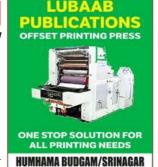
NEWSPAPER NEWS MAGAZINES PRINTING FLYERS, POSTERS, BUSINESS CARDS, BROCHURES, FORMS LETTERHEADS, INVOICES, CALENDERS, BOOKLETS

LAWAIPORA SRINAGAR & HUMHAMA BUDGAM 9999038812, 9419008414, 01942496287

SRINAGAR WEDNESDAY 14, DECEMBER 2022 ●19 JUMADA AL-AWWAL ● 12TH YEAR OF PUBLICATION **VOICE TO THE VOICELESS**

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NEWS IN BRIEF SC collegium recom-

mends Gauhati HC judge **Justice N. Kotiswar Singh** as CJ of J&K

Srinagar, Dec 13: The Supreme Court collegium on Tuesday recommended Justice Nongmeikapam Kotiswar Singh 'Judge'Gauhati High Court, as Chief Justice of Jammu and Kashmir and Ladakh High

According to news agency-Kashmir News Observer (KNO), the collegium headed by Chief Justice of India today recommended elevation of Justice N. Kotiswar Singh, Judge Gauhati High Court, as Chief Justice of Jammu and Kashmir and La dakh High Court. Imphal, Manipur His father N. Ibotombi Singh was a former judge of the Gauhati High Court and first advocate general of the State of Manipur. He complet ed his degree in Law (L.L.B.) from campus law centre, Delhi University in 1986. Singh was designated as a Senior Advocate by the Gauhati High Court on March 31, 2008.He served as the advocate general of the state of Manipur from 03.11.2007 till elevation to the Bench.He was sworn in as an additional judge of the Gauhati High Court on October 17, 2011 and as a Judge of the Gauhati High Court on November 7, 2012.

Policeman, motorcyclist died in road accidents

Srinagar, Dec 13 (UNI) A police cop and a civilian died in separate road accidents in Kashmir valley on

A policeman was killed on the spot in a road accident when his vehicle he was driving crashed with the divider near Awantipora overnight, a traffic police official said.

He said the cop, identified as Bashir Ahmad Kuchay, a resident of Negoo Beerwah Budgam, was on way home from Tral where he was post ed when his speeding vehicle met with the accident. However, he was shifted to Sub District Hospital Pampore for treatment, where doctors declared him dead.

Meanwhile, a teenager motorcyclist identified as Talib Bhat, a resident of Nebirpora Bandipora was critically injured in another road accident when his bike dashed with a wall in Mangnipora area of north Kashmir's Bandipora

He was rushed to Bandipora Hospital where doctors referred him to Sher-e-Kashmir Institute of Medical Sciences (SKIMS) Soura Srinagar, where he succumbed to his injuries

Couple dies in Doda accident

M S Nazki

Jammu, Dec 13: A couple was killed when a vehicle they were travelling in fell 100-150 feet from the road into a gorge in Doda district.

Official sources told HT that car (JK02CN-5892) on way from Doda towards Jammu skidded off the road near Dhansal Assar and rolled down about 100-150 feet, resulting in the on the spot death of Shankuntla Devi and serious injuries to her husband Mangat Ram of Chilly Bala Gandoh . He was shifted to GMC Doda for treatment and succumbed to injuries later, they said.

Police, they said, have registered a

War against drugs will continue with full might: DIG RP Range

M S Nazki

RajouriDeputy Inspector General of Police, Rajouri Poonch Range, Dr. Haseeb Mughal, IPS said that war against drugs will continue with full might and police has taken stern actions against people involved in the crime. This has been stated by DIG Rajouri Poonch range Dr. Haseeb Mughal, IPS while addressing a press conference in the District Police Lines Rajouri in presence of SSP Rajouri Mohammad Aslam and other officers. He said that continuing this mission of war against drugs in Rajouri Poonch Range, J&K Police has achieved a major success in the year 2022.

Apart from the phenomenal increase in the seizure of banned contraband heroin, 7 drug peddlers have been booked under PITNDPS Act, he said. In district wise breakdown, DIG said that in Rajouri 27 cases have been registered against 41 accused persons, out of which 04 main peddlers have been detained under PITNDPS Act for a period of one year, besides preventive actions under CrPC has been initiated CONTINUED ON → PAGE 10

Chinese Neferious Attempt Contested in a Firm, **Befitting and Resolute manner at Tawang**

Armed Forces committed to protect territorial integrity of country: Rajnath Singh

HT NEWS DESK | AGENCIES

NEW DEHLI, Defence Minister Rajnath Singh today informed that no fatalities or serious casualties have occurred on Indian side during the face-off between the Indian and Chinese troops at Tawang sector of Arunachal Pradesh. Making a statement in Lok Sabha today on the incident, Singh said, Chinese troops tried to transgress the Line of Actual Control in Yangtse area of Tawang Sector and unilaterally change the status quo on 9th of this month.

He said, the Chinese attempt was contested by Indian troops in a firm and resolute manner. He said, face-off led to a physical scuffle in which the Indian Army bravely prevented the Chinese troops from transgressing into Indian territory and compelled them to return to their posts. He said, the scuffle led to injuries to

a few personnel on both sides. The Defence Minister said, due to timely intervention of Indian military commanders, Chinese soldiers went back to their locations. He informed that a Flag Meeting was held on Sunday, 11th December, between the local commanders of both sides. He said, the Chinese side was asked to refrain from such actions and maintain peace and tranquillity along the border. The Minister informed that the issue has also been taken up with the Chinese side through Forces are committed to protecting country's territorial integrity and will continue to thwart any attempt made on it. Later not satisfied with the Minister's statement, Congress and some other opposition parties staged a walkout from the House. The Defence Minister made a

sured the House that Indian

similar statement in the Rajya Sabha also. Opposition members tried to seek clarifications but Deputy Chairman Harivansh did not allow it saying it is a sensitive issue and there is no precedent of allowing clarifications on such issues in the House after Minister's statement. Not satisfied with this, Opposition members continued with their demand for immediate discussion on the matter and raised slogans. Later, members from Congress, Trinamool Congress, Rashtriya Janata Dal, Samajya- $\mathrm{d}i$ continued on » page 10

LG flags off Shri Kailakh **Jyotish & Vedic Sansthan Trust's** Mobile Sanskrit Gurukul

HT NEWS DESK

Jammu, Dec 13: Lieutenant Governor Manoj Sinha flagged off Mobile Sanskrit Gurukul of Shri Kailakh Jyotish & Vedic Sansthan Trust on Tuesday. The initiative will share

the treasure of knowledge & wisdom with people and provide non-formal education of Sanskrit, one of the oldest living languages of the world, said the Lt Governor.On the occasion, the Lt Governor also conferred Kailakh Sanskrit-Ratna Award-2022 to Sh Shakti Pathak, Chief Trustee of Chudamani Sanskrit Sansthan for his outstanding contribution in promotion & propagation of Sanskrit language

Sanskrit is not confined to religious texts. It also offers complete knowledge structure of ancient India that covers great works to popularize the of scientists, experts in



medicine, botany & mathematics like Aryabhatta, Charaka, Sushruta, Bhaskaracharya, hira, Brahmagupta and many others, observed the Lt Governor.

Appreciating the Kailakh Jyotish & Vedic Sansthan Trust for engaging in the commendable work of preserving, developing and propagating the Sanskrit language and message of the ancient sages, the Lt Governor called for working together with flexible and non-formal approach

CONTINUED ON → PAGE 10

Al-Badr militant associate arrested in Pulwama, IED destroyed in Sopore: Police 'Chargesheet produced in IED case in Pulwama'

HT NEWS DESK

Srinagar, Dec 13: Jammu and Kashmir Police on Tuesday claimed to have arrested a militant associate in South Kashmir's Pulwama district and also said that Improvised Explosive Device (IED) was destroyed in

A police spokesman in a statement issued to the news agency—said that Police in Pulwama along with Army (55RR) and CRPF (182/183 BN) at a joint checkpoint established at Bandzoo Crossing arrested one active militant associate of Al-Badr and recovered incriminating materials, arms and ammunition including a pistol from his possession.

He has been identified as Yawar Bashir Dar son of Bashir Ahmad resi-

dent of Arigam Pulwama. In this regard, police said that a case under FIR number 358/2022 under relevant sections of law stands registered in Police Station Pulwama and further investigation is in progress. "Besides, the joint teams of Police and Army (52RR) detected an IED on Bypass Road near Seer Crossing in Sopore. Soon after the detection of the IED, traffic was halted and the movement of people was restricted. Accordingly, Bomb Disposal Squad was rushed to spot and the IED was destroyed without causing any damage. A case under relevant sections of law was registered in PS Tarzoo and fur-

CONTINUED ON >> PAGE 10

an untoward incident and

ther investigation is in progress. The

timely recovery of the IED thwarted

2,639 govt jobs, 6,000 transit accommodation for Kashmiri migrants, portal also launched for grievance: MHA

'Net infiltration from across Indo-Pak border into J&K in 2021

HT NEWS DESK

Srinagar, Dec 13: Union Minister of State for Home Nityanand Rai Tuesday informed the Lok Sabha that as many as 2,639 government jobs have been provided to Kashmiri migrants under Prime Minister's Development Package (PMDP), 2015.

In a written reply, Rai as per the news agency—Kashmir News Observer said that said that 2,639 government jobs have been provided to Kashmiri migrants under Prime Minister's Development Package (PMDP), 2015. He also said that the government has approved construction of 6,000 transit accommodation for Kashmiri migrant employees engaged or to be engaged in different departments of the government of J&K in the valley.



He also said the government of J&K has launched a portal on September 7, 2021 to address the grievances of Kashmiri migrants.

The government of India reimburses the expenditure incurred by the gov-

ernment of Jammu and
CONTINUED ON >> PAGE 10

Rs 64k cr investment proposal for J&K, Rs 25k cr already received: MHA Srinagar, Dec 13: Union Minister of

State for Home Nityanand Rai Tuesday informed the Lok Sabha that J&K government has reported an investment proposal to the tune of Rs 64,000 crore of which over Rs 2.500 crore has already been received. "Rs 840.55 crore investment has came

in 2017-18, Rs 590.97 crore investment in 2018-19, Rs 296.64 crore in 2019-20. Rs 412.74 crore in 2020-21 and Rs 376.76 crore in 2021-22." Rai while informing the parliament said.

CONTINUED ON → PAGE 10

"Hard work paid of": Srinagar girl after winning medal at World Junior Wushu Championship



HT NEWS DESK

Srinagar, Dec 13: A young girl from Bemina area of Srinagar, who created history by winning a medal at World Junior Wushu Championship, Tuesday said the hard work has paid of and also expressed gratitude to her parents and coach for supporting her. Talking to the news agency—Kashmir News Observer (KNO), Ayeera Chisti, said she was proud of her achievement.

CONTINUED ON → PAGE 10

Enso Wellness': Pahalgam girl's mental health initiative bags **International Business Award**

HT NEWS DESK

Srinagar, Dec 13: The initiative of Arouba Kabir, Mental & Emotional Health Therapist who is basically from Pahalgam area of Anantnag and now settled in Gurgaon, has bagged an international business award 2022-2023.

Enso Wellness' is a Platform for Mental and Emotional Health that has been an initiative started by Arouba in 2015. Arouba Kabir, Founder, Enso Wellness while talking to news agency—Kashmir News Observer (KNO), said that that mental and emotional health needs and deserves more and more recognition in today's era to remove the stigma attached to it.

"I choose mental health as I also had some mental issues while growing up and had suicide and other self-harming tendencies when I wasn't able to share my feelings rather I would try to cut CONTINUED ON » PAGE 10

Lt Governor Chairs **Review Meeting of Industries & Commerce Department**



SRINAGAR, DECEMBER 13: Lieutenant Governor Manoj Sinha chaired a high-level meeting to review the sectoral progress of the Industries & Commerce department here today. Sh Prashant Goyal, Principal Secretary, Industries & Commerce Department gave a comprehensive overview of the present scenario of the infrastructure, execution of Incentive Policy, Land Bank, progress of work on Industrial Estates, collaboration with ONDC, export promotion initiatives for One District One Product and progress in handicraft sector etc.

CONTINUED ON → PAGE 10

GN Azad deputed to J&K ahead of elections to benefit BJP: JKPCC Chief

HT NEWS DESK

Srinagar, Dec 13 Jammu and Kashmir Pradesh Congress Committee (JK-PCC) president, Vikar Rasool Wani on Tuesday said that Ghulam Nabi Azad has been deputed to J&K ahead of elections to benefit Bharatiya Janata Party (BJP).Addressing a press conference, JKP-CC chief, as per the news agency-said that Azad has been making fraud statements as he has been tasked to defame Congress party in Jammu and Kashmir.He said Azad has been making statements on the directions of BJP and thus making fraud statements. "What prompted Azad

to act against ministers during his tenure as Chief Minister in Jammu and Kashmir, who

and they had yet not fully

vacated and now there was

CONTINUED ON → PAGE 10

J&K Admin rejuvenating agriculture sector with multi-pronged approach

J&K among top five States/UTs of country in terms of farm income

HT NEWS DESK

SRINAGAR, DECEMBER 13: J&K Administration took several measures to rejuve nate Agriculture and allied sector by filling credit gaps, diversification, high-density plantation, building storage capacity, market linkages and extension services

The continuous deliberations among eminent agricultural scientists, policy planners, policy makers, academia and farmers led to the formulation of a futuristic roadmap for rapid growth in agriculture and allied sec-

Dairy, Livestock, Poultry



and Fisheries are becomand Government is doing ing engines of high growth, massive efforts for creat-

ing awareness amongst the farmers to tap its tremendous potential and benefit. In the last two years, government has come out with a viable strategy to achieve the historic task of ensuring higher incomes to farmers.

J&K Government is taking steps to exploit untapped opportunities offered by horticulture and ensuring end-to-end approach from plantation to post-harvest management and processing to marketing in order to increase the quality production and exports.

Transformation in the agriculture and allied sectors is not just about

CONTINUED ON → PAGE 10

Unfortunate that ties with neighbours mismanaged: Omar Abdullah

HT NEWS DESK Srinagar, Dec 13 (UNI)

Conference National Vice-president Omar Abdullah on Tuesday hit out at the union government saying it was unfortunate hari Vajpayee for better that India has not been relations with neighbours. able to maintain good relations with its neighbours. Omar was reacting to the border clash between the armies of India and China near Tawang in Arunachal Pradesh on December 9 which left many soldiers on both sides injured.

"It is unfortunate that we are not able to maintain good relations with our this faceoff on borders," he neighbours. Everyone said. knows about our relations with Pakistan but now even with China it is not well," Omar told reporters in south Kashmir.

infiltrated into Ladakh Jammu and Kashmir.

the news about the scuffle in Arunachal Pradesh. He asked the Centre to follow the advice of former Prime Minister Atal Be-'Vajpayee sahib's words that friends can be changed but neighbours can't be changed. We can't change our neighbours but can have better relations with them. However, one can't clap with one hand... It's also China's responsibility to form good relations with the country and stop

Congress On Bharat Jodo Yatra, Omar said the party president Farooq Abdullah will be receiving Rahul Gandhi at He said the Chinese had Lakhanpur, the gateway of

TS Wazir Murder Case, Gandhi Nagar **Dacoity Accused Nabbed: ADGP Jammu**

Jammu:At least five persons wanted in a high-profile murder case and a dacoity incident at Gandhi Nagar, have been nabbed by police, ADGP Jammu sharing details said on Monday.

Addressing a presser, the top police officer Mukesh Singh, as per a statement to GNS, said that on 7th of December 2022, a dacoity took place in the house of Rakesh Aggarwal, resident of Gandhi Nagar, where 10 masked men wearing police uniform, of which five had come with weapons and reportedly looted 15 lakh at the gun point and had kept the entire family and domestic helpers hostage for 5 long hours.

"In this regard case FIR no 310 u/S 395, 452,120-B IPC and 3/25 IAA was registered in Police station Gandhi Nagar and investigation was set into motion", he said.

"Working on various leads and technical intelligence gathered during the investigation, the police team was able to identify the locality in Shastri Nagar from where the dacoits started on foot for the commission of the crime. Some more evidence was gathered and one person namely Harjinder Singh, son of Jasvir Singh, resident of Badiana, Jalandhar Punjab was arrested yesterday", he said.

"It transpired during the investigation that the



formed by SSP Jammu

and in the general area

of marble market during

along chase, the accused

namely Amit Rana fired

upon police party but he

was overpowered and fi-

nally nabbed by the police

"A case under relevant

section has been regis-

tered in the Channi Him-

mat police station. During

his questioning, he admit-

ted having hatched a con-

spiracy at the instance

of a few persons to barge

into the house of Rakesh

Aggarwal and from there

call Nagar Singh so that

he could be eliminated.

