness."

"Whoever relieves a believer's distress, Allah will relieve his distress in this world and the Hereafter." - Imam Nawawi

Acts of kindness, no matter how small, possess a remarkable ability to create a positive ripple effect. When you extend a helping hand or offer support to someone in need, you set in motion a chain of goodwill. This ripple, though unseen, travels through the intricate threads of existence, weaving connections that bind us all.

"The example of the believers in their affection, mercy, and compassion for each other is that of a body. When any limb aches, the whole body reacts with sleeplessness and fever." - Prophet Muhammad (Peace Be Upon Him)

The essence of spreading kindness always lies not just in the anticipation of personal gain but in the acknowledgment



of our shared humanity. Each act of compassion contributes to a collective reservoir of positive energy that, like a reservoir, can be drawn upon in times of need.

"Allah is kind and loves kindness in all matters." - Prophet Muhammad (Peace Be Upon Him)

The belief that helping others is not just a moral duty but a pathway to divine assistance adds a spiritual dimension to our actions. In the Islamic faith, the promise that Allah will help those who help others serves as a reminder of the interconnected relationship between our deeds and the benevolent forces that govern our lives.

The Prophet Muhammad, peace be upon him, exemplified the significance of kindness through his teachings and actions. His life serves as a beacon, guiding us to emulate compassion, empathy, and self-

lessness. By helping others, we align ourselves with the teachings of Islam and contribute to the betterment of society.

It's important to recognize that acts of kindness need not be grand gestures. Small, sincere efforts have the power to create significant impact. A kind word, a thoughtful gesture, or a helping hand extended in times of need can be the catalyst for positive change. "In the heart of a believer, his humility, love, and kindness towards others is the true reflection of his faith." - Ibn Qayyim Al-Jawziyya

In a world often marked by challenges and uncertainties, the call to spread kindness always stands as a beacon of hope. It invites us to look beyond our differences and extend a hand to our fellow human beings. By doing so, we not only make a difference in others' lives but also set in motion a cycle of positiv-

ity that enriches our own.

As we navigate the complexities of life, let us engrain in our hearts the belief that kindness is never wasted. Whether acknowledged or not, the goodness we sow finds its way back to us, shaping a future where compassion reigns supreme. May we be agents of positive change, inspired by the timeless truth that by helping others, we pave the way for a world where kindness is abundant, and Allah's blessings are ever-present.

About the Author:
Aubaid Ahmad Akhoun is a distinguished Educational Columnist, Motivational Speaker, and Associate Editor of the weekly educational publication 'Education Quill.' akhoun.aubaid@gmail.com

The belief that helping others is not just a moral duty but a pathway to divine assistance adds a spiritual dimension to our actions. In the Islamic faith, the promise that Allah will help those who help others serves as a reminder of the interconnected relationship between our deeds and the benevolent forces that govern our lives. The Prophet Muhammad, peace be upon him, exemplified the significance of kindness through his teachings and actions. His life serves as a beacon, guiding us to emulate compassion, empathy, and selflessness. By helping others, we align ourselves with the teachings of Islam and contribute to the betterment of society

Late Evening Exercise: A Heart-Healthy Ritual Debunking Sleep Myths



■ **Dr. Bimal Chhajer**

In the realm of health and well-being, the relationship between exercise and heart health is a topic of paramount importance. Contrary to a popular myth, exercising in the late evening or night is not detrimental to sleep; in fact, it can be a crucial element in promoting a good night's rest. Numerous global research studies have dispelled the notion that late-night workouts negatively impact sleep patterns, emphasizing that the timing of exercise is a nuanced factor that varies based on the nature and intensity of the physical activity.

Fitness-related exercises, on the other hand, encompass activities like walking, jogging, running, and high-intensity exercises such as squash. These exercises can significantly elevate heart rate levels. Striking a balance between safe and fitness exercises is crucial for maintaining overall heart health.

The Ideal Duration: Recommendations for Safe Exercise

One of the most common questions is how much exercise is safe and recommended for the heart. According to the American government's recommendations, engaging in 150 minutes of moderate exercise per week is ideal. This translates to 30 minutes of exercise



for five days a week, allowing for rest on weekends.

Moderate exercise involves finding the right intensity, avoiding excessive heaviness or sprinting, which can strain the heart. This duration is sufficient for gradually improving fitness levels and promoting general well-being.

Optimizing Sleep with Evening Exercise: Gentle exercises like stretching and yoga have been proven to enhance sleep quality. However, heavy, intense exercises right

before bedtime can disrupt sleep patterns. The key lies in finding a balance that suits individual preferences and body responses.

Psychological Adaptations and Timing: Late evenings offer a favorable setting for exercise due to psychological adaptations throughout the day. Research indicates that people tend to function better, exhibit improved muscle strength, endurance, and flexibility later in the day. Additionally, individuals take 20% longer to experience exhaustion in the

evening. This timeframe aligns with the body's increased production of testosterone, contributing to better muscle gain.

Stress Relief and Blissful Sleep: Exercise, especially when performed in the late evening, emerges as a powerful stress-relief tool. The release of endorphins during and after physical activity not only combats stress but also contributes to a blissful and rejuvenating sleep experience. Late-evening exercise becomes an accessible and cost-effective strategy for individuals

seeking to manage and alleviate the pressures of daily life.

Combatting Sedentary Lifestyles: The evening exercise routine serves as a proactive measure against poor and sedentary lifestyles. Unhealthy habits such as mindless snacking, smoking, and excessive screen time during the evening can lead to various health complications. Engaging in exercise during this time provides a constructive alternative, helping individuals break free from these detrimental habits.

Insomnia, Cardiac Health, and Well-being: Persistent insomnia signals a potential risk of future cardiac problems. Stress and anxiety, major contributors to insomnia, find an antidote in late-evening exercise. The release of endorphins not only promotes well-being and happiness but also reduces cortisol levels, facilitating quicker sleep onset. This dual benefit addresses both sleep issues and potential cardiac concerns.

Circadian Rhythm Alignment: Late-evening exercise plays a pivotal role in setting the circadian rhythm on track. Lifestyle factors like excessive caffeine consumption, alcohol intake, and snacking before bedtime can disrupt this biological clock, leading to a myriad of complications. Regular exercise helps realign the circadian rhythm, promoting the sound sleep essential for overall health.

In conclusion, late-evening exercise, when tailored to individual preferences and mindful of intensity levels, emerges as a holistic approach to heart health and overall well-being. The multifaceted benefits of incorporating physical activity into our evenings, dispelling myths and paving the way for a heart-healthy lifestyle.

