



Lord Ram's Principles, An Inspiration for my Govt : PM Modi

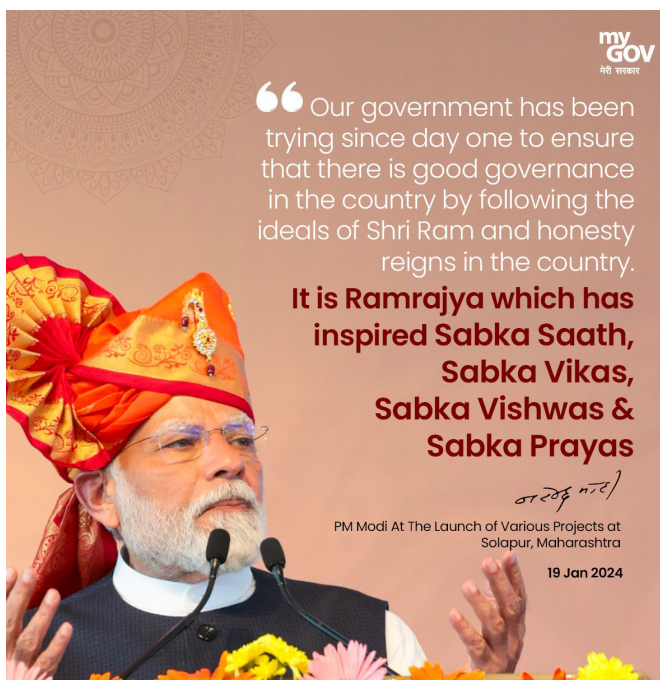
■ HT News Network

SOLAPUR, JAN 19: Prime Minister Narendra Modi on Friday said his Government is inspired by Lord Ram's principles of governance with honesty and urged people to light Ram Jyoti on January 22, stressing that it will be an inspiration to remove poverty from their lives.

"Modi's guarantee means 'guarantee puri hone ki guarantee'. Lord Ram taught us to honour commitments made and we are fulfilling all goals we set for the welfare of the poor and their empowerment," he said.

The PM was addressing a gathering in Maharashtra's Solapur after laying the

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PM Modi Drinking Only Coconut Water, Feeding Cows In Run Up To Ram Temple Ceremony

■ HT News Network

NEW DELHI, JAN 19: As part of his special religious practise for 11 days in the run up to the 'Pran Pratishtha' at the Ram temple, Prime Minister Narendra Modi has been sleeping over a blanket on the floor and drinking only coconut water, sources said on Friday.

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AC Approves Updated Excise Policy For 2024-25

■ HT News Network

JAMMU, JAN 19: The Administrative Council (AC) which met here under the chairmanship of the Lieutenant Governor, Manoj Sinha gave its approval to the rolling out of J&K Excise Policy for the year 2024-25.

Rajeev Rai Bhatnagar, Advisor to the Lieutenant Governor; Atal Dulloo, Chief Secretary; Mandeep Kumar Bhandari, Principal Secretary to LG attended the meeting.

The Policy highlights various fees/duties to be implemented in the manufacturing, transport, import and export of liquor and checking of the smuggling of narcotic drugs to UT of J&K from neighbouring States/ Union Territories. The allotment of vends shall be made by auction and registration fee of Rs. 50,000/- shall be paid by bidders online through portal.

The successful bidder will be required to deposit 100% of the bid amount through eGRAS/Easy Collect portal within

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AC transfers land for establishment of NCDC branch at Jammu

■ HT News Network

JAMMU, JAN 19: The Administrative Council (AC) which met here under the chairmanship of the Lieutenant Governor, Manoj Sinha gave its approval to transfer of land measuring 07 Kanal 250 Sqft in favour of National Centre for Disease Control (NCDC), New Delhi for establishing its branch in Jammu.

Rajeev Rai Bhatnagar, Advisor to the Lieutenant Governor; Atal Dulloo, Chief Secretary; Mandeep Kumar Bhandari, Principal Secretary to LG attended the meeting.

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NEWS BRIEF

Two drug peddlers arrested in Baramulla & Kulgam

SRINAGAR, JAN 19: Two alleged drug peddlers were arrested in Jammu and Kashmir's Baramulla and Kulgam districts in separate operations on Friday.

Police said a drug peddler was arrested at a checkpoint established at Gantamulla Colony in Baramulla district.

"Police party intercepted one person and during his search, 72 capsules of Spasmo Proxyvon Plus psychotropic substances was recovered from his possession," police said, adding that he was arrested and shifted to Police Station where he remained in custody. He was identified as Gowhar

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Police seizes car in Ganderbal after video of stunt goes viral

SRINAGAR, JAN 19: A 21-second video showing five young boys from Jammu and Kashmir's Ganderbal district hanging from the open doors and bonnet of a Maruti car has prompted police intervention on Friday.

Police have seized the car, and the registration certificate (RC) cancellation of said vehicle has also been taken up with concerned authorities.

The action followed a video of five young boys hanging from the open doors and bonnet of a Maruti car in Sonmarg that went viral on social media.

The police said it was a life-

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H&ME sets up a panel to review essential equipment list in hospitals

SRINAGAR, JAN 19: The Health and Medical Education Department has constituted a committee to review essential equipment as may be required in all hospitals in J&K.

"Sanction is hereby accorded to the constitution of a committee to furnish the recommendations for notifying Essential Equipment List (EEL) of Health and Medical Education Department," reads an order, a copy of which lies with news agency—Kashmir News Observer (KNO)

As per order, Principal, Government Medical College Srinagar/Jammu and Director Health Services Kashmir / Jammu will be members of the

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Kashmir's Prolonged Dry Spell Likely To End Next Week

■ HT News Network

SRINAGAR, JAN 19: Kashmir's long dry spell is likely to end next week as the Meteorological (MeT) department on Friday predicted wet weather from January 25.

MeT director Mukhtar Ahmad said

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Dense Fog In Parts Of Delhi; 22 Trains Delayed

■ HT News Network

NEW DELHI, JAN 19: A layer of fog, stretching from Punjab to West Bengal, lowered visibility over the Indo-Gangetic plains starting Thursday night.

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KPDCL ANNOUNCES TEMPORARY INCREASE IN CURTAILMENT BY 2 TO 2.5 HOURS

■ HT News Network

SRINAGAR, JAN 19: The Kashmir Power Distribution Corporation Limited (KPDCL) has announced a temporary increase in curtailment by 2 to 2.5 hours across the valley during peak

hours amid the ongoing dry spell and water scarcity.

"This is for the information of the general public that due to a drastic reduction in power generation resulting in



reduced availability of power, KPDCL shall be forced to temporarily increase the curtailment by 2 to 2.5 hours across the Valley during peak hours," a statement said.

"The temporary increase shall be reversed as soon as sufficient power is available," it added

In October last year, the power department had announced a daily 4.5-hour power

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Golden Period For Northeast Under BJP-Led NDA Government: Amit Shah

■ HT News Network

SHILLONG, JAN 19: Union Home Minister Amit Shah on Friday termed the past decade under the BJP-led NDA government as the "golden period for the northeast" in terms of development and a secure law and order situation.

Addressing the 71st Plenary Session of the North Eastern Council (NEC) meeting here

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Ahead Of R-Day, MHA Directs States, UTs To Ensure Strict Compliance Of Flag Code

■ HT News Network

NEW DELHI, JAN 19: Ahead of the Republic Day, the Ministry of Home Affairs (MHA) has issued a circular directing all states and Union territories to ensure that flags made of paper are not discarded or thrown on the ground

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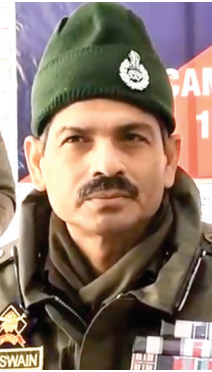
DGP's Public Redressal Grievance Program give sleepless nights to fraudsters

■ HT News Network

SRINAGAR, JAN 18: Since Director General of Police (DGP) RR Swain has taken charge and started holding Public Redressal Grievance Programs to hear people's grievances and resolve them within the shortest period of time; the initiative has given sleepless nights to fraudulent persons across Jammu & Kashmir.

The initiative has proved a measure of relief for commoners

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Cyber Cells At District Level Soon Across Jammu Division

■ HT News Network

JAMMU, JAN 19: Every district in the Jammu Division will soon have a cyber cell to curb the swelling number of cyber crime cases in the Union Territory of Jammu and Kashmir.

Official sources said that as cyber fraud and cyber crime cases are being reported to every police station, keeping that in view, it has been decided

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Singla Announces Digital Attendance and School Management System for New Academic Session

■ HT News Network

JAMMU, JAN 19: Secretary School Education, Piyush Singla, today reviewed progress on establishment of Vidya Samiksha Kendra (VSK) in Jammu and Kashmir.

"The initiative, which aligns with the National Education Policy 2020, is aimed at ensuring real-time monitoring of various projects and activities under the Samagra Shiksha program besides leveraging data and technology to bring a big leap in learning outcomes", main-



tained the Secretary while assessing progress on creation of this vital utility in the region.

Piyush Singla said that setting up of VSK is an innovative project driven by the Prime

Minister, being replicated across the country. VSK will cover data of all schools, students and teachers, for meaningful analysis through big data analysis,

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CONTINUE FROM FRONT PAGE.....

My Govt.....

foundation stone of 8 AMRUT (Atal Mission for Rejuvenation and Urban Transformation) projects worth around Rs 2,000 crore in the state.

He also dedicated more than 90,000 houses completed under PMAY-Urban in Maharashtra.

The Prime Minister dedicated 15,000 houses of Raynagar Housing Society in Solapur, whose beneficiaries comprise thousands of handloom workers, vendors, power loom workers, rag pickers, beedi workers and drivers.

He also kickstarted the distribution of 1st and 2nd instalments to 10,000 beneficiaries of PM-SVANIDHI in Maharashtra during the programme.

In a choked voice, the Prime Minister said he wished he had had the opportunity to stay in such houses when he was young.

“Happiness comes when people’s dreams come true. Their blessings are my biggest investment,” he said.

Urging people, who got the houses, to light Ram Jyoti on January 22, when the consecration of the Ayodhya Ram temple will be held, Modi said it will be an inspiration to eradicate poverty from their lives.

“Lord Ram did the work that made his people happy. My Government is dedicated to the welfare and empowerment of the poor. We launched schemes to mitigate their hardships,” he said, adding that the role of middlemen has been completely eradicated in his Government’s welfare schemes.

Modi said homes and toilets have been constructed in ten years as the lack of these amenities was insulting to the poor, especially women.

“We have constructed more than 10 crore toilets which is Modi’s ‘izzat ki guarantee’ for women and provided more than four crore pucca houses so far,” he said.

Welfare of the poor and dignity of labour has been his Government’s focus, the PM said.

Making India ‘Atmanirbhar’ (self-reliant) is crucial for turning it into ‘Viksit Bharat’ (developed India), he said, appealing to people to dream big. “Your dream is my pledge and this is Modi’s guarantee,” he said.

Modi said ‘Garibi Hatao’ was just a slogan earlier because schemes did not reach beneficiaries.

Recalling the slogan “aadhi roti khayenge...” from the past, the PM said that under “Modi guarantee, you will eat full roti”.

Modi said the “niyat” (intent), niti (policy) and nishtha (commitment) of the previous government were not clear, but the niyat of his Government is “clear”, while niti is meant to empower people and nishtha is towards the nation. (Agencies)

PM Modi.....

Modi has also been doing “gau-pooja”, feeding cows and has been engaged in various forms of ‘daan’ (charity) like ‘annadaan’ and giving away clothes in accordance with scriptures, they added.

As a devout “Ram Bhakt”, Modi has been visiting temples in different parts of the country in the last few days, including Ramkund and Shree Kalaram Temple in Nasik, Veerbhadra Temple in Lepakshi in Andhra Pradesh and Guruvayur Temple and Thiriprayar Shree Ramaswami Temple in Kerala.

Similarly, he will visit more such temples in Tamil Nadu over the next two days. These temples not only act as a unifying force for different parts of the country but also have a connection with Lord Ram, they noted.

His visit to temples across the country in the last few days and listening to Ramayana in multiple languages and participating in bhajans in the temples is significant as its impact goes much beyond the commonly understood realm of religion, they said.

His efforts are also aimed at strengthening the “bharatiya” socio-cultural fabric in line with the his vision of ‘Ek Bharat Shreshtha Bharat’, they added.

He also launched the initiative to clean up temples and cleaned the premises of Shree Kalaram Temple in Nasik in an effort to lead by example to spark a mass movement.

“Lakhs of people voluntarily took on the task of cleaning the temples. The movement has witnessed enthusiastic participation from people of all walks of life in the country. From celebrities to common man, everyone has responded to Modi’s clarion call, which is also seen in #SwachhTeerthCampaign being amongst the top trends on X,” an official said. (Agencies)

AC Approves.....

seven banking days from the date of finalization of the bid. The tends not allotted for reasons like social pressure, court orders or non availability of premises or where no bids have been received shall be put to re-auction.

New initiative of linkage of minimum reserve bid price with sale potential of each vend has been approved. Lower cap of 15% of MSP of liquor for on premises consumption has been fixed. As notified in Excise Policy for the year 2023-24, Excise Duty on CSD/ PAMF shall continue to be 25% less than that on civil for all types of liquor manufactured in the UT of J&K and the import duty shall continue to be 15% less than that on civil for all brands of liquor. Existing licensees having License of Beer Bar with Microbrewery License shall be given License within same premises on remittance of requisite license fee and other duties.

There will be complete digitalization in liquor manufacturing, distribution and sale from pro-

duction till retail consumption. For obtaining property certificate/ solvency certificate, the vendor must apply within 10 days of issuance of license before the concerned Revenue Authority who shall issue a certificate within a period of one month from the date of receipt of application and in case of non-disposal of application, the certificate as claimed by the applicant shall be deemed to have been issued by the competent authority.

Any licensee selling liquor above MRP shall be imposed fine of Rs 40,000/- for first offence and Rs 75,000/- for the second offence.

AC transfers.....

The NCDC provides expertise to the States and Union Territories (UTs) on rapid health assessment and laboratory-based diagnostic services and it also provides referral diagnostic services to individuals, community, medical colleges, research institutions and state health directorates.

Establishment of NCDC branch in Jammu is a major step of the Government for providing quality diagnostic services to the people, medical institutes and health directorates here in the UT.

Kashmir’s.....

the wet phase is likely to begin from Thursday as light snow is expected at isolated higher reaches on January 25.

