



Srinagar

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Rahul out of third Test
against England; Padikkal
called up

PJ12

J&K youth doing well in every
field, I am always available for
them: Union MoS Dr Munjpara

PJ3



J&K Administration is Committed for Welfare of Scheduled Tribe Communities: LG Manoj Sinha

LG Sinha Interacts With 120-Member Delegation Of Pahari Community At Raj Bhawan

HT News Network

JAMMU, FEB 12: Lieutenant Governor Shri Manoj Sinha interacted with the 120-member delegation of Pahari Community at Raj Bhawan today.

The Lt Governor reiterated the commitment of the UT Administration to ensure that the benefits of Scheduled Tribes reservation is extended to Pahari, Padari, Koli and Gadda Brahmin this year and they are included in the Tribal plan schemes.

The prominent Pahari leaders conveyed their heartfelt

TURN ON.....PAGE 02



PM Modi To Visit J&K On February 20

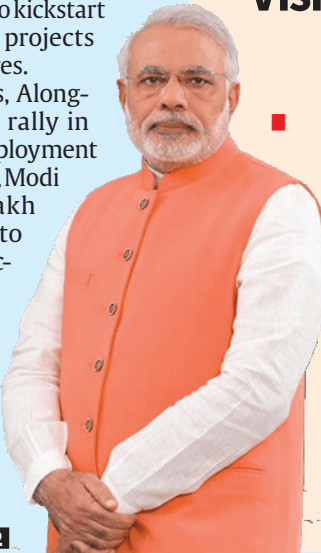
HT News Network

SRINAGAR, FEB 12: Prime Minister Narendra Modi is set to visit Jammu and Kashmir on February 20 to kickstart a slew of development projects worth thousands of crores.

According to sources, Alongside, he will address a rally in Jammu. In the latest employment drive by the government, Modi will distribute 1.08 lakh appointment letters to youth via video conferencing across various central government departments.

Union Minister of State in the PMO, Dr. Jitendra Singh, will oversee the event from New Delhi, with three other Union Ministers

TURN ON.....PAGE 02



PM On Two-Day Visit To UAE, Qatar From Feb 13

HT News Network

NEW DELHI, FEB 12: Prime Minister Narendra Modi will inaugurate the first Hindu temple in Abu Dhabi, deliver the keynote speech at a global governance summit and address the Indian community during his visit to the United Arab Emirates (UAE) on February 13 and 14, a top official said on Monday.

From UAE, the Prime

TURN ON.....PAGE 02

NEWS BRIEF

Around 53k tourists visit Sonamarg in January month alone

GANDERBAL, FEB 12: The white-out in Sonamarg has attracted a large number of tourists while the authorities concerned said that 53,000 tourists have visited the place in the month of January.

After the recent snowfall, Sonamarg has turned more beautiful where the tourists can be seen enjoying by taking sledge rides and snow skiing.

Tourist Officer, Basharat Hussain told the news agency—Kashmir News Observer (KNO), the fresh snowfall has led to a spike in tourist footfall at a popular tourist destination, Sonamarg.

In the month of January alone,

TURN ON.....PAGE 02

Srinagar couple hails modern technology for successful trout farm

SRINAGAR, FEB 12: A husband-wife duo from Srinagar has achieved success in managing a trout fish farm in the Harwan area.

Founded by Sadia Iman, an MSC graduate in organic chemistry from Bangalore, alongside her husband Adil Akram Wani, who holds an engineering degree, they have successfully produced an impressive twenty tons of 'Trout Fishes' over the past four years, building a loyal customer base.

Sharing their journey with the news agency—Kashmir News Observer (KNO), Sadia said, "I got married in Kashmir and now live in Harwan,

TURN ON.....PAGE 02

Police Nabs Hardcore Criminal In Samba

JAMMU, FEB 12: Police on Monday arrested one hardcore criminal wanted in several cases from Bari Brahmana area of Samba district in Jammu and Kashmir.

Senior Superintendent of Police, Samba, Vinay Kumar said that Bari Brahmana police under the supervision of Sub-Divisional Police Officer have arrested one hardcore criminal namely Kapil Sharma alias Jimmy of Chaudahi, Sainik Colony, Jammu.

"He was arrested in a case registered against him under sections 420, 323, 342, 506 of IPC," said the SSP adding that the accused is wanted in 17 FIRs in Jammu and Samba districts, with involvement in heinous offenses such as attempt to murder, peddling

TURN ON.....PAGE 02

Several Big Faces Will Join BJP In One Week: Tarun Chugh

HT News Network

NEW DELHI, FEB 12: Bharatiya Janata Party National General



Secretary Tarun Chugh said that Shehnaz Ganai, former Jammu

TURN ON.....PAGE 02

Former J&K MLC Shahnaz Ganai Joins BJP

HT News Network

NEW DELHI, FEB 12: Former Jammu and Kashmir MLC

TURN ON.....PAGE 02

Three Sisters Burnt To Death After House Catches Fire In Ramban

HT News Network

RAMBAN, FEB 12: Three siblings were charred to death after their house caught fire during the intervening night of Sunday and Monday in a remote area of Ramban district of Jammu and Kashmir.

The father, along with the neighbours,

TURN ON.....PAGE 02

BJP Will Win 370 Seats, NDA More Than 400 Seats In Lok Sabha Polls: Amit Shah

HT News Network

AHMEDABAD, FEB 12: Union Minister Amit Shah on Monday said there is no suspense in the people's minds on the outcome of the upcoming Lok Sabha elections as the ruling BJP is set to win 370 seats and the National Democratic Alliance (NDA) will bag more than 400 seats.

Shah also took a swipe at the Congress and said out of the 10-year rule of Prime



Minister Narendra Modi, the first five years went in filling

up the "pit" dug by the

TURN ON.....PAGE 02

'Kanchoth' Festival Celebrated Across Chenab Valley Region In J&K

Amir Iqbal Khan

BHADERWAH, FEB 12: World famous Bhadarwah Festival Kanchoth locally having aboriginal cultural significance was celebrated here today in different parts of Chenab Valley region in which people associated with Bhadarwah linguistic affiliations took part in it enthusiastically

TURN ON.....PAGE 02



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J&K youth doing well in every field, I am always available for them: Union MoS Dr Munjpara

SRINAGAR, FEB 12: The Minister of State in Ministry of Women and Child Development (W&CD), Dr Munjpara Mahendrabhai Kalubhai on Monday said that he is always available for the youth of Jammu & Kashmir and that the efforts are on to achieve the Prime Minister Narendra Modi's dream of Viksit Bharata@2047. Addressing the media persons here in Srinagar, Dr Munjpara, as per the news agency—Kashmir News Observer (KNO), said 20 youth got the appointment letters today while so far 10 lakh youth have got the jobs.

"These jobs are important for

achieving the dream. Besides, several schemes have been launched for women empowerment. The girl child is being assisted in education as well in the field of skill development and entrepreneurship," he added.

He further added that the youth from Jammu & Kashmir are doing very well in every field, be it cricket, education or other fields, they are doing very well. "The youth from J&K are making the entire nation proud. I am always available for the J&K youth. I also conveyed it to the 20 youth, who got the appointment letters today," he added.



J&K has been doing well in many sectors including the tourism sector, he said, adding that the flow of the tourists is also helping to boost the local economy.

Pertinently, the Prime Minister Narendra Modi distributed more than 1 lakh appointment letters to newly inducted recruits via video conferencing today.

He also laid the foundation stone of Phase I of the Integrated Complex "Karmayogi Bhavan" in New Delhi. This complex will promote collaboration and synergy among various pillars of Mission Karmayogi.

Mahendrabhai Hands Over Appointment Letters To 19 Candidates

SRINAGAR, FEB 12: Minister of State for Women and Child Development Munjpara Mahendrabhai handed over appointment letters to 19 candidates here on Monday. The appointment letters were handed out under the "Rozgar Mela," and more than one lakh offers of appointments across various regional centers were handed over to the newly inducted candidates.

The "Rozgar Mela" was organized under the aegis of the Ministry of Home Affairs, Government of India,



by the Headquarters of BSF Kashmir Frontier Campus Humhama.

The appointment letters here were handed over to 19 candidates hailing from J&K and five from other states, who will infuse the flow of young blood with an energetic and analytic mind in various origins like the Central Armed Police Forces, Central University Kashmir, the Postal Department, and the Income Tax Department, a spokesman for the BSF said.

During the function, Inspector General, BSF Kashmir, Ashok Yadav, was apprised about the sensitivity of the border under the Kashmir Frontier and how BSF has been effectively dealing with the challenges on the Line of Control along with the Army, CAPF, and aiding civil authorities. Further, IG BSF Kashmir applauded the role of civil society for the overall growth and harmonious environment in the region.

During the event, MoS Mahendrabhai apprised the audience about the recruitment drive launched by the Government of India by filling vacancies against sanctioned posts in a mission mode through recruitment agencies. He also reiterated that "Rozgar Mela" was an important step towards fulfilling the Prime Minister's continued commitment to provide employment opportunities to the youth and ensure the welfare of society. (UNI)

'In past five years, student enrolment in public schools hikes by 17 percent'

SRINAGAR, FEB 12: School Education Department has said that in the past five year's student enrolment in government-run-schools have increased by over 17 percent.

It said that till the academic year 2023-24, the enrolment increased by 17.7 percent.

The official documents accessed by the news agency—Kashmir News Observer (KNO) reveal that prior to 2019 there were a total of 12,37,000 students enrolled in government-run-schools of Jammu and Kashmir.

However, it also states that in the past five years the student enrolment has increased by 17.7 percent. "Till academic year 2023-24, around 14,18,000 students were enrolled in government-run-schools."

Pertinently, KNO in 2023 reported that the count of overall public schools in Jammu and Kashmir have reduced by nearly 19 percent owing to the 'zero or low enrollment of students in government schools'.

The officials of the department had said, "We had some government schools wherein the student enrollment was very low or even some with less than five. We had merged them with the nearby government schools."

It also said that such schools were being reflected on UDISE as separate schools. "Earlier we used to have 23,117 government schools as per UDISE but in the updated database, we have only 18,820 schools."

"We had nearly 4300 government schools wherein the student enrollment was less than five or zero," the official said adding that as of now there was no such government school with zero enrollments.

Little innovator from Kulgam develops multitasking fire alert machine

Seeks assistance from govt to pursue his dream of innovation

KULGAM, FEB 12: Coming from an economically modest background, a class 3 student has designed a multitasking machine to provide timely alerts for fire and gas leak and illuminate 20 bulbs.

Momin Ishaq Teli of Munad Gufan village in Kulgam told news agency—Kashmir News Observer (KNO) people typically use Kangri (a traditional firepot) and traditional Bukhari heaters to stay warm during winters, increasing the risk of mishaps.

The 12-year-old said that the machine comprises a heat controller, sensors, humidity meter and some home improvisations, including an

old TV set's box.

"The machine utilises a fan pipe to remove gas or fog from the room and it is a rechargeable machine," he said.

The little innovator said that it took him around four to five months to complete the project and he aspires to develop more machines like this in the future that can benefit society.

"So far, I have developed three machines including a multifunctional freezer, cooler, room warmer and a refrigerator. An egg incubator that can hatch up to 50 eggs at once, and now a latest multitasking machine which prevents fires and gas leaks," he said.

But the innovation has not been easy as his poor background hinders him to pursue his innovations. "The government should come forward and help me so that I can contribute much more in the future," he added.

His father, Mohammad Issaq Teeli said that for the last few years his son has developed three machines so far.

"Despite our financial challenges, I am striving to fulfil all his dreams of becoming a skilled innovator so that he can contribute to society," he said.

Teli said that the government should step forward to assist talented youth, including his son, as it would empower them further.

Before 2019, School Edu Deptt witnesses deficit average working academic days due to 'unrest'

SRINAGAR, FEB 12: The government has claimed that prior to 2019, schools in Jammu and Kashmir were witnessing a deficit of average number of working academic days due to 'unrest'

here. However, it said that in the past five years, the academic days in schools of Jammu and Kashmir have increased by over 30 percent.

The official documents accessed by the news agency—

Kashmir News Observer (KNO) read, "Prior to 2019, due to unrest, the average number of working days for which Schools remain functional was 128-150."

"After 2019, the schools remain

functional for more than 210 days, which has improved the school education system to a large extent," it reads.

An official said that the administration delivered more than 220

academic days in 2023.

He said, "During this year, we have not closed any educational institute any time except for those days of summer and winter vacations."

Despite tragic accident, Budgam girl defies odds to excel in education, career

Disability isn't the end of life; work hard to make dreams come true, says Zeenat Maqbool

SRINAGAR, FEB 12: A 27-year-old girl from the Summer Bugh area of central Kashmir's Budgam district is ascending the ladder of success despite experiencing a tragic accident in her childhood.

Zeenat Maqbool, a resident of Golapura Summer Bugh Budgam, whose right leg was amputated a few years ago, is currently working as a laboratory technician in a private superspecialty hospital.

Speaking to the news agency—Kashmir News Observer (KNO), Zeenat said her family was very excited about her birth as there wasn't any girl in the family, but the joy turned short-lived when she met with an accident.

"I was just eight months old when my father placed me on a wooden structure and my right limb got twisted as it got stuck in it, following which I was taken to the famous Kashmiri bonesetter. Instead of curing, it got fractured there," she said.

Zeenat said she was later taken to B&J Hospital Srinagar where doctors informed the family that the leg was fully fractured and it was very difficult to cure it. She said that even after receiving treatment there, there was no improvement in the leg.

"For three consecutive years, my parents moved from pillar to post for my treatment, but there

was no improvement in my leg and at the age of 3, my surgery was done, but unfortunately, that too was unsuccessful," she said.

She further added that during the operation, a bone of the left leg was taken out and put in the right leg, and as the surgery remained unsuccessful, both legs were operated on. The right leg got weak, deformed, and shortened in size, besides reduced muscle mass, she said.

"My family tried their best but didn't get any success despite taking me to doctors, bonesetters, and faith healers. During these years, my right arm also got fractured but that was recovered shortly," she said.

"Due to continuous unsuccessful efforts, my mother became very depressed. Losing hope, she took an extreme step and ended her life when I was around 7," Zeenat said.

She said her mother's loss was the biggest loss of her life. "Living a life without a mother, that too with a damaged limb, is very difficult, as the condition of my limb worsens with each passing day, and she never had shoes of her choice because of unequal foot size."

"I continued my studies despite these challenges," Zeenat shared. "Till the fourth grade, I attended school with a damaged limb with-



out support, but later, my condition worsened, and I could no longer move freely."

Her father eventually acquired crutches for her, but using them proved difficult, resulting in torn

clothes, boils, blisters and injuries. Despite these obstacles, Zeenat persevered and excelled in her studies, earning distinctions up to the 10th grade in a local school and then completing her education

in Nowgam Srinagar.

Zeenat said that despite her health challenges, she pursued medical subjects and excelled in her studies. She completed her 12th class with flying colours, with her father providing unwavering support and motivation.

"In 2015, I transitioned from walking on sticks to crutches, which affected my posture and increased bleeding in my limb," Zeenat said. "Concerned about my health, I consulted a non-local doctor in Srinagar, who advised me to seek treatment in Amritsar."

