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Avail Limitless Opportunities In Diverse Sectors: LG Manoj Sinha

I dedicate this vital sports project at Jagti to the Youth of this Community and to their immense contribution to nation-building

■ HT News Network

JAMMU, FEB 07: Lieutenant Governor Shri Manoj Sinha laid the foundation stone of Synthetic Football Turf at Jagti Camp, Nagrota, today.

The Lt Governor congratulated the young sportspersons and football enthusiasts on the occasion.

The Synthetic Football Turf to be developed at a cost of Rs 5.75 crore, will include G+1 pavilion with a covered area having seating capacity of about 600 spectators, change rooms and other amenities.

"The achievements of Kashmiri Pandit community fill my heart with pride. I dedicate this vital sports project at Jagti to the

Youth of this Community and to their immense contribution to nation-building," the Lt Governor said.

Under the leadership of Hon'ble Prime Minister Shri Narendra Modi, the government is fully committed to the welfare of Kashmiri migrant families and this is also reflected in the interim budget of Jammu Kashmir, the Lt Governor observed.

He said the representation of Kashmiri Pandit Community in J&K's Legislative Assembly is a major step towards the empowerment of the community.

"I urge the youth of Kashmiri Pandit community to avail limitless opportunities in diverse sec-

tors and fulfill the goal of Viksit Bharat," the Lt Governor said.

He said the State-of-the-Art sports facility to be developed as per FIFA Standards demonstrates the unwavering commitment and dedication of the UT Administration to promote sports in the Union Territory.

In this Financial Year, indoor stadium, outdoor gym and cricket stadium with all facilities will be developed at Jagti, while Rs 30 lakh has already been allocated for the creation of badminton and volleyball court facilities, the Lt Governor added.

The Lt Governor also highlighted the efforts of the administration



J&K Records Investment Of Rs 5656.78 In Various Sectors After Article 370 Abrogation: Centre Tells LS

■ HT News Network

JAMMU, FEB 07: The Central government on Wednesday informed the Lok Sabha that an investment of over



Rs 5600 crore has been made in various sectors of Jammu and Kashmir since the abrogation of Article 370 in 2019.

In a reply to a query, Minister of State in Ministry

TURN ON.....PAGE 02

73 terrorists, 30 security personnel, 14 civilians killed in 2023 in J&K: Centre in Rajya Sabha

■ HT News Network

SRINAGAR, FEB 07: The Centre on Wednesday said that 73 terrorists, 30 security personnel and 14 civilians were killed in Jammu and Kashmir in 2023, while 46 terrorist initiated incidents and 48 encounters were also reported last year.

In a reply to a question in the Rajya Sabha, minister of state from home, Nityanand Rai said that the

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NEWS BRIEF

ED Arrests Bharat Papers Director In Money-Laundering Case

JAMMU, FEB 07: The Enforcement Directorate (ED) has arrested the director of Bharat Papers Limited, Anil Kumar Aggarwal, in connection with an ongoing probe into a money-laundering case in Jammu and Kashmir, officials said on Wednesday.

Aggarwal, a resident of Kathua district in Jammu and Kashmir, was arrested on Tuesday night as a follow-up action to the investigation into an alleged loan fraud amounting to Rs 200 crore perpetrated on a consortium of banks, with the State Bank of India (SBI) as the lead bank and the other banks being Jammu and Kashmir Bank, Punjab National Bank and Karur

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Parliament Budget Session Extended By A Day Till Feb 10

NEW DELHI, FEB 07: The ongoing Budget Session of Parliament has been extended by a day till February 10.

The last session before Lok Sabha polls expected to be held in April-May this year was started with the address by President Droupadi Murmu to the joint sitting of two Houses on January 31. It was earlier to be concluded on February 9.

While announcing the extension in the Lower House, Speaker Om Birla said, "Honorable Members, Honorable Minister of Parliamentary Affairs has proposed that the 15th session of the 17th Lok Sabha be extended till

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Some Amount Of Trade With Pakistan Going On Through Air, Sea Routes: Govt

NEW DELHI, FEB 07: The government on Wednesday said some amount of trade with Pakistan is being conducted through land and sea routes but all business through the land border has been stopped by the neighbouring country 'unilaterally'.

Union Minister of State for Commerce and Industry Anupriya Patel also said in Lok Sabha that it is the responsibility of Pakistan to allow transit of Indian goods to Central Asian countries through its territory. Patel said earlier whatever trade had happened, everything was done through

TURN ON.....PAGE 02

PM has scripted a historic chapter for J&K by granting ST status to Paharis: Chugh

■ HT News Network

SRINAGAR, FEB 07: BJP national general secretary Tarun Chugh who is also party incharge of J&K has called

the grant of ST status to Paharis as a watershed moment for the Union territory.

Chugh hailed Prime Minister Narendra Modi for his pioneering initiative as the Constitution (Jammu and Kashmir) Scheduled Tribes Order (Amendment) Bill, 2024 was passed in the Lok Sabha.

The historic Bill aims at empowering (i) Pahari Ethnic Group (ii) Padari Tribes (iii) Koli and (iv) Gadda Brahmin by providing Scheduled Tribe status fulfilling the long-standing demand of these communities in J&K.

Lashing out at the Opposition parties for politicising the matter, Chugh said it is a historic moment for the

TURN ON.....PAGE 02

Srinagar Terror Attack: One killed, another injured

■ HT News Network

SRINAGAR, FEB 07: A civilian, hailing from Amritsar was shot dead while another was



injured by terrorists in Shaheed Gunj area of Srinagar, police said on Wednesday.

A top official told the news agency—Kashmir News Observer (KNO) that two persons identified as Amritpal Singh & Rohit—both residents of Amritsar were fired upon by the terrorists in Shaheed Gunj, Srinagar.

However, the official stated that one among

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No Respite From Cold Wave In Kashmir, Several Places Sub-Zero

■ HT News Network

SRINAGAR, FEB 07: People in Kashmir got no respite from the intense cold wave conditions on Wednesday, as the minimum temperatures stayed several degrees below freezing point at most places in the valley.

Pahalgam tourist resort in south Kashmir, which serves as the base camp for the annual Amarnath yatra, recorded a low of minus 10.8 degrees Celsius

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Div Com For Acquisition Of Structures To Eliminate Bottlenecks From City Roads

■ HT News Network

SRINAGAR, FEB 07: Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri Wednesday chaired a meeting regarding acquisition of structures to remove bottlenecks from main roads of Srinagar city.

The meeting was attended by SE, R&B Srinagar; Deputy Director Planning; Executive Engineer and Engineering officials.

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BJP Committed To Welfare Of Every Community In J&K: Ravinder Raina

■ HT News Network

SRINAGAR, FEB 07: The President of the Bharatiya Janata Party (BJP) in Jammu and Kashmir, Ravinder Raina said that the BJP party is committed to Dedicated to the welfare and inclusivity of all communities in Jammu and Kashmir.

Raina stated, "We are committed to addressing the concerns and needs of every community, including Gujjars, Bakerwals, Pahadis, and Kashmiris.

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All Citizens Can Lodge Grievances Pertaining Govt Depts On CPGRAMS: Jitendra Singh

■ HT News Network

NEW DELHI, FEB 07: Any citizen can lodge grievances pertaining to central government departments, states and Union territories on the Centralised Public Grievances Redress and Monitoring System (CPGRAMS), Union Minister Jitendra Singh said on Wednesday.

In a written reply to the Lok Sabha, Singh said that every ministry or department under the central and state governments (and UT administrations) have



access to this system and grievances are resolved by them on a decentralised basis.

The government has

TURN ON.....PAGE 02

Two Young Kashmiris Bring Laurels As Air India Picks Them As Pilots

■ HT News Network

SRINAGAR, FEB 07: Two young Kashmiris have brought laurels after Air India picked them as pilots.

26-year-old Raja Shahzaib Raza from south Kashmir's Tral and 19-year-old Burhan Ali from Beerwah in central Kashmir's Budgam district would be joining Air India, as commercial pilots.

Raja Shahzeb wanted to become a pilot from school days

"From the third grade, I want-



ed to become a pilot, although my family wanted to see me in the



civil service, but I pursued to

TURN ON.....PAGE 02

WEEKLY BLOCK DIWAS

DC Srinagar Holds Mega Public Grievance Redressal Camp At Bakshipora-Tengpora Eidgah

Asks Departments to hold mass awareness camps to achieve saturation of various welfare programs

SRINAGAR, FEB 07: In order to listen to the public grievances and take appraisal of local issues at their door steps, the Deputy Commissioner(DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat today visited Bakshipora-Tengpora area in Eidgah Tehsil of Srinagar District and presided over a Mega Public Grievance Redressal Camp as part of weekly Block Diwas.

The programme witnessed large participation of people from Palpora, Achan, Gori-pora, Reshipora, Takanwari, Bakshipora, Wani Mohalla and other adjoining areas.

During the Grievance Redressal Camp, Public delegations and scores of individuals projected various develop-

mental issues before the DC including augmentation of drinking water supply and irrigation canal, infrastructure upgradation of Health and Education, augmentation of drainage network system in the area, repairs of lanes, drains and street lights, development of play field, macadamization of roads.

They also put forth demands for providing Transportation facilities from Takanwari-Bakshipora to Batmaloo, installation of ATM, settlement of revenue records, besides other developmental and jurisdictional issues in the area.

Addressing the gathering, the DC said that the purpose of holding such grievance



redressal Camps is to take appraisal of local issues from the general public for precise

and on-ground assessment for their time bound redressal. Responding to the public

demands, the DC assured the people of Bakshipora-Tengpora, Achan and other adjoining

areas that all genuine demands and issues projected by them will be looked into on priority with proper follow up for their speedy redressal.

The DC instructed the Officers to reach out to the public through field visits and take first hand appraisal of the public issues and ensure their time bound resolution.

The DC urged the local youth to come forward and avail the benefits of different welfare schemes of the Government launched for hand-holding of the youth so that they earn livelihood with dignity and honour.

On the occasion, the DC asked for holding a joint mega awareness camp in the area on Saturday by the Depart-

ments of Agriculture, Horticulture, Animal Husbandry, Social Welfare, ICDS, Employment and other line Departments for mass awareness of the local people especially youth of the areas so that they are sensitized about the different government sponsored welfare schemes.

Besides local representatives, the Public Grievance Redressal Camp was attended by Chief Planning Officer, Chief Animal Husbandry Officer, Chief Agriculture Officer, SDM West, Assistant Commissioner Development, Assistant Commissioner Labour, District Mineral Officer, Medical Officer Headquarter, Tehsildar Eidgah and other Zonal and Sectoral Officers of the District.

ICSS launches Punjabi Transcreation of Rafeeq Masoodi's Kashmiri verse Book

Punjabi Scholars laud creativity of Masoodi & Translation by Dr.Gagan Sandhu

SRINAGAR, FEB 7: International Centre For Sikh Studies today in a grand event launched the Punjabi version of Dr Rafeeq Masoodi's collection of Kashmiri poetry at prestigious Auditorium of Rakab Ganj Gurudwara. Founder of Pythian Council Of India Shri Bijendra Goel was Chief Guest While as Prof(Dr)Vinita former Head of Punjabi in Delhi University & Convenor of Sahitya Ekademy PUNJABI BOARD presided over the function. Prof. Rawail Singh Secretary General of ICSS & present Convenor of Sahitya ekademy PUNJABI BOARD was Guest of Honor. Sharing the dice were Translator of Punjabi version Dr.Gagan Sandhu & Original creative Dr.Rafeeq Masoodi. DR. RAFEEQ MASOODI & other dignitaries were honored by



presenting them traditional & customers shawls by the management of ICSS.

Evaluating the work of Masoodi & thereafter it's transcreation into Punjabi Prof.Rawail appreciated Dr.Sandhu for having retained the original idiom & essence of Kashmiri which at times sounded him as original, which he said..is the basics of Translation.

Shri Bijendra Goel congratulated both Dr.Sandhu & Dr.Masoodi & reminded writers & researchers present that CULTURAL PYTHIAN GAMES includes poetry & Art for which PCI shall writers an international platform to exhibit their talent.

Prof.Vinita was highly appreciative of Dr.Masoodi's idiom, form & expression which was retained beautifully by Dr.Gagan Sandhu. She mentioned of a poem in which Kamil, Rahi, Mahjoor & Rasu Mir are subject.. She said this will force serious reader to Google all these poets which I deem a HUGE SUCCESS of writer. She said Punjabi & Kashmiri has similar idiom, metaphor & local hence it will not be difficult for Punjabi reader to identify hem/ herself with Kashmiri language.

Dr.Sandhu while giving expression to his transcreativity said THE BEST THING IN MASOODI SIRS POEMS ARE THEIR EASIEST SENSITIVITNESS & LANGUAGE WHICH GOES STRAIGHT TO HEART...

Dr.Masoodi thanked ICSS & management to having felicitated the even.

DC Srinagar Inspects Different Offices In DC Office Complex

Laid emphasis on diligent disposal of files and improved Work culture to provide better citizen-centric service

SRINAGAR, FEB 07: In order to ensure proper work culture and efficient public delivery system in the Offices housed in DC Office Complex, the Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat conducted a detailed inspection of various Offices and sections here today.

The Deputy Commissioner inspected the Tehsil Office South, District Statistical & Evaluation Office, Office of Additional District Development Commissioner, Assistant Commissioner Nazool, Offices of Registrar and Sub-Registrar East, besides petition writers and stamp vendor zones.

During the visit, the DC interacted with the Officers and other Officials and emphasized the paramount importance of trans-



parency, accountability, and efficiency in public service delivery.



He stressed the need for adopting best work ethics and urged the staff to work with a proactive approach while addressing pub-

lic issues and grievances.

The Deputy Commissioner stressed the significance of maintaining clean and organized office spaces and adhering to established protocols. He also discussed the benefits of technological intervention to streamline processes and reduce manual paperwork.

The DC also enjoined upon the employees to ensure utmost punctuality in their respective offices, besides maintaining proper cleanliness and discipline. He further asked them to work with utmost dedication to ensure time bound disposal of files.

Meanwhile, the DC also inspected petition writers and stamp vendor zones and laid emphasis on treating the public in a compassionate way.

Tehsil administration Kreeri felicitated Bal Puraskar awardee ishfaq hameed at Kreeri

Aashiq Hussain

KREERI, FEB 07: Tehsil administration Kreeri in collaboration with J&K Teachers forum felicitated Young Rabab player and Bal Puraskar awardee ishfaq hameed. According to Headlines Today ishfaq was picked up for the prestigious award by centre for his outstanding performance to play Rabab. Ishfaq hameed recently received Bal Puraskar award at Delhi. Tehsildar Kreeri Dr Mohammad Hussain (KAS) along with SHO Kreeri ifthikar Ahmad and Teachers forum president Tahir Ah sofi presented the certificate to Ishfaq hameed at his home muradabad Kreeri.