For the next two days- from January 26 -28, light rain or snow is expected over scattered places, he said.

“From January 29-31, as per indications of different models, the possibility of light to moderate rain/snow at many places is very likely,” he added.

The Kashmir Valley is currently grappling with an alarming situation due to prolonged dry spell and the absence of rainfall and snowfall has triggered alarm bells among the residents and the government in the region.

The 40-day long period of harsh winter cold known as the ‘Chillai Kalan’ is ending on January 30 and so far, there has been no major snowfall anywhere in the Kashmir Valley.

Meanwhile, the minimum temperatures dropped further last night.

The MeT official said Srinagar recorded a minimum temperature of minus 4.9 degrees Celsius as against minus 4.6 degrees Celsius during the previous night.

Pulwama at minus 6.9 degrees Celsius was the coldest place in Kashmir

The tourist resort of Pahalgam in south Kashmir recorded a minimum temperature of minus 6.3 degrees, while Kokernag recorded a minimum of minus 1.4 degrees Celsius. Qazigund, in south Kashmir recorded a minimum of minus 5 degrees Celsius

In North Kashmir, the mercury plunged in the ski resort of Gulmarg to a low of -3.6°C and Kupwara recorded -5 °C. (Agencies)

Dense Fog.....

affecting road and rail traffic, officials said on Friday.

Satellite imagery showed fog developing over parts of Punjab, Haryana, north Rajasthan, and west Uttar Pradesh starting at 8 pm on Thursday.

An official at the India Meteorological Department (IMD) said dense to very dense fog blanketed parts of Punjab, Rajasthan, Haryana, Delhi, and Tripura. Moderate fog prevailed in parts of Uttarakhand, east Uttar Pradesh, Bihar, Jharkhand, and Odisha.

At 5.30 am, visibility levels stood at zero metres in Bathinda and Bikaner; 25 metres in Amritsar and Patiala; 50 metres in Ganganagar, Churu, Hisar, Palam, Safdarjung, Jaipur, and Agartala; and 200 metres in Ambala, Dehradun, Sultanpur (east UP), Purnea, Bhagalpur, Ranchi, and Jharsuguda.

A spokesperson for the Indian Railways said 22 trains arriving in Delhi were delayed by up to six and a half hours due to the foggy weather.

The IMD reported that the visibility level plummeted to zero metres at the Amritsar airport by 8 pm, while it abruptly dropped from 1400 metres at 9.30 pm to 400 metres at 10 pm at the Palam Observatory, near the Indira Gandhi International Airport.

It further dropped to 50 metres by 11.30 pm and zero metres by 4.30 am, before improving to 300 metres by 7.30 am.

Early morning foggy weather in north and northeast India has heavily impacted road, rail, and air traffic since the end of December.

IMD scientists say the absence of active western disturbances – weather systems originating in the Mediterranean region and bringing unseasonal rainfall to northwest India – is the reason behind the blinding layer of fog persisting over the plains in northwest India since December 25.

KPDCL announces.....

curtailment for metered areas, while non-metered areas used to experience an 8-hour daily curtailment regularly.

The prolonged dry spell and scanty rainfall this winter has reduced generation in the hydro-electric power projects across J&K. River Jhelum at Sangam in south Kashmir and Asham in North Kashmir is flowing at the all-time lowest water level. The power generation capacity of different hydroelectric power projects in both State and Central sectors in Jammu and Kashmir falls down to only 600 MW against the generation capacity of 3,500 MW due to fall in water levels in rivers.

J&K government says the peak demand in

winter reaches up to 3200 MW. (UNI)

Golden Period.....

in Meghalaya, Shah said, “In these 10 years under the leadership of Prime Minister Narendra Modi, the distance from North East to Delhi and the rest of India has reduced due to the creation of infrastructure.”

He said the Northeast, which was struggling with various ethnic, linguistic, border and extremist groups related problems, has also got the beginning of a fresh and durable era of peace in these 10 years.

The Home Minister told Governors and Chief Ministers of the eight North Eastern States present at the meeting that “If these 10 years for the Northeast are compared with the 75 years after the country’s independence, then this decade will definitely be considered as the Golden period of the Northeast.

We have always considered the Northeast as an important part of India,” he said.

“During the time of Atalji, by giving it priority, a separate ministry was created for the Northeast and today under the leadership of Prime Minister Modi, the three mantras of ‘Act East’, ‘Act Fast’ and ‘Act First’ are being implemented. Along with this, impetus is being given to the Northeast by giving priority to it in all the ministries of the Government of India,” Shah said.

Highlighting some of the achievements of the central government in the past decade, the Minister said, 11,121 violent incidents took place in the northeast from 2004 to 2014 when the Congress was in power. Such incidents have declined by 73 per cent to 3,114 from 2014 to 2023.

Deaths among security forces dropped by 71 per cent from 458 to 132, while civilian deaths declined by 86 per cent in the past 10 years, he said.

Shah said that the insurgency-related incidents have also come down significantly because in the last 5 years more than 8,900 rebels of various militant groups have surrendered and have joined the mainstream.

Further, the Home Minister also informed that 75 per cent of the areas in the region which were covered under Armed Forces Special Powers Act (AFSPA) have been removed from the ambit of AFSPA from 2018, barring a few areas of Assam and Manipur.

Shah said this has sent a strong message across the country that “peace and prosperity are interconnected” and without it the states or a region cannot develop.

The Home Minister, who is also chairman of the NEC, the regional planning body of the North Eastern States, said that in the 50 years of its establishment, the NEC has increased the pace of development in the region by providing a policy-related platform to all the states and simplifying the solutions to their problems.

“In these 50 years, more than 12,000 km of roads have been constructed in this region, 700 MW power plants have been established and many institutes of national excellence have also been established under the guidance of NEC. Under the leadership of Modi, the role and scope of NEC has been increased under the Act East Policy,” he said. (UNI)

Ahead Of R-Day.....

during significant national, cultural, and sports events.

The circular emphasized the importance of preserving the ‘dignity of paper flags’ used by the public during these occasions.

The Maha directive underlines that the Indian National Flag symbolizes the hopes and aspirations of the nation’s people and deserves to be treated with the utmost respect.

“There is universal affectfill and respect for, and loyalty to, the National flag. Yet, a perceptible lack of awareness is often noticed amongst people as well as organizations/agencies of the government, in regard to laws, practices and conventions that apply to the display of the National Flag,” the Maha said in its circular on Thursday.

The circular addressed a noticeable lack of awareness among individuals and organizations regarding laws, practices, and conventions related to the display of the National Flag.

The circular emphasizes that these paper flags should not be discarded or thrown on the ground after the event. Instead, individuals are urged to dispose of them privately, ensuring the continued dignity of the flag.

“As per clause (x) of Paragraph 2.2 of Part-II of the Flag Code of India, the National Flag made of paper may be waved by the public on occasions of important national, cultural and sports events,” it stated. “You are requested to ensure that on the occasions of important national, cultural and sports events, Flags used by the public, made of paper are not discarded or thrown on the ground after the event. Such Flags are to be disposed of, in private, consistent with the dignity of the Hag,” it further stated.

The Maha has further requested states and Union territories to conduct mass awareness programs to educate the public on the proper handling of the National Flag made of paper.

“You are also requested to undertake a mass awareness programme in this regard and also to give it wide publicity through advertisements in the electronic and print media,” the circular mentioned. (Agencies)

DGP’s Public.....

who were not having any influence and were suffering their lives in a miserable condition.

Notably it has been less than two months since Director General of Police (DGP) J&K RR Swain is holding public meeting both in Jammu and Kashmir regions separately. Since the meetings took place several individuals have heaved a sigh of relief as their long pending issues were resolved within days.

Many individuals who are duped by fraudulent persons in pretext of job or other reservations have received their money back after they approached DGP office for intervention.

Kashmir News Service (KNS) has learnt that three families from Srinagar district have got justice after a long spell of time who were duped by dishonest persons of the society who had taken their huge amount of money after assuring the victims they will be provided jobs or other financial benefits. Soon after DGP started to hear people’s complaint, the three victims of the Srinagar district too approached J&K Police for early resolution of their matters.

The impact of DGP’s public interaction program has frustrated many fraudulent persons who have started to return money to their genuine owners.

The fresh three families have simply asked the fraudulent persons that they will approach Director General of Police (DGP) for resolution of their issues if they won’t pay their amount back. The fraudulent persons while sensing the behavior have instantly returned their money without any further delay, just to save themselves from legal action.

A woman (name withheld) from Hanjibug Magam village of central Kashmir’s Budgam district as per reports was duped by a travel agent of Kupwara in pretext of giving discount rate tickets but when I demanded air ticket he played dilly dallying tactics and duped me.

Another woman (name withheld) of Bemina Srinagar had also gave a money to a person for providing employment at Srinagar International Airport. “Neither I was given employment nor the person returned my money back,” she told KNS.

Aman from Shalteng locality of Srinagar district had sold bricks to a government servant who had digested his two lakh rupees while misusing his official position.

The trio approached the respective individuals and clarified them if they do not return their money they will file a complaint at DGP Office Srinagar and will seek legal action in the matter.

All three victims received their money back without any further delay after fraudulent persons heard about DGP’s Public Grievance Redressal Program.

The victims while speaking to KNS expressed gratitude to Director General of Police (DGP) RR Swain for organizing such programs for the betterment of people.

“This initiative has brought hope for many who were duped by dishonest person of the society. We are highly thankful to DGP sahib for listening those voices who had gone unheard in past,” the trio said.

Cyber Cells.....

to have cyber cells in every district of Jammu region.

“Presently, only one cyber cell is operational in Jammu district and it is overburdened thus causing delay in resolving the complaints,” sources said.

They added that the J&K cops are being trained by the cyber cell experts to handle such complaints after these units become functional in every district.

“In present situation, cyber fraud complaints are being registered in respective police stations and are being forwarded to the cyber police station Jammu for redressal,” they said adding that complaints like phishing, frauds, defamation on social media, online money frauds are being reported to the cyber cell, which are of serious nature and needed to be addressed at the earliest.

“The pendency of the complaints motivated the Jammu and Kashmir Police to initiate the process of having cyber cells in every district after getting nod from the Police Headquarters,” official sources revealed.

Notably, Additional Director General of Police, Jammu Zone Anand Jain has also taken cognizance into this and instructed for early start of the cyber cells across the Zone. “For the convenience of the people battling with cyber fraud complaints, these cells are being introduced at the district level to resolve issues on priority,” said an official. (UNI)

Singla Announces.....

artificial intelligence and machine learning, he added. He observed that, monitoring dashboard along with integration of data analysis-based Call Management Utility and reporting system of VSK shall be helpful in creating a conducive ecosystem in the Education Department.

He said that, with establishment of VSK, analyzing the areas for decision-making and implementation shall become easy. VSK shall increase accountability among all the field-level staff/administrators, HoDs in monitoring the real-time status of various project components under the ambit

of School Education, he maintained.

Secretary also asked the implementing partner, to ensure deduplication of data at all the fronts. He reiterated that, tracking of student enrolment, progress in their learning levels, mainstreaming of out of school children, textbook delivery, support required by teachers and schools, etc should be integrated with the VSK. He also said that, the aim is to have this state-of-the-art facility operational by February 2024, marking a significant milestone in our efforts to modernize and streamline the education system in Jammu and Kashmir.”

Piyush Singla also announced a targeted timeline for establishment of the Command-and-Control Centre (VSK) in Jammu and Kashmir as February, 2024 which shall be made completely operational by 1st of March, 2024. He informed that, from new academic session attendance of students shall be recorded digitally and School Management system shall be in place for digital admission process besides efforts shall be made to bring all the Schools on one Dashboard. He said that, the Command and Control Centre is expected to enhance efficiency, communication, and data management, contributing to an improved educational experience for students and educators alike.

Project Director, Samagra Shiksha, Deep Raj, apprised the Secretary that VSK is a data repository, powered by Swift Chat AI (Artificial Intelligence), which would enable technology and data-driven systemic change in all schools of Jammu and Kashmir. He informed that, VSK shall be established temporarily in the JK BOSE building situated at Rehari Colony and shall be iconic project for the UT of J&K. He said that facility of VSK shall completely transform the education system across the UT. He further apprised that AI chat bots for students, teacher and parents have been created and shall be made live in the coming days for regular exercises, thus enhancing the learning outcome of students.

The meeting was attended by Special Secretary, Anu Behl, Joint Director Planning, Parshotam Kumar, DD Planning, Bilal Rashid among others stakeholders from the empaneled firm.

Two drug.....

Ahmad Bhat of Pehliharan.

Accordingly, a case under relevant sections of law was registered at police Station Sheeri and investigations have been initiated.

Another drug peddler was arrested in Kulgam district, police said.

A police party of Police Station DH Pora at a checkpoint established at Margibal Gojjarpora signalled a motorcyclist identified as Sayar Ahmad Mir of Waripora to stop.

“But after noticing police party, he tried to flee from the spot. He was chased and apprehended tactfully by the alert police party. During search, officers were able to recover 2.5 Kgs of poppy straw like contraband substance concealed in a nylon bag from his possession,” police said.

The motorcycle used in commission of crime was also seized.

Accordingly, a case was registered at Police Station DH Pora and investigation has been initiated. (UNI)

Police seizes.....

threatening stunt.

“Taking cognizance of this life-threatening stunt that not only endangers the lives of commuters, pedestrians, or other drivers but also incites teenagers for life-consuming stunts, Dy SP Traffic Ganderbal-Bandipora Dr Mudassar Trambo, under the supervision of SSP Traffic Rural Kashmir RP Singh, seized the said vehicle vide L-Tem No.958452 under relevant sections of the MV Act,” a police statement said.

“Moreover, the RC cancellation of said vehicle has also been taken up with concerned authorities.”

The police have requested that drivers follow traffic rules, abstain from stunt and rash driving, and actively participate in awareness programs being conducted by traffic police during the current National Road Safety Month 2024.

The police reiterated that strict legal action against defaulters driving dangerously in violation of prescribed MV Act rules shall continue in order to save the precious lives of drivers and commuters and ensure the safety of the public at large. (UNI)

H&ME sets.....

committee while Managing Director, J&K Medical Supplies Corporation Ltd will be convenor of the committee.

“The Committee may co-opt any other member/ HoD of the specialities which are equipment intensive like Anesthesiology, Radiology etc. so as to finalize the EEL,” it reads.

