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LETTERHEADS, INVOICES, CALENDERS, BOOKLETS

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NEWS IN BRIEF

MBBS student consumes poison at **Baramulla hostel**

Baramulla, Dec 15, : A Medical student allegedly consumed poison at her hostel in Government Medical College Baramulla, sources said.

The 2nd year MBBS female student (name withheld) of GMC Baramulla hails from South Kashmir's Shopian district.

Sources told news agency Kashmir News Trust that the said student consumed some poisonous substance and was later shifted to the hospital.

Police in this regard have registered a case under relevant sections of law. [KNT]

Middle-aged man dies in road accident

Baramulla, Dec 15,: A middle-aged person died after he was hit by a vehicle near Stadium Colony in Baramulla district on Thursday evening even as the driver has been arrested.

Police identified the deceased as Abdul Majeed Najar of Sumbal.

They said that the victim died on the spot when a bike he was riding on was hit by a truck near Stadium Colony.

Police arrested the driver and registered a case under relevant sections of law. (KNT)

Authorities cancel junior legal assistants' recruitment exam

Srinagar, 15-Dec; Jammu & Kashmir Legal Services Authority has can celled the examination for the post of junior legal assistants which was conducted on November 13, 2021.

The competent authority in the or der stated that Sanction is hereby accorded to the cancellation of ex amination conducted on Saturday November, 13, 2021 for the post of Junior Legal Assistants.

"The Notification No.01 of 2021 dated 08.03.2021 for the posts of Legal Assistants and Junior Legal Assis tants is also cancelled", it reads. The Notification further states that the fresh advertisement notification for recruitment of Legal Assistants and Junior Legal Assistants

Locals foil suicide attempt by Hajin youth in Sopore

shall be issued in due course of

Sonore Dec 15 A 23-year-old youth was prevented from committing suicide in Sopore area of North Kashmir's Baramulla district, officials said here on Thursday evening. An official told the news agency— Kashmir News Observer (KNO) that the youth during evening hours was spotted by locals at tempting to jump into the river Jhelum at Chankhan bridge in Sopore "Following this, the rushed towards him and foiled his suicide attempt," he said. He said the youth was from Naid khai area of Haiin and he will be handed over to his family after proper counselling—(KNO)

Kashmir valley continues to shiver, Pahalgam coldest at -5.6 Deg C

Srinagar, Dec 15 (UNI) Kashmir val lev continues to shiver with tourist hot spot of Pahalgam remaining the coldest place recording a low of minus 5.6 degree Celsius on Thursday The Meteorological Centre forecast of mainly clear to partly cloudy and dry weather is expected till December 22. There is no significant weather system till December 25.

The minimum temperature showed a further dip in the tourist resort of Pahalgam in south Kashmir to minus 5.6 degree Celsius on Thursday against the minus 5.3 degree Celsius recorded the previous night. It was minus 1.8 degree Celsius below nor mal for the valley of shepherds during this time of the season.

Srinagar, the summer capital of Jammu and Kashmir, which witnessed season's coldest night with temperature plummeting to minus 3.4 degree Celsius on Wednesday showed an improvement of a few notches, recorded at minus 3.2 degree Celsius on Thursday.

The minimum temperature also showed an improvement at ski resort of Gulmarg in north Kashmir on Thursday, which had a low of minus 3.0 degree Celsius on Thursday against the minus 4.2 degree Celsius

recorded a day ago. Qazigund on Srinagar-Jammu national highway recorded a low of

minus 3.6 degree Celsius, Kukernag CONTINUED ON → PAGE 10

Augmentation of Basic Infrastructure to Ensure Uninterrupted Power Supply to J&K, Top Priority of UT Administration: LG Manoj Sinha

High Level Meeting With Union Power Minister

HT NEWS NETWORK

NEW DELHI, DECEMBER 15: Lieutenant Governor, Manoj Sinha had a meeting today with Union Minister of Power and NRE Shri R.K. Singh at Delhi.

Power Secretary, Shri Alok Kumar and other senior officials of the Ministry of Power and New & Renewable Energy were also present. Various measures required to ensure uninterrupted power supply and improve power infrastructure in the Union Territory of J&K were discussed.

power allocation to J&K. Union R.K. Singh assured to examine this toward building up transmission



The Lt Governor requested higher request and take early action. Minister of Power and NRE Shri efforts of the UT Government

and distribution infrastructure and The Lt Governor also shared the steps taken to reduce the AT&C losses and improving the

CONTINUED ON → PAGE 10

entry to visitors coming to Civil Secretariat Also inaugurates GAD website with Hindi/Urdu interface HT NEWS NETWORK

CS launches SWAGATAM to give hassle free

SRINAGAR, DECEMBER 15: Chief Secretary, Dr Arun Kumar Mehta today launched the online Visitor Management System called SWAGATAM at Srinagar Civil Secretariat in presence of Administrative Secretaries to ensure easy and hassle free entry of visitors to both Secretariats at Jammu and Srinagar. The system shall enable a person to schedule a meeting in advance for rederssal of his genuine griev-

Secretary observed that the underscored the need for system was overdue and was maximizing the satisfaction



one of several initiatives in furtherance of digital J&K. ing quality outcome of their He complimented the whole team of GAD, for developing the management system in consultation with IT, Estates On the occasion, the Chief and Police Departments. He

level of visitors by ensurvisits.

Dr Mehta also impressed upon the officers to evaluate the requests of applicants as per laid down norms for efficient use of time

CONTINUED ON → PAGE 10

Parliamentary panel asks Centre to set timeline for construction of transit accommodations in Kashmir Valley

HT NEWS NETWORK

Srinagar, Dec 15: A parliamentary panel has recommended to the Union Home Ministry to set a timeline for the completion of construction of the remaining transit accommodations for migrants in Kashmir Valley and ensure that the deadlines are adhered to.In its report tabled in the Parliament, a copy of which is in possession of news agency—, the department-related parliamentary standing committee on Ministry of Home Affairs has said that it is disappointed to note that precious time of four year has passed just in deciding the issue of constructing transit homes at private or government lands. "The committee notes that only 1,025 units have been completed or substantially completed, while 1,488 units are still at various stages of completion. However, the status of the construction of the remaining 3,487 units is unclear. The committee is disappointed to note

CONTINUED ON → PAGE 10

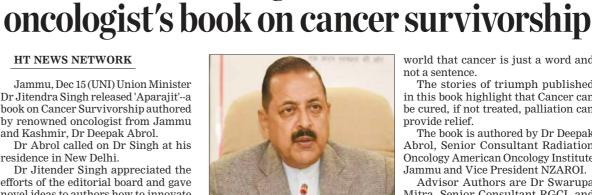
HT NEWS NETWORK

Jammu, Dec 15 (UNI) Union Minister Dr Jitendra Singh released 'Aparajit'--a book on Cancer Survivorship authored by renowned oncologist from Jammu and Kashmir, Dr Deepak Abrol.

Dr Abrol called on Dr Singh at his residence in New Delhi.

Dr Jitender Singh appreciated the efforts of the editorial board and gave novel ideas to authors how to innovate to take the message of cancer awareness and survivorship to farflung areas, a handout said on Thursday.

He said cancer awareness is the key to early detection and prevention, adding, "all non communicable diseases can be best dealt with an integrated



Jitendra Singh releases J&K

and holistic approach."

'Aparajita'--the Stories of Triumph-is a tool to demystify cancer and myths surrounding cancer. It's an effort by the author through the First Cancer Survivorship group of Jammu and Kashmir-- Kark Vijayan to tell the

world that cancer is just a word and not a sentence. The stories of triumph published

in this book highlight that Cancer can be cured, if not treated, palliation can provide relief.

The book is authored by Dr Deepak Abrol, Senior Consultant Radiation Oncology American Oncology Institute Jammu and Vice President NZAROI.

Advisor Authors are Dr Swarupa Mitra, Senior Consultant RGCI, and Dr Abhishek Shankar, Asst Professor, AIIMS Delhi. Editorial assistance has been provided by Arushi Sharma and Rudransh Abrol.

The authors are of firm belief that the need of hour is to

CONTINUED ON → PAGE 10

Winter vacation 2022-23

No employee of School Edu Deptt to leave station without leave permission

HT NEWS NETWORK

Srinagar, Dec 15: The School Education Department has said that it will not permit its employee to leave the station during winter vacations 2022-23 without the leave permission from the competent authorityThe news agency-has leant that the Chief Education Officer (CEO) Srinagar has said that the cases were pouring in from different Drawing and Disbursing Officers DDOs for grant of station leave permission in favour of officials during winter vacations 2022-23 without the requisite information required for disposal of these cases."In

order to ensure prompt settlement of deserving cases, it is impressed upon all Drawing and Disbursing Officers (DDOs) of district Srinagar to follow the guidelines while recommending such cases to this office in future, CEO said. The officer also said that the recommendations shall be restricted to deserving cases and upto a certain limit only which the Drawing and Disbursing Officer feels would not hamper any aspect of schooling or training programmes or any activities."The recommendations shall be specific as to the reason of seeking station leave permission and it should invariably indicate place

CONTINUED ON >> PAGE 10

HT NEWS NETWORK

Srinagar, Dec 15): The Economic Offence Wing of Crime Branch Kashmir on Thursday filed a chargehseet against six persons including four deceased persons in a case related to encroachment of land in Baramulla district.

Observer (KNO), the Economic Offence Wing of CBK

a case under FIR number 04/2015 under section 420, 467, 468, 120-B, 447-A RPC r/w 5(2) PC Act of P/S Crime Branch Kashmir (Now Economic Offence Wing) before the Court of Anti-Corruption Baramulla against Ghulam Mohammad Mir R/o Kanth-According to a state- bagh Baramulla then Patment issued to the news wari Heaven Sheeri Baramagency—Kashmir News ulla (Retired), Jaswant Singh S/o Ujagar singh R/o Shra-

khwar Baramulla A/P Kun-

CBK files chargesheet against 6

persons including 4 deceased

produced a chargesheet in jawani Bandurakh Gangayal Jammu then Naib Tehsildar Baramulla Now retired ACR Udhampur), Abdul Rashid Khan S/O Hussa-u-din Khan R/o Gantmulla Bala Baramulla then Girdawar Circle Heaven (Deceased), Mohamed Ashraf Lone S/o Haider Mir S/o Munshi Atta Mohamed Yousuf Lone R/o Budden Saripora Rafiabad then Patwari Heaven Sheeri Baramulla (Deceased), Firdous Sultan Raina S/o Ghulam Hassan Raina

CONTINUED ON → PAGE 10

Teenage girl held with narcotics along LoC in Balakote

Poonch, Dec 15: A teenage girl was arrested with the consignment of narcotics along the Line of Control (LoC) in Balakote area on Thurs

Official sources told the news agency-Kashmir News Observer (KNO) that a girl was intercepted and arrested by the security forces along LoC in Balakote area and suspected narcotics between 400-500 grams were recovered from her possession. "The teenage girl

CONTINUED ON → PAGE 10

Thrashing of journalist: Accused arrested, says Police

Srinagar, Dec 15: Senior Journalist Irfan Quraishi, working in a national TV channel, who was assaulted by goons at Rajbagh area here while police has arrested five persons involved in the act and a chargesheet in this regard would likely be filed before the court on Friday.Reports reaching the news agency-Kashmir News Observer (KNO) said that a senior journalist was attacked by some goons near at Rajbagh area a few days CONTINUED ON → PAGE 10

J-K: India's Longest Escape Tunnel On Banihal-Katra Rail Link Completed

HT NEWS NETWORK

Banihal/Jammu, Dec 15: The 12.89 km tunnel, which is the longest escape tunnel of India, on the 111 km under-construction Banihal-Katra railway line in Jammu and Kashmir was completed on Thursday, officials said.

It is part of the prestigious Udhampur-Srinagar-Baramulla Railway Line (USBRL) project. This is the fourth tunnel on the Banihal-Katra route following the 12.75 km tunnel T-49 (longest tunnel of Indian Railways), which was com-

pleted in January this year. According to officials, the escape tunnel 'T-13' has been constructed to facilitate rescue work in case of an emergency.

On August 14, the world's highest rail bridge over the Chenab river in the Kouri area of Reasi district achieved a milestone when the overarch deck of the bridge was completed with a golden

The breakthrough was executed by conducting a blast and with it, the work on the escape tunnel was started.

The construction work of escape tunnel (12.895 km) for the longest rail tunnel T-49 between Khari and Banihal stations of Katra under USBRL project was completed today after successfully negotiating major cavity formation," a senior official engaged in the work said. "This is the longest escape tunnel of India and its line and level are precisely achieved," the

on the south side and tunnel T-50 after cross



official said He said that it is a modified horseshoe shape tunnel connecting the Sumber station yard

ing bridge number 4 over Khoda nullah on the north side at Khoda village.

The elevation of the south end at Sumber is approximately 1400.5 metres and of the north end is 1558.84 metres.

Tunnel T-49 is a twin tube tunnel comprising the main tunnel (12.75 km) and escape tunnel (12.895 kms) connected with 33 cross-passages, the officials said.

Several challenges were encountered in the course of construction such as shear zone. perched aguifer, highly jointed rock mass, and heavy ingress of water, among others, they said. Out of the total 272 kilometres of the USBRL project, 161 km has already been commissioned

CONTINUED ON → PAGE 10

With RKVY support, Fish farming emerging as lucrative means of livelihood for youth across J&K

HT NEWS NETWORK

SRINAGAR, DECEMBER 15: Fish farming is emerging as a lucrative means of livelihood for young entrepreneurs across Jammu and Kashmir with the support of Central Government's Rashtriya Kissan Vikas Yojna (RKVY).

The department of fisheries is propagating fish culture to give job opportunities to educated youth, besides the development of recreational fisheries as a method of income for those interested in pursuing aquari- under the um fishing as a profession.

In Anantnag, three brothers have started fish farming busi-Department of Fisheries. Ashig Hussain, owner of a trout fish ers besides generating indirect farm said that they received a employment for several others lot of help from the department

in terms of construction, feed and equipment. "My brothers useful for those who already and I completed our studies but have a good water supply and a were still unable to find jobs. We approached the department of fisheries and they taught us how to cultivate fish. We

received sidies Cen-this tre's Rashtriya Vikas Yojna Kissan (RKVY) for construction, feed. ness after getting help from and equipment", Ashiq said whose unit employs six work-

as well

small piece of land for the farm. The department has started this ini-

The avenue is particularly

to help people pros- per in industry and scheme is most useful for people who have good water supply and feasibility.Jammu & Kashmir Government is also promoting fisheries culture by using modern technologies of fish farming such as composite fish culture of Indian freshwater lakes as well as major carps and exotic carps.

Many national schemes for promotion of the fishing trade are National Welfare Scheme for Fishermen, PM's Package for creation of employment opportunities, Fisheries Training and extension, Construction of low-cost houses, Group Accident Insurance

scheme for active Fishermen, RKVY for houseless fishermen, among others. The administration is also promoting the sector

by filling the natural coldwater streams with trout seeds to endorse sports fisheries across the Union territory. Notably, Kashmir offers some of the greatest spring-fed

and snow-fed trout fishing in the world, along with a number of CONTINUED ON → PAGE 10

3 SKUAST-K students bag fellowship for pursuing masters at **Kansas State University USA**

HT NEWS NETWORK | (UNI)

Srinagar, Dec 15 Three students from Sher-e-Kashmir University of Agricultural Sciences and Technology (SKUAST) Kashmir have been awarded research fellowships for postgraduate programmes at Kansas State Uni versity, Manhattan, USA.

Sabreena Ayoub from the Faculty of Horticulture, Midhat Zulafkar from the Faculty of Agriculture and Muazzama Mushtaq from the Faculty of Forestry will be heading to the USA in the summer of 2023 to join their masters' degrees at the first public land grant university of the

world, KSU, a statement of the SKUAST said on Thursday. Sabreena and Midhat will be working under the mentorship of Prof PV Vara Prasad, Director of Sustainable Intensification Innovation Lab, KSU, and Dr Ram Perumal, Professor of Plant Breeding on GWAS and Herbicide tolerance in Pearl millet, and Muazzama will be working under Nobel Laureate Dr Chuck Rice on soil carbon dynamics under climate change.

Vice Chancellor, SKUAST-K, Prof Nazir Ahmad Ganai, said this is an outcome of long-term engagement between SKUAST-K and KSU on the faculty and student exchange programme under NAHEP.

He congratulated the students for bringing laurels to the university and appreciated the efforts of SKUAST-K's

CONTINUED ON → PAGE 10

DC Baramulla Director RDD reviews Progress of Works Under Taken in RDD Sector

Put in Every Effort to Achieve Timely and Desired Results: DC Directs Officers

BARAMULLA, DECEM-BER 15: In order to take an appraisal of physical and financial progress of various developmental works being executed by Rural Development Department under different sponsored schemes and programmes, Deputy Commissioner Baramulla, Dr Sved Sehrish and Director, Rural Development Department Kashmir, Imam U Din today jointly presided a meeting of concerned officers at Dak Bungalow where a comprehensive review was

Among others, the meeting was attended by Joint Director Planning, Mohammad Yousuf Bhat, Assistant Commissioner Development, Gulzar Ahmad Khan, Executive Engineer (REW) Baramulla, BDOs, AEE, AEs and other concerned functionaries.

At the outset of the meeter Development appraised the chair about the current status of different works spearheaded by RDD Baramulla besides presented a detailed sketch about the implementation of various centrally sponsored schemes including 14th FCA, MGN- 14th FCA and other schemes REGA, SBM, ADP, CD & Panchayat, PMAY (Rural) month, Geo tagging of all for regular monitoring of and other related schemes.

Rafiq Hussain Hajam

S/O: Mohd Afzal Hajam

R/O: Nooripora Pattan

Public Notice

This is to be informed to general public that i lost discharge

certificate of my 9th class which was issued in my fayou

by Govt Higher secondary school Gund Khawaja Qasim ir

session 2002-2003 with admission no: 1129 and registration

no : 03NKM3007280. Now i am supposed to apply for its

duplicate certificate. In this regard if anyone has any sort o

objections in he/she may file the same in the Office of Prin

cipal Govt Higher Secondary School Gund Khwaja Qasim

After the due date no objections shall be entertained



The meeting also discussed detailed proposals physical status of projects targeted for completion in not provided as yet. the current fiscal.

was deliberated upon all the percent Aadhar seeding of MGNREGA job card holders besides 70 percent of expenditure limit be achieved in compliance to the directions of the government.

all the on going works under should be completed by this

a weeks time besides comunder the District Capex pleted PMAY houses be Plan, 2022-23 including provided the IHHL unit (Rs 12000) within seven days if

Directions were also During the meeting, it passed for clearance of Material and labour paying, Assistant Commission- BDOs to ensure hundred ments within seven days to the extent of releases made till date

On the occasion, the Deputy Commissioner stressed on the concerned officers/officials to take all It was also given out that possible measures to accelerate the pace of the ongoing works for their time-bound completion and directed works. Dr Sehrish exhorted

upon the concerned officers to achieve the set targets under different schemes ithin a stipulated timeframe with a focus on the creation of durable assets. She also asked for ensuring the release of wage payment under MGNREGA within fixed timeline.

The DC issued on the spot instructions to officers of concerned departments to strictly adhere to quality

ecifications and ensure ose monitoring for quality works. She asked the con ruction agencies to put in eir best efforts to achieve

timeframe. On the occasion, Director,

Rural Development Department Kashmir after taking a stock of ongoing works in the district directed all the officers to keep a close liaison and coordination with PRIs (DDCs/BDCs/ Sarpanchs/Panchs) so that a new system of implementation of developmental activities is ensured in a hassle free manner and people can realize the actual and intended benefits of work.

He also stressed upon the officers to install Public Information Boards at prominent places in all Panchayats of the district so that the

Rehmatal-lil-Aaalameen Blood Donor Group

Members of Salute 72 are here by Strickly informed that the Id Cards Issued tothem are being Cancelled by the organisation. So if any such member use this card he will be taken attain according to the rules. mean while all the administration are requested not to conceed any such card from any of our member.

Regards 9419200598,9906613142

GOVT OF JAMMU & KASHMIR (U.T)

Office of the Divisional Forest Officer, Demarcation Forest Division Kashmir, Srinagar Fresh E-Tender

Notice inviting Tender: e-NIT No: - 18 OF 2022-23, DATED: -14-12-2022

Fresh e-tenders are once again invited from approved and eligible contractors registered with J&K U.T Government/Central Government ernment Organizations for execution of the following Government works: -

S. N	O NAME OF WORK	COST (Rs. In Lacs)	CLASS OF CONTRACTOR	COST OF TENDER Document. (inRs)	TIME OF COMPLETIO N	RECEIVING/ OPENING COMMITTEE
01	Construction of 217 No. Demarcation Boundary Pillars as per approved design along the Forest Demarcation line [Both Mainline B.Ps&Chakline B.Ps] as per the map/Tafseel-iburjiyaat (Description of boundary pillar) and as per latitude and longitude found out by GPS in "Homepathree" Forest (Co.21-Co.25/Kh) of Bandipora Forest Division, Chitternar.	12.886	"B,C & D"	600	65 calendar days	Tender opening committee
02	Construction of 220 No. Demarcation Boundary Pillars as per approved design along the Forest Demarcation line [with both Mainline B.Ps and Chakline B.Ps] as per the map/Tafseel- iburjiyaat (Description of boundary pillar) and as per latitude and longitude found out by GPS in "Babareshi (part)" Forest (Co.30/Gul, 42/Gul and 45/Gul, 47 Gul, 48/Gul) of Special Forest Division, Tangmarg.	11.894	"B, C & D"	600	65 Calendar days	Tender Opening Committee

The e-NIT Consisting of qualifying information, eligibility criteria, specifications, bills of quantities, (B.O.Q) set of Terms & Conditions of contract and other details can be seen/downloaded from the Website:-https://jktenders.gov.in.

Bid Security Declaration: Bidder has to sign "Bid Security Declaration (on affidavit duly attested) accepting that if they withdraw or modify their bids during period validity etc, they will be suspended for the time specified in the tender documents (as per annexure 'A'

Scheme: CAMPA (Major Head 2406-FST/115 Works)

Position of Funds: 50% available.

Position of AA/TS: Accorded	
Publishing Date:-	14-12-2022
Download Start Date :	14-12-2022 from 03:00 PM
Pre bid-Meeting Date:	16-12-2022 from 11:00 AM &17-12-2022 upto 03:00 PM (In the office of Divisional Forest Officer, Demarcation Division Kashmir, Sheikh Bagh, Srinagar).
Bid submission Start Date:	14-12-2022 from 03:00 PM
Bid submission end Date:	23-12-2022 upto 06:00 PM
Date of opening of Technical Bids:	24-12-2022 at 03:00 PM(In the office of Divisional Forest Officer, Demarcation Division Kashmir Sgr at Sheikhbagh Sgr).
Date of opening of Financial Bids (online):	To be opened online immediately after evaluation of technical bids received.
Date of submission of Hard copies by	Within 07 (Seven) days of opening of Financial Bids.

01. The bids shall be deposited in electronic format on the website: https://iktenders.gov.in 02. The price bid uploaded on the website will be opened online immediately after evaluation of technical bids received in the office of Divisional Forest Officer, Demarcation Division Kashmir Sgr at Sheikhbagh.

