



Srinagar
Tuesday
January 21 | 2025
20, Rajab, 1446
Issue No: 19
Volume: 15

Shami back on track,
ready for new chapter at
Eden Gardens

P-12

To boost JK's meat
production, Govt to import
900 high-quality Sheep from
Australia

P-2



Inter-ministerial team arrives in Rajouri to investigate mysterious deaths in Budhal village



HT NEWS NETWORK
SRINAGAR, JAN 20

A high-level inter-ministerial team formed by Union Home Minister Amit Shah has arrived in Budhal village, Rajouri, to investigate the mysterious deaths that have claimed 17 lives over the past 50 days.

An official told the news agency that the team was accompanied by experts from some of the most reputed institutions in the country. The team interacted with locals and officials and collected various samples for com-

prehensive analysis.

The investigation team included experts from the Ministry of Health and Family Welfare, the Ministry of Agriculture, the Ministry of Chemicals and Fertilizers and the Ministry of Water Resources. Specialists from animal husbandry, food safety, and forensic science laboratories were also present.

The team was supported by Deputy Commissioner Rajouri, SSP Rajouri, and other senior officials. The experts' primary objective is to understand

CONTINUED ON ►► PAGE 2

2025's first encounter in J&K: Army soldier killed in Sopore gunfight

Terrorists flee the scene; operation called off after searches

HT NEWS NETWORK
SOPORE, JAN 20

An army soldier was killed in an encounter that erupted in the Sopore area of north Kashmir's Baramulla district on Monday. The operation marks the first gunfight in Jammu and Kashmir in the year 2025.

The operation, conducted in Gujjar Pati, Zalloora, under the jurisdiction of Sopore police district, was based on intelligence inputs regarding the presence of terrorists, an official informed

CONTINUED ON ►► PAGE 2



GMC Anantnag bans outside food, introduces diet facility for patients

HT NEWS NETWORK
ANANTNAG, JAN 20

To enhance patient care and uphold hospital decorum, the administration of Mirza Mohammad Afzal Begh Memorial (MMABM) Associated Hospital, Government Medical College (GMC) Anantnag, has prohibited outside food for patients while introducing a dedicated diet facility tailored to their

CONTINUED ON ►► PAGE 2



125 SPs elevated, get Police Selection Grade II

HT NEWS NETWORK
SRINAGAR, JAN 20

The Jammu and Kashmir Government on Monday accorded sanction to the promotion of 125 JKPS officers to the grade of Superintendent of Police Selection Grade (II).

An order a copy of which lies with the news agency reads: "In terms of J&K Police

CONTINUED ON ►► PAGE 2

LG takes pledge for Organ Donation



HT NEWS NETWORK
JAMMU, JAN 20

Lieutenant Governor Manoj Sinha Monday took pledge for Organ Donation by registering on Ayushman Bharat Organ Donation Registry of the Ministry of Health & Family Welfare, Government of India (notto.abdm.gov.in).

The State Organ and Tissue Transplant Organization (SOTTO) representatives, Dr Elias Sharma, Nodal Officer, Dr Sanjeev Puri, Joint Director and Sh Irfan Ahmed Lone, Transplant Coordinator, visited Raj Bhawan and handed over the pledge certificate to the Lieutenant Governor.

Sandeep Jain, President and Monika Jain, General Secretary of Bharatiya Jain Sangathan, J&K were also present.

Earlier, the Lieutenant Governor has expressed his willingness for organ donation during a programme organised by Bharatiya Jain Sansthan, yesterday on 19th January. KNO

NEWS BRIEF

Sopore Gunfight: LG pays tribute to slain soldier

HT NEWS NETWORK
JAMMU, JAN 20

Lieutenant Governor Manoj Sinha paid tributes to Swr Pangala Kartheek, who laid down his life in the line of duty in Sopore.

"I salute the supreme sacrifice of our Army braveheart Swr Pangala

CONTINUED ON ►► PAGE 2

Minor boy dies after hit by vehicle in Awantipora

HT NEWS NETWORK
SRINAGAR, JAN 20

A minor boy lost his life after he was hit by a vehicle in Awantipora area of South Kashmir's Pulwama district.

An official told the news agency that a minor boy was hit by an unknown vehicle at Beighpora, Awantipora

CONTINUED ON ►► PAGE 2

Young artist from Kokernag turns creativity into financial independence

HT NEWS NETWORK
ANANTNAG (SAGAM), JAN 20

A 22-year-old college student and talented sketch artist from Kokernag area of South Kashmir's Anantnag district has emerged as a shining example of artistic excellence.

CONTINUED ON ►► PAGE 2

Ensure functional video conferencing system in Jammu court for Yasin Malik's trial: SC

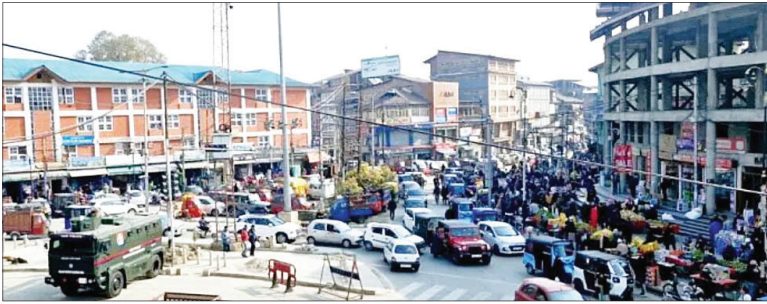


HT NEWS NETWORK
SRINAGAR, JAN 20

The Supreme Court of India on Monday directed the Registrar General of the Jammu and Kashmir and Ladakh High Court to ensure that proper video-conferencing

CONTINUED ON ►► PAGE 2

Traffic enforcement generates over Rs 28.36 cr of revenue in Kashmir



HT NEWS NETWORK
SRINAGAR, JAN 20

The traffic enforcement authorities in Kashmir have made significant

strides in improving road discipline, generating a revenue of Rs 28,36,03,261 from 8,25,304 challans issued between January

CONTINUED ON ►► PAGE 2

J&K Bank reports 26.3% rise in net profit at 531.5 Cr

HT NEWS NETWORK
SRINAGAR, JAN 20

Jammu and Kashmir Bank today reported a 26.3% year-on-year (YoY) rise in net profit at Rs 531.5 crore for the third quarter that ended December 31, 2024.

In the corresponding quarter of the previous fiscal, Jammu and Kashmir Bank posted a net profit of Rs 421 crore

CONTINUED ON ►► PAGE 2

1330 schools in JK with 31,000 enrolment run by 'single teachers'



HT NEWS NETWORK
SRINAGAR, JAN 20

In Jammu and Kashmir more than 31,000 students are enrolled in those schools that function with a single teacher posted or deployed—thus raising a question on quality of the education in educational institutes.

The updated official figures reveal that In Jammu and Kashmir, '31,054 students were enrolled' in those educational institutes wherein only one

teacher was posted or deployed. According to the recent official figures, more than 1300 schools in Jammu and Kashmir were those institutes that were functioning with only a single teacher.

The news agency has learnt that "At least 1330 schools in Jammu and Kashmir were functioning with single teachers."

Principal Secretary, School Education Department was not available to comment on

CONTINUED ON ►► PAGE 2

HT BOTTOM STORY

Cymbidium Orchid Blooms for the First Time in Kashmir: A Breakthrough in Floriculture

DR.ABQAYOOM

SRINAGAR, JAN 20

Kashmir has achieved a significant milestone in its horticultural history as the exotic Cymbidium orchid has successfully bloomed for the first time in the region. This remarkable feat was accomplished by the Division of Floriculture, Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K), in collaboration with the National Research Centre (NRC) on Orchids in Sikkim. The event is hailed as a breakthrough

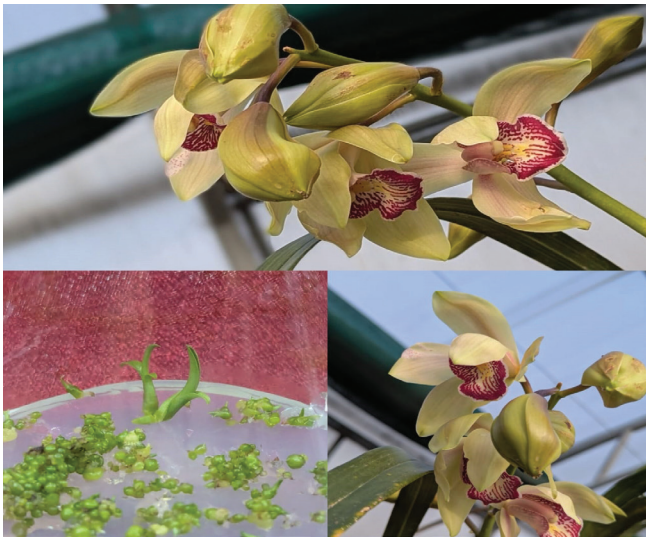
in introducing commercial orchid cultivation to the Valley, setting a new benchmark for floriculture in Kashmir.

The journey of the Cymbidium orchid to Kashmir began with a visionary collaboration between SKUAST-K and NRC on Orchids in Sikkim. Recognizing the potential of Kashmir's cool climate, which mirrors the orchid-friendly conditions of Sikkim, saplings were provided by NRC to scientists at SKUAST-K. What followed was an intensive process of research, trial plantations, and adaptation of cultivation techniques to local environmental

conditions.

The result of this collaborative effort was a thriving Cymbidium bloom, demonstrating that even the most delicate and exotic plants can flourish in Kashmir with the right scientific intervention. This milestone underscores the potential of combining local expertise with cutting-edge horticultural practices to overcome environmental challenges.

The Cymbidium orchid is renowned worldwide for its vibrant and long-lasting blooms, making it a prized choice in the ornamental plant market. Traditionally grown



in cooler climates, the orchid has been considered difficult to cultivate in Kashmir due to its precise climatic requirements. The success of this project not only breaks this myth but also paves the way for Kashmir to become a hub for orchid cultivation.

This development holds immense promise for the local economy, as global demand for ornamental plants continues to rise. With proper commercialization, Cymbidium orchids could become a high-value crop, providing new opportunities for local farmers and contributing to the diversifica-

tion of the Valley's agricultural economy.

The introduction of Cymbidium orchids in Kashmir is more than an achievement in floriculture; it is a step towards transforming the region's agricultural landscape. The initiative aligns with SKUAST-K's broader vision of sustainable development through innovative agricultural practices.

These orchid farming offers high returns on investment, creating an alternative income source for farmers. The unique blooms could attract flower enthusiasts and

CONTINUED ON ►► PAGE 2



FROM THE FRONT PAGE...

Inter-ministerial team...

the causative factors behind the deaths and manage the situation effectively.

J&K Health Minister Sakina Itoo said no virus or infection has been identified as the cause of the deaths.

She said samples analysed at premier laboratories revealed the presence of neurotoxins, which have caused brain damage. The government has sent these samples for broader investigations to determine the specific toxin responsible, as there are over 800 potential poisons under consideration.

A local water spring, used by around 15 families—including three directly affected families—was sealed after traces of pesticides and insecticides were found in the water.

Union Home Minister Amit Shah on Saturday directed the formation of the inter-ministerial team after three incidents of unexplained deaths were reported in the village.

Meanwhile, the Jammu & Kashmir Police have established an 11-member Special Investigation Team (SIT) to probe the matter.

Locals expressed dissatisfaction with the government’s initial response, accusing authorities of being casual until multiple deaths occurred.

Speaking to KNO, MLA Budhal Javed Iqbal Choudhary said the government initially believed the first death was due to food poisoning and only took the situation seriously after the second fatality.

"Three related families suffered the most as they lost a majority of their members," he said Choudhary said. He assured residents that the government is now fully engaged in the investigation.

The MLA said no new illnesses have been reported in the village, and the situation is under control. He urged locals to remain patient while investigations continue.

The government has pledged to expedite the process and determine the cause of these deaths as quickly as possible. KNO

2025's first encounter...

the news agency.

He, however, said that after an extensive search, the terrorists managed to flee the encounter site. The operation was then called off.

The official said the operation began with a joint team of the Army, CRPF, and Jammu & Kashmir Police cordoning off the area. The search intensified after fire was observed from inside a busted hideout.

The operation, which was halted due to darkness, resumed at first light. Security measures had already been heightened across the valley ahead of Republic Day celebrations.

In the ensuing gunfight, an army man, Swr Pangala Kartheek of 22 Rashtriya Rifles, sustained fatal injuries and succumbed, the official said, adding that despite sealing all entry and exit points, the terrorists escaped.

The Indian Army’s Chinara Corps paid rich tributes to Swr Pangala Kartheek for his "supreme sacrifice".

In a post on social media platform X, Chinara Corps said: "All ranks of the Chinara Corps salute the supreme sacrifice of Braveheart Swr Pangala Kartheek, who laid down his life in the line of duty. Chinara Warriors salute his immense valour and sacrifice, express deepest condolences, and stand in solidarity with the bereaved family."

J&K Lieutenant Governor Manoj Sinha also paid homage to the martyred soldier. "I salute the supreme sacrifice of our Army braveheart Swr Pangala Kartheek. His valour and sacrifice will never be forgotten. The entire nation stands firmly with the family of the martyr in this hour of grief.". KNO

GMC Anantnag bans...

medical needs.

A hospital official told the news agency that this decision is aimed at improving hygiene, discipline and overall care standards within the hospital.

He said attendants are now allowed to visit patients strictly between 3:00 pm and 4:30 pm, adding that this restriction ensures minimal disruptions to patient care and helps medical staff focus on their duties efficiently.

"The hospital now provides four meals daily, from breakfast to dinner, specially prepared to meet the nutritional and medical needs of patients. Attendants can access food from outside facilities such as the hospital canteen," he said.

To ensure hygiene and prevent health hazards, patients are no longer permitted to bring outside food into the wards, the official said, adding that the use of polythene bags within hospital premises has been strictly banned to maintain cleanliness and align with eco-friendly practices.

The measures were introduced following concerns about improper hygiene and issues such as rodent infestation, which were exacerbated by food brought from outside.

The hospital's Incharge Security Officer has been directed to enforce these rules diligently, with strict action to be taken against any violations.

The administration has urged patients, attendants and staff to cooperate with the new measures, saying these changes aim to create a safe and conducive environment for patient recovery.

"This initiative ensures patients receive hygienic and nutritionally balanced meals while also contributing to better hygiene and discipline within the hospital," the official said. KNO

125 SPs elevated...

(Gazetted) Service Recruitment Rules 2024notified vide SO 500 of 2024 dated 10/10/2024 and as recommended by the Selection Committee-I, sanction is hereby accorded to the promotion of 125 officers in the Superintendent of Police Selection Grade (II) (Level 12 (78800-209200) of the Pay Matrix) w.e.f 24/12/2024.”

The officers are: Kulbir Singh (JKPS: 1999), Mohammad Arif Rishu (JKPS: 1999), Shailender Singh (JKPS: 1999), Dalip Kumar (JKPS: 1999), Abdul Waheed Shah (JKPS: 1999), Javid Hassan Bhat (JKPS: 1999), Benam Tosh (JKPS: 1999), Showkat Hussain Shah (JKPS: 1999), Joginder Singh (JKPS: 1999), Mehmood Ahmad (JKPS: 1999), Shamsher Hussain (JKPS: 1999), Ashok Kumar Sharma

(JKPS: 1999), Stenzin Nurboo (JKPS: 1999), Randeep Kumar (JKPS: 1999), Pawan Kumar Parihar (JKPS: 1999), Wasim Qadri (JKPS:2001), Atul Sharma (JKPS:2001), Harmeet Singh Mehta (JKPS:2001), Shiv Deep Singh Jamwal (JKPS:2001), Rohit Baskotra (JKPS:2001), Yougal Kumar (JKPS:2001), Shabir Nawab (JKPS:2001), Manjit Kour (JKPS:2001), Arun Gupta (JKPS:2001), Randhir Singh (JKPS:2001), Virinder Singh (JKPS:2001), Sandeep Kumar Mehta (JKPS:2001), Sheikh Zulfikar Azad (JKPS:2001), Amit Gupta (JKPS:2001), Mohd Majid Malik (JKPS:2001), Monika Sagar (JKPS:2001), Tahir Saleem Khan (JKPS:2001), Manzoor Ahmad Mir (JKPS:2001), Javid Iqbal (JKPS:2001), Amarjit Singh (JKPS:2001), Mohd Zaid (JKPS:2001), Ravinder Paul Singh (JKPS:2001), Khalil Ahmad Poswal (JKPS:2001), Liaqat Ali (JKPS:2001), Rakesh Kumar (JKPS:2001), Girdhari Lal, (JKPS:2001), Ramesh Chander Kotwal (JKPS:2001), Mohd Rashid (JKPS:2001), Jameel Ahmad (JKPS:2001), Vinay Kumar (JKPS:2001), Javid Ahmad Dar (JKPS:2001), Sunil Raj (JKPS:2001), Sanjay Kumar Bhagat (JKPS:2001), Abdul Hakim Munshi (JKPS:2001), Sukhdev Raj (JKPS:2001), Gh. Jeelani Wani (JKPS:2001), Amit Bhasin (JKPS:2001), Sanjay Singh Rana (JKPS:2001), Abdul Qayoom (JKPS:2001), Shafqat Hussain (JKPS:2001), Rajinder Kumar Katoch (JKPS:2001), Suram Singh (JKPS:2001), Raj Singh (JKPS:2001), Paramvir Singh (JKPS:2001), Manoj Kumar Pandit (JKPS:2001), Dr. S. D. Choudhary (JKPS:2001), Tanveer Jeelani (JKPS:2002), Mohd. Fiesel Qureshi (JKPS:2002), Sanjay Sharma (JKPS:2002), Paramjeet Singh (JKPS:2002), Nasir Ahmed (JKPS:2002), Dushant Sharma (JKPS:2002), Al-Tahir Geelani (JKPS:2002), Kulwant Singh Jasrotia (JKPS:2002), Mohd. Aftab Mir (JKPS:2002), Muneer Ahmed (JKPS:2003) Naresh Singh Jamwal (JKPS:2003), Muzaffar Ahmad Shah (JKPS:2004), Master Popsy (JKPS:2004), Ramnish Gupta (JKPS:2004), Sajad Ahmad Shah (JKPS:2004), Azhar Bashir Baba (JKPS:2004), Raja Adil Hamid Ganaie (JKPS:2004), Arif Amin Shah (JKPS:2004), Sajad Khaliq Bhat (JKPS:2004), Suresh Kumar (JKPS:2004), Sumir Kotwal (JKPS:2004), Peerzada Naveed (JKPS:2004), Mamta Sharma (JKPS:2004), Shahzad Ahmad Salaria (JKPS:2004), Dawood Ayoub (JKPS:2004), Stenzin Losal (JKPS:2004), Aijaz Ahmad Zargar (JKPS:2004), Perbeet Singh (JKPS:2004), Tahir Ashraf Bhatti (JKPS:2004), Mushtaq Ahmad (JKPS:2004), Farooq Qesor Malik (JKPS:2004), Naresh Singh (JKPS:2004), Surjeet Kumar Bhagat (JKPS:2004), Aftab Ahmed Sheikh (JKPS:2004), Raj Kumar (JKPS:2004), Sheikh Faisal Qayoom (JKPS:2004), Khalid Amin (JKPS:2004), Sanjay Kumar Parihar (JKPS:2004), Mubbasher Hussain (JKPS:2004), Ifroz Ahmad (JKPS:2004), ushim Ahmad (JKPS:2004), Rajinder Singh (JKPS:2004), Arun Kumar (JKPS:2004), Mohd Anwar-ul-Haq (JKPS:2004), Shaheen Wahid (JKPS:2004), Sonam Dechen (JKPS:2004), Masroor Ahmad Mir (JKPS:2004), Mohd Ibrahim (JKPS:2007), Gurmeet Singh (JKPS:2007), Rasheeq Ahmad (JKPS:2007), Zahoor Ahmed Wani (JKPS:2008), Ayaz Ahmad Sheikh (JKPS:2008), Vivek Shekhar Sharma (JKPS:2008), Amran Farooq (JKPS:2008), Bharat Bhushan Sharma (JKPS:2008), Zulafqar Ahmad (JKPS:2008), Vipin Chandran (JKPS:2008), Deepak Digra (JKPS:2008), Rahul Charak (JKPS:2008), Feroz Shad (JKPS:2008), Irshad Hussain Rather (JKPS:2008), Shaheel Rehman Bhat (JKPS:2008), Tanweer Ahmad Dar (JKPS:2008) and Safdar Hamid Hassan (JKPS:2008). KNO

Ensure functional video...

