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## **Amid Terror Threats, Security Measures Heightened Across UT: DGP Swain**

HT News Network

SRINAGAR, JAN 24: Ahead of Republic Day, Jammu and Kashmir's Director General of Police, R. R Swain on Wednesday directed officers to ensure the highest level of security arrangements and further strengthen the security grids, saying that serious attempts are being made by handlers from across the border to infiltrate terrorists into J&K.

Swain said this while chairing a highlevel joint security meeting to review the preparedness in Kashmir regarding the forthcoming Republic Day.

The meeting was attended by officers from the police, army, CRPF, BSF, SSB, CISF, and other sister agencies.

A police spokesman said threadbare discussions were held on the security of vulnerable areas, persons, and places during the meeting. Intelligence gathering, area dominance, Naka checking, and security of sensitive places and venues remained the central focus of the meeting.



Addressing the meeting, the DGP directed the officers to ensure optimum security arrangements at all the venues across Kashmir by making effective use of all the available resources.

He directed ensuring the highest level of security arrangements and further strengthening the security grids, saying that serious attempts are being made by handlers from across the border to infiltrate terrorists into J&K.

Stressing strict monitoring and subsequent action against the terror support system, the DGP said that

continuous attempts to revive terrorism in parts of J&K.

He directed the creation of special monitoring to identify each and every element providing any support to ter-

Underscoring the desperation of handlers from across the border to create disruption here, the DGP emphasised the need for the field formations to have a serious look into the inputs shared by different agencies and take all the necessary measures accordingly, ensuring that subversive attempts are foiled.

He stressed the need to revisit the security measures in place at vulnerable places and persons.

The DGP directed further strengthening of the human intelligence system, besides effective use of modern tools in tracking down terrorists.

He also directed them to identify the technology being used by terrorists and prepare counter-strategies

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## **Well-Coordinated Security In Place For R-Day Functions In Kashmir: IGP**

HT News Network

SRINAGAR, JAN 24: A well-coordinated security arrangements have been put in place in Srinagar and other districts

to conduct peaceful and smooth Republic Day functions in the Kashmir valley, Inspector General of Police V K Birdi said on Wednesday.

He said police have coordinated with other forces for smooth Republic Day functions. "Security arrangements are well in place in Srinagar and adjoining districts for Republic Day celebrations all across the Kashmir valley,'

Birdi told media on the sidelines of a full-dress rehearsal held at Bakshi Stadium in Srinagar.

TURN ON.....PAGE 02

## **NEWS BRIEF**

## **Kashmir Police Nabs Two Drug Peddlers** with Contraband

SRINAGAR, JAN 24: Police arrested two drug peddlers along with contraband substances in the twin districts of Budgam and Baramulla in the Kashmir Valley, officials said on Wednesday.

Police said during routine checking at Sunderabad Narbal in Budgam, a police party from Post Narbal intercepted one person who tried to flee  $from \, the \, spot. \, However, \, police \, chased$ and caught hold of him professionally.

During the search, semi-ground charcoal-like substances weighing about 940 grams and 80 tablets of Spasmo Proxiwon Plus were recovered from him.

TURN ON.....PAGE 02

## **CBI arrests official** of SDH Sopore in bribery case

SRINAGAR, JAN 24: The Central Bureau Investigation (CBI) on Wednesday arrested an employee of Sub-District Hospital, Sopore in Jammu and Kashmir in an alleged bribery case related to issuance of Date of Birth Certificate.

The accused was identified as Mehraj-u-din, a contractual employee with Sub-District Hospital, Sopore.

CBI said a case was registered on a complaint against the official on the allegations of demanding bribe from the complainant for issuance of birth certificate in favour of his daughter. It was further alleged that the

## **Patients Bear Brunt** of Defunct CT Scan at **GMC Handwara**

HANDWARA, JAN 24: Despite over three weeks passing, the CT scan machine at Associated Hospital GMC Handwara remains out of order, leaving patients with no option but to travel to other districts for CT scan

During a visit to the hospital, DDC Chairman Mir Suleiman expressed his disappointment over the situation, highlighting that such issues would likely have been resolved within twenty days if they occurred in a different hospital.

Local residents voiced their frustration, noting that the CT scan machine consistently faces glitches, compelling TURN ON.....PAGE 02

## **Amid Freezing Cold, MeT Predicts Dry Spell To End This** Weekend In J&K

**HT News Network** 

**SRINAGAR, JAN 24:** Even as freezing cold and dry weather continues to grip Kashmir valley on Wednesday, the two month long dry spell is likely to end this weekend, MeT office said.

The two month long dry spell is likely to come to an end this weekend with the possibility of widespread to fairly widespread light to moderate rain, snow over many places of Jammu and Kashmir from January 26 to February 1, the MeT office said.

Night temperatures slipped down again in Kashmir valley on Wednesday as Srinagar recorded a low of -5.3°C against the -5.0°C recorded the previous night. It was -3.0°C below normal for the summer capital of Jammu and Kashmir during this period of the season, the MeT office said.

the MeT office said.

Srinagar recorded a maximum temperature at 12.0°C on the previous

TURN ON.....PAGE 02

## With Gurez Emerging As A Favourite Offbeat Tourist **Destination, Study Recommends Construction Of A Tunnel**

HT News Network

SRINAGAR, JAN 24: An impact assessment study to explore the tourist potential of offbeat destination Gurez in Jammu and Kashmir's Bandipora district has recommended construction of a tunnel to make it an all-weather tourist destination.

The strategically important Gurez, surrounded by the lofty



peaks of the Pir Panjal range, was forbidden for many years owing to its proximity to the Line of Control(LoC) and from the last couple of years this valley was opened up for tourists by the authorities.

With peace prevailing along the LoC, Gurez, 135km away from Srinagar, witnessed manifold increase in tourist influx.

According to the study, the TURN ON.....PAGE 02

## **Senior Army Officer Visits Forward Areas In J&K, Reviews Operational Preparedness**

HT News Network

SRINAGAR, JAN 24: A senior army officer visited forward areas along the Line of Control (LoC) in Gurez sector of Jammu and Kashmir to review the preparedness of the counterinfiltration grid ahead of Republic Day, officials said here on Wednesday.

General officer Commanding of the Army's 15 Corps Lt Gen Rajiv Ghai visited the TURN ON.....PAGE 02



## DC Srinagar Advocates Gender Equality and Girl **Empowerment at Community/Family Level**

**■** HT News Network

**SRINAGAR, JAN 24:** With an aim to sensitise masses about significance of Birth of Girl Child and to highlight the opportunities created for women empowerment and emancipation, a programme on National Girl Child Day-2024 under Beti



Bachao Beti Padao (BBBP) initiative was today held at Government Girls Higher Secondary School Kothibagh to Honour Birth of Girl Child.

Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat was the Chief Guest of the which was
TURN ON.....PAGE 02

## 50,000 tourists visit Pahalgam despite dry spell

**HT News Network** 

ANANTNAG, JAN 24: Despite the prolonged dry spell in Kashmir, Pahalgam, the renowned tourist destination in south Kashmir's Anantnag district, has witnessed a footfall of around 50 thousand tourists in the ongoing

Chief Executive Officer (CEO), Pahalgam Development Authority, Tariq Ahmad Naik informed the news agency-Kashmir News Observer (KNO) that while the extended dry spell has impacted tourism, the destination continues to attract visitors.

He said efforts were underway to position Pahalgam as a full-fledged winter destination this year, but the absence of snow has affected those plans. "Tourists have been visiting, but the flow might have been more with snow," he said

Despite the challenges, Naik said they remain hopeful. He said around 50,000 tourists have visited here this month, which is comparatively TURN ON.....PAGE 02

## **Snowless Gulmarg Meadows Turn Into Dry Cricket Fields**

**■ HT News Network** 

GULMARG, JAN 24: While the main winters are on closing stages, the slopes of Gulmarg meadows are yet to see the white light over it. The slopes and the meadows have turned into a dusty field fit for cricket due to the prolonged dry spell in Kashmir.

The climate of the Gulmarg meadows of the Himalayan range have changed, so

does the nature of sports. The ski resort hill station told the news agencywhich was famous for several winter

sports has turned to dusty cricket fields. Several people who work out there on



## **BRO Chief Briefs Dr Jitendra About Chattergala, Other Udhampur LS Constituency Projects**

HT News Network

NEW DELHI, JAN 24: Border Roads Organisation (BRO) Chief, Lt Gen Raghu Srinivasan today called on Union Minister Dr Jitendra Singh and briefed him about the Chattergala tunnel project as well as the other upcoming Road & Bridge projects in the Udhampur-Kathua-Doda Lok Sabha constituency.

Dr Jitendra Singh lauded the BRO for undertaking and completing a maximum number of projects in his Lok Sabha constituency including a number



of difficult road and bridge projects in the last nine and a half years on the request of public representatives or demand of the public. For the first TURN ON.....PAGE 02

**HT - NEWS** 

## CONTINUE FROM FRONT PAGE.....

### Heightened.....

13TH HEADLINES

accordingly. He directed identifying and smashing new forms of terror modules with simultaneous actions within the parameters

The DGP directed officers to go through a detailed review of all the threat scenarios in their respective areas. He emphasised fixing responsibility in the hierarchy of officials.

He stressed the need for the briefing of guidelines issued in a detailed manner by the senior officers to the on-field personnel in order to ensure the peaceful conduct of republic celebrations.

The participating officers gave feedback regarding the security scenario in their respective jurisdictions, as well as the security measures being adopted and implemented for Republic Day.

Meanwhile, the police chief visited the Army's Victor Force headquarters at Awantipora in South Kashmir. He was received by the GoC Victor Force, Maj. General Balbir Singh, and other army officers.

During the visit, the security scenario, challenges, and measures to maintain the prevailing peaceful atmosphere in South Kashmir were discussed, a police spokesman said.

On this occasion, GOC Victor Force gave a detailed presentation regarding the present security situation in his area and also shared measures to counter any attempt to revive the terrorism or terror eco-system by means of area dominance and conducting operations on a regular basis. (UNI)

### Well-Coordinated.....

"We have coordinated with other forces also. ... The security grid is vigilant and active," he added.

In reply to a question regarding any ban on the internet or any moment of people, IGP Kashmir said, "As such, I know there would

be no such kind of situation." He said everyone is invited to come freely

to take part in Republic Day celebrations. "The security arrangements are very strong, and guidelines have been issued that the common people who would come to participate in the Republic Day celebrations should not face any hindrance to reach smoothly to the venue to become a part of it," he said.

Birdi said Jammu and Kashmir police are monitoring the situation and pinning down

any culprits who want to disturb the peace. Security has been beefed up in Kashmir ahead of Republic Day to ensure smooth and peaceful celebrations in the valley. (UNI)

## Amid Freezing.....

day which was 5.1°C above normal against

Pahalgam remained the coldest place with a low of -6.3°C against the -6.2°C recorded the previous night. It was still 1.2°C above normal for the tourist hot spot of south Kashmir.

Qazigund on Srinagar-Jammu national highway plunged to a low of -5.4°C against the -4.5°C a day ago, while the picnic spot of south Kashmir's Kokernag recorded a low of -2.3°C against -1.5°C against recorded the previous night.

Gulmarg, recorded at -4.8°C against the -4.5°C a day ago. However, it was 3.4°C above normal for the famous ski resort of north

Kupwara dipped to a low of -5.3°C against the -4.9°C recorded the previous day. It was 2.4°C below normal for the frontier Kashmir district during this period of the season, the MeT office said, the MeT office said. (UNI)

## With Gurez.....

tourist count to Gurez increased to 46,038 in 2023 from 12472 the preceding year. In the year 2019-20, Gurez Valley had welcomed around 5000 visitors.

Last year, daily 2000 to 2200 tourists visited Gurez in peak season.

Due to the tourist rush, several home stays, camping sites, and hotels and restaurants have been established in the border area which had an impact on the economic landscape of the region.

The impact study has also recommended banning the conversion of the agricultural land in pristine Gurez valley for better land protection and to protect mountain agricultural practices.

The finding have surfaced after District Administration, Bandipora, in collaboration with Policy Advocacy Research Centre (PARC), undertook an initiative to thoroughly study the impact of various government interventions for tourism promotion in Gurez Valley in order to empirically arrive on a model for promotion of tourism in off-beat destinations like Gurez.

"With the high potential for Gurez to be made into an all-season tourist destination, it would be essential to provide for year round connectivity. This could be achieved by making provision for a tunnel from Bandipora to Gurez", the study has recommended.

The only link road that connects Gurez with Bandipora is over the Razdan Pass, which like the Zojila Pass is closed in winter. The Gurez Valley falls along the ancient Silk route which connected Kashmir with Gilgit.

The study also recommended constructing a ropeway between Atvathu to Bagtore.

"This could not only allow for a tourist engagement activity but could also better accessibility in the region. Evaluation of the potential of having a cable car from Markoot to Patalwan", it further recommends.

The study also recommended opening of Gurez-Drass road onwards to Mushki Valley on the Kargil side.

The study showed that Rs 35 crores have been invested in the infrastructure development in 2022 and Rs 22 lakh for tourism promotion in Gurez.

It also reveals a 3.5 fold increase in revenue generation in 2023 compared to

The study showed that 160 calls per day were made by tourists to confirm their travel on the Bandipora-Gurez road.

The study found that tour operators from Delhi, Lucknow, Pune, Hyderabad, Bengaluru, Guwahati, Thiruvananthapuram and Chennai have sent tourists to Gurez.

It also recommended that foreign tourists could be allowed in the region and any policy that prevents this could be revisited and amended accordingly.

The study also recommended single window security clearance with barcode or QR code that will reduce several security checkpoints and may ease the entry of tourists. (UNI)

### Senior Army.....

forward areas in Gurez sector of Bandipora district on Tuesday to review counterinfiltration grid and operational preparedness, they said.

Security officials are concerned over the possibility of infiltration of terrorists into the valley due to lack of adequate snowfall in higher reaches of Kashmir this winter.

The mountain passes along the LoC usually are blocked during the winter months due to heavy snowfall, reducing the chances of infiltration of terrorists. However, dry winter has prompted the counter-infiltration grid to step up the vigil along the LoC.

Lt Gen Ghai, during his interaction with the troops, exhorted them to remain "in a high state of operational readiness" in extreme weather conditions and terrain.

Director General of Police R R Swain on Tuesday said cross-border infiltration in Jammu and Kashmir remains a challenge for the forces, but the security situation is under

"Yes, it is a challenge for us that a few terrorists are coming in from outside. They are infiltrating and then along with some people here, they try to vitiate the atmosphere. It is a challenge – one which we see with a different perspective.

"We see it the way that our own boys are not joining them, or a smaller number of them are. A few people can be with them, but a majority of the public is not. We keep that in mind when we say that we have control over the security (situation)," Swain said. (Agencies)

## 50,000 tourists...

better. "Some bookings have been cancelled as some tourists come specifically for snow. We hope there will be snow in the coming days, and we are ready for activities that will attract more and more tourists," he added.

## DC Srinagar.....

jointly organised by the District Administration Srinagar and District Social Welfare

Addressing the gathering on the occasion, the Deputy Commissioner underscored the importance of birth of Girl Child and said Women empowerment is among top priorities of the Administration. He said Beti Bachao Beti Padhao (BBBP) initiative has been launched to address concerns of gender discrimination and women empowerment.

The DC laid emphasis on launching wider awareness on a large scale to create a positive environment that values the girl child and prevent gender-bias, ensuring survival and protection of the girl child.

The DC also highlighted the initiatives of the Government launched for empowerment and overall development of girl child to educate and empower them, ensuring they are at par with boys in every respect, besides providing reservation options, entrepreneurship avenues to foster their economic growth and securing the financial future of the girls. The DC asked the organizers to launch mass awareness regarding Women Centric Schemes, Skill Development, BBBP and Legal Services through such programmes to achieve desired targets at ground level

The DC also complimented the organizers for conducting the programme and urged them to conduct sensitization programmes of boys/males in order to counsel them regarding gender-bias and importance of the girl child to bring a transformational shift in the way our society looks at the girl child.

He also stressed on conducting such programmes in other parts of the District in future for encouragement and empowerment of Girl Child besides reaching out to the community at large to generate awareness of women oriented schemes of the Govern-

During the programme, a question answer session was also conducted and DC held one to one interaction with the participants who put forth various suggestions for the welfare of girl child/women folk.

Later, the DC also felicitated the young women achievers who have performed in different fields of life including Education, Sports, Anganwari, Health, entrepreneurship,

District Social Welfare Officer, Dr Mukhtar Ahmad, earlier welcomed the participants and addressed the gathering with opening remarks about the programme.

At the end of the programme, District Mission Coordinator DHWE, Ruqaya Asharf presented the vote of thanks.

Programme Officer, ICDS, Mushtaq Ahmad Rather, Chief Education Officer, A. H Fani, District Social Welfare Officer, Dr Mukhtar Ahmad, Principal GGHSS School, Kothibagh, Nusrat Bukhari, Deputy CEO, Anjum Raja, District Coordinator NRLM, Zahoor Ahmad, other Officers of District Social Welfare Office, Staff and Students of the School, Anagnwari/Asha workers and other participants attended the programme.

### Snowless.....

Kashmir News Observer (KNO) snowless winters have rendered them jobless.