03.Bids uploaded must accompany cost of tender document as shown against each work in the shape of e-challan or treasury receipt under Account Head 0406-Forest infavour of Divisional Forest Officer, Demarcation Division Kashmir Srinagar, Bid Security Declaration in shape of proforma enclosed (Annexure-A) and the original instruments in respect of cost of documents. The relevant documents of L1 bidder will be required to be submitted to the Divisional Forest Officer, Demarcation Forest Division Kashmir Srinagar within 7 days of opening of financial bids on-line. In case, the original documents are not submitted by L1bidder within 10 days after opening of financial bid, the tender will be cancelled and the bidder will not be allowed to participate in any further future tendering process in the Division for a period of one year. 04.Performance Security:

1.1Within 07 (seven) days after the date of Letter of Intent/A.O.C, the successful bidder/contractor shall deliver to the employer/ concerned authority a performance security in any of the required forms for an amount equivalent to 3% of value of contract as per circular of Financial Commissioner, Finance Department, Civil Secretariat Jammu/Srinagar vide his office Circular No. A/ MISC(2018)-III-895/J. Dated: 22-12-2020.

1.2If the performance security is provided by the successful bidder in the form of a Bank Guarantee, it shall either (a)at the Bidder's option, be a Nationalized/Scheduled Indian Bank or

(b)by a foreign Bank located in India and acceptable to the Employer.

05.Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website jktenders.gov.in

06.To participate in bidding process bidders have to get Digital Signature Certificate (DSC) as per Information Technology Act Bidders can get Digital Certificate from approved vendor.

07. The bidders have to submit their Technical & financial bids online in electronic format with digital signature. No Technical or financial bid will be accepted in physical / hard form.

08. Bids will be opened online as per time schedule mentioned above.

09.Bidders must ensure to upload scanned copies of all necessary documents viz: CDR,PAN,Treasury Receipt/e-challan, Registration Card, GST etc of the Financial Year 2022-23.

10. The Department will not be responsible for any delay in online submission of the bid due to any reason (technical or otherwise). 11. The Department shall not be held responsible for selection criteria/policy matter being adopted by the Directorate of Informa-

tion regarding publishing the NIT, in any of the newspaper under circulation.

12. The tender accepting Authority however reserves the right to reject any or all the tenders without assigning any reason thereof. 13. The Contractor shall arrange the key materials like Cement, Steel in his own from authorized dealers for the above said work(s) and quality of material shall be ISI marked and must be verified / passed by the concerned officer of the Department before start

DIPK-15082/22

Divisional Forest Officer, Demarcation Forest Division. Kashmir-Srinagar

Director Agriculture Kashmir inaugurates 3 Semi Hi-tech Polyhouses

Says farmers producing three vegetable crops under open conditions are able to get five crops in a year under poly house conditions

SRINAGAR, Dec 15: The Director Agriculture Kashmir Chowdhury Mohammad Iqbal today inaugurated three semi hi-tech polyhouses worth Rs 1.66 Lakh under Capex budget at Takanwaripora, zone Qamarwari district Srinagar wherein Rs. 1 lakh subsidy was provided to the beneficiaries.

The Semi Hi-tech Polyhouses would benefit the farmers of zone Qamarwari and other areas of Srinagar district.

Speaking on the occasion, Choudhary said that the department is working robustly not only to fulfill the local demands for fresh vegetables during the winter season but also to cater to the requirements of the Jammu region as well.

He said the department is increasing the number of Hi-tech polyhouses in all the districts of Kashmir division aiming to provide fresh vegetables during the winter months.



He said the cropping increased but the income of intensity in Kashmir divi- the farmers also gets signifision is already 250 and cantly increased, he said and efforts are on to raise it up added that this also helps to 300. He said the vegetable to generates employment farmers who under open conditions raise three crops in a year, with the help of hitech polyhouses are able to produce five crops in a year. With the result not only the cropping intensity, production and productivity is farmers who under open con-ditions raise three crops in Director Agricultur

ing facilities are provided to such farmers at their fields.

He said these vegetables on one hand cater to the local markets and on the other hand feed to Jammu mar-

kets also. Chowdhury Iqbal said that we are regularly taking feedback from the farming community, the suggestions received are worked upon and the issues raised are addressed on priority based.

During the visit, Dir was informed by Chief Agriculture Officer Mohammad Younis Chowdhury that the department was receiving a good response from the farmers for increasing the number of Semi Hi-Tech Polyhouses in the area.

Director was accompanied by Chief Agriculture

Atal Dulloo reviews implementation of PM KISAN in J&K

Also reviews implementation of PM Gati Shakti-National Master Plan in UT

JAMMU, DECEMBER 15: Jammu (Nodal Officer), Dis Additional Chief Secretary in at Nodal Officers, Direc-(ACS), Agriculture Production Department (APD), Atal Dulloo today chaired a meeting to review the culture officers implementation of PM Kisan tives in Jammu and Kashmir in view of the disbursement of 13th installment under PM KISAN.Divisional Commissioner Jammu, Secretary in APD, Special Secretary APD, several District Development Commissioners (district level chairman PM KISAN), Regional Direc- recoveries, seeding of bank tor Survey & Land records

CAOs, & district users of PM KISAN attended the meeting through video conferencing. The ACS in detail dis-

cussed the targets, achievements, pendency and ments have been disbursed. accounts with Aadhaar of cussed the bulk uploading



of Rights (RoR) and e-KYC uploadings etc. The meeting also discussed the weeding out of ineligible beneficiaries, income tax payees, and government employees wherein PM-KISAN install-The meeting also dis-

of revenue records of PM KISAN, e-KYC pendency and to be cleared in a mission mode.

He directed the lead bank to saturate bank accounts of PM-KISAN beneficiaries with their Aadhaar and NPCI (for DBT) and asked for breakup of pendency from each district.He also asked the concerned officers, and Lead Bank Managers to coordinate to sort out issues, if any, to clear all the pendency.He also had an exclusive interaction with the Lead Bank Officers regarding

UNION TERRITORY OF JAMMU AND KASHMIR OFFICE OF THE EXECUTIVE ENIGNEER ESTATES DIVISION, SRINAGAR.

SHORT TERM NOTICE INVITING E-TENDER

E-TENDER NIT NO. 145/XEN/EDS/2022-23 OF 12/2022

Executive Engineer Estates Division Srinagar on behalf of Lt. Governor of Union Territory J&K invites tenders by E-tendering on Percentage basis from approved and eligible Registered Civil Contractors with Union Territory J&K /CPWD/Railways and other State/Central Governments for the following works.

S. No.	Name of Work	Adv. Cost (Rs. In Lacs)	Cost of T/Doc. (Amt In Rs)	Earnest Money 2% of Adv. Cost	Time of Completion	Class of Contractor	Major Head Of Account
1	2	3	4	5	6	7	8
1.	Renovation of Set No 79-G at Bemina.	1.82 lacs	200/-	3640/-	20 Days	DEE	
2.	Renovation by way of tiling and painting and other allied works at set No 115-P at Bemina.	1.17 lacs	200/-	2340/-	20 Days	DEE	
3.	Repair / renovation of Govt Quarter No. B-1 silk Factory at Tulsibagh.	0.50 lacs	200/-	1000/-	15 Days	DEE	
4.	Repair / Renovation of Govt Flat No. F-22 at Jawahir Nagar Srinagar.	2.50 lacs	300/-	5000/-	25 Days	DEE	
5.	Construction of shed for water storage tank including path tiles at HOD-2 Sonwar.	2.28 lacs	300/-	4560/-	25 Days	DEE	2216-NON PLAN
6.	Restoration of leakage in roofing by way of P/L of Steel sheets, roofing and other allied works to Staff Quarter House No. 7 at Sonwar Srinagar.	2.50 lacs	300/-	5000/-	20 Days	DEE	
7.	Improvement of disposal system for main office of DIG SIA/CID/CIK at J-1 Press Colony Srinagar.	1.31 lacs	200/-	2620/-	20 Days	DEE	
8.	Conversion of Guard room in office for DIG SIA/CID/CIK and other allied items at J-1 Press Colony(Part A)	2.01 lacs	300/-	4020/-	25 Days	DEE	
9.	Conversion of Guard room in office for DIG SIA/CID/CIK and other allied items at J-1 Press Colony(Part B)	2.50 lacs	300/-	5000/-	25 Days	DEE	

Position of AAA:

Position of Funds: Available

The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website as per schedule of dates given

	below:-	
1	Date of Issue of Tender Notice	13-12-2022
2	Period of downloading of bidding documents	14.12.2022 from 1.00 PM.
3	Bid submission Start Date	14.12.2022 from 1.00 PM.
4	Bid Submission End Date	21.12.2022 upto 3.00 PM.
5	Date & time of opening of Bids (Online)	21.12.2022 at 3.05 PM. In the office of Executive Engineer Estates Division, Sringage.

2.Bids must be accompanied with cost of Tender document in shape of Treasury Challan under Major Head-0216/ Revenue (others) in favour of Executive Engineer Estates Division, Srinagar (tender inviting authority) (The Date of Treasury Challan/Earnest Money should be between the date of start of bid and Bid Submission End date) tive Engineer Estates Division, Srinagar (tender receiving authority). /FDR pledged to Executive Engineer Estates Division Srinagar 3.All bidders must uplo

@2% of advertised Cost of 3% performance secu Released in fayour of the successful bidder only after the receipt equal to 3% of advertised cost as performance security in shape

of CDE FIDE Cithin 02 Days before fixation of contract and shall be released after successful completion of work/DLP is over. COMMON SERVICE CENTRE DIP is over.

Standard money of the bidder(s) will be forfeited in following cases:

a. When the bidder withdraws his hid furing the period of bid validity on account of any reason.

b.The successful bidder (L.1) will be required to submit all original documents of the bid in the office of Executive Engineer, Estates Division, Srimagar within 3 days of opening of the financial bids. Failure of which the CDR/FDR of the 13 bridger shall be to refreed and the will be also debarred from participating in future tendering in this Division for next 2 two years. VLE NAME: NAWAZAHMAD LONE

6. The date and time of opening of Bios small be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically and spring the stage on their e-mail address. The bids

of Responsive bidders shall be opened carbine on same Web Site in the Office of Executive Engineer Estates Division, Srinagar (tender receiving authority).

7. The hids for the work shall remain valid for a period of 120 days from the date of opening of Technical bids.
8. Instruction to bidders regarding e-tendering process.
8.1. Bidders are advised to download hid submission manual from the "Downloads" option as well as from "Bidders The Technical bids website www.jktenders.gov.into acquaint bid submission process.

8 2 To participate in hidding process, hidders have to get 'Digital Signature Certificate (DSC)' as per Information Technology Act-2000. Bidders can get digital certificate from any approved Vendor.

8.3. The bridgers have to submit the outels cannot in electronic format with digital Signature. No bid will be accepted in physical formcar Vehicle LOAN

Contact: 8082080256 9596080256

- EDUCATIONAL LOAN - ACCOUNT OPENING **→ VEHICLE INSURANCE** → ITR (TAX RETURN) FILLING - PROPERTY RETURN

Sd/-Executive Engineer, Estates Division, Sgr.

ADDC Bandipora reviews progress of ADF works in district

BANDIPORA, DECEMBER 15: Additional District Development Commissioner Bandipora, Ali Afsar Khan today convened a meeting of officers to review the status and prog ress of works under Area Development Fund in the District.

The meeting was attended by ACD Bandipora, Ab Rashid Das, Joint Director Planning Imtiyaz Ahmad, BDOs and

The ADDC reviewed work wise status of expenditure, tendering, allotment and physical completion of works under ADF viz DDC, BDC and PRI grants. The meeting was informed that out of 1195 approved

works under ADF 1125 works were tendered out while 606 works were completed as on date.

It was given out that in the RDD sector 972 works were tendered out of which 542 works were completed as on date with expenditure of 963.39 lakhs.

The ADDC after taking a work wise review directed the officers to ensure 100 percent expenditure in the set time line by accelerating the pace of the works scheduled for completion during the current year.

LCMA conducts demolition drive against illegal structures, encroachments

SRINAGAR, DECEMBER 15: The Lake Conservation & Management Authority through its Enforcement Wing under the supervision of Enforcement Officers undertook a demolition drive today in the areas of Khimber, Lal Bazar, Pahloo Brein, Botshah Mohalla Lal Bazar and Ashaibagh. The team was accompanied by the Police Contingent

from PCR. Srinagar. During the drive, two tin wallings, 03 single storey struc-

tures and 01 raft for plinth were demolished. Moreover, illegally earth filling dumped in the area of Saida Kadal & Nigeen Club were also removed during the

An officer of LCMA said that Legal action against the violator was initiated by the department.

Meanwhile, people in these areas have been warned not to resort to any illegal construction & encroachments and were asked to get proper building permission from the competent Authority before taking any construction activity.

3 houses gutted in Srinagar fire incident, 11-year old boy suffer burn injuries

Srinagar, Dec 15, KNT: Three houses were completely gutted while two others suffered partial damage even a kid suffered life-threatening burn injuries in a fire incident in the Bemina area of Srinagar city.

Local sources told news agency Kashmir News Trust that the fire broke out in the middle of the night at Man soor Colony Bemina damaging three residential houses completely while two other houses suffered partial damage. They said that an 11-year-old boy identified as Asif Ahmed suffered burn injuries during the mishap. He has been undergoing treatment at SKIMS Soura.

The cause of the fire is said to be short circuit. Locals said that the fire was doused by firefighters with

These houses belonged to Shakeel Ahmed Tako, Habibullah Shamsher and Shabir Ahmed Sheikh.

Meanwhile, police have taken cognizance of the incident and registered a case under relevant sections of law.

Traffic Police City Jammu Held **Sensitization Programe On E-Chal**laning at DPL Jammu



Jammu, 15 DECEMBER 2022 :Traffic police city Jammu held a Sensitization Programe on e-Challaning in DPL Jammu in which was chaired by Sh Vivek Gupta-IPS DIG Traffic Jammu Range

The Programe was attended by Dr Koshal Kumar Sharma SSP Traffic city Jammu, Sh Raj Paul Singh ASP Traffic City Jammu, Sh Bikram Kumar DySP (T) City South Jammu, Sh Neeraj Kumar DySP (T) City Rural Jammu, Sh Javed Iqbal, DySP (T) City North Jammu & Inspr Gowhar Ahmed THQ J&K, All DTI's/SOT's of Traffic city Jammu. Inspr (s) Vimla Raina, Inspr (M) Mohinder Singh, SI(M) Santosh Kumar, Hc Ravi Kumar, Hc Girdhari Lal & Sadhu Ram of TPO Jammu were also present in the Programe.

At the outset of interaction Programe Dr Koshal Kumar Sharma, SSP Traffic City Jammu welcomed & briefed DIG Traffic Jammu regarding the functioning of Traffic Police City Jammu over eChallaning and other enforcement work as well as switching over completely to digital mode (eChallaning) in coming days.

DIG Traffic Jammu briefed the officers that the manual challaning through is a time consuming and shall switch over to eChallaning while carrying the enforcement duties, the eChallaning has been fully made operational and had been launched by DGP J&K, As such all the Officers shall completely switch over to eChallaning as sufficient number of eChallaning apparatus had been made available to Traffic and shall wear the body worn Cameras during duty

The officers further stressed upon for proper utilization of the electronic gadgets (eChallaning Machines/Body worn Cameras) to achieve the desired results, He further emphasized that eChallaning mode is more transparent and quick disposal for enforcement agency, he briefed all the officers to be more dedicated and involve themselves in ensuring 100% digital by implementation of eChallaning besides shall keep close coordination with the concerned SDPO's, SHO's in calming the unpleasant situation on pressure points during peak hours on regular basis and

Dr Koshal Kumar Sharma SSP Traffic also reviewed the individual functioning performance of the challaning officers and stressed for strict implementation of the Traffic Rules on roads, The challaning officers were directed to make all possible efforts to regulate Traffic in peak hours and ensured smooth flow of traffic in city Jammu.

He further directed all the challaning officers to remain focused against all visible traffic violations especially check over the overspeeding, Drunken driving, stunt biking, repeated offenders so that there DL's Shall are recommended for cancelation to respective RTO's.

During the meeting Inspr Gowhar Ahmed of THO J&K also gave a detailed briefing to all officers in handling the eChallaning machine's. He cleared many doubts of the Challaning Officers and guided them in operation of these gadgets besides their maintenence.

Pulwama gears up for revision of Panchayat Electoral Rolls: DPEO reviews preparedness.

14: District Panchayat Election Officer (DPEO), Pulwama, Baseer Ul Haq Choudhary today chaired a meeting to review the preparedness for revision of Panchayat Electoral Rolls 2023 which will start from December 21, 2022, with January 1, 2023 as the qualifying date.

The meeting was attended by ADDC Pulwama, ADC Pulwama, ADC Tral/ Awantipora (ERO), ACR Pulwama (ERO), Deputy District Election Officer, ACD Pulwama, Assistant Commissioner Panchayat, Pulwama (ERO), District Informatics Officer, all BDOs (ARO's), including of revision, publication of government functionaries

The meeting discussed in detail the preparation for publication of draft Electoral Roll at Polling Station on the prescribed date. The latest and lastly updated Panchay-

at Electoral Roll will serve as the base for the revised Roll.

The meeting also discussed availability of the recently updated electoral rolls and Panchayat electoral rolls, besides role and responsibilities of EROs. AEROs and PEBOs during the Panchayat Electoral Roll Revision

The meeting further deliberated upon the schedule



draft roll on website and in and other stakeholders to the offices of EROs/AEROs/ PEBOs (VLWs) for the infor-

mation of the concerned. The DPEO urged the

actively participate in the Panchayat Electoral Roll revision exercise to ensure voters in the Electoral Roll. 2D during the revision pro-

briefed the participants about the uses of forms including Form PER 2A,

special camps in all Blocks of District Pulwama shall be organized during the revision period and the Booth Level Officers (BLOs) shall remain available at respective booths with requisite Forms and draft electoral rolls for the guidance of the He also instructed all the

AEROs to supervise the said special camps on the dates notified by the State Election Commission UT of J&K and ensure 100% registration of all eligible and left out voters during Revision of Panchayenrollment of all eligible PER 2B, PER 2C and PER at Electoral Rolls so that no

Sheep Husbandry department organises awareness camp at Sumbal



BER 15: Sheep Husbandry Department Hajin on Thursday organized an awareness camp regarding sheep rearing and other related activities at Dak Banglow Sumbal

The awareness camp was presided over by SDM Sumbal Bashir Ahmad Lone.

Sheep and Wool Development Officer Hajin, field staff of Sheep Department besides large gathering of local people and breeders of the Sumbal town and adjoining areas. Speaking on the occasion, Sheep and Wool Development Officer Hajin

Dr Nuzhat Wali said that the aim of the programme was to help breeders to acquaint themselves with the latest technology and practices in the Sheep husbandry sector. She briefed and other concerned were the general public about the also present on the occasion importance of sheep rearing, faction for holding such.

their management and disease control.

SDM Sumbal Bashir Ahmad lone laid emphasis on greater participation and involvement of people in the sheep husbandry sector.

He informed that the local area is ideally suited for sheep rearing and urged the youth to come forward to avail the benefits under various schemes.

He further said that all possible help will be provided to the sheep and goat breeders to avail the government schemes Meanwhile on the occasion there was threadbare discussion on Importance and relevance of FPOs, INAPH tagging and NLM Insurance by the VASs for Hajin and Sumbal during the awareness camp. Locals who participated in the camp also shared their views and expressed satis-

District Panchayat Election Officer Pulwama holds a Press conference regarding **Electoral Roll Summary Revision**

PULWAMA, DECEM-BER 15: District Panchayat Election Officer (DPEO) Pulwama, Baseer Ul Haq Choudhary today held a press conference in his office chambers here at DC office regarding the electoral roll summary revision, which starts from December 21,

On the occasion, Choudhary said that the process of revision shall start in all the 190 Panchayats of the District simultaneously.

The DC said that the main aim and objective of holding this presser is that the information regarding the Electoral Roll Summary Revision is disseminated to the general public.

DC further said that during the revision process, the electoral roll shall



voters shall be added and those required to be taken out of the roll shall be delet-

The DC stressed that the district administration is committed to ensure 100% registration of all eligible and left out voters during Revision of Panchayat Electoral Rolls so that no voter is left out.

the press, the DC requested revision process

the general public and other stakeholders to actively participate in the Panchayat Electoral Roll revision exercise to ensure enrollment of all eligible voters in the Electoral Roll.

He said that the latest and lastly updated Panchayat Electoral Roll will serve as the base for the revised Roll.

The DC also said that Special Camps for Electoral Roll Summary Revision will be organised at all the panchavats of the District. He said the BLOs and other govt officials will be available at their respective panchayats along with requisite forms and draft electoral rolls for the guidance of the electors.

The DC stressed about the uses of forms including Form PER 2A, PER 2B, PER Through the medium of 2C and PER 2D during the

One day Awareness cum promotional workshop on setting up Micro Food Processing **Enterprises under CSS- PMFME Scheme**

ANANTNAG DECEM BER 15: Department of Fisheries, Anantnag under the Chairmanship of District Nodal Officer Anantnag PMFME (ODOP) Scheme today organized one day long Awareness Programme on centrally sponsored scheme "PM-Formalization of Micro food Processing Entrepreneur (PMFME) Scheme." at Marriage Hall Sagam Anant-

The Awareness Programme was also attended by Block Development Officer Sagam, President Municipal Committee Sagam alongwith his counsellors, Area Marketing Officer, Horticulture Development Officer, representatives of various line departments like Agriculture, Animal Husbandary, Sheep, DIC, Bank Manager sagam and a huge gathering of Shopkeepers and locals of the sagam area.

At the onset of the programme, the District Nodal Officer PMFME (ODOP)



Scheme welcomed the participants and presented the overall scenario and prospects of the Micro Food Pro-

essing sector in the UT. He urged the youth to set up their individual Micro Enterprises and avail the benefit of credit linked subsidy available under the scheme. He requested the participants for getting registered in the application submission process or visit

the PMFME Home Page. The Block Dev. Officer Sagam also addressed the gathering and urged them to set up their own Employment Generating Units under the Scheme. The Area Marketing Officer and Horticulture Development Offi-

they can get support under the PMFME Scheme. The representatives of

cer also deliberated upon the

various Schemes for which

various banks of Block Sagam apprised the partici pants. The District Nodal Officer PMFME(ODOP) Scheme Anantnag further requested the interested youth who desire to avail the benefit under the scheme should contact the District Resource Person for getting assistance in the application submission process, support in DPR preparation, getting a bank loan etc.

The Officers present in the camp laid emphasis on Fish Processing, Bakery products, Canning of any food product, pickle making, vegetable and fruit processing etc. The District Nodal Officer assured every kind of support to start their ventures in the food Processing

The District Nodal Officer PMFME (ODOP) Scheme expressed his thanks and gratitude to all Dignitaries, Officers of the line Department and the participants.

Awareness Camp held under PM-FME Scheme at Qaimoh

KULGAM, DECEMBER 15: A day long awareness camp on Formalization of Micro Food Processing Enterprises (PMFME) was organized by the Department of Agriculture & Farmers Welfare Kulgam here at Block Qaimoh in col laboration with the Planning and Marketing department.

Local progressive farmers, self help group members FPO's, unemployed youth and representatives from different villages of Block Qaimoh and Frisal attended the

Officers from Agriculture and allied departments like Area Marketing Officer, Lead Bank Manager Kulgam, Agriculture Extension Officers and Horticulture Development Officer participated in the programme.

Dawood Ahmad Shad, District Agriculture Officer, while addressing the participants about the benefits of the scheme, has appealed to youth to come forward and establish food processing units to generate employment for themselves and for others in the food processing sector to sustain their livelihood.

