



Strongest Pillar of Good Governance is Listening to One Another : LG Manoj Sinha

■ HT News Network

JAMMU, JAN 30: Lieutenant Governor Shri Manoj Sinha interacted with citizens and heard their grievances during "LG's Mulaqaat-Live Public Grievance Hearing" through virtual mode.

The Lt Governor directed the concerned officials to take quick action on the complaints in a time bound manner with greater transparency. Several applicants expressed their gratitude to the Lt Governor for resolving their issues on the spot.

"When it comes to handling complaints, grievances and delivering public services, the officers need to act as professional service provider and keep the citizens in the loop on action taken, maintain standards of accountability and always strive for improvement," the Lt Governor said.

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Lt Governor pays tributes to Mahatma Gandhi on his Punyatithi

■ HT News Network

JAMMU, JAN 30: Lieutenant Governor Shri Manoj Sinha paid tributes to the Father of the Nation Mahatma Gandhi on his Punyatithi, today.

He attended the solemn event organised by the Gandhi Global Family, J&K and honoured the family members of freedom fighters, martyrs, social activists and NGOs for their exemplary contribution in nation building. "Mahatma Gandhi's principles are shaping

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"Chilai Kalan" Ends with Rain and Snow in Kashmir

■ HT News Network

SRINAGAR, JAN 30: The 40-day long harshest winter period in Kashmir, popularly known as 'Chilai-Kalan' ended Today with Srinagar, the summer capital of Jammu and Kashmir, receiving no snowfall till date, while few inches of snow were recorded in isolated parts of Jammu and Kashmir.

The entire period of 'Chilai-Kalan' witnessed dry weather like conditions across length and breadth of Jammu and Kashmir while as famous ski resort has seen 5 to 6 inches of snow on January 28 this month while as Sonamarg received



8 inches, which is lowest in last 35 years.

Chilai-Kalan, the 40-day harshest winter period when chances of snowfall and rains are maximum witnessed dry this year, leaving people associated with agriculture, horticulture and tourism in distress.

The dry weather conditions in 'Chilai-Kalan' have put dark clouds on Kashmir's tourism industry and upcoming Khelo India Winter Games which is scheduled to be held in Gulmarg from February 2, as thousands of tourists have cancelled their bookings and stays at Kashmir.

Due to no snowfall in Kashmir valley this year, tourists can be seen moving to outside Kashmir valley to enjoy

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NEWS BRIEF

Logo and Mascot for Khelo India Winter Games 2024 Launched

NEW DELHI/JAMMU/LADAKH, JAN 30: Hon'ble Lieutenant Governor of J&K, Shri Manoj Sinha and Hon'ble Lieutenant Governor of Ladakh Brig. (Dr.) B.D. Mishra (Retd) launched the Logo and Mascot for Khelo India Winter Games 2024, today.

On the occasion, Lieutenant Governor Shri Manoj Sinha congratulated the Ministry of Youth Affairs & Sports, Government of India and extended his best wishes to the players, officials and members of organizing committees.

The Lt Governor said, Khelo India Winter Games honors sporting excellence, courage and character on the

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In ten forest divisions of Jammu, nearly 2.5 Lakh Kanals are under encroachers

SRINAGAR, JAN 30: In ten forest divisions of Jammu region, nearly 2.5 Lakh Kanals of forest land have been 'illegally' encroached by different individuals, groups and organizations.

According to the official figures available with the news agency—Kashmir News Observer (KNO), in ten different forest divisions of the region, at least 2,46,450 Kanals of land (12,466.9 HC) are under encroachers.

This information was revealed by the different Public Information Officer (PIO) of Jammu region in reply to the

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IEDs fitted with Malaysia origin batteries recovered in Kathua

JAMMU, JAN 30: Police on Tuesday averted a major tragedy by recovering two improvised explosive devices (IEDs) fitted with Malaysian-origin batteries in Kathua district of Jammu and Kashmir.

A police spokesman said that during an early morning search operation conducted by the Special Operations Group (SOG) of District Police Kathua along the Bein Nalla near cremation grounds, two suspicious objects packed in polythene were discovered hidden in bushes.

"Acting promptly, the Bomb Disposal Squad (BDS) was called to inspect the objects. Upon examination, it was

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India Can Be An Avenue Of De-Risking For US Companies & Provide High Returns: Rajnath

■ HT News Network

NEW DELHI, JAN 30: Defence Minister Rajnath Singh on Tuesday said the capital and technological know-how from the US can help India to achieve its goal of becoming a developed country by 2047, while investments here can give the American companies high returns and an avenue of de-risking.

He asserted that the Government



has laid the groundwork for a strong and self-reliant 'New India', and the American investments can play a vital role in realising Prime Minister Narendra Modi's vision of 'Viksit Bharat'.

Terming it as a win-win situation for both the countries, Rajnath stated that India's fast-growing economy, its demographic dividend, skilled workforce, and huge domestic market guarantee high returns to US companies.

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Post Snowfall Situation To Be Dealt With Energetically: Mechanical Department

■ HT News Network

SRINAGAR, JAN 30: Authorities on Monday asserted that post snowfall situation in Kashmir valley will be dealt energetically. They said the infrastructure pertaining to snow clearance has been widely augmented in last three decades.

Talking to Kashmir News Service (KNS), SE Mechanical & Hospital Engineering Kashmir Division Mr. Shafat

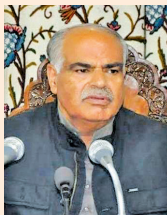
Ahmad Jeelani said that his department is fully prepared to deal with post snowfall situation. He said the department has augmented its infrastructure in last few years with an aim to address exigencies on time.

"We are fully prepared to deal with snowfall conditions in valley. In 80's the department had only 7 snow clearance machines with sole focus on Srinagar

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BJP Will Sweep All Lok Sabha Seats In J&K, Ladakh: Ashok Koul

HT News Network



ANANTNAG, JAN 30: Bhartiya Janata Party (BJP) Jammu and Kashmir General Secretary

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Lok Sabha Poll: BJP Inaugurates Three Election Offices In Kashmir

■ HT News Network

SRINAGAR, JAN 30: Bharatiya Janata Party (BJP) hit the campaign trail in Kashmir for the upcoming Lok Sabha poll on Tuesday after it inaugurated three election offices in the valley.

The election offices were inaugurated for the three Lok Sabha constituencies Baramulla, Srinagar and Anantnag.

The election office for the Srinagar Parliamentary Constituency was inaugurated by Member of Parliament Ghulam Ali Khatana in the presence of Convener for Srinagar Parliamentary Constituency-Surinder Ambaradar.

Khatana highlighted the positive impact of central schemes and attributed the growing support for the BJP to the tangible benefits received by the people.

He also took the opportunity to contrast the approach of other political parties in the region.

The MP asserted that parties like the Peoples Democratic Party, National

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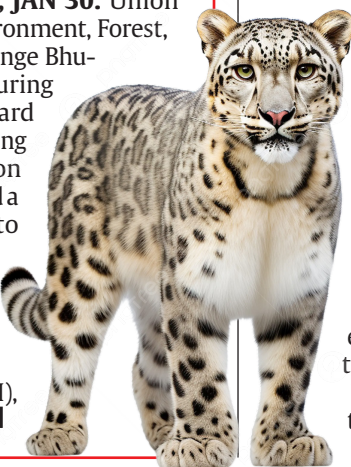
First Scientific Exercise Finds 718 Snow Leopards In India, 477 Alone In Ladakh

Ladakh	477
Uttarakhand	124
Himachal Pradesh	51
Arunachal Pradesh	36
Sikkim	21
Jammu and Kashmir	9

■ HT News Network

NEW DELHI, JAN 30: Union Minister of Environment, Forest, and Climate Change Bhupendra Yadav, during the National Board for Wildlife meeting in New Delhi, on Tuesday unveiled a report related to the first-ever scientific exercise that was carried out by the Wildlife Institute of India (WII).

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India To Become Third Largest Economy In Modi's Third Term: Dr Jitendra

'Udhampur most developed constituency in 10 years'

■ HT News Network

UDHAMPUR, JAN 30: India will emerge as the world's third largest economy in Narendra Modi's third term as Prime Minister, Union Minister Dr Jitendra Singh said today. The country has great stakes in the return of a BJP



led Government headed by PM Modi in order to continue the upward trend in Bharat's growth story, he said.

The Union Minister of State (Independent Charge) Science & Technology, MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy

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Govt Renames 33 Educational Institutions, Roads in J&K After Martyrs

■ HT News Network

SRINAGAR, JAN 30: The Government of Jammu and Kashmir has issued an order renaming thirty-three educational institutions, including schools and colleges, along with roads, in honor of 'martyrs and eminent personalities' from the J&K.

According to the official order, the newly named institutions

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Ulfat Becomes The First-Ever Girl Cadet Selected As Parade Commander At PM's Rally

■ HT News Network

SRINAGAR, JAN 30: Senior National Cadet Corps (NCC) Captain Ulfat Khan, hailing from one of the first villages on the Line of Control in Baramulla District of Jammu and Kashmir, has made history by becoming the first-ever girl cadet selected as Parade Commander at the Prime Minister's rally during the Republic Day Camp 2024 held in New Delhi.

Srinagar based defence spokesman said this momentous achievement not only



brings immense pride to the JK&L Directorate and the 1 JK&

Naval Unit but also spotlights

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CONTINUE FROM FRONT PAGE.....

Listening To.....

During this month's LG Mulaqaat, the Lt Governor addressed the grievances filed on JKIGRAMS by Sh Mohd. Ashraf from Ramban; Sh Rohit Sharma from Simbal Gala Moghla Rajouri; Sh Mohd Arif, a resident of Mandi Poonch; Doda's Firdous Ahmad; Sh Hilal Ahmad from Kuzwera Chadoora Budgam and Sh Mohd Shafi, a resident of Fathagad Anantnag pertaining to Power Development Department; Jal Shakti, Labour and Social Welfare Department.

The Lt Governor directed the officers to listen to people and create a comprehensive strategy for maintenance of basic infrastructure like borewells, handpumps, power distribution lines and saturation of scholarships and pension schemes.

Listening to one another is the strongest pillar on which good governance rests, he said.

The Lt Governor also commended the exemplary participation of the citizens and officials in the 75th Republic Day celebrations.

Dr Syed Sehrish Asgar, Secretary, Public Grievances conducted the proceedings of the LG's Mulaqaat.

Sh Atal Dulloo, Chief Secretary; Sh R K Goyal, Additional Chief Secretary, Home Department; Administrative Secretaries; Divisional Commissioners, Deputy Commissioners, SSPs, HoDs and other senior officers were present during the interaction, in person and through virtual mode.

Lt Governor.....

a new Jammu Kashmir, which has been a victim of violence and terrorism for more than three decades. Following the ideals of Babu, the UT of J&K is today creating its new identity as a land of peace, harmony and brotherhood," the Lt Governor said.

He said the hymns of Mahatma Gandhi, his message of truth, non-violence, simplicity and equality of all human beings are creating a new consciousness among the people. The annual Shanti Yatra dedicated to spread Babu's ideals across Union Territory is inspiring and guiding people towards peace and unity, he observed.

The Lt Governor said, Hon'ble Prime Minister Shri Narendra Modi Ji is fulfilling Babu's dream of self-reliant villages and empowered rural India.

"He has ensured empowerment of youth, women, farmers and marginalised section of society," the Lt Governor observed.

The Lt Governor appreciated the endeavours of the Gandhi Global Family J&K, all the organizations and individuals who are working towards promoting the Gandhian values and spreading the noble message of Truth and Non-Violence.

Padma Shri Dr SP Varma, President Gandhi Global Family J&K; Sh B.R Sharma, Election Commissioner J&K; senior officials; ex-Servicemen; family members of the martyrs and freedom fighters, prominent citizens, social workers and youth were present.

Earlier, a two-minute silence was observed at Civil Secretariat as a mark of respect to the Father of the Nation and the martyrs who made supreme sacrifice in the struggle for India's freedom.

"Chilai Kalan".....

with their families and friends.

An official of Meteorological Department said that in the last day of Chilai-Kalan, the night temperature recorded a significant increase amid cloudy cover on Monday. Except Gulmarg which received 10 centimeters of snowfall in the last 24 hours, all places in Jammu and Kashmir recorded above freezing point temperature.

He said Srinagar, which received 1.1 mm of rain in the last 24 hours, recorded a low of 3.6°C against 3.3°C on previous night and it was 4.6°C below normal for the summer capital of J&K for this time of the year.

Similarly Qazigund recorded a minimum of 2.0°C against minus 0.6°C on the previous night, he said. The minimum temperature was 4.6°C above normal for the gateway town of Kashmir, while as Pahalgam, which had 2 mm of rain, recorded a low of 0.7°C against minus 0.6°C on the previous night and it was 6.8°C above normal for the famous resort in south Kashmir.

South Kashmir's Kokernag recorded a minimum of 0.5°C against minus 0.1°C on the previous night and the temperature was above normal by 3.1°C for the place, MeT official said.

Kupwara town in north Kashmir, which had 9.8 mm of rain, recorded a low of 0.5°C against 2.1°C on the previous night and it was 4.2°C above normal there, the official said.

Gulmarg, the official said, recorded a low of minus 3.2°C against minus 3.5°C on the previous night and the temperature was 4.3°C above normal for the world famous skiing resort in north Kashmir.

Jammu, he said, recorded a minimum of 9.3°C and it was below normal by 0.6°C for the winter capital of J&K.

Banihal recorded a low of 4.0°C, Batote 5.1°C and Bhandarwah 3.2°C, he said.

The MeT official said that in next 24 hours, there was possibility of light to moderate rain and snow at many places of J&K. "There is possibility of heavy snowfall over isolated higher reaches of Kashmir Division (Kupwara, Baramulla, Bandipora, Ganderbal, Shopian, Anantnag and Kulgam districts)."

The MeT official while continuing predicted light to moderate rain & snow at many places of Jammu and Kashmir on January 30

and 31.

"On January 30-31, he said there is possibility of light to moderate rain/snow at many places of J&K with chances of heavy snowfall over few higher reaches in these seven districts. From February 1-2, he said, generally cloudy weather with light rain and snow was expected at many places towards late afternoon and evening. From February 3-4, he said, there is possibility of light to moderate rain and snow at many places of J&K," he said.

He said there is possibility of intermittent light to moderate rain with thunder and lightning in plains of Jammu Division with light snowfall over higher reaches with moderate snowfall over isolated higher reaches during 28th night to 31st January.

He said that weather system may lead to temporary closure of roads of higher reaches and important passes like Sinthan pass, Mughal Road, Sadhna, Razdan pass, Zojila etc. particularly during January 28-31.

India Can.....

The Minister added that to deal with the challenges faced by the rules-based international order and maintain strategic autonomy, it will be necessary for American businesses to de-risk by investing in India.

This was stated by Rajnath Singh while addressing a conference on 'Strengthening Indo-US Relationship in Amrit Kaal - Aatmanirbhar Bharat' organised by Indo-American Chamber of Commerce (IACC) here.

He described India and the US as natural partners, who must move forward together in both business and strategic sectors amidst the current global geopolitical scenario, an official statement said.

"India and the US support a free, open and rules-based international order. Due to this, there is a lot of alignment in our strategic interests. Besides, our economic relationship is a win-win proposition for both the countries. The current relationship is driven by twin congruence of shared values and aligned interests, which is a guarantee for long sustainability and robustness of ties," Singh said.

The Defence Minister appreciated that, sensing the need of the present times, India and the US are working together in different fields, including defence technology and space.

He made special mention of the defence technology and trade Initiative through which both nations are working towards further strengthening the defence technology partnership.

Rajnath added that the joint initiative of ISRO and NASA 'NISAR' will ensure cooperation in many areas such as earth science, disaster management and climate change.

"India is the largest democracy in the world, and US is another big democracy. When two big democracies cooperate with each other, it will definitely make the democratic world order stronger. This will act as a force multiplier for rules-based order across the globe. Our work together will be beneficial not only to us, but for the entire world," he said.

Elaborating on the Government's vision behind 'Aatmanirbhar Bharat', Singh said that the nation is moving forward at the right pace with which it won't stumble in the time to come.