Meanwhile locals hailed the Teh-



sil administration especially newly joined Tehsildar and SHO Kreeri for

Felicitating Bal puraskar awardee ishfaq hameed.

NHRC POSTPONES ITS HEARING IN J&K

SRINAGAR, FEB 07: The National Human Rights Commission (NHRC) has postponed its first sitting in Jammu & Kashmir, citing bad weather conditions and some unavoidable circumstances. As per the news agency—Kashmir News Observer (KNO), the Jammu & Kashmir Government has informed the public that the camp sitting of the rights panel scheduled from 7th to 9th February has been postponed.

"General public is hereby informed that the camp sitting w.e.f 07.02.2024 to 09.02.2024 at Banquet Hall, Srinagar of National Human Rights Commission, New Delhi to hear the cases has been postponed for some unavoidable circumstances and due to bad weather conditions for the time being," reads a notice issued by Director Litigation, Khursheed Ahmad Bhat.

The Commission was scheduled to hear cases of human rights violations which were filed in the State Human Rights Commission before it was abolished by J&K government due to constitutional and legal changes effected by Union Government in 2019. After abrogation of Article 370, the J&K government abolished the State Human Rights Commission as a follow-up to the legal changes effected by the Union Government through the J&K Reorganisation Act.

Swift Action Of BRO Makes Road Traffic able, Ishtiyari Road Through For Traffic Following Snowfall

Amir Iqbal Khan

KISHTWAR, FEB 07: The 118 RCC of Border Roads Organization (BRO) has cleared the snow from much required Ishtiyari road by making it traffic worthy with in a record span.

A communication issued in this regard stated that the strategic clearance operation was aimed to facilitate the seamless movement of vehicular traffic along the vital Galhaar Sansari axis in the Paddar Sub Division. OC of 118 RCC/BRO Gorav

Tiwari told, "the swift clearance was undertaken to guarantee the unimpeded flow of traffic, emphasizing the organization's commitment to ensuring connectivity and safety in challenging terrains in shortest possible time limit".

This proactive measure by BRO exemplifies its tireless efforts in maintaining crucial road infrastructure, especially during adverse weather conditions, he added saying,

"The Ishtiyari road's successful clearance showcases the pro-



fessionalism and efficiency of BRO, further reinforcing its pivotal role in enhancing accessibility and connectivity in the region".

According to BRO, with the clearance of this stretch of road, medical facilities have become

easily available to a huge population that had got disconnected due to recent heavy snowfall. In case of acute emergency conditions, ambulances and Fire Brigade Vehicles and other crucial facilities are reaching their destinations on time. Students equally are reaching their tuition centres easily now from these areas.

The whole exercise was carried out under the guidance and supervision of Commander 35 BRTF Udhampur S.K Verma.

Meanwhile, General public

have extended their gratitude to the Commander 35 BRTF Udhampur S.K Verma and Officer Commanding 118 RCC based at Bhardwah for their relentless efforts to make this possible.

"The action of BRO has demonstrated its unwavering dedication by promptly clearing the Ishtiyari road after recent heavy snowfall giving a sigh of relief to the people who were cut off from the rest of the world," Suram Chand a resident of Galhaar Padder while expressing gratitude to the Organisation told.

DC presides over Unani Day celebrations 2024 at Bandipora

Directs to conduct extensive Awareness camps at panchayat level regarding benefits of Unani System of Medicine

■ HT News Network

BANDIPORA, FEBRUARY 07: In a run up to World Unani Day Celebrations 2024 to be observed on 11th of February, the Department of Ayush Bandipora today organised a district level event at Conference Hall, Mini-Secretariat Bandipora.

Deputy Commissioner (DC) Bandipora, Shakeel Ur Rehman was chief guest on the occasion, while as ADC Bandipora Umar Shafi Pandit was guest of honour.

The program was attended by District Nodal Officer Ayush, Dr. Riyaz Ahmad Khan, Medical Officers Department of Ayush, Medical Officers of NHM, Mid Level Health Care Providers (MLHP) paramedics and other concerned.

In his welcome address, District Nodal Officer Ayush deliberated on the working of Ayush and exemplary vision of Hakim Ajmal Khan, who dedicated his life for the development and promotion of the Unani System of medicine.

He also highlighted achievements of the Department, including High Altitude Medicinal Plant Nursery at Nyle Gurez on 10 kanals of Land, installation of fitness equipment at Aragam, Nadihal and Check Ganastan Shahgund Dispensaries.

The DC was apprised that in Bandipora 21 dispensaries are functional with 21 Medical officers, besides various issues faced by department were also put forth before the chair including establishment of Herbal Gardens, fencing for Herbal Garden,



land issues for cultivation of medicinal plants, availability of land in schools for establishing

herbal Gardens and others.

On the occasion, Dr. Irfan, Medical Officer Department of Ayush, presented a PowerPoint presentation to highlight various IEC activities carried out by the Department of Ayush in the district.

Speaking on the occasion, DC highlighted the role of Hakim Ajmal Khan in the Unani system of medicine. He said, "to honor Hakim Ajmal Khan, we need to implement Government Schemes regarding Unani System of Medicine in letter and spirit on ground level."

Stressing on conducting awareness camps at Panchayat level, the DC asked the concerned from the Ayush to draft a plan for conducting more extensive awareness camps at panchayat level for raising

awareness regarding benefits of Unani System of medicine, Drug de-addiction and role of health and wellness centres.

Shakeel Rehman, on the occasion, assured full support from the district administration for implementing Ayush Related schemes in the district.

He asked the District Nodal Officer Ayush to submit activity reports on a periodical basis to review the performance of the department in the district.

Highlighting the role of Unani and traditional System of Medicine, Shakeel Ur Rehman stressed the cultivation of medicinal plants at the local level.

He also deliberated upon the role of lifestyle changes in addressing contemporary health challenges.

Block Diwas: DC Ganderbal addresses public concerns at Shallabugh

■ HT News Network

GANDERBAL, FEBRUARY 07: The Deputy Commissioner (DC) Ganderbal, Shyamir today chaired the weekly Block Diwas programme at Panchayat Ghar Shallabugh, where he interacted with the public to listen to their issues and demands.

The programme, which was also attended by Vice Chairperson DCC Ganderbal, Bilal Ahmad, SSP Ganderbal, Sandeep Gupta, Additional District Development Commissioner, Mush-taq Ahmad Simnani and other senior officers, aimed to provide a platform to the people to voice their concerns and aspirations



directly to the authorities and seek redressal of their grievances.

The major issues projected during the event include development of roads, street lights, dredging of irrigation canals, ATM facility, installation of transformer at PHCKachan, development of playground at Girls High School Shallabugh and other issues of

public importance.

After giving patient hearing to locals, the DC assured that all their genuine demands shall be taken up with the relevant quarters for prompt redressal.

While replying to the demands, the DC assured the locals that all genuine demands would be taken up with relevant authorities for swift redressal. He

emphasized that issues raised during the weekly Block Diwas and Back to Village programs would be given priority in formulating the plan for the fiscal year 2024-25. Additionally, the DC announced the approval of the JJM Plan to address water supply issues in the district. Addressing concerns about door-to-door waste collection, DC informed that waste collection had been outsourced by the district administration and urged residents to pay usage charges on a monthly basis for the services rendered. The Vice-Chairperson DCC expressed appreciation for the proactive efforts of the district administration in Shallabugh Panchayat.

DC Bandipora chairs weekly DLIC Meeting of HADP; approves 453 Cases

■ HT News Network



BANDIPORA, FEBRUARY 07: The Deputy Commissioner (DC) Bandipora, Shakeel Ur Rehman Rather chaired a weekly DLIC meeting to review the progress of the Holistic Agriculture Development Program (HADP) in the district.

During the meeting, 353 cases of the Agriculture Department, 67 cases of Animal Husbandry department and 03 cases of the Horticulture Department came up for consideration, and after threadbare discussions, all the cases were approved by the committee.

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

He emphasized the importance of close coordination between various departments involved in HADP, including Agriculture, Horticulture, Animal Husbandry, Sheep Husbandry, Fisheries, Rural Development, Panchayat Raj Institutions (PRLIs) and farmer representatives.

The DC said that effective collaboration is vital for ensuring proper planning, execution, and monitoring of HADP activities. He underscored the need for increased focus on capacity building initiatives, empowering farmers with knowledge and skills to embrace innovative practices and adapt to changing agricultural landscapes.

The meeting was attended by District Heads of Agriculture, Horticulture, Sericulture, Animal Husbandry, Sheep Husbandry, LDM Bandipora and other field officers.

Subject-Grant of Registration of the Tour and Travel under the name & style "Journey Mart and Travel "Situated at BATOKOTE PAHELGAM

PUBLIC NOTICE

Whereas, I, Irfan Ahmad Baba S/o Mohd Yousf Baba R/o Batakote Pahelgam, intends to apply in the office of Prescribed Authority of Directorate of Tourism Kashmir for registration of my proposed Tour and Travel under the name & style "Journey Mart and Travel "Situated at Batakote Pahelgam 190008 under Tourist Trade Act 1978/82/2011.

Whereas, "Journey Mart and Travel" will submit Landownership Certificate from Concerned Tehsildar with attested photographs of the unit through Dy. Commissioner concerned, Rent/Lease Deed/Partnership Deed/Issued by concerned Sub-Registrar, Judicial Magistrate (if applicable NOC from the owner to the effect that the property can be used as Home stay), Character Certificate of the applicant from the concerned Police Station, undertaking from the owner as self declaration, Public Notice inviting objections, if any in print media, list of family members Name, Age, and Photograph self attested by owner, Photographs of the unit as mentioned in the application (each of exterior and individual bed rooms and bathrooms), Inspection report by the Committee. The recommendation of the inspection Committee shall decide whether to issue a registration to the unit or not keeping in view, the type of accommodation and amenity, adhar card. Now before my case is processed for registration by the Prescribed Authority. The matter is hereby notified for information of general Public/organizations for objections if any and the same should reach to the office of Prescribed Authority within a period of 7 days from the publication of this notice in leading local newspaper of the Valley. Objections received beyond the period of 7 days from the date of publication shall not be entertained and the case shall be processed under rules as per merit.

Food Safety conducts special drive in various Industrial Units at Zakura & Hazratbal areas

■ HT News Network

SRINAGAR, FEBRUARY 07: A team of Food Safety department along with Assistant Commissioner Food Safety Srinagar, Yameen ul Nabi today carried out inspections of manufacturing units operating in Zakura and Hazratbal areas especially food business operators (FBOs) involved in manufacturing/ processing of ready to eat foods, bakery and spices.

During the drive, 07 FBOs were compounded on the spot under Section 69 of FSS Act for violating various provisions of the Food Safety Act, 2006 and 02 FBOs were found operating under insanitary conditions whose challan will be submitted before the competent Court.

About 80 kgs of Minced meat which was transported in unhygienic and unsanitary conditions was destroyed in accordance with environmental laws.

Dy. Commissioner Food Safety Kashmir, Shagoofa Jalal warned all FBOs that they should observe strict adherence to the provisions of Food Safety and Standards Act, 2006, while performing their food business and give due regard to the safety concerns of the foods they sell.

She also added that in case of the violations made by the Food Business Operators, strict action as per FSS Act will be initiated against the defaulters which can even lead to the closure of facility and such type of market checking will continue in coming days across Srinagar city and all other Districts of Kashmir Division.

All the consumers are requested that in case they have any complaint regarding the food that is being served to them, they can lodge a complaint on toll free number 104. She also added that in case of the violations made by the Food Business Operators, strict action as per FSS Act will be initiated against the defaulters which can even lead to the closure of facility and such type of market checking will continue in coming days across Srinagar city and all other Districts of Kashmir Division.

PUBLIC NOTICE

I informed to general public that my daughter NAME ON Adhaar Card has been Wrongly Entered as ALISHBA MANZOOR Instead of ZOHA MANZOOR.

If anybody having any objection in this regard He/ She contact with Concerned authrty within seven days from the publication of this notice after that no objection will be entertained.

NAME...MANZOOR AHMAD BAJARD
F/O.... ZOHA MANZOOR
R/O....GAGAL
DISTT.....KUPWARA

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

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

PUBLIC NOTICE

The Registrar Births and Deaths (Block Development Officer Wagoora) chokedar has submitted case file pertaining to Birth of KHAN MUSAIB S/O GH MOHAMMAD KHAN AND KHAN MUNEEB GUL S/O GH MOHAMMAD KHAN R/O SALOOSA Tehsil Kreeri Distt. Baramulla having verified the date of Birth, as 03/03/2018 and 03/03/2015 and event has been shown to be occurred at S.D.H Kreeri for issuance of delay order. In this connection.

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

EXECUTIVE MAGISTRATE
1ST CLASS KREERI

DC Budgam reviews Revenue related matters

■ HT News Network

BUDGAM, FEBRUARY 07: The Deputy Commissioner (DC), Budgam, Akshay Labroo today chaired Revenue related meeting to review functioning of the Revenue services in all Tehsils at Conference Hall, Budgam.

At the outset, the DC instructed the concerned to clear pendency under various heads and prompt service delivery to the general public at all Revenue offices across the district.

He stressed on proper record room streamlining, file indexing and prompt case disposals at Revenue offices for convenience of the general public.



He instructed all Tehsildars to conduct Revenue facilitation camps at each Patwar Halqa for better Revenue services to the people at their doorsteps.

Instructions were given to ACR Budgam and concerned SDMs to conduct random checks to assess

rejected and reverted cases under Public Services Guarantee Act in their respective areas.

Acquiring fireproof lockers, racks and other necessary infrastructure for safe custody of records was also discussed during the meeting.

Earlier, the DC also reviewed the status of disposal of land acquisition related cases, fencing of State land, disposal of cases on Revenue Court Cases Management Portal, action taken on RDA cases, land issues relating to infrastructure projects, disposal of inheritance mutations, maintenance of stock registry and other related file records at Revenue offices.

The DC also instructed concerned Revenue officials to check availability of assured minimum facility at designated draft polling stations in all Tehsils.

The meeting was attended by ACR Budgam, SDMs, concerned Tehsildars, Dy. DEO and concerned Revenue officials.