He encouraged entrepreneurs to take benefit of the PMFME scheme by availing facilities like 35% subsidy maximum up to 10 lakh and Easy Bank loan up to 90% of cost of Machinery and Technical Civil Works.

On the occasion officers from Agriculture and allied departments briefed about different components of the scheme viz financial assistance, Capacity Building, marketing and branding of processed, value added food products as an important intervention for sustainable development of the food industry.

A Resource Person from the Agriculture department briefed the audience about the ODOP (Spices & Pickles), its scope and potential. The participants were acquainted with the scope of expansion of Spices cultivation and its trade in the district and national level. A Resource Person from the Agriculture department briefed the audience about the ODOP (Spices & Pickles), its scope and potential.

VC SKUAST, DDC Gbl preside over workshop on promotion of PM-FME

GANDERBAL, DECEM-BER 15: A day long workshop cum awareness camp was organized today on the promotion of Prime Minister's Formalization of Micro Food Processing Enterprises (PM-FME), One District One Product (ODOP) walnut in District Ganderbal at KVK SKUAST (K) Shuhama. Vice Chancellor SKUAST

(K), Dr. Syed Nazir Ahmad Ganie and District Development Commissioner (DDC), Ganderbal Shyambir presided over the camp. The workshop was attended by Scientists from different Departments, Officers

and Staff from Developmen-

tal Departments, Farmers

from Walnut industry and

Students. At the outset, Dr. Salman Rauoof Chalkoo, Assistant Director Fisheries and District Nodal Officer, stressed for multiplication PM-FME welcomed all the participants and briefed the audience about the scheme

guidelines Vice Chancellor, SKUAST Kashmir, Dr. Nazir Ahmad the need of labelling all



and University to achieve much needed success in the field of walnut industry. He of exotic varieties of walnut to further increase produc-

DDC while speaking on the occasion stressed on Ganai emphasized the need value added products for its

urged the committee framed to facilitate the growers. He also praised the efforts of PM-FME associated officers and promised farmers/ industrialists for all possible help and technical guidance from DNO PMFME and all the officers associated with

Good Governance Week SWD Kulgam in collaboration with ALIMCO organizes Mega distribution camp of Prosthetic aids at Kulgam

KULGAM, DECEM-BER 15: The Social welfare Department Kulgam in collaboration with Artificial Limbs Manufacturing Corporation of India (ALIMCO) organized a Mega distribution camp of Prosthetic Aids under Assistance to Disabled persons (ADIP) scheme in which more than 200 already assessed beneficiaries were provided "fit to size" prosthetic aids worth 24 lakh

Wheel chairs, CP chairs, Hearing aids, Smart canes, Rollators, Tricycles, Braille kits, Callipers, Smart Tablets etc were handed over to the beneficiaries during this camp by the Deputy Commissioner Kulgam Dr.Bilal Mohi Ud Din Bhat.

DSWO Sanobar Altaf and other concerned officers were present on the occa-

The Deputy Commissioner lauded the efforts of the Social welfare department in organising such events for especially abled persons of the district.



On the occasion DSWO Kulgam Sanobar Altaf said manufactured, modern stan- potential.

dard aids and appliances to promote physical social, psythat the main objective of chological rehabilitation of the scheme is to assist the persons with disabilities by needy disabled persons by reducing the effects of disproviding durable, sophis- abilities and at the same ticated and scientifically time enhance their economic

Nazim Zai visits Bandipora; Takes stock of development



BER 15: Secretary, Department of Disaster Management, Relief, Rehabilitation and Reconstruction, Nazim Zai Khan, on Thursday visited Bandipora to take stock of development scenario of Surindar Panchayat. He was Prabhari Officer for Surinder Panchayat.

Secretary reviewed progress on various development works and programmes launched for welfare and development of public including distribution of land passbooks, status of PM kissan and other ongoing development works.

Secretary stressed on timely completion of ongoing projects by further expediting the pace of works with 100% expenditure.

Nazim Zai also took stock of progress on directions sion.

issued during fourth phase of 'Back to Village' program.

Secretary visited various spots and inspected ongoing work on footbridge, rural haat and other works.

During his visit, Secretary also held an interactive session with general public in which people raised various issues of public importance.

Secretary issued on spot directions for redressal of public issues.

The general public expressed happiness and satisfaction for the officers visit to the panchayat and thanked administration for listening to public at their

ADC Bandipora, Waseem Raja and district officers of various departments were also present on the occa-

Good Governance Week: DC Kulgam reviews preparations for week long programme

The Deputy Commissioner Din Bhat today chaired a meeting of officers here at Mini-Secretariat Kulgam and reviewed the preparations ahead of 'Good Governance Week' celebrations from December 19 -25, under 'Sushasan Saptah-Prashasan Gaon Ki Aur' (SSPGA) 2022.

On the occasion, he took a detailed review from all the concerned officers about the preparations regarding the 'Good Governance

KULGAM, December, 15: Week' celebrations and gave detailed instructions to the Kulgam Dr. Bilal Mohi Ud officers for successful observance of the week.

During the meeting the Commissioner instructed ADC, Tehsildars BDOs and all other officers to conduct special camps at Tehsil, Block and Niabat level with primary focus on redressal of grievances and to provide best and robust delivery of public services.

The meeting was attend ed by ADC, DSEO, ACR and

Newly elected DDC member of Hajin A administered oath at **Bandipora**



BANDIPORA DECEM-BER 15: An oath ceremony of newly elected District Development Council Member for Hajin A, Naza Begum was held today at mini secretariat Bandipora.

Deputy Commissioner Bandipora Dr. Owais Ahmed administered the oath to the newly elected District Development Council Member.

Speaking on the occasion, the Deputy Commissioner congratulated the newly elected DDC member and hoped that the elected DDC member shall work for the betterment of society in coordination with other Council members.

He assured every possiand hoped that the council DDC, ADDC, District Nodal shall work with extra zeal on officer Coordination, DDC the developmental front. He members, ACD, ACR, SDMs, asked the elected representatives to work out for next cerned. year planning in advance

to check the feasibility and other measures of developmental works.

Dr. Owais said together we can take the development scenario of the district to new heights to meet the expectations of the public. While addressing the

gathering, Chairman District Developmental Council Bandipora Ab Gani Bhat congratulated the newly elected DDC member and hoped that newly elected DDC member will work for development of her constituency in the best possible manner and will leave no stone unturned in serving

The oath ceremony was ble assistance to the council attended by Vice Chairman BDOs, PRIs and other con-

Revision of Panchayat Electoral Roll DC Bandipora Chairs meeting, directs to conduct revision strictly in accordance with guidelines, schedule

BANDIPORA DECEMBER 15: Deputy commissioner Bandipora Dr. Owais Ahmed who is also District Election Officer on Thursday chaired a meeting of concerned to review the preparations for Revision of Panchayat

The meeting discussed threadbare various modalities for revision of panchayat Electoral roll.

Dr. Owais on the occasion instructed officials to work in coordination so that the final publication of the voters' list is flawless for the upcoming panchayat elections.

He directed the concerned to conduct revision strictly in accordance with the guidelines and schedule and complete the process within the given timeline.

He exhorted upon the concerned officials to take extra care while making the addition of new voters & left out voters and deletion of duplicate voters to avoid errors and completion of the process before the due date.

HT -REGIONAL NEWS /KASHMIR HEADLINES TODAY

Secretary Mining directs for strict action against defaulters during site visits in Kashmir

SRINAGAR, DECEM BER 15: In order to oversee ongoing mining operations across various districts of Kashmir valley, Secretary Mining, Amit Sharma, today of Baramulla, Budgam, Srinagar and Bandipora districts.He was accompanied with concerned District Mineral Officers, Revenue and Police officers during these site visits. Secretary visited sites from where complaints keep pouringin regarding illegal mining from time to time. He took first hand account as well as an overview of ongoing mining activities in these districts besides assessing progress achieved by respective District Mining Officers especially with respect to enforcement and seizures of machinery related to alleged illegal mining.

Secretary directed that heavy penalties should be imposed upon the defaulters including lessees, crusher holders and other stakeholders who conduct this wilful act of extracting excessive material in an illegal manner which result into environmental degradation



Secretary also interacted with local inhabitants of the respective districts to understand their concerns which were noted down by the visiting team. Secretary assured prompt action on all the legitimate issues raised by the public in this behalf.

During the tour. Secretary emphasized total synchronisation between

Departments while conducting joint inspections in all the vulnerable areas of Kashmir valley so that the impact becomes visible to the illegitimate operators.

Amit Sharma further directed that surprise inspection squads led by Joint Director Mining of both Jammu and Kashmir divisions should make serious effort to check illegal Mining, Revenue and Police mining. He said that there

technology in this sector, especially after the introduction of e-Challan, e-Marketplace and e-Payment gateways in the Mining Department which is being availed through website of the Department "jkgeologymining.jk.gov.in" which has been receiving an overwhelming response since it's launch few months back in the Union Territory of J&K.

DC Anantnag reviews functioning of KPDCL Anantnag

ANANTNAG DECEM-BER 15: Deputy Commissioner Anantnag Dr Basharat Qayoom, today held a detailed review of the functioning of KPDCL Anantnag at DC Office Com-

Dr Basharat while reviewing the progress of works under various schemes directed the concerned officials to ensure completion of all pending works within a fortnight and added that physical and financial progress will be regularly monitored. He further directed the department to ensure strict supervision of execution and maintain high standards of

Regarding the supply of the Deputy Commissioner directed the Executive Engineers to adhere to the notified schedule. He discussed the availability of buffer stock and decentralisation of stock to reduce replacement time. He said that every effort has to be made to ensure that transformers are replaced within stipulated times, wherever required.

He also directed the



appealed to people to pay their electricity dues. He also appealed people to desist from using banned electrical equipment and encouraged judicious use of electricity. The departelectricity in the district, ment was directed to carry out IEC awareness through their field staff.

The Chair was informed that most of the works are nearing physical completion. The SE said that all the works taken up will be completed as per stipulated timelines

The meeting was attended by ADDC, JD Planning, SE KPDCL, Executive Engi neers and other concerned

DDC Kupwara reviews progress under District CAPEX Budget

KUPWARA DECEMBER ments including R&B. Edu-15: About 67.73% expenditure has been incurred under District CAPEX Budget 2022-23 in Kupwara district so far. This was stated at a review meeting convened here today under the chairmanship of District Development Commissioner (DDC) Kupwara, Doifode Sagar Dattatray to review the progress of physical and financial achievements under District

Out of total released Rs.18341.52 lakh have been incurred on the execution of various developmental works under District CAPEX Budget during current financial year till date which con-

CAPEX Budget.

The DDC reviewed sector

reach Program in the Con-

ference Hall of DC Office

Reasi under the "Aspiration-

trict Administration, Reasi.

cation, Jal Shakti, PDD, General Service, Social Service and received feedback from the officers one by one.

He was informed that

out of total 3019 approved different developmental works including DDC, BDC and PRI works, 2654 works got administrative approval out of which 2640 works have been tendered. As many as 2366 works have been allotted out of which 1222 works have been completed while funds of Rs.27080.4 lakh, as, 1144 works are under execution at different stages of completion. The DDC also reviewed the pace of progress under MGNREGA and was informed that 48486 have been approved under MGNREGA in 24 blocks of the district. Against the total

EPFO organising outreach program at

Reasi, Narayana Hospital Katra on Dec 16

REASI, DECEMBER Major Contractors and nized by EPFO on the same

15: Employees' Provident sub-contractors under variday at 12.30 PM at the confer-

Rural Development, Tour-

ism, Department of Edu-

cation, NHAI, NHIDCL,

Fund Organisation, Jammu ous Government Organiza-

& Kashmir and Ladakh is tions, including, Irrigation,

going to organise an Out- PHE, PDD, PWD (R&B),

lakh as many as 35386 works have been taken up out of which 34744 works have been completed physically. Expenditure on wages is Rs.2805.89 lakh and labour generated 1256843 mandays.

The meeting also reviewed the progress of soakage pits, vermi-compost pits, PMAY (G), JJM and health sectors.While review was informed that 106 water supply schemes have been approved at an estimated cost of Rs.589.52 crore in the district.The DDC was informed mass macadamization was carried out during the current year, out of target of 278 Kms, 272 Kms have been blacktopped/macadamized across the district. Addressing the meeting, the wise progress of all depart- Labour Budget of Rs.6889.16 DDC expressed satisfaction.

ence hall of Shri Mata Vaish-

no Devi Narayana Superspe-

ciality Hospital, Katra with

participation of subscribers

of hospitals, major Contrac-

tors and sub-contractors

ment departments,

DC Kupwara chairs Annual Day function at GHSS Kupwara

Says education top most priority of district administrationa



KUPWARA, DECEMBER 15: Deputy Commissioner Kupwara, Doifode Sagar Dattatray today said that Education sector is the top most priority of District Administration Kupwara adding that various innovative programmes have been introduced to improve the

tion at Government Girls Administration for any kind Higher Secondary School of help to the students. Kupwara, here today.

Principal Womens College Kupwara, Fayaz Ahmad Lone; Principal GHSS Kupwara, Bashir Ahmad Shah, Principal BHSS Nagri Malpora, Ghulam Ahmad Peer, DIO Kupwara, Mohammad Yousuf Mir, BDO Nutnussa, Amina Latief, besides, seats have been occupied

teaching faculty and a large number of students attended the function.

The Deputy Commisnot confined to the academic exercise only but it contains extra curricular activities tions of LG Administration. co-curricular activities and humble background adding The Deputy Commistry to explore their hidden that girls are not less than sioner was addressing a talent. He assured all poscolourful Annual Day func- sible support from District

> He said as many as 6000 teachers have vigoursly implemented the ZIMADARI programme and revolutionized the education sector of the district. girl students, the Deputy Commissioner said that the half of the DDC Council

by the female councilors which is a positive sign of development in the district. He asked students to make sioner said that education is their goals and follow them consistency. He make the example of President of which develop the life and India which is the highest personality of an individual. seat of Indian democracy Education system in the He urged upon the students and said that this position is district, following the directovigoursly participate in held by a lady belonging to a

boys in any sphere of life.

On the occasion. BDO Nutnussa, Amina Latief who is a JKAS Officer and was an alumni of the same school spoke on the occasion and shared her experience with the students. Meanwhile, the Deputy Commissioner Encouraging inaugurated the school canteen and inspected Chemistry block of the school. He also went around in the

al District and Border Area Konkan Railway, IRCON, under health departments. District Outreach Initiative" CPWD, Department of Edu-The focus of the proon December 16, 2022. cation, PMGSY, other instigramme would be on The programme is being tutions engaged in infraexpanding the net of Social Security cover to the uncovheld f under the guidance structure and construction work areas would be particiof Rizwan Uddin, Regional ered workers and labourers, P F Commissioner-I and in pating in the event. especially contract workers coordination with the Dis-Another awareness proengaged with all the govern-

gramme is also being orga-

ADDC inaugurates Skill Development Programme at Inderwal, reviews Online Revenue Services

KISHTWAR, DECEM-BER 15: As a part of Good Governance initiative of UT Government of J&K under the aegis of "Prashasan Gaon Ki Aur"- a Nation-wide campaign for Redressal of Public Grievances and Improving Service Delivery in the rural areas, Additional District **Development Commission**er (ADDC) Kishtwar Sham Lal today visited Sub Division Chhatroo to redress the grievances of people and to review the Service Delivery mechanism of Govt departments.

During the visit at Block headquarter Inderwal, the ADDC, in presence of Director RSETI Sumit Gupta; BDO Chhatroo, Tasleem Javaid Wani; SDAO Marwah, Manzoor Ahmed and local PRIs inaugurated a 10 day Skill Development Programme on Project Unnati for Skilling of MGN-REGA Workers/farmer Trainees organised by SBI RSETI in Collaboration with RDD at BDO Office

Inderwal (Chatroo).



sion, he stressed the RSETI officer to lay focus on harnessing and upgrading the skills of the farmer trainees about the usage of latest agriculture techniques to enhance their income.

Earlier, the ADDC inspected Tehsil Office Chhatroo and reviewed the Online Revenue Services provided for the ease of He also enquired from

the visitors about the Public Delivery services being provided by the Tehsildar's office.

The people expressed satisfaction over the functioning of the offices in the Speaking on the occa- Sub Division Chatroo.

Meanwhile, the ADDC listened to the issues of locals and PRIs along with Mentor for Panchayat/ CDPO Inderwal Kuldeep Kumar, BDO Inderwal, PRIs. Several grievances of people were resolved on the spot at Panchayat Chhatroo Lower A under the initiative Prashasan Gaon ki Aur. Meanwhile, the ADDC listened to the issues of locals and PRIs along with Mentor for Panchavat/ CDPO Inderwal Kuldeep Kumar, BDO Inderwal, PRIs. Several grievances of people were resolved on the spot at Panchayat Chhatroo Lower A under the initiative Prashasan

J&K Bank Board appoints GM Sudhir Gupta as Executive Director for 3 years

SRINAGAR, DECEMBER 15: In a significant development, J&K Bank's Board has appointed General Manager Sudhir Gupta as Executive Director (ED) for a period of three years. The Bank's board announced the decision in their meeting held yesterday soon after receiving the approval from Reserve Bank of India

Commenting upon the development, MD & CEO Baldev Prakash said, "I welcome the decision and congratulate Mr. Gupta on joining the Bank's board. While augmenting the presence of Bank's management in the board with his knowledge and experience, I think his induction will surely strengthen the relationship between the board and the management.

Expressing gratitude to MD & CEO, Baldev Prakash for his kind words on the occasion, Sudhir Gupta said, "While feeling happy for the honour, I feel equally humbled by the trust that Bank's board, leadership and other important stake-



will try to meet their expectations to the best of my abilities while discharging my duties with due diligence, integrity and professional-

After joining the Bank as Probationary Officer in 1989, Executive Director Sudhir Gupta has been serving the Bank for over three decades across operational geographies in different leadership positions ranging from leading the branches to heading three different Zones of Bank. Having made his way through diverse through diverse domains of domains of business operations to top management management positions, he positions, he was presently heading an important vertiholders have placed upon cal of the Bank comprising Bank comprising of Busime. And I assure all the of Business Support Divistakeholders of Bank that I sion along with Currency with Currency.

Management and Corporate Communications & Marketing departments. Pertinently, ED Sudhir

Gupta was also previously posted as Chairman J&K Grameen Bank for a period of two years. During his stint as Chairman J&K Grameen Bank, he has demonstrated ample leadership skills by accomplishing the strategic objectives within the defined timelines. His areas of expertise

include Credit, Finance, Corporate & Retail Banking Customer Service, Trade Finance, Business Continuity Planning etc. After joining the Bank as Probationary Officer in 1989, **Executive Director Sudhir** Gupta has been serving the Bank for over three decades across operational geographies in different leadership positions ranging from lead ing the branches to heading three different Zones of Bank. Having made his way business operations to top was presently heading an important vertical of the ness Support Division along

How Many Types of Thyroid? Causes and Prevention



PARUL DUBE

he thyroid gland, commonly referred to as the butterfly gland, is often overlooked. Yes, people seldom give importance to the health of the thyroid gland, but it does a lot of work behind the scenes to ensure your overall health. Thyroid diseases are common across the world, which Hyperthyroidism is cause for alarm

quite common and easily visible, many people do not know what it is. In simple terms, thyroid disease is a medical disorder affecting the thyroid gland's function. Therefore, it is vital to take effecabnormal secretion of hormones and to understand its types better to cope with the disease in its early stages. So let's explore the different types of thyroid disorders

Significance of Thyroid Gland

One of the essential glands in the almost all the body's functions and heart rate, and dry skin. hormone secretion.

For example, the thyroid gland **Goitre** secretes two crucial hormones, T3 and T4, which help the body convert the food you eat into the energy required by the body. The thyroid gland also plays a vital role in sleep patterns, weight management, and mood swings.

Thyroid Disease and Types

The abnormal functioning or

secretion of thyroid hormones benign or cancerous and show and thyroid lymphoma. can indicate a thyroid disorder. According to research, around 42 million individuals suffer from various thyroid diseases. One individual can simultaneously be diagnosed with one or several of these diseases, each with distinct symptoms.

Hyperthyroidism is a thyroid Although thyroid disease is disease characterised by an overactive thyroid gland. As a result, the gland produces an excess of thyroid hormones, leading to symptoms such as increased appetite, tremors, sensitivity to heat, enlargement of the thyroid, anxitive steps to reduce the risks of the ety, diarrhoea, irritability, and rapid heartbeat.

Hypothyroidism

underactive thyroid. As a result, mune disorder in which the body's the thyroid gland does not produce immune system attacks the thyroid functioning of the thyroid gland. sufficient T4 hormones for normal gland. function, resulting in symptoms body, the thyroid gland, is located like weight gain, constipation, at the front of the neck and controls fatigue, low energy, cold, slow

A goitre is an enlargement of the thyroid gland. It can be due to iodine deficiency, and on rare occasions, it may cause compression of the airway, difficulty swallowing, or compression of the vessels due to structural abnormalities.

Thyroid Nodules or Tumours

Thyroid nodules can be either

several symptoms similar to those of hyperthyroidism and hypothy-

It occurs when there is a prolonged deficiency of iodine or due to the presence of small nodule-like elements in the old gland. In rare cases, the nodules develop bigger, leading to difficulties in breathing and swallowing.

Grave's Disease

Grave's disease is an autoimmune condition that affects the thyroid gland. In this condition, the thyroid gland produces excess hormones responsible for metabolism regulation, resulting in severe caused by hypothyroidism. complications

Hashimoto's Disease

Hashimoto's Thyroiditis, or Hypothyroidism refers to an Hashimoto's disease, is an autoimbles, fruits, whole grains, nuts,

ity to produce the hormones needed to regulate metabolism, resulting in hypothyroidism. Though it can affect people of all ages, Hashimoto's disease is most common in middle-aged women.

Thyroid Cancer

Thyroid cancer is a rare type that occurs when the initial thyroid problems are left untreated. There are different types of thyroid cancer, including anaplastic thyroid cancer, follicular thyroid cancer, medullary thyroid cancer

Best Ways to Ensure Healthy Thyroid

Prevention is better than cure, as the adage portrays. However, there are some natural tips to improve thyroid function and health. Some of them are:

According to various studies, exercising regularly has many benefits, including the secretion of thyroid hormones. Specifically, working out at least three times a week for 30-40 minutes has been shown to help regulate thyroid production and counteract various side effects

Balanced Diet

Aim to follow a nutritious and balanced diet filled with vegetaseeds, and legumes to promote the

It can lead to the gland's inabil- Increase the Intake of Thyroid-supporting Minerals

Iodine deficiency is the key cause of hypothyroidism. Selenium and zinc can also support thyroid health. Increasing the intake of these minerals through dairy, eggs, seafood, brown rice, legumes, almonds, and pumpkin seeds is vital to maintaining the gland's health.

Vitamin D

To ensure the thyroid is in optimal condition, focus on consuming Vitamin-D-rich foods such as

salmon, tuna, egg yolk and dairy

Limit Toxin Exposure

Reduce your exposure to toxins by quitting smoking, purifying your drinking water, and selecting organic food sources. Toxins like mercury, pesticides, chlorine, and fluorine can damage your glands, suppress hormone production, and prevent proper function.

Iodine is essential for the thyroid gland to function correctly. If you don't have enough iodine in your diet, your body can't make enough thyroid hormone, which can lead to thyroid disorders. To get enough iodine, eat foods such as spinach, seafood, eggs, etc.