(VC) facilities are available in a Jammu court for the trial of separatist leader Yasin Malik, who is currently in Tihar Jail.

The direction, according to details obtained by the news agency, came after the trial judge reported that the VC system in the Jammu court was not functioning properly.

The Bench, comprising Justices Abhay S Oka and Ujjal Bhuyan, ordered the Registrar General to take immediate steps to install a reliable VC system to facilitate hearings through video conference.

The system must allow effective cross-examination of witnesses, the Court specified. The Registrar General was further instructed to submit a report by February 17, detailing the improvements made and the installation of the new system, with an expert assigned to assess its functionality. The matter will be heard again on February 21.

The Court was addressing an appeal filed by the Central Bureau of Investigation (CBI) against a Jammu trial court order that had called for Malik’s physical presence in court for cross-examination in two cases.

These cases involve the killing of four Indian Air Force personnel and the abduction of Rubaiya Sayeed, the daughter of former Jammu and Kashmir Chief Minister Mufti Mohammad Sayeed, in 1989. In April 2023, the Supreme Court had stayed the trial court’s order, which sought Malik’s physical presence in Jammu.

The CBI argued that transporting Malik from Tihar Jail to Jammu posed security risks. Malik has been convicted in a case under the Unlawful Activities (Prevention) Act (UAPA) after pleading guilty to the charges. In a previous hearing, the Supreme Court had suggested setting up a temporary courtroom in Tihar Jail to allow physical cross-examination of Malik, as a fully functional courtroom with VC facilities already exists at the jail.

At the current hearing, Solicitor General Tushar Mehta informed the Court that Malik was refusing to appear via VC. However, the trial judge had reported that the VC system in Jammu was not functioning properly. The Supreme Court ordered an inspection of the VC facilities in both the Jammu court and Tihar Jail, directing the Registrar in charge of IT at the Delhi High Court to ensure that the facilities in Tihar were adequate for the trial. KNO

Young artist from...

From writing MG-NREGA and Anganwadi boards to becoming a skilled sketch artist, she not only expresses herself creatively but also supports her financial needs through her art.

Munaza Mehnoor, a 5th-semester student at Government Degree College (GDC) Kokernag, has transformed her passion for art into a source of financial independence, proving that creativity can pave the way for self-reliance. Hailing from Tangpawa Sagam, Munazah discovered her love for art during childhood and has

To boost JK's meat production, Govt to import 900 high-quality Sheep from Australia

UT consumes more than one lakh sheep every month, 41% demand met through imports

HT NEWS NETWORK

SRINAGAR, JAN 20

In a bid to meet the rising demand for meat in Jammu and Kashmir, the state government has approved the import of 900 sheep from Australia under the Integrated Agriculture Development Program (IAPD).

The initiative, with a budget of Rs 26 crore, focuses on two high-yield breeds, Dorper and Texel, renowned for their superior meat production capabilities.

As per the details available with news agency,

the Jammu and Kashmir government has decided to import 900 high-quality sheep from Australia to meet the increasing demand for meat in the region. These sheep, belonging to the Dorper and Texel breeds, are known worldwide for their superior meat production. The initiative is part of the Integrated Agriculture Development Program (IAPD) and comes with a budget of Rs 26 crore. The plan aims to make the state self-sufficient in meat production, reducing dependency on imports.

Currently, Jammu and Kashmir consume approximately 15 lakh sheep annually, with 41% of the demand being met through imports from other parts of the country, costing the state Rs 1,400 crore. The

new project is part of a broader Rs 329 crore, five-year plan to boost wool and mutton production while cutting down on imports.

Official sources informed KNO that the imported sheep will undergo a thorough quarantine process, spending one month in quarantine in Australia before being transported to India, where they will stay in dedicated quarantine centers for another two months. A center has already been set up in Rajbagh Srinagar, Kathua- Jammu, and the sheep will later be housed at government sheep rearing farms in Reasi. Out of the 900 sheep, 450 Dorper sheep will be allocated to the Jammu division, while the same number of Texel sheep will go to the Kash-

mir division.

Dorper sheep, originally from South Africa, are known for their high fertility, adaptability to different climates, and rapid muscle development. Lambs of this breed can grow to 35-40 kilograms in just four months, with adult sheep weighing up to 90 kilograms. Texel sheep, a Dutch breed from the Netherlands, are equally prized for their exceptional muscle development. They have smooth heads and legs, short height, broad faces, black noses, and small ears, making them ideal for meat production.

Reports inform that a team of six sheep farming experts from Jammu and Kashmir will soon leave for Australia to oversee the selection and transportation process. KNO

wheelers. The highest number of seizures occurred in April, with 386 vehicles, while March recorded 265.

Officials emphasized that the enforcement drive aims to enhance road safety and ensure compliance with traffic regulations. The implementation of modern technology has allowed for online fine issuance, and vehicles are seized for violations to maintain order.

An official stated that while the enforcement drive plays a key role in regulating traffic, it is not a standalone solution to reducing accidents. “We can fine and seize vehicles, but road safety is everyone’s responsibility. It is essential for people to follow traffic rules, wear helmets, and avoid reckless driving,” he remarked.

Authorities have also been conducting awareness campaigns to educate the public on the importance of road safety and the consequences of violations. They urged commuters to cooperate and follow traffic laws for safer roads in the region. KNO

J&K Bank reports...

Net interest income (NII), which is the difference between the interest income a bank earns from its lending activities and the interest it pays to depositors, was up 17.8%, coming at Rs 1,508.6 crore against Rs 1,280.5 crore in the corresponding quarter of FY24.

According to the Associated News Bureau, the gross non-performing asset (NPA) stood at 4.08% in the

December quarter against 3.95% in the September quarter. Net NPA came at 0.94% against 0.85% quarter-on-quarter. In monetary terms, gross NPA stood at Rs 4,041 crore against Rs 3,916.3 crore quarter-on-quarter, whereas net NPA came at Rs 898 crore against Rs 813.4 crore quarter-on-quarter.

This month, Jammu & Kashmir Bank reported an 8.56% year-on-year increase in total business for the third quarter, reaching Rs 2.37 lakh crore. The bank's total deposits grew by 9.65% year-on-year to Rs 1.41 lakh crore, while gross advances rose 5.89% year-on-year to Rs 99,134 crore.

CASA (current account savings account) deposits recorded a modest 4.39% year-on-year growth, amounting to Rs 67,888 crore. However, the CASA ratio declined to 48.17%, compared to 50.59% a year earlier and 48.6% in the previous quarter. Gross investments saw a robust 26.97% year-on-year rise, totalling Rs 41,394.3 crore. (ANB)

Sopore Gunfight: LG...

Kartheek. His valour and sacrifice will never be forgotten. The entire nation stands firmly with the family of the martyr in this hour of grief,” the Lieutenant Governor said. KNO

Minor boy dies...

in which he received critical injuries.

He said the boy identified as Furqan Muzaffar (11) son of Muzaffar Ahmad Shah resident of Renzipora Awan-tipora was shifted to hospital where he succumbed to injuries.

Furqan, according to locals, was the lone son of the Shah family.

Meanwhile, police have registered a case and started investigation in this regard. KNO

Cymbidium Orchid Blooms...

tourists, adding another dimension to Kashmir's natural allure. Cultivating orchids enhances the Valley's floral diversity, contributing to ecological balance.

Under the dynamic leadership of Vice Chancellor Prof. Nazir Ahmad Ganie, SKUAST-K continues to lead transformative initiatives in floriculture. Following the success of “Bagh-i-Gulli-Dawood,” an autumn floral attraction, the Cymbidium orchid project is another testament to the University’s commitment to innovation and excellence. Plans are already underway to expand orchid cultivation, develop tissue-cultured plantlets, and train local farmers in orchid farming techniques.

The successful bloom of the Cymbidium orchid in Kashmir is not merely a scientific achievement; it is a beacon of hope for the region’s agricultural and economic future. By leveraging its natural climate and adopting advanced horticultural techniques, Kashmir has the potential to emerge as a global player in ornamental floriculture. The project serves as a model for future collaborations, proving that with vision, dedication, and innovation, even the most ambitious agricultural challenges can be overcome. As more flowers bloom in the Valley, so does the promise of a brighter, more prosperous future for Kashmir.

Sakina Itoo reviews performance, functioning of SKIMS, Soura

Asks to maintain high standards in patient care, medical education, research

HT News Network

SRINAGAR, JANUARY 20: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo, today chaired a meeting at Civil Secretariat to review the performance and functioning of Sher-i-Kashmir Institute of Medical Sciences (SKIMS), Soura.

The meeting was attended by Secretary Health and Medical Education, Dr. Syed Abid Rasheed Shah, Director SKIMS, Dr. Ashraf Ganai; Director General Budget, Director Finance Health and Medical Education, Medical Superintendent SKIMS and other senior officers of Health and Medical Education department and SKIMS Soura.

Addressing the officers, Sakeena Itoo emphasized the critical role of SKIMS in delivering specialized medical care not only to the people of Kashmir valley but also to patients from neighbouring regions. She outlined that the contribution of SKIMS is unmatched for society. "SKIMS is the cornerstone of our healthcare system and its performance direct-



ly impacts the well-being of thousands of people on regular basis", the Minister stated.

She highlighted the importance of maintaining high standards in patient care, medical education and research at this prestigious institution. "We must work collectively to ensure that the institute continues to work with its full potential in delivering advanced and quality medicare to our people", Sakeena said.

While reviewing the current state of infrastructure at SKIMS, including inpatient and outpatient facilities,

diagnostic centers as well as emergency services, the Minister urged the administration to expedite the works on ongoing projects aimed at modernizing facilities and ensuring patient comfort at the institute. She also asked them for decongestion of emergency ward so that the patients are treated effectively.

Addressing the issue of manpower and staffing shortage, Sakeena Itoo asked the Director SKIMS to recruit the necessary paramedics and other medical professionals for key departments on contract basis till regular recruitments are made.

Nikshay Poshan Yojana: DC Srinagar hands-over Rs 2.31 Lakh Cheque for nutritional support to TB patients

HT News Network

SRINAGAR, JANUARY 20: Deputy Commissioner (DC) Srinagar/ Chairman District Red cross Society, Dr Bilal Mohi-Ud-Din Bhat Monday handed over a cheque amounting Rs 2.31 lakh from the Red Cross Society to the Chief Medical Officer Srinagar here in his Office chamber for providing nutritional support to Tuberculosis (TB) patients aiding in their faster recovery under the Nikshay Poshan Yojana. The Nikshay Poshan scheme is an initiative, launched by the Government of India, to eliminate tuberculosis (TB) from the country by providing comprehensive support to patients and ensuring successful treatment outcomes aimed to enhance the nutritional status of TB patients, aiding their recovery and overall well-being.

On the occasion, DC said that the initiative is a vital



step towards strengthening the healthcare system in the district and reiterated the Administration's dedication to public health. He emphasized the need for collaborative efforts to combat TB and urged all stakeholders to actively contribute to the success of such initiatives.

It is pertinent to mention

that the District Administration Srinagar has adopted 77 TB patients under Nikshay Mitra scheme exhibiting its proactive stand to eradicate TB from the district and ensuring better outcomes for affected individuals.

Meanwhile, Chief Medical Officer Srinagar Dr. Tahir Sajad extended his

heartfelt gratitude to District Administration Srinagar, particularly to the Deputy Commissioner, Srinagar for valuable support, coordination and key contribution in facilitating the process. Chief Planning Officer Srinagar, Medical Officer DTC (HQ) Srinagar and other officials were present on the occasion.

Desist from selling machine-made items in garb of Kashmir Handicrafts: Dept Warns Showroom Owners

HT News Network

Srinagar, Jan 20, ANB: Handicrafts and Handloom Department, Kashmir today warned showroom owners dealing with hand-made craft products to desist from selling machine-made items in the garb of genuine handmade products, failing which strict action under the ambit of Tourist Trade and Quality Control Acts shall be initiated.

According to the Associated News Bureau, a spokesperson from the Handicrafts and Handloom Department stated that several complaints have been received by the department wherein machine-made Turkish carpets have been sold to tourists and other buyers in the name of Kashmir hand-knotted carpets, thus bringing a bad name to the rich heritage of Kashmir. "Acting swiftly, several showrooms are being inspected and unlabelled machine-made products confiscated," he said.

The spokesman further stated that the Central Inspection Squad from the Quality Control wing of the Department has been directed to intensify inspections of various showrooms in Srinagar City Centre and en route health resorts of Gulmarg and Pahalgam, besides other locations to crackdown on traders engaged in sale of counterfeit products, branded as hand-made Kashmir Art.

In order to promote sale of exquisite hand-made products, the spokesperson urged the stakeholders to approach the Handicrafts & Handloom Department for GI tagging, testing and certification of their products at CDI & LIC, reaching out to the customer satisfaction and safeguarding the rich heritage of Kashmir.

DC Srinagar chairs DLIC meeting; accords approval to 34 cases under Mission Youth schemes

HT News Network

SRINAGAR, JANUARY 20: A meeting of District Level Implementation Committee on Mission Youth schemes was Monday convened under the chairmanship of Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat to review the execution of Mission Youth schemes including Mumkin, Tejaswini and Spurring Entrepreneurship Initiative (SEI) in the District.

During the meeting, a total of 34 cases were approved under various Mission Youth schemes including 16 cases under SEI scheme, 14 cases under Mumkin scheme and 04 cases under Tejaswini scheme to provide self-employment to aspiring entrepreneurs.

Speaking on the occasion, the DC/ Chairman DLIC highlighted the importance of these self-employment initiatives in fostering youth empowerment within the district. He stressed on giving wide publicity to these schemes so that maximum unemployed youth can avail benefits.

The Chairman DLIC impressed upon all the stakeholders to create an enabling environment through Government sponsored schemes, where



youth can think beyond Government jobs and opt for gainful self-employment.

While expressing his displeasure over poor performance of certain banks by rejecting the cases approved by DLIC, the DC advised the banks operating in district to go an extra mile and show empathy towards the unemployed youth in guiding them towards the path of prosperity and self-sufficiency through various Government sponsored self-employ-

ment schemes tailored in accordance to their entrepreneurial aspirations.

General Manager DIC Srinagar, Hamida Akhter; Chief Planning Officer Srinagar, Fayaz Ahmad; ARTO, Syed Farhana Asgar, Deputy Director Employment, Dr. Sheeba Inayat; District Social Welfare Officer, Dr. Mukhtar Ahmad, Lead District Manager Srinagar, representatives from JKEDI & KVIB and other concerned were present in the meeting.

CUKashmir student shines at National Yogasana Championship

HT News Network

Ganderbal, Jan 19: Central University of Kashmir (CUKashmir) announces the remarkable achievement of its student, Malik Ishtiyaq Ahmad, from the M.P.Ed 4th Semester. Malik secured 1st position in Rhythmic Yogasana and 3rd position in Artistic Yogasana at the prestigious 36th National Yogasana Championship 2024-25.

The championship witnessed participation of over 600 contestants from 15 states across India, underscoring the high level of competition. The event was organized by Sakti Sangha Vayamager and Sankalp Foundation Midnapore, West Bengal, in collaboration with the SARA Bangla Yoga and Sports Association and the All India Yoga Culture Federation.

Vice-Chancellor, Prof. A. Ravinder Nath, extended his congratulations to Malik and assured continued support for students to showcase their talents on national platforms. Dean Academic Affairs, Prof. Shahid Rasool, Registrar, Prof. M Afzal Zarger, Dean School of Education, Prof. Syed Zahoor Ahmad Geelani, and I/C Director-Sports Dr. Kaukab Azeem, along with other faculty members, also congratulated Malik and wished him success in his future endeavors.

This accomplishment highlights the exceptional potential of CUKashmir students and the institution's unwavering support for their aspirations.

E-Rickshaw Drivers Appeal For Fair Fare Revision Amid Soaring Costs.....

"Government Must Consult Stakeholders Before Implementing Rates": Veteran Trade Leader Mohammad Sadiq Baqal

HT News Network

Srinagar, 20 Jan 2025: The recent decision by the Jammu and Kashmir Transport Department Commissioner to cap e-rickshaw fares at Rs 10 per kilometer per vehicle or Rs 2.50 per kilometer per passenger has sparked widespread discontent among e-rickshaw drivers across the region.

A large number of striking drivers have pointed out that the fixed rates fail to account for the significant rise in their operational costs, including loan installments, maintenance, renewal charges, and other essential expenses. They also expressed concerns about the growing inflationary pressures severely impacting their livelihoods. Many drivers have voiced deep worries about their

ability to sustain a decent income under the current rate structure, which they believe no longer meets the financial demands of their profession.