Weekly Block Diwas: DC Rajouri addresses public issues at Panchayat Loorkote in Block Doongi

■ HT News Network

RAJOURI, FEBRUARY 07: As part of the weekly Block Diwas initiative, Deputy Commissioner Rajouri, Om Prakash Bhagat today chaired a public outreach camp at Loorkote Panchayat of block Doongi to redress the people's issues at their doorsteps.

During the event, a wide range of concerns were raised by the local residents seeking renovation of roads, staffing and upgrading of government institutions, augmentation of water supply, healthcare infrastructure and the construction of motorable bridges.

The specific demands highlighted included sanctioning of community hall,



63 KV Transformer, inclusion of eligible beneficiaries under PMAY-G, Health Subcentre at Loorkote, augmentation of water supply, forest clearance issues, bridge at Kalidav, construction of road from main road to GDC Doongi, provision of electricity poles, speedy implementation of JJM

schemes, adequate staff in educational institutions, handpump at GHS Kallar, construction of road to GHS Kallar, construction of road for Antee Mata Mandir etc.

The event also provided an opportunity to the government officers to inform the public about various schemes and programs

being implemented by their respective departments. Attendees were encouraged to take advantage of these initiatives for their own betterment.

The Deputy Commissioner assured the public that all their concerns have been meticulously documented and the same would be addressed through the intervention of the respective departments in a phased and time-bound manner.

In a spirit of collaboration, the Deputy Commissioner Om Prakash Bhagat also acknowledged the invaluable contribution of all stakeholders who have played a vital role in achieving the objectives of government initiatives.

ADDC Reasi holds public grievances redressal camp at Pora Kotla Panchayat

■ HT News Network

REASI, FEBRUARY 07: Additional District Development Commissioner Reasi, Sukhdev Singh Samyal, conducted a public grievances redressal camp at Panchayat Pora Kotla of block Pouni to address the concerns of locals and ensure prompt resolution of their issues.

During the camp, community members raised various grievances including road connectivity, the upgradation of the High Secondary School building, construction of a playground, shortage of staff in schools and hospitals, repair of CCTV and lights on the Shiv Khori track, provision of toilet facilities at Ransoo town, sheds for



ponies, fresh surveys for the PMAY Houses, installation of lights at the Bus Stand Ransoo, and improved road connectivity in and around the town.

Representatives from Health, Agriculture, JK Bank, SGHS and Revenue Department set up stalls during the camp to showcase both Central and

Jammu & Kashmir Union Territory welfare oriented schemes so that attendees were able to avail the benefits of these welfare schemes on the spot.

ADDC listened to the grievances of the people and directed concerned officers to ensure that all issues will be addressed within the stipulated time

frame. Officers from various departments promptly resolved several grievances on the spot, demonstrating the government's commitment to efficient governance and responsive administration.

Addressing the gathering, the ADDC reiterated the Government's dedication to the development of Ransoo Town and encouraged youth to take advantage of government-sponsored schemes. He also said that helicopter services for Shiv Khori would commence soon.

PO Poshan Mohd Anwar Bandy, SE PWD and PMGSY, ACD Pardeep Kumar, CEO, Chief Agriculture Officer, Tehsildar and BDO Pouni and other senior district officers were present on the occasion.

MVD Doda, Health Department organise Blood Donation Camp

■ HT News Network

DODA, FEBRUARY 07: Motor Vehicles Department (MVD) Doda, in collaboration with the Health department organized a blood donation camp at Government Medical College here today. The camp was organized on the direction of Deputy Commissioner Harvinder Singh and supervised by ARTO Doda, Rajesh Gupta. The initiative was part of the ongoing celebration of National Road Safety Month.

The event was graced by the presence of chief guest, Retd Wg Cdr Tirath Singh Mahotra

During the event, members of the driver union and MVD officials came forward to donate blood, highlighting their commitment to the humanitarian cause. The primary aim of the blood donation camp was to ensure that sufficient blood was readily available for accident victims, allowing for immediate lifesaving interventions during emergencies. The ARTO emphasised the importance of road safety measures and the MVD's efforts to raise awareness throughout the district. He stressed the need for adherence to safety regulations while driving, underscoring the critical role each individual plays in preventing accidents and ensuring road safety. The ARTO extended gratitude to the chief guest for gracing the occasion with his presence. He also thanked the Health Department for organizing the blood donation camp, ensuring a ready supply of blood at the Doda blood bank for prompt response to accidents. The event served as a testament to the community's dedication to both road safety and humanitarian efforts.

District admin addresses public concerns at Bhella under Weekly Block Diwas

■ HT News Network

DODA, FEBRUARY 7: The District Administration Doda took proactive steps to address public concerns by organizing an extensive Block Divas outreach program at Higher Secondary School Bhella.

Led by District Development Commissioner, Harvinder Singh, the program provided a platform for local residents to directly communicate their grievances to the authorities. Held at Higher Secondary School Bhella, Block Thathri, the event saw the participation of key public figures, and district officers including DDC Chairman Dhananther Singh, SSP Doda Javid Iqbal, DDC members, SDM Thathri Masood Ahmed Bichoo, and other officials, alongside a large gathering from people Bhella and Chiralla.



During the outreach program, a wide array of pressing issues were raised, spanning concerns about water and electricity supply, healthcare infrastructure, road connectivity, and various government-sponsored schemes. The active involvement of the public, PRLs, sarpanchs, panches, and BDC representatives underscored the collective effort to address these challenges.

The DDC Chairman expressed optimism about resolving public grievances

swiftly, emphasizing the positive impact of government-sponsored schemes and initiatives in the area. During the public outreach program, the DDC Chairman expressed gratitude to DC Doda and appreciated the swift construction of roads and the ongoing developmental projects in the region. He also praised the efforts of the honorable Prime Minister, highlighting initiatives such as Ayushman Bharat, free ration for 80 crore individuals, and the abrogation

of Article 370 and 35A, which he deemed essential for the region's progress. He further commended the three-tier system for development and encouraged former sarpanchs to continue advocating for the common people's welfare.

The District Development Commissioner reaffirmed the government's commitment to addressing local needs, including the establishment of small-scale industries and ensuring opportunities for youth employment under the AVSAR scheme. Singh also assured the community of forthcoming government-sponsored schemes and initiatives, promising to bring these services directly to the doorstep of residents. Additionally, plans for the establishment of degree College and professional colleges in the region were discussed.

Cultural Unit DIPR hosts Symposium on Nasha Mukh Bharat

■ HT News Network

JAMMU, FEBRUARY 07: Cultural Unit, Department of Information and Public Relations, Jammu today organised a Symposium cum Cultural program on the topic "Nasha Mukh Bharat" at Dewan Badrinath Vidya Mandir Mubarak Mandi Jammu.

Cultural Officer Jammu, Nasir Ahmed Khan was special guest of the event.

The objective of organizing the programme was to educate the students regarding drug de-addiction.

The students expressed their views on the topic and were judged on parameters of Pronunciation, Modulation of Voice, Factual Representation, confidence etc.

Vaishali Jamwal, Raghuvi Sudan and Isha Sharma were the Judges. A total number of 10 students participated in the competition. First Position prize was won by Anvi Sharma, Second Position was secured by Mahdavi and Third Position was secured by Adhya Raj.

Artists of Cultural Wing Information Department Jammu presented a colorful Cultural program which enthralled the audience. Head of the institute, Vishu Dogra educated the students regarding the topic and lauded the Department of Information & Public Relations for organizing the programme.

Among others, Accounts Executive Manager, Balvinder Singh, Staff members of the Institute and a large number of students witnessed the programme.

The whole program was conducted under the supervision of Cultural Officer Jammu.

Sudershan Kumar assumes Office as ADC Doda

■ HT News Network

DODA, FEBRUARY 07: Sudershan Kumar today took over as Additional Deputy Commissioner Doda replacing Dr. Ravi Kumar Bharti.

Immediately after assuming the office, he interacted with the staff of the DC office in an introductory meeting. The newly appointed Additional Deputy Commissioner urged the officers/officials down the line under him to attend the works of public importance on priority basis. Among others who welcomed the newly appointed Additional Deputy Commissioner are ACR Doda Sanjeev Kumar, AO DC Office Sumit Sharma, DIO Doda Mohammad Ashraf Wani, Tehsildar Doda Dr Subuh Shad, Assistant Law Officer DC Office Mohammad Shaban Attu, besides other officials of DC office Doda.

MVD Reasi organises Medical cum Eye Checkup Camp

■ HT News Network

REASI, FEBRUARY 07: The Motor Vehicle Department Reasi, in collaboration with the Health Department and Rotary Hospital Udhampur and Katra today organized a Medical cum Eye Checkup Camp at Fountain Chowk Katra. The initiative was a part of the ongoing National Road Safety Month campaign and aimed to ensure the safety and well-being of drivers, conductors, and the local public. Joint Transport Commissioner, Vinay Samotra and RTO Jammu Pankaj Bagotra attended the camp where 600 drivers and conductors, alongside members of the local community were screened by a team of doctors. The comprehensive checkup aimed to identify and address any health concerns that could potentially compromise their ability to operate vehicles safely.

Every individual underwent thorough examinations, particularly focusing on their fitness to drive. Those found unfit received personalized guidance and recommendations for further medical attention, ensuring their health and safety on the roads. Joint Transport Commissioner, Vinay Samotra and RTO Jammu Pankaj Bagotra attended the camp where 600 drivers and conductors, alongside members of the local community were screened by a team of doctors. The comprehensive checkup aimed to identify and address any health concerns.

Commissioner State Taxes reviews functioning of department

■ HT News Network

JAMMU, FEBRUARY 07: Commissioner State Taxes department, P K Bhat today chaired a meeting with all State Tax Officers (STOs) of Jammu division here at Excise and Taxation Complex here to review the functioning of the department.

Additional Commissioner State Taxes Administration & Enforcement, Jammu, Namrita Dogra; STOs of Jammu district attended the meeting in person while as STOs of outer districts joined the meeting through video conferencing.



During the meeting, the focus was laid on revenue augmentation, proper scrutiny and tracking of E-way bills, optimal use of technology for assessment of red flags, tax evasion and input tax credit mismatch cases.

Speaking on the occasion, Commissioner States Taxes instructed

officers to regularly use the technology drive system to detect cases for revenue augmentation. He said there is lot of scope in the system and many indicators were floated regularly on the portal dashboard, which could be further used for revenue augmentation.

SARAS Aajeevika Returns to Jammu: A Celebration of Art, Craft, & Culture

■ HT News Network

JAMMU, FEBRUARY 07: The much-awaited second edition of the SARAS Aajeevika 2.0 is all set to enliven Jammu at the vibrant Aquaplex crown, Bagh-e-Bahu commencing from February 10th, 2024. Organized by the Jammu & Kashmir Rural Livelihoods Mission (JKRLM) under the aegis of the Department of Rural Development & Panchayati Raj, this Ten-day extravaganza promises to be a celebration of art, craft, culture, and cuisine, resonating with the essence of 'vocal for local'. Showcasing the rich tapestry of Pan India, the event aims to provide a platform for rural self-help group

women artisans of DAY-NRLM to display their unique talents and products. Visitors to the SARAS Aajeevika Mela can expect a diverse range of beautifully crafted edibles and handloom and handicraft products, including textiles, pottery, woodwork, metalwork, paintings, and more. The mela will also feature traditional music and dance performances, adding to the vibrant ambiance and celebrating the cultural heritage of Jammu and Kashmir. Giving details Mission Director JKRLM, Indu Kanwal Chib said that the, SARAS Aajeevika provides a platform for rural women to display their goods and create a market for them to sell their products directly to customers.

Principal Secretary reviews JKAACL's functioning; Asks for regular activities aiming promotion of Art, Culture among youth

■ HT News Network

JAMMU, FEBRUARY 7: Principal Secretary, Culture, Suresh Kumar Gupta, today convened a meeting to take stock of activities of J&K Academy of Art, Culture & Languages (JKAACL) being carried out for promotion of art and local culture in the region especially among youth.

While addressing the meeting, the Principal Secretary emphasized upon framing of year long calendar of activities to be carried out by the Academy in different parts of the UT. He also advised for creating a well designed coffee table book depicting different works regarding preservation and promotion of our culture, languages and different art forms of J&K. Gupta asked the Academy to engage youth of the UT in their activities so that they get acquainted with rich art and cultural treasures of the region. He enjoined upon them to provide much requisite platforms to the young generation for chiseling and fine-



tuning of their art forms in a total professional manner.

In this regard, he called for holding workshops, exhibitions and talent-hunt shows on regular basis. He said that the art forms like music, dance, poetry, drama and painting are stress busters, the need of which is felt by all during these times. He asked for providing people the art of their choice so that they relish it to add colour to their lives. He also advised for creating awareness among public about the rich and diverse art, culture and languages of different regions of J&K found from Kathua to Kupwara. He directed for adding 'Cultural Vibrancy' to the overall ambience of J&K which is abundantly blessed with unique cultural legacy. He called for dissemination of information through circulation of short videos, brochures and leaflets among public so that they can associate themselves with the Academy for showcasing their talent. On the occasion, Gupta asked for better upkeep of the valuable assets like Tagore Hall and Abhinav Theatre here. He also directed for pulling up further the men and machinery for completing the work on Sufiyana School at Srinagar.

EDITORIAL

Snow Blanket Brings Kashmir Tourism Back to Life

The recent fresh snowfall in Kashmir has reignited the allure of the region, drawing tourists back to its picturesque landscapes and pristine slopes. This late change in weather has not only rejuvenated the spirits of locals but has also significantly altered the tourism economy of the area.

Kashmir, known for its ethereal beauty and snow-capped mountains, experienced a delayed onset of winter this year. However, the recent snowfall has transformed the valley into a winter wonderland, enticing travelers from far and wide. The glistening white blanket covering the majestic Himalayas has once again become a magnet for adventure seekers and nature enthusiasts alike.

The impact of this late snowfall on the tourism economy of Kashmir cannot be overstated. After a period of relative dormancy due to unpredictable weather patterns and geopolitical tensions, the sudden burst of winter activity has injected new life into the local economy. Hotels, resorts, and guesthouses that had seen dwindling occupancy rates are now bustling with activity as tourists flock to experience the magic of Kashmir in winter.

Furthermore, the resurgence of tourism brings with it a myriad of economic opportunities for local communities. From tour guides and ski instructors to artisans and vendors selling traditional handicrafts, many livelihoods depend on the influx of visitors during the winter season. The increased footfall also boosts ancillary services such as transportation, restaurants, and souvenir shops, providing a much-needed economic boost to the region.