In 2016, she underwent below-knee amputation, followed by a year of bed rest and prosthetic limb fitting. Learning to walk on an artificial limb posed challenges, but Zeenat embraced the opportunity, enabling her to walk without support for the first time in 22 years.

"This was a turning point in my life," she said. "In 2017, I enrolled in college, pursuing further education despite my father's accident and other family challenges."

Zeenat completed her BSc and Diploma in Medical Lab Technology at Govt Women's Polytechnic College Bemina and pursued further studies in Chandigarh. She is now employed as a lab technician in a private superspecialty hospital and is preparing for government

job exams while pursuing her master's and PhD studies.

"Until completing my diploma, my family supported me financially, but I have been managing my expenses independently since completing my BSc," she said.

Zeenat expressed gratitude for her supportive family, especially her father, and credited her success to their encouragement. She acknowledged the challenges she faced and the strength she gained from overcoming them.

She plans to establish a laboratory offering affordable tests to benefit patients, drawing from her own experiences as a patient. "My message to other specially-abled persons will be that their disability isn't the end of life; rather, you need to be courageous to fight all odds and overcome challenges," she said, adding that the loss of one organ doesn't mean the end of life as your brain is working and that is enough to dream and work on your dreams to make them come true.

"I am grateful for the trials I have faced, and alongside my hard work and dedication, I attribute my success to my supportive family and inspiring teachers. By embracing our abilities and focusing on our strengths, we can overcome challenges and inspire others to do the same," she concluded.

Secretary Health holds public darbar at Baramulla; Assesses public grievances, demands

■ Zargar Gulzaar

BARAMULLA, FEBRUARY 12: Administrative Secretary, Health and Medical Education, Jammu and Kashmir, Dr. Syed Abid Rasheed Shah, today presided over a public darbar here under the ambitious public outreach cum grievances redressal programme of the government.

The participating delegations and general public projected several demands and grievances pertaining to the region encompassing both developmental and administrative concerns that necessitate immediate attention.

These included establishment of a mini secretariat at Baramulla to provide space for various offices, creation of an IT park, implementation of water transportation from Sopore to Baram-

ulla, macadamization of roads, installation of a fully-fledged MRI scan at GMC Baramulla, provision of portable water supply at various places, office accommodation for media persons and other related issues.

The Secretary had an exclusive interaction with the participants during the darbar, listening to their grievances and demands. He promptly resolved many of the issues on the spot while providing clear directions to the concerned officers to address the remaining concerns raised by the attendees.

Speaking on the occasion, Dr. Abid Rasheed assured the attendees that the administration is committed towards working in cohesion with the public to implement better governance practices and ensure timely resolution of their issues. He emphasized the primary objective of holding



public darbars, emphasizing its role in facilitating direct engagement between the administration and the people at their doorsteps ensuring easier access for citizens to voice their concerns and engage with governmental authorities.

Dr. Abid Rasheed asked the officers to prepare a comprehensive action taken format to record all grievances raised during the public darbar, along with the progress made towards their resolution. Furthermore, he instructed the officers to keep follow up of action on all grievances raised during the event for redressal within a 15-day timeframe as per feasibility.

Earlier, Dr. Abid Rasheed inspected stalls set up by various departments, including Education, Agriculture, Health, ICDS, Food Supplies among others. These stalls showcased a wide range of government schemes and

services aimed at benefiting the public. Later, the Secretary distributed sanction letters, golden cards and other certificates among the eligible beneficiaries. Among others the event was attended by Deputy Commissioner Baramulla, Minga Sherpa, Additional Deputy Commissioner Baramulla, Dr. Zahoor Ahmad Raina, Chief Planning Officer, Javid Ahmad, district officers of various departments, social activists, delegations and locals from across the district. Dr. Abid Rasheed asked the officers to prepare a comprehensive action taken format to record all grievances raised during the public darbar, along with the progress made towards their resolution. Furthermore, he instructed the officers to keep follow up of action on all grievances raised during the event for redressal within a 15-day timeframe as per feasibility.

Principal Secretary reviews implementation of credit linked schemes of APD

Asks to minimize rejections, facilitate hand holding of aspiring borrowers

■ HT News Network

JAMMU, FEBRUARY 12: Principal Secretary, Agriculture Production Department (APD), Shailendra Kumar, today chaired a meeting to review implementation of credit linked schemes of Agriculture Production Department in Jammu and Kashmir.

Threadbare discussion was held on various credit linked schemes including Holistic Agriculture Development Program (HADP) loan Product, Agri Infrastructure Fund Scheme (AIF), Animal Husbandry Infrastructure Development Fund (AHIDF), Pradhan Mantri Formalization of Micro Food Processing Enterprises (PMFME) scheme, High Density Plantation (HDP) scheme, Kissan Credit Card (KCC) and Rashtriya Gokul Mission (RGM). The Principal Secretary stressed upon the bankers and the concerned officers to develop synergy for effective implementation of credit related schemes of APD to ensure that all the eligible farmers across the UT are benefited. He said that sanctioning and subsequent disbursement process has to be simple. "Rejections need to be minimized and hand-holding of aspiring borrowers need to be done so that benefits of all these schemes reach to the eligible farmers," he added.

He impressed upon the Banks and line departments alike for disposal of pendency on urgent basis besides



calling for viable and quality Detailed Projects Reports (DPRs) of loan projects by availing services of technically qualified resources. He directed the concerned officers to redouble their efforts in further raising the number of PM Fasal Yojana beneficiaries so that the set targets are achieved in full. The Principal Secretary directed the agriculture department of both the divisions to educate the farmers regarding the benefits of Fasal Bima Yojana and related schemes tailored for their socio-economic empowerment. He also asked the officers to ensure that all the pending cases lying with their different departmental units are sorted out within the shortest possible time. He asked them to ensure coverage of all eligible farmers under these schemes in a mission mode. Expressing concern over poor performance by certain districts, the Principal Secretary issued strict instructions to the con-

cerned to step up efforts and streamline their functioning further to achieve the set targets. Earlier, the agriculture department gave a detailed presentation on the achievements recorded during the current year, so far, besides highlighting several issues impeding smooth implementation of schemes on ground. Among others the meeting was attended by Mission Director, HADP, Director J&K Bank Limited, Chief General Manager, NARBARD, J&K, Director Sericulture Department, Director General Sheep Husbandry Department Kashmir, Director General Planning Agriculture Production Department, Director Animal Husbandry Department, Jammu/Kashmir, Director Sheep Husbandry Jammu, Director Horticulture Department Jammu/Kashmir, Director Horticulture Planning and Marketing Department, Director Finance APD, Director Fisheries Department.

PUBLIC NOTICE

My Son's name in school record has been wrongly written ZAYISH AHMAD KHAN while his correct name is MOHAMMAD ZAYISH KHAN which needs to be corrected ..if anybody has any objection in this regard he /she may file his/her objection in the (B D O) office WAGOORA within a period of seven days from the date publication of this notice After that no objection shall be entertained.

NAMEZUBAIR AHMAD KHAN
F/O. MOHAMMAD ZAYISH KHAN
R/O ...SALOOSAZONE ...WAGOORA

PUBLIC NOTICE

My Son's name in school record has been wrongly written as ZUHAIB AHMAD KHAN while his correct name is MOHAMMAD AATIF KHAN which needs to be corrected ..if anybody has any objection in this regard he /she may file his/her objection in the (B D O) office WAGOORA within a period of seven days from the date publication of this notice After that no objection shall be entertained

NAMEZUBAIR AHMAD KHAN
F/O. MOHAMMAD AATIF KHAN R/O ...SALOOSA
BLOCK...WAGOORA

PUBLIC NOTICE

I informed to general public that Father namely GHULAM NABI LONE S/O ABDUL GANI LONE R/O PATI JATHAR KACHWA MUQAM has died on 06/02/2024.... Now I am applying for his death certificate. If anybody have any objection in this regard He/she may file his /her objection in the BDO office WAGOORA within seven days from the publication of this notice after that no objection will be entertained .

NAME.....IRFAN AHMAD LONE
S/OLATE GHULAM AHMAD LONE
R/O..... PATI JATHAR KACHWA MUQAM
BLOCK ...WAGOORADISTT ...BARAMULLA

GOVERNMENT OF JAMMU & KASHMIR
OFFICE OF THE REGISTRAR BIRTHS & DEATHS BLOCK WAGOORA
Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate.

PUBLIC NOTICE

This office is in receipt of representation from: FAYAZ AHMAD BHAT R/O, HAIL JAGEER Tehsil Kreeri District Baramulla for issuance of Birth Certificate in favour of her daughter namely :SADQIA JAAN D/O FAYAZ AHMAD BHAT whose D.O.B as per documents is 02./03/2019 & event shown to be occurred at SDH Kreeri. In this connection if anyone have any objection in the registration of birth certificate shall present his/her claim to this office or Tehsildar Kreeri/ Wagoora /BDO office Wagoora within 07 days, after that no objection shall be entertained.

REGISTRATION BIRTH & DEATH
(BLOCK DEVELOPMENT OFFICE WAGOORA)

GOVERNMENT OF JAMMU & KASHMIR
OFFICE OF THE REGISTRAR BIRTHS & DEATHS BLOCK WAGOORA
Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate.

PUBLIC NOTICE

This office is in receipt of representation from: JABEEN BEGEM W/O IMTIYAZ AHMAD NAJAR R/O, VIZER Tehsil Kreeri District Baramulla for issuance of Birth Certificate in favour of her daughter namely :SALMA JAAN D/O IMTIYAZ AHMAD NAJAR whose D.O.B as per documents is 30/06/2021 & event shown to be occurred at SDH Kreeri. In this connection if anyone have any objection in the registration of birth certificate shall present his/her claim to this office or Tehsildar Kreeri/ Wagoora /BDO office Wagoora within 07 days, after that no objection shall be entertained.

REGISTRATION BIRTH & DEATH
(BLOCK DEVELOPMENT OFFICE WAGOORA)

PUBLIC NOTICE

My daughter AAYAT JAN her Date of Birth has been wrongly written as 28/08/2015 in school record while her correct Date of Birth is 24/08/2015 which needs to be corrected ..if anybody has any objection in this regard he /she may file his/her objection in the office of GOVT MIDDLE SCHOOL UDIPORA SHAHOORA within a period of seven days from the date publication of this notice After that no objection shall be entertained.

NAMEMOHSIN ABBAS
F/O. AAYAT JAN
R/OPANZGAM
TEHSIL.....AWANTIPORA PULWAMA

GOVERNMENT OF JAMMU & KASHMIR
OFFICE OF THE REGISTRAR BIRTHS & DEATHS BLOCK WAGOORA
Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate.

PUBLIC NOTICE

This office is in receipt of representation from: WASEEM MAQBOOL KHAN S/O MOHAMMAD MAQBOOL KHAN R/O, VIZER Tehsil Kreeri District Baramulla for issuance of Birth Certificate in favour of his SON namely :OWAISE WASEEN KHAN S/O WASEEM MAQBOOL KHAN whose D.O.B as per documents is 16./05/2019 & event shown to be occurred at SDH Kreeri. In this connection if anyone have any objection in the registration of birth certificate shall present his/her claim to this office or Tehsildar Kreeri/ Wagoora /BDO office Wagoora within 07 days, after that no objection shall be entertained.

REGISTRATION BIRTH & DEATH
(BLOCK DEVELOPMENT OFFICE WAGOORA)

GOVERNMENT OF JAMMU & KASHMIR
OFFICE OF THE REGISTRAR BIRTHS & DEATHS BLOCK WAGOORA
Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate.

PUBLIC NOTICE

This office is in receipt of representation from: TAWSEEF AHMAD SOFI S R/O, AALIBAGH TARZUA Tehsil Kreeri District Baramulla for issuance of Birth Certificate in favour of Her Daughter namely :AZKA JAAN D/O TAWSEEF AHMAD SOFI whose D.O.B as per documents is 02/09/2022 & event shown to be occurred at SDH Kreeri. In this connection if anyone have any objection in the registration of birth certificate shall present his/her claim to this office or Tehsildar Kreeri/ Wagoora /BDO office Wagoora within 07 days, after that no objection shall be entertained.

REGISTRATION BIRTH & DEATH
(BLOCK DEVELOPMENT OFFICE WAGOORA)

GOVERNMENT OF JAMMU & KASHMIR
OFFICE OF THE REGISTRAR BIRTHS & DEATHS BLOCK WAGOORA
Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate.

PUBLIC NOTICE

This office is in receipt of representation from: Parvaiz Ahmad Malal S/O, Mohammad Akber Malla R/O, Kalantra Bala Tehsil Kreeri District Baramulla for issuance of Birth Certificate in favour of His Daughter namely : Zanaib Parvaiz D/O Parvaiz Ahmad Malla whose D.O.B as per documents is 10-09-2018 & event shown to be occurred at SDH Kreeri. In this connection if anyone have any objection in the registration of birth certificate shall present his/her claim to this office or Tehsildar Kreeri/ Wagoora within 07 days, after that no objection shall be entertained.

REGISTRAR BIRTHS & DEATHS
(BLOCK DEVELOPMENT OFFICE WAGOORA)

DC Ganderbal reviews utilization of funds under SNP, ICDS services

■ HT News Network

GANDERBAL, FEBRUARY 12: To review the implementation of the ICDS sector services and utilization of allocated funds under Supplementary Nutrition Programme (SNP), the Deputy Commissioner (DC) Ganderbal, Shyambir today convened a meeting of ICDS department at V.C Room of DC office, here.

The meeting primarily discussed the utilization of funds allocated under SNP, functioning of Anganwadi Centers, and assessed the gaps in the services delivery.

The DPO informed the meeting that Rs 3, 31, 48000 was allocated to the district out of which over Rs 1.81 Crore has been utilized and rest amount is pending with all Panchayats of the district for want of procurement of nutrition and approval is pending as the terms of Sarpanches and Panches ended on 9th January 2024.

It was further informed that BDOs concerned have been delegated the powers of Administrator by the Government for a period of 6 months in place of the Sarpanches.

The DC directed the concerned CDPOs to utilize the funds within 3 days positively, he also directed CDPOs that the amount allocated under ICDS



general (Honorarium) and other schemes shall be utilized at an earliest.

Shyambir emphasized the need for seamless coordination among the AWWs, ASHA workers, and other field functionaries to enhance the effectiveness of services to the targeted children, adolescent girls, pregnant and lactating women.

He reiterated that strong willingness of the officers and officials of ICDS Department is must to eradicate malnutrition, hunger and to implement the non-formal pre-school education and necessary immunization of children between ages 0 to 6 years in the district.

The review meeting was attended

by District Programme Officer ICDS, G.R Wani; Assistant Commissioner Development, Dr Bashir Ahmad; BDOs, CDPOs Supervisors and other concerned. Shyambir emphasized the need for seamless coordination among the AWWs, ASHA workers, and other field functionaries to enhance the effectiveness of services to the targeted children, adolescent girls, pregnant and lactating women.

He reiterated that strong willingness of the officers and officials of ICDS Department is must to eradicate malnutrition, hunger and to implement the non-formal pre-school education and necessary immunization of children between ages 0 to 6 years in the district.