For this purpose, he had

tied up with one criminal;

party.

main conspirator is Amit namely Manjeet Singh@ Rana, a resident of Delhi fouji, resident of Dasua who managed a gang of and while following Amit Rana, it was gathered 09 persons so as to give that he was duping peoeffect to this incident, but ple in Jammu by various they could not get Nagar means and finally, a lead Singh to this house. They was gathered regarding looted approximately 10 his movement in generlakhs and left the house al area of marble market at around 12 noon.' Jammu, he said adding "During sustained quesfor nabbing the accused. tioning of the conspirator, different teams were

the Police team got apprehensive regarding his name, address and other particulars. His address mentioned in his Aadhar card was checked and it was found to be false. So he was using a forged aadhar card. Further questioning led to his confession that he is duping his identity and his actual name is Harpreet Singh Khalsa, a resident of Digiana Jammu. After this, Police team got more apprehensive and finally it came to fore that he is the main accused in Sardar Tarlochan Singh murder case of 2021 in which FIR was registered in Delhi. Delhi Police had issued a

hue & cry notice, so as to

make his arrest", the top police officer said. The arrests, as per the

police officer made so far include: Harpreet Singh @ Amit Rana, son of Lt. Paramjeet Singh, resident of C-35 Hanuman Road Connaught Place New Delhi A/P 684 Digiana Jammu, Manjeet Singh, son of Surinder Singh, resident of Ralhan Tehsil Dasuya District Hoshiarpur Punjab, Harjinder Singh, son of Jasvir Singh, resident of Badayana, Jalandhar PS Adampur Punjab, Raja Singh @ Raja, son of Gurdev Singh, resident of Panwah Tehsil Dasuya District Hoshiarpur, Punjab and Pinto Singh, son of Lt. Shri Krishan Lal, resident of Abohar Punjab have been arrested so far in the case.

"A Cash amount of around five lakhs, two pistols, live pistol cartridges, six police jersey, ten police caps, mobile phones are recovered so far in the instant case". have been recovered in the instant case so far. informed the police officer. Mukesh Singh accompanied by the Vivek Gupta appreciated the entire team of Jammu Police led by Chandan Kohli, SSP Jammu including Mamta Sharma, JKPS SP South Jammu, Sachit Sharma SDPO south Jammu, Pankaj Sharma SHO Gandhi Nagar and the entire team who was actively involved and was working day in and day out on

AA NO & DT TS NO & DT

N/A

N/A

10

Sanctioned

Sanctioned

DC Jammu reviews performance of Revenue Department Emphasizes on early completion of digitization of Jamabandis

DECEMBER 13: Deputy Commissioner Jammu, Avny Lavasa today reviewed the functioning of Revenue department besides various revenue related matters in the district here at a meeting held in the DC Office Complex.

ADC (ADM), Sandeep Seonetra; ACR, Piyush Dhotra; SDMs, Tehsildars along with senior officers from Revenue department were present in the meeting.

The Deputy Commissioner took a detailed regarding writreview ing of Jamabandis and their digitization, writing of Khasra Girdawari



Registers, Attestation of Mutations, Demarcation of state land, eviction of encroachment from state land, status of disposal of court cases, scanning of revenue documents etc.

While reviewing progress on writing of Jamabandis and its digitization, attestation of mutations and writing of Girdawaris, the DC directed the Tehsildars to

complete the same at the earliest.She set timelines for speedy submission of details of mutations and updation of Jamabandis/ Girdawari.

The Deputy Commissioner also asked the officers to launch anti-encroachment drives to vacate State, Kahcharai and common land in their respective areas. She also directed the Tehsildars for speedy disposal of court cases related to revenue. The Deputy Commissioner asked the concerned officers to work with zeal and zest and ensure completion of the work within targeted

DC Poonch interacts with Bal Ashram Children Distributes warmers, inners among 55 inmates

13: District Development Commissioner Poonch Inder Jeet today visited Bal Ashram Poonch and distributed Warmers, Inners among the inmates under Red Cross.

During the visit, the Deputy Commissioner also checked the rooms, kitchen, overall arrangements and expressed satisfaction over the hygienic conditions maintained in the Bal Ashram. He advised the District Social Welfare Officer to keep



it up, provide good facil-

to save the children from

The Deputy Commissioner interacted with the children and inspired them to work hard and get the benefits of Govt schemes and facilities.

The Deputy Commissioner also directed to provide a special power line to Bal Ashram Poonch so that the children do not face any problem. District Social Welfare Officer, Mohinder Paul, Tehsil Social Welfare Officer, Mohd. Azam Rather and other staff members were pres-

My Name in school Recodrs is wrongly mentioned as AQIB YOUSUF DUGLOO S/O MOHD YOUSUF DUGLOO.INSTEAD OF ACTUAL NAME AQIB YOUSUF GUGLOO S/O MOHD YOUSUF GUGLOO Now I intend to make necessary correction If any person having objection to it may please fill his/her objection before the PRINCIPAL ISLAMIA HIGH SCHOOL RAJORI KADAL Srinagar within a period of seven days of publication of this notice falling which no any objection shall be entertained.

AQIB YOUSUF GUGLOO S/O MOHD YOUSUF GUGLOO

Name of Work

Renovation and Repair of Sub

Division Office and Residentia

Renovation and Repair of Old

Position of AAA: - Accorded,

Position of funds: - Available

Date of Issue of Tender Notice

Bid submission Start Date

Bid Submission End Date

Period of downloading of bidding documents

Date & time of opening of Technical Bids

End date. Any deviation shall render the bidder as Non-responsive.

Security Declaration Form is as per Annexure "A" below)

6(A). Instruction to bidders regarding e-tendering process.

6.4 Bids will be opened online as per time schedule mentioned in Para-1.

bid shall be submitted by L1 before issuance of Allotment in his favour.

shall upload a copy of Bid Security Declaration Form as per Annexure A.

pledged to Executive Engineer R&B Division Chadoora (tender receiving authority).

Divisional Office at Chadoora.

guarter at Chadoora

3

4

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.

9419200598, 9906613142

M.H OF

Accoun

2059 M&R

2059 M&R

13/12/2022

13/12/2022

13/12/2022

19/12/2022 upto 4.00 PM.

Contacto

MSEs

MSEs

19/12/2022 at 4.10 PM in the office of Executive Enginee

(days)

10

10

Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER (R&B) DIVISION CHADOORA

NOTICE INVITING TENDERS

E-NIT No. 220 of R&B /9797-9806/2022-23 Dated:- 13/12/2022

SINGLE COVER SYSTEM

For and on behalf of the Lt. Governor, UT J&K, e-tenders (In single cover system) are invited on Percentage basis from approved and eligible Contractors registered with J&K Govt., CPWD, Railways and other State/Central Governments for the following works:

Earnest

Money

4940

4960

1. The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of

2.Bids must be accompanied with cost of Tender document in shape of Treasury Challan (deposited in MH: 0059) in favour of Executive Engineer R&B Division Chadoora (tender inviting authority) and Earnest money / Bid security in shape of CDR/FDR/BG

Note:- The Date of Treasury Challan and Earnest Money / Bid security must be between the date of start of bid and Bid Submission

2.1The 1st lowest bidder has to produce an amount equal to 3% of contract as Performance Security in the shape of CDR/FDR/BG in favour of Executive Engineer (R&B) Division Chadoora within 07 (Seven) days after the date of receipt of letter of acceptance and

2.2Bidders registered as Micro and Small Enterprise are exempted from depositing Earnest Money/Bid Security and Tender Document Fee. Proof of valid MSME registration certificate must be enclosed for availing these benefits. The bidders availing this benefit

3.All Bidders has to submit Bid Security Declaration Form instead of Earnest money as per the circular of Finance Department (Bid

4.At the time of tendering, all bidders must upload earnest money/bid security equal to 2% of the Advertised Cost in the form of

CDR/FDR/BG pledged to the tender receiving authority, i.e. Executive Engineer R&B Division Chadoora. Besides that, the success ful bidder will have to provide Performance Security @ 3% at the time of contract award, strictly in accordance with the Government of the contract award and the contract award are contract award.

ment's circular instructions from time to time. The earnest money/bid security of 2% will be released to the successful bidder only after the submission of a Performance Security of 3% of the allotted cost, which will be released after successful completion of the DLP. Note:- The Bidders shall mention the name of the advertised work/reference to NIT & S. No. on the EMD / Bid security (CDR/

5.The date and time of opening of Financial Bids of a responsive bidder shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address.

7.The earnest money/ performance Security shall be forfeited lf:a)Any bidder/ tenderer withdraws his bid/ tender during the period of bid validity or makes any modifications in the terms and

6.1 Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit on website www.jktenders.gov.into acquaint bid submission process.

6.2 To participate in bidding process, bidders have to get 'Digital Signature Certificate (DSC)' as per information Technology Act

2000. Bidders can get digital certificate from any approved Vendor.
6.3 The bidders have to submit their bids online in electronic format with digital Signature. No bid will be accepted in physical

6.5 Bidders must ensure to upload scanned copy of all necessary documents with the bid. Besides, original documents related to the

FDR/BG) while submitting the bidding documents, in order to avoid using the same multiple times for multiple works.

 $6. The \ bids \ for \ the \ work \ shall \ remain \ valid \ for \ a \ period \ of \ 120 \ days \ from \ the \ date \ of \ opening \ of \ Technical$

b)Failure of Successful bidder to furnish the required performance security within the specified time limit. c)Failure of Successful bidder to execute the agreement within 28 days after fixation of contract.

quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the

Cost of

200.00

200.00

departmental website www.jktenders.gov.in as per schedule of dates given below:-

shall be released after successful completion of DLP. The Bank Guarantee should be valid for beyond bid validity.

(Rs.ln

Lacs)

2.47

1996 Assembly elections in J&K were fixed in New Delhi: Rana



JAMMU DECEMBER 13- In a sensational disclosure, Senior BJP leader Mr Devender Singh Rana today said that the 1996 Jammu and Kashmir Legislative Assembly elections were fixed in New Delhi that paved way for a particular political party in the sensitive state to form the government after nearly six years of gubernatorial rule."The beneficiaries of the crucial 1996 elections know the fact that the number of seats to be won by the contesting political parties were fixed on a High table in New Delhi", Mr Rana said while interacting with media men on the side-lines of a function here this afternoon.Mr Devender Rana took head on those pointing fingers on the Indian Army and said that the o servations on the Army are regrettable, condemnable and shameful. He said the Indian Army is known for its professionalism and apolitical character the world over and the valiant officers and jawans have offered supreme sacrifices to defend the integrity and sovereignty of the nation. It is because of their valour and vigil that the compatriots feel a sense of security and pride, he added.Mr Devender Rana said the BJP is credited with holding free and fair elections in Jammu and Kashmir in 1977 under the leadership of Mr. Morarji Desai, 2002 under the premiership of Mr Atal Behari Vajpayee and 2014 under Mr Narendra Modi. The people, therefore, must remain reassured about the fairness of the assembly elections that will empower them to choose their own government, he maintained.

Office of the Principal Arifeen I.R.P School Ellachi Bagh Buchpora Srinagar

Fee Structure for L.P.D Classes of the School

S.No	Heads	Fee
1	Admission fee	100
2	Games Fund	5
3	News Fund	5
4	Poor Fund	195
5	Printing Fund	20
6	Red Cross Fund	15
7	Building Fund	290
	,	Total 630/=
Sd/		

J&K BANK ENI CENTRE

WASHING **MACHINE**

REFRIGERATORS

GYSER

PANELS

INVTERS

ELECTRONIC APPLIANCES

APPLIANCES Contact: 8082080256

9596080256

HOME

COMMON SERVICE CENTRE

VLE NAME: NAWAZAHMAD LONE CSC ID: 25745236007 **EMAIL: LONETELECOM945@GMAIL.COM** CELL NO.:8082080256-9596080256

JAMMU & KASHMIR BANK LOAN SUVIDHA CENTRE DAR GANIE GUND

- HOUSING | HOME LOAN
- CAR\VEHICLE LOAN - EDUCATIONAL LOAN
- ACCOUNT OPENING **→ VEHICLE INSURANCE**
- → ITR (TAX RETURN) FILLING → PROPERTY RETURN

Sunset Point At Wular Lake: A new attraction for tourists in Bandipora



Suhail Rather

Bandipora, 13 Dec: Sunset Point located on the banks of Asia's largest freshwater lake in Bandipora's saderkoot has become the centre of attraction for the visitors across The newly established point by District Administration Bandipora has been attracting major crowds and is winning the hearts of visitors. Joint Director Planning Bandipora, Imtiyaz Ahmad while complimenting the men and machinery involved in establishing the point said that the idea & its execution subsequent

from one and all. "We wanted to serve our guests in a unique way with unique picturesque and the idea of doing something dramatic for our guests and patterns have worked. It has attracted a large number of tourists and this new attraction has become a selfie point in Bandipora," the Joint director Planning Bandipora said. "I am visiting Bandipora for the second time. But this time this selfie point has surprised me so much. I am very happy that I have come here and also recommend others to visit it once," Saba, a resident of Srinagar said.

attracted

Office of the Principal Arifeen I.R.P School Ellachi Bagh Buchpora Srinagar

on of New Managing Body of "Arifeen I.R.P School", Ellahi Bagh Buchpora, The formation of New Managing Body of "Arifeen I.R.P School", Ellahi Bagh Buchpora, is published for the information of general public. Objection, if any, may be communicated to the Chief Education Officer Sinagar within Seven days from the publication of this notice in the Newspaper. After the lapse of stipulated time, No objection will be entertained. S/O D/O Dogidona

S.NO	Name	S/O,D/O,	Residence	Ponce
		W/O		Station
1.	Sheikh Farooq Ahmad	Sheikh Abdul	Arifeen coloney	Umar hera
		Khaliq	Ellahi bagh	Buchpora
2.	Asifa	Abdul Majid	Dangarpora	Umar hera
		Dar	Buchpora	Buchpora
3.	Shjfta	Tafazul Sidiq	Hyder coloney	Soura
	_	Najar	Ellahi Bagh	
4.	Liyaqat Ahmad Khan	Abdul Majid	Ellahi bagh	Soura
	' '	Khan	Buchpora	
5.	Nadeem Sidiqi	Mohd Sidiqi	Hyder coloney	Soura
	1	-	Ellahi Bagh	
6.	Javeed Ahmad Khan	Manzoor	Devipora	Zakura
		Ahmad Khan	Ranagpora Zakura	
7.	Mohd Yousf Bhat	Abdul Ahmad	Zakura	Zakura
		Bhat		

Principal

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DIPK-15045/22

Executive Engineer R&B Division Chadoora

MCs seek suggestions, objections from public on **ODF+ status**

JAMMU, DECEMBER 13: Several Municipal Committees of Jammu Division have self-declared as Open Defecation Free plus status after complying with all bye-laws and development done in Municipal limits as per the Swachh Bharat Mission

The Municipal Committees Vijaypur, Surankote, Jourian, Batote, Basohli and Ramgarh after proclaiming ODF Plus status have sought Feedback/ suggestions/objections within 15 days to perform all necessary action on the comments/suggestions/ objections received.

The Municipal Bodies have also declared Open Defecation, open urination, and unauthorized dumping of sewage in open areas, drains and water bodies as punishable offences. The Civic authorities of these Municipal areas have informed the public that a penalty of INR 200 would be im posed for open defecation. INR 100 for open urination and INR 500 for unauthorized dumping of sewage in open areas, drains and water bodies.

Meanwhile,

and Ramgarh MCs have enjoined upon all concerned that a penalty will be imposed for violation of National Sanitation bye laws related to open dumping/desludging of Faecal Sludge in Street/ Nallas/Open Drain/Water bodies/open spaces within Municipal Jurisdiction. The violation of National Sanitation bye laws by the Households would attract a fine of Rs. 2000 for 1st offence and Rs 3000 for 2nd offense.Similarly, Commercial establishments Offices, Hotels and Private Desludging Operators would be charged Rs. 3000 fine for 1st offence and Rs

5000 for 2nd offense.

Over 10.38 lakh Aadhaar cards issued in Srinagar

DC Srinagar reviews progress on Aadhaar saturation and **Aadhaar seeding under beneficiary oriented schemes**

SRINAGAR DECEM-BER 13:- With a view to achieve saturation under Aadhaar enrolment process, a meeting of all concerned Officers was held under the Chairmanship of Deputy Commissioner(DC), Srinagar, Mohammad Aijaz Asad here on Tuesday at Meeting Hall of DC Office Com-

Additional Besides CommissionerDeputy Srinagar, Syed Shabir Ahmad, Chief Planning Officer and Mohammad Yaseen Lone, the meeting was attended by all District Officers of concerned Departments.

At the outset, the DC took department wise review of the Aadhaar seeding with regard to Government sponsored beneficiary

schemes and stressed on 100% Aadhaar coverage in District Srinagar within a specific time frame. He asked the concerned to pace up the speed of the process and mobilize its men and machinery to achieve the left out tar-

On the occasion, the DC asked for holding special Adhaar Enrolment camps in all Wards of the District over next two weeks to register the uncovered population.

The DC said that Aad-

haar is a unique identity of every citizen by which they are able to avail any Government service in hassle free manner. He directed all the Officers to take up Aadhaar saturation in mission mode so that effective and efficient public services are pro-



vided to the people. The DC enjoined upon the Officers to formulate a concrete plan for opti-

mum utilisation of Aadhaar centres in order to achieve the 100% saturation. He also stressed on

mass mobilization to designated Aadhaar centres through awareness campaigns by involving local

representatives. The DC was informed that a population of over 10.38 lakh have been covered under the ambit of Aadhaar enrolment in Srinagar so far and process of registration of remaining population is being carried out across the District. The DC was also apprised that most of the Departments providing beneficiary oriented schemes have already achieved 100 percent Aadhaar seeding including FCS&CA, Agriculture Horticulture, Husbandry, Fisheries, Cooperatives, KVIB, KVIC, Labour, Social welfare and RDD through different beneficiary oriented

schemes like PM-Kissan, KCC, IDDS, IPDP, FD, Soil cards etc. On the occasion, the DC asked for holding special Adhaar Enrolment camps in all Wards of the District over next two weeks to register the uncovered population. The DC said that Aadhaar is a unique identity of every citizen by which they are able to avail any Government service in hassle free manner. He directed all the Officers to take up Aadhaar saturation in mission mode so that effective and efficient public services are provided to the people. The DC enjoined upon the Officers to formulate a concrete plan for optimum utilisation of Aadhaar centres in order to achieve the 100% saturation.