Dr. Bimal Chhajer is Director, SAAOL Heart Centre, New Delhi

THE TRANSFORMATIVE POWER OF COMPUTER ENGINEERING



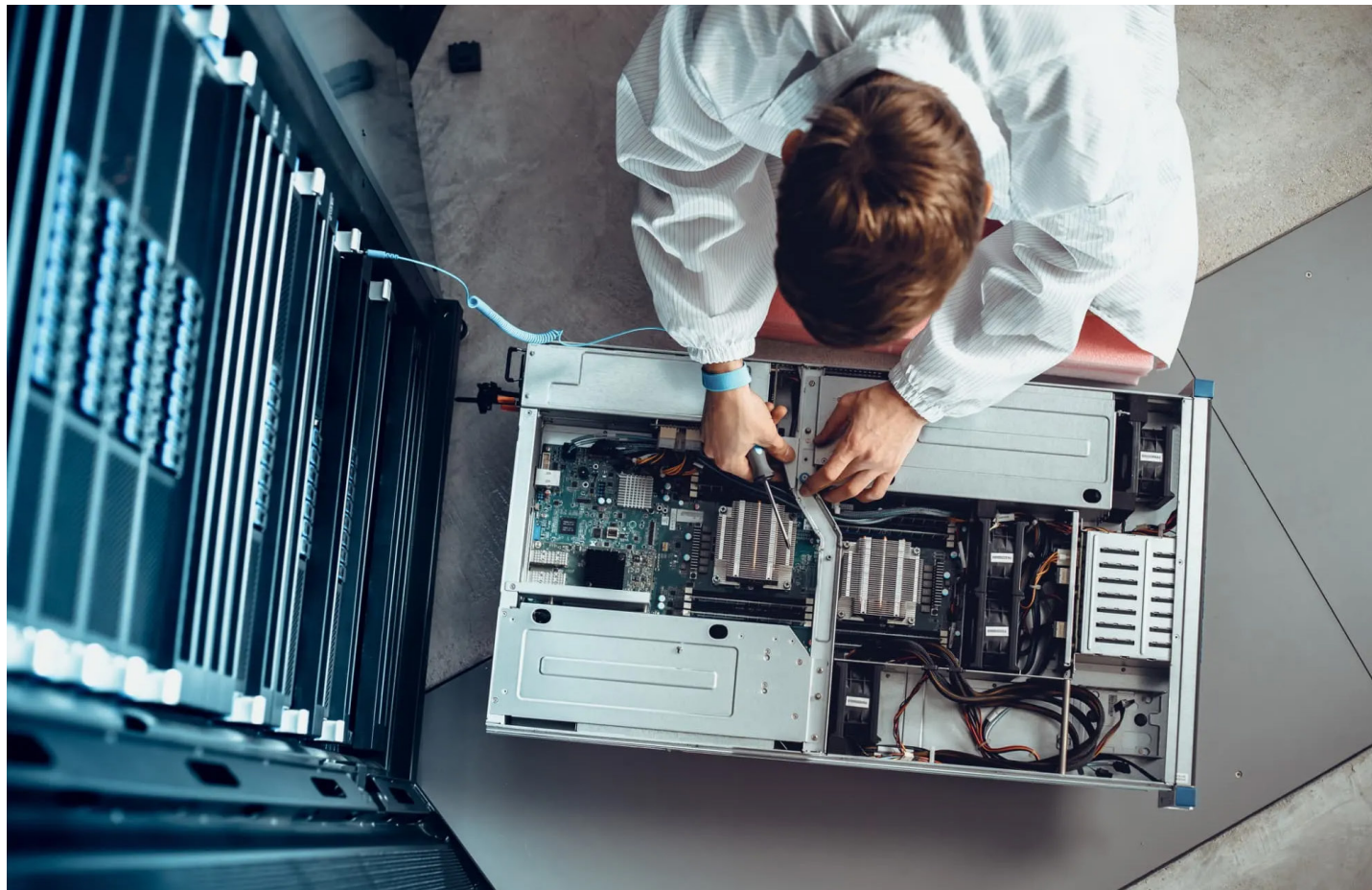
■ **By Mool Raj**

In the 21st century, the dynamic field of computer engineering stands at the forefront of innovation, poised to reshape the world as we know it. With the relentless march of technological advancement, computer engineering has transcended its role as a niche discipline to become the linchpin of progress across diverse sectors. From healthcare to transportation, education to entertainment, the impact of computer engineering is pervasive, promising to revolutionize the way we live, work, and interact.

At the heart of this transformative power lies the ability of computer engineers to harness the potential of cutting-edge technologies. Artificial intelligence, machine learning, and the Internet of Things (IoT) are no longer mere buzzwords but tangible tools that are reshaping industries and societies. Computer engineers are the architects of this digital renaissance, leveraging their expertise to craft solutions that address complex challenges and open new frontiers.

One of the most profound arenas where computer engineering is leaving an indelible mark is healthcare. The fusion of computational power and medical science is giving rise to personalized medicine, where treatment plans are tailored to the unique genetic makeup of individuals. Computer algorithms analyze vast datasets to identify trends, predict disease outcomes, and accelerate drug discovery. Telemedicine, powered by robust computing infrastructure, has become a lifeline, especially in times when global health crises underscore the need for remote healthcare solutions.

The transportation landscape is undergoing a seismic shift thanks to the innovations spearheaded by computer engineers.



Autonomous vehicles, guided by intricate algorithms and sensor arrays, promise not only to redefine the driving experience but also to revolutionize urban planning and logistics. Smart cities, interconnected by a web of intelligent systems, are on the horizon, offering solutions to congestion, pollution, and energy consumption.

Education, too, stands on the precipice of transformation. Computer engineering is instrumental in developing immersive learning experiences through virtual reality and augmented reality technologies. These innovations are breaking down the barriers of traditional education, making learning more engaging, accessible, and tailored to individual needs. As technology becomes more integral to the learning process, computer engineers play a pivotal role in shaping the educational landscape of the

future.

The entertainment industry has undergone a digital revolution, and computer engineering is the driving force behind it. From realistic computer-generated imagery (CGI) in films to the immersive worlds of virtual reality gaming, the marriage of creativity and technology is redefining the boundaries of human imagination. Streaming services, powered by sophisticated algorithms, curate content based on individual preferences, creating a personalized entertainment experience for users worldwide.

In the realm of communication, computer engineering has transcended geographical barriers. The advent of 5G technology has elevated connectivity to unprecedented levels, enabling faster data transfer and more seamless communication. This has implications not only for personal

communication but also for the Internet of Things, where interconnected devices communicate in real-time to optimize processes and enhance efficiency.

As computer engineering continues to evolve, its impact on the world will only intensify. The fourth industrial revolution is underway, characterized by the fusion of physical, digital, and biological realms. In this era of unprecedented connectivity and innovation, the role of computer engineers as architects of the future is more vital than ever. The transformative power of computer engineering is not just a technological evolution; it is a societal and cultural revolution that will shape the destiny of humanity in the decades to come.

The author is a columnist and freelance writer

Education, too, stands on the precipice of transformation.

Computer engineering is instrumental in developing immersive learning experiences

through virtual reality and augmented reality technologies. These

innovations are breaking down the barriers of traditional education, making

learning more engaging, accessible, and tailored to

individual needs. As technology becomes

more integral to the learning process, computer engineers

play a pivotal role in shaping the educational landscape of the

future.

Hashmat Ali visits Hajin, presides over Mega Awareness Programme

People expressed Gratitude to LG Administration

■ HT News Network

BANDIPORA, JANUARY 16: As part of Viksit Bharat Sankalp Yatra, Commissioner Food and Drugs Department J&K, Hashmat Ali Yatoo on Tuesday presided over a mega awareness programme at Hajin Bandipora.

The programme witnessed massive participation of locals, Civil Society members and social activists.

DDC Member Ghulam Mustafa, DDC Member Naza Begum, ADDC Bandipora Mohd Ashraf Bhat, SDM Sumbal Amir Choudhary, Executive Engineer PDD, Executive Engineer I&FC and other officers from district and sub divisional administration were present on the occasion.

The general public present on the occasion expressed gratitude to LG administration for implementing various projects in the area.

People on the occasion also expressed satisfaction over the developmental initiatives taken up by administration in the area.

The Commissioner on the occasion reviewed various initiatives taken as part of Viksit Bharat Sankalp Yatra, besides also took stock of development works being



executed in the area.

Yatoo in his address directed officers for the redressal of public grievances on priority.

Speaking on the occasion, Yatoo emphasized the importance of the

Viksit Bharat Sankalp Yatra in bridging the gap between the government and the people.

He highlighted the efforts of the government to ensure access to government services to all citizens,

especially in rural areas.

Yatoo stressed on the importance of public awareness for fruitful implementation of different welfare schemes.

He said that through initiatives like the Viksit Bharat Sankalp Yatra, the government aims to reach up to the grassroots level and take feedback from the general public regarding implementation of various welfare programmes.

Earlier, the Commissioner inspected stalls set up by various departments which showcased various welfare initiatives of the Government. He highlighted the efforts of the government to ensure access to government services to all citizens, especially in rural areas.

Yatoo stressed on the importance of public awareness for fruitful implementation of different welfare schemes. He said that through initiatives like the Viksit Bharat Sankalp Yatra, the government aims to reach up to the grassroots level and take feedback from the general public regarding implementation of various welfare programmes.

Earlier, the Commissioner inspected stalls set up by various departments which showcased various welfare initiatives of the Government.

R- Day 2024 arrangements discussed in Ramnagar



■ HT News Network

RAMNAGAR, JANUARY 16: Sub Divisional Magistrate, Ramnagar Wahid-Ul-Rehman today presided over a meeting to discuss the arrangements for the Republic Day celebration.

Notable attendees included SDPO, Vishal Manhas, Block Development Officer Sat Paul, Dr. Mohd. Farooq Taq from SDH Ramnagar, AEE PHE, and other key officers.

The meeting extensively covered topics such as barricading, security, seating, drinking water, power supply, sanitation, first aid, and the deployment of fire tenders. The focal point for the main event was decided to be the Government Model

Higher Secondary School, Ramnagar.

A diverse array of contingents from both government and private educational institutions will participate in the march past.

The SDM instructed the PWD (R&B), PHE, and PDD engineers to oversee seating, barricading, drinking water provisions, and ensure uninterrupted power supply at the designated venue. The EO Municipal Committee was entrusted with maintaining cleanliness in the town and at the event venue. For first Aid, the BMO was directed to deploy an ambulance along with a team of doctors and necessary medicines throughout the Republic Day function. With security and traffic

management falling under the purview of the police, SDM urged all officers to make necessary arrangements well in advance, emphasizing the importance of a seamless celebration. Committees were established to guarantee the success of the event, and all officers and officials were directed to be present at the venue on Republic Day. The District Administration and SMC were present on the occasion. The SDM instructed the PWD (R&B), PHE, and PDD engineers to oversee seating, barricading, drinking water provisions, and ensure uninterrupted power supply at the designated venue. The EO Municipal Committee was entrusted with maintaining cleanliness in the town.

Ramban District embraces PM's Vision through Viksit Bharat Sankalp Yatra

■ HT News Network

RAMBAN, JANUARY 16: Continuing its journey across the length and breadth of Ramban district, the Viksit Bharat Sankalp Yatra (VBSY) initiative has reached the majority of Panchayats in Ramban district.

Today, the VBSY visited Panchayat Shagan, Trigam Lower-A, and ward no-6 Batti Mohalla in Batote town. Led by Deputy Commissioner Baseer-Ul-Haq Chaudhary, the VBSY has actively engaged over 92,000 individuals, including 36,000 women, across 143 Panchayats and 3 Municipalities since its launch on November 28.

