



Don't Pay Heed, Support Or Join Those Spreading Chaos, Rumors About J&K: LG Sinha

DIPR's Naya Jammu Kashmir Short Film Making competition also launched

■ HT News Network

NEW DELHI, FEB 13: On the eve of Basant Panchami, the Lieutenant Governor Shri Manoj Sinha launched 'J&K Sambhaav Utsav-2024', organized by Resident Commission Jammu Kashmir at J&K House, New Delhi today.

The Lt Governor also launched Information-cum-facilitation hub 'Hello J&K'; Digital Photography, Painting and Singing competitions for Youth on the theme "Know Jammu Kashmir" and inaugurated various new projects undertaken by J&K's Resident Commission.



The Lt Governor congratulated the officials of the Resident Commission Jammu Kashmir and all the associated departments of J&K Government.

He said the 7-day long vibrant exhibition will represent the very best of cultural artistic heritage, cuisine, agriculture and handicraft products of J&K UT.

"Sambhaav Utsav also put the spotlight on the future of J&K which is readying to contribute in Viksit Bharat. It is a perfect occasion to reiterate our resolve to revive the ancient heritage and preserve it for the generations to come," the

TURN ON.....PAGE 02

Railway Route To J&K Is Unique : Jitendra Singh



■ HT News Network

JAMMU, FEB 13: Flagging off the maiden regular run of Vande Bharat Express train with stops at Udhampur and Kathua respectively, Union Minister Dr Jitendra Singh on Tuesday said that railway route to Jammu and Kashmir is unique as it have two Vande Bharat Trains chugging off.

TURN ON.....PAGE 02

PM Modi's Upcoming Public Rally in Jammu: Union Minister Announces

■ HT News Network

JAMMU, FEB 13: Prime Minister Narendra Modi will address a rally in Jammu and Kashmir's Udhampur district on February 20, Union Minister Jitendra Singh said on Tuesday.

The minister of state in the Prime Minister's office was in his parliamentary constituency Udhampur to witness the stoppage of the Katra-Delhi Vande Bharat Express train at the Martyr Captain Tushar Mahajan Railway station.

TURN ON.....PAGE 02

NEWS BRIEF

102 films, web series shot in J&K last year

SRINAGAR, FEB 13: Jammu and Kashmir continues to be the hotspot for Bollywood and south Indian film industry as 102 films and web series have been shot here during 2023.

With this in the last two years more than 300 films and web series have been shot in Jammu and Kashmir, which earned applause for featuring the beautiful locations of Kashmir.

As per the figures, a total of 102 Bollywood and Tollywood films and web series have been granted permission to shoot in Jammu and Kashmir in 2023.

To name a few, Shahrukh Khan Starrer Dunki, Yami Gautam's Article

TURN ON.....PAGE 02

Kashmir has only one PET-CT scan machine despite steep rise in cancer cases

SRINAGAR, FEB 13: Despite the increasing number of cancer cases in Kashmir Valley, there is a severe shortage of PET-CT scan machines for staging and assessing treatment responses. With only one such machine available at SKIMS Soura, patients at GMC Srinagar face several challenges in accessing timely and accurate cancer diagnostics.

GMC Srinagar, where around 7,000 new cancer cases were registered, is functioning without a PET Scan machine that is used for the detection of cancer and the evaluation of

TURN ON.....PAGE 02

Notorious Criminal Wanted In 17 FIRs Apprehended In Samba

JAMMU, FEB 13: A hardcore criminal who was wanted in over a dozen cases, including attempt to murder and drug peddling, was arrested in Jammu and Kashmir's Samba district, police said on Tuesday. Kapil Sharma alias "Jimmy", a resident of Jammu, was arrested from Bari Brahmana police station as a follow up to the investigation in a case registered recently after busting of an illegally run drug de-addiction centre in Birpur, a police spokesman said.

Bari Brahmana Police Station had registered the case on the basis of a complaint alleging incessant violence, illegal confinement and cheating in

TURN ON.....PAGE 02

Terrorist Who Killed Two Labourers From Punjab In Srinagar Arrested

■ HT News Network

SRINAGAR, FEB 13: The terrorist who killed two labourers from Punjab here last week has been arrested, a senior Jammu and Kashmir Police officer said on Tuesday.

The weapon used in the attack, a pistol, has been recovered. Addi-



tional Director General of Police (ADGP) Vijay Kumar told a press conference here. "Adil Manzoor Langoo, the terrorist who opened fire on the two labourers from Punjab in the Habba Kadal area of the city on February 7, has been arrested," he said.

TURN ON.....PAGE 02

WD Likely To Bring Light To Moderate Rain, Snowfall From Sunday: MeT

■ HT News Network

SRINAGAR, FEB 13: The third active Western Disturbance (WD) of this winter is likely to bring widespread light to moderate rain and snowfall in Jammu and Kashmir this Sunday, officials said.

There is a prediction of heavy snowfall over the higher reaches in J&K and Ladakh during February 18-21, with main activity from Monday to Tuesday.



The Meteorological Centre Srinagar said the weather is very likely to remain

TURN ON.....PAGE 02

J&K Political Parties Yet To Finalise Candidates For Lok Sabha Polls

■ HT News Network

SRINAGAR, FEB 13: As days are coming closer to Lok Sabha elections, political parties of Jammu and Kashmir are yet to finalise the list of contestants though discussions and meetings are underway to field notable candidates.

Sources said that discussions and

TURN ON.....PAGE 02



Kashmir Bat Makers Urge Govt For Mass Willow Plantation

■ HT News Network

SRINAGAR, FEB 13: The bat manufacturers in Kashmir have written an SOS to the government for launching mass willow plantation projects to rescue the industry.

The SOS to the J&K government comes at a time when the ICC Men's

T20 World Cup is approaching. These events over the years have been triggering a surge in cricket bat demand from Kashmir due to its cost-effectiveness, which makes it a desirable alternative to English willow bats.

The Cricket Bat Manufacturers of Kashmir said no plantation of willow

TURN ON.....PAGE 02

Jammu GMC To Have NGS Testing Facility To Detect Early Stage Of Cancer

■ HT News Network

JAMMU, FEB 13: The Government Medical College and Hospital (GMC), Jammu, is going to be the first health institution in the Jammu region that will soon have an NGS (Next Generation Sequencing) testing facility for detecting and diagnosing early stage cancer.

The NGS facility is expected to start in the Jammu GMC by February, official sources said on Tuesday.

"The Jammu based Government Medical College and Hospital will have the NGS

TURN ON.....PAGE 02



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CONTINUE FROM FRONT PAGE.....

Don't Pay.....

Lt Governor said.

He said the new beginning by the J&K Resident Commission will provide glimpses of a new and resurgent J&K to the visitors.

The Lt Governor said the 'Hello J&K' initiative launched today will connect the youth of Jammu Kashmir with domain experts from various fields, both online and offline, facilitating a rich exchange of knowledge, insights and opportunities.

It will be a one-stop center for education, entrepreneurship, livelihood, health and wellness, tour and travel guidance, safety & security of citizens of Jammu Kashmir living outside the UT, he said.

At the inaugural ceremony, the Lt Governor shared the transformation of Jammu Kashmir, under the leadership of Hon'ble Prime Minister Shri Narendra Modi.

In last few years, the UT of Jammu Kashmir has witnessed a complete turnaround in the development scenario. A big section of the population in J&K who were neglected earlier, have been empowered. People's participation is now shaping the future of J&K's growth journey, he said.

Today, J&K is seen as a model in urban transformation, innovation, start-ups, agriculture, industrial development and has created a niche in tourism. The achievements of the youth, women and farmers of J&K are inspiring the country, the Lt Governor observed.

Now, the UT of Jammu Kashmir is seen as a hot-spot of tourism and not the hot spot of terrorism. Last year, a record 2.11 crore tourists visited Jammu Kashmir. The arrival of foreign tourists in the UT has also increased manifolds. Gurez and Lolab Valley were chosen as the most beautiful offbeat destinations of the country in last two years, he added.

The Lt Governor also highlighted the key initiatives of the UT Administration including Holistic Agriculture Development Programme (HADP), GI tagging for niche products, better market linkage, capacity building of farmers and promotion of local products. I am confident that in the next 4 years, J&K will be number one in terms of farmers' income in the county, he said.

A number of departments including Tourism, JKTPO, Agriculture, Horticulture, Information and Technology are showcasing their activities in different ways to a wide array of stakeholders during the exhibition.

Products of diverse range, featuring ODOPI items, Handmade GI-tagged carpets, GI-tagged Pashmina shawls, silk sarees, chain stitches, authentic Kashmiri suits, paper mache, crewl woodcarving items etc have been put to display for the visitors and the potential buyers.

On the occasion, Naya Jammu Kashmir Short Film Making competition by Department of Information & Public Relations J&K was also launched.

The Information department invited the filmmakers and citizens of J&K to participate in the competition and submit their short films highlighting development in Jammu Kashmir over the last four years. The Winners will have the opportunity to interact with leading filmmakers in Mumbai. The contest will remain open till February 28, 2024.

The facilities inaugurated by the Lt Governor today include Officers' Transit Accommodation at Rajaji Marg, Office- cum- Utility Area at J&K House, Chanakypuri and Fitness Centre at JK House, 5- Prithviraj Road.

Sh Rajeev Rai Bhatnagar, Advisor to Lt Governor; Sh Satish Chandra, Chairman RERA; Dr Rashmi Singh, Principal Resident Commissioner; senior officials of J&K Government; members of business and trade associations, representatives of SIDBI, PHD Chamber, ASSOCHAM, FICCI, Invest India, NGOs; artisans, entrepreneurs, artists and citizens of J&K living in the national capital and other parts of the country were present.

Railway Route.....

Both the stations happen to be a part of Lok Sabha constituency of Dr Singh.

Terming it as a historic decision of the government, Dr Jitendra said it was possible only due to Prime Minister Narendra Modi's special attention and priority that he has accorded to the J&K region for its fast-paced development.

The Minister added that the railway route to J&K is unique as it is among the few that have two Vande Bharat Trains chugging off, whereas many places in the country are yet to avail this state-of-the-art transport facility which was unveiled in 2015.

He said the pair of Vande Bharat Trains were sanctioned for J&K after the trains of the same make were dedicated to Varanasi, the Parliamentary constituency of Modi.

Dr Singh today flagged off the maiden stoppage of the Train from the Udhampur Station early this morning and travelled on it to reach Kathua Railway Station, where the train made its first stoppage.

Speaking on the occasion, Dr Jitendra said with this facility, the Prime Minister has fulfilled the demand of the local people and commuters for providing stoppage of Vande Bharat Train at Kathua station.

He said this achievement was not a small feat as the entire process of ticketing and haltage was completed within just one-and-half-month period without tinkering with the mandated eight-hour journey time of the Vande Bharat Train.

The Minister also expressed gratitude to Prime Minister on behalf of the local people, for acceding to their demand to change the name of the Udhampur Railway Station to Martyr Captain Tushar Mahajan Railway Station, saying that it is for the first time in the country that a railway station has been named after a martyred soldier.

Dr Singh also informed that in an earlier notification, the word Udhampur had got inadvertently dropped but has been rectified naming the station as Martyr Captain Tushar Mahajan Railway Station Udhampur.

The Union Minister stated that Udhampur, which a major centre of the military in North India, will turn into a big junction in future, particularly when the Kashmir Valley gets connected to the rest of the country via the train in the next 3 to 4 months.

Both Udhampur and Kathua Railway Stations will hold great significance in the coming decade, Dr Jitendra added.

Sharing the revised time schedule of the two Vande Bharat Trains, with Udhampur and Kathua as stoppages, he said it has been done keeping in mind commuters' comfort.

The Minister said travelers from Kathua and Udhampur can now have lunch in Delhi whereas travelers from Delhi can have dinner at the next destination.

The present departure timing of Train number 22478 from Katra is 6 am which has been changed to 5.50 am. The train will reach Udhampur railway station (Martyr Captain Tushar Mahajan Station) at 6.14 am and start further journey at 6.16 am.

As per revised timings, the train will reach Jammu railway station at 7.10 am and start after a two minute halt. It will reach Kathua at 8.03 am and start at 8.05 for further journey towards New Delhi.

Likewise, Train number 22477 from New Delhi will reach Kathua at 8.45 pm and depart at 8.47 pm. It will reach Jammu station at 9.45 pm and halt for two minutes. The train will reach Udhampur at 10.42 pm and start at 10.44 pm to reach Katra at 11.15 pm. (UNI)

PM Modi's.....

The brief stoppage of the medium-distance superfast express train at Udhampur and Kathua railway stations was introduced to facilitate the people of the area.

"We want that the prime minister visit J-K before the start of the election code of conduct. His programme has been finalised for February 20 during which he will launch various projects and also address a public meeting," the minister told reporters in Udhampur.

During his visit, the prime minister will inaugurate an All India Institute of Medical Sciences (AIIMS) at Vijaypur in Samba, the highest railway bridge over Chenab in Reasi district, Devika project at Udhampur, IIM Jammu and Shahpur-Kandi Dam project. The 1.3 km Chenab rail bridge located 359 metres above the river bed – 35 metres higher than the iconic Eiffel Tower in Paris – forms a crucial link in the 111-km stretch from Katra to Banihal, which is part of the ongoing prestigious Udhampur-Srinagar-Baramulla Railway Link (USBRL) project.

Modi is also likely to inaugurate over 33-km Banihal-Samber section which is ready for train operations, the officials said, adding the dream project to connect Kashmir with rest of the country through train is rescheduled for May to complete the pending works.

The minister said Jammu and Kashmir, especially Udhampur has always remained on the priority list of the prime minister who started his 2014 election campaign after 'darshan' at the Mata Vaishno Devi shrine. He also thanked the Railway minister for accepting the demand of the people for stoppage of Vande Bharat train at Udhampur and Kathua.

"The railway ministry accepted our demand and we are thankful to them. Udhampur, which houses the headquarters of the northern command, is going to emerge as an important juncture after Kashmir is connected with the rest of the country by train in the next two to three months," the minister said. He said the railway station has been included in the Amrit Rail station category for its development.

Likewise, Kathua district borders Himachal Pradesh and Punjab and the new initiative (stoppage of Vande Bharat) will boost industry and trade besides facilitating the youth, especially the students, the minister said.

Terrorist Who.....

Langoo, a resident of Zaldagar here, carried out the attack on the directions of his handler in Pakistan, Kumar said and added he was arrested from Srinagar.

While Amritpal Singh was killed on the spot in the February 7 attack, Rohit Masih died during treatment at the Sher-i-Kashmir Institute of Medical Sciences a day later.

"It has come to the fore that the accused had conspired with his handler in Pakistan

for commission of the crime," Inspector General of Police, Kashmir Range, VK Birdi, told the press conference.

Langoo, he said, was a highly motivated and radicalised individual. "His handler in Pakistan radicalised him on social media and motivated him to carry out the attack," Birdi said.

The February 7 incident was the first targeted killing of the year by terrorists in Jammu and Kashmir and the responsibility for it was taken by the banned 'The Resistance Front (TRF)', a shadow group of Pakistan-based Lashker-e-Taiba.