1-Day training programme on **Registration of Births & Deaths** held at Udhampur

UDHAMPUR, DECEMBER 13: A one day training programme on Registration of Births and Deaths through CRS portal was today held for functionaries of Udhampur and Reasi District here under the supervision of Deputy Commissioner Krittika Jyotsna.

The training was organised by Planning Development and Monitoring Department, J&K District Registrar Additional Registrar of Births and Deaths Udhampur, in collaboration with District Administration Udhampur. Directorate of Economics & Statistics, J&K and Directorate of Census operations J&K.

The training programme was attended by Assistant Commissioner Development, Ranjeet Kotwal; District Statistics and Evaluation Officer, Darshan Kumar; District Statistics and Evaluation Officer, Reasi Ashok Ku mar; BDOs, BMOs and other concerned officers.

At the outset, Chief Medical Officer, Dr Vijay Basnotra, who is also the District Registrar of Births & Deaths, welcomed all the participants.

During the training programme, Resource persons from Census Department, Manmeet Singh Loomba, ADCO and Himanshu Koul, SIG -II gave a detailed powerpoint presentation on Civil Registration System (CRS). They briefed the participants about the duties and responsibilities of functionaries involved in the Civil Registration System with special focus on the role of local registrars for the issuance of Birth and Death Certificates in the areas falling within their ju-

They urged the registrars BDOs & EOs to put in dedicated efforts for the implementation of Civil Registration System in letter and spirit in their respective

School Education Department Kishtwar hosts online orientation workshop on JK career portal "Manzilein"

KISHTWAR, DECEMBER 13: An online orientation programme cum workshop on JK career portal "Manzilein" was today organised by District Guidance and Counselling Cell of School Education Department Kishtwar. The programme was organised under the close supervision of Chief Education Officer (CEO) Sudarshan Kumar Sharma and under the guidance of District Counselling Coordinator Sandeep Kumar Rathore and District Counsellor Arvind Kumar sen.

Faculty members of Directorate of School Education Jammu Dr. Alka Sharma, Bindu, Preeti and other members were special Guests on the occasion.

In this online meet/workshop, the Principals/Headmasters/Faculty counsellors/Teachers and students from the different Higher Secondary and High Schools participated with great enthusiasm and zeal

The online orientation programme started with the welcome address which was followed by the lecture by Dr. Alka Sharma, who laid emphasis on exploring of the online career portal and insisted all the participants to register the Teachers and students regarding Pariksha Pe Charcha 2022 by and before 30-12-2022.

Besides, the zonal counselling coordinators (ZCCs) of the 7 zones of the district namely, Babu Lal Sharma, ZCC Marwah; Abid Hussain ZCC warwan; Ram Rakesh ZCC Drabshalla; Ajay Thakur ZCC Kishtwar; Bilal Ahmed ZCC Inderwal; Rakesh Kumar ZCC Padder and Khaliq Hussain ZCC Nagseni also attended the online meet/workshop.JK career portal was recently launched by Principal Secretary Education Department J&K Alok Kumar and Director School Education Jammu Ravi Kumar Sharma in collaboration with UNICEF at a function organized by the Head counselling cell Directorate of School Education Jammu

Chairperson DDC, DC inaugurate JJM Scheme Kun Kanyala in block Panthal

REASI, DECEMBER 13: Retrofitting and augmenta tion of water supply scheme under Jal Jeevan Mission Scheme was today inaugurated and dedicated to public of Kun Kanyala by District Development Council Chairperson, Reasi Saraf Singh Nag in presence of Deputy Commissioner, Babila Rakhwal.

Executive Engineer PHE apprised the chairperson that the scheme was approved at an estimated cost of Rs 252.69 lacs. He informed that under this scheme 5000

Chairperson DDC said that the Jal Jeevan Mission is a centrally sponsored scheme launched by the government of India with the objective to provide tap water to all households across the nation. He stressed on tapping all sustainable water resources for the benefits of the community. Chairperson DDC further stressed that the PHE sector was the main priority sector and all officers/officials should work hard to provide best services to the people. He called upon the people to come forward to avail the benefits of various government schemes and programmes.

The DDC Chairperson stated that functional tap water connection for every household is the goal of the ambitious Jal Jeevan Mission as "Access to drinking water facilities is the basic right of every citizen." Lo cal people thanked the District Administration

"Nidhi Aapke Nikat" for December 2022 conducted by EPFO Regional Office Jammu

JAMMU, DECEMBER 13: "Nidhi Aapke Nikat' and "Pension Adalat" for the month of December 2022 was conducted by EPFO Regional Office, Jammu today for the stakeholders of Jammu & Kashmir.

The EPFO is servicing the entire area from Jammu & Kashmir and Ladakh with regard to settlement of claims, redressal of grievances, and facilitating stakeholders and so on. Considering the large number of grievances and to ensure service delivery at doorstep, various online initiatives of EPFO such as balance enquiry, filing of online claims including transfer and advance claims and members' basic details were explained with hands-on demonstration.

Varun from Dishnet Wireless has visited the regarding bank KYC approval and the Establishment's sentative Preetu Raina was contacted over tele phonically and directed



to approve the KYC. Establishment has reportedly authorised Sriniwas, who would approve KYC within two days.

Sumit Sharma, Naresh Sharma, Sanjay Kumar who have worked in Future Retails in Jammu visited for their transfer related issues. Their transfer claim (form-13) was submitted online which would be approved by the present employer M/s Monalisa and M/s Excel Security respec-

tively Altaf Hussain, Principal M/s Nawaz Public School Rajouri visited to generate a password. A re-

quest letter through user ID was generated during "Nidhi Aapke Nikat" in the chamber of Rizwan Uddin, P F Commissioner and Ajit Mishra, RC-II was advised to approve the same. A Password was generated and provided to the School on the

Raviraj Singh submitted a form -19 (final settlement claim for PF) three days ago and approached PF Commissioner during Programme. His claim was initiated immediately by Arun Kumar, SSSA which would be finally processed today.

DC Kishtwar chairs District Road **Safety Committee meeting**

BER 13: Deputy Commissioner Kishtwar Dr Devansh Yadav today chaired a meeting of the District Road Safety Committee to review the measures being taken for the effective implementation of road safety plan in the district besides discussing further measures to prevent mishaps.

The meeting held detailed deliberations on the action plan regarding raising awareness about road safety, implementation of provision of Motor Vehicles Act, removal of illegal encroachments/ hoardings, fixing of road safety signages, installation of Crash barriers and safety measures along accident prone road stretches and at designated black spots.Speaking in the meeting, the DC said that effective execution of the road safety plan was necessary for prevention and protection of road acci-



dents. He called for strict enforcement of road safety rules and implementation of stringent safety measures by the enforcement departments.

Taking note of the illegal encroachment along the roadsides, the DC passed strict instructions to the concerned officers to remove the same at the earliest. Regarding corrective measures, the NHIDCL and other concerned authorities were directed to rectify designated blind spots to prevent mishaps.Concerned Officers were asked to constitute Joint teams of

MVD and concerned Tehsildars to monitor the safety and rectification process. Stress was also laid on installation of crash barriers and other safety measures.

The Tehsildar Kishtwar was asked to identify no parking zones and ensure strict enforcement. He was also directed to remove illegal and unethical hoardings from the road sides.

The meeting was attended by SSP Kishtwar Shafqat Hussain ADDC Kishtwar Batt. Sham Lal, ACR Kisht-Varunjeet Singh Charak, DGM NHIDCL,

Secretary Health reviews action plan for strengthening of District Hospitals as per IPHS 2022

JAMMU DECEMBER 13: Secretary, Health and Medical Education, Bhupinder Kumar, today chaired a meeting to review and discuss the action plan for strengthening of District Hospitals as per Indian Public Health Standards (IPHS), 2022.

Pertinently, IPHS is a set of standards that provide a uniform benchmark to assess the quality and functionality of public health facilities. It was first framed in 2007 and then revised in 2012 followed by another revision in 2022. These standards provide guidance on the infrastructure, human resource, drugs, diagnostics, equipment, quality and governance requirements for delivering quality health services to all the citizens with dignity.

In an effort to improve the quality of services, National Health Mission J&K in collaboration with Norway India Partnership Initiative (NIPI) has taken the initiative to conduct rapid baseline assessment of all DHs and CHCs as per IPHS 2022.

During the meeting, Secretary had a detailed review regarding



findings of baseline assessment of District Hospitals and action plan for their strengthening. He sought inputs on the subject and discussed various interventions with the stakeholders for filling the identified gaps in different areas at the earliest so as to make these hospitals IPHS compliant.

of Health Services, Jammu and Kashmir to cross check the findings of the assessment with respect to Human Resource. Equipment/Instruments, Drugs and Diagnostics, Infrastructure and other areas and submit the proposals for the next financial year as per the actual gaps in

In addition, Secretary laid emphasis on implementation of Quality Assurance program and directed the concerned to conduct quarterly internal assessments, identify gaps and prepare time bound facility wise action plans for filling the gaps. This will ensure that all

various quality certifications like NQAS, LaQshya, MusQan and Kayakalp in a time bound manner so as to improve the quality of service delivery.

In order to further strengthen the District Hospitals in terms of Human Resource and equipment, the Directors and Chief Medical Officers besides Medical Superintendents have been asked to apply for DNB courses at all the eligible District Hospitals. The meeting was attended in person by Mission Director NHM J&K; Director Finance, H&ME Department; Director Health Services Jammu; Managing Director, JKMSCL; Additional Secretary, H&ME Department and Joint Director Planning H&ME Department while Director Health Services Kashmir; Director Coordination, New Medical Colleges, J&K; concerned Chief Medical Officers & Medical Superintendents; State Program Manager NIPI J&K and Program Managers, NHM J&K participated

JKTPO sponsors over 30 exhibitors at **Punjab International Trade Expo Amritsar**

JAMMU, DECEMBER 13: Jammu and Kashmir Trade Promotion Organization (JKTPO) participated in 16th edition of Puniab International Trade Expo (PI-TEX), held from 8th to 12th of December 2022 at Amritsar, Punjab, a flagship B2B and B2C event.

Pavilion setup by JKTPO showcasing the UT's Culture, Heritage, Handloom and Handicraft besides Agricultural products was one of the biggest attractions at the PITEX which received huge rush of visitors. PITEX, which brought together industry, trade and business from all over the country and abroad as well, worked as a catalyst of economic growth in the country. The J&K exhibitors displayed and promoted the uniqueness and strength of J&K among the National and International visitors.

More than 30 exhibitors including women entrepreneurs from Hausla, NGOs and Societies along with departments and corporations of J&K government exhibited unique and wide range of products during the event. The products exhibited included Pashmina shawl from Kashmir, Kani shawls. Sozni work. Handicrafts from Jammu and Kashmir region, Walnut, Kishtwari and kashmiri Saffron, Honey and Rajmash from Doda and Kishtwar, modern textiles, toys and accessories. Special feature of JKTPO pavilion was presence of women entrepreneurs and societies comprising specially-abled. Media interaction with Hausla Women Entrepreneurs of J&K was organized in which women entrepreneur of J&K shared their experience with media. Hausla women also shared their entrepreneurial journey, their experiences and briefed about the support which they are getting from the present government of UT of J&K to make their business more progressive and sustainable. The event has provided an excellent platform to the budding and established entrepreneurs of J&K.

DC Samba reviews delivery of revenue services, functioning of department

SAMBA, DECEMBER 13: Deputy Commissioner Samba, Ms. Anuradha Gupta on Tuesday reviewed the functioning of Revenue Department and the status & progress of the delivery of different public services in the district, here at a meeting held in DC Office Complex.

The meeting was attended by ACR, Manu Hansa; SDM Ghagwal, Ramkesh Sharma; SDM Vijaypur, Vinay Kumar; Tehsildars and Naib Tehsildars besides other officials.Assistant Commissioner Revenue gave a detailed powerpoint presentation on status of updating and digitization of jamabandies, digitization of cadastral maps, delineation of land records, generation of land passbooks, status of eviction of Roshni land, land acquisition cases, change of land use cases, status of RC-CMS portal and other issues. During the meeting, it was informed that digitization of jamabandies for 373 villages has been completed while the process for 7 villag-



es is on and that of 2 villages is yet to be started. He further informed 1142 Kanal 08 Marla roshni land has been evicted during anti encroachment drives conducted across the district in the past couple of weeks. Similarly, pendency of inheritance mutations of 574 cases has been observed against a total 1211 cases.

The Deputy Commissioner directed to expedite the generation of Land Passbooks. Digitization of land records in the district.

DC Srinagar conducts late night inspection of City Hospitals; oversees patient-care facilities

Commissioner (DC) Srinagar, Mohammad Aijaz Asad conducted late night inspection of various City hospitals during the intervening night of 12th and 13th December to oversee the healthcare facilities being extended to the patients.

The DC paid surprise visits to SMHS, JLNM, CHC Gousia Khanyar and other Hospitals and checked night duty roaster of Medical & Paramedical staff, heating arrangements, availability of drugs/ medicines at pharmacies and functioning of laboratories/diagnostic units. Meanwhile simultaneous inspection of SDH Hazratbal and PHC Zadibal was also done on the directions of Deputy Commissioner by SDM East and SDM West respectively.

During the night inspection, the DC made a thorough round of various Units of the Hospitals including Emergency Block,

Wards, Operation Theatre, Di alysis Unit, Orthopaedic Unit, Ayushman Bharat Help Desk etc. He also oversaw the operationalisation of Jan Aushadhi stores aimed at providing generic drugs to the patients.

On the occasion, the DC interacted with the patients, attendants, Doctors and the Para Medical staff on duty. He also took direct feedback from the patients regarding the available patient care facilities, besides provision of medicines, meals and other medical facilities to the patients and their attendants.

While interacting with the Doctors and Para-Medical staff on duty, the DC advised them to perform their duties with added zeal and passion to serve the public. He asked them to ensure availability of Medical and Para-Medical staff strictly as per the devised roster so that



patients do not face any difficul-

The DC advised the Medical Superintendents and concerned CMOs to display duty roaster conspicuously on the Hospital Information Board. He stressed on adopting a caring and compassionate attitude towards the patients.He also appreciated the Medical staff at various hospitals for working with dedication especially during night hours of the winter. He also told few 24*7 Hospitals to utilise their full capacity and avoid unnecessary referrals which puts a burden on the Tertiary care Health System. The DC also passed instructions to the Hospital Administrations to maintain complete cleanliness and hygiene in and around the Hospital, besides proper heating and lighting facilities in the hospital.During the inspection, the DC stressed on ensuring round the clock presence.

07 Day STRY commences at KVK-Anantnag

ANANTNAG, DECEMBER 13: A seven days Skill Training for Rural Youth (STYR) on "Skilling of Youth in Advanced Walnut and Apple Cultivation for Entrepreneurship Opportunities" started at

The programme is being organized in collaboration with SAMETI-Kashmir, Directorate of Extension, SKUAST-Kashmir and sponsored by MANAGE Hyderabad. STRY training programmes are aimed at imparting skill based training to Rural youth on Agro and allied based vocational areas to promote employment of rural youth and for creation of skilled manpower to perform farm and non-farm operations.

In the training programme, 28 rural youth (male/female) in the age group of 18-40 years from across the district are participating who shall be given hands on training on different aspects of advancement in walnut and apple cultivation which shall serve as an opportunity for taking walnut/apple cultivation as an enterprise. Prof. Farooq Ahmad Sheikh, Head, MCRS Sagam SKUAST-K, who was the special guest on the occasion spoke about the importance of conducting such skill development programmes and urged the participants to take full advantage of resources/ technological support from the Kendra.

Earlier, the programme started with a formal welcome address to the participants by Dr. I. A. Mir, Scientist of the Kendra. Dr. Ishtiyaq A. Khan, Head, KVK Anantnag who is also the training coordinator

DC Srinagar reviews status of ongoing National Highway **Projects in the district**

SRINAGAR, DECEMBER 13: The Deputy Commissioner Srinagar, Mohammad Ajaz Asad today convened a meeting of officers to review the progress of work on Ring Road Srinagar, Grade Separator at Lasjan, Flyovers at Bemina, Nowgam & Sanatnagar, Circular Road, other major roads having issues with revenue department besides impediments faced by agencies while executing the works.

DC while reviewing physical and financial status of the NH projects, it was informed that work on the projects including culverts and foundations is going

Regarding Grade Separator at Lasjan, Deputy Commissioner was apprised that more than 80 percent work has been completed and after NHAI placed indent recently few structure falling in the alignment are under evaluation and compensation to the own-

Further, DC also reviewed the present position of ongoing work of flyovers and dateline for comple-

On the occasion, the Deputy Commissioner was briefed about the ongoing work on flyerovers wherein it was informed that more than 30% of work has been completed on both Nowgam and Bemina Fly-

Besides, it is informed that the project of Sanatnagar Flyover has been already sanctioned while the design of the project is awaiting final approval.