The initiative aims to ensure the timely delivery of government flagship schemes to all targeted



beneficiaries. The VBSY van, equipped with a large screen displaying the Prime Minister's messages, visited these areas, where the local community took the

Sankalp pledge to contribute towards making India a developed nation by 2047. They also expressed their support for various government welfare programs.

PRIs, prominent citizens, and the general public attended the events. Representatives from different departments, including Agriculture, Horticulture, Health, Animal Husbandry, Handloom, and Handicraft, showcased their schemes through informative stalls. The speakers highlighted the government's vision for a developed and prosperous country, emphasizing that the VBSY serves as a unique initiative to reach people at their doorsteps, making them aware of various schemes for their empowerment. Beneficiaries shared stories of transformation and development, while gathering feedback from the public regarding the implementation of government schemes received high appreciation from the attendees.

Empowering Lives through Horticulture: Sunil Singh cultivates success by developing State-of-the-art nursery boasting Quality Walnut fetches him Rs 15 Lakh annually

■ HT News Network

KISHTWAR, JANUARY 16: In the picturesque district of Kishtwar, a beacon of Horticulture success shines bright. Sunil Singh, 38-year old Ex-Serviceman from Gundarna Tagood has transformed his passion for horticulture into a flourishing venture.

Sunil's journey into the horticulture sector began in his childhood, fueled by a deep interest in cultivating fruit trees.

Over the last 15 years, he has not only nurtured this passion but turned it into a professional pursuit, specializing in fruit plant nursery and orchard establishment.

His state-of-the-art nursery boasts a diverse collection of about 40,000 plants, including citrus fruits, walnuts, apples, apricots, plums, hazelnuts, and pears, besides with an impressive grafting success rate of 98% on walnut plants.

Managing a sprawling orchard



spread across 40 Kanal, Sunil has become a connoisseur of horticulture, particularly in the cultivation of walnuts.

With 300 walnut trees representing 20 varieties, he yields an annual income of approximately Rs 15 lakh from walnut sales alone.

Sunil's reach extends far beyond Kishtwar, as he sells his walnuts in various parts of India, including Goa, Delhi, Maharashtra, and Bangalore.

Besides he also sells/supplies high quality graded walnut plants in Uttarakhand, Himachal and North East Kashmir regions which gives fruit after three years.

His commitment to excellence is evident not just in his produce but also in his role as an educator.

He generously imparts technical training on horticulture and conducts lecture series in colleges, schools, and universities.

Indian Army organises "Shiksha Mela" at Khari

■ HT News Network

RAMBAN, JANUARY 16: In a move to promote education, the 23 Rashtriya Rifles (Rajput) unit organized an educational awareness program "Shiksha Mela" at Higher Secondary School Khari, in district Ramban. The primary focus was to enlighten children, youth and students about the scholarships provided by the Indian Army for various academic levels.

The event, graced by Deputy Commissioner, Baseer-Ul-Haq Chaudhary, saw him acknowledging the paramount role of education in youth development. He applauded the initiative by 23 RR, emphasizing that the education of youth is a pivotal force propelling overall development, aligning with Prime Minister Narendra Modi's vision. DC Ramban affirmed the administration's unwavering commitment to realizing the Prime Minister's vision.

Participating in the programme, Chairperson District Development, Ramban, Dr. Shamshad Shan,



commended the Indian Army for inspiring students to pursue education and steering them away from societal vices.

Pertinently the awareness programme was attended by a gathering of around 500 including students and parents from various parts of Ramban district.

During the awareness program, the Indian Army's crucial support took center stage. The session also shed light on existing benefi-

ciary schemes, notably the impactful Sarva Shiksha Abhiyan, highlighting the diverse forms of assistance accessible to the student.

Later a prize distribution ceremony was also held to felicitate the academic achievers. The event, graced by Deputy Commissioner, Baseer-Ul-Haq Chaudhary, saw him acknowledging the paramount role of education in youth development. He applauded the initiative by 23 RR, emphasizing that the education of youth is a

pivotal force propelling overall development, aligning with Prime Minister Narendra Modi's vision. DC Ramban affirmed the administration's unwavering commitment to realizing the Prime Minister's vision. Participating in the programme, Chairperson District Development, Ramban, Dr. Shamshad Shan, commended the Indian Army for inspiring students to pursue education and steering them away from societal vices.

Anti-Drug awareness program held across Educational Zones in Doda

■ HT News Network

SRINAGAR, JANUARY 13: The PHD Chamber of Commerce & Industry Kashmir and Kashmir Traders and Manufacturers' Federation today called on Dr. Owais Ahmed, Commissioner SMC, CEO, SSCL & VC, SDA.

These Trade Bodies welcomed Dr Owais Ahmad and apprised him with several issues including change in land use, NOC for building permissions,

Solid Waste Management, Sanitation of Srinagar City, and the implementation of Smart City Projects. The Commissioner warmly welcomed the representatives of PHD Chamber and KTMF and attentively listened to all the concerns raised during the meeting. Both the bodies assured the Commissioner their unwavering support, cooperation, and also put forward their valuable inputs in addressing the issues.

They expressed their commitment

to working closely with the Srinagar Municipal Corporation, Srinagar Development Authority and Srinagar Smart City Ltd. to contribute to the development and progress of the region.

As a token of appreciation and gratitude, the PHD Chamber presented Commissioner Dr. Owais Ahmad with a memento, acknowledging his dedication and efforts in serving the community.

DLC approves 5 Change of Land Use cases in Udhampur

■ HT News Network

UDHAMPUR, JANUARY 16: A meeting of the District Level Committee on change of land use was convened today here with Deputy Commissioner Saloni Rai in the chair.

ACR, Rafiq Ahmed, Jaral provided a concise overview of the change of land use across the district, highlighting that a total of 32 applications were received online. During the meeting, the DLC committee disposed of five applications.

The Deputy Commissioner inquired about the issuance of NOCs in favour of applicants and emphasized the importance of timely processing and



verification by concerned departments.

Necessary directives were issued to ensure swift issuance of NOCs after

proper document verification. The DC also urged officers to conduct field certifications before finalizing application disposals.

DC reviews progress achieved under District Capex Budget in District Kishtwar

2864 PMAY houses among 5283 works completed

■ HT News Network

KISHTWAR, JANUARY 16: Deputy Commissioner Kishtwar, Dr. Devansh Yadav today assessed the developmental landscape of the district here at a comprehensive review meeting. The focus of the meeting was on evaluating the physical and financial progress achieved under the district Capex for the fiscal year 2023-24.

At the outset, JD Planning gave sector-wise physical and financial progress under the Capex Budget 2023-24. It was reported that a total of 1916 works were targeted for completion during the fiscal year, with various projects at different stages of completion. Emphasizing the importance of speedy execution of works, the DC urged indenting and executing departments to ensure 100 percent completion of the targeted works. Additionally, he instructed departments to initiate new projects against



works not undertaken or out of savings, maximizing benefits for the local population. Reviewing the Annual Plan, it was disclosed that out of the available Rs 390 crore, 346 crore has been expended thus far, resulting in the completion of 5283 works. Notable achievements include the construction of 2864 PMAY (rural) houses, 844 works under MGNREGA, 10 works under JJM, and 1562 other projects. The

district has made significant strides in infrastructure development, with 100 kilometers of macadamization completed out of the targeted 121 kilometers. Under Ayushman Bharat PMAJY, 84 percent of the targeted beneficiaries have been registered, with a claim disbursement of Rs 371.52 lakh, benefiting 5562 patients.

In the education sector, 1366 out-of-school children have been reintegrated

into schools, with 25 schools secured by channeling and fencing efforts. Furthermore, 235 aspirants have received free online and offline NEET coaching. Under other schemes, including the 14th Finance Commission, PMAY (Urban), and Self-Employment Schemes, significant progress has been achieved, providing housing, financial support, and employment opportunities to the residents of Kishtwar. Dr. Devansh Yadav stressed the importance of focusing on irrigation plans, repairing bridges, renovating school buildings, and enhancing healthcare facilities. Special attention was drawn to initiatives like establishing a Boxing ring and Shooting range for girls and implementing the PAS system in Block-level offices. The meeting attended by Joint Director Planning Mohd Iqbal, ACD Kishtwar Manoj Kumar, DPO Sunil Bhutyal, All BDOs, and officers and officials of indenting and executing agencies, concluded with a commitment.

DC Kathua gives away appointment letters to beneficiaries trained under SANKALP Scheme

■ HT News Network

KATHUA, JANUARY 16: Deputy Commissioner Kathua, Dr. Rakesh Minhas today gave away appointment letters to the beneficiaries of the SANKALP scheme who were engaged by Chenab Textile Mills. The ceremony unfolded in the Conference Hall of the DC Office Complex, marking a momentous occasion for the skilled workforce in the region. Under the SANKALP Scheme, beneficiaries received extensive training in Autoconer Tenter & Ring Frame Doffer at the prestigious Chenab Textile Mills and were later engaged by the management of the Textile Mill.