Birdi said that the weapon was provided to Langoo by his handler and this further "motivated him to carry out the attack".

Langoo tracked Singh and Masih in the lanes of Habbra Kadal and fired on them, killing Singh on the spot, he said.

The victims were attacked when they were on way to their rented accommodation in the area after returning to Srinagar from Punjab's Amritsar, Birdi said.

ADGP Kumar said police will act tough against people who are from Jammu and Kashmir but residing in Pakistan and operating from there as handlers.

He also appealed to parents and teachers to keep a watch for any "unusual changes" in children's social media accounts.

Asked if terrorism has returned to Srinagar, Kumar said the number of terrorists in Kashmir is low. However, Pakistani handlers are using them to carry out such attacks, he said. Police are constantly working to apprehend them, Kumar added.

"It is a professional hazard that some modules go under the radar. But the police's professionalism and hard work are evident from the fact that the culprit has been arrested so fast," he said, referring to Langoo's arrest.

Kumar said there are 25 local and 30 foreign terrorists active in Jammu and Kashmir. "There has been a drastic fall in numbers... This why encounters have also reduced," he added. (AGENCIES)

WD Likely To.....

dry until February 17.

From February 18–20, there will be light to moderate snowfall over the upper reaches and rain over the plains, with the possibility of light snowfall at a few places in the Kashmir valley. There is a possibility of heavy snowfall at a few places over south Kashmir and moderate to heavy snowfall over the north and north-western parts of the higher reaches of Jammu and Kashmir. It said that there is a possibility of moderate to heavy snowfall over the higher reaches of parts of central Kashmir as well.

The minimum temperature is likely to improve and may stay at -2°C to -3°C in the plains, and it will be -8°C to -10°C in the hill stations of the Kashmir valley during the coming days.

The Met office said the minimum temperature during the intervening nights of Monday and Tuesday improved further by a few notches as Srinagar recorded a low of -2.5°C against -3.6°C the previous night. It was still 2.7°C below normal for the summer capital of Jammu and Kashmir. Qazigund on Srinagar-Jammu National had a low of -1.2°C against -3.2°C, while the picnic spot of Kokernag in south Kashmir recorded a low of -0.3°C against -2.5°C the previous day.

The tourist hot spot of Pahalgam remained the coldest place in Kashmir Valley, although there was an improvement in the minimum temperature by several notches. Pahalgam recorded -5.4°C against -7.0°C. It was 0.4°C below normal for the valley of shepherds in south Kashmir.

Kupwara recorded a low of -3.6°C against -4.4°, and it was 1.2°C below normal for the frontier north Kashmir district.

The minimum temperature at Gulmarg settled at -4.5°C for the second consecutive day on Tuesday, and it was 1.7°C above normal for the famous ski resort of north Kashmir. (UNI)

Jammu GMC.....

test facility by the end of February in the MicroBiology Department for early diagnosis of cancer-like symptoms," sources said.

The NGS is notably a massively parallel sequencing technology that offers ultra-high throughput, scalability, and speed. The technology is used to determine the order of nucleotides in entire genomes or targeted regions of DNA or RNA.

Compared to traditional methods, NGS offers advantages in accuracy, sensitivity, and speed that have the potential to make a significant impact on the field of oncology.

Because NGS can assess multiple genes in a single assay, it eliminates the need to order multiple tests to identify the causative mutation.

Official sources said that detection of cancer in an advanced stage can help its prevention and treatment, adding that "in the first phase, 100 tests will be conducted in testing mode, and based upon the results, the facility will be a regular feature."

They said that early detection can help the patient get timely treatment, and the start of the NGS test facility in Jammu will benefit the patients battling with the chronic disease.

A well-known oncologist and principal of Government Medical College and Hospital, Jammu, Dr (Prof) Ashutosh Sharma, told UNI, "We are on the job, and the NGS test facility is expected to begin in the hospital by the next two weeks."

"Initially, it will start with breast cancer, and it will be the first of its kind facility in the GMC

in the Jammu region," said the Principal.

As per reports, over 55,000 cancer cases were detected in Jammu and Kashmir in the last five years.

According to the Health Ministry data, 12396 cancer cases were reported in the year 2019, 12726 in 2020, 13060 in 2021, and 13395 in 2022.

Mouth and lung cancer in men and cervical and breast cancer in women are responsible for 50 percent of deaths due to cancer in Jammu and Kashmir.

"More than 6,000 cancer cases have been registered at the State Cancer Institute Jammu in the last year," official sources said. (UNI)

J&K Political.....

meetings are underway for the last few weeks by regional parties to finalise the list, however, many prominent political faces have refused to take part in the elections. The Lok Sabha polls are likely to take place in April and May this year.

KNS has learnt from sources that Dr Farooq Abdullah led National Conference has also held several meetings in this regard, and party's top brass has pinned their hope on the incumbent MP Dr Farooq Abdullah and want him to contest the polls from Srinagar Lok Sabha constituency.

They say that since Farooq Abdullah is likely to be the star campaigner for united opposition parties at the national level and in Jammu and Kashmir and this would not confine himself to Srinagar Parliamentary constituency. "He has as such shown his unwillingness so far to contest polls from central Kashmir, which comprises three districts - Ganderbal, Srinagar & Budgam."

Sources also suggested that in order to silence the BJP narrative that Kashmir parties are promoting dynasty politics and fanning communal agenda, the NC top leadership is mulling to file an all parties acceptable prominent Kashmiri Pandit heavy weight as a consensus candidate for Srinagar constituency.

They said that they are deliberating on the issue to field person acceptable across board even with non mainstream political opinion. "This could be a master political move to silence anti-Kashmir Muslim propaganda and send a wide signal across the country that Kashmir continues to be a cradle of civilisation and Kashmiris are a secular & patriotic society," they said.

Similarly, Apni Party led by Altaf Bukhari has also geared its public outreach programme by holding public meetings and conventions across Jammu and Kashmir. Sources said that the party is holding deliberations to finalise candidates for all 5 Lok Sabha constituencies.

People's Conference led by Sajad Lone has also held several meetings in central and north Kashmir where according to sources discussions took place about candidates who will fight the polls from Jammu & Kashmir.

"Party high command has decided that PC chairman Sajad Gani Lone will contest polls from north Kashmir. Lone has accepted the proposal of the high command," sources told KNS.

They added that as polls approach closer, the regional parties in J&K have geared up its public outreach across the length and breadth of J&K.

Mehbooba Mufti led PDP has also accelerated its public outreach programmes especially in southern Kashmir and Pir Panchal region this time.

Sources believe that she is likely to contest polls from Anantnag-Rajouri Lok Sabha constituency, while J&K Congress unit is also holding deliberations to finalise candidates' list for the upcoming Lok Sabha polls.

Kashmir Bat.....

trees has taken place in the last 30 years on a large scale on government land, resulting in dwindling supplies.

"Over the last few years, we have been running short of supplies, and we are afraid we may have to wind up our business because of that," the bat manufacturers said.

The industry employs some 1,50,000 workers, with 70 percent from Meerut, Uttar Pradesh, and Punjab and 30 percent from Kashmir, generating more than Rs 300 crore of revenue.

"We have around 9,150 hectares of wetland available that can only be used for the plantation of willow trees, as no other tree grows in wetlands apart from willows. If a mass plantation drive is started in Kashmir as well, like in Canada and Pakistan, Jammu and Kashmir will be self-sufficient in raw material reserves," the Bat Manufacturers said in the SoS, adding that this will help the industry survive for centuries.

The SOS said India, which has taken it upon itself to be carbon neutral by 2070, could achieve this by a sustainable willow plantation drive in Kashmir, which will also safeguard the livelihood of more than 1,50,000 people in Kashmir.

The bat manufacturers said planting willow trees in Kashmir's wetlands could generate annual revenues exceeding Rs 350 crore.

The Cricket Bat Manufacturers of Kashmir said the government of J&K is pushing for 'GI Tag' to the Kashmir willow to protect the indigenous industry.

They said the law, the Willow Prohibition on Export and Movement Act, XVI of 2000, is intact and safeguards the industry. This was among the laws that were adopted after the abrogation of Article 370.

There are over 300 bat manufacturing units in south Kashmir, and they source around 70 percent of the willow from Ganderbal in central Kashmir and the Wullar area of Bandipora district in the north, with only 30–35 percent coming from south Kashmir.

Around four million cricket bats are manufactured every year and are also supplied to

England, South Africa, Australia, New Zealand, and the UAE. (UNI)

102 films.....

370, John Abraham's Vedaa are some of the prominent Bollywood movies that have been shot in Kashmir last year.

Prior to it in 2022, as many as 200 films and web series were given permission by the government to shoot in Kashmir.

Officials said the valley has succeeded in attracting filmmakers as a lot of them have applied for permission to shoot in Kashmir.

"The film policy proved to be a catalyst to attract filmmakers to choose Kashmir as the destination for shooting their films. A lot of filmmakers have got permission for shooting films and web series in Kashmir during the last two years," they said.

Officials also said the government has unveiled some of the new destinations in order to promote them as prime film destinations.

In 2021, the government launched its maiden film policy to attract filmmakers to Jammu and Kashmir. The government also created a Film Development Fund (FDF) in the Information Department for the fiscal year 2022–23 for the disbursement of subsidies envisaged in the J&K Film Policy 2021.

A single-window mechanism has been started by Jammu and Kashmir Film Development Council to facilitate hassle-free shooting. Filmmakers are applying online at jkfilm.jk.gov.in.

Since the unveiling of the film policy, a lot of directors are applying for shooting their films in Jammu and Kashmir. The administration has offered filmmakers a subsidy to shoot in the union territory.

Kashmir has.....

cancer treatment.

Oncologists informed the news agency—Kashmir News Observer (KNO) that in the modern-day practice of oncology, PET-CT has emerged as a game-changer in the management of cancer but the valley has just a single such machine.

Dr Shabnam, an oncologist, said there is just one PET Scan machine available at SKIMS Soura and there is a need for more such machines in the valley.

Dr Aijaz, another oncologist, said PET Scan constitutes a major advancement in the initial diagnosis, evaluation, treatment, prognosis, surveillance, and relapse throughout the course of the disease.

PET-CT is an acronym for Positron Emission Tomography – Computed Tomography, which is nuclear medicine equipment that houses a PET scanner and a CT scanner, to acquire multiple sequential views to create 3D images of the body. This modality provides a hybrid image formed by the fusion of the functional image of PET and the anatomical image of CT.

Doctors said there is an immediate need for such a facility at GMC Srinagar as cancer cases in Kashmir are on the rise and such patients have no options other than to visit SKIMS Soura.

They said patients had to wait for a long time to get their turn, which isn't easy for such patients while some are visiting outside Kashmir for diagnosis and treatment.

The medical experts said the majority of the patients cannot afford to visit private clinics or outside the valley, thereby delaying their diagnosis and treatment, which is very essential for the treatment of cancer.

"PET-CT is helping doctors to work out the best treatment and helps to detect primary sites, thereby influencing the choice of chemotherapy," they said, adding, "It would be in the interest of the community as well as for better healthcare facilities if the PET Scan facility will be made available at SMHS hospital."

As per the details available with KNO, around 45,000 new cancer cases have been registered at SKIMS Soura since 2013, while around 7 thousand cancer cases have been registered at GMC Srinagar since 2017.

According to the Union Health Ministry data, 51,577 cases of cancer were reported in J&K in the last four years (2019–2022) with 12,396 in 2019, 12,726 cases in 2020, 13,060 cases in 2021, and 13,395 cases in 2022.

A total of 35,623 people in J&K died with cancer between the years 2018 and 2022 that is 6824 cancer patients were reported to have died in 2018; in 2019, 7003 deaths were reported; in 2020, 7189 deaths were reported; in 2021, 7211 deaths were reported; and in 2022, 7396 cancer patient fatalities were reported.

A 2012 study by the Sher-e-Kashmir Institute of Medical Sciences (SKIMS) attributed the rising cancer incidence to "dietary practices and lifestyle choices" as well as the intake of foods with high salt content.

Notorious Criminal.....

the fraudulently run drug de-addiction centre.

As many as 15 victims of violence were rescued from the centre and reunited with their families, the spokesman said.

Sharma, who emerged as the main accused in the case, evaded his arrest and was absconding, he added.

The spokesperson said that the police finally arrested the accused after sustained efforts on Monday.

The investigations revealed that a total of 17 FIRs related to heinous offences like attempt to murder, drug peddling and illegally carrying weapons stand registered against him in different police stations in Samba and Jammu districts over the past several years, he added. (Agencies)

Awareness Programme Under Road Safety Month-2024 Held At A.S College

DC Srinagar emphasizes on promoting responsible behaviour among citizens and efficient road safety measures to curb rising trend of road accidents

SRINAGAR, FEB 13: As a part of ongoing Road Safety Month-2024, a mega awareness programme was held today here at Amar Singh College to enhance road safety awareness among masses with a resolute commitment to control accident-related mortality in Srinagar District.

The programme was jointly organized by Amar Singh College in collaboration with City Traffic and National Highways Infrastructure Development Corporation (NHIDC).

The Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat, who is also the Chairman Regional Transport Authority (RTA) Srinagar was the Chief Guest on the occasion.

While, SSP Traffic, Muzafar

Ahmad Shah, Principal A.S College, Prof. Sheikh Aijaz Bashir, SP Traffic, Tariq Ahmad, Director, NHIDC, G. M Dar, faculty members and large number of Students of the College were present in the awareness programme.

Addressing the awareness programme, the Deputy Commissioner said that road safety is among the top priorities of the Administration and concerted efforts are being taken to ensure efficient traffic management system for smooth and safe flow of traffic in Srinagar City.

While speaking about the alarming surge in road accidents with rising fatalities, the DC called upon one and all to play key role in road safety awareness by sensitizing people,



ple, particularly youth about road safety ethics and strictly adhering to the traffic rules to

save precious lives.

The DC said objective of National Road Safety Month is to carry forward the message of inculcating responsible road behaviour among citizens so that Srinagar District become a model for other Districts in traffic management with a resolute commitment towards achieving less accident-related mortality in Srinagar District.

SSP Traffic Srinagar, RTO, Kashmir, Principal A.S College, SP Traffic also spoke on the occasion and unanimously emphasised the importance of collective efforts to make roads safer for everyone by obeying traffic ethics and rules properly following.

They also underlined the statistics of road accidents and subsequent loss of precious lives. They emphasised the need for a comprehensive approach to tackle this vital concern by working together to change this narrative.

The ongoing Road Safety Month-2024, begins from January 15 to February 14, 2024 and month-long campaign would feature various activities, including awareness drives, workshops, and educational programmes aimed educating vehicle owners, bike riders, drivers and pedestrians about the importance of adhering to traffic rules and adopting safe practices.

Later, during the programme, the Deputy Commissioner felicitated the volunteers propagating road safety measures.

To Curtail Power Purchases, JK Admin Mandates Solar Panels in All Government Buildings

JAMMU, FEB 13: In a move to tackle the persistent power shortage in government buildings, the Jammu and Kashmir government has decided to make it mandatory for all its departments to install solar power panels.