Deputy Commissioner Rajouri reviews progress of work on JJM Works

■ HT News Network

RAJOURI, FEBRUARY 12: Deputy Commissioner Rajouri Om Prakash Bhagat today chaired a meeting to assess the progress of the Jal Jeevan Mission schemes, aiming to ensure clean drinking water access to rural communities.

During the meeting, the DC emphasized the crucial aspects of high-quality work, timely project completion, and effective supervision to achieve the goals of the Jal Jeevan Mission. The discussion highlighted significant advancements in Rajouri, with 298 JJM schemes having 660 components with estimated cost of Rs 1974.77 cr have been sanctioned in the district. Regarding component-wise status of the implementation of the JJM works, it was informed that out of 205 borewells, the work on 196 borewells is completed. As for the dugwells, out of 24, work on 2 is completed, while the rest are in progress. Additionally, out of 107 rapid sand



filtration plants, work on 99 has been initiated. Furthermore, under Over-head Tanks (OHTs), out of 9, 5 have been completed. To accelerate the implementation of these schemes, the Deputy Commissioner directed officers to adopt a results-driven approach, adhering to strict timelines. Through focused efforts and dedicated work, the mission is rapidly transforming into a reality, promising a healthier and happier life for the residents of the region. For the schemes where the work has not been

started yet, the Deputy Commissioner directed officers to promptly address issues hindering the initiation of work on such schemes. Ensuring a swift resolution, he emphasized the need for immediate action to kickstart the projects at the earliest. The DC emphasized the need for a holistic approach towards water management, emphasizing that it is not just about providing access to clean drinking water but also about preserving and sustainably utilizing these vital resources.

DC Doda discusses issues of Ex-Servicemen at Zila Sainik Welfare Board Meeting

■ HT News Network

DODA, FEBRUARY 12: Deputy Commissioner Doda, Harvinder Singh, chaired a meeting in the mini hall of the DC office complex to address issues and grievances concerning the ex-servicemen of the district.

Present at the meeting were officials and non-official members of the Zila Sainik Welfare Board, including the Zila Sainik Welfare Officer, Wing Commander Tirath Singh (Retd), besides ACR, SP Headquarters, Programme Officer ICDS and representative of the concerned department.

During the meeting, several concerns were brought to light, including proposals to name government educational institutes, the clock



tower in Doda, and the Ganpat Bridge after the name of Martyrs of the district who sacrificed their precious lives for the nation. It was also highlighted that some prominent government assets may be named after Subidar Chuni Lal, a recipient of the Vir Chakra, Sena Medal, and Ashoka

Chakra. Other issues discussed included holding of rallies by army authorities, renovation of existing and construction of new assets, renewal of weapon licenses for ex-servicemen, permission for cricket coaching, and concerns regarding ECHS clinic facilities.

In response to the ex-servicemen's concerns, the DC assured that all issues and grievances would be addressed promptly. He specifically addressed the need for medical specialists at the ECHS clinic and promised to resolve the entry problem near ECHS clinic soon.

Additionally, he emphasized the district administration's unwavering support for army personnel and their causes, expressing solidarity and respect. The DC sought collaboration of the Board in the promotion of "Nasha Mukht Bharat Abhiyan" and suggested organizing fitness camps to prepare future defence service candidates.

The meeting underscored the commitment of the district administration to the welfare of ex-servicemen and their families.

MVD Doda conducts Road Safety Awareness Campaign

■ HT News Network

DODA, FEBRUARY 12: The Motor Vehicles Department (MVD) organized a road safety awareness campaign across different locations in the district as part of the ongoing celebration of National Road Safety Month. The celebrations took place in Doda, Gandoh, and Gawari, aiming to educate the public about safe driving practices and the importance of road safety. In Doda, the event was held near the district police line at Bhagwah Bus stand, with the presence of ARTO Doda. The focus was on highlighting various insurance schemes, with the Zonal Manager of J&K Bank, Doda, providing information about insurance policies for the driver community. On-the-spot forms were filled out and referred to respective bank branches. Additionally, emphasis was placed on responsible driving behavior, particularly regarding over speeding, avoiding mobile phone use while driving, and preventing overloading, as these are significant contributors to accidents in the Chenab Valley. In the far-flung areas of Gandoh and Gawari, Inspector Robin Parihar and MVD officials led the road safety awareness events. The gatherings attracted a large number of local inhabitants and drivers. Extensive awareness sessions were conducted, focusing on specific precautions required for driving in hilly areas. The emphasis was on understanding the unique challenges of mountainous terrain and adopting appropriate safety measures to prevent accidents. National Road Safety Month serves as a crucial period for raising awareness about road safety across the country. It provides an opportunity to educate individuals about safe driving habits, traffic rules.

DC reviews working of Rural Development, Revenue Departments

Urges officers to put in synchronized efforts to meet public expectations, rein in troublemakers

■ HT News Network

DODA, FEBRUARY 12: Deputy Commissioner, Harvinder Singh today reviewed the working of Rural Development and Revenue Departments, here at a meeting attended by key functionaries including the newly posted officers in the recent Administrative reshuffle by the government.

Additional District Development Commissioner, Pran Singh, Additional Deputy Commissioner Sudershan Kumar, DPO ICDS Paramjeet Singh, ACR Sanjeev Kumar, ACD Manoj Kumar, ACP Musharraf Haff, SDMs, Tehsildars, and BDOs attended the meeting.

The DC exhorted the Revenue and RDD officers to prepare an action plan for combating illegal mining,



drug abuse, bovine smuggling, encroachment of government land and other illegal, anti-social and anti-peace activities.

The DC urged the officers to put in synchronised efforts to meet the expectations of the common man, while keeping a close eye on the troublemakers.

Harvinder Singh emphasized the importance of transparency, accountability

and timely public services delivery. He urged them to submit reports timely and ensure punctuality of staff in the government offices.

The DC asked officers to adopt modern technology and e-office for record-keeping/processing and services delivery.

The RDD officers were urged to ensure completion of approved works by the

end of this financial year. The DC impressed upon officers to ensure their availability in their jurisdiction and take every possible step to provide seamless services to people at their doorsteps, through the online mode, drug abuse, bovine smuggling, encroachment of government land and other illegal, anti-social and anti-peace activities.

The DC urged the officers to put in synchronised efforts to meet the expectations of the common man, while keeping a close eye on the troublemakers.

Harvinder Singh emphasized the importance of transparency, accountability and timely public services delivery. He urged them to submit reports timely and ensure punctuality of staff in the government offices.

DGP sanctions financial assistance for 20 wards of martyr police personnel, SPOs

■ HT News Network

Jammu, Feb 12 (KNO): Director General of Police (DGP) R.R. Swain Monday sanctioned monthly financial assistance in favour of 20 wards of the police martyrs by an order issued by Police Headquarters.

"Under this order, Rupees nine thousands each has been sanctioned in favour of 18 wards and Rupees three thousands each in favour two wards of martyr Police personnel/SPOs pursuing coaching programmes for IAS/JKAS exams organized by Mission Youth J&K," a police spokesman said in a statement issued to the news agency—Kashmir News Observer (KNO). The financial assistance has been sanctioned out of J&K Police Pariwar Fund and is for the months of September, October and November-2023. As per the order, AIG of Police (Welfare) shall transfer the amount to Staff officers to DIG Armed Kashmir/Jammu, nodal officers for mission youth for further disbursement to the beneficiaries, police said. Providing financial assistance for the wards of Police personnel/SPOs demonstrates the commitment of Jammu & Kashmir Police in ensuring the welfare and well-being of family members of J&K Police brave hearts. Further, it is aimed to enable the wards of our brave hearts to focus on their education and personal growth. Providing financial assistance for the wards of Police personnel/SPOs demonstrates the commitment of Jammu & Kashmir Police in ensuring the welfare and well-being of family members of J&K Police brave hearts. Further, it is aimed to enable the wards of our brave hearts to focus on their education and personal growth—(KNO)

GMS Ghou Manhasan organises exposure visit to food Craft Institute Jammu

■ HT News Network

JAMMU, FEBRUARY 12: To provide exposure to basic vocational skills of Hospitality and Protocol under NEP-2020, Government Middle School Ghou Manhasan organized a field visit for students of upper primary classes to Food Craft institute Nagrota Jammu.

Principal GHSS Ghou Manhasan (Cluster Head), Renuka Nagpal, flagged off the trip in presence of staff members. The faculty members of FCI Jammu aware students about various vocational and skill based courses run by the institute and provide career counselling regarding Hospitality and Protocol. The students toured the institute and visited various departments of the institute.

The trip was organized under the Vocational Education intervention of the Directorate of Samagra Shiksha JK UT. The Incharge Middle school Ghou Manhasan on behalf of school Education Department JK UT thanks Principal of institute, Jyoti Bhati for making the visit successful.

Members of OBC Samaj call on Lt Governor

■ HT News Network

JAMMU, FEBRUARY 12: Lieutenant Governor Shri Manoj Sinha met the delegation of Other Backward Classes (OBC) Samaj at Raj Bhawan, today.

The delegation comprised of political leaders and prominent citizens expressed gratitude to the Hon'ble Prime Minister Shri Narendra Modi and J&K Administration for reservations in Urban Local Bodies (ULBs) and Panchayats in the UT.

It is for the first time OBCs will have reservations for grassroot democratic representation.

Sh Sunil Prajapati, J&K President BJP OBC Morcha; Sh Rash Pal Verma, National Secretary BJP OBC Morcha; Sh Raj Kumar Tarkhan, General Secretary OBC Morcha; Sh Sajad Kumar, General Secretary OBC Morcha from Kulgam; Retd Brig Vijay Sagar Dhimani; Sh Ramesh Kumar, ex-Sarpanch and other members of the community were present during the interaction.

Delegation of ex-MLAs calls on Lt Governor; projects various issues of SC community

■ HT News Network

JAMMU, FEBRUARY 12: A delegation of former Legislators representing Scheduled Castes community called on Lieutenant Governor Shri Manoj Sinha at Raj Bhawan, today. The members of the delegation led by Dr DK Maniyal, former Minister discussed with the Lt Governor the efforts of the UT Administration for all-round development of the SC community. They expressed gratitude to Hon'ble Prime Minister Shri Narendra Modi and Lt Governor led J&K Administration for ensuring social justice, empowerment of women, youth and socio-economic upliftment



of the community. The delegation apprised the Lt Governor of various welfare issues of Scheduled Caste (SC) community including reservation in promotion; comprehensive transfer policy for Jammu Based SC employees posted in Kashmir; enhancement

in reservation quota and reservation of One Lok Sabha seat for SC community in J&K UT. They also put forth the issue of compensation to all owners of the land situated across the defence wire on India-Pakistan border in the UT; land ownership rights to PoJ&K.

DDC, Chairperson, ADC Ramban visit Dhanmansta fire incident victims

■ HT News Network

Ramban, February 12: On the directions of Deputy Commissioner Ramban, Baseer-ul-Haq Chaudhary, a team of senior officers led by the Additional Deputy Commissioner Harbans Sharma reached the devastating fire incident place at Panchayat Dhanmansta in block Ramsuo, Tehsil Ukhral.

Deputy Commissioner Ramban, Baseer-ul-Haq Chaudhary, expressed profound sympathy towards the grieving family affected by the devastating fire incident in Dhanmansta. He assured the family that all possible support



and financial assistance would be provided to them as per established norms

Expressing the grief and sorrow over the sad demise of three sisters in fire incidents, the ADC conveyed his heartfelt condolence to the bereaved family. He directed the Tehsildar concerned to assess the loss and submit the relief case immediately to provide assistance to victim family.

Principal Secretary reviews implementation of credit linked schemes of APD

■ HT News Network

JAMMU, FEBRUARY 12: Principal Secretary, Agriculture Production Department (APD), Shailendra Kumar, today chaired a meeting to review implementation of credit linked schemes of Agriculture Production Department in Jammu and Kashmir.

Threadbare discussion was held on various credit linked schemes including Holistic Agriculture Development Program (HADP) loan Product, Agri Infrastructure Fund Scheme (AIF), Animal Husbandry Infrastructure Development Fund (AHIDF), Pradhan Mantri Formalization of Micro Food Processing Enterprises (PMFME) scheme, High Density Plantation (HDP) scheme, Kissan Credit Card (KCC) and Rashtriya Gokul Mission (RGM).

The Principal Secretary stressed upon the bankers and the concerned officers to develop synergy for effective



implementation of credit related schemes of APD to ensure that all the eligible farmers across the UT are benefited. He said that sanctioning and subsequent disbursement process has to be simple. "Rejections need to be minimized and hand-holding of aspiring borrowers need to be done

so that benefits of all these schemes reach to the eligible farmers," he added. He impressed upon the Banks and line departments alike for disposal of pendency on urgent basis besides calling for viable and quality Detailed Projects Reports (DPRs) of loan projects by availing services of technically qualified resources. He directed the concerned officers to redouble their efforts in further raising the number of PM Fasal Yojana beneficiaries so that the set targets are achieved in full.

The Principal Secretary directed the agriculture department of both the divisions to educate the farmers regarding the benefits of Fasal Bima Yajana and related schemes tailored for their socio-economic empowerment. He also asked the officers to ensure that all the pending cases lying with their different departmental units are sorted out within the shortest possible time. He asked them to ensure coverage of all eligible farmers under these schemes in a mission mode.

EDITORIAL

Kashmir's Water-Logging Woes

As the region grapples with the devastating effects of incessant rainfall and melting snow, the problem of water-logging has assumed alarming proportions. The time has come for decisive action to implement effective drainage systems and augment the deployment of de-watering pumps.

Water-logging in Kashmir poses multifaceted challenges, ranging from infrastructure damage to public health hazards. The inadequate drainage infrastructure, coupled with rapid urbanization, exacerbates the problem, leaving communities vulnerable to flooding and its aftermath. Streets transform into stagnant pools, impeding transportation and crippling economic activities. Homes and businesses become inundated, inflicting financial losses and disrupting livelihoods.

The urgency to address this issue cannot be overstated. Climate change-induced extreme weather events are becoming increasingly frequent and severe, amplifying the vulnerability of low-lying areas to water-logging. The traditional drainage systems, designed to accommodate moderate rainfall, are ill-equipped to handle the deluge of water witnessed in recent years. Without proactive measures, the situation is poised to deteriorate further, exacting a heavier toll on the region's infrastructure and economy.

Investing in robust drainage infrastructure and expanding the network of de-watering pumps is imperative to mitigate the impacts of water-logging. Modernizing drainage systems with state-of-the-art technology, such as sensor-based monitoring and real-time data analytics, can enhance operational efficiency and responsiveness. Moreover, strategic placement of de-watering pumps in flood-prone areas can expedite water removal efforts, minimizing the duration and extent of inundation.

Furthermore, fostering community engagement and raising awareness about the importance of sustainable water management practices are integral components of a comprehensive strategy. By fostering a culture of resilience and preparedness, communities can actively participate in safeguarding against the ravages of water-logging.

To conclude, the problem of water-logging in Kashmir demands urgent attention and concerted efforts from all stakeholders. By prioritizing the implementation of effective drainage systems and bolstering the deployment of de-watering pumps, we can mitigate the adverse impacts of water-logging and fortify the resilience of Kashmir's communities against future challenges.