The initiative reflects the commitment of the district administration to nurture and guide skilled individuals, providing them with invaluable exposure through internship in rel-



evant industries. Addressing the gathering, the Deputy Commissioner Kathua emphasized the district's dedication to facilitating the growth of skilled students, enabling them to reach new heights in their chosen fields. He urged students to opt for skills in demand by the numerous industrial units in the district, highlighting the vast opportunities for absorption of skilled human resources in the rapidly expanding industrial sector in Kathua. The ceremony was held in presence of Superintendent ITI Kathua

Er Ajay Kumar; Training Head CTM, Sandeep Kumar; MGN Fellow, Anamika; and Placement Incharge ITI Kathua, Pallav Shandlaya. Their collective presence underscored the collaborative efforts invested in shaping a promising future for the skilled workforce in Kathua. These steps to impart skills serves as a district administration's commitment to fostering talent, bridging the gap between education and industry needs, and ultimately contributing to the growth of the industrial sector in Kathua.

ADDC Ramban flags-off IEC Van to sensitize people about PER Revision

■ HT News Network

RAMBAN, JANUARY 16: The Election Department Ramban, under the aegis of District Panchayat Election Officer, Baseer-Ul-Haq Chaudhary, has been conducting a series of activities under the Systematic Voters' Education and Electoral Participation Programme (SVEEP) across the district.

The events are being organized ahead of revision of the Panchayat Electoral Roll, 2024, with reference to January 1, 2024 as the qualifying date, to sensitize the people, especially youth to register themselves as electorates in the Panchayat Electoral Roll.

Intensifying the awareness activities, the Additional District Development Commissioner, Rajinder Sharma today flagged off a SVEEP van for conducting



Information, Education & Communication (IEC) activities to create awareness among the masses about the Panchayat Electoral Rolls Revision 2024.

Referring to Panchayat Electoral Roll Revision, the ADDC urged upon the general public to disseminate the information about the Panchayat Electoral Roll Revision in their respective areas commenced from 15.01.2024 to 05.02.2024 so that no eligible voter is left behind for registration during the PER Revision.

The functionaries of the Election and Rural Develop-

ment & Panchayati Raj Departments organized a series of events under SVEEP under the supervision of Programme Officer, ICDS, (Nodal Officer SVEEP), Ramban, Jahangir Hashmi in various blocks of the district. Deputy District Election Officer, Lal Chand and ENT Mohan Lal were also present on the occasion. Referring to Panchayat Electoral Roll Revision, the ADDC urged upon the general public to disseminate the information about the Panchayat Electoral Roll Revision in their respective areas commenced.

NC slams BJP for defacing walls of J&K by conducting 'Wall Writing Campaign'

■ HT News Network

JAMMU, JAN 16: Senior Jammu and Kashmir National Conference (JKNC) leaders Vijay Lochan Chairman JKNCSC Cell and Rakesh Singh Raka JKNC Central Zone Vice President JKNC Jammu have strongly condemned the 'Wall Writing Campaign' initiated by Jammu and Kashmir Bharatiya Janata Party (BJP) leadership in Jammu and Kashmir Union Territory. They claimed that by resorting to such practice the saffron party has demeaned even the so called Smart Cities projects of Jammu and Srinagar. They said that though not much work has been witnessed on ground upon the so called Smart Cities projects till date, the National Conference leaders feel that these BJP leaders are hell bent upon whitewashing the meager development if any under the project across Jammu City.

In a joint statement issued to media here today, the JKNC leaders while terming the action of the saffron party leaders as mere defacement of walls asserted that such activities amount to the blatant violation under the Municipal Act in force in J&K. They emphasized that the defacement of walls facing roads and public places under law is an offence that invites strict punishment. The violators shall even be liable for prosecution and fine extending to Rs. 5 lakh and in case of continuing offence/contravention, the offender shall be liable for a recurring fine for every day after the first conviction during which he has persisted in the failure of contravention. Questioning the BJP leaders on the aforesaid issue, Vijay Lochan and Rakesh Raka asked "Can the BJP which resorts to such blatant violation of law do any good for the welfare of the people?"

Police facilitates PCPG meeting in Pulwama

■ HT News Network

Pulwama January 16: In order to bridge the gap between Police and public, Police in Pulwama facilitated a PCPG meeting at C.B Nath Rajpora Pulwama which was chaired by SSP Pulwama Shri Mohd Yousif along with SP Hqrs Pulwama, SHO PS Rajpora. The meeting was attended by respectable of the area.

During the meeting, participants raised various issues. Referring the grievances, the chairing officers assured them that their genuine grievances will be resolved on priority & the issues pertains to civil administration will be taken up with concerned departments for early redressal. The participants were stressed to cooperate with Police in maintaining L&O and curbing the drug menace in the area and in identifying the anti-national/anti-social elements who always try to disrupt the peaceful environment/atmosphere. The participants commended the police initiative, expressing full support in addressing social issues.

The meeting concluded on a positive note with the commitment that police and public will work in tandem towards eradicating the evils in the society.

National Road Safety campaign MVD conducts awareness camp at Udhampur

■ HT News Network

UDHAMPUR, JANUARY 16: As part of the National Road Safety Month being observed from January 15-2024 to February 14-2024, the Motor Vehicles Department organized a one-day awareness camp here in the ARTO Office.

Deputy Commissioner, Saloni Rai inaugurated the event as the chief guest, while ARTO Udhampur Ramesh Kumar presided over it.

DySP Traffic Arun Jamwal, NCC cadets from Government Girls Higher Secondary school, representatives of Bus and Matador unions, and other stakeholders participated in the event.

While addressing the participants, the DC emphasized the crucial need to educate people about following traffic rules for the safety of all road users. She highlighted that over-speeding and negligent driving are major causes of road accidents, emphasizing the importance of mass awareness among road users. The DC stressed the significance of adhering to traffic rules by involving various stakeholders.

She expressed confidence that such programs would significantly contribute to generating awareness among the general public, minimizing road accidents, and promoting healthy and safe driving habits. DC urged the general public to actively participate in spreading the message of road safety in society.

She added that during the month-long observance, various activities are planned throughout the district to create awareness among the general public and provide opportunities for all stakeholders to contribute to the cause of road safety.

District admin intensifies efforts to combat drug abuse in Doda

DODA, JANUARY 16: District Magistrate Harvinder Singh and Senior Superintendent of Police Abdul Qayoom has called for stepping up vigil on Educational Institutions, Medical Stores, Medical institutions to curb drug abuse.

Speaking at the 19th NCORD meeting, the DM reiterated the resolve of the district administration to curb the proliferation of drug abuse in the district. Emphasis was laid on tightening the noose around habitual offenders, drug peddlers and their supporters to liberate the district from the grip of drug abuse.

VBSY resonates with unprecedented public participation at Anantnag

■ HT News Network

ANANTNAG, JANUARY 16: The Viksit Bharat Sankalp Yatra (VBSY) is creating waves in Block Anantnag, witnessing an overwhelming surge in public involvement. The journey through Donipawa, Utersoo Nijigund, Anzulla, Chee, Aung, Matipora Gram Panchayats reflects a united commitment to regional development.

Launched on November 15, 2023, the VBSY has achieved significant milestones in Anantnag district. In just 50 days, over 2.53 lakh people actively engaged, showcasing the profound impact of this initiative in unifying communities for the common goal of a developed India.

The Yatra, extending to the farthest corners of the district, has played a



pivotal role in spreading awareness about various government welfare schemes. On-ground services like PM Ujjwala Yojana enrollments, MY Bharat volunteer registrations, and distribution of Ayushman cards have ensured direct engagement, bringing essential social welfare programs to even the most remote areas.

During the Yatra, citizens actively participated in various government

schemes, with over 2499 individuals gaining access to clean cooking fuel under the Pradhan Mantri Ujjwala Yojana. Ayushman cards have provided comprehensive health cover to thousands, while health screenings at Health Camps benefited more than 94,184 citizens. The Pradhan Mantri Suraksha Bima Yojana and Pradhan Mantri Jeevan Jyoti Bima Yojana have collectively provided accident and life insurance to thousands, advancing financial inclusion nationwide.

The Yatra has also supported over 222 beneficiaries under the PM SVANidhi scheme and enrolled more than 215 new beneficiaries under PM KISAN, promoting financial independence and agricultural support. The 'MY Bharat' initiative witnessed over 16,097 lakh youth registrations, reflecting a significant.

DC leads Road safety Campaign in Doda

■ HT News Network

DODA, JANUARY 16: As part of National Road Safety Month, Motor Vehicle Department has launched an enforcement cum counseling drive to educate the stakeholders about traffic rules. The program features varied activities such as road safety seminars, workshops and awareness campaigns held in schools, colleges and public spaces.

Speaking at the campaign on Paryote Road, ARTO Rajesh Gupta emphasized the importance of the National Road Safety Month.

The drivers were instructed about road safety norms, and a pledge on road safety was also taken during the campaign. The focus of the program was to create a culture of responsible driving and pedestrian safety, aiming to reduce the number of road accidents and save lives.

Officials hope that by raising awareness and educating the public about the potential dangers of reckless driving, they can foster a safer environment for all road users in Doda.

The launch of this initiative comes at a critical time when road accidents are on the rise, making it imperative to address the issue and prioritize road safety as a community-wide concern.