Unlike previous years, Tariq Ahmad, a local waiter in Gulmarg is no longer seen in the restaurant. On the contrary, the 23-yearold boy is more often seen in the deserted dry fields playing cricket.

"Because of no snowfall, almost all of the national and international tourists have cancelled bookings that have taken a toll on business," Ahmad said

He said that in previous winters, the workers in the hill station had no time to waste. "Now because of the snowless winter, the slopes and open fields of the meadow which used to be covered with the white layer of snow have become our permanent address. Nowadays, most of the youngsters use them as cricket fields.

Nestled in the picturesque Pir Panchal range of western Himalayan region, Gulmarg has long been known for its stunning beauty and vibrant culture.

However, in recent years, the region has been experiencing notable shifts in its winter climate patterns due to the impacts of climate change.

Not only Ahmad, many other workers who either own the business or are working as employees in any enterprise are almost sailing in the same boat.

In the meadows, the pony owner while narrating the ordeal of immediate consequences of no snowfall in the region said that hundreds like him have become jobless.

One of the Pony owners, Arshid Hussain said, "We used to earn a major chunk of livelihood through local, national and international visitors. Ironically the snowless meadows, distinct grounds and slopes have made us jobless. Whole the day, me and my co-workers played cricket in those fields where we were giving Pony rides to our visitors.

Hussain said that the snowless mountains in 'Chilai Kalan' won't have a negative impact on tourism only but also on the agriculture sector.

"Besides Pony, we have agricultural land which is dependent on waters that flow off the Gulmarg glaciers. I don't know how to describe the ongoing scenario but I feel the

dark days ahead," he said. The pristine snow-covered landscapes that have enchanted visitors for centuries are now facing the threat of warmer temperatures, erratic rainfall, and melting glaciers. As a result, the traditional winter activities that the region is famous for, such as skiing and ice climbing, are being affected.

The shawl sellers, adventure gear sellers, daily wagers and ski school functionaries narrated the same ordeal. "Nowadays, most of us can be seen playing cricket in those grounds which used to be covered with feet of snow."

## **BRO Chief Briefs.....**

time, the BRO had accomplished road connectivity up to the Zero Line on the International Border (IB), he said.

In this Lok Sabha constituency alone, Dr Jitendra Singh said, BRO had constructed around 200 big and small bridges.

Udhampur-Kathua-Doda Lok Sabha constituency had witnessed unprecedented progress in road and bridge construction in the last over over nine years, the notable among them being the Atal Setu at Basohli, Keediyan Gadyal and Juthana bridges in Kathua, Devika Bridge at Udhampur, new National Highway from Khilani-Marmat in Doda to Sudhmahadev, Kaljugar tunnel etc.

Over one year back, Dr Jitendra Singh recalled, seven BRO bridges were e-inaugurated by Defence Minister Rajnath Singh in Kathua district alone in one-go which included Jantriya, Konyali-I, Konyali-II, Chenab Badi, Pakka Kotha, Challa Nallah and Benadi. Of these, the Benadi bridge had been constructed in just 90 days which is a record in itself, he said.

Similarly on the 19th of this month, 11 infrastructure Projects were inaugurated by Defence Minister Rajnath Singh in Jammu & Kashmir, which included three bridges namely Jotha, Sarad and Sarthi bridges on

Road Basohli-Bani-Bhaderwah.

About the proposed Chattergala tunnel, Dr Jitendra Singh said, he had been pursuing the project for a long time but because of financial, topographical and other constraints including the Covid, it had got delayed. This vital tunnel, he said, will connect district Kathua with district Doda enroute the new Highway via Basohli-Bani through Chattergalla to touch Bhaderwah and Doda.

This is a historic landmark project providing all-weather alternate road connectivity between the two distant regions and reducing the travel time from Doda to Lakhanpur to just around four hours, he said.

Chattergala Project envisages a 6.8 Km long tunnel for which the Feasibility Survey has already been conducted by Border Roads Organisation (BRO) and an exercise was undertaken by BEACONS which is an agency under BRO. The tunnel is likely to take about 4 years for completion after the execution work starts and its construction cost is around Rs. 3,000 to Rs 3,500 crore.

The Minister was briefed that the BRO has undertaken the work of Road Sarthal – Chattergala for development from single lane to double lane, including construction of 16 bridges. Out of a total of 165.85 Km of road, about 137 km has been black topped to NHDL specification. The work on the balance 28 Km road to Chattergala is under fast pace of progress by BRO. Construction of this road will unlock the tourism potential of the area, including the remote sector of Sarthal, Chattergala and Guridanda. In effect, tourism has increased manifold in the region due to persistent efforts of BRO in keeping the roads maintained to the highest standards and with the deployment of modern snow clearance equipment.

Since the BRO was facing some constraints of funds, Dr Jitendra Singh had also met the Union MoRTH Minister, Nitin Gadkari and requested for financial support to BRO through Bharatmala or any other appropriate channel from the MoRTH. Gadkari's response was positive and he issued instructions to work out how best this could be done, he added.

Dr Jitendra Singh impressed upon the BRO Chief Lt Gen Srinivasan to expedite the Chattergala project as fast as possible. He said, Chattergala is going to be a revolutionary game changer, particularly for the districts Kathua and Doda. He said, this will not only generate revenue but also job generation. Moreover, the all-weather road connectivity will bring ease of business, shorten the travel time and also provide a unique opportunity for places like Bani and Bhaderwah to emerge as tourist destinations of national repute, he added.

Dr. Jitendra Singh said, the demand for the tunnel at Chattergalla had been pending for several years, but somehow not taken up by earlier governments because of their different priorities.

Dr Jitendra Singh informed that while Benadi bridge had been constructed in just 90 days by the Border Roads Organisation (BRO) which is a BRO record till date, the Pakka Kotha bridge, which is 181 metres long multi span bridge, had been built in 102 days. The BRO projects also included construction of Ramban bridge and Brihon bridge.

The other BRO projects in this constituency include road from Bhagwa to Lal-Darman to Masal-Dushnan in district Doda, Chkramore-Maharajpur-Rajbagh-Haria Chak road in district Kathua and upgradation of Phatala to Jakhani road in district Udhampur. Gen Srinivasan also gave Dr. Jitendra Singh briefed about new BRO road and bridge projects coming up in this Lok Sabha constituency.

### Kashmir Police.....

The drug peddler was identified as Jehangir Ahmad Sheikh, a resident of

In a similar incident, a police party from Station Uri at a checkpoint established at Dani Syedan Uri intercepted one person. During his search, 9.46 kg of contraband cannabis powderlike substances were recovered from him.

The accused was identified as Noor Hussain Shah, a resident of Choolan Kalsan Uri.

Both were arrested and shifted to a concerned police station, where they remain in custody, police said.

Accordingly, cases under relevant sections of the law have been registered and investigations initiated. (UNI)

### CBI arrests.....

accused initially demanded a bribe of Rs.5,000 which was reduced to Rs.3,600 after negotiation.

CBI caught the accused after accepting a bribe of Rs.3,600 from the complainant through online transaction.

The arrested accused will be produced today before the Special Judge, CBI cases, Srinagar, Jammu and Kashmir.

## Patients Bear....

patients to spend substantial amounts on private clinics for the necessary scans.

They also raised concerns about space issues, emphasizing that the new building is completed, but authorities are yet to shift operations, exacerbating the challenges faced by patients.

The recent visit by the Secretary of Health to the town has sparked hopes for potential relief in the situation.



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## Republic Day Celebrations Full-Dress Rehearsals Held Across Kashmir

Div Com unfurls National Flag, takes Salute, inspects Parade; invites all citizens to the main Republic Day function

**SRINAGAR, JAN 24:** Ahead of 75th Republic Day, full dress rehearsal was held on Wednesday across all the districts of Kashmir, giving a glimpse of the grand spectacle to unfold on Friday.

The rehearsal is a precursor to the actual Republic Day parade scheduled to be held on January 26. In Srinagar, the full dress rehears-

al was held at Bakshi Stadium, Srinagar where Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri unfurled the tricolor over the mast.

He also took salute from Parade Commander, SSP Liyaqat Ali and contingents besides inspected parade contingents.

Among others present on the occasion were IGP Kashmir, VK Birdi; Deputy Commissioner Srinagar Dr Bilal Mohid ud Din Bhat, senior officers of Police and district administration besides HoDs & staff of various departments.

In his speech, Div Com commended all participating contingents of security forces from police and paramilitary, and students regarding their preparation for the ensuing R-Day celebration.

He underlined that Kashmir has successfully hosted the G20 Summit besides other National and religious

The stadium was overwhelmed by enthusiastic, energetic and patriotic display of parade performance by different contingents of BSF, CRPF, ITBP, SSB, JKAP, IRP, Women Contingent, SDRF, Fire & Emergency, Forest Protection Force, NCC contingents, Pipe band, Brass band and Students

from different Schools.  $Students\, performed\, on\, Patriotic$ Song Vande Matram & Ae Wadi Kashmir Baharoun Mei Milenge besides presented cultural performances on Mashup Song and Fusion Song. A Skit on Drug abuse was also performed by the artists to invite the attention of every responsible citizen to save youth from this men-

While talking to the media on the sidelines of the function, Div Com invited all the citizens to the main function of the Republic Day celebration at Bakshi Stadium.

In Ganderbal, the Deputy Commissioner(DC)Ganderbal,Shyambir unfurled the tricolor, took the salute at the march-past and inspected the parade during the full dress rehearsal of the Republic Day celebration held at Qamaria Stadium Ganderbal.

The march-past was presented by the contingents of JKP, JKAP, CRPF, SSB, PTS Manigam, Forest Protection Force, SPO Ganderbal, District Police, Home Guard, Fire Service Ganderbal and students of various schools.

The Full Dress Rehearsal witnessed a colorful cultural show presented by the students who also presented patriotic songs and folk dance.

In his address, the DC complimented all the departments for achieving cent percent saturation under various centrally sponsored schemes during Viksit Bharat Sankalp Yatra in the district. He also lauded all officers and officials who played pivotal roles during the Mashal-e-Gaash initiative aimed at promoting literacy for which DC Ganderbal received accolades during an first ever award ceremony organized by the Centre for Innovation in Public Systems in Shillong.

The event was witnessed by ADDC, Mushtaq Ahmad Simnani, ADC, Gulzar Ahmad, ASP, CPO, ACR, besides other district officers from civil and police department.

In Baramulla, a full Dress Rehearsal was held today at District Police Lines Baramulla amid tight security arrangements.

Additional District Development Commissioner (ADDC) Baramulla, Aijaz Abdullah Saraf, was the chief guest on the occasion, who ceremoniously unfurled the national flag and took salute at the March Past.

Later, the ADDC inspected the Parade which consisted of contingents from BSF, J&K police, Sashastra Seema Bal, Home Guards, J&K Police Band, NCC cadets from Govt. Degree College Baramulla, Boys' Higher Secondary Baramulla and various schools and colleges.

Speaking at the event, the ADDC highlighted the importance of Republic Day in Indian history. Aijaz Abdullah also underscored the exemplary performance of Baramulla under various UT and Centrally Sponsored schemes and said that the district is leading on the path of development on multiple fronts at an accelerating pace.

During the occasion, students from various schools of the district showcased cultural performances centered around various patriotic themes, delivering impactful social

In Anantnag, the Additional District Development Commissioner (ADDC) Anantnag, Bashir Ahmad Wani unfurled the national flag, inspected the parade and took salute at the march past presented by the contingents from CRPF, J&K Police, Home Guards, NCC and school Children here today at GDC Boys Anant-

Addressing the gathering, ADDC highlighted efforts and achievements made by the district under various priority areas including education, healthcare, languishing, VBSY, Back to Village 5th, District Capex, Agriculture and allied sectors, Women and Youth empowerment, MGNREGA, JJM, water and electricity supply to Anganwadi Centres and schools, rural develop-





ment, macadamization and road connectivity, social welfare, 'Nasha Mukt Bharat,' industries, self employment and creation of durable and sustainable assets.

The importance of flagship programmes like 'Meri Maati Mera Desh' was also highlighted.

On the occasion, colorful cultural programmes on patriotic themes were presented by the students from various institutions and artists of the information depart-

Among others, ADC, SP, CEO, CMO, ACD, ACP, ACR, Ex. Engineer R&B, Flood, ARTO, Tehsildar Anantnag, officers from civil and police administration and general public were present during the full dress

**In Budgam,** the full dress rehearsal in connection with the Republic Day- 2024 celebrations was held today at Sports Stadium Budgam.

On the occasion, Additional District Development Commissioner (ADDC), Budgam, Dr Akramullah Tak unfurled the National Flag, inspected the parade and took salute at the march-past.

The march-past was presented by the contingents of JKP, JKAP, CRPF, Home Guard and school children.

Speaking on the occasion, ADDC Budgam highlighted the development initiatives undertaken in the district.

Avariety of cultural programmes were presented by students from various schools and renowned artists from Budgam, enthralling audiences with their colorful perfor-

Among others, Additional SP Budgam, Ragav S; Additional Deputy Commissioner, Mehraj-ud-Din Shah and other Civil and Police officers were

also present on the occasion. In Pulwama, a full dress rehearsal was held today at District Police Lines Pulwama, where Additional District Development Commissioner (ADDC) Pulwama, Dr Abdul Aziz Sheikh unfurled the National Flag and saluted the impressive

The procession featured contingents from various esteemed forces, including CRPF, District Police, IRP, JKP Women's Wing, Home Guard, Commandant Forces, and school children from diverse educational

In his speech, the ADDC highlighted the District's remarkable developmental works and achieve-

On the occasion, artists and students from the region captivated the audience with soul-stirring patriotic songs. Local artists further enriched the cultural tapestry with vibrant Cultural Programs, Patri-

otic Songs, and Skits. DPL Awantipora witnessed a similar spectacle, where ADC Awantipora, Zaffar Hussin Shawl presided over the proceedings. The march past, led by contingents of JKAP, JKP, CRPF, NCC cadets, and school children, showcased the commitment to national pride.

The presence of senior officers from both Police and Civil Administration, along with enthusiastic school children and a multitude of spectators, underscored the collective spirit of patriotism that defines the essence of Republic Day.

**In Kulgam,** a full dress rehearsal was held today at District Police lines Kulgam where Additional District Development Commissioner Kulgam (ADDC) Kulgam, Showkat Ahmad Rather unfurled the national flag besides inspected the parade and took a salute at the March Past.

The March Past was presented by the contingents from CRPF, J&K Police, Home Guards, NCC, Women Police contingent, students and other contingents.

Addressing the occasion, ADDC said that Kulgam is leading on the path of development on multiple fronts. He enlisted various projects that were completed in the district and said that the district has recorded immense achievements in multiple fields.

He also added that the District Administration is committed to strengthen the Health, Education and other important sectors and is working for holistic development of

On the occasion colorful cultural programmes were also presented by the students which enthralled the audience.

ADCViqar Ahmed Giri, ACR, A-SP and other officers from civil and police administration participated in the programme.

**In Bandipora,** the main event was held at S. K Stadium Bandipora where Additional District Development Commissioner (ADDC) Bandipora, Mohammad Ashraf Bhat accompanied by ASP Bandipora Sandeep Bhat unfurled the National flag and took salute at the march past presented by the contingents comprising JKP, CRPF, SPOs, NCC cadets and contingents from various Government and

Senior officers of Civil Administration, Police, Army and paramilitary forces were also present at the full dress rehearsal.

In his speech, ADDC threw light on the celebrations of Republic Day and highlighted the developmental activities carried out in the district.

The cultural programs by various schools were also presented to enthrall the audience. Cultural programs presented on the occasion depicted the country's rich cultural heritage and economic and social progress.

The full dress rehearsal was also held at Mini Secretariat Bandipora, where ACR Bandipora Shabir Ahmad unfurled the flag.

Similar functions of full dress rehearsal were held at Sub Division Sumbal and Gurez, where respective tehsildars unfurled the flag.

The full dress rehearsal functions were also held across the district at Block Level, panchayat level, and in all schools and Colleges.

**In Shopian,** the full dress rehearsal was held today at District Police Lines Shopian where Additional Deputy Commissioner (ADC) Shopian, Dr. Zakir Hussain Faaz unfurled the national flag, inspected the parade and took a salute at the March

The march past was presented by the contingents of CRPF, J&K Police, IRP, Forest Protection Force, Home Guards, NCC and students from different Schools.

Speaking at the event, ADC said that Shopian is recognized as the fast developing district and has achieved remarkable achievement in Aspirational District Programmes like Viksit Bharat Sankalp Yatra.

Meanwhile, a variety of colorful cultural programmes on patriotic themes were presented by students from various schools of the district.

The function was attended by various officers, officials, locals and students.

**In Kupwara**, full dress rehearsal for Republic Day celebration 2024 was held at District Police Lines Kupwara where Additional Deputy Commissioner (ADC) Kupwara, Ghulam Nabi Bhat unfurled the National Flag, inspected the parade and took salute at march-past presented by contingents of JKP, JKAP, CRPF, IRP, Home Guards, FP and

school children. Addressing the function, the ADC highlighted various major developmental projects that have been undertaken during the current financial year in the district.

Avariety of cultural programmes were presented by the school children during the function.

On the occasion, ASP, Farhat Jeelani, ACP, DIO, DSP DAR, DSP Hq, Civil and Police officers were present.