The meeting was informed that the completion date of Bemina Flyover has been fixed for March, 2023 while the dateline for Nowgam is scheduled for January, 2023. However, it was apprised that due to delay in shifting of utilities at Nowgam the completion

Regarding the Circular Road Srinagar, Deputy Commissioner was apprised by a concerned officer that due to non availability of funds for compensation several cases are pending for settlement.

Reacting to the issue, DC asked concerned officers of Circular road to ascertain source of funding of such works whether the source of funding is currently active or not besides to ascertain whether the work has been started on any such projects or not. Among others, the meeting was attended by officers

of NHIDCL, NHAI, PWD, SE R&B circular, R&B, CRP, O&M, revenue and District administration.

IIM Jammu organises IPR Workshop for students, teaching fraternity

JAMMU, DECEMBER 13: IIM Jammu's Foundation for Entrepreneurship Innovation and Skill Development on Tuesday organized an IPR (Patent) workshop for the benefit of the student, and teaching fraternity at its Canal Road Campus.

The session was organized by IIM Jammu in association with National Intellectual Property Awareness Mission (NIPAM) and under the guidance and able leadership of the Director Prof. B.S. Sahay

The session was conducted by Divyendu Jha, a resource person from NIPAM, Ministry of Commerce & Industry, Govt. of India. The welcome note was delivered by Dr. Prateek Jain, Chairperson, Centre for

Entrepreneurship and Innovation, IIM Jammu. The Resource Person spoke about the various aspects of the IPR with special reference to Patenting and Geographical Indications. During his interaction, he put forward the simple and hassle-free process of making Applications to the Patent office at a very low fee. He motivated the participants to make their own applications and participate in the innovation mission of Govt. of India (GoI).

District Level Committee meeting for implementation of PMMSY held at Pulwama



PULWAMA, District meeting for implementation of District Fisheries Plan under centrally sponsored scheme (CSS) Pradhan Man-tri Matsya Sampada Yojana (PMMSY) was today held under the chairmanship of Additional District Development Commissioner (ADDC) Pulwama, Dr. Sheikh Abdul Aziz at Mini Secretariat,

ADDC discussed the modalities for effective implementation of PMMSY in the district.

He informed the meeting that PMMSY is a flagship programme launched with the purpose to augment the fish production, create employment avenues and welfare of the fishermen commu-

On the occasion, 10 and 02beneficiaries were selected

through a draw of lots for to construct their Trout Rear ing Units under centrally sponsored PMMSY and State Capex Budget respectively, whereas 01 beneficiary was selected for construction of Carp Pond under State Capex

PMMSY under Aatm Nirbhar Bharat Abhiyaan is covering all the aspects of fish production and productivity, Post-harvest infrastructure and strengthening of value establishing a Ro bust Fisheries management framework and Fisher's wel-

Budget.

The scheme envisages estab lishment of Fish Raceways and Ponds, Trout Hatcher ies, Housing and Insurance for fishers and Trout Feed

Speaking on the occasion, ADDC said that the District

Administration is committed to increase the trout production in the district and achieve the set targets. besides providing every possible help to the farmers connected with the fish farming. The department of Fisher ies Pulwama is providing Rs 2.20 lac, 40 percent financial of Trout Unit and Rs 1.30 lac (100 percent) for construction tered and Fish farmers and are also provided premium less insurance cover of Rs 5 lac against accidental death.

Among others, the meeting was attended by SE Hydraulic Circle Pulwama, Assistant Commissioner Development, Chief Agriculture Officer, District Head Krishi Vigyan Kendra Malangpora Pulwama, District Lead Bank Manager, Pulwama, Assistant Di-

rector Fisheries Pulwama.

JKEDI organizes day-long 'Entrepreneurship **Awareness Programme' for school students**

PULWAMA, : A one-Entrepreneurship Awareness Programme (EAP) was today organized by the Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) for the students of the Government Girls Higher Secondary School (GGHSS) Nishat at its Pampore Campus. This Awareness Pro-

gramme was organized by JKEDI as part of its efforts to create mass awareness among the educated youth of J&K about the realities of the labour market in the Union Territory and the scope for entrepreneurship and self-employment across various sectors. Senior faculty members

of JKEDI coordinated the event and spoke about various activities and initiatives of the Institute. Dr. Nyla Khanday, In Charge, Centre for Wom-

Entrepreneurship, gave a detailed presentation about the Institute and its role in creating a sustainable entrepreneurial ecosystem in the Union Territory of J&K. She enumerated different



opportunities available to the youth and also spoke about the importance of women entrepreneurship and its challenges. Various other initiatives were also discussed.

Imtiyaz Ahad Malla, Associate Project Manager, JKEDI discussed opportunities available under the J&K Startup Policy. In an elaborate presentation, he spoke about the help provided by the Government for aspiring entrepreneurs who are contemplating to start a business.

Faculty members of JKEDI, Dr. Sameer Jan and Agha Wahid also spoke on the occasion and apprised the students about the challenges and charms of entrepreneur-ship. They provided an insight into the world of entrepreneurship to the participating students and acknowledged the fact that there is a need to mould young minds towards entrepreneurship and that schools are the best places to induce a positive mindset towards choosing entrepreneurship as a viable career option.

Later in the day, the students also visited the incubation centre at the Institute and were apprised about benefits to the startups registered under the J&K Startup Policy. The students were accompanied by the teachers of the school. Later in the day, the students also visited the incubation centre at the Institute.

Workshop on 'Elimination of Violence Against Women' held at **Seer Anantnag**

ANANTNAG, D: Jam- BPMs and Officials from mu and Kashmir Rural line departments/organi-Livelihoods Mission (JKRLM) Anantnag to- the workshop. The speakday organised a workshop on 'Elimination of like gender inequality Violence against Wom- have en' in collaboration with DLSA, National Commission for Women (NCW) and Women's Police Station Anantnag at Block Training Centre Seer Hamdan, Anantnag.Razia Malik spoke at length on free legal Aid, Domestic Violence and Gender Inequality,Resource persons from NCW also spoke on various aspects of elimination of and seek help if they enviolence against women. counter such cases. The Sheikh Kifayat ullah, DPM JKRLM Anantnag spoke at length on the nating violence against role of JKRLM (UMEED) women from the society in women empowerment and seek help if they enparticularly with eco-counter such cases. nomic/financial aspects.

zations also spoke during ers said that concepts become archaic concepts and females have the same right to aspire. They said that given the right opportunities, females have proven to be active collaborators in Nation building and have been valuable contributors in development.The participants also pledged to work towards eliminating violence against women from the society participants also pledged to work towards elimi-

DC Ganderbal inspects progress of work on Transit Accommodation at Wandhama

 $GANDERBAL,: The \, Dep-\\$ Shyambir Ganderbal. today visited the site of Transit Camp Accommodation at Wandhama to have first-hand appraisal regarding the progress of works there.

The DC was briefed by all the concerned officers of various departments regarding the progress of works pertaining to their including departments electrification, supply and other additional works.

The DC directed all the concerned departments and implementing agencies including police and revenue to work in synergv and ensure installation of utilities at the locations to be decided in consultation with each other in a time-bound manner.

The R&B was directed to execute the works strictly as per the provi-



sions of sanctioned DPR and ensure provision for car parking, pathways, lighting, proper drainage without compromising with quality and quantity parameters.

All the line departments were directed to ensure the completion of all the formalities for the activities proposed and expedite the work so that the prestigious project gets completed on time

The DC exhorted the concerned departments to expedite the progress of work by engaging more men and machinery so that both the projects get completed within the stipulated time frame withquality of work. Meanwhile, the DC visit-

ed the site of Wayil bridge and inspected the work progress on the bridge and also discussed the status of the approaching road.

During the visit, the DC was accompanied by Additional Deputy Commis-Mehraj-ud-Din sioner. Shah, CEO, Tehsildar Lar and other concerned officers from various departments. All the line departments were directed to ensure the completion of all the formalities for the activities proposed and expedite the work so that the prestigious project gets completed on time. The DC exhorted the con-

cerned departments to expedite the progress of work by engaging more men and machinery so that both the projects.

DC Kupwara chairs District Environment Committee meeting Directs for strict compliance of Government regulations for scientific disposal of solid waste

Deputy Commissioner Kupwara, Doifode Sagar Dattatray today convened a meeting of District Environment Committee to review the implementation of District Envi-

ronment Plan in Kupwara district. The Deputy Commissioner took a detailed review of District Environment Plan which includes Solid Waste Management Plan, Water Quality Management Plan, Domestic Sewage Management, Industrial Waste Water Management, Air Quality Management, Mining Activity Management and Noise Pollution Management plans.

The Deputy Commissioner directed all the concerned officers to ensure strict compliance of the Government regulations regarding scientific disposal of solid waste. The Deputy Commissioner directpalities to ensure submission of Solid Waste Management Plans within

The Deputy Commissioner directed the EOs to ensure no waste

is dumped in the town areas. He directed the EO Handwara to identify state land for scientific disposal of the solid waste.

The DC directed District Pollution Controlling Officer to regularly evaluate the implementation of solid waste management in the district, besides, he was also directed to conduct capacity building programmes for awareness of the stakeholders regarding scientific disposal of the waste.

The Deputy Commissioner directed the EOs of Municipalities to increase the door to door garbage



that the meeting regarding review of Solid Waste Management shall be held on every week.

ACR Kupwara, ACP, DMO, FM-DIC, EO MC Handwara, EO Langate, PCB Officer and other concerned attended the meeting. The Deputy Commissioner directed the EOs to ensure no waste is dumped in the town areas.

He directed the EO Handwara to identify state land for scientific disposal of the solid waste.

The DC directed District Pollution Controlling Officer to regularly evaluate the implementation of solid waste management in the district, besides, he was also directed to conduct capacity building programmes for awareness of the stakeholders regarding scientific disposal of the waste.

What is Considered Dangerously High Cholesterol

MEHAK SHAH

holesterol is a fat-like substance that is essential for all of us. The liver produces and utilises this fatty substance, which circulates in the blood.

It is vital for the synthesis of bile acids, vitamin D, and hormones, all of which help in food digestion. Notably, cholesterol is an essential part of every cell membrane in the

Excessive cholesterol levels in your blood are known as "hyperlipidemia". They are the leading risk factor for cardiovascular disease, heart attacks, and strokes. According to CDC data, from 2015 to 2018, nearly 29 million Americans aged 20 and older had high cholesterol.

Based on scientific research, this article highlights important facts about high cholesterol that you need to know.

High Cholesterol - An Overview

Hyperlipidemia, or high cholesterol, occurs when your blood contains excessive fat (lipids). However, certain kinds of cholesterol are necessary for good health. Cholesterol is crucial for critical physiological processes in your

Cholesterol can get divided into two categories: high-density lipoprotein (HDL), also known as "good cholesterol," and low-density lipoprotein (LDL), which is commonly referred to as "bad cholesterol" Adults with total blood cholesterol levels of 240 mg/dL or higher are considered to have high cholesterol

If your body has excessive "bad cholesterol" or LDL cholesterol, the walls of your blood vessels can become clogged. Atherosclerosis results from this extra cholesterol accumulating in your arteries and forming fatty deposits known as "plaques." This buildup can restrict and eventually prevent blood flow to and from your heart and other organs by narrowing the blood vessels. When blood flow to the heart becomes restricted, angina (chest pain) and a heart attack or stroke can occur.

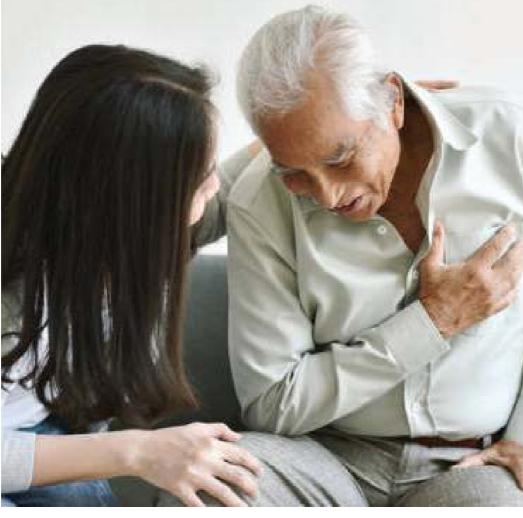
The "good cholesterol," or highdensity lipoproteins (HDL), transports cholesterol from other body parts back to your liver. After that, the liver flushes it out of the body. As a result, HDL cholesterol levels may be a biomarker for heart disease prevention.

High Cholesterol: How Common Is It?

Most of the time, high cholesterol has no symptoms. As a result, you might not be aware that your cholesterol levels are beyond the excessive cholesterol accumula- active and healthy.

More than 4 out of every 10 Americans have high total cholesterol in the United States. A third The American Heart Association of every ten Americans also have LDL cholesterol levels of 130 mg/ 11 have their cholesterol checked. dL or above. And nearly two out of every ten Americans have an HDL check cholesterol levels at least level of less than 40 mg/dL.

According to the WHO, high cholesterol is estimated to cause 2.6 million deaths worldwide. In 2008, 39% of people globally (37% of men and 40% of women) had high total Healthy Cholesterol Level: Age/Gen-



cholesterol. Additionally, high cholesterol is a contributing factor in one-third of ischemic heart disease

It suggests that total cholester-disease and stroke, is a significant factor in the disease burden in both developed and developing nations

High Cholesterol: The Causes and Effects

Cholesterol levels can rise in healthy young people as well. Older people are indeed more likely to develop high cholesterol. As you age, your metabolism alters, and your liver is less able to eliminate LDL cholesterol. Having more body weight can also increase risks LDL because it reduces the body's ability to eliminate LDL cholesterol.

Cholesterol levels can affect even young, healthy people, especially if they come from a family with a history of heart disease or high cholesterol.

Additionally, a person's genetic makeup may make it more dif- than 45 mg/dl normal range, which can lead to ficult for their body to eliminate cardiovascular disorders like heart LDL cholesterol. As a result, people attack and stroke. In addition, it might have higher cholesterol dl can lead to complications due to levels even if they are physically

> Everyone should routinely regardless of age or health status. advises that children between 9 and

> once every four to six years. However, if a person is taking medication or has other risk factors, they could require additional testing.

According to the NIH, the cholesterol level chart below shows healthy cholesterol levels by age.

Anyone 19 or younger: less than

Men aged 20 or above: 125-200

Women aged 20 or above: 125-200 Non-HDL

Anyone 19 or younger: less than 120 mg/dl

Men aged 20 or above: less than 130 mg/dl

Women aged 20 or older: less than 130 mg/dl

Anyone 19 or younger: less than

Men aged 20 or above: less than 100 mg/dlWomen aged 20 or above: less

than 100 mg/dl $\,$

Anyone 19 or younger: more

Men aged 20 or above: 40 mg/dl Women aged 20 or above: 50 mg/

Getting your cholesterol tested Note regularly helps determine if you

have high cholesterol. A 240 mg/dL have their cholesterol examined, or higher cholesterol level comes under "dangerously high cholesterol levels." An average cholesterol level is less than 200 mg/dL. Between 200 and 239 mg/dL is con-For people over 20, it is good to sidered borderline high.

The American Academy of Pediatrics recommends that children have total cholesterol levels under 170 mg/dl.

Ways to Manage High Cholesterol You can do several things to

lower your cholesterol and keep it healthy. Some can make hearthealthy lifestyle changes to lower

require medication.

You can do the following things to manage your cholesterol level: Exercising: Adults should engage in 150 to 300 minutes of mod-

erate exercise per week. Quitting Smoking: Smoking damages blood vessels and hardens arteries, drastically increasing heart disease risk. If you don't smoke or stop, your risk of develop-

ing heart disease will be lower. Eating Healthier Foods: Avoid foods that are high in saturated fats. Instead, pick dietary options

naturally high in fibre and unsatu-Adequate Sleep: Sleep a mini-

mum of seven hours every night. Lose Weight: shedding some pounds to get to a healthy weight Limit Your Alcohol Consump-

Avoid Stress At least every five years, get

your cholesterol tested.

If your cholesterol level is dangerously high, you may increase your heart disease and stroke risk. Knowing how other factors, like food and family history, affect your risk is crucial because some people are more prone to develop heart disease than others. If that is the case, you will need to continue practising a healthy lifestyle. You will also need to continue taking your medication and attending follow-up appointments with your provider. On the other hand, you may not have serious health issues

your cholesterol level.

Maintaining Healthy Cholesterol Levels like a PRO

We need to make small changes in our lifestyle to stay healthy. One such change is reducing saturated fat intake. In addition to lifestyle modifications, some require interventions through medications to maintain healthy cholesterol. While taking medications recommended by your primary care physician can be helpful, you may also get the most out of these medications by altering your lifestyle.

Discuss your medical history and lifestyle choices with your nutritionist. Your healthcare provider will devise a plan to lower your cholesterol levels.

The easiest way to improve overall health and fitness is to sign up for the HealthifyMe app. Speaking with the qualified coaches at HealthifyMe can help you understand the diet and lifestyle implications in depth.