He enumerated the decisions taken by the Ministry of Defence to promote self-reliance, such as earmarking 75% of the defence capital procurement budget for domestic industry in Financial Year, which has helped the country find a place among the top 25 countries which export defence equipment. (UNI)

Post Snowfall.....

district, however the fleet has been augmented and as of now we have more than 300 snow clearance machine in hand. The infrastructure has been improved in last 35 years," Jeelani told KNS.

He said every year the department prepares action plan and devise fool proof strategy to deal with the situation. "We have 10 districts of Kashmir Valley who falls in our domain. There is a road length of more than 10,000 kilometers that need to be addressed in snowy conditions. We have divided these districts into four zones and all necessary operational and maintenance arrangements have been put in place accordingly. Already 16 control rooms have been established who are connected with these four zones and remain alert round the clock," he said.

The officer said department is fully geared up its men and machinery to deal with the post snowfall exigency. "We have procured machinery from Germany and Switzerland, who have been sent to all control rooms prior to the emergency. This year we have procured 50 new machinery who have been added into the existing fleet," the officer said.

He added the department is working in tandem with sister departments including Roads and Buildings who have a reach to those far off areas where we can't take on the situation.

He further added that people often complaint post snowfall situation that machinery has damaged roads badly while lifting snow, however this issue has also been resolved this year. "We have ensured High Molecular Weight Polyethylene plastic cutting edge by which we can protect our roads from damages," he added.

BJP Will.....

(Organisation) Ashok Koul Tuesday asserted that the party will try its best to sweep all Parliamentary seats in J&K, Ladakh. He said people of the region are satisfied with the pro-people efforts of Prime Minister Narendra Modi and want the same government to continue in future.

Koul was speaking on the sidelines of a function in southern Anantnag. "BJP has accelerated its efforts ahead of Lok Sabha polls. We have geared up party workers and activists to ensure success in the upcoming Lok Sabha polls. In this regard the party has started to open offices in all Parliamentary segments so that political activities in these areas will get a boost," Koul said.

He said people of Jammu and Kashmir and other parts of the country are satisfied with the efforts of PM Narendra Modi who worked day and night for the welfare of people. "People by and large are happy with the efforts taken by central government led by Prime Minister Narendra Modi for his pro-people measures. People want to continue this government in future too," he asserted.

He said BJP is fully prepared for polls and will sweep all 6 Parliamentary seats in the upcoming Lok Sabha elections.

Lok Sabha.....

Conference and Congress have, unfortunately, contributed to a history of bloodshed in Kashmir.

"Under BJP's governance, there has been a notable decrease in instances of violence and bloodshed, promoting a peaceful environment in the region," he said, adding "BJP has a lot to present to the people, while regional political parties showcase blood and hartal in their report card."

Former MLC and Convenor Surinder Ambardar termed INDIA alliance as a Non-Performing Asset (NPA) in the Indian democracy.

"...the Congress has become a NPA in the country and has become a liability. It is a sinking ship and no political personality is ready to sail in it," he said.

The party office in Anantnag was inaugurated by party general secretary (organisation) for Jammu and Kashmir, Ashok Koul who also hit at INDIA alliance.

Koul said the assembly election in J&K will also take place.

In Baramulla, the office was inaugurated by Darksahn Andrbi. (UNI)

India To.....

and Space, Dr Jitendra Singh was speaking at the launch of the BJP Election Office for the upcoming Lok Sabha Elections.

"In 2014, when PM Modi took over, India stood as the world's tenth economy. In less than ten years, we jumped to 5th position after overtaking the United Kingdom, which had ruled over us for nearly two centuries. Hopefully this year it will emerge as the 4th largest economy and during PM Modi's 3rd term, India will be the world's 3rd largest economy, marching on to become the No.1 economy by 2047," he said.

Dr Jitendra Singh said, in the last ten years under PM Modi, India is recording a rapid rise in a slew of global benchmarks.

During Financial Year 2023-24, Indian economy grew at 7 per cent plus for the third successive year even as the global economy struggles to grow at more than 3 per cent. We are the third-largest fintech economy in the world after the USA and the UK, he said. Dr Jitendra Singh said, India has the 3rd largest Start-up Ecosystem globally and is home to the fastest-growing unicorns. "From just about 350 StartUps in the year 2014, StartUps in India grew over 300 times in over nine years. After PM Modi gave the clarion call 'StartUp India, Stand Up India' from the ramparts of the Red Fort in his Independence Day address and rolled out the special StartUp scheme in 2016, today we have over 1,30,000 Startups, besides more than 110 Unicorns," he said.

Dr Jitendra Singh said, within a short span of just about four years, the number of Space StarUps has gone up from a mere single digit to over 150. Besides, there are more than 6,300 BioTech Startups and over 3,000 AgriTech Startups in the Lavender sector of Jammu & Kashmir itself.

"About 4,000 people are engaged with Lavender cultivation and earning lakhs of rupees, quite a few of them do not have high qualifications, but are very innovative," he said.

Dr Jitendra Singh said, in the Global Innovation Index we ranked 81 in 2014, we have jumped 41 places, today we are No. 40 in the world.

"India of 2024 is ready to take a giant leap, backed by its scientific acumen and technological prowess," he said.

Referring to Udhampur-Kathua-Doda as among the most developed Lok Sabha constituencies in the last 10 years since 2014, Dr Jitendra Singh said, today this constituency is being cited as a role model. He said, not only several national and first-of-its-kind projects were brought in in the last 10 years, but even those projects which had been abandoned by the earlier governments were revived.

Very recently, Dr Jitendra Singh said, Bhandarwah town of his constituency made national news when its Lavender Farms were displayed in the Republic Day Parade at Kartavya Path, New Delhi and the constituency is now known as the birthplace of "Purple Revolution", which has given the world a new genre of Agri-StartUps.

This is the only Lok Sabha Constituency, said Dr Jitendra Singh, which got three centrally funded Medical Colleges, two Passport offices, world's highest Railway Bridge, Asia's longest Road Tunnel from Chenani to Nashri called Syama Prasad Mookerjee Tunnel, North India's first Industrial Biotech Park, North India's first Cable Free Bridge Atal Setu at Basohli, nearly 4 to 5 Hydro power projects in Kishtwar making it India's power hub, Shahpur-Kandi National Irrigation project, longest Express Corridor from Katra to Delhi, two instead of one Vande Bharat Express Trains on the same route of

HT - NEWS

Katra to Delhi, nearly 200 bridges and small bridges, while District Udhampur has been declared as India's top three districts in PMGSY Roads.

While Manser lake has been included in the Government of India's Swarajya Plan, Mantalai which was left in ruins by the earlier Congress government has been revived as State-of-the-art Wellness Centre. Dr Jitendra Singh said, all that we need to do is to make the people aware of all this for their benefit and for the benefit of their children. He emphasised the need to effectively convey to the common masses, particularly youth and women, the enormous development that has taken place in this constituency in the last 10 years under the patronage of Prime Minister Narendra Modi.

First Scientific.....

revealing a count of 718 snow leopards.

The initiative, known as the Snow Leopard Population Assessment in India (SPAII) programme, marks the country's maiden scientific undertaking to gauge the population of these elusive creatures.

The Wildlife Institute of India (WII) is the National Coordinator for this exercise which was carried out with support the support of all snow leopard range states and two conservation partners, the Nature Conservation Foundation, Mysuru and WWF-India.

The assessment covered over 70 per cent of the potential snow leopard range in the country, covering approximately 120,000 km2 of crucial snow leopard habitat across the trans-Himalayan region, including the Union territories of Ladakh and Jammu and Kashmir, and states such as Himachal Pradesh, Uttarakhand, Sikkim, and Arunachal Pradesh.

The exercise was conducted from 2019 to 2023 using a meticulous two-step framework. Snow leopard abundance was estimated using camera traps in each identified stratified region.

During the exercise, total efforts included: 13,450 km of trails surveyed for recording Snow leopard signs, while camera traps were deployed at 1,971 locations for 180,000 trap nights.

The snow leopard occupancy was recorded in 93,392 km2, with an estimated presence in 100,841 km2. A total of 241 unique snow leopards were photographed.

Based on data analysis, the estimated population in different states are Ladakh (477), Uttarakhand (124), Himachal Pradesh (51), Arunachal Pradesh (36), Sikkim (21), and Jammu and Kashmir (9).

Until recent years, the snow leopard range in India was undefined due to a lack of extensive nationwide assessments for this vulnerable species. Before 2016, approximately one-third of the range (around ca. 100,347 km2) received minimal research attention, reduced to just 5 per cent in pockets like Ladakh, Jammu and Kashmir, Uttarakhand, and Himachal Pradesh. Recent status surveys have significantly increased understanding, providing preliminary information for 80 per cent of the range (about 79,745 km2), compared to 56 per cent in 2016.

The report also mentioned the need for establishing a dedicated snow leopard cell at Wildlife Institute of India under the Ministry, with a primary focus on long-term population monitoring, supported by well-structured study designs and consistent field surveys.

For the same, states and UTs can consider adopting a periodic population estimation approach (every 4th year) in the snow leopard range. These regular assessments will offer valuable insights for identifying challenges, addressing threats, and formulating effective conservation strategies. (Agencies)

Govt Renames.....

include Government Degree College (Boys) in Anantnag, now named after Late Himayun Muzamil Bhat, Dy.SP. Also, Government Boys High School in Narwara, Srinagar, is now named after Late Masroor Ali Wani, Inspector.

Other institutions and roads renamed after martyrs and eminent personalities span various regions such as Jammu, Udhampur, Poonch, Kishtwar, and Ramban.

Notable renamings include a cricket ground, roads, playgrounds, and chowks, each dedicated to individuals who made significant contributions.

The order emphasizes the responsibility of concerned Administrative Secretaries to promptly update records to reflect these changes.

The Divisional Commissioners in Kashmir and Jammu have been tasked with monitoring the implementation of these renamings in their respective divisions. The order concludes by directing Deputy Commissioners to organize appropriate events commemorating the naming of these educational institutions and roads.

Ulfat Becomes.....

the Government College for Women Gandhinagar Jammu, where Ulfat, against all odds, is pursuing her Bachelors in English.

Selected from a pool of 2,274 NCC cadets from 28 States and Union Territories and from 17 Directorates across the Nation, Ulfat's journey from a remote background to a national achiever is a testament to her unwavering determination and resilience, the spokesman said.

Despite facing numerous challenges, including geographical barriers, Ulfat's relentless pursuit of excellence propelled her forward.

Born in Uri, Baramulla in 2002, Ulfat pursued her schooling in various Kendriya Vidyalayas across Delhi, Jharkhand and Odisha before joining GCW Gandhinagar for her higher education. Her impressive array of NCC camps includes NSC, SNIC, RDC, Mini Sailing, and CATC, where she honed her skills and leadership abilities.

During the Republic Day Camp, Ulfat's outstanding performance earned her the prestigious title of Best Commander along with the DG Commendation Medal Certificate, highlighting her exemplary

leadership qualities and dedication to service.

Reflecting on Ulfat's achievement, Lieutenant Commander Ankur Kumar, Commanding Officer of 1J&K Naval Unit NCC, remarked that her dedication and perseverance set her apart as a role model for cadets across the Nation.

Her selection as Platoon Commander is a testament to her hard work and commitment, Sub Lieutenant Dr. Neelima, Ulfat's ANO at GCW Gandhinagar, emphasized that Ulfat's journey from humble beginnings to national recognition is a testament to her strength and resilience.

Maj Gen R.K. Sachdeva, ADG JK&L Directorate, expressed that Ulfat Khan's remarkable achievement serves as a testament to her exceptional leadership and dedication to the NCC.

Her selection as Parade Commander is a proud moment for the entire Directorate, and she is a shining example for cadets nationwide.

Ulfat Khan's journey exemplifies the spirit of Nari Shakti and serves as a beacon of inspiration for aspiring cadets across the nation. Her historic accomplishment at the Republic Day Camp 2024 reaffirms the power of dedication, perseverance, and the limitless potential of women in the defence forces, the spokesman said. (UNI)

Logo and.....

breathtaking snow mountains and it is a great sporting spectacle for J&K UT.

He also observed that the Mascot for Winter Games, Snow Leopard, is the symbol of Himalaya's natural heritage and reflects the commitment of the government towards the protection and preservation of wildlife, he added.

Under the guidance of Hon'ble Prime Minister Shri Narendra Modi ji, the UT of J&K has emerged as a preferred destination for winter sports. The sporting fraternity, organizers and fans are eagerly waiting to host athletes from across the country, the Lt Governor observed.

It is pertinent to mention that in the 4th edition of Winter Games, snow skating, ice hockey and curling are shifted to UT of Ladakh while other sports events will be held at world famous ski resort, Gulmarg.

Ms. Sujata Chaturvedi, Secretary Sports, Government of India; Sh Rajeev Rai Bhatnagar, Advisor to Lt Governor; Sh Atal Dulloo, Chief Secretary; Ms. Yasha Mudgul, Commissioner/Secretary, Tourism; Sh Sarmad Hafeez, Secretary Youth Services & Sports J&K; officials and members of organizing committee attended the launch ceremony.

In ten forest.....

Right to Information (RTI) application filed by the activist M M Shuja.

Divisional Forest Officer (DFO) Rajouri in a reply has said that 4510.87 hectares of forest land have been encroached by different individuals, groups and organizations.

Similarly, the DFO of Nowshera has said that at least 412.60 hectares of forest land was under encroachers. Likewise, PIO has informed that in Reasi forest area, nearly 1157.40 hectares of land was encroached followed by Mahore, Dharmari wherein at least 1645 hectares of forest land was under encroachers.

The DFO Poonch informed that at least 965.92 hectares of land was encroached by different individuals, groups and organizations in the region.

According to the PIO, in Batote area, at least 474.83 hectares of forest land was encroached followed by Jammu forest areas with 648 hectares, Doda forest areas with 173.16, Ramban with 2202, Kishtwar with 379.72 and Bhandarwah forest areas with 310.54 hectares of forest land.

On inquiring about the action against the encroachers, the PIOs of the different forest divisions said that actions are being taken under legal provisions in the Indian Forest Act 1927 including FIR, Court Proceedings, etcetera.

Besides, the PIOs has further informed that except the encroachers of 12,466.9 Hectares, the concerned department was trying to retrieve the forest land from the encroachers.

"Further, the eviction proceedings are under progress and notices have been issued to the encroachers under section 79-A of Indian Forest Act, 1927 and efforts are being made to retrieve the encroached forest land from the encroachers," the PIO said.

Pertinently, KNO on Monday reported that nearly 14 hectares of forest land from two wildlife sanctuaries in Jammu region have been encroached by different individuals, groups and agencies till 2023. The official record reveal that there is a total of 3150 hectares of land in Rannagar wildlife sanctuary and 3334 in Nandini sanctuary respectively wherein at least 6.35 hectares of forest land from Rannagar and 7.50 hectares of forest land from Nandini wildlife sanctuaries have been encroached.

IEDs fitted.....

revealed that both items were improvised explosive devices (IEDs)," said the spokesman.

He added that each IED was contained within a plastic bottle and consisted of components such as an electric detonator, a 9V battery (originating from Malaysia), a circuit, screws serving as splinters, and explosive material.

Additionally, the plastic containers housing the IEDs were coated with plaster of Paris.

"The approximate weight of one IED was determined to be 1.5 kg, while the other weighed one kg," he added, and he said that, recognising the potential danger, both IEDs were carefully and successfully dismantled on the spot by the police team, preventing any potential harm.

"The device was taken into possession after a controlled detonation," he said, adding that a case was registered at the concerned police station and further investigation to arrest those responsible for planting IED is going on. (UNI)

DC Srinagar chairs NCORD meeting on Prevention of Drug Abuse & Narcotics Trade

About 107 cases registered, 186 drug peddlers arrested under PITs-PSA in District during last one year

SRINAGAR JAN 30: Deputy Commissioner(DC)Srinagar,Dr. Bilal Mohi-Ud-Din Bhat Tuesday chaired a District Level meeting on Prevention of Drug Abuse & Narcotics Trade(NCORD) here at Meeting Hall of DC Office Complex to review the measures taken by Law Enforcement Agencies and other Stakeholders to curb the menace of drug abuse and drug peddling in Srinagar District.