At Handwara, full dress rehearsal was held at District Police Lines Handwara where Sub Registrar Handwara, Arshid Ahmad Khan unfurled the National Flag, inspected the parade &took salute at march past presented by contingents from JKP, JKAP, BSF, CRPF, IRP and Police band.

Officers from civil administration, police department and other concerned were present on the occa-

Full dress rehearsal was held in Karnah Sub-Division where Tehsildar Karnah, Syed Eyad Qadri unfurled the National Flag and took salute at March Past. Meanwhile, school children also presented colourful programmes.

Full dress rehearsal was also held at Sogam in Lolab sub division in which Tehsildar Sogam unfurled the National Flag and took salute at March Past. Meanwhile, school children presented different cultural programmes.

Full dress rehearsal functions were also held in various educational institutions across the district.

## **Mandeep Kaur reviews functioning of Urban Local Bodies of Kashmir**

**SRINAGAR, JAN 24:** Commissioner Secretary, Housing and **Urban Development Depart**ment, Mandeep Kaur, today had online review of functioning of Urban Local Bodies of Kashmir.

She assessed implementation of various key initiatives like development activities under Capex Budget, beautification of towns, human resource mobilization, revenue realization, sanitation and other urban development programs.

During the meeting, a comprehensive PowerPoint Presentation was screened highlighting an overview of functioning of the department. It was apprised that 665 projects of public importance like public parks, marriage halls, open air gyms, bus addas, slaughter

houses, lanes and drains besides related works worth Rs.490.78 crore, spread across 40 towns of Kashmir, were taken up during the past four years.

While appreciating different development projects and other urban connect activities being carried out by all the 40 ULBs of Kashmir, the Commissioner Secretary emphasized the importance of city beautification especially sanitation of water bodies in all urban areas. She also directed the officers to ensure 100% D2D collection of waste in segregated form besides ensuring proper faecal sludge management which will improve overall sanitation scenario in urban areas. She also emphasized that listing of Bulk Waste Generators shall be done in all

ULBs as per the norms set in the SWM Rules 2016.

She emphasized that online solutions to streamline administrative processes in these ULBs shall be implemented to ensure transparency and accountability. She asked the concerned officers to explore possibility of including more services being provided by the Urban Local Bodies under the ambit of online services.

Mandeep Kaur stressed the need to complete the process of GIS mapping of ULBs which will help all the departments within the urban areas to plan their developmental infrastructure for its better utility. This will also improve the financial health of ULBs, besides it will enable us to explore possibilities of Rural-Urban convergence for better

governance, she added.

Mandeep Kaur also instructed the officers to complete the exercise of delimitation process within shortest possible time to enable proper planning of developmental activities among all the wards of ULBs.

Commissioner Secretary asked the officers to work with zeal and dedication to meet the challenges in urban development, sanitation and implementation of centrally sponsored schemes.

The meeting was attended by Director, Urban Local Bodies, Kashmir, Special Secretary H&UDD, Special Secretary/ Mission Director SBM-U/ PM-SVANidhi, H&UDD, Chief Engineer, J&K UEED, Director Finance H&UDD and Joint Director (P&S) H&UDD.

## **Kashmir fruit growers urge DGP to** act against substandard fertiliser dealers

SRINAGAR, JAN 24: Kashmir Valley Fruit Growers Cum Dealers Union chairman Bashir Ahmad Bashir has urged Director General of Police Jammu and Kashmir RR Swain to take action against dealers of substandard fertilisers in the Kashmir Valley the way action has been taken against drug dealers.

In a letter to DGP RR Swain, the chairman stated that recently hundreds of bags of spurious fertilisers were confiscated by the authorities in Sopore and Kulgam.

"In fact the spray of pesticides, fertilisers in fruit orchards starts in March every year and these commodities are always stored in bulk quantities by the concerned dealers well in advance. Since substandard fertilisers have already been confiscated by the authorities, the Valley based fruit growers and dealers have apprehension of substandard fertilisers are available



with the mafia dealers." He stated that the substandard fertilisers will not only damage fruit orchards but indirectly it has effects on human lives as well.

"Since Horticulture Industry is treated as backbone of J&K economy, substandard fertilisers is, therefore, a great threat to the economy as well. We request to initiate action against these dealers on the same pattern as drug peddlers have been treated," he said.

## Sarmad Hafeez chairs public grievances redress camp, Viksit Bharat Sankalp event at Shopian

## Reaffirms govt's resolve of providing accessible, responsive administration to people: Secretary

### **■** HT News Network

LE HEADLINES

SHOPIAN, JANUARY 24: Secretary, Youth Services and Sports Department, Sarmad Hafeez, today chaired a public grievances redressal camp besides participating in Viksit Bharat Sankalp Yatra event here at Shopian.Deputy Commissioner, Shopian, Faz Lul Haseeb was also present on the occasion.Delegations including District Development Council members, fruit growers, traders, prominent citizens and locals

attended the event and projected development issues and demands concerning their respective areas. These delegations raised various issues including improvement in sports infrastructure, urban development, extended transport services through RTC buses, adequate water and power supply, tourism promotion, road construction, improvement in pre and post harvest management strategies in horticulture, agriculture and allied sectors. Besides, other issues pertaining to health, school education, RDD,



higher education and Sports Council were also flagged by locals. The Secretary reviewed status of grievances flagged off during the previous camp and instructed the officers to ensure proper follow up on issues and demands of the public for timely resolution.ile addressing on the occasion, Sarmad Hafeez appreciated the people for projecting developmental and welfare issues besides providing valuable suggestions for further improving the development outcomes. He also appreciated the Sankalp Yatra events being conducted in the district with an overwhelming public participation. He said proactive public engagement is inevitable for providing seamless services to the populace. Calling for strengthening grievance redressal mechanisms, he said, accessibility and transparency in government business transactions is the hallmark of the government. Secretary directed the concerned frontline departments to be prepared for meeting the weather vagaries and its adverse impacts in the

## Viksit Bharat Sankalp Yatra

## Dheeraj Gupta holds public darbar at Sopore; Assesses public grievances

### **HT News Network**

SOPORE (BARAMULLA), JANUARY 24: As a sequel towards taking governance at people's doorsteps, Additional Chief Secretary (ACS), Forest, Ecology and Environment Dheeraj Gupta, today presided over a mega public darbar at Sopore.

The event was attended by Deputy Commissioner Baramulla, Minga Sherpa, Chief Conservator Forests, Irfan Rasool, Senior Superintendent of Police, Shabir Ahmad Nawab, Additional Deputy Commissioner. Shabir Ahmad Raina, CEO



Municipal Council Sopore, district officers, members from traders associations, transport associations, delegations and locals from adjoining areas of sub division Sopore. Dheeraj Gupta inspected the stalls set up by various departments

demands. Their issues pertained to R&B, Education, PDD, Health, Social Welfare and other departments regarding development of sub division Sopore while seeking intervention in including health, agriculaddressing the same. Dheerture, education, horticulaj Gupta, while addressing ture, ICDS under Viksit the gathering, said the core purpose of holding these Bharat Yatra to create awareness among the pubpublic darbars is to bring lic about multitude of weladministration at the peofare and development ples' doorsteps and facilitate schemes being run by the direct interaction between government.During the

public darbar, various del-

egations and public repre-

sentatives apprised the Additional Chief Secretary

of their grievances and

## **PUBLIC NOTICE**

I informed to general public that my Daughter's Date of birth (DOB) is 15/1/1997...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 enter-

> NAME....ABDUL QAYOOM KHAN F/O.... NAJMA QAYOOM R/O....NILSAR **BLOCK.... WAGOORA**

## **PUBLIC NOTICE**

I informed to general public that my Daughter's Date of birth (DOB) is 15/03/2001...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 WAG-OORA within seven days from the publication of this notice after that no objection will be entertained.

> NAME....ABDUL QAYOOM KHAN F/O.... FEHMEEDA BANO R/O....NILSAR **BLOCK.... WAGOORA**

## **PUBLIC NOTICE**

I informed to general public that my Daughter's Date of birth (DOB) is 07/10/2015....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....FAROOQ AHMAD MOUCHI F/O.... AIMAN FAROOO R/O.... WAGOORA BLOCK.... WAGOORA

### **GOVERNMENT OF JAMMU & KASHMIR** OFFICE OF THE TEHSILDAR KREERI (Executive Magistrate 1st Class)

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

## **PUBLIC NOTICE**

The Registrar Births and Deaths (Block Development Officer Wagoora)/ chokedar has submitted case file pertaining to Birth of RABIYA SHAFI D/O MOHAMMAD SHAFI BHAT R/O KAREWA KREERI Tehsil Kreeri Distt. Baramulla having verified the date of Birth, as 24/11/2018 and event has been shown to be occured at S.D.H Kreeeri for issuance of delay order.In this connection.

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

> **EXECUTIVE MAGISTRATE 1ST CLASS KREERI**

### **GOVERNMENT OF JAMMU & KASHMIR** OFFICE OF THE TEHSILDAR KREERI (Executive Magistrate 1st Class)

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

## **PUBLIC NOTICE**

he Registrar Births and Deaths (Block Development Officer Wagoora)/ chokedar has submitted case file pertaining to Birth of MOHAMMAD HAMMAD MALIK S/O KHAZIR MOHAMMAD MALIK R/O DANDMOHA Tehsil Kreeri Distt. Baramulla having verified the date of Birth, as 04/08/2021 and event has been shown to be occured at S.D.H Kreeeri for issuance of delay order .In this connection if anyone have any objection to the issuance of delay order of birth certificate shall present his/her claim this office within 07 days, after that no objection shall be entertaine.

**EXECUTIVE MAGISTRATE 1ST CLASS** 

## **PUBLIC NOTICE**

I informed to general public that my Son's Date of birth (DOB) is 01/03/2006 born at home. Now I am applying for his date of birth certificate (DOB), if anybody have any any objection in this regard He/ She may file His /her objection in the (BDO) office WAGOORA within seven days from the publication of this notice after that no objection will be enter-

> NAME....MOHAMMAD YOUSUF KHAN S/O ....MOHAMMAD AKBAR KHAN F/O.... WAHID YOUSUF KHAN R/O.... TANGWARI BALA BLOCK.... WAGOORA DISTT....BARAMULLA

## **PUBLIC NOTICE**

**CHANGE OF NAME IN ELECTRICITY CONNECTION** 

This is to make public that I want change the Name on the Electricity Connection bearing consumer ID 0206060013810 from From Ghulam Rasool Mir into the name of Gulzar Hussain Mir S/O Ghulam Rasoo Mir. The said house is Situated at Gund Hassibhat Lawaipora Anybody having any objection in this regard he/she may file his/her objection in the concerned PDD office at Sure Division Narbal with period of seven days from the date of publication of this notice. After that no objection shall be entertained.

NAME:- GULZAR HUSSAIN MIR S/O GHULAM RASOOL MIR R/O GUND HASSIBHAT LAWAIPORA SRINAGAR.

### **GOVERNMENT OF JAMMU & KASHMIR** OFFICE OF THE TEHSILDAR KREERI (Executive Magistrate 1st Class)

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

## **PUBLIC NOTICE**

The Registrar Births and Deaths (Block Development Officer Wagoora)/ chokedar has submitted case file pertaining to Birth of EQRA BASHIR D/O BASHIR AHMAD HAJAM R/O MANAGAM Tehsil Kreeri Distt. Baramulla having verified the date of Birth, as 20/08/2018 and event has been shown to be occured at S.D.H Kreeeri for issuance of delay order .In this connection . if anyone have any objection to the issuance of delay order of birth certificate shall present his/her claim this office within 07 days, after that no objection shall be entertaine

> **EXECUTIVE MAGISTRATE 1ST CLASS KREERI**

### **GOVERNMENT OF JAMMU & KASHMIR** OFFICE OF THE TEHSILDAR KREERI (Executive Magistrate 1st Class)

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

## **PUBLIC NOTICE**

The Registrar Births and Deaths (Block Development Officer Wagoora)/chokedar has submitted case file pertaining to Birth of FARHAN REYEES TALI S/O RAYEES AHMAD TALI R/O WATERGAM Tehsil Kreeri Distt. Baramulla having verified the date of Birth, as 06/05/2021 and event has been shown to be occured at S.D.H Kreeeri for issuance of delay order.

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

> **EXECUTIVE MAGISTRATE 1ST CLASS KREERI**

## **PUBLIC NOTICE**

I am applying for fertilizers license..If anybody have any objection in this regard He /She may Contact Chief Horticulture officer Baramulla within seven days from the publication of this notice after that no objection will be entertained.

> HILAL AHMAD BEIGH S/O GH MOHD BEIGH R/O DOLIPORA KREERI CONTACT NO. 9149410502

## **PUBLIC NOTICE**

My Name and Parentage is Wrongly Mentioned on my Driving Licence Bearing License jk 15 2017 0000056 as Faizan Zahoor Dar& Zahoor Ahamd Dar Instead of Faizan Zahoor & Zahoor Ahmad Dar.Now I am applying for its Correction if anybody have any objection in this regard He//She may contact with Concerned authority within seven days from the

publication of this notice after that no biection will be entertained.

NAME....FAIZAN ZAHOOR S/O ZAHOOR AHMAD DAR **R/O...SUNBAL SONAWARI BANDIPORA** 

## **PUBLIC NOTICE**

I informed to general public that my Son's Date of birth (DOB) is 20/06/2015....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....AJAZ AHMAD NAJAR F/O.... YASIR AJAZ NAJAR **R/O.... SHIRPORAGARGARUN BLOCK.... WAGOORA** 

Government of Jammu & Kashmir

## OFFICE OF THE EXECUTIVE ENGINEER **Mechanical and Hospital Division Anantnag**

Mechanical and Hospital Engineering Department, Kashmir
Tele 01932-222559| email: xenmhdang@gmail.com **GIST of Notice Inviting Short Term e-Tender** 

e-NIT No: MHDA/TS/ 50 of 2023-24

24-01-2024.

For and on behalf of the Lt. Governor, J&K UT Short Term e-tenders are invited on item rate basis from Registered Mechanical contractors (Registered on JKPWDOMA) for the below mentioned works:

| S.No. | Name of the Work  | Cost of     | Estimated | EMD in Rs | Time of    | Technical | Position of |
|-------|---|-------------|-----------|-----------|------------|-----------|-------------|
|       |   | Tender Doc. | Cost      |           | completion | Sanction. | Funds       |
|       |   | (In rupees) | (In Rs)   |           | (in days)  |           |             |
| 1     | 2   | 3           | 4         | 5         | 6          | 7         | 8           |
| 1     | Repairs to departmental snow clearance<br>Machinery viz: M/C 59, M/C 10 and M/C 18 of<br>Mechanical and Hospital Sub Division 2 <sup>nd</sup> H/Q<br>Pulwama. | 200/=       | 67100.00  | 1350/=    | 05         | Accorded  | Available   |
| 2     | Supply of Filters for S/C 29 Farmtrac 90 HP,<br>Guru 03 and 04LPT-715 of Mechanical and<br>Hospital Sub Division 1 <sup>st</sup> Anantnag.                    | 200/=       | 23730.00  | 500/=     | 05         | Accorded  | Available   |
| 3     | Bedding for snow clearance control room<br>Pulwama/Tral/Sangerwani of Mechanical and<br>Hospital Sub Division 2 <sup>nd</sup> H/Q Pulwama.                    | 200/=       | 24600.00  | 500/=     | 05         | Accorded  | Available   |
| 4     | Supply of utensils and allied items for Snow<br>Clearance Sub Control Rooms Dooru of<br>Mechanical and Hospital Sub Division 1 <sup>st</sup> .                | 200/=       | 24890.00  | 500/=     | 05         | Accorded  | Available   |
| 5     | Repairs to water supply system of Mechanical<br>Sub Divisional Office Building at Chawalgam<br>Kulgam.  | 200/=       | 35000.00  | 700/=     | 05         | Accorded  | Available   |

Position of AAA: Works program approved vide No. MED/K/Acctt/403 and 426 of 2023-24 Dated: 26-05-2023 and 10-07-2023 respectively.

Downloading of Bids: The Tender document Consisting of qualifying information, eligibility criteria, specifications, Bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the Govt. website www.jktenders.gov.in from

**Submission** of Bids: The bidders shall deposit their bids in electronic format on the above website from **24-01-2024** (1600**Hrs**) to **01-02-2024** (**1400Hrs**) in two covers.

Opening of Bids: The bid uploaded on the Web Site up to due date and time will be opened on

**02-02-2024** (1400**hrs**) in Office of the undersigned.

DIPK-15606/23 Date: Jan 24 2024

24-01-2024 (1500Hrs)

Sd/-**Executive Engineer,** Mechanical and Hospital Division, Anantnag

## **Principal Secretary PDD convenes** public outreach camp at Kalakote

### **HT News Network**

RAIOURI, IANUARY 24: Principal Secretary, Power Development Department (PDD), H Rajesh Prasad, today convened a public outreach camp at Kalakote block in Rajouri district.

The primary objective of the camp was to establish a direct communication between the administration and the local community, providing residents with an opportunity to voice their concerns and seek redressal.