Conclusion

A sedentary lifestyle and stressful work culture have put a lot of pressure on the thyroid gland, affecting almost every person differently. It is rare to prevent the onset of thyroid disorders.

However, one can avoid the further complications of different thyroid disorders by diagnosing the condition early and sticking to the proper treatment plan.

In addition, being conscious about thyroid conditions and following the right lifestyle will help you improve your thyroid health and lead a normal life.

NEWS

Doctors giving ineffective, superficial weight loss advice to patients

n a surprise find, researchers have revealed that doctors are generally giving vague and superficial advice to patients living with obe-

Moreover, their guidance is commonly not supported by scientific evidence, according to research published in Family Practice, published by the Oxford University Press.

"This research demonstrates that doctors need clear guidelines on how to talk opportunistically to patients living with obesity about weight loss," said Madeleine Tremblett, one of the paper's lead "This can help them to avoid amplifying stig-

matising stereotypes and give effective help to patients who want to lose weight," Tremblett To reach this conclusion, the researchers

analysed 159 audio recordings of consultations

between general practitioners and patients living with obesity collected from the UK between 2013 The investigation found that weight-loss advice from doctors to patients with obesity rarely included effective methods and mostly consisted

of telling patients merely to eat less and be more physically active. The advice was mostly generic and rarely tailored to patients' existing knowledge and behav-

iours, such as what strategies they had tried to The advice was mostly abstract or general. Superficial guidance, such as one doctor telling a patient to just "change their lifestyle a bit" was

Doctors frequently told patients to get help somewhere else for support in weight loss, often suggesting that they return for another consulta-

The analysis indicated that when doctors did offer specific information it was often scientifically unsupported and unlikely to result in actual

The notion that small changes in behaviour ("take the stairs more often") can have a large weight loss impact is a common myth and is even prevalent in scientific literature, but it isn't supported by research.

Another common myth was that patients just needed the "right mindset" to lose weight, said

80% pregnant women are anaemic: KGMU

rearly 80 per cent pregnant women coming to the King George's Medical University (KGMU) have symptoms of anaemia, a condition in which one lacks enough healthy red blood cells to carry adequate oxygen to your body's

KGMU Vice-Chancellor Lt. Gen. (retd) Vipin Puri, said that out of every 10,000 pregnant women coming to KGMU for delivery nearly 8,000 have

"Not only poor, but even girls and women of middle class and rich families have been found to be suffering from anaemia because of lack of nutrition either due to poverty or lack of awareness about proper nutritious diet." he said.

Prof S.P. Jaiswar, head of obstetrics and gynaecology department, KGMU, explained that due to deficiency of iron, vitamin A and protein, the body does not make enough red blood cells which leads to decline in haemoglobin levels, causing anaemia.

"It is important to address this issue because healthy women and children are the foundation of a strong nation," he said.

The doctors said that even among the middle classes and the rich, there is a lack of awareness about nutritious food.

"Women tend to eat the wrong food which includes fast food, but this does not improve their nutritional intake which is extremely necessary during pregnancy," they said.

Blood Glucose Level and Ways to Maintain it

DR.POONAM SHARMA

lood glucose, or simply glucose, is the main sugar that our bloodstream carries to all the cells in the body to supply them with energy. They indeed are the primary sources of energy in our body.

One must maintain blood glucose levels at an optimal level to reduce health risks and avoid any critical medical conditions. Each food item that we consume can contribute to 140 mg/dl for others. the glucose levels in our body. Also some can increase the glucose levels way above the recommended level, which is unhealthy.

The human body regulates blood glucose levels and tries to keep them at a moderate level by supplying just enough to fuel the cells and avoid the overload of the bloodstream.

As a result, blood glucose levels are at their lowest point before the first meal of the day. Furthermore, it can change throughout the day depending on what you eat.

Blood Glucose Monitoring devices are available on the market now. like the Continuous Glucose Monitor by HealthifyPro, which can alert us if our glucose level rises above the recommended level

What is the recommended Healthy **Blood Glucose Level?**

The U.S. National Institutes of Health research confirm that the recommended fasting blood sugar

level is below 99 milligrams per deciliter (mg/dl). However, these levels differ for those who already have diabetes In addition, the American Diabe-

tes Association has confirmed that the recommended glucose levels for patients with diabetes are between 80 to 130 mg/dl before eating. And after two hours of eating, glucose levels must stay less than 180 mg/ dl for diabetes patients and below One needs to check their Glucose

levels as a screening test to diagnose diabetes. Even when we do not have diabetes, we can even check our glucose levels using Blood Glucose Monitors. The Continuous Glucose Moni-

tor by India's leading digital health platform, HealthifyMe, is a great innovation. With the help of this technology, we can monitor our glucose levels and get alerts if the levels go higher than the recommended level. It also helps us align with the health coaches who regularly monitor our glucose levels recorded by the monitor, which helps keep them at healthy levels

What is High Blood Glucose Level, and What are its Effects?

High blood sugar levels are a medical condition that is famously called hyperglycemia. The condition is more commonly faced by patients with diabetes, Cushing's syndrome,

etc., or those who take steroids regu-

Studies have confirmed that hyperglycemia occurs when our be able to enter cells and can end up building up in the bloodstream.

glucose levels go above the recomlow insulin levels in the body or a decreased sensitivity of cells to insu-

It is not good to have sustained hyperglycemia. If this condition persists for a long time, it can lead to insulin resistance in our body as our cells may become less sensitive

to it, which will lead to the amount of glucose absorbed being less.

It is a primary reason that leads to Type 2 diabetes. And when diabetes extends for a long term without mended level. Thus, resulting from enough medical attention, it can affect the blood vessels that supply different organs. This includes kidlin. Without insulin, glucose won't neys, nerves, retina and some other organs.

The serious issues that one can get from sustained hyperglycemia are

Poor wound healing Foot ulcers

Increased risks of heart attacks

Erectile dysfunction Vision loss Nerve damage Numbness and tingling Vision loss

Kidney diseases which can lead to kidnev failure

Studies have also confirmed that high or low glucose levels in the blood can also cause cognitive decline. Common symptoms that indicate hyperglycemia can include a dry mouth, increased thirst and frequent urination. Other less common symptoms include fatigue,

ness and headache. What is Low Blood Glucose Level and

What are its Effects?

The condition that results in the low glucose level in our blood is called hypoglycemia. Of course, this condition can be as severe as hyperglycemia. Unfortunately, people with diabetes are prone to these medical situations, and hypoglycemia in these patients can be especially fatal.

Some of the effects that severely low blood sugar levels in the body can cause include difficulty concentrating, aggressive or paranoid mentality and confusion or disorientation.

Specific less common effects also include seizures and losing consciousness. Some of the common signs and symptoms of the same include anxiety, pale face, tingling lips, dizziness etc.

How to Manage an Optimal Blood Glu-

cose Level? It is crucial for not just diabetes patients but everyone to maintain their blood glucose level at the optimal level. New methods are available to help us maintain our blood glucose levels.

Blood Glucose Monitoring

The best and the most conve

nausea, blurred vision, lightheaded- nient of all methods to monitor our glucose levels in the blood is a continuous blood glucose monitor. Such devices are even recommended especially to diabetes patients by medical practitioners, as they effectively keep the disease under control. In addition, you can use these monitors to plan out your diets and activities and bring in food or medical interventions.

People with Type 1 and Type 2 diabetes will have to measure their glucose levels at least once a day or sometimes multiple times a day, based on the severity of their con-

Continuous Glucose Monitors are pretty convenient as it is way easier and provides an accurate reading of the blood glucose level in the body. They can also record the readings digitally on their mobile devices or

can allow automatic storage of data. For example, the CGM that comes with the HealthifyPro package of HealthifyMe syncs with your phone. All the readings show and get recorded, making it easier to measure vour blood glucose levels using your fingertips. In addition, it continuously measures your blood glucose levels. Finally, it alerts you if any food item has caused glucose fluctuation in your blood, thus helping you take immediate measures to

bring it back to normal.

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HEADLINES TODAY

FRIDAY FOCUS

FRIDAY; What makes the **Day Significant in Islam**

riday is considered and always referred as the leader of all the days of the week. Prophet Muhammad (SAW, May the mercy and blessings of God be upon him), said, "There is no day more virtuous than Friday. During this day there is an hour in which no one will pray to God except that God will hear the prayer".

"Friday consists of twelve hours, one of which is the hour where supplications are granted for believers. This hour is sought during the last hour after Asr (the third prayer in the day)."

"Whoever recites 'The Cave' on Friday, God will give him a light to the next Friday."

"The best day on which the sun rises is Friday. It is the day Adam was created. It is the day when Adam entered the Heavenly Gardens, the day when he was expelled from it and also the day he died. Friday is the day on which the Day of Resurrection will take place."

Friday is also the day on which one of the greatest verses in the Quran was revealed.

"This day, I have perfected your religion for you, completed My Favor upon you, and have chosen Islam as your religion." (Quran 5:3)

A story from the life of the second Caliph Omar, illustrates the significance of Friday. A learned person from among the Jews said to Omar Ibn Al Khattab "In the Quran you people read a certain verse; if that verse had been revealed to us, we would have celebrated that day annually." Omar asked, "Which verse is that?" The man replied, "This day, I have perfected your religion for you'. Omar then said, "Verily I remember the day and the place where this verse was revealed. It was already a double celebration for us. Firstly it was Friday-a day of Eid (celebration) for all Muslims and secondly, it was the day of Arafat – the most important day of the Hajj." Omar further stated that this verse was revealed after Asr (afternoon prayer) while Prophet Muhammad was sitting on his camel.

Friday is a special day; the congregational prayer performed on this day holds special significance in the life of a Muslim. This is well noted and discussed by Islamic scholars both past and present. Thirteenth century Islamic scholar Ibn Taymiyyah said: "The most excellent day of the week is Friday according to the consensus of scholars" and his student Ibnul -Oavvim mentions 32 special characteristics of Friday in his book Zad Al- Ma'ad. Prophet Muhammad said "Verily, this is the Eid day (day of celebration) that God has prescribed for the Muslims". Believers would be wise to take advantage of the blessings God sends down to His slaves on Friday. This is a day of congregation, a day of celebration and a day of contemplation and supplication.

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What keeps J&K Assembly polls on hold

NISHIKANT KHAJURIA

ven as the mega exercises for the delimitation of constituencies followed by revision of electoral rolls have already been completed and the security situation also seems to have improved after abrogation of Article 370, uncertainty still looms large over holding on elections for the Jammu and Kashmir Assembly in the near future. Though the mainstream political parties are conducting public rallies and other routine activities related to organizational affairs, no enthusiasm and a virtual sense of frustration is visible among all these parties across Jammu and Kashmir.

Last Assembly elections in erstwhile J&K State were held in 2014 when People's Democratic Party had emerged as the single largest party, followed by National Conference and Bhartiya Janta Party. The hung verdict brought poles apart PDP and BJP together and the duo formed a coalition for Government, which could not complete its tenure because of the clash of their political interests. Pulling out of the ruling coalition by BJP led to collapse of the Mehbooba Mufti -led Government in June

was put in suspended animation. still nowhere on the scene. However, on November 22, 2018, the then Governor Satya Pal Malik, who succeeded N N Vohra on completion of the former's extended term, dissolved the Assembly after both Mehbooba Mufti and Sajjad Gani Lone of People's Conference staked claim to form Government with the support of NC and BJP, respectively. Contrary to the speculations that Assembly elections would be conducted soon along with Lok Sabha polls, which were scheduled in May 2019. J&K continued to remain under the Governor's rule and then came August 5. 2019, when the very identity of Jammu and Kashmir State was changed.

Now more than three years have passed since the abrogation of Article 370 and re-organization of erstwhile State into two Union Territories, but there seems no indication with regard to early Assembly elections in J&K UT. The period of last three years has witnessed a number of developments on various fronts, particularly improvement in the security scenario and establishment of three-tier Panchayti Raj System with the holding of BDC as well as DDC elections for the first time in history of Jammu

Delay in holding the Assembly elections in Jammu and Kashmir was officially attributed to Delimitation of Assembly constituencies, which took two years in completing the assigned task. Even as no such exercise was conducted when Telangana State was carved out of erstwhile Andhra Pradesh on the plea that there was bar on delimitations of seats till 2026, J&K was made an exception. Delimitation of the constituencies was followed by summery revision of voters lists and the exercise got completed recently with publication of the final electoral roll on November 25, 2022. Despite completion of delimitation process and necessarv electoral rolls revision, it is a well established fact that Assembly elections in Jammu and Kashmir cannot be held before March 2023 because of the climatic conditions here as the Valley and upper reaches of Jammu division remain snow bound at least by the ending of February month

However, the most ironic part is that all the major political parties are almost convinced that Assembly elections in J&K are unlikely to be held even after March 2023 or in near future for the reasons 2018 and imposition of Governor and Kashmir. However, the much being attributed to BJP -led Cenrule in J&K while the Assembly awaited Assembly elections are tral Government. Opposition Con- J&K even if it forms a post-poll ment here.

Aam Aadmi Party and others are accusing the BJP of intentionally delaying the Assembly polls to keep enjoying power in Jammu and Kashmir through indirect rule and thus depriving J&K people of a democratically elected Government. According to Harsh Dev Singh of AAP, prolonged Central rule in J&K is a negation of the constitutional guarantees enshrined in the Constitution of India and also various Supreme Court rul-

Even as Election Commission of India is the authority to take the call on conducting Assembly polls in J&K and security situation in the Union Territory too has improved a lot in comparison to the times when earlier elections were held here, BJP -led Central mula for peace, which may include Government seems in a fix over possible results if a popular Government comes to power in the Union Territory. For BJP, J&K is not mere one of the States or Union Territories but the battlefield of asserting its 'nationalist' ideology that had led to abrogation of Article 370 and 35A.

Despite having a stronghold in Hindu majority areas of Jammu region, the saffron party is not confident of coming to power in is convinced of forming its Govern-

gress, National Conference, PDP, alliance with `friendly' parties like People's Conference, April Party, Azad Party or a few others, which have apparently failed to attract considerable number of voters so far. On the other hand, National Conference seems too strong to get cornered in Kashmir Valley as well as in some Muslim dominated pockets of Jammu. Even as political base of both PDP and Congress has eroded to a great extent in the last two years while Aam Aadmi Party has still to make inroads, all these parties will happily join hands to support NC against BJP.

Allowing NC like parties to form a Government in the Union Territory will certainly jeopardize BJP earlier moves on J&K as well as its future plans for restoring normalcy here by enforcing its foranother division of the erstwhile State by carving out one more Union Territory in near future. BJP cannot afford to let its J&K oriented initiatives go in vain as such development would dent the party's macho image and severely damage its political prospects at pan-India level. Hence Assembly elections in the Union Territory are unlikely to be held in the near future or at least till the ruling BJP

Deficit governance affects public utility services

WG CDR MAHESH CHANDER SUDAN (RETD)

e, the people of Jammu and Kashmir, have been experiencing governance of public resources by limited team of administrators in absence of elected representatives since 2018 due to sudden fall of coalition between PDP and BJP. Despite constitutional caution and condition of forming next democratically elected Government within six month, no efforts on ground were made to hold Legislative elections by Union Government as a long term political motive precisely to hold the reign by the ruling political entity. This left people of Jammu and Kashmir with no alternative than to suffer deficit governance of public resources by Governor and his team, followed by reorganization of the then state into two union territories vide Reorganization Act of 2019 wef 31 Oct 2019 that again pushed the governance of newly formed UT with more concise and limited team of LG and his only advisor who are considered to be adequately competent in place of a large team of 90 democratically elected public representatives as established vide above quoted Reorganization Act duly passed by our parliament. The word "deficit" do remind me of my college days where our class Lecturer used to teach us the concept of "Deficit Financ-Financing ignites growth but defi-

especially in a democracy may not that ultimately results in lower application of Rule 73 of Reorgaaugur well.

The newly formed UT of J&K, as per Reorganization Act 2019, has been provided with 114 assembly segments in total. Out of these 114 assembly segments, 24 seats have been reserved for representatives from Pakistan Occupied Kashmir (POK) leaving 90 seats divided between two regions of the UT i.e 43 for Jammu and 47 for Kashmir. It thus implies that a Legislature comprising of 90 representatives that has been provided with 10% members to form a Council of Ministers headed by Chief Minister would inherently advise Lieutenant Governor for effective governance of public resources. Another important and critical aspect of the given arrangement is that all members would be elected democratically and represents different sections of the society in the interest of equity and justice. No other temporary arrangement appointed to assist Lieutenant Governor could therefore substitute it. The prolonged arrangement of governance in the JKUT since 2018 with a very limited and concise team apparently hurts the spirit of democracy and affects the public morale. It generates a sense of helplessness amongst poor people of JKUT who are left voiceless in the present system of governance.

The delay in holding democratic process of electing public representatives is unhealthy and in the long run affects inclusivpublic resources not only hurts Cabinet on 20 Nov 2019. cit governance of public resources the State Domestic Gross Product

growth rate. It is evident from the last updated GDP growth of Indian States/UTs by the Ministry of Statistics and Program implementation as on 02 Mar 2021 that JKUT is one of the five slowest growing major state/UT of India with 4.1% growth rate. The states like Gujrat, Karnataka, Andhra Pradesh, and Madhya Pradesh could hold status of fastest growing states due to well established democratically elected governments that could dispense good governance without any visible deficiency in their performance. Deficit governance therefore hurts the interest of poor people who in the bargain get politically victimized owing to the failure of government mechanism. To safeguard public interest against such political designs, the constitution of India specifically provides under Article 356 that a state whose legislature is unable to function for any of the conditions specified therein, the Union Government of India can impose President Rule with the approval of Indian Parliament initially for six months, and in normal course efforts are to be made for holding fresh elections within the period as provided in the constitution of India. However, Article 356 of Indian Constitution is now not applicable to JK UT and Rule 73 of Reorganizations Act 2019 has been applied to prevent any constitutional and administrative vacuum

It may be appreciated that the

of public resources of JKUT for larger welfare of the people, the President of India issued a proclamation to assume all functions of the Government of Union Territory of Jammu and Kashmir and empowered Lieutenant Governor of JKUT to exercise all powers vested in him as the President of India. It may also be equally justifiable to infer that a well-structured team of advisors and administrators was resultantly appointed by the LG to activate government machinery for ensuring effective public delivery system to avoid any shortfall. However, over the period of time and with change of LG. the team of advisors has been trimmed down just to one Advisor that apparently conveys deficit composition of the team for advising Lieutenant Governor to attain resources in the larger interest of the people of JKUT.

A deep rooted uncertainty about legislative elections and inadequately structured team of LG for dispensing governance of public resources in JKUT is affecting welfare of the people at large. This has not only arrested GDP growth but also earned highest unemployment besides facing administrative failures in holding competitive and Kashmir till last person in the examinations on time in free and wef 31 Oct 2019 with no time limit—fair manner. Cancellation of selecing "in Economics. Though, it is ity in day to day functioning of specified therein and the same was tion lists of Accounts, police and manner so that spirit of democracy believed that manageable Deficit the UT. Deficit governance of the Ex post facto approved by Union other government departments are strengthens him more vigorously recent victims of the system that to discourage our adversaries to is badly plagued with corruption.

Another glaring example of nizations Act has been invoked to Administrative failure on the part avoid any constitutional vacuum of LG and his team invited interand to strengthen governance vention of honorable High Court of JKUT to cancel all examinations being conducted by JKSSB, a premier Recruitment Agency of the UT, as the agency hired to conduct these examinations is tainted one. Even the contract entered with the agency has also been quashed by the honorable court. A most sensitive part of Indian Territory bordering our hostile neighborhood left to be administered and governed by LG and his only Advisor for last couple of months without inclusive participation of local political leadership that had resulted undoubtedly in deficit governance. The poor people of the JK have been left to suffer highest Unemployment, abnormal inflation, denial of participation in day to day governance of public resources either directly or through their elected/nominated fruitful administration of public representatives as desired in any democratic set up those functions for upholding equity and justice in public life.

We, the people of JKUT, make an earnest appeal for early restoration of democratic right to vote so that the concept of self-rule as enshrined in the Constitution of India and practiced democratically throughout the Indian Union reaches people of Jammu queue and empowers him to decide his own destiny in a free and fair take any chance.

Gujarat, HP, Delhi; Please all elections

ANIL ANAND

very election sets some new trends, bares some new conventions, throws up some new line-ups, and, of course, there are victors and vanquished. The just held elections to Gujarat and Himachal Pradesh assemblies, and politically significant Municipal Corporation of Delhi (MCD), were no exception in this regard.

What if there are victors alone? Sounds jarring! Yes, if there are victors someone has to be the loser. But this round of elections has turned out to be a please-all game with all victors and all losers, at one place or the other. The BJP under the indomitable Narendra Modi winning Gujarat with highest ever number of seats, got dethroned by the Congress in Himachal Pradesh. And also saw its (BJP) 15-year rule ending in the MCD after being upstaged by the Aam Aadmi Party (AAP) which had made lofty claims of ousting Prime Minister Mr Modi on his home turf.

So, politically speaking and from a future perspective, who are the actual gainers and losers in this round of election that became significant because of Gujarat-being the home state of both Mr Modi and Home Minister Mr Amit Shah? And Delhi under the current constitutional scheme of things directly under the Centre's charge with MCD under the direct rule of BJP.

Despite one impressive win and two significant losses, BJP (read Mr put a challenge to the strong-arm Modi) is decidedly the biggest beneficiary. This is, notwithstanding

authority being challenged was witnessed in Himachal Pradesh where despite his intervention many of the rebels were unrelenting and ultimately contributed to the party's

From record breaking victory in Gujarat to whatever the BJP scored in Himachal Pradesh and Delhi civic elections where not only was the party faced with strong anti-incumbency but also internal organizational bickering, the biggest factor proved to be brand Modi. Otherwise, the party's tally in Himachal (25 seats) and Delhi MCD (104 wards) under his very nose, would have been worst.

If Gujarat has strengthened his authority, the loss at other two places has put a question mark on it. It is certainly not a serious challenge to 'Brand Modi' but an aberration currently. This can assume a serious dimension depending on how the organizational issues are dealt with particularly when the BJP has lost election in the party president, J P Nadda's home state, and how the opposition combine starts from here to face next round of assembly elections in half a dozen states followed by 2024 Lok Sabha elections. Will there be a demand for Mr Nadda's replacement?

The serious factional rumblings and rebellion in Mr Nadda's home state which became a big contributory factor to the party's defeat, can tactics of the party high command in other states as well. Up till now

the fact, that for the first time in any rebellion or view contrarian to create a Modi versus Kejriwal line last four years. last eight years the spectacle of his what the top brass thought had been up for the Lok Sabha elections and The one take last eight years the spectacle of his what the top brass thought had been rendered ineffective, till Himachal Pradesh happened.

Despite being a gainer by clinching the prestigious MCD that would further strengthen the hold of chief minister and AAP supremo, Mr Arvind Kejriwal over Delhi, and having gained the status of a national party on the basis of votes and seats secured in Gujarat, in the overall context he has been the loser in broader terms. His lofty claims that he was privy to the Intelligence Bureau reports predicting AAP victory in the state and that his party would achieve a landslide victory in Delhi, not only came a cropper but exposed his brand of politics as well. On top of that the AAP's sudden and mysterious disappearing act from Himachal Pradesh after initial hype, has not yet been explained.