This initiative as per the government sources has been taken to address the mounting expenditure on power dues incurred by various government departments.

The directive comes following a detailed communication issued by the Director of Planning in the Public Works Department to all government offices across the Union Territory. The communication outlines specific requirements, urging departments to provide essential details to facilitate the smooth implementation of the solar power initiative.

As per the news agency—Kashmir News Observer (KNO), Government offices are required to furnish information regarding the amount of available space without any shading, specify whether the office operates in a rented or government-owned building, and detail the monthly expenses incurred on power bills. This comprehensive data will aid in customizing solar solutions that align with the unique requirements of each department.

A source within the government told KNO, speaking on the condition of anonymity, emphasized the urgency of such a measure. "The decision to make solar panels mandatory in government buildings is a proactive step towards reducing the burgeoning expenses on power bills. Many government offices, both in rented and owned buildings, consume a substantial amount of electricity. By harnessing solar power, not only will we contribute to a cleaner environment, but we will also significantly alleviate the financial burden on the state exchequer." The move is particularly timely considering the increasing demand for electricity and the associated costs incurred by government departments. Solar panels not only offer a sustainable and eco-friendly alternative but also provide a long-term solution to the perennial issue of power paucity.

A government official involved in the decision-making process commented, "The decision to mandate solar panels in government buildings is a visionary move by the administration. By tapping into solar energy, we are not only reducing our carbon footprint but also fostering fiscal responsibility. The cumulative impact of this initiative will be felt not only in terms of cost savings but also in promoting cleaner and greener practices within government infrastructure." "It is expected that this directive will pave the way for a substantial reduction in electricity bills for government offices, resulting in considerable savings for the state. The holistic approach to gather specific information from each department reflects the government's commitment to tailoring sustainable energy solutions to the unique needs of different government offices," says a senior government official.

As the Union Territory gears up to embrace solar energy on a larger scale, this initiative marks a significant stride towards a more energy-efficient and environmentally conscious government. With the potential to set an example for other regions, Jammu and Kashmir's move towards solar power integration is a noteworthy step in the quest for a sustainable and cost-effective future.

Commissioner SMC conducts surprise visit to all Wings/ Sections of Central Office Karan Nagar

Monitors attendance; directs to adopt Smart Work Culture

SRINAGAR, FEB 13: In a proactive move to enhance productivity and efficiency, the Commissioner Srinagar Municipal Corporation (SMC), Dr. Owais Ahmed Tuesday conducted a surprise visit to all wings and sections of the central office, here.

The purpose of the visit was to monitor attendance, interaction with office staff, and address their grievances.

During the visit, the Commis-

sioner personally engaged with the employees, listening to their concerns and providing patient attention to their grievances. This initiative aimed to promote a supportive work environment and boost morale among the staff of the Corporation.

Furthermore, the Commissioner directed the Works Wing of SMC to initiate the process of transformation of all offices into smart offices. This strategic decision is intended to cultivate



a smart work culture that aligns with modern practices and facilitates improved productivity.

By implementing the smart office concept, SMC aims to streamline workflow, enhance communication, and optimize resources. This transition will serve as a catalyst for positive change and innovation within the organization to encourage a dynamic and progressive work environment.

Ladakh administration sets-up panel for implementation of 3 new criminal laws

'Committee to formulate roadmap, periodically review progress for their implementation'

SRINAGAR, FEB 13: The administration of Ladakh has constituted a high-level committee for implementation of three criminal laws passed by the Parliament.

The Union Territory's administration has constituted a 10-member steering committee headed by administrative secretary, Home department for effective implementation of Bharatiya Nyaya (Second) Sanhita, 2023, Bharatiya Nagarik Suraksha (Second) Sanhita, 2023 and Bharatiya Sakshya (Second) Bill, 2023 passed by the Parliament in the winter session.

As per news agency—Kashmir News Observer (KNO), the committee also comprising additional director general (head) of police Ladakh, administrative secretary, Law & Justice Department, administrative secretary, General Administration Department has been mandated to look into the effective implementation



of three criminal laws.

It has been mandated to formulate a time-bound roadmap for successful implementation of these laws and periodically review the progress made towards the implementation of these laws in the UT.

These three criminal laws are

essentially aimed at revamping the colonial-era criminal laws, with a focus on enhancing penalties for crimes such as terrorism, lynching, and offences jeopardising national security. These laws replaced Indian Penal Code, Code of Criminal Procedure and the Indian Evidence Act.

Jaundice outbreak in Shopian: Screening process intensified; cases reach 15

SRINAGAR, FEB 13: Authorities in south Kashmir's Shopian district are intensifying screening efforts after the detection of approximately 15 jaundice cases in recent weeks. Block Medical Officer (BMO) Shopian, Mohammad Yousuf, informed the news agency—Kashmir News Observer (KNO) that Pahnoo and surrounding areas have reported around 10-15 cases of jaundice. Among these, six cases were identified in Pahnoo itself, with 1-2 cases reported in neighbouring villages. He said health teams are actively engaged in on-ground screening activities to assess the situation and provide necessary assistance.

Yousuf urged the public not to panic and advised them to consume boiled water and maintain proper hygiene.

Officials said contaminated water was the primary cause of the jaundice outbreak. They confirmed the presence of Coliform bacteria in water samples.

"Although Coliform bacteria alone do not cause illness, their presence indicates potential contamination with disease-causing pathogens," they said.

Local residents have expressed concerns, saying the jaundice outbreak happened due to contaminated water. They have appealed to authorities to address the issue urgently and ensure safe drinking water in the area. Jal Shakti officials said the water supplied to Pahnoo and its surroundings undergoes proper treatment, including chlorination. They added that a filtration plant for the area is nearing completion.

Unscheduled power cuts irritate metered Zafran Colony, Sgr residents

'Don't know why dept resorts to long unscheduled cuts in morning hours despite digital meters, cables in the area'

SRINAGAR, FEB 13: The residents of Zafran Colony, Pantha Chowk Srinagar expressed their strong resentment over the unscheduled power cuts especially during morning scheduled hours and urged the Chief Engineer Kashmir and other concerned officials to look into the matter.

Dozens of residents of Zafran Colony areas that include Friends Lane, 1, 2, and 3, Bilal Lane, Iqbal Sector A and B, told news agency—Kashmir News Observer (KNO) that the

area is fully metered and cabling has been completed as well. "Digital meters, new transformers and cables have been installed last year. We are paying out monthly power bills as per the meter readings. But unfortunately, the power department doesn't follow the proper schedule especially in the morning hours," said Showkat Ahmed, a resident.

He said that the Chief Engineer Kashmir, who has assured no unscheduled cuts in the areas that are fully metered

should look into the matter on priority basis as the inhabitants are facing immense issues due to the pesky power cuts in morning hours.

Asifa Bashir, a resident said that she has been observing that the power department resorts to unscheduled cuts in the morning hours. "Power remained off from till 8:45 am while it was supposed to come at 8 am and again power was snapped at 10:45 am as it was supposed to go off at 12 noon," she said, adding that "our

monthly bill is more than Rs 1500 as per the meter reading and still the department is resorting to unscheduled cuts."

Other residents also expressed anger against the power department. "Earlier there was an excuse that hooking takes place. Now that the entire area has been covered under cabling and new transformers have been installed and started as well. There is no room for hooking or any other way of stealing the power and yet the department resorts to unsched-

uled cuts," said Lateef Ahmed Mir, a resident.

Majority of residents of Zafran Colony sought immediate intervention of Kashmir Chief Engineer, Assistant Executive Engineer (AEE) Pantha Chowk to check why there are unscheduled power cuts in the colony especially during morning hours. "If department fails to check the issue, we will approach the Lieutenant Governor Manoj Sinha over the issue," a group of elderly residents said.

NHM Mission Director launches 8th edition of 108 free ambulance service magazine

■ HT News Network

JAMMU, FEBRUARY 13: Mission Director, National Health Mission (NHM), J&K, Nazim Zai Khan, today launched the 8th edition of 108 Jammu and Kashmir emergency medical services magazine.

Addressing the launch event, the Mission Director highlighted the significant contributions made by the 108 ambulance services in transporting patients to hospitals during emergencies. He mentioned that more than 2,77,024 patients have availed this service, so far. The 108 ambulances also played a crucial role during the COVID-19 pandemic, serving 12,110 COVID patients, he added. The Mission Director urged upon the people to avail the free 108 ambulance service, which is fully equipped with life-saving support system and ensures better medical care and safety for patients. He encouraged people to call the toll-free number 108 in case of any medical emergency, rather



than transporting the patient in a private vehicle. Regarding the magazine, the Mission Director stated that its launch will generate awareness about the 108 ambulance service among the public. Out of the 203 ambulances, 139 vehicles are equipped with advanced life support including ventilators, defibrillators, suction machines, nebulizers, syringe pumps and oxygen support systems, along with fully trained Emergency

Medical Technicians for optimal patient care. Notably, 1015 deliveries have been conducted successfully by 108 Emergency Medical Technicians at the scene or inside the ambulance.

During the Shri Amarnathji Yatra, the 108 ambulance service provided assistance to over 1025 Amarnath pilgrims. Also, 17 4x4 vehicles have been deployed in snowbound areas of Jammu & Kashmir to rescue patients during heavy snowfall.

Public darbar held at Arnia Routine pursuit by officers, sustained communication vital for efficient governance: Rehana Batul

■ HT News Network

JAMMU, FEBRUARY 13: Secretary Information, Rehana Batul, chaired a public darbar at Panchayat Marhol in block Arnia today.

The event, which saw participation from both public representatives and locals, recorded several issues and concerns primarily focused on challenges faced by the people in the block, particularly in border areas, where uncertainties and cross-border shelling pose innumerable threats and hardships for the inhabitants.

Addressing the gathering, Rehana Batul reiterated the importance of fostering communication between the public and government functionaries



for efficient governance and effective implementation of welfare and development programmes. She emphasized regular social audits of MGNREGA and other rural development works while assessing the status of various works being executed under the sector. She assured that social welfare pension

issues would be addressed in consultation with the Social Welfare Department. The Administrative Secretary educated the masses about the Back to Village programme, emphasising the significance of sustained communication for overall benefit of the public and effective public service delivery. She also addressed

some of the power related concerns raised by the public, on the spot. She instructed the concerned Power Development Department official to look into the power meter related issues so that the public do not face any inconvenience on this account. She urged upon the public representatives to play their role in raising awareness among the people regarding the need and importance of judicious use of power.

She conducted a comprehensive review of ground achievements of Jal Shakti Department, emphasising maximum coverage under the Har Ghar Nal Se Jal mission. She also stressed the importance of water testing to ensure the people get safe drinking water supply.

SMVDU, JKSTIC Udhampur organises One-Day Awareness Program on Clean & Green Energy Technologies

■ HT News Network

UDHAMPUR, FEBRUARY 13: School of Energy Management, Shri Mata Vaishno Devi University Katra, organised one-day awareness program focused on clean and green energy technologies in collaboration with Department of Science & Technology, JKSTIC, Udhampur.

The primary objective of this initiative is to educate individuals and communities about the latest advancements and innovations in clean energy technologies, with a specific emphasis on their role in mitigating climate change and promoting a more sustainable future.

Prof. Pragati Kumar, Vice Chancellor SMVDU, in his key address, highlighted the steps taken by SMVDU in organizing high quality awareness programmes, workshops and conferences. He stressed that such events help in broadening the knowledge base of the participants.

Prof. Pragati Kumar highlighted various aspects of Clean and Green Energy Technologies. He said that this awareness program will make all of us understand the need for clean energy, sustainable development and spread awareness and knowledge among the participants and society.

Shruti Khanna District Coordinator JKSTIC highlighted the major initiatives and activities undertaken by DST, J&K. She asserted that the event's objective is to encourage the young minds across and hoped they would be role models with a particular emphasis on promoting Green Energy for Sustainable Development. Dr. Ankit Tyagi, Assistant Professor, Department of Chemical Engineering, IIT, Jammu laid emphasis on super capacitors for electric vehicles. He stressed on the new advancements in materials for reliability of electric vehicles.

Aijaz Asad reviews construction of Helipads in Gurez, Kishtwar, hilly districts

■ HT News Network

JAMMU, FEBRUARY 13:- Secretary, Civil Aviation Department (CAD), Mohammad Aijaz Asad, today chaired a meeting of senior officers here at Civil Secretariat Jammu to review ongoing development works of the department besides assessing progress achieved, so far, pertaining to construction of six helipads in various locations of Gurez area of Bandipora district. The meeting had detailed review of other issues including status of Kishtwar Airstrip under RCS-UDAN, upgradation of Katra (Panchi Helipad) PTB under RCS-UDAN and sea-plane operations under RCS-UDAN Manasbal Lake. While reviewing the current status of Kishtwar Airstrip and helipad, the Secretary directed the district admin-



istration to submit the documents about action taken and further course of action at the earliest. The concerned authorities gave details about various aspects of the said project and assured full co-operation in this regard. The Secretary also reviewed and discussed the proposal from Ministry of Civil Aviation under RCS-UDAN for upgradation and development of heliport at Panchi Katra.

Joint Chief Executive Officer, Shri Mata Vaishno Devi

Shrine Board, informed that requisite land free from all encumbrances for upgradation of Panchi Helipad shall be provided at the earliest.

The Secretary also reviewed the present status of Sea-plane Operations at Manasbal Lake, a new mode of transportation under flagship scheme of UDAN.

He gave directions to Chief Executive Officer, Manasbal Lake Development Authority and VC, LCMA to take up the pending issues, in this regard,

with Irrigation and Flood Control Department, Srinagar. He stressed upon them to remove all bottlenecks so that the work could be completed in a stipulated time frame.

Deputy Commissioner, Bandipora, ADC Kishtwar, Director Finance CAD, Additional Secretary CAD, CEO Manasbal Lake Authority and other concerned officers from Civil Aviation Department attended the meeting online and in person.

MVD boosts Road Safety awareness in Doda, Marmat Promotes awareness on various initiatives

■ HT News Network

DODA FEBRUARY 13: The Motor Vehicles Department (MVD) in Doda, led by ARTO Rajesh Gupta, organized an awareness program on various road safety initiatives, including the Good Samaritan Scheme, Road Accident Victim Funds, Hit-and-Run cases, and SO-653 (All J&K route permit) at Doda.

Officials from MVD Doda enlightened the public about the Good Samaritan Scheme, emphasizing the importance of aiding road accident victims without fear of legal consequences. They also discussed the vital role of Road Accident Victim Funds in providing financial support to those affected.

In line with National Road Safety Month, another awareness camp was conducted in Marmat under the supervision of Inspector MVD Doda Robin Parihar, highlighting the significance of community participation in promoting road safety. Participants were educated about Hit-and-Run cases and the legal ramifications of such incidents.

The program highlighted SO-653, a key regulation aimed at enhancing road safety and traffic management. Participants were urged to proactively assist accident victims and adhere to relevant laws, contributing to a safer road environment for all. In line with National Road Safety Month, another awareness camp was conducted in Marmat under the supervision of Inspector MVD Doda Robin Parihar, highlighting the significance of community participation in promoting road safety. Participants were educated about Hit-and-Run cases and the legal ramifications of such incidents.