Issues highlighted during the event included frequent power cuts, installation of transformers in various habitations, staff shortage in Kalakote hospital, pending, inadequate electricity poles and new connections for PMAY houses, issuing BPL ration cards to eligible individuals, addressing challenges faced by contractual staff in PDD and PHE, development of Tatapani as a tourism destination in Rajouri district. The public also high-



lighted shortage of school staff in block Moughla, pending pension cases in Moughla and Terayth, surveys to identify transformer requirements, development of Kalakote Tehsil office infrastructure. The camp, held as part of the ongoing commitment of the government towards ensuring grassroots engagement, witnessed a significant turnout of residents eager to engage with the authorities for redressal of their issues.

Principal Secretary assured the public representatives that their concerns would be thoroughly examined and addressed in a phased manner, emphasizing the importance of efficient delivery of public services.

Principal Secretary reiterated his commitment towards resolving the challenges faced by the residents of Rajouri, directing the government officers to remain accessible and responsive to the needs of the people.

During the camp, H Rajesh Prasad assured the locals that their concerns would be given due consideration, and appropriate action would be taken to address them. This commitment aligns with the broader vision of the government to create a more inclusive and responsive governance structure, he added."As part of the ongoing efforts to strengthen the bond between the government and its constituents, such public outreach initiatives play a pivotal role in ensuring that the concerns of the people are not only heard but also acted upon promptly for disposal", added the Principal Sexcretary.

## Yasha Mudgal joins Viksit Bharat Sankalp Yatra at Bari Brahmana, Samba

### **HT News Network**

SAMBA, JANUARY 24: **Commissioner Secretary** Tourism, Yasha Mudgal, led the 'Viksit Bharat Sankalp Yatra' today at Municipal Park, Bari Brahmana, Sam-

The event commenced with inspection of stalls set up by various departments by the Commissioner Secretary. She interacted with the officers and locals to assess the showcased initiatives at these stalls.

An important aspect of the yatra, the IEC Van disseminated awareness about the diverse government schemes, followed by screening of Prime Minister's visionary message for Viksit Bharat.

**Commissioner Secretary** 



administered Sankalp pledge to all the participants who vowed to contribute diligently towards India's development.

Under the 'Meri Kahani Meri Zubani' segment, the beneficiaries shared success stories of benefits availed by them under schemes like PM KISAN, KCC, PMAY, PMJAY. A special emphasis was laid on availing benefit under Holistic Agriculture Development Programme (HADP) and using Daksh Kisan Portal.

Later, the School girls of the Government institutions presented captivating cultural performances on the theme of 'Dharti Kahe Pukaar ke'.

Commissioner Secretary felicitated outstanding female sportspersons, quiz champions winners and cultural performers. She also handed over Home stay registration certificates to the eligible citizens

besides felicitating the beneficiaries of HADP.

In her address, Commissioner Secretary emphasized that "Viksit Bharat Sankalp Yatra aims to ensure the benefits of flagship schemes reach all eligible citizens, focusing on their saturation. By creating awareness through the IEC Van, the government is aiming to provide services to the citizens at their doorsteps, she added.

Speaking on National Girl Child Day, Commissioner Secretary said that essence of the event lies in empowering girls, providing them equal opportunities for independent decision mak-

ing.
The event concluded on a note of empowerment and commitment towards a developed India.

## **Online Webinar on BBBP** organised at one stop centre **Udhampur**

### ■ HT News Network

UDHAMPUR, JANUARY 24: As a part of "National Girl child Week" an Online Webinar on Beti Bachao Beti Padhao Scheme was organised today at District Hub for Empowerment of Women and One Stop Center Udham-

The Webinar was organised under the Guidance of District Social Welfare Officer, Kanika Gupta Udhampur who is the nodal Officer of BBBP.

The webinar highlighted the rights of the girl child and the importance of educating the girl and maintaining a healthy and safe environment for her growth. Paramjit Kaur, Specialist in financial literacy DHEW, Social Welfare Department, as the host, threw light on the celebration of 3rd day of National Girl child week with the topic - 'The importance of educating Girl child.'

Chief Resource person, Child Welfare Committee Yasmeen was the lead speaker. She explained the Child Rights, protection and promotion of skill Education among girls to spread the message of Beti Bachao Beti Padhao (BBBP) With the Topic: Importance of child rights.

The Resource person Stuti Abrol, General Secretary, NGO-Live for others, explained the importance of maintaining personal hygiene and a healthy environment for the socio-economic growth of Girl child.

Speaking on the Topic "Menstruation:- A Taboo in the society" she called for laying focus on to save, protect, nurture and educate the Girl Child by ensuring her proper knowledge of healthy life.

## DC presides over mega event on National Girl Child Day at Rajouri

#### **HT News Network**

RAJOURI, JANUARY 24: District Administration Rajouri, in collaboration with the Social Welfare Department, celebrated the National Girl Child Day with great enthusiasm and fervor, here today. The event took place in the Conference Hall of PWD Dakbanglow and was presided over by the Deputy Commissioner, Om Prakash Bhagat.

In his address, the DC shed light on the significance of gender equality and the crucial role girls play in society. He emphasized the importance of providing education and ensuring the rights of girls, highlighting them as an integral part of our community.

Deputy Commissioner Om Prakash Bhagat also highlighted the efforts of the government in providing education and economic opportunities to girls. Furthermore, he mentioned the transformative impact of womencentric schemes like "Beti Bachao Beti Padhao," which have the potential to bring about a significant change in public mindset and enhance the par-



ticipation of girls at all levels of growth. During the event, Deputy Commissioner Rajouri also felicitated women achievers in academics, sports, and other important fields, recognizing their outstanding contributions. Additionally, four women ambassadors were also honored for their exceptional work in their respective domains. These commendations served as a testament to the dedication and perseverance exhibited by these women, inspiring others to strive for excellence.

To create awareness about the welfare schemes offered by different departments, stalls were set up by

various departments at the venue. The event also featured cultural performances that added a vibrant and festive atmosphere to the celebration.

The National Girl Child Day event in Rajouri showcased the remarkable progress made in the district towards achieving gender equality and empowering women.

Among the others who were present during the event were ASP, Vivek Shekhar; PO ICDS, Shoket Mehmood Malik; CMO, Dr Rajinder Sharma; DSWO, Abdul Rahim; representative from DLSA, TSWO Rajouri, Rahul Puri and other officers and officials.

## **Road Safety Campaign: Helmet distributed** among Bikers in Doda

### ■ HT News Network

DODA, JANUARY 24: In line with the ongoing celebration of the National Road Safety Month, a program aimed at promoting road safety and reducing accidents unfolded at the Clock Tower in Doda. The Motor Vehicle Department (MVD), as part of this initiative, took the lead in distributing helmets among local bikers to emphasize the importance of safe driving practices and the use of protective gear. Deputy Commissioner Doda, Harvinder Singh, and SSP Doda, Abdul Qayoom, graced the occasion as chief guests, distributing helmets among the bikers. The event, organized under the supervision of ARTO Doda, Rajesh Gupta, and MVD officials, aimed to create awareness about the crucial role helmets play in ensuring the safety of two-wheeler riders.DC Doda and SSP Doda highlighted the significance of wearing helmets while riding and urged the public to adhere to traffic rules for their safety and the safety of others. ARTO Doda, Rajesh Gupta, reiterated the goals of the safety month, encouraging commuters to follow road safety norms, adhere to traffic signals, and promote responsible behavior on the roads.

The initiative received a positive response from local bikers, and it is anticipated to have a beneficial impact on reducing road accidents. With the distribution of helmets and the emphasis on road safety, the program aims to create a safer environment for all road users in Doda. DC Doda was joined by SSP Doda Abdul Qayoom, ADC Doda Ravi Kumar Bharti, DSP Traffic, Doda-Kishtwar Range, ARTO Doda Rajesh Gupta, inspector MVD, other officers

## **Viksit Bharat Sankalp Yatra** covers several Panchayats in Plangarh and Manjakote Blocks

## ■ HT News Network

RAJOURI, JANUARY 24: The Viksit Bharat Sankalp Yatra (VBSY) continues to usher comprehensive development in Rajouri by reaching out to underserved areas and ensuring the effective execution of government programs.

Central to this endeavor is an Information, Education, and Communication (IEC) van, a dynamic mobile platform designed to effectively communicate and create awareness about the diverse initiatives undertaken as part of the Yatra. The van plays a pivotal role in engaging with local communities, imparting crucial knowledge, and empowering residents to avail themselves of the benefits offered by government schemes. Today, the VBSY IEC vans traversed through the panchayats of Kalaban, Kotli, Dabrote, Deri Dhara, Dodasan Lower, Dodasan Ramote, Dodasan Upper and Saj-1 of block Plangarh and Manjakote of Rajouri district. 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.

## **PHE City Division No.1 Jammu** appeals people to pay water Tax by March 31, 2024raffic **Rules and Road Safety**

## ■ HT News Network

JAMMU, JANUARY 24: PHE City Division No.1 Jammu has urged the people to deposit Water Tax Dues before online or through J&K Bank Deposit by March 31, 2024.

"It is for the information of general public (i.e. area falling under the jurisdiction of PHE City Division No.1 Jammu} that please ensure to deposit their water tax dues before 31.03-2024 online or by J&K bank Deposit. The online deposits can be made on our portal www. jkphedwaterbilling.com" a communiqué issues here stated.It further stated that the consumers can get the computerized bills from the respective sub-divisions i.e Dhounthly, Bakshi Nagar, Muthi (New Plot) and Sitlee.

## National Road Safety Month: GDC Ramgarh organises Essay Writing Competition

## HT News Network

SAMBA, JANUARY 24: Literacy Club of Government Degree College Ramgarh today initiated the 'National Road Safety Month' campaign in the College by organizing an Essay Writing Competition for the students on 'Importance of Traffic Rules for Road Safety'.The event was held under the guidance and supervision of the College Principal, Prof. (Dr.) Geetanjali Andotra.



At the outset, she addressed the students about the objective of the competition. She said that the aim of this competition was to raise awareness and educate the youth about the danger and risks of reckless

or irresponsible driving and the youth should drive carefully keeping their life and lives of the people around them safe. She also educated the students and counselled them to follow traffic rules and regula-

competition was coordinated by the Convener of Literary Club, GDC, Ramgarh, Prof.(Dr.) Snobar, HOD, Punjabi. A total number of 15 students participated in the event with great zeal, and expressed their views on road safety awareness, traffic safety rules, traffic jam problems, etc. The essays were written in multiple languages such as English, Hindi and Punjabi. The assessment was also done by Dr. Aditi Khajuria.

tions for their safety. The

## **National Girl Child Day District Development Commissioner Felicitates meritorious Girls at Reasi**

## **■** HT News Network

REASI, JANUARY 24: On the National Girl Child Day, District **Development Commissioner** Reasi, Vishesh Mahajan felicitated eleven meritorious girls for their outstanding achievements in academics, sports, and cultural activities.The felicitation ceremony, held today in Reasi, celebrated the prowess of these young achievers who have brought accolades not only at the national level but also on the international stage.

DDC Vishesh Mahajan interacted with the accomplished young girls, expressing his admi-



hard work. He assured them that the district administration is committed to taking all necessary steps to promote sports in the region, creating infrastructure and opportunities for the youth to showcase their talents on a broader platform.DDC Mahajan emphasized the importance of parental encouragement.

## "Vocational Education Exposure Camp" Held At Bhaderwah Campus Students From Education Zone Thathri Participate

## Amir Iqbal Khan

Bhaderwah, Jan 24: Under the 'Samagra Shiksha Abhiyan' Scheme, students from Government Upper Primary School (GUPS) Cheera, Upper Primary School (UPS) Doki, UPS Zenhari, UPS Sipla and Government Girls Middle School (GGMS) Bhella under Education Zone Thathri of District Doda participated in a Vocational Education Exposure visit at Bhadarwah University Campus here today.

Rector Bhaderwah Campus, Prof. J P Singh Joorel welcomed the participants and accompanying staff. Prof. Singh emphasized the importance of such visits, stating, "Bhaderwah Campus appreciates and val-



ues these interactions. These experiences are pivotal in helping our future generations shape their aspirations and set meaningful

He said that such initiatives underline

the commitment of educational institutions to go beyond conventional teaching methods and actively contribute to the overall

growth and well-being of students. Assistant Registrar of Bhaderwah Cam-

pus Mr. Abdul Mujeeb Sheikh addressed the students and expressed his delight in hosting them. He highlighted the campus's commitment to providing a conducive environment for learning and skill development.Dr. Waqar Yunus from the Department of English delivered an insightful lecture on social issues, focusing on the drawbacks of the drug menace and other societal challenges. The aim was to provide students with a broader understanding of their role in addressing and mitigating such issues.Mr. Yasir Hussain, Teacher I/Caccompanying the students, extended his gratitude to Rector Prof. J P Singh Joorel for the warm reception. He acknowledged the positive impact such visits have on the students' overall development.





**EDITORIAL** 

## **Gulmarg's Skyward Thrill: Helicopter Rides Ignite Tourism Amidst Snow Drought**

Gulmarg, nestled in the picturesque region of Kashmir, has long been synonymous with winter wonderlands adorned in pristine snow. However, this year's uncharacteristic dry spell threatened to cast a shadow on its traditional allure. In a bold move to redefine tourism dynamics, the introduction of helicopter rides promises to inject a renewed sense of excitement into the otherwise snowless landscape.

The absence of snowfall in Gulmarg had left tourists seeking alternative attractions, and the introduction of helicopter rides couldn't have come at a more opportune time. Now, visitors have the chance to witness the breathtaking beauty of the region from above, as the choppers soar over the valleys, providing panoramic views of the majestic mountains and

This novel addition not only diversifies the tourist experience but also serves as a strategic initiative to bolster the local tourism industry. The thrill of helicopter rides appeals to adventure enthusiasts and sightseers alike, creating a unique draw that transcends the reliance on traditional winter activities.

The aerial perspective showcases Gulmarg's natural splendor in a way that ground-level experiences cannot, offering a fresh narrative to captivate visitors.

Tourism, which faced a downturn due to the absence of snow, is now poised for a revival. The helicopter rides are poised to attract a new wave of tourists, drawn by the promise of an extraordinary adventure against the backdrop of Kashmir's breathtaking scenery. This innovative approach not only caters to the current circumstances but also sets a precedent for sustainable tourism by diversifying offerings and reducing dependence on weather-dependent attrac-

In the face of adversity, Gulmarg has risen to the occasion, turning challenges into opportunities and ensuring that the spirit of exploration and wonder prevails, even in the absence of the snowflakes that traditionally blanket its landscape. The introduction of helicopter rides has undoubtedly infused Gulmarg with a renewed energy, promising an exciting chapter in its tourism narrative.

## @HEADLINESTODA17 "Leadership in the Digital Ethos: Balancing Morality and Innovation"

**HT - EDIT** 

**Aubaid Ahmad Akhoon** 

In the profound tapestry of human existence, the rise of a disconcerting trend echoes through our digital landscape, where individuals exploit the solemnity of funeral videos. Through the intricate web of YouTube links and personal messages on platforms like WhatsApp, a breach of legal boundaries unveils a disturbing facet of our societal ethos.

### **Illegality and Moral Implications:**

This exploitation, profiting from the sacred moments captured in funeral videos, not only traverses legal boundaries but also raises profound ethical concerns. It is a violation of privacy and copyright laws, showcasing a stark lack of empathy and respect for the grieving process. In this disconcerting act, sensitive moments become commodities for personal gain.

### The Dehumanizing Nature of the Practice:

Beneath the surface of this unethical trend lies a poignant commentary on a shifting human behavior – a detachment from empathy and compassion. The reduction of a person's final moments to a mere means of financial gain is indicative of a society where individuals prioritize personal profit over the fundamental tenets of human decency.

### **Social Media Responsibility:**

This monetization trend underscores the imperative for responsible content creation on platforms like YouTube. Creators must bear the weight of ensuring their content respects the privacy and dignity of individuals, especially during vulnerable moments like funerals. Simultaneously, social media platforms must enforce stricter guidelines to prevent the exploitation of sensitive content for monetary gain.

### The Call for Sensible Online Conduct:

Addressing this ethical crossroad demands a collective effort to raise awareness about responsible online conduct. Creators must exercise discretion and empathy in their content choices, recognizing the sacred boundaries that should never be crossed. Crucially, fostering a digital environment where respect for others' privacy and dignity is paramount becomes our shared responsibility.

#### The Shifting Paradigm of Leadership: A Reflection on Intellectual Allegiance:

In parallel, a subtle transformation unfolds in the realm of intellectual leadership. As Alama Iqbal elo-

"Kar Sakte The Jo Apne Zamane Ki Imamat Woh Kuhna Damagh Apne Zamane Ke Hain Pairou "Translation: "Those who deserved to lead the modern age have worn out brains and others hold the

These poetic lines encapsulate a contemporary paradox, where those once poised to lead are now embracing roles as followers, attributing their intellect to the prevailing zeitgeist.

Teachers, once beacons of ancient wisdom and sharp intellect, have shifted towards following contemporary trends, favoring modern education over guiding students along the timeless paths of knowl-

This dichotomy in the capability to lead an era versus surrendering to present-day influences prompts a reflection on the evolving landscape of leadership and the shifting sands of educational philosophy. It raises questions about whether traditional, timetested wisdom is being overshadowed by the allure of the modern, potentially leaving the youth without the compass of guidance that was once provided.