As Kashmir once again emerges as a premier winter destination, it serves as a testament to the resilience of its people and the timeless allure of its natural beauty.

The fresh snowfall not only paints the valley in a pristine white but also brings hope and prosperity to those who call it home. As travelers embrace the magic of Kashmir in winter, they contribute not only to its economy but also to the preservation of its rich cultural heritage and breathtaking landscapes.



Shab-e-Miraj: Unraveling the Profound Mysteries of the Night of Ascendancy

■ [Waris Nissar](#)

Introduction:

Shab-e-Miraj, often referred to as the Night of Ascendancy, holds an unparalleled significance in the tapestry of Islamic history. In this meticulously detailed exploration, we aim to unravel the intricate layers of this sacred event, delving into its historical, spiritual, and cultural dimensions.

Historical Context:

The celestial odyssey of Shab-e-Miraj unfolded on the 27th night of the Islamic month of Rajab. Guided by Angel Jibreel, Prophet Muhammad embarked on a transformative journey from the Kaaba in Mecca to the Al-Aqsa Mosque in Jerusalem. Beyond the earthly realm, he ascended through the celestial spheres, encountering divine wonders and engaging in conversations with past prophets.

Quranic Affirmations:

The Quran, the divine scripture of Islam, provides explicit affirmations of the Night of Ascendancy. Surah Al-Isra (17:1) declares, "Exalted is He who took His Servant by night from al-Masjid al-Haram to al-Masjid al-Aqsa, whose surround-

ings We have blessed, to show him of Our signs. Indeed, He is the Hearing, the Seeing." Surah An-Najm (53:13-18) further substantiates the authenticity of Prophet Muhammad's experience.

In Surah Al-An'am (6:162), the Quran emphasizes the comprehensive devotion of Prophet Muhammad: "Say, 'Indeed, my prayer, my rites of sacrifice, my living and my dying are for Allah, Lord of the worlds.'"

The Miraculous Ascension:

Shab-e-Miraj transcends the ordinary, symbolizing the Prophet's profound closeness to Allah and the reception of divine revelations. The celestial ascent stands as a testament to Prophet Muhammad's unparalleled spiritual strength and resilience in fulfilling his divine mission.

Spiritual Significance:

The observance of Shab-e-Miraj is not a mere ritual but a profound spiritual endeavor. Muslims worldwide engage in heightened prayers, seeking forgiveness, and connecting with the divine. The night becomes a contemplative journey, prompting believers to reflect on the lessons gleaned from the Prophet's spiritual ascent and incorporate them into

their lives.

Rituals and Devotions:

Shab-e-Miraj transforms mosques into sanctuaries of devotion. Special prayers, known as Qiyam-ul-Layl, unfold, extending into the late hours of the night. The faithful immerse themselves in supplications, recitations from the Quran, and acts of worship, creating an atmosphere of profound spiritual introspection and renewal.

Celebrations in the Kashmir Valley:

The Kashmir Valley, with its unique cultural tapestry, contributes distinct celebrations to the commemoration of Shab-e-Miraj. The revered Hazratbal Shrine plays a central role in these festivities. Devotees flock to Hazratbal to offer prayers and witness the revered relic believed to be a strand of Prophet Muhammad's hair. The area is adorned with lights, creating a serene ambiance as locals come together in communal gatherings to share stories, reflections, and special meals.

Lessons from Shab-e-Miraj:

The Night of Ascendancy imparts timeless lessons on faith, perseverance, and the significance of a deep

spiritual connection. Prophet Muhammad's journey serves as an enduring model, inspiring believers to elevate their moral and ethical standards, mirroring the Prophet's unwavering commitment to his divine mission.

Cultural Celebrations:

Diverse cultures within the Muslim world, including the unique celebrations in the Kashmir Valley centered around Hazratbal, infuse their traditions into the commemoration of Shab-e-Miraj. Communal gatherings, storytelling sessions, and shared meals contribute to a rich cultural tapestry, fostering a collective celebration of this sacred night.

Conclusion:

In conclusion, Shab-e-Miraj stands as a celestial gateway, offering believers a profound opportunity to traverse the spiritual realms and draw inspiration from the Prophet's journey. This detailed exploration has sought to unravel the mystique surrounding the Night of Ascendancy, inviting readers to embark on a deeper understanding of its historical, spiritual, and cultural dimensions.

[warisnissar46@gmail.com](#)

Coaching Institute Vs Education System

If we want to control the coaching institutes, then we should also control the students who go to study abroad every year



■ [Vijay Garg](#)

The Personnel Ministry of the Central Government has issued some rules on the suggestion of the Consumer Ministry to curb coaching institutes. There are orders for the selected candidates that they will not have any contact with any coaching institute after getting the appointment letter. That means no coaching institute will use his name.

Immediate Reasons by UPSC There are exaggerated advertisements etc. made by the coaching institutes preparing for the Civil Services Examination. The Ministry's special objection is that the names of selected candidates are advertised by dozens of coaching institutes, due to which children from all over the country flock to these institutes.

For example, in the year 2022, about nine hundred candidates were selected, while advertise-

ments for three and a half thousand candidates were published by coaching institutes. Civil Services Examination is for administrative jobs in the country like IAS. IPS is the highest examination for recruitment of officers in Revenue, Railways, in which about nine hundred out of about twelve lakh students are selected every year.

Obviously, for this the young generation and even more so their parents are ready to do anything. Coaching institutes are becoming an alternative to this. It is worth noting that in search of good education, there are not only coaching institutes for civil services examination, there are many times more coaching institutes ranging from IIT, Medical, IIM to becoming a bank officer, teacher and the central coaching institute started in the last two years.

Thousands of coaching institutes are running across the country for entrance exams in universities and they are increasing rapidly every year. According to an estimate, the annual turnover of the coaching industry is approximately sixty thousand crore rupees. But why is this business increasing every year? Are only the coaching institutes responsible for this?

Actually, our education system

is responsible for this. When teachers are not present in the schools of Bihar and Uttar Pradesh, even if they are present, according to the recent report of 'Pratham', they are not educated in mathematics. K is being taught by people who do not have a degree in Mathematics and English is being taught by those who even spell the name of the school wrong in English.

There is neither toilet nor a proper roof in their building and NCERT books are not available on time, so what option is left for these children and their parents? Now the entire cream of Bihar has started coming to Delhi schools for school education. That is why in the states where the education system has become so dilapidated, especially the government schools, there are equally nook and cranny private schools.

And coaching centers are increasing. According to an estimate, where fifty years ago, more than ninety percent of affordable education was available in government schools, now it has reduced to less than forty-five percent and this is in all the states. According to a new order, coaching institutes have been instructed that they cannot give admission to children below sixteen years of age. Don't the policy makers know that

coaching institutes are not only running in metros and big buildings, they are running on every nook and corner of the street? How will the difference be made, home tushes And in the tuition of these big institutions?

Thirty-forty years ago, the weakest child used to look for tuition, that too especially to prepare for class 10th-12th board exams. Then it started for engineering colleges etc., but due to falling standards, now the problem of tuition is in the first class. Has reached even before. Thirty years ago, educationist and scientist Professor Yashpal had considered tuition as very dangerous for education in the report 'Baste Ka Boj'.

The governments have kept that report in some other bag. What government and Education officer is not familiar with this disease? Certainly, DMs and education officers at the state level can overcome this problem, but statistics show that more than 80 percent of DMs rarely inspect any school. Same is the condition of the education officers working under him. When there are less jobs, there are not enough good colleges and universities in proportion to the increasing population and where education is more about retrenchment than recruit-

ment, where there is more emphasis on examination than knowledge, where improvement in education is not in the manifesto of any party.

There is no question of R, what will happen if there is no flood of coaching institutes there? The main reason for the growth of coaching institutes is the quality of good teachers. For the prestige of their institute, coaching centers keep the best teachers by paying them handsome salaries and are constantly on the lookout for such teachers. 'Feedback' is taken daily from the children, otherwise neither caste, nor religion, nor region is visible outside and these teachers have become stars and superstars.

At least talented teachers should get a good opportunity to teach. Aren't the universities of Oxford, Cambridge and America attracting students from all over the world on the basis of this order of priority? If we have to control the coaching institutes, then the same control will need to be imposed on the students who go to study abroad every year. After all, why do they also run away to foreign countries? For the last ten years, it is continuously being heard that more than fifty percent of the posts are lying vacant in

institutions like IIT, IIM. If suitable candidates are not found to fill them then in such circumstances the government does not accept the idea of de-reserving any post.

What an irony that those who are fighting for each post on the basis of caste in government central universities and colleges send their children to those coaching institutes where there is no such reservation and 'roster'. Our new young generation is getting crushed between all these stones. Thirty-five thousand students have committed suicide in the three years from 2019 to 2021 in response to a question given in the Lok Sabha during the December Parliament session. how sad this is All!

Thirty-five suicides took place in Kota city alone last year and two students have committed suicide in the last week of January this year. If our education system from school education to university is improved, then neither will children rush to coaching institutes nor will they run away to study abroad after taking loans worth crores. This needs to be understood.

**Vijay Garg Retired Principal
Educational Columnist Malout**

Children Enjoying Snowfall



■ By MooL Raj

As I walked down the desolate road, heavy snowflakes swirling around me like a poetic dance, I found myself caught in the hurried rhythm of the snowfall. The cold air bit at my cheeks and my steps quickened in an attempt to escape the biting cold. It was then that a small voice, laden with innocence, pierced through the wintry silence. A child, seemingly materializing from the falling snow, called out to me.

Turning around, I saw him – a bundled-up figure with a red-tipped nose

and rosy cheeks that bore witness to his joyful interaction with the winter elements. His eyes sparkled with curiosity as he bombarded me with questions about my name and various details. At that moment, the hurried pace of my walk slowed, and I found myself immersed in the unexpected warmth of our conversation.

What struck me most was the beauty of the bond between a child and an elder, a connection that unfolded effortlessly in the midst of a snowstorm. His extroverted manner and genuine interest in my stories melted away the chill that clung to the air. His laughter echoed against the silent backdrop of falling snow, creating a symphony of fleeting joy.

Amidst the enchanting white landscape, the child's presence became a beacon of purity and simplicity. His unrestrained enthusiasm for the snowfall was contagious, and I couldn't help but appreciate the way he embraced the winter wonderland with unbridled delight. As he skipped alongside me, he seized handfuls of snow, crafting

impromptu snowballs that he joyfully hurled in unexpected directions. Each snowball carried a moment of shared laughter and a touch of fleeting happiness.

In our casual banter, I learned that the child was returning from coaching, his eyes reflecting the disappointment of an unexpected early return. When I inquired about the reason, he shared that his coach, the guiding presence in his young life, was absent that day – gone for some urgent reason that had disrupted the routine. The disappointment in his voice hinted at a longing for the familiar structure and guidance that the coach provided.

As our paths diverged, and the child prepared to turn down a small path leading to his likely abode, he looked deep into my eyes. In that fleeting moment, I sensed a connection that transcended the brief encounter. His gaze held a silent invitation into his world, a world where the echoes of playful laughter and the excitement of a snowy day lingered.

The small path he took seemed to

hold the whispers of his laughter, and as he disappeared into the white landscape, his memories continued to circulate in my mind. The quiet sadness crept in, leaving me with an unexpected void. It wasn't just the end of a chance meeting but the conclusion of a brief but poignant chapter in the wintry tale.

In the aftermath of our encounter, the snowy landscape seemed to hold its breath, as if awaiting the return of that infectious joy that had momentarily illuminated the frosty evening. The falling snowflakes, once a backdrop to laughter and playful banter, now whispered a melancholic tune as they settled on the deserted road. The small path the child had taken felt like a portal to a world where the magic of innocence and the simplicity of shared moments still thrived. I couldn't shake off the sense of quiet yearning that settled within me, a yearning for the return of the child with the red-tipped nose, whose extroverted spirit had left an indelible mark on a seemingly ordinary winter evening. As the snowfall

persisted, the echoes of our brief encounter lingered, creating an ethereal memory that resonated with both the enchantment and the wistfulness of that chance meeting.

In conclusion, I encourage you to tread each step of your journey with a mindful gaze, discovering the hidden beauty that surrounds you. Take a moment to pause, appreciate nature's wonders, and find joy in the small details that often go unnoticed. Children, with their unbridled enthusiasm, can be overlooked on our hurried paths, but I urge you not to underestimate the magic they bring. When a child reaches out, embrace the opportunity to become a child again, matching their playful spirit. Immerse yourself in the world of children, relishing the unfettered joy and wonder they offer. As I've found solace and comfort in this simple act, I hope you, too, discover the extraordinary in the ordinary moments that shape our lives.

**The author is a columnist and
freelance writer**

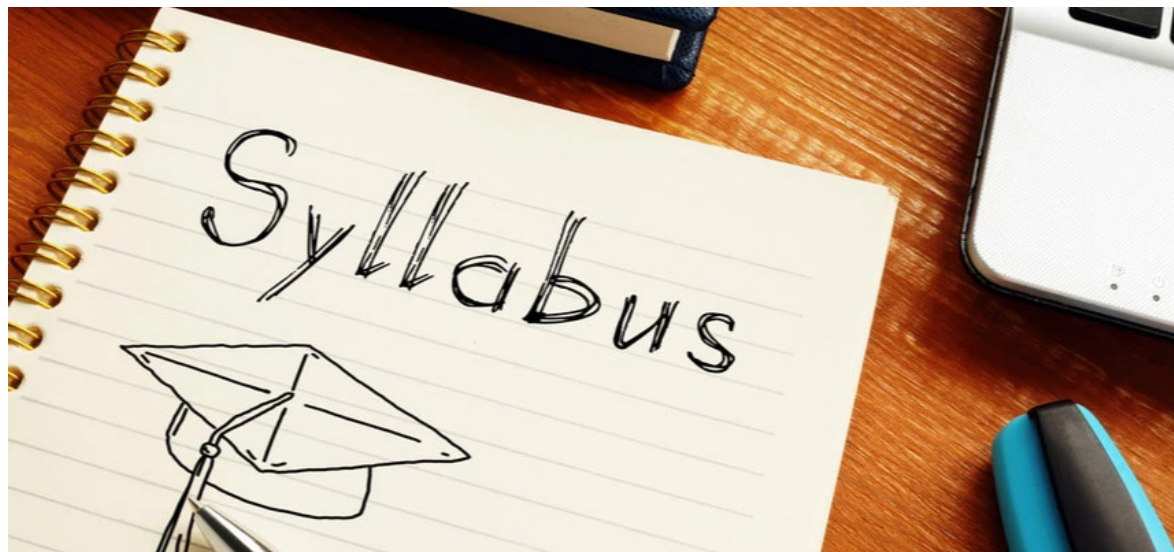
Syllabus and exam



■ Sahil Manzoor

Every individual among us has his or her own opinions, has his or her own ideas, and possesses a gallery of knowledge regarding counselling for others. In our surroundings, we have a good number of people who have the ability to guide us and solve our problems. Parents have always played a great and very significant role in the overall development of their children's. Parent's role starts from the birth of the infant, and it never gets to an end because of emotional attachments and unconditional love for their children's. So this is quite true and amazing that after Allah, we have parents who love us, who care for us without having any meanness, who push us towards the goals of success, and who are our well-wishers. It's mandatory for all of us to take care of our parents, as they have taken care of us when we had no experience, no food, no clothes, no name, and no recognition.