Now is the time for decisive action to safeguard lives, livelihoods, and the natural beauty of the valley.

Late Snowfall And The Struggles Faced By The Guides And Residents In Gulmarg

■ [Maryam Khalik](#)

Late snowfall can significantly impact the lives of the guides and residents in Gulmarg, a beautiful hill station in Kashmir, India. Gulmarg is renowned for its stunning landscapes and incredible skiing opportunities. The arrival of snow is eagerly awaited by both locals and tourists alike, as it brings forth a flurry of winter activities and economic opportunities.

For the guides in Gulmarg, who rely on snowfall for their livelihoods, a delayed or insufficient snowfall can be quite challenging. These skilled and experienced individuals offer their services as skiing and snowboarding guides, sharing their expertise and ensuring the safety of visitors on the slopes. With the absence of adequate snow, their income takes a hit, as there are fewer tourists seeking their services. This not only affects their ability to support themselves and their families but also impacts the local economy.

The residents of Gulmarg also face hardships due to the late snowfall. Many of them are involved in the tourism industry, running hotels, guesthouses, restaurants, and shops. The delayed snowfall means fewer tourists visiting the region, resulting in a decline in business and income. This can have a ripple effect on the entire community, affecting their ability to meet their daily needs and sustain their businesses.

Moreover, the local economy heavily relies on tourism, and the late snowfall can lead to a decrease in the number of visitors to Gulmarg. This affects not only the guides and residents but also the local vendors, craftsmen, and service providers who cater to the needs of the tourists. The impact is felt across various sectors, including transportation, hospitality, and entertainment.

It's crucial to support the guides and residents of Gulmarg during these challenging times. One way to do this is by promoting Gulmarg as a year-round destination, highlighting its natural beauty and other activities available even when snowfall is delayed. Additionally, supporting local



businesses and engaging in community initiatives can make a positive difference in their lives.

Let's keep our fingers crossed for a timely and abundant snowfall in Gulmarg, so that the guides and residents

can thrive and continue sharing the magic of this picturesque destination with visitors from around the world.

HT CHILDREN'S COLUMN

ESSENCE OF LIFE

■ [Fatimah Manzoor](#)

Life is the most beautiful thing one can understand in this world. Sometimes we commence to think that our life is not just beautiful it's just too ugly, hard and like hell. We only think it when any situation kinda tough comes in our life or when we remember something happened in our past. In everyone's past especially teenagers or adults there has been a past which might have been very tough and can never be out of their mind and is unforgettable for them. And when they remember it they get stress and sometimes begin to cry. But the situation can't always be in someone's mind. When something good happens with them they forget that time/thing and commence to think that their life is not that hard. But the past can't always be out of someone's mind, it can come to their mind anytime and anywhere to make them cry maybe.

Life can be even enjoyed in tough times/situations by staying positive, cool and calm. Life can simply be never straight. There are always ups and downs. Sometimes we do want to have a straight life but it's simply not possible. If life will go straight it will be tasteless and will finally stop before time. Ups and downs keep us going in our life. No matter how rich or poor the person is still there are problems in their life which they need to resolve for moving ahead.



Problems are not always of same type they are of several types' life financial problems, family matters, future issues, problems in studies etc. In all these, some problems are which can be resolved but some are which cannot be. In order to resolve a particular problem we need to find a solution. Sometimes we need to leave something for resolving our problem but it's not always that easy. There are times when we just want

to live in our comfort zone. But it's just a way to stop moving. Comfort zone can either be our mother's lap, your home, friend zone or something else. Leaving your comfort zone will let you to move ahead. It puts you in tough situations which test your patience and IQ and tell you how tough situation you can tolerate/bear. You should always be thankful to that almighty for everything as whatever he do's, he do's for better. As even

those tough situations/times increase your patience level. By trying you fall in more problems and obviously to move ahead you need to get out of it. Once you get out of that problem you begin to think you have got an easy life. But nah! Problems never stop, they keep on coming in your life and you always have to move ahead by resolving the problems positively.

The author is study in Class 7th
JNV Budgam Student

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■ By MooL Raj

Teachers play a crucial role in influencing the future by passing on knowledge, values, and skills to the next generation, making them the architects of any prosperous community. Given the distinctive opportunities and difficulties faced by the region in the Union Territory of Jammu and Kashmir (J&K), this job has increased prominence. It is essential to acknowledge the critical part that teachers play in shaping the future of J&K on this day of teachers. Teachers are the catalysts for positive change; they do more than just disseminate knowledge. In J&K, teacher's contributions go far beyond what happens in the classroom. They act as agents of transformation by tearing down established barriers, questioning outmoded practices, and creating space for innovative concepts.

As Lt. Governor Shri Manoj Sinha aptly stated, "A teacher is the biggest revolutionary and courageous person in this world." The socio-political climate in J&K poses particular difficulties for its educational system. Despite these difficulties, teachers have remained unwavering lights of hope, inspiring students to think critically, come up with new ideas, and strive for greater success. They are essential in fostering an atmosphere in which students can realize their potential and benefit society. Progress is fuelled by innovation. It requires the capacity to think unconventionally, challenge conventional wisdom, and come up with original answers to challenging issues. Teachers have a crucial role in encouraging innovation among their students. They teach the idea that every question posed and every curiosity pursued can result in discoveries that change the world by fostering curiosity and offering a secure environment for research. For managing the complexities of the modern world, critical thinking is a necessary ability.

It requires the ability to assess evidence, assess arguments, and reach well-informed conclusions. Critical thinking is extremely useful at J&K since there, young brains are frequently exposed to many perspectives and difficulties. Teachers are crucial in helping

children develop their critical thinking skills. They urge students to seek out information, question assumptions, and approach issues logically. These abilities assume greater significance in a place where making crucial decisions is frequently a question of existence.

The ability to perceive beyond the apparent, link seemingly unconnected ideas, and conceive of novel possibilities is creativity, which is the source of progress. Creativity is woven profoundly into the identity of J&K, a place where art, culture, and craftsmanship have flourished for ages. In J&K, teachers are crucial to fostering creativity. They cultivate an atmosphere that encourages students to express themselves freely, discover their artistic abilities, and come up with novel responses to local problems. Teachers support the preservation and enrichment of the local cultural heritage by encouraging innovation. In addition to educating, teachers serve as leaders, mentors, and role models. They can influence students' morals and values in addition to their academic performance.

Teachers are essential in helping the next generation understand the virtues of peace, fraternity, and compassion in J&K, where these concepts are important. A sense of community and belonging is another important thing that instructors contribute to. In a region as diverse as J&K, teachers may aid young people from various backgrounds in mingling, breaking down barriers, and fostering inclusivity. Teachers in J&K endure several difficulties despite playing a crucial role in influencing the future. The geopolitical climate of the area has frequently disrupted schooling, with schools periodically being forced to close because of security issues. Additionally, getting resources and chances for professional development may be a challenge for teachers. Teachers had to adjust to online and remote learning methods as a result of the COVID-19 epidemic, which also



posed a distinct set of difficulties. Despite the challenges, teachers in Jammu and Kashmir have shown unwavering dedication to educating their students.

Recognizing the pivotal role teachers play, it is imperative to provide them with the necessary resources and support for their success. Access to professional development opportunities, sufficient infrastructure, and technology are all part of this. In addition, it entails protecting teachers' physical and emotional health while they manage the rigorous requirements of their line of jobs. Additionally, empowering teachers includes

recognizing and applauding their successes. Teachers who perform very well in their positions should be honoured and commended, not just as a sign of appreciation but also to inspire others to pursue excellence. Teachers are the future's architects, and in Jammu and Kashmir, their role assumes a special significance. They act as change agents by encouraging creativity, innovation, and critical thinking in the area's educational system. Despite the difficulties they encounter, teachers in J&K have persisted in empowering students and advancing society. It is crucial to acknowl-

edge and value the tremendous contributions made by teachers in J&K and everywhere as we observe Teachers' Day. The foundation upon which the future of the area and the country is formed is their devotion, resiliency, and dedication.

The future of future generations is being shaped by teachers, who are more than just instructors. The way forward is obvious to the Jammu and Kashmir government: invest in your teachers, support their professional development, and give them the equipment and supplies they require to carry out their revolutionary work. Set priorities for programmes that will improve teacher preparation, make resources and technology more accessible, and protect their well-being. Create a culture of appreciation and educational achievement by recognizing and celebrating their successes. Encourage collaborations with organizations and institutes of higher learning to infuse J&K's classrooms with innovative ideas and cutting-edge techniques. Additionally, it is critical to keep up an active discussion with educators and incorporate their suggestions into policy decisions and improvements. Adopt contemporary teaching strategies, encourage interdisciplinary research, and keep fostering critical thinking and creativity in the classroom.

Make sure that teachers receive fair compensation and that their opinions are taken into consideration when making decisions. Jammu and Kashmir can strengthen its educational foundation, enabling students to realize their full potential and contribute to the broader growth and development of the area, by appreciating and empowering its teachers. The future of J&K depends on the commitment and skill of its teachers; their success is the success of the region as a whole. As Albert Einstein famously put it, "The teacher's supreme art is to ignite joy in creative expression and knowledge," should guide us as we prepare for the future of education in Jammu and Kashmir. By recognizing and supporting our teachers, we reignite our students' love for learning and nurture innovation, critical thinking, and creativity.

The dedication and skill of our teachers, who are the change agents, will influence the destiny of our cherished region. Through their steadfast efforts, we may build a more prosperous and successful Jammu and Kashmir, where curiosity and knowledge are promoted and where every student has the opportunity to realize their full potential.

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

How to improve yourself to be an effective person?



■ Vijay GarG

We all live in a society where everything is judged with just first sight. Starting from a simple wrapping of packet of biscuit to the look of a car. We just belief in external appearances. We have moved on too fast that judging on first sight has become a habit for all of us. But there's few more places left on earth where we can reach with our well defined personality only, else we'll be thrown out at any point of time. So here I'll share something that should help you to correct your attitude and personality to become an effective person.

Here are some tips to correct your attitude. Set a fixed schedule for morning activities. Make sure that you don't skip any activity. Greet Good Morning to the first person you see. That will certainly help your mind to release any stress and if possible try to make a habit of sipping any warm liquid like tea or coffee and even warm water as well. Yoga or exercises are very healthy for our body and mind too. Don't start your day empty stomach else it may distract your focus. Never try to jump into ones priority. This may pour negative impression of you on that person. To

impress anyone you must have good set of communication skills. Communication means how you understand and react to the opposite person. Try to initiate communication part by yourself with greetings. It brings a close bond to the communication. How you react on everything you should know well, else everything will be in vain. Try to avoid miscommunication. If you haven't understood what other person told you ask him/her to repeat. It may seem to be awkward sometimes but it's the best way to avoid any miscommunication. Now to enhance your understanding you must have to think and talk like the person you are talking to. This will create a way for you to enter in their heart. Which will significantly help to communicate further. Before offering any piece of advice or solution make sure you know what's going on their minds. It will tell you whether they'll follow your advice or will put it in the trash. To become an effective person you should also have some knowledge of body language which enhances the quality of communication. Always bid good bye to the person you talk to. It brings a nice impression even after you leave. That's the quality of an effective person. An effective person never tries to dominate the opposite person rather try to establish good bonding through communication.

One can't become an effective person in one day. But one day definitely he/she can be an effective person. And that's where attitude and personality has to be right and strong.

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

Election 2024 - Why PM Modi and the BJP Are So Confident About Their 'Mission 400'



■ Jaswinder Pal Sharma

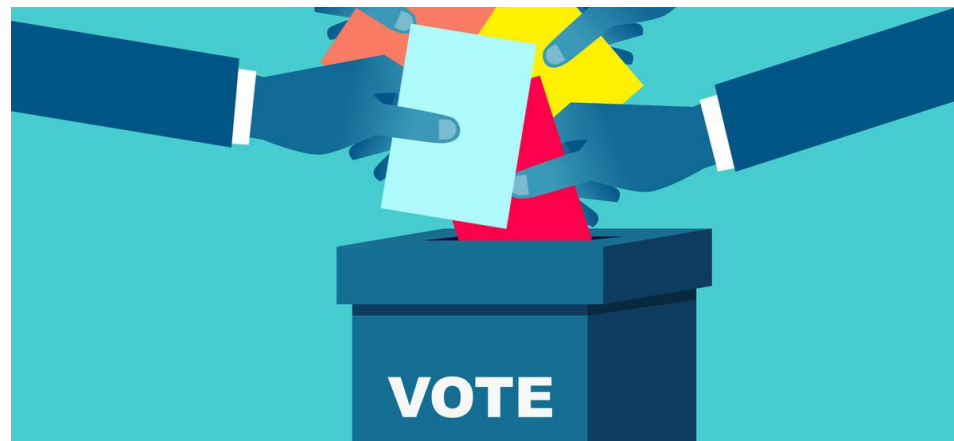
As India gears up for the much-anticipated 2024 general elections, one cannot ignore the palpable confidence exuded by Prime Minister Narendra Modi and his Bharatiya Janata Party (BJP) regarding their ambitious 'Mission 400'. This numerical target, aiming to secure 400 out of 543 seats in the Lok Sabha, reflects not only a bold electoral strategy but also a deep-seated conviction within the BJP ranks.

Several factors contribute to this unwavering confidence:

Electoral Dominance: Over the past decade, the BJP has emerged as the dominant political force in India. Riding on the popularity of Prime Minister Modi and his welfare schemes, the party has secured significant victories in various state elections, expanding its footprint across the country. This electoral dominance, coupled with a robust organizational structure, provides the BJP with a strong foundation to pursue its ambitious electoral goals.

Popularity of PM Modi: Narendra Modi remains one of the most popular political figures in India, with a charismatic appeal that transcends traditional political divides. His strong leadership, decisive actions, and vision for a 'New India' have resonated with a vast section of the electorate, particularly among the youth and rural population. Modi's personal popularity often translates into electoral gains for the BJP, giving the party a considerable advantage in the upcoming polls.

Strategic Alliances: The BJP has adeptly formed strategic alliances with regional



parties and forged electoral partnerships to consolidate its support base in key states. These alliances not only help in expanding the party's reach but also enable it to navigate the complexities of India's diverse political landscape. By stitching together formidable electoral coalitions, the BJP can maximize its chances of achieving the 'Mission 400' target.

Effective Communication: The BJP has mastered the art of political communication, leveraging social media, traditional media channels, and grassroots outreach to convey its message effectively to the masses. Through a combination of propaganda, messaging, and narrative building, the party has successfully shaped public opinion and managed to control the political discourse in its favor. This communication prowess enables the BJP to maintain its electoral momentum and sustain voter enthusiasm.

Policy Initiatives: The Modi government's emphasis on economic development, national security, and social welfare measures has endeared it to various sections of society. Initiatives such as 'Make in India', 'Swachh Bharat Abhiyan', and 'Ayushman Bharat' have had a tangible impact on people's lives, fostering a sense of goodwill towards the ruling dispensation. By showcasing its track record of governance and development, the

BJP seeks to consolidate its electoral support base and attract undecided voters.