"We have unemployed youth and degree holders who, after failing to secure government jobs, have taken loans to buy e-rickshaws," said Aaqib Ahmad, an e-rickshaw driver. "We're paying monthly loan installments with 11% interest rates, along with electricity charging charges of Rs 2,500 to Rs 3,000 per vehicle. These low fares only add to our financial struggles."

Veteran Trade Leader Mohammad Sadiq Baqal also expressed his concerns over the fare structure, labeling it as impractical. "The government should have consulted all stakeholders before implementing



such rates. Thousands of highly qualified unemployed youth are driving these e-rickshaws to support their families. Many are drowning in debt due to the high cost of purchasing and maintaining these vehicles,"

Baqal said. "I appeal to the J&K Government to address and resolve this issue promptly, ensuring a fair and practical solution that takes into account the welfare of e-rickshaw drivers and the public."

Shakir Kuchay, a dealer with Arzoo Company, shed light on the pressing financial challenges faced by e-rickshaw owners and drivers. "The average monthly maintenance for these vehicles ranges from Rs

2,000 to Rs 2,500, while loan installments are between Rs 5,000 and Rs 7,000. Lithium batteries need replacement every three years, and lead-acid batteries every two years, significantly increasing the burden. Despite earning between Rs 15,000 and Rs 16,000 a month, most drivers struggle to cover their basic costs, leaving them with little to sustain their families."

Drivers further emphasized the broader financial burden, citing rising prices of essential items and household expenses. "We're just trying to survive. The government needs to take our situation into account and adjust the fares accordingly," said Mohammad Shafi, an e-rickshaw driver supporting a family of five members.

"This is not just about us,"

said driver Mohammad Altaf. "It's about fairness and ensuring the sustainability of a service that benefits the public and provides a livelihood for thousands."

Meanwhile, social media users and the general public have also voiced their support for the drivers. Many described the earlier fare structure as more reasonable and lamented the ongoing strikes disrupting daily passengers.

In light of these financial hardships, Shakir Kuchay, along with the e-rickshaw drivers, has made an urgent appeal to the J&K government led by Chief Minister Omar Abdullah, Transport Minister Satish Sharma, Transport Commissioner, and the RTOs of Kashmir and Jammu to urgently revise the fare structure.

EDITORIAL

Three months on Omar Abdullah govt yet to take practical steps

In his maiden press conference in Srinagar on January 2, chief minister Omar Abdullah had said that almost all the departments come under his purview and as such he can take any decision with respect to the functioning of these departments. Omar went a step further saying that some provisions of the Home department also come under his jurisdiction and there should not be any confusion among the people in this regard.

Going by this statement then the union territory government is competent enough to take important policy decisions but on ground the situation is different. As on date the government is not able to take any important decision and as such there is a huge gap between the aspirations of common masses and the people at helm. It is imperative that the gap is bridged by the government and its functionaries otherwise, the situation would go out of hand and it may become irreversible.

Over the past three months ever since Omar Abdullah government has assumed office a lot of talk has been going on about the restoration of statehood to Jammu & Kashmir. There is no denying the fact that the 2024 assembly elections of Jammu & Kashmir were unique in the sense as most of the political parties connected it with the ethos and dignity of the people of Jammu & Kashmir. Despite this the basic issues of the people also received importance during these polls.

Most of the people opined that since the governance has been badly hit it will be restored once the local legislators take the office of oath and secrecy. Going by the statement of the chief minister there are many issues that can be tackled by the union territory government and there is no need for a nod from the home ministry. Issues related to electricity, ration and cooking gas can be taken up by the government if they wish to and come out with a solution to the same as well.

Restoration of statehood to Jammu & Kashmir may take many more months, but it does not mean that the government would not function until this demand is met by the Government of India. If the basic issues of the people of the union territory are solved then only one can aspire for a solution to a bigger issue like restoration of statehood. The government needs to focus on this important aspect of governance as it would inculcate confidence among the masses that the people chosen by them mean development for them.

The Silent Struggles Of A Daughter-in-law: A Call To Change



BY MOOL RAJ

Allowing a daughter-in-law to flourish in her own right doesn't diminish the family's unity—it strengthens it.

Living in a joint family is rarely simple, but for a daughter-in-law, it may be a delicate balancing act filled with judgement and criticism. In many households, the role of a daughter-in-law is laden with unspoken expectations, leaving little room for her individuality. It's time we acknowledge these silent struggles and push for a more inclusive and empathetic family dynamic.

A daughter-in-law often steps into a household as an outsider, expected to adapt seamlessly to a new way of life. From changing her surname to understanding the intricacies of family traditions, she embarks on a journey of transformation.

Yet, the term "in-law" itself can feel like a trap—a constant reminder of her peripheral status in the family. For many, this word symbolises the invisible cage of societal expectations and

sacrifices that are seldom reciprocated. "It feels as though I'm constantly being watched," shares Anonymous, 37, who recently relocated to live with her in-laws following her marriage. "It can be exhausting to sense scrutiny at every corner, whether it's about your outfit or your manner of speaking." These tales are not one of a kind. Across the nation, countless women grapple with the challenge of fulfilling the expectations of others while striving to maintain their sense of self.

Some of my friends and cousins have admitted to bending the truth just to carve out a little time for themselves—a brief coffee catch-up or a quick getaway to relax with friends. Some even refer to it as a means of "escaping" the steadfast pressures of family life. But why should it come to this? Why must a daughter-in-law justify her need for a breather? The narrative that has been perpetuated for generations—that she must be the glue holding the family together—needs an overhaul. Living in a joint family should not mean sacrificing one's freedom or sense of self. It's high time families rethink the dynamics and extend the same courtesy of individuality and space to their daughters-in-law that they offer their sons.

MAAJAAZ FAISAL
FN6H13739@GMAIL.COM

"Old Town Baramulla Undergoes a Modern Transformation...From Congestion to Convenience"

Shehr-e-Khaas, the historic old town of Baramulla, sits gracefully on the right bank of the Jhelum River, framed by breathtaking mountainous landscapes that enhance its natural beauty. This area, rich in culture and history, has long been a hub of life and commerce. Before the partition in 1947, Baramulla was among the most developed towns in the Kashmir region and a significant trade in the entire subcontinent. However, following the partition, Baramulla's prominence waned. Neglected and largely untouched by modernization for decades, the town lost its central role in trade and development, becoming a shadow of its former self. Despite the challenges, Shehr-e-Khas has always carried the potential for revival. In recent years, the historic Old Town of Baramulla has been experiencing a profound transformation. With comprehensive urban development initiatives and targeted infrastructure upgrades, the town is steadily regaining its charm and functionality. The district administration has taken a proactive approach to address Shehr-e-Khas' long-standing issues, ensuring that its cultural heritage is preserved while modernizing its infrastructure to cater to contemporary needs. One of the most critical issues facing Shehr-e-Khas has been its inadequate drainage infrastructure. The town's highly congested layout posed significant difficulties in addressing waterlogging and sanitation concerns. For decades, residents struggled with floods during the monsoon season, which often led to immense inconvenience and increased health risks, such as the spread of waterborne diseases. The outdated and insufficient drainage system had long been a major hurdle in the town's development. Since 2022, however, the drainage system has seen remarkable improvements. The local government, working alongside development authorities,

The Renaissance of Shehr-e-Khas: "Preserving Heritage While Embracing Modernity:"



has implemented a series of modernization projects to tackle the problem. The key upgrades include the construction of new drainage channels, the replacement of aging pipelines, and the installation of stormwater drains designed to efficiently manage excess water. Moreover, the administration has introduced regular maintenance practices, such as routine drain cleaning, to prevent blockages and ensure smooth functioning. In addition, enhanced waste management systems have been put in place, reducing the strain on the drainage network and minimizing pollution. These efforts have effectively eliminated the persistent waterlogging issues that plagued the area for years. Residents now enjoy a cleaner and healthier environment, with significantly reduced risks of waterborne diseases. The improvement in drainage infrastructure has not only enhanced public health but has also elevated the overall quality of life for the community. Traffic congestion and limited parking facilities have been equally pressing concerns in Old Town Baramulla. The narrow and crowded streets of Shehr-e-Khas made navigating the town a daily challenge for residents and visitors alike. The lack of organized parking added to the chaos, making it difficult for people to move about freely or find adequate space to park their vehicles. To address this, the district administration has undertaken several transformative measures aimed at easing traffic congestion and improving mobility. Deputy Commissioner Minga Sherpa recently unveiled plans for the creation of six additional parking zones throughout the town. One such initiative, the Al-Huda Market parking

facility, has already been completed and is fully operational, providing parking space for approximately 100 vehicles. This project, implemented during the tenure of Touseef Raina, former President of the Baramulla Municipal Council, represents a significant step forward in enhancing the town's infrastructure and addressing its traffic-related issues.

These new parking facilities have not only reduced congestion but have also improved accessibility, making it easier for locals and visitors to navigate the town. The administration's commitment to improving transportation and mobility reflects a thoughtful approach to urban planning, ensuring that Shehr-e-Khas becomes a more liveable and convenient urban centre. One of the most visible and striking improvements in Shehr-e-Khas has been the installation of modern LED lighting across the entire town. Previously, poorly lit streets created a sense of insecurity and limited the town's vibrancy after dark. Today, the streets of Old Town Baramulla glow with energy-efficient LED lights, transforming the town's atmosphere and boosting its appeal. These lights not only enhance safety for pedestrians and drivers but also add a touch of elegance to the town's aesthetic. Markets, which used to shut down early due to poor lighting, now stay open longer, creating a lively and inviting environment for both locals and visitors. Public spaces have become hubs of social interaction, fostering a sense of community and vibrancy. The modern lighting system stands as a testament to Baramulla's commitment to modernization while retaining its cultural and

historical essence. Beyond infrastructure, Baramulla's development efforts have focused on meeting the essential needs of its residents. One of the key milestones in this regard has been the construction of a new hospital and a marriage hall. For years, the town's residents faced difficulties in hosting large events, such as weddings, due to the lack of adequate spaces. The newly inaugurated marriage hall has provided a much-needed venue for celebrations, making it easier for locals to organize functions without the constraints posed by the town's congested environment. Furthermore, recreational facilities have also been prioritized. A State-of-the-Art Synthetic Football Stadium, nestled in the heart of Baramulla, is poised to revolutionize the sports landscape of the region. This cutting-edge stadium, currently under construction with a total tender value of Rs. 59,36,00,000, promises to deliver world-class infrastructure, including a synthetic football turf, modern amenities, and spectator stands. By providing a platform for local footballers to refine their skills and compete at the national and international levels, Azad Gunj Baramulla will not only boost local football talent but also contribute to the region's economic growth by generating employment opportunities, stimulating local businesses, and attracting tourism. As a community hub, the stadium will host various events, tournaments, and programs that promote social cohesion and healthy lifestyles. To ensure the stadium remains in top condition, a comprehensive annual maintenance plan is included, covering a period of three years. With its state-of-the-art

facilities, commitment to community engagement, and focus on nurturing local talent, Azad Gunj Baramulla is set to become a beacon for football development in the region, inspiring a new generation of football enthusiasts and contributing to the region's growth and prosperity. In addition, a new park has been developed, offering a space for relaxation, exercise, and community gatherings. These recreational facilities promote a healthier lifestyle and provide residents with opportunities to engage in outdoor activities, further enhancing the town's liveability. Baramulla's Old Town is undergoing a renaissance, striking a delicate balance between preserving its rich history and embracing modernization. From improved drainage systems and enhanced traffic management to modern lighting and community-focused projects, the town is experiencing a holistic transformation. These efforts reflect the power of thoughtful urban planning and a genuine commitment to improving the lives of its residents. As Shehr-e-Khas continues its journey of revival, it serves as an inspiring example of how historic towns can be revitalized without compromising their cultural heritage. The transformation of Baramulla's Old Town is not just about infrastructure—it is about creating a brighter and more prosperous future for its people. The town now stands as a symbol of resilience and progress, ready to reclaim its status as a thriving urban centre in the Kashmir region. This extended content ensures a smooth flow, highlights all major developments, and integrates additional context to reach the desired word count.

Need for a unified global strategy against terrorism

SUDHIR HINDWAN

In the face of escalating transnational terrorism, there is an urgent need for a comprehensive global anti-terror strategy. Such a plan should involve a shared strategic vision and a unified, multilayered approach to ensure safety and security across borders. To counter the evolving threats, nations must develop a fresh perspective that emphasises mature international cooperation and robust retaliation strategies to deter destabilising activities.

Strengthening International Cooperation

Collaboration among nations is essential to design and implement an integrated strategic framework. This includes pooling development funds, fostering mutual trust and crafting plans to address shared security challenges. India, with its growing prominence on the global stage,

is well-positioned to lead such efforts.

Its successful handling of key responsibilities—such as the G20 Presidency, leadership in the Quad Group, and chairing organizations like Interpol and the Shanghai Cooperation Organization—demonstrates its capability to drive global strategic initiatives.

India's role in enhancing multilayered security cooperation can serve as a model for addressing issues like the financing of terrorism, enhancing policing collaboration, countering cyber threats, and leveraging technological advancements. Tightened border and maritime security measures, coupled with efficient intelligence-sharing, are critical components of this strategy.

Adapting to Evolving Challenges

The nature of global threats has become more severe, with adversaries employing increasingly sophisticated tactics. This

calls for an adaptable and proactive approach to strategic policymaking.

Nations, particularly in Asia, must diversify their strategies and implement forward-looking recommendations to effectively counter emerging challenges. A modernised approach to safety and security is imperative to outpace organised threats and propaganda-driven terror networks.

Bridging Policy Gaps

A significant gap exists between theoretical strategies and their practical application in countering terrorism. Regional political actors must engage in rigorous policy analysis and embrace innovative approaches to address these shortcomings. More integrated programs that support both military and law enforcement agencies are necessary to strengthen their efficiency in combating propaganda and terror. Community development within regional alliances like the

Quad can also foster resilience against destabilising forces.

Addressing Underlying Socio-economic Factors

In a globalised world, the imbalance of power and inequality in the international economy often fuel terrorism. Socio-economic disparities create fertile ground for non-state actors to exploit psychological vulnerabilities and propagate extremist ideologies. To counter this, nations must dismantle the mechanisms that enable the spread of false narratives and ill-intentioned ideologies.

Specialised Counter-Terrorism Frameworks

A robust counter-terrorism strategy must include specialised think tanks and talent development programmes. These institutions can provide tactical expertise, real-time feedback, and innovative solutions to address evolving threats.

Interactive communication between intelligence, law enforcement and military branches can further enhance operational efficiency. A modern, vigilant, and assertive network of military, police, and paramilitary forces must replace outdated systems to address the complexities of modern terrorism.

The Path Forward

To combat terrorism effectively, nations must overcome entrenched mindsets and outdated practices. Strategic planning should evolve to address the realities of state-sponsored terrorism and propaganda. Establishing a new consensus on international security and fostering a collaborative global environment are vital for achieving long-term stability.

(The author is a recipient of the Bharat Gaurav Award, is a professor and expert in international relations; views are personal)

KAR PHOULI SAHAR



SALEEM YOUSF

Essay Writer: Gulfam Barji
Harwan Srinagar

Literary field in Kashmir valley is getting wider day by day, every day some writing of some writer, writer, dramatist, critic and poet or poetess comes to the public which is a proof that Kashmir Valley is still on the surface of the land. It is rich with writers, writers, actors, poets and poets which is a welcome thing for the literary scene here. However, even though the names of these writers, critics, poets and poetesses become famous in the literary world, on the other hand the desire to serve literature also makes a place in the heart of the novice writers and their desire. It increases towards literature. Although many novice writers have published many of their works at a young age for which they have gained a lot of recognition in the literary world. Mohammad Yousf Dar aka Saleem Yousf a well-known poet from Bandipora district of Inderkot Sumbal within the valley has been serving Kashmiri literature, language and culture for decades with his poetry and this process continues even today. Since Saleem Yousf is also the head of the literary association called Inder Cultural Forum and in this literary association more than twenty writers and poets serve Kashmiri literature and language side by side with him.Salim Yusuf brought out his first work *KAR PHOULI SAHAR* which consists of Kashmiri Ghazals, Poems, Naats, Nawaha and Manqbat Khwani. Although Saleem Yousf reflected the times in this book what we saw with our eyes what we lived in dreams and thoughts, what Saleem Yousf wrote in this book and what we kept safely in closed doors. Saleem Yousf embellished this book. Although Saleem Yousf has still kept a number of materials with him which if organized can be published in the form of many works but according to Saleem Yousf at his

own and suitable time. But All will be revealed. Professor Mohammad Zaman Azurda expressed his impressions about this book in the following way that Allah Almighty has given Saleem Yousf the ability to embellish and decorate the Kashmiri language in the best words. Saleem Yousf's idioms and words are exemplary. Similarly, Fayaz Tilgami wrote in the same book that the truth is that among my dear friends a special writer, poet, theater expert and actor Saleem Yousf wrote his first collection of poetry *KAR PHOULI SAHAR* "to his fans, friends, poets." And along with literature lovers, he is offering his language and literature as protection for which I am personally happy for which I congratulate Saleem Yousf from the bottom of my heart. Any language. Writers, actors and artists play an important role in keeping it alive and Saleem Yousf is one of those writers, actors and artists. Apart from that Saleem Yousf is also an excellent organizer and the best literary organization under his leadership Inder Cultural Forum is commendable and memorable because of the literary achievements and practical achievements which are doing selfless services of Kashmiri literature and language day and night. I am proud to continue to organize gatherings and provide a platform to veteran poets as well as budding writers, although this forum has given me the opportunity to participate in these gatherings as well as honored me many times. There is an urgent need for such an excellent organization and organizer to keep Kashmiri language and literature alive and forward.

However, Prof. Shad Ramzan and Dr. Wahid Raza have also commented on Saleem Yousf's latest work *KAR PHOULI SAHAR* which is officially listed in this book. In this work more than one hundred and fifteen ghazals, manqibats, naats written by Saleem Yousf. And poems are listed. Saleem Yousf's latest work *KAR PHOULI SAHAR* is truly a milestone for Kashmiri literature and language. It is hoped that other works under the pen of Saleem Yousf will come out very soon which we are eagerly waiting for and in the coming time Saleem Yousf will be counted among the shining stars of the literary world. INSHAALLAH.