Besides, Additional Deputy Commissioner, Syed Ahmad Kataria and Superintendent of Police, Umer Shah, the meeting was attended by, Chief Education Officer, District Social Welfare Officer, Chief Agricultural Officer, Deputy Drug Controller, ARTO,DDMO Srinagar, Incharge Drug De-addiction Centre SMHS Hospital, Incharge ATF, SKIMS Bemina and Officers from ANTF, Excise, Labour, DYSSO and other Departments.

At the outset, the Deputy Commissioner took a detailed appraisal from concerned mem-

bers of NCORD Committee regarding implementation of the deterrence measures taken and progress achieved to eliminate drug abuse and its peddling from the Srinagar District. He also reviewed the present scenario of drug related occurrences, treatment facilities for victims of substance abuse and rehabilitation measures taken by Administration, besides anti-drugs awareness campaign and drug deterrence measures in place in Srinagar District.

On the occasion, the DC said menace of Drugs is non-negotiable and stressed on adopting zero tolerance against the drug abuse. He also called the members of NCORD Committee to keep vigil on vulnerable places to prevent spread of drugs.

The DC called for attacking the societal issue of drug menace from both supply and demand sides to contain the drug peddling and break the supply chain. He also stressed upon the Officers of all the line



Departments to further intensify the deterrence measures to control the harmful effects of drug menace so that youth is discouraged from tempting towards drugs.

The DC also urged the concerned to intensify the IEC campaign for awareness of target groups. He stressed on engaging proper resource persons/experts in seminars so that the target group is educated about the harmful effects of the substance abuse in an impactful manner.

The DC asked the all stakeholder Departments to further strengthen the intelligence network by keeping proper vigil around suspected hotspots to crack whip on the menace of

drugs in District.

The DC laid emphasis on maintaining a proper database of the victims of the substance abuse particularly at Drug De-addiction Centres and Addiction Treatment Facility centres in order to ensure their follow-up and rehabilitation measures.

Earlier, the DC was given feedback by the members of the Committee including Superintendent of Police, Incharge Drug De-addiction Centre SMHS Hospital, Incharge ATF, SKIMS Bemina, Deputy Drug Controller and other enforcement agencies, who presented the latest report related to action taken against drug addiction and drug trafficking in Srinagar District.

The Superintendent of Police apprised the meeting that as many as 107 cases have been registered in Srinagar District during current year and 186 drug peddlers have been arrested (including 16 PITs and 2 PSA). In addition, huge quantity Contra Band substance were also seized/recovered including 108.52 gms of brown sugar, 17.07 kgs Heroin, 11.81 Kgs of Charas, 19.5 Kgs of Fuki, 1361 PSY syrup bottles, 41812 PSY capsules/tablets, besides illicit cultivation of 11.46 Kgs Ganja, 2.16 quintals of bang/poppy straw/cannabis were destroyed, in addition, to the cash recovery of Rs 26.46 lakh from the drug peddlers.

Similarly, the DC was informed that the Excise Department has destroyed wild bang spread over 350 kanals of land in Srinagar District, besides illicit poppy cultivation over 12.5 kanals of land during the current year. In addition, several awareness programmes regarding Narcotic Crops/Drug Abuse were also conducted.

Likewise, the DC was also briefed about the action taken and deterrence measures taken by the Anti-Narcotic Task Force(ANTF) and Drug Control Department to curb drug peddling in Srinagar District.

Uber rides into Srinagar

Uber's service offerings in the city include the popular UberGo and Uber Intercity

SRINAGAR, JAN 30: Uber today announced the launch of its operations in the picturesque state of Jammu & Kashmir, with its first stop in Srinagar. The ride hailing app has debuted its popular UberGo, and the trusted outstation product Intercity in the valley. Uber is committed to offering convenient, affordable, and safe mobility options to more and more riders across the country, and the launch of operations in Srinagar is a step in that direction.

Uber's launch in Srinagar is in line with its expansion plans in India, with an aim to increase its footprint and product offerings to regional markets. Residents of Srinagar and visiting tourists can now book Uber Go and Uber Intercity rides for their mobility needs. Intercity rides can be booked to tourist destinations around Srinagar, including Gulmarg, Sonmarg, and Pahalgam.

Intercity trips can now be booked for return journeys lasting up to 5 days, where riders can retain their Uber and the driver, adding stops as they go. To aid journey planning, all Uber rides can now be booked up to 90 days in advance helping riders schedule their travel better. This feature also helps drivers as they can now forecast their future earnings in advance and plan their expenses accordingly.

Commenting on Uber's expansion into Srinagar, Shiva Shailendran, Head of Supply and Regional Operations said "The launch of our operations in Srinagar marks our presence in the popular tourism hub of Jammu & Kashmir, and we are excited to serve the riders in one of India's all time favourite travel destinations. With the global ride hailing app now available in Srinagar, tourists as well as locals will now find a trusted ride in and around Srinagar with a few taps on the app. The launch of our service will also create meaningful earning opportunities for drivers and will support the economic growth of local communities."

Uber aims to offer convenient pick-ups, hassle-free rides, and digital payment options at a touch of a button with its various services. Uber's city services will also provide its community of drivers with improved earning opportunities, resulting in financial independence and the economic growth of communities.

Getting started with Uber is easy:

- Download the app - Get the free Uber app from the App Store or Google Play on your smartphone and open the app to create your account.
- Request a ride - Enter your destination and choose a ride option. You'll always see the price upfront.
- Enjoy your ride - You'll see your driver's picture and vehicle details, and can track their arrival on the map.

About Uber

We rode into India in 2013 with a simple promise: press a button, get a ride. 10 years and over 3 billion trips later, we continue to build products to help people get where they need to be. Today, Uber is available across 125 cities in India and has become #IndiaKiRide where people can go where they have to on Moto, Auto, Cars and even Buses - designed for their various intricacy and intercity travel needs. With just a swipe on the app we make mobility seamless for millions and have helped over 800,000 Indians earn a sustainable income by getting in the driver's seat. We continue to reimagine the way the world moves for the better in ever expanding ways and as we mark our ten year milestone - we remain committed to keep India Moving Forward.

SKIMS MCH organises 'FACE OFF' to commemorate 25 yrs of Maxillofacial Surgery

SRINAGAR, JAN 30: on the eve of completing 25 years of Maxillofacial Surgery in SKIMS MCH, a vivid event 'FACE OFF' was today held here with the stalwart of Craniomaxillofacial Surgery, Dr. KS Rao as guest speaker.

Ex Director SKIMS, Dr. Showkat Ali Zarger spoke about the continuous efforts which are being put to strengthen the Department and how slowly but steadily it is taking the shape. Dr. Zargar also put forward the suggestions of starting a postgraduate course in

the Department.

Director SKIMS, Dr. Parvez Ahmed Koul enlightened the audience about his experience in the field of administration and also raised hopes of starting a PG course in the field of Maxillofacial Surgery in SKIMS MCH. The Director also said that so much work is being done and expressed happiness for the same.

The Principal, Dr. Irfan Robbani assured all the support needed to further enhance the Dept. Of Maxillofacial Surgery and pressed the authorities to do



the same.

Dr. KS Rao with his focus

mainly on craniomaxillofacial anomalies lectured about the importance of early detection of craniofacial anomalies especially Craniosynostosis and highlighted how the Dept. has come a long way, and assured that the patients with need of Craniofacial surgeries will no further need to visit outside the state.

The Medical Superintendent enlightened the audience about how the Dept. of Maxillofacial Surgery even with very limited resources does wonders in the hospital.

DC Srinagar reviews physical/financial progress under R&B and allied sectors

SRINAGAR, JAN 30: To review the physical and financial progress of ongoing works taken up under R&B Sector in the District during financial year 2023-24, a meeting was held under the Chairmanship of Deputy Commissioner(DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat here today at Meeting Hall of the DC Office Complex.

At the outset, the Deputy Commissioner took a comprehensive physical/financial review of targets with regard to infrastructure development, upgradation works and macadamization process undertaken by R&B, PMGSY, NABARD, City Roads Division etc. He also assessed physical/financial status of NABARD projects, CRIF/CRIF languishing projects, UT sector works, bridge sector works, status of C&T and pothole sector works.

On the occasion, the DC was also first hand appraisal about the present status of major ongoing developmental projects through a detailed PowerPoint presentation.

The Deputy Commissioner after taking review of all works being executed during the current year



under R&B and other allied sectors directed the officers to strictly follow the deadlines of each project to ensure their timely completion, so that people are benefitted at large.

He laid stress on speeding up the pace of the execution process to complete the works in a time bound manner. He exhorted upon the concerned Officers to monitor the progress of works by maintaining work wise Pert-Chart.

The DC stressed the officers to work with a vision of development and welfare of the people and make sure that all the projects are com-

pleted within the stipulated time frame with strict adherence to the quality standards.

During the meeting, the Deputy Commissioner also reviewed the snow clearance measures and asked the concerned to remain vigilant in wake of the weather advisory. He asked them to keep all men and machinery in active state to ensure timely snow clearance on all city roads. Superintending Engineer R&B, all Executive Engineers of R&B, PMGSY, SMC, Assistant Director Planning and other concerned Officers were present in the meeting.

'World NTDs Day'

Neglected Tropical Diseases can cause disability, death if left untreated: Doctors

SRINAGAR, JAN 30: Neglected Tropical Diseases (NTDs) can pose severe health risks, including disability and death if left untreated, warn doctors. Medical professionals, speaking to the news agency—Kashmir News Observer (KNO), said it is important to implement vector control measures, such as insecticide-treated bed nets and indoor residual spraying, to reduce the transmission of vector-borne NTDs like malaria and dengue fever.

Neglected Tropical Diseases, which include ailments like dengue, lymphatic filariasis, trachoma and leishmaniasis, are termed "neglected" because they generally afflict the world's poor and historically have not received as much attention as other diseases. The root causes of these diseases, according to doctors, include poverty, poor hygiene, vector-borne transmission and various environmental factors.

If left untreated, NTDs can lead to severe illness, disability and even death, the doctors warned. "These diseases contribute to reduced productivity, income loss due to illness and disability, and social exclusion, exacerbating the suffering of affected individuals," they added.

According to medical experts, administering mass drugs to at-risk populations, vector control, improved sanitation and health education can help in the prevention of these diseases. They advise the public to use insecticides in areas where disease vectors gather, breed or rest, eliminate standing water breeding grounds for mosquitoes, sleep under bed nets, and seek treatment to mitigate the risk of infection and onward transmission.

Jaundice outbreak in Shopian, two test positive

SRINAGAR, JAN 30: An outbreak of jaundice in Pahnoo village of south Kashmir's Shopian has raised concerns as two persons have tested positive, while many others exhibiting symptoms of the disease. A health official informed the news agency—Kashmir News Observer (KNO) that the screening

process is underway, and two cases have been confirmed positive for jaundice.

Residents allege that the Jal Shakti Department's failure to provide safe drinking water is the cause of the outbreak in the village.

According to locals, numerous children have tested positive for

jaundice. "Some are undergoing tests at private clinics and hospitals in other districts," they said. They claimed that doctors treating the affected children attributed the jaundice to contaminated water.

Expressing concern over the situation, the residents have urged authorities to address the "life-

threatening" issue immediately. "Fever and vomiting are common symptoms among children in the area. The authorities must immediately start mass screening and provide us with potable water," they said. Block Medical Officer (BMO) Shopian, Mohammad Yusuf, told KNO that two jaundice

cases from Pahnoo Shopian have been reported at District Hospital Shopian. He said teams have been dispatched to the village to collect samples, and the screening process is in progress. "The people should not panic but consume boiled water and maintain proper hygiene," the BMO advised.

18th NCORD meeting: Reasi DM calls for involvement of youth in war against drugs

■ HT News Network

REASI, JANUARY 30: A meeting of the District Level Committee of Narco Coordination Centre (NCORD) was convened today here under the Chairmanship of District Development Commissioner, Vishesh Mahajan.

The meeting reviewed the steps taken to counter the menace of drug abuse in the Reasi District. The District Magistrate thoroughly assessed the progress achieved in the past months towards eradication of drug abuse and its trafficking.

Calling for heightened vigil around educational institutions, he directed the enforcement agencies to restrict street hawkers to operate near Schools and Colleges. He further emphasized the need to conduct a census of beggars, ensuring that none are allowed to enter or wander in and around Katra or any other Town of the district.

He called upon the stakeholders to mobilize Asha workers and Anganwadi workers to actively engage with



people and spread mass awareness about the perils of drugs.

Furthermore, Mahajan stressed the importance of continuous monitoring by the Police and Revenue department and other concerned agencies to prevent illicit cultivation of poppy or cannabis crops in the district.

To keep a check on the illegal sale

of psychotropic drugs, Mahajan directed the Drug control department to ensure installation of CCTV cameras in all left out Medical shops.

The meeting was attended by ADC, Abdul Star; SDM, Deepak Dubey; PO Poshan, Mohammad Anwar Banday, ACD, CMO, Chief Agriculture Officer and other district officers were present in the meeting.

DC Udhampur distributes nutrition kits among 50 TB patients

■ HT News Network

RAJOURI, JANUARY 29: Deputy Commissioner Rajouri, Om Prakash Bhagat on Monday presided over a meeting to review the implementation of the flagship "PM Vishwakarma Kaushal Samman Yojana" in the district, a visionary scheme designed to uplift and empower traditional artisans. The PM Vishwakarma Kaushal Samman Yojana holds immense significance in preserving and nurturing India's rich cultural heritage of traditional craftsmanship, providing crucial financial support to artisans and enabling them to pass on their age-old skills to future generations. Under this transformative initiative, eligible artisans are granted financial assistance, technical training, and exposure to modern markets, thus ensuring the preservation of their livelihoods and our cultural heritage. After a thorough scrutiny of the applications



presented in the meeting, the DC approved 180 cases under the PM Vishwakarma Kaushal Samman Yojana. These cases represent a diverse range of trades. The selection of beneficiaries has been meticulously carried out to ensure that deserving artisans from different backgrounds and trades receive the support they need to thrive. The approval of these 180 cases is a testament to the commitment and dedication of District Administration towards empowering artisans in the

ajouri district. By providing financial support and technical training, the PMVKS scheme aims to uplift artisans, enhance their skills, and create opportunities for them to explore modern markets, thereby securing not only their livelihoods but also preserving our cultural heritage. Deputy Commissioner Rajouri Om Prakash Bhagat emphasized the importance of a streamlined application process, transparent fund distribution, and robust monitoring mechanisms.

World Anti Leprosy Day observed in Jammu Division

■ HT News Network

JAMMU, JANUARY 30: World Anti Leprosy Day was today observed across Jammu Division under the guidance of Director Health Services Dr. Rajeev Kumar Sharma.

The theme for this year is "Beat Leprosy" that encapsulates the dual objectives of the day to eradicate the stigma associated with leprosy and to promote the dignity of people affected by the disease. This year a fortnight Sparsh Leprosy Awareness Campaign is to be observed from 30th January 2024 to 13th February 2024.

In Jammu District an event was organised by Dr. Sushma Mattoo, Zonal Leprosy Officer in the Government Hospital Gandhi Nagar under the supervision of Medical Superintendent Dr. Rakesh Magotra. The purpose of this event was to generate awareness about causes, transmission, signs and symptoms, treatment, prevention of leprosy and social stigma associated with the disease among the community. The event started with observation of two minute silence to commemorate death anniversary of Father of Nation Shri Mahatma Gandhi ji followed by pledge taking ceremony on the occasion of Anti Leprosy Day. Under the supervision of Principal ANMT School Government Hospital Gandhi Nagar Jammu Dr. Daisy Parihar the students of ANMT School performed a cultural program that was appreciated by all present in the function. A Rally was also flagged off by Director Health Services Jammu Dr. Rajeev Kumar Sharma from Government Hospital Gandhi Nagar Jammu enroute Gole Market area. On this occasion a Tribute was paid to commemorate

Anti-Leprosy Day: SPARSH Outreach campaign launched in Kathua

■ HT News Network

KATHUA, JANUARY 30: District Leprosy Society of Health Department, Kathua observed Anti Leprosy Day by hosting an awareness event here in the Office of the Chief Medical Officer. Anti-Leprosy Day is observed on 30th January, coinciding with the death anniversary of Mahatma Gandhi.