DLIC approves 97 cases in Bandipora

■ HT News Network

BANDIPORA, FEBRUARY 13: The Deputy Commissioner (DC) Bandipora, Shakeel Ul Rehman, who is also Chairperson District Level Implementation Committee (DLIC) today chaired weekly DLIC meeting to review the progress of the Holistic Agriculture Development Program (HADP) in the district. 97 Cases of the agriculture department were put forward for consideration, and the committee approved all the 97 cases after threadbare discussions. On the occasion, the DC reviewed the status of progress made under HADP since its launch and took stock of various aspects of HADP including seed distribution, Soil Health testing, Irrigation Infrastructure, farm mechanisation and farmer training programmes.

The DC also reviewed the status regarding achievements of targets and other key initiatives taken under HADP. Shakeel Ul Rehman assured all possible support from the district administration to facilitate the success of HADP. The meeting was attended by Chief Planning Officer Mohammad Maqbool, Chief Agriculture Officer Javid Ahmad Samoon, Chief Horticulture Officer Farooq Ahmad and representatives from other agriculture allied and concerned departments.

Secretary Planning reviews implementation of BADP; Emphasises collaborative efforts to achieve set targets

■ HT News Network

JAMMU, FEBRUARY 13: Secretary Planning Development, and Monitoring Department, Aijaz Asad, today chaired a review meeting regarding functioning of Border Area Development Programme. District Development Commissioners and Chief Planning Officers of BADP districts of UT of J&K including Director General (PMCE) and Deputy Director (BADP), among other officials from PD&MD were present in the meeting. The Secretary reviewed the physical and financial progress achieved under the ambitious programme in the districts. He had exhaustive interaction with each District Development Commissioner regarding the implementation status of the initiative in their respective districts.

UTRC meeting held at District Court Complex Kupwara

■ HT News Network

KUPWARA, FEBRUARY 13: In accordance with the guidelines of NALSA and under the directions of JK Legal Services Authority, Under Trial Review Committee (UTRC) meeting was today held at District Court Complex, Kupwara.

Chairperson, District Legal Services Authority (DLSA) Kupwara, Shazia Tabasum, who is also Pr. Distt. & Sessions Judge Kupwara presided over the meeting, which was also attended by ADC Kupwara, ASP Kupwara, In-charge



CMO Kupwara, SP Jail Kupwara, SP Jail Baramulla, and Public Prosecutor Kupwara & Legal Aid Defense Counsels Kupwara.

The meeting was aimed for identification and review of prisoners lodged in District Jail Kupwara, who are eligible to be con-

sidered for release under the SOPs issued by NALSA.

During the meeting, medical facilities provided to the jail inmates, condition of sick jail inmates, women offenders and other facilities provided to jail inmates was discussed.

Transformative Training Programme in Bamboo Furniture Making launched at CFC Sallan, Kathua

■ HT News Network

JAMMU, FEBRUARY 13: Under the guidance of Vikramjit Singh, Commissioner Secretary Industries & Commerce Department, Suraj Parkash Rukwal, Director Handicrafts and Handloom Jammu, spearheaded a transformative 1-month training programme in Bamboo furniture making at the Common Facility Centre (CFC) in Sallan, Kathua.

This initiative has been sponsored by the Directorate of Handloom and Handicrafts Jammu and organised by North East Cane

Bamboo Development Council, Assam (NECBDC) with an objective to empower 25 artisans from Kathua district with essential skills in Bamboo craftsmanship.

The event also included an insightful inspection of the Common Facility Centre, poised to emerge as a Centre of Excellence in Bamboo Craft in near future.

In addition to the inspection, the delegation also visited the sale outlet of Handloom and handicrafts in Hiranagar, Kathua, underlining the importance of promoting and showcasing locally made products.

Elements opposing success of e-bus operations to be dealt with: RTO Kashmir

■ HT News Network

Srinagar, Feb 13 (KNO): Regional Transport Officer (RTO) Kashmir on Tuesday stated that some elements do not want the operations of e-buses a success, and that they will be dealt with accordingly.

"There are some elements who do not want the e-bus operations to be a success. But they will be dealt with accordingly," he said.

Speaking to the media on the sidelines of road safety event here at Amar Singh College in Srinagar, RTO Kashmir Syed Shahnawaz Bukhari, as per the news agency—Kashmir News Observer (KNO), while quoting SSP Traffic City, said that around 41ac vehicles were present in the City, of which 50% of vehicle population was of two wheelers.

He said that transport mobility in Srinagar is in transi-



tional phase and that it was important to promote public

transport amidst the growing number of vehicles in the City.

"The total road length of Srinagar city is 850 KM and that is going to remain the same, however, the number of vehicles is increasing. In view of that it is important to promote public transport," he said.

RTO Kashmir said that after the government took certain initiatives like introduction of e-buses and e-rickshaws, the feedback his department is receiving is positive as people have expressed great relief in commuting.

Speaking about the pendency of driving licenses, RTO Kashmir said that around 1,78,000 pending licenses in J&K most of the backlog has been printed.

"After next 20 days, it should be a very normal affair like it used to be earlier, once printing is done, after 4-5 days, licenses will be delivered at home," RTO Kashmir stated—(KNO)

EDITORIAL

Electrocution Epidemic - Lives of Power Workers

The recent tragedy in North Kashmir's Baramulla, where a 52-year-old government employee lost his life to an electric shock while repairing a power cable in Kunzar, is a stark reminder of the perilous conditions faced by power workers in Kashmir. These incidents shed light on the rising cases of electrocution in the region, particularly among those working tirelessly to maintain the power infrastructure.

The power sector in Kashmir, amidst its strategic and political complexities, is grappling with aging infrastructure and hazardous working conditions. The incident in Kunzar underscores the urgent need for enhanced safety measures and comprehensive training for power workers, especially those in the field like kisiye class linemen.

Precautionary measures must be prioritized to prevent such tragic occurrences. First and foremost, regular maintenance checks and upgrades of the power infrastructure are imperative to identify and rectify potential hazards before they turn fatal. Additionally, proper insulation of equipment, adherence to safety protocols, and the provision of personal protective gear are fundamental to safeguarding the lives of power workers.

Furthermore, comprehensive training programs should be instituted to educate power workers on recognizing and mitigating risks associated with their duties. Empowering them with the necessary knowledge and skills will not only enhance their safety but also contribute to the overall efficiency and reliability of the power network.

The loss of lives due to electrocution not only devastates families and communities but also disrupts essential services vital for the region's development and well-being.

As Kashmir strives for progress and stability, ensuring the safety of its power workers must be a top priority. It is incumbent upon authorities and stakeholders to take proactive measures to prevent such tragedies and create a safer working environment for those who power the nation's infrastructure.

■ [Shariq Bashir](#)

Think of kind hearts as superheroes in our world. They're like the sun on a rainy day, bringing warmth and light wherever they go. In Islam, being kind is super important because it's all about showing love and care to others, just like Allah shows love and care for us.

Islam teaches us that being kind isn't just a nice thing to do – it's a big part of being a good person. Prophet Muhammad (peace be upon him) said that the people most loved by Allah are the ones who help others the most. So, when we're kind to others, we're not only making them happy but also pleasing Allah.

Kind hearts aren't just nice to people

they know; they're kind to everyone – friends, family, neighbors, even strangers. They treat everyone with respect and try to help them whenever they can. This is because Islam teaches us to be good to everyone, no matter who they are.

But being kind isn't just about people. It's also about taking care of animals and the environment. Prophet Muhammad (peace be upon him) told us that being kind to animals is like being kind to ourselves. So, when we show kindness to animals and take care of the earth, we're following the teachings of Islam.

In a world where people often argue and fight, kind hearts stand out like bright stars. They bring people together and help them understand each

other better. Their actions show that even small acts of kindness can make a big difference in the world. Kindness is like a magic spell that spreads happiness wherever it goes. When someone is kind to us, it makes us feel happy and loved. And when we're kind to others, it makes them feel the same way. It's like a circle of happiness that keeps growing and growing.

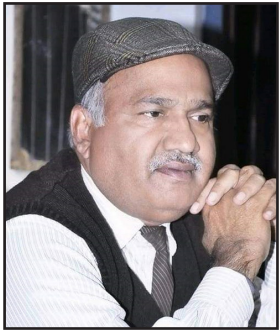
As Muslims, we believe that showing kindness is one of the best ways to live our faith. By being kind to others, we're following the example of Prophet Muhammad (peace be upon him) and making the world a better place. So, let's be like those superheroes with kind hearts, spreading love and happiness wherever we go.

Moreover, kind hearts are like magnets, attracting goodness and blessings towards themselves and others. In Islam, we believe that when we show kindness to others, Allah rewards us in ways we may not even realize. It's like a beautiful cycle of giving and receiving blessings.

So, let's make a commitment to nurture our kind hearts and spread love and compassion wherever we go. By doing so, we not only fulfill our duty as Muslims but also contribute to building a world filled with peace, harmony, and happiness.

Writer is pursuing M.com and can be reached at shariqbashir302@gmail.com

ESSENTIAL FOR REGIONAL SCIENCE ACADEMIES TO ACTIVELY PROMOTE SCIENCE THROUGH REGIONAL MEDIA



■ [Vijay GarG](#)

Science education in the country is at a crossroads, because of the declining trend among the new generation to pursue a career in Science. Across the country, many brilliant students move towards professional courses that fetch them a good placement soon after their studies. No one will wait 5 or 10 years to get a good placement. Even our policymakers neglect basic science education, forgetting the fact that it's the backbone for building a strong Viksit Bharat. The trend of student exodus to foreign countries is increasing. The public's initial encounter with scientific advancements often occurs through newspapers, television programs, and various other media outlets. The reduction in space or airtime allocated to Science can be viewed as a direct challenge to the field. Many media organisations prioritise commercial considerations when

making decisions about content allocation. They may contribute to a lack of public awareness and understanding of scientific concepts, potentially hindering progress in scientific literacy and societal engagement with Science.

This lack of awareness leads to parental pressure on students to move away from science courses. It is where our regional science academies in the country can play a lead role in building a robust scientific force for the future. We have three national science academies in India - the Indian National Science Academy, the Indian Academy of Sciences, and the National Academy of Sciences, India. Even though our National Science Academies are doing their service to promote Science, it doesn't reach every nook and corner of the country. Here, regional science academies come into the picture.

Regional science academies can play a crucial role in fostering scientific advancement, education, and collaboration within specific geographic regions. These academies are well-positioned to address and prioritize issues that are specific to a particular region. They can focus on problems related to geography, climate, biodiversity, and other factors that may vary from one region to another. By bringing together scientists and researchers from a specific region, science academies help build a strong and collaborative scientific community. This facilitates the exchange of ideas, expertise, and resources, fostering a culture of innovation and cooperation.

It is essential for regional science academies

to actively promote Science through regional language media channels, maintain regular interactions with journalists, and offer science updates in accessible format. Apart from science popularisation activities, many regional academies conduct studies on various topics that could affect the enhancement of Science in society, for example, student exodus to foreign countries, public perception of science and scientific research, etc. Regional academies can offer insights into the unique challenges faced by their communities and contribute to developing informed policies that address regional needs.

Regional science academies can promote diversity and inclusion in Science by supporting under-represented groups within the region. This contributes to a more inclusive and equitable scientific community. Regional science academies' contributions to nation-building and developing scientific temper are well documented in history. In our journey towards a Viksit Bharat, we should take various regional science academies and the National Science Academies' by affiliating them to the National body. When both academies work with a common goal, it can foster significant advancements in Indian Science. By aligning their efforts and resources, these academies can synergise their strengths, expertise, and networks to tackle scientific challenges more effectively.

Vijay GarG Retired Principal Educational columnist malout

Horticulture Economic Self Reliance Of J&K



■ [By Mool Raj](#)

The turbulent political situation in Jammu and Kashmir for about the past three decades has marred its economic development. From being a self-sufficient state in its economic needs once, J&K has now reached a situation where it always has to be dependent on the central funds.

More than 50% of its expenditures are met from the aid and grants provided by New Delhi. Besides, J&K each year raises hundreds of crores in the form of debt. It is becoming extremely difficult for the government to pay back the interest on this debt, not to talk of the debt itself.

The political situation created vested interests and inefficient governments always had something to blame to keep away from prioritising the economic and other developmental needs of the people. An economically weak J&K suited these vested interests, the planning and policies they made never had been for reaping the available resources of the UT. Rather, certain sectors, which are totally dependent and interlinked to external forces, were given priority over the sectors, which have been time tested in J&K and are mostly weathered to external conditions.

J&K in general and Kashmir, in particular, has been an agrarian economy for centuries. And the available natural resources in the state are fertile land, for-



ests and an abundance of water added to temperate climatic conditions, which makes it one of the best-suited places for agriculture, horticulture and other related occupations in the world.

Though the majority of the people here are associated with this profession but the mode of their operations is still primitive with negligible use of technology. Despite that, it is the main contributor to the economy. According to recently issued government figures, yearly export returns from the fruits are about Rs 10,000 crore which is only next to government salaries. Kashmir valley supplies more than 70% of the

total consumption of apples in India. But a Kashmir apple fetches only half of what a Himachal Apple gets. J&K has not enough post-harvest infrastructure available and processing of the fruits is happening at a very limited level.

There is no horticulture policy in the state like we have a policy for tourism. Neither there has been any bigger provision in the state budget for the horticulture industry, except for a few tax concessions and schemes introduced in recent years.

Some of the schemes introduced by the government, like high-density plantations look very promising and the results it has

shown so far are encouraging. Similarly, the government has roped in some outside investments like that of NAFED for developing high-density orchards and creating infrastructure like cold storage. These tie-ups are very important and will provide the much-needed capital for modernising the horticulture sector in UT. But some farmers have shown scepticism saying that these same are being planned in such a way that will benefit the middlemen and businessmen rather than the farmers.

The UT administration must make sure that all the schemes are formulated in a way that their first priority must be to

benefit the poor farmers instead of creating a class of middlemen.

No doubt the horticulture industry needs modern post-harvest technology, processing infrastructure and new marketing strategies. This is only possible if UT makes the sector a priority and there is a long-term policy for it, which particularly revolves around the farmers. Modernising horticulture is the only way to bring economic self-reliance to Jammu and Kashmir.