The metaphorical reference to teachers underscores a profound societal transition, indicating a departure from the role of intellectual stewards to embracing conformity with contemporary trends. This concept delves into the potential consequences of this shift, prompting contemplation on whether forsaking ageold wisdom for current paradigms represents a natural evolution or poses a potential loss for future

While these issues may seem disparate, they share a common thread - the need for ethical conduct in our rapidly evolving society. As we navigate these challenges, upholding values that honor the sanctity of personal moments and preserve timeless wisdom becomes crucial. May we collectively strive for a more compassionate, ethical, and informed digital space.

#### "Crafting Minds, Shaping Futures: A Discourse on **Education and Collective Consciousness**"

In the vast expanse of human existence, consciousness serves as the foundation, guiding our perceptions and actions. Diverse perspectives converge, forming a rich tapestry of individual experiences that inspire creative expressions - from novels to poetry and insightful column writing. Each person, endowed with consciousness, possesses the ability to distinguish between good and evil.

Renowned figures throughout history, such as Albert Einstein and Paulo Freire, underscore the transformative power of education. Einstein stated, "Education is not the learning of facts, but the training of the mind to think." Freire highlighted education as the practice of freedom, a means for individuals to deal critically and creatively with reality.

"Allama Iqbal, a visionary poet and philosopher, conveyed profound messages about life, including education."

#### "Maqsad Ho Agar Tarbiat-e-Laal-e-Badkhashan , Be-Sood Hai Bhatke Huwe Khursheed Ka Partou" "If you desire to breed such ruby which is red, Don⊠t beg light of sun that from course has fled"

Allama Igbal's couplet serves as a powerful commentary on educators' responsibilities and the purpose of education. It urges teachers to guide students purposefully, ensuring the pursuit of knowledge remains focused and transformative. The poet's words resonate as a call for a reevaluation of teaching methods and a reminder of educators' profound impact on shaping the future through

enlightened minds.

The imagery of Badakhshan, a region known for its precious stones, signifies the value and potential of a student. Iqbal suggests that the true purpose of education is to mold and polish these gems into individuals of great worth. However, if teachers fail to provide meaningful guidance, the education process loses its purpose, much like the sun's rays that fail to illuminate when scattered without direction.

The poet subtly criticizes the state of education where teachers may not impart the true essence of knowledge, leading students astray. The mention of bhatkay hue khursheed (wandering students) in today's educational institutions highlights Iqbal's concern about the deviation from the true path of

"In the realm of consciousness and moral responsibility, the words of Nelson Mandela echo profoundly: 'Education is the most powerful weapon which you can use to change the world.' This underscores the transformative role education plays in shaping individual perspectives and creating a collective consciousness geared towards positive societal

This collective consciousness offers a unique opportunity for constructive development. Rather than perpetuating divisive discussions, a more enlightened approach emerges from dedicating time to raise awareness about prevalent societal issues. By fostering a collective commitment to eradicating evils and promoting moral principles, we can contribute significantly to the betterment of society.

It is essential to recognize the profound impact of individual actions on the collective consciousness. Embracing diversity and respecting differing perspectives can serve as a cornerstone for societal progress. In our pursuit of wisdom, it becomes imperative to appreciate the role of each person in contributing positively to the collective consciousness.

### "Mindful Ink: Crafting a Narrative of Positive Influ-

Moreover, the power of literature and art in conveying these messages cannot be overstated. Through novels, poetry, and column writing, individuals can bridge gaps, fostering understanding and empathy. By utilizing these modern mediums, we can engage a wider audience in meaningful discussions that transcend cultural and religious

In our collective journey towards wisdom and societal harmony, let us recognize the shared responsibility we bear. As a global community, united in our endeavors, may we build a more enlightened and compassionate world. May our actions be guided by the principles of peace and understanding, transcending religious, cultural, and geographical boundaries. In this shared pursuit, may we find common ground and foster a spirit of harmony that transcends adversities, bringing.

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

## Public libraries play a Crucial role in the development of society



■ Vijay GarG

Public libraries play a crucial role in the

development of society in several ways: 1. Access to information: Public libraries provide free access to a wide range of educational resources and information, including books, journals, newspapers, and databases. This enables individuals, regardless of their economic background, to gain knowledge and stay informed about the world around them.

2. Promoting literacy and education: Libraries are essential in fostering a culture of reading and promoting literacy. They provide a supportive environment for learning, whether it be through early literacy programs for children, homework help for students, or adult education programs. Access to books and resources encourages reading, enhances vocabulary and language skills, and promotes lifelong learning.

3. Bridging the digital divide: In today's



digital age, many essential services, job applications, and educational resources are accessible online. However, not everyone has access to computers or the internet at home. Public libraries offer free computer and internet access, helping bridge

the digital divide and ensuring that all members of society have equal opportunities to access information and technology.

4. Community engagement and social connections: Public libraries serve as community hubs where people can gather,

connect, and engage with one another. They often host various events, workshops, book clubs, and cultural activities that foster a sense of community and social interaction. Libraries also provide a safe and inclusive space for marginalized communities and individuals, promoting social inclusion and diversity.

5. Preserving culture and history: Libraries serve as repositories of culture and history by collecting and preserving books, manuscripts, archival materials, and other resources. By safeguarding and providing access to these materials, libraries ensure that society's knowledge and heritage are passed down to future generations.

6. Supporting economic development: Public libraries play a role in supporting economic development by providing resources for job seekers, helping individuals acquire new skills for career advancement, and offering entrepreneurship and small business support services. Libraries also act as a resource for local businesses, providing market research data, industry reports, and business-related workshops.

In conclusion, public libraries are essential for the development of society, promoting access to information, education, literacy, community engagement, cultural preservation, and economic empowerment. They are democratic institutions that provide equal opportunities for all individuals, regardless of their background, to learn, grow, and contribute to society.

> Vijay GarG Retired Principal **Educational columnist malout**

# CIC Operators; Unheard Struggle of Unseen Architects

In this crucible of hope and hardship, the CIC Operators place their trust in the wisdom and empathy of incumbent Chief Secretary Shri Attal Dulloo, urging him to usher in a just resolution.



### **Advocate Malik Sajad**

 $In the \, quiet \, corridors \, of \, the \, Department$ of Rural Development & Panchayati Raj in Jammu and Kashmir, an untold story unfolds, echoing with the resilience and perseverance of those rarely acknowledged. Meet the unsung heroes; The CommunityInformationCentre(CIC)Operators, who have silently orchestrated vital online operations, only to find themselves entangled in a web of contractual tribulations and unfulfilled promises.

Cast back to the year 2004, where the  $CICO perators\,emerged\,through\,a\,rigorous$ selection process, strategically placed across 135 blocks in the erstwhile state. This appointment was orchestrated under a visionary scheme initiated by the Department of Information Technology, Government of India, and seamlessly executed by the Government of Jammu and Kashmir. The meticulous recruitment process, guided by the scheme's principles and a dedicated committee, emphasized stringent eligibility criteria, demanding a B.E/B. Tech degree in Electrical, Electronics/Computer Engineering, or a Masters Degree in Computer Application/IT – a testament to the pursuit of excellence and merit.

The operational saga of the CIC Operators unfolded under the aegis of the erstwhile State Unit of NIC, navigating the landscape of technology and steering critical systems like AwaasSoft, SBM-G, LGD, and NPP. Their commitment stood



steadfast throughout the five-year duration (2004-2009) of the scheme, until the transition in 2009, when the Government of India formally concluded its involvement. In a pivotal Government Order (No.25-ITD of 2009, dated 30-03-2009), ownership of the scheme transitioned to the erstwhile State Government.

This decree outlined the transfer of all CIC Centres to the State, entrusting them with the continued management of forthcoming e-Governance schemes.

Despite the brilliance encapsulated in their degrees; M.Tech, MCA, MSc. IT, B.E, and B.Tech these professionals continue their dedicated service, albeit on a contractual basis. The paltry monthly salary of Rs 10,000, frozen since 2010, paints a poignant picture

of their financial struggles in the unforgivinglandscape of market inflation.

Undeterred by these challenges, the CIC Operators function as digital architects, seamlessly managing online platforms crucial to the Department's intricate operations. From navigating Awaas Soft to SBM-G, LGD to NPP, they ensure the flawless operation of critical systems, encompassing Social Audit, Budget Estimation, and Public Finance Management.

However, the narrative takes a poignant turn as promises of regularization, born in 2014 and endorsed by subsequent cabinet decisions in 2016 and 2017, remain unfulfilled. Recommendations from the **Empowered Committee for regularization** under the J&K Civil Services Act of 2010

linger in bureaucratic limbo, casting 172 CIC Operators into perpetual uncertainty.

Even with legal opinions endorsing their cause and consenting to regularization, administrative hurdles obstruct the path to resolution. The Finance Department's tentative decision to absorb CIC operators as Data Entry Operators awaits finality, persisting even after the aftermath of the abrogation of Article 370.

As a new committee, the Establishment-Cum-Selection Committee, assumes responsibility for their regularization, the CIC Operators find themselves in hopeful anticipation. The Sub-Committee under GAD has meticulously deliberated on their concerns, submitting recommendations that now await the final nod. With the imminent main committee meeting under chairmanship of Chief Secretary Shri Attal Dulloo, the CIC Operators humbly implore a compassionate review of their plight.

Having meticulously fulfilled all procedural formalities, their quest for a fair resolution extends beyond personal aspirations, encompassing the well-being of the families they support, the education of their children, and the care of elderly parents dependent on them.

In this crucible of hope and hardship, the CIC Operators place their trust in the wisdom and empathy of incumbent Chief Secretary Shri Attal Dulloo, urging him to usher in a just resolution. It is a plea not just for themselves but for the continuity of their indispensable service to the department and the larger community they steadfastly serve.

The echoes of their silent struggle resonate as a testament to the resilience of those who remain the unsung architects of essential digital realms.

"The writer is a CEO of a law Firm LEX Counsels and a practising lawyer at Additional District and session court Handwara and can be mailed at maliksajjad697@gmail"

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dependent on them.

## **ERYSUCCESSFUL PERSON LEA SOMETHING FROM HIS FAILURES**



Vijay Garg

At the end of last year, many of us might have taken many small and big resolutions. Many plans must have been made. Must have seen many dreams. New options will have to be explored to get new ideas. We must have decided that as soon as the new year starts, we will make the journey of our resolutions memorable with new energy. As soon as the new year arrives, we must have

started implementing it. But as the weeks passed, all the embankments of our resolutions would have started breaking. of life Living on the ground, we saw with our own eyes how resolutions come to an end. How resolutions made just for the sake of name get sidelined. It is a principle of life that we get very few opportunities to fulfill our resolutions. On the contrary, there are many opportunities for breaking resolutions and not allowing them to be fulfilled.

It often happens that when we are about to start a new work, there are few people who have the courage to do it, but many people who create obstacles come forward. Many people even predict



that when you will be successful in this work Will not be able to succeed. Many people even submit such claims in writing. But there are very few people who make us feel their presence by placing their hand on our head.

It is only because of such people that we start that work and it is certain that that work gradually creates its own identity. That's why you don't get success in the beginning. One has to be patient in this. However, it is true that sometimes patience starts to wane after listening to people's rebuke. This is the time when we need to be careful. If we are not able

to control ourselves at this time, then we should understand that we Returned

after touching success. If we have started a new work and people are criticizing us, reprimanding us, stopping us from working, then we should understand that we are definitely doing something which has never been done before. During this time, we can take a small resolution that we will mind our own business, no matter what the people of the world say, we will not leave our path. This is where it all begins... our journey to success.

The first condition of resolution is

that we remain limited to ourselves. Let us always remember this small resolution of ours., Then we will see for ourselves how success comes closer to us. The best way to remember your resolution is to write it down and keep it at the most important and important place, so that we can remember our resolution every day.

Resolve means the promise made to oneself, the promise made to others can be broken once and can be forgotten, but the promise made to oneself is a little difficult to break. Our wishes and aspirations are included in this promise.

If we ever look at ourselves in the mirror of honesty, we will find that we Whenever we have failed, it was our fault somewhere. Even if we have committed this mistake unknowingly, we have to be punished for our mistake and then we get it in the form of failure.

Now only time will tell what we have to learn from this failure. Every failure also brings with it new experience. We should believe less on failure and more on new experiences. Only this new experience will take us to the destination of success. It starts with resolutions, can end with failure, promise, patience and experience. The embankment of resolutions breaks only then When we lose our base. We ourselves are the basis of our resolutions. To believe in oneself means to climb the ladder of success.

Following this with full determination means that we have taken another step towards success. We should keep walking with patience as our companion, gradually we will reach our destination. Then we will feel that those people who contributed in preventing us from reaching this point, in reality, those same people unknowingly became our companions.

Those who are well-wishers do not say anything, they just make their presence felt. us our way Only those who create obstacles act as challenges. We face those challenges, that is our success. There is a need to remember that every successful person learns something from his failures.

> **Vijay Garg Retired Principal Educational Columnist Malout** Puniab

## **Empowering Girl Child: National Girl** Child Day Celebrated in Kishtwar

## Ace Para archer Sheetal Devi's parents felicitated

### **HT News Network**

13HEADLINES

**FODA** 

KISHTWAR, JANUARY 24: National Girl Child Day was celebrated today in Kishtwar district here under the aegis of Beti Bachao Beti Padhao (BBBP) witnessing participation of a large number women and students from local schools.

An impressive function organized by the Social Welfare Department in collaboration with DLSA, ICDS, and the Education Department, featuring a myriad of activities including motivational lectures on the theme 'Beti Bachao Beti Padhao,' a Nukkad Natak performance by girl students, and a musical presentation by child Singer Arohi Rana.

Additional Deputy Commissioner Inderjeet Singh Parihar was the chief guest while Dr. Rishi Kumar Sharma, District Programme Officer Poshan was the guest of honour.

The Officials of One Stop Centre & District Hub for Empowerment of Women (DHEW), DLSA, CCI's, special cell for women, and Aanganwari workers. Tehsil Social Welfare Officer Kishtwar Rajesh Kumar Sharma, Tehsil Social Welfare Officer Paddar Chetna Sharma,



Gender Specialist Shanu Rana and other staff members were also present.DPO Poshan, in his welcome address, emphasized the significance of the "Beti Bachao Beti Padhao" Campaign and highlighted the importance of National Girl Child

Day celebrated annually on January

Speakers highlighted the achievements of girls in different fields and government measures for social security and protection of women's rights. The Chief Guest ADC felici-

tated several meritorious girls who excelled at the UT and National

Parents of Sheetal Devi, the world's first armless archer and Arjuna awardee were specially invited and felicitated by the chief

In his address, the ADC informed girl students about women and girl-centric initiatives and welfare schemes launched by the government He emphasized the importance of girls' education for socioeconomic uplift and gender

The Beti Bachao Beti Padhao Pledge was administered, and the program concluded with a vote of thanks by Tehsil Social Welfare Officer Kishtwar Rajesh Kumar Sharma. In his address, the ADC informed girl students about women and girl-centric initiatives and welfare schemes launched by the government He emphasized the importance of girls' education for socio-economic uplift and gender equality. The Beti Bachao Beti Padhao Pledge was administered, and the program concluded with a vote of thanks by Tehsil Social Welfare Officer Kishtwar Rajesh Kumar

## DC Rajouri reviews enforcement of Drug Control measures at NCORD Committee meeting

### **■** HT News Network

RAIOURI, JANUARY 24: Deputy Commissioner Rajouri, Om Prakash Bhagat, today chaired a meeting of the District Level NCORD Committee to address the issue of drug abuse in the district. The meeting aimed to enhance the existing measures and strategies to combat drug abuse effectively.

The meeting also reviewed the effectiveness of awareness campaigns conducted in educational institutions and special events like sports tournaments, emphasizing the need to reinforce such initiatives. Deputy Commissioner Om Prakash Bhagat meticulously assessed the ongoing programs and interventions in place to tackle the drug menace in Rajouri. The meeting facilitated a comprehensive understanding of the multifaceted approach required to combat and eradicate drug abuse.

The meeting encouraged a constructive dialogue among the officers, who shared valuable perspectives and strategies for combating drug abuse. The Deputy Commissioner issued directions to officers and stressed the impor-



they stay on the right path. During the meeting, the Deputy Commissioner also issued a crucial directive to the concerned officers, directing them to meticulously identify hotspots of drug addiction. "The purpose is clear, that is to break the supply chain to eradicate the drug menace. It is our shared responsibility to actively engage in this fight to create a safer and healthier environment for

all" he added. To raise awareness about hazards of drug abuse, particularly among the younger generation, was a focal point of the discussion. The

meeting emphasized the need for unity and combined efforts among administrative bodies, law enforcement agencies, religious leaders and educational institutions to create a robust, drug-free society.

**Deputy Commissioner** Om Prakash Bhagat emphasized the importance of effective collaboration among stakeholders in tackling this challenge and fostering a drug-free soci-

The meeting showcased the unwavering determination of the district administration to address the drug issue comprehensively. These initiatives hold the promise of bringing about a transformational change and creating a drugfree environment that safeguards the district's future.

## Regional Director oversees Crucial Surveys, Field Work in Ramban

### **■** HT News Network

RAMBAN, JANUARY 24: Regional Director Evaluation & Statistics Jammu, Sanjay Vashist today visited Village Kabbi Jagir to oversee the  $fieldwork \, of \, the \, Employment \, Labour$ Force Survey and Household Income Expenditure Survey.