SAHIL MANZOOR BHATTI

SAHILMANZOOR0401@GMAIL.COM

It has been centuries since the first newspaper was printed in the year 1605. In India, the first newspaper was published in 1779 by James Augustus. Newspaper reading sums up new words in our vocabulary and provides us with current general knowledge of our surroundings.

Today everyone should have a gallery of knowledge to tackle the hard situations in day-to-day life. Every individual needs to be capable of facing different kinds of hardship and getting success in life. Today's world is fully laced with advanced technol-

ogy, and the world needs technical, energetic, active people who have good communication skills to deal with their clients properly and in a very humble and kind way.

Language is just a medium through which we can communicate with each other and express our ideas, thoughts, etc., but at the same time we are living in an advanced place where we must have the skills, motivation, and good communication skills; one should have a gallery of knowledge to express his thoughts with the outside world.

During vacations, there are several coaching institutes offering coaching for the English spoken courses and personality development training to learn more languages for the goal of employment. Nowadays, competency level is very high among the learners and job-seeking youths, but at the same time, we lack so many things that education is mandatory to get a reputable job and earn hand-

some earnings. Being educated enhances your morale, develops your personality, and enhances your level of dignity.

There are so many other sources that we should utilize to develop our overall personality; time is no far when we get revolution to our nation, nations development when it is youth comes out with full zeal and enthusiasm and accumulating dreams for the nation and their dreamer. When we start to develop our thoughts and have big goals, coming forward with eminent dreams, then no one could beat us.

In today's article I am going to explore the benefits of newspaper reading and how it helps us to get educated unintentionally. These days social media plays a lofty role in bringing good things out, and at the same time, in society there is a negative perspective of social media as well. Due to the influence of social media, most of us are taking part in different physical activities,

which are very beneficial for us and for our strong thoughts.

Several Android apps display happenings on your mobile phone within a very limited time, and Google plays a vital role in getting you updated in day-to-day life, but newspapers are quite a different learning medium for the learners and for the people who are living in our society. Newspaper reading helps us to learn a new word with proper pronunciation, provides us a gallery of knowledge within a very short period, sums new words in our vocabulary, and keeps us updated.

Newspaper reading helps us to know what is happening throughout the world, country, and state and even provides us with the whole day's happenings. Newspaper reading caters to our general knowledge, makes us aware of the latest updates, and provides information about the weather, national highways, job advertisements, and renowned places we must

visit. Newspaper reading allows us to know what is happening in the country. The position of the share market presents the situation of the economy of the country. Most importantly, newspaper reading enhances our vocabulary as new words are being used by the editors in the news column. Trending words are too used in the newspapers. There are some other interesting facts also published in the newspapers; it includes poetry, recipes, advertisements, religious facts, jokes, and so on.

Newspapers are published in our country in many languages, like in English, Urdu, Hindi, etc. The readers are enjoying their favorite columns and getting them updated. Acquiring the latest facts. Knowing what is happening in the country and the world. So if you want to update your knowledge and get and add more knowledge. Newspaper reading is the best way to get all it, that is too free of cost.

The silent epidemic: The untold story of gender inequality against men in India

KAJLEEN KAUR

Indian society has always been dominated by patriarchy and gender inequality against women. However, the two recent suicides of a techie and a head constable, both alleging extortion and harassment by their estranged wives and families, point to a highly skewed, female-oriented and obsolete legal framework. Gender inequality largely remains a half-told story, deprived of the male counterpart.

The legal system in India favours women with the dowry laws in India being specifically highly discriminatory. As per section 113B of the Indian Evidence Act, 1872 (now Bhartiya Saksham Adhinyam, 2023) if a married woman commits suicide within 7 years of marriage, it is assumed that the husband or his family abetted suicide, while the same does not apply to women. Marriage litigation experts claim that when women file complaints against their husbands and families, the dynamics of abuse and unclear documentation frequently make these cases highly complex and a woman's statement is usually considered at face value, creating a significant imbalance in the legal process.



cant imbalance in the legal process.

Additionally, females also get a preference in the custody of children especially in younger ages below 5 years, in most divorce cases, as per the Hindu Minority and Guardianship Act, 1956. According to the National Crime Records Bureau (NCRB) 2022 data, men accounted for 1,22,724 suicides out of a total of 1,70,896.

This is 71.81 per cent of all suicides. The data also highlights that a man com-

mits suicide every 4.45 minutes while a woman every 9 minutes. Moreover, the rate of suicide among married men is three times that of married women. In 2021 as many as 81,063 married men committed suicide while the women's figure stood at 28,660.

Family problems and marriage-related issues were the leading causes of suicide in metropolitan cities, accounting for 32.5 per cent of the cases. Gender inequality towards

men finds limited discussions both culturally and in academic research, not just in India but globally. However, a closer look at the facts reveals a biased feminist societal structure predominantly.

According to the founder of a Delhi-based organisation, Purush Ayog, society stereotypes assume that 'males cannot be victims', which leads to ignorance and neglect of the issues facing them. A study by Stoet and Geary, 2019 for 134 countries claimed

that men were more disadvantaged in 91 (68 per cent) countries than women. They argued that the Global Gender Gap was flawed, due to lopsided measuring techniques, which did not include situations where men are disadvantaged, due to the absence of literature.

Another study in France found that discrimination against men in female-dominated workplaces is more prevalent than discrimination against women in male-dominated

workplaces. Similar examples of reverse sexism, with anti-male prejudice are vastly prevalent, but ironically barely quoted.

The mental health research is also focussed on women, and scholars warn of the problems faced by men as a 'silent epidemic'. In the legal framework, the female culprits are less likely to have longer and more stringent imprisonment for similar crimes.

Women's liberalisation and empowerment are necessary for a progressive social structure and developed economy. Still, a gender-equal status should not be thrived at the cost of male exploitation.

In modern-day society, with evolving gender roles and relationships; better education and awareness; and a feminism gaining force, balanced matrimonial laws are more pertinent than ever. The government must consider amending marriage laws to include prenuptial agreements to address financial complexities, disputes, and legal rights.

(The author is assistant professor at Sri Guru Gobind Singh College of Commerce, University of Delhi; views are personal)

A Time for India

SIDHARTH P K

The 21st century stands tall in the global stage of action, with, man being the center of all activities. Human mind have still not been able to win or overtake the maximum. As it is still evolving the content and developing it. Previous years having felt a great transition in the domain of revolutionize progress and scale of it. India is still in trying to figure out what is the essence of anything.

Great discoveries of time had managed to provide and also to survive in India, with a bold dimension. Each monument of today that stands as a reminder of past, glory and the labor of human skill. Seeing and feeling to grow in a coun-

try that's governed by ability despite the vast diversity one feel too much. The ancient India and her prime aspects are the true living embark of civilization. Aryabhata, Chankya, Raja Ram Mohan gained an outstanding era in human thinking and capacity of the country as well.

The mind is an achievement at times a victim of civilization, the history is a countable message that draws the present consciousness. India in the recent years have made the mark to realize things in a better position. As condition down in India, tries to cope up with both meaning and the willing, it is the citizen of today that makes a vary of everything for harmony.

(Writer/Analyst/Dreamer)

CK NAYAK

Some time back an extraordinary event unfolded in China: for the first time in recorded history, a herd of 15 wild elephants embarked on an unprecedented journey. Leaving their natural habitat in Xishuangbanna (commonly referred to as Banna), the elephants traveled over 500 kilometers to Kunming, the capital of Yunnan Province. Xishuangbanna, an autonomous prefecture for the ethnic Dai people, lies in the southernmost part of Yunnan, bordering Myanmar and Laos.

This remarkable migration captured the attention of the world, with live 24/7 broadcasts and drones following their every move. The Chinese authorities, committed to the conser-

vation of these majestic creatures, responded with care rather than confrontation. However, their journey caused panic among local residents, who abandoned their homes in fear. Despite trampling crops and cornfields along the way, the elephants did not harm any humans. In some instances, curious jumbos ventured into deserted homes, with one even slipping under a bed. Yet, they remained peaceful throughout their expedition. During their long journey, the elephants maintained their routines, munching on leaves, bathing in mud, and sleeping.

In a touching moment, a calf was born mid-journey. Eventually, after weeks of gentle coaxing and careful management, the herd returned to their home in Xishuangbanna.



The reasons behind this unusual migration remain unclear. Experts speculate that an inexperienced leader might have led the herd astray, or that they were seeking a new habitat due to environmental changes. While conservation efforts in China have resulted in a gradual increase in the elephant population, these efforts are complicated by human activity. Large-scale commercial rubber cultivation, introduced to Banna, has significantly disrupted the region's rainforest ecosys-

tem.

These plantations, consisting of monocultures of Brazilian rubber trees, replace diverse habitats, further encroaching on the elephants' range. Asian elephants, an endangered species, number only about 300 in the wild in China, primarily in Banna.

Protecting these animals is a national priority. Emergency workers and volunteers were mobilised during the migration, providing tonnes of corn, pineapples and other food to ensure both the safety

of the elephants and the local population. Trucks and drones were deployed to guide the animals along safe paths, offering them a feast akin to a celebratory banquet. Xishuangbanna is a biodiversity hotspot, home to a wide variety of flora and fauna.

The region's tropical climate and historical isolation have preserved its rich ecosystems. In addition to Asian elephants, the area supports other endangered species such as green peacocks, wild oxen, and monkeys. The Wild Elephant Valley Forest Park, located 47 kilometers north of Jinghong city, serves as a key conservation site. Spanning 369 hectares, this park provides a haven for wildlife and a unique opportunity for visitors to observe elephants.

The reserve features observation towers, allowing visitors to watch wild elephants bathing, playing, and strolling. A cableway provides breathtaking views of the valley, while the park's elephant domestication school entertains visitors with performances by trained elephants, including dancing, headstands, and football tricks. Looking ahead, the Chinese government plans to establish an Asian Elephant Breeding Centre in Banna to further conservation efforts. These initiatives aim to protect not only the elephants but also the rich biodiversity of this unique region, ensuring a harmonious coexistence between humans and wildlife.

(The writer is a senior journalist; views are personal)

Deputy Chief Minister inaugurates “Sale Mela of Wool, Silk Products” of JKI

■ HT News Network

JAMMU, JANUARY 20: Deputy Chief Minister, Surinder Kumar Choudhary, today underscored the need to promote the indigenous handicrafts of Jammu and Kashmir at national as well as international level.

“Nature has bestowed Jammu and Kashmir with variety of indigenous handicrafts, which have created a niche in national and international markets and the need is to promote these by way of sustained marketing as well as promotion. This would be providing a bigger market to these products which would in turn result in boosting the economy and generating jobs.”, the Deputy Chief minister maintained. The Deputy Chief Minister was addressing a gathering after inaugurating the Jammu and Kashmir Industries (JKI) Sale Mela today, showcasing an extensive range of wool and



silk products. The event, organised by Jammu and Kashmir Industries (JKI), was attended by Secretary in Industries and Commerce Department, Smitha Sethi, Director Industries and Commerce Jammu, Arun Kumar Manhas, Managing Director Jammu and Kashmir Industries, Vikram Gupta, Managing Director of Jammu and Kashmir Minerals, Pawan Kumar Sharma and other senior officers. While appreciating the efforts of JKI in organizing the event, the Dy CM

said that the government is committed to support the local industries and necessary mechanism is already in place to catalyse the industrial growth. “This Sale Mela is a testament to the extraordinary talent of JKI workers and the rich heritage of Jammu and Kashmir especially related to Mulberry Silk. The government remains dedicated towards promoting local crafts, ensuring sustainable livelihoods for our Sheep wool rearsers, Sericulturists, Artisans and

expanding their market reach,” he said. The Deputy Chief Minister also directed the JKI to explore the possibilities of conducting such kind of events at other prominent places within and outside J&K as well to showcase our rich heritage products. The Sale Mela witnessed huge response from the employees of Civil Secretariat and will continue for next 10 days, offering exclusive discounts and special promotions to encourage public participation.

Residents of Drugmulla Raise Concerns Over Relocation Rumors of ARTO Office Kupwara

■ DR.AB QAYOOM

Kupwara, Jan, 20: The residents of Drugmulla, Kupwara, expressed strong concerns over unusual activities at the ARTO office on Sunday evening. Locals reported witnessing office staff loading official records and equipment into a cab, fueling speculation about the office's potential relocation to Bumhama.

The ARTO office, situated in a rented building in Drugmulla market for decades, has been integral to the community. Alarmed by the activity, residents immediately contacted local elected representatives and the police to intervene.

Fearing the relocation of the office to Bumhama, residents, traders, and public representatives, including DDC Drugmulla, organized a joint press conference. On Monday, the Drugmulla market observed a complete shutdown as traders and families dependent on the ARTO



office for their livelihoods protested the rumored move.

Residents highlighted the efficient and transparent functioning of the office after 2021 under the leadership of ARTO officers Anees Ahmad, Bilal Ahmad, Inspector Lateef Ahmad, and their team. They lauded the team's commitment to addressing public grievances and ensuring accountability. Despite operating from a rented

building, the office has served as a crucial hub for transporters, students, traders, and the general public.

In response to the escalating situation, Tehsildar Drugmulla and Kupwara Police worked together to maintain peace and address public concerns. Acting under the directions of DC Kupwara, ACR Kupwara Peerzada Mumtaz visited Drugmulla to clarify the administration's position.

Speaking to locals, Peerzada Mumtaz assured them that no official decision had been made to relocate the ARTO office. “The current building is rented, and the administration is exploring government-owned premises for a more permanent solution within Drugmulla. No official records or equipment have been relocated. We urge the public not to believe baseless rumors,” he stated.

Peerzada also promised an inquiry into the reasons behind the office's unusual Sunday evening operations. His assurances convinced the protesting locals to reopen their shops and resume normal activities.

The district administration reaffirmed its commitment to public welfare, emphasizing that the ARTO office would remain in Drugmulla to serve the community effectively. Residents were urged to avoid rumor-mongering and maintain peace while the administration addresses their genuine concerns.

Global Celebrations for the International Year of Glaciers' Preservation

■ HT News Network

Awantipora, Jan. 20: As part of the worldwide celebrations for the International Year of Glaciers' Preservation

(IYGP 2025), the Department of Planning & Geomatics, Islamic University of Science and Technology (IUST) in collaboration with the Center of Excellence (CoE) for Glacial Studies at the University of Kashmir, is organizing a high-level brainstorming session on January 21, 2025. The event, themed "Himalayan Cryosphere: Major Research Gaps and Shaping the Roadmap Ahead", will address critical issues and explore opportunities in cryosphere science.

The program will feature several talks by prominent glaciologists, with the Lead Talk to be delivered by Prof. Shakil A. Romshoo, a renowned glaciologist, Vice-Chancellor of IUST, and head of the National Cryosphere Lab at the University of Kashmir. This event will bring together leading experts, researchers, and policymakers to discuss the urgent need to enhance our understanding of the Himalayan cryosphere, which plays a critical role in water security.

PUBLIC NOTICE

I have applied for issuance of Pesticides License in this connection if anybody has any objection in this regard He/She may file his/her objection in the office of concerned PLANT PROTECTION OFFICER LAL MANDI SRINAGER (PPO) within seven days from the publication of this notice after that no objection will be entertained.

NAME.....WASIM AHMAD SHEIKH
S/O....GHULAM MOHAMMAD SHEIKH
R/O KREERI

GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE TEHSILDAR kreeri (Executive Magistrate 1st Class) Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate. PUBLIC NOTICE

The Registrar Births and Deaths (Block Development Officer Wagoora)/ chokedar has submitted case file pertaining to Birth of SHAHID ASHRAF S/O MOHAMMAD ASHRAF GANATE R/O CHANDKOOT Tehsil KREERI Distt. Baramulla having verified the date of Birth, as 15/01/2008 and event has been shown to be occurred at HOME for issuance of delay order .In this connection .

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

Executive Magistrate
1st Class kreeri

PUBLIC NOTICE

I have applied for issuance of FERTILIZER License in this connection if anybody has any objection in this regard He/She may file his/her objection in the office of concerned PLANT PROTECTION OFFICER LAL MANDI SRINAGER (PPO) within seven days from the publication of this notice after that no objection will be entertained.

NAME.....WASIM AHMAD SHEIKH
S/O....GHULAM MOHAMMAD SHEIKH
R/O KREERI

GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE TEHSILDAR kreeri (Executive Magistrate 1st Class) Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate. PUBLIC NOTICE

The Registrar Births and Deaths (Block Development Officer Wagoora)/ chokedar has submitted case file pertaining to Birth of MOHAMMAD MAQBOOL WANI S/O ZAHOOR AHMAD WANI R/O CHANDKOOT Tehsil KREERI Distt. Baramulla having verified the date of Birth, as 08/04/2014 and event has been shown to be occurred at SDH KREERI for issuance of delay order .In this connection .