One thing that is very beautiful is that there are still people in this world who have love for others and are ready to aid others without having any means. Such people are very important for the upliftment of the



nation. There is no unique identity for such great people; anyone can take this position who is good in their hearts and has manners for others. It's our duty to respect such philanthropists and make them happy.

I still want your attention. I am trying to tell you that, directly or indirectly, it's our duty and responsibility. How can we access and examine our younger ones, and how can we give them what they literally need for their good future?

Examination is a common word for us; we are used to it. While having gossip, chit chats, and discussing serious issues, we use the word examination. To be honest, I am always afraid of and uncomfortable with word examinations. Basically, through examination, we are accessing the potential of the learners in any field, but one thing is clear: we never judge a person

by his or her marks in any field or in any subject. As we know, an examination is taken in a very short time; it may be 1, 2, or 3 hours, but the examiner and paper setter have to follow the rules and regulations of conducting the exam. For example, in any exam, the examiner asks us one question or two questions from a lesson that has 15 to 20 questions. Sometimes we say it's our bad luck that only this question from the all 20 questions I skipped, so except for this question, I know all the remaining parts of this lesson. So question mark... For the examiner to decide the potential of the learner. Sometimes learners have good ideas regarding what the examiner asked them, but they have communication skills problems. Sometimes learners do not have good writing skills. So at the time of paper checking, the evaluator declares the learner failure, average, or

something else.

Exams are important but need more effective and useful techniques at all levels, from pre-school to university. -

We have been so kind and patient while dealing with the learners. As we know, the Almighty has bestowed on us great minds, but there are people who get things a bit late; some take hours, some take days, and some take weeks, so we can't judge anyone's future within 30 to 40 minutes. You have got me; literally, I want to let you know the role of the syllabus. The syllabus is declared before any examination, but papers will always be kept hidden until the last second. The syllabus remains constant, or, I can say, the same for all the learners; this is not fair. As those learners who are having problems with three or two subjects are getting under pressure due to the overload of the syllabus, the completion of a syllabus never means we have touched on each and every part. Literally, we learn by repeating and revising. When we apply or use this technique of repetition and revision, it will take us more time than the stipulated time given for the completion of the syllabus. We need learners who have no confusion, not the learners who have 90 percent of marks, and during any tough time or in any emergency circumstances they lost their control and were declared failures.

Rebate in the syllabus for those who are slow learners or have some other problems; they should not be considered as they are nothing or have no potential. Should be encouraged so that they will not quit schooling at any level. They need more and more time from family, friends, and teachers; we have to always keep them on priority so they can close their gap and do the best and greatest things for the nation.

Raiyar-Ich, sahilmanzoor0401@gmail.com

PM inaugurates India Energy Week 2024

■ HT News Network

New Delhi:-The Prime Minister, Shri Narendra Modi inaugurated India Energy Week 2024 in Goa today. India Energy Week 2024 is India's largest and only all-encompassing energy exhibition and conference, bringing together the entire energy value chain to catalyze India's energy transition goals. The Prime Minister also held a round-table with Global oil & gas CEOs and experts.

Addressing the gathering, the Prime Minister welcomed everyone to the second edition of India Energy Week. Expressing delight that the event is taking place in the energetic state of Goa, the Prime Minister said that it is known for its spirit of hospitality and the natural beauty and culture of the place leaves a profound impact on tourists from around the world. "Goa is touching new heights of development", the Prime Minister said, underlining that it is the perfect destination for a discussion on a sustainable future and sensitivity towards the environment. He expressed confidence that the foreign guests who have gathered in Goa for India Energy Week 2024 will take along a lifetime memory of the state.

Noting that India Energy Week 2024 is taking place at a significant time period when India's GDP rate crossed 7.5 percent in the first six months of the financial year, the Prime Minister said that the growth



rate is higher than the global growth estimate making India the fastest growing economy in the world. He also mentioned the International Monetary Fund's prediction of similar growth trends in the future. "Economic experts around the world believe that India will soon become the 3rd largest economy in the world", Shri Modi said and emphasized the expanding scope of the energy sector in India's growth story.

The Prime Minister noted that India is the world's third largest energy, oil and LPG consumer. Furthermore, he said India is the fourth largest LNG importer and refiner along with the fourth largest automobile market. He also underlined rising demand of EV in the country. He also talked about the estimates of doubling of the nation's energy demand by 2045. The Prime Minister elaborated India's plan to meet this growing demand. Highlighting

the efforts to ensure affordable fuel, the Prime Minister said that despite adverse global factors, India is among the few nations where petrol prices have come down and 100 per cent electricity coverage was achieved by electrifying crores of houses. "India is not just meeting its needs but is also determining the global direction", the Prime Minister added.

Explaining the unprecedented infrastructure push, the Prime Minister mentioned 11 lakh crore rupees that the recent Budget pledged for infrastructure, a big part of which will go to the energy sector. This amount will create assets in railways, roadways, waterways, airways or housing which will need energy leading to India's efforts to expand its energy capacity. He noted rising production of domestic gas due to the government's reforms and the country is making efforts to take the percent-

age of gas in the primary energy mix from 6 to 15 percent. This will see an investment of about 67 billion dollars in the next 5-6 years, he informed.

Throwing light on the circular economy and concept of reuse being a part of India's ancient traditions, the Prime Minister noted that the same is applicable for the energy sector. He said that this belief is symbolized by the Global BioFuel Alliance which brings together governments, organizations and industries from across the world on a single platform. Initiated during the G20 Summit held in India, the Prime Minister highlighted the holistic support received by the Alliance and informed about 22 nations and 12 international organizations coming onboard to encourage the use of biofuels in the world, while also creating economic opportunities worth \$500 billion.

Highlighting India's progress in the biofuel sector, Shri Modi informed about India's rising adoption rate. He said that ethanol blending witnessed a significant rise from 1.5 percent in 2014 to 12 percent in 2023 leading to a reduction in carbon emissions by about 42 million metric tons. "Government has set a target of 20 percent ethanol blending in petrol by 2025", he said. Recalling the initiation of 20 percent ethanol blending in more than 80 retail outlets during India Energy Week last year, PM Modi informed that the number of outlets has now increased to 9,000.

Deputy Director General ICAR inaugurates Farmers Training programme under ATMA at Kheral



■ HT News Network

REASI, FEBRUARY 07: A one day Training program under Agriculture Extension (ATMA) scheme was organised today at village Kheral Zone Dharan Reasi.

Deputy Director General ICAR, Dr. Uddham Singh Gautam presided over the event in presence of Administrative Officers of ICAR District Agriculture Officer Dharmari Rajesh Verma and Head KVK Dr Banarsi Lal besides DDM NABARD and farmers.

Dr Gautam, while interacting with the farmers, advised them to adopt the income generating activities in the agriculture sec-

tor to improve their economic status, with special focus on women farmers. He emphasised the need for more such training programs by the department in collaboration with KVK and NABARD for uplift of farmers. The Deputy Director General also handed over the KCC card to an eligible farmer on the occasion. District Agriculture Officer informed the farmers about the training program in which hands-on training was imparted to the participants on Dhingri Mushroom cultivation, Apiculture and natural farming. Head KVK Reasi Dr Banarsi Lal, while welcoming the dignitaries from ICAR, elaborated about

importance of value addition in agriculture products and entrepreneurship development in agriculture. DDM NABARD, AEO Dharan Sanjay Sharma, Anita Kumari from Duggar Dhani Kheral, Field staff and ATMs were also present. District Agriculture Officer informed the farmers about the training program in which hands-on training was imparted to the participants on Dhingri Mushroom cultivation, Apiculture and natural farming. Head KVK Reasi Dr Banarsi Lal, while welcoming the dignitaries from ICAR, elaborated about importance of value addition in agriculture products.

MD JPDCL visits Data Centre; directs for 24x7 availability of customer care executives

■ HT News Network

JAMMU, FEBRUARY 7: Jammu Power Distribution Corporation Limited (JPDCL) today strictly instructed the officers to keep vigil over meter tampering, illegal connections and billing irregularities while cautioning the erring consumers of stringent action against any such misconduct on their part.

Managing Director JPDCL Jammu, Vikas Kundal, issued these directions to the concerned staff during his surprise visit to the Data Centre and Customer Care Centre at Gladni Grid Station, Narwal here. The MD, while exhorting upon the consumers to refrain from any such kind of illegal activity, said that meter tampering will put their own safety at risk as this can cause electrical fires, explosions and other safety hazards resulting severe consequences. On the other hand, it will make the consumers to face frequent disruption in their power supply due to the outcome of



their own fault of indulging in hooking or meter tampering. He asked the staff to keep a strict check on hooking and bypassing of meters through online mode and report such cases to the concerned sub-divisions for strict action against the defaulters. During the visit, the MD inspected the customer care centre and took stock of functioning of the vital unit.

He directed the concerned officers to remain available 24x7 for resolving consumer's grievances. He appealed the general public to call on toll free numbers 1912/0191-2479122 in case of any grievance related to billing or power issues. The MD, during the inspection of the centre, was apprised of the system up-gradation which has recently been made in the JPDCL software to connect it with smart meters and banking software to provide seamless experience to the end consumers. He emphasised that JPDCL software should be continuously upgraded to meet the challenging requirements as the consumer base of JPDCL is increasing and successful installation and shifting to smart meters shall require a lot of back end support. The MD was accompanied by Chief Engineer, Distribution, Bavin der Kundal and other officers. Earlier, Executive Engineer IT & C Division, JPDCL, Anil Verma, apprised the MD of the overall working of the IT Division.

DC B'pura conducts comprehensive review of the overall functioning of Revenue Department

Impresses upon Revenue Officers to work with utmost efficiency & integrity

■ HT News Network

BANDIPORA, FEBRUARY 07: The Deputy Commissioner (DC) Bandipora, Shakeel Ur Rehman on Wednesday convened a meeting of revenue officers/officials to conduct a comprehensive review of the overall functioning of the revenue department in the district.

The meeting was attended by Additional Deputy Commissioner Bandipora Umar Shafi Pandit, ACR Bandipora Shabir Ahmad Wani, Sub Divisional Magistrates in virtual mode, Tehsildars, Naib Tehsildars, Girdawar, Qanoongos, Patwaris and other revenue officials.

The meeting discussed various revenue matters including Digitization of Jamabandis, Encroachment, PSGA Services, Issuance of Online Fard, e-Office up to Patwari Level, Pending Mutations, Land acquisition Cases, Allotment of land to landless, appointment of lambardars and chowkidars, relief cases, expenditure released for fencing and other revenue matters.

The meeting also discussed threadbare certi-



cation and freezing of Jamabandis in the district.

Regarding the digitization of Jamabandis, ACR Bandipora apprised the chair that Jamabandis have been digitized in all 124 villages of Bandipora out of which 80 have been locked and 43 freed.

Giving details regarding eviction status of state and Kahcharai land, ACR informed that out of total 20925 kanals of encroached state land area 13948 kanals have been evicted and 18331 kanals of kahcharai land have been evicted out of 20887 kanals encroached land area.

The meeting was informed that under the Public Service Guarantee Act, 62 mutations have been approved out of 140

mutations.

Regarding the issuance of online fards, it was stated that out of 1503 fards 1091 stand approved in Bandipora, 157 approved out of 224 in Alooosa, 16 fards approved out of 29 in Ajas, 298 fards approved out of 391 in Hajin, 547 fards approved out of 713 in Sumbal and 43 fards have been approved out of 53 in Gurez.

It was given out in the meeting that out of 134 cases of 05 marlas land allotment, 114 cases stands approved and out of 33 relief cases 21 are under process and 12 have been sent to SOP committee for verification

Reviewing the functioning of e-Office, the DC was apprised that e-Office is

fully functional up to the patwari level in Alooosa Tehsil.

Speaking on the occasion, the DC stressed upon all the revenue officers and officials to ensure that the revenue sector operates with utmost efficiency and integrity.

He directed all the concerned to make e-Office functional up to the patwari level in all Tehsils without further delay.

Shakeel Ur Rehman, on the occasion, emphasized upon field functionaries of the Revenue department to inform the public regarding their land records before the freezing of Jamabandis of any estate.

He said Jamadandis are a basic building block of revenue record and any lackadaisical approach while freezing Jamabandis may have serious consequences.

He further directed to identify land under land grants act for development of tourism infrastructure, education and health sector.

He assured full support to field functionaries of the revenue department in order to complete all revenue related works within set timelines.

Chairman IFFCO & Head National Cooperative Union of India, stakeholders from Cooperative Sector call on Lt Governor

■ HT News Network

JAMMU, FEBRUARY 07: Sh Dileep Sanghani, Chairman, IFFCO, GUJCO-MASOL and National Cooperative Union of India Head along with key stakeholders from Cooperative Sector met the Lieutenant Governor Shri Manoj Sinha at Raj Bhawan today.

The meeting discussed several interventions to enhance the efficiency of Primary Agricultural Credit Societies and membership of national federations.

Deliberations were held on utilising the experience and expertise of retired army personnel in Holistic

Agriculture Development Programme (HADP), formation of new Farmers Producers Organisations and Co-operative Societies for promotion of tourism.

The Lt Governor appreciated the vital role being played by the different stakeholders in strengthening the cooperative sector.

"The UT Administration will ensure the cooperative movement brings prosperity to farmers and our villages," he said.

Dr. Krishan Bir Chaudhary, Member, MSP committee and National President, Bharatiya Krishak Samaj; Sh

Praveen Sharma, Chairman, Citizens Cooperative Bank Ltd; Sh Vikrant Dogra, Chairman, JK Dairy Cooperative Federation; Sh Khalid Lone from Sarhad Tourism Cooperative, Uri and other prominent members from cooperative movement were also present during the interaction. The Lt Governor appreciated the vital role being played by the different stakeholders in strengthening the cooperative sector.