The author is a columnist and freelance writer

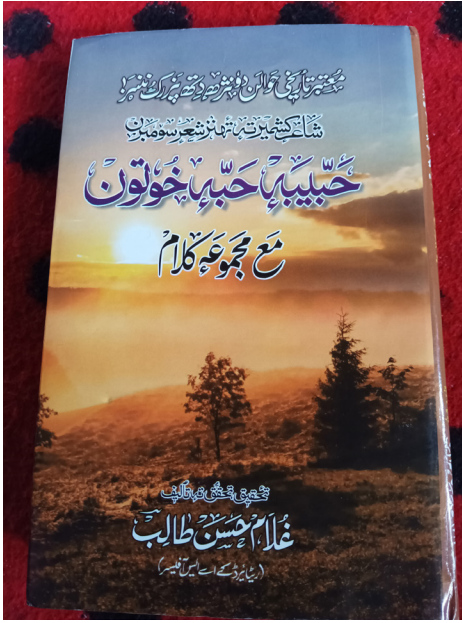
Book review of "Habiba Habba Khatoon" by Gh Hassan Talib



■ Rayees Ahmad Kumar

Gh Hassan Talib hailing from the Newa village of Pulwama district nestled amidst the picturesque and fruit producing landscape, is amongst the few noted litterateurs who's literary journey spans over many decades. Initially working as an educator, Mr Talib went on to embrace the esteemed Civil Services job by qualifying the prestigious state level Civil Services Exam where from he retired in 2002. He has authored a couple of books and presently the one which I am reviewing is "Habiba Habba Khatoon" published by Deenu Duniya Kitab Ghar, Newa Pulwama. It is spread over 240 pages having a superbly designed cover and superior quality paper has been used in it's compilation. Mr Talib has dedicated this masterpiece to his younger sister who met her Lord too early in her young age. In it's opening chapter titled 'Kashiri Hindi Tawarikhuk Mukhtasar Jayizah' (5-22), Mr Talib says - A big chunk of Kashmiri Historians regard Kalhana's Rajtarangni as the first historical account compiled by any historian, however in reality many historians have in past even much before Kalhana already written beautiful history books and Kalhana has got benefited from them as well. Author of Nigaristani Kashmir is of the view that it was Pandit Ratnagar who first wrote Kashmir history titled 'Rajtarangni' based on opinions and orally heard people's stories in 9th century AD while Kalhana's Rajtarangni surfaced in 12th century AD. According to Prof Ab Qadir Sarwari former head of Urdu department Jammu Kashmir University, Kalhana's Rajtarangni doesn't mention the period of 35 Kings who have ruled here but Pir Hassan Shah Khoihami has very well mentioned it in his Tarikhi Hassan. Sabir Afaqi in "Tarikh Kashmir Islami Uhad main" says- our centuries of political and historical period is found in many Sanskrit, Persian, Urdu and English language history books and in good number of travelogues but unfortunately authors instead of putting forward the factual reality have adopted a biased approach thus failing to lure future history learners. Another historian Qazi Zahoorul Hassan has also rectified many mistakes of previous historians in his book Nigaristani Kashmir. Mohd Din Fouq writes in Shababi Kashmir - the historical events of Kashmir in Sanskrit and Persian languages are in poetic form and it is quite displeasing to find historians adopting a lackadaisical approach while writing about history. They haven't even mentioned the birth dates of prominent rulers like Budshah and some saintly figures. Shak Bhatt's Rajtarangni depicting the Kashmir history from 1517 to 1596 is also full of errors, Syed Ali's Tarikhi Kashmir though written in Yousuf Shah Chak's period, has completely neglected the ruling period of Chak Dynasty except a brief account about Yousuf Shah Chak and Hassan Bin Ali

Kashmiri has also very briefly written about Yousuf Shah's prostration before Mughal emperor Akbar. In Hyder Malik's Parisian book about Kashmir history, it is revealed that after the killing of Bengal's governor Sher Afgan, Hyder Malik took his wife Mehrun Nisa in his custody who later on became wife of Mughal emperor Jahangir popularly known as Noor Jahan. Hyder Malik was a loyalist of Mughal emperors so he was given power to manage Kashmir Affairs. He has started writing Tarikhi Kashmir in 1618 and completed it in 1621. Abul Fazal's Akbar Nama and Aini Akbari are considered as major historical texts of Mughal period. However Pir Hassan Shah Khoihami's Tarikhi Hassan spread over four volumes is according to Mr Talib a masterpiece mentioning references of Kalhana's Rajtarangni and other texts. In it's 2nd chapter about History of Kashmiri language and literature (23-33), Mr Talib says - From last three years I have studied the literary works of scholars, researchers, poets and critics to get a final conclusion about Kashmir's history of language and literature. However I have found two books worth mentioning one Abdul Ahad Azad's 'Kashmiri Zuban aur Shayiri' and 'Kashir zaban ti adbuk Tawarikhuk' by Naji Munwar and Shafi Shouq. According to legendary author Amin Kamil - it is with regret to say that we haven't yet written about the history of Kashmiri language and literature nor have anyone tried to make an effort. Abdul Ahad Azad's 'Hayati Mehjoor' mentions about 'Sawanih Habba Khatoon' being compiled by Mehjoor who was accompanied by Sheikh Abdullah to Delhi with the only intention of compiling the history of Kashmiri language and literature. Naji Munwar in his book 'Pursaan' is of the view that he since 1952 has been studying the poetry of all poets from Lala Ded to contemporary young poets and have reached to the conclusion that vibrant efforts are need of the hour to write about the history of Kashmiri language and literature. In it's 3rd chapter about Genealogy of Habba Khatoon (33-65), Mr Talib says - Naji Munwar and Shafi Shouq while commenting on some lyrics of poetess have revealed that her name was Habiba, married to Kamal of Srinagar at her her age and soon due to frequent ill-treatment of her mother and sister in-law the bond was broken through a divorce. According to Mr Talib, suggesting name to a new born baby was the responsibility of village Muslim priest and it was popular among both male and female babies to give them the name Habba. In the later stage of their life males were called as Habibullah while females as Habbala Bano or Habbala Begum. In case of royal, aristocratic, Syeds and other upper caste category Muslims whenever a child was born and named as Habba, in her later stages 'Khatoon' was attached to her Habba name. Khatoon means a respectable and honourable lady, so previously in Kashmir the ladies of Nambardar and Syed families would often be called as Khatoon Ded. To evade an attack from Ali Shah Chak, Kishtwar Governor Bahadur Singh gifted his wife to Ali Chak who after marrying her named her Fatah Khatoon. It is to be noted that neither Yousuf Shah Chak nor Hazrat Masood Pampori rectified Habib's name as Habba Khatoon, but reality is that it was a norm then to call Habba as Habba Khatoon or Habiba Begum or Habbala Begum born in a Syed Dynasty. From various authentic historical records and sources it is evident that Habiba aka Habba Khatoon was the daughter of Syed Bahar Shah who was the son of Syed



Ruknudin of Newa Charath who himself was a son of Syed Fakhruddin of Newa Charath of Pulwama district. She was married to Kamaludin of Jamalta Srinagar who happened to be her maternal cousin. Her mother Bibi Badiu-jamal had died during a delivery so she was raised up by Abdi Rather of Chandhar Pampore where she grew up to adulthood. Prof Fida Hasnain in his "The Muslim Kashmir" also makes a strong revelation about Habba Khatoon, whose original name was Habiba belonging to a Syed family and married to Kamaludin of Srinagar her cousin. Recently some strong evidences have shown that Habba Khatoon was born at Newa village of Pulwama, her mother had died while delivering her and Abdi Rather of Chandhar brought her up. Mohd Din Fouq in "Khawateen Kashmir" writes- In villages there weren't schools and no parent would dare to send his daughter for studies, however Abdi Rather sent Habiba to a preacher from whom she learnt Quran, Gulistan, Bostan etc. Since Abdi Rather belonged to a peasant family, it is opined that he was a mureed of Bahar Shah and obeyed his all orders without any hinderance. So he took the responsibility of raising Habiba and when the people there found it difficult to bring Habiba on their tongues they temporarily called her Zooni. In the 4th chapter of the book "The coming of Sufi Saint to Kashmir and Syed Sultan Fakhruddin Newa", Mr Talib says- The Islamic foundation of Kashmir was laid on the day Rinchan Shah sighted a God fearing and pious soul Syed Ab Rehman Bulbul Shah on Jhelum banks and accepted Islam through him. Who renamed him Sultan Saddrudin. Then Jalaluddin Mukhdoom arrives here followed by Mir Syed Ali Hamadani the patron Saint of hundreds of his companions. To spread the noble teachings among masses, two cousins Mir Syed Hussain Simnani and Syed Tajuddin Simnani of Mir Syed Ali Hamadani too have arrived here. From the references of Gulistani Kashmir, Shahi Hamdan Hayat Aur Karname by Prof Shamsuddin Ahmad, Waqaati Kashmir by Khwaja Mohd Azam Ded-mari and Tazkira Awlia by Pir Hassan Shah Khoihami, it is crystal clear that Syed Sultan Fakhruddin and his brother Syed Fareedudin had accompanied Syed Ali Hamadani's nephew Mir Syed Hyder Kubrawi to Kashmir during the reign of Sultan Sikander. The mousoleum of Sultan Syed Fakhruddin is at Newa Charath Pargana while his brother Syed Fareedudin is at Jamalta Srinagar. Historians are of the view

that Syed Qasim was a disciple and cousin of Sultan Syed Fakhruddin who's last resting place is at Nowbugh. When the news about the arrival of Mir Mohammad Hamadani reached Sheikh Noordin Noorani, he yelled 'The spritual mentor and guide of Kashmiris has come. Chapter 5th(87-89) Habba Khatoon's first Nikah- After going through authentic references, There can be no denying in the fact that Habiba or Habba Khatoon after being brought up by Abdi Rather was married in a Syed Family to Syed Kamaludin her meternal cousin. However the nuptial didn't last longer as she was having a poetic taste and singing her own composed poetry. This didn't go well to her in-laws and she was soon divorced. Chapter 6th(90-94) The Historical importance of Kakpora Village - Pargana Charath's Kakpora Village had been historically much important due to it's prime location on the banks of Jhelum. It was a crucial trade centre in view of it's efficient water transport through boats. During Budshah's period Kakpora Village was a hub of educational and musical activities. During Yousuf Shah Chak's period many buildings and rest houses for government guests were constructed at Kakpora. Once there had been a big war and everything turned into rouble and debris. Chapter 7th(95-100) Habba Khatoon's 2nd marriage- In a research article Prof Bashir Bashir reiterates that it is beyond one's understanding that a King like Yousuf Shah Chak would have lured an ordinary singing lady, instead he made her a queen only because of her well-off and affluent family background. Another myth which has been making rounds in our historical landscape, that Habba Khatoon was dredging in Saffron fields of Pampore, when Yousuf Shah Chak sighted her, he lost his emotional control and felt in love with her, called her husband, gave him 50000 Dirham for a divorce and then married her. However in reality her poetic and singing traits weren't welcomed by her in-laws developing strained relations which finally turned into a divorce. According to Mohd Din Fouq in Khawateen Kashmir, her age at the time of marriage was 18 while that of Yousuf Shah Chak was 28. They spent a prosperous life of 14 years together after which Yousuf Shah Chak passed away at 50 while Habba Khatoon lived upto 55. According to Dr Sabir Afaqi and Qazi Zahoorul Hassan, Yousuf Shah Chak couldn't tolerate the separation of his beloved. Chapter 8th(101-140) Kingship and the poetry of couple - Muhibul Hassan says in Kashmir Salatein ke Uhad main, Apart from being a civilized and pure hearted person, Yousuf Shah Chak was a poet, musician and a religious scholar. Mohd Din Fouq writes in Tarikhi Budshahi, among Chak rulers Hussain Chak and Yousuf Shah Chak were prominent poets. Husamudin Rashidi is of the view in his book Tazkira Shourai Kashmir, Before the advent of Islam Sanskrit was the language of valley followed by Parisian. The blended dialect of these languages have given birth to a new language called Kashmiri. He further says, In Parisian much has been written about Kashmir and if we sum up the entire poetries written about Kashmir in Parisian it would be equivalent to Sheikh Saidi's entire poetry. Historian Khalil Marjanpori has penned many stories of Yousuf Shah Chak and Habba Khatoon in Tarikhi Kashmir, in one of these stories he says - once there was some altercation between the couple, Habba didn't talk with Yousuf for some time, as a result he went to visit Tarsar Marsar lakes, he enjoyed the beau-

ty and charm of the region but missed his spouse badly there. Sultan Ali Chak and his son Yousuf Shah Chak were so attached to Baba Hyder Reshi of Anantnag and Sheikh Hamza Mukhdoom that they made regular visits to their shrines barefoot. Sultan Ali Chak began his reign from the premises of Srinagar's grand mosque while addressing a big gathering there. Habba Khatoon's popularity as a prominent poet is seeing no end as the rural women are continuously singing her lyrics during wedding and other functions. She was an expert of music also. Her lyrics mainly reflect the agony and melancholies of women facing distressed environment at their in-laws home because she too was a victim of same. Prof Mashal Sultanpuri writes- After the invasion of valley by Mughals, when Habba Khatoon was left alone, she missed her husband badly as is evident in each of her poetic couplets. It is said that after her husband Yousuf Shah Chak was arrested, she embarrassed meditation by renouncing worldly affairs at Panthachowk. Litterateurs agree that after Lala Ded and Sheikh Noordin Noorani, Habba Khatoon was the most celebrated poetess of valley followed by Arnimal. Chapter 9(141-164) Habba Khatoon's Last resting place - Shayiri Kashmir Mehjoor writes in his dairy, today during a Tonga ride, I went to Sheikh Sahib with Dr Parmo's book Shahmir To Shahjahan, while reaching Athwajan I showed the grave of Habba Khatoon to Sheikh Sahib and others. However when a team of JK cultural academy went to Bihar to erect a tombstone on the grave of Yousuf Shah Chak, it was learnt that Habba Khatoon too is buried there. On 9th of April 1952, when Mehjoor passed away, Moulana Mohd Syed Masoodi's couplet was engraved on the gravestone "Bane Habba Khatoon ke hamsaya Aaj,

Ye marhoom magfoor Mehjoor hai. Wahab Lone a poet from Pahalgam also certifies that Habba Khatoon's grave is at Athwajan and she was heartily attached to Pandrethan and Panthachowk. Prof Gh Rasool Malik in his book Habba Khatoon- collected poems, writes that after the exile of Yousuf Shah Chak, Habba Khatoon remained as a sanyasi till her death when she was buried at Athwajan. GMD Sofi in his book Some Women of Kashmir, writes- when Yousuf Shah Chak was made to leave Kashmir by Akbar, Habba Khatoon forsook the world and became a hermitess till her death and is believed to be buried at Panthachowk. It is believed that in 1664, Aurangzeb after a boat ride has offered Zahar prayer in the mosque built by Habba Khatoon and ordered it's repairment after noticing it in dilapidated condition. Mohd Din Fouq is of firm belief that Habba Khatoon has spent her last days at Panthachowk and is buried there in Mazari Shoura. Various research article and poetic couplets of Habba Khatoon reveal that she is buried in Athwajan's Mazari Shoura alongside Mehjoor. While concluding my brief commentary of the book, I am of the opinion that readers after going through it would rediscover Habba Khatoon. It is a highly researched piece. Her birthplace at Newa, her upbringing by Abdi Rather of Chanhaar after she lost her mother while delivering a baby girl, her first marriage with Syed Kamal of Srinagar then her divorce due to unfair treatment at her in-laws home and then her second marriage with Yousuf Shah Chak, their separation and their death are some of the striking elements of the book.