Additionally, thanks to more than 60 parameters in the metabolic panel testing in the most recent version of this app, HealthifyPro 2.0, you get real-time information about your health. You can design your meals and lifestyle according to your blood glucose levels and health parameters with the help of qualified nutritionists.

HealthifyMe, India's leading digital health and fitness platform, creates highly individualised, tried-and-true diet plans based on your current health status. After signing up, you can choose a health and fitness coach who works to lower your cholesterol levels.

As a result, millions of customtheir cholesterol levels. Others may ers can benefit from a wide range of premium options to help them accomplish their objectives.

The effects of food and activities vary from person to person. Indeed, even while pursuing food-related choices, you can use HealthifyPRO as an aide.

HealthifyMe also provides users with information and encourages them to make educated decisions. As a result, it makes it possible for you to live a healthy life.

With a one-on-one consultation with a HealthifyMe health coach, you can develop a dietary and exercise plan tailored to your specific health requirements. In addition, you can use HealthifyPRO and HealthifyPRO 2.0 to monitor your diet, activity, and other healthrelated factors to find out what you are doing right and wrong to lower your cholesterol levels.

Conclusion

High cholesterol is silent but fatal. You may be unaware that you have had it in your blood for a long time. There are no symptoms of high cholesterol levels. The only way to find out is with a quick

High cholesterol affects people of all ages, including those who exercise regularly and are in good health. Lifestyle changes are the only way to control high cholesterol. Limiting salt or sodium intake is crucial for cholesterol reduction.

Additionally, smoking is a significant risk factor for cardiovascular disease and blood vessel issues. Therefore, quit smoking and using

NEWS

Fat visible under skin emerges as protector of females' brains: Study

he subcutaneous fat that appears under the skin in places such as the hips, buttocks and back of L the arms emerges as protective against brain inflammation in females, a new study has shown.

According to the study by the Medical College of Georgia, this brain inflammation in females could result in problems like dementia and stroke, at least until menopause.

However, males of any age are more likely to deposit fat around the major organs in their abdominal cavity, known as visceral adiposity.

As a result, males are considered to be at greater risk for inflammation-related problems, such as heart attacks and strokes before females reach menopause.

"When people think about protection in women, their first thought is estrogen," said Alexis M. Stranahan, PhD, a neuroscientist at the Medical College of Georgia. "But we need to get beyond the kind of simplistic idea

that every sex difference involves hormone differences

and hormone exposure," she added. The researchers experimented on the male and female mice to look at the increase in the amount and location of fat tissue as well as levels of sex hormones and brain inflammation, to learn more about how the

brain becomes inflamed. Since, much like with people, obese female mice tend to have more subcutaneous fat and less visceral

fat than male mice. After further experiments, the researchers found that the subcutaneous fat loss increased brain inflammation in females without moving the dial on levels of their estrogen and other sex hormones, the study

"When we took subcutaneous fat out of the equation, all of a sudden the females' brains start to exhibit inflammation the way that male brains do, and the females

gained more visceral fat," said Stranahan. She also added that "the females who did not have subcutaneous fat removed but did eat a high-fat diet, showed brain inflammation levels similar to the males".

When subcutaneous fat was removed from mice on a low-fat diet at an early age, they developed a little more visceral fat and a little more inflammation in the fat. However, Stranahan and her colleagues found no

evidence of inflammation in the brain. Stranahan notes that some consider the reason that females have higher stores of subcutaneous fat to enable sufficient energy stores for reproduction.

"But many questions remain like how much fat is needed to maintain fertility versus the level that will affect your metabolism," she added.

Google to combat insect-borne diseases with new tech, old books

s hundreds of millions of people are affected by insect-borne diseases every year, Google is developing a new technology to combat such diseases using decades-old datasets mined by Google Books.

"A team at Google Brain is using decades-old datasets mined by Google Books -- along with a newly developed sensory map for odour -- to combat this major global health issue," Google said in a blogpost.

"This is possible because the team recently discovered that a mosquito's sense of smell is not so different from ours," it added.

The tech giant mentioned that climate change has led to an expansion of insects, including ticks and mosquitoes, which can lead to dengue fever, lyme disease, and malaria outbreaks.

"My team is focused on giving computers a sense of smell. As we reviewed predictions of the neural networks we trained to predict what molecules smell like to people, we found that they were also useful to predict how the 'smell parts' of the brains of insects respond to the same molecules," explains Alex Wiltschko, Former Google Brain researcher, and now Entrepreneur in Residence at Google Ventures.

Researchers at Google Brain realised that if they could train computers to recognise the odours that repel mosquitoes, those computers could help predict safe, inexpensive, and effective repellents to halt the spread of the insect-borne disease.

To develop this technology, the team identified relevant research completed by the US Department of Agriculture during World War II.

"We learned about a dataset where they tested thousands of repellents -- much more than the 20 we had,"

healthy liver. Adding a teaspoon ful to your health. Therefore,

Fastest Way to Cure a Fatty Liver: A Guide

PARUL DUBE

healthy liver is essential for good digestive health, **L**improved immunity and metabolism. As the second largest organ in the body, the liver has many functions to carry out. Thus, its good health is imperative. Fatty liver is a medical ailment becoming largely common effects of the condition. in today's generation.

According to the National Drink Plenty of Water Health Portal of India (NHPI), 9-32% of the population suffers from Non-Alcoholic Fatty Liver Diseases (NAFLD). However, when the liver fat exceeds 5-10%, it will lead to serious health con-

The following are some best and most natural ways to combat the condition.

Fatty Liver: An Overview

Hepatic steatosis, more commonly known as fatty liver, is a condition that occurs when there Have a Nutritious Meal is an excess amount of fat stored in the liver. There are two main types of fatty liver- alcoholic and non-alcoholic.

Alcoholic fatty liver develops due to excess consumption of alcohol, while NAFLD results from obesity, diabetes, and high cholesterol. If left untreated, fatty liver can lead to liver scarring or

cirrhosis. Hence, it is essential to take certain precautions to protect your liver.

Ways to Manage Fatty Liver Effec-

Many natural strategies can effectively treat fatty liver and speed up your recovery. Here are some tips to help you reduce the

Water plays a vital role in one's health. If you want to prevent or combat fatty liver, it is essential to stay hydrated. Dehydration causes an imbalance between electrolytes such as sodium and potassium and

It can lead to the accumulation of fat in the liver. Drinking plenty of water will act as a natural cleanser, eliminating fat and toxins and improving blood flow.

Diet plays an essential role in the management of fatty liver. A proper diet pattern, like the food sources, such as apples, Green Tea Mediterranean diet, will help you lower liver fat and impact weight loss.

The Mediterranean diet helps lower cholesterol levels, manage blood pressure and control diabetes. Furthermore, plant-based



oranges, dates, melons, berries, leafy greens, sweet potatoes, and cucumbers, can improve the papaya will prevent the deposition of dietary fat in the liver.

Green tea is good for the liver because it contains catechins, which promote liver function. symptoms. For instance, eating Additionally, green tea can prevent the build-up of fat in the liver lation in the body. In addition, its by decreasing the cholesterol rich antioxidant properties make level. Finally, drinking 2 cups of it suitable for maintaining a

green tea daily will detoxify other body parts.

Turmeric Milk

Turmeric can help improve digestion and prevent fat accumu-

of turmeric to a glass of milk can help achieve these benefits.

Exercise Regularly

Studies show that exercise is the key to keeping fit and is an effective remedy to help with a liver condition. Limiting a sedentary lifestyle and getting involved in physical activities will prevent the onset of fatty liver and other health complications. For Note instance, doing some simple walking and other light exercises daily will assist you in easily recovering from the condition.

Limit Sugar Intake Individuals with fatty liver problems should avoid consuming foods with high fructose or added sugar content, as these can worsen the symptoms of the condition by promoting fat deposition and liver inflammation.

Common examples of such foods include candy, cakes, cookies, energy drinks, ice creams, sports or soft drinks, sugary cereals and processed yoghurts.

Avoid Junk and Processed Foods

The excessive consumption of fast food is the primary reason for fat accumulation in the liver. In addition, they enhance bad or the future. LDL cholesterol, which is harm

you should avoid certain foods like red meat and full-fat dairy products to prevent further deterioration.

You may have to wait a few weeks to see a reduction in the fat buildup in your liver by eating a healthy diet with fresh fruits and vegetables, but it is a healthy and natural way to achieve the same.

nutritious and balanced diet with whole grains, healthy fats, and veggies will aid in weight management. Lowering the overall body fat can also reverse the progressively worsening symptoms of liver health. Conclusion If you have fatty liver disease,

People who are obese or have

excessive abdomen fat are more

likely to develop fatty liver. A

it's essential to make lifestyle changes to help your liver function better. Eating a healthy diet and exercising regularly can help improve your liver's ability to detox your body, reducing your risk of developing other health problems.

Making smart food choices now can help you stay healthy in

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HEADLINES TODAY

EDITORIAL

'BOUIN'; The Heritage tree of Kashmir at the Verge of Extinction.

he growing concern world over about the environment protection and saving mother earth from further degradation gaining momentum day in and day out. However in our part of the world different parameters are being adopted. Majority of the water bodies across rural as well as urban Kashmir have dried up. Great coint of Koshmir Naved PESIK (PA) held predicted and given saint of Kashmir Nund RESHI (RA) had predicted and given lessons on environment long back when he said..

ANN POSHE TELI

YALI WAN POSHE...
'BOUIN', the tree which was historically introduced to Kashmir by the Islamic missionaries, which later became an identity of Kashmir has turned out to be the victim to unplanned and so called developmental activities. With every passing year 'BOUINS'- The Chinar trees, are becoming a rare sight. Thanks to the unplanned construction activities and absence of any future planning to save this heritage

tree. Gracing the paths and gardens of exotic Kashmir, over

the years the Chinar is now at the verge of depletion because of human apathy and the administrations indifference. As spring dawns into Kashmir and plantation season begins. Administration will soon be seen holding ceremonial plantation drives across Kashmir. However these Chinars once abundant, are increasingly becoming a rare sight. Gods of nature have always taken mercy on Kashmir. If there is a heat wave there is rain immediately after. If there is drought there has been snow too, but despite this mercy Kashmir continues to suffer. That is because the cruel human hands continue to destroy what nature has given in abundance. Cruelty with nature and human interference galore is eating up the vitals of the paradise. Take for example the environment; immense damage is done to it undermining the nature's benevolence. The natural environment is getting decayed due to rapacious interference by human beings. All its facets like rivers, jungles, pastures, gardens are on the verge of destruction. Nothing has been spared, not even its unique feature, the majestic Chinar tree. Due to the apathy of administration and lack of self-discipline of the people, this 'king of trees' is under the axe of smugglers and their mentors among the officialdom. Visit any corner of the valley, including the protected Naseem Bagh on the shores of Dal Lake, one gets the impression that the gracious chinar tree, which has added to the picturesque beauty of Kashmir for centuries is close to extinction. Every year, the number of Chinars is decreasing. The Chinar trees, which flourished everywhere in the valley, is increasingly becoming a rare sight even though there is a lot of clamour about the rule of law, economic prosperity and environmental awareness. The chinar was considered to be a wealth, because it contributed not only to the beauty of Kashmir but also to its resources. Chinar wood is as good for furniture, as for making 'papier machie' items like wall hangings. It has also been one of the main sources of firewood for the rural lot whose firepots (Kangris) are filled by charcoal of red chinar leaves in winter. Gone are the days when one would come across gigantic chinar trees. These have been and are still being out gigantic chinar trees. These have been and are still being cut down ruthlessly. Revenue, forest or police agencies either do nothing or connive actively. The laws are flouted. It is unfortunate that there is no government agency, which would use government land, parks or gardens or even highways for the conservation of this majestic tree. Both the administration as well as citizens seem to be totally apathetic to this great loss. People shun its growth to save land. It is also normally planted in kitchen gardens for ornamental purposes. Chinar leaves engraved on Kashmiri traditional pots like 'Samavar' (tea pot) etc and other decorative items are used to adorn drawing rooms. The chinar tree is grown in Greece, Macedonia. Armenia and Northern Persia, besides Kashmir and western Himalayan region. Chinar or oriental tree (botanical name - Platinus orientalis) popularly known as 'bouin' in Kashmir is a large, graceful deciduous tree, which is closely associated with the culture and folklore of Kashmir. It is considered to be the manifestation of nature's bounty that the valley is blessed with. There are frequent references to the grandeur of chinar in Kashmiri literature. The famous mystic poetess Lal Ded. also known as Lal Ishwari (1320-1390 AD) made the reference to this tree in an epigram containing: "Virtuous and loving wife to the cool and refreshing shade of bouin (chinar) on a hot summer day." In the Akbarnama written by Abul Fazal, it is mentioned, "The emperor took 34 persons inside the hollow trunk of an aged chinar tree." Similarly, emperor Jahangir, in his memoirs has made mention of a huge plain tree, in the hollow of which he and his seven companions could be comfortably accommodated. These and other references were used as a source to try and establish the date when the Chinar was introduced in Kashmir, which usually has been ascribed to the Mughal emperor Jahangir (1605-1627 AD) and Shah Jahan (1627-1658 AD) who brought it from central Asia. But history was rewritten some years ago when an investigation on charcoal remains from archeolog-

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was in existence centuries before.

TITLE CODE JKENG00842

CHIEF PATRON SYED SAD UD DIN BUKHARI (SAIDI) **EDITOR IN CHIEF** JAHANGIR BUKHARI **ASSOCIATE EDITOR**

ical site at Simthen in South Kashmir revealed that this tree

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Postmortem of Poll Results

BRIJ BHARDWAJ

ndian democracy is fascinating, elections are even more amazing because of the variety and different scenarios they present. The three states where elections concluded on Dec 8 and counting took place on Dec'09 presented different sets of conclusions, different results and were won by different political parties. While elections in Gujarat broke all records in terms of number of seats won, the descimation of a political party which had come close to winning in previous poll and virtual elimination of third party which made enough noise even to make deaf sit up and

BJP not only won the home State of Prime Minister Narendra Modi, but established a record in term of winning 156 seats out of a total of 182 and a vote share of 53 per cent. On the other hand Congress which had won 77 seats in 2017 poll was reduced to 17 and will not be able to qualify as a opposi-

tion party having won less than 10 and were contesting elections on able win. But hard fact is that dif-per cent of seats. The AAM ADMI BJP tickets. able win. But hard fact is that dif-ference in terms of votes polled is the Delhi administration. party which not only declared that they will form the Government by winning but declared the name of future Chief Minister could win only five seats. This happened despite the fact

that ruling BJP had changed three and had dropped many sitting members of State assembly who defied party order and contested as independent candidates. The victory in Gujarat is result of simple fact that Gujarat status and identity is now closely associated with Prime Minister who with help of Union Home Minister Amit Shah were able to defy the incumbency of seven terms during which they have ruled the State. Another factor which worked in favour of BJP was the Patidhar community which was annoyed and led state wide movement against the ruling BJP was neutralised and the young patidhar leaders who had joined Congress were back in BJP fold

It is true that Prime Minister was backed by a very powerful election machinery of BJP and top leaders of the party from different States pitched in to run a campaign of type which has never been seen before. It is agreed that BJP may chief Ministers during its term not have won so many seats, if the opposition vote was not divided with the entry of Aam Admi Party in a state where it was direct fight in the past between Congress and BJP. But there is little doubt that margin may have been less but there is no doubt that BJP with a vote share of over fifty per cent would have been clear winner in any situation.

It also indicates that the difference between the State polls and national election is getting sharper . BJP has not been able to win State Assembly polls either in Himachal or in election of Delhi Municipal Corporation. In Himachal Pradesh Congress has won 40 seats while BJP 25 which indicates a comfort-

only one per cent. Congress gained two per cent vote while BJP lost five per cent making it a close fight. Fight was close in terms of votes polled but large in terms of seats

More so Himachal Pradesh has a tradition where every five years a different party is voted to power. It was also at a disadvantage because State employees whose number is large were upset with new pension scheme and there were many rebels in the field. Attempts were made to persuade rebels to withdraw but it did not work. The result a consolation prize for Congress party a win after a long time in a direct contest against BJP in State election.

The third poll was for Delhi Municipal Corporation . The BJP which has been in power for three terms was challenged by Aam Aadmi Party with promise to cleanup Delhi. The BJP claim that they could not clean Capital city

The Aam Aadmi Party promise to clean up Delhi and make it modern city as double engine model of governance by being in power in Delhi Administration and municipal corporation. Contrary to the impression created by exit polls Aam Aadmi Party could get narrow majority only instead of sweeping the polls. The South NDMC areas were won by Aam Aadmi Party and North and East area were won by BJP.

Congress won few seats only in areas dominated by minority community and areas which were affected by communal riots.

The elections took in a different setup while Gujarat is considered a highly developed and industrialised state, Himachal Pradesh is a hilly state rural in character and agriculture based and Delhi is rich urban state where affluent areas voted for Aam Aadmi Party and poor working class areas voted for

Impact of Water and Sanitation Policies on Environmental Health

RAM RATTAN SHARMA

ontaminated water and poor sanitization or linked to transmission of diseases such as cholera, diarrohea, dysentery, hepatitis A, Typhoid and Polio. Inappropriately managed water and sanitation services expose individuals to preventable health risk. Sanitization is the hygienic means of promoting health through prevention of human contact with the hazards of washes as well as the treatment and proper disposal of sewage or waste water. Hazards can be physical, micro-biological, biological or chemical agents of diseases. Wastes that can cause health problems include humans and animal excreta.