"The UT Administration will ensure the cooperative movement brings prosperity to farmers and our villages," he said.

Weekly Block Diwas: Back 2 School Awareness Camps; HADP meet held in several blocks of District Kishtwar

DC presides over campaign at village Rahalthal of Block Mughal Maidan: ADDC at Karool, Drabshalla; Tehsildar Bounjwah at Patnazi

■ HT News Network

KISHTWAR, FEBRUARY 07: The second phase of the Back to School initiative for the Out of School Students (OoSC) was launched today across several blocks of Kishtwar District amid Awareness Camps. The day also marked the Holistic Agriculture Development Programme meetings under the aegis of Weekly Block Diwas programme.

In a significant event, a mega awareness camp for OoSCs took the center stage at the Block Diwas programme presided over by Deputy Commissioner, Dr. Devansh Yadav at Government Middle School Rahalthal of Block Mughal-maidan. The parents, ST Community members and prominent personalities of adjoining areas participated.

Key district and sectoral officers, includingSDM Chatroo Nayeem Ul Rehman Mughal, ACD Phulail Singh, Chief Education Officer Prahlad Bhagat, Chief Agriculture Officer Amjad Hussain Malik, Tehsildar Mughal Maidan Parveez Bhat, Nodal Officer Ayush, BMO Chatroo Dr Saima Ago, BDO Dheeraj Bahadur, ExEn Jal Shakti, along with other field functionaries of line departments, parents, and prominent persons of the ST dominated areas attended the OoSC camps.

At the outset, the CEO apprised that a total of 200 ST



Out of School Children, aged 6-14 years, have been identified for enrollment in the second phase of the Back To School initiative in the district.

Notably, 60 OoSCs are from Block Mughal Maidan, posing a challenging task to integrate them into the mainstream education system. He appealed to parents to encourage their wards to re-enroll in the Schools for which 18 winter camps have been established across the Block.

The DC, while addressing the gathering, highlighted the aim of Back to School 2.0, emphasizing the saturation of OoSC with mainstream education. He urged prominent

persons and parents to encourage their wards to come back to school, underlining the importance of education in one's life. He stressed that this phase has been launched to ensure no ST- OOSC is left out of the education.

The DC assured that these students would receive full support from Administration ranging from the financial to moral support after re-enrolling in the schools. He also stressed the need for additional special centers in dhoks for ST (Migratory) families to ensure their children can continue their studies without encumbrance.

He highlighted the role of parents, community leaders and teachers besides other concerned field officials to make this endeavour a success.

The DC encouraged School Management Committees (SMC) to lead community-driven initiatives under the My School My Pride program, fostering a student-friendly educational environment through activities such as BaLA painting and establishing kitchen gardens in schools.

Meanwhile, the local delegation also emphasized the importance of the Back to School initiative for the upliftment of the ST population in the region.

The delegation also highlighted their concerns regarding the upgrading of local infrastructure in their respective areas.

After attentively listening to the grievances, the Depu-

Workshop on Nari Adalat scheme held at Kupwara

■ HT News Network

KUPWARA, FEBRUARY 07: The Department of Social Welfare Kupwara in collaboration with District Administration Kupwara today organized daylong orientation training workshop of Mukhya Nyaya Sakhis (Nari Adalat Scheme) under the banner 'Empowering Women Ensuring Justice,' at meeting hall of D.C Office Kupwara.

The function was presided over by Additional District Development Commissioner (ADDC) Kupwara, Altaf Ahmad Khan.

District Social Welfare Officer (DSWO) Kupwara, Hidaitullah Mir; District Mission Coordinator DHEW, Khalida Yasin; Programme Coordinator from TISS Mumbai, Aarthi Chandra Sekhar; Gender Specialist, HEW J&K, Sameena Mir, Resource person from DLSA



Kupwara, Adv. Imtiyaz Ahmad Lone, besides, Nyaya Mukhya Sakhis and staff members attended the programme. On the occasion, the ADDC impressed upon the participants to become facilitators and hand holders to help the victims in getting timely justice. He assured all possible support from the District Administration for strengthening the mission of Nari Adalat in the district for empower-

ment of women. It was informed that 25 Gram Panchayats each from District Kupwara and District Baramulla have been covered under 'Nari Adalat' in the first instance. Meanwhile, a threadbare discussion was held on implementation of 'Nari Adalat Scheme' at Gram Panchayat level. Various experts including DSWO, DMC and others provided detailed awareness.

Block Diwas program to address Community Concerns held at Soin Sadanar, Danghiwcha Sopore

■ HT News Network

BARAMULLA, FEBRUARY 07: In an ongoing commitment to proactive governance and community welfare, Additional Deputy Commissioner (ADC) Sopore, Shabir Ahmad Raina today presided over a Block Diwas program held today at Soin Sadanar, Dangiwacha, Sopore.

The Block Diwas program, aimed at facilitating direct dialogue between the administration and the community, saw the participation of DDC Member, Kandi Rafiabad, sectoral officers, including Tehsildar Dangiwacha, and Block Development Officer, Kandi, besides significant turnout of public from neighboring villages.

Various delegations representing villages and com-



munities seized the opportunity to present a spectrum of demands, ranging from crucial infrastructure improvements such as roads, water supply, electricity, irrigation, and forest management, to pressing issues concerning rural development schemes like PMGSY.

Throughout the event, attendees voiced concerns about access to potable drinking water, the urgent need for school upgrades, the establishment of health centers, and the enhancement of inner road networks. ADC Sopore, in a

proactive and attentive manner, engaged with participants and promptly addressed numerous grievances and developmental challenges on the spot.

Assurances were given to prioritize and expedite the resolution of remaining demands by liaising with the relevant departments. The administration pledged to undertake all necessary measures in the near future to address the community's concerns comprehensively.

The Block Diwas program received resounding acclaim from the public,

GCW Udhampur organises awareness rally on 'Be a Road Safety Hero'

■ HT News Network

UDHAMPUR FEBRUARY 07: To spread the awareness among the students and general masses regarding road safety, an awareness rally on the theme "Be a Road Safety Hero" was organized by Road Safety Club and NSS Unit of Government College for Women (GCW) Udhampur.

The rally was flagged off by Principal of the College, Prof. Anjali Mahajan. Principal highlighted the need of organising such events in the college to aware the students and public in general. She also stressed upon the fact that it has become the need of the hour to aware the public about the causes of accident happening on the road. The message of rally was



conveyed with the help of placards, posters and through recitation of slogans by the 180 students and volunteers besides urging the people to follow traffic rules to avoid mishappenings on the road. The standout feature of the event was the interaction between the volunteers and general public in the bazaar. Volunteers shared insights about the role of awareness about the road safety rules in saving the lives of the people.

Following the rally, students of the college also played a Nukad Natak to aware the public about the road safety habits. The route of rally was Government College for Women Udhampur-KDN Palace, Battal Ballian Road-Vikas Nagar-Jojhada Talab Road-Radha Swami Satsang Road-Phangyal Chowk and culminated back at the college. The rally was escorted by Prof. Parwinder Kaur, Convener Road Safety Club, Dr. Ajay Kumar Sharma, NSS PO, Prof. Shama Rani, NSS PO, Prof. Pooja Bharti, Prof. Yash Kumar and Kulddeep Singh. Earlier, Prof. Parwinder Kaur, Convener Road Safety Club and Dr. Ajay Kumar Sharma, NSS PO elaborated that Road Safety has become the priority after the invention of mass-produced vehicles as road accidents can cause.

Grievances Redressal Camp held at Samba Fort

■ HT News Network

SAMBA, FEBRUARY 07: The District Administration Samba conducted the Weekly Block Diwas/Grievances Redressal Camp at Samba Fort, here today under the leadership of Deputy Commissioner, Abhishek Sharma.

The session commenced with a review of the progress report from the previous Block Diwas, setting the tone for addressing community concerns.

The Local residents articulated their pressing demands, including the need for enhanced road connectivity and water supply at Karad Panchayat. Specific requests such as road connectivity from Sumb to Karad, bridge repairs at Sumb, and the restoration of old water bodies were passionately voiced. Furthermore, issues like inadequate teaching staff in government schools and challenges related to stray animals and bovine smuggling were brought to light.

Responding promptly to the grievances, the DC engaged with the attendees and directed the concerned departments to expedite the resolution of identified issues. Several matters were addressed on-site by respective officers, reflecting the administration's commitment to efficient grievance redressal.

DC conducts tour of Rajouri town; inspects development Projects

■ HT News Network

RAJOURI, FEBRUARY 07: Deputy Commissioner Rajouri, Om Prakash Bhagat today conducted a tour of the town and inspected the progress of work on developmental projects. He also visited different areas to identify a suitable site for the multistory parking project.

He conducted an extensive tour of different sites and asked the concerned officer from PWD (R&B) to prepare the DPR for the parking facility at the earliest.

Meanwhile, the DC visited the Vedanta Ashram Bridge and asked the concerned officer to amicably resolve the issue impeding the construction of the bridge.

While inspecting the progress on the circular road, he asked the concerned to expedite the progress and ensure that the project is completed at the earliest.

Among the others, SE Hydraulics, Devi Dayal, Tehsildar Rajouri, Varinder Sharma; EXEN PWD (R&B) Rajouri, Sardar Khan EOMC Rajouri; JEE, Anshul Garg were present.

Weekly Block Diwas: DC Udampur holds public outreach programme at Panjgrain Nagrota Chanunta

■ HT News Network

UDHAMPUR, FEBRUARY 07: Deputy Commissioner Udampur, Saloni Rai today visited Block Chanunta where she attended a weekly Block Diwas meeting at Panchayat Panjgrain, listening to public issues and demands.

Additional District Development Commissioner Ghan Sham Singh, Sub Divisional Magistrate Ramnagar Rafiq Ahmad Jaral, Assistant Commissioner Development Dr. Ranjeet Singh Kotwal and other officers, along with the general public of adjoining panchayats participated in the weekly Block Diwas program.

The general public of the area presented their demands and issues, seeking maintenance of local roads, provision for a new bus service from Udampur to Nagrota Panj Grain, upgradation of High School Nagrota Panj Grain to a Higher Secondary Level, Construction of a footbridge over local nallah at Saroiyan Grat, establishment of health centers with government buildings, construction of a road for Simti Village and construction of a boundary wall for GHS Nagrota.

Responding to the demands, the DC addressed many grievances on the spot by giving directions to officers of concerned departments.

The remaining demands were recommended to the concerned quarters for addressing them as per budgetary provisions.

The DC urged the youth of the area to register themselves under the Vishwakarma scheme to avail the benefits of the government scheme.

Rights of Samaritan: 'Awareness Drive' held at Anantnag

■ HT News Network

ANANTNAG, FEBRUARY 07: As part of National Road Safety Month 2024, Motor Vehicle Department (MVD) Anantnag today held an awareness programme for raising Awareness regarding 'The Good Samaritan Law' among the applicants who had come for driving test here at Harnag.

It was given that 'The Good Samaritan Law' was established in India in 2016 in response to widespread harassment of bystanders who helped road crash victims. Those who assisted victims were often assumed to be responsible and arrested or made to pay medical fees.

Speaking on the occasion, Assistant Regional Transport Officer Anantnag, Dr Mohammad Zubair Lattoo said that accident cases require the fastest care and rescue which could be provided by those closest to the scene of the accident. Bystanders' clear support is essential to enhance the chances of survival of victims in the 'Golden Hour' i.e. the first hour of the injury.

As per the WHO India Recommendations, 50% of the victims die in the first 15 minutes due to serious cardiovascular or nervous system injuries and the rest can be saved through by providing basic life support during the 'Golden Hour'.

However, the people who are standing near the accident places have fear that touching the body of the accident victim could lay them liable for police interrogation. Therefore, passers-by play safe and choose to wait for the police to arrive and in this process, the injured gradually bleeds to death. People are reluctant to come forward for help to the victims of the accident. It is very necessary to protect Good Samaritans from the harassment being taken by them to save the life of the road accident victims.

Dr Zubair further said that people are not aware of the Law which gives them legal protection in case they come to help the accident victim. We need training programmes on such laws so that everybody understands about the law. Later, a pledge ceremony on Road Safety was also organised on the occasion.

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DM Jammu Sachin Kumar Vaishya chairs Weekly Block Diwas meeting at Chakroi

■ HT News Network

JAMMU, FEBRUARY 07: District Magistrate Sachin Kumar Vaishya today led the Block Diwas meeting at Suchetgarh's Chakroi. He was accompanied by DDC Member Taranjit Singh Tony and senior officers.

The occasion brought to light significant community concerns, covering a range of vital issues. Highlighted matters included the maintenance of irrigation canals and ensuring a steady water supply, tackling encroachment problems and addressing public challenges arising from Jal Jeevan Mission projects.

The Emergency medical provisions, particularly for snake bites, took precedence, along with issues related to the functioning of the Revenue Department and the



delivery of welfare schemes. Concerns of the refugee population, road and nallah conditions and a request for

a fire tender vehicle were also discussed during the event.

DDC Member Taranjit Singh Tony expressed gratitude for recent developments and urged the initiation of cash crops and medicinal nursery projects in the region. He commended the progress in tourism, especially around the Gharana Wetland and extended thanks for the ongoing bunker works. District Magistrate Vaishya inquired about the quality and status of bunker development, emphasising their significance. He noted and acknowledged all highlighted issues, particularly those related to irrigation canals and farming. The DM encouraged public participation, stating that Block Diwas is an open forum for grievances, which are duly noted and prioritised for resolution. He praised farmers for their role in ensuring national food security and encouraged the adoption of best farming practices.

DC Bandipora visits far-flung areas of Aloosa Tehsil

■ HT News Network

BANDIPORA, FEBRUARY 07: The Deputy Commissioner (DC) Bandipora, Shakeel Ur Rehman today convened a meeting of the Municipal Council (MC) Bandipora at the DC office complex here to review the progress and status of various ongoing development works undertaken by the Municipal Council within the town. On the occasion, Executive Officer MC Bandipora presented a detailed report on progress and status of various



ious developmental projects undertaken by the council. During the meeting, the DC took a detailed review of each project, including its current stage, timeline for completion, and any challenges faced. He emphasized the impor-

ance of expediting the pace of work and ensuring timely completion of all projects for the benefit of the public. The meeting reviewed the physical and financial progress of different works under execution in the town including Marriage

Hall Bandipora, Slaughter house, Open gym and Children's Park, etc. During the meeting, discussions were held on the progress of sanitation, drainage, and waste management initiatives, development of parks and public spaces within the town, street lighting and beautification initiatives. Emphasising on quality and transparency, the DC stressed the need to maintain high standards of quality in all works undertaken by the Municipal Council and related executing agencies.