It is rather ironic that Mr Keiriwal accompanied by Punjab chief minister, Mr Bhagwant Singh Mann highlighted the virtues of Delhi-Punjab model of governance in Gujarat. However, it all went missing when it came to neighbouring Himalayan state where the model could have more relevance than the far-off western state where Modi's Gujarat model of governance had already taken a centrestage-politi-

cally and strategically. This is inexplicable. The only plausible explanation about Mr Kejriwal's greater focus and leading the party from the front in Gujarat is, perhaps, by challenging Mr Modi in his den, he was seeking to

by dint of it become the face of the opposition. The plan seems to have backfired for now.

The third player in the electoral arena, the Congress, was perhaps unsure about both its strategy and goals. With Rahul Gandhi busy with his 'Bharat Jodo Yatra' and unwisely detaching himself from the electoral process, the local Gujarat unit with no strong leader was left to fend for itself. The ruination came for the party in the midst of false claims and fond hopes, due to ineffective campaigning and further hit by the presence of AAP and Asaduddin Owaisi's All India Majlis-e-Ittehadul Muslimeen. Both cut into the Congress's traditional vote base along with BJP which made inroads into tribal and Patidar voters who had last time supported Congress.

The party's dismal performance in MCD polls has only added to the series of defeats that the Congress has been facing in the capital for the last decade. So, the net loss and morale nosediving.

Himachal Pradesh proved to be a silverlining and face-saver both, for the Congress. A better coordinated effort at all levels and properly exploiting the legacy of late state chief minister Virbhadra Singh by keeping his family in the loop rather than sidelining them, as had happened in many such cases in other states, resulted in the Congress stopping the Modi juggernaut there. This could at best be termed as a consolation but a significant prize after series of defeats in the

The one take away for Congress from these elections has been that they should learn to deal with the challenge posed by the ilks of AAP and Mr Owaisi. This is a reality which the party will have to live with, and strategize to face effectively to check splitting of votes. One factor behind its poor performance in Gujarat was losing 14 per cent of its vote share- from 41 per cent in 2017 to 27 per cent now- with major chunk having been taken away by AAP and Owaisi's outfit.

The Himachal Pradesh victory came as a bonus to the party which was more engrossed with the presidential election and the 'Bharat Jodo Yatra'. Lack of direction. wrong strategy and bad sense of timing harmed the party in Gujarat and Delhi.

Owing to this indifference, the party could not even think of rejoicing the Himachal Pradesh victory happening after many defeats. While Mr Modi, tactically, led a large victory rally at the BJP headquarters- despite having lost in Delhi and neighbouring Himachal Pradesh- to celebrate big Gujarat win and at the same time effectively divert attention from the two defeats, the AICC headquarters remained unmoved.

It is an irony that despite indifference and inaptitude, Congress also figures among the victors. The party should seriously think of building on Himachal Pradesh victory as organizational toning up, elections and 'Bharat Jodo Yatra should go side by side

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BJP's Brand of Cultural Nationalism

OMKAR DATTATRAY

The BJP's politics and BJP as well can be distinguished and differentiated from other political parties because of its distinct ideology ,thinking and philosophy .Thus abrogation of controversial article 370 which has since been abrogated and is now a history ,Ram Janamboomi temple issue which also stands resolved and the uniform civil code for all Indians which is still to be realized are the constituents of BJP's distinct ideology and because of these three and also for its Hindutva philosophy BJP becomes a distinct political party . The cultural nationalism what is called in chaste Hindi as Sanskritik Rashtriwad is the pet theme and corner stone of the politics and philosophy of the saffron party and it also make BJP a distinct political party .The right wing political party -BJP works hard to follow and adopt cultural nationalism in letter and spirit .The cultural nationalism is in fact the pivot round which the politics of BJP revolves and this party tries hard to realize the goal of cultural nationalism and bring a positive change in the politics of the country by reviving and restoring the age old cultural roots of the nation and awakening the national pride in the cultural ethos of the country. Thus connecting with the cultural

again a culturally rich nation in mationalism"while these same is one of the aims of BJP. So once again making India a world leader national mysticism. and vishwa Guru in near future is the litmus test of the success of the

trying hard to make the people to respect the country's rich and dynamic cultural ethos for making India to shine with its unique beauty of unity in diversity which is the hallmark of its vibrant and dynamic philosophy and political ideology.BJP is a cadre based and disciplined party which has or religious dogma. The term as a got firm and strong roots in the culture and politics of the country in a short span of time from its inception and birth in 6,April 1980 and its founding fathers are Lt A.B.vajpayee and L.K .Advani. It is in the fitness of things to know what cultural nationalism means and implies. Cultural nationalism is the nationalism in which the motherland, including Muslims, nation is defined by a shared culture and common language, rather not only the matter of conviction ancestry or race. Cultural nation- Muslims, Christians and Parsis too alism does not tend to manifest are Hindus by culture although as itself in independent movements religions they are not so. Cultural but is usually a moderate posi- nationalism was founded on the tion within a larger spectrum of belief that blacks and whites have national ideology. Thus moder- separate values, histories, intellec-

roots and strengthening these glo- ate positions in Flemishor Hindu tual traditions and life styles and acts are but the manifestations in rious roots is the for making India nationalists might be "cultural this age of science and technology movements also include forms of ethnic nationalism and include

Membership in a nation is neither entirely voluntary nor hereditary. The cultural nationality is The BJP is respecting the not achieved through citizenship national cultural legacy and also as in civic nationalism. The mother organization of BJP,RSS -one of the main votaries of Hindutva had stated that it believes in a cultural connotation of the term Hindu. The term Hindu is the conviction as Bddhists, Jains, well as constitution of RSS is a cultural and civilization concept and not a political cultural concept will include and did always include all Sikhs,. Buddhists, Jains, Muslims, Christians, and Parsis. The cultural nationality of India in the conviction of RSS which is the mother of its political offshoot BJP is Hindu and it was inclusive of all who are born and who have adopted Bharat as their Christians and Parsis. Thus it is than on the concepts of common for RSS but a historical fact tha

therefore that in reality are two .Cultural nationalism sets out to provide a vision of nations identity ,history and destiny .The key agents of cultural nationalism are intellectual and artistic who seek to convey their vision of the nation to the wider community

In much of the scholarly literature ,cultural nationalism has become a stretched concept, encompassing the full gamut of cultural practices and texts .We can say if political nationalism is focused on the achievement of political autonomy ,cultural nationalism is focused on the cultivation of a nation .Here the vision of the nation is not a political organization ,but a moral community .As such, cultural nationalism sets out to provide a vision of the nation's identity ,history and destiny .The need to articulate and express this vision tends to be felt most acutely during times of social ,cultural and political upheaval resulting from an encounter with modernity .Cultural nationalism often occurs in the early phase of a national movement, sometimes before an explicitly political nationalism has appeared .But it can also periodically recur in long -established national states .Whatever it is the fact remains that cultural nationalism is the corner stone and main-

some way or the other of the cultural nationalism .The saffron party strives to preserve ,protect and follow this ism with all its spirit

We cannot distance BJP from its pet theme and philosophy of cultural nationalism and if it is tried it may prove counterproductive .The BJP through its various activities tries to protect ,fallow and strengthen cultural nationalism for the sake of the nations culture and identity. .Therefore BJP and cultural nationalism cannot be separated and divorced from each other .The very foundation of the BJP is based and cemented on cultural nationalism and therefore it is unnatural to try to separate them without bearing bad consequences .At least BJP deserves appreciation for the fact that it reminds the people of the country of their rich cultural legacy and glorious ethos and past pristine beauty which would perhaps be not possible without this party which teaches and practices cultural nationalism .In brief we can say that the theme of cultural nationalism is running in the blood and veins of BJP and they saffron party will loses its distinct character and relevance without cultural nationalism. .Thus BJP and its pet theme cultural nationalism are inseparable and any effort stay of the BJP politics and all its to separate them is bound to fail.

Ideas, Actions, Strategies and Human Life



ABID HUSSAIN RATHER

he world as it looks today was never the same before. It changes continuously and no two eras of the past have been identical. The kind. Contrary, they can have always lead to progchanges in the societies. Among all the crea-

creatures except human up. beings have limited thinking ability enough for their living (like they can think about eating, drinking etc.) beyond stand anything and they are sans creative thinking. Accordingly they are

lucid and clear cut image goals of our ideas. To give practical shape to our ideas we need to note them and pay

attention to them. Naturally, ideas occur to every mind but they slip away or soon get eluded from our mind as we mostly don't pay attention to them. Ideas need consideration, thoughtfulness and proper actions to give them a practical shape. They need to be nourished and cherished by paying attention to them and preparing a mental image of all our thoughts regarding a particular matter by coordinating them in a well organised frequent changes which manner which eases our continuously occur in actions in later stage. To our world introduce us make this point clear, let with new things and new me explain it by giving phenomena with every example of column writpassing day. Changes ing or blog writing. Most may occur naturally or people while writing owing to human efforts. about a particular topic Human beings have abil- can't writing more than ity to change the world, two or three paragraphs beautify it like heaven about it and their ideas and make things possible vanish away after penfor the benefit of man- ning down just few lines. The reason lies in the fact also turn it hell by their that they don't put their evil and wicked idea thoughts and ideas in a and devilish actions as well organised manner it has been witnessed in and they also don't synthe past. Positive ideas thesize and synchronize and actions executed their ideas about a particwith proper strategies ular topic in an organised system. Contrarily, a proress and development of fessional writer collects nations by bring positive all his ideas about a particular thing in details, gives them a well organised shape in his mind tures, human beings have the best ability for and then starts writing creative thinking an and finally produces his executing their plans thoughts in the form of a and strategies to solve lucid, beautiful and well their problems. All other organised story or write-

Our life is akin to a

beautiful penned down

story. It is full of beauti-

ful events, episodes and ideas and we are the crewhich they can't under- ators of our own stories. It is our duty towards our life to be serious about it and pay full attennot responsible for their tion towards it. Everyactions. Tomorrow they one among us aspires to will not be asked about accomplish great things what they have done for in our lives. So whatever the betterment of the you aspire to accomplish, world as their minds can't generate ideas about it in understand the complex your mind and organise and complicated things them in a well ordered and they can't execute and systematic framestrategies and plans work and foster them. to solve problems. But It becomes easy to put human beings are com- well organised and nourpletely responsible for ished ideas with proper their deeds as God has strategies in actions and bestowed them with the achieve desired results. power of creative think- Writers, novelists, criting and logical reasoning, ics, actors, musicians Every human creation and all other artists work around us passes through on this basic principle to two stages of the process make their lives successof creation. The first ful Broadly speaking all thing is the idea. As Earl the successful business-Nightingale, an American men of the world achieve radio speaker and author, their dreams by putting has said that every thing their ideas into actions begins with an idea. with proper strategies. Every concoction or A successful commerinnovation has its roots cial institute is always in its idea. Whenever an the brainchild of an idea idea comes to our mind, it successfully put in pracactivates our mind which tical action with tactful in turn incites us for some strategy. It is one of the action. Action is afteref- natural principles that fect of an idea. Accord- when we focus our mind ing to Helen Keller, ideas on a specific idea, we without actions are use- become fully involved in less. Once an idea strikes it and our entire existence our mind, we give it a becomes subordinate to practical shape through our thoughts. It prepares our actions which results us to give our ideas a in some innovation, practical shape prompt-Everything which occurs ly. Consistency and harin our mind through ideas mony in our thoughts demand concrete con- beautifies our actions templation and concise and play a vital role in strategies for their exis- making our life purposetence in actuality. Unless ful. When we divert our and until proper strate- mind from unnecessary gies are not executed for thoughts and consistently their implementation, no remain absorbed in posiidea striking our mind tive and purposeful thinkcan attain practicality ing, it carves out our way with all its components. for successful life easily. Richard M. Kovacevich In conclusion, we must has rightly said that "A bear in mind that for a vision and strategy aren't successful and aimful enough. The long-term life, we need to be serious key to success is execu- towards our lives and tion. each day. Every pay full attention to our creative ideas. We should Similarly, aphoristic not waste our energy in and effective planning perturbed and eccentric is indispensable for suc-thought as they disturb cessful and happy human our mind and badly affectlife. Every strategy for ed our mental health. successful life needs Rather, we should nourour complete attention ish and develop positive and keen focus. Concise and purposeful ideas in speculation incites us to our mind and put them give our ideas a practical in action with thoughtful shape. We should have a strategies to achieve our

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CENTRE'S PROPOSED AMENDMENT BILL FOR **COOPERATIVE SOCITIES IS OMINOUS**

RAM KUMAR

The tendency to centhereby weaken the federal the states. Using the same structure of the constitution 2011 constitutional amend-- is a hallmark of the Nar- ment, it has now introduced endra Modi government's policy. One of the important ways in which the Modi government attempted to violate the constitutional Act, 2002. powers of the states was by forming a ministry of cooperation and installing none other than Amit Shah as its minister.

ment that partly limited the adventurism of the BJP government. In 2011, the 97th constitutional amendment had inserted Part IXB into the constitution and specified several conditions to cooperative societies. In society. As per the amended that the 97th amendment of shares of multi-state coop-

erative laws.

It was then that the Modi government decided to use tralise administra- the multi-state cooperative tion and power – and society route to intervene in the Multi-State Cooperative Societies (Amendment) Bill, 2022 to amend the Multi-State Co-operative Societies

The proposed 2022 Bill is a dangerous legislation. It is a blatant attempt to thrust the decisions of the central government on to coopera-Soon after the formation tives societies functioning of the ministry, the Supreme under state laws. As per the Court of India gave a judge- amended Clause 6, any cooperative society may, empowered by a resolution passed by majority of not less than two-thirds of the members present and voting at the society's general meeting, decide to merge into an existfor state-level laws related ing multi-state cooperative October 2022, the court ruled Clause 13, any redemption would not be applicable to erative societies cannot be local cooperative societies, undertaken without the government to strain and ment was a setback to the Central Election Authority planning to use the 2011 tral government. As per the amendment to intrude into amended Clause 45, the centakeovers, and interven-cooperative societies are central government's directooth politically and legally local cooperative societies tral government can over-tions in elections. registered under state coop- ride a board of directors and



appoint an administrator.

All these amendments are explicitly intended to insert multi-state cooperative societies into the cooperative structures of states. This will allow the central whole cooperative struc-

The "logic" offered to December 2021, Amit Shah ing hands, or being merged, tional step. IPA SERVICE

portedly, to enhance transparency and accountabiltives. However, this "logic" actions, mergers, board improve. In fact, multi-state

amend the 2002 Act is, pur- informed the parliament that 44 multi-state cooperative societies in nine states ity, and improve the ease of and UTs are being wound up doing business in coopera- due to financial mismanagement or inefficiency. Eviis quite illogical: there is no dence also shows that many assurance that if a coopera-state-level cooperatives, but only multi-state coop- centre's approval. As per strangle local cooperatives tive society moves from state such as in Kerala, function centralisation, as attempterative societies. The judge- the amended Clause 17, a and take control of the control to central control, its more efficiently and profittransparency, accountabil- ably than many multi-state the objective appears to be government, which was will be appointed by the centure in states through penaltity, and performance will cooperative societies.

with five local cooperatives to form a multi-state cooperative society. This society would be engaged in certification of products of "natural farming" and export of milk. Such politically motivated steps will only weaken state-level dairy cooperatives as well as a professionally run cooperative like AMUL.

In what makes its intentions further clear, the Modi government is also infusing money into defunct multistate cooperative societies based in Gujarat and Maharashtra and sending them to establish new bases in faraway states like Kerala. The intent is to weaken the operations of local cooperative societies in Kerala, takeover their business, and expand the political capital of BJP in the state.

The very spirit of cooperation in India is premised on regional diversity. Neoliberal policies in the banking sector have already pushed cooperative societies in states into a crisis. With ed in the proposed 2022 Bill. to undermine and destroy There is more. Under the them. States must join hands in a crisis all over India. In tions, AMUL is either join - to rebuff this unconstitu-

LOCAL BODIES MUST SHARE LARGER RESPONSIBILITY IN PREVENTING SEWERAGE DEATHS

ARUN KUMAR SHRIVASTAV

inister of State for Social Justice and Empowertold the Parliament in a written reply early this week that the country has not seen any deaths due to manual scavenging but 233 persons gas masks. died while undertaking hazardous cleaning of sewers in the past three years. In Haryana, after 20 workers died in about 10 months in similar hazardous cleaning, the state's chief secretary has released a new standard operating process for sewer cleaning that makes the presence of an ambulance necessary while such cleaning activities are being undertaken.

Last week, two workers died during cleaning a clogged sewer in the cash-rich Cidco and NMMC jurisdictions of Navi Mumbai. One was pulled out of the sewer safely and is currently undergoing treatment. All these three workers were reportedly from Jharkhand. Given the high rate of fatality in sewer cleaning due to toxic gases, these incidents are making rights activists and policymakers worried.

Safai Karmachari Andolan, points target market. to a larger issue. He says most of

different diseases they get inflicted with while doing the job. A look at workers cleaning the clogged sewer joints makes for a nauseatment Ramdas Athawale ing and inhumane view. Workers go neck deep into the filthy waste of the city that includes excreta without any waterproof gear or

Usually, power cleaning techniques are used to clean clogged drains and sewers worldwide. But Indian sewers seem to have additional problems and those modern techniques don't seem to work. When they don't work, it has to be done manually and that's when workers enter the sewer joints, sometimes 10 feet below the surface. In Haryana, the majority of the deaths took place while cleaning septic tanks.

To replace workers in the hazardous cleaning of sewers and septic tanks, task-specific equipment and tools can be used. A report by ResearchAndMarkets. com says the global sewer cleaning equipment industry is expected to of residential and commercial grow at a combined annual growth rate of 7.9% to \$2.8 billion by 2027. from \$1.88 billion in 2021. Govern-Bezwada Wilson, founder of ments and municipal bodies are the management is not a topic com-



grow across emerging economies in Asia and Africa, the market for sewer-cleaning equipment is likely to grow. But does that excite our entrepreneurs in India or the burgeoning startup scene?

While the dividends of having a younger population that's driving the economy, including the market infrastructures, is analyzed with keen interest, how it's adding to the pressure of drainage and sewer monly discussed. At least, there Drainage is an essential com- are no proportionate investments these workers who are engaged in ponent of any city that aims to be in either developing the right ered by the same law. sewer cleaning and other types of efficient as it provides integrated equipment and tools or providing manual scavenging dye in their 40s and seamless waste disposal and training, logistics, and social secuand 50s due to illnesses. Even if they management system. As invest-rity to the cleaning workers. India, don't die while cleaning, they die of ments in real estate development with roughly 1.4 billion people has

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more problems in sewer and waste management than it can effectively

deal with. Wilson who comes from a family of manual scavengers has been leading a resolute fight to eradicate the inhuman practice of manual scavenging for last over 30 years. He points out the social stigma and discrimination it brings to the people who practice it and those who come from such families. According to him, cleaning dry latrines, sewers, and railway tracks are instances of manual scavenging but they are not cov-

In August, the Ministry of Social Justice and Empowerment said it ed by the Haryana chief secretary was planning to conduct a national are worth emulating. IPA SERVICE survey and make a list of all the

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people who are engaged in the hazardous cleaning of septic tanks and sewers. This exercise is to be undertaken under the Union government's National Action Plan for Mechanised Sanitation Ecosystem (NAMASTE) and will cover 500 Atal Mission for Rejuvenation and Urban Transformation (AMRUT) cities. The NAMASTE scheme aims to eradicate hazardous sewer and septic tank cleaning practices. It's a joint initiative of the Ministry of Social Justice and Empowerment and the Ministry of Housing and Urban Affairs. NAMASTE has received Rs. 360 crores to be spent over the next four years.

While the government ministries will plan broader plans and initiatives, it's at the municipal and local levels that the problem needs to be addressed. India should be proud that it has people with the capability and willingness to go into the sewer and clean it with their bare hands. But these brave hearts should be recognized with proportionate economic benefits. They should not be allowed to die inside those sewers and septic tanks. The local administration must share a larger responsibility and ensure that all standard safety measures are in place before a worker steps into a sewer, if at all. To this end, the initiatives suggest-

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••••• CMYK

Love ballad 'Tu Tan Main' out

'TU TAN MAIN', the love ballad that tells an endearing story of two individuals, has been making the noise since its teaser was released.

The Punjabi track is an emotional rollercoaster ride that warms your heart and Asees Kaur's voice is the perfect match for it. 'Khaab' famed Rumman Ahmed and Luvdeep Saini's chemistry is simply adorable and we are loving every part

The song ends up bringing a smile on your face and we are in love with the visuals of the track. Talking about the song Asees shared, "The

song is really heart warming and simply will lighten up your day.I loved working on it and it was so much fun to collaborate with the entire team. I'm really looking forward to the audience's reaction to this song and I hope they shower the same love as they have been doing so far."

Rumman said, "The song surely is very close to my heart, and I have simply enjoyed working on it. It was an enriching experience for me to be on the sets of the song and shoot for it.Im hoping for the audiences to bless us and the song with all their love and support. The song surely is a romantic saga but yet it has a modish touch to it and yes the best part is the fun and frolic that it has.

The song has released in Jugnu Global's You-Tube channel and all streaming platforms.

Katrina Kaif is 'Most Searched Asian Worldwide' in 2022

Actor and entrepreneur Katrina Kaif has just been named as the 'Most Searched Asian Worldwide' in 2022 by Google.

Kaif features on the fourth spot on the list; and has the distinction of topping among Indian actors making it to the list this year.

Known as Bollywood's number one actress, Katrina made a significant expansion of her personal brand, with the launch of her guilt free (every product is infused with natural ingredients that cares for the skin) makeup range and India's first celebrity beauty brand, Kay Beauty.

Her endeavour with Kay Beauty was to ensure inclusivity in skin tone, skin type, gender, age and sexual orientation. Inclusivity is a key pillar for all product development, as the brand continues to deliver to over 1600 cities.

She was recognised as 'Entrepreneur of the Year' by Vogue India for pioneering work in the conscious makeup space in India.

On the film front she has 'Jee Le Zaara' and

Rajkumar Santoshi's 'Gandhi-Godse Ek Yudh' to release on Jan 26

irector Rajkumar Santoshi is known for his versatility, vision, entertaining and successful films like Ghayal, Damini, Khakhee, Andaz Apna Apna, among others.

Now, after nine years, the director is returning with 'Gandhi - Godse Ek Yudh'. The film depicts the war of two extremely opposite ideologies between Mahatma Gandhi and Nathuram Godse.

The makers on Thursday unveiled a video to announce the film and it's all set to intrigue the masses to watch the trailer as well as the film.

Santoshi Productions LLP Presents A PVR Pictures Release Directed by Raikumar Santoshi, Music by AR Rahman, Produced by Manila Santoshi, the flick will release in cinemas on January 26.

'Saavi Ki Savaari' completes 100 episodes

olors' eccentric love story of an autorickshaw driver and a businessman have won hearts since its premiere.

'Saayi Ki Sayaari' traces the heart-warming journey of Saavi an optimistic young woman who shatters the glass ceiling by choosing a maledominated profession of riding an autorickshaw in Ujjain to support her family financially.

Samridhii Shukla essays the role of Saavi while actor Farman Haider plays the part of Nityam. As the show's narrative progresses, Saavi chances upon a successful businessman Nityam and they fall in love with each other. The reel couple has come a long way. Saavi and Nityam are married now and they're dealing with the challenges of their life.

The show has now completed a successful run of 100 episodes and the cast and crew bring in the celebrations by cutting a cake and interacting

Talking about the show arriving at a milestone, Samridhii says, "On completing 100 episodes, I am incredibly grateful to God and our viewers for showering love on Saavi Ki Savaari, and here's wishing that the love continues to pour in. We put a lot of effort into creating this show, hence, to see the viewers appreciate it feels heart-warming and satisfying. Through all the highs and lows, the cast and crew of the show have been super supportive. We hope to keep on enthralling the audience with the unique love story of Saavi and Nityam."