The event also marked the launch of the Sparsh- the fortnight-long Leprosy Awareness Campaign with the theme, "Ending Stigma, Embracing Dignity". The campaign aims to address the issue of stigma and discrimination associated with leprosy and increase awareness. In this regard a "Leprosy Awareness Van" was flagged off from the Chief Medical officer's Office Complex to inform the community about the illness and remove any potential stigma attached to it. The van will traverse through different areas & blocks to spread awareness of the signs, the value of early diagnosis and treatment, and the fact that leprosy is curable.

Earlier, the District Health Officer delivered a lecture educating masses



about the disease and effectiveness of the Medicines. Prevention & early detection as key to curb the disease.

Chief Medical Officer, Dr. Vijay Raina highlighted the importance of such awareness campaigns for educating the people about leprosy prevention and how to care for those who have already been infected. The introduction of this van was also a motivational step towards the total eradication of leprosy from society and guaranteeing that no one will ever again have to endure its debilitating

effects. Among the others present included the staff of the leprosy unit & other field workers. Chief Medical Officer, Dr. Vijay Raina highlighted the importance of such awareness campaigns for educating the people about leprosy prevention and how to care for those who have already been infected. The introduction of this van was also a motivational step towards the total eradication of leprosy from society and guaranteeing that no one will ever again have to endure its debilitating effects.

75th Martyrs' Day observed with two minute silence in Rajouri

■ Amir Iqbal Khan

RAJOURI, JANUARY 30: District Administration Rajouri solemnly marked the 75th Martyrs' Day, a poignant occasion dedicated to honoring the indomitable spirit and sacrifices of the freedom fighters in India's quest for independence.

In a poignant tribute, the district officers congregated to pay their respects. The atmosphere resonated with solemnity as a collective two-minute silence was observed, underscoring the significance of the sacrifices made by these valiant individuals.

The commemorative event saw the participation of DDC Rajouri, Om Prakash Bhagat; SSP, Amrit Pal Singh; ADDC, Pawan Kumar; ADC Rajouri, Rajeev Kumar Khajuria; CPO, Mohammad Khurshid; ACR, Imran Rashid Kataria; AC Defence, Saleem Quersh; DPO Auqil Nuvaid, DySP HQR, Mudasir Chowdhary among other officers. Their presence emphasized the significance of remembering and acknowledging the brave hearts who laid down their lives for the cause of India's freedom.

The echoes of the two-minute silence lingered as a testament to the profound gratitude and reverence felt for those who paved the way for India's sovereignty.

DM Jammu seeks explanation from 13 BDOs for poor performance

■ HT News Network

JAMMU, JANUARY 30: District Magistrate Sachin Kumar Vaishya has sought written explanation from Block Development Officers of 13 blocks for their lackluster performance. District Magistrate convened a comprehensive performance review, revealing that Akhnoor, Arnia, Bishnah, Bhalwal Brahmana, Dansal, Mairamandira, Mandal Phallain, Mathwar, Marh, Miran Sahib, Nagrota, Samwan, and Satwari blocks fell short of the expected benchmarks in delivering MGNREGA benefits. Expressing disappointment over the findings, the DM has issued a five-day deadline to the BDOs concerned to submit detailed explanations.

DC Rajouri reviews status of Ration Card distribution among to left out E-Shram Card beneficiaries

■ HT News Network

RAJOURI, JANUARY 30: Deputy Commissioner Rajouri Om Prakash Bhagat chaired a crucial meeting here today to discuss the issuance of ration cards to the left out e-Shram card beneficiaries.

The meeting aimed to ensure that the process of issuing ration cards is completed promptly, guaranteeing access to subsidized food grains and essential commodities for all eligible individuals in the district. During the deliberations, officers discussed the streamlined approach to identify and validate eligible beneficiaries, ensuring that the distribu-



tion process is transparent, efficient, and reaches those who genuinely need assistance. Recognizing the significance of ration cards as a vital instrument of social welfare, Deputy Commissioner Om Prakash Bhagat directed all officers to expedite the process and ensure that a comprehensive list of the left-out

beneficiaries is prepared without delay. Furthermore, the meeting delved into the coordination mechanisms between various departments involved in this initiative. A collaborative effort was emphasized to bridge any potential gaps in the implementation process, ensuring that the benefits of the ration card distribution reach the intended beneficiaries promptly. The meticulous planning and emphasis on transparency in the distribution of ration cards underscore the dedication of the administration to social welfare and inclusive development, ensuring that those who contribute significantly to the workforce receive the support.

JKAACL, APS Damana host 2-day Painting Exhibition- 'Studio Oasis- Creativity Blooms Here'

■ HT News Network

JAMMU, JANUARY 30: A Two-day Painting Exhibition was organized today by J&K Academy of Art, Culture and Languages in collaboration with Army School Damana, in K.L. Saigal Hall, Abhinav Theatre, Jammu under the theme 'Studio Oasis- Creativity Blooms Here'. The event was inaugurated by the Chief Guest Padma Shri Mohan Singh Slathia, a versatile artist known for his exceptional work in the field of Dogri Language, Art and Literature and Guest of Honour Lt Col Randeep Singh Slathia SO School. Principal APS Damana, Pushpinder Kaur



applauded the efforts of the young artists and appreciated the aesthetic sense of connectivity of young minds. Popinder Singh, Sr. Editor and Irshad Hussain Tantray, Exhibition Officer JKAACL also shared the dais with the dignitaries.

Bharat Darshan Tour: 15 Kishtwar Youth embark on a Cultural Odyssey hosted by CRPF 52nd Battalion

■ HT News Network

KISHTWAR, JANUARY 30: A contingent of 17 Local Youth from Kishtwar district commenced their Bharat Darshan Tour today, organized by 52nd Battalion CRPF under the Civic Action Programme.

The unique initiative of 52 Battalion CRPF launched under the guidance of Param Shivan Commandant, spanning from January 30, 2024, to February 8, 2024, will take the local Youth on a journey from Kishtwar to Bangalore, providing them with a unique opportunity to explore the cultural richness of the states along the way.

In the opening ceremony held in CRPF

Camp, the Chief Guest, Commandant 52nd Battalion CRPF, Parma Shivan flagged off the contingent in presence of Mohinder Kumar second-in-command CRPF and Deputy Commandant CRPF Anadi Dayal, and other dignitaries.

Among others, a large number of CRPF personnel, civilians and media persons were present.

The contingent, escorted by the Education Department's Rajesh Kumar (Master) and CRPF representative ASI Venkatesh, will guide the contingent throughout the diverse cultural landscape of Bharat Darshan tour. Chief guest/Commandant, Parma Shivan, addressing the Youth, during the flag-off, emphasized the significance of this tour as a golden opportunity to inti-



mately understand India's cultural and historical diversity. He highlighted the

transformative potential of such experiences, fostering a broader perspective and global outlook among the students.

The itinerary, from Kishtwar to Bangalore, passing through various states, is designed to expose the students/Youth to the vastness and legacy of each region, observed Shri Parma Shivan.

The Chief Guest said that Bangalore, being the IT hub of India, adds an extra layer to the tour, aiming to broaden the Youth's vision and cultivate a mindset transcending regional and parochial boundaries. CO 52nd Battalion on the occasion also stressed the importance of discipline, unity, and quality values during the tour, encouraging the Youth to embrace a holistic approach to their journey.

EDITORIAL

Winter Wrath Without Enough Rain & Snow

The absence of precipitation during the harshest winter month; January, has plunged Kashmir into a state of crisis, marking the longest dry spell in recent memory in 58 years. The repercussions are profound, impacting both the region's ecosystem and its populace.

In Kashmir, where winters are traditionally characterized by heavy snowfall, the absence of precipitation has triggered a cascade of challenges.

The agricultural sector, which heavily relies on winter snow for irrigation during the spring and summer months, faces a bleak outlook. Without replenishment, water reservoirs are depleted, endangering crops and livelihoods. The specter of food insecurity looms large.

Moreover, the dearth of snowfall exacerbates the already precarious situation of water scarcity.

Kashmir's rivers, lifelines for countless communities, dwindle, intensifying competition for limited resources. This not only threatens access to clean water for drinking and sanitation but also undermines hydroelectric power generation, further straining the region's energy supply.

The environmental toll is equally alarming. The absence of snow cover disrupts the delicate balance of Kashmir's ecosystem, impacting flora and fauna alike. Wetlands and water-dependent habitats suffer, jeopardizing biodiversity and ecological stability.

Yet, amidst adversity, Kashmir's people display resilience and solidarity. Communities rally to mitigate the impact, sharing resources and support. However, long-term solutions require concerted action at regional and national levels. Urgent measures to address climate change and safeguard water resources are imperative.

As Kashmir grapples with the aftermath of the longest winter dry spell in the January month, it serves as a stark reminder of the urgent need for climate resilience and proactive environmental stewardship. Only through collective effort can the region weather the storm and emerge stronger.

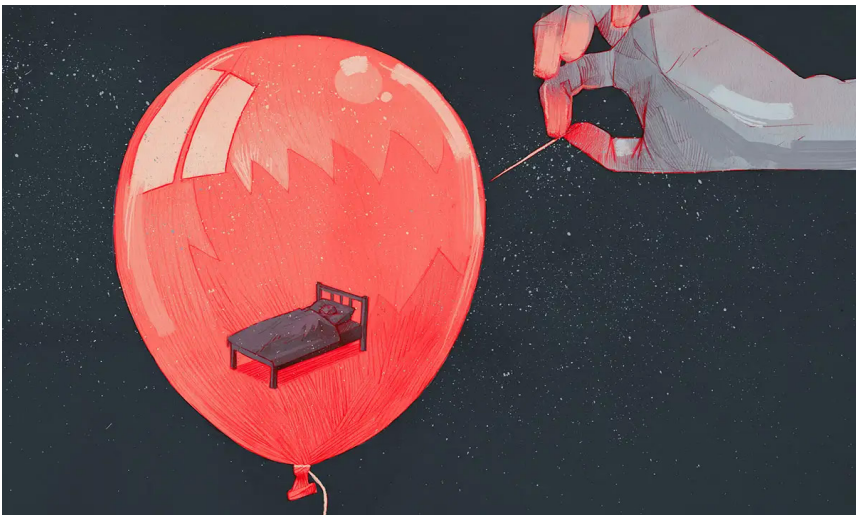
Despite The Hardships, Dream While Wide Awake

Syed Fiza Masoud Bukhari

The concept of dreaming with your eyes open is truly fascinating and goes beyond just imagining a future goal. It is a profound philosophy that encourages people to develop a mindset where their dreams are not restricted to the unconscious realm of sleep, but rather, they are pursued with conscious intent and purpose. One of my favourite books is titled "Dream with your eyes open", written by Ronnie Screwvala. I find the title fascinating and after contemplating it, I comprehended its significance. It means a lot to me to dream with my eyes open and this article explains how I am working towards manifesting and accomplishing my aspirations. Dreaming with your eyes open requires a deep level of introspection, where you explore your innermost desires, passions, and aspirations, and then take action to make them a reality. This approach involves setting clear goals, developing a plan of action, and striving through obstacles and setbacks. When you dream with your eyes open, you are creating a life that is authentic, fulfilling, and meaningful, and you are truly living to your fullest potential.

The journey of dreaming with your eyes open is not without its challenges. Obstacles are unavoidable, but they are not roadblocks; rather, they are opportunities for growth. There are a lot of obstacles with have to face in this journey. Achieving your goals requires a lot of consistency, courage and patience at the same time. When things go wrong, being resilient is really important. It helps you get through tough times.. Obstacles are opportunities to learn and grow. Seeing setbacks as stepping stones towards success is a sign of having a strong mindset when you're trying to make big changes in your life.

Personally, the last three years have been the toughest in my life. In 2021, I lost my father to an unexpected heart attack, and then my grandfather to the same cause in 2022. In 2023, I was simply trying to navigate life without them, grappling with this immense loss. I was a girl whose father was her entire world and her only confidante.



I couldn't imagine what life would be like without him. He was the one who made every decision for me and the only person in the world I trusted implicitly, accepting his decisions without question. Being his only daughter after two sons, I was the most spoiled child. So, I never imagined having to figure out life on my own. My dad was incredibly strong, a true gem, and he taught me how to be strong, courageous, fearless, brave, and independent.

After this monumental loss, I was utterly broken and it took me three years to come to terms with this harsh reality. Healing isn't a walk in the park, and without struggles, you can't truly understand yourself. Life can be both harsh and beautiful, but it's important not to give up. During this time, I lost many people, people I once called friends, and learned the true nature of people, society, and the world, but that's okay. We should always be thankful for everything, even the hurdles we encounter. I'm thankful to have such wonderful people and family in my life who supported me during this tough time. Remember, it's okay to take your time to heal and it's okay to feel the way you do. You're not alone.

Despite the pain, difficulties, anxiety attacks, and trauma, I gained a lot of wisdom during this period of healing in my life. I've remembered the lessons my father taught me and now, his expectations have become my ambitions alongside my own goals. Believe me, we are stronger than we

think. It's all in our minds and we just need to understand our thoughts. Once you decide to pursue your dreams and believe in your capabilities, you're already halfway to success. It took some time, but I finally found my true self. Now, I'm on my way to achieving my dreams and I'm celebrating every little victory in my life.

The key to dreaming with your eyes open is visualization. Visualizing is a method that involves creating vivid mental images of what you want to achieve. Your brain tends to perceive these images as real-life experiences, which can act as a great motivator towards your goals.

Setting ambitious goals is important when you have big dreams. These goals should guide your actions and decisions in order to make your dreams a reality. They should be more than just things you hope to achieve; they should be compelling dreams that ignite your passion and sense of purpose.

To fulfill our dreams, we need to take purposeful, inspired action instead of just wishing for them to come true. This involves breaking down our big goals into smaller, manageable steps and consistently working towards them. Taking action requires dedication, discipline, and a willingness to step outside of our comfort zone. Small steps lead to big dreams. "Society and, at times, even your own family can act as roadblocks on your journey towards achieving your dreams. However, it is important to know how to overcome

these challenges while maintaining a balance between courage and kindness. You must learn to manage everything during this process, whether it is dealing with family obligations or pursuing your goals.

Do not let others opinions or the difficulties affect you. The society we live in and, at times, even our own family can make it harder for us to achieve our dreams. The path towards our ambitions is not always straightforward, and it is important to learn how to overcome challenges and manage different aspects of our lives simultaneously.

To achieve our goals, we must learn to balance courage and kindness. We must be courageous enough to face the obstacles that come our way, but also kind enough to navigate these challenges without causing harm to ourselves or others.

During this process, it is crucial to maintain a balance between our family obligations and our aspirations. We should not disregard the importance of our family while pursuing our dreams, but rather learn to manage both aspects of our lives effectively.

In conclusion, to overcome the roadblocks that come our way and achieve our goals, we must have the courage to face challenges, the kindness to navigate them without harming ourselves or others, and the ability to manage different aspects of our lives effectively.

Achieving our big dreams requires a journey of continuous learning and adaptation. A growth mindset, the ability to embrace new knowledge, and the flexibility to adjust course when necessary are all important components. Every experience, whether it's successful or not, can teach us valuable lessons. Learning from both our successes and failures allows us to take a well-rounded and resilient approach to pursuing our dreams.

Dreaming with eyes open is crucial for growth and resilience, as it turns imagination into reality. This indomitable spirit not only shapes our own destiny but also the collective tapestry of dreams that shape the future.