These surveys have been assigned by the Directorate of Economics and Statistics J&K under the Support for Statistical Strengthening Scheme.

The staff of the District Statistics and Evaluation Office is actively conducting the survey work in the district under the meticulous supervision of the Director General Economics and Statistics J&K, ensuring accurate and comprehensive data collection.

During his visit, the Regional Director closely monitored the physical verification of various developmental works carried out in Gandhari Block under different schemes. This handson approach ensures accountability and transparency in the implementation of various projects aimed at com-



munity development. Additionally, Sanjay Vashist conducted a thorough review of various assignments undertaken by the District Statistics and Evaluation Officer Ramban's office, ensuring that the tasks align with the tistical robustness and strengthening economic evaluation.

The Employment Labour Force Survey and Household Income Expenditure Survey play a pivotal role in shaping evidence-based policies and developmental strategies. The Regional Director's proactive involvement underscores the commitment to ensuring the accuracy and reli-

ability of the data gathered, further contributing to informed decisionmaking processes. This visit reflects the dedication of the Directorate of Economics and Statistics J&K, supported by the Regional Director, in surveys and reinforcing the importance of meticulous fieldwork and thorough project evaluation.

The Regional Director was accompanied by Ganesh Kumar DSEO Rambam, Ashfaq ur Rehman Deputy Director, Manszoor Ahmed Wani, Ranjit Singh Statistical Officers and Tanweer ur Rehman and Javaid Ahmad Reshi JSAs.

## Road Safety Month: MVD hosts Free Medical, Eye Checkup Camp at Kishtwar

KISHTWAR, JANUARY 24: The District Motor Vehicle Department Kishtwar organized a free Medical Camp cum Eye Checkup Camp at the General Bus Stand, here today. The event was held as part of the ongoing National Road Safety Month.

The event witnessed the presence of ARTO, Mohammad Saleem Manhas, Tehsildar Muneeb Umar, DTI Navneet, Motor Vehicle Inspector Azad Hussain, President of Transport Union Bansi Lal

their fitness for driving. The comprehensive checkup aimed to identify and address any health concerns that could potentially impact their ability to operate vehicles safely. Those found unfit received appropriate guidance and recommendations for further medical attention.

The Social Reforms & Charitable Organisation (SRCO) and Dabur India



Ateam of doctors screened around Ltd distributed Nutritional Packets latter's Health and Nutrition Support

Meanwhile, an enlightening Awareness Programme was also organised in the Trial Ground. The program targeted drivers, common citizens, and vehicle owners, emphasizing the importance of road safety practices. The initiative sought to create a more informed and responsible community, fostering a culture of safety on

The holistic approach of combining medical checkups with awareness programs underscores the commitment of the District Motor Vehicle Department Kishtwar towards ensuring the well-being of drivers, conductors, and the general public. By integrating health assessments and educational initiatives, the department aims to contribute significantly to the overall enhancement of road safety standards in the district.

These events align with the broader objectives of the ongoing National collective responsibility of all stakeholders in promoting safe and secure road practices.

The collaboration of government officials, transport union representatives, healthcare professionals, and the active participation of the community showcases the unity and determination to make road safety a shared priority.

## JKSSB Finance Accounts Assistant Exam: Training imparted to supervisory staff in Kishtwar

## ■ HT News Network

KISHTWAR, JANUARY 24: To ensure smooth conduct of the upcoming JKSSB exam for the recruitment of the Finance Accounts Assistants, District Administration Kishtwar spearheaded by Deputy Commissioner Dr Devansh Yadav and under the supervision of Chief Inspector (Additional Deputy Commissioner) Inderjeet Singh Parihar hosted a training program for supervisory staff here today.

ACR Varunjeet Singh Charak & District Coordinator JKSSB Pritam Lal Thapa (Member JKSSB) briefed 400 participating invigilators (teachers), centre Superintendents (CS), Exam Coordinators (EC) and observers about all the aspects of OMR based objective type Written exam. They educated them about their role and responsibilities for the smooth and transparent conduct of the examination scheduled on January 28th 2024 at 10 centres across the district.

Speaking on the occasion, the DC impressed upon the Staff to work in synchronised manner and follow the procedures in letter and spirit for smooth and transparent conduct of examination in their respective examination centres.

Meanwhile ADC informed that the examination would be held on 28-01-2024 from 12 noon to 2 pm at 10 des-



ignated examination centers. It was informed that besides Superintendents, Deputy Superintendents and supervisors, the invigilators as per the requirement of one invigilator for 24 students would be engaged.

Moreover, the Magistrates would also be appointed at all 10 examination centers where in a total 3744 aspirants have to appear. To ensure smooth conduct of the upcoming JKSSB exam for the recruitment of the Finance Accounts Assistants, District Administration Kishtwar spearheaded by Deputy Commissioner Dr Devansh Yadav and under the supervision of Chief Inspector (Additional Deputy Commissioner) Inderjeet Singh Parihar hosted a training program for supervisory staff here today.

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Speaking on the occasion, the DC impressed upon the Staff to work in synchronised manner and follow the procedures in letter and spirit for smooth and transparent conduct of examination in their respective examination centres.

## Ramban admin organises training for supervisory staff for JKSSB Exam

## ■ HT News Network

RAMBAN, JANUARY 19: District Administration Ramban today organized a training programme for supervisory staff 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.

JK SSB, Member Pritam Lal Thappa sensitized the staff regarding the examination procedure including seating arrangements, provision of vehicles, manpower for the receipt and distribution of material, washrooms facility

and light arrangement in exam centres, dispatch of examination material, security in and around strong room and examination centres, videography of examination centres, besides proper sensitization of examination centre and implementation of all directions.

Additional Deputy Commissioner, Ramban, Harbans Sharma urged upon the Departments to work in coordination for conducting the exam in a free and fair manner.

Among others, the meeting was attended by ASP Gaurav Mahajan, ACR, Giasul-Haq, Dy.DEO, Lal Chand, CEO, Dev Anand, District Coordinator, Kuldeep Raj, besides other concerned officers were present.

## Around 1 lakh people participate in 56 day **VBSY** in Ramban district

## HT News Network

RAMBAN, JANUARY 24: The final leg of its transformative journey, the Vikshit Bharat Sankalp Yatra, steered by Deputy Commissioner Baseer-Ul-Haq Chaudhary in Ramban, is witnessing a surge in momentum. Boasting an impressive participation of 98,700 individuals, including 37,600 women, the 56-day odyssey aimed to invigorate the implementation of beneficiary-oriented schemes in the district.

As the Yatra reached Ward No-05



Hollin in Banihal town today, it emphasized its commitment to inclusivity, showcasing a powerful demonstration of community engagement.

Spanning the entire district over the past 56 days, the Yatra has evolved into a dynamic platform, educating people about various government schemes. The 'Meri Kahani Meri Zubani' sessions have allowed beneficiaries to share poignant stories of positive transformation in their lives after availing themselves of different Centrally Sponsored Schemes.Under the guidance of the Deputy Commissioner, all departments are actively promoting and extending the benefits of their respective schemes.



## DC Bandipora chairs weekly DLIC meeting of HADP

## Approves 117 Cases of Agriculture & 310 Cases of Animal Husbandry Department

#### ■ HT News Network

18TH CHEADLINES

BANDIPORA, JANUARY 24: The Deputy Commissioner (DC) Bandipora, Shakeel Ul Rehman Rather convened a weekly DLIC meeting, here to review the progress of the Holistic Agriculture Development Program (HADP) in the district.

During the meeting, 117 cases of Agriculture Development and 310 Cases of Animal Husbandry Department came up for consideration and after threadbare discussions, all cases of both the departments were approved by the committee.

The meeting further deliberated to assess progress, identify challenges, and frame a course for accelerated implementation of the program for the benefit of the farmers community of the district.

The DC took stock of the progress made under HADP since its launch, meticulously examining advancements in key areas like seed distribution, soil health testing, irrigation infrastructure development, micro-irrigation projects, farm mechanization, farmer training programs, and market



linkages.He emphasized the importance of close coordination between various departments involved in HADP, including Agriculture, Horticulture, Animal Husbandry, Sheep Husbandry, Fisheries, Rural

Development, Panchayat Raj Institutions (PRIs), and farmer representatives.

The DC said that effective collaboration is vital for ensuring proper planning, execution, and monitoring of HADP activities.

He underscored the need for increased focus on capacity building initiatives, empowering farmers with knowledge and skills to embrace innovative practices and adapt to changing agricultural landscapes.

The DC set clear timelines for achieving specific targets under HADP and demanded regular progress reports from concerned departments. He assured all possible support from the district administration to facilitate the success of HADP.

The meeting was attended by ADC, CPO and District Heads of Agriculture, Horticulture, Sericulture, Animal Husbandry, Sheep Husbandry, and other field officers. He emphasized the importance of close coordination between various departments involved in HADP, including Agriculture, Horticulture, Animal Husbandry, Sheep Husbandry, Fisheries, Rural Development, Panchayat Raj Institutions (PRIs), and farmer representatives. The DC said that effective collaboration is vital for ensuring proper planning, execution, and monitoring of HADP activities. He underscored the need for increased focus on capacity building initiatives, empowering farmers.

## **ARTO B'la drives Road Safe**ty Awareness with ATV Rally

### ■ HT News Network

BARAMULLA, JANUARY 24: As part of the ongoing 35th National Road Safety Month, the Assistant Regional Transport Office (ARTO) Baramulla organized a Road Safety Awareness Programme, featuring an All Terrain Vehicles (ATVs) rally from Tangmarg to the iconic tourist destination, Gulmarg.

The rally, inaugurated by Assistant Regional Transport Officer (ARTO) Baramulla Muazzam Ali, Tehsildar Tangmarg Javaid Ahmed, and SDPO Faizan Ahmed, marked a significant initiative to underscore the importance of safe ATV riding. The ATVs, carrying placards adorned with road safety messages, aimed to visually communicate the need for responsible driving practices.

Prior to the rally kick-off, the ARTO took a hands-on approach by enlightening ATV drivers about crucial safety rules. Stressing the mandatory use of helmets and protective gear, he emphasized the significance of adhering to designated trails and maintaining a safe speed, especially in snow-covered terrain.

Muazzam Ali also clarified that the ATVs available in Tangmarg and Gulmarg are designed for two people only, urging drivers to carry no more than one passenger to ensure optimal safety.

In his address, Ali highlighted the importance of  $traffic\, rules\, and\, called\, upon\, all\, stakeholders\, in\, society$ to recognize their responsibilities in promoting better traffic management and road safety. He acknowledged that, while changing driving behavior may take time, ongoing education remains a fundamental key to achieving this transformation.

## **National Girl Child Day 2024** celebrated at Bandipora

#### ■ HT News Network

BANDIPORA, JANUARY 24: The District Administration Bandipora Wednesday marked the celebration of National Girl Child Day 2024 with a series of vibrant initiatives. A grand event was held at the Town Hall of district Bandipora where Additional District Development Commissioner (ADDC) Bandipora, Mohammad Ashraf Bhat, graced the occasion as the chief guest, along with ADC Bandipora Umar Shafi besides a large gathering of girl/women folk.

Speaking at the event, ADDC emphasized the crucial role girls play in building a progressive and equitable society. He lauded the tireless efforts of the 'Beti Bachao Beti Padhao' (BBBP) initiative in nurturing the aspirations of girls and ensuring their holistic development.

Speeches were delivered by girl students from various educational institutions, who spoke passionately about their dreams, challenges, and aspirations. On the occasion, a panel discussion was also held

featuring eminent women achievers who shared their personal journeys and offered valuable insights for

Among others, members from Mahila Shakti Kendra (MSK) and OSC were also present on the occasion.

## Impressive events held to observe "National Girl Child Day" across Ramban

## **HT News Network**



RAMBAN, JANUARY 24: The Social Welfare and ICDS Department on Wednesday organised a series of events across District Ramban to observe "National Girl Child Day". The aim was to raise awareness about the challenges faced by girls, including gender inequality, discrimination, violence, child marriage, and limited access to education.

Under the guidance of Deputy Commissioner Baseer-Ul-Haq Chaudhary, events were organized across the district including in Anganwadi Centers, focusing on educating people about the rights of girls. The initiatives also included activities related to the "Beti Bachao, Beti Padhao" campaign.

Jahangir Hashmi, PO of ICDS Ramban, shared that efforts are underway, as directed by DC Ramban, to analyze the causes of low literacy rates among girls in the district. A comprehensive plan is being execut-

ed to address this challenge. In Banihal, District Social Welfare Officer Rahul Gupta emphasized the significance of the occasion, aligning with directives from the Ministry of Women and Child Development. The multifaceted activities orchestrated by the Department of Social Welfare aimed to convey the importance of gender equality

and nurturing every girl child. The program began with a pledge to save the girl child, symbolizing the commitment to a brighter and equitable future. Stickers from the Beti Bachao, Beti Padhao initiative were prominently displayed in government buildings, encouraging awareness and collective responsibility.CDPO Banihal celebrated the event among children at Anganwadi Centers.

## **Director Agriculture inaugurates two day CBP** on 'Promotion of oilseeds' under HADP

### **HT News Network**

SRINAGAR, JANUARY 24: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today inaugurated two day capacity building programme (CBP) from 24th to 25th January, titled 'Untie the yield complexities for realising the yield potential in oilseed with special reference to rapseed' under the 'Promotion of oilseeds' project of Holistic Agriculture Development Programme (HADP) at Agriculture Complex Lalmandi, Srinagar.

Speaking at the inaugural session of the programme, Director Agriculture enumerated the initiatives by the department for the promotion of oilseeds in the region. He said that the department has already brought a large number of newer areas, lands under the cultivation of oilseed crops.He said that there is



a vast potential for the promotion of oilseed crops in the region. He said that the department has not only provided seed to the oilseed farmers but is working in close coordination with the farmers and offering them the technical guidance during their crop cultivation activities.Under HADP, pro $motion\, of oil seeds\, projects$ has been given special attention to various interventions aimed at increasing oil seed production and productivity, he added.

Iqbal impressed upon the participants to work in close coordination and ensure maximum awareness among the farmers regarding the various projects under HADP. He also highlighted the importance of coordinated efforts among the officers of agriculture and allied departments for the successful implementation of projects under HADP.

The session was attended by Joint Director Agriculture extension G.M Dhobi, Nodal Officer ZBNF Shiekh Imran, Associate Director Research, Prof. Najeeb ul Rehmaan Sofi, Dr. F.A Shiekh prof PBG, Dr. B.A Rather, Asstt. Professor entomology, Dr. Intikhab.

## **DLSA Budgam committed to Empowering, Preventing the Rights,** Dignity & Honour of girl child

### **HT News Network**

BUDGAM, JANUARY 24: Tehsil Legal Services Committee, Chari-I-Sharief Wednesday organized awareness programme and medical camp for Girls, on the eve of 'National Girl Child Day', at Sub-District Hospital, Chari-I-Sharief, in collaboration with ICDS Department and Sub-District Hospital, Chari-I-Sharief.

The event was held under the aegis of J&K Legal Services Authority, and under the directions and guidance of Jahangir Bakshi, Secretary District Legal Services Authority (DLSA) Budgam and Fakhur-Un-Nissa, Chairperson, Tehsil Legal Services Committee, Chari-I-Sharief.

Adv. Rayees Ahmad,



objective of the day is to provide support and opportunities to the girls of India. He educated participants about their legal rights, gender equality and protection from discrimination. He also made participants aware about dire consequences of child marriage, child labour, and genderbiased violence.

Medical Camp was also organized at the venue in order to provide informaand importance of health and nutrition in girls, in which Dr. Shazia and Dr. Mushtaq Ahmad, promoted awareness on the importance of girleducation, their health, hygiene and nutrition. They also laid emphasis on the empowerment of the girl child.

Gulafroz Jan, Supervisor ICDS, Chari-I-Sharief, also spoke on the occasion and disseminated the information about the importance of the day.

## TLSC Ganderbal celebrates 'National Girl Child Day'

## ■ HT News Network

GANDERBAL, JANUARY 24: Tehsil Legal Services Committee, Ganderbal in coordination with Integrated Child **Development Services Department** (ICDS), Ganderbal and District Health Department, Ganderbal celebrated 'National Girl Child Day' at Meeting Hall CDPO, Poshan Project, Ganderbal.

The programme was held under the guidance of Nusrat Ali Hakak, Secretary District legal Services Authority (DLSA) Ganderbal and under the chairmanship of Mohammad Waseem Mirza, Chairman Tehsil Legal Services Committee, Ganderbal.

On the occasion, Advocate Burjeena Hamid and Advocate Shaheena Ali highlighted the importance of National Girl Child Day.

Many topics were discussed during the program regarding Right to Edu-



cation, Child marriage, Child Labour, Low Literacy rate among women, Freedom of women, Violence against women (Domestic Violence as well as other societal abuses), Discrimination against women, Mental and Emotional Harassment among wom-

The Tehsil Legal Services Committee, Ganderbal also organized a Medical Camp on the eve of National Girl Child day at the venue in order to provide information on menstrual hygiene and importance of health and nutrition in girls.