While unsafe drinking water as part of environmental health has long been realized as critical to healthy life, Improved sanitation in India has of late, been recognised as essential for provisioning Safe drinking water. This is because people get exposed to faecal transmitted infections through exposure to faecal in their environments, which can result from open defecation and poorly constructed toilets. Approximately 88% of diarroheal deaths in children can be attributed to unsafe water supply, inadequate sanitation, and hygiene behaviour .In 2017, WHO estimated that 5,25,000 children under five died due to diarroheal diseases, globally, out of which 1,17,000 children under five died in India. Therefore, environmental health and resilience are only as good as provisions. The system for Solid and Liquid waste management, including faecal sludge managefor better prevention of faecal contamination in the environment. Attaining safely managed water and sanitation requires policies that invest more on frame work seeking to go beyond simply providing toilets and water supply. They must encourage community



the results to ensure positive, long term outcomes. Since 2014, over 10 crore toilets have been built in rural areas. Over 5.9 lakh villages, 699 districts, and 35 states and union territories have declared themselves open defecation free. The ten year rural sanitation strategy aims to achieve the vision of ODF- Plus, which focuses on sustaining behaviour change achieved under SBM, universal usage of sanitation facilities, inclusion of new households, as well as effective Solid and Liquid Waste disposal. The type of toilets constructed in the entire sanitation programming in India is mainly of three categories, single leachpit, twin leachpit as faecal sludge and septage manand septic tanks. Single pits need agement is concerned. Programretrofitting-either converting it into twin pits with consideration retrofitting and more of managing the investment in sustainable and of space, so that the human excreta effective sanitation and safe water over the time degrade completely and turn to solid pathogen free level are needed. Proper septic manure for agricultural use or tanks offer a preliminary treatmaking provisions to empty the ment of sewage prior to final disment and drainage, are important pit periodically. Similarly, the posal which restricts damaging the effluent from septic tank, under no circumstances, should be allowed into an open channel drain or body of water without treatment. Experience from the field says that 2019, which informs that only faulty which are used as holding tanks of sewage. The liquid waste of and individual ownership over house hold and community includ-

ing human excretam some septic 14.60 crore rural households that tanks are found to be connected to open drains, agricultural fields ,country-yard ,and rivers. These contaminate water, soil and some agricultural products, which is detrimental to health. As per the Indian standard code for installation of septic tank, the unsatisfactory design constructions, and maintenance of septic tanks constitute health hazard. It is therefore, considered essential to lay down minimum standard for guidance of concerned authorities. At this junction of ODF Plus initiatives both single leachpit toilets and septic tanks would be challenging as far mers with special focus on toilets both at house hold and community environment by protecting water sources and soil.

Ministry of Jal Shakti issued Jal Jeevan guidance note in March country are connected through piped water supply. The present

will need functional household tap connection at the rate of 55 liters per capita per day through JJM by 2024. This ambitious target setting of 100 percent coverage of functional house hold tap connection from their current 18% demands the rise of an adequate and proportional pool of skilled human resources, institutional strengthening, strategic planning consistent monitoring including on site field verification, supportive supervision, and participation of community members at local level.

Water quality testing is a tool that is universally used to identify state of drinking water, whether at source, with in a piped distribution system, or at point of use by consumers as per WHO, the most sustain ability of any achievements ensuring the safety of a drinking water supply is using a comprehensive risk management approach that encompasses all steps in water supply from catchment to consumer, considering the importance of ensuring safe drinking water quality monitoring protocol in March 2019. The protocol is suggestive in nature and plays an advisory majority of septic tank designs are 18.33% of rural households in the role in guiding and supporting the states and union territories in water quality testing, monitoring estimate being discussed is around and surveillance activities effec-

tively. The protocols speak in detail on the monitoring of water quality using field test kit at the gram panchayat level and confirmation test at water testing laboratories and water quality surveillance, to detect the risk through an investigative activity for identifying and evaluating the factors that can pose risk to health directly or through undesirable environmental condi-

While the country has been declared to be free from the practice of open defecation, it is pertinent to continue looking at the necessity for faecal sludge and septage management, ,without which the quality and safety of drinking water may be affected negatively. Concurrently, it is also important to look at the possible challenges posed by intermittent water supply and the interaction between pipes and their external surrounding due to flux in water pressure.

Safe drinking water, sanitation and hygiene are crucial to human health and well being. Safe water is not only a pre-requisite to health, but contributes to livelihood, school attendance and dignity and helps to create resilient communities living in healthy environ-

Overall, to ensure the success of Jal Jeevan mission or any other programmes catering to rural communities, it is crucial to involve gram panchavats and village water and sanitation committees in the decision making processes. This will ensure ownership over and the substructure of toilet units effective means of consistently made over the coming years and once communities can tangibly appreciate the value of a functioning system, they would be more willing to invest in operations and maintenance efforts that will be necessary down the line. Therefore, it is important that Govt.'s at all levels work together with local leaders and representatives, who rise to become champions of the cause. So that resources can he synergized to gain maximum outputs.

(The author is former Dy. Librarian of Jammu University)

Promoting Women 'Agripreneurship'

LUQMAN AHMED WANI

nince the launch of the Startup India initiative by the Government of India on 16 January 2016, the growth of start-ups and new-generation enterprises has been remarkable. However, the number of women participating in entrepreneurship activities has been relatively less when compared to the number of their men counterparts, for a variety of reasons. Women's participation in economic activities is about 25% while they constitute over 48% of the Indian population. India's rank is 113 out of 135 countries in the index of gender inequality in workforce. According to Global women entrepreneurs leader report 2015, India was ranked 29th out of 31 countries. Similarly, World Bank's India Development Report 2018 said that India has one of the lowest female participation in the workforce globally, with a rank of 120 among 131 countries.

Considering the above dimensions and ground realities, there is an urgent need to design institutional strategies to promote an



ecosystem for women entrepreboth of which are essential for the integrated development of India.

neurship in general and women processes. Agripreneurship com-'Agripreneurship' in particular, prises the creation, development, nurturing and expansion of agribusiness enterprises in agri-based Agripreneurship is a synthesis and its allied sectors, which include of agriculture and allied sectors entrepreneurial interventions of with entrepreneurship to generagri-tech, farming, and marketate commercially viable products/ ing of agri-products in organised

business practices, moving away because 70 of agriculture and allied from the unorganised sector. Agripreneurs are similar to entrepreneurs in any other sector.

Women entrepreneurs, and especially women agripreneurs, represent the fastest growing category of entrepreneurship worldwide and India is no exception to this in recent years. Women play a vital role in the integrated development of agriculture and allied sectors while adding considerable value to the transformation of society by silently adding fuel to the robust growth of rural economy. Like in every other sector, the scope for women agripreneurship has been growing and is witnessing an upward growth trend. At present, women in India comprise about 14% of agri-business owners. According to various estimates and surveys, more than one-third (1/3) of the total agri-rural startups are being managed by women agripreneurs, who are setting new benchmarks for viable and profitable business enterprises, especially in the last two decades.

There is unlimited scope for women agripreneurs, especially

activities are predominantly managed by women. It only requires a concerted effort and an institutional support mechanism, apart from access to quality training, funding opportunities, marketing network, e-commerce platforms, innovative approach to take products to target customers, etc.

Women are expected to dominate the workforce and leadership positions in India in the coming decades, and this trend is similar in case of women agripreneurs. As per a recent report by India Brand Equity Foundation (IBEF), a trust established by the Ministry of Commerce and Industry, Government of India, more than 30 million additional women-owned business enterprises are expected to create about 150-170 million jobs by 2030. It can be said that the economic outlook is very favourable for women as a consequence of this enabling ecosystem of women entrepreneurs and women agripreneurship.

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'ADHORE KHWAB- UNFULFILLED DREAMS' BY SHAIB SHADAB



RAYEES AHMAD KUMAR

haib Shadab - born on 23rd of August 1999 at Najwan, a remote and far-flung village of sub-division Kangan of Ganderbal district to Nazir Ahmad Mir a farmer by profession. He has done his basic schooling from Mohamdiva English Medium school Kangan. Then he went to Sheikh-ul-Aalam public school Kangan where from he passed his matric with flying colours. After passing his 12th class exam from Govt Boys Higher Secondary school Kangan, he took his admission in Govt Degree college Kangan to pursue graduation. Apart from traditional schooling, Shaib Shadab was a learned guy of Islamic teachings as well. He would treat every villager and relative humanly and with decency. He would often participate in religious and cultural programmes conducted by school and Anjumani Adab Ganderbal. From his early teen-age he had developed utmost interest and love for poetry, was a passionate poet and has written a series of Urdu couplets. Last year (2021) when Shaib was busy in his online exam of 3rd semester, on 11th of July 2021 he went to have a bath in river Sindh near Dumping park to beat the scorching heat of summer. Unfortunately he lost his balance and the gushing water of Sindh river washed him away. He couldn't be rescued and ultimately lost his life while drowning in the river. May his soul rest in peace and may almighty Allah grant him highest place in Jannah.

On 11th of December 2022 his poetry compilation 'Adhore Khwab' was released in a grand literary event organised by Anjumani Adab Ganderbal. Shaib Shadab's creative Urdu poetry which he had written before his unfortunate death in his notebook has now been compiled by Azhar Nazir-president of Anjumani adab Ganderbal and author of 'safar goum pushrith' and Athar Manigami- the distinguished Kashmiri poet, author, translator and ye jahan ki batein fazool hai".

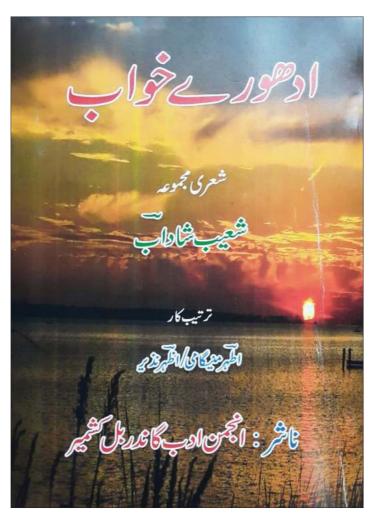
scholar. In the book release function distinguished and prominent poets, litteratuers and writers from all parts of valley thronged to the residence of Shaib Shadab at Naiwan Kangan to pay homage. respect and offered prayers to the departed soul. The prominent personalities and famous poets who graced the occasion include Azhar Nazir, Athar Manigami, Wajid Hasan Chitterguli (general secretary Anjumani adab Ganderbal), Hilal Ahmad Lone (National level best teacher awardee 2021), Sheikh Bashir Ahmad(well-known broadcaster). Sheikh Nazir(sr. Journalist and prominent social worker of Kangan), Gani Nizampori (popular personality and social worker). Dr Nazir Ahmad Kumar, Yaseen Drigami, Ghulam Qadir Attar, Asadullah Asad, Mubarak Lone, Tanha Shalpuri, Molvi Riaz HaKabari, Shah Nawaz Ahmed, Ravees Ahmed Kumar Qazigund, Shamima Shabnam Budgam, Dr. Mubarak Lone, Shahzad Manzoor, Shamima Tabasim, Fahmida Farooq, Muzamil Pal, Ansar Rafiq and Jamsheeda Arif Shah. It was difficult to control the emo-

tions and every eye turned moist the moment few recorded audio clips were sounded in the function. Shaib's parents, his sisters and all other participants amid moist eyes were bereft afresh during the event.

The book 'Adhore Khwab' (unfulfilled dreams) by late Shaib Shadab is a 130 page poetry collection beautifully designed and well-printed. It's cover page too is eye catching. It is compiled by Azhar Nazir and Athar Manigami under the aegis of Anjumani adab Ganderbal. On page 11th of the book, one can read tearfully few words by Azhar Nazir under the title 'hum youn hi magmoom nahi'. Wajid Hasan Chitterguli has also written a note on Shaib Shadab on page 12th 'Ah! Shaib Shadab'. Shaib Shadab's poetry collection 'Adhore Khwab' is divided into three sections. In it's opening section from page 14-20, the book contains poems describing praise for almighty Allah (Hamud) and dear Prophet saw(Naat). One of the poems goes like this "hamara maalik wa khaliq hai khuda,

banaye insan sab juda juda Banaye pead powde jis ne, taare asmaan main sajaye jis ne". Another poem is written like this "ye kamali zikri Rasool hai, ki meri duwa bi qabool hai.

Hai mere Nabi ka Kalam haq, above all a well-known Islamic The second section of the book is



comprising of 77 ghazals of varied from this "Hain mere ghar ke sab themes from page 22-102. Shaib Shadab's poetic stature and level can best be imagined from the very first ghazal of the book on page 22. Here it goes "zinda reh kar marne se mar kar jeena acha hai, tere chehre par dekha mousam kitna acha hai.

Rahi kathan se kya darna aage badna acha hai, jhoot bari is duniya main apna dandha acha". From these couplets we can beyond any doubt say that Shaib Shadab was really a brilliant poet of future but his unfortunate death has not only shattered his dreams but also the family and locality has lost an iconic litteratuer. In his another ghazal on page 24 one can realise Shaib Shadab's good intentions "Dushmani aag laga deti hai, dosti isko fana kar deti hai". "Huwe hain jab se din dushwar mere, bichadte ja rahe hain yaar mere" - these are the opening words of another sweet ghazal of Shaib. He has used posing his poetry. It can be judged and desires did Shaib had, can be

sheeshe salamat, kahan soye hain rishta daar mere". "Aksar wahi loug charagon ko bujaya karte hain, jo unhain shouq se pehle jalaya karte hain" - this one is indeed a majes tic composition found on page 28. Shaib's religious minded nature can be realised from this couplet "Hai kva faida aakhir musalman ban ne se Shaib, umur youn hi jab guzri dari butaan ke pass" on page 33. Shaib's belief on almighty Allah is evident from this couplet of a ghazal on page 35 "Na kabi zalat dekhi na dekhi kabi ruswayi, saya tera jo utha khud ko ruswa dekha". On page 45 these words "sow bar rub ne bana kar sow bar mitaya hoga, tab ja kar ae sanam mere tera wajood

Hounton ki sajawat ke liye gulabon ka ras laya hai, dantoun ki banawat ke liye koi qeemiti heera laya hai" of the ghazal depicts the intellectual and cognitive level of utmost poetic techniques in com- Shaib. What kind of aspirations

best imagined from "Hum faqeeron ko bas khuda hi mile, hum ko matlab nahi hai janat se" on page 70. Shaib's another fantastic poetic piece is on page 73 "Apne gadmon ke sabi naqsh mitane honge, hum ko nazron se kayi deep jalane honge". This couplet on page 80 "Bichde logon se ab mulagat na hogi, mil kar unhain dil chalo yaad karen ge' has been so nicely composed that it seems Shaib was aware of his early departure from this mortal world. Shaib's unique style of composing poetry pieces is also evident from this magnificent one on page 87 "Buhut routh gave hain apne tu hum se, zara sochu unko ab hum manain kaise". Tears roll down when we read this one "Mere dil ka dard bada du, muje marne ki koj dawa du" on page 98. The 3rd section of the book contains 13 poems of different titles from page 104-120. On page 104 Shaib's poem on "meri maa - my mother" is a masterpiece. His another magical poem "Gamgeen musalman" depicts his art and depth of Islamic knowledge " kar Mohammed ki itaeat aur suhaba ki qurbani ko yad, phir ja kar tu ban jaye ga parinda azad" page 107. Shaib has composed another poem "tawheed" a great one through which it appears that he had a firm belief on monotheism. About the tragedy of Karbala Shaib didn't lag behind in paying homage to Karbala martyrs through a poem found on page 113. Likewise Shaib has composed few poems "kitaboun ki pukar, Qabar, Umeed, Bachpan" etc which keep every reader of the book sticked to it's pages till completion. "Jab mera zikr aaye ga kahani main, doob jayen gi ankhen

teri pani main, Main tumhain yad awoun ga budape main, kyunki main marne wala hoon jawani main" - one gets battered while reading these four lined couplets of Shaib on the last few pages of the book. Azhar Nazir and Molvi Riyaz Hakbari have paid glowing tribute to Late Shaib Shadab through their poems on last three pages of the book. One can take the glimpse of late Shaib Shadab through the pictures attached at the end of the book. In nutshell I without any prejudice claim that Najwan village of Kangan has lost Alama Iqbal's shaheen in the form of Shaib Shadab. May Shaib Shadab's soul rest in peace and may almighty Allah grant him highest

Writer is from Qazigund Kash-

In the meantime, government

employees of the Centre and sever-

al states have been demanding res-

toration of OPS and demonstrat-

ing in support of their demand. All

India Pension Restoration United

Front (AIPRUF) and National Old

Pension Restoration United Front

(NOPRUF) have announced joint

protest on January 1, 2023 for the

demand of restoration of Old Pen-

sion Scheme. In Jammu and Kash-

mir, the local unit has declared

that they will be fighting for OPS

until it is restored. All Assam Gov-

ernment NPS Employees' Associa-

tion has also threatened to start a

fresh agitation for revocation of

NPS and restoration of OPS. In

Kerala, AITUC led government

CONGRESS AND REGIONAL PARTIES CAN JOINTLY GIVE A GOOD FIGHT TO BJP IN 2024 POLLS

CAPITAL CAMEO

KALYANI SHANKAR

ow that the voters in Gujarat and Himachal Pradesh have given their verdict, what next? Each of the main parties got some gains but also suffered some losses. The immediate challenge before them and the Opposition are to set right things before the final 2024 polls.