■ HT News Network

KULGAM, FEBRUARY 07: The District Administration Kulgam today organized Mega Block Diwas in three blocks of the district including Devsar, Kulgam and D. H. Pora to take appraisal of the public issues, grievances and demands. On the occasion, Officers and officials from line departments listened to issues, grievances and demands of the public for timely redressal at all the three venues. To take first hand appraisal of public grievances and



demands, the Additional District Development Commissioner (ADDC) Kulgam, Showkat Ahmad Rather presided over an outreach programme at block Kulgam and listened to grievances and issues of people

for redressal. People from Nowpora Kharpora, Gasren, Behibagh, Hanjin, Ashtal, Chawalgam and other villages participated in this grievances redressal camp. They apprised the officers about their issues and griev-

ances and also projected development demands and requirements of their areas including augmentation of LT Power Networks, Construction of Hanjin Behibagh road, Desilting of Irrigation canals, installation of transformer at Gasren and other demands. Officers and officials present responded to the grievances of the people, and some of the grievances of immediate nature were redressed on the spot. Speaking on the occasion, the ADC urged people to make judicious use of electricity and also instructed.

DDC Shopian presides over Block Diwas at Hermain

Listens public issues; says weekly Outreach program is instrumental for good governance

■ HT News Network

SHOPIAN, FEBRUARY 07: As part of the Government's public outreach programme, the District Development Commissioner (DDC) Shopian, Faz Lul Haseeb today presided over a Block Diwas programme at Block Hermain, Shopian to assess the local issues and listen to the grievances of the people for their speedy disposal. While interacting with the public, the DDC said that the Block Diwas is being organised across the length and breadth of the JKUT, with the sole objective to provide more transparent, accountable, public-friendly and responsive administration to the people. This initiative of the Government is contributing immensely to good governance, DC, added. On the occasion, several



public issues including road connectivity to uncovered areas, better drinking water

supply to the people of Reshipora and Alamgunj, upgradation of PHC, Hermain,

replacement of damaged electric poles, cleanliness of irrigation Khuls, especially Tongri Nallah, segregation shed for wastage, augmentation of health infrastructure, repairing of Nagisharan road, High Mass lights for Hermain, shifting of LT Line at Alamgunj playground, etc. were projected by the people. The DDC gave a patient hearing to the demands raised by the people and delegations. Some of the issues were redressed on the spot, while others were forwarded to the concerned departments, with strict directions to resolve the same expeditiously and submit the action taken report for all issues flagged-off. The DDC directed the officers of Irrigation to gear up their men and machinery for cleaning the Tongri Nallah and other Nallahs at an earliest to facilitate the general masses.

Contingent of Kishtwar students conclude educational visit to IIT Kanpur

■ HT News Network

KISHTWAR, FEBRUARY 07: Students from District Kishtwar, who recently concluded an educational visit to IIT Kanpur organized by SAMAGRA Shiksha Jammu, engaged in an interactive meeting with Deputy Commissioner Kishtwar, Dr. Devansh Yadav, here in his Office Chamber. Accompanied by CEO Kishtwar, Prahlad Bhagat, ACD Kishtwar, Phulail Singh and escort teachers Syed Imtiaz Ahmed (Teacher HS Sigdi Bhata) and Mir Novreena Kousar (Teacher GMS Bhata), who served as mentors throughout the visit, the students shared their insights and experiences from the tour.

DC extended heartfelt congratulations on the successful culmination of the educational tour. The interactive session allowed students to express their learnings and impressions from their visit to IIT Kanpur.

During the meeting, DC Kishtwar discussed the students' brighter future prospects and explored various career avenues. He also shed light on the initiatives undertaken by the District Administration, in collaboration with the Education Department and other stakeholders, related to career counseling and special workshops.

The session served as a platform for meaningful dialogue between students and the district administration, fostering a conducive environment for educational development and career planning. During the meeting, DC Kishtwar discussed the students' brighter future prospects and explored various career avenues. He also shed light on the initiatives undertaken by the District Administration, in collaboration with the Education Department and other stakeholders, related to career counseling and special workshops.

Interaction meeting held at KVK Samba

Dr. Puranjan Das calls for institutional innovations

■ HT News Network

SAMBA, FEBRUARY 07: Krishi Vigyan Kendra Samba of Sher-e-Kashmir University of Agricultural Sciences & Technology of Jammu (SKUAST-J) on Wednesday hosted an interaction meeting with Dr. Puranjan Das, former Deputy Director General (Agricultural Extension), ICAR.

Speaking on the occasion, he emphasized upon the economic viability of the initiative being undertaken by KVK at farmers' fields. He called upon the KVK to be a lighthouse for the farming community of the district. He elaborated upon the thrust of the Central Govt on the formation of FPOs, organic farming and cluster based approach to make the agriculture in India future ready.

Dr. Parvender Sheoran, Director, ICAR-ATARI, Zone 1 highlighted the need for dissemination of the welfare schemes of the GOI to farmers' doorsteps to ensure their utmost penetration. He emphasized upon the development of entrepreneurs in agriculture to realize the full potential of this sector. "The development of business acumen among the farming community is a must, so that they realize the full potential of their efforts



economically" he added. He stressed upon designing and implementing various courses on agribusiness management for the farming community.

Dr. Amrith Vaid Director Extension, SKUAST-Jammu applauded KVK Samba for its efforts in improving the livelihood security of the farmers by reaching the far flung areas of the district.

Earlier, Dr. Sanjay Khajuria, Chief Scientist & Head, KVK Samba welcomed all the dignitaries and gave an overview of the activities of the KVK for the benefit of the farming community.

Prakash Chand, Member Kisan Advisory Board and other progressive farmers of the district also shared their views during the programme. Dr. Pawan K Sharma, Assoc.

Professor from the Directorate of Extension also participated during the programme. Dr. Abhay Kumar Sinha and Dr. Vijay Kumar Sharma delivered expert lectures during farmers-scientists interaction.

Proceedings of the programme were conducted by Dr. Saurav Gupta. Dr. Neeraj Sharma presented vote of thanks. Dr. Shalini Khajuria, Dr. Amit Mahajan, Bharat Bhushan contributed for the successful conduct of this programme.

A publication of various initiatives undertaken by KVK Samba was also released. An exhibition depicting various initiatives of KVK for the welfare of the farming community was also organized during this programme.

HDFC Bank raises \$ 300 million through maiden Sustainable Finance Bond Issue

■ HT News Network

Srinagar, Feb 7, KNT: HDFC Bank Limited announced that it has raised \$ 300 million through its first-ever sustainable finance bond issue. This is part of an overall raise of \$ 750 million through Regulation S Bonds. While \$ 300 million has been raised for a tenure of three years with a 95 basis points spread over the US Treasury, another \$ 450 million has been raised for a tenure of 5 years, with a spread of 108 basis points over the US Treasury.

The proceeds of the sustainable finance bond will be utilized for funding green and social loans under sustainable finance while the rest of the proceeds will go towards financing general banking activities.

"The funds raised through the sustainable finance bonds will be prioritized for lending towards electric vehicles, SMEs, and affordable housing. We are strongly committed to building a green and social portfolio even as we continue adhering to the Bank's risk philosophy," said Arup Rakshit, Group Head-Treasury, HDFC Bank.

The bonds will be listed on India International Exchange (India INX) in GIFT IFSC. The paper was rated Baa3 (stable) by Moody's and BBB- (stable) by S&P. The bank had mandated Barclays, BofA Securities, J.P. Morgan, MUFG and Standard Chartered Bank as Joint Global Coordinators and Joint Lead Managers.

Swachh Bharat Mission- Gramin 2.0: Chairperson DDC Kishtwar flags off Hooper Tippers under 14th FC

■ HT News Network

KISHTWAR, FEBRUARY 07: Chairperson District Development Council, Kishtwar, Pooja Thakur, today flagged off three Hooper Tippers under the aegis of Swachh Bharat Mission-Gramin 2.0. The Machines have been purchased under the 14th Finance Commission Savings.

Among prominent persons present in the program included ACP Zakir Hussain Wani, DPO, Tariq Suhawardhy, BDO Sumit Singh, BDO Trigam, BDO Thakraie, AE Mechanical Division Kishtwar Umar Mushtaq, and staff from the RDD Department.

It's noteworthy that District Kishtwar has procured a total of 08 Hooper Tippers, all of which have been allocated to the 13 blocks of the district.

The DDC Chairperson highlighted the importance of the vehicles and appealed to the general public to make optimum use of these hopper tippers. She also urged the public to make it a habit to pay user charges to the department so that the areas are cleaned on a regular basis.

Besides, the public has been requested to make segregation of Dry and Wet Waste at source a habit to help sanitary workers clean the area on a daily basis.

The hopper tippers are equipped with features like Public Address Systems, Rear Camera and GPS for Real-Time Tracking.

Akbar Jaipuri Memorial Committee Mourns Farooq Nazki's Passing

■ HT News Network

The Akbar Jaipuri Memorial Committee expresses deep sorrow over the passing of Janab Farooq Nazki, extending heartfelt condolences to his family and the Kashmiri literary community. Mr. Nazki's significant contributions to Kashmir's cultural heritage and his close association with Janab syed Akbar Jaipuri leaves an indelible mark on the region's literary landscape. His legacy will continue to inspire generations of poets and writers.



ACD chairs review meeting of RDD works in Block Kishtwar

■ HT News Network

KISHTWAR, FEBRUARY 07: Assistant Commissioner Development Kishtwar, Phulail Singh presided over a pivotal review meeting today at the Block Development Office Kishtwar. The session brought together key stakeholders including Block Development Officer Kishtwar, Sumit Singh, dealing assistants, Panchayat secretaries and GRSS. At the outset, BDO Kishtwar and officials welcomed ACD Kishtwar, thereafter the meeting delved into a thorough evaluation of progress under various developmental initiatives, including District Capex Budget, CD & Pyt, MGNREGA, PMAY, Construction of Panchayat Ghars, and other pertinent activities. During the review of MGNREGA and PMAY-G advancements at the block level, ACD emphasized timely payments, quality checks, aadhar seeding, shelf of works, digitization of MGNREGA Plans, Geo tagging of assets, transaction



reconciliation, and NREGA Mobile Monitoring System (NMMS). BDO Kishtwar, Sumeet Singh, received directives to ensure adherence to these parameters. The ACD further directed BDO, field functionaries, and Panchayats Secretaries to meet the set deadlines for achieving their targets, emphasizing the importance of completion within the stipulated timeframes. In regard to the progress of District Capex Budget and CD & Pyt, the engineering staff received directives to conclude the billing process for all ongoing projects in the district within a week. Emphasis was placed on processing bills for all works, ensuring 100% physical.

BJP Senior Leader and Prabhari Baramulla M M War holds a important meeting regarding upcoming Party programmes.

■ HT News Network

Following the instructions, the party has taken the resolution to connect with General Public and for the same it will connect and campaign in 400 villages of District Baramulla.

Prime Minister Narendra Modi had directed party members to connect with Muslim community like Pasmanda and Bohra even if they don't vote for the BJP. Target will be to communicate with the public about the achievement of the Modi government during the campaign. Efforts will be made to connect every religion with the party. During the campaign kick-off, M M War engaged with the local community, conducting a booth meeting and interacting with members of a self-help group, showcasing his commitment to grassroots-level engagement.



During this campaign, party workers will stay for 24 hours at the village level in rural areas and the booth level in urban areas. They will also undertake a door-to-door campaign to send the message of Viksit Bharat to the last person in the society.

Beauty Tips to Look Awesome This Valentine's Day



Shahnaz Hussain

For couples in love and hopeful singles, February is the Paris of all months.

Finally, it is the time of the year when everything around you seems lovely and beautiful. It's Valentine's Day.

Getting ready for Valentine's Day is a hectic task. It requires a lot of things in place. You have to think about clothes, makeup, shoes or sandals. But at the same time, we forget about the basics of healthy skin. We try things from outside rather than caring for food, sleep, and regular skincare routine accurately.

Valentine's day is the most awaited time of the year, whether you've been together three months or three decades. Valentine day is the perfect opportunity for you to bond and reconnect with your partner, girlfriend, boyfriend, husband, or wife.

It doesn't matter if you are going on a special date for a romantic night out, looking for one or just a walk with friends and family, it brings the biggest date night of the year and the restlessness that comes along to look one's best on the special day.

If you can't be with your sweetie in person this year, then you might as well send them something sweet through online store/e-commerce websites. There are a lot of Valentine's gift packs in the market containing chocolate truffle flavours: milk chocolate, milk chocolate caramel, and dark chocolate strawberry. You may choose desi Ladoo /mithai depending on the taste of your sweetie.

Especially impressive if you live apart, a surprise gift might be the perfect way to share the love this year. Not sure what to buy? Keep it classic – paintings, art objects and flowers like roses will always be well-received and create a sense of occasion. Twinned with a scented candle, Valentine's Day will be truly wrapped up.

Take advantage of sweater weather and escape into the wilderness, where you can relax by the fire and enjoy some hot chocolate. Take a scenic hike together and enjoy all the beautiful sights and the fresh air – it's a great way to bond while getting some much-needed time to unplug, too.

If you've got a new boyfriend, a hot date, or a tried-and-true love, Valentine day gives you the perfect excuse to pamper yourself to look romantic, sweet presentable, attractive with flawless looking radiant skin with youthful glow.

Water based moisture is key for glowing skin. Moisturizers provide a good base before applying any makeup. Moisturizers which are formulated with shea butter, dimethicone, ceramides, hyaluronic acid and aloe vera water help provide long-lasting hydration. Hydrate and nourish your skin every night before sleeping.

If your skin is clear, leave out the foundation during the day. Use baby powder or compact power. Pay more attention to the oily areas of the face, like the nose, forehead, and chin. Press the powder all over the face and neck, with a slightly damp sponge. This helps it to set and last longer.

If you want to use foundation at night, choose a water-

based one. Add a drop of water for a lighter coverage. Before applying foundation, apply astringent lotion if your skin is oily, or moisturizing lotion for dry skin. Wait for a few minutes to allow the skin to absorb it. Next, use concealer to cover up pimples and scars, if any. Or, use two shades of foundation. One shade should be as close to your skin colour as possible. The other should be a shade lighter if the blemishes are dark. Take a little light



coloured foundation and apply it directly on the pimple or pimple scar. Avoid rubbing or smearing. Pat it into the skin. Then apply your normal foundation on the face and using a moist sponge, spread it evenly, going outwards. Remember the neck too. Blending is important to achieve a smooth finish then apply tinted loose powder on top to "set" the foundation. Or, use compact powder.