The program was attended by Medical Officers, Supervisor (ICDS, Ganderbal), Staff of Medical Health Department Ganderbal, ICDS Ganderbal, TLSC Ganderbal, PLVs of TLSC Ganderbal and Anganwadi Workers,

## **National Road Safety Month 2024: MVD Anantnag** launches Signature Campaign on Road Safety

## ■ HT News Network

ANANTNAG, JANUARY 24: As part of its celebration of National Road Safety Month 2024, Motor Vehicles Depart $ment (MVD) An antnag \, to day \, launched \, Signature \, Campaign$ on 'Road to Safety,' a kind targeted intervention towards future drivers on Roads who are coming for seeking Driving Licence Test, here. More than 200 applicants and road users visited the trial ground Harnag and took part in the Road Safety Pledge and Signature Campaign to promote Road Safety in the district. Different pledges were administered like, "I will Always Wear Seat Belt", "I will always wear Helmet while driving two wheeler", I will not use Cell Phone while driving, I will not overspeed, be a courteous driver, etc.It was given that India accounts for over 12% of global road accidents, i.e. 1,45,000 fatalities per year attributing to 1 accident occurring every four minutes. Alarmingly, 72% victims involved in such road mishaps are between the age groups of 15-44 years. So youth need to be sensitized about Road Safety.

## Block Diwas:DC listens to people at Kulgam, takes detailed review of ATR of grievances raised in previous events

## ■ HT News Network

KULGAM, JANUARY 24: Under the ambitious weekly Block Diwas initiative, grievances redressal camps were today held at three blocks of the district viz. Devsar, Kulgam and D.H Pora to take appraisal of the public issues, grievances and demands. To take first hand appraisal of public grievances and demands, the Deputy Commissioner (DC) Kulgam, Athar Aamir Khan presided over the grievance redressal camp at Kulgam. The grievance redressal programme witnessed participation of people from Matibug, Frisal, Redwani, Brazloo Bhan, Brazloo Jageer, Kharpora and other areas.

People apprised the DC about their issues and grievances besides projecting various developmental demands



of their areas. People from Matibugh demanded de-silting of the canal, a delegation from the Redwani area demanded to make OHT functional and widening of Redwani

Babapora road. People from Gasren demanded the installation of transformer, besides a delegation from Shalipora demanded organising a camp for updation of the Aadhar card.People from various other areas also participated in the grievance redressal camp and apprised the DC about public demands and developmental requirements of their areas. Officers and heads of departments also responded to the queries and grievances of the people pertaining to their departments.

The DC after giving patient hearing to the public addressed some of the immediate nature of grievances

Speaking on the occasion, the DC said that the aim of the programme is to obtain first hand appraisal of issues and grievances of people for timely redressal of these issues.

## IG Registrations presides over VBSY program at Qamaria Stadium Ganderbal

#### HT News Network

13TH HEADLINES

GANDERBAL, JANUARY 24: Viksit Bharat Sankalp Yatra (VBSY) continues itsf journey across Ganderbal district ensuring effective execution of government programs and enhancing the awareness on Government schemes.

In its backdrop, District Administration Ganderbal today organized an impressive program which was presided over by the Inspector General of Registration, I&K, Sheikh Arshad Ayub organized at Qamaria Stadium Ganderbal.



Deputy Commissioner Ganderbal, Shyambir; Additional District Development Commissioner Ganderbal, Mushtaq Ahmad Simnani;

ASP Ganderbal, Assistant Commissioner Development, Chief Planning Officer, ACR Ganderbal besides other district and sectoral officers were present on the occasion.

@HEADLINESTODA17

The campaign featured resource persons who underscored the significance of various welfare schemes. An Information. Education and Communication (IEC) van was utilized to showcase remarkable success stories of beneficiaries thriving under multiple schemes such as Pradhan Mantri Jan Arogya Yojana (PMJAY), Pradhan Mantri Awas Yojana (PMAY), UMEED, Kisan Credit Card (KCC), Pradhan Mantri Kisan SammanNidhi (PM Kissan), Poshan Abhiyan, and others.

## DC Kulgam reviews arrangements for JKSSB's FAA exams

### **■** Farooq Rather

KULGAM, JANUARY 24: The Deputy Commissioner (DC) Kulgam, Athar Aamir Khan today convened a meeting of concerned officers at minisecretariat, here to review the arrangements for OMR based written examination for the post of Accounts Assistant (Finance) of J&K Service Selection Board, scheduled to be held on Jan 28, 2024 in the district.

The ADC briefed the meeting with respect to the status of arrangements at 35 examination centres setup across the district. The meeting discussed various aspects of the examination process, such as security arrange-



ments, logistics for transportation, safekeeping of examination material and efficient traffic management, role and responsibilities of manpower, arrangement for basic facilities, pre and post exam procedures. The DC stressed that free, fair and transparent exams are the top most priority and instructed officers to ensure elaborated arrangements in place.Similarly, the Heads of Institutions were directed to ensure proper arrangements at exam centres including heating arrangements. The meeting was attended by ADC, Viqar Ahmad Giri; CEO, Center Superintends, Magistrates and other concerned officers. The meeting discussed various aspects of the examination process, such as security arrangements, logistics for transportation, safekeeping of examination material and efficient traffic management, role and responsibilities of manpower, arrangement for basic facilities.

## Semi Ring Road Phase-2: DC Bandipora chairs meeting to finalise 3G Award

### HT News Network

BANDIPORA, JANUARY 24: In connection with the Semi Ring Road Project in Bandipora, Deputy Commissioner (DC) Shakeel Ul Rehman Rather chaired a crucial meeting, here to finalize the 3G Award for Phase-2 of the project.

 $The \, meeting, attended \, by \, key \, officials \, from \,$ the National Highways Authority of India (NHAI), Revenue Department, and local administration, focused on streamlining the land acquisition process for the 7-kilometer stretch covering five villages in the Sumbal sub-division.

On the occasion, the DC directed the concerned authorities to initiate the disbursement process in favour of the land owners



after completion of necessary related formalities.He directed the NHAI and Revenue Department to work closely to address any outstanding objections raised by landowners and ensure swift disposal of pending cases. Notably, all existing objections related to land acquisition have been addressed, paving the way for the finalization of the 3G Award.

The meeting underscored the need for transparent dealings with landowners and prompt payment of compensation. DC instructed the concerned officers to prioritize the processing of payments so that affected individuals receive their dues without delay.

 $Rather said \, that \, the \, completion \, of \, the \, Semi$ Ring Road Phase-2 is a top priority for our district. The administration is committed to ensuring transparency, timely compensation for landowners, and efficient execution of the project, he added.

Among others, the meeting was attended by ADC Bandipora Umar Shafi, SDM Sumbal Aamir Choudhary, Tehsildar Sumbal

## **Empowering Girls: National Girl Child Day Celebrated in Doda**

## HT News Network

DODA, JANUARY 24: Annually on January 24, people unite to celebrate National Girl Child Day, marking the inauguration of Prime Minister Narendra Modi's Beti Bachao, Beti Padhao Scheme on January 22, 2015.

District Doda actively participated in the commemoration, organizing a grand event here in the community Hall Doda to celebrate the national Girl Child Day.

Deputy Commissioner, Harvinder Singh, and SSP, Abdul Qayoom, graced the occasion, reinforcing the community's commitment to the welfare of the girl child.

The Deputy Commissioner passionately urged girl students to step forward, excel in all types of competitive exams, and showcase their talent. He emphasized the importance of girls from the district cracking competitive exams to enter the administration and serve the people.

SSP Doda highlighted the commendable achievements of girls in sports activities, acknowledging various initiatives by the district police to raise awareness and promote participation in sports. The celebration in Doda not only acknowledged the significance of National Girl Child Day but also served as a platform to inspire and empower girls. Deputy Commissioner Harvinder Singh's call for excelling in competitive exams aligns with the district's commitment to fostering educational achievements among its girl population. The emphasis on administrative roles further reflects the district's dedication to

encouraging girls to contribute actively to public service. SSP Doda's recognition of girls' accomplishments in sports activities signifies the district's efforts to promote sports awareness.

District Pulwama celebrates

'National Girl Child Day'

## DDC Kupwara chairs DLRC meeting

## Emphasizes on financial inclusion, employment generation in the district

## **HT News Network**

KUPWARA, JANU-ARY 24: The District Development Commissioner (DDC), Kupwara, Ayushi Sudan today chaired the meeting of District Level Review Committee (DLRC) at Meeting Hall of DC Office Complex, here to review the performance of line departments and banks with regard to saturation of different government schemes

in the district. Addressing the meeting, the DDC emphasized the concerned officers and bankers for financial inclusion and saturation of various centrally sponsored schemes so that the people especially marginalized sections of the community get benefited at large.

She directed all the banks and the sponsoring agencies to work with greater coordination and cohesion to achieve the goals and targets of financial inclusion, besides, generation of employment for



unemployed youth of the

The DDC further directed banks for early disposal of financial assistance cases and instructed line departments to sponsor cases to respective bank branches strictly as per service area, within the stipulated time frame. She said employment generation for youth is the top most priority of the Government and instructed sponsoring agencies and banks to work with added dedication for the betterment of

Highlighting the overall performance for FY 2023-24 under annual district credit plan, Lead District Manager, Kupwara, Mehboob Allahi Khan informed the house that achievements under ACP 2023-24 for the district stood at 1354.15 Crores as on 30th September, 2023 which constitutes 73% against target of 1855.66

The achievements under priority sector advances were to the tune of 658.87 Crores against target of 1629.82 Crore for ACP 2023-24 which constitutes 40% while as under non-priority sector the achievements are to the tune of 695.29 Crores against target of 225.84 Crores which constitutes

1632.27 crore have been disbursed by the banks amongst 82064 beneficiaries under PM Mudra Yojana scheme with J&K Bank being the main contributor in credit disburse-

The District has already sanctioned 2421 cases and disbursed 2326 cases under various government sponsored schemes & disbursed an amount of

147.55 Crore, J&K Bank constitutes 93% of total disbursed amount under GSS.

Under the new KCC scheme for animal husbandry, sheep & fisheries, the banks have sanctioned 16086 cases and disbursed 15826 cases amounting to

73 Crores. On the occasion, the DDC directed all banks for earlier disposal of all cases on priority and also instructed line departments to sponsor cases properly & submit the cases to respective branches as per service area on weekly basis, bulk sponsorship should be avoided.

## **HDFC Bank Holds Cyber Fraud Awareness Work**shops In North India **Including J&K**

### ■ HT News Network

Srinagar: HDFC Bank as a part of its ongoing digital banking awareness drive, conducted a series of secure banking workshops in Delhi, Uttar Pradesh, Rajasthan, Punjab, Haryana, Himachal Pradesh, and Jammu & Kashmir. The Bank started 2024 by organizing over 900 such workshops sensitizing over 28,000 citizens on safe digital banking practices.

These workshops were aimed at educating school cum college students, customers, law enforcement agencies, senior citizens, self-help groups, and employees. Through these interactive sessions, participants gained valuable insights on safe digital banking practices so that they don't fall prey to Cyber fraud.

The workshop covered an array of pertinent topics, ensuring a comprehensive understanding of digital security including IFAW's Background, Cyber Fraud Awareness and Preventive Measures.

Commenting on this Mr. Manish Agrawal, Executive Vice President – Credit Intelligence and Control – HDFC Bank said, "Financial Education and Awareness about frauds while transacting play a vital role in the fastevolving digital era. The objective of these awareness sessions is to educate participants on various modus operandi used by fraudsters and the secure banking practices that they need to follow. Awareness is the first step from falling a prey to cyber frauds."(KNT)

## **ARTO Ganderbal conducts Medical Camp at Gadoora**

## ■ HT News Network

GANDERBAL, JANUARY 24: As part of month long road safety action plan, ARTO Office Ganderbal in collaboration with Chief Medical Officer Ganderbal today conducted a free medical/ophthalmic camp for commercial drivers at Gadoora, here. During the camp, more than hundred drivers were examined by the team of doctors.

Before the start of medical check up, all the drivers were apprised by team ARTO Office and Doctors regarding importance of physical fitness of a commercial driver. The transport unions of the district appreciated the initiative of Transport and Health department.

Speaking on the occasion, ARTO Ganderbal, Wajahat Qayoom assured the transporters that these type of free medical camps will be held frequently for the benefit of commercial drivers in future also.

## <u>IMPORTANT NOTICE</u>

It is for general information that the name of my Son has been wrongly Registered as Zohaib Tahir S/o Tahir Afzal Bhat instead of Raja Zohaib Bhat S/o Tahir Afzal Bhat in Birth Certificate issued by Municipal Committe Bandipora. Now I want to correct it. In this regard if anybody have any objection may contact the concern office of Municipal Committee Bandipora within 7 days. After completion of time no objection will be entertained.

Tahir Afzal Bhat F/o: Raja Zohaib Bhat R/o: Ward NO: 02, Plan-Bandipora-193502

## DHEW Kupwara celebrates

## **HT News Network**

PULWAMA, JANUARY 24: District Pulwama today marked National Girl Child Day with fervor and enthusiasm, as the District Administration, in collaboration with the Department of Social Welfare Pulwama, organized a grand function at Circuit House Pulwama. The event, graced by Deputy Commissioner Pulwama, Dr Basharat Qayoom as the chief guest, aimed to celebrate the achievements of girls and raise awareness about the importance of the 'Beti Bachao Beti Padhao' initiative. Cultural programs filled the air with excitement, showcasing the commitment to the cause. Various girls who have excelled in diverse disciplines took center stage, sharing their inspiring journeys. Addressing the gathering, DC welcomed all female participants, emphasizing the significance of National Girl Child Day in fostering equality and empowerment. He also emphasized



the transformative role of National Girl Child Day in shaping a future devoid of gender disparities. Reflecting on the positive impact of the 'Beti Bachao Beti Padhao' scheme, DC highlighted the transformation in societal mindset and behavior. He stressed that girls represent a generation and commended their achievements across various fields. Encouraging a celebration without fear, he envisioned a future where National Girl Child Day is marked with pride and

## **National Girl Child Day**

## **HT News Network**

KUPWARA JANUARY 24: In a spirited effort towards empowering women and promoting the 'Beti Bachao, Beti Padhao' initiative, the District Hub for Empowerment of Women (DHEW) Kupwara today organized a momentous program at Pareesha Pulwari Gulgam.

The event brought together the community, educators, and locals in a collective commitment to advancing the cause of gender equality and education for the girl child.The District Hub took mementos as a token of nurture and protect the



acknowledgment and encouragement for their dedication to education.

In a unique and environmentally conscious addition to the event, a plantation drive was conducted, aligning with the Beti Bachao, Beti Padhao initiative. The the opportunity to present act of planting trees reprethe diligent students with sented a collective pledge to

environment for the generations to come.

The District Hub remains steadfast in its commitment to empowering women and fostering positive change. Such initiatives not only celebrate achievements but also serve as a catalyst for sustained efforts towards gender equality and environmental responsibility.

## **PUBLIC NOTICE**

I informed to general public that my Daughter's Date of birth (DOB) is 05/04/2000...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 WAG-OORA within seven days from the publication of this notice after that no objection will be entertained.

> NAME....MOHAMMAD ASHRAF KHAN F/O.... MEHREEN BANO R/O....NILSAR **BLOCK.... WAGOORA**



## Taking Meds for Both Chest Pain and Erectile Dysfunction Linked to Heart Failure Risk

@HEADLINESTODA17

eople with cardiovascular disease who took an erectile dysfunction (ED) drug and a medication for angina, or chest pain, had a higher risk of early death. The ED drugs examined in the study are phosphodiesterase type 5 inhibitors (PDE5i), sold under the brand names Viagra, Levitra, Cialis and others.

People taking both of these types of medications should talk to their doctor about stopping one or both of the medications, or possible alternative treatments.

A new study finds that Viagra, Cialis, and other similar types of medication are linked to a higher risk of cardiac issues for people who also take medication for chest pain

Phosphodiesterase type 5 inhibitors (PDE5i) — sold under the brand names Viagra, Levitra, Cialis and others — are a common treatment for erectile dysfunction (ED) in people with cardiovascular disease.

However, people prescribed both a PDE5i for ED and a nitrate for angina (chest pain) had a higher risk of heart failure, early death, and other negative health outcomes, a new study shows.

"Physicians are seeing an increase of requests for erectile dysfunction drugs from men with cardiovascular diseases," said senior study author Dr. Daniel P. Andersson, associate professor at Karolinska Institutet in Stockholm, Sweden, in a news release.

"While there is a positive association of ED medication for men with cardiovascular disease, patients taking nitrates may experience an increased risk of negative health outcomes," he said.

The study was published Jan. 15 in the Journal of the American College of Cardiology.

Why using both Viagra and nitrates are not recommended

The use of PDE5i treatment in people with cardiovascular disease and ED has been controversial, the authors of the new paper write. These drugs can affect blood



flow, disrupt the lining of the blood vessels, and cause oxidative stress.

In addition, use of a PDE5i and nitrate together is not recommended, because both types of drugs can cause drops in blood pressure, but through different mechanisms. In spite of this, some research has found that the number of people prescribed both types of drugs is growing.