Talking about the show's achievement, Farman Haider says, "Saavi Ki Savaari has been a special show for all of us. We have enjoyed each day shooting for the show and bringing these unique characters to life for television. I thank the viewers for their continuous support and love since the show's premiere. I also want to express my gratitude to the cast and crew for making this

'Saavi Ki Savaari' airs every Monday to Saturday at 6.30 pm on COLORS.

5 reasons to watch 'Physics Wallah'

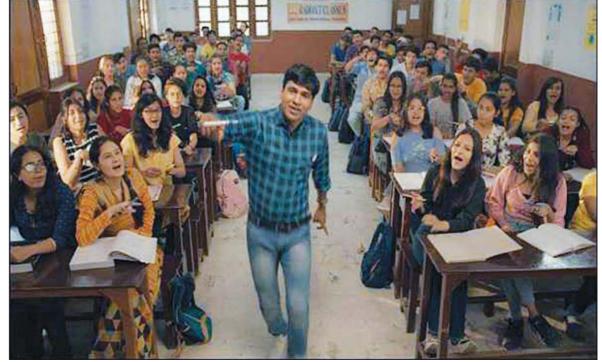
Thursday premiered the six-episode series 'Physics Wallah' telling the story of a man we all know as the EdTech Guru.

The story revolves around the life of Alakh Pandey, (played by Shriidhar Dubey) as he starts his journey of teaching Physics to students and making it accessible to kids residing in some of the most remote areas of the country. As a visionary and pioneer in the field of EdTech, he has truly made a lasting impact on the education landscape in India.

If you haven't watched the series yet, here are five reasons why you should binge watch this series right away!

1) Based On True Events:

We all have wondered at some given point in time as to how Alakh Pandey became 'Physics Wallah' but have never seen the roadblocks and challenges in his jour- EdTech giant of our country, ney. If you are truly curious to know how he earned himself the title of the biggest



then this series is one you must watch.

2) Stellar Performance by Shriidhar Dubey:

The web series features Shriidhar as Alakh Pandey.

The popular actor, who is The actor is seen consumed known for method acting, by the character, which will has yet again aced it with his make it hard for you to dif-stream Physics Wallah for acting skills in this series. ferentiate between the actor

and his real-life counterpart.

3) An Emotional Rollercoaster:

'Physics Wallah' will take you through a rollercoaster of emotions. As you course through the show, you will experience laughter, love, sadness, motivation and inspiration - all at once!

4) First-Ever Indian EdTtech

We have all seen many biopics, Some about sports stars, some about actors, and some about the great leaders throughout the world. But have you ever heard or read of a biopic of an EdTech Guru? No, right? Amazon miniTV is here to bring you the story of a very influential personality with Physics

5) Available For Free:

Amazon miniTV takes away all the subscriptionbased hassles of watching a great show, as it brings to you a service which will completely allow you to

Anupam Kher: The box-office king of 2022

and its consequences and its consequent for almost two years, the nation entered 2022 with new hopes.

A lot had changed since the pre-Covid era, including Indian cinema and the audience's taste, but when everything seemed uncertain in these changing times, one actor rose above the pack and proved how cinema unites us all, and it was Anupam Kher.

After being in the indusprowess yet again in 2022 not only as the dependable artist that he is known to be but also as a crowd-puller in time. theaters. With three releases grossing over Rs 500 crore at the worldwide box office, Kher made the year his own and emerged as the highest grossing actor at the ticket

Kher started his year in theaters with Vivek Agnihotri's 'The Kashmir Files'. Originally seen as a small film by all, 'The Kashmir Files' turned out to be a monster at the cash registers.

Depicting the plight of the Kashmiri Pandits during the Indian box-office. their exodus from the northernmost state in the 90s, the making the its success a case study in itself.

Kher's portrayal of a as an actor, leaving the audithat was lauded unanimously by all and it will surely be



Commercially, the film try for four illustrious grossed over Rs 250 crores decades, Kher proved his at just the Indian box office against a nominal budget, becoming one of the highest grossing Indian films of all

> After starting the year with a roar, Kher returned to the big screen with yet another impressive outing in the Telugu film 'Karthikeya 2'. Even after being a South language film, Karthikeya 2 connected to the audience nationwide. While he had a cameo in the film as Dr Dhanvanthri Vedpathak, Kher sure did leave a lasting impact with his brief crossed over Rs 100 crore at years in the business."

film struck a chord with Sooraj Barjatya's 'Uunchai', the audience nationwide, and this tale of three friends who embark on a treacherous trip to Mount Everest to fulfil their late friend's last teacher named Pushkar wish, left the audience emo-Nath Pandit, striving to sur-tional, with tears in their vive amongst the riots in the eyes and a smile on their state, proved his excellence faces. Even with a limited release and facing competience spellbound. His iconication from an international performance is something film like Black Panther, Uunchai ended up being the audience's first choice, and embedded in the history of Kher proved the power of good cinema yet again.

Reflecting on this tremendously successful year, Anupam said in a statement "Cinema is what binds us with each other and I have always attempted to keep the sanctity of that bond by giving good and memorable films to my audience. Even in these tumultuous times, the success of The Kashmir Files, Karthikeya 2 and Uunchai just showed the strength of this bond between us, assuring my faith that no matter the time, good content will always connect to the audience. This year has been special and it will truly go down as performance and the film one of my most memorable

Kher is all set to carry Kher ended this year on a on this momentum from sweet note of friendship with 2022 in 2023 as well. He has some amazing projects in the pipeline, including Anurag Basu's Metro In Dino, Kangana Ranaut's Emergency. Kaagaz 2 with Darshan Kumaar, marking his reunion with his The Kashmir Files co-star, followed by a project with Neeraj Pandey that he had announced ear lier in the year.

He will also be seen in a small-town comedy 'Kuch Khatta Ho Jaav', and this is just the beginning as he is raring to bigger and better.

Bangladesh's Oscar entry 'Hawa' to release in India



'HAWA' the film which This film has been nominatbrought a new breeze to the ed for the 'Best International Bangladeshi film industry, Feature Film' category at is now being distributed throughout India.

West Bengal, and December 30 in the rest of India.

Sun Music and Motion Pictures Limited, the film's major milestone of 'Hawa' in Reliance Entertainment.

'Hawa,' the myth, fantasy, from the country's film fans soon after its release in Banand raking in business and The film has received

and has been shown at numerous cross-border festivals and diaspora events.

the 95th Academy Awards (Oscars), which will be held The film is directed by next year. Following a very Mejbaur Rahman Sumon successful run in Singapore and will be released on under CEPL, the film will December 16 in Kolkata and now have a wide release in India through Reliance Entertainment. In anticipation of this

production company, India, Ajoy Kumar Kundu, announced that the film Executive Producer of Sun will be distributed across Music and Motion Pictures of some creative people of Bangladesh will be able to and mystery-thriller film, reach many more Bengali received a huge response speaking people all over the world. We are very happy to be associated with this film. gladesh theatres on July 29. Bengali films have many Even after four months of audiences in our neighborrelease it is still in theatres ing country. I think 'Hawa' will play a vital role in increasing the demand for Bangladeshi films here and widespread critical acclaim creating a strong market among them.

Sreyashii Sengupta, CEO (South-East Asia) of CEPL, others

which has acquired the distribution rights for HAWA in several countries including India, said, "The release of 'Hawa' in India opens news gateways for the Bangladesh-India media business. There is already an exchange of ideas on content and this opens newer paths for collaboration. Language is no more a barrier with a world keen on content and diverse stories for the big screen experience. HAWA offers that. We see a robust India by Singapore entity Limited expressed his excite- partner in Reliance Enter-Continental Entertainment ment and said, "With this tainment in India to create Private Limited (CEPL) via release, the proud product a milestone in such a supportive and wide release.

Mejbaur Rahman Sumon, Sukorno Shahed Dhiman and Jaheen Faruque Amin have written the screenplay of 'Hawa' with the story and dialogues of Meibaur Rahman Sumon under the banner of Facecard Productions. The cast include Chanchal Chowdhury, Nazifa Tushi, Sariful Islam Razz, Sumon Anowar, Nasir Uddin Khan, Shohel Mondol and

Amazon Music: 'Kesariya', 'Oo Anatava' are most streamed songs

Year' campaign. 'Best of the Year' is an

annual roundup of the top the most streamed artists, albums, and songs through its Best of 2022 Playlists, which are currently available to

stream in multiple lan-

guages This year, Hindi, English and Tamil emerged others as the most streamed languages on Amazon Music where Hindi contributed to over 36 percent of the overall plays on the platform. Amazon Music is also presenting a personalized playlist for each listener titled My Year in Review 2022, featuring each listener's personal favorites and their most

'Kesariya' is the most streamed song of 2022 as well as the top romantic song of the year in Hindi on Amazon

streamed tracks in 2022.

Thursday unveiled emerged again as the most its '2022 Best of the streamed Artist in Hindi. The most streamed Hindi

Album this year is 'Jugjugg Jeeyo' and the music created artists, songs, albums, and by the industry stalwarts podcasts across languages on like Tanishk Bagchi, Kavita Amazon Music. It celebrates Seth, Vishal Shekhar and

amazon musi

Under regional languages, the foot-tapping chartbuster, Arabic Kuthu, became the most streamed Tamil Song of 2022. Anirudh Ravichander is listed as the most streamed Tamil Artist, while Beast, starring Vijay, became the most streamed Tamil Album this year.

In Telugu, the upbeat viral track, 'Oo Antava Oo Oo Antava' from the movie Pushpa became the most streamed song. Devi Sri Prasad (DSP) was the most

mazon Music on Music, and Arijit Singh streamed Telugu Artist this year, while Pushpa became the most streamed Album of

> In Kannada, Ra Ra Rakkamma from Vikrant Rona is the most streamed song this year whereas celebrated Indian composer, Ravi Basrur is titled the

most streamed Kannada Artist, while KGF2 featured as the most streamed Album in Kannada.

In Punjabi, emerging singing sensation, Shubh's No Love became the most streamed song this year. Popular Indo-Canadian Artist, AP Dhillon is the most streamed Artist this year in Punjabi, thanks to his multiple chart-topping songs like Summer High & Excuses, and Diljit Dosanjh's album Drive Thru has been the most streamed Punjabi Album of 2022.

International pop artist, Harry Style's pop track As It Was is listed as the most this year while the album

featuring the track - Harry's House is the most streamed Album of the Year. Global sensation, Ed Sheeran became the most streamed International Artist of 2022. 'The Stories of Mahab-

harata' emerged as the most streamed Podcast in 2022 on Amazon Music followed by Kadhai Podcast's Ponniyin Selvan & Sadhguru's official podcast. Mamta Saraf, Director

Amazon Music India said. "We are extremely excited about our fifth edition of 'Best of The Year' campaign. Our aim is to identify and acknowledge most streamed artists, tracks and podcast creators across genres who have kept India entertained in 2022.

"We would like to thank our listeners for tuning in to Amazon Music and making music a part of their everyday life We are committed to bring forth these exciting playlists and podcasts for our listeners and recognize streamed international song talents across languages

'Govinda Naam Mera': Kiara receives best wishes from Tabu



upcoming film 'Gov-⊾inda Naam Mera' is all set to release tomorrow, Tabu has extended warm wishes for the film.

Climbing to superstardom one step after another, Kiara is enjoying a dream run with back-to-back sucesses, across mediums.

Having shared screen on the year's record-breaking blockbuster 'Bhool Bhulaiyaa 2', Kiara and Tabu share an extremely adorable equation, based on mutual

s Kiara Advani's respect and admiration for each other's work

> Exhibiting an example of the same yet again, Tabu extended warm wishes to Kiara by sending a bouquet with a handwritten note.

> After 'Bhool Bhulaiyaa 2' and 'Jugjugg Jeeyo', Kiara is set to mark a hat-trick this year with Govinda Naam Mera. The trailer and songs of the film have received a roaring response and the audience is already excited to witness Kiara in an all new avatar in the film.

DDC Vice Chairperson presides over public Darbar at Nagain Majalta



BER 15: Vice Chairper- respective areas. The camp son District Development Council Udhampur Juhi Manhas Pathania along with DDC Mandli Neeru Bala Department, Rural Developchaired the public darbar at Nagain, Chore Panjian Block

the flank of Udhampur and Kathua districts and people of both areas have been ent. clamouring for Road connectivity from Martian (Kathua) to Nagain (Udhampur).

redressal of problems being speedy development of the

UDHAMPUR, DECEM- faced by the locals of the was attended by different departments and district/ block heads of the Education ment, Power Development Department (PDD), Public Health Engineering (PHE), This village is situated on PMGSY, Social Welfare, Forest, Health and other departments were also pres-

Pathania called for greatgeneral public and officials Both of them called for of various departments for ment issues.

area and redressal of the

Earlier, she listened to problems of the people of the area and issued directions for on spot redressal of the problems projected by the people which included the road from Martian to Nagain for which she called upon forest authorities for clearance from their departments so that work for this road can be taken up.

For staff shortage in schools and demand for a sheep husbandry centre was taken up with concerned authorities. On the occasion, Pathania vouched for availability of basic living facilities like water supply, electricity, road connectivity for all. She called for expediting work in JJM for actualizing 'Har Ghar ko jal' resolve of central government '. While interacting with the people, she said that the whole exercise is in accordance with the party principle of Sabka Saath, Sabka Vikas objective". Rather it is a sincere attempt to have direct interaction with the masses and provide best possible er coordination between solutions to their day to day administrative and develop-

'Parshasan Gaon Ki Aur'

DC presides over Youth Conference, Encourages youth to prepare for competitive Exams



RAMBAN, DECEMBER 15: District Administration Ramban today organized a one-day Youth Conference under the initiative 'Prashasan Gaon Ki Aur' to promote the e-Governance system, besides increasing the penetration of youth entrepreneurs on the e-Suvidha App in the dis-

Deputy Commissioner, Mussarat Islam presided over the Youth Conference attended by the trainees of Polytechnic Ramban, ITI Ramban, Gool and Banihal and Government Degree Colleges of the district and youth working in different

Chief Planning Officer,

AD Employment, Sushant Mahajn; Deputy Registrar Cooperatives, Priyanka Sharma; Councillors of MC Ramban, Gopal Krishan Raina, Khalid Wani, Superintendent of ITIs, represen-

tatives of Beopar Mandal

in the programme. Speaking on the occasion, the Deputy Commissioner informed the participants about initiatives taken by the District Administration and the government schemes including MUMKIN, Tejswani, PMEGP and others to enable youth to start their own units.

The DC advised the college students to focus on cracking civil service exams, Dr. Kasturi Lal; Principal besides other state and

exams to serve the society. He also advised the youth to go for startups to earn a decent livelihood and generate job opportunities for

The DC highlighted the area wise potential trades like tourism, production and sale of agro-based products and innovations to scale up the traditional trades which would provide benefits to a maximum number of people.

During the interaction session, students of different blocks of the district raised various queries pertaining to e-Governance, career options, issues hindering their progress in education, hand-holding and coaching for aspirants of civil services and other local issues.

The officers of line depart-Ramban have participated ments cleared the doubts of students besides sensitizing them about schemes and programmes of their respective departments under Mission Youth Jammu and Kashmir. The DC highlighted the area wise potential trades like tourism, production and sale of agro-based products and innovations to scale up the traditional trades which would provide benefits to a maximum number of people.

During the interaction session, students of different blocks of the district

Ramban: ADC chairs meeting to revise stamp duties rates



RAMBAN, DECEMBER 15: Additional Deputy Commissioner Ramban, Harbans Lal Sharma today convened a meeting of Revenue officers to revise stamp duty rates

The meeting was attended by Assistant Commissioner Revenue Gias-Ul-Haq; SDM Gool, Tanveer-Ul-Majid, GM DIC, CEO, CMO, DFOs, Tehsildars, and other concerned

The Revenue Officials apprised the ADC that the stamp duty rates have been analysed and informed about the areawise percentage of hike in the land rates in their respective areas of jurisdictions. They also apprised the ADC of the reasons for the hike in stamp duty rates.

The meeting discussed the stamp duty rates of Irrigated and unirrigated land in rural areas and residential and commercial land in urban areas besides notified industrial

He also directed the concerned to ensure that the new rates shall be responsive to the generation of government revenue and place a balance and check in sale purchase

Meanwhile, the ADC also reviewed the functioning of the Revenue department and directed officers to conduct regular visits to different areas in their respective jurisdictions to ensure the availability of essential commodities

DPEO Doda discusses Summary Revision of Panchayat Electoral Roll 2023

DODA, DECEMBER 15: Election Authority has announced Summary Revision of Panchayat Electoral Roll 2023 under Jammu and Kashmir Panchayat Raj Act, 1989, from 21st of December 2022 to 18th of January 2023.

In this regard, District Panchayat Election Officer (DPEO) Doda Vishesh Paul Mahajan convened a meeting here in the conference hall of DC office complex to discuss the Roll out of Summary Revision in the district. The details of EROs, AEROs and Panchayat Election Booth Officers have been made available on the district website for the convenience of the general public.

It was informed that J&K State Election Commission (Election Authority) has decided to undertake the revision of the existing Panchayat Electoral Roll in terms of the powers vested with the Election Authority under Section 38 of J&K Panchayati Raj Act, 1989.

The Roll shall be revised with respect to January1, 2023 as qualifying date. As per schedule, six Special Camps shall be organized at all the polling station locations across the District on Dec 31, 2022 (Saturday), January 1, 2023 (Sunday), January 7, 2023 (Saturday), January 8, 2023 (Sunday), January 14, 2023 (Saturday) and January 15,2023

All the Panchayat Election Booth Officers (PEBOs) shall remain present in their respective polling station locations with the requisite forms for the guidance of Electors.

Moreover, the concerned AERO (Block Development Officer) will collect all the details of claims and objections received on the day of Special Camps as per the prescribed format and will submit to ERO concerned who will further submit to District Panchayat Election Officer (Deputy Com-

DC Rajouri reviews pendency of RDD court cases

RAJOURI, DECEMBER 15: Deputy Commissioner Rajouri, Vikas Kundal today chaired a meeting of the concerned officers to review the status of court cases of the Rural Development Department.

During the meeting, the DC inquired about the status of cases pending before the High Court of Jammu and Kashmir wherein the concerned officers briefed the meeting

The meeting was informed that there were 99 cases of RDD pending before the High Court of which the replies for 55 cases have been filed. To avoid any delays, the DC directed the concerned officers to ensure that replies are filed on time.

Officers present in the meeting were Chief Planning Officer, Mohammad Khurshid; Assistant Commissioner Development, Vijay Kumar and Block Development Officers.

DIPR organises cultural program at SRLM Hr Sec School

JAMMU, DECEMBER 15: Cultural Wing of Department of Information and Public Relations today organised a cultural program on - Drug De Addiction at Government SRML Higher Secondary School Jammu.

Artists of the Cultural Wing of the Information Department participated in the event.

Speaking on the occasion, Principal of the school, Anjali Gupta shared her views on the topic and also appreciated the Cultural Unit of Department of Information and Public Relations for organizing such a meaningful program to aware the future of the nation.

Among others staff members, officials of the Information Department and a large number of audience witnessed the program. The whole program was conducted under the supervision of Cultural Officer Jammu, Parul Khajuria.

ADC reviews drug control measures at Udhampur

UDHAMPUR, DECEMBER 15: To discuss the issues regarding restructuring of the Narco Coordination centre (NCORD) mechanism in the district, Additional Deputy Commissioner, Udhampur Mohammad Syed Khan on Thursday chaired a meeting of the stakeholder departments here in the Mini Conference Hall DC Office Complex.

Detailed discussion was held about the action taken on directions passed in previous meetings related to incidence of drug addiction, de-addiction-rehabilitation and mental health counselling, identification of the hot spots of drug abuse and cultivation of illicit poppy, cannabis in the district, besides other areas of concern. To inform the general public about the ill effect of drug addiction, the ADC directed the concerned departments to organize camps in schools, colleges and other public places by involving PRIs,

MVD Rajouri hosts awareness program on revised Contract Carriage Permit Rules



Regional Transport Officer, Rajouri, Shammi Kumar today organized an awareness program at DIET ground Kheora to educate the transporters, drivers/conductors and general public about the recent amendments made in J&K Motor Vehicle Rules, 1991 regarding "Contract Carriage

revision of rules there is no need to apply for "Letter of Authority" which was earlier mandatory before applying for registration of Contract Carriage Vehicles.

shall be granted to a new vehicle which is compliant with BS-IV or the latest norms as laid down by Bharat Stage Emission standards of Government of India.

RAJOURI, DECEMBER 15: Assistant issued prior to the date of issuance of the notification and any vehicle for which "All India Tourist Permit" has been issued and permit holder applies for its conversion to local permit after a period of 12 years

The ARTO Rajouri further informed that any person who intends to purchase a fresh vehicle under all J&K Contract During the programme, ARTO Rajouri Carriage Permit have to submit an applibriefed about the whole procedure of cation along with Domicile Certificate, RC obtaining permits for the (Contract Carof the vehicle for which the route permit is riages) which have been simplified as after sought, present address proof, Character Certificate to be issued by the concerned Police Station, copy of the Driving License of the applicant or driver, declaration in an affidavit regarding the number of Further, the contract carriage permit transport vehicles already owned by the applicant either registered in the name of applicant or in the name of firm/company and availability or arrangement of parking space either public or private for exist-However, it shall not be applicable to ing and for the new vehicle for which the any vehicle for which LA has already been applicant desires to obtain a route permit.

DDC urges Youngsters to act as ambassadors of positive change in society

Mega Youth Festival 2022 held at Doda

DODA, DECEMBER 15: To create Cultural consciousness, provide young talent a platform and make way for the best talent towards UT, National and International stages, a mega Youth Festival 2022 was today organised by the Department of Youth Services and Sports Doda here in the Sports Stadium.

District Development Commissioner, Doda Vishesh Paul Mahajan inaugurated the Festival in presence of Chief Education Officer, Prahalad Bhagat, DIO, Mohammad Ashraf Wani and DYSSO, Jaffar Haider Sheikh. A colourful and mesmerising cultural programme featuring local folk dance and music, Skits, Nataks and other activities marked the set off the festival.

participants at the District and National level. level contest have come through a tough process of selection at Panchayat and his satisfaction over chan-participants at the District Zonal level. Today's event nelising the energy of youth level contest have come was an inter-zonal meet/ competition which shall decide the participants for the UT level event to be organised in the coming

The DC, while address-



Department, Education Prahalad Bhagat, DIO, Department and DIPR Mohammad Ashraf Wani Doda for putting in tireless and DYSSO, Jaffar Haider efforts to provide youth of Sheikh. A colourful and the district, especially rural mesmerising cultural pro-It was informed that the showcase their talent at UT folk dance and music, Skits,

positive activities. He said District Development Comed the efforts of District the Festival in presence of days.

youth an opportunity to gramme featuring local Nataks and other activities Speaking to the media marked the set off the festipersons, the DC expressed val.It was informed that the

towards constructive and through a tough process of selection at Panchavat and that youth must act as the Zonal level. Today's event ambassadors of change was an inter-zonal meet/ they want in the society. competition which shall decide the participants for missioner, Doda Vishesh the UT level event to be ing the gathering, applaud- Paul Mahajan inaugurated organised in the coming

Div Com reviews execution of management plan for felling of Khair trees

Also reviews provision of online revenue services: Calls for prompt disposal of applications within PSGA

JAMMU, DECEMBER 15: Divisional Commissioner Jammu, Ramesh Kumar today chaired a meeting of Deputy Commissioners and Officers of Forest Department to review the management plan for felling of Khair trees (Acacia Catechu) grown on non-Forest land in Jammu division.