BJP won a spectacular victory in Gujarat and is the only party other than the Communist Party of India (Marxist) to have won seven straight Assembly elections in Gujarat. The CPI(M) ruled West Bengal from 1977 to 2011. Being Modi's home state and a BJP bastion, Gujarat has held particular importance since Modi took over in 2014. Stakes were high as losing Gujarat would have been a loss of face for Modi, but the record win has added to his prestige.

Prime Minister Narendra Modi's main challenge now would be defeating the regional satraps. Congress has proved it will not disappear as Prime Minister predicted a Congress-Mukth Bharat. AAP has also expanded. With these, the Opposition got some moral boost to face the upcoming Assembly polls in 2023 and the next Lok Sabha polls in 2024.

The BJP got a drubbing in Himachal and Delhi Municipal Corporation elections. For the party, Himachal's loss was disappointing, as Prime Minister himself campaigned heavily. Undoubtedly, its calculations had gone awry, but the BJP is a party not bogged down by defeats. Even panchayat elections are as important as a Parliament poll to the BJP leadership.

The BJP President J.P. Nadda had already called a meeting of all national and state level office bearers in Delhi on December 5 and 6. He discussed preparations for the 2024 Lok Sabha and 2023 assembly elections. The BJP is eying 350 plus seats in 2024 to improve its 2019 tally. The party's strength is due to its immense resources, well-knit workforce, and committed cadre. The RSS and the rest of the Sangh Parivar also work for the party to mobilize votes.

Congress is quite enthused at the unexpected bonanza in Himachal, although it has been wiped out in Gujarat and Delhi. It had no concerted policy or strategic designs to win. Each candidate fought on its own with the Gandhis avoiding the campaign. Priyanka Gandhi, in charge of the Himachal, did the bare minimum. Rahul Gandhi briefly campaigned in Gujarat and completely skipped Himachal. Sonia Gandhi did not campaign at all due to her ill health.

Himachal's win has given some moral boost to the Congress workers demoralized by the successive defeat in 2014 and 2019. If Congress is defeated again in 2024, the party will be out of power for three consecutive terms..

Thirdly, Congress must keep the remaining flock together though many senior leaders have already quit and joined other parties. Projecting the younger leaders and retaining the seniors should be its goal. Also, there is a need to develop second-rung leadership.

Congress must also build a new narrative, as it did in 2004 and coined the AAM ADMI slogan. People want to know what the party will do in the future rather than what it has done in the past The Bharat Jodo Yatra of Rahul Gandhi might help, but the momentum needs to be maintained until 2024.

The Delhi chief minister Arvind Kejriwal got a boost after winning five seats in Gujarat and getting the national party tag. AAP is the only regional party ruling two states - Delhi and Punjab. Kejriwal wants to emerge as a challenger to Modi in the 2024 polls.

The AAP also wrested the prestigious Municipal corporation of Delhi from the BJP. Kejriwal now will have the government and the corporation, which would help his administration.

The bye-election results should cheer up the Opposition. The ruling BJP in UP lost to Rashtriya Lok Dal (RLD) but wrested the Rampur Sadar seat. The Samajwadi Party retained the Mainpuri Lok Sabha seat with a big margin. The BJP wrested the Kurhani constituency in Bihar from the Nitish Kumar-led alliance. The Congress had retained its two assembly seats - in Chhattisgarh and Rajasthan.

These give a positive message that the Opposition must not give up. At least half a dozen powerful regional satraps firmly hold on to their voters. They want to keep the choice of the Prime Ministerial candidate open. It includes West Bengal (Mamata Banerjee), Telangana (K. Chandrashekhar Rao), Tamil Nadu (M.K. Stalin), Bihar (Nitish Kumar), and Delhi. (Arvind Kejriwal).

The secret of Modi's success is the divided Opposition. Bringing all the anti-BJP parties on one platform would go a long way in defeating the BJP. There are still fifteen months left for the Lok Sabha polls. It is up to Congress and the Opposition to prepare for that final battle in 2024 with the present advantage. The BJP, in any case, is poll ready.

CENTRE ARMTWISTING STATES IMPLEMENTING OLD PENSION SCHEME

DR. GYAN PATHAK

The Devil of a New Pension Scheme (NPS) has now surfaced impacting government employee-pensioners in India, many of whom are getting a paltry monthly pension in the range of Rs 2000-Rs 4000 per month retiring after 18 years of service as a government employee. In the Old Pension Scheme (OPS), they would have been getting a minimum pension of Rs9000 per month apart from other benefits. The situation led to – a demand of restoration of OPS, assurance given by non-BJP political parties during recent state elections to fulfil it, and even tweaking of NPS by the BJP.

AAP had promised restoration of OPS in Punjab during the Vidhan Sabha Election campaigns. AAP even won the election and formed its government in the State. Congress has promised restoration of OPS during the Himachal Pradesh Vidhan Sabha election. Congress has also won the election and formed its government. The ruling BJP in Guiarat has tweaked the NPS just before the Vidhan Sabha election, and they have won it, and formed their government. Though on cannot argue the issue of pension as the only deciding factor for voters in general, but it cannot be denied that it has influenced the voters from the families of government employees, and also the employees themselves who are demanding better old age security in lieu of their lifelong service in the form of enough amount of pension to take care of their needs.

The newly election Congress government in Himachal Pradesh has become the fifth state to have decided to replace NPS with OPS. The other two Congress ruled states Rajasthan and Chhattisgarh had already decided to restore OPS. The JMM led alliance government in Jharkhand, of which Congress is a part, has also decided to revert



government has also decided to implement OPS in place of NPS.

The BJP led Guiarat government's tweaking NPS before the elections has led to rumours that the Modi Government was going to replace NPS with the OPS. A message even went viral on social media claiming it, but there is no such plan being considered by the Union Government right now. In a reply to a question by Member of Parliament Asaduddin Owaisi on December 12, the Union Minister of Sate for Finance Dr Bhagwat Karad has said, "There is no proposal under consideration of the Government of India for restoration of old pension scheme.

The reply does not include tweaking of even NPS, but there is strong possibility of it, as we have seen how the BJP had tweaked it just before Gujarat election. The BJP led Gujarat government keeping the state assembly elections in

of commuted pension after 13 years instead of 15. Apart from this, in the OPS also, the ages for different level of increase on pensions have been reduced. Tweaking of NPS is also possible since the Parliamentary Standing Committee has recommended that pension should be increased by one per cent every year that is five percent after 65 vears and soon.

Though the Modi government is aware of the political implications of the issue, which the Gujarat tweak indicates, it is sticking for now on the NPS. Not only that the government is also trying to armtwist the states who are trying to revert to OPS by denying their demand to return the accumulated corpus of subscribers under the

In the reply in Parliament, the Union Minister of State for finance has said that proposals to return can be refunded and deposited back limit political damage to the party. the accumulated corpus under NPS

Chhattisgarh, and Jharkhand, but no such proposal has been received from Puniab. It should be worth mentioning that the Government of Punjab had issued a notification on November 18, 2022 regarding implementation of OPS to the government employees who are presently being covered under NPS.

The Minister has said, "PFRDA has informed the respective State Governments that there is no provision under Pension Fund Regulatory and Development Authority Act, 2013 read along with PFRDA (Exits and Withdrawals under the National Pension System) Regulations, 2015, and other relevant Regulations, as amended from time to time, vide which the funds, which are already deposited both in the form of Government contribution and Employees' contribution towards NPS, along with accruals, to the State Government.'

employees "March to Secretariat". Even defence civilian employees had recently organised sit-in protest in Delhi. The agitation has been spreading across the states in the country. CPI has even passed a resolution in 24th Congress in October 2022 against the NPS implemented in 2003 by the then BJP led NDA government. The resolution demanded restoration of defined. guaranteed and non-contributory old pension scheme in place of noguarantee NPS.

When NPS was introduced in the country, all left front state governments - West Bengal, Kerala, and Tripura - had refused to implement it and sticked to OPS. However, with change of governments later. Kerala and Tripura implemented the NPS, while West Bengal continues with OPS

The issue is thus likely to haunt the Modi government during the states' elections in 2023, and the Lok Sabha Election in 2024. More non-BJP political parties are likely to come forward in support of restoration of OPS to derive its political benefit, while Modi government may go for some changes in NPS to

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BRIEFLY NEWS

Makers release Nawazuddin's remarkable transformation for 'Haddi'

ver the years we have all seen Nawazuddin Siddiqui in versatile roles, but the actor still manages to surprise us every single time with

In his upcoming film 'Haddi' the actor who is always game for a challenge, will be essaying the role

As soon as the makers released Nawazuddin's looks from the movie, the images took netizens by surprise and shook the digital world.

Zee Studios' 'Haddi' has been a subject of heated conversation ever since the makers released the first asset of the film featuring the actor as a transgender woman. Given the drastic transformation, it was only natural that eyebrows were raised with Nawazuddin's look and the entire process of him not just looking the part but embracing the character.

Taking to social media, the makers unveiled a timelapse video of Nawazuddin getting into the prosthetics of his character. In the video, we can see Nawazuddin transforming into his character and it's fair to say that it was a long and tedious process. The actor had more than one hair stylist who worked with him throughout the shoot to create varied looks, alongside make-up artists who worked in sync to ensure that every single detail was in place.

The process took close to three hours every single day, but worth the while to entirely transform Nawazzudin's look.

Audiences caught a glimpse of this transformation in the video where the actor had donned a white kurta and looked completely unrecognizable by the end of the timelapse-style video.

Talking about the same, the powerhouse performer said, "As an artist, I'm always hungry for roles that push my boundaries as a performer. A big portion of that portrayal is the actual look. It's for the very first time in my career that I spent close to 3 hours in a chair while the experts weaved their magic. The look empowered me to go out there and take this character to the next level. Haddi has truly challenged me in unimaginable ways and I can't wait to see how audiences react to it.

'Haddi' will release in 2023.

Zee Bangla to host grand audition of Dance Bangla **Dance Season 12 at Kolkata**

ee Bangla, one of the most popular General Entertainment Channels is all set to host the audition of Dance Bangla Dance Season 12 in Kolkata on December 18 at Mitra Institution, Bhawanipur, from 9 am to 4 pm. After the glorious success of last season, Zee Bangla will be back with its immensely popular Bengali reality show Dance Bangla Dance which celebrates the spirit of dance.

The show gives rise to infinite emotions in the hearts of millions of Bengalis across the globe. The greatest achievement of Dance Bangla Dance is to create a platform for dancers above four years to showcase their talents in solo, duet, or in groups in front of

Disney+Hotstar to stream **'Strange World' from Dec 23**

isney+ Hotstar has an exciting holiday gift for fans as Walt Disney Animation Studios' "Strange World" is heading to the streaming service beginning December 23.

"Strange World" introduces a legendary family of explorers, the Clades, as they attempt to navigate an uncharted, treacherous land alongside a motley crew that includes a mischievous blob called Splat; Legend, the family dog; and a slew of ravenous creatures.

The voice cast includes actor Jake Gyllenhaal as Searcher Clade, a family man who finds himself out of his element on an unpredictable mission; Dennis Quaid as Searcher's larger-than-life explorer father, Jaeger; Jaboukie Young-White as Searcher's 16-yearold, adventure-seeking son, Ethan; Gabrielle Union as Meridian Clade, an accomplished pilot and Searcher's partner in all things; and Lucy Liu as Callisto Mal, Avalonia's fearless leader who spearheads the exploration into the strange world.

Helmed by director Don Hall and co-director/writer Qui Nguyen, with Roy Conli producing, "Strange World" is in theatres now.

'The Kashmir Files' selected in 'Official Selection' of SIFF

ilmmaker Vivek Agnihotri's box office wonder 'The Kashmir Files' is unstoppable.

While the film is about one complete year of the magnificence glory that it garnered, it still is achieving milestones. Now after making the country proud with several global nominations, Vivek Agnihotri's The Kashmir Files gets selected in the 'Official Selection' category of the prestigious Switzerland International Film Festival (SIFF).

Taking to social media, Vivek wrote, "Happy to inform that #TheKashmirFiles has been selected in the 'OFFICIAL SELECTION' category of the prestigious Switzerland International Film Festival.

'The Kashmir Files' is a heart-wrenching tale that captures the pain, suffering, and struggle of the Kashmiri Pandit community in 1990. The film managed to collect Rs 340.92 crores worldwide

Janhvi's 'Good Luck **Jerry' wins big**

'GOOD LUCK JERRY' won hearts all through 2022 and now that it is awards season, the movie is winning all the awards too!

An Aanand L Rai production and Siddharth Sen directorial, the movie made waves for being the first of its kind female led black comedy. With a crisp storyline and Janhvi Kapoor's mind blowing performance, the movie became an instant hit. So it is no wonder that come award season, the movie is bagging them all.

Winning the award for Most Popular OTT film for 'Good Luck Jerry' at Indian Television Awards, Producer Aanand L Rai said, "Making Good Luck Jerry with Siddharth was a very different experience. The storyline was unique and we had a very particular vision for it. It also had a lot of high risk high reward variables in it."

Director Siddharth Sen added, "I feel extremely happy to see how loved this movie is. Of Course Good Luck Jerry holds a special place in my heart, it was a brilliant movie making experience for me. But to see it being this appreciated is something else entirely."

Zahrah S Khan emerges as hit machine of 2022

performers of the absolute party favourite. industry today, singer and actor Zahrah S Khan has had a dream run in 2022 with undeniably the most number of chartbusters to her credit, both in films and non-films

the biggest chartbusters last year with Kusu Kusu and Dance Meri Rani amongst others last year, Zahrah S Khan has had an even more splendid year in 2022, ruling the charts with some of the most popular and loved

Beginning the year with the peppy and foot-tapping song 'Tera Saath Ho' with Guru Randhawa, Zarah moved on to one of the most buzzing songs of the year-The Punjabban Song from Jugjugg Jeeyo. Creating a wave, not only across the lute beauties of Bollywood nation but also the world, the song became an instant hit with a load of reels created to the tunes.

Riding on a high and continuing to soar, Zahrah fur- ence in music videos, Zahrah ther delivered the sensation- S Khan has the best of both al 'Aafat' from Liger, which took no time to spread like a even more musical and sen-

ne of the most suc- as one of the most top-chartcessful and popular ing songs of the year, and an

> Flaunting her acting and dance skills, Zahrah also collaborated with the social media's current favourite King for the quirky and fun

Recreating one of the most After delivering some of golden eras of retro music, Zahrah S Khan crooned 'Mere Dil Gaaye Ja' from Dhoka Around D Corner.

Lending her voice to Katrina Kaif for 'Kinna Sona' from Phonebhooth, Zahrah yet again offered a testimony of her sensational voice.

Ending the year with a bang, Zahrah presented back-to-back hits including 'Fakeeran' featuring Mouni Roy, 'Main Tenu Chad Jaungi' with Shaheer Sheikh and 'Aap Jaisa Koi' from An Action Hero.

Be it crooning for the absolike Kiara Advani, Katrina Kaif, Ananya Panday, Mouni Roy and Malaika Arora or lightening up the screen with her own enchanting presworlds, and is gearing for an fire on Insta reels, emerging sational year ahead in 2023.

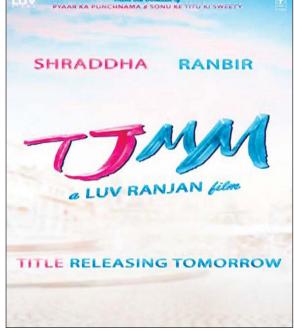


Movie title initials 'TJMM' for Ranbir-Shraddha starrer out

uv Ranjan known for his unique blend of filmmaking which matches humour with social commentary and a tongue-firmly-in-cheek take on relationships has kept audiences guessing on the title of his upcoming movie starring the super fresh pairing of Ranbir Kapoor and Shraddha Kapoor.

While it looks like he is finally ready to reveal the title, but then not yet. Before the reveal the maker has dropped a teaser with the acronyms of the movie title which has sent the internet into a frenzy. The only thing which is now known are the initials "TJMM" and has left everyone guessing on what it stands for.

The excitement around the movie has been immense since it went on floors. While the title has been a mystery and curiosity has been palpable, the expectations also run high. With the reveal around the corner, netziens are having and this one seems to keep a field day in trying to guess the tradition. what the title actually is.



and effervescent titles, be it 'Pyaar ka Punchnama' or 'Sonu Ke Titu Ki Sweety'

The film is directed by emas on Holi, March 8, 2023.

Luv's films are known Luv Ranjan, produced by to have rather interesting Luv Films' Luv Ranjan and Ankur Garg, presented by T- Series' Gulshan Kumar and Bhushan Kumar. It is all set to have a festive release worldwide in cin-

Prime Video to air 'Half Pants Full Pants' on December 16

rime Video has announced the premiere of its latest comedy-drama, 'Half Pants Full Pants' on the service from December 16.

The eight-episode lighthearted series showcases joyful moments from one's childhood and promises to be a delightful nostalgic ride. Produced by OML Studios and directed by V. K. Prakash, the series stars child actors Ashwanth Ashokkumar and Kartik Vijan along with renowned actors Ashish Vidyarthi and Sonali Kulkarni.