Opposition Fragmentation: The lack of a credible and cohesive opposition challenge further strengthens the BJP's prospects in the upcoming elections. The disarray within the opposition ranks, coupled with leadership struggles and ideological differences, undermines its ability to pose a united front against the ruling party. This fragmentation plays into the BJP's hands, allowing it to capitalize on the weaknesses of its adversaries and maintain its electoral dominance.

In conclusion, the BJP's confidence in achieving 'Mission 400' in the 2024 general elections stems from a combination of electoral dominance, the popularity of Prime Minister Modi, strategic alliances, effective communication, policy initiatives, and opposition fragmentation. While the road ahead may present challenges, the BJP's formidable electoral machinery and unwavering determination make it a formidable force to reckon with in Indian politics. As the countdown to the elections begins, all eyes will be on whether the BJP can turn its electoral ambitions into a reality.

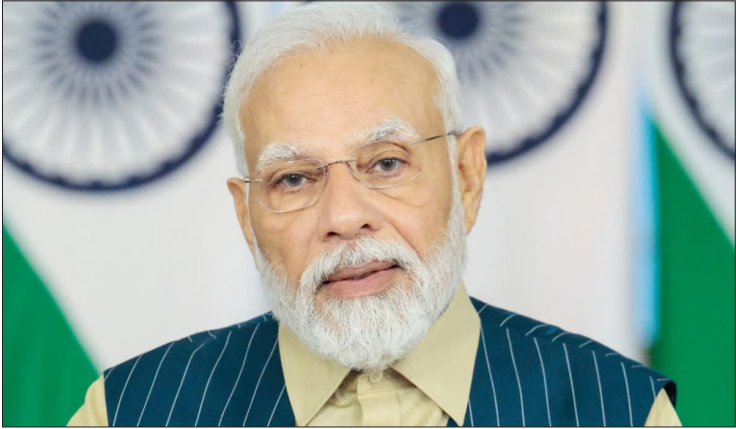
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HAKUWALA , Sri Muktsar Sahib,
79860-27454**

PM distributes more than 1 lakh appointment letters to newly inducted recruits in Government departments and organisations under Rozgar Mela

■ HT News Network

New Delhi: The Prime Minister, Shri Narendra Modi today distributed more than 1 lakh appointment letters to newly inducted recruits via video conferencing. He also laid the foundation stone of Phase I of the Integrated Complex 'Karmayogi Bhavan' in New Delhi. This complex will promote collaboration and synergy among various pillars of Mission Karmayogi.

Addressing the gathering, the Prime Minister said that appointment letters are being handed out to more than 1 lakh recruits and congratulated them and their families on the occasion. He underlined that the campaign to provide job opportunities to the youth in the Government of India is continuing in full swing. Pointing out that the long time spent between the job notification and handing out appointment letters led to an increase in bribery, the Prime Minister stated that the present government has made the entire process transparent while also completing the recruitment process under the stipulated time. He said that it has led to equal opportunities for every youth in showcasing their capabilities. "Today, every youth believes that they can cement their job position with hard work and skills", PM



Modi said, highlighting that the government strives to make the youth a partner in the development of the nation. He informed that the present government in the last 10 years has handed out jobs to the youth 1.5 times more than the previous governments. The Prime Minister also touched upon laying the foundation stone of Phase I of the Integrated Complex 'Karmayogi Bhavan' in New Delhi and said that it will strengthen the government's initiative towards capacity building.

Talking about the opening of new sectors and creation of opportunities for employment and self-employment for the youth due to the efforts of the government, the Prime Minister mentioned the Budget announcement about 1 crore

rooftop solar plants which will reduce the power bill of the families and they will be able to earn money by supplying power to the grid. This scheme will create lakhs of new jobs also, he said.

Mentioning that India is the third largest startup ecosystem in the world with about 1.25 lakh startups, PM Modi expressed happiness that many of these startups are from tier 2 or tier 3 cities. As these startups are creating new job opportunities, the latest budget announced the continuation of the tax rebate for the startups. The Prime Minister also mentioned the 1 lakh crore fund that has been announced in the Budget for promoting research and innovation.

Informing that recruitment in Railway is also taking place today

through the Rozgar Mela, the Prime Minister highlighted that Railway is the first choice of the common people when it comes to traveling. Shri Modi drew attention to the fact that Railway in India is undergoing a massive transformation and the sector will witness a complete makeover in the next decade. He recalled that not much attention was paid to the Railway before 2014 and mentioned the electrification and doubling of rail lines as well as flagging off new trains and increasing facilities for the passengers. But after 2014, the Prime Minister informed that a campaign to reinvent the entire train travel experience was initiated with a focus on modernization and upgradation of railways. He informed that 40,000 modern bogies like Vande Bharat Express will be prepared and added to normal trains under this year's Budget, thereby increasing convenience and comfort for passengers.

Highlighting the far-reaching impact of connectivity, the Prime Minister mentioned new markets, expansion of tourism, new businesses and the creation of lakhs of jobs due to improved connectivity. "Investment in infrastructure is being ramped up to accelerate development", the Prime Minister said as 11 lakh crore rupees have been marked for investment in infrastructure in the recent Budget.

After Return Of Indians Jailed In Qatar, Centre Says PM Modi Was In Charge

■ HT News Network

New Delhi: Prime Minister Narendra Modi was personally supervising New Delhi's efforts to free eight Navy veterans jailed in Qatar, the External Affairs Ministry said today, hours after seven of them landed in Delhi. Responding to media queries during a special briefing, Foreign Secretary Vinay Mohan Kwatra said, "Prime Minister Modi had been personally supervising this issue. This (the release) is a proof of his leadership and also reflects the strength of (India-Qatar) ties."

The Navy veterans had been sentenced to death by a Qatar court in October last year, allegedly for spying. Neither New Delhi nor Doha has publicly remarked on the allegations against them. Before their arrest, they were working for private firm Dahra Global and were involved in training Qatar Navy. The capital punishment was commuted in December following Delhi's diplomatic push. One of the



eight, however, is not back yet. Sources said he is working through paper work and will return soon. The veterans who returned today are Captain Navtej Singh Gill (retired), Captain Saurabh Vasisht (retired), Commander Purnendu Tiwari (retired), Captain Birendra Kumar Verma (retired), Commander Sugunakar Pakala (retired), Commander Sanjeev Gupta (retired), Commander Amit Nagpal (retired) and Sailor Ragesh (retired). The eight veterans were arrested in Qatar in 2022 and were in jail since. They landed in Delhi at 2 am today. The return of the veterans is being seen as a huge diplomatic win for India. Their death sentence

was commuted shortly after Prime Minister Narendra Modi met Qatar's Amir Sheikh Tamim bin Hamad Al-Thani on the sidelines of the COP28 summit in Dubai. On landing in Delhi, one of the veterans credited the Prime Minister with securing their release. "We are very happy that we are back in India, safely. Definitely, we would like to thank PM Modi as this was only possible because of his personal intervention." "We waited for 18 months to be back in India. We are extremely grateful to the Prime Minister. It wouldn't have been possible without his personal intervention and his equation with Qatar."

Rahul Gandhi Writes To PM, Asks To Release Funds For Rural Jobs Scheme In Bengal

■ HT News Network

New Delhi: Congress leader Rahul Gandhi has written to Prime Minister Narendra Modi over the "devastating plight" of MGNREGS workers in West Bengal and urged his government to facilitate the release of central funds to the state for clearing their pending wages.

In his letter to PM Modi, Gandhi said that during his recent visit to West Bengal as part of the Bharat Jodo Nyaya Yatra, a delegation of Mahatma Gandhi National Rural Employment



Guarantee Scheme (MGNREGS) workers from the Paschim Banga Khet Mazdoor Samity apprised him of the issues faced by them.

Flagging the "devastating plight" of MGNREGS workers in West Bengal

and their relentless fight for justice, he said, "Lakhs of our brothers and sisters have been denied work and wages under MGNREGS due to the stoppage of central funds to West Bengal since March, 2022." "I was informed that many workers have not been paid for work completed in 2021 due to shortfall in funds," the former Congress chief said in his letter to Modi dated February 10. Moreover, there has been a "drastic decline in the number of households availing work from 75 lakh in 2021-22 to under 8,000 households in 2023-24".

Supreme Court To List Team Thackeray Petition Against Maharashtra Speaker

■ HT News Network

New Delhi: The Supreme Court said on Monday it will list the plea of the Uddhav Thackeray faction challenging Maharashtra Assembly Speaker Rahul Narwekar's order declaring the Shiv Sena bloc led by Chief Minister Eknath Shinde as the "real political party" after the outfit's split in June 2022.

The plea of the Thackeray faction was listed for hearing on Monday but the matter could not be taken up during the day due to paucity of time.

"Let them (Shinde faction) file a response. The notice was issued earlier," senior advocate Kapil Sibal, appearing for the Thackeray faction,

told the bench comprising Chief Justice D Y Chandrachud and Justices JB Pardiwala and Manoj Misra. "We will list it," the Chief Justice said.

In the meantime, senior advocate Harish Salve, appearing for the Shinde group, said since a petition on the issue was also pending in the Bombay High Court, proceedings cannot go on in two courts simultaneously.

Earlier, on February 5, the CJI-led bench had agreed to consider listing the Thackeray faction's plea.

The top court had on January 22 issued notices to Chief Minister Shinde and other lawmakers of his group on the Thackeray bloc's plea challenging the speaker's order. The court had then ordered its listing after two

weeks.

The Thackeray faction has alleged that Shinde "unconstitutionally usurped power" and is heading an "unconstitutional government" in Maharashtra.

In his order passed on January 10, Speaker Narwekar had also rejected the Thackeray faction's plea to disqualify 16 MLAs of the ruling camp, including Shinde.

Challenging the orders passed by the speaker, the Thackeray faction has claimed they are "patently unlawful and perverse" and that instead of punishing the act of defection, they reward the defectors by holding that they comprise the real political party.

Sonia Gandhi To Rajya Sabha, Priyanka Poll Debut From Rae Bareilly: Sources

■ HT News Network

New Delhi: Congress's Sonia Gandhi is likely to move from the hurly burly of Lok Sabha elections, handing the baton to daughter Priyanka Gandhi Vadra, sources have told NDTV. The veteran leader is likely to be nominated for a Rajya Sabha seat in Rajasthan. Priyanka Gandhi Vadra will contest the Lok Sabha polls from the family turf of Rae Bareilly, sources said. This would be Ms Gandhi Vadra's first election. Sonia Gandhi, 77, who has not been keeping well, is likely to file nomination from Jaipur in the coming round of Rajya Sabha election, sources said. For the Congress, it would be a huge Change of Guard. Mrs Gandhi has been representing Rae Bareilly in the Lok Sabha since 2006. She had won the seat even in 2019, when the Congress performance was at its all-time low and Rahul Gandhi lost the other family turf of Uttar Pradesh -- Amethi -- to the BJP's Smriti Irani. For Priyanka Gandhi Vadra, whose entry in electoral politics has been speculated on for decades, this is seen as a



safe seat. The constituency, a Congress bastion since 1950s, was first represented by her grandfather Feroze Gandhi.

It was expected that Ms Gandhi Vadra would contest in 2019 when she formally entered politics in January that year. Many had hoped for a face-off between her and Prime Minister Narendra Modi in Varanasi. But Rahul Gandhi, who was heading the party that time, entrusted her with rejuvenating the party in Uttar Pradesh as the AICC General Secretary in charge of the eastern part of Uttar Pradesh and then as the General Sec-

retary in charge of the entire Uttar Pradesh.

But that effort had crash-landed with the BJP's massive victory from the state in 2019 and Yogi Adityanath's triumphant return to power in the state in 2022. Ms Gandhi Vadra's then comrade-in-arms, Jyoti Raditya Scindia, who was also in charge of Uttar Pradesh, has since joined the BJP.

Ms Gandhi Vadra, a crowd-puller who has represented her mother for years in Rae Bareilly, is seen as the Congress's big hope for rejuvenation in the state ahead of the national election.

"Cannot Be Spectators": Smriti Irani Slams Mamata Banerjee on Sandeshkhali

■ HT News Network

Kolkata: Union Minister Smriti Irani today slammed the Mamata Banerjee government over the allegations of women in south Bengal's Sandeshkhali, declaring that "young Hindu married women" are being targeted by Trinamool Congress goons. The state has been in the eye of a political storm over the allegations of women, who have accused a local Trinamool leader of systematic sexual exploitation. The man in question, Zilla Parishad member Sheikh Shajahan -- also accused of land grabbing -- is on the run. He is also wanted by the Enforcement Directorate in connection with an alleged PDS scam.

Sandeshkhali, an island in Sundarbans close to the Bangladesh border, has been placed under Prohibitory Orders banning large gatherings.

"Young Hindu married women are being deliberately targeted," Ms Irani alleged, reading out what she said were the women's version of events as told to the local media.

That Mamata Banerjee "will now allow her men to pick out young Hindu married women to be raped night after night in the TMC office cannot be articulated in mere words.



Can we as citizens be mute spectators?" she said.

Over the last days, a large number of women in Sandeshkhali, armed with sticks and brooms, have been holding protests, alleging that Sheikh Shajahan and his "gang" have captured swathes of land by force, and are sexually exploiting them.

In a video unverified by NDTV, that's being widely circulated online, a woman alleged that they are being dragged off to the Trinamool office, kept overnight and sexually assaulted.

The women have demanded the arrest of Sheikh Shajahan, who has been on the run since a team of the Enforcement Directorate went to raid his house last month in connection

with an alleged ration scam. The team was attacked by a mob.

Ms Irani said the agency has given a police statement that three of the officials were injured in the stone throwing that took place in Sandeshkhali.

Earlier today, senior BJP leader Suwendu Adhikari and other MLAs of the party were stopped from visiting the area by the police, who cited the prohibitory orders.

Governor CV Ananda Bose later visited Sandeshkhali after which, he said he would "do everything in my power to help".

"When I heard about shocking and shattering incidents of Sandeshkhali, I cut short my visit to Kerala. I am going to Sandeshkhali and want to see it myself what the real Sandesh (message) from the gullies (lanes) of Sandeshkhali," he said at the Kolkata airport this morning.

Welcoming his visit, Mamata Banerjee told reporters today that "in as much as possible, people responsible for the violence have been arrested". She said the state women's commission has also visited the area and spoken to the people. Governor CV Ananda Bose later visited Sandeshkhali after which, he said he would "do everything in my power to help".

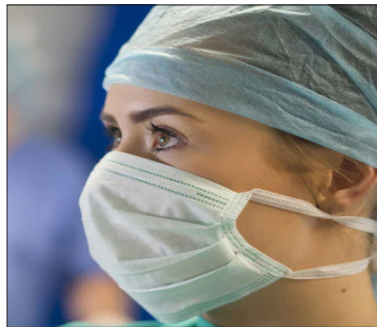
3 Rajasthan Nurses Denied Permission To Use 'Dr' Title After PhD Completion

■ HT News Network

Jaipur: The Rajasthan government's medical and health department has denied permission to three nurses to use 'Dr' title with their names after completing PhD.

The nurses posted in the health department had sent a proposal to it to allow them to use 'Dr' with their names after completing PhD.

Suresh Nawal, director (non-gazetted) medical and health department, issued a letter on February 9 stating that three nurses have sent proposal to the directorate seeking permission to use 'Dr' title ahead of their names but the permission to use the title has not been granted by the administrative department. Rajasthan Nurses



Association state president Narendra Singh Shekhawat said that the order has discouraged nursing staff, who go for research in their field which ultimately benefits the patients.