The meeting was attended in person by Chief Conservator of Forest, B M Sharma; Assistant Commissioner Central, Pritam Lal; DFO Jammu, Anoop Soni, while the Deputy Commissioners of Jammu division along with DFOs and Assistant Commissioners Revenue participated through video conferencing. The meeting had threadbare discussion

on the issues pertaining to the Management Plan, Status of Khair growing on non-Forest lands/ private land in the division and issues pertaining to the felling of Khair trees etc. The meeting was informed that numerous applications have been received and forwarded to revenue authorities for

Reviewing the cases of permissions for felling Khair trees, the Div Com took note of the pending permissions in the districts. He directed the Deputy Commissioners to facilitate speedy permissions by expediting the title verification and other procedures to ensure early submission of the same to the Chief Conservator of Forest, Pertinently, several delegations of PRIs approached and Udhampur. the Divisional Commissioner office with the demand to get title verifications done

expeditiously by the revenue officers.



Jammu region of UT, is an important cash crop for the farmers, especially in Kandi zones. It comes up profusely in non irrigated lands and thus plays an important role in compensating the farmers for their less productive land.

Khair exists in the nine territorial divisions viz; Reasi, Mahore, Udhampur, Ramnagar, Rajouri, Nowshera, Jammu, Kathua and Billawar spread over six districts viz Reasi, Rajouri, Jammu, Samba, Kathua

The Div Com said that the roaster is defined in SRO 111 of 2016 for grant of approvals to the permissions of felling of

pose without permission granted under

"No Khair tree/wood shall be used for any purpose except in accordance with the provisions prescribed in the SRO," he added. It was informed that several applications are pending with the DFOs and Tehsildar concerned for grant of approval.

The Divisional Commissioner emphasized on close coordination between Revenue and Forest officials for expeditious ect. While reviewing the progress of delinclearance of permissions. He directed the eation of land recorded as Gair Mumkin DCs and DFOs to process all the pending Khad, Nullah, Dariya etc, the Divisional cases and simultaneously conduct the Commissioner asked the concerned Deputy Khair, found in subtropical areas of Khair Trees. As per SRO no Khair tree demarcation. The Revenue heads of Dis- Commissioners to expedite the process.

tricts were instructed to expedite the title verification process and other revenue rec ommendations and send all the cases to the Chief Conservator of Forest for grant of final approvals. The Div Com also asked the DCs to reject cases where state land is

Meanwhile, the Div Com reviewed the dispensation of online revenue services and took stock of district wise disposal percentage

The Div Com exhorted the revenue officers to work with zeal and dedication to provide the best services to the public and lessen the hardships of the common masses. He asked the DCs to ensure prompt disposal of online applications. He also stressed the importance of conducting regular monthly meetings with Tehsildars to discuss the issues and progress made under the online services. He also directed the revenue officers to educate the public about the online services of their department and motivate them to avail the benefits of the same. The Div Com also reviewed the progress on land acquisition process for Delhi Katra Express Highway and instructed the concerned DCs to expedite the land acquisition and disbursement of land compensation. He also asked the DCs to resolve issues if any for smooth execution of work on the prestigious proj-

FROM THE FRONT PAGE...

FISH

pollution-free streams, and rivers with snow-capped peaks.

3 STUDENTS

Coordinator of International Programmes, Dr Parvaze Ahmad Sofi, for facilitating student exchange between SKUAST-K and KSU and helping students find better places for higher learning across the globe.

WEATHER

minus 1.3 degree Celsius and the frontier Kashmir district of Kupwara had a low of minus 3.2 degree Celsius on Wednesday, the MeT office said.

RAILWAYS TUNNEL

and operationalized.

The work of balance 111 km between Katra and Banihal is under progress at a rapid pace, the officials said.–(PTI)

CS

and resources. He enjoined upon them to give hearing to all the visitors who are provided online passes and devise a proper mechanism regarding the same. He told them to look for places inside Secretariats where these visitors would be heard comfortably by one officer or other. He also advised them to look into making virtual visits possible so as to save time and energy.

The Administrative Secretary GAD, while throwing light on different aspects and objectives of the Management System, highlighted that it is easy and shall enhance efficiency.

It was informed that the system is going to be linked with Pukaar Grievance Cell and Rapid Assessment System (RAS) for follow-up and evaluation. Moreover an SMS/e-mail alert would be sent to each applicant about the approval, rejection or rescheduling of his/her request and would cover all types of visitors coming to the Secretariat. It would give insights about frequent visitors and the offices visited frequently and the time spent by the visitor inside the premises.

The visitors can register on the portal jandksecretariat. swagatam.gov.in for registration and on approval can fetch their visitor passes from the portal or through email. The officers can reschedule, reject or forward the request to the other concerned officer for better outcome of the visit, as was informed during the launch.

Later on the Chief Secretary inaugurated the multilingual website of GAD whose interface would now be available in both Hindi and Urdu languages. It was said to be the first official website of the UT to have the contents available in all the three languages of English, Hindi and Urdu.

For the purpose the translation cells have been established at J&K Academy of Art, Culture & Languages for translating the content. The translation of orders in Hindi have been completed till 10th of December, 2022 and in Urdu till 30th of November, 2022. It was also made out that the translation time would gradually be reduced to 24-hr window for future orders.

The Chief Secretary including all the Administrative Secretaries appreciated the GAD for both these initiatives and gave their inputs for making these better in the times ahead

DR JATINDRA

generate awareness at grassroots so that cancer can be detected early when it is curable.

The unique aspect of this book is that it's usually only Celebrities coming up with their stories, but here patients of last row have presented themselves along with a Super Mom contest winner of Nepal treated at RGCI.

Book contains a chapter on Myth busters on cancer and provides certain insights for changing the perception of cancer as a disease that can be cured if detected early.

The book has been published by Bluerose Publishers, New Delhi, and is available now on Amazon.in, Flipkart. com, and Blueroseone.com.

The book has been published with an unrestricted educational grant from Lajwanti Bhagatnath Radiations of Hope cancer care foundation and the royalty of the book will go to the foundation for carrying out cancer awareness.

LG

quality and reliability of power supply to the people. Union Minister of Power assured that the ministry will extend all possible assistance to ensure adequate availability of

PANEL

that precious time of four year has passed just in deciding the issue of constructing transit homes at private or government lands. Now that the issue has been decided, the committee, therefore, recommends that the MHA should set a timeline for the completion of construction of the remaining transit accommodations and ensure that the deadlines are adhered to," reads the recommendations made by the panel after the government submitted an action taken report on its earlier observations.

Under the Prime Minister's Development Package, 2015 (PMDP-2015), 6000 transit accommodations have been approved to provide accommodation to Kashmiri migrant employees in the Valley.

In its action taken report, the government informed the committee that in the initial phase, the private land was to be acquired for the construction of these transit accommodations.

"However, due to cost escalation and delay in the land acquisition process, government of Jammu and Kashmir had decided in 2019 to provide government land in order to speed up the construction work. Land required for construction of transit accommodations is now available with

CBK

R/o Usmanabad Kupwara (then Tehsildar Baramulla retired ACR Kupwara) (Deceased) and Mohamed S/o Ramzan R/o Jogiyar Sheeri Baramulla beneficiary (Deceased)

The spokesman further stated that the instant case had been registered upon a written Communication received from the then State Vigilance Commission, wherein it was alleged that erstwhile Government had notified/acquired land measuring 98.16 Kanals at Narwav Shareenabad Sheeri Baramulla for irrigation Department in the year 1968 and compensation thereof was paid to the beneficiaries.

The instant land was encroached by local residents with the help of concerned revenue authorities, accordingly a Case FIR No. 04/2015 of P/S Crime Branch Kashmir (Now Economic Offence Wing) was registered and investigation set into the motion

set into the motion.

During the course of investigation, it established that the

accused person mentioned above in connivance with each other have prepared false/ fabricated revenue documents in the name of various beneficiaries in the year 1982 and thereby illegally transferred the land in the name of said beneficiary by virtue of fake mutation U/S 4&8 of Agrarian Reforms Act.

The evidence both oral as well as documentary collected has established that accused No. 01 to 05 have by abuse of their official position & in furtherance of a criminal conspiracy hatched between them with accused No. 06 have managed the illegal mutations in respect of land already notified/acquired and compensated by the government in the year 1968. The act omitted and committed have prima facie disclosed the commission of offence U/S 420, 467, 468, 120-B, 447-A RPC r/w 5(2) PC Act and accordingly Challan of the said case produced in the court of law

EDUCATION

and complete period of visit," reads the communiqué. It also states that for the cases involving travel outside the country, the recommendations should include the posting details of employer on New GAD format for seeking vigilance clearance.

"Moreover, the Drawing and Disbursing Officers should ensure that no employee is permitted to leave the station in anticipation station leave permission from the Competent authority," it reads—(KNO)

100

belongs to Deri Dabsi village of Balakote LoC and was reportedly in contact with some people from PaJK, who provided her the consignment of suspected narcotics, which she was bringing in the hinterland area."

They said that the girl is being questioned by the security forces and said that more recovery is expected in this case—(KNO)

POLICE

The journalist later approached the concerned police station and filed a complaint there following which a case under FIR number 64/2022 was registered at Rajbagh Police Station.

A police official when contacted said that a case has already been registered while the accused persons have been arrested. "The chargesheet in the case would be filed tomorrow," he said—(KNO)

JK Govt constitutes committee to frame export policy for UT's agricultural commodities

JAMMU, DECEMBER 15: In its endeavors to boost agricultural export from the UT, the Jammu and Kashmir government has constituted an expert committee to formulate a comprehensive Export Promotion Policy for identified potential exportable agricultural commodities.

The primary assignment of the committee would be to develop commodity specific export promotion recommendations which inter alia shall include strategic and operational aspects of the export. Besides, it shall provide all necessary technical inputs to Agriculture Production Department within a set timeline of one month for finalization and implementation on ground.

The main objective of the Export Promotion Policy would be to increase annual agricultural exports from current 190 crore to 3000 crore over next 5 years. Besides, the policy would promote brand "J&K" for its pristine agro-climatic conditions, uniqueness and near organic quality. It would also diversify the UT export base and thereby empower farmers with adequate export opportunities. The policy would create an ambient ecosystem for export agricultural commodities from J&K.

The policy would lay emphasis on bringing a paradigm shift in the approach from mere harvesting and selling of produce at local level to a demand driven supply activity with focussed attention on GI tagging, processing, stringent quality control, international certifications, traceability, branding and marketing of the produce. The diverse agro climatic conditions of J&K have resulted in development of niche crops offering adoption of holistic approach for promotion of agricultural exports. This shall help the growers in finding post-harvest solutions at better prices within or near the production belt.

Furthermore, the document inter alia shall also focus on market access initiative through assistance by Export Promotion Organizations, Trade Promotion Organizations, National Level Institutions, Research Institutions, Universities, Laboratories and Exporters etcetera for enhancement of exports by accessing new markets or by increasing the share in the existing markets. Besides, assistance shall also be extended in establishing quality control setup, national/international certifications, GI, transport and marketing assistance and all other prerequisite shall be duly taken care of for identified Agriculture Products like apple, basmati rice, walnut, almond, cherry, saffron, vegetables including red chilli & garlic, honey, wool, silk, pulses, lavender, aerometric plants etcetera. Likewise, services of Agricultural and Processed Food Products Export Development Authority (APEDA) shall also be utilized in achieving the envisaged goals.

Implementation of Export Promotion Policy shall accelerate the pace of achieving a vibrant and commercially viable agriculture by harvesting the competitive advantage of J&Ks geo-climatic diversity to the fullest. Besides, this will monetize agricultural produce through export promotion and shall add a new dimension to the agricultural economy of J&K.

Directorate of Agriculture Kashmir authorized as Regional Council for PGS India Program

SRINAGAR, DECEMBER 15: Directorate of Agriculture, Kashmir, has been authorized as the Regional Council for PGS India Program which will help the farmers to get their organic produce certified ensuring them good marketing opportunities outside Jammu and Kashmir.

Speaking about this authorization, Additional Chief Secretary (ACS), Agriculture Production Department, Atal Dulloo, said that this is a welcome development and its interventions would pave the way for Organic Certification of Agricultural Produce of the farmers. This would play a key role in effective implementation of projects related to organic certification enabling holistic development of Agriculture sector in J&K.

The National Centre for Natural and Organic Farming in its meeting of the National Executive Committee of PGS India has authorized the Directorate of Agriculture, Kashmir as the Regional Council for PGS India Program.

Pertinent to mention, Regional Council (RC) is ideally floated by State agencies, existing NGOs, Organic Certification service providers of Central and State Governments or any other agency (producers, consumers, retailers, traders and Societies / Gram panchayats/ farmer etc.,).

Mir Junaid Called Upon Ambassador of Denmark Svane Freddy to India

HT NEWS NETWORK



December 15: Mir Junaid Called upon Ambassador of Denmark Svane Freddy to India. Discussed issues of mutual interests between India and Denmark in an hour long interaction. The president of Jammu Kashmir Workers Party Mir Junaid called upon the Ambassador of Denmark to India Freddy Svane on Thursday. They discussed on the issues of mutual interest for India and Denmark. After the discussion the Denmark Ambassador tweeted a photograph with Mir Junaid calling the discussion very interesting. Mir replied with gratitude wishing for more such dialogues in the direction of further deepening the Indo-Denmark relationship.

Lecture and demonstration on Services Selection Board organised by Ace of Spades Gunners to encourage the youth of Mendhar

M S Nazki

Mendhàr:Mendhar Gunners under the aegis of Ace of Spades Gunners organised a training programme which saw active participation of around 75 aspirants which mainly comprised of NCC cadets from Mendhar Degree College and Mendhar High School (both boys and girls) with the primary aim of not only informing them about the Service Selection Board (SSB) but to also prepare them for the physiological tests and ground tasks that they will have to go through while appearing for the five day long interview.

A dedicated team of officer instructors of the Mendhar Gunners carried out a detailed class for the prospective SSB aspirants . The aspirants were informed about the various entries that they can opt for , the conduct during SSB and the integral qualities required to clear the SSB.

Apart from the lecture the participants were given hands on experience on the physiological tests and ground tasks that they will be encountering at SSB centres. The aspirants were ably guided by the team of officers on how to go about the above mentioned tests.

To conclude the programme, the interview experiences of various officers and individuals who had attended the SSB were shared with the aspirants followed by a Q&A session.

The program helped the participants in assessing their present state of preparedness and things they need to work on. All the participants from far flung areas along the Line of Control thanked Mendhar Gunners wholeheartedly for organizing this programme to guide them towards realising their dreams.

Urs of Peer Bani Shah Badshah Bani celebrated

M S Nazki



Mendhar, The three-day long celebrations of Urs of Peer Bani Shah Badshah in Tehsil Mendhar concluded on Thursday. The celebration commenced in the historical Ziarat of Bani Sharif in the Dharna of border Tehsil of Mendhar on Thursday in which thousands of devotees of all walks of life from whole of the State and even from outside of the State participated, paid their obeisance and obtained the blessings of Bani Shah Badshah .The programme was organised by the Ziarat Management Committee under the Chairmanship of Sayeed Junaid Hussain shah . It is said that the Ziarat of Peer bani Sharief is amongst the big Ziarats of the State .

CONDUCT OF PUBLIC MEETING TO CELEBRATE 20 YEARS OF ACHIEVEMENTS OF ARMY GOODWILL SCHOOL, POTHA

M S Nazki

POONCH In continuance with the zeal for achieving greater heights in coordination with locals, Indian Army has always been at the forefront in maintaining cordial civil military relationship. Living by the standards and expectations, Rashtriya Rifles Battalion under the aegis of Headquarter Counter Insurgency Force (ROMEO) organised a public meeting to celebrate 20 years of achievements of Army Goodwill School, Potha on 15 December 2022. During the meeting, the gathering was informed that the students studying in Army Goodwill School, Potha are bringing laurels for Surankote area not only in J&K but in the whole country. There has been consistent effort to improve both academic & infrastructure standards at the schooll. Some notable changes have been made in the school, such as Smart Classes, Modern Labs and the trip outside J&K. They were informed about the process for admission in the Army Goodwill School, Potha for the next year. Indian Army has always displayed camaraderie, welfare and support for locals and their families. This initiative of Indian Army was highly appreciated by the attendees and further enhanced harmony and faith in the organisation. A total of 156 locals attended the event This initiative of Indian Army was highly appreciated by the attendees and further enhanced harmony and faith in the organisation. A total of 156 locals attended the event

CDPO ICDS Organizes Awareness Program Regarding Beti Bachao Beti Padhao In Mendhàr

M S Nazki



Mendhàr:An awareness program regarding Beti Bachao Beti Padhao was organised at Various panchaayat of Mendhàr area in Poonch district by CDPO ICDS Project Mendhar in convergence with other departments.

CDPO Mendhàr Abdual Aziz Was chief guest on the occasion

More than thosand of people including school children, ICDS beneficiaries, AWWs, AWHs ASHA and general public participated.

Various activities were organised including cake cutting of Birthday girls, debate competition, facilitation of mother beneficiaries who have given birth to girl child recently along with felicitation of meritorious girl students in sports and academics.

CDPO spoke on occasion about women empowerment and girl education.

GRAND FAREWELL PARTY ORGANISED BY BHSS HARIL IN THE HONOR OF ZAFAR ALI KHAN ZONAL EDUCATION OFFICER MAWER M.M.LONE PRESIDING THE FUNCTION.



KUPWARA. A heartwarming, glorious, gratifying, prestigious, proud and grand farewell was hosted by Government Higher secondary school Haril (Zone Mawer) to bid a superannuation farewell in honour of Mr Zaffer Ali Khan sb (Head Assistant Zonal Education Office Mawer). The programm e hosted by BHSS Haril was presided over by worthy Zonal Education Officer Mawer and Zaffer Ali Khan was the guest of honour in the programme. The guests included the zonal office staff and Sarpanch Halqa Haril. Mr. Mushtaq Ahmad Malik (Incharge Principal) and the staff members of the institution received all the guests with great prestige in general and Mr Zaffer Ali in particular. The stage was anchored over by Mr Ab Karim Ganie (Master). As routine, the programme started with the soulful recitation of Holy Quranic verses in the melodious voice of a Monabal residing student of class 10th Javid Ahmad, followed by the recitation of Naat by Nasreena Akhter. Welcome note was read out by Mr Jawaid Majeed Khan (Lecturer) and a highly remarkable speech was delivered by Mr Mudasir Ahmad Mir (Botany Teacher) covering all the lifelong events of the retiree in general and the extraordinary services and characteristics in particular, Mr Mohd Amin (Jr Assistant), elas Amin Maam delivered a speech highlighting the main features of the service period of the retiree. A student namely Tawseef Qureshi presented a humorous poem followed by a short speech by one of the guests Mr Khursheed Ahmad Reshi who presented the entire life of Zafar sb beautifully, in few lines. Later, Ashiq Bukhari(class iv) also uttered few sentences in praise of the retiree. Chief guest, Zonal Education Officer Mawer, Mr Mohammed Maqbool delivered a moral boosting speech and at the conclusion of the programme the words of thanks were presented by Mr Mushtaq Ahmad Malik (Incharge Principal). The entire programme revolved round the unparalleled services of Mr Zaffer Ali Khan who devoted his life in service of Education department and always worked with dedication, selflessness, justice, zeal, zest, enthusiasm and determination. At the end of the programme Zaffer Ali Khan was worn garlands and Shawl as a mark of high respect and honour for him. All the participants wished him a happy and prosperous post-retirement life.

NOPRUF Appointes Its UT President And General Secretary, Demand Restoration Of Old Pension

Amir Iqbal Khan

Bhadarwah, Dec 15: At a higer level meeting, National Old Pension Restoration United Front (NOPRUF) has appointed Rajesh Sharma as its UT President and Sakoon Manir as General Secretary for Jammu and Kashmir.

They are appointed by National President Sh. B P Singh Rawat on the recommendations of National Vice President Smt. Mrignayani Slathia and National Team.

Rajesh Sharma and Sakoon Manir assured the NOPRUF unit that they will work with full dedication and will come up to the expectations of NPS employees of the Jammu and Kashmir UT.

Pertinently, National Old Pension Restoration United Front (NOPRUF) is a national level banner of employees, who are still working under New Pension Scheme (NPS). NOPRUF, headed by its national President BP Singh Rawat, is demanding restoration of the old Pension Scheme (OPS) for NPS employees of the country.

Meanwhile National Vice President Female Wing Sh. Mrignayani Slathia, National Advisor NOPRUF Sh. Gulzabir Daing and UT JK NOPRUF have appealed all the NPS employees of Jammu and Kashmir to support the cause and join hands with them in order to strengthen the voice for restoration of Old Pension Scheme for employees. Meanwhile National Vice President Female Wing Sh. Mrignayani Slathia, National Advisor NOPRUF Sh. Gulzabir Daing and UT JK NOPRUF have appealed all the NPS employees of Jammu and Kashmir to support the cause and join hands with them in order to strengthen the voice for restoration of Old Pension Scheme for employees.

State of emergency declared in Peru

LIMA: Peru declared a nationwide state of emergency on Wednesday amid violent protests against the ouster of ex-president Pedro Castillo that have left seven people dead.

The announcement came as a judge ordered Castillo to remain in prison, on charges of rebellion and conspiracy for another 48 hours ahead of a release hearing.

Castillo's arrest last week after he tried to dissolve congress and rule by decree has sparked days of nationwide protests that quickly escalated into violence.

Defence Minister Alberto Otarola announced the new 30-day state of emergency due to "acts of vandalism and violence, road blocks." He said the measure involved "the suspension of the freedom of movement and assembly" and could also include a night-time curfew.

The new president, Dina Boluarte, again moved to ease tensions by calling for elections to be brought forward, this

Thousands without power after snowstorm batters Scotland

LONDON: Thousands of homes on the Shetland Islands off Scotland's northeast coast were without power in freezing temperatures on Wednesday after "significant" snowfall, the electricity provider said.

The Scottish and Southern Electricity Networks (SSEN) said engineers were working to restore supplies to about 2,800 homes but that full restoration was only likely by the end of the week. Temperatures on Shetland plunged to -10 Celsius (14 degrees Fahrenheit) on Tuesday.

On the Scottish mainland, the mercury dipped to -17C in the Highlands town of Braemar.

"Engineers continue to work in extremely challenging conditions and have restored power to 1,000 properties in Unst, Gutcher and parts of Yell by repairing the main 33 kilovolt network," an SSEN spokesman said. More engineers are due to arrive in Shetland on the ferry from the city of Aberdeen on Wednesday to help restore the power

Emma Macdonald, the leader of Shetland Islands Council, said wet and heavy snow had brought down power lines and poles. "We don't normally get much snow, we get a lot of wind and gales, and it has had a significant impact,'

Afghan Taliban administration, Myanmar junta not allowed into **UN for now**



A decision on whether the Afghan Taliban administration and the Myanmar junta can send a United Nations (UN) ambassador to New York has been postponed for a second time, but could be reconsidered in the next nine months, according to a UN credentials committee report.

The 193-member UN General Assembly (UNGA) is on Friday due to approve the report, which also deferred a decision on rival claims to Libya's UN seat. The nine-member UN credentials committee includes Russia, China and the United States.