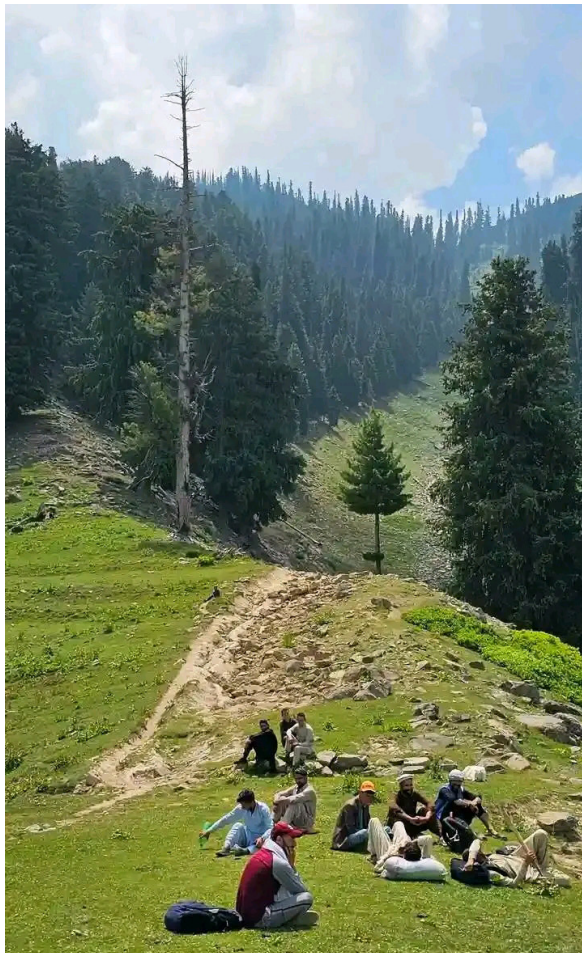
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Benefits Of Rural Tourism In Jammu and Kashmir



Mool Raj

Tourism is a tool for creating jobs, reducing poverty, and promoting human development that is sustainable. A country's economic, cultural, social, and political values are impacted by tourism. Due to the abundance of exciting new tourist locations, tourism is steadily expanding over the world and J&K itself. With significant economic benefits, tourism has grown to become one of the major service businesses in the world. Due to the emergence of e-commerce, technology advancements, demographic changes, and the deregulation of the airline industry, travel and tourism are unintentionally boosting the global economy's Gross Domestic Product (GDP) and generating jobs. Other connected industries, such as transportation, construction, retail, etc., have improved as a result. As per reports, the travel and tourism industry contributes 10% of the worldwide GDP. This thriving tourist sector is emerging as a significant engine of growth and prosperity, a source of jobs, assistance in boosting the national income, and assistance in improving the balance of payments. The tourism sector in India is expanding rapidly. Conceptual alignment with rural tourism, eco-tourism, health tourism, adventure tourism, and culinary adventure is necessary for the promotion of agritourism. The idea of rural tourism expands the reach of travel and



tourism to a greater population. The tourism industry's fastest-growing segment is thought to be rural tourism. A significant contributor to sociocultural transformation is tourism. There are many benefits to travel. It improves interpersonal relationships, community self-image, employment prospects, educational chances, and the desire to learn new things, among other factors. In India, employment prospects are growing more slowly than the country's population. The agriculture industry

employs over 70% of the population of India. Most farm workers only find temporary jobs. They start looking for work at that time in the neighbourhood or nearby. Expanding tourism development in rural areas has been deemed necessary. Many nations, like Singapore, Malaysia, the United States, Costa Rica, Kenya, and Canada, use nature-based projects to showcase their natural splendour. The local community manages the area's scenic spots, which aids in improving the socioeco-



omic standing of rural residents. A significant source of revenue for the world's currency is tourism. Rural tourism refers to travellers' fascination with exotic and native cultures. As villages have their own distinct styles and magnificent natural beauty, rural tourism is particularly fascinating to both domestic and international visitors. Rural tourism differs from conventional tourism in that it places less emphasis on the local populace. Due to its distinctive history, culture, and natural

features, the Union Territory of J&K offers a great deal of potential for rural tourism. Rural tourism is a novel idea that encompasses all travel-related activities that allow people to exchange cultures and traditions. In rural tourism, visitors stay in locals' houses to learn about their customs, traditions, way of life, eating habits, festivals, folk dances, music, and rituals, among other things. The urban residents who reside in congested and filthy towns may find the villages to be the main attractions. Such folks seek escape from their everyday grind by spending weekends and holidays in rural locations. Participatory rural tourism is intended to enhance the economic and social well-being of the community. To ensure that rural tourism supports and benefits the local community socio-culturally and economically and is not just generating income for the government or private business owners, the local community needs to prepare ahead. Rural tourism must work to fulfil its responsibilities to nearby communities if we wish to market it. Certain factors, including a clean, pollutant-free environment, customs, local handicrafts, folk dance and music, paintings and sculptures, the history of the area, the nature of local employment, the use of technology, agriculture, horticulture, architecture, the educational system, religion, attire, and leisure activities, among others, can draw visitors from far and wide. New employment prospects in rural areas may result from rural tourism. New jobs in rural areas could inspire people there to pursue education. The local population's interest in and pride in their culture, traditions, and values may be rekindled through rural tourism. Local folk customs may be lost to hegemonic culture and the impact of modern media. Tourists may find these cultural features fascinating.

The author is a columnist and freelance writer

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The setting up of a vocational training centre will be an invaluable asset that will provide the youth with the basic competence to acquire requisite skills and thereby enhance their employment prospects. Regular conduct of medical and veterinary camps will facilitate timely medical attention to the villagers and their livestock respectively while a community centre with indoor recreational facilities will provide an opportunity for people of all ages to congregate and interact with each other.

Topi Pir a model village concept is a great one!



■ By **M S Nazki**

The most scenic village in the Poonch district Topi Pir Of Bufliaz block in Surankote area consisted many houses with a great population. Its residents belong to the traditional grazier Gujjar and Bakkarwal community and their main source of income is from livestock. Seeng the initiative of Indian Army , some experts, locals, organizations and services played officers suggested that this area is remote and lacks road con-

nectivity with the Deera ki Gali Bufliaz Road . In addition, Topi Pir doesn't have any hospital facility dispensary, primary school, electricity or water storage facilities.

Like people in other remote areas, the older generations of Topi Pir may have adjusted themselves to a primitive way of life as well as lack of basic amenities and opportunities. However, the present generation is more aware and aspires for better educational facilities and access to other civic conveniences. With the center along with state and UT administrations working on a war footing to provide basic amenities and infrastructure, such expectations from the impoverished people of Topi Pir is but natural.

Appreciating the legitimate aspirations of its residents, Udampur based Northern Command of that Indian Army has taken the considered decision of 'adopting' and making the Topi Pir a model village as part of its Op Sadhb-

havana project. Working in close coordination with the UT and district administrations, the army plans to undertake various projects to make Topi Pir a model village

Accordingly, this village will see a host of developmental initiatives in the next to next in the field of infrastructural development, health, education, human resource and skill development. While construction of a road to connect Topi Pir with the DKG-Bufliaz Mughal Road will greatly improve accessibility, provision of water storage facilities and execution of a solar energy project will provide running water and reliable source of electricity to the villagers.

The setting up of a vocational training centre will be an invaluable asset that will provide the youth with the basic competence to acquire requisite skills and thereby enhance their employment prospects. Regular conduct of medical and veterinary camps will facilitate timely

medical attention to the villagers and their livestock respectively while a community centre with indoor recreational facilities will provide an opportunity for people of all ages to congregate and interact with each other.

'Adoption' of Topi Pir by the Indian Army for making it a model village isn't the first such initiative. On the contrary, it's part of an ongoing process of the Indian army's untiring and multifaceted outreach to improve the habitat and quality of life of locals living in remote areas.

The deluge of success stories reported by highly reputed and independent sources recounting how thousands of people living in far-flung areas in UTs of J&K have benefitted from the Sadhbhavana projects set an exemplary scene for itself and as such this public oriented welfare projects like, coaching of skills, education like centres for children which is deserved due appreciation.

How to encourage good behavior in children with playfulness

■ **Cara Goodwin**

Parental playfulness is defined in research as "the degree of creativity and curiosity parents exhibit when interacting in play with their children." In other words, it is how "fun" a parent is with their child both during playtime and during everyday tasks and routines. It can also involve using humor or jokes with your children and being joyful in your interactions with them. Playfulness is a "love language" of children—meaning it is an important way for us to connect with them and build our relationship. Playfulness can also be helpful during stressful times or power struggles with children. For example, when your child doesn't want to leave the playground, you ask if they want a "horse ride" to the car.

So does playfulness really help? A recent study found that playfulness in parents was associated with fewer behavioral problems, a lower risk for anxiety and depression, and more kind behavior in children. Previous research also finds that parent playfulness is linked to improved emotional regulation skills in children and less negativity and defiance from them. This research suggests that playfulness may help parents to set limits in a way that does not lead to a power struggle. Being playful may even reduce your own stress as a parent and help you to become more supportive of negative emotions in your children.

Examples of Parent Playfulness

If you have a child who doesn't want to put on their pajamas, make the pajamas talk and move around saying something like "I wish I had a child who wanted to wear me." You can also try to put the pajamas on yourself pretending that they might fit you.

If you have trouble getting your child out of the door in the morning, ask if they want to race you to the car. Or ask if they want to fly, skip, hop, or twirl to the car.



Take turns telling stories or playing "I-Spy" during a long car ride or when waiting in line.

Have a dance party in your kitchen after a hard day.

Play a game of tickle monster or have a pillow fight.

Try doing a blind taste test with food. Your kids have to guess what they are eating while they keep their eyes closed or are blindfolded. This might also have the added benefit of getting them to try new foods.

If you have a child who hates having their hair brushed or done, have your child give you a crazy hairdo.

If your child is having trouble remembering to put their dirty clothes in the hamper, tell them to pretend like the laundry basket is a basketball hoop and see if they can make it in from a certain point in their room.

Have a child that hates brushing their teeth? Pretend to find something in their mouth while brushing their teeth ("Oh, wow, is that a tiny unicorn in your mouth? Let me brush it out!")

Sing or use a funny voice to give instructions. Your child will be much more likely to listen and it may help your stress levels, too!

Enjoy nature together in a way you normally wouldn't. Jump in piles of leaves, play outside in the rain, bury each other in sand, etc.

Tell each other knock-knock jokes.

Have a staring contest.

Play feelings charades. You or your child acts out an emotion and the other one has to guess which emotion it is. Exaggerate the emotions to make it more fun. Your child will also be working on their emotional knowledge, which, in turn, increases their empathy.

Build a fort together.

Make reading together more fun. Go under a blanket with a flashlight, read in a hammock, or read to them while they play or craft.

Overall Translation

Being more playful as a parent has many benefits for children's development and may make your own day-to-day parenting a little bit easier. You are also teaching your child the important coping skill of using humor to manage challenging situations.

Here are some tips for incorporating playfulness into your parenting life:

Focus on "finding the smile" or "finding the laugh" for your individual child. Make sure you are using play approaches that your particular child enjoys. For example, some children love rough and wild play like being thrown in the air, while some children prefer more quiet and calm play

like a subtle joke. You might have to try a few different approaches to see what really brings out the smile or laugh in your child.

Don't use play or humor to invalidate their feelings. If your child is experiencing some genuine negative emotions, make sure you acknowledge and validate their emotions before using playfulness to defuse the situation. If they don't seem receptive to playfulness or humor at a particular time, then don't use it.

Consider times during the day when implementing play or humor may be helpful. Think of times in the day when you experience power struggles or it seems like your child isn't listening to you. It may be useful to incorporate playfulness into certain daily rituals to encourage your child to cooperate.

Help your child to learn to use playfulness and humor on their own. Playfulness is an important coping skill that you can teach your child to use even if you are not present. Teach them this skill by asking them questions like: How can we make this more fun? Can you think of anything funny about this situation?

Do not use playfulness or humor to mock or tease your child. Be careful that your playfulness or humor is not making them feel bad. If you aren't sure, you can always ask them how it makes them feel.

Address your own anxiety and depression that might make playfulness difficult. Research finds that emotional difficulties in parents may be associated with less parent playfulness, which then leads to more challenging behavior in children. You can address your own symptoms by seeking help from a mental health professional.

Cara Goodwin, Ph.D., is a licensed clinical psychologist who specializes in translating scientific research into information that is useful, accurate, and relevant for parents.

DC reviews status of ongoing development projects in Samba District



HT News Network

SAMBA, JANUARY 30: District Development Commissioner Samba Abhishek Sharma today chaired a meeting in his office chamber to assess the progress of ongoing developmental works and the estimation process for new projects. The review encompassed varied aspects, with a keen focus on addressing issues hindering project implementation. The DC expressed concern over projects where tenders have been allotted but work has not commenced. Stressing the importance of timely execution, he directed immediate initiation of pending projects to ensure their timely completion. Furthermore, the Deputy Com-

missioner emphasized the need for the saturation of water supply schemes and instructed the sharing of block-wise lists of incomplete Jal Jeevan Mission (JJM) schemes. He directed the concern to provide proper feedback on ground regarding the schemes. Attention was drawn towards the slow progress of works by contractors. He also expressed concern over the slow progress under the PM Vishwakarma and called for effective Mobilisation under the scheme. A significant aspect of the meeting involved discussions on convergence of the Departmental schemes eg MGNREGA etc. The commissioner reviewed the progress of the HADP and the status of the ongoing Yuva Vani Program, expressing the need for continuous

prioritization. IEC (Information, Education, and Communication) strategies were underscored for the Holistic Agriculture Development Programme (HADP), JJM, Svanidhi Scheme, PMJAY schemes, PM Kisan Yojna etc. The DC stressed the importance of disseminating information effectively for these initiatives. The Departments were tasked with submitting an Action Taken Report on issues raised during Block Diwas/Public Darbar, with specific attention to land availability for approved projects such as school and panchayat ghars. A final reminder was issued for projects that had not yet commenced, urging swift action to kick start the pending works. The DC sought updates on development projects under the Border Area

Development Programme (BADP) schemes, including the construction of bunkers for the safety and well-being of border area residents. Additionally, the meeting addressed forest-related issues across departments. The Additional District Development Commissioner (ADDC) Samba, Rajinder Singh, was directed to conduct a comprehensive review of these matters. Besides, the progress of special drives by employment department for the WPR was also sought with the directed to increase the progress on the issue. ADDC Samba Rajinder Singh, POICDS Samba Dr. Subash, CPO Samba Kasturi Lal, CMO Samba Vidhi Butiyal, DMO Samba Mohd. Sayeed and other district officers were also present.

Secretary Health reviews progress on Cancer Institute Jammu; Asks officers to work in double shifts for speedy completion

HT News Network

JAMMU, JANUARY 30: Secretary, Health and Medical Education, Dr. Syed Abid Rasheed Shah, today reviewed progress on construction of State Cancer Institute Jammu besides discussing roadmap for establishing the state of art services for cancer patients. Principal Government Medical College, Jammu, gave a detailed overview of functioning of SCI Jammu covering different aspects like manpower availability, status of civil works, machinery and equipments and regulatory requirements for complete operationalization. Pertinently, the Institute is being established at an estimated cost of Rs 104 crore under the Centrally Sponsored Scheme 'National Programme for Prevention and Control of Cancer, Diabetes, CVD and Stroke (NPCDCS) to address the gross deficiencies for cancer treatment and diagnosis in J&K. The Secretary was briefed that the SCI Jammu has started OPD services from 4th Feb. 2023 and IPD services from 6th November 2023, besides day care



chemotherapy has also been started. Till date, about 7000 OPDs conducted, 4000 patients have been provided Cancer Chemotherapy/Treatments besides 1500 patients have been screened in 45 outreach screening camps. It was also informed that 2 DNB seats have been approved by National Board of Examination in Medical Oncology for SCI Jammu. Dr Abid directed the concerned officers to work in double shifts to ensure complete functionality of the State Cancer Institute in the shortest possible time. Secretary Health had detailed assessment of status of civil, mechanical and electrical works, landscaping and Site Development, procurement of machinery and equipments, selection of human resource including faculty, nursing and

para medical staff, sanitation and security services. Dr Abid impressed upon the executing agencies to expedite completion of the civil works and handover the sites, particularly the basement and 3rd floor in next one month facilitating installation of vital machinery and equipments like LINAC, Modular OTs and CT Simulator. The Secretary asked the Chief Engineer R&B Jammu to monitor this project on regular basis and ensure that the contractor mobilize adequate manpower and material at site to complete all the remaining works. He was further informed that Brachytherapy System and PET scan shall be made functional within three months after completing the process of manpower engagement pivotal in complete operationalization.