Preparations underway for Republic Day celebration in Doda Deputy Commissioner reviews arrangements

■ HT News Network

DODA, JANUARY 16: Deputy Commissioner Harvinder Singh on Tuesday presided over a meeting in the conference hall of the DC office complex to take stock of arrangements assigned to different departments for Republic day celebrations.

Notable attendees were ADC, ACD, district officers from various departments, executive engineers from PWD, PDD, and PHE, along with representatives from Higher Secondary School and other senior officers.

The meeting revealed that the main Republic Day function will be hosted at Sports Stadium. The event is set to commence with the Shehnai wadan program at 7:30 AM by the District Information Centre Doda.

Contingents from JKP, JKAP, CRPF, Forest Protection Force, NCC Senior and Junior Division, as well as govern-



ment and private schools, are slated to participate in the

event. The education department was directed to submit a list of participating schools and institutions to the DC office for logistics planning, including refreshments.

The DC Doda further instructed the Municipal Council and Executive Engineer PDD to illuminate public offices as per past practices. Additionally, the Sports Council was tasked with ensuring a facelift of the venue in advance.

The meeting addressed various aspects of the event, encompassing drinking water, power supply, toilet facilities, parking, first aid, sanitation, security, public address system, fire tenders, tableau preparation, seating arrangements, mementos, and refreshments. DC Doda emphasized cleanliness around the venue, health facilities, and efficient traffic arrangements. The final full dress rehearsal for the Republic Day celebration in Doda is scheduled for January 24, 2024, ensuring meticulous preparedness for the grand event.

DC Bandipora conducts comprehensive review of RDD Sector

Complete works on time & adhere to quality standards: Shakeel ul Rehman

■ HT News Network

BANDIPORA, JANUARY 16: The Deputy Commissioner (DC) Bandipora, Shakeel Ul Rehman Rather on Tuesday chaired a meeting to conduct a comprehensive review of the status of works undertaken by the Rural Development Department. The meeting was aimed to evaluate the progress and impact of ongoing projects in the rural areas under the purview of the RDD. The DC took scheme-wise financial and physical review of various ongoing projects in the district and reviewed various

aspects, including project timelines, resource allocation, and the overall effectiveness of RDD initiatives in addressing the needs of the rural population. Assistant Commissioner Panchayat, Muzaffar Hussain briefed the chair regarding the status of various projects/works in the district Bandipora. The meeting was informed that in district Bandipora 1474 construction works were approved and administrative approval was accorded to 1451 works under ADF 2023-24. The meeting was further informed that 1157 works stand physically completed, marking 80 percent completion of



approved works and expenditure of 2618.38 lacs have been made out of the total 3291.95 lacs released amount under ADF 2023-24. The chair was apprised that under the aspirational panchayat development plan 2023-24, 21 works have been completed out of 29 approved works. The meeting also discussed various other aspects, including MGNREGA, Geo Tagging, social audit action taken report, UT CAPEX, PMAY-G, and aspirational Block Development Program. Speaking on the occasion, DC stressed on timely completion of all works and adherence to

quality standards and laid emphasis on creation of tangible assets to improve overall standard of living in rural areas. Shakeel ul Rehman emphasized on the efficient use of resources to ensure fruitful outcomes of rural development projects. DC expressed satisfaction with certain achievements and highlighted areas for improvement to further enhance the effectiveness of RDD works in promoting rural well-being. The meeting was attended by ADC Bandipora Umar Shafi, ACP/ACD Muzaffar Ahmad, CPO Bandipora Mohd Maqbool, ExEn REW, BDOs, AEEs and other concerned officers.

DC Bandipora finalizes Republic Day arrangements

■ HT News Network

BANDIPORA, JANUARY 16: The Deputy Commissioner (DC) Bandipora, Shakeel Ul Rehman Tuesday chaired a meeting of concerned officers at Conference Hall to finalize the arrangements for Republic Day Celebrations. The meeting held threadbare discussions of the arrangements made by the various departments for upcoming R-Day Celebrations. During the meeting, DC took department wise review of the responsibilities and accomplishments realized so far. Shakeel ul Rehman directed Officers of the concerned departments to ensure all proper arrangements viz. Seating, Cultural programmes, Transport & Parking facilities, Power & Drinking Water Supply, deployment of Sanitation staff, Medical/First Aid services, fire tenders, Installation of Public Address System, appointment of



duty magistrates in addition to illumination of Government Building on eve of upcoming

Republic Day. He directed concerned officers of the

Mechanical and Engineering department to take adequate precautionary measures of snowfall and weather advisories. Rather stressed on foolproof security and other arrangements for the successful conduct of R-Day Celebrations. The meeting was informed that preparations including Rehearsal of parade, cultural events, and other programs are going on throughout the district. It was given out that all arrangements are put in place at District, Subdivisional, block, and Panchayat level to celebrate the Republic Day with enthusiasm throughout the district. The meeting was attended by ADC Bandipora Umar Shafi Pandit, ASP Bandipora Sandeep Butt, ACR Bandipora Shabir Ahmad Wani, ACP Bandipora Muzaffar Hussain, CPO Bandipora, Officers from Paramilitary and district officers from various departments.

HDFC declares financial results

■ HT News Network

Srinagar, Jan 16, KNT: The Board of Directors of HDFC Bank Limited approved the Bank's (Indian GAAP) results for the quarter and nine months ended December 31, 2023, at its meeting held in Mumbai.

The Bank's consolidated net revenue grew by 113.5% to Rs 717.7 billion for the quarter ended December 31, 2023 from Rs 336.2 billion for the quarter ended December 31, 2022. The consolidated profit after tax for the quarter ended December 31, 2023 was Rs 172.6 billion, up 35.9%, over the quarter ended December 31, 2022. Earnings per share for the quarter ended December 31, 2023 was Rs 22.7 and book value per share as of December 31, 2023 was Rs 576.0.

The consolidated profit after tax for the nine months ended December 31, 2023 was Rs 464.4 billion, up 39.0%, over the nine months ended December 31, 2022.

The Bank's net revenue grew by 25.8% to 396.1 billion for the quarter ended December 31, 2023 from Rs 314.9 billion for the quarter ended December 31, 2022.

Net interest income (interest earned less interest expended) for the quarter ended December 31, 2023 grew by 23.9% to Rs 284.7 billion from Rs 229.9 billion for the quarter ended December 31, 2022. Core net interest margin was at 3.4% on total assets, and 3.6% based on interest earning assets.

Profit before tax (PBT) for the quarter ended December 31, 2023 was at Rs 194.3 billion. Total Deposits were at Rs 22,140 billion as of December 31, 2023, an increase of 27.7% over December 31, 2022.

Gross advances were at Rs 24,693 billion as of December 31, 2023, an increase of 62.4% over December 31, 2022. Grossing up for transfers through inter-bank participation certificates and bills rediscounted, advances grew by 60.7% over December 31, 2022. Domestic retail loans grew by 111.1%, commercial and rural banking loans grew by 31.4% and corporate and other wholesale loans (excluding non-individual loans of eHDFC Ltd of approximately Rs 989 billion) grew by 11.2%. Overseas advances constituted 1.7% of total advances.

The Bank's total Capital Adequacy Ratio (CAR) as per Basel III guidelines was at 18.4% as on December 31, 2023 (19.4% as on December 31, 2022) as against a regulatory requirement of 11.7%. Tier 1 CAR was at 16.8% and Common Equity Tier 1 Capital ratio was at 16.3% as of December 31, 2023. Risk-weighted Assets were at Rs 23,865 billion.

Gross non-performing assets were at 1.26% of gross advances as on December 31, 2023, as against 1.34% as on September 30, 2023, and 1.23% as on December 31, 2022. Net non-performing assets were at 0.31% of net advances as on December 31, 2023. [KNT]

Road Safety Month: Transport Deptt B'pora organises Medical Camp

■ HT News Network

BANDIPORA, JANUARY 16: As part of the ongoing Road Safety Month, a medical camp was today organized at Bandipora Bus Stand to promote health and well-being among road users. The initiative held under the supervision of ARTO Bandipora Bilal Ahmad Mir was organised by the Transport Department Bandipora in collaboration with the Health Department. The camp was aimed to create awareness about the importance of physical well-being of drivers. The Healthcare professionals on the occasion conducted physical check up and Eye sight check up for more than 100 drivers.

The camp provided free health screenings and basic medical consultations, ensuring that participants received valuable insights into their overall health.

On the occasion, the road safety experts from the transport department highlighted interconnection between physical health, mental well-being, and road safety practices.

Contractors' Association call on DC Bandipora

■ HT News Network

BANDIPORA, JANUARY 16: Contractors' Association Bandipora today called on Deputy Commissioner (DC) Bandipora, Shakeel Ul Rehman Rather at Conference Hall, Mini-Secretariat, Bandipora.

The association led by President Naseer Ahmad Mir welcomed Shakeel Ul Rehman and discussed various issues, including pending bills and availability of mining material besides other issues. The DC welcomed the association and listened to all their issues patiently.

Viksit Bharat Sankalp Yatra: IEC Van traverses through panchayats of block Rajouri & Sunderbani in Rajouri District

■ HT News Network

RAJOURI, JANUARY 16: The Viksit Bharat Sankalp Yatra (VBSY) has become a driving force in the implementation of various government schemes and ushering in comprehensive development throughout Rajouri district.