“The committee shall furnish a detailed report with specific recommendations regarding the list of essential equipment as may be required in all the hospitals of J&K including the medical college hospitals within 20 days from the issuance of the order,” it added.

Asks Officers to ensure swift action to avoid any interruption in public service delivery

The DC also took first hand



The DC asked the SMC authorities to keep men and machinery ready to clear snow from inner lanes and by-lanes of the City.

The DC stressed on time bond replacement of damaged transformers in all the areas of the district so that people do not face any

Besides, Additional District Development Commissioner, Zahoor Ahmad Mir, the meeting was attended by Superintendent Engineers of R&B, MED, PDD, SMC, Chief Planning Officers, Chief Medical Officer, Assistant Commissioner Revenue, SDM East, SDM West, All Tehsildars, and AD FCS&CA, besides other senior Officers from Traffic Police and Civil Administration.

During the visit, the DC was accompanied by Chief Planning Officer, Assistant Commissioner Revenue, SDM West, Executive Engineer, Tehsildar and other concerned.

"Some film procurements have now shifted to Russia to shoot snow sequences. Flowing rivers with snow capped mountains in the background provide an apt setting for Bollywood movies," he said. Local film makers, who usually plan their schedules around the enchanting snow-covered scenery, are facing an unprecedented dilemma. "I had three music videos and two pre-wedding shoots scheduled, which got cancelled. The ongoing dry spell has impacted the work of local filmmakers to a great extent," said Mian Imad, a filmmaker and photographers who is famous as Imam Clicks.

DC Kupwara chairs DLC meeting on agriculture, approves 190 cases under HADP

■ HT News Network

Kupwara, Jan 19, In a significant move towards the development of agriculture in the frontier Kupwara district, the Deputy Commissioner (DC) Kupwara, Ms. Ayushi Sudan on Friday chaired the District Level Committee (DLC) meeting on Holistic Agriculture Development Program (HADP). At the outset, the DC took brief on the headway achieved in projects being covered across the district by Agriculture and allied departments, under HADP.

The meeting also conducted a draw-of-lot for selection of

applications received under different components including establishment of Nursery for Kashmiri Lal Mirchi, Diversification of Niche Crops (Kashmiri Lal Mirchi), Hi-tech Poly green Houses, Low cost Poly green Houses, Bee Colonies, strengthening of existing Bee Keeping units, Bee Keeping equipment manufacturing, establishment of facilitation centres for migratory bee keepers, Millet Resturant, Brush cutter, Battery operated Sprayer, Power Tiller, Maize Sheller, Tractor Mounted sprayer, mushroom sheds, improved crop sheds, vegetable seeds, vermi compost units, Spawn of Mushroom, Beehive with colonies, roof top rain water Harvesting struc-



tures, Deep Bore well, Low cost vermi compost units and other components.

In this connection applications were invited through online mode from the interested persons and after completion of all the formalities as per guidelines of the scheme, a total of 259 feasible candidates were shortlisted for an approved target of 190.

Finally DLC selected 190 candidates through draw of lots under different projects/ components of HADP.

The DC, on the occasion stressed upon all sectoral officers of Agriculture and allied departments to speed up the completion of targets assigned under the HADP to the district.

The DC stressed upon the stake-

holder departments to work in close coordination for implementation of different initiatives at district level. She also directed officers to reach out to the farmers of far-flung areas and make them aware about the latest farming technologies in the agriculture sector. ADDC Kupwara, Altaf Ahmad Khan, Chief Agriculture Officer, Gurdeep Singh, CHO, Functional Manager DIC, DDM NABARD, Lead Bank Manager, and other concerned officers attended the meeting. ADDC Kupwara, Altaf Ahmad Khan, Chief Agriculture Officer, Gurdeep Singh, CHO, Functional Manager DIC, DDM NABARD, Lead Bank Manager, and other concerned officers attended the meeting.

National Road Safety Month:

ARTO Kupwara flags off

Walkathon-cum-Awareness rally

■ HT News Network

Kupwara, Jan 19: As part of ongoing National Road Safety Month, 15 Jan 2025 to 14 Feb 2024, ARTO Kupwara, Anees Ahmad today flagged off of a Walkathon-cum-Awareness Rally here at TRC Kupwara.

Highlighting the importance of National Road Safety Month, the ARTO Kupwara said that enforcement of traffic regulations and awareness regarding road safety measures is essential for preventing road accidents. He advised that such awareness programmes, rallies and other related activities are organised to create a change in mindset of the people so that the people voluntarily follow traffic rules.

He added that Road accidents are preventable and it is very important that awareness programmes are organized with active involvement of drivers, youth and school children to educate the people about the road safety rules and imbibing safe driving habits.

The ARTO flagged off a Walkathon (walk for awareness) under the theme "Be a road safety Hero" in which, drivers, officers and officials of MVD participated. The Road Safety Walkathon started from TRC Kupwara and culminated at Rigipora water fountain.

DC Kulgam reviews progress of developmental works of R&B Sector

■ Farooq Rather

KULGAM, JANUARY 20: To review the progress of developmental works under the execution of R&B sector in the district, a detailed meeting of concerned officers was held under the chairmanship of Deputy Commissioner (DC) Kulgam, Athar Aamir Khan at mini-secretariat, here.

During the meeting DC took a comprehensive review of physical/ financial targets with regard to infrastructure development, upgradation works undertaken by R&B under District Capex, NABARD, languishing, PMDP, IMDP, etc.

On the occasion, through



a PowerPoint presentation chair was apprised about the present status of all developmental works by Superintending Engineer and Executive Engineers from R&B which are under execution of R&B.

During the meeting, the DC also took a review of newly approved projects including Chiranbal road,

Urban Local Bodies and other departments.

Status of Transit Accommodations Chowgam and Mirhama was also reviewed and concerned were instructed to scale up pace of work on the transit accommodations and ensure early completion of transit accommodations at both the places.

During the meeting it was also informed that work on officers quarters at Liroo is near to completion.

During the meeting, the DC directed the officers present, to meet the developmental targets within the allocated timeframe and ensure maximum realization of expenditure.

DC Ramban reviews implementation of Holistic Agriculture Development Plan

■ HT News Network



RAMBAN, JANUARY 19: Deputy Commissioner Ramban, Baseer-UI-Haq Choudhary today chaired a meeting of officers to review progress and achievements made under the Holistic Agriculture Development Programme (HADP) in the district. Reviewing department and sector-wise progress, Choudhary underscored the paramount significance of the ongoing Kisan Sampark Abhiyan, phase-II. He emphasized that this initiative serves as a pivotal platform to foster a robust connection with farmers, acting as a conduit for impactful engagement across all sectors. Articulating the pivotal role of HADP in establishing a resilient and profitable agricultural ecosystem, the Deputy Commissioner directed the attention.

AIP Senior Leader Ex BDC Chairman Langate Urges Amnesty Scheme in Jammu and Kashmir UT

■ DR. AB QAYOOM

Langate, Jan 19: Showket Hassan Pandit, the AIP Senior Leader, has appealed to Lieutenant Governor Manoj Sinha G for Amnesty Scheme for huge pending Electricity bills. The scheme, which has seen widespread participation, particularly among the financially burdened, has yet to reach a significant number of deserving individuals, especially those from economically weaker sections. In an statement, AIP Senior Leader Showkat Pandith emphasized that a majority of the populace has already reaped the benefits of this welfare scheme. However, a substantial segment of the disadvantaged population in the valley has been unable to access these advantages due to their financial limitations. Pandit further said that the individuals who are yet to benefit from the Amnesty scheme are primarily those from underprivileged backgrounds. By doing so, he believes that the impoverished communities in the valley would be given a fair chance to avail themselves of the



scheme's provisions. In addition he recommended that commercial entities should also be included in the beneficiaries' list. By extending the scheme's reach to cover commercial individuals, Pandit envisions that a wider spectrum of the population would be able to reap the prestigious benefits offered by the Amnesty Scheme.

Director Agri. visits different Srinagar areas; inspects Mushroom, Vermicompost Units

Inaugurates semi-hi tech polyhouse at Brien; distributes Agriculture equipments among farmers

■ HT News Network

SRINAGAR, JANUARY 19: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today visited different areas of Srinagar district.

During the visit, the Director inspected mushroom units and vermicompost units established under Holistic Agriculture Development Programme (HADP) at Amdakadal Lal-bazar and Faqir Gujri areas. He also distributed farm machinery (Brush cutters and Sprayers) among Farmers at Theed, Harwan of Srinagar district.

Speaking to the farmers at different places, the Director highlighted the importance of HADP and said that it would be a game changer for agriculture and



allied sectors in the region. He asked the farmers to take advantage of all the projects under HADP. He also underscored the importance of coordinated

efforts among the agriculture and allied departments for the successful implementation of all the projects under HADP.

Iqbal impressed upon

officers of the department to organise farmers awareness programs and to accelerate the frequency of field visits so that the farmers could remain updated regarding the benefits of different programmes by the department.

Director Agriculture also inaugurated a semi-hi tech polygreen house under (HADP) at Brien Srinagar.

Director was accompanied by Chief Agriculture officer Srinagar, Manohar Lal Sharma; Sub-divisional Agriculture officer Srinagar, Shaheen Kousar and some other officers from the district. Later, the Director kick-started the distribution of vegetable seedlings (Saag G.M Dari, cabbage, lettuce etc) produced under Controlled conditions at Kitchen gardens Lalmandi Srinagar.

J&K SDRF & NDRF celebrate its Annual Raising Day at SDRF Bn Hqrs Srinagar

■ HT News Network



SRINAGAR, JANUARY 19: The J&K SDRF and NDRF celebrated its Annual Raising Day today on 19th January at SDRF Bn Hqrs Srinagar.

On the occasion, the contingents of SDRF and NDRF jointly presented the March Past/ Parade under the command of DySP Gh. Hassan Bhat at Bn. Hqrs Bahgat Barzaulla Srinagar.

Shahid Mehranj, DIG of Police, Civil Defense and SDRF Kashmir presided over the function and took salute at the March past.

Addressing the officers/ officials and contingents of SDRF/ NDRF, the chief guest highlighted the dedication exhibited by SDRF and NDRF while conducting Rescue operations during Disasters as well as their extraordinary performance exhibited during the Shri Amarnath Ji Yatra.

He also highlighted that due to climate change the responsibility and scope of SDRF will increase manifold during the coming years.

Ashish Mishra, SSP Srinagar; Atul Sharma, SSP, Commandant SDRF 1st Bn were also present during the Raising Day function. Besides, various officers of SDRF/ NDRF participated in the Raising Day function including Hilal Ahmad Sheikh, Assistant Commandant NDRF SAR Team Srinagar, Mohammad Muzaffar Ahmad Khan, Dy SP and other officers/officials of Civil Defense and SDRF Battalion.

PUBLIC NOTICE

I informed to general public that my Son's Date of birth (DOB) is 28/01/2015....Now I am applying for his date of birth certificate (DOB) if anybody have any objection in this regard He/She may file His /her objection in the (BDO) office WAGOORA within seven days from the publication of this notice after that no objection will be entertained.

Name....KHURSHED AHMAD WANI
F/O....RAHEEN KHURSHED WANI
R/O....CHANDOOSA
Block....WAGOORA

PUBLIC NOTICE

Whereas, I Faisal farooq, S/o Farooq Ahmad Waza, R/o Abi Buchwara Dalgate Srinagar, Kashmir intends to apply in the Department of Tourism for Registration of my proposed Travel Unit under the name and style "Holiday Spell" situated at Pedestrain Mall Road Dalgate Srinagar 190001 under Tourist Trade Act 1978/82/2011-12. Whereas, I will submit Domicile Certificate, Qualification Certificate, Pan Card, Experience Certificate (Minimum 05 Years), Character Certificate (Police Department), Bank Statement (Minimum Balance 10000), Site Plan, Affidavit, Rent Deed duly attested by Sub-Registrar, Printing Material (Letter Head/Visiting Card), Photograph of the Unit (Indoor and Outdoor) and Two Passport size photographs to the Department of Tourism as per prescribed checklist prior to Registration of my unit as an Adventure Tour Operator/ Excursion Agency.

Now as per J&K Registration of Tourist Trade Act 1978/82/2011/2012, before my case is processed for registration by the Competent Authority, the matter is hereby notified for information of general Public/Financial Institutions/Bank/Organization, etc for objection, if any and the same should reach to the Deputy Director Tourism Registration TRC Srinagar Kashmir (e-mail id: ddtreg123@gmail.com) within a period of 7 days from the publication of this notice in leading local newspaper/newspapers of the valley. No objections beyond a period of 7 days shall be entertained.

PUBLIC NOTICE

I inform to general pupublic that my Date of Birth (DOB) Wrongly mentoined as 25/07/1975 instead of 01/04/1965 in my Adhaar card Now I am applying of its correction if anybody have any objection in this regard He/She may file his /her objection in the (BDO) office WAGOORA within seven days from the publication of this notice after that no objection will be entertained.

Name...ABDUL MAJEED MALIK
S/O....ALI MOHAMMAD MALIK
R/O...DOLIPORA KREERI
Block...Wagoora

PUBLIC NOTICE

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R/O...DOLIPORA KREERI Block...Wagoora

Mega Rally Galvanises National Road Safety campaign in Doda District

■ HT News Network

DODA, JANUARY 19: In a collaborative effort of the District Administration Doda, the Motor Vehicles Department (MVD) and other line departments, a mega national road safety rally unfolded here today as part of the month long National Road Safety campaign. Orchestrated under the guidance of Deputy Commissioner Harvinder Singh and supervised by ARTO Rajesh Gupta, the event emanated an aura of enthusiasm here at the Sports Stadium, serving as the main venue for the grand rally. The mega rally traversed multiple venues, witnessing spirited participation from key figures such as Deputy Commissioner DODA, SSP Doda,



ARTO Doda, ACD Doda, district officers, students, drivers, and cleaners. Their collective passion underscored a shared dedication towards championing road safety measures.

The Sports Stadium was adorned with colorful banners and bunting, each imparting messages advocating road safety measures. A substantial

gathering, consisting students from both government and private institutions, participated in the rally dedicated to the road safety month. The proceedings commenced with a solemn pledge ceremony emphasizing the significance of road safety and the precautions imperative for travel, particularly in hilly terrains. Deputy Commis-

sioner Harvinder Singh, joined by SSP Abdul Qayoom, graced the occasion, urging students to not only adhere to road safety measures themselves but also to disseminate the message among their peers.