"The department has denied permission to nurses, who have done PhD, to use 'Dr' title. We will go to

higher authorities in the government. Those with PhD want to use the 'Dr' title in their name. For this, changes in documents are required and to follow that procedure, permission of the government is necessary which has been denied," Shekhawat said. Allowing those with PhD to use 'Dr' title will only encourage the nurses to go for research and higher studies, which will benefit the patients," he added.

While the reason or ground to not allow the nurses to use the title is not mentioned in the letter, an official of the health department said that granting permission for this will create confusion among the people, who will not be able to differentiate a medical doctor or PhD holder nurse.

Secretary Revenue chairs Public Darbar at Shopian

Advocates collaborative efforts for overall growth, development

■ HT News Network

SHOPIAN, FEBRUARY 12: Secretary, Revenue, Prassana Ramaswamy G, today chaired a mega public darbar here to assess the public grievances and demands besides reviewing development works being executed in the district.

The participants apprised the Administrative Secretary of their development issues, seeking timely intervention for redressal of the same.

Prominent issues and concerns raised during the event included, protection wall for fruit Mandi Aglar Shopian, upgradation of Animal Husbandry, Zainapora, marriage hall and parking space in the town, providing of maternity and children hospital for Shopian, playground for Kaprin, improvement in condition of roads, water facility in Chitragam and adjacent villages, power supply challenges, augmentation of public health infrastructure, road Connectivity, construction of incomplete roads, dilapidated condition of roads, repair of irrigation canals,



upgraded facilities in SDH, availability of veterinary facilities and dispensaries for the local population.

Secretary, responding to issues raised during the programme, assured the public that all their grievances and demands would be addressed in a timely manner.

DDC, Chairperson, Bilqees Jan, SSP, Shopian, Tanushree, Additional District Development Commissioner, Dr. Nasir Ahmed Lone, Additional Deputy Commissioner, Dr. Zakir Hussain Faaz, SDM Zainapora, DDC, members, besides other senior officers were present on the occasion. Secretary exhorted

upon the officers to ensure strict adherence to guidelines while extending benefits of government services to the common masses. He gave specific instructions to the concerned officers to come up with the expectations of the general public for redressing their genuine issues on priority.

Reaffirming administration's commitment towards addressing every grievance promptly, Secretary said, "it has always been out endeavour to assess and address the public grievances and demands in priority to provide a good governance to the public."

Secretary commended the awareness of locals on the welfare and development issues besides responsiveness of officers in redressing public issues. He reassured that genuine matters would be addressed through the concerned departments, reiterating the government's steadfast commitment towards development of the district. He also emphasized collaborate efforts of all stakeholders for good of the community and development of the district and the UT as well.

Lok-Adalat on Cheque Bounce (138 NI Act) cases to be held on 17 February, 2024

■ HT News Network

RINAGAR, FEBRUARY 12: As per plan of action/Lok-Adalat calendar for the year, 2024, issued by J&K Legal Services Authority, the District Legal Services Authority (DLSA) is scheduled to conduct Lok-Adalat for Cheque Bounce (138 NI Act) Cases on, 17th of February, 2024 at District Court Complex Srinagar as well as at Munsiff Court Panthachowk, for amicable settlement of such cases, pending in the courts at various levels.

Therefore, it is notified for information of all concerned Ld. Advocates as well as Persons/ parties who desire to get their Cheque Bounce (138 NI Act) cases to be settled through the said Lok-Adalat may approach DLSA, Srinagar or concerned court, by or before 14th of February, 2024, for referring their aforementioned nature case to the said Lok-Adalat for their amicable settlement.

Relief & Rehabilitation Commissioner hosts Special camps under LG's SSS campaign

■ HT News Network

JAMMU, FEBRUARY 12: Office of the Relief & Rehabilitation Commissioner, J&K is organising a series of awareness camps under the LG's SSS campaign.

The campaign aims to enroll eligible beneficiaries under various government schemes under the SSS campaign of Lieutenant Governor.

In the first instance, the camps will be held in this week in collaboration with J&K Bank at four different migrant camps: Muthi, Nagrota, Jagti and Purkhoo. The camps will be held on February 13, 14, 16 and 17 respectively, from 10:30 am to 4:00 pm.

The Deputy Commissioner Jammu has issued necessary instructions to the concerned departments to ensure departmental stalls are installed and sectoral officers remain available in these camps.

The line departments such as Handicrafts & Handloom, Industries and Commerce, Urban Development, Rural Development, Social Welfare and Labour & Employment shall be participating in these camps.

The representatives and resource persons of these departments shall aware, guide and assist the intended beneficiaries, with special focus on self employment schemes.

Relief and Rehabilitation Commissioner, Dr Arvind Karwani has appealed to all the eligible beneficiaries to participate in these camps and avail the full benefits of the LG's SSS campaign.

GDC Vijaypur hosts Documentary Screening on 'Right to Vote'

■ HT News Network

SAMBA, FEBRUARY 12: NSS Unit (KHIDMAT) of Government Degree College Vijaypur organized a screening of documentary on 'Right to Vote' under the banner of Voter Awareness Campaign for students and faculty members of the college.

The documentary was a great inspiration for the students as the students came to know about the importance of voting and voting rights. NSS volunteers and other college students participated in the documentary screening with great enthusiasm and zeal.

The documentary deliberated upon the purpose to inculcate constitutional obligations and to encourage staff and students to cast their vote. The event was organized under able guidance of Dr. (Prof.) Vandana Gupta, Principal of the college.

She briefed the students about the fundamental rights and duties of the Indian Constitution. The idea of Voting awareness is to aware the college students understand the importance of voting. She further said that voting is an important civic duty that can significantly impact the future of our country.

Safety Month 2024: Awareness camps conducted alongside Kishtwar - Paddar Road

■ HT News Network

KISHTWAR, FEBRUARY 12: In a proactive endeavor to enhance road safety awareness, the Motor Vehicle Department Kishtwar, under the leadership of ARTO Kishtwar, Mohd Saleem Manhas, conducted impactful awareness camps along the Kishtwar-Nagseni-Paddar road axis.

The initiative specifically targeted interior areas to ensure comprehensive coverage.

The day's events commenced with an enlightening awareness camp at the Padyarna Bus Stand at Nag-seni, followed by similar initiatives at Gulabgarh Bus Stand Paddar. The focus extended to critical routes, including the Gulabgarh Pallai link road, Gulabgarh Kundail link road, and Tatapani link roads.

Observably, the awareness campaign influenced positive behavior among citizens and commuters, as many opted for pedestrian travel over boarding overloaded vehicles, showcasing the tangible impact of the initiative.

DC Kathua chairs District Road Safety Committee meet

■ HT News Network

KATHUA, FEBRUARY 12: A meeting of the District Road Safety Committee was held today under the Chairmanship of Deputy Commissioner Kathua, Dr Rakesh Minhas, here in the DC office complex.

Senior Superintendent of Police, Chief Education Officer, Executive Engineer PWD (R&B), Executive Engineer PWD (R&B) Basohli, Executive Engineer, PMGSY, representative of the BRO, National Highway Authority of India (NHAI) and other members were present.

Detailed discussions were held with respect to initiate corrective and safety measures along the vulnerable spots besides establishing smart traffic kiosks at identified locations.

Speaking on the occasion, the DC said that road safety underlines the need for



effective implementation of measures to make the roads safe for travelling, minimizing road mishaps, injuries and deaths. He said district administration has made a workable plan to improve the road safety scenario in the district for which spirited participation of all the stakeholders will be required. He made a fervent appeal to the citizens of Kathua to adhere to the traffic regulations and contribute in ensuring congestion free and smooth traffic

flow. The DC called for spreading mass awareness about the safety rules and taking corrective measures to make the roads safe for commuters. He also stressed on the concerned officers to take all required measures to decongest the City roads to ensure smooth flow of traffic.

For strict enforcement of the traffic rules, the DC asked the MVA and traffic authorities to take stern action against the violators.

5 Day Hindi Creative Writers' Workshop Commences at CUJ

■ HT News Network

JAMMU, FEBRUARY 12: Under the joint auspices of the Central Hindi Directorate, New Delhi and the Department of Hindi and other Indian languages, a five-day Hindi creative writers' workshop was inaugurated at the Central University of Jammu, today. This workshop will continue till 16th February.

The inauguration ceremony of the workshop, organized under the coordination of Professor Bharat Bhushan, Head of the Hindi Department, and the guidance of University Vice Chancellor Prof. Sanjeev Jain, was chaired by the Registrar of the University Prof. Yashwant Singh.

As a special guest at the inauguration ceremony, Professor Sunil Baburav Kulkarni, Director of the Central Hindi Directorate,



New Delhi, said that the Central Hindi Directorate, New Delhi has always been striving for the promotion of Hindi in non-Hindi speaking areas. The Directorate has made concerted efforts to reach Hindi to every village in all directions of the country.

During the corona period when the workshops were canceled, the direct organization of workshops has also led to the development of literary creative ability in the students along with the development of leader-

ship skills in the children. He said that to become a poet, one must have the ability to express oneself. Poetry has also become important for a career in the present era. Prof. Yashwant Singh, Registrar, CUJ said that the Hindi creative writer's workshop in non-Hindi speaking areas will definitely increase interest in literature among the students here and it will also lead to the growth of Hindi literature. In today's scientific age, there is a great need for literature.

One day Training Programme for Micro observers held at Bandipora

■ HT News Network

BANDIPORA, FEBRUARY 12: In view of the General Election to Lok Sabha 2024, Election Department Bandipora in collaboration with Department of Education today conducted a day-long training programme for micro observers to be designated for various election related activities.

The training programme was presided over by Chief Education officer Bandipora who is also Nodal Officer trainings and manpower management, Mohammad Amin Beigh and was attended by Deputy CEO G.M Pujoo and micro observers besides other concerned.

The training was imparted by District Level Master trainer Mohammad Iqbal Samoon and programme was coordinated by coordinator Trainings and manpower management Mir Irfan Maqbool.

In his address, CEO Bandipora deliberated upon various aspects of the electoral system and the importance of proper training for poll staff. During the programme, the Deputy Chief Education Officer highlighted various duties and responsibilities of micro observers.

Post snowfall, revival of tourism boosts handicraft sales in Kashmir

■ HT News Network

Srinagar, Feb 12 (KNO): Forty-four Nisar Ahmad Khan was a worried man. Given that the valley witnessed a prolonged dry spell in December and January, his products, which mostly include handicrafts, didn't get customers.

Now, when the valley witnessed a heavy snowfall last week, which subsequently improved the rush of tourists, his shop remains abuzz with customers.

"Snowfall is a blessing for Kashmiris. During January, the flow of tourists declined because of the prolonged dry spell. Apart from tourism, it affected the handicrafts sector, which largely depends on the tourist rush," he told news agency—Kashmir News Observer (KNO).

Khan, who sells different varieties of shawls and other handicraft items, said his business has revived again post snowfall.

"For the last week, I have been getting a good number of customers. The rush is such that I had to refill my counters with handicrafts items as the entire stock was sold out in just three to four days," he said.

Similar views are echoed by the artisans from Srinagar's downtown area who said they have started getting a good number of customers for their handicraft products once again.

"I am associated with walnut wood carving and make small handicraft souvenir items. Indeed, we didn't get enough customers during December and January. Post snowfall, the customer rush has increased," said Farooq Ahmad Sheikh, an artisan.

While dealers said the exports of

handicraft items continues gaining pace, he said a lot of handicraft products get sold within Kashmir as well.

"We get tourists as customers who buy shawls, paper machie and other items in Kashmir. So, it is obvious that when the rush of tourists increases our sales also increase," said Bashir Ahmad Lone, a carpet and shawl dealer.

Meanwhile, tourism players claimed the recent snowfall has revived many businesses including tourism, handicrafts, and hospitality in Kashmir.

"Many businesses in Kashmir are directly or indirectly associated with tourism. We have witnessed a good improvement in bookings for the last two weeks. It has boosted sales of handicrafts, dry fruits, and apparel in Kashmir," said Umar Ahmad, a travel agent—(KNO)

Union Secretary, Chief Secretary co-chair Executive Committee level meeting to review preparations for Khelo India Winter Games 2024

■ HT News Network

JAMMU, FEBRUARY 12: Union Secretary, Sports, Sujata Chaturvedi and Chief Secretary, Atal Dulloo, today co-chaired the Executive Committee level meeting held to review preparations for the forthcoming Khelo India Winter Games 2024 scheduled to be held from 21st February to 25th February at Gulmarg. The meeting was attended by Principal Secretary Culture, Divisional Commissioner Kashmir, Commission Secretary Tourism, Secretary Youth Services and Sports, Secretary Public Works department, Secretary Health and Medical Education, IG Traffic J&K, Director Fire and Emergency Services, Director Information, J&K, Director Tourism Kashmir, Deputy Commissioner Baramulla, Director Youth Services and Sports, MD KPDCL, Chief Engineer PHE Kashmir,



CEO Gulmarg Development Authority, representatives of Jammu and Kashmir Sports Council, Sports Authority of India (SAI), Indian Olympic Association, National Sports Federations, Hoteliers Association J&K, Winter Sports Association J&K and other concerned officers. Addressing the officers during the meeting, the Union Secretary emphasized on the importance of meticulous planning and seamless coordination in executing various facets of

the Khelo India Winter Games. The meeting deliberated on several key aspects of the games like venue preparation, infrastructure development, participant registration, promotional activities, media planning and other related issues concerning smooth execution of games. She emphasized upon the officers to focus on enhancing the overall experience for athletes and spectators by exploring innovative strategies to elevate the standard of the games and maximize their impact on the sporting landscape. The Union Secretary remarked that all the required arrangements need to be put in place beforehand for successful conduct of this edition of Khelo India Winter Games. She stressed upon the organisers to provide full support to volunteers as they are the main arm for smooth conduct of games. She also called upon the organisers to categorise the dining places and other areas so that the athletes are facilitated and provided required.

DC Kulgam reviews functioning of ICDS

■ **Farooq Rather**

KULGAM, FEBRUARY 12: The Deputy Commissioner (DC) Kulgam, Athar Aamir Khan today convened a meeting, here to review the implementation of the ICDS schemes and programmes including nutritional support system, health services, immunization, and non formal pre-school education to children in the age group 0 to 6-years. District Programme Officer (DPO) ICDS Kulgam through a PowerPoint presentation apprised the chair that there are 1181 operational Anganwadi Centres (AWCs) in the district. He informed that in order to meet the staff



deficiencies 45 Workers and 148 Anganwadi helpers will be engaged on already advertised posts. The meeting discussed in detail the ICDS operations, availability of accommoda-

tions and facilities at all Anganwadi centers. The DC asked the CDPOs and supervisors to visit their Anganwadi Centres (AWCs) on regular intervals to assess working of these

centres and to enhance the effectiveness of services to the targeted children, adolescent girls, pregnant and lactating women. Giving the expenditure details, DPO informed that under SNP an expenditure of Rs. 3.61 crore out of 5.08 crore was made, besides 19 lac out of 32.68 lac have been expended on medicinal kits. The DC instructed the concerned officers to ensure full expenditure of funds under SNP is made within a few days. The meeting was attended by DPO, Abdul Rasheed; JD Planning, Zahid Sajjad; CDPOs, BDOs and other officers.