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

Executive Magistrate
1st Class kreeri

اطلاع عام

مجھے Gorski Resort home stay کی رجسٹریشن محکمہ ٹورازم پہلگام میں کرانی مطلوب ہے کسی کو کوئی عذر ہو تو وہ سات یوم کے اندر اندر اسسٹنڈنٹ ڈیپارٹمنٹ آف ٹورازم پہلگام دفتر میں پیش کرے بعد ازاں معاد کوئی عذر قبول نہیں ہوگا

المستتر

غلام احمد گورسی ولد غلام حسن گورسی
ساکن لدر و پہلگام

اطلاع عام

مجھے Pearl Residency Home Stay کی رجسٹریشن محکمہ ٹورازم پہلگام میں کرانی مطلوب ہے کسی کو کوئی عذر ہو تو وہ سات یوم کے اندر اندر اسسٹنڈنٹ ڈیپارٹمنٹ آف ٹورازم پہلگام دفتر میں پیش کرے بعد ازاں معاد کوئی عذر قبول نہیں ہوگا

المستتر

عبدل رحمان بیٹ ولد محمد منور بیٹ
ساکن ننون پہلگام

اطلاع عام

مجھے Amaar Home Stay کی رجسٹریشن محکمہ ٹورازم پہلگام میں کرانی مطلوب ہے اگر کسی کو کوئی عذر ہو تو وہ سات یوم کے اندر اندر اسسٹنڈنٹ ڈیپارٹمنٹ آف ٹورازم پہلگام دفتر میں پیش کرے بعد ازاں معاد کوئی عذر قبول نہیں ہوگا

المستتر

فردوس احمد کمار
ولد محمد یوسف کمار
ساکن لاری پورا پہلگام

ازنیات سسر

درخواست متقاضی طالب حقین چوپان ولد علی محمد چوپان ساکن چارگام تحصیل سسر بمراجہ وصول RBA سرٹیفکیٹ بحق پسر اشتہار بمیراد اگاہی

معاملہ مندرجہ عنوان میں درخواست سال دفینڈامیں زیرکاردائی ہے اس نسبت پٹواری حلقہ سے رپورٹ منجول مطلوبہ نقوالا ت ریکارڈ مطلب کے جس سے عیاں ہوتا ہے سال موضع سال چارگام میں رہائش پذیر ہے۔ بذیل افراد

1. علی محمد 70 سال مردوری

2. ذبیہ بانو زوجہ علی محمد 68 سال گھریلو کام

3. محمد عباس پسر 33 سال زیر تعلیم

4. جاوید احمد پسر 30 سال

5. عتیق زویدہ پسر 28 سال گھریلو کام

6. طالب حقین پسر 27 سال زیر تعلیم

اسکے علاوہ کوئی بھی افراد تین یا تینیا ہے کہ نہ کسی سالانہ آمدنی مطابق سرٹیفکیٹ زیر بحث الزمہ کرنے میں اگر کسی شخص یا شخص کو عذر یا اعتراض ہو تو وہ اپنا عذر یا اعتراض ساتھ دن کے اندر اندر پیش کریں معاد کرنے کے بعد کوئی عذر یا اعتراض قابل قبول نہیں ہوگا

نافقہ تحصیلدار

DC Baramulla convenes meeting of District Tuberculosis Forum

Directs awareness campaigns, early detection and comprehensive nutritional support for patients throughout their journey

■ HT News Network

BARAMULLA, JANUARY 20: Deputy Commissioner (DC) Baramulla, Minga Sherpa, today chaired a meeting of the District Tuberculosis (TB) Forum Baramulla to bolster the fight against tuberculosis (TB) and achieve the ambitious goal of its elimination by 2025, as envisaged under the National Tuberculosis Elimination Programme (NTEP). During the meeting, the DC emphasized the critical need for intensifying awareness campaigns to educate the public about TB, its symptoms, and the importance of timely treatment.

Minga Sherpa highlighted that social stigma surrounding the disease remains a significant barrier to achieving its eradication, and to address this, he directed the Health Department to launch targeted campaigns across the district, particularly in rural and remote areas. The DC further stressed the importance of early detection and timely intervention in preventing the spread of TB and called for strengthening diagnostic facilities and ensuring their accessibility at the grass-roots level. He underlined the importance of collaborative efforts in tackling TB and urged for the



involvement of community leaders to play an active role in breaking the stigma associated with the disease and supporting patients throughout their treatment journey. Minga Sherpa further stressed the importance of ensuring the well-being of TB patients through nutritional and financial support by leveraging the Nikshay Poshan Yojana, which provides financial assistance to TB patients, and stressed the need for its seamless execution. Deputy Commissioner (DC) Baramulla, Minga Sherpa, today chaired a meeting of the District Tuberculosis (TB) Forum Baramulla to bolster the fight against

tuberculosis (TB) and achieve the ambitious goal of its elimination by 2025, as envisaged under the National Tuberculosis Elimination Programme (NTEP). During the meeting, the DC emphasized the critical need for intensifying awareness campaigns to educate the public about TB, its symptoms, and the importance of timely treatment. Minga Sherpa highlighted that social stigma surrounding the disease remains a significant barrier to achieving its eradication, and to address this, he directed the Health Department to launch targeted campaigns across the district, particularly in rural and remote areas.

Arrangements for Republic Day-2025 celebrations finalized at Kupwara

■ HT News Network

KUPWARA, JANUARY 20: In order to ensure proper arrangements for ensuing Republic Day (RD) celebration in district Kupwara, Deputy Commissioner (DC), Kupwara, Ayushi Sudan today convened a meeting of all concerned officers, here and finalized the arrangements.

Speaking at the occasion, the DC stressed upon the officers to ensure hassle-free arrangements for smooth conduct of the national event. She said all efforts shall be made to make the celebratory function more attractive and informative.

She also stressed the need for maintaining protocol in seating arrangement, and also issued directions to



the police department for taking proper protocol of the National Flag and security arrangements.

The DC gave directions that Republic Day celebration functions shall be

held at Sub divisional, Tehsil and Block level with same fervour and enthusiasm.

Earlier, ADC Kupwara, M Rouf Rehman briefed the meeting about

the programme and responsibilities of each officer and informed that the main function of the Republic Day will be held at District Police Lines (DPL) Kupwara, where National Flag will be hoisted and the VIP will take salute on the March Past.

The DC took segment wise review of all arrangements including power supply, water, sanitation, seating arrangements, and directed the concerned departments to ensure these arrangements.

The DC also directed Officers to ensure their presence including staff in the Republic Day functions.

SSP Kupwara, Ghulam Jeelani; ADC Kupwara, M Rouf Rehman, besides, District and Sectoral Officers and senior officers of BSF, CRPF and Police were present in the meeting.

DC Baramulla chairs DLCC meeting on NTPC programme, reviews COTPA implementation

■ HT News Network

BARAMULLA, JANUARY 20: Deputy Commissioner (DC) Baramulla, Minga Sherpa today chaired a meeting of the District Level Coordination Committee (DLCC) under the National Tobacco Control Programme (NTPC) to review the implementation of the Cigarettes and Other Tobacco Products Act (COTPA) in the district. The meeting threadbare discussed effective measures to strengthen tobacco control initiatives in the district. During the meeting, the DC emphasized the importance of enforcing COTPA regulations to ensure a tobacco-free environment. Key directives included regu-

lar inspections by enforcement teams near educational institutions, especially within a 100-meter radius, and ensuring that all public offices display 'No Smoking' signage and remain smoke-free. The DC also outlined plans for weekly drives in public spaces to promote awareness and prevent tobacco consumption. Awareness campaigns will be conducted during school assemblies to inform students about the harmful effects of tobacco and the provisions of COTPA. The meeting concluded with a commitment from all stakeholders to collaborate and intensify efforts towards creating a healthier, tobacco-free Baramulla.

SDM Zainapora finalises arrangements for Republic Day celebrations

■ HT News Network



SHOPIAN, JANUARY 20: Sub Divisional Magistrate (SDM) Zainapora, Jahanger Ahmad today held a meeting to finalize the preparations for Republic Day celebrations at the sub-division headquarters.

SDM took review of all required arrangements with stakeholders, and instructed for impactful celebrations in the sub division. The venue for the Republic Day celebration will be Govt Saqib Mohi ud din memorial Degree College Zainapora. He extended an invitation to citizens to participate in the celebration of this national event at the venue. The meeting was attended by representatives from all departments and law enforcement agencies, ensuring a coordinated effort to make the event a success.

Kulgam Police facilitates Police Community Partnership Group (PCPG) meetings

■ Farooq Rather.

Kulgam, January 20: Continuing unwavering efforts to bridge the gap between police & public, Kulgam Police facilitated Police Community Partnership Group (PCPG) meetings at Police Station Manzgam, Police Station DH Pora, Police Post Frisal, Police Post DK Marg, Police Post Navayuga Tunnel and at Village Razloo, Kund. At village Razloo, Kund, the meeting was chaired by Addl SP NHW Qazigund, Kulgam "Shri Mumtaz Ali Bhatti-JKPS". At other Police Stations/Police Post, meetings were chaired by concerned jurisdictional officers in which citizens of respective areas participated. During these meetings, participants raised various issues of public importance. Referring to the issues highlighted by the participants, chairing officers assured them that genuine issues will be taken up with the concerned authorities for their immediate redressal besides issues related to Police will be resolved in shortest possible time. The Participants were stressed to co-operate with Police in maintaining law and order.

Empowering Communities: Shining India Foundation's Relief Drive Across Jammu & Kashmir.

■ Mushtaq ul Islam

Pulwama Jan 18 : Shining India Foundation, a non-governmental organization (NGO) committed to social welfare, distributed 300 blankets among the underprivileged and nomadic families across various districts of Jammu and Kashmir. The initiative aimed to provide warmth and relief to those in need during the harsh winter season. In Keller, Shopian, the NGO organized a blanket distribution drive in collaboration with the Indian Army, where blankets were distributed to needy families. The event highlighted the importance of collective efforts in addressing the needs of marginalized communities. Similar drives were conducted in Pulwama, Budgam, Kulgam, and Poonch districts, where blankets were distributed among nomadic families and eco-

nomically weaker sections. Notably, in Kulgam, special attention was given to the families of police martyrs, honoring their sacrifices by extending support in this meaningful way. Chairman of Shining India Foundation, Mr. M. Gazi, expressed his gratitude for the opportunity to serve the community. He stated, "This is just the beginning of our programs in Jammu and Kashmir. We are committed to facilitating the welfare of poor and needy people across various districts. Our organization will continue its efforts in the future to uplift underprivileged sections of society and support them through various initiatives." It is worth mentioning that Shining India Foundation actively works in the fields of education, skill development, women empowerment, and youth-centric programs.

DDC Shopian chairs DLTC meeting, finalizes scale of finance for agriculture & allied sectors

■ HT News Network

SHOPIAN, JANUARY 20: A meeting of District Level Technical Committee (DLTC) was Monday held under the chairmanship of the District Development Commissioner (DDC) Shopian, Mohammad Shahid Saleem Dar to finalise the scale of finance for the year 2025-26 for Agriculture and allied sectors at Mini-Secretariat, Shopian.

On the occasion, DDC sought detailed feedback from the officers regarding the costs of inputs involved for growing different types of agricultural crops.

The committee discussed input and market prices to determine appro-



appropriate short-term loans for farmers across various sectors, including agriculture, horticulture, animal, sheep husbandry, etc.

It was also informed that the rates approved in scale of finance serves as a tool for arriving at the Potential Credit Plan of the district. Dar emphasized the importance of agriculture and allied sectors to the local economy and urged banks to proactively pro-

vide loans to farmers, highlighting the significance of credit facilities in boosting agro- economic activities.

The DDC directed the officers to ensure maximum coverage of the farmer under the agricultural development schemes.

The meeting was attended by ADDC, Dr. Nasir Ahmed Lone; LDM, CAO, DSHO and the Officers from Animal Husbandry, Sericulture, Floriculture, Fisheries and officials of the banks operating in the District. On the occasion, DDC sought detailed feedback from the officers regarding the costs of inputs involved for growing different types of agricultural crops.

DLC meeting under Pradhan Mantri Jan Vikas Karyakram held at Shopian

DC prioritizes Drug De-addiction, Skilling & Education development

■ HT News Network

SHOPIAN, JANUARY 20: A District Level Committee (DLC) meeting under the Pradhan Mantri Jan Vikas Karyakram (PMJKV) was today held at Shopian with an aim to formulate a comprehensive plan under the scheme. The meeting was chaired by Deputy Commissioner (DC) Shopian, Mohammad Shahid Saleem Dar. The PMJKV scheme aims to improve the socio-economic conditions of minority communities by providing them with basic amenities like education, health, infrastructure, skill development and employment opportunities for the youth. The committee discussed various aspects of the scheme, including interventions required in education, health, infrastructure development and skill development sectors in the district.

Model Drug de-addiction centre, Integrated Skilling centre with smart



classrooms for men and women, Smart Boards for Classrooms, Augmentation of Sports Fields, Mobile Medical Facility on Mughal Road, establishment of Health Centres, Gym cum Yoga cum Wellness Centres among other development interventions were some of the projects approved to be incorporated in the Plan under preparation.

During the meeting, the DC further instructed for sector wise, comprehensive plan formulation under the scheme for holistic development of the socio-economic parameters of the district.

The meeting was attended by various district officers of the departments and representatives of NGOs working in the district. The meeting was

chaired by Deputy Commissioner (DC) Shopian, Mohammad Shahid Saleem Dar. The PMJKV scheme aims to improve the socio-economic conditions of minority communities by providing them with basic amenities like education, health, infrastructure, skill development and employment opportunities for the youth. The committee discussed various aspects of the scheme, including interventions required in education, health, infrastructure development and skill development sectors in the district.

Model Drug de-addiction centre, Integrated Skilling centre with smart classrooms for men and

women, Smart Boards for Classrooms, Augmentation of Sports Fields, Mobile Medical Facility on Mughal Road, establishment of Health Centres, Gym cum Yoga cum Wellness Centres among other development interventions were some of the projects approved to be incorporated in the Plan under preparation.

During the meeting, the DC further instructed for sector wise, comprehensive plan formulation under the scheme for holistic development of the socio-economic parameters of the district.

The meeting was attended by various district officers of the departments and representatives of NGOs working in the district.

SPVLG Foundation Launches Project Mamta with Awareness cum Medical Camp in Anantnag

■ Mushtaq ul islam

Pulwama, January 18 : The SPVLG Foundation inaugurated its flagship initiative, Project Mamta (Maternal Assistance through Monitoring and Treatment Assurance), with an Awareness cum Medical Camp held in Dessu, Kokernag, Anantnag. This groundbreaking initiative aims to address critical maternal health challenges in tribal communities by providing accessible medical services and promoting health awareness. The project is funded by J&K Bank under its Corporate Social Responsibility (CSR) program, underscoring the bank's commitment to community welfare. The camp saw a significant turnout of tribal women, who benefited from free medical consultations, essential medicines, and health education sessions. Medical professionals highlighted key aspects of maternal health, including the importance of prenatal care, nutrition, and regular health check-ups to ensure the well-being of mothers and children. Mr. Syed Shahid Hussain, Branch Head of Larnoo, Kokernag, attended the event and reiterated the



bank's dedication to community welfare. "At J&K Bank, we are committed to driving meaningful change through impactful CSR initiatives. Project Mamta is a step forward in ensuring better maternal healthcare in underserved regions," he stated. A representative from SPVLG Foundation expressed gratitude to J&K Bank for supporting this initiative. "Project Mamta is our effort to bridge healthcare gaps in marginalized areas. With the support of J&K Bank, we aim to provide sustainable healthcare solutions, ensuring healthier futures for mothers and children," they said. The SPVLG Foundation plans to organize more such programs under Project Mamta, reaffirming its mission to improve maternal health outcomes and foster community development in remote regions.

DDC Kulgam reviews physical & financial progress recorded under District Capex 2024-25

Directs timely completion of ongoing works

■ **Farooq Rather**

KULGAM, JANUARY 20: District Development Commissioner (DDC) Kulgam, Athar Aamir Khan today convened a meeting to take stock of the physical and financial achievements made under District Capex 2024-25.

During the meeting, it was informed that out of 2600 approved works 1500 works have been completed physically by the end of December.

DDC took a detailed review of progress achieved in each department including RDD, Health, Education, R&B, PDD, PHE & Agriculture allied departments.

It was given out in the



meeting that in the RDD department alone as many as 1220 works were taken up out of which 920 stands were completed by the end of December.

The DDC directed the concerned executing agencies to ensure that the implementation of all the works on ground is expedited so that they are completed at the earliest.

While reviewing the progress of ongoing works, the DC instructed concerned officers to ensure quality work under each category is ensured so that the desired outcome is realized.

He stressed to utilize the

working season properly to complete projects well in time by spending all the released money. It will minimize the last month's rush to treasury billing, DDC added.

Officers were stressed to put in best efforts for maximum and optimum utilization of funds under different schemes so that no released expenditure would be surrendered.

He also urged the concerned to work vigorously and put extra efforts to achieve the desired results by the end of February.

The meeting was attended by SER&B, ACP, JDP, ACD, Executing Engineers from R&B, REW, CEO, CMO, all BDO's and other District Officers.

MLA Baramulla reviews developmental works in the constituency

■ **HT News Network**

BARAMULLA, JANUARY 20: Member of Legislative Assembly (MLA) from Baramulla Constituency, Javed Ahmad Beigh, today chaired a meeting to review the progress of various developmental works in the Baramulla constituency.

During the meeting, a detailed assessment of the ongoing projects was conducted to address any challenges faced during their execution and to ensure that the works progress effectively.

The MLA directed the respective officers to address the concerns of families affected by the developmental projects, particularly those whose structures were impacted, stressing the importance of ensuring fair and adequate compensation while prioritizing the timely redressal of their grievances.

Addressing the issue of road sinking in slide-prone areas such as Wal-



raman and Chandoosa, the MLA highlighted the importance of adopting effective soil conservation techniques while constructing roads, including piling and other innovative methods, to prevent further damage.

Furthermore, Javed Beigh directed the concerned officials to expedite the execution of all approved and sanctioned works, ensuring that the projects are carried out efficiently and meet the community's needs.

The meeting was attended by

Executive Engineer R&B, CEO MC Baramulla and BDOs from various blocks besides other officers and officials. He MLA directed the respective officers to address the concerns of families affected by the developmental projects, particularly those whose structures were impacted, stressing the importance of ensuring fair and adequate compensation while prioritizing the timely redressal of their grievances.

Speaker J&K Legislative Assembly addresses 85th All India Presiding Officers Conference at Patna

■ **HT News Network**

JAMMU, JANUARY 20: Speaker, J&K Legislative Assembly, Abdul Rahim Rather, today participated and addressed the 85th All India Presiding Officers Conference 2025 at Patna, Bihar.

The conference, inaugurated by Lok Sabha speaker, Om Birla, was held on the theme "75th Anniversary of Constitution: Contribution of Parliament and State legislative bodies in strengthening constitutional values".

Addressing the conference, Abdul Rahim Rather highlighted that the Constitution not only serves as a substantive tool to set up the system of Governanc-



es, rather it is a roadmap to restore our glory. "Our Constitution is fully committed towards welfare of the citizens which is progressive, inclusive and transformative", maintained the Speaker.

He added that the 75th anniversary of our Constitution is an opportune moment to reflect on our achievements, acknowledge our shortcomings and reaffirm our commitment to uphold the values that have shaped our nation.

The Speaker said that the Parliament at the Central level and the state legislatures at state level contributed significantly in strengthening the constitutional values in this journey of 75 years. He also appreciated the role of Supreme Court as the custodian and interpreter of the Constitution.

The Speaker, in his address, also outlined various steps taken by the Government of Jammu and Kashmir from time to time besides highlighting Legislations introduced for welfare of the people of J&K.

Secretary, J&K Legislative Assembly, Manoj Kumar Pandita also accompanied the Speaker at the conference.

NCORD meeting reviews drug control measures in Doda District

■ **HT News Network**

DODA, JANUARY 20: A meeting of the Narco Coordination Centre (NCORD) was held today here at the DC Office Complex, under the chairmanship of Deputy Commissioner Harvinder Singh.