Deputy Commissioner Harvinder Singh shared that the National Road Safety Month is a month-long celebration aimed at promoting awareness of road safety measures. Doda District, in collaboration with MVD Doda, has taken the initiative to conduct a month-long mega event comprising various activities. These include medical camps, painting competitions, and other engagements designed to foster awareness among the public regarding road safety measures.

District Development Commissioner flags off awareness Rally on National Road Safety in Reasi

■ HT News Network

REASI, JANUARY 18: District Development Commissioner, Vishesh Mahajan, today flagged off a rally from the DC Office Reasi to mark the commencement of the month-long National Road Safety Awareness campaign in the district.

Addressing the students, DDC Vishesh Mahajan emphasized the critical importance of strict adherence to traffic rules for the safety of drivers, passengers and pedestrians. He urged the public to prioritize safe driving practices, including the use of helmets, seatbelts, and adherence to speed limits. The rally, which traversed through markets of Reasi,



prominently displaying Road Safety related messages to raise awareness among the community.

Highlighting the aggressive one month awareness campaign, he stressed on laying focus on educating all stakeholders

dents.

To address road safety concerns specific to Reasi, the district administration is actively identifying vulnerable and black spots, monitoring overloading on all routes and informing the public about potential blind curves. Immediate measures will be implemented in these areas to prevent accidents and enhance road safety.

The rally concluded successfully at the Bus Stand in Reasi, where ARTO Tare Mani and Inspector MVD expressed gratitude to all participants and departments for their support in organizing the event.

ACD Anirudh Rai, Chief Agriculture Officer Harbans Singh and other concerned officers and officials were present on the occasion.

Arrangements for 14th National Voters' Day discussed in Udhampur

■ HT News Network



UDHAMPUR, JANUARY 19: Deputy Commissioner Udhampur Saloni Rai led a meeting today here in the Conference Hall of the DC Office Complex to deliberate on the arrangements and activity plan for the upcoming 14th National Voters' Day scheduled on January 25, 2024. The theme for this year is "Nothing like voting, I vote for sure." Additional District Development Commissioner Ghan Sham Singh, Additional Deputy Commissioner Joginder Singh Jasrotia, Additional SP Anwar-Ul-Haq, Assistant Commissioner Revenue Rafiq Ahmed Jaral, Deputy District Election Officer Gurdev Kumar, and other senior officers from various departments. The DC emphasized the need for a widespread awareness campaign across the district, aiming to enhance citizen participation in the electoral process, especially focusing on encouraging newly eligible voters. The officers were urged to work with heightened dedication and close coordination to ensure a vibrant and successful celebration.

Viksit Bharat Sankalp Yatra: IEC Van reach panchayats of Siot, Rajouri & Sunderbani blocks

■ HT News Network

RAJOURI, JANUARY 19: The Viksit Bharat Sankalp Yatra (VBSY) has emerged as a driving force in the implementation of various government schemes and ushering in comprehensive development in Rajouri district. The ambitious initiative is strategically crafted to transform Rajouri by extending its reach to underserved areas and ensuring the effective execution of government programs, ultimately enhancing the quality of life for its residents.

Central to this endeavor is an Information, Education, and Communication (IEC) van, a dynamic mobile platform designed to effectively communicate and create awareness about the diverse initiatives undertaken as part of the Yatra. The van plays a pivotal



otal role in engaging with local communities, imparting crucial knowledge, and empowering residents to avail themselves of the benefits offered by government schemes.

The VBSY has recorded notable success in the implementation of various

government schemes in Rajouri District. These schemes, crafted to elevate living standards and provide essential services, have been executed with exceptional efficiency on the ground. Consequently, the community has experienced tangible improve-

ments and witnessed positive changes in their daily lives.

Today, the VBSY IEC vans traversed through the panchayats of Hathal-B, Patrara, Swani, Atti, Chawa, Gurdhan Balla, Fatehpur Danna and Fatehpur Gurian of block Siot, 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 is 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.

Week long Activities held at GCOE to celebrate National Youth Day

■ HT News Network



JAMMU, JANUARY 19: Red Ribbon Club along with IIC and NSS Government College of Education (GCOE) organised a one week activity on National Youth Day 2024 being observed from 12 January to 19 January 2024 under the theme "It's all in the Mind". As many as 80 college students participated in all the events with great zeal and enthusiasm under the patronage of Dr. S.P. Saraswat. Convener Red Ribbon Club and IIC, Prof. Sunanda Rani stressed upon the relevance of the Day. She clarified the student's doubts on various myths and facts related to HIV. Various events were organised which included Awareness Rally, Live telecast of Honourable Prime Minister Narendra Modi Ji's speech, Slogan Writing, Rangoli, Poster making on HIV/AIDS and Symposium. The events were adjudged by officiating Principal of the college Prof. Satish Sharma and senior faculty members Prof. Seema Kotwal, Dr. Rajinder Kour and Dr. Anuradha Choudhary, Dr. Davinder Kour and Prof. Roopa Kumari.

Tug of War matches organised by GDC Ramgarh

■ HT News Network

SAMBA, JANUARY 19: Department of Physical Education and Sports, in collaboration with NSS unit Prabha, of Government Degree College Ramgarh today organised Tug of War matches here on the Campus. The activity was conducted under the aegis of Nasha Mukta Bharat Abhiyan (NMBA). Both Male and Female students of the college participated in the event. In the Male category, 18 students participated while in the Female category 16 students participated in the event. The students enthusiastically showcased their skills.

The matches were organised by Anil Kumar PTI, Department of Physical Education & Sports of the College, under the supervision of Prof. Brham Dutt, NSS PO & Convener of Sports Committee. Speaking on the occasion, the College Principal Prof. (Dr.) Geetanjali Andotra congratulated the winning and runner-up teams for their display of discipline and sportsmanship. She also applauded the efforts of the organizers of the events. The matches were witnessed and prize distribution ceremony was attended by Dr. Aditi Khajuria, Dr. Snobar, Prof. Brham Dutt, Prof. Sandeep Kumari, Dr. Shivali Choudhary, Ms. Priya Sharma, Ms. Akanksha Kangotra, Ms. Sonali Dutta, Ms. Arpana Devi, Dr. Imtiaz Ahmed, Mr. Ram Murti and Mr. Sunil Kumar.

Republic Day arrangements reviewed in Poonch

■ HT News Network

POONCH, JANUARY 19: Additional District Development Commissioner, Sandesh Kumar Sharma today chaired a meeting to review the arrangements for Republic Day celebration 2024 here in the conference hall of DC Office. During the meeting, the ADDC reviewed the ongoing preparations by the different departments. He also reviewed the arrangements regarding seating, barricading, refreshment. Coverage of the event, Playing Shana Vadan, drinking water and power supply, sanitation, first-aid, fault free PAS, fire-tenders, Media gallery, among others. The ADDC directed the concerned executive engineers to ensure adequate arrangements of barricading, seating and drinking water supply besides uninterrupted power supply on the day of function.

DC flags off Road Safety Awareness rally; urges public to prioritize safe driving

■ HT News Network

JJAMMU, JANUARY 19: Deputy Commissioner (DC), Sachin Kumar Vaishya, in presence of Transport Commissioner, J&K, Rajinder Singh Tara, today flagged-off an awareness rally from Government Boys Higher Secondary School, Gandhinagar as part of ongoing National Road Safety Month 2024. Speaking at the event, the DC underscored the crucial need for strict adherence to traffic rules. He urged the public to prioritize safe driving and emphasized on precautionary measures such as wearing hel-



metts, seat belts, and adhering to speed limits for the safety of all road users. The DC also stressed on educating drivers and pedestrians about necessary precautions. Recognizing the alarming rate of road traffic accidents and

associated fatalities in the country, he stressed the importance of collective efforts to minimize such incidents. Besides, the Deputy Commissioner administered the Road safety Pledge among the students, teachers and Motor Vehicles department officials. During the event, Transport Commissioner, J&K, Rajinder Singh Tara specifically urged the youth to avoid rash driving, underscoring the need for responsible behaviour on the roads. He further asked the students to promote a culture of compliance with traffic regulations and foster safer driving habits, especially among the younger generation.

SDRF 2nd Bn celebrates Annual Raising Day

■ Amir Iqbal Khan

JAMMU, JANUARY 19: State Disaster Response Force (SDRF) 2nd Bn. Jammu today celebrated its 12th Annual Raising Day here at Bn. Headquarters.

Zahid Naseem Manhas, SSP, Commandant SDRF 2nd Bn. Jammu inspected the Bn. Quarter Guard and took salute. While speaking on the occasion, the officer congratulated all the officers, Jawans of the Bn on the occasion of 12th SDRF Raising Day.

The Commandant highlighted the achievements of SDRF 2nd Bn. Jammu during the year-2023, especially excellent work of rescuing 98 trapped persons during



flash floods in river Ujh, Kathua and a woman from Chenab river near Khallani on the same day. He further mentioned the search and rescue operation conducted by SDRF teams after a portion of Ranbireswar Temple collapsed due to heavy downpour. The timely action by the SDRF teams saved the property of the Temple.

Besides, various rescue operations were also conducted during road accidents in Jammu province.

DC Poonch reviews arrangements for OMR Based Exam of Accounts Assistants

■ HT News Network

POONCH, JANUARY 19: Deputy Commissioner Poonch, Yasin M. Choudhary chaired a meeting to review the arrangements for smooth conduct of OMR based objective type written exam for the post of Accounts Assistants (Finance) being conducted by J&K Service Selection Board on January, 28, 2024.

Threadbare discussions were held on various issues regarding the examinations including proper space, accommodation, seating arrangements, provision of vehicles, manpower for the receipt, and distribution of material, washrooms facility and light arrangement in exam centre, dispatch of examination material, security in and around strong room and examination centres, videography of examination centres besides proper sensitization of examination centre and all related issues for



implementation of CAB were discussed in detail. The Deputy Commissioner urged upon the Departments to work in coordi-

nation with each other for conducting the exams smoothly and peacefully and also directed to make all the requisite arrange-

ments be made well in advance.

The meeting was attended by Additional Deputy Commissioner Poonch, Tahir Mustafa Malik, Assistant Commissioner Revenue, Zaheer Ahmed Kaifi, PO ICDS, Khalid Hussain Wafa, Gen. Manager DIC/CEO Tourism, Dr. Mohd. Tanveer, Assistant Commissioner Development, Abid Hussain Shah, SDM Surankote, Rizwan Asgar, Principal SKC Degree College Poonch, Dr. Jasbir Singh, CMO, Dr. Anees Altaf Nabi, CHO, Sanjeev Kumar, DTO, Rashid Dostum, DIO, Vishaldeep Chandan, DSWO, Mohinderpaul, DSHO, Ashish Mahajan, BDO Lassana Ayaz Bhat, BDO Surankote, Waheed Ahmed Bhat, STO/AD, FCS&CA, Waheed Ahmed, BDO Sathra, Mohd. Ibrahim, Tehsildar Hqr. Jahangir Hussain, Tehsildar Surankote, Akbar Hussain, Tehsildar Bala-kote, Pawan, Khullar, Tehsildar Mandi Shazad Latief Khan, DEPO, Narinder Mohan Suri besides Principal, lecturers and other concerned officers were present.

EDITORIAL

Soaring Prices Amidst Smooth Highways

As winter descends upon Kashmir, the region is grappling with an unexpected conundrum – an unjustified surge in market prices despite the absence of snowfall.

Traditionally, the onset of winter in the valley is accompanied by a dip in temperature and the arrival of snow, influencing the prices of essential commodities. However, this year has defied expectations, with no snowfall yet observed with smooth highway traffic movement, yet the market prices have been on an unwarranted ascent.

The impact of this anomaly is felt keenly by the local populace. Prices of winter staples such as firewood, warm clothing, and heating fuels have skyrocketed, placing an undue burden on the residents who are accustomed to adjusting their lifestyles in response to the harsh winter conditions. The lack of a meteorological explanation for this price surge raises questions about the ethics of certain market practices and the need for regulatory scrutiny.

Contrastingly, the Srinagar-Jammu National Highway, a lifeline for the region's connectivity, is experiencing smooth traffic flow. This paradoxical situation, where transportation routes remain unaffected while prices spiral out of control, underscores the need for a comprehensive analysis of market dynamics. Are these price hikes a result of artificial scarcity or speculative trading? Or is there a deeper economic undercurrent at play that demands immediate attention?

As we navigate through this enigma, it is imperative for local authorities to intervene, investigate, and rectify the unjustified price hikes. Transparency in the supply chain, strict enforcement of regulations, and public awareness campaigns are essential components of addressing this issue.

The winter paradox in Kashmir serves as a reminder that economic stability is just as crucial as weather predictions in ensuring the well-being of the region's residents.



■ Dr Basharat khan

He was being shifted to the city's only tertiary care hospital in a hospital ambulance in the company of two doctors and a duo of paramedics. Lying prostrate on the couch in a semiconscious state, murmuring and muttering in between bouts of shallow breathing, he would blink his right eye many times in a jiffy and then again descend into the realm of total ecstasy.

Galloping on one of the city's most dilapidated and bumpy roads, this hospital vehicle, though seen as the most sophisticated and well-equipped new arrival in the fleet of ambulances, kept tossing about the whole group of medicos attending to the very patient here and there.

"Oh God, do we really live on the face of this earth or is it some rough patch of the red planet we are cursing along in some space device called the pathfinder?" said the senior doctor while positioning himself firmly against the horizontal iron bar supporting the couch on which the patient was lying.

One of the paramedics coughed, cleared his throat, downed the glass panes of the rear window of the ambulance, and spat out sheepishly. He turned around to look at the senior doctor curiously and said, "Doctor sahib... doctor sahib... the other day while shifting a patient to... Doctor sahib," he repeated, as the senior doctor was whispering something into the ears of his junior colleague.

Gnashing his teeth seemingly in anger, he looked sneeringly at him. "Yes... yes... Farooq, what were you trying to tell us?" asked the junior doctor.

"Yes, doctor sahib. Yesterday, a patient with severe heart insult had to be removed to a nearby cardiac center for further management in this very ambulance... The driver of the ambulance, who was until now driving

AMBULANCE



keenly and carefully, chuckled, looked through the overhead mirror, and yelled, "... Faroor... Farooq... that was a real miracle. I have not watched such a great happening in the whole of my life. It seemed as if a charist descended from heavens to infuse life in that patient who could not gain consciousness despite repeated but abortive attempts of DC shock applied on him."

"Oh Mehraj, please give me a break... keep your eyes on the road, you are habitual of obtruding in every sort of discussion unnecessarily," shouted the senior doctor.