Today, the VBSY IEC vans traversed through the panchayats of Hathal-A, Nallah, Changi Kangrial, Nah, San-kari, Kotedhera, Nagrota Mehra and Nagrota Saldar of block Rajouri as well as Sunderbani. 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 was evident in enhanced access to healthcare, education, and basic amenities, contributing to the overall progress of Rajouri District. Meticulously planned and executed, this initiative aligns with the core objective of holistic development, leaving a lasting and positive impact on the community.

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

DC Ganderbal reviews progress of projects of Health Department

■ HT News Network

GANDERBAL, JANUARY 16: The Deputy Commissioner (DC) Ganderbal, Shyambir today presided over a crucial meeting at V.C Room, here to assess the advancement of construction projects within the Health Department in the district here.

The comprehensive review encompassed ongoing projects such as NTPHC Gutlibagh, NTPHC Wangath, PHC Kullam, PHC Lar, MCH Kangan, HSC Theeru, HSC Butakullan, SC Kachpathrie, SC Naranagh, and additional accommodation for PHC Wakura and PHC Batwina, among others.

During the evaluation of physical progress, the DC directed the Executing agencies and Block Medical Officers (BMOs) to conduct mandatory visits to construction sites, ensuring



ing a thorough examination of ongoing work and vigilant progress monitoring.

The DC also scrutinized the procurement status of machinery and equipment, as well as the installation of essential medical electronic devices in various health institutions. Addressing the gathering, the DC emphasized the timely completion of

construction work at all designated sites, setting fixed timelines for each project. He urged all executing agencies to accelerate construction efforts, ensuring strict adherence to deadlines.

The DC affirmed his commitment to the efficient and timely execution of health infrastructure projects, underscoring the

significance of these initiatives in enhancing healthcare facilities within the district. The meeting was attended by SE, R&B Division Ganderbal; Executive Engineer R&B, Deputy Chief Medical Officer, MS SDH Kangan; Block Medical Officers (BMOs), officials from the JK Housing Board, and other concerned authorities.

Education Zone Assar organises Nasha Mukht Bharat rally

Participants pledge to fight against substance abuse

■ HT News Network

DODA, JANUARY 16: In a significant move towards building a drug-free community, Education Zone Assar organised a Nasha Mukht Bharat rally here today.

The event, hosted at Government Higher Secondary School Assar under the supervision of the School Principal cum DDO Assar, Sanjeev KBadyal, witnessed participation of over 40 students and the staff from Cluster Baggar.

The rally commenced from GHSS Assar with students carrying banners, placards and charts adorned with Nasha Mukht slogans and quotes.

The procession moved through the village, market area, and streets of Village



Assar. The students chanted slogans, creating a connection with the local community. The active involvement of both students and staff was evident, all dedicated to spreading awareness about the adverse effects of substance abuse. The initiative aimed not only to educate but also to emotionally engage the general public, fostering a collective commitment to a drug-free society.

ety. The rally served as a powerful reminder of the community's determination to combat the menace of drug addiction and build a healthier future for the Assar Zone in Doda. The active involvement of both students and staff was evident, all dedicated to spreading awareness about the adverse effects of substance abuse. The initiative aimed not only to educate.

DC Budgam inspects facilities for devotees at Swami Nand Lal Aashram & Aastana-e-Aaliya Shrine Hushroo

■ HT News Network

BUDGAM, JANUARY 16: The Deputy Commissioner (DC) Budgam, Akshay Labroo today paid visit to swami Nand Lal Ashram Temple and Aastane Aaliya Shrine at village Hushroo to take on spot stock off facilities for devotees at both the religious places.

After paying obeisance at Swami Nand Lal ashram, the DC instructed on establishment of Multi-purpose community hall and instructed concerned to expedite the work, so that work on the same is initiated at the earliest.

He also took a review of facilities at the astan and instructed concerned to ensure all basic facilities are available for the convenience



of visiting devotees.

The DC also paid his obeisance at Aastane Aaliya Hushroo where he took stock of progress of ongoing works.

He instructed for lawn beautification and other renovation works at

both the spiritual places be also taken up for execution.

The DC was accompanied by Additional Deputy Commissioner State Taxes Kashmir, Shakeel Maqbool, CPO, Fayaz Ahmad, SDM, ACD and other concerned officers and officials.

Severe Combined Immunodeficiency Disease

SCID is a rare disease that appears in infancy. It causes affected children to have a very weak immune system. There are now tests and treatments for this severe, inherited condition.

Severe combined immunodeficiency disease (SCID) is a very rare genetic disorder that affects about 1 in every 100,000 births in the United States. This condition causes an incredibly weak immune system.

Until very recently, SCID was nearly always fatal. Children with SCID typically died in early childhood after repeated and frequent infections. It was common for SCID to be undiagnosed until a child was about 6 months old and already seriously ill.

Today, thanks to newborn screening, early interventions, and advances in treatments, children with SCID can be successfully treated.

Options such as bone marrow transplants can repair a child's immune system, and treatments such as immunoglobulin and enzyme replacement therapy help keep children healthy while they wait for bone marrow transplants.

Children who are treated in the first few months of life have high odds of a good treatment outcome.

How many types of SCID are there?

There are a few different types of SCID caused by different inherited abnormalities. Knowing the exact type can help doctors determine the best treatment plan. However, all types of SCID share a weak immune system as their primary symptom.

What is 'boy in the bubble' syndrome?

SCID is sometimes called "boy in the bubble" syndrome, due to a highly publicized case in the 1970s of a boy named David Vetter who had SCID and lived his life in a sterile plastic chamber.

Treatment of SCID has improved significantly since then. Children today have much better options and a much better outlook.

SCID is genetic. Several genetic abnormalities can lead to SCID. The condition can be inherited as either an autosomal



recessive trait or as an X-linked trait:

Recessive genetic traits: These traits are passed on when each parent carries the trait and the child inherits two copies of the trait. Generally, someone with one copy of the genetic trait for a disorder or condition will be a carrier but won't have that condition. Two carrier parents have a 25% chance of having a child with the condition.

X-linked conditions: These conditions are passed down on the X chromosome and occur more often in men. This is because women normally only have the trait on one X chromosome, making them unaffected carriers.

There are no known environmental risk factors for SCID.

Symptoms of severe combined immunodeficiency The most common symptom of SCID is frequent respiratory infections. Often, these respiratory infections are severe enough that hospital treatment is needed. Additional symptoms include:

- chronic diarrhea
- frequent eczema-like rashes
- skin infections
- oral thrush
- diaper rashes
- yeast infections
- delayed growth
- frequent ear infections
- infections that don't respond well to antibiotics
- rare infections such as pneumocystis pneumonia

Today, SCID is primarily detected through newborn screenings. This is often done as part of the same screening as the heel prick blood test that screens for:

Depending on the results of the screening, further blood tests might be done. These tests can look at immune system function and genetic markers of SCID.

Additionally, if you know you have a family history of SCID, there are in-utero tests that can be done.

Early treatment is very important for

children with SCID. The exact treatment plan will depend on your child's exact needs. Common treatments include:

Antibiotics: Antibiotics treat and prevent infections. Immunoglobulin replacement: Immunoglobulin replacement is a short-term therapy that uses donated plasma to provide antibodies to a child with SCID.

Enzyme replacement therapy: Enzyme replacement therapy repairs defective proteins in the body so that the immune system can gain function.

Bone marrow transplant: At this time, a bone marrow transplant is the only cure for SCID. Bone marrow transplants have the highest success rates when they're performed in the first 3 months of a child's life and when the donor is a healthy relative. Gene therapy for severe combined immunodeficiency Gene therapy is an emerging option for SCID. It could be a breakthrough for children who are unable to receive a bone marrow transplant or for whom bone marrow transplants don't work. Gene therapy has been shown to successfully restore immune cell function in children. However, this treatment is still experimental. In the United States, it's only available through clinical trials. Gene therapy is currently available in Europe, and clinical trials are being conducted by the United States National Institute of Health and multiple children's hospitals.

If you want to get involved in a clinical trial, you can check out what's available at ClinicalTrials.gov. Always make sure to discuss any trial with your child's doctor before signing up, especially if it would involve any change to their treatment plan.

Can severe combined immunodeficiency be cured? SCID can be cured with early treatment. Children who are treated in the first 3 months of life and who receive a bone marrow transplant from a donor-matched sibling have the best odds of a successful treatment outcome.

FOOD

6 Effective Strategies To Cut Down On Screen Time And Promote Digital Well-Being



In today's digital age, the pervasive use of screens has become a significant concern for both physical and mental health. Excessive screen time has been linked to various issues, including eye strain, sleep disturbances, and a sedentary lifestyle. It's crucial to find a balance between the benefits of technology and maintaining our overall well-being.

Establish Screen-Free Zones:

Designate specific areas in your home where screens are not allowed. This could include the dining room, bedrooms, or family gathering spaces. Creating these screen-free zones promotes face-to-face interactions and helps break the habit of mindlessly using devices throughout the day.