The meeting brought together officials from law enforcement agencies, health departments, and other stakeholders to strategize efforts to combat drug abuse and ensure a drug-free society. The DC emphasized the urgency of combating the menace of drug addiction and outlined a multi-pronged approach to tackle the issue effectively.

The meeting decided to strengthen inter-departmental coordination under the NCORD framework to disrupt drug trafficking networks and reduce the prevalence



of drug abuse in the district. Officials were directed to enhance surveillance in vulnerable areas, intensify checks on drug peddlers, and establish a robust information-sharing mechanism among law enforcement agencies. The DC highlighted the importance of targeted actions against offenders

and ensuring the accountability of all stakeholders in the fight against narcotics.

To engage the community, the administration will organize awareness campaigns in schools, colleges, and communities, educating the youth about the dangers of drug addiction. Rehabilitation pro-

grams for individuals affected by drug abuse were also prioritized, with a focus on reintegrating them into society through counseling and skill development. The DC also encouraged active community participation, urging parents, teachers, and local leaders to contribute to preventive measures.

The Deputy Commissioner reiterated that addressing the issue of drug abuse is not just a legal responsibility but also a moral obligation. He called upon all stakeholders to work collectively toward a healthier and safer society, emphasizing that the well-being and future of the youth depend on eliminating the scourge of drugs. This meeting demonstrated the administration's firm resolve to combat drug abuse and create a secure environment for the people of Doda.

Ex-gratia relief under J&K Road Accident Victim Fund-2022 provided to NoKs of victims at Kupwara

■ **HT News Network**

KUPWARA, JANUARY 20: Under J&K Road Accident Victim Fund-2022, Additional Deputy Commissioner (ADC), Kupwara, M Rouf Rehman today handed over a cheque of Rs.1 lakh as ex-gratia relief to the Next of Kin (NoK) of deceased person who died in a road accident at National Highway Matipora Drugmulla.

The objective of J&K Road Accident Victim Fund 2022 is to provide immediate succor to the dependents/legal heirs of the persons killed/injured in road accidents in passenger cum private vehicles.

Earlier last week, the District Level Committee headed by Deputy Commissioner Kupwara, Ayushi Sudan sanctioned the ex-gratia relief in favour of the NoK from Kalaroose who lost their son in a road accident.

Meanwhile, the Deputy Commissioner stressed upon the committee members to ensure speedy disposal of the cases relating to death/injury in road accidents so that the dependents are provided compensation under the J&K Road Accident Victim Fund rules. ARTO Kupwara was present on the occasion. Meanwhile, the Deputy Commissioner stressed upon the committee members to ensure speedy disposal of the cases relating to death/injury in road accidents so that the dependents are provided compensation under the J&K Road Accident Victim Fund rules.

Principal Secretary Culture inaugurates 5 day Women Painters Exhibition

■ **HT News Network**

JAMMU, JANUARY 20: Principal Secretary Culture, Suresh Kumar Gupta, today inaugurated a 5 day All Women Painters Exhibition at Kala Kendra in presence of a galaxy of artists, painters and visual art experts.

The event, organised by the Jammu and Kashmir Academy of Art, Culture, and Languages (JKAACL), is being hosted across all three galleries of Kala Kendra.

Speaking on the occasion, Suresh Kumar emphasised the significant role of women in welfare and development of the society. He highlighted how the exhibition reflects their inner hopes, thoughts on beauty and connection with nature. He appreciated the vibrant visual art scene of Jammu and commended JKAACL for organising this purposeful event



in heart of the city.

Gupta urged the budding artists to take advantage of Academy's schemes and utilise Kala Kendra as a platform to explore and express their creative talents.

Secretary JKAACL, Harvinder Kour, stated that the exhibition aims to exclusively project the art and creativity of women. She announced that the Academy is planning more such events to cover areas previously overlooked, ensuring broader outreach and representation.

Chief Editor JKAACL, Dr. Javaid Rahi, informed the gathering that

J&K Election Commission concludes annual revision of Panchayat Electoral Rolls

■ **HT News Network**

JAMMU, JANUARY 20: The J&K Election Commission, today concluded annual revision of Panchayat Electoral Rolls with publication of Final Electoral Rolls, with January, 1st 2025 as qualifying date.

During the annual revision of Panchayat Electoral Rolls, which was started on 11-11-2024 with the publication of draft electoral rolls, several additions, deletions and changes in the entries of electoral rolls were incorporated.

A total of 341072 new voters have been added and 110768 names have been deleted because of death, shifting or other reasons.

Besides, corrections were carried out in details of 10726 voters and 31180 voters were transposed to other Panchayat Halqas/Wards.

The final panchayat electoral roll has a total of 7000670 voters which included 3566475 males, 3434048 females and 147 third gender voters and are available in the offices of District Panchayat Election Officers, EROs, AEROs and PBEOs.

The Commission appreciated the cooperation of all stakeholders including political parties, District Panchayat Election Officers, Panchayat Observers, EROs, AEROs, PBEOs and youth in particular who turned up in huge numbers to register their names in

the Panchayat Electoral Rolls.

It is pertinent to mention here that the process of Revision of Panchayat Electoral Rolls is a continuous updation exercise. All eligible voters who are 18 years of age as on 01-01-2025 and their names are not figuring in the Final Electoral Rolls can get themselves enrolled by filling the requisite form and depositing the same with the concerned ERO/AERO. It is pertinent to mention here that the process of Revision of Panchayat Electoral Rolls is a continuous updation exercise. All eligible voters who are 18 years of age as on 01-01-2025 and their names are not figuring in the Final Electoral Rolls.

CS chairs 9th Governing Council Meeting of SHA Discusses modalities for continuation of PMJAY-Sehat Scheme

■ **HT News Network**

JAMMU, JANUARY 20: Chief Secretary, Atal Dulloo, today chaired the 9th Governing Council Meeting of State Health Agency (SHA) to review its performance and discuss way forward for continuation of people friendly AB-PMJAY and AB-PMJAY SEHAT scheme.

Those who attended included ACS, Higher Education Department; Principal Secretary, Finance; Secretary, H&ME; Secretary, RDD; CEO, SHA; MD, NHM; Director, SKIMS; DG, Codes; DG, Budget; Principal, GMC Srinagar/Jammu; Director Health, Jammu/Kashmir; SIO, NIC besides

other concerned officers.

The Chief Secretary assessed the performance of SHA in implementation of AB-PMJAY and AB-PMJAY SEHAT schemes in J&K. He impressed upon the health agency to implement the renewed guidelines of AB-PMJAY especially coverage of 70 years above individuals. He enjoined upon the concerned to look into the duplication in creation of Ayushman Bharat Gold Cards based upon different databases like NFSA/SECC. He directed for enhancing efficiency of the monitoring mechanism to weed out any chances of fraud by any of the empanelled hospitals.

Dulloo directed the concerned officers for framing fresh claim util-



isation guidelines for effective implementation of this free health insurance scheme. He asked them to create a portal for public hospitals which would ensure better manage-

ment of fund transfer and their subsequent utilisation by these health facilities. Regarding the upcoming cycle of this policy, the Chief Secretary underscored the need for checking

the reasonability of insurance rates quoted by tenderers to cover the households. He also directed to constitute a committee under the chairmanship of DG Codes with other members to review the extent to which each package needs to be tweaked for overall benefit of public.

Regarding the invitation of fresh tenders to continue the scheme beyond 14th of March, 2025, the Chief Secretary advised for making the document lucid without any doubtful terms/conditions being part of the bid document. He asked for framing a committee under the chairmanship of Secretary, H&ME with members from Finance and Law Departments to overlook this process for smooth

implementation of this scheme for the upcoming policy period.

The Council also took notice of progress on the previous directives given during its 8th Governing Council Meeting and the action taken, so far. The members also gave their suggestions to further improve the performance of SHA besides streamlining the implementation of PMJAY-SEHAT. Secretary, H&ME, provided insights into the achievements accomplished under this scheme, so far. He revealed that SHA is currently implementing the AB-PMJAY/AB-PMJAY SEHAT scheme adhering to the High Court order. He further apprised the meeting that the Anti-Fraud.

Kishtwar Administration finalises arrangements for Republic Day celebration

■ HT News Network

KISHTWAR, JANUARY 20: The Additional Deputy Commissioner (ADC) Kishtwar, Pawan Kotwal chaired a meeting today with line departments and other stakeholders in the Conference Hall of the DC Office Complex to finalize arrangements for the upcoming Republic Day 2025 celebrations.

During the meeting, it was confirmed that the main event would take place at Chowgan Kishtwar/Mini Secretariat DC Office Complex, depending on weather conditions, while local celebrations would be organized at the Sub-Division, Block and Tehsil levels.

The Additional Deputy Commissioner instructed district department heads to ensure their attendance, along with their staff, at Republic Day functions at both the district headquarters and at the SDM, Tehsil, and Block levels.

Discussions covered various aspects of



the celebration, including flag hoisting, the march-past, cultural programs, seating arrangements, stage setup, venue preparation, and catering for refreshments.

It was also informed that the day would begin with the playing of Shehnai Vadan and special directions were given to concerned officers for Shehnai Vadan.

The Police Authorities were instructed to implement stringent security measures to ensure safety and smooth conduct of the event.

Further, the concerned departments were directed to make provisions for drinking water, power supply, medical facilities, sanitation, transport, and traffic management, illumination of government

buildings, deployment of fire tenders, seating arrangements, and the distribution of invitations.

The ADC also reviewed the progress of the various committees formed to oversee the arrangements.

Senior officers from civil and police administrations, along with other stakeholders, contributed valuable suggestions to ensure the successful execution of Republic Day celebrations in the district.

The meeting was attended by SSP Kishtwar Javed Iqbal, PO ICDS Rishi Kumar Sharma, CPO Kishtwar Shah Nawaz Bali, ACD Kishtwar Phulail Singh, DIO Kishtwar Dr. Kuldeep Kumar, Tehsildar Kishtwar Nirbhay Sharma, AD FCS&CA Kishtwar Shafqat Ali Keen, ALC Kishtwar, EO MC Kishtwar, CAO Kishtwar, CEO Kishtwar, ExEn Jal Shakti, ExEn PWD R&B, ExEn JPDCL Kishtwar, and other district officers, as well as officers from CRPF/CISF, representatives from various departments, educational institutions, and representatives from Power Projects.

DC Samba inspects progress of work on Bari Brahmana to Ghagwal NHW Stretch

■ HT News Network



SAMBA, JANUARY 20: Deputy Commissioner Samba Rajesh Sharma conducted a fortnightly inspection of the National Highway stretch from Bari Brahmana to Ghagwal to review ongoing construction works and ensure smooth traffic flow for public convenience. He was accompanied by SDMs, Tehsildars, Traffic Police officials, and officers from the National Highways Authority of India (NHAI).

The DC directed the executing agencies to expedite the pace of work while prioritizing measures to prevent public inconvenience. He stressed the importance of maintaining regular traffic flow during construction activities and instructed the agencies to fill potholes and install proper signboards at diversions.

During the inspection, the progress of flyover bridge construction at key locations was assessed, and the agencies were asked to adhere to deadlines. The Deputy Commissioner formed Sub-Division level committees led by concerned officers to monitor construction progress and address issues faced by the public or the construction companies.

The DC reiterated that the administration's primary goal is to ensure that commuters face no inconvenience and traffic movement remains uninterrupted. He urged all stakeholders to work collaboratively for the timely completion of the projects.

Housing for all cherished mission of PM Modi: DDC Vice-Chairperson Udhampur

■ HT News Network

UDHAMPUR, JANUARY 20: Vice Chairperson, District Development Council (DDC) Udhampur Juhi Manhas Pathania on Monday met several public delegates from across the District.

The delegations from Roun Mansar, Khoon, Patwar, Palnoo met the Vice Chairperson at her office in the DC Office Complex. During the series of interactions with the delegations, she emphasized the importance of the PMAY initiative.

Highlighting the core mission of PMAY, Juhi Pathania said "Our priority is to identify and register every deserving beneficiary, ensuring no one is left behind. This initiative showcases the centre government's clear intentions, strong determination, and dedication to ensuring that the benefits of PMAY reach 100% eligible population, in line with the principle of 'Sabka Saath, Sabka Vikas, Sabka Vishwas'."

She urged the survey teams to meticulously follow the scheme's guidelines, ensuring that no eligible beneficiary is excluded from the program. Stressing the importance of inter-departmental cooperation, Ms. Pathania emphasized the need for seamless implementation and accurate data collection to optimize the scheme's impact.

During her field visit, the Vice Chairperson actively engaged with the public, listened to their concerns, and assured them of timely redressal of grievances. She directed accompanying officers to expedite the completion of developmental projects and prioritize initiatives aimed at uplifting rural communities. The Vice-Chairperson directed the Jal Shakti Department to execute all water supply schemes sanctioned under the Jal Jeevan Mission in the prescribed time to meet the requirement of the potable water supply of the area. She also directed the other line departments to pace up the progress of ongoing developmental works in the area. Reiterating her commitment to the PMAY mission, Ms. Pathania stated, "This scheme is not merely about housing but about providing dignity, security, and a better quality of life to the underserved."

7 Day Divisional Level Training on Scientific Beekeeping begins at Kisan Kendra Jammu

■ HT News Network

JAMMU, JANUARY 20: A seven-day training program on scientific beekeeping, organized by Apiculture Development Scheme-Department of Agriculture Production and Farmers Welfare Jammu under the National Beekeeping and Honey Mission (NBHM), commenced today at Baba Jitto Kisan Kendra, Jammu.

The program is aimed at raising awareness and building skills among 50 prospective beekeepers from Jammu and Samba districts of the Jammu division.

The training programme was inaugurated by Director Agriculture Jammu, S. Arvinder Singh Reen as the Chief Guest.

In his address, the Director Agriculture Jammu emphasized the vital role of beekeeping in generating income and employment opportunities. He encouraged the unemployed youth of the region to adopt beekeeping as a profession, noting the immense potential in Jammu & Kashmir due to its diverse agro-climatic conditions, rich biodiversity, and the growing demand for honey, driven by its medicinal and nutritional significance.

DC Doda flags off devotees to Prayagraj Maha Kumbh Yatra 2025

■ HT News Network

DODA, JANUARY 20: Deputy Commissioner Doda Harvinder Singh, in collaboration with the Sanatan Dharma Sabha, flagged off the Prayagraj Maha Kumbh Yatra 2025 here today from Ganpat Bridge. The event witnessed the active participation of Sabha members and local devotees across the district, who came together to mark the spiritual journey with enthusiasm and devotion. The ceremonially adorned vehicles carrying pilgrims symbolized unity and faith.

The Prayagraj Maha Kumbh Yatra holds



immense spiritual significance, leading devotees to one of the largest religious gatherings in the world. The Kumbh festival, celebrated every 12 years, is a confluence of spirituality, tradition, and faith. This year, millions of devotees will converge at Prayagraj to take the holy dip at the Triveni Sangam—the sacred

confluence of the Ganga, Yamuna, and the mythical Saraswati rivers—to cleanse themselves of sins and attain spiritual liberation.

The DC praised the Sanatan Dharma Sabha for organizing the yatra and said it aligns with the sentiments and beliefs of the people. He extended his

blessings to the pilgrims, wishing them a safe and fulfilling spiritual journey. He also acknowledged the ongoing efforts in the district to facilitate such significant events, which help preserve and promote cultural and religious heritage.

The Kumbh festival is renowned for its spiritual discourses, rituals, and mass participation, symbolizing faith and unity across diverse communities. This yatra from Doda is a testament to the unwavering devotion of the region's people, reaffirming the importance of cultural traditions and their role in bringing communities together.

Director Agriculture Jammu flags off farmers' Training cum Exposure tour to Punjab Agriculture University

■ HT News Network

JAMMU, JANUARY 20: A group of 55 farmers and entrepreneurs from Jammu, Samba, Kathua and Udhampur Districts was flagged off by Director Agriculture Jammu, S. Arvinder Singh Reen here from the Directorate of Agriculture, Krishi Bhawan on Training cum Exposure visit outside UT. The five-day visit, scheduled from 20th to 24th January 2025, to Punjab Agriculture University (PAU) Ludhiana has been arranged under HADP 2024-25, Project no. 01, Development of Seed and Seed Multiplication Chain.

The Director Agriculture Jammu, while interacting with the farmers, said that the training cum exposure visit is being organized to acquaint the farmers and entrepreneurs with different aspects of Development of Seed and Seed Multiplication Chain. "Seed multiplication is essential because it ensures that the genetic purity of the seed is maintained as it transitions from breeder to farmer. This process guar-



antees that the variety performs as expected, enhancing both yield and quality," he maintained.

Director A.S. Reen encouraged the farmers and entrepreneurs to actively engage

with the scientists and researchers during their visit to PAU Ludhiana. He further asked the farmers to utilize the technology in their fields after learning from such training and also share it with fellow farmers in their respective communities.

Joint Director Agriculture Extension/SLUB, Satish Sharma stressed the importance of applying the newly acquired skills and technologies in their agricultural practices, which can significantly contribute to improving farm productivity and profitability.

Agriculture Chemist Jammu, Dr. Aman Jyoti Sharma, SMS-RL Dharmesh Vaid, and other officers from the office of the Joint Director Agriculture (Extension) Jammu were present on the occasion. Five officers are also accompanying the farmers for the training cum Exposure Visit to Punjab Agriculture University (PAU) Ludhiana.

Ramban: Woman entrepreneur establishes Rural Business Services Hub by availing HADP

DDC chairperson hails collaborative efforts of Government, private stakeholders

■ HT News Network

RAMBAN, JANUARY 20: The District Administration Ramban, under the guidance of Deputy Commissioner Baseer-Ul-Haq Chaudhary, continues its efforts to promote Holistic Agriculture Development Program (HADP) to explore the huge potential of job opportunities for the rural youth in agriculture and allied sector activities.

In a significant development, a Rural Business Services Hub was inaugurated today at Maitra.

The inaugural function was graced by Chairperson



District Development Council (DDC) Dr. Shamshad Shan; MLA Ramban, Arjun Singh Raju; Deputy Commissioner, Baseer-Ul-Haq Chaudhary; Senior Superintendent of Police, Kulbir Singh; and Assistant Commissioner Revenue, S. Harpal Singh, Chief Agriculture Officer, Ram Gopal

Sharma, AGMO Horticulture P&M Raju Zutshi.

The private agro-related facility "Zaheeda Agro Trading Co", established under HADP and sponsored by the Department of Planning and Marketing (P&M), Jammu and Kashmir Government, is designed to promote rural entrepre-

neurship. It aims to provide comprehensive agro-based business and services to the farming community at a single point.