National Road Safety Month: GDC Ramgarh organises symposium

HT News Network

UDHAMPUR, JANUARY 30: In continuation to the special series of activities under 'National Road Safety Month', the Literary Club of Government Degree College Ramgarh organised a Symposium on the theme 'Importance of Traffic Rules for Road Safety' and a Poster Making competition organised by Cultural & Fine Arts Club. The event was held under the guidance and supervision of esteemed Principal, Prof. (Dr.) Geetanjali Andotra. At the outset, she informed the students about the objective of organizing programmes. She said that the aim of this Symposium and Poster Making was to raise awareness and educate the youth about the danger and risks of reckless or irresponsible driving and encourage the youth to 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 regulations for their safety. The Symposium was coordinated by the Convenor of Literary Club, GDC, Ramgarh, Prof. (Dr.) Snobar, HOD,



Punjabi, and the Poster Making Competition was coordinated by the Convenor of Cultural and Fine Arts, Prof. Sandeep Kumari. A total number of 11 students participated in the Symposium and expressed their views on road safety awareness, traffic safety rules, traffic jam problems, etc. They presented their views in multiple languages such as English, Dogri, Hindi and Punjabi. The jury members were Prof. Sandeep Kumari, Prof. Brham Dutt and Dr. Imitiyaz. Malkit Kour, from 6th semester secured 1st rank, Ritika, semester 6th

got 2nd and Tamana Attri from semester 4th stood 3rd. In Poster Making competition, 9 students participated. The jury members were Dr. Aditi Khajuria and Dr. Ekta rani. Alisha Menia from semester 4th secured 1st position, Tamana Attri got 2nd position and Aruna Kumari stood 3rd. The faculty members who were present in the Programme are Dr. Aditi Khajuria, Dr. Snobar, Prof. Sandeep Kumari, Prof. Brham Dutt, Dr. Ekta Rani, Dr. Imitiyaz Ahmed, Priya Sharma, Dr. Akansha, Sonali Dutta, Arpana, Ram Murti, Dr. Fayaz Ahmed, Anil Kumar and Sunil Kumar.

Road Safety Month 2024, MVD Kishtwar organises medical, eye checkup camp at HEP Pakal Dul site

HT News Network

KISHTWAR, JANUARY 30: As part of special activities under ongoing Month-long Road Safety Month Celebration, the Motor Vehicle Department Kishtwar orchestrated a Medical/Eye Checkup camp at the Pakal Dul Hydroelectric Power Project, Arzi Dool Site. The medical camp witnessed active participation of more than 70 individuals, including drivers and vehicle operators associated with the Pakal Dul Hydroelectric Power Project. In addition to the medical services, the event aimed at



raising awareness about road safety measures. The MVD Officials disseminated vital information among the participants to enhance their understanding about safe driving practices. The initiative reflects the commitment of the

Motor Vehicle Department Kishtwar to promote a culture of safety on the roads. The collaborative efforts with the Health Department further underscored the holistic approach taken to ensure the well-being of drivers and individuals

associated with critical projects such as the Pakal Dul Hydroelectric Power Project. The ARTO expressed his appreciation for the proactive involvement of all stakeholders in making the medical camp a success. He reiterated the importance of such initiatives in fostering a sense of responsibility towards road safety. The Medical Camp at Pakal Dul Hydroelectric Power Project Site stands as a testament to the collective commitment towards ensuring the health and safety of individuals associated with vital infrastructure projects.

Floriculture Directorate organises workshop on 'Protection against Sexual Harassment at Workplace'

HT News Network

JAMMU, JANUARY 30: Directorate of Floriculture, Parks & Gardens, in collaboration with NGO SUPPORT on Tuesday conducted a day long workshop on 'Protection against Sexual Harassment at Workplace' at its premises at Harki Pouri Jammu. Dr. Navneet Kour, founder Chairperson of NGO SUPPORT, Creative Self-Employed Entrepreneurs Cooperative Ltd & Certified POSH trainer and a representative of protection against Sexual Harassment Committee with the Social Welfare department J&K, chaired the workshop as the Keynote speaker. She drew attention towards the declining trend in reporting harassment cases. "One of the reasons, she felt, behind this trend is the concern related to their safety at workplace. She expressed her concern over the increasing cases of



sexual violence against women/girls. She educated the participants of Internal Complaints Committee & the women attendees of the workshop with the POSH Act and imparted awareness on their rights. Dr Kour enlightened the members with her field experiences, made the audience aware of the prevailing issues at the workplace and society in general and underlined the solutions thereof. She added that the need of the hour is to ensure

safety of women at workplace and involve the Social Welfare Department to conduct such awareness & training campaigns in all the departments, schools, colleges and Universities. Dr. Kour and Resource Person, Mahajbeen Nabi-an Eminent Social Activist elaborated on their experience of working with different verticals in the social development sector. The Members of the Committee were imparted training in dealing with the complaints of sexual

harassment by Dr Kour. The focal points where the Workshop touched upon included, awareness about incidence of sexual harassment at workplace, understanding of the POSH Act, behaviours that are actionable under the POSH Act, compliances and penalties and mock trials. The participants were given certificates and Mementoes were presented to the guest speakers. The workshop concluded with vote of thanks presented by Gurneet Kour.

Sectt Security bids adieu to their longest serving officers

HT News Network

JAMMU, JANUARY 30: The officers and staff of the Civil Secretariat Security today bade adieu to the two of their longest serving officers including the ASI, Mir Gh Rasool and ASI, Ganesh Chander Sharma. Both the officers had served in different capacities as security personnel for Civil Secretariat for decades together right from the year 1992. The two were given today warm and affectionate send-off by their officers and colleagues on getting respectfully superannuated at the end of their long-spanning service career. While speaking on this occasion the Senior Superintendent of Police (SSP), Civil Secretariat, Mumtaz Ahmad

called both the officers upright, dedicated and righteous. He made out that being given responsibility of ensuring security of such an important establishment for a long time proves beyond doubt that both of them were very devoted and professionally erudite policemen. He wished them best for their after-retirement life. The other officers who spoke includes Dy SP, Civil Secretariat, Security, Malik Iqbal; DySP, Hires Chowdhary; Inspectors, Sukhbir Singh, Shabir Bhat and Altaf Hussain. Many other civil and police officers were also present to give their good wishes to these policemen who had served the department for over three decades of their lives. All of them recalled the momentous occasions of unblemished career of this retiring duo.

World Leprosy Day: SPARSH campaign launched in Ramban

HT News Network

RAMBAN, JANUARY, 30: Additional District Development Commissioner Ramban, Rajinder Sharma today launched 'SPARSH', an Information Education and Communication (IEC) campaign to mark World Leprosy Day. The fortnight nationwide campaign launched on death anniversary of Mahatma Gandhi will continue till February 13. Earlier, a special awareness camp was also held in the District Hospital and was attended by Chief Medical Officer, Dr Kamal Jee Zadoo; Medical Superintendent, Vriender Trishal; AD



Planning, Farooq Rahi, PMA, Dharm Pal Sharma and other officials of Health Department. The IEC vehicle will sensitize people regarding diagnosis and treatment of Leprosy under theme "Beat Leprosy". The ADDC said that campaign would help to eliminate this

stigma and prejudice by intensifying awareness about the aspect of leprosy and also identify new cases so as to provide early treatment. He said that the awareness vehicle will visit different parts of the district to make masses aware about the leprosy.

Similar programmes were also held at Block and Hospital level in the district. Earlier, a special awareness camp was also held in the District Hospital and was attended by Chief Medical Officer, Dr Kamal Jee Zadoo; Medical Superintendent, Vriender Trishal; AD Planning, Farooq Rahi, PMA, Dharm Pal Sharma and other officials of Health Department. The IEC vehicle will sensitize people regarding diagnosis and treatment of Leprosy under theme "Beat Leprosy". The ADDC said that campaign would help to eliminate this stigma and prejudice by intensifying awareness about the aspect of leprosy.

DDC Bandipora reviews works/ projects of Power Sector Emphasizes efficient maintenance of transformers & feeders to ensure reliable power supply

■ HT News Network

BANDIPORA, JANUARY 30: The District Development Commissioner (DDC) Bandipora, Shaheel UI Rehman Rather, Tuesday reviewed the work and progress of ongoing projects undertaken by the Power Development Department (PDD) in the district.

The meeting held a detailed review of the progress of various electrification projects, including completion of urban/rural electrification projects, augmentation of existing infrastructure and upgradation of transformers.

Sharing details regarding the power scenario in the district, the SE said that the department has issued 55514 consumer connections. He said the total demand for electricity in the district during summer stands 100 MW, while during winters, it stands at 163 MW.

The meeting was informed that there is



a network of 3 Grid Stations, 16 receiving stations, 2083 distribution transformers across the district.

The SE informed the chair that remark-

able achievements during 2023-24 include connecting Gurez to the Electricity Grid for the first time since Independence. The SE informed that ED Bandipora has the

lowest AT&C losses in the entire KPDCL.

The meeting was informed that under UT/District Capex works, out of 54 allotted works/projects, 20 projects have already been completed. It was further informed that Rs 478 lac were allocated for these projects, out of which 339 lac have been released while as a total of Rs 214 lac have been spent on the projects so far.

The DDC directed the department to take proactive measures to minimize power outages, particularly during winters. He stressed the efficient maintenance of transformers and feeders to ensure reliable power supply.

The meeting also focused on addressing public grievances related to power issues. The DDC urged the department to establish a robust grievance redressal mechanism to ensure prompt resolution of complaints.

Emphasis was laid on timely completion of ongoing projects, proactive maintenance, and efficient grievance redressal.

Training imparted to Nodal Officers, Zonal, Sector Magistrates & allied staff at Kulgam



■ Farooq Rather

KULGAM, JANUARY 30: The District Election Office Kulgam today conducted a day-long training session for Nodal Officers, Zonal and Sectoral Magistrates, and allied staff for forthcoming general election to Lok Sabha 2024 at the Conference Hall of Mini Secretariat Kulgam.

The training session was presided over by the District Election Officer (DEO) Kul-

gam, Athar Aamir Khan. Addressing the participants, DEO apprised the officers about their role and urged them to adhere to the rules and regulations of the ECI for ensuring free, fair and transparent elections process.

During the training programme, the District Level Master Trainers presented detailed information regarding the preparation and conduct of the upcoming Lok Sabha Elections.

All were apprised about their role in election process

like election management, nomination process, scrutiny of nomination papers, and procedure for withdrawal of candidature, EVM (Electronic Voting Machine) management, Manpower management, Transport plan, Poll Day arrangements and Counting of votes and adhering to the provisions of the Model Code of Conduct.

On the occasion, a question answer session was also held during which participants raised several queries.

National Anti Leprosy Day-2024 celebrated at Ganderbal

■ HT News Network

GANDERBAL, JANUARY 30: National Anti Leprosy Day-2024 was today celebrated at Town Hall Ganderbal under Sparsh Leprosy Awareness Campaign-2024 wherein Additional Deputy Commissioner, Ganderbal, Gulzar Ahmad was the chief guest. The event was organized to raise awareness about leprosy and its prevention with an objective to sensitize all the stakeholders to eradicate leprosy by 2027 as per the guidelines issued by the Ministry of Health and Family Welfare, GoI. At the outset, the event started with an inaugural session by CMO Ganderbal, DrAfroza Shah who highlighted the significance of the day and the aims and objectives of the National Leprosy Eradication Programme (NLEP). Appreciat-



ing the efforts of the health care workers, she stressed them to augment upon active surveillance and ensure no leprosy case is undetected. On the occasion, ADC Gulzar Ahmad highlighted the roles and responsibilities of all the stakeholders to achieve the targets under NLEP. He also emphasized upon an end to stigma associated with the disease and ensure all the beneficiaries are taken

proper care as per the guidelines. ADC Ganderbal also led the pledge ceremony wherein all the stakeholders took part. The event also witnessed two minute silence to mark the observance of Martyr's day. Dr Safeena Mushtaq, District Epidemiologist, NCD and Bilal Ahmad, Social Activist also spoke on the occasion. While Dr Safeena sensitised the participants about the disease, screening module.

District Pulwama commemorates Martyr's Day with Solemn Observance of Silence

■ HT News Network

PULWAMA, JANUARY 30: District Pulwama solemnly observed Martyr's Day today, paying homage to the brave souls who made the ultimate sacrifice in the pursuit of our Nation's freedom.

The day was marked by a poignant observance of silence, reflecting upon the valour and dedication of those who laid down their lives for the cause.

Across the district, citizens and officials came together in unified remembrance, honoring the memory of the martyrs who



stood unwavering in their commitment to the freedom struggle. From every corner of Pulwama, the sentiment of reverence echoed, underscoring the

indelible impact of their sacrifices on our collective conscience.

The observance of silence serves as a poignant reminder of the sacrifices

made by our forebearers and underscores our enduring commitment to uphold the values they held dear.

In commemorating Martyr's Day, District Pulwama reaffirms its unwavering resolve to cherish and preserve the legacy of our martyrs, ensuring that their sacrifices are never forgotten and their aspirations remain etched in the annals of our nation's history.

One-Day Workshop on setting up of Micro Food Processing Enterprises under Centrally Sponsored PM-FME Scheme held at Area Marketing Office Parimpora Srinagar.

DC Kulgam reviews annual Urs arrangements of sufi saint Hazrat Syed Noor Shah Wali Bagdadi (RA)

■ Farooq Rather

KULGAM, JANUARY 30: The Deputy Commissioner (DC) Kulgam, Athar Aamir Khan today chaired a meeting to review arrangements for annual urs of sufi saint Hazrat Syed Noor Shah Saheb Wali Bagdadi (RA).

It was informed that the Urs of the saint will commence from February 01 and shall be observed with reverence at Kund shrine. The DC directed the officers to ensure uninterrupted power supply, safe drinking water supply, proper sanitation measures besides healthcare facilities and security arrangements at shrine during Urs days.

During the meeting, PDD authorities were directed to ensure repairs of high mast lights besides to keep DG sets available for power back up.

The concerned were asked to keep men and machinery available and in ready mode to clear roads in case of snowfall during these days to ensure hassle-free movement of devotees.

IEC University organizes grand bike ride on the occasion of Himachal Statehood Day and Republic Day

The message given to drive away drug addiction and save Himachal!

SHIMLA, JAN 30: Like every year, the famous IEC University located at Atal Shiksha Kunj, Solan, successfully organized 'BBN Bike Ride' on the occasion of Himachal Statehood Day and Republic Day. Through this two-day program, the youth were given the message of respecting the motherland by staying away from drugs. This grand bike rally was organized on 25th January from Delhi to IEC University and the next day on 26th January from IEC University via Baddi back to Delhi, amidst full security arrangements. More than 60 bikers and others have

participated in this bike ride organized on the theme "Himachal by Heart, Indian by Spirit". By hoisting the flag in the premises of IEC University on the morning of 26 January, everyone took a pledge to continue working in the interest of the country. On this occasion, cultural programs based on patriotism were also organized by the students. Vice Chancellor of IEC University, Mr. Prof. Ashok Puri expressed his gratitude to Mr. Ajitesh Choudhary, son of Chief Parliamentary Secretary (Industry, Revenue and Town Planning), Mr. Ram Kumar Choudhary, for



being present in this program for making this mega event successful.

In this program, a music festival based on the theme "Nasha Bhagao Himachal Bachao" was also organized in collaboration with the famous Dhvani Social Awareness Forum of

Panchkula. All the 12 artists present at the concert created a great atmosphere with Himachali, Punjabi and Hindi songs and poems. The management of IEC University presented Kajal Mangalamukhi, President of Mangalamukhi Samaj, Mayur Singh, President

of Youth and Cultural Welfare Committee, Hitesh Pahwa from HIT Charitable Trust, Vishal Khullar, President of Dhvani Social Welfare and Cultural Welfare Society, Dr. Vaneet Gupta from I Hate Polythene and The cooperation of the police was also appreciated and thanked. Students and professors of IEC University along with members of Delhi's famous DRER (Delhi Royal Enfield Riders) bikers group also participated enthusiastically in this mega event. At the end of the program all the participants were felicitated.