Set Screen Time Limits:

Leverage built-in features on devices or third-party apps to set daily screen time limits. This proactive approach helps you stay accountable and ensures that you are mindful of the time spent on screens. Set realistic goals and gradually decrease your daily limits to achieve a healthy balance.

Schedule Regular Breaks:

Incorporate short breaks into your daily routine to step away from screens. Use this time to stretch, walk, or engage in non-screen activities. Regular breaks not only reduce eye strain but also improve overall productivity and focus when you return to your digital tasks.

Practice the 20-20-20 Rule:

To alleviate eye strain caused by prolonged screen use, follow the 20-20-20 rule. Every 20 minutes, take a 20-second break, and look at something 20 feet away. This simple habit helps prevent eye fatigue and maintains visual comfort during extended periods of screen time.

Encourage Outdoor Activities:

Foster a lifestyle that encourages outdoor activities and physical exercise. Whether it's a walk in the park, a bike ride, or a team sport, engaging in outdoor pursuits provides a healthy alternative to screen-based entertainment and promotes overall well-being.

Create Tech-Free Rituals:

Establish daily rituals that don't involve screens, such as reading a physical book before bedtime or having device-free meals with family and friends. By incorporating these tech-free moments into your routine, you create opportunities to connect with others and unwind without digital distractions.

Can Outdoor Play Prevent Myopia In Kids?

In a world dominated by screens, myopia, or nearsightedness, is making headlines among children. While genetics play a role, the shift towards prolonged screen time and limited outdoor activities is a significant contributor. Myopia often takes root during childhood, a critical period when the eyes are still in the growth phase.

Understanding the science behind it involves recognizing how excessive elongation of the eye, known as axial length, leads to blurred distance vision. Let's delve into the key lifestyle factors impacting our children's eyesight. In an interview with Zee News English, Dr Aloka Hedau, Pediatric Ophthalmologist and Squint Surgeon at Dr Aloka's Eye Care, Hyderabad shares surprising ways parents can safeguard their child's vision and eye health and prevent myopia.

Myopia, typically emerges in childhood when the eyes are still in the growth phase. It occurs when the eyes elongate too much from front to back, known as axial length. In myopia, light entering the eye converges in front of the retina instead of directly on it, leading to



blurred distance vision. While myopia can have a hereditary component, lifestyle factors like extended screen time and prolonged engagement in near vision activities can also contribute to its development.

How Outdoor Play Can Benefit Your Kid's Eyes?

Sunlight's Intensity: Studies suggest that sunlight triggers the release of dopamine into the eye when it reaches the retina. This release may help prevent exces-

sive elongation of the eye, a key goal in myopia management. Children who spend a minimum of 2-3 hours outdoors under sunlight tend to show slower myopia progression compared to those who predominantly stay indoors.

Engaging in Distant Views: Spending time outdoors encourages children to focus on distant objects, such as trees or sports activities, which are more than an arm's length away.

Vitamin D: Vitamin D plays a role in regulating the smooth muscle tissue around the eye's crystalline lens, facilitating proper function. This muscle helps focus light on the retina and may contribute to maintaining the right eye shape and length. If parents are struggling to entice their child away from screens and into the outdoors, they can consider these strategies to make outdoor time more appealing:

Active Participation: Engaging in outdoor activities with the child not only encourages them to spend more time outside but also allows parents to reap the benefits of sunshine.

Pregnancy In Winters: Expert Shares Importance Of Vitamin D

The winter season brings joyous moments but also challenges, especially for expecting mothers. Among the many considerations for a healthy pregnancy, the significance of Vitamin D cannot be overstated. This crucial nutrient plays a pivotal role in the well-being of both mother and child, particularly during the colder months.

Winter pregnancies demand a heightened focus on maintaining adequate Vitamin D levels. Whether through prudent dietary choices, exposure to sunlight, or supplementation, ensuring optimal Vitamin D intake contributes significantly to a healthier pregnancy and a brighter start for the newborn. Dr Aparna Jha, MBBS, MS, DNB, MRCOG, Obstetrics and Gynecology, Apollo Cradle & Children's Hospital, marathahalli, Bengaluru shares the importance of Vitamin D in winter pregnancy.

■ Understanding the Significance:

Vitamin D serves as a cornerstone for bone health, immune function, and overall well-being. Its importance during pregnancy amplifies as it aids in the development of the fetal skeleton and supports the mother's health. Moreover, Vitamin D deficiency during pregnancy can lead to complications like pre-eclampsia,



gestational diabetes, and an increased risk of infections.

■ The Winter Challenge:

In colder climates, sunlight, the primary natural source of Vitamin D, becomes scarce. Reduced exposure to sunlight during winter months poses a challenge for pregnant women to maintain adequate Vitamin D levels. This deficiency, if unaddressed, can impact the health of both the mother and the developing fetus.

■ Sources and Supplements:

While sunlight remains the most natural source of Vitamin D, dietary intake and supplements play a crucial role, especially in winter. Incorporat-

ing foods rich in Vitamin D such as fortified dairy products, fatty fish, eggs, and mushrooms becomes essential. However, due to dietary limitations, supplements often become a go-to solution. Prenatal vitamins containing Vitamin D are recommended for expectant mothers, ensuring they meet their daily requirements.

■ Consultation and Caution:

Pregnancy is a delicate phase, and any supplementation should be discussed and monitored under the guidance of healthcare professionals. Dosage and duration must be individualized, considering the mother's health and specific needs.

Women Health: Essential Link Between Hormonal Changes And Oral Health

Maintaining optimal oral health is not only essential for a radiant smile but also serves as a valuable indicator of hormonal changes in women. Hormonal fluctuations during menstruation, pregnancy, and menopause may impact gums and teeth. Regular dental check-ups become crucial not just for a healthy smile but as a valuable indicator of overall well-being, bridging oral and hormonal health.

In an interaction with Zee News English, Dr Sachdev Nanda, Chief Dental Surgeon, (M.D.S) Prosthodontist, Ruby Hall Clinic, Pune talks about the vital importance of hormones and how hormonal fluctuations can impact oral health. Dr Sachdev says, "Women facing conditions like PCOS may notice subtle yet significant signs of hormonal imbalances in their oral health. Elevated androgen levels can result in gum inflammation, an increased risk of gingivitis, and other oral issues. Regular dental check-ups are crucial for early detection, providing



a pathway to identify and address hormonal imbalances promptly." Hormonal fluctuations during the menstrual cycle can manifest as subtle signs in oral health. Increased gum sensitivity, inflammation, and changes in saliva consistency may indicate hormonal shifts affecting oral tissues. Regular dental check-ups are essential to monitor and address these nuances, fostering overall oral well-being.

The impact of pregnancy hormones, particularly estrogen and progesterone, on oral health is significant. Increased blood flow to the gums can make them more prone to irritation and inflammation, potentially

leading to conditions like gingivitis. Pregnant women are advised to prioritize good oral hygiene, regular dental check-ups, and prompt addressing of dental issues to ensure overall health and minimize pregnancy-related complications.

"Routine oral health monitoring goes beyond dental concerns, offering insights into broader women's health issues. Changes in gum health may be linked to conditions like diabetes, cardiovascular disease, or hormonal imbalances. Regular check-ups enable the identification of unnoticed problems, prompting further investigation and early manage-

ment of systemic issues," adds Dr Sachdev. Dr Sachdev highlights, "Women are encouraged to pay attention to specific oral health indicators such as swollen or bleeding gums, changes in saliva thickness, increased tooth sensitivity, or the presence of oral sores. These signs, often associated with hormonal changes, provide valuable insights into overall well-being. Maintaining good oral hygiene and seeking advice from a dentist play crucial roles in addressing and managing these concerns effectively."

Proactive dental care, including regular check-ups, cleanings, and prompt addressing of oral issues, contributes to overall well-being by preventing potential complications. This approach supports a holistic perspective on women's health, emphasizing the importance of oral-physical harmony throughout life. Maintaining optimal oral health is not only essential for a radiant smile but also serves as a valuable indicator of hormonal changes in women. Hormonal.

Sachin Tendulkar spots Deepfake video of himself, says "disturbing to see rampant misuse of technology"

NEWDELHI: Legendary Indian cricketer Sachin Tendulkar cautioned everyone on Monday against a deep fake video of a himself which has been used to promote an App. In the video Sachin Tendulkar's Video and Voice has been manipulated to make it sound like Tendulkar was promoting the app.

Tendulkar who spotted the manipulation took to X cautioning his fans and the public that that the video was fake and asked people to report such applications, videos and advertisements.

He also tagged the Maharashtra Cyber Police, Union Electronics and Information Technology Ministry and Union Minister of State for Electronics and IT Rajeev Chandrashekar, in his tweet.

"These videos are fake. It is disturbing to see rampant misuse of technology. Request everyone

to report videos, ads & apps like these in large numbers. Social media platforms need to be alert and responsive to complaints. Swift action from their end is crucial to stopping the spread of misinformation and fake news. @GoI_Meity, @Rajeev_GoI and @MahaCyber1," tweeted Sachin.

Notably, on November 6 last year, a modified video of actor Rashmika Mandanna appeared online sparking discussions of digital safety. In the viral video, it can be seen that a woman resembling the actress Rashmika was entering a lift wearing a black swimsuit.