DC Ganderbal chairs Coordination Meeting

■ **HT News Network**

GANDERBAL, FEBRUARY 12: The Deputy Commissioner (DC) Ganderbal, Shyambir Monday presided over a crucial coordination meeting involving the Revenue and Police departments at the Conference Hall of the Mini Secretariat Ganderbal. The meeting commenced with a comprehensive discussion on several pressing issues notably illegal construction, illicit mining, encroachments, and drug de-addiction activities, among other unlawful matters. In a concerted effort to combat illegal mining and construction activities within



the district, Tehsildars received firm directives to intensify field inspections, maintain close collaboration with field operatives, and rigorously enforce legal measures against individuals implicated in such illicit activities. Addressing concerns about

tide of substance abuse, he added. SSP Ganderbal affirmed unwavering support from the police department in the ongoing battle against illegal mining and construction ventures in the district. In line with the collaborative spirit, DC solicited necessary police assistance during encroachment drives to ensure effective enforcement of regulations. The meeting was attended by SSP Ganderbal, Sandeep Gupta; ADC, Gulzar Ahmad; ASP, ACR, Tehsildars and other pertinent officials. Addressing concerns about drug abuse, SSP Ganderbal reiterated the police department's commitment to hosting regular awareness programs and collaborative initiatives with allied departments. Moreover, stringent measures are being implemented against drug peddlers to stem the

DC Bandipora reviews functioning of Health Sector

■ **HT News Network**

BANDIPORA, FEBRUARY 12: The Deputy Commissioner (DC) Bandipora, Shakeel Ul Rehman on Monday chaired a comprehensive review meeting aimed at assessing the working of the health sector and strategizing for its improvement. The meeting discussed various critical issues of the health sector, including infrastructure, staff rationalization, availability of medical equipment and service delivery. During the review, the DC emphasized the importance of enhancing healthcare services to meet the evolving needs of the public. He stressed upon the concerned officers to identify areas of improvement to ensure quality healthcare services for all. Shakeel ul Rehman emphasized the importance of fostering collaboration and innovation to address the challenges facing the health sector. He underscored the need for proactive measures to enhance healthcare delivery and ensure the well-being of all citizens. The DC further asked the concerned to ensure 100 percent saturation of online services of Health Sector for service improvement.



He directed, to conduct camps in schools and colleges for successful implementation of the tuberculosis elimination program. The DC also directed to ensure 100 percent coverage of Ayushman Bharat and ABHA cards. CMO Bandipora informed the chair that Health Department Bandipora has attended 526831 patients through OPD and 70233 patients through IPD service besides conducting 1722 major surgeries and 6747 minor surgeries from April last year to January this year.

It was informed that Bandipora has achieved 100% target for registration of families under AB-PMJAY by covering all 73390 families and has achieved 81.46% target for beneficiaries registered under AB-PMJAY and SEHAT. He apprised during the meeting that in the last 3 years, 7233 patients have been treated under AB-PMJAY, and 7219 claims have been approved, amounting to a total of Rs. 70551801. He said that in district Bandipora, 102 health institutions including DH, PHCs, NTPHCs, and AAM SCs are functional. Dr. Rafi said that 4864 institution deliveries were carried out in the district, including 833 C-section deliveries from April 2023 to Jan 2024. The meeting also discussed programmes carried out by the Health Department including Anemia Mukh Bharat, National programme for control of blindness and visual impairment, National programme for Healthcare of elderly, National Tuberculosis Elimination Programme, National Leprosy Eradication Programme beside other key programmes. Dr. Rafi also apprised the chair regarding various issues faced by the health department, including the shortage of staff.

Workshop to promote Road Safety held at Anantnag

■ **HT News Network**

ANANTNAG, FEBRUARY 12: In an effort to create awareness among employees and dealers on safer driving habits and responsible road behavior, a workshop on Road Safety was today held at Anantnag. The workshop was organized by Automobile Dealers association Anantnag in collaboration with Motor Vehicles Department (MVD) Anantnag. Assistant Regional Transport Officer (ARTO) Anantnag, Dr Mohammad Zubair Lattoo, who was the chief guest on the occasion, inaugurated the workshop. Speaking at the event, ARTO said that during this National Road Safety Month 2024 emphasis has been laid on the importance and need to follow traffic rules, including traffic lights, speed limits, pedestrian crossing rules and wearing seat-belts while driving a car, amongst others. He said that these initiatives are aimed at promoting traffic rules and safe driving practices. Meanwhile, it was given out that Sales and Service Camps will be organized at all dealerships, and the customers visiting the dealership outlets during the Road Safety Month will be encouraged to take safety pledge to Be Road Safety Hero and abide by key areas of road safety. He said that these initiatives are aimed at promoting traffic rules and safe driving practices. Meanwhile, it was given out that Sales and Service Camps will be organized at all dealerships, and the customers visiting the dealership outlets during the Road Safety Month will be encouraged to take safety pledge to Be Road Safety Hero and abide by key areas of road safety.

Mumtaz Ahmad Pir assumes charge as ACD Bandipora

■ **HT News Network**



BANDIPORA, FEBRUARY 12: Mumtaz Ahmad Pir today officially assumed the charge as Assistant Commissioner Development (ACD) Bandipora. The ACD received a vibrant welcome from the officers and officials of the Rural Development Department. While taking the responsibilities of ACD, Pir expressed his commitment for the time bound developmental process and implementation of efficient governance in the rural development department in district Bandipora. While chairing the introductory meeting, he urged the staff to operate with a legacy of dedication and transparency for the greatest benefit of the greatest number. He stressed on punctuality transparency, timely and effective public service delivery in offices of the rural development department. Pir has earlier served as Assistant Commissioner Revenue Baramulla, Tehsildar and Block Development Officer.

ECMO facility breathes new hope into critically ill patients at Paras Hospital

■ **HT News Network**

Srinagar: Paras Hospital Srinagar has boosted its critical care services by introducing a state-of-the-art life support facility - Extracorporeal Membrane Oxygenation (ECMO) - which functions as the heart and lungs of critically ill patients outside the body. "This advanced cardiopulmonary life support system is aimed at providing treatment to patients whose hearts and lungs are extremely dysfunctional. Equipped with this latest technology, Paras Hospital Srinagar aims to make this critical care service accessible to patients in Kashmir," Dr Irfan Rasool Bhat, Senior Consultant, Paras Health Srinagar. Dr Irfan disclosed this during an interaction with the media here. He gave a brief description of the critical care facilities at the hospital. "As witnessed during the Covid-19 pan-



dem, there is a scarcity of ICU beds and ventilators in Kashmir both in the government and private sector. However, this scenario is gradually changing as few private hospitals are increasing their ICU capacity to serve the critically ill. The Paras Health Srinagar unit has more than 61 ICU beds equipped with advanced life-support systems like ventilators, NIV, bedside dialysis, and plasma exchange support." "We have also introduced ECMO technology, which earlier was only limited to Europe and US centres. It serves as heart and lung bypass support for patients with cardiac and respiratory failure who do not

respond to conventional critical care. In JK's private healthcare sector, this is the first ECMO facility now available at Paras Srinagar." Further elaborating on Paras Hospital's Critical care facilities, Dr Bathsheeba Andrabi, Senior Consultant said, "In fact, initiating critical care is the starting point for treating severely ill patients at our facility. We treat different types of critical patients including those with life-threatening infections, organ failure, poisoning, serious lung infections, polytrauma etc. If such patients are brought in during the early crucial hours, also called the 'golden hour' in medical terminology, there are very high

chances of their complete recovery and survival. Our state-of-the-art ICU infrastructure coupled with round-the-clock expert care can make all the difference in handling medical emergencies." "We have one of the best nurse-to-patient ratios in critical care units enabling personalized care. With our experienced doctors and paramedical staff, we have successfully treated many patients who come in ICU conditions from all over Kashmir, preventing many probable deaths or complications." Dr Jatinder Arora, Zonal Director, Paras Health said "Paras Health Srinagar has a large team of trained intensive care specialists led by Dr Irfan Bhat and Dr Bathsheeba Andrabi. Our ICU units have 24x7 coverage by senior consultant-level doctors along with round-the-clock availability of other specialty experts.

Police facilitates Police Community Partnership Group (PCPG) meetings in Kulgam

■ **Farooq Rather**

Kulgam February 12: In order to bridge the gap between police & public, Police in Kulgam facilitated Police Community Partnership Group meetings (PCPG) at Police Station Behibagh, Police Station Qaimoh, Police Station Qazigund, Police Station Kulgam, Police Station Manzgam, Police Post Neehama and Police Post Frisal. These meetings were organised on the directions of SSP Kulgam Shri Sahil Sarangal-IPS. At Police Station Behibagh, meeting was chaired by Addl. SP Kulgam Shri Tanveer Ahmad Dar-JKPS, at Police Station Qazigund & Qaimoh, meetings were chaired by Addl. SP NHW Qazigund Shri Rajinder Singh-JKPS, at Police Station Kulgam, meeting was chaired by SHO Police Station Kulgam, at Police Station Manzgam, meeting was chaired by SHO Police Station Manzgam, at police Post Neehama, meeting was chaired by IC PP Neehama and at Police Post Frisal, meeting was chaired by IC PP Frisal. These meetings were attended by respectable citizens including members of Aulqaf Committees, Numberdars, Chowkidars, Traders Federation, Fruit Associations of the respective areas. During the interaction, participants raised various issues of public importance including drinking water, traffic jams and especially requested for the counselling of the youth of the areas.

DC Bandipora flags-off group of farmers for Training/ Exposure Tour

■ **HT News Network**

BANDIPORA, FEBRUARY 12: The Deputy Commissioner (DC) Bandipora, Shakeel Ul Rehman on Monday flagged-off a group of 30 farmers/orchardists for a training cum exposure tour to Lassipora Pulwama. The exposure tour was organised by the Department of Horticulture Bandipora under ATMA. Chief Horticulture Officer Bandipora, Farooq Ahmad along with other officers and officials of Horticulture Department were present on the occasion. The DC on the occasion interacted with farmers and took feedback of various schemes and programmes implemented by the department. The tour is aimed to enrich knowledge of farmers and enhance agricultural practices besides providing farmers firsthand experience and insights into innovative farming techniques, sustainable practices and modern technologies.



Chief Horticulture Officer Bandipora informed that the tour will encompass visits to various units established at Lassipora Pulwama including CA Stores, Grading Lines and other Food Processing Units renowned for their excellence in farming methods. Participants will have the opportunity to interact with experts and fellow farmers, fostering collaboration and knowledge-sharing, he added.

DDC Kupwara reviews progress of ongoing works under JJM

■ **HT News Network**

KUPWARA, FEBRUARY 12: The District Development Commissioner (DDC) Kupwara, Ms. Ayushi Sudan today convened a meeting of concerned officers to review the progress of ongoing works under Jal Jeevan Mission (JJM). On the occasion, the DDC stressed upon all the concerned officers to gear up the pace of work and ensure completion of all ongoing works within the stipulated time-frame. She emphasized upon the officers to maintain quality standard of the works being executed on ground so that the assets created are durable and reliable. During the meeting, various land and forest issues were raised before the chair for which the DDC directed the concerned officers for resolving them instantly. She directed the JD Planning to constitute a Technical Team for inspection of dugwells



constructed in the district. Earlier, it was informed in the meeting that out of 117 allotted works, 33 works pertaining to PHE Division Handwara have been completed so far. 30 works out of 100 allotted works stands completed in PHE Division Kupwara. JD Planning, SE Jal Shakti, DIO, XENS, AEEs and other concerned officers attended the meeting.

JK People's Party Chief Sheeban Ashai demands panchayat building for Audoora, Kupwara.

■ **HT News Network**

Kupwara, 12th February: Reacting sharply towards infrastructural lacuna; administrative insouciance in North Kashmir, JK People's Party Chief Sheeban Ashai demanded immediate redressal of on-ground inadequacies. Pointing out instance of panchayat office Audoora, condition of transmission infrastructure in Kralgund; Ashai said, "How dispiriting is the fact that for decades panchayat office Audoora has been operating out of single room from a government middle school. Despite repeated insistence of locals, all pleas and requests seem to have fallen on deaf eyes. How can a structure of basic grass root empowerment function, if it even lacks basic infrastructure? Such approach; grass root foundering weakens belief of common citizens over institutions and system.

Why Everyone Is Talking About the 30-30-30 Diet for Weight Loss

A weight loss method known as the 30-30-30 approach has gone viral on TikTok.

The diet involves eating 30g of protein during the first 30 minutes of your day before completing 30 minutes of low intensity exercise.

Experts say exercising and increasing your protein intake in the morning may contribute to a calorie deficit and help you make healthier choices throughout the day.

However, the 30-30-30 approach won't be right for everyone, and creating a more flexible and personalized weight loss plan may be better.

Another new diet is gaining popularity on social media. The 30-30-30 method has gone viral on TikTok, with many content creators claiming this approach has helped them lose weight sustainably.

Proponents claim that, unlike other diets that have garnered attention in the past, the 30-30-30 approach isn't another fad; it's a lifestyle change.

The 30-30-30 diet involves eating 30g of protein within 30 minutes of waking up, and then completing 30 minutes of low intensity exercise.

This method first appeared in Tim Ferriss' book *The 4-Hour Body* in 2010 but was recently popularized by nutritionist and wellness podcaster Gary Brecka.

So, is the 30-30-30 trend an effective approach to weight loss, or just another fad?

"The good news about the 30-30-30 regimen is that it's relatively sensible in comparison to some of its predecessors and, undoubtedly, the trends that will follow it," says Sophie Medlin, consultant dietitian at City Dietitians. "Having a high protein breakfast is a good idea as it is more satiating than some of our typical breakfast options."



In lay terms, that means you'll feel fuller for longer.

Natalie Burrows, nutritional therapist and founder of Integral Wellness, agrees. She points to a 2014 study published in the *Federation of American Societies for Experimental Biology Journal*. It found that people who ate 30g of protein at breakfast consumed fewer calories at lunch.

Burrows says stabilizing blood sugars for the first meal of the day – as you would by eating a high protein breakfast – is fundamental to your food choices throughout the day.

In addition, Burrows notes that protein has a thermogenesis effect. That means you use more energy to metabolize it than you would, breaking down carbohydrates and fat.

Combining both of these effects may mean you create a calorie deficit. That's good news if you're trying to lose weight. What about movement? Burrows says

there are many benefits to completing 30 minutes of low intensity exercise in the morning, and improved weight management is one of them.

As well as increasing your daily calorie expenditure, which can contribute to weight loss, Burrows says some low intensity exercises are beneficial for muscle mass and cardio fitness.

Shortcomings of the 30-30-30 diet plan One potential drawback of the 30-30-30 approach is that it could clash with people's busy routines.

"In my experience, most people's morning routines involve school runs, rushing around, and generally just about managing to get out of the door on time," says Medlin. "This means that for the vast majority of people, having 30 minutes in the morning to exercise, as well as the additional time to prepare and plan a high protein breakfast, is unsustainable."