Writer is a columnist hailing from Qazigund Kashmir

The Proven Path to Doing Unique and Meaningful Work



■ Jaswinder Pal Sharma

In a world saturated with information and ideas, finding the path to doing unique and meaningful work can be a challenging journey. Yet, it is a pursuit worth embarking on, as it leads to a more fulfilling and purposeful professional life. The proven path to achieving this involves a combination of self-discovery, continuous learning, and a willingness to embrace creativity. The first step on this path is self-discovery. Understanding your strengths, passions, and values is crucial in determining the kind of work that aligns with your authentic self. Take the time to reflect on your skills and interests. What activities make you lose track of time? What challenges do you find invigorating rather than overwhelming? By delving into these questions, you can uncover the unique qualities that set you apart



and form the foundation for meaningful work.

Once armed with self-awareness, the next stride involves continuous learning. The world is constantly evolving, and staying relevant requires a commitment to ongoing education. Embrace a growth mindset that sees challenges as opportunities to learn and develop. Seek out new skills, explore different perspectives, and stay curious. Whether through formal education, online courses, or experiential learning, the pursuit of knowledge keeps your work fresh, dynamic, and distinctive.

Creativity is an indispensable companion on the path to doing unique and meaningful work. It involves thinking beyond conventional boundaries and bring-

ing innovative solutions to the table. Creativity thrives in environments that encourage experimentation and value diverse perspectives. Embrace failure as a part of the creative process, and let it guide you toward refinement and improvement. It is through creativity that your work can truly stand out and make a meaningful impact.

Networking plays a pivotal role in this journey. Connect with like-minded individuals, mentors, and professionals in your field. Learn from their experiences, seek guidance, and share your own insights. Collaboration not only enriches your understanding but also opens doors to new opportunities and per-

spectives. Building a supportive network fosters an environment where unique and meaningful work can flourish.

Embracing risk is another key element of the proven path. Meaningful work often requires stepping outside of your comfort zone and taking calculated risks. Be open to exploring new projects, roles, or industries that align with your values and aspirations. By challenging yourself, you create opportunities for growth and discovery, pushing the boundaries of what you thought was possible.

The final component of the proven path is a commitment to purpose. Understand the impact you want to make and the legacy you wish to leave. Meaningful work is not just about personal satisfaction; it also involves contributing positively to the world. Align your professional pursuits with a sense of purpose, and let it be the guiding force behind your decisions and actions.

In conclusion, the proven path to doing unique and meaningful work involves self-discovery, continuous learning, embracing creativity, building a supportive network, taking risks, and committing to a sense of purpose. It is a journey that requires dedication and perseverance, but the rewards are immeasurable – a career that not only stands out but also brings deep satisfaction and meaning.

The author is a SS Master, GSSS Hakuwala, Sri Muktsar Sahib Punjab

"Should Have No Doubts": Nitish Kumar Says NDA Will Win All Lok Sabha Seats In Bihar

■ HT News Network

Patna: Bihar Chief Minister Nitish Kumar on Tuesday asserted the BJP-led NDA, to which he returned a few weeks ago, will win all 40 seats of the state in the upcoming Lok Sabha elections.

The JD(U) president made the ebullient claim on the floor of the assembly, while replying to the motion of thanks on the Governor's address.

He reiterated that flip-flops of the past notwithstanding, he will now be with old allies "for ever".

Recalling NDA's performance in the last parliamentary polls, when it won all but one of the state's 40 seats, Mr Kumar said, "It was the period of corona pandemic. We could not figure out what was taking place. But now there is nothing to worry".

The chief minister, who spoke for nearly 40 minutes, sneered at the RJD-led opposition for having staged a walkout "instead of staying back and taking part in the debate".

Virtually disowning his earlier stand that the JD(U)'s tally had crashed in the 2020 assembly polls



as a result of "conspiracy" by then LJP president Chirag Paswan who fielded many BJP rebels against his party, Mr Kumar said, "It was the period of corona pandemic. We could not figure out what was taking place. But now there is nothing to worry".

The chief minister, who spoke for nearly 40 minutes, sneered at the RJD-led opposition for having staged a walkout "instead of staying back and taking part in the debate".

"What would have they said? That the Governor had lied in prais-

ing the government? I provided them an opportunity to serve in the government on two occasions, which they squandered," Mr Kumar said.

Referring to complaints of horse-trading ahead of the trust vote his government won on Monday, the JD(U) boss said, "I am going to take to task all those who were going adrift. They need to know that they could not have gone to the other side without giving up their membership in the assembly. They would have never won their seats had they

not been given party tickets".

However, Mr Kumar claimed the three RJD MLAs who have crossed over were "people who win on their own steam and whose presence by our side will lend strength to us". Lashing out at the RJD, Mr Kumar alleged that under its rule "there was no law and order and people did not venture out after sunset. Unlike today when even women roam around late in the night without fear".

The JD(U) supremo also called into question the RJD's social justice plank, claiming that the rival party "had been putting pressure on me to scrap the separate sub-category of extremely backward classes and bring all castes under the OBC umbrella".

Mr Kumar's vitriol against the former ally continued when he later took part in the debate on the floor of the legislative council.

He got provoked upon hearing "murdabad" slogans and shouted: "You say this because while in power you got people bumped off. This party will be ruined in the next elections".

Looking forward to strengthening India-UAE comprehensive strategic partnership: PM Modi

■ HT News Network

New Delhi, Feb 13 (UNI) Stating that the cooperation between India and UAE has grown manifold over the last nine years in diverse sectors, Prime Minister Narendra Modi said on Tuesday that he was looking forward to further strengthening the comprehensive strategic partnership.

Before departing on a two-day visit to the UAE and Qatar, Modi said in a statement said that he was looking forward to meeting Sheikh Mohamed bin Zayed Al Nahyan, the President of the UAE, in Abu Dhabi and also holding wide-ranging discussions on taking forward the Comprehensive Strategic Partnership.

He said, "Over the last nine years, our cooperation with the UAE in diverse sectors such as trade and investment, defence and security, food and energy security, and education has grown manifold. Our cultural and people-to-people connections are stronger than ever."

The PM is on an official visit from 13-14 February



to the UAE and to Qatar from 14-15 February. This will be his seventh visit to the UAE and his second visit to Qatar since 2014.

"I had the privilege of hosting His Highness recently in Gujarat, where he was the Chief Guest at the Vibrant Gujarat Global Summit 2024," he said.

Modi said he would be inaugurating the first Hindu mandir in Abu Dhabi and called the BAPS temple an enduring tribute to the values of harmony, peace, and tolerance, which both India and the UAE share.

On February 14, the PM said he would be addressing the gathering of world leaders at the World Government Summit in Dubai, and his discussion with Prime

Minister Sheikh Mohamed bin Rashid will focus on strengthening the multifaceted ties with Dubai.

He will also address the members of the Indian community at a special event in Abu Dhabi.

Modi said he was looking forward to meeting Sheikh Tamim bin Hamad Al Thani, the Amir, under whose leadership Qatar continues to witness tremendous growth and transformation. "India and Qatar enjoy historically close and friendly relations. In recent years, our multifaceted ties have continued to deepen in all spheres, including high-level political exchanges, growing trade and investment between two countries."

BJP workers determined to form Modi govt again: MP CM

■ HT News Network

Azamgarh (UP), Feb 13 (UNI) Madhya Pradesh Chief Minister Mohan Yadav said on Tuesday that every worker of the Bharatiya Janata Party (BJP) is determined to form the Modi government once again in the 2024 Lok Sabha polls.

The MP CM said that the atmosphere visible in Uttar Pradesh after the construction of the Ram temple in Ayodhya makes it clear that Prime Minister Narendra Modi has won the hearts of the general public. "Besides,

his popularity among the people has also increased," he said.

After reaching Azamgarh, he said that UP is currently leading as a leading state in the country's politics. "All the workers are working with full dedication to win the 2024 Lok Sabha elections. On the instructions of the National President of the party, the program of his stay in each division is going on. Azamgarh's stay is also a part of that," he said. While talking to the reporters after the first phase cluster meeting of five Lok Sabha constituencies at Jaipuria School,

Yadav said that the general public in the entire country is completely attached to the BJP.

He said that he is happy that the party workers are efficiently discharging the responsibilities given to them in their respective Lok Sabhas across UP. He said that UP is leading the entire country. BJP State President Bhupendra Chaudhary, Agriculture Minister and Azamgarh in-charge Surya Pratap Shahi, Regional President Gorakhpur Province Sahajanand Rai, and many senior leaders of the party were also present in this meeting.

Congress doesn't deserve any seat in Delhi, still we will offer 1 : AAP

■ HT News Network

New Delhi, Feb 13 (UNI) Aam Aadmi Party (AAP) on Tuesday said Congress doesn't deserve a single Lok Sabha seat in Delhi based on their performance in the previous elections still we will offer them one seat in adherence to the principles of INDIA bloc.

Addressing the media on seating sharing here, AAP MP and the party's national general secretary Sandeep Pathak asserted, "We held two meetings with Congress on January 8th and 12th to discuss seat sharing but did not reach any conclusion. It's been a month since we had any meeting on seat-sharing talks to resume for Delhi."

"Congress has zero seats in Lok Sabha and zero in the state legislative assembly.



In the MCD elections last year, Congress won 9 seats out of 250. On a merit basis, Congress does not deserve a single seat. But keeping in mind the alliance principles, we propose to offer them one seat in Delhi," Pathak said.

We hope talks about this will be held soon, if not then we will announce the names of six candidates for Delhi in the next few days,

Pathak said. Pathak further said, "AAP secured 5 seats with around 13 per cent vote share. Congress secured 17 seats with a 27 per cent vote share in Gujarat's legislative assembly elections. Based on merit here, AAP should get one-third of the seats and Congress should get two-thirds of the seats."

"According to this equation, AAP should contest

elections on 8 seats and Congress on 18 seats. So, we have asked the INDIA alliance to give those 8 seats. Today we have announced two seats and we will announce other 6 seats later," he said.

He further named the party's Chaitra Vasava and Umeshbhai Makwana to contest Lok Sabha elections from Bharuch and Bhavnagar seats in Gujarat, respectively. It announced Venzy Viegas to contest elections from the South Goa seat.

State leaders of both parties in Punjab want to contest elections separately, Pathak said adding, "We have decided that both the parties will contest elections independently in Punjab, Chandigarh, Haryana and other places should be discussed soon."

"How Can Country Progress When Farmers Are Attacked": Mamata Banerjee

■ HT News Network

Kolkata (West Bengal): As police fired tear gas shells at farmers at the Shambhu border between Haryana and Punjab while they marched towards Delhi, West Bengal Chief Minister Mamata Banerjee questioned how the country could progress if farmers fighting for their basic rights are being attacked.

"How can our country progress when the farmers are attacked with tear gas shells for fighting for their basic rights? I strongly condemn the brutal assault on our farmers by the BJP (Bharatiya Janata Party)," Ms Banerjee said in a post on 'X'.

Condemning the central government, the Trinamool Congress chief said that the BJP's failure to support



farmers and labourers exposes their illusion of 'Viksit Bharat' (Developed India). "The Central Govt.'s failure to support farmers and labourers, coupled with futile PR stunts, exposes the illusion of 'Viksit Bharat'. Instead of suppressing their protest, BJP must focus on humbling their inflated egos,

power-hungry ambitions, and inadequate governance that has harmed our nation," Expressing solidarity for the farmers' cause, Ms Banerjee said that farmers sustain even the high and mighty. "Remember, it's these farmers who sustain us all, including the high and mighty. Let's stand in solidarity with our farmers against the government's brutality," she said. Meanwhile, the Haryana police detained several protesting farmers as they marched towards Delhi on Tuesday. The protesting farmers were seen attempting to break the multi-layered barricades using their tractors and hand weapons. Scenes of chaos filled the Shambhu border as the police tried to stop the protestors from entering the national capital. Visuals from the border.

Farmers Protest March: BJP govt under fire for broken commitments

■ HT News Network

Chandigarh, Feb 13 (UNI) The ongoing farmers' protest march towards Delhi has sparked widespread condemnation, with senior political figures expressing outrage over the BJP government's handling of the situation. Senior Congress leader Sukhpal Singh Khaira took to Twitter to denounce the government's actions, stating, "Is this how our government should treat its farmers marching towards Delhi peacefully to press their legitimate demands pending since two years when the BJP government made a commitment and then turned around?" Khaira emphasised the contribution of farmers to India's food security and reminded the authorities of their sacrifice in defending the nation's borders.

Punjab Congress President Amrinder Singh Raja Warring echoed Khaira's sentiments, expressing solidarity with the farmers' cause. He assured them of the Punjab Congress's full support and readiness to assist in their struggle for justice.

Meanwhile, the Aam Aadmi Party (AAP) vehemently rejected the BJP-ruled Central Government's demand to convert a Delhi stadium into a jail



to arrest protesting farmers.

In a tweet, AAP stated, "The demands of the farmers are genuine. It's the constitutional right of every citizen to make a peaceful protest. We cannot be parties to this decision of the Centre. Hence, approval cannot be given for converting a stadium into a jail." The farmers' protest has reignited debate over agricultural reforms and the government's handling of the issue, with tensions escalating as the march continues towards the capital. Senior Congress leader Sukhpal Singh Khaira took to Twitter to denounce the government's actions, stating, "Is this how our government should treat

its farmers marching towards Delhi peacefully to press their legitimate demands pending since two years when the BJP government made a commitment and then turned around?" Khaira emphasised the contribution of farmers to India's food security and reminded the authorities of their sacrifice in defending the nation's borders. Punjab Congress President Amrinder Singh Raja Warring echoed Khaira's sentiments, expressing solidarity with the farmers' cause. He assured them of the Punjab Congress's full support and readiness to assist in their struggle for justice.

Samajwadi Party Names Rajya Sabha Candidates, Jaya Bachchan Renominated

■ HT News Network

Lucknow: The Samajwadi Party (SP) on Tuesday renominated Jaya Bachchan to the Rajya Sabha, and announced the candidature of former MP Ramjilal Suman and retired IAS officer Alok Ranjan for the polls to the Upper House of Parliament from Uttar Pradesh.

They filed their nomination papers for the elections at the Uttar Pradesh assembly complex, where SP chief Akhilesh Yadav, party general secretary Shivpal Singh Yadav and other party leaders were present.

Returning Officer and Special Secretary of the Uttar Pradesh Assembly Braj Bhushan Dubey said that all three candidates have submitted their nomination papers in two sets each.



The scrutiny of the papers will be held on February 16 from 11 am onwards, he said. Ms Bachchan's fourth term as a Rajya Sabha member is ongoing and the actor-turned-politician has been renominated for a fifth term.

Mr Suman is a four-time MP from Firozabad. He became an MP in 1977 on a Janata Party ticket, in 1989 on a

Janta Dal ticket, and in 1999 and 2004 on an SP ticket.

Former Indian Administrative Service (IAS) officer Ranjan was the chief secretary of Uttar Pradesh during the SP government.