"I swear by my mother, sir... I am a witness to it... and..."

"Please, Mehraj... don't get swayed by the occurrence of any miracle," replied the senior doctor. "It could be..."

"Yes, sir... yes, sir, please tell us how did it all happen that a virtual dead person came back to life while being driven to a super-specialty care center. See, my dear," intervened the junior doctor. "It all must have happened because of this bumpy road."

"Bumpy road... what do you mean... bumpy road?" asked the senior doctor.

"Yes, sir, what DC shock could not do happened due to vigorous shaking of his body owing to unending bumps, bounces, jerks, and jostles experienced while going along this road. You mean a well-crafted CPR (cardiopulmonary resuscitation)... ear-bursting laughter filled the whole atmosphere."

"It means... I am dead, right now on this hearse... and... being carried... forrrr... laaast... rites," whispered the patient to himself. He too had meanwhile come back to life. Raising his head a bit above his shoulders, he questioningly looked at the group in white robes swarming around him, deeply engrossed in discussing something beyond his comprehension. "Wow... Angles... have... already... taken... procession... of my soul... And..."

"S-sir... s-sir, see he is conscious, he is back to life," cried one of the paramedics. "Mr. D'Souza... Mr. D'Souza... hello, Mr. D'Souza, are you alright... Mr. D'Souza, do you get me... do you know where you are?" The senior doctor, amid an eerie silence, tried to invite the patient's attention.

"Yes, Mr. Angel, I know I am dead..."



AKRAM SIDDIQUI

I am on... this hearse, being taken... for my... last... rites."

"No, Mr. Desoza, you are not dead. You are alive. I am Doctor Arshid, along with my subordinate team; we are taking you to the city's big hospital for further treatment. Please, Mr. Angel, don't try to... play a prank... on me. I know I am... heading for... Hades. In case I am alive, why are you carrying my body on this hearse?... Why not in an ambulance?"

"This is an ambulance, Mr. D'Souza, yes, a well-equipped ambulance," replied the junior doctor embarrassingly. "Look, Mr. Second Angel... I am still too conscious to draw a line between an ambulance and a hearse. In my country England, an ambulance means... a micro hospital... from... minor surgeries... to major... Medical emergencies... like cardiac arrest are treated... too comfortably in an ambulance. I suppose... if this is... an ambulance and... I again... suffer a heart attack... what... will... you... do? How... will... you... treat..." The patient's voice trailed off.

"Doctor sahib... doctor sahib, see he is sinking... he ceased to breathe... he is dying, do something please," cried the junior doctor. The senior doctor removed his black-tinted spectacles from his eyes, wiped it with his apron, and said, "I am sorry, Mr. D'Souza..."

The author is a writer, poet and columnist. He can be reached at sidiquirayan@gmail.com

Career Scope and Job Opportunities in Chartered Financial analyst India



■ Vijay GarG

CFA is a dignified finance program that bridges the gap between academics and industry. It instills deep knowledge across a spectrum of investment and asset management positions and offers a lucrative career for candidates.

India witnessed a 30% annual rise in CFAs and became the third-largest market for CFA after China and the USA. There are 3,500 CFA charter holders in the country, and an increasing number of students register for the course each year.

Chartered Financial Analyst (CFA) is one of the most prestigious post-graduate programs in finance that many commerce graduates undertake for a high-performing career. After a bachelor's degree, students can enrol for the course at the CFA Institute and earn a globally-accredited certificate within 1.5-4 years. The program equips the learners with comprehensive knowledge of investment banking and grooming them to become skilled financial experts.

India witnessed a 30% annual rise in CFAs and became the third-largest market for CFA after China and the USA. There are 3,500 CFA charter holders in the country, and an increasing number of students register for the course each year. Aligning with the booming learner base and rising job opportunities, the CFA Institute offers scholarships to eligible students, making the course more accessible and affordable.

Though the program primarily caters to students with a commerce background, it attracts science and humanities graduates with a definite inclination toward the capital market. That's because the certificate opens the avenue to high-paying job



offers and opportunities across various sectors. Let's dive deep into what career options you can get after qualifying for CFA and how much can be your expected remuneration.

The CFA program covers every industry in-depth regarding core business operations and fundamentals. Thus, CFA professionals have a high demand in sectors like:

Wealth management
Asset management
Risk management
Research analysis
Investment banking
Private banking
Equity analysis
Portfolio management
Entrepreneurship

Since the course empowers its candi-

dates with in-depth financial knowledge, they can find job opportunities in banking and finance institutions, legal firms, tech firms, investment firms, stock broking companies, trademark companies, and auditing firms. Though a CFA can earn anywhere between 9.8 lakhs for a level 1 fresher to 44 lakhs for a charter holder, the average annual salary varies across professions as follows:

CFA allows professionals to work independently as consultants without working for a company. However, gaining hands-on experience and initial networking may help them serve their independent client base. If you want to join a company after your CFA, you can find opportunities in the following areas:

1. Investment Banking

Every company needs to raise capital from the market to run its business. An investment banker performs valuation, recommends product offerings, executes private equity transactions, mergers, and acquisitions, performs due diligence, and develops client relationships to help the company raise funds. You should have impeccable financial skills, networking and communication skills, and persuasiveness to thrive in this profession.

2. Portfolio Management

A portfolio manager manages a fund's assets, implements investment strategies, and monitors daily portfolio management activities. Whether you deal with closed funds, open mutual funds, venture capital funds, or exchange-traded funds, you should have extraordinary research skills

and innovative thinking to originate strategic investment ideas.

3. Risk Management

A risk manager controls risk-related elements, manages liability programs, collects risk data, respond to internal and external inquiries, and conducts analysis to resolve queries regarding risk processes. You should possess magnificent numerical skills, a diplomatic attitude, a sharp analytical mind, and excellent communication skills to negotiate and mitigate risks as required.

4. Private Banking

Unlike conventional retail banking, private banking involves investment, tax management, and personalised financial services to high net-worth individuals and private clients. As a private banker, you are responsible for analysing financial information, implementing recommendations, managing personal client portfolios, and building trust with current and potential clients to facilitate higher investment returns.

5. Market Research Analysis

A market research analyst analyses data about market demands for different products, designs questionnaires, interprets data with statistical methods, and makes recommendations based on the findings. You will manage a team of data collectors and assistants, conduct surveys and interviews, and manage budgets for your clients' market presence.

CFA is a dignified finance program that bridges the gap between academics and industry. It instills deep knowledge across a spectrum of investment and asset management positions and offers a lucrative career for candidates. With the rise of NFT and cryptocurrency, the demand for skilled CFA professionals will likely spike in India and abroad. Thus, it's high time to prepare for the examinations under the guidance of CFA-qualified industry experts and India's leading educational institute. Enrol for a suitable training course and make yourself exam-ready with the best educational practices.

Vijay GarG Retired Principal Educational columnist malout

CMYK

DC Baramulla conducts extensive tour of border villages of Uri sub-division

Visits Dachi Village, assures possible support from administration to the fire affected

■ HT News Network

BARAMULLA, JANUARY 19: The Deputy Commissioner (DC) Baramulla, Minga Sherpa, accompanied by various District Officers today conducted an extensive tour of border villages of Sub Division Uri of district Baramulla to take first hand appraisal of administrative initiatives and grievances pertaining to the region.

Minga Sherpa visited the Dachi area of Uri, a remote village where four residential houses were gutted in a devastating fire incident on the intervening night of 17th and 18th Jan.

The DC took a comprehensive assessment of the damages caused by the fire incident and expressed sympathy on behalf of the District Administration while assuring them every kind of possible support for their rehabilitation.

Minga Sherpa, in addition, instructed the concerned officers to address the matter concerning the road leading to Dachi village for proper accessibility which could help in providing assistance in quick time in case of any emergencies.

He also assured the villagers that their concern regarding unavailability of fire tender in the area would be taken up with the fire department to help in any firefighting efforts in future.

Further, the DC visited Shadra Ziyarat, Uri where he engaged with the locals who presented their demands ranging from proper washroom facilities for the visiting devotees at the Dargah and also demands for sufficient staff at High School Shadra. He assured them that their demands will be taken up with the relevant



departments for redressal. The DC also visited other border villages including Dhani, Udoosa and others where he interacted with the delegations, listened to their demands and affirmed them of district administrations resolve to address their issues. Later, DC conducted a surprise visit to Sub District Hospital Uri to take stock of the healthcare facilities being provided to the patients. He also interacted with patients, attendants and inspected staff rosters to ensure optimal health. The Deputy Commissioner (DC) Baramulla, Minga Sherpa, accompanied by various District Officers today conducted an extensive tour of border villages of Sub Division Uri of district Baramulla to take first hand

appraisal of administrative initiatives and grievances pertaining to the region. Minga Sherpa visited the Dachi area of Uri, a remote village where four residential houses were gutted in a devastating fire incident on the intervening night of 17th and 18th Jan. The DC took a comprehensive assessment of the damages caused by the fire incident and expressed sympathy on behalf of the District Administration while assuring them every kind of possible support for their rehabilitation. Minga Sherpa, in addition, instructed the concerned officers to address the matter concerning the road leading to Dachi village for proper accessibility which could help in providing assistance.

DC Bandipora visits Sumbal, inspects various Developmental Works under Horticulture Sector

■ HT News Network

BANDIPORA, JANUARY 19: The Deputy Commissioner (DC) Bandipora, Shaheel Ur Rehman Rather today visited Sumbal subdivision to review the functioning of various horticulture units established under various developmental schemes viz. CAPEX, HADP, HDP and MIDH.

He was accompanied by SDM Sumbal Amir Choudhary; Chief Horticulture Officer (CHO) Bandipora, Farooq Ahmad; Horticulture Development Officer Sumbal, Sajad Hussain and other concerned field officers. During the visit, the DC inspected various cultivation structures, including Hi-Tech poly house, High tech Nurseries, Mother Blocks and other initiatives taken under various developmental schemes of Horticulture Development.

Rather took stock of the process of production of quality fruit plants of different fruit crops and their further distribution among the farming community and realization of the revenue. Chief Horticulture Officer Bandipora briefed the DC about the initiatives taken under various schemes in the district.



The DC also inaugurated Hi-tech walnut Nursery established under CAPEX at Rakhi Asham.

CHO informed that Hi-tech walnut nursery has been established on 05 kanals of land with a project cost of 15 lac, for which 7.5 lac were provided by the department as assistance. The DC, on the occasion, lauded the owner of a high-tech walnut nursery for taking benefit of Govt. Sponsored scheme.

Rather also visited Modified High Density Plantation at Shilvat and Asham.

It was informed that High Density plantation at Shilvat has been established on 15 kanals of land with project cost around 29 lacs for which 14.85 lac has been provided by department as assistance and High Density Plantation at Asham

has been established on 08 kanals of land with project cost Rs. 15.84 lac and assistance of Rs. 7.92 lac.

Later, the DC took spot inspection of Model Orchard cum Nursery Asham of Horticulture Department which is established on 97 kanals of land.

It was informed that among 97 kanals of land in Model Orchard cum Nursery 77 kanals are for the mother block of apple and 20 kanals are for nursery.

CHO informed that the nursery is being developed with latest technologies for production of quality High Density fruit plants. The DC on the occasion directed the concerned from the horticulture department to ensure the expeditious and efficient execution of agricultural initiatives for the holistic development.

ADC chairs Standup India, Saturation of Jan Dhan Yojna meeting

Reviews progress of financial Inclusion schemes with heads of banks & departments

■ HT News Network

SHOPIAN, JANUARY 19: The Additional Deputy Commissioner, (ADC) Shopian, Dr. Zakir Hussain Faaz today chaired a Standup, Jan Dhan Yojna meeting with heads of departments and banks at Mini-Secretariat, here.

During the meeting, ADC reviewed the progress under various financial inclusions, including Pradhan Mantri Jan Dhan Yojana (PMJDY) and Stand up India scheme.

Standup India scheme facilitates bank loans to at least of Rs. 10 lakh and 01 Crore to at least one scheduled caste, scheduled tribe borrower and at least one woman borrower of 18 years age per bank branch for setting up a Greenfield enterprise to promote entrepreneurship among them. The enterprise may be in manufacturing, services, trading or activities allied to agriculture. Woman entrepreneurs can be from categories other than SC/



ST.

Activities allied to agriculture include beekeeping, livestock, fishery, rearing, grading, food and agri-processing, diary, aggregation, agro-Industries, pisciculture, sorting etc.

The meeting was informed that the loan covers 85% of project cost and quick disposal with TAT of 15 days. It was further informed that an easy

registration process is also available in SIDBU'S Standup India portal at home, at Khidmat centres, Common service centres, through a bank branch.

ADC urged the banks to diligently work towards fulfilling the targets under these financial inclusion programmes for the current financial year.

VBSY forges new path of inclusive progress across Ramban 93000 participate in yatra so far

■ HT News Network

RAMBAN, JANUARY 19: The Vikshit Bharat Sankalp Yatra, under the leadership of Deputy Commissioner, Baseer-Ul-Haq Chaudhary, is making a significant impact in Ramban district. With 93,000 participants, including 35,400 women, the 52-day journey gave a huge push to district administration's ambition to saturate beneficiary oriented schemes in the district.

Today, the Yatra reached the Panchayats of Mahu Lower and Mangit, and ward no-01 Khan Mohalla in Banihal town, emphasizing its commitment to inclusivity. Covering the entire district during the last 52 days, the Yatra has proven to be a powerful platform in informing the people about various Government schemes. Further substantial numbers of beneficiaries have been sharing stories under 'Meri Kahani Meri Zubani', an important component of Yatra narrating heart-touching stories of change in their lives after taking benefits under various Centrally Sponsored Schemes.

Under the guidance of the Deputy



Commissioner, all departments are actively engaged in promoting and extending the benefits of their respective schemes. This includes widely recognized initiatives such as PMAY-G, PMAY-U, PM-JAY Ayushman Card, Poshan ICDS, PM Garib Kalyan Anna Yojana, MUDRA Yojana, KCC, and PM Kisan Nidhi. Special emphasis is placed on healthcare accessibility, with over 3450 PM-JAY Ayushman Cards issued and regular health check-ups, including TB monitoring.

Various attractive events including

cultural programs celebrated Ramban District's diverse heritage, enriching its cultural tapestry. The collective Viksit Bharat Sankalp Pledge -taking ceremony at the heart of the Yatra unified the community, symbolizing shared aspirations.