Medlin says when a habit change is unsustainable, it's usually a good sign that

it's a fad.

Another potential problem with the 30-30-30 trend? It doesn't offer any guidance on how to eat or exercise during the rest of the day.

Medlin says it's a sensible approach if you have enough time to commit to it in the mornings, but, she points out, that if you do the 30-30-30 regimen and then eat fast food for lunch and dinner and are sedentary for the rest of the day, you are likely won't experience much weight loss.

"As always, weight loss is about energy balance and creating a deficit which this regimen may not result in," she notes.

Add to that, we're all different; not everyone can stomach a protein-heavy meal early in the day.

Medlin notes if you don't consider yourself a morning person and typically don't feel hungrier until later in the day, this might not be the best approach for you.

Likewise, Burrows isn't sold on the 30-minute window.

"Due to their sleep-wake cycle, the majority of people are not in a position to consume food within 30 minutes as melatonin, the sleep hormone, is still present in the first 30-90 minutes of waking," she explains.

She says eating too soon can result in feelings of nausea.

As for exercise, it's important to remember that moving your body is valuable and important no matter what time of day you do it.

However, Medlin believes finding an exercise schedule that fits your lifestyle is more important than working out when you wake.

Adjustments to the 30-30-30 diet that may work for you

Both experts recommend tweaks to this approach that may make it more sustainable.

NEWS

Skip Coffee, Try These Nutritious Foods For Instant Energy Instead



Coffee is a popular beverage that many drink for an instant energy boost. It is usually consumed for breakfast to maximize your energy levels. Many also find it difficult to start their morning activities without a cup of coffee. Caffeine can be a quick fix to the early morning or mid-day energy slump. However, dependency, overconsumption and addiction to caffeine can affect your health in more ways than one. So, if you are still relying on caffeine for optimal energy levels, we have some healthy options for you. You can choose these foods instead for that much-required energy boost.

1. Nuts and seeds

Nuts and seeds can help beat both hunger and fatigue. Also, there are plenty of options to choose from.

A handful of nuts and seeds are enough to keep you full and energetic for longer. You can easily prepare a trail mix and enjoy it on the go.

2. Bananas

Bananas can offer you sustained energy whenever needed. Bananas are packed with potassium, fibre, essential vitamins and carbs. These nutrients can provide you with a big boost of natural energy.

3. Oats

Oats are commonly consumed for breakfast. A big bowl of oats with freshly chopped fruits is a good source of fibre and many other essential nutrients. It will give you optimal energy and prevent blood sugar spikes.

4. Water

Water is essential for your body to function properly. Fatigue and lethargy can also be due to dehydration. Drinking enough water throughout the day can make a big difference. It will help you feel better and energetic.

5. Eggs

Eggs are a good source of protein, vitamins and minerals. Eating eggs can offer you sustainable energy.

Try including these foods to your diet and see the difference. If you still feel the need for coffee, remember, that moderation is the key. It is okay to consume caffeine in limited quantities.

Drinking Water For Good Health: Benefits Of Alkaline Water At Home

Alkaline water, often touted for its potential health benefits, is water that has been ionized to increase its pH level, making it less acidic and more alkaline. Typically, regular water has a neutral pH of 7, while alkaline water usually has a pH of 8 or 9.

Experts claim that consuming alkaline water can neutralize acid in the bloodstream, boost metabolism, slow aging, and even prevent chronic diseases like cancer. However, scientific evidence supporting these claims is limited and inconclusive. Dr Sejal Saheta, Dermatologist at InUrSkin

says, "In the pursuit of vibrant well-being, I champion the transformative power of optimal hydration. As a devoted advocate for health, I encourage the exploration of DIY alkaline water at home, a simple yet profound practice. Infusing water with essential minerals not only enhances its taste but also unlocks a myriad of health benefits. DIY alkaline water, with its antioxidant properties, supports cellular rejuvenation and overall vitality."

Despite the lack of robust scientific backing, alkaline water remains popular among certain



health-conscious individuals who believe in its purported benefits. It's essential to approach any health trend with critical thinking and consult healthcare professionals before making significant changes to your diet or lifestyle.

"Alkaline water acts as a powerful buffer against potential ailments by successfully balancing the body's pH levels, allowing individuals to strengthen their immune systems and thrive. Scientific findings underscore its role in mitigating acidic environments within the body, curbing the acceleration of bone resorption, further adds Mr. Kavinder Khurana, Managing Director of Tesla Power India"

Easy ways to make DIY Alkaline water

Creating your own alkaline water at home is relatively straightforward and can be done

using various methods. Here are three simple DIY alkaline water recipes:

1. Baking Soda Method:

- Add 1/8 to 1/4 teaspoon of baking soda to a gallon of purified water.

- Stir the mixture until the baking soda dissolves completely.

- Let the water sit for a few minutes to allow the pH to increase.

- You can adjust the amount of baking soda based on your preference for alkalinity, but be cautious not to add too much, as it can affect the taste.

Running Won't Help You Lose Weight, But It Can Prevent You from Gaining It

A new study reports that running is not an effective way to lose weight.

However, it can help you avoid gaining weight as you age.

This is because our bodies tend to seek a state of homeostasis.

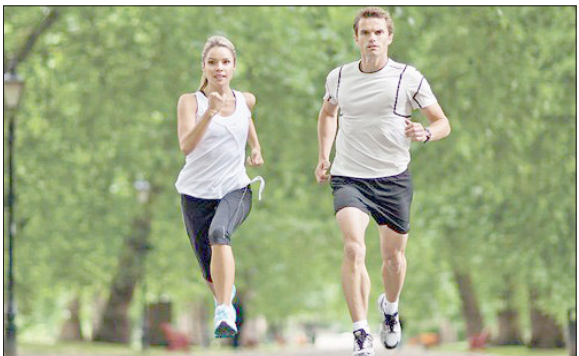
In order to lose fat and gain muscle, it is necessary to combine both diet and exercise.

Contrary to popular belief, running is not an effective way to lose weight, say the authors of a study out of the University of Jyväskylä in Finland.

The study, which was published in *Frontiers in Sports and Active Living*, did show, however, that continued running over a person's lifetime can prevent weight gain.

Older sprinters and endurance athletes also had lower fat mass than younger individuals who were strength athletes or who were physically active.

The researchers further found that those who engaged in resistance training throughout their lives were better able to maintain muscle mass than



those who participated in sprint and long-distance running.

The older strength trainers additionally had a similar amount of muscle mass as their younger counterparts.

Examining how running affects fat and muscle as we age

The study authors noted that people tend to gain fat but lose muscle as they grow older.

Since it is known that regular exercise can help prevent this, they decided to look at competitive athletes who have continued to exercise as they aged.

They felt that this would allow them to see what part of the changes in body composition are inherent to aging and not preventable.

They looked at two age groups: young (20-39 years) and older (70-89 years). Competitive male athletes and healthy, age-matched controls were included in the study.

Additionally, the athletes were divided into groups based on the type of activities that they engaged in, including strength (weightlifting, powerlifting), sprint (sprinting, jumping), and endurance (long-distance running, cross-country skiing). Dual-energy x-ray absorptiometry (DXA) scans were used to assess their body composition.

These scans were then used to determine if the study participants fell into

the categories of low muscle mass, obesity, and sarcopenic obesity (high body fat, but low muscle mass).

After analyzing the data, they found that people who had been lifelong athletes had less sarcopenic obesity than those who only engaged in recreational activities.

However, even older athletes had some increase in fat mass compared to younger people, causing the researchers to conclude that exercise cannot completely mitigate the effects of aging on fat and muscle mass. Simon Walker, PhD, the lead author of the study, said in a press release that these findings "absolutely" motivate him to continue running. "I'd certainly be happy with a fat percentage of 16-18% when I'm in my 70s and 80s," he remarked.

Why running may not aid with weight loss According to Kelsey Costa, MS, RDN, a registered dietitian nutritionist and founder of Dietitian Insights, although running is great for overall health, it impacts weight loss less than people might expect.

Age-defying mind: Best ways to keep your brain young and healthy at workplace

It is no secret that maintaining an age-defying or youthful and healthy brain is essential for optimal performance and overall well-being in today's fast-paced work environments that need us to be on our toes 9 to 5, amid neck-breaking competition. If you are wondering about what holistic approaches individuals should adopt to nurture their brain health and thrive in the dynamic workplace environment, read on as we got you sorted with some expert advice. In an interview with HT Lifestyle, Sonal Arora, Country Manager at Gi Group Holding India, shared, "We advocate for a workplace that nurtures vibrant minds. Embracing a culture of continuous learning, cross-functional collaboration and diversity is not only impactful from a business perspective but it also helps us remain agile as individuals. Further staying physically active, making right nutrition choices and engaging in mindfulness helps to manage stress and



promote mental resilience. These steps go a long way and can help team members thrive during their professional journey. Encourage these holistic approaches to create an environment which helps to unlock innovation, boosts productivity and long-term cognitive vitality."

He added, "Savour the nourishment of a balanced diet, feeding your brain the nutrients it craves for sustained performance. Seamlessly integrate moments of mindfulness into your workday, allowing your mind to recharge amidst the hustle. Foster social connections, as meaningful interactions stimulate cog-

nitve health. A fun way to protect your brain is to have a good laugh. Finally, harmonize work and leisure, balancing challenges with moments of relaxation, creating a symmetrical dance that keeps the brain agile and vibrant. In the workplace, let the melody of these practices compose a timeless ode to the enduring youthfulness of your mind."

Recognising the pivotal role that a vibrant and resilient mind plays in the overall wellness of employees, Mugdha Mahambrey, Assistant General Manager – Human Resources at Chalet Hotels Limited, advised, "Consistently focus on integrating simple

yet impactful practices into the daily work routine. Prioritise regular breaks, engage in stimulating activities, foster a positive work environment and embrace continuous learning that are vital components to help us contribute to creating youthful and agile minds within our workforce." Discover the thrill of cricket like never before, exclusively on HT. Explore now!

According to Atul Tiwari, Chief HR Officer at Spice Money, prioritising cognitive well-being (body, mind and soul), can help one embrace the elixir of a youthful mind within the confines of your workplace. He suggested, "Nurture your brain's vitality through a symphony of mindful practices. Meditation is the proven tool for this. Exercise the mental muscles with diverse tasks, fostering adaptability and resilience. Engage in lifelong learning, cultivating a garden of knowledge that continuously flourishes. Prioritise quality sleep to allow the brain's intricate processes to rejuvenate.



RAHUL OUT OF THIRD TEST AGAINST ENGLAND; PADIKKAL CALLED UP

NEW DELHI: India have been dealt a blow in the lead-up to the Rajkot Test against England, with KL Rahul ruled out of contention due to a sore knee. Devdutt Padikkal, Rahul's Karnataka team-mate, has been called in as a replacement.

Rahul had earlier missed the second Test in Visakhapatnam due to a quadricep injury, and was included in the squad for the last three Tests only subject to fitness. *A BCCI release on Monday evening said he "has reached 90 per cent of match fit-

ness" and that "he will continue his recovery process at the National Cricket Academy (NCA) in Bengaluru to be completely match-fit for the fourth and fifth Test."

Already light on batting experience with Virat Kohli missing due to personal reasons, Rahul's absence further complicates matters for India, who also didn't pick Shreyas Iyer for the remaining three Tests.

That aside, it isn't confirmed yet whether

Ravindra Jadeja has recovered from the hamstring injury he had suffered during the first Test in Hyderabad. Jadeja is in the squad to play the third Test, which will take place on his home ground, but his participation is pending fitness clearance.

Meanwhile, this is a maiden Test call-up for Padikkal, who is expected to link up with the squad on Tuesday from Chennai, where he struck 151 and 36 against Tamil Nadu in the fifth round of the Ranji Trophy fixture that finished on Monday.

Padikkal, the 23-year-old left-hand batter, has so far aggregated 556 runs in six innings at an average of 92.66 this Ranji season. He has scored three centuries, with a highest of 193 in the season opener against Punjab. Prior to his most-recent Ranji outing, Padikkal impressed with scores of 65, 21 and 105 for India A against the touring England Lions in Ahmedabad. The century in the second unofficial Test was part of a massive first-innings batting effort that helped set up

an innings victory.

He was also part of the shadow tour to South Africa with India A in December, where he had an opportunity to train alongside India's Test regulars prior to an intra-squad fixture.

"South Africa was a great experience for me, in terms of having the chance to train with the seniors," he had told ESPNcricinfo last month. "Being in and around them, playing that level of bowling prepares you well for the Ranji season."

Uncapped O'Rourke likely to play ahead of Wagner in Hamilton Test

New Zealand captain Southee says the tall quick "has a good chance" to make his Test debut

HAMILTON: New Zealand captain Tim Southee has indicated that uncapped quick William O'Rourke has "a good chance" to make his Test debut on Tuesday, when they host South Africa for the second Test in Hamilton.

In the opening Test in Mount Maunganui, New Zealand fielded a three-man pace attack instead of their usual four, featuring Southee, Matt Henry and Kyle Jamieson. With Hamilton expected to offer a little bit more pace and bounce, and seam-bowling all-round option Daryl Mitchell ruled out, it will be a toss-up between Neil Wagner and O'Rourke for the fourth quick's spot.

"There's a good chance, he's in the 13," Southee said of O'Rourke. "Neil's been around the group as well and been a great performer for us for a long period of time."

"It's great to have those decisions to be made. Will's an exciting talent and has had a little taste of international cricket, and I'm sure he has a bright future in the highest level as well."

O'Rourke made his international debut during the home ODI series against Bangladesh last December. He picked up five wickets in three matches. Southee said that at 6'4", O'Rourke is a "big and tall guy" very much like Jamieson.

"His strengths are obviously his height and ability to extract bounce," Southee said. "Being a big, tall guy he's not too dissimilar to KJ [Jamieson]. He's got skills with the ball as well. He's got the tools to be a very good bowler and someone who I'm sure will thrive at



this level."

"Will's probably played a bit more cricket than I had [at his age]," he added. "He's got a great head on his shoulders."

"He's a pretty mature guy from what I've seen of him. He's had a little taste already, so he knows what to expect, but you just enjoy it and stick to what you've done that has got you here."

Wagner played his previous Test almost a year ago, in Christchurch against Sri Lanka. The 37-year-old has featured in 63 Tests and taken 258 wickets.

"It's not just Neil, it's any guy who misses out, it's not a nice place to be," Southee said. "You want to be out there, representing your country, but the reality is it's professional sport, and there's only 11 guys that can go out and play the game."

"Usually, [coach] Gary [Stead] will

break the news and then I'll follow up with a bit of chat as well. It's not the nicest part of the job, but the guys are pretty understanding."

That apart, Southee also confirmed that Will Young will start in place of Mitchell, who is recovering from a longstanding foot injury. Young has played 13 Tests and scored 582 runs, including six half-centuries.

"We will have another look tomorrow, but with Daryl Mitchell not being here, Will Young will slip into the middle order. We'll decide on the final make-up of the bowling attack in the morning, after one final look at the wicket."

"You look at the balance you need across the five days and make a decision according to that."

New Zealand lead the two-match series 1-0, after beating South Africa by 281 runs in the opener.

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