Speaking at the event, the Chairperson and other guests highlighted the importance of such initiatives in empowering rural communities, enhancing farmers' income and advancing holistic agricultural development across the district. The Chairperson lauded the collaborative efforts of the government and private stakeholders in establishing the hub and encouraged farmers to utilize the services offered effectively.

Mulberry Plantation Drive Launched At Poonch Indian Army Organised Workshop On Sericulture

■ AMIR IQBAL KHAN

Poonch, January 20 : With a motive to involve community in adopting sericulture as one of the profit giving source of income generation, Indian army under the aegis of BG Brigade in collaboration with Dr. Rubia Bukhari's Cocoon Artistry Initiative and Poonch Campus, University of Jammu, organized a one-day workshop on Cocoon Artistry at Dharati Higher Secondary School, Mendhar on Saturday.

According a press release, the event aimed to provide skill-based training to students and resi-



dents of the adjoining areas highlighting the significance of Cocoon Artistry in promoting self-reliance and economic growth.

Dr. Rubia Bukhari's Cocoon Artistry Initiative was present on the occasion. The event witnessed the presence of senior Army officials, members of civil

society, students and faculty of the School.

A workshop related to the subject of Cocoon cultivation under sericulture initiative was also held. Army officials during the workshop lauded Dr. Rubia Bukhari for her relentless efforts and dedication to fostering creativity and innovation among youth

and women through Sericulture and Cocoon Artistry.

"Her initiatives have successfully inspired many to explore the potential of sericulture and cocoon artistry, providing them with sustainable livelihood opportunities," an official remarked.

A detailed PowerPoint presentation was given by Dr. Bhukhari emphasizing the transformative potential of the sericulture industry. "Skill development in this field can empower individuals particularly in border regions like Poonch to become self-reliant and contribute to the communities," she explained.

With 'zero casualty' goal, India becomes global leader in disaster management: Amit Shah

■ HT News Network

AMRAVATI, Jan 20: Backed by resilient infrastructure in the area of disaster management, India has emerged as a global leader in the sector by adopting a 'zero casualty' goal during calamities, Union Home Minister Amit Shah said on Sunday. Shah also emphasised the support of the Prime Minister Narendra Modi-led government for Andhra Pradesh, announcing that the Centre has approved projects totalling over Rs 3 lakh crore for the state in just six months.

He was addressing a gathering on the 20th Foundation Day celebrations of the NDRF at Kondapavuluru in Krishna district, after inaugurating the National Institute of Disaster Management's (NIDM) southern campus and the National Disaster Response Force's (NDRF) 10th Battalion campus near Vijayawada, along with inaugurating and laying foundation stones for various projects worth approximately Rs 220 crore.

"Today I can say with confidence, NDRF's implementation of NDMA policies on the ground has played a pivotal role in positioning India as a global leader in disaster management. India has taken a lead in the



entire world in disaster-resilient infrastructure by setting up CDRI," he said.

He said the Modi-led government has worked towards bringing in big changes in approach, methodology and objective in the field of disaster management.

Shah said that earlier the approach to disaster was relief-centric, but now the approach is 'rescue-centric' to save people from disaster. This 360 degree change in approach of disaster management has come into implementation after the Modi

government came to power in 2014, he said.

The working style has changed from reactive to proactive methodology, he said. Now the 'zero casualty' goal is being adopted during disasters, he said, adding that to achieve this goal NDRF, NDMA, and NIDM have worked in coordination.

In such a short span of time, NDRF has established itself as a credible organisation not only within India but also globally, he said.

Shah said in the last six years being the Home Minister, he made field visits during many disasters and after noticing NDRF personnel, people express confidence that they are now safe.

He recalled earlier in a cyclone strike in Odisha, 10,000 people lost their lives and now in the last two years, two cyclones struck, but we achieved the goal of zero casualty.

Shah noted that the NDRF's efforts in countries such as Nepal, Indonesia, Turkey, Myanmar, Vietnam, and others have been widely recognised and appreciated by their respective heads of state.

The Narendra Modi government allocated Rs 61,000 crore in 14th Finance Commission towards disaster management as against Rs 12,500 crore in 12th Finance Commission, he said.

He said that under PM Modi's leadership, India established the CDRI (Coalition for Disaster Resilient Infrastructure), and today, 48 countries are working under the leadership of CDRI as its members.

Shah further emphasised the support of the Modi-led government for Andhra Pradesh, announcing that the Centre has approved projects totalling over Rs 3 lakh crore for the state in just six months.

Chennai Devotee Donates Rs 6 Crore To Tirumala Tirupati Devasthanams

■ HT News Network



Tirupati, Jan 20: A Chennai-based devotee donated Rs 6 crore to Tirumala Tirupati Devasthanams, authorities said. Vardhaman Jain donated Rs 5 crore to Sri Venkateswara Bhakti Channel (SVBC) and Rs 1 crore to Sri Venkateswara Gosamrakshana Trust, they added.

"At Ranganayakula Mandapam in Tirumala temple, he handed over the demand drafts for Rs 5 crore to TTD for SVBC and Rs One crore for SV Gosamrakshana Trust," said a press release issued by TTD on Sunday night.

SVBC is the television channel of TTD, which promotes and propagates the Hindu religion by telecasting myriad devotional activities and programmes while SV Gosamrakshana Trust is focused on protecting the cow and emphasizing its spiritual importance, among others.

Jain handed over the DDs to TTD additional executive officer Venkaiah Chowdary. (PTI)

First draft of Indian history written by colonisers with distorted perspective: Dhankhar

■ HT News Network

NEW DELHI, Jan 20: Vice President Jagdeep Dhankhar on Monday said it was a travesty that the ignorant were trying to make us aware about inclusivity by their narrow-minded approach. He also said that the first draft of the country's history came through colonisers' distorted perspective. While thousands contributed to the freedom struggle, only a few were promoted. Even post-Independence, this was allowed to take roots. This disrupted organic evolution of our knowledge system, the vice president said. "We have to unshackle ourselves from colonial legacy and mindset," he said. He asserted that the philosophical schools of Vedanta, Jainism, Buddhism and others have always encouraged dialogue and co-existence — the principles that hold immense value in today's polarised world. It was time now to ensure India's heritage blossoms and thrives and there could not be a more opportune time, he noted while urging the youth to take pride in India's mathematical contributions.

Much of the problems we are facing today will be resolved on a fast track basis if we keep indology in mind, he said after laying the foundation stone for the Nandal Nuwal Centre of Indology at Bharatiya Vidya Bhavan here.

Former Gujarat IAS Officer Pradeep Sharma Gets Five Years In Jail In 2004 Corruption Case

■ HT News Network

Bhuj, Jan 20: The Gujarat CID on March 3, 2023 arrested former IAS officer Pradeep Sharma for allegedly causing loss to the state exchequer by illegally allotting land at an undervalued price in 2004-05 during his tenure as the Collector of Kutch district, official said.

A first information report (FIR) was registered on March 3, 2023 against Sharma, a 1984-batch Indian Administrative Service (IAS) officer, and two others at CID (Crime) border zone police station at Bhuj in Kutch district, Deputy Superintendent of Police (CID Crime) V.K. Nai said.

People of Delhi suffering in battle of supremacy between AAP govt, Centre: Sachin Pilot

■ HT News Network

UDAIPUR, Jan 20: Ahead of the Delhi polls, Congress leader Sachin Pilot on Monday said the people of the capital are suffering in the battle for supremacy between the AAP-led city government and the BJP-led central government, and that his party has emerged as the "better option".

Speaking to reporters here, he exuded confidence that the people of Delhi will vote for the Congress this time.

"There is a battle of supremacy between the Delhi government and the central government and the people (of the city) are suffering in this," Pilot said.

The Congress party has emerged as the "better option" and people will give the mandate to it in the Delhi assembly elections, he said.

"We have given some guarantees to the people of Delhi. They also remember the development that took place under the Sheila Dikshit-led Congress government. We will fight strongly and the Congress will do well in the Delhi polls," the former deputy chief minister of Rajasthan said.

The Congress' five guarantees for the Delhi polls include providing LPG cylinders at Rs 500, free ration kits and electricity



up to 300 units, a monthly grant of Rs 2,500 for women under 'Pyaari Didi Yojana', free health insurance cover of up to Rs 25 lakh under 'Jeevan Raksha Yojana' and financial assistance of Rs 8,500 a month to educated unemployed youths for one year.

On the opposition INDIA bloc, Pilot said Congress president Mallikarjun Kharge and senior party leader Rahul Gandhi brought all the parties together to fight against the NDA in the Lok Sabha elections and the result was good.

The 70-member Delhi Assembly goes to polls on February 5 and the results will be announced on February 8.

In the 2015 and 2020 Delhi Assembly polls, the AAP won 67 and 62 seats respectively. The BJP won three seats in 2015 and eight in 2020 while the Congress drew a blank. (PTI)

Remarks Against Amit Shah: SC Stays Proceedings In Defamation Case Against Rahul Gandhi

■ HT News Network

NEW DELHI, Jan 20: The Supreme Court on Monday stayed trial court proceedings against Congress leader Rahul Gandhi in a criminal defamation case filed against him for alleged defamatory remarks against Union Home Minister Amit Shah.

Naveen Jha, a BJP worker, had filed the case against Gandhi in 2019 for his alleged remarks against Shah.

During one of his public speeches in Chaibasa before the 2019 Lok Sabha elections, Gandhi had allegedly referred to Shah as a "murderer".

A bench of Justices Vikram Nath and Sandeep Mehta issued notice to the Jharkhand government and the BJP leader while seeking their response on Gandhi's appeal.

"Issue notice. Till further orders, further proceedings in the trial shall remain stayed," the bench said.

Senior advocate Abhishek Singhvi, appearing for Gandhi, said there are several judgments which say that only the aggrieved person can file a criminal defamation complaint.

He submitted that the defamation complaint cannot be filed by a proxy third party.

Senior advocate Mahesh Jethmalani appeared for Jha.



Gandhi has challenged the Jharkhand High Court order, which rejected his petition to quash proceedings against him in a trial court in connection with the complaint.

The Congress leader had contested the decision of a magisterial court in Ranchi, which instructed him to personally appear before the court to undergo trial. Later, Gandhi moved the high court, which issued a stay order on any further actions in the lower court against him.

After recording the statements of the complainant and witnesses, the magistrate had found merit in the case against Gandhi and directed him to appear before the trial court on February 4, 2023.

Later, the HC, while issuing a stay on the notice issued by the magistrate, ordered that "no coercive steps" be taken against Gandhi. (Agencies)

Road Safety 'J' SC Asks 23 States, 7 UTs To File Reports On Compliance Of Legal Provisions, Rules

■ HT News Network

NEW DELHI, Jan 20: In a significant order, the Supreme Court on Monday directed 23 states and seven union territories to file compliance reports indicating implementation of the Motor Vehicle law's recent provisions

besides rules on electronic monitoring and road safety measures.

A bench comprising Justices Abhay S Oka and Ujjal Bhuyan noted six states and a UT, namely, West Bengal, Maharashtra, Tamil Nadu, Karnataka, Kerala and Delhi, had filed their compliance reports.

The top court on September 2, 2024 passed directions on the implementation of Section 136A of the Motor Vehicles Act read with Rule 167A of the Motor Vehicles Rules which allow authorities to electronically monitor speeding vehicles.

The bench has now asked the

remaining 23 states and seven UTs to file their compliance reports which will be shared with the Supreme Court committee on road safety. The apex court panel, in turn, would look into all aspects and provide its inputs which could be considered by the Centre in framing the standard

operating procedure on electronic monitoring and enforcement of road safety measures, the bench said. Senior advocate Gaurav Agrawal, assisting the bench as an amicus curiae, informed the bench that six states had filed their reports and the necessary directions.

Constitution under assault; RSS chief must apologise for 'anti-national' statement: Cong

■ HT News Network

NEW DELHI, Jan 20: Ahead of its 'Jai Bapu, Jai Bhim, Jai Samvidhan' rally in Karnataka's Belagavi, the Congress on Monday alleged the Constitution is under assault and reiterated its demand that RSS chief Mohan Bhagwat must apologise for the "anti-national statement he delivered on the freedom movement". The opposition party also claimed that Mahatma Gandhi is being insulted and BR Ambedkar is being attacked. "Tomorrow, the INC's Jai Bapu, Jai Bhim, Jai Samvidhan rally will be held in Belagavi. This was to take place on Dec 27th, 2024 but was postponed due to the passing away of Dr. Manmohan Singh," Congress general secretary



in-charge communications Jairam Ramesh said in a post on X. It was at Belagavi that Mahatma Gandhi had taken over as Congress president on December 26, 1924, he recalled. "Mahatma Gandhi is being insulted. Dr. Ambedkar is being attacked. The Constitution of India and its values are under assault," Ramesh

alleged. The Belagavi rally is a reaffirmation of the Congress' steadfast resolve to preserve, protect, and promote the legacy of Mahatma Gandhi and Ambedkar, he said. This will be followed by a similar rally at Mhow — Dr. Ambedkar's janmabhoomi — on January 27, Ramesh said. "Shri Mohan Bhagwat must apologise for the atro-

cious, anti-national statement he delivered on the freedom movement on January 14th 2025," he said.

"The Union Home Minister must resign and tender an apology for his atrocious remarks on Dr. Ambedkar in Parliament on December 17th, 2024," Ramesh said. Last week, Ramesh had described Bhagwat's remarks that India's "true independence" was established on the day of the Ram temple's consecration as "anti-national" and demanded an apology over the statement. Bhagwat said the date of the Ram temple's consecration in Ayodhya should be celebrated as "Pratishtha Dwadashi" as the "true independence" of Bharat, which had faced "para chakra" (enemy attack).

Employment for Delhi's youngsters will be my top priority in next 5 years: Kejriwal

■ HT News Network

NEW DELHI, Jan 20: If the AAP is voted to power in Delhi again, his top priority would be to provide employment opportunities to youngsters, party supremo Arvind Kejriwal said on Monday.

Addressing a "janasabha" in the Vishwas Nagar Assembly constituency ahead of the February 5 Delhi Assembly polls, Kejriwal said, "The biggest work I am going to do is on employment. I will arrange employment for our youngsters. Providing employment to our youngsters will be my top priority."

During his address, the AAP national convenor also highlighted the achieve-



ments of his party's government in Delhi over the last 10 years, including providing free electricity, water and quality healthcare to people, as well as improving the condition of government schools.

"We are providing free electricity, water, healthcare and good government education. You can call

your relatives in BJP-ruled states like Uttar Pradesh, Bihar and Haryana, and ask if they get zero electricity bills," Kejriwal said.

The former Delhi chief minister warned the voters against supporting the Bharatiya Janata Party (BJP), claiming that if they vote for the saffron party, it will shut down the

mohalla clinics, stop the free bus rides for women and "you will have to pay for bus tickets".

Kejriwal outlined key promises under the Aam Aadmi Party's (AAP) manifesto for the upcoming polls, such as a monthly assistance of Rs 2,100 each for women under the "Mahila Samman Yojana" and free healthcare services for senior citizens under the "Sanjeevani Yojana".

He also slammed the BJP over the alleged breakdown of law and order in Delhi.

"They (BJP leaders) never say what they have done for the city in the last 10 years. All they do is abuse me. They call me by different abusing names," he said.

How eating more fiber may help protect against dangerous bacteria like E. coli



■ By Linda Carroll

Eating more fiber, which is found in whole grains, vegetables and fruits, might help protect against dangerous bacteria in the gut.

After analyzing samples from the gut microbiomes of more than 12,000 people hailing from 45 countries, researchers determined that people with high levels of a certain type of beneficial bacteria known as Faecalibacterium were more likely to have low levels of potentially fatal bacteria such as E. coli, according to the report published this month in Nature Microbiology.

The researchers also found that samples with high levels of Faecalibacterium had high levels of beneficial compounds called short-chain

fatty acids, which are a byproduct from the breakdown of fiber. Research has indicated that having reduced levels of this type of bacteria is linked to inflammatory bowel or gastrointestinal conditions.

"The main takeaway from our study is that our gut microbiome plays an important role in reducing the growth of potentially harmful bacteria in our gut, and it seems this effect may be modulated through diet," the study's principle investigator, Alexandre Almeida, a research fellow at Cambridge University, told NBC News in an email.

The gut microbiome is a collection of microbes including bacteria, fungi and viruses that dwell in the gastrointestinal tract. Gut microbiomes vary from person to person.

The new findings suggest that eating high-fiber foods such as vegetables, beans and grains might help protect against harmful bacteria, he added. Almeida cautioned that the new study doesn't prove that fiber protects against harmful bacteria. "This was an observational study performed on the gut microbiome

of people at one point in time, so we need to be mindful that most of our results are based on associations,"



he said. "This means that future work is needed to experimentally test whether certain things like fiber and other nutrients prevent the incidence of infections in a longer time span."

Using stool samples from 65 studies across 45 countries, the scientists analyzed the bacterial makeup from 12,238 people. They found that the composition of a person's microbiome could predict whether the person's

gut was likely to be overrun with harmful bacteria.

"This is an impressive analysis,"

said Dr. Walter Willett, a professor of epidemiology and nutrition at the Harvard T.H. Chan School of Public Health and a professor of medicine at Harvard Medical School in Boston, who noted that it doesn't prove that fiber affects a person's susceptibility to harmful bacteria. "It's one little piece of the puzzle. In the future it will be critical to include diet in the analysis."

There are plenty of other reasons to consume the recommended amounts of fiber, Willett said. "There's really solid evidence that fiber helps with diabetes, weight control and cardiovascular disease."

Adults need 30 grams of fiber a day, Willett said. Most Americans get only about 58% of that daily amount, according to U.S. Department of Agriculture research.

"But it's not practical to count out the grams," Willett said. "The simplest thing is to follow a couple of rules: Whenever you're having grains, make sure they are whole grains, and eat a variety of fruits and vegetables. Just by doing that you'll get plenty of fiber."

Certain foods are especially high in fiber.

For example:
Unsweetened bran cereal (14 g per ½ cup) versus toasted oat cereal (3 g per cup)
Lima beans (13.2 g per cup) versus asparagus (2.9 g per cup)
Pumpkin seeds (5.2 g per ounce) versus hazelnuts (2.8 g per ounce)
Raspberries (8 g per cup) versus

blueberries (3.6 g per cup)

"We don't know from this study that eating more fiber will result in making more beneficial bacteria," said Dr. Daniel Freedberg, a gastroenterologist and associate professor of medicine and epidemiology at the Columbia University Vagelos College of Physicians and Surgeons in New York City. "But there's a lot of evidence suggesting that we do eat too little fiber."