The deferment of the decisions leaves the current envoys in the seats for their countries, diplomats said.

Competing claims were again made for the seats of Myanmar and Afghanistan with the Taliban administration and Myanmar's junta pitted against envoys of the governments they ousted last year. UN acceptance of the Taliban administration or Myanmar's junta would be a step toward the international recognition sought by both. The UNGA last year backed postponing a decision on the

credentials of Myanmar and Afghanistan. A rival claim was also made this year for Libya's UN seat currently held by the Government of National Unity in Tripoli — by a "Government of National Stability" led by Fathi Bashagha and backed by a parliament in the country's east.

The UN credentials committee met on December 12 and agreed, without a vote, to "postpone its consideration of the credentials" for Myanmar, Afghanistan and Libya "and to revert to consideration of these credentials at a future time in the seventy-seventh session," which ends mid-September

The Taliban seized power in mid-August last year from the internationally recognised government. When the Taliban last ruled Afghanistan between 1996 and 2001, the ambassador of the government they toppled remained the UN envoy after the credentials committee deferred its deci-

Myanmar's junta seized power from Aung San Suu Kyi's elected government in February last year.

Iran Blames US For Its Expulsion From UN Women's Body

Tehran, Iran: Iran on Thursday accused the United States of orchestrating its removal from a UN women's rights body over its response to protests triggered by death of Mahsa Amini.

The Islamic republic has seen waves of protests since the September 16 custodial death of Amini, a young Iranian Kurd who had been arrested for allegedly violating the country's dress code for

Hundreds of people have been killed and thousands arrested in the street violence, leading to international condemnation and Iran's removal Wednesday from the United Nations Commission on the Status of Women (UNCSW).

Iran pointed the finger of blame at the United States, saying the move was a result of its archfoe's concerted efforts and that it lacked "legal justification".

"This one-sided action of the US... is an attempt to impose unilateral political demands and ignore electoral procedures in international institutions," foreign ministry spokesman Nasser Kanani said.

After China Clash, India Holds Air **Exercises In Arunachal As Training**

Air Force has said the Eastern Air Command would conduct an exercise to train its crew in the northeastern region but "this exercise was planned well in advance of the recent developments in Tawang and is not associated with these events".

The Indian Air Force (IAF) had to scramble its fighter jets in the region two or three times in the past few weeks in Arunachal Pradesh.

The scramble came after detecting Chinese aircraft close to the Line of Actual Control, a contested border ed Chinese soldiers from between the two countries, sources have said.

The IAF has also been maintaining combat air and other weapons, but no patrols in the region over the last few days to keep on both sides. China claims an eye on the movement of Indian troops illegally the Chinese air force. The force has, however, said the training exercises on Thursday and Friday in the east are not connected

Chinese troops

The latest incident in

the Himalayan region of

Minister reported clash between Rajnath Singh told the parthe two countries since liament earlier this week the one in Galwan, a valley that Indian troops preventin Ladakh region, in 2020, entering Indian territory on December 9 during the latest clash — using sticks guns — that led to injuries crossed the de-facto border to block a routine patrol by

when 20 Indian and at least killed. The Indian government confirmed the clash only after news reports emerged four days on. It said a flag meeting was held between the commanders of both sides to calm the tension. It also refused over PM Narendra Modi's foreign policy claims in Indian and Chinese troops

lal Nehru had encouraged such a discussion during the 1962 war.

A day after the government confirmed the clash, a video of a previous skirmish emerged too, which was shared with a false message that this was the latest Tawang clash.

In the Yangtse river region in Tawang on December 9, there was a physical fight between the two sides but Indian soldiers "compelled the Chinese soldiers to return to their posts", pushing back in a "firm and resolute manner", Rajnath Singh has said. The undemarcated China runs 3488 kms in all and has 25 points of dispute. One of these is Yangtse, which has been repeatedly targeted by the Chinese.

In the two years since the Galwan clashes, after to engage in a discussion multiple meetings between military commanders, to the border clashes with Tawang in Arunachal parliament even as the Con- had pulled back from key Pradesh was the first gress, the main Opposition, points

In Row Over Judges Appointments, Law Minister's New Message For Supreme Court

the Supreme Court, Union Law Minister Kiren Rijiju today once again flagged concerns over the government's "limited role" in appointing judges and stressed that it is at odds with the spirit of the Constitution. His latest message came from parliament.

Mr Rijiju was responding to a question in Rajya Sabha on the large number of pending cases when he doubled down on his criticism of the system of judges being appointed by a collegium or panel of senior most Supreme Court judges.

He said it was worrying that more than five crore cases were pending across the country. The basic reason, said the minister, was judges' vacancies. "The government took many steps to reduce the pendency of cases, but the government has a very limited role in filling vacancies of judges. The collegium chooses names, and apart from that, the government has no right to appoint judges," Mr Rijiju



He said the government had often conveyed to the Chief Justice of India and High Court Chief Justices to "send names (of judges) that reflect quality and India's diversity and give proper representation to women".

But the current system did not reflect the sentiment of parliament or the people, he remarked, appearing to imply that the government didn't approve of the collegium's choices.

ing in the judiciary. But the spirit of the Constitution says it is the government's right to appoint judges. It changed after 1993," he said.

Mr Rijiju also referred to the National Judicial Appointments Commission (NJAC) Act, enacted in 2014 to give the government a role in judges' appointments, which was scrapped by the Supreme Court in

"Unless the procedure of appointment of judges changes, the issue of high judicial vacancies will keep cropping up," said the Law Minister.

Mr Rijiju has laboured this point repeatedly over the past few weeks, claiming that the collegium is not what the people of India want.

In 2014, the BJP-led government tried to change the system with the National Judicial Appointments Commission (NJAC), which would have assigned a major role to the government in judicial appointments. But the Supreme Court struck down the

"I don't want to say much as it may seem like the government interfer- law months later. "Proud To See All 36 Rafales On India's Soil": French Envoy

after all the 'Rafales' landed

on Indian soil. Lenain said, "Proud to see all 36 Rafales on India's soil and officials said the 36th airfully equipped with Indiaspecific enhancements."

after the Indian Air Force all its spares and other parts tweeted, "FEET DRY! 'The replaced as it was being used the 36 IAF Rafales landed in

rafales with full equipment these planes and 35 of them specific enhancements. have already arrived and are stationed at Ambala, Taking to Twitter, Mr Haryana and Hashimara in India regain its supremacy West Bengal.Senior defence

had been provided to the

The Rafale is a 4.5-generation aircraft and has helped over Indian sub-constituent skies with long-range air-tocraft with RB tail number air and air-to-ground missiles along with advanced capabilities. The French firm Dassault Aviation is also Pack is Complete' The last of for developmental activities. involved in the maintenance Meanwhile, the Indian of the aircraft whose service-

New Delhi: French India after a quick enroute Air Force has also started ability is over 75 per cent. The Ambassador to India sip from a UAE Air Force upgrading the planes to the Emmanuel Lenain today tanker." Notably, India signed a deal for 36 of been equipped with all India the peak of the conflict with China and started operating over Ladakh within a week of its arrival. The IAF also quickly fired and operationalized the long-range Meteor air-to-air missiles as well as the Scalp air-to-ground missiles. The IAF has also added This statement came Indian side by France with radar and electronic warfare the HAMMER missile to the Rafale's arsenal as it was required for carrying out precision attacks at shorter

China Administers Over A Million Vaccine Doses A **Day As Covid Cases Rise**

Shanghai: China raced to vaccinate its most vulnerable people on Thursday in anticipation of waves of



COVID-19 infections, with some analysts expecting the death count to soar after a loosening of strict controls that kept the pandemic at bay for three years.

The push comes as the World Health Organisation also raised concerns that China's 1.4 billion population was not adequately vaccinated, and the United States offered to help China deal with a surge in infections.

Beijing last Wednesday began dismantling its tough 'zero-COVID' controls, dropping testing requirements and easing quarantine rules that had caused mental anxiety for tens of millions and damaged the economy. The pivot away from President Xi Jinping's signature "zero-COVID" policy followed unprecedented widespread protests against it. But. WHO emergencies director Mike Ryan said COVID-19 infections were exploding in China well before the government's decision to phase out its

"There's a narrative at the moment that China lifted the restrictions and all of a sudden the disease is out of control," Ryan told a briefing in Geneva.

The disease was spreading intensively because I believe the control measures in themselves were not stopping the disease. And I believe China decided strategically that was not the best option anymore.

There are increasing signs of chaos during China's exit from the zero-COVID policy - with long queues outside fever clinics, runs on medicines, and panic buying across the country.

One video posted online on Wednesday showed more than 10 people, wearing thick winter clothes, hooked up to intravenous drips as they sat on stools on the street outside a hospital clinic in central Hubei province. Reuters verified the location of the video.

For all its efforts to quell the virus in the three years since it erupted in the central city of Wuhan, China may now pay a price for shielding a population that lacks 'herd immunity" and has low vaccination rates among the elderly, analysts say.

"Authorities have let cases in Beijing and other cities spread to the point where resuming restrictions, testing, and tracing would be largely ineffective in bringing outbreaks under control," analysts at Eurasia Group said in a note on Thursday.

"Upward of 1 million people could die from COVID in the coming months."

Concern For Elderly China has said around 90% of its population is vaccinated and its National Health Commission (NHC) on Wednesday announced it would roll out the second COVID-19 vaccine booster shots for high-risk groups and

elderly people over 60 years old. China reported 2,000 new symptomatic COVID-19 infections for Dec. 14, compared with 2,291 a day. The official figures have become an unreliable guide as less testing is being done in the country.

NHC spokesperson Mi Feng said on Wednesday it was necessary to accelerate the promotion of vaccinations, according to comments reported by state media. Vaccinations in China have been ramping up in recent days. The latest official data shows it administered 1.43 million shots on Tuesday, well above rates in November of around 100,000 - 200,000 doses a day.

In total, it has administered 3.45 billion shots, the data shows.

But citing low vaccination rates among the elderly. one care home in Shanghai said on Wednesday it was barring visitors and non-essential deliveries as well as stockpiling medicines, tests kits and protective equipment.

"We are racking our brains on how to ensure the safety of your grandparents," the Yuepu Tianyi Nursing Home wrote in a letter posted on its official WeChat account

Beijing has been largely resistant to western vaccines and treatments, having relied on locally-made shots.

Pfizer's oral COVID-19 treatment Paxlovid is one of the few foreign ones it has approved.

Court bars Erdogan rival from politics, hands jail term

ISTANBUL: A Turkish court on Wednesday sentenced Istanbul's popular opposition mayor to nearly three years jail in a politically charged defamation trial that effectively bars him from standing in next June's presidential election.

Ekrem Imamoglu's team immediately vowed to appeal his conviction in a case stemming from a remark he made after defeating President Recep Tayvip Erdogan's ally in a hugely controversial 2019 mayoral

People sentenced to less than four years are rarely put behind bars in Turkey.

But his conviction for "insulting a public official" disqualifies the 52-year-old mayor one of the brightest stars of Turkey's main secular party - from politics for the duration of the sentence.

Imamoglu will continue heading Turkey's largest and most fabled city while his appeal winds its way through the courts.

"Government resign!" hundreds of Imam- annulled. oglu supporters chanted outside the mayor's office moments after the verdict was read out. "A handful of guys can't take away the power given to us by the people," Imamoglu defiantly told the crowd.

The trial focused on an offhand remark Imamoglu made to reporters a few months gan's Islamic-rooted party. after defeating Erdogan's ally in a re-run election held after his first victory was support from all political corners delivered



Officials reported discovering hundreds of thousands of "suspicious votes" after Erdogan refused to acknowledge Imamoglu's initial win in a city that he himself ran before entering national politics two decades ago.

The decision backfired badly on Erdo-Waves of protests and a groundswell of

Imamoglu an overwhelming victory in a re-run vote held that June.

Imamoglu let his frustration at the entire episode spill over a few months later by calling the people who annulled the first vote "idiots". An Istanbul court sentenced Imamoglu to two years and seven-and-a-half

months in prison for defamation. It also applied a separate clause of the

Imamoglu's pending disqualification comes with Turkey's opposition parties still arguing about who should stand against Erdogan in next June's presidential vote.

The Istanbul mayor is among a handful of opposition leaders polls show could beat Erdogan in a head-to-head race.

Erdogan's domination of Turkish politics has been shaken by an economic crisis that has been compounded by his unconventional approach to interest rates. But more recent polls show Erdogan's ratings beginning to recover thanks to his widely praised handling of Russia's invasion of Ukraine.

This places even more pressure on the opposition to put aside their personal rivalries in the election campaign.

Imamoglu's CHP party is headed by Kemal Kilicdaroglu — a leftist former civil servant who generally performs poorly in opinion polls. The CHP has been holding round-table talks with five smaller allies about a single candidate who would not split the anti-Erdogan vote. Those talks have been mired in arguments over policy and general unease about fielding Kilicdaroglu instead of someone more likely to beat Erdogan.

Imamoglu appeared to sense a guilty verdict coming when he told reporters this week that Kilicdaroglu was the only candidate who could represent the CHP. Kilicdaroglu penal code that bars the mayor from politics. blamed the verdict squarely on Erdogan.

IND vs BAN 1st Test,: Kuldeep Yadav's Dream Comeback Puts Bangladesh On Mat

round performance as he helped put India firmly in the driver's seat on day two of the opening Test against Bangladesh on Thursday. Playing his first Test after more than 22 months, Kuldeep continued his 'birthday' party a day after turning 28, in his sensational run with the bat and ball. Batting at number nine, the lefthander first came up with a career-best 40 from 114 balls (5x4) in a 92-run eighth wicket partnership with veteran Ravichandran Ashwin (58; 113b) to push India to 404 in their first inning from an overnight score of 278/6.

Coming into bowl in the 25th over, the left-arm wrist spinner struck off his second ball as he flummoxed the Bangladesh batters with his wrong ones to end the day with figures of 10-3-33-4, a performance that is certain to regain his con-

At stumps on day two, Bangladesh were 133 for eight, trailing India by 271 runs. With two wickets in hand, the hosts still need 72 runs to avoid a follow-on.

First, it was Indian quick Mohammed Siraj who was on a song, as he rattled the Bangladesh top-order, dismissing the lefthanded opening duo of Najmul Hossain Shanto (1), Zakir Hasan (20) and Litton Das en route to 9-1-14-3.

Siraj struck in the very first ball when he induced an edge off Shanto with an away going delivery.



Leading the pace department in absence of Mohammed Shami and Jasprit Bumrah, Umesh Yaday then reduced Bangladesh to 5 for 2 inside the fourth over after inducing an inside edge off Yasir Ali.

Litton Das (24) showed glimpses of his form with some fluent drives but Siraj had the last say.

Both teams were also involved in a bit of banter especially after Das gave a 'I can't hear you' gesture after an elegant

drive off Siraj. The Indian pacer cleaned him up of the next delivery as he along with Kohli gave him a fiery send-off.

On a roll, Siraj also ended the dogged resistance of Hasan to reduce Bangladesh to 56/4. The stage was just apt for Kuldeep to make inroads and the Indian did just that, dismissing Shakib Al Hasan when the Bangladeshi senior all-rounder played against the spin.

He then surprised newcomer Nurul looked solid with his defence

ball nearly dismissed him LBW but the 'umpire's call' rule gave a breather to the Bangladeshi wicketkeeper.

It was not a rank-turner but he spun the ball square, extracted awkward bounce and the Bangladeshi batters looked all at sea negotiating Kuldeep at the fag end of the day.

"I was a bit nervous, I was very lucky to get the first wicket in the first over. Got the momentum back. After a couple of overs, I started feeling well, mixed my pace and variations, tried both the angles over the wicket and round the wicket. Kuldeep said.

"I was getting proper turn, I was actually loving it. After I got injured, I started working on my rhythm, trying to be a bit quicker - that's helping me a lot. I am not compromising with the spin. "I didn't face any discomfort while batting. I thought it'll be good for batting. When you're a wrist-spinner bowling with the Kookaburra ball, you'll definitely get turn and bounce on such wickets," he added.

The opening session was all about Ashwin and Kuldeep who seized the opportunity with both hands coming up with an all-round show in absence of Ravindra Jadeja

Kuldeep, who has a century and six fifties averaging 22-plus in first class cricket, got off the mark after 18 balls as he

France End Morocco's Dream FIFA World Cup Run To Set Up Final **Clash With Argentina**



France ended Morocco's World Cup dream as goals from Theo Hernandez and Randal Kolo Muani gave the holders a 2-0 win in their semi-final clash and set up a showdown on Sunday with Lionel Messi's Argentina. It looked like France might make short work of their opponents when Hernandez scored inside five minutes at Al Bayt Stadium, despite having a hostile crowd against them. But Morocco, the first African and Arab team ever to reach the last four at a World Cup, fought on despite losing key players to injury only to see substitute Kolo Muani seal victory for Les Bleus with a late second.

It will be France's fourth World Cup final in seven editions and they are hoping to become the first team since Brazil 60 years ago to retain the trophy when they take on Argentina at Lusail Stadium on

That will be billed as a showdown between Messi and his Paris Saint-Germain teammate Kylian Mbappe, but this match was not about the latter's individual brilliance.

Instead France's victory was down to a team effort against a Moroccan side who will now face Croatia in Saturday's third-place play-off.

Morocco had reached the semi-finals after beating Belgium in the group stage and then knocking out

Spain and Portugal. But whether they could repeat the feat against the holders was another matter, and coach Walid Regragui's plans were left in turmoil by a slew of injuries. Having missed the quarter-final, centre-back Nayef

Aguerd was recalled only to withdraw at the last

minute, with Achraf Dari stepping in. Then fellow defender and captain Romain Saiss had to abandon his teammates after just 21 minutes, and by then Morocco were behind.

France were met by deafening whistles when in possession from the huge Moroccan support but they silenced the crowd with the early opener, Hernandez netting with an acrobatic volley at the back post after Mbappe's shot was deflected.

Remarkably it was also just the second goal conceded by Morocco at this World Cup and the first scored by an opposition player.

Williamson steps down as New Zealand Test captain, Southee takes over

Kane Williamson has stepped down as New Zealand Test captain and has been replaced by Tim Southee, the country's cricket board (NZC) said on Thursday. After taking charge in 2016 Williamson

captained New Zealand in 40 Tests — with 22 wins, 10 defeats and eight draws — and led the team to victory over India in the inaugural World Test Championship final

"For me, Test cricket is the pinnacle of the game and I've enjoyed the challenges of leading the side in the format," said "Captaincy comes with an increased

workload on and off the field and at this stage of my career I feel the time is right for this decision." Williamson will remain New Zealand's white-ball captain and he said he will continue to play in all three formats. Southee, who stood in as captain for

22 Twenty20 internationals between 2017-21, will lead the Test team on their next assignment - a two-match series in Pakistan starting later this month.

"It's been a surreal few days and it's just a massive honour to be appointed as Test captain," Southee said.

"I love Test cricket, it's the ultimate



NZC also announced their squad for the tour of Pakistan on Thursday, with spinner Ish Sodhi returning to the Test team four years after his last appearance in the

Batsman Glenn Phillips, whose only previous Test match appearance for New Zealand came against Australia in 2020. was also included in the squad, while fast bowlers Trent Boult (unavailable) and $\ \, \hbox{Kyle Jamieson (back injury) missed out.}$

New Zealand squad: Tim Southee (capt), Michael Bracewell, Tom Blundell, Devon Conway, Matt Henry, Tom Latham, Daryl Mitchell, Henry Nicholls, Ajaz Patel, Glenn Phillips, Ish Sodhi, Blair Tickner, Neil Wagner, Kane Williamson,

NIT Hamirpur to host first All India Inter-NIT faculty sports meet

Hamirpur (HP), Dec 15 (UNI) NIT Hamirpur is all set to host the All-India Inter NIT faculty and staff sports meet from 17/12/2022 to 9/12/2022, according to Professor H.M. Survawanshi, the Director of the

He said today that male and female faculty and staff members of 22 NITs across the country will compete in the tournament. There will be around 350 male and female participants, who will lock horns to win the coveted medals for these three sporting events.

"Sports not only contribute to shaping the personality but also impact academic performance significantly. Sports teaches us the skills of time management and act as a stress buster when one is loaded with too many assignments and deadlines," said the Director, NIT Hamirpur.

In preparation for this mammoth event, the institute has left no stone unturned. The arrangements for the tournament have been made in the newly built sports complex and the students' activity centre, said RK Jamalta, Faculty Incharge Sports &; Games Activities.

"NIT Hamirpur has always been active in participating in sports tournaments for the faculty and students at regional and national levels

Pakistan facing first-ever home whitewash against rampant England



Injury-hit Pakistan face hurt his right quadriceps the dread of a first-ever series whitewash at home Naseem Shah has not when they meet a rampant England in the third and final Test in Karachi from second Test.

Saturday The Babar Azam-led home team have run into an England side in fine form, thriving with an aggressive approach that has earned them eight wins from their

of Pakistan since 2005, Eng- and we enjoy a good record land won the first match in Karachi, so I am pretty by 74 runs in Rawalpindi sure that we will bounce spin-friendly pitch likely before pulling off a tough back.' 26-run win in the second Monday.

their three main fast bowlers, with world-class spearhead Shaheen Shah Afridi and fourth. ruled out with a knee injury even before the start of the

during the first Test, while recovered from a shoulder injury sustained before the

Under-pressure Azam put on a brave face Thursday despite facing a clean

"We missed out on crucial chances in both the matches, which cost us,' said Azam. "But the boys On their first Test tour are eager to bounce back

that finished in Multan on Multan was hard-earned exciting, uncapped 18-year-Pakistan's problems are ing a 355-run target on a Ahmed for Will Jacks. compounded by injuries to pitch that helped spinners on the first two days but slowed down on the third

> Express pacer Mark Wood grabbed 4-65, includ

Mohammad Nawaz (45), after the home team needed 157 for victory on the fourth

The win gave England their first series victory in Pakistan for 22 years, although they haven't toured since 2005 because of security issues.

missed Pakistan in every innings so far, England's victories have been built on their aggressive batting dubbed "Bazball" after the nickname of new coach Brendan McCullum. Setting big targets has

Although they have dis-

given the bowlers time to dismiss the opposition and, while it is working so far, skipper Ben Stokes is being realistic.

"Coming to the subcontinent, it's always a tough place to come and win,' Stokes said after the Multan

"One thing we do is we stay in the moment. Basically just always stay in the moment." With the series wrapped up and another at Karachi's National Stadi-England's victory in um, England may bring in because they were defend- old leg-spinner Rehan

Pakistan are considering bringing back former captain Sarfaraz Ahmed to add experience to a faltering batting line-up, while bowler Mohammad Wasim ing the crucial wickets Junior may debut in place

challenge and I'm really excited by the **Dream of FIFA World Cup final is** over but Moroccans hail heroes

They may have fallen just short of reaching the World Cup final, but Moroccans on Wednesday hailed their team's historic run as it ended with a 2-0 defeat to reigning champions France. "They played a great game but luck wasn't on our side," said supporter Oussama Abdouh in Casablanca. "Still, we stood up to the title-holders, that was great. "Beyond the World Cup, this team made us dream until the end, and just for that, I raise my hat to them." But for Hakim Salama, the 2-0 defeat to France was too much. "We missed the opportunity of the century," he said. Rain lashed the capital Rabat on Wednesday evening and the atmosphere was far from the exhilaration of the historic victories that brought the Lions of the Atlas to within sight of a World Cup final — the first Arab or African team to ever get so far.