The video quickly went viral and several social media users came forward to confirm that it was a deep fake. It was later identified that the video was of a British actress, Zara Patel.

The actor strongly reacted to



the alleged deep fake video and said, "I feel really hurt to share this and have to talk about the deep fake video of me being spread online. Something like this is honestly, extremely scary not only for me but also for each one

of us who today is vulnerable to so much harm because of how technology is being misused."

Indian cricket legend Sachin Tendulkar speaks at an event in New Delhi.

Amid that deep fake video

issue, Union Minister for Communications, Electronics and IT Ashwini Vaishnaw said that notices were issued to all social media platforms directing them to take necessary steps to identify and remove such content.

Vaishnaw, had said, "Deep fake is a big issue for all of us. We recently issued notices to all the big social media forms, asking them to take steps to identify deepfakes, for removing those content. The social media platforms have responded. They are taking action. We have told them to be more aggressive in this work."

"Also, we must notice that the 'Safe Harbour' Clause that most of the social media platforms have been enjoying, doesn't apply if the platforms do not take adequate steps to remove the deepfakes from their platforms," he added.

ICAI and CAG Unveil Certification Courses to Boost Local Employment

In a collaborative effort, the Controller and Auditor General of India (CAG) and the Institute of Chartered Accountants of India (ICAI) have launched online certification courses tailored for Local Bodies, aiming to alleviate the shortage of accountants.



Bridging the Accounting Gap

The initiative seeks to create a skilled pool of accountants for Gram Panchayats and Municipalities, offering temporary employment opportunities and remuneration for maintaining local accounts.

Tailored Certificate Courses CAP (Certificate Course for Accountants of Panchayats):

- Level 1: Gram Panchayats
- Level 2: Zilla & Block Panchayats

CAMB (Certificate Course for Accountants of Municipal Bodies):

- Level 1: Town Panchayats
- Level 2: Municipal Corporations & Municipalities

Affordable Learning with Clear Deadlines

Enrollment Fee for each course is Rs 590, and registration for the first batch closes on 31st January 2024.

Aspiring candidates can register for these courses through the official website: <https://lba.icaiarf.org.in/>.

Structured Examination Process

Screening Examination: At least 1 month from the close of Registration for the Batch.

Main Examination: 2 months after the declaration of the result of the Screening Examination

Multilingual Study Material for Accessibility

ICAI provides e-study material in 10 languages, including Hindi and English, promoting accessibility and inclusivity.

Eligibility and Potential Benefits

Open to 12th-pass candidates aged 18 and above, these courses empower individuals to prepare accounts for Panchayats or Municipal Bodies, contributing significantly to local financial management.

Andy Murray Says 'Definite Possibility' He Has Played Final Australian Open

MELBOURNE: Five-time finalist Andy Murray said Monday there was a "definite possibility" that he has played his final Australian Open after slumping out at the first hurdle.

The 36-year-old put up stiff resistance in a 61-minute first set against Argentine Tomas Martin Etcheverry, but the 30th seed slowly ground him down to win 6-4, 6-2, 6-2.

Murray had a frustrating end to 2023, winning just one match in his last four tournaments, and said previously that unless his form picked up the curtain could be coming down on his career.

"Yeah, it's a definite possibility that will be the last time I play here," he said.

"In comparison to the matches that I played here last year, it's the complete opposite feeling walking off the court. Wish I involved the crowd more. Just disappointed with the way I played. Tough, tough way to finish."

The British player, who won Wimbledon in 2013 and 2016 and also took the US Open title in 2012, is part of a golden generation coming towards the end of trophy-laden careers.

Roger Federer retired in 2022 and Rafael Nadal had an injury-blighted 2023 and is absent from the Australian Open with a muscle tear.

At 36, Djokovic is still hoping to add to his record haul of 24 Grand Slam titles before hanging up his racquet.

Murray said he had spoken to his family and coaching staff about when he might quit.

"They're very aware of how I feel about things, where I would like to finish playing, when that would be," he said.

"I haven't made any definite decisions on that. Yeah, it's obviously something that I need to think about and see exactly when that is."

"It's not like it hasn't been something that's been on my mind."

He added that the time frame on when he will retire "narrows when you play and have results like today."

"I haven't gained in belief from today's match that at some stage I'm going to start playing really well again or winning tournaments or getting to the latter stages of major events."

Etcheverry, 12 years younger than his opponent, said Murray was one of his idols.

"Very tough for me playing with a legend like Andy," he said. "I just tried to play my game and focus on my points."

Murray's defeat deprived fans of a potential third-round clash against defending champion Djokovic.

To have a chance of facing the top seed, Etcheverry, who reached the French Open quarter-finals last year, must first get past another veteran, Frenchman Gael Monfils.



Henriques, Hughes stun Scorchers to seal last-ball win for Sixers

SYDNEY: Daniel Hughes and Moises Henriques inspired Sydney Sixers to an extraordinary run chase at Optus Stadium to stun defending champions Perth Scorchers and lift into the coveted second place on the ladder.

Sixers appeared to be cruising to victory at 181 for 3 with two overs left, but then collapsed until skipper Henriques kept his cool in a nerve-jangling final over.

Needing 13 runs off the final over, Henriques blasted a six off opposite number Aaron Hardie on the fourth ball and then hit a boundary off the last ball - with one required - to get Sixers over the line in dramatic fashion.

Sixers will face table-toppers Brisbane Heat in Friday's Qualifier on the Gold Coast with both teams having the safety net of a double chance. It was a costly defeat for Scorchers, who will host an elimination final against surging Adelaide Strikers on Saturday.

Laurie Evans had signed off from his BBL stint in style with 72 off 34 balls to ignite Scorchers in the high stakes blockbuster between the competition's powerhouse teams. Scorchers' total of 197 for 4 seemed enough on their favoured ground, but Hughes blasted 74 off 43 balls to leave the match on a knife's edge. Hughes holed out to Hardie in the 15th over with Sixers still needing 52 runs for victory.



The momentum changed when Henriques blasted 10 runs in two deliveries off seamer Andrew Tye in the 17th over as Sixers edged ahead.

In another late twist, with Sixers needing 17 off 12 balls, wicketkeeper Josh Inglis held onto a spectacular catch running back to the boundary to dismiss Jordan Silk and ignite a collapse where the visitors lost four wickets in the span of eight balls.

But Henriques stepped up and Sixers had the added satisfaction of ending a poor recent record to Scorchers, who had won six of the past seven matches between the teams.

Scorchers' bid for a historic three-

peat now has to go through the long way and they face the tough task of replacing the dynamic middle-order batter Evans, who departs Perth tomorrow for the UAE's IIT20.

Scorchers had elected to bat in warm conditions with players undoubtedly grateful of a later start time compared to the last match at the ground between Scorchers-Heat played in the early afternoon amid oppressive heat. Scorchers will need to address their top-order woes which again reared. Opener Sam Whiteman has not got going this season, but hit a first-ball boundary and looked fluent playing traditional shots down the ground.

Brathwaite expects the Aamer Jamal length to do the trick for West Indies quicks

Indies' fourth-most experienced player and has played the same number of Tests, 24, as Australia's least experienced player, Cameron Green.

Brathwaite, who is only 13 Tests away from playing 100, says his side can compete with Australia if they maintain their discipline for long periods.

"All I want to see from the team is fight," Brathwaite said. "We're obviously playing against the number one team but I believe we do have the potential. It all revolves around discipline - how long we can be disciplined for as a bowling unit, because we don't want to go in fours and fives obviously. So once we can be disciplined and obviously put partnerships on the board, anything is possible. But we've got to work extremely hard and we have to believe in ourselves."

West Indies took great heart from the Pakistan's performance against Australia in recent weeks, despite the 3-0 scoreline.



Alzarri Joseph noted on Monday that West Indies' bowlers needed to adjust their lengths from last summer, having bowled too short to an Australian top order that had a feast in Perth and Adelaide. Brathwaite said his bowlers had taken a close look at the success of Pakistan's Aamer Jamal in his debut series as the blueprint of how to bowl in Australia.

"Early on, I think it's very impor-

tant for us to build that foundation and spend time. Make it easier for the guys to come. That's always the role of an opener. We'll go out there and fight hard and look to do that for the team." "We saw his lengths. He really attacked the stumps a lot and his length, it was quite a bit fuller than the other guys," Brathwaite said. "I think, especially early on, you can always get carried away as fast bowlers.

Obviously in the Caribbean, we are not accustomed [to bowling those lengths], we don't see many pitches like this. So for young fast bowlers to come, they get a bit excited and bowl a little shorter. "But we were in discussions in terms of lengths. Watching guys bowl here over the years, we do agree a bit fuller [works], especially early on with the new ball. The new ball will be quite crucial. So we also got to utilise that and be disciplined. That's a big word for us: discipline."

"It will take doing it not just for a half-hour. You've got to do it for the entire day if it takes that long. Hopefully not. But if it does, it's just having the strength mentally, despite your body maybe being tired as bowlers, to be able to do it for long periods. That's what makes guys world-class bowlers. They do it not just in the first spell but they do it throughout the day. They keep coming at you. So we've got to do that. It's simple and I believe that the guys have the potential to do it and they have my support."