Elections for 56 Rajya Sabha seats spread across 15 states are scheduled to be held on February 27, and the last date for filing nominations is February 15. "Why Were Crores Spent?" Samajwadi MLA's Ram Temple Remark Stirs Outrage

In the 403-member Uttar Pradesh Assembly, the BJP has 252 members, the SP has 108 and the Congress has two. The SP and the Congress are opposition parties in the state and also partners in the INDIA bloc, an alliance of parties to take on the BJP in the Lok Sabha polls.

Altaf Bukhari asks Govt to explore new tourist destinations across J&K

Says JKAS/JKPS officers will get due share in administration if Apni Party forms next Govt

■ HT News Network

Jammu February: Apni Party President, Syed Mohammed Altaf Bukhari on Tuesday asked the Govt to explore new tourist destinations in both the Regions of Jammu and Kashmir to boost local economy, improve infrastructure as well as provide employment to the youth at their doorstep. "The situation in Kashmir has improved and the peaceful situation has attracted tourists from across the country and abroad. However, there is a need to explore new tourist destination in rural and remote areas that would help in generating a source of permanent income at the village level and infrastructural development," said Altaf Bukhari, while addressing a public rally that was organized in Samba by SC Wing Provincial President, Adv Lovely Singh Mangol.

Bukhari said that the situation needs to be made favorable for the people to stop their migration from the villages to the urban areas in search of employment by providing jobs /self-employment opportunities at their doorstep. "This is possible when the tourists are attracted



to the areas which are still to be explored and promoted on tourism maps by the authorities in Jammu region as well as in Kashmir region," he said.

Expressing dismay over the ignorant attitude of the authorities towards the development of infrastructure in various religious as well as border tourist places, he said that religious tourists come to Jammu because of the Shri

Mata Vaishno Devi Ji Shrine whereas the authorities have not made any efforts to explore the unexplored tourist potential. He said that the development of Samba, Jammu, Kathua and other places is must to attract tourists for religious or tourism purposes in both Jammu as well as in Kashmir Regions because it would generate employment and help the local economy to grow.

Besides, he said that the local population vote and support the Apni Party candidates in the upcoming elections so that their areas can be represented by the deserving candidate to resolve their issues and that representative could be answerable to his voters.

He asked the people to become ambassadors of the Apni Party to bring equitable development, end discrimination and protect the rights of the local population.

He also criticized the poor infrastructure in educational and health institutions and shabby condition of roads in Samba's rural belt and other areas of Jammu.

He said that these institutions are working without adequate teaching staff in schools, paramedical / doctors, structures, and improper equipment.

DDC Kupwara reviews progress of various schemes of RDD



■ HT News Network

KUPWARA, FEBRUARY 13: The District Development Commissioner (DDC) Kupwara, Ayushi Sudan today convened a meeting of concerned officers to review the progress achieved under various schemes of the Rural Development Department (RDD).

Addressing the meeting, the DDC stressed upon all the officers to work with

added dedication and zeal and ensure completion of all ongoing works within the stipulated time frame. He directed the officers to personally monitor the development works in their jurisdictions and conduct regular inspections on the sites. Earlier, the meeting was informed that out of 1943 allotted works under Area Development Fund (ADF) in all 24 blocks of the district, 1213 works have been completed so far. Under Untied and NFB, 4

projects out of 5 have stands completed. The DDC also reviewed progress under SSY, ABDP and APDP, and directed the concerned officers to speed up and ensure completion of the works.

JD Planning, ACD Kupwara, ACP, DIO, BDOs and other concerned attended the meeting.

The DDC also chaired a separate meeting of the ICDS sector during which she reviewed the status of procurement of Nutrition for Anganwadi Centres.

Jaundice outbreak in Shopian: Screening process intensified; cases reach 15

■ HT News Network

Srinagar, Feb 13 (KNO): Authorities in south Kashmir's Shopian district are intensifying screening efforts after the detection of approximately 15 jaundice cases in recent weeks.

Block Medical Officer (BMO) Shopian, Mohammad Yousuf, informed the news agency—Kashmir News Observer (KNO) that Pahnoo and surrounding areas have reported around 10-15 cases of jaundice. Among these, six cases were identified in Pahnoo itself, with 1-2 cases reported in neighbouring villages.

He said health teams are actively engaged in on-ground screening activities to assess the situation and provide necessary assistance.

Yousuf urged the public not to panic and advised them to consume boiled water and maintain proper hygiene.

Officials said contaminated water was the primary cause of the jaundice outbreak. They confirmed the presence of Coliform bacteria in water samples. "Although Coliform bacteria alone do not cause illness, their presence indicates potential contamination with disease-causing pathogens," they said.

Local residents have expressed concerns, saying the jaundice outbreak happened due to contaminated water. They have appealed to authorities to address the issue urgently and ensure safe drinking water in the area.

Jal Shakti officials said the water supplied to

Pahnoo and its surroundings undergoes proper treatment, including chlorination. They added that a filtration plant for the area is nearing completion.

Meanwhile, the Chief Medical Officer (CMO) Shopian has issued a circular directing BMOs to form health teams to educate the public on safe drinking practices and conduct screenings for waterborne diseases. Officials said contaminated water was the primary cause of the jaundice outbreak. They confirmed the presence of Coliform bacteria in water samples.

"Although Coliform bacteria alone do not cause illness, their presence indicates potential contamination with disease-causing pathogens," they said.

Horticulture P&M conducts Awareness programme on PM-FME at Fruit Mandi, Handwara

■ HT News Network

KUPWARA, FEBRUARY 13: As part of Atma Nirbhar Bharat Abhiyan, the Department of Horticulture Planning and Marketing (HP&M) District Kupwara, on Tuesday, organized a one-day awareness programme regarding Pradhan Mantri Formalization of Micro Food Processing Enterprise Scheme (PM-FME) at Fruit Mandi, Handwara.

At the outset, Nodal Officer PM-FME/Area Marketing Officer Kupwara, Mushtaq Ahmad Kumar highlighted the scope and objectives of the scheme to motivate people attending the workshop towards agri-based entrepreneurship. He also encouraged existing unit holders to expand their business by availing the benefits of the scheme.

Speaking on the occasion, District Resource Person of PM-FME, Riffat shared information about the scheme and importance of One District One Product (ODOP) to generate employment besides deliberating on the modalities and procedure for sponsorship of cases to avail benefits under the scheme.

Ending Stigma, Embracing Dignity: one day workshop on Sparsh Leprosy awareness campaign held at Bandipora

■ HT News Network

BANDIPORA, FEBRUARY 13: Health Department Bandipora in collaboration with District Administration Bandipora on Tuesday organised a day long Workshop on sparsh leprosy awareness campaign.

The workshop organised under National Leprosy Eradication Programme (NLEP) was presided over by ACR Bandipora, Shabir Ahmad Wani and was attended by principal AMT school, BMOs, MS DH Bandipora, Medical Officers,

MLHPs, Paramedics, District Management Unit And Block Management Unit of Health Department Bandipora besides other concerned.

District Epidemiologist, Dr. Nabeel in his welcome address highlighted prevention and management under NLEP.

On the occasion Senior Physician Consultant, Dr. Parvaiz Sajad Shah deliberated upon various aspects of leprosy and available treatment facility.

Dr. Parvaiz said that in District Bandipora presently only one case of leprosy exists.

He said the patient is under treatment and is expected to recover soon.

He said all the necessary free treatment is provided to the patient by Health Department Bandipora under proper supervision.

On the occasion, ACR Bandipora Shabir Ahmad Wani distributed blankets, medicines, first aid kits and other items among leprosy affected patients. District Epidemiologist, Dr. Nabeel in his welcome address highlighted prevention and management under NLEP.

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Firefighter suffers injuries, fire-engine damaged in attack from public in Markoot

■ HT News Network

Srinagar, Feb 13 (GNS): A firefighter suffered injured and fire-engine damaged after Fire and Emergency Services crew came under attack from public in Markoot Dawar in Bandipora over alleged delayed response to douse-off flames.

As learnt by GNS, a fire broke out from a single-story GCI sheeted roofed house. The F&ES department was called, which reached the site with men and machinery. However the situation took an ugly turn, when the F&ES came under attack by the locals, allegedly over their delayed response, forcing the crew to abort the intended operation and subse-



quently retreat from the site.

Detailing about the occurrence, an F&ES official told GNS that they received a call about a fire incident around 10:35 PM and subsequently a crew made a

turn-out towards the site. "Once the crew reached the site, a violent mob attacked them with stones and sticks, resulting in injuries to a firefighter besides substantial damage to the fire-engine", the official said.

"Upon sensing exigency, the crew had to abort the operation and retreat from the site."

"A case has been filed against the accused persons under relevant sections of law for necessary action", the official said.

He appealed that the public should not resort to any violent means to prevent the government employees from dispensing off their lawful duties. "The people should instead come forward and assist the employees", the official said further. (GNS)

HDFC Bank To Organise 'Mega Two Wheeler Loan Mela' in J&K

■ HT News Network

Srinagar: Feb 13, KNT HDFC Bank will be organizing a 'Mega Two Wheeler Loan Mela' across its branches in Punjab, Haryana, Himachal Pradesh, Chandigarh, Jammu & Kashmir and Ladakh on 15 and 16 February. Over 800 branches across these states will host the massive loan drive in partnership with leading two wheeler brands and regional dealerships which will be present at the branches to showcase vehicles to customers. For eligible customers, the bank will provide on-the-spot loan sanctions.

HDFC Bank provides a host of loans to its customers at affordable interest rates. The 'Mega Two Wheeler Loan Mela' drive is envisioned to provide customers easy access to two wheeler finance especially in the SURU (semi-urban and rural) locations.

Speaking at the inauguration ceremony, Dinesh Luthra, Branch Banking Head - North 2 said, "The Mega Two-Wheeler Loan Mela offers a great opportunity for customers to avail finance with ease for their favourite vehicles. We have invited leading two wheeler manufacturers and auto dealers to display their latest models at our branches. We are confident that customers will benefit from this Mela." (KNT)

DC inaugurates JKB ATM at Laroo, Kulgam

■ Farooq Rather

KULGAM, FEBRUARY 13: The Deputy Commissioner (DC) Kulgam, Athar Aamir Khan today inaugurated Jammu & Kashmir Bank's automated teller machine (ATM) at Laroo, Kulgam.

This is the 29th ATM of J&K bank in Kulgam district. The cash dispensing terminal was inaugurated in presence of the Bank's Zonal Head Khurshid Muzaffar, Cluster Head Shariq Mehraj and a good gathering of valuable customers. Traders besides other Bank officials.

While inaugurating the ATM, the DC commended the Jammu and Kashmir Bank for its efforts in expanding its network.

It was informed that the newly inaugurated ATM will provide convenient banking services to the people of Kulgam and traders as the ATM is located near bus stand Laroo Kulgam.

This will also enable residents to withdraw cash, check their account balance and perform various other transactions without having to travel to distant bank branches.

Rs. 1.4 lac fine imposed on erring FBOs at Handwara & Kupwara

■ HT News Network

KUPWARA, FEBRUARY 13: The Additional Deputy Commissioner (ADC), Handwara, Nazir Ahmad Mir who is also Adjudicating Officer Handwara and Kupwara today imposed a fine of Rs 1,40,000 on various Food Business operators (FBOs) for violating various provisions of Food Safety and Standards Act (FSSAI) 2006. The fine was imposed on the erring traders (for selling miss branded and substandard food) during the proceeding of cases related to the FSSAI-2006 which were listed before the Adjudicating officer.

The Adjudicating Officer warned them to abide by the legal regulations adding that non-compliance of FSSAI-2006 and rules there under by the FBOs will be dealt with more strictly in coming time.

SWD conducts one day training/ awareness camp under NAPDDR at GDC Zainpora

■ HT News Network

SHOPIAN, FEBRUARY 13: Social Welfare Department (SWD) Shopian today conducted a one day training cum awareness programme under National Action Plan for Drug Demand Reduction (NAPDDR) at Govt. Degree College Zainpora.

Officials from Health, ICDS, Police, Numberdars, members of youth club were imparted training on various aspects related to the action plan and the role of different departments in combating and tackling the menace of drug abuse.

The chief guest, Sub-divisional Magistrate (SDM) Zainpora, Mushtaq Ahmed Lone addressed the role of Civil Society and Administration in dealing with drug related issues and the need of such programmes in sub- division which is worst-hit.

The programme was attended by SDPO Zainpora, Sunil Kumar; TSWO, Farhana Tak; Central Administrator OSC, Sumaira Gulzar; Women Welfare Officer, Burooj-ul-Islam and other officials of the Social Welfare department. Officials from Health, ICDS, Police, Numberdars, members of youth club were imparted training on various aspects related to the action plan and the role of different departments in combating and tackling the menace of drug abuse.

The chief guest, Sub-divisional Magistrate (SDM) Zainpora, Mushtaq Ahmed Lone addressed the role of Civil Society and Administration in dealing with drug related issues and the need of such programmes in sub- division which is worst-hit.

DC Bandipora chairs DLAC meeting on Safe Food & Healthy Diet

■ **Farooq Rather**

BANDIPORA, FEBRUARY 13: The Deputy Commissioner (DC) Bandipora, Shakeel Ur Rehman Rather on Tuesday chaired a meeting of District Level Advisory Committee (DLAC) on safe food and healthy diet.

The meeting was aimed to ensure effective implementation of Food Safety and Standards Act (FSSA) 2006 and to discuss enforcement, inspection and sampling status of food items in the district.

Various food safety mea-



sures and the role of different agencies were also discussed in the meeting. The meeting also discussed the availability of Slaughter House, sampling of food items, implementation of Eat Right movement, avail-

ability of fresh fruit and vegetables in market, and food safety on wheels besides other issues. Speaking on the occasion, the DC emphasized the critical role of proactive measures in safeguarding

public health and consumer confidence in the safety and quality of food products.

He underscored the need for close collaboration among relevant agencies and stakeholders to effectively address challenges and strengthen the implementation of food safety regulations across the district. The DC, on the occasion, reviewed the status of FOSTAC Training and Certification, registrations and licensing, and directed the concerned for proper monitoring of registrations and licensing.

■ **HT News Network**

SHOPIAN, FEBRUARY 13: The Additional District Development Commissioner, (ADDC) Shopian, Dr. Nasir Ahmed Lone today flagged-off a group of 60 orchardists from Mini-Secretariat Shopian for training cum exposure tour to SKUAST-K Shalimar and Central Institute for Temperate Horticulture Srinagar.

During the tour, Orchardists will interact with the Scientists of the SKUAST-Kand CITH, and will also visit the different demonstration



plots for imparting Practical Training about establishment/upkeep of High Density Fruit Plantation and organic farming in the field of Horticulture.

The exposure tour was organised by the Department of Horticulture Shop-

ian under ATMA. On the occasion, ADDC interacted with the Orchardists and took feedback on various schemes and programmes implemented by the department. The tour is aimed to enrich knowledge of Orchardists and enhance

agricultural practices besides providing Orchardists firsthand experience and insights into innovative farming techniques, sustainable practices and modern technologies. Chief Horticulture Officer, Shopian informed that the tour will encompass visits to various units established at SKUAST-K 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 Orchardists, fostering collaboration and knowledge-sharing, he added.