Certainly increasing fiber consumption would be good for people who don't get enough.

"I see people with gastrointestinal conditions like constipation and diarrhea, and fiber is the only thing that is good for both," Freedberg said.

A high-fiber diet might protect the colon, he added.

"There are some studies where people were briefly randomized to consume a very, very high-fiber diet or an ultraprocessed diet," Freedberg said. "In their biopsies, you can see not-so-good changes in the colon tissues of people who consumed the ultraprocessed food."

Marburg Virus: Everything To Know About This Eye Bleed Causing Virus

Marburg virus is a highly infectious virus that causes Marburg virus disease (MVD), a severe hemorrhagic fever with high fatality rates. It belongs to the same family as the Ebola virus, the Filoviridae. The virus can cause extensive internal and external bleeding, including from the eyes, due to its effect on blood vessel walls and clotting systems. This symptom is rare but can occur in severe cases. Marburg virus is deadly, with mortality rates ranging from 24% to 88%, depending on outbreak management and healthcare resources. Read on as we discuss the history, causes, signs, prevention and treatment of this virus.

The Marburg virus was first identified in 1967 during simultaneous outbreaks in Marburg and Frankfurt (Germany) and Belgrade (Serbia). Researchers linked the outbreaks to African green monkeys imported for laboratory studies. Since then, sporadic outbreaks have occurred in Africa, notably in Angola (2004–2005) and Uganda (2017). These outbreaks highlight the virus's potential for high mortality and rapid spread.

The Marburg virus is transmitted to humans through prolonged exposure to fruit bats (Rousettus aegypt-



tiacus), which are natural reservoirs of the virus. Human-to-human transmission occurs through:

Contact with infected body fluids (blood, saliva, vomit, urine, etc.).

Direct contact with contaminated surfaces or materials like bedding or clothing.

Inadequate protection during medical care of infected individuals.

Signs

Symptoms typically appear 2–21 days after infection and may include: High fever and severe headache. Muscle pain and weakness.

Nausea, vomiting, and diarrhoea. Abdominal pain and cramping. Severe haemorrhaging (internal

and external bleeding).

Red eyes, rash, and jaundice (liver involvement).

Confusion, agitation, and neurological symptoms in advanced stages.

Preventive tips to reduce risk

Refrain from visiting caves or mines where fruit bats reside.

Practice good hygiene by washing hands frequently with soap and water or using alcohol-based hand sanitisers.

Avoid contact with infected individuals and use personal protective equipment (PPE) when caring for or handling infected individuals.

Clean and disinfect surfaces that

may have come into contact with body fluids.

Avoid handling dead animals, do not touch dead or sick animals, especially in outbreak areas.

Ensure all meat and animal products are cooked thoroughly before consumption.

Wear gloves and masks when handling suspected infected materials or patients.

Avoid traveling to regions experiencing outbreaks.

Provide proper training and PPE for healthcare providers in outbreak areas.

Strengthen surveillance and isolation protocols in healthcare settings.

Treatment

There is no specific antiviral treatment for the Marburg virus. Supportive care is the mainstay of treatment and may include:

Administering oral or intravenous fluids to maintain electrolyte balance.

Treating fever, pain, and secondary infections.

Managing severe blood loss through transfusions and clotting factor replacement.

Research is ongoing into monoclonal antibodies, antiviral drugs, and vaccines, but these are not yet widely available.

NEWS

High Protein Fruits For Weight Loss



Protein is an essential macronutrient that can keep you full for longer, resulting in weight loss. Protein is also known as the building block of the human body. Besides weight loss, protein increases muscle mass, improves bone health, boosts metabolism and lowers blood pressure. Eggs, chicken, fish, almonds, cottage cheese, lentils, quinoa and dairy products are a few good protein sources. Many also switch to protein powders to fulfil their daily protein requirements. Not many know that some fruits are also good sources of protein that should be a part of your diet.

Fruits are highly nutritious. Adding these high-protein fruits to your diet can help your body receive many other essential nutrients.

■ 1. Guava

Guava is one of the most protein-rich fruits. One piece of guava contains around 1.4 grams of protein. Guava is also an excellent source of vitamin C which can help boost immunity.

■ 2. Kiwi

Kiwi is also a good source of protein. It can also help boost immunity, improve digestion, promote skin health and maintain healthy blood sugar levels.

■ 3. Avocado

Avocado has recently gained popularity. It is an amazing source of protein, healthy fats and fibre.

■ 4. Banana

Bananas are easily accessible and highly nutritious. It is a popular source of potassium. You can start your day with a banana to load up your diet with protein, vitamin B6, vitamin C, fibre, folate and magnesium.

■ 5. Apricot

Apricots can be easily added to your diet. Dried apricots can be enjoyed as a quick snack that can beat hunger pangs as well as sweet cravings. Add dried apricots to trail mix, salads or smoothies.

■ 6. Jackfruit

Jackfruit can eaten in a variety of ways. Jackfruit contains protein, fibre, vitamin A, magnesium and potassium. It may also help manage diabetes effectively.

■ 7. Pomegranate

Pomegranate is well-packed with nutrients. It is low in calories and high in fibre, vitamins and minerals. Pomegranate is also a good source of protein among fruits. If you are trying to lose weight, add these fruits to your diet.

Expert Shares Tips On How To Stay Calm When Someone Provokes You

Have you ever felt people poking at your calm? Imagine kids teasing a sleeping dog with a stick just to see if it growls. And if the dog attacks, the poor animal is deemed at fault, as if its reaction wasn't provoked. We face similar occurrences sometimes. People at work, your colleagues and sometimes even your close ones test your patience, nudging your boundaries. The after-effect of their actions is your explosive reaction. But, at such times, these people act surprised, painting you in a bad light.

If you ever faced such a situation then you are not alone. But what's important is understanding why people behave in a certain way and how you can restore your calm without hampering your peace. Helping you in the process is Integrative Lifestyle expert Luke Coutinho. According to him, "navigating through difficult emotions is required for peace and harmony at a cellular level." His latest Instagram entry is all about that.

How Pregnancy Reshapes The Brain: Study Reveals 94% Grey Matter Changes In Expectant Mothers

A new research shows that 94 per cent of the grey matter in the brains of mothers undergoes changes during pregnancy.

The team from Universitat Autònoma de Barcelona (UAB) found that there is a reduction and partial recovery of almost 5 per cent of grey matter in 94 per cent of the total grey matter volume of the brain, especially in regions linked to social cognition.

The study analysed the brains of women during pregnancy for the first time using neuro-imaging techniques.

The study, published in the journal Nature Communications, included non-pregnant mothers, whose partners were pregnant, to distinguish biological effects from those caused by the experience of being a mother.

Researchers from UAB, the Gregorio Marañon Health Research Institute and the Hospital del Mar Research Institute together, with other prestigious international institutions, were part of the study.

The findings reveal a dynamic



trajectory in the brain during pregnancy and postpartum, significantly linked to the steroid hormone fluctuations inherent to pregnancy, and to the psychological well-being of the mothers.

The findings revealed that, during the first pregnancy, gray matter volume in the brain is reduced by up to 4.9 per cent, with a partial recovery during the postpartum period.

"These changes are observed in 94 per cent of the brain, being particularly prominent in regions linked to social cognition," said the study.

The study also demonstrated, for the first time, that the evolution of these morphological changes in the brain is associated with fluctuations in two estrogens hormones that increase exponentially during pregnancy and return to basal levels after

delivery.

The researchers observed that a greater increase and subsequent decrease in estrogen levels is associated with a greater decrease and subsequent recovery of brain grey matter volume. New research from Universitat Autònoma de Barcelona shows that pregnancy alters 94% of brain grey matter, with partial recovery postpartum. The study, published in the journal Nature Communications, included non-pregnant mothers, whose partners were pregnant, to distinguish biological effects from those caused by the experience of being a mother.

Researchers from UAB, the Gregorio Marañon Health Research Institute and the Hospital del Mar Research Institute together, with other prestigious international institutions, were part of the study.

The findings reveal a dynamic trajectory in the brain during pregnancy and postpartum, significantly linked to the steroid hormone fluctuations inherent to pregnancy, and to the psychological well-being of the mothers.



AGENCIES

KOLKATA, JAN 20 (UNI)

India's fast bowler Mohammad Shami is back on track and fully fit after recovering from injury, marking his return to competitive cricket at a familiar venue - Eden Gardens.

Known for his impressive performances here in the past, Shami's return to the iconic ground signals the beginning of a new chapter in his cricketing career.

A heartwarming video shared by the Board of Control for Cricket in India (BCCI) on X showed India's

Bowling Coach Morne Morkel welcoming Shami back with a handshake and a hug. The pacer, who last represented India during the ODI World Cup final against Australia at the Narendra Modi Stadium, is now set to make his comeback to Team India after a period of recuperation. The video was shared on Monday.

Shami's arrival was met with a warm reception from the Indian squad, who celebrated his return with a team huddle. Eager to return to his best form, the bowler began his training with a series of loosening-

up exercises before heading to the nets.

Once at the nets, Shami quickly got into full swing, impressing with his trademark pace and accuracy. In a memorable moment, he was seen exchanging insights with the Bowling Coach on techniques for swinging the ball.

As the training progressed, Shami intensified his efforts, delivering full-throttle bowling that left a lasting impression. The pacer also took time to engage with all-rounder Hardik Pandya, discussing various bowling tricks.

At the end of the session,

Shami connected with his fans, signing autographs for those who had gathered to watch him in action at Eden Gardens. His bond with his supporters remains as strong as ever, highlighting his dedication to the game.

Shami's return to the domestic circuit and his focused training sessions have set the stage for his eagerly anticipated international comeback, with India preparing for their T20 match against England, scheduled to begin on January 22. Shami's presence in the squad could prove pivotal as India looks ahead to future challenges.

England thrashed in first T20 as Australia retain Ashes

AGENCIES

SYDNEY, JAN 20 (UND)

Australia retained the Women's Ashes at the earliest opportunity with a 57-run thrashing over England in the first T20 at the Sydney Cricket Ground here

England slumped to 141 all out in 16 overs after being set an imposing 199 to win, despite Sophia Dunkley's brilliant 59 from 30 balls in her first appearance of the tour, the BBC reported.

Dunkley put England in a great position by reaching 62-3 from the six-over powerplay and 96-3 at the halfway mark.

But the last seven wickets fell for 45 runs as Australia turned the screw,

with leg-spinners Alana King and Georgia Wareham taking 2-14 and 3-25 respectively.

The victory gives Australia an 8-0 points lead in the multi-format series, meaning England can only draw if they win all



of their remaining matches.

Dunkley's fearless approach from number three was all the more impressive considering England had suffered another top-order failure, with openers Maia Bouchier and Danni Wyatt-Hodge falling for ducks in the first two overs.

Nat Sciver-Brunt's 20 was the next top score as England buckled under the run-rate pressure, but they also paid the price for conceding too many runs via some loose bowling and several mistakes in the field despite winning the toss.

Beth Mooney made 75 from 51 balls at the top of the order for Australia, but she was dropped by Amy Jones on 16 and there was another missed opportunity on 23 when a miscommunication between Nat Sciver-Brunt and Charlie Dean saw them leave a straightforward catch to one another and it eventually plugged in the outfield.

Sophie Ecclestone's exceptional figures of 2-26 were an outlier in an unconvincing bowling effort, as every other bowler finished with an economy rate of more than eight an over.

Murphy wins Snooker Masters

AGENCIES

LONDON, JAN 20 (UND)

Shaun Murphy defeated reigning world champion Kyren Wilson 10-7 in the final to clinch the title of the Snooker Masters here.

Murphy, 42, dominated the first session 6-2 with two centuries and held off Wilson's fight-back in the second session to win the annual invitational tournament for the second time on Sunday.

The world No. 2 Wilson reduced the margin to 8-7 by winning three frames in a row, but Murphy held his nerve to take the last two frames to win his first title since the 2023 Championship League.

"This reignites my hopes of winning the World Championship again. I have proved to myself I can still win these big ones, so I'll go to the Crucible knowing I can do it," said the 2005 world champion Murphy.

India to participate in Mandiri U20 Challenge Series in Indonesia

AGENCIES

NEW DELHI, JAN 20 (UND)

The India U20 men's team will participate in the Mandiri U20 Challenge Series 2025, a four-nation friendly tournament, in Indonesia from January 24 to 30.

Syria, Jordan and hosts Indonesia are the other teams.

Biby Thomas Muttath has been appointed as the coach, with Mileswamy Govindaraju Ramachandran as the assistant coach and Dipankar Choudhury as the goalkeeper coach.

Thomas, on Monday, named a 23-member squad consisting of 17 and 18 year-olds (born 2007 and 2008), who are preparing for the SAFF U19 Championship to be held from May 8 to 18, 2025.

India will begin the



tournament with a match against Syria (January 24 at 14:30 IST), followed by Jordan (January 27 at 14:30 IST) and Indonesia (January 30 at 18:00 IST).

The matches will be played at the Gelora Delta Stadium in Sidoarjo. All three of India's opponents are using the tournament to prepare for February's AFC U20 Asian Cup (with players born in 2005).

India, who had been

camping in Goa, will depart for Sidoarjo on January 21. After the tournament, the team will have a break before reassembling with more players for a longer camp to continue the preparations for the SAFF U19 Championship.

India U20 squad for the Mandiri U20 Challenge Series, Indonesia:

Goalkeepers: Suraj Singh Aheibam, Alsabith Sulaiman Thekkekaramel,

Karan Makkar.

Defenders: Yaipharemba Chingakhom, Sumit Sharma Brahmachari-mayum, Afinmon Baiju, Mukul Panwar, Malemgamba Singh Thokchom, Jodric Abranches.

Midfielders: Md. Arbash, Mahmad Sami, Levis Zangminlun, Manbhakupar Malngiang, Ahongshangbam Samson, Ningshthoukhongjam Rishi Singh, Jajo Prashan, Ngamgouhou Mate, Gurnaj Singh Grewal, Danny Meitei Laishram.

Forwards: Bharat Lai-

renjam, Lemmet Tangvah,

Sujin S, Mohd. Zulkif.

Head Coach: Biby

Thomas Muttath

Assistant Coach:

Mileswamy Govindaraju

Ramachandran

Goalkeeping Coach:

Dipankar Choudhury.

Manchester City beat Ipswich Town in Premier League

AGENCIES

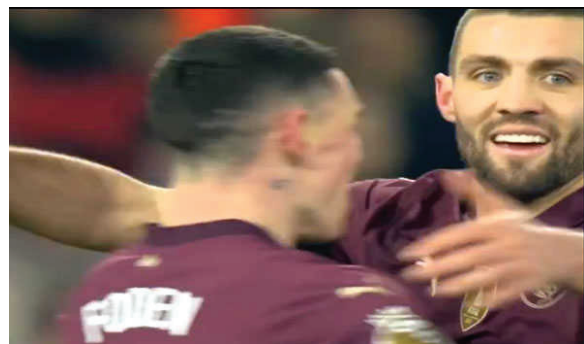
LONDON, JAN 20 (UND)

Manchester City looked like their old selves as they recorded the biggest Premier League win of the season by thrashing struggling Ipswich 6-0 at Portman Road to move back into the top four.

After letting slip a two-goal lead to draw 2-2 with Brentford in their last league outing, Pep Guardiola's side returned to winning ways in emphatic fashion, according to a BBC report.

Phil Foden was particularly excellent as he scored twice and assisted another of the six goals, with his double coming in the first half.

The England forward



got his first goal of the game when he deftly controlled Kevin de Bruyne's 28th-minute cross inside the box before sweeping the ball in.

City added another just three minutes later through Mateo Kovacic's crisp strike from the edge of the box, with Foden providing the assist, before he grabbed a third

two minutes before the break.

De Bruyne was again the provider as he picked out Foden inside the box and his low shot squirmed under Christian Walton and into the net.

Manchester City endured a dreadful run of form towards the end of last year and their players looked determined to

remind doubters of their ability with a high-scoring win.

Jeremy Doku got their fourth goal shortly after the break, darting into the box before his low drive was deflected into the net, and Erling Haaland - fresh from signing a new nine-and-a-half-year deal at the club - made it 5-0 just before the hour mark, driving in from Doku's pass after an Ipswich mistake at the back.

Substitute James McAtee rounded off the resounding victory with a delightful looping header from Kovacic's cross.

The victory means Manchester City are fourth on 38 points, while Ipswich remain in the bottom three with 16 points.

Champions Trophy Tour with DP World thrills cricket fans in England; next stop India

AGENCIES

LONDON, JAN 20 (UND)

The ICC Men's Champions Trophy 2025 Trophy Tour with DP World recently completed its eventful England leg, building excitement for the tournament's ninth edition, which is set to take place in Pakistan and the United Arab Emir-

ates from February 19 to March 9.

During the England leg, the trophy was taken back to The Oval - the venue of the last ICC Champions Trophy final in 2017, where 2025 hosts Pakistan emerged victorious.

The iconic setting provided a nostalgic backdrop as England wicket-keeper

Jamie Smith, set to feature in his first Champions Trophy, shared his enthusiasm for the upcoming event.

Smith spoke about his excitement, expectations for competing in Pakistan, and England's ambitions heading into the tournament.

Adding to the spectacle,

the prestigious silverware journeyed to some of London's most renowned landmarks, including Tower Bridge, Big Ben, the London Eye, Piccadilly Circus, and Borough Market. This leg of the tour celebrated the connection between cricket's global heritage and England's vibrant cultural landmarks.

Increasing business profitability

by reducing printing cost

ONE STOP SOLUTION FOR ALL PRINTING NEEDS

LUBAAB Printing services means I get my job back on time, always accurate and of the highest quality

When you need a Company that can handle a complex workload, save your money and deliver on time..... leave it to

Also visit us for:
Newspapers & News Magazines

Specialists in:
Non Woven & Paper Bags

Mobile: 9999038812
9419008414
Tel: 0194 2496287
Email: jahangirbukhari@gmail.com
Humhama, Budgam/Srinagar

Prepress

Sheet Fed

Bindery

Finishing

Promotions

Our Printing Services

Flyers

Posters

Business Cards

Envelopes

Brochures

Booklets

Catalogues

Post Cards

Presentation folders

letterheads

Magazines

Newsletters

Raised printing

Wedding Cards

Invoices

Note pad

Forms

Labels

Scratch coupon

Signs/Banners

Pen/Caps

T-Shirts

Calenders

Embroidery

Door Hangers