UT Chairman AINPSEF, J&K Chapter, Gulzar Ahmad Chopan Bereaved

■ HT News Network



Srinagar : Dr. Manjeet Singh Patil National President All India NPS Employees Federation (AINPSEF) expresses condolences on the sad demise of Mother -in-law of Mr. Gulzar Ahmad Chopan UT Chairman (AINPSEF J&K Chapter)..... Today on 30th of January UT President Mohd Rafeeq Malik accompanied with, General Secretary Shiekh Aakash (Deptt. of Education), Chief Coordinator Nasir Ahmad Reshi (Deptt. of Agriculture), Executive Member Mr. Manzoor Ahmad (Deptt. of PDD) and Tehsil President Kokernag Mr. Ghulam Rasool (Deptt. of Sheep and Animal Husbandry) visited the residence of Chairman Mr. Gulzar Ahmad Chopan to offer heartfelt condolences on the sad demise of his Mother -in-law at Vailoo Anantnag..... Leadership while sharing his sympathies with the bereaved family said that death is inevitable and every soul has to taste it. Leadership prayed for the immutable peace to the departed soul.

Agriculture Deptt Kashmir observes Martyr's Day at Lalmandi Srinagar

■ HT News Network

SRINAGAR, JANUARY 30: To commemorate the sacrifices and valour of those who laid down their lives in the pursuit of justice, freedom, and well being of the nation, Agriculture department Kashmir today observed Martyr's Day.

The commemoration was held at Directorate Park Lalmandi Srinagar and was presided over by Director Agriculture Kashmir, Chowdhury Mohammad Iqbal.

The Director along with Officers/officials of the Agriculture directorate also observed a two minute silence in memory of brave Martyrs who sacrificed their lives for the freedom struggle of our country.

Martyrs Day: SMC observes Silence to pay tribute to the martyrs

■ HT News Network

SRINAGAR, JANUARY 30: The Srinagar Municipal Corporation (SMC) Headquarters in Karan Nagar solemnly observed a two minutes of silence in memory of the courageous individuals who sacrificed their lives during the struggle for India's freedom.

This significant event coincides with Martyrs Day, a poignant day of remembrance that honors the sacrifices made by those who fought for the nation's independence.

The observance of silence at the SMC Headquarters stands as a heartfelt tribute to the martyrs who fearlessly dedicated themselves to the cause of India's freedom. Their unwavering spirit and selfless sacrifices continue to inspire reverence and gratitude throughout the nation.

Martyrs Day observed at Kulgam

■ HT News Network

KULGAM, JANUARY 30: In memory of brave hearts who sacrificed their lives for the nation, a 02 minute silence as a mark of respect was today observed at 11am in district Kulgam on the occasion of Martyrs Day. The function was presided over by Additional District Development Commissioner (ADDC), Showkat Ahmad Rather and was attended by DPO, SDM, CEO, and other district officers and officials housed in Mini Secretariat, Kulgam. Similar functions in this regard were held across the district by different sub-divisional, tehsil and block offices, and educational institutions etc. On the occasion, the importance of the day was highlighted and it was said that the moral obligation of every citizen is to protect, preserve and enrich the hard earned freedom and to promote a sense of national integration and commitment to common goals and ideals.

Rs.1.05k fine imposed against violations under FS&SA at Handwara

■ HT News Network

KUPWARA, JANUARY 30: The Additional Deputy Commissioner (ADC), Handwara, Nazir Ahmad Mir who is also Adjudicating officer today imposed a fine of Rs105000 on various Food Business operators (FBOs).

The fine was imposed on the erring traders (for misbranded and Sub standard food) during the proceeding of cases of various blocks of Sub Division Handwara related to the Food safety and standards Act- 2006 which were listed before the Adjudicating officer.

The Adjudicating officer warned them to abide by the legal regulations adding that non-compliance of Food safety and standards Act 2006 and rules threadbare by the food business operators will be dealt.

DC Kulgam chairs District Level NCORD Committee meeting

■ **Farooq Rather**

KULGAM, JANUARY 30: The Deputy Commissioner (DC) Kulgam, Athar Aamir Khan today convened a meeting of the District Level Committee under the Narco Coordination Centre (NCORD) at mini-secretariat, here. The meeting was convened to discuss various measures to curb the drug abuse and narcotic trade in the district and review the implementation of decisions and directions passed in previous meetings. At the outset, the DC high-



lighted the graveness of the issue and said that the drug menace is a serious issue and requires unwavering commitment from all stakeholders, and emphasized upon all to work together relentlessly to eliminate this menace from its roots.

During the meeting, threadbare discussion was held on various issues related to incidence of drug addiction, areas of concern and hotspots of drug use, and action taken by the concerned departments with regard to curbing the

menace.

The DC sought details from the concerned departments about the measures taken to control the drug menace. During the meeting ADC through a PowerPoint presentation informed the chair that from 01-01-2023 to 31-12-2023, 208 FIRs were registered, 257 Drug Peddlers arrested and 165 cases were challaned. He also added that illicit poppy cultivation was also destroyed on 738 Kanals of land by involving Excise, Revenue, RDD and Police and free of cost seeds were provided to farmers.

■ **HT News Network**

BANDIPORA, JANUARY 30: The Deputy Commissioner (DC) Bandipora, Shakeel UI Rehman Rather today chaired a weekly DLIC meeting to review the progress of the Holistic Agriculture Development Program (HADP) in the district. During the meeting, 201 cases of the Agriculture Department and 01 case of the Fisheries Department came up for consideration, and after threadbare discussions, all the cases 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 farmers' community of



the district. Rather 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.

Director Sericulture J&K visits Basic Seed Station Mirgund Takes stock of ongoing developmental works & functioning of Seed Station

■ **HT News Network**

SRINAGAR, JANUARY 30: The Director Sericulture J&K, Ajaz Ahmad Bhat today visited Basic Seed Station Mirgund and inspected various Mulberry Nurseries/ Farms, Silkworm Seed Units and the Office of Manager Seed, Sericulture Dev. Department, Basic Seed Station Mirgund. The primary objective of the visit was to closely monitor and assess the ongoing developmental works and overall functioning of the Basic Seed Station Mirgund. Speaking on the occasion, Director Sericulture emphasized upon the officers of J&K Sericulture Dev. Department to work on mission mode in order to achieve all the developmental targets and gear up for extensive mulberry plantation drive for



making the leaf reserves readily available to the silkworm rearers for ensuing rearing season apart from relentlessly striving for quality silkworm seed production.

Besides, the Director Sericulture ascertained the progress with respect to the up-gradation of Seed Unit at Basic Seed Station Mirgund. He expressed happiness

that adequate funds are being provided by the Government to the Sericulture Dev. Department for completing all the developmental Projects and bringing the Department under the ambit of Holistic Agriculture Development Programme (HADP). The Director Sericulture also stressed the need to further enhance the surveillance of the boundary walls of all the Mulberry Nurseries, Farms, Units and various offices of the Seed Stations so as to prevent any trespassing or damage to the departmental assets existing in the Seed Stations. During the visit, Bhat held a detailed interaction with the employees working in the Seed Station and exhorted upon them to work with dedication and leave no stone unturned for the production of quality Silkworm Seed and emphasized the need to increase the Seed production capacity

DDC discusses action plan for implementation of PM Vishwakarma Scheme

■ **HT News Network**

REASI, JANUARY 30: District Development Commissioner, Vishesh Mahajan chaired a meeting to discuss an Action Plan for effective implementation of the PM Vishwakarma Scheme aimed at empowering local artisans.

Underlining the need for practical training and its effective implementation, the DDC called upon the line departments to play a proactive role to achieve the anticipated goal. He stressed that the holistic socio-economic development of the target group should be the primary focus. Setting a timeline for enrolment of targeted populace, he directed the stakeholder departments to organise special enrolment cum awareness camps at Panchayat, Block, Tehsil and Sub Division levels.

Furthermore, the Principal of the Industrial Training Institute (ITI) was directed to formulate a comprehensive roadmap of the training program, to enhance the organization and accessibility of the training sessions, ensuring that beneficiaries receive optimal benefits from the skill enhancement initiatives.

ADC Abdul Star, GM DIC, Mohammad Anwar Banday, Chief Agriculture officer, Tehsildar Reasi, BDOs and other concerned officers were present.

2 Minute silence observed on Martyrs' Day at Doda

■ **HT News Network**

DODA, JANUARY 30: In the memory of the brave Martyrs, who have laid down their lives during the freedom struggle of the country, the District Administration Doda under the supervision of District Development Commissioner Harvinder Singh observed two minute silence at 11 am.

The program was organised in the mini meeting hall of the DC office complex. Among others present were DDC, ADC, ACR, CPO, ACP and other Officers and officials of the Deputy Commissioner's office.

Similarly tribute paying sessions were held at Sub division levels and other offices.

DDC Chairperson Kulgam chairs Public Darbar

■ **Farooq Rather**

KULGAM, JANUARY 30: The Chairperson, District Development Council (DDC) Kulgam, Mohd Afzal Parrey today chaired public Darbar at Mirhama, Samnoo and Pombay.

The programme was attended by a large number of people from the said areas.

The DDC Chairperson listened to their issues patiently and assured of raising the same with concerned quarters for timely redressal.

Two Minutes Silence Observed on Martyr's Day at all Police units of Police District Sopore

■ **Aashiq Hussain**



Sopore, 30 (Jan) On National Martyrs day, Sopore Police observed 02 minutes silence in all the units across the police district in the memory of all those Martyrs who have laid down their lives in the service of nation. The main event was held at DPO Sopore in which Superintendent of Police Sopore Smt. Divya D-IPS took part and observed 02 minutes of silence to pay homage to the National heroes who have made the supreme sacrifices in the service of the Nation. ""

CPR & First Aid Training programme for Commercial Drivers held at Anantnag

■ **HT News Network**

ANANTNAG, JANUARY 30 : Motor Vehicle Department Anantnag, in collaboration with the SDRF Anantnag today organised a first aid and CPR training program for drivers and conductors of commercial vehicles and School drivers to enable them to act as first responders in case of any road accident.

As many as 200 drivers were imparted training on basic life support and rescue systems.

SDRF master trainers took the participants first through theory classes and then demonstrated practical sessions which among others included applying basic measures to clear victim's airway and control bleeding, clearing any obstructions and draining any fluid from victims mouth, calling emergency services, performing first aid for the victim, safe handling and shifting techniques to avoid further injury to the victim till the emergency medical services reach.



ing at the accident site and dealing with different kinds of bleeding related training was also given on the occasion. The training also included a dummy for understanding the injuries on the human body and a practical test.

Speaking on the occasion, Assistant Regional Transport Officer Anantnag, Dr Mohammad Zubair Lattoo said that MVD will organise special camps in future also where the drivers attendants will be trained by SDRF and Health Department. All schools in the district have been instructed to submit the list of School drivers so that training could be given in phases.

Dr Zubair further said that untrained people are often frightened to touch casualties but early intervention can save lives or decrease the impact of injuries, leading to quicker recovery or lesser injuries for the victims.

The commercial vehicle drivers were trained with valuable skills that can definitely help them handle road crashes and in other accident situations.

At the conclusion of the programme, First Aid Boxes were also distributed among the trainees.

One-day Awareness/ Registration workshop on setting up Micro Food Processing Enterprises held at Anantnag

■ **HT News Network**

ANANTNAG, JANUARY 30: The Fisheries department Anantnag today organized a one day awareness programme on centrally sponsored 'PM-Formalization of Micro food Processing Entrepreneur' (PMFME) scheme at Block Dev. Office Dachanipora Anantnag.

The awareness cum registration workshop organized under the chairmanship of District Nodal Officer Anantnag PMFME (ODOP) scheme was attended by representatives of various line departments viz. Agriculture, Animal Husbandry, Sheep, DIC, Bank Manager Srigufwara and a huge gathering of Shopkeepers and locals of Block Srigufwara area.

At the outset, the District Nodal Officer PMFME (ODOP) scheme presented the overall scenario and prospects of the Micro Food Processing sector in the UT. He urged youth to set up their individual Micro food processing enterprises and avail the benefit of credit linked subsidy available under



the scheme. He requested the participants to get registered in the application submission process on spot or visit the PMFME Home Page.

The gathering was also addressed by BDO Dachanipora who also urged the youth to set up their own Employment Generating Units under the scheme and go for value addition.

The resource persons of various line departments deliberated upon the various schemes of their departments that can be included under the PMFME Scheme.

DC Pulwama chairs meeting to formulate MGNREGA Convergence Plan

■ **Farooq Rather**

PULWAMA, JANUARY 30: The Deputy Commissioner (DC) Pulwama, Dr. Basharat Qayoom today chaired a pivotal meeting of District officers across various departments to streamline the formulation of the Convergence Plan under the Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA) for the financial year 2024-25. During his address, DC highlighted the immense potential for synergy between MGNREGA and other key developmental programs administered by different departments. He emphasized the importance of maximizing benefits and



improving the quantity and quality of projects while prioritizing the welfare of the district's labor force.

Dr. Basharat underscored the necessity of creating durable assets through extensive convergence with MGNREGA in the upcoming financial year. He stressed that excavation-related, labor-oriented and plantation-based initiatives will receive top priority within

this convergence framework. Additionally, he mandated that all Integrated Watershed Management Program (IWMP) projects across Pulwama district must be executed in convergence with MGNREGA to generate enduring and impactful assets. The DC further emphasized that IWMP, in convergence with MGNREGA, has the potential to generate durable.

نیابت پہلگام

درخواست نورینہ اختر دختر محمدر مضان بٹ
ساکن ننون پہلگام انتت ناگ بحصول
سرفکٹ 294 SRO

اشتهار ہمارا گاہی ہر خاص عام

معالم عنوان الصدرین سائل نے اے ک درخواست بعض حصول RBA سرفکٹ دفتر حرائین پیش کیا ہے حسب رپٹ پٹواری ملحق حسب ذیل ہے محمد رمضان 55 دوکان دار راجہ باؤڑو چمدر رمضان 52 گھر کام ناصر احمد پسر 30 نورینہ اختر دختر 25 اس کے علاوہ گمبہ میں کوئی افراد موجود نہیں ہے گمبہ کی کل آمدنی سالانہ 160000 ہے اگر کسی شخص کو کوئی اعتراض ہو تو وہ سات دن کے اندر اندر دفتر حرائین پیش کرے معاذ گرنے کے بعد کوئی اعتراض قبول نہیں ہوگا

اطلاع عام

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المشتر جنید احمد ماگرے ولد فیاض احمد ماگرے ساکن ننون پہلگام انتت ناگ

Eating Vegan Diet In Pregnancy Linked to Preeclampsia and Lower Birthweight

A new study shows women who follow vegan diets during pregnancy may have a greater risk of developing preeclampsia and giving birth to babies with lower birth weight.

Getting enough nutrients for the pregnant person and baby can be challenging when food choices are limited due to dietary restrictions.

Important nutrition considerations on plant-based diets include fruits and vegetables, complex carbohydrates, plant-based proteins, healthy fats and hydration.

Women who follow vegan diets during pregnancy could encounter an increased risk of developing preeclampsia (a pregnancy-related blood pressure condition) and of giving birth to newborns with lower birth weight, according to a new study.

The findings were published this week in *Acta Obstetrica et Gynecologica Scandinavica*. Trusted Source

How vegan and vegetarian diets are linked to health conditions

A questionnaire was given to 65,872 women mid-pregnancy who identified themselves as omnivorous, 666 as fish/poultry vegetarians, 183 as lacto/ovo vegetarians, and 18 as vegans.

Results showed that protein consumption was lower among lacto/ovo vegetarians (13.3%) and vegans (10.4%) than omnivorous participants (15.4%). In addition, micronutrient consumption was lower among vegans.