DC Bandipora chairs preliminary meeting on District Irrigation Plan formulation

■ **HT News Network**

BANDIPORA FEBRUARY 13: In order to frame comprehensive strategy aimed to optimize water resources, enhance agricultural productivity, and ensure the resilience of farming communities in the face of climate variability, the Deputy Commissioner (DC) Bandipora, Shakeel Ur Rehman today discussed District Irrigation Plan (DIP) in a meeting convened at Mini Secretariat Bandipora.

The meeting encompasses detailed assessments of water availability, distribution infrastructure, soil types, cropping patterns, and technological interventions tailored to meet the needs of the district.

The meeting discussed various features and objectives of the District Irrigation Plan and various components of Pradhan Mantri Krishi Sinchayi Yojna (PMKSY).



Chief Agriculture Officer Bandipora, Javid Ahmad Samoon, who is member secretary District Level Committee DIP-PMKSY Bandipora, apprised the chair regarding various parameters of DIP through power point presentation.

The DC on the occasion highlighted strategy and approach needed to be adopted for creation of new water sources, repair and renovation of defunct water sources besides stressed on construction of water harvesting structures for efficient water and crop management.

The DC asked the concerned to take into account problems faced by people while framing District Irrigation Plan and to come up with alternative solutions in case of drought.

Shakeel ur Rehman also emphasized on the concerned departments to take up embankment works in low-lying areas where required to prevent river flooding.

Road Safety Month-2024: multiple Road Safety events held at Bijbehara sub-division

■ **HT News Network**

ANANTNAG, FEBRUARY 13: The Motor Vehicle Department (MVD) Anantnag, in collaboration with the Health department and Govt Medical College Anantnag today organized a blood donation camp at Sumo Stand Bijbehara under the aegis of National Road Safety Month 2024. The camp was inaugurated by Assistant Regional Transport Officer (ARTO) Anantnag, Dr Mohammad Zubair Lattoo, who was also the chief guest on the occasion. Speaking at the event, ARTO Anantnag said that the aim of the blood donation camp was to ensure availability of sufficient blood in the blood banks for accident victims, allowing for immediate lifesaving interventions during the 'Golden Hour' period.

Government Employees Given Final Opportunity to File Annual Property Returns

■ **HT News Network**

Srinagar, Feb 13(KNS): The government of Jammu and Kashmir has issued a circular extending the deadline for filing Annual Property Returns (APRs) on the PRS Portal, terming it the "last and final opportunity" for its workforce.

Despite earlier notifications urging employees to submit their property returns between January 1st and January 31st, 2024, many have failed to comply, thus breaching this mandatory process.

Defaulting employees risk punitive action under the Jammu and Kashmir Public Men and Public Servants Declaration of Assets Act, including potential criminal misconduct charges under the Prevention of Corruption Act. Additionally, failure to submit APRs will lead to the denial of vigilance clearance.

As a final chance, defaulting employees are now granted a window from February 13th to February 27th, 2024, to submit their property returns online via the PRS Portal. This includes those who registered on the portal but did not complete the submission process.

Employees facing technical issues, especially related to OTP, are advised to update their contact details and reach out for support at support-prs@jk.gov.in.

Controlling Officers and Drawing and Disbursing Officers are instructed to ensure compliance within their establishments, with Administrative Departments tasked with monitoring progress in this matter. As a final chance, defaulting employees are now granted a window from February 13th to February 27th, 2024, to submit their property returns online via the PRS Portal. This includes those who registered on the portal but did not complete the submission process.

DC Kulgam chairs DLTC meeting

■ **Farooq Rather**



KULGAM, FEBRUARY 13: The Deputy Commissioner (DC) Kulgam, Athar Aamir Khan Tuesday chaired a meeting of District Level Technical Committee (DLTC) for finalizing the Scale of Finance for the year 2024-25 for Agriculture, Horticulture, Sericulture, Floriculture, Fisheries, Animal and Sheep Husbandry.

During the meeting, threadbare discussion was held on various aspects to determine and fix the Scale of Finance for providing short term loans to the farmers to strengthen the backbone of the economy.

On the occasion, the DC sought detailed feedback from the officers regarding the costs involved in different inputs of crops. He directed officers to ensure maximum coverage of beneficiaries under Government Schemes and loan components from banks.

General Manager ACCB, DDM NABARD, District officers of Agriculture, Horticulture, Animal Husbandry, Fisheries, coordinator KVK and other concerned attended the meeting.

KVK Anantnag initiates Skill Training programmes to empower Rural Youth

■ **HT News Network**

ANANTNAG, FEBRUARY 13: Krishi Vigyan Kendra (KVK) Anantnag, SKUAST-Kashmir has embarked on a significant initiative to enhance the skill set of rural youth through a series of training programmes under Skill Training of Rural Youth (STRY) in collaboration with State Agricultural Management Extension Training Institute (SAMETI), DOE-SKUAST-Kashmir and MANAGE-Hyderabad.

These skill training programmes are specifically aimed to empower rural youth including women and tribals.

The first programme titled 'Empowering Tribal Women through Artisan Skills' commenced on 12 February, 2024 at Gujar Basti Zamalgam, Doru, marking the beginning of this impactful series. Today, another training pro-



gramme titled 'Entrepreneurship Opportunities in Integrated Farming System (IFS)' was held at KVK-Anantnag campus.

These initiatives are strategically designed under the guidance of Prof. Dil Mohammed Makdoo, Director Extension, SKUAST-Kashmir, focusing on skill enhancement for entrepreneurial development among rural youth.

On the occasion, Raja Suhail, BPM, JKRLM (Umeed) Dooru in his address emphasized the

ial spirit through knowledge and skill empowerment.

The programmes, spanning over seven days, feature a diverse range of activities including lectures by experts, practical handouts and exposure visits.

This concerted effort by KVK-Anantnag signifies a pivotal step towards fostering sustainable development and prosperity in rural communities. These skill training programmes are specifically aimed to empower rural youth including women and tribals. The first programme titled 'Empowering Tribal Women through Artisan Skills' commenced on 12 February, 2024 at Gujar Basti Zamalgam, Doru, marking the beginning of this impactful series. Today, another training programme titled 'Entrepreneurship Opportunities in Integrated Farming System (IFS)' was held at KVK-Anantnag campus.

importance of acquiring knowledge and skills for successful business ventures.

In his introductory lecture, Dr. Ishfaq A. Khan, Head, KVK-Anantnag emphasized the importance of such training initiatives in enhancing and strengthening the district's skilled manpower.

He reiterated KVK Anantnag's commitment to uplifting the socio-economic conditions of resource-poor farmers by nurturing an entrepreneur-

DDC Kupwara reviews progress under Zimadari Project

■ **HT News Network**

KUPWARA, FEBRUARY 13: The District Development Commissioner (DDC) Kupwara, Ayushi Sudan today convened a meeting of concerned officers to review the implementation of Zimadari Project of the Education department.

On the occasion, it was informed that a comprehensive exercise has already been done regarding the implementation of Zimadari Project in the district and a dashboard to capture elaborate detail of various indicators is already in place to monitor the progress of different indicators, school wise.

The DDC stressed upon the concerned officers to identify indicators for targeted intervention for more meaningful results of this comprehensive exercise.

She directed CEO Kupwara to sit with the representatives of the Pratham and Parimal Foundation and chalk out the comprehensive plan for interventions needed for suc-



cessful implementation of the Zimadari project. She also directed the CEO to finalize modules of refresher training courses for the teachers in consultation with experts from Pratham and Parimal Foundation by next Monday. She said that, to begin with, 25 schools which are figuring in Category-D as per the assessment will be targeted for imparting 30-days learning courses, as per the specialized modules.

The meeting was attended by Chief Education Officer Kupwara, Principal DIET Kupwara, Dy. CEO Kupwara, and representatives from Pratham and Parimal Foundations.

Prerna Puri holds public darbar at Lamberi; assesses, addresses public issues 164 grievances resolved against 292 raised during last five public darbars

■ **HT News Network**

RAJOURI, FEBRUARY 13: In an effort to address public issues, Commissioner Secretary, Information Technology, Prerna Puri, along with the Deputy Commissioner, Om Prakash Bhagat today conducted an extensive public darbar at Lamberi block in Rajouri district.

The event, attended by PRI representatives and locals, recorded several issues including road macadamization, bolstering health infrastructure, staff shortage, water scarcity, repairing of old hand-pumps, timely rectification of electromechanical components of water supply schemes, appointment of an Urdu teacher at GHSS Lamberi, expediting pending instalments under PMAY, resumption of work on GHSS Lamberi, dilapidated condition of road leading to Dandani,



sanction of a veterinary center at Lamberi, proper drainage system on internal roads, enhanced pension for persons with disabilities, improving internet connectivity at Garan, tackling staff shortages at HS Garan, construction of road from Lamberi to Garan and blacktopping of Rajal to Garan road, opening of

a bank branch at Garan and start of work on Dabbar Bagnoti bridge.

The Commissioner Secretary inspected the stalls established by different government departments highlighting their respective welfare and development schemes. He interacted with the officers and visitors there and sought feedback

on impact of various Centrally Sponsored and UT government schemes on lives of the people in the district.

The attendees were not only heard but were also motivated to explore and avail the benefits offered by these initiatives.

During her speech at the public darbar, the Commissioner Secretary conveyed government's commitment towards addressing the issues brought forward by the local community. She said that top priority of the Government is to ensure that basic facilities and services are delivered to the general public in an efficient and timely manner. She reassured the attendees that their demands have been heard, and their concerns would be redressed on top priority. The Commissioner Secretary underscored the significance of collaboration between the government and the public saying that the development process.

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.

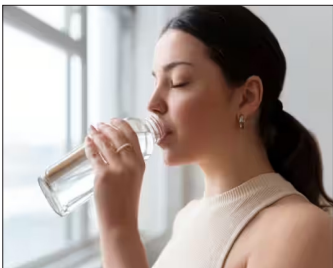
Drinking Water For Good Health: Benefits Of Alkaline Water At Home

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.

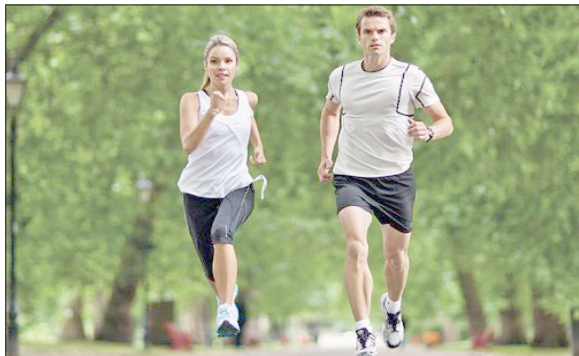
In order to lose fat and gain muscle, it is necessary to combine both diet and exercise.

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

position 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.

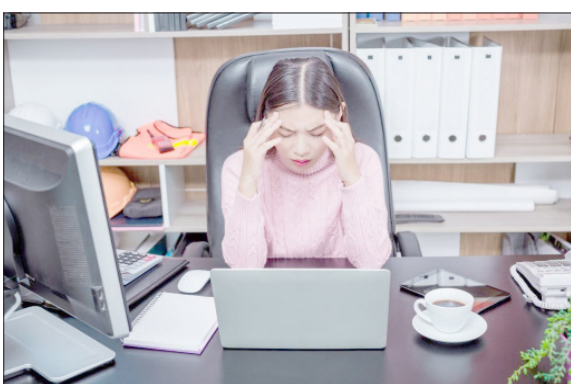
However, even older athletes had some increase in fat mass compared to younger people, causing the researchers to conclude that exercise cannot completely mitigate the effects of aging on fat and muscle mass. Simon Walker, PhD, the lead author of the study, said in a press release that these findings "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-

nitive 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.



Kuldeep 'Enjoying' Bazball: 'It Has Made Bowlers Plan How To Restrict runs'

NEW DELHI: India's left-arm wrist-spinner Kuldeep Yadav has said he enjoyed his first taste of England's Bazball approach in Visakhapatnam because it not only created more wicket-taking opportunities but also made bowlers think about restricting batters in Test cricket.

"Usually in Tests you're not used to teams attacking you with this kind of approach [Bazball], but it also involves you a lot more," Kuldeep said

ahead of the third Test against England starting on February 15 in Rajkot. "As a spinner it makes you more focused on how you want to bowl and what your approach is.

"Normally when you play Tests, you don't worry about batters attacking you, you're only focused on how you want to get them out. But here the approach is different, they're in attacking mode so you also have to plan how to restrict them. When they play shots, you have

those many opportunities to take wickets. It's interesting. The last game was my first [against Bazball], I enjoyed it a lot, it's good for cricket."

The Visakhapatnam Test was only Kuldeep's ninth Test since he made his debut in March 2017. It was his first in over 15 months. Kuldeep picked up three of his four wickets in the first innings as India took a 143-run lead that helped them level the five-Test series 1-1.

"It's been good," Kuldeep said with a

smile when asked about finally getting a chance in Test cricket. "Whatever Tests I've played, I've performed well. I have three five-fors, so yeah it feels good when you see the stats. I'm very happy."

The pitches for the first two Tests of this series have not been rank turners and, if that trend continues in Rajkot, Kuldeep could keep his place in the XI even if Ravindra Jadeja returns. Kuldeep's accuracy and extra bounce made him more effective than Axar Patel in

Visakhapatnam.

"Am not sure of my position," he said when asked about his chances of playing in Rajkot. "If I get the opportunity, I'll be more than happy. I don't think too much about whether am playing or not. I just enjoy my day and keep working hard. Combination is such a thing that it matters in a team game. As simple as that."

Kuldeep needed no reminders of his previous Test in Rajkot, where he took a five-for against West Indies in 2018.

Sixth Master Games: Jammu women bag gold, silver medals



JAMMU, FEB 13: Neete Kour of Jammu and Kashmir excelled in Sixth National Masters Games organised by Super Masters Games Federation of India held at Goa.

She won one gold in full power game Powerlifting with 200 kg record of Deadlift, Squat and Bench-press maintaining her own previous records. She also won Bronze in Badminton. She took part in the individual event of badminton first time and won with the brilliant solo efforts.

She is participating in 45 plus age category.

Neete Kour, as per handout issued here stated that is an International Gold medalist in Powerlifting and also a selected player in Indian Handball Team.

Besides her sports achievements,

Mamta Bajaj, an International player of Handball, also participated in Super Master Games and won a Silver medal in AW (Arm Wrestling) Her strength is unbeatable

she is an entrepreneur running her own sports and fitness club namely Queens Aerobics World.

Mamta Bajaj, an International player of Handball, also participated in Super Master Games and won a Silver medal in AW (Arm Wrestling) Her strength is unbeatable.

Jammu Men's and Women's team of handball also participated in this tournament with Silver Medal in both events respectively with the presence of DySP Akshay Khajuria International player, Ashutosh Sharma, Chandan Chohan, Gourav Sharma, Kapil Sagotra and other players.

Upasana Sharma also got a participation certificate in Badminton. Over all the performances of Jammu Masters Men's and Women's teams was appreciable.

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