Adapted from Anand Suspi's eponymous book, 'Half Pants Full Pants' is set in a small town in South India, before the age of internet and mobiles, where the adventurous and ambitious seven-year-old boy Anand aka Dabba lives. He along with his friend, the obedient and well-mannered Giddi go on adventures that will warm audiences' hearts and make them miss the good old simple days of mischief and innocence.

"Half Pants Full Pants is Video for this series and 16 on Prime Video.



an experience that takes us take it to audiences across back to a simpler time where $\;$ the world. Half Pants Full life was untouched by tech- Pants is a wholesome show nology and yet sparkling that will resonate with viewwith wonder. Through the story of Dabba, his family, and friends the series captures the magic of childhood in a period without phones or the internet - an unhurried pace of life that we often yearn for," said director VK Prakash about the series.

telling this story because of its simplicity and innocence. We cannot wait to share this with the world," he added.

ers because of its universal theme of exploring childhood nostalgia in the 1980s, said Akansh Gaur, Creative

"The cast and crew unanimously gravitated towards back to the warmth of their childhood by watching this show." added Gaur.

"We are extremely excit-

Head of OTT Content, OML Entertainment. "The joy of discovery and the fickleness of dreams told through the eyes of a 7-year-old is something that we believe will engage viewers. We are looking forward to everyone being taken

'Half Pants Full Pants' ed to associate with Prime will premiere on December

Deepika owns the song: Vaibhavi Trailer of 'Pitchers' \$2 out **Merchant on 'Besharam Rang'**

Producer Aditya Chopra and director Siddharth Anand unveiled the first song of 'Pathaan', 'Besharam Rang', which broke the internet. The song has been trend-

ing worldwide ever since it's release and fans and audiences have gone berserk complimenting how SRK and Deepika Padukone are looking in the song and how hot the choreography is because the verdict is unanimous - Deepika has looked her hottest best in should bespoke to the actor," 'Besharam Rang'.

Ace choreographer Vaibhavi Merchant, who is known to present the hottest able to choreograph someversions of leading ladies on screen - Aishwarya Rai Bunty Aur Babli, Katrina and I knew I had to do some-Kaif in Kamli from Dhoom: 3 to the scintillating Deepi- one. It was very endearing with the response to the

work, I have probably con- you because this is our first sciously made an effort to and I don't want to shoot a ensure that the female leads are always presented very aesthetically. For instance, with Ash (Aishwarya Rai Bachchan) in Kajra Re, I made it a point to kind of that India has ever seen on enhance the expressions in screen. She says, "I wanted to the way she did her adaakari. In Kamli with Katrina again, I kept in my what presented before. I must give Katrina would look great

"One must always study the actor you're choreographing for because it doesn't matter if the movement looks great on me or my assistants, but it must look fantastic on the actor, it



said Vaibhavi.

Vaibhavi further says, "Strangely, I've never been thing for Deepika until Besharam Rang. So, this is Bachchan in Kajra Re from $\,$ my first song with Deepika thing really special for this ka Padukone in Besharam for me to see her approach Rang, etc is over the moon me and say finally we get to work with each other and I said Deepika I truly want to She said, "In my body of make this very special for better song than this for you

in future.

Vaibhavi says she went all out in making Deepika look the hottest heroine go all out to present her in a way that she has never been it to Shaleena Nathani for the costumes. Deepika has a great rapport with her and I was pleasantly surprised to see her being so comfortable in her own skin. She owns the song and she is looking gorgeous in every frame."

Vaibhavi adds, "Deepika and Telugu.

put in a lot of hard work to look the way she is looking in Besharam Rang. She had an entire crew - dietitian, her physical trainer and the stunning costumes by Shaleena. I was mighty impressed with the way she just approached all the costumes she's like, yeah, she's cool to wear this, she's cool to wear that. So, I think that really triggered a certain style in which this song should be shot. Because I was like, I can't make her wear those costumes and make her do steps in a way that we usually shoot songs.

The song features a sizzling Deepika with SRK, who plays a gun-toting spy with a license of kill in Pathaan. Both are looking their hottest and fittest best as Deepika flaunts her hot bod in bikinis and SRK - a perfectly chiselled eight pack. 'Besharam Rang' was shot in Spain's most gorgeous coastal towns Mallorca, Cadiz and

The adrenaline pumping, visually extravagant film is set to release on January 25, in Hindi, Tamil

ZEE5 has unveiled the trailer of the second instalment of the much-loved and cherished series 'Pitchers'.

Produced by TVF, Pitchers made its debut in 2015 and went on to break the internet as it became an instant hit. Even on IMDB, Pitchers is one of the highest rated Indian shows with a star rating of 9.1.

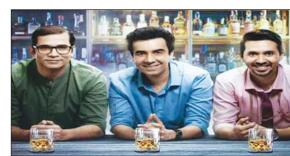
While the first season revolved about four friends leaving their day jobs and starting a company together. S2 is about growing the company and surviving in the cut-throat world of start-ups.

Directed by Vaibhav Bundhoo, the series stars Naveen Kasturia, Arunabh Kumar, Abhay Mahajan, Abhishek Banerjee, Ridhi Dogra, Sikander Kher, Gopal Dutt, and Ashish Vidyarthi in key roles. As seen in the trailer, we

meet the Pitchers - Navin, journey in S2 and shower us Yogi and Saurabh –2.5 years after they started their tech company PRAGATI.AI. The Pitchers have now grown into a 25-member team and are seeking investors who will help them take their start-up to the next level of growth.

But with big dreams come bigger responsibilities and challenges so will the Pitchers be able to survive this cut-throat world of startups? Flavoured with inspirational quotes, humorous one-liners, friendship goals and the reality of the startworld, Pitchers S2 is a deep dive into the nitty-gritties of the entrepreneurial life.

Naveen Kasturia said, "Pitchers will always be special to me. The amount of love and respect I got because of that show is inde-



that leap of faith and leavown company, S2 is about dreaming bigger and taking our start-up to the next level. Our start-up family becomes bigger, and the risks are higher. I am excited for our fans to witness this epic with more love so that TVF is compelled to bring back world of capitalism". another season".

homecoming because I started my web series journev with Bhati's character and the TVF guvs are my how many roles I essaved and everything with them is after it, but fans kept asking always fun. I have immense me about the return of respect for Arunabh and his Pitchers so here we are eye for storytelling. Pitchfinally with the trailer of S2. While the boys have graduated from beer to whisky and from founding a start-up to growing the start-up, but the essence of Pitchers remains the same – it is still the story of relatable characters with real problems, big dreams and bigger determination to

an actor, I couldn't wait to keep going".

scribable. Adulation from hop onto the bandwagon of fans and their love didn't die the fan-favourite franchise down all these years. They Pitchers as it has received were persistent at asking us so much love and admiration to come back with another over the years. While at the season and we had to give in. core of it, it's a story of the While S1 was about taking start-up life but what pulled me to be a part of it was that ing our jobs to start our it says so much about aspirations, dreams and hope, which is not restricted to those in the start-up world but anyone who dreams and wants to achieve them. I'm thrilled to be a part of that franchise as my part in the show connects the dreams of these friends in the big bad Abhay Mahajan said,

Abhishek Banerjee "Pitchers has given me not shared, "Pitchers is like only love, fame and recognition but also another family. Naveen, Arunabh in TVF Pitchers. No matter family now and anything ers is a prime example of a simple, relatable story of four guys leaving their day jobs and starting their own business however the way it is told is what makes it inspiring, entertaining and engaging. Pitchers S2 is a much-needed reminder for all entrepreneurs as to why they started out in the first Ridhi Dogra said, "As place and why they need to

Advocate General condoles demise of Senior Advocate, Kulbhushan Gupta

JAMMU, DECEMBER 13: A condolence meeting was held here today to condole the demise of Senior Advocate, Kulbhushan Gupta, father of Sanjeev Gupta, Registrar General of High Court of J&K and Ladakh.

The meeting was presided by Advocate General, D C Raina and attended by Law Officers and Government Counsels (Senior Additional Advocate Generals, Additional Advocate Generals, Deputy Advocate Generals, Government Advocates), officers and employees.

Meanwhile, a condolence meet was also organized by the Law Officers and Government Counsels at Srinagar

Advocate General expressed profound grief over the demise of Senior Advocate Kulbhushan Gupta saying that he was a veteran and noble personality.

Other participants also expresses grief over the demise of father of Registrar General and extended sympathy to the bereaved family

During the meeting, a two-minute silence was observed to pray for eternal peace to the departed soul.

PMFME awareness camp organised at Arnas

REASI, DECEMBER 13: In continuation to series of public outreach programs being held in the Reasi District, an awareness programme was today organised in Block Arnas to educate the farmers and youth of the area regarding benefits of PM Formalization of Micro Food Processing Enterprises (PMFME-ODOP) Scheme.

The camp was inaugurated by Chief Agriculture Officer/District Nodal officer PMFME, Reasi, Harbans

District Agriculture officer, Rajesh Verma; ASCO, Varinder Dogra; SDAO, Dharmari, Rupinder Singh Bedi; SMS, Vikas Sharma; AEO, Anil Thakur, Concerned JAEOs and field functionaries besides representatives of allied departments, PRI members, SHG members, farmers including women & youth attended

District Nodal officer discussed in detail all the facets of the scheme and enjoined upon the youth to set up micro food processing units of Mustard Chutney, Chili powder packing & marketing, spices grinding, garlic paste etc. The District Agriculture officer elaborated the eligibility and terms of subsidy, interest and other related details of the scheme. DRP, Liaqat Ali also addressed the farmers and elaborated the steps involved in the process for availing the benefits of the scheme and encouraged the youth of the far flung area of the District to

come forward for the same. Pertinently, the PM FME is aimed at establishing Micro Food Processing Industries at Micro/Village level through individuals, Self Help Groups (SHGs), Cooperatives and Farmers Producers Organizations (FPOs). Under the programme, 35 per cent subsidy/capital support with a ceiling of Rs 10 lakh is being provided to the beneficiaries.

Sarpanch, Kanthan, Sansar Singh lauded the efforts of the agriculture department in mitigating the problems of the farming community in remote and hilly areas.

Chairman DDC Doda chairs Bio Diversity Management Committee meeting

BHADERWAH, DECEMBER 13: Meeting of District level Bio-Diversity Management Committee was held today under the chairmanship of Chairman District Development Council Doda, Dhanantar Singh Kotwal, here at Forest Information Center Bhaderwah

The Committee members, vice Chairperson DDC Sangeeta Bhagat, Conservator Forest Chenab Circle, Dr Jatinder Singh; Secretary, Dr Sumit Kotwal and DFO Bhaderwah Chander Shekar attended the meeting At the outset, Dr Sumit highlighted the salient features

of the Biodiversity Act 2002 and also the functions of the District Level Biodiversity Management Committee. The Chairman, while talking to the media, thanked the government for constituting District level Biodiversity Management Committee and stressed upon the protec tion and preservation of natural resources by the citi-

ADDC Kathua reviews progress of District Capex works

KATHUA, DECEMBER 13: Additional District devel opment Commissioner Kathua, Ankur Mahajan today chaired a meeting of officers at conference Hall of the DC Office Complex to review the progress and status of works under District Capex budget 2022-23.

During the meeting, the ADDC took sector wise review and progress of works in Education, RDD, JPDCL, PDD, Irrigation, Heath, Agriculture, Horticulture, PHE, Ground Water, Tourism, Fisheries and other sectors. A detailed review of allotment of works, works started on ground, works completed, tendering and other related issues was conducted during the meeting.

The ADDC directed the officers to achieve the comple tion targets of the works and ensure expenditure of funds released. She asked them to personally monitor

the quality and progress of all allotted works. The meeting was attended by CPO, Chief Medical Officer, Executive Engineers from R&B, Jal Shakti, PDD and Irrigation, AD FCS&CA besides other officers also attended the meeting

DC Ramban inaugurates newly established Video **Conference Room**

RAMBAN, DECEMBER 13: Deputy Commissioner, Ramban Mussarat Islam today inaugurated an additional Video Conference Room in District Administrative Complex established with the technical support of National Informatic Centre (NIC) at Ramban.

Chief Planning Officer, Dr. Kasturi Lal, district officers and NIC officials were present on the occasion.

Speaking on the occasion, the Deputy Commissioner said that the creation of modern IT infrastructure will help in providing video conferencing facilities to the de-

He also said that the video conference studio has been equipped with a modern audio and visual system. He said in the present age of technology the digital media has become an important medium for smooth conduct of public business.

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Commissioner STD reviews status of issues popped up during B2V4

Directs stakeholders to expedite saturation of deliverables, resolve identified issues on priority

KATHUA, DECEMBER 13: Commissioner, State Taxes Department (STD), Rashmi Singh, who is Prabhari Officer (Mentor) for Panchayat Billawar, today convened a meeting of concerned officers and PRIs to review progress on the issues flagged during her visit in the recently concluded B2V4 programme of the

Deputy Commissioner, Kathua, Rahul Pandey briefed the meeting about the focal points of deliberations and the action taken as a follow up to the flagged issues. Besides, discussion was also held on road map for the matters requiring intervention of higher authorities.

While taking comprehensive review of the popped up issues related to Panchayat Billawar, Commissioner enquired about the steps taken by stakeholders to resolve the issues besides extending support to the departments requiring assistance of the mentor.

During the meeting, detailed deliberations were held on the issues ranging from provision of piped drinking water supply, road connectivity, mobile connectivity, provision of toilets, opening of Fair Price Shop, Rural Hatt, Skill Development and Self employment, issues of drop outs/ out of school children, holding of disability camps and related

The Prabhari Officer was apprised that



piped drinking water supply will be ensured at the earliest besides the issue regarding provision of ICT Lab, school

benches in GHS Sukral has been taken up with the School Education Depart-

The department of Revenue, Health and Agriculture informed the meeting that Land Passbooks, Golden Health cards, KCC cards have been completely saturated in Panchayat Billawar.

During the meeting, directions were passed to DSWO and AD Employment, who is the Nodal Officer for District Skill and Self Employment Plan respectively, to identify and cover all eligible candidates under skill and self employment schemes by holding camps with stakeholder departments.

Regarding the issue of road connectivity, up gradation of PHC to Health and Wellness Centre and mobile connectivity it was assured that these will be taken up at appropriate level for early resolu-

Emphasizing the role of PRIs, Commissioner said that the public should be sensitized and made aware about the medical emergencies helplines 102/108, holding of ward sabha/ gram sabhas, mobilization of Women self help groups and exploring the tourist potential of the Panchayat so that holistic development of the Panchayat can be achieved.

ADC Billawar, Executive Engineer PWD Basohli, Executive Engineer PDD, Executive Engineer Irrigation, AD FCS&CA, Tehsildar Billawar, BDO Billawar and other concerned officers attend-

DC Doda interacts with **Specially Abled persons**

Asks stakeholder departments to formulate livelihood plan for all types of PwDs



DODA, DECEMBER 13: Deputy Commissioner Doda Vishesh Paul Mahajan today interacted with Specially Abled persons here at Community hall Doda in an event organised by 'Humanity Aid'

More than 100 specially abled persons attended the program and gave

their feedback on various government schemes being implemented for the welfare of Divyangs (Specially abled persons). They also projected their issues and demands before the DC

Some issues like providing Wheelchairs, Hearing aids etc were immediately addressed by DC by giving directions to DSWO for issuing the same after receiving the required formalities from

He urged the educated and skilled PwDs to opt for self employment, avail the subsidised loans and expertise being provided by different departments.

He asked them to send their concerns and feedback to the district administration through public representatives, Field functionaries and helpline numbers, for immediate and timely response. He asked the NGO (Humanity Aid) to create their wattsapp groups and clubs where they can discuss their issues and grievances

The DSWO was asked to establish fully equipped Physiotherapy Clinic under DDRC in the District.

DDC Chairperson Ramban launches work on Dhalwa - Mahakund road, listens to people's issues

RAMBAN, DECEMBER 13: Chairperson District Development Council (DDC) Ramban, Dr. Shamshad Shan today kick-started construction work on Rs 8.17 crore Dhalwa -Mahakund road project being constructed under Prime Minister's Gram Sadak Yojna (PMGSY).

BDC Member Sangaldan, Naveda Begum; Officers of PMGSY, Sarpanches, Panches and prominent citizens, locals were also present on the occasion.

Addressing the locals, Dr. Shan informed that the road from Dalwa to Mahakund via Mongoli was an up-gradation scheme of PMGSY Phase- 3 and it would provide surface connectivity to a population of 50000 souls of 5 major villages namely Dalwa, Mahakund, Sheerkund, Bolnitop and Mangoli having 5000 households. She said that the government was committed to meet the genuine demands of the people and the PRIs should bring public demands and issues in the notice of the administration for their timely redressal. Meanwhile, the Executive Engineer PMGSY, Arvind Langeh said that the road was an up-gradation scheme wherein the department will use new technology for road construction by using waste plastic for laying bitumen.

While interacting with the people the Chairperson informed about the initia-



tives taken by the District Development Council and the government departments especially for the development of the rural and far-flung areas of the district.After listening to issues and demands highlighted by the locals, the Chairperson directed the concerned officers to resolve all genuine issues especially pertaining to the basic