Vegan mothers showed a higher incidence of preeclampsia and their newborns weighed an average of 240g less.

"It is a large cohort study, and our finding that offspring of vegan mothers had on average 240 g lower birth weight compared to omnivorous and a significantly lower birthweight z-score is noteworthy," corresponding author, Dr. Signe Hedegaard, Department of Obstetrics and Gynecology, University of Copenhagen in Denmark,



told Healthline. "We found that vegetarian and especially vegan mothers had substantially lower protein intake than omnivores, and for around half of our vegan participants it was below the current recommendation."

Hedegaard continued: "This might be a plausible explanation for lower birth weight, but we are aware that this cannot be concluded from an observational study. For micronutrients dietary intake of vitamin B12, vitamin D, and calcium were lower among those adhering to plant-based diets, but when intake from dietary supplements was added to the dietary contribution, the median intake of all vitamins and minerals was well above the recommended nutrient intake for most participants, independent of their diet."

Although the number of vegans is very small, and that data was collected 20 years ago and may reflect different habits compared to those following vegan diets today, their findings on lower birth weight among infants born to mothers adhering to plant-based diets are consistent with more recent studies.

"The low intake of proteins and other

micronutrients is in line with what has been reported in other more recent studies of vegan populations," said Hedegaard.

It's important to note that meeting protein requirements while maintaining a vegetarian and vegan diet can be difficult.

"Moving forward we must be aware that for pregnant women adherent to vegetarian and vegan diet obtaining sufficient protein intake can be a challenge," Hedegaard explained. "During pregnancy and the period of breastfeeding they should be advised of having an adequate protein intake and consider appropriate vitamin supplements; especially vitamin D and vitamin B12. It might be recommended to consult a dietician, for individualized guidance." Further research is needed for improving evidence-based guidelines and recommendations. Due to environmental as well as animal welfare concerns there is a growing interest in a plant-based diet, and therefore this is relevant.

How a vegan diet affects pregnancy

As the study mentioned, pregnant people who follow vegan diets may face an increased risk of developing preeclampsia and of giving birth to newborns with

lower birth weight.

"These characteristics may coexist for one pregnant individual, but they may not be causal (or directly related to one another)," Joy Cornthwaite, a registered dietitian specializing in women's care at UTHealth Houston, stated. "Preeclampsia has many possible causes including placenta proteins that control the health of existing and newly formed blood vessels, genetics, age at pregnancy, history of chronic hypertension, obesity, and/or nutritional deficiencies."

Being an observational study, this research cannot prove causation but rather a potential association between a vegan diet and preeclampsia or lower birth weight. More research is needed to determine if there is a causal relationship

Moreover, research on plant-based diets have shown improvement in many of the risk factors that may contribute to preeclampsia.

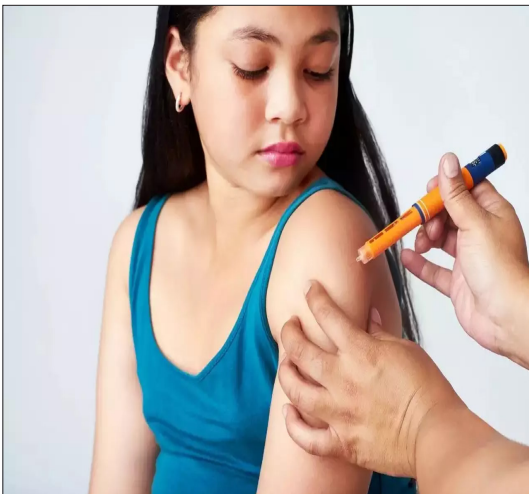
"The key to optimizing the benefits of plant-based diets, especially vegan diets, is to structure meal options and eating routines to achieve nutrient-dense intake and to appropriately plan and monitor micronutrient supplementation – both during and after pregnancy," said Cornthwaite. The contribution of dietary restrictions to nutrition deficiencies and nutrients is not singular to veganism.

Any dietary restriction can pose a risk to the health of pregnant people and their babies, i.e. iron is necessary for oxygenation; calcium is vital to bone and blood vessel health, Cornthwaite explained. Because their diet does not include traditionally known sources of calcium like milk and other dairy products, vegans must remain consistently intentional about choosing plant sources of calcium and/or taking supplements daily.

Regarding birth weight, the study indicated that babies in the study born to vegan mothers were 240g smaller than other study participants.

FOOD

Diabetes In Children: 7 Warning Signs That Parents Should Be Aware Of



Type 2 Diabetes, traditionally associated with adults, is now making its presence felt among children and adolescents due to shifting lifestyles and a surge in childhood obesity rates. Understanding the warning signs and risk factors is crucial for parents to safeguard their children's health. Dr. Vahid S. Bharmal, Consultant- Adult & Paediatric Endocrinologist says, "Several factors contribute to the emergence of Type 2 Diabetes in the younger demographic. Obesity takes the lead among these risk factors, closely followed by genetic susceptibility, a history of gestational diabetes in the mother, low birth weight, and polycystic ovary disease. Given these factors, it becomes imperative for parents to be vigilant, particularly if their child falls into the overweight or obese category."

According to Dr Vahid, "Approximately 40 percent of children and adolescents with type 2 diabetes exhibit no noticeable symptoms. This underscores the significance of proactive screening for this condition, especially among those with identifiable risk factors."

1. Acanthosis Nigricans, a dark discoloration in areas like the armpits, neck, or groin, serves as a key indicator of insulin resistance.
2. Recognizing this sign early on is pivotal for identifying potential issues and addressing them promptly.
3. Diabetes screening is recommended ideally at puberty or over 10 years of age, whichever comes earlier.
4. For children who are obese or display signs of insulin resistance, screening should commence even before reaching the age of 10.
5. Early detection not only facilitates timely intervention but also contributes to more effective management of the condition.
6. Collaboration between parents and healthcare professionals is essential to assess a child's risk factors and develop a proactive screening plan.
7. Regular check-ups and open communication about lifestyle habits play a significant role in early detection and prevention of Type 2 Diabetes in children. In conclusion, as the landscape of health concerns in children evolves, so must our awareness and approach. Recognizing the warning signs of Type 2 Diabetes in children is an essential step for parents to ensure the well-being of their loved ones. By staying informed, actively participating in screenings, and fostering healthy lifestyle choices, parents can play a crucial role in mitigating the impact of this condition on the younger generation.

Chilling Out Menopause: How Cold Water Swims Alleviate Anxiety And Hot Flashes

Menopausal women who regularly swim in cold water report significant improvements to their physical and mental symptoms such as anxiety, hot flashes, finds a new study.

The research, published in the journal *Post Reproductive Health*, surveyed 1,114 women, 785 of which were going through the menopause, to examine the effects of cold water swimming on their health and wellbeing.

Led by researchers from the University College London (UCL), the findings showed that menopausal women experienced a significant improvement in anxiety (as reported by 46.9 per cent of the women), mood swings (34.5 per cent), low mood (31.1 per cent) and hot flashes (30.3 per cent) as a result of cold water swimming.



In addition, a majority of women (63.3 per cent) swam specifically to relieve their symptoms.

"Cold water has previously been found to improve mood and reduce stress in outdoor swimmers, and ice baths have long been used to aid athletes' muscle repair and recovery," said senior author Professor Joyce Harper from UCL's EGA Institute for Women's Health.

"Our study supports these claims, meanwhile the anecdotal evidence also highlights how the activity can be used by women to alleviate physical symptoms, such as hot flashes, aches and pains.

"More research still needs to be done into the frequency, duration, temperature and exposure needed to elicit a reduction in symptoms.

Water birth for high-risk pregnancy: When is it appropriate?

Pregnancy is a unique and transformative journey for women but for some, it can be complicated by underlying medical conditions that categorise their pregnancies as "high-risk" and in such cases, careful consideration must be given to the birthing process, including the option of a water birth. While water births are often considered safe and natural for low-risk pregnancies, the appropriateness of this method for high-risk pregnancies requires a more nuanced evaluation. In an interview with HT Lifestyle, Dr Aruna Kalra, Senior Gynaecologist and Obstetrician at CK Birla Hospital in Gurugram, shared, "High-risk pregnancies encompass a range of conditions, such as preeclampsia, gestational diabetes, multiple pregnancies (twins or more), and pre-existing medical conditions like hypertension or heart disease. These conditions necessitate close monitoring and specialized care



throughout pregnancy, labor, and delivery. Water birth for high-risk pregnancies is a complex topic and whether it's appropriate depends on various factors."

According to her, although all high risk cases are contraindicated for water birth, here are some considerations -

1. Consultation with a Specialist: It's crucial for women with high-risk pregnancies to consult with an obstetrician who specializes in high-risk care. They can assess the specific condition and discuss the feasibility of a water birth.
2. Individual Assess-

ment: Each high-risk pregnancy is unique, and the decision for a water birth should be made on an individual basis. The severity and stability of the condition will be considered.

3. Monitoring: Continuous monitoring of both the baby and the mother's vital signs is often necessary during labor and delivery in high-risk pregnancies. Water birth may not be suitable if close monitoring is required.
4. Hospital Policies: Some hospitals and birthing centers have policies against water births for high-risk pregnancies due to safety concerns. Check with the chosen healthcare facility for their guidelines.
5. Availability of Emergency Interventions: In high-risk situations, it's essential to have quick access to medical interventions like emergency cesarean sections if complications arise. The water birth setting must allow for this.
6. Informed Decision-Making: If a healthcare provider approves a water birth for a high-risk pregnancy, it's crucial for the expectant mother to make an informed decision after weighing the benefits and risks.
7. Team of Experts: A team of healthcare professionals, including an experienced midwife or obstetrician, should be present during the water birth to manage any potential complications. Dr Aruna Kalra concluded, "The decision to opt for a water birth in a high-risk pregnancy is a complex one that hinges on several factors. Safety for both the mother and the baby remains the utmost priority. While water births are celebrated for their natural and calming

Robitussin Cough Syrup Voluntarily Recalled Over Potential Contamination

Certain Robitussin brand cough syrups are being voluntarily recalled due to microbial contamination. Immunocompromised individuals are at risk for potential serious fungal infection due to the contamination. Consumers should immediately stop using contaminated products.

Haleon, the consumer health company, has announced a voluntary recall of certain Robitussin brand cough syrups due to microbial contamination.

Consumers are advised to check the lot numbers and expiry dates of any products in their homes with the known contaminated lots posted on the Food and Drug Administration website. Trusted Source

While the general public is unlikely to be affected by the contamination, immunocompromised individuals could be at risk.

"In immunocompromised individuals, the use of the affected product could potentially result in severe or life-threatening adverse events... In non-immunocompromised consumers, the population most likely to use the product, life-threatening infections are not likely to occur. However, the occurrence of an infection that may necessitate medical intervention cannot be completely ruled out," the company said in an announcement. Trusted Source

A representative for Haleon sent



Healthline the following emailed statement:

"In keeping with our commitment to quality, Haleon has made the decision to voluntarily recall certain lots of Robitussin Honey CF Max Day Adult and Robitussin Honey CF Max Day Adult in the US only, at the consumer level. The decision to recall is based out of an abundance of caution on the possibility that certain units may contain microbial contamination. Consumer safety and product quality are our utmost priorities at Haleon. After a thorough investigation, a root cause has been identified and we are implementing corrective and preventative actions to ensure that this does not recur."

Thus far, there have been no report-

ed cases of illness associated with the products.

"We haven't seen any cases and I anticipate that they are really just doing this to prevent anyone from getting sick," Dr. Joseph Lambson, PharmD, Director of the New Mexico Poison and Drug Information Center, and an Assistant Professor at the University of New Mexico College of Pharmacy, told Healthline.

Risk of fungal infection in immunocompromised individuals

Most people are not likely to be affected by the contamination, but those who are immunocompromised Trusted Source, either due to medication or disease, are at risk of potentially life-threatening complications.



Chahar eyes T20 World Cup spot after overcoming personal setbacks

After putting a challenging phase on personal front behind him, which had sidelined him for a few assignments, India seamer Deepak Chahar is ready for a comeback and has set his sights on the T20 World Cup to be jointly hosted by the USA and West Indies in June.

Chahar had to miss India's tour of South Africa in December followed by the home T20Is against Afghanistan after his father suffered a brain stroke, from which he has recovered now. Since India don't play any more T20Is until the World Cup in June, Chahar's only chance to make the squad is through the IPL starting in March end.

"For me, my father comes first. I am here

only because of him. Whatever I have achieved is because of my father. If I am not there for him in those situations, then obviously, what kind of son I am?" Chahar told PTI.

"If the series was in India, then I would have surely tried to play. You can come to the hospital if you need within 4-5 hours. But obviously, [from] South Africa it takes 2-3 days to come back.

"It was an easy decision to be with my father. Any son would do that."

Chahar said while he did not get a lot of time to train apart from doing fitness-related work, he went to the NCA to work on his readiness as he eyes a spot in India's T20 World Cup squad.

"I was with my father in the hospital for

25 days. He was admitted in Aligarh. We all had to stay there," he said.

"I was only able to do some exercises. I was not able to do any cricketing activities. That's why I was not ready for the Afghanistan series. I had not practised for a month or so.

"After that I went to the NCA. I started my practice again and now I am fully fit. Everything is good. I trained really hard for the IPL and the World Cup."

Chahar said there is extra motivation for him to push for his case for selection, given that he has missed the last two T20 World Cups due to injuries.

"I have missed two [T20] World Cups because of my injuries," he said. "If I was fully fit, I would have been a part of the World Cup

"I personally think he has a lot to give to cricket. He can play for another two-three seasons. I have seen him bat in the nets. Obviously, he had an injury that anyone can have, people at 24 have that same injury that he has."

team as well. In any scenario or any team combination, there is always a requirement

for a bowler who can bat at Nos. 7, 8, 9. I have done that and scored runs for the Indian team."

"Dhoni should play for another two-three years"

Chahar credits MS Dhoni for harnessing his career and giving it longevity, but does not want the CSK captain's impending retirement to hit the side anytime soon.

"It took me two-three years to get comfortable around him," Chahar said of Dhoni. "I see him as an elder brother and I think he treats me as a younger brother.

"I would say because of him only I got a chance to play for India because before that, he gave me a really big chance to play all the 14 games in IPL. In 2018, I played all the 14 games."

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**ICC
BOARD
lifts
suspension
on Sri Lanka
Cricket**

The ICC Board has lifted the provisional suspension on Sri Lanka Cricket (SLC) with immediate effect, a statement from the body on Sunday evening said.

SLC was suspended on November 10 for being in "serious breach of its obligations as an ICC Member". Specifically, this had to do with "the requirement to manage its affairs autonomously and ensure that there is no government interference in the governance, regulation and/or administration of cricket in Sri Lanka".

The ICC Board said it had been monitoring the situation since the suspension and "are now satisfied that SLC are no longer in breach of membership obligations".

The lifting of the suspension had been somewhat expected since Sri Lanka's president sacked sports minister Roshan Ranasinghe in late November. It had been with Ranasinghe that SLC's top brass had had a feud lasting over a year. Since the new sports minister, Harin Fernando, was installed, it had seemed likely that SLC were more amenable to having their suspension lifted. In fact, ICC CEO Geoff Allardice had met with Fernando and Sri Lankan president Ranil Wickramasinghe this month.

Fernando had also said in the days before this ICC announcement that he expected a change in Sri Lanka's status at the ICC.

When the suspension was announced, it was understood to be a warning to Sri Lanka, and ES-

PNcrinfo had reported that the SLC itself had requested the suspension to illustrate to Sri Lanka's government that the ICC would not tolerate further meddling on its part. In the aftermath of the suspension, the men's Under-19 World Cup, which is currently on, was shifted from Sri Lanka to South Africa. That aside, there was no immediate implication on the daily running of cricket in Sri Lanka, and the ICC Board had agreed that cricket at all levels, including any bilateral and domestic series and tournaments, would not be disrupted by the suspension. As for the ICC annual funding, that would be controlled until the suspension is lifted. Since then, Sri Lanka have hosted Zimbabwe for a white-ball series, in early 2024.