The event included awareness about government schemes and motivational speeches by the Prime Minister. The Yatra's success lies in its broad outreach, ensuring the message of the Hon'ble Prime Minister reaches every corner of the district.

Paras Health Srinagar & Athwas Group host free medical camp in Mehjoor Nagar Srinagar

■ HT News Network

Srinagar, Jan 19: Paras Health Dalgate Srinagar and Athwas Group of Humanity on Friday organized a free medical camp in Mehjoor Nagar area of Srinagar. The event witnessed the presence of key figures dedicated to humanitarian cause.

Rouf Elahi, Chairman of Athwas Group of Humanity, NGO expressed his gratitude for the collective efforts in addressing healthcare needs within the community. He highlighted the significant impact such initiatives have on the well-being of the residents. Distinguished attendees included Chairman Rehmatan Lil Almeen Foundation NGO Sheikh Firdous Ali, Chairman Kashmir Concern NGO Dr. Towseef Bhat, social activist Syed Aijaz Kashani, Chairman Noor ul Falah Foundation Aslam Sheikh, and Chairman White Globe NGO Adv. Syed Junaid Sadaat graced the occasion with their presence which underscored the importance of collaboration in fostering positive change.

During the event, medical staff from Paras Health Srinagar was acknowledged for their unwavering commitment and dedication. Certificates of appreciation were presented to recognize their invaluable contribution to the success of the Free Medical



camp. Chairman Rehmatan Lil Almeen foundation NGO Mr. Sheikh Firdous Ali said the Free Medical Camp drew an overwhelming response from the community, with thousands of patients benefiting from the services provided.

Chairman Kashmir Concern NGO Dr. Towseef said the event not only addressed immediate healthcare

needs but also strengthened the bonds of unity and compassion within Mehjoor Nagar, while speaking in the occasion social activist Syed Aijaz Kashani said this collaborative endeavor exemplifies the power of collective action in creating a positive impact on the lives of individuals and communities.

Road Safety reaches Sinthan Top

MVD Anantnag conducts Awareness programme at Daksum-Sinthan Top Road

■ Farooq Rather

ANANTNAG, JANUARY 19: Targeting the tourist destinations for creating traffic awareness among local and national tourists, Motor Vehicle Department (MVD) Anantnag today conducted day-long awareness on Daksum-Sinthan Top road.

Pamphlets and Posters depicting road safety measures and tips were distributed among the vehicle owners during the occasion.

Speaking on the occasion, Assistant



Regional Transport Officer (ARTO) Anantnag, Dr Mohammad Zubair Lattoo said that the main motive of reaching out to these kinds of destinations is to sensitize both local and national tourists about the importance of Road Safety.

Dr Zubair further said that road safety is for everyone and being a multidimensional issue, we need to adopt a multi pronged strategy to address this emerging disaster. He said that by following simple rules and regulations of traffic we can prevent the road accidents in our area.

Empowering Pulwama: VBSY unveils Unprecedented Grassroots Engagement

■ HT News Network

PULWAMA, JANUARY 19: Embarking on an unparalleled journey through Pulwama district, the Viksit Bharat Sankalp Yatra (VBSY) has achieved remarkable milestones, reaching all 190 Panchayats, 69 Municipal Wards, and weaving through various villages.

Today, the Yatra took a pivotal stride, immersing itself in grassroots com-

munities to share essential information about Government schemes.

Central to its mission, this trailblazing Yatra reflects an unwavering commitment to saturating Government schemes, ensuring an impartial distribution of benefits. The essence of inclusivity permeates, guaranteeing that each individual is well-versed in catalytic initiatives poised for monumental change. In a program spanning four villages, the Yatra underscored its dedication to micro-level engage-

ment. Information, Education, and Communication (IEC) vans, acting as mobile catalysts of progress, played a crucial role in effectively conveying the Hon'ble Prime Minister's message and enlightening the populace about the diverse spectrum of Government schemes. A distinctive feature unfolded in the "Meri Kahani Meri Zubani" segment, where beneficiaries shared impactful accounts, emphasizing the transformative effect of Government interventions.

Director Ministry of Tribal Affairs participates in Viksit Bharat Sankalp Yatra at Mughal Maidan

Emphasises Last Mile Delivery, Citizen Participation

■ HT News Network

KISHTWAR, JANUARY 19: Director Ministry of Tribal Affairs, Gol, (Prabhari Officer) Sangeeta Gupta today participated in the Viksit Bharat Sankalp Yatra at TRC Mughal Maidan, District Kishtwar.

Among others present were SDM Chatroo Shokat Hayat Mattoo, ACD Kishtwar Manoj Kumar, LDM Pankaj Badani, DIO Kishtwar Dr Kuldeep Kumar, Ex En Jal Shakti Sunil Sharma, BDO Hitesh Kumar, BMO Dr Saima Agoo besides prominent personalities of the area.

The programme witnessed enthusiastic participation of more than 200 people.

Director, Sangeeta Gupta, along with all the participants, took the pledge for Viksit Bharat. Under the Meri Kahani Meri Zubani initiative, beneficiaries of various Central Government Schemes shared their experiences and success stories.



During the event, a recorded video message of the Prime Minister and a film on objectives of the Viksit Bharat Sankalp Yatra was also screened.

The Director Ministry of Tribal Affairs

distributed certificates and benefits to beneficiaries of PM Ayushman Bharat among other schemes.

Later, she inspected the stalls put up by the government departments to spread

awareness and attain saturation about the major government schemes.

Sangeeta Gupta also addressed the participants and spoke about the Prime Minister's vision of Viksit Bharat. She urged the citizens to participate in the ongoing Yatra with full vigour. She also spoke on the saturation approach in the implementation of Government schemes and last mile delivery.

Director Ministry of Tribal Affairs, Dr. Sangeeta Gupta, delivered a comprehensive overview of different tribal welfare initiatives during her address. She highlighted the Eklavya Model Residential School (EMRS), focusing on providing quality education to Scheduled Tribe students in remote areas.

"Another key initiative, the Pradhan Mantri Adi Adarsh Gram Yojna (PMAAGY), aims to enhance basic infrastructure in villages with a significant tribal population," she added.

Skill Development Department organises Academia Meet 2024

■ HT News Network



JAMMU, JANUARY 19: In a ground breaking initiative to foster innovation and collaboration, Department of Skill Development J&K hosted the first industry Academia Meet 2024 here today, bringing together brightest minds from academy industry leaders under one roof.

The 1st Academia Industry meet was held in Women Polytechnic College Jammu, where more than 30 industrialists participated.

Prominent among the attendees were Tejwant Singh Reen, Chairman Federation of Industry Jammu, Lalit Mahajan, President BBIA, Satish Koul, Resident Director emcure Pharmaceuticals, Jagjit Singh from TATA Technologies and other Industrialists.

Director Industry Dr Arun Manhas, Joint Director Skill Development, HOS's / Senior Facility of members from 10 Polytechnics and 24 ITIs from across the Jammu Division participated.

In the Daylong event deliberating on the collaborative efforts of Industrial partners with the Academia. The Event was inaugurated by Archid Puri Chairman of Confederation Indian Industries J&K and others expressed their concern regarding the training program in the Skill Development Department and they emphasised on increased collaboration between academia from facing the challenges of Business in the sector of work force. The need of greater technology depth, higher value addition in new courses. Development of Skill development has already signed long term MOU's with Indian MNC's viz TOYATO, ASHOKA LAYLAND, prior to this event and the MOU's with IIT/ IIM Jammu was Signed.

President Chamber of Commerce Jammu appreciated the role of skill development Department for the welfare of the skillful unemployed Youth of jammu and Kashmir in General and UT Administration / GOI in particular and also thanks for sanctioning of Industry Cluster at Bari Bharamna under Strive Project, sanction of model ITI's (one for Jammu and one for Kashmir), sanction of Strive Project for seven ITI's. (Four for Jammu and Three for Kashmir). Director Skill Development congratulate to the TPOs and management committee for this successful event welcome address presented by Principal Polytechnic Udhampur, Ritu Jamwal and vote of thanks presented by Suket Gupta Principal Government Polytechnic Women for Jammu.

Deputy Commissioner Rajouri reviews preparedness for Republic Day celebrations

■ HT News Network



RAJOURI, JANUARY 19: Deputy Commissioner Rajouri, Om Prakash Bhagat presided over a comprehensive meeting today to meticulously review the arrangements for the forthcoming Republic Day celebrations. The focus of the gathering encompassed an in-depth discussion on the intricacies of the cultural program, the meticulous composition of the parade, and the strategic execution of award presentations. The agenda extended beyond the ceremonial aspects, delving into the minutiae of arrangements for sanitation, provisioning of drinking water, seamless power supply, robust medical care facilities, emergency services, and a foolproof security apparatus.

In underscoring the paramount significance of Republic Day, the Deputy Commissioner fervently directed the officers to synergize their efforts, leaving no stone unturned to ensure that all arrangements are seamlessly executed well in advance.

The festivities of the day are set to commence with a soul-stirring Shehnai Vadan organised by the Information Department. This will be followed by the grandeur of the flag hoisting ceremony and a parade that will showcase the collective strength and pride of contingents representing District Police, NCC, CRPF, BSF, Home Guard, JKFPF and ITBP.

To ensure the smooth conduct of these celebrations, the DC issued directives with a focus on key areas. The emphasis lies on reinforcing security measures, upholding cleanliness standards, illuminating government buildings, streamlining parking facilities, efficiently managing traffic flow, and meticulously arranging seating at the main venue. The Deputy Commissioner emphasized the significance of the day and directed the officers to put in coordinated efforts to ensure that all arrangements are put in place well in time.

National Road Safety Month Free Medical Camp organised for Drivers, Conductors at Rajouri

■ HT News Network

RAJOURI, JANUARY 19: Deputy Commissioner Rajouri, Om Prakash Bhagat, inaugurated a free medical camp for drivers and conductors organized by the Motor Vehicle Department, here today.

The initiative was a part of the special activities undertaken in the district under the National Road Safety Month, with the theme "Sadak Suraksha Jeevan Suraksha."

The objective of the free medical camp is to provide essential healthcare services to drivers and conductors who play a crucial role in ensuring safe and efficient transportation.

Deputy Commissioner Om Prakash Bhagat emphasized the importance of this camp in promoting the well-being of these individuals and the community as a whole. He advised all drivers and conductors to strictly adhere to traffic rules and regulations, emphasizing the significance of following road safety norms to prevent accidents and protect precious lives.

During his address, Deputy Commissioner Om Prakash Bhagat highlighted



several key areas that require immediate attention to reduce road accidents. He advised the participants to avoid over-speeding, drunken driving, using mobile phones while driving, wrong overtaking, and underage driving. Such practices have been identified as major contributors to fatal road accidents, and their avoidance can significantly enhance road safety.

The free medical camp aims to provide comprehensive health check-ups, including general medical examinations, eye tests, blood pressure measurements, and awareness sessions on preventive health measures. The initiative acknowledges the physical and mental health challenges faced by drivers and conductors.

DC Inaugurates Smile Train cleft Lip & Palate Screening Cum Awareness Drive at GMC Rajouri

■ HT News Network

RAJOURI, JANUARY 19: As a part of ongoing activities under Rashtriya Bal Swasthya Karyakram (RBSK) & in collaboration with Smile Train, a one day cleft lip/ palate screening cum awareness drive was held here today.

The drive was organised by Smile Train in association with National Health Mission J&K at District Early Intervention centre, Associated Hospital GMC Rajouri.

The screening drive was inaugurated by District Development Commissioner Om Parkash Bhagat in presence of Medical Superintendent AH GMC Rajouri Dr Mehmood Hussian Bajar and Dr Suhael Zahur Project Director Smile Train Jammu, Dr Sameer Kichloo Consultant Anaesthetist and Sandeep, Coordinator Smile Train.



The Medical Superintendent said that the screening drive aims for early identification of children with developmental defects and appropriate intervention to save them from developing permanent disability in later life. Dr Suhael Zahur, Project Director Smile Train centre at Bee Enn General Hospital Jammu is the pioneer and partners of the Govt in combating these developmental defects

(Cleft Lip/palate).

A total of 44 children were screened with the developmental defects and their parents were imparted health education for early identification of these defects and the importance of early surgical treatment.

As part of ongoing activity intervention in the form of giving Iron and folic acid drops, vitamins and refreshment were distributed among the attendees.

District Administration Kishtwar finalises arrangements for Republic Day 2024

■ HT News Network

KISHTWAR, JANUARY 19: Deputy Commissioner (DC) Kishtwar, Dr. Devansh Yadav, chaired a meeting here today, bringing together line departments and stakeholders to discuss and finalise arrangements for the celebration of Republic Day 2024.

The meeting was attended by ACR Varunjeet Singh Charak, PO ICDS/CEO KDA Dr. Rishi Sharma, SDM Marwah Mohd Ashraf, DPO Kishtwar Sunil Bhutiyal, Tehsildar Kishtwar Muneeb Umar, Dy SP Hq Ishan Gupta, XEN PWD Ravinder



Kumar, CEO Kishtwar, CAO Kishtwar, CAHO Kishtwar, along with other district officers, traffic officers, fire tenders, and representatives from different departments and educational institutions. The meeting highlighted that the main function would be held at

the District headquarter Kishtwar, with local administrations overseeing celebrations at Sub-Division, Block, and Tehsil levels. DC instructed heads of different departments to ensure their presence, along with subordinate officers, at the Republic Day

function in the district headquarters, SDM, Tehsil, and Block levels.

The meeting finalises the arrangements such as unfurling of Flag, March past, cultural performances, seating, stage setup, venue preparation, and refreshments for the Republic Day celebration. It was held that the day would commence with the playing of Shanai Vadan, and special directions were given to concerned officers for Shehnai Vadan.

Additionally, instructions were provided to the Police Authorities to ensure unerring security arrangements.

CUK holds 29th EC meeting

■ HT News Network

New Delhi, Jan 19: The 29th meeting of the Executive Council (EC) of the Central University of Kashmir (CUK) was held in New Delhi with Vice-Chancellor, Prof. A Ravinder Nath in the chair. The meeting was attended by members including, Dr. Ravi Shankar Rai, Special Secretary to the Govt. (J&K) Higher Education Department, Mr. Mriganka Sekhar Sarma, from University Grants Commission (UGC), Prof. Ajay Kumar Singh, Department of Commerce, Delhi School of Economics, Prof. Vandana Mishra, Professor, School of International Studies, JNU, Prof. Shahid Rasool, Dean Academic Affairs, Prof. Abdul Gani, Head Department of Management Studies and Dean School of Languages, and Prof. M Afzal Zargar Registrar, (secretary of EC).