In the new study, researchers examined whether men with cardiovascular disease who were prescribed both drugs had a higher risk of certain cardiovascular out-

The study included 61,487 men who had a history of a myocardial infarction (heart attack) or percutaneous intervention (treatment to open a blocked artery, also known as revascularization) from 2005 to 2013. The data came from the Swedish Patient

In addition, participants filled at least two prescriptions for nitrates — sublingual nitroglycerin or oral nitrates — during that time. Some participants also filled at least two prescriptions for a PDE5i —sildenafil, vardenafil, tadalafil or a combination of those. Among these men, 55,777 were

treated with nitrates alone, and 5,710 were treated with nitrates and a PDE5i. Researchers followed nitrate-only users for an average of 5.7 years, and PDE5i and nitrate users for an average of 3.4 years.

The average age of the nitrate-only users was 70 years, and the average age of men treated with a PDE5i and nitrate was 61 years.

Researchers examined medical data to see how many men died early from any cause, or from a cardiovascular or other cause; or had a heart attack, heart failure, or any major cardiovascular event; or needed cardiac revascularization.

People taking both a PDE5i and nitrate had a higher risk of all of those health outcomes, compared to those taking a nitrate alone, the study showed.

However, few of these negative health events occurred 28 days after participants filled the prescription for a PDE5i, "indicating a low immediate risk for any event," the researchers wrote.

Dr. Cheng-Han Chen, interventional cardiologist and medical director of the Structural Heart Program at Memorial Care Saddleback Medical Center in Laguna Hills,

Calif., wasn't surprised by the study's findings.

**HT - HEALTH** 

Chen was not involved in the study. "We have known for a long time that using a PDE5i along with nitrates can result in an unsafe drop in blood pressure," he told Healthline. "This study clearly confirms that this combination can result in increased risk of cardiovascular events and even mortality."

What to know about heart health and erectile dysfunction

One of the limitations of the study is that researchers did not know if patients took the medications that they were prescribed, or how often — only that they filled the prescription.

The study also included people who had already had a heart attack or underwent revascularization, which makes them high-risk. As a result, the findings may not apply to other groups of people.

In addition, the study is observational, so it cannot show direct cause and effect.

It could be that the increased risk of negative health outcomes is due to both types of medications causing dilation of the blood vessels, said Dr. Yu-Ming Ni, cardiologist and lipidologist at Memorial-Care Heart and Vascular Institute at Orange Coast Medical Center in Fountain Valley,

However, there could be other reasons for the increased rates of early death in people taking both drugs, he told Health-line. For example, the need for a PDE5i may be a sign of more severe cardiovascular disease overall.

"Having erectile dysfunction can be related to poor blood flow in the penis," said Ni. However, "we know that having blood vessel disease in arteries in one part of the body suggests you're going to have blood vessel disease in arteries in other parts of the body."

More research is needed to understand the link between the use of these drugs and the negative health outcomes seen in this study

## FOOD

# **5** Ways To Keep Your Daily Meal Nutritious And Well-Balanced



Poor nutrition can lead to many health hazards. Both obesity and malnutrition are two different ends of the spectrum of poor nutrition. According to a World Health Organization article dated April 2020, around 1.9 billion adults worldwide are overweight, while 462 million are underweight. Experts have even pointed out that poor nutrition has now become a bigger health hazard than smoking. The United Nations has labelled the decade of 2016–25 as the "Decade of Action on Nutrition."

"A balanced diet can be defined as 'food that contains adequate nutrients required by the body to grow, remain healthy, and be disease-free. In addition, a healthy, balanced diet provides the necessary energy requirement, protects against vitamin, mineral, and other nutritional deficiencies, and builds up immunity," says Dr Meghana Pasi

your meal: A well-balanced diet includes foods from all food groups in adequate quantities and proportions. Such a diet provides all the essential nutrients to our body at adequate levels, says Dr Meghana Pasi. "Cereals and grains are rich in carbohydrates, which give us instant energy; pulses are rich in proteins; vegetables and fruits are rich in fibre, vitamins, and minerals; milk and milk products are rich in good-quality proteins, calcium, vitamin A and vitamin D; and vegetable oils are rich in healthy fats and they help in absorption of fatsoluble vitamins like A, D, E and K," shares Dr Pasi.

2. Limit the intake of processed foods and sugar: Sugar and processed foods are high in calories and lack essential nutrients. "Sugars should account for less than 5% of the total calorie intake for significant health benefits. Be mindful of food labels to identify hidden sugars and choose natural sweeteners like honey, dates, cardamom, jaggery and fruit pulp. Further, opt for whole, unprocessed foods whenever possible," says Dr Pasi.

3. Control your portions: Pay attention to portion sizes to prevent overeating and listen to your body's hunger and fullness cues. Balancing your portions of carbohydrates, proteins, and fats can help regulate calorie intake and maintain a healthy weight, Dr Pasi says.

4. Plan your meals: Prepare a weekly meal plan that covers a variety of food groups, and then create a shopping list based on your plan. This allows you to make healthier choices by cutting out less nutri-

5. Snack Healthy: Grab a handful of nuts and a fruit when hungry at mid-morning or during snack time. "Nuts are rich in Omega-3 fatty acids, proteins, flavonoids, antioxidants, and minerals while fruits are a great source of fibre, potassium, vitamin C, folic acid, beta carotene and antioxidants," says Dr

# Septuagenarian critical patient gets a new lease of life at Paras Health Srinagar

Srinagar, Jan 24, KNT: A septuagenarian from Kashmir Valley got a new lease of life at Paras Health Srinagar. The patient had multiple comorbid illness (Type 2 DM, hypothyroidism, obesity, CKD, Anemia, and OSA) and had sudden cardiac arrest, and aborted sudden cardiac death. The patient had received prolonged cardiopulmonary massage (CPR) at a tertiary hospital, but due to lack of facilities and proper care and the very critical condition of the patient, his relatives called the Paras emergency department for the transfer of the patient. The patient was shifted to Paras Hospital on a potable ventilator for further treatment. On evaluation at Paras Hospital emergency by the emergency team and Dr.

Muhammad Maqbool Sohil from interventional cardiol-

ogy found that the patient had underlying high-grade SA, Nodal and AV-Nodal heart blocks due to which the patient had a cardiac arrest and was in shock. Given the advanced heart block, it was decided by Dr. Maqbool Sohil and the Critical Care Medicine team to implant a Dual chamber pacemaker on ventilator support. Though Dual chamber pacemaker implantation is a common cardiac procedure. However, due to the critical condition of the patient requiring ventilator support and was in shock, it became an extremely challenging procedure. A dual chamber pacemaker was implanted successfully and uneventfully in this patient having shock and on ventilator support by Dr. Maqbool Sohil and the team.

On evaluation, it was found that the patient had developed Aspiration Pneumonia of both lungs with severe lung injury known as ARDS. Cultures from the patient had shown infection due to multiple, Extended drug-resistant bacteria which are extremely difficult to treat, due to poor response to antibiotics. The patient managed by a multidisciplinary team started improving slowly and after 15 days was weaned from ventilator support successfully.

On the 22nd day of admission, the patient recovered completely from all life-threatening Medical Conditions and was discharged in healthy condition. [KNT]

# Osteoporosis treatment: Unlocking hope for patients with regenerative medicine

silent and often undetected bone disease, affects millions of people worldwide, particularly the elderly and postmenopausal women where this health condition is characterised by the gradual weakening of bones, leading to an increased risk of fractures. During the menopausal transition period, the drop of estrogen leads to more bone resorption than formation, resulting in osteoporosis. The major health threat of osteoporosis is osteoporotic fractures. While traditional treatments focus on symptom management, a new ray of hope is emerging through regenerative medicine, offering innovative solutions to address the root cause of osteoporosis.

Stay tuned for all the latest updates on Ram Mandir! Click here

In an interview with HT Lifestyle, Dr Pradeep Mahajan, Regenerative Medicine Researcher and Founder of StemRx BioScience Solutions India, shared, "Osteo-



bones become fragile and prone to fractures due to a decrease in bone density and quality. Often referred to as a "silent disease," osteoporosis progresses without visible symptoms until a fracture occurs. Common sites for fractures include the hip, spine, and wrist, posing a significant threat to an individual's mobility and overall quality of life."

He explained, "Traditional approaches to osteoporosis treatment involve medications to slow bone loss and reduce fracture risk, along with lifestyle

modifications such as a calcium-rich diet and weight-bearing exercises. However, these methods primarily focus on symptom management and fail to address the underlying cause of bone deterioration. Regenerative medicine, a rapidly advancing field, offers a promising alternative by targeting the root causes of osteoporosis. This approach involves harnessing the body's natural healing mechanisms to regenerate and repair damaged tissues. Stem cell therapy, a key component of regenerative medicine, has shown tremendous poten-

degenerative conditions, including osteoporosis.' Emphasising the transformative impact of regenerative therapies on osteoporosis patients, Dr Pradeep Mahajan said, "Traditional treatments often provide temporary relief and focus on managing symptoms. Regenerative medicine, on the other hand, aims to stimulate the body's innate regenerative capacity, promoting the repair and rebuilding of bone tissue. Stem cell therapy, a cornerstone of regenerative medicine, involves the extraction of mesenchymal stem cells from the patient's own bone marrow or adipose tissue. These cells are then processed and reintroduced into the affected area, facilitating the regeneration of damaged bone tissue. This innovative approach not only addresses the symptoms but also targets the underlying cause of osteoporosis, offering patients the potential for long-term improve-

tial in treating various

# Why sticking garlic up your nose may worsen your congestion than relieve it

arlier this month, a peculiar health trend circulated on social media platforms, particularly TikTok and Instagram, suggesting that inserting a raw garlic clove into your nose and keeping it there for 20 minutes or so, can miraculously relieve congestion. Many posted videos repeating the practice. However, it's essential to debunk this health myth as it poses potential risks and is not a recommended remedy for nasal congestion.

Contrary to the viral videos showcasing mucus flowing out after the garlic removal, this method is not a safe or effective solution for a stuffy nose. The smell of garlic can be irritating to the delicate nasal passages, potentially leading to increased mucus production and worsening congestion rather than alleviating it. Scientifically speaking, garlic doesn't interact much with human tissue and while it has benefits as part of a diet, it can even trigger the bacteria that lives in the nose. When something blocks the nasal passages, it can cause their overgrowth. This can lead to an infection with some worrisome symptoms. nserting a garlic clove into the nose poses several risks, including the potential for the clove to become stuck, causing nasal obstruction. This outcome could necessitate a visit to the emergency room for removal, highlighting the danger of experimenting with unver-



ified health hacks. Also some of its shavings could be aspirated into the lungs, causing scarring or choking by getting stuck in the airways. You may even require separate antibiotics to tackle them then. Moreover, the oil of the garlic has the potential to cause skin irritation, rashes, and severe allergic reactions. Placing it in such a sensitive and confined space as the nasal cavity significantly increases the likelihood of adverse effects, making this a hazardous and unfounded health practice. We already have several safer alternatives to relieve congestion, from nasal sprays, pills to steam inhalation. For those who are into the practice of using neti pot, salt water nasal irrigation should do. While these might not cure the congestion, these can provide relief to inflamed sinus cavities. Besides, the cold or flu is pretty much self-limiting and the discomfort would go away once you recover. It is crucial to prioritise evidence-based and medically approved remedies for health concerns rather than relying on unverified trends circulating on social media. Just talk to your doctor. Dr Rakesh Gupta, Senior Consultant & Academic Advisor, Internal Medicine, Indraprastha Apollo Hospital, busts a social media myth Dr Rakesh Gupta, Senior Consultant & Academic Advisor, Internal Medicine, Indraprastha Apollo Hospital, busts a social media myth





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## Muskan Rana Brings Laurels To J&K

## **Clinches 5 Medals In Khelo India Youth Games 2024**

promising and rising star in rhythmic gymnastics, Muskan Rana, a 15 year old trainee of Gymnastic Academy of J&K Sports Council, has brought laurels to the UT by clinching five medals in the ongoing Khelo India Youth Games 2024 being held in Chennai.

Muskan has bagged one gold, two silver and one bronze medal at the national championship making J&K proud with her exceptional sports tal-

The J&K Sports Council has launched a number of initiatives to promote this Olympic sport in J&K. Established at Jammu's MA stadium, the Sports Council Gymnastics Academy has been

**JAMMU:** Jammu and Kashmir's equipped with state-of-the-art, worldclass infrastructure. The Arjuna Awardee 'Krupali Singh' is one of the best performing coaches imparting completely professional training to the players at this academy.

The Sports Authority of India has accredited this academy as Khelo India Academy for Gymnastics of national repute and athletes of this academy have performed admirably at the national and international competitions. In the past two years, the trainees of this academy have earned 8 gold, 15 silver and 9 bronze medals in National Games, Khelo India Youth Games and national championships.

Besides, 11 athletes have represent-

ed India in the international competitions. Athletes like Bavleen Kour, Muskan Rana, Jagriti Thakur, Vaibhavi Sharma, Manya, Stuti Gupta, Sneha Dewan, Viomini Dogra, Vandhana Bharathi, Gourav Chettri, Yaadvi Mahajan, Manav Gupta, Lakhsya Mahajan, Sahil Sahi, Kamal Singh, Inderdeep Singh, Mayank Jain, Sudipti Khanna, Rudraksh Khanna, Ayman Tak, Pranvi Sharma, Aakshra Sharma, Riya Sharma, Triza Bilal, Prachi Sharma, Shranya Sharma and Hargun Kaur are regular trainees of Gymnastics Academy of J&K Sports Council who have made all of us proud time and again.

The J&K gymnasts' performance and accomplishments have increased significantly and they have won numerous medals because of the availability of international standard equipments. They have also performed incredibly well at various levels in both national and international competitions, such as the World and Asian Championships. During the past Khelo India Games, Muskan Rana and Bavleen Kaur have won the best gymnasts of India titles in 2021 and 2022, along with winning medals for J&K.

This year again Muskan Rana alongwith Manya, Vabhavi Sharma and Jagriti Thakur won the Team Championships in the recently held Junior National Championships held at Bangaluru besides senior team winning the silver medal for the UT.

Within a brief span of three years, 13 gymnasts have competed at international competitions and won 80 medals including 25 gold, 34 silver, and 21 bronze at various National Games and Championships.

This academy has witnessed a golden age of sports in J&K and has become the greatest gymnastics academy of the country under the dynamic leadership of Lieutenant Governor, Manoj Sinha, who is also President J&K Sports Council. The unending support and assistance being provided by the J&K government in terms of infrastructure, equipment and training programs is undoubtedly paying off.

## Tom Hartley to debut as England name three spinners; one quick bowler in Wood

**HYDERABAD:** England have selected Mark Wood as their lone fast bowler alongside three specialist spinners in the first Test against India, which begins on Thursday in Hyderabad.

That means a Test debut for left-arm spinner Tom Hartley, who has 40 wickets at 36.57 from just 20 first-class appearances for Lancashire. Alongside him will be legspinner Rehan Ahmed, whose only Test appearance came last winter in Pakistan, where he took 5 for 48 in the second innings.

That makes Jack Leach, Ben Stokes' goto spinner under his tenure, the de facto leader of the attack, having missed the Ashes last summer with a back stress fracture. Joe Root, who claimed his careerbest figures of 5 for 8 at Ahmedabad on England's last Test tour of India, will also have a major role to play with the ball.

Shoaib Bashir, the other spinner in the squad, has yet to travel to India following a delay in granting his visa. He is understood to have returned to the UK from the UAE, where he was present for the preseries training camp, in a bid to speed up the process. England hope he will be able to join them by the weekend.

The sole seam position has been handed to Wood, whose extra pace and knack of reverse-swing gives him a point of difference, ahead of James Anderson, Ollie Robinson and Gus Atkinson. Wood restated his class as a Test bowler last summer, coming into the Ashes for the final three matches to take 14 wickets as England overcame a 2-0 deficit to square the series

Speaking to the travelling UK media on



Tuesday, Stokes had insisted he'd be happy to back "any" of England's four seamers to lead the line, but, upon confirming the team at the pre-match press conference on Wednesday, he acknowledged that Wood's extreme pace was a tempting option to turn to. This will be the first time since 1962 that England have gone into a

Test match with a solitary quick bowler. "When you go with one seamer, you look at the impact you want out of that seamer," Stokes said. "What Woody brings with his high pace, he is a real impact bowler. If we can get the ball swinging, him bowling in the 90s-mph with a reverseswinging ball will be very difficult to play against.

"He's a weapon we can use in short, sharp spells. We've already said that to him. Bowl as fast as you can in short periods. There's no worries about thinking about long spells. You never know, things might change and he might have to bowl a few long spells. That's how I envision using Woody before we've bowled a ball."

## **Affarwat-XI Sports Club President Felicitates Faizan Hamid for his Selection in ISPL Final Trails At Mumbai**

BARAMULLA: It was a memorable day for Affarwat-XI Sports as their pace battery Faizan Hamid got the green ticket for the final trails of Indian Street Premiere League which was held at Delhi Public School Athwajan Srinagar on 21st and 22nd January



2024. Affarwat-XI Sports Club Baramulla President Sajad Ahmad Lone felicitates Faizan Hamid for this great acheivement and said the Affarwat-XI is the way for the youth to showcase their talent at higher platforms in different sport.

Affarwat-XI Sports Club President wishes him a good luck and safe journey for the final trials of ISPL at Mumbai and expressed hope that the pace battery of Affarwat-XI Sports Club Faizan Hamid will bring glory to the Affarwat-XI Sports club there.





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