Blusher comes next, or you can apply it at the end. Use powder blusher. Pink or peach blusher would suit most skin tones. Apply on the cheekbones and slightly below it. Use your finger tips to dot the area with blusher. Then, blend with the brush, outwards and slightly upwards. Apply highlighter on the cheekbones. Highlighters should not be white. Choose from ivory or pale pink. Blend well.

For the eyes, use a brown eye shadow on the eyelids. Use the same brown shadow under the lower lashes, instead of eyeliner or kaajal. Take a darker brown eye shadow and apply it on the upper lid, close to the upper lashes. The entire effect will be natural. If you want to line the eyes, use an eye pencil. Give your eyes a light touch of mascara. Make sure the lashes do not stick together. Brush them with an eyelash comb.

Wear a sunblock for outdoor events during the day, this acts as a shield and also works as a good under base for your foundation accelerating its performance.

Take proper sleep for at least eight hours during night. Lack of sleep will show on your face no matter how well you fashion your appearance. Put a drop or two of lavender oil on your pillowcase and try to relax. Sandalwood and Clary Sage are other good options.

For the night and for a more dramatic effect, use a dark brown, or dark grey eye shadow on the eyelids close to the lashes and stroke it upwards and outwards. For the smoky-eyed look, line the eyes with eyeliner close to the lashes and then smudge the eyeliner slightly with a sponge-tipped applicator. It should not be a harsh line.

Who ever heard of a Valentine's Day date ending

without a goodnight kiss? Go with a soft pink or berry hue that is no more than two shades darker than your natural lip color is a good way to keep your lips colored without going overboard.

Exfoliate your lips the night before date night with a gentle lip scrub to remove dead skin cells to soften your pucker and improve the look and application of your date night lipstick.

For the buttery soft and smooth lips, plain gloss can be enough for the day, or add a touch of gloss over light pink or mauve lipstick. Coloured gloss is also available. Avoid using lip liners and just brush the lips with lipstick, going for shades of pink, from pale pink, to rose or tawny pink. At night, go for rose, coral or bronze, or just stick to pink. Just don't forget to hydrate your lips with your favorite lip balm, salve, or conditioner after exfoliating.

Wear a light flowery or lemony fragrance, nothing too overpowering. Always be kind and confident. I think these two traits together make someone beautiful.

As the last step, touch up your nails, smooth your strands, and spritz on some perfume. You're ready to go!

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The author is an international fame beauty expert and is called Herbal Queen of India

NEWS

07 Ways Consuming Walnuts In The Morning Can Boost Your Health



Walnuts are nuts that come from the Juglans genus of trees. They have a hard shell, which when cracked open, reveals a wrinkled, edible seed. Walnuts are considered to be very healthy. They are packed with nutrients such as omega-3 fatty acids, protein, fibre, vitamins, and minerals.

They also contain antioxidants, which help combat inflammation and oxidative stress in the body. Eating walnuts regularly has been associated with various health benefits, including improved heart health, brain function, and reduced risk of certain cancers.

1. Heart health

Walnuts are rich in omega-3 fatty acids, which have been shown to reduce inflammation and promote heart health by reducing the risk of heart disease and improving cholesterol levels.

2. Brain function

The high levels of omega-3 fatty acids in walnuts support brain health, improve memory, and enhance cognitive function.

3. Weight management

Despite being calorie-dense, walnuts can help with weight management. Their combination of healthy fats, protein, and fibre helps keep you feeling full and satisfied, reducing overeating.

4. Antioxidant effects

Walnuts are a rich source of antioxidants, particularly polyphenols, which help protect our cells from damage caused by free radicals. This can aid in reducing the risk of chronic diseases like cancer and heart disease.

5. Anti-inflammatory properties

The omega-3 fatty acids and polyphenols present in walnuts exert anti-inflammatory effects, helping to reduce chronic inflammation in the body and potentially mitigating the risk of various diseases.

6. Blood sugar regulation

Walnuts have a low glycemic index and are a good source of fibre and healthy fats. These factors contribute to better blood sugar control, making them a suitable choice for individuals with diabetes or those at risk.

7. Digestive health

The fibre content in walnuts supports healthy digestion by promoting regular bowel movements and preventing constipation.

Long Working Hours Taking A Toll? Impact Of Overworking On Employee Mental Health

In the fast-paced world of modern work, long hours have become the norm for many employees. While dedication and hard work are admirable qualities, prolonged and excessive working hours can take a toll on an individual's mental health. The consequences, including increased stress, poor work-life balance, sleep disturbances, physical health issues, and reduced job satisfaction, can lead to severe mental health problems if left unaddressed.

In an interaction with Zee News English, Dr Gorav Gupta, Psychiatrist and Co- Founder of Emoneeds says, "The rise of technology and the blurring of boundaries between work and personal life have made it increasingly common for employees to extend their work hours beyond the standard 9 to 5. The desire to excel and meet ambitious goals can lead individuals to overwork, which can have several detrimental effects on their mental health."

Both employees and employers must recognize the importance of a balanced work-life approach and implement strategies to mitigate the negative effects of extended work hours. By doing so, we can create a healthier and more sustainable work environment where individuals can thrive both professionally and personally.



1. Increased Stress:

Long work hours often translate to increased job demands, tighter deadlines, and higher workloads. As a result, employees experience elevated stress levels, which, if left unaddressed, can lead to anxiety and burnout.

2. Poor Work-Life Balance:

When employees spend an excessive amount of time at work, their personal lives often take a backseat. Neglecting family, hobbies, and self-care can lead to feelings of isolation, loneliness, and an overall deterioration of mental health.

3. Sleep Disturbances:

Long work hours can disrupt sleep patterns, as employees may find it challenging to switch off and unwind

after work. Sleep disturbances, such as insomnia and sleep deprivation, can further contribute to mental health issues like depression and anxiety.

4. Physical Health Compromises:

Prolonged working hours can also negatively impact physical health, which in turn affects mental well-being. Sedentary lifestyles, poor nutrition, and lack of exercise are often the unintended consequences of extended work hours.

5. Reduced Job Satisfaction:

Overworked employees tend to be less satisfied with their jobs. Low job satisfaction can lead to feelings of frustration and helplessness, which can contribute to mental health problems.

Parenting Journey: 5 Ways To Promote Breastfeeding

Welcoming a newborn into the world is a magical experience, but it often comes with challenges, especially when it comes to establishing breastfeeding. For new couples navigating the intricate journey of parenthood, Dr Harini Manjunath, Chief Scientific Officer of NeoLacta Lifesciences shares five ways to promote and support breastfeeding, fostering a connection that goes beyond nourishment. Educational Antenatal Classes: Knowledge is power, especially when it comes to breastfeeding. New parents should be encouraged to attend antenatal classes that specifically focus on breastfeeding techniques, positions, and the importance of early initiation. Education helps demystify the process, empowering parents with the information they need to confidently embrace breastfeeding. Create A Supportive Environment: Emotional sup-



port is key to a successful breastfeeding journey. Partners play a crucial role in creating a supportive environment. Encourage open communication, expressiveness, and patience. New couples should strive to understand the emotional and physical changes that come with breastfeeding, fostering a sense of teamwork in the parenting journey. Introduce Skin-to-Skin Contact: Skin-to-skin contact isn't just beneficial for the baby; it also strengthens the bond between par-

ents. New couples should be encouraged to engage in skin-to-skin contact with the baby, promoting feelings of warmth, comfort, and security. This not only facilitates breastfeeding but also enhances the overall emotional connection between the parents and the newborn. Lactation Consultant Guidance: Sometimes, a little professional guidance can make a significant difference. Lactation consultants, especially in the early days of breastfeeding, can provide personalised advice,

address concerns, and ensure that both partners feel confident and supported in their breastfeeding journey.

Create A Breastfeeding-Friendly Space: Set up a comfortable and breastfeeding-friendly space at home. Having a designated area with a cosy chair, nursing pillows, and all the essentials can make the process more convenient and enjoyable. This not only supports the physical aspects of breastfeeding but also creates a nurturing atmosphere for both the mother and the baby.

In conclusion, promoting breastfeeding in new couples goes beyond the physical act; it involves creating an environment that supports, educates, and nurtures the emotional connection between parents and their newborns. By embracing these five strategies, couples can navigate the challenges of early parenthood and experience the joys of breastfeeding as a shared journey.



KOHLI SET TO MISS RAJKOT AND RANCHI TESTS AGAINST ENGLAND

NEW DELHI: Virat Kohli's absence in the England series is set to be extended, with the senior India batter expected to miss the third and fourth Tests in Rajkot and Ranchi, respectively. ESPNcricinfo has learned that doubts also persist on Kohli's availability for the fifth Test in Dharmasala, which starts from March 6, a factor that the selectors will consider when they meet this week to pick the India squad for the final three Tests.

It was on January 22, three days from the start of the England series, that the BCCI announced that Kohli had pulled out of the first two Tests for "personal reasons". Kohli had landed in Hyderabad the same morning to join the Indian squad, but flew out the same day. The BCCI has not made any further comment on Kohli's absence since that statement, which said: "Virat has spoken to Captain Rohit Sharma, the team management and the selectors

and has emphasised that while representing the country has always been his top priority, certain personal situations demand his presence and undivided attention."

Among the players who missed the second Test, Mohammed Siraj is set to make a comeback after he was rested as a precaution. The fitness of KL Rahul, who sat out with a quad strain, and Ravindra Jadeja, who sustained a hamstring injury dur-

ing the first Test, is being monitored at the NCA in Bangalore.

ESPNcricinfo has learned that the final report from the NCA physio is still awaited, but the outlook for both players is positive. With the third Test not starting for another week, India are optimistic about the chances of at least one (if not both) of Rahul and Jadeja being available for the game, pending fitness clearance.

Rahul and Jadeja were India's

best batters in the first Test, though both missed out on centuries. Rahul filled in the No. 4 slot left vacant by Kohli and his return now would boost the middle order which was light on experience in Vizag.

The one confirmed returnee for the Rajkot Test is Siraj. The fast bowler, who had bowled 11 overs in the first Test defeat at his home ground in Hyderabad, was rested for the second Test for workload reasons.

The return of Siraj will be a boost for the bowling line-up, which relied on Jasprit Bumrah's brilliance to win the second Test. The only bowler in the world to have reached the top of ICC rankings in all formats, Bumrah made a comeback from a stress fracture of the back starting with the World Cup last year. Managing his workload will be a consideration for the team management, but he is likely to play in the Rajkot Test next Thursday.

Comparisons with Warner: Ponting backs Fraser-McGurk to become a Test player

SYDNEY: Ricky Ponting believes young sensation Jake Fraser-McGurk can be a Test match player for Australia and thinks he needs to be exposed to international cricket as much as possible to help fast-track his development as a three-format cricketer.

Fraser-McGurk made a statement in his second ODI on Tuesday smashing 41 from just 18 balls with five fours and three sixes as the home side mowed down West Indies' target of just 87 inside seven overs in Canberra.

Ponting, who was speaking on Wednesday after being unveiled as Washington Freedom's new MLC coach, was in no doubt that Fraser-McGurk can play Test cricket for Australia despite averaging just 22.39 in his first 13 first-class matches.

"Absolutely," Ponting told reporters in Melbourne. "Just because of the talent that he's got. And we've seen with other players in the past, even like a Shahid Afridi or something like that, that came on the stage as an ultra-talented ball-striking 17-year-old that can bowl legspin and before you know it, he's probably played [27] Test matches."

"When you've got that sort of talent you need to be exposed to cricket at the highest level to work it out. And I think Jake can do that yet. I'm definitely backing one day to play Test cricket." Ponting compared Fraser-McGurk to David Warner in terms of his talent and was adamant that he should be fast-tracked similarly to what Warner was.

"I was on record at the start of the summer saying I think he's someone that can be well and truly fast-tracked through the Australian system," Ponting said. "Because the natural talent that he's got reminds me a bit of David Warner's introduction into Australian cricket. When we saw [Warner] at the start, I think everyone doubted whether



he was going to be good enough to play Test cricket technically.

"But with the talent and the skill that he had, which I think Jake has got as much talent as what Davey had coming through, then I think the earlier they can get him into the system and get him playing and let him work out for himself the best way to have success in all the different formats, I think it will be great for Australian cricket." There are some differences between the journeys that Warner and Fraser-McGurk have had in progressing through the Australian cricket pathway.

Warner famously played T20I and ODI cricket for Australia before he played a first-class game. His T20I, ODI and first-class debuts all came after his 22nd birthday.

Warner then made 960 runs at an average of 60 in his first 11 first-class matches, including two Sheffield Shield centuries for New South Wales and a

211 for Australia A against a Zimbabwe XI before making his Test debut at 25.

Fraser-McGurk made his first-class debut at 17 for Victoria but struggled in his early years in domestic cricket before a move to South Australia this season re-ignited his career, making a List A world-record 29-ball century and his first first-class century before lighting up the BBL for Melbourne Renegades.

But Ponting believes Fraser-McGurk has already made huge leaps in his game and is ready to tackle international cricket. "I'm not sure he had a real clear plan or idea of what the best version of himself was and how he needed to play [with Victoria]," Ponting said. "But what I've seen since he's moved to South Australia in Shield cricket and one-day cricket for them and then what he brought to the Renegades this year, I think it's pretty clear now the way that he wants to go about it and play his cricket."

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Rni Registration No: JKENG/2011/39231, Title Code: JKENG00842, Chief Patron: Syed Sad Ud Din Bukhari (Saidi), Owner, Printer Publisher & Editor: Syed Jahangir Bukhari, Published From:

Lubaab Publications Building Radio Colony Gund Hassibhat Lawaipora Srinagar - 190017, Printed At: Lubaab Publications, (Offset Printing Press), Radio Colony Gund Hassibhat Lawaipora Srinagar J&K 190017, Contact Us: Advertisement Section: Dailyheadlinestoday@gmail.com, Advt. Section: 7006846797, 9999038812, Editorial Section: 9419008414, 9596084712, Email: Dailyheadlinestoday@gmail.com, Website & Email: http://Dailyheadlinestoday.com Dailyheadlinestoday@gmail.com, Jahangirbukhari@gmail.com, Printing Press Section: Sheikh Mushtaq: 9697071471