Addressing the EC members, Prof. A Ravinder Nath, gave an overview about the working of the university and informed the members about numerous measures and steps taken to further improve upon the administrative, academics, and research ecosystem of the university. He referred to the progress made in the recent past. Prof. A Ravinder Nath, during the interaction provided an overview on campus development (constructions) and informed the members that the executing agencies have been strictly told to complete the works within the stipulated time frame.

DC Kathua initiates transformative projects during whirlwind tour of Bani Sub Division

■ HT News Network

KATHUA, JANUARY 19: Deputy Commissioner Dr. Rakesh Minhas embarked on a dynamic tour of the Bani sub division, inaugurating crucial projects and initiating key works to fortify development infrastructure in the remote periphery of Kathua.

At Backen, the Deputy Commissioner unveiled a significant bridge, a collaborative effort between the Border Roads Organization (BRO) and the Kathua administration. This bridge connects nearby habitations to the sub division headquarters, aiming to alleviate the local populace's transportation challenges.

Expressing optimism, Dr. Minhas highlighted the anticipated relief in people's suffering due to improved



road connectivity resulting from the newly inaugurated bridge. He emphasized the importance of such projects in enhancing the overall well-being of the community.

In another milestone, the Deputy Commissioner dedicated the BRO Morh in Chandal, a pivotal point connecting nearby panchayats with the main Bani-Sarthal Road link. This strategic development promises increased accessibility and connectivity for the region.

Local residents, present at the ceremony, shared heartfelt testimonials. A retired ZEO remarked, "This road will change our lives for the better. We no longer have to travel long distances for healthcare or education. It brings prosperity and happiness to our community."

While inaugurating BRO bridge, Dr. Minhas commended the engineering team for their commendable efforts in completing these critical structures. He acknowledged their dedication in mobilizing both manpower and machinery, underlining the strategic significance of these bridges for the entire region.

Div Com Jammu reviews arrangements for conduct of JKSSB exam

■ HT News Network

JAMMU, JANUARY 19: Divisional Commissioner Jammu Ramesh Kumar today chaired a meeting to review the arrangements put in place for conducting the examination for the recruitment of Accounts Assistants in the Jammu Division. The meeting was attended by Deputy Commissioners, SSPs of Jammu Division and Chairman, Jammu and Kashmir Services Selection Board. The Div Com underscored the need for foolproof and



robust arrangements for the successful conduct of the examination being conducted across the region. He asked the Deputy Commissioners and SSPs to personally monitor the training sessions, selection of centres and transportation of examination material to the centres.

The Div Com directed the Deputy Commissioners to deploy senior functionaries as in-charges of the examination centres in their respective districts. Discussion was also held on ensuring hassle free movement of public transport for the candidates and setting up control rooms for seeking examination related information.

The Div Com appreciated the Deputy Commissioners for arrangements made for the successful conduct of the examination for the recruitment of Panchayat Secretaries, the selection list of which was released in a time bound manner. Chairman JKSSB, Rajesh Sharma informed the meeting about the support and assistance being provided by the Board to the district administrations for the examination scheduled on January 28.

DC Poonch reviews implementation of PM SAVANidhi Scheme

■ HT News Network

POONCH, JANUARY 19: Deputy Commissioner Poonch, Yasin M. Choudhary presided over a crucial meeting of the District Level Monitoring Committee for the Prime Minister Street Vendor's AtmaNirbhar Nidhi (PM SVANidhi) scheme here today in his office chamber. The meeting aimed to discuss the implementation of the scheme and its associated initiatives. The meeting was attended by esteemed officials including General Manager of District Industries Centres, Dr. Mohammad Tanwir; Programme Officer of ICDS, Khalid Hussain Wafa; Chief Medical Officer, Dr. Anees Altaf Nabi; Chief Education Officer; Chief Executive Officer of MC



Poonch, Mohd. Yaqoob; Project Director of DUDA; Deputy Registrar of Cooperative /DIO, Vishaldeep Chaudhary; District Social Welfare Officer, Mohinder Paul; Assistant Director of FCS&CA, Waheed Ahmed; Chief Animal Husbandry Officer, Dr. S.M. Younis; LDM, Ashutosh Koul Raj; and Superintendent of ITI and other concerned

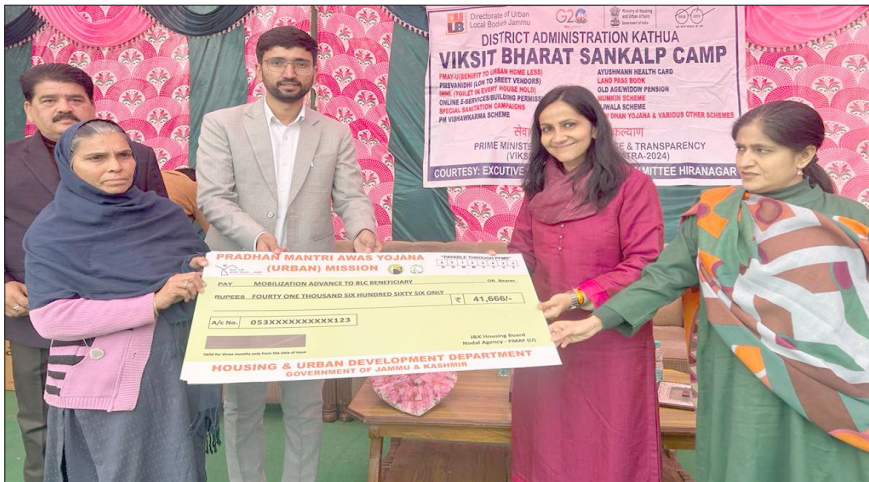
officers were present. The primary focus of the deliberations was the "SVANidhi se Samridhi" program, which entails the Socio-Economic Profiling of PM SVANidhi Beneficiaries and their Families. This initiative aims to assess the socio-economic background of the PM SVANidhi beneficiaries and their families, determine their eligibility for different Central and State-specific welfare schemes, and facilitate their access to these schemes and benefits. During the meeting, it was emphasized that several departments have multiple schemes in place to cater to the eligible beneficiaries. The departments were directed to ensure the comprehensive coverage of all.

Prerna Puri chairs Viksit Bharat Sankalp Yatra event at Hiranagar Terms beneficiaries as ambassadors of carrying forward PM's vision of making India a developed nation

■ HT News Network

KATHUA, JANUARY 19: Commissioner Secretary, Information Technology, Prerna Puri, today chaired a mega public outreach event at Hiranagar during urban leg of the ambitious 'Viksit Bharat Sankalp Yatra' initiative.

The event witnessed a significant turnout of community members, becoming a platform for sharing success stories of beneficiaries under various Central Sector Schemes during the insightful "Meri Kahani Meri Zubani" session. Commissioner Secretary actively engaged with the Viksit Bharat Sankalp Yatra proceedings, conducting thorough inspection of departmental stalls exhibiting citizen-centric beneficiary schemes. She also administered VBSY pledge to the enthusiastic participants.



Speaking on the ongoing Yatra in the district, Prerna Puri appreciated its successful implementation in various urban areas of Kathua ensuring saturation of all government beneficiary oriented schemes. She

acknowledged beneficiaries as ambassadors, entrusted with carrying forward the Prime Minister's vision of making India a developed nation by 2047. In her address, Commissioner Secretary emphasized the need for collective efforts from people, youth, officers, and PRIs to materialize the transformative vision of a developed nation. She highlighted infrastructural revamping, human resource development and social unity as crucial elements for national development. The event included screening of Prime Minister's message on Viksit Bharat, along with distribution of Information, Education, and Communication (IEC) material. Prerna Puri also facilitated financial assistance to PMAY, PM Swanidhi Yojana beneficiaries, Healthy Child scheme of ICDS besides distributing computers among the cooperative societies.

Dachnipora, Anantnag celebrates VBSY Initiatives

■ HT News Network

ANANTNAG, JANUARY 19: Today marks a significant stride towards comprehensive development as Block Dachnipora, Anantnag, embraced the transformative journey of the Viksit Bharat Sankalp Yatra.

The recent leg of this nationwide initiative has left an indelible mark on the landscapes of Dachnipora, witnessing enthusiastic public participation and reflecting a shared commitment to regional development.

The VBSY Information, Education, and Communication (IEC) Van made a dynamic impact during its visit to key locations, including Sheikhpora, Kathsoo, Wullerhama, Hardkuthal, Saller A, Saller B, Lehendajan, and Sofipora Gram Panchayats. The palpable surge of public engagement underscores a collective determination among locals, emphasizing that sustainable progress is a joint responsibility across all societal levels.

As the VBSY progresses, it transcends symbolism, evolving into a catalyst for tangible change. The on-ground impact is evident in communities, where the holistic VBSY approach resonates, laying the foundation for a transformed Block Dachnipora. The Yatra, played a pivotal role in disseminating awareness regarding various government welfare schemes. On-ground services, including PM Ujjwala Yojana enrolments, MY Bharat volunteer registrations, and distribution of Ayushman cards, have facilitated direct engagement and access to essential social welfare programs. Citizens actively involved themselves in numerous government schemes during the Yatra, with over 2499 individuals gaining access to clean cooking fuel under the Pradhan Mantri Ujjwala Yojana. Distribution of Ayushman cards has extended comprehensive health cover of Rs. 5 Lakhs per family per year to thousands, and more than 94,184 citizens have benefitted from health screenings conducted at Health Camps during the Yatra.

Qazigund Anantnag inspires change with 'Viksit Bharat @2047' for a Progressive India

■ HT News Network

ANANTNAG, JANUARY 19: The District Administration Anantnag, in collaboration with the Department of Education at Government Degree College (GDC) Qazigund, today organised a series of impactful events to commemorate VBSY.

The engaging activities aimed at fostering a sense of responsibility and commitment among the youth towards contributing to a developed India. A substantial number of students from the 1st, 3rd, and 6th semesters actively participated in the program. Principal Prof. G.R. Verma addressed the gathering, shedding light on the theme of the current year and emphasizing the pivotal role of the youth in the nation's development. Earlier, the event commenced with a warm welcome from Showkat Ahmad Malik, Head of the Department of Education. Malik provided an insightful overview of the theme, urging the youth to play an active role in India's development across various domains.

District Police Kulgam arrests a drug peddler; Contraband substance recovered

■ Farooq Rather

Kulgam: January 19: Continuing its efforts to eradicate the menace of drugs from the society, Kulgam Police have arrested a drug peddler and recovered contraband substance from his possession. A police party of Police Station DH Pora at a checkpoint established at "Margibal Gojarpura" signalled a motorcyclist identified as "Sayar Ahmad Mir son of Abdul Salam Mir resident of Waripora" to stop. But after noticing police party, he tried to flee from the spot. He was Chased and apprehended tactfully by the alert police party. During search, officers were able to recover "2.5 Kgs of Poppy Straw" like contraband substance concealed in a nylon bag from his possession. The vehicle (Motorcycle) bearing Registration No. "JK03D-8782" used in commission of crime has also been seized. Accordingly, a case vide FIR No. 04/2024 under section 8/15 of NDPS Act has been registered at "Police Station DH Pora" and investigation has been initiated.

Secretary visits Cooperative Public Higher Secondary School Deeli, reviews functioning

■ HT News Network

JAMMU, JANUARY 19: Secretary Cooperative Department, Babila Rakwal, today visited the Cooperative Public Higher Secondary School, Deeli branch, Jammu and reviewed functioning of the institute.

The Principal and school management presented a comprehensive overview of achievements and activities of the school besides the infrastructural and faculty status. She was accompanied by Additional Registrar Cooperative Societies, Jammu Champa Devi besides other officers. During the visit, the Secretary inspected the smart classrooms, school labs, library, kindergarten sections and classrooms. She emphasized upon the need of taking up several key initiatives to further enhance the educational environment and outcome of the school. She asked for initiating the process for installation of solar panels in the school building. The Secretary laid emphasis on fostering vocational and skill-oriented education, with a vision for holistic, integrated, enjoyable and engaging learning experiences. She also stressed on holistic development of students through lab-oriented activities, discussion-based and analysis-based learning. She asked the school management for encouraging herbal garden activities besides arranging field visits for the students to various sites such as botanical gardens, historical buildings and cultural heritage locations. The Secretary instructed the school management to inculcate cooperative spirit among the students through various cooperative activities besides organizing educational tours and trips periodically for holistic development of students.

Principal Secretary Culture visits SPS Library, assures enhanced facilities to visitors

■ HT News Network

SRINAGAR, ANANTNAG 16: Principal Secretary Culture, Suresh Kumar Gupta, today visited SPS Library MA Road, here and took stock of facilities being extended to the visitors there especially the aspiring student fraternity.

He was accompanied by Director, Archives, Archaeology & Museums, J&K and other officers of the department.

Director, Libraries and Research, Mohammad Rafi, briefed the Principal Secretary about the functioning of various libraries across the UT of J&K.

Principal Secretary inspected the Reading Rooms, Senior Citizen Section and Children's Section of SPS Library. He also inspected the Manuscripts Section of Oriental Research Library and manuscripts preservation section. He impressed upon the concerned officers for ensuring proper preservation and upkeep of the historic manuscripts.

Director Libraries and Research and Chief Librarian, Oriental Research Library, briefed the Principal Secretary that the SPS library has a rich collection of over 90,000 books on various subjects including civil service exam-



ination, JEE and NEET besides having over 5000 manuscripts which have been digitised.

Principal Secretary also interacted with the borrowers and readers of SPS library who demanded latest books for various competitive examinations. He was briefed about the increasing footfall in the libraries due to availability of quality reading material and enhanced library working hours in central and district libraries. He was also informed about the functioning of the department and various

libraries across Kashmir Division.

The issues related to provision of better services in all the libraries of J&K including Central, District, Tehsil, Block and Border Block level libraries were threadbare discussed.

Principal Secretary was also apprised of the issues being faced by the employees at various levels. He assured early redressal of all these issues and hoped that the employees will leave no stone unturned to provide effective library services across the UT of J&K.

District Disaster Management Committee meeting held at Udhampur

■ HT News Network

UDHAMPUR, JANUARY 19: The District Disaster Management Committee met here today under the chairmanship of Additional District Development Commissioner, Ghan Sham Singh.

Assistant Commissioner Revenue Rafiq Ahmad Jaral, Tehsildar Udhampur Jai Singh, Tehsildar Head Quarter Arushi Sabharwal, Dr. Farhat Bashir (DSHO), CAHO, Sanjay Gupta, Deputy CMO and district officers from different departments.

After thorough deliberation, the committee sanctioned 11 relief cases in accordance with the State Disaster Response Fund (SDRF) norms. It is noteworthy that incidents of fire, flash floods, and landslides occurred across the district, especially in the hilly areas, resulting in significant damage to public and private properties, as well as livestock.



Under the guidance of Deputy Commissioner Udhampur Saloni Rai, the District Administration promptly processed all relief cases, and the relief, as per SDRF norms, was approved at today's meeting.

The ADDC Ghan Sham Singh directed all concerned officers to expedite the processing of pending relief cases and ensure timely reporting, following the Standard Operating Procedure (SOP) of SDRF.

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DDC Reasi reviews implementation of HADP

■ HT News Network

REASI, JANUARY 19: District Development Commissioner, Vishesh Mahajan reviewed the implementation of different projects under HADP at a meeting held today here in the Mini Conference Hall, DC office complex Reasi. DDC Mahajan took detailed review of physical and financial progress made in the implementation of projects under Holistic Agriculture Development Plan- 2023-24. District Development Commissioner impressed under the officers to expedite the implementation of Agri and allied sector projects to achieve the desired targets at the earliest. He stressed upon the need of working in coordinated and dedicated manner so that the results



are visible on grassroots level. He also enjoined upon the officer to efficiently strategise the proper implementation of farmers welfare schemes under HADP over next five years to achieve the desired aim of upliftment of socio economic conditions of farmers. He stressed for mass awareness of all schemes crafted for farmers through print and electronic media by giving wider publicity and

reaching to all farmers at their doorstep. Earlier, Chief Agriculture Officer, Harbans Singh who is also Nodal Office of HADP presented the overall status of targets, progress, achievements under HADP in respect of Reasi District through Power Point Presentation. CPO Sunita Kanchan, Chief Animal Husbandry Officer, District Sheep Husbandry Officer, AD Fisheries, AD Sericulture,

Face Scrubs for Glowing Skin



Shahnaz Husain

Dull, dry, lusterless skin is result of regular exposure to dirt, dust and pollution in environment which accumulates toxins in deep pores. While washing and cleansing help get rid of superficial build up on face but misses out dead skin cells, blackheads and whiteheads. Face scrubs are must to clear dead cells and remove toxins from deep within pores for radiant, clear and flawless skin.

Packed with the goodness of natural ingredients and essential oils, face scrubs can provide your skin with deep exfoliation to give you smooth and clear skin. Scrubs not only improves skin texture, but also stimulates circulation and encourages toxins to escape through the unclogged pores. When skin is clean and exfoliated, it can absorb the beneficial ingredients in treatment and moisturizing products much more effectively.

Scrubs play an important role by keeping the pores free of clogged oil, thus preventing blackheads and pimples. Some scrub ingredients, like lemon juice, lemon peels, curd, milk, turmeric, ground



almonds, help to brighten the skin and lighten skin colour over a period of time. Natural cooling ingredients can be used to make scrubs, like multani mitti, rose water, sandalwood, fruits, cucumber, aloe vera, while natural antiseptics helps to prevent rashes. These are neem, tulsi, pudina. Other home ingredients for scrubs are ground almonds, oats, rice flour, wheat bran (choker), cucumber or pumpkin seeds, dried orange and lemon peels and eggs.

For dry skin, use a scrub only once a week. If the skin is sensitive, with reddish patches or rash, avoid scrubs. For normal to oily skin, scrubs may be used more often.

For oily skin with enlarged pores: Mix oatmeal with egg white and apply on the areas. When it dries, dampen with water

and rub gently with circular movements, washing off with water. Both egg white and oatmeal also help to reduce oiliness.

Mix 3 parts rice powder with 2 parts gram flour. Add curd and a little turmeric to mix into a paste. Apply on exposed areas of the body. Leave on for 10 minutes. Rub gently on the skin and wash off with water.

Ripe papaya has a cleansing action and contains an enzyme called papain, which helps to remove dead skin cells and brighten the skin. Add oats and curd to papaya. Apply on the face and rub gently on the skin, washing off with water.

Take 2 parts coarsely ground almonds and one part yogurt. Add a little turmeric. Mix together and apply on the body. After 5 minutes, rub gently and then wash off

with water.

Take sesame seeds (til), dried mint (pudina) leaves and honey. Crush the sesame seeds coarsely and powder the dried mint leaves. Mix them with a little honey and apply on the skin. Leave on for 5 minutes. Rub gently and wash off with water. Sesame seeds actually have sun protective properties and also soothe sun-damaged skin. Or, mix ground almonds with yogurt. Apply on the face. Leave on for 15 minutes. Then moisten with water and rub gently. Wash off with plenty of water.

Dried and powdered lemon and orange peels, along with dried and powdered mint (pudina) leaves can be added to facial scrubs to help add a glow. In fact, mint also helps to keep the skin clear and prevent eruptions. Apply the mixture on the face and leave on for a few minutes. Then, rub gently, with small circular movements, washing off with water.

For all skin types, make a powder of green tea leaves and mix it with curd and aloe vera gel in equal quantities. Apply on face leave on for a few minutes. Rub gently and wash off with water.

Take one cup olive oil and mix with Epsom salts or sugar. Add a little grated lemon rind. Apply on the face and rub gently. Wash off. The remaining scrub may be kept in the fridge in an airtight jar.

The author is international fame beauty expert and is called herbal queen of India

All you need to know about stomach cancer treatment

By Prof. (Dr.) Atul Sharma

Worldwide about 1 million people are diagnosed with gastric cancer. It is ranked as the 5th most common cancer. In India it accounts for about 60,000 new cancer cases (6th most common) and about 53,000 deaths.

How is this diagnosed?

This is diagnosed after endoscopic biopsy.

What is the treatment for stomach cancer?

Stomach cancer treatment depends upon the stage of the disease. For early or locally advanced disease this is surgery, chemotherapy with or without radiotherapy. For stage 4 disease this is chemotherapy with or without targeted therapy. Sometimes immunotherapy is also used with or without chemotherapy. This is based on various factors.

How is the choice of treatment determined for stomach cancer patients?

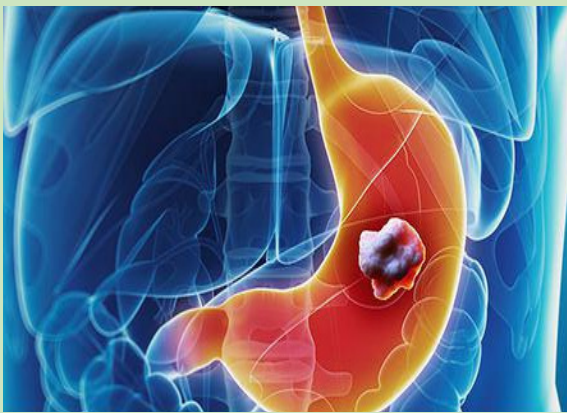
Treatment decisions are based on factors like the cancer stage, tumor location, patient's overall health, and the presence of specific genetic mutations.

Is surgery the primary treatment for stomach cancer?

Surgery is often the main treatment for stomach cancer, with the goal of removing the tumor and nearby lymph nodes. This is possible in the early stage or what we call locally advanced disease.

What types of surgeries are performed for stomach cancer?

Common surgeries include gastrectomy (removal of part or all of the stomach) with lymphadenectomy



(removal of lymph nodes), and palliative surgery for symptom relief.

Can stomach cancer be treated with chemotherapy? Yes, chemotherapy is often used to shrink tumors before surgery, kill cancer cells, or manage advanced cases of stomach cancer.

Is radiation therapy effective for stomach cancer treatment?

Radiation therapy can be used to target and destroy cancer cells, either alone (to prevent bleeding) or in combination with surgery and chemotherapy.

What is targeted therapy in stomach cancer treatment? Targeted therapy drugs specifically target cancer cells' abnormalities, such as overactive proteins, to inhibit their growth.

Are immunotherapy options available for stomach cancer patients?

Immunotherapy drugs like checkpoint inhibitors can stimulate the immune system to recognize and attack cancer cells.

Can stomach cancer be treated with alternative or complementary therapies?

While some patients explore alternative therapies, they are not considered primary treatments and should be discussed with a healthcare provider and at this time lack credible scientific evidence.

Is precision medicine used in stomach cancer treatment?

Precision medicine analyzes a patient's genetic profile to identify targeted treatment options, which can be beneficial in advanced cases of stomach cancer.

What is neoadjuvant therapy in stomach cancer treatment?

Neoadjuvant therapy refers to treatment administered before surgery to shrink tumors or improve surgical outcomes.

Can stomach cancer spread to other organs, and how is metastatic cancer treated?

Stomach cancer can metastasize to other organs. Treatment for metastatic stomach cancer may involve chemotherapy, targeted therapy, and immunotherapy. What is adjuvant therapy in stomach cancer treatment?

Adjuvant therapy is given after surgery to kill any remaining cancer cells and reduce the risk of recurrence.

Is stomach cancer treatment different for early-stage and advanced-stage cases?

Yes, treatment approaches vary based on the stage of the cancer. Early-stage cases may require surgery alone, while advanced stages often involve multimodal therapies.

Thyroid Issues And Women's Health:

Thyroid Awareness Month, observed every January, serves as a crucial initiative to educate and inform about thyroid disorders. From hypothyroidism to hyperthyroidism, raising awareness fosters early detection and proper management. The thyroid gland is an endocrine gland which is easily visible and felt. It produces 2 hormones T4 and T3 which are important in regulating our daily activity and metabolism. Thyroid gland dysfunction can lead to problems such as goitre, hypothyroidism or hyperthyroidism.

In an interaction with Zee News English, Dr Shrinath P Shetty, Consultant Endocrinology, KMC Hospital, Mangalore shares how thyroid issues affect women's health and some everyday tips on nutrition, exercise, and stress management to maintain a healthy thyroid.

Dr Shrinath says, "Goitre is more of a structural problem in the thyroid gland which leads to enlargement of the gland. Hypothyroidism and hyperthyroidism are caused by reduced levels of thyroid hormones (T4 and T3) and increased levels of thyroid hormones (T4 and T3) respectively."

Thyroid illness can present in different ways. According to Dr Shrinath, "Patients can present with goitre, hypothyroidism and hyperthyroidism. Although thyroid illness can affect both genders, women tend to present more often to the doctor. This is mainly because women tend to



have more problems like menstrual problems, infertility issues, PCOS (Polycystic ovary syndrome) and pregnancy-related thyroid disturbance. This is compounded by the fact that autoimmune thyroid issues are more common in women compared to men."

Among the many effects thyroid has on women's health following are some ways as shared by Dr Shrinath:

Infertility: Hypothyroidism can lead to delays in conceiving a child and having a family. Treatment with thyroxine can help these couples in completing their family.

Pregnancy

a) Hypothyroidism - Patients with mild hypothyroidism who do not treatment otherwise need thyroxine supplementation during pregnancy. This is because the growing fetus (baby) is dependent on the mother's thyroid hormones in the initial part of the pregnancy. Thyroid supplementation during pregnancy has

shown better outcomes.

b) Hyperthyroidism - It is not so uncommon to see pregnant women with low TSH during the 1st 3 months of pregnancy. This is mainly due to increased HCG levels during pregnancy. It is usually self-resolving, but some of the patients may have underlying hyperthyroidism due to Graves' disease- which needs accurate diagnosis and treatment.

c) Goitre - pregnancy may be complicated with goitre due to increased demand or due to tumours; which need proper evaluation and management. Patients who need thyroid surgery are usually operated on during mid-pregnancy.

Menstrual Irregularities: Hypothyroidism is known to cause irregular menstrual cycles, sometimes increasing bleeding and leading to anaemia (low haemoglobin). Recognition of hypothyroidism and treatment improves the condition. Sometimes women presenting with PCOS may also have hypothyroidism as an underlying cause which needs to be recognized at the right time for better outcomes. Hyperthyroidism can also lead to irregular cycles which improves with thyroid treatment.

Puberty: Undiagnosed hypothyroidism in young adults can lead to early menarche (periods) and short stature. Mildly elevated TSH is commonly seen in the elderly population. Not everyone needs thyroxine supplements. The decision has to be taken based on the underlying aetiology and severity of hypothyroidism.

Intermittent Fasting Can Help Slow Brain Ageing, Boost Longevity: Study

If you want to help slow down your brain from ageing and increase your lifespan then follow diet patterns like intermittent fasting or restrict your calorie intake, suggests a study. A team of scientists at the Buck Institute for 'Research on Ageing' in California have found a role for a gene called OXR1 that is necessary for the lifespan extension seen with dietary restriction and is essential for healthy brain ageing. OXR1 gene is an important brain resilience factor protecting against ageing and neurological diseases, said the researchers in the study, published in the journal Nature Communications.

"When people restrict the amount of food that they eat, they typically think it might affect their digestive tract or fat buildup, but not necessarily about how it affects the brain," said Kenneth Wilson, a postdoctoral student at the Institute. "As it turns out, this is a gene that is important in the brain." The team additionally demonstrated a detailed cellular mechanism of how dietary restriction can delay ageing and slow the progression of neurodegenerative diseases. The study, done in fruit flies and human cells, also identifies potential therapeutic targets to slow ageing and age-related neurodegenerative diseases. "We found a neuron-specific response that mediates the neuroprotection of dietary restriction," said Professor Pankaj Kapahi from Buck Institute. "Strategies such as intermittent fasting or caloric restriction, which limit nutrients, may enhance levels of this gene to mediate its protective effects," he added. The team began by scanning about 200 strains of flies with different genetic backgrounds. The flies were raised with two different diets, either with a normal diet or with dietary restriction, which was only 10 per cent of normal nutrition. They found the loss of OXR1 in humans results in severe neurological defects and premature death. In mice, extra OXR1 improves survival in a model of amyotrophic lateral sclerosis (ALS).



Further, a series of in-depth tests found that OXR1 affects a complex

called the retromer, which is a set of proteins necessary for recycling cellular proteins and lipids. Retromer dysfunction has been associated with age-related neurodegenerative diseases that are protected by dietary restriction, specifically Alzheimer's and Parkinson's diseases. The team found that OXR1 preserves retromer function and is necessary for neuronal function, healthy brain ageing, and lifespan extension seen with dietary restriction. "Diet is influencing this gene. By eating less, you are enhancing this mechanism of proteins being sorted properly in your cells, because your cells are enhancing the expression of OXR1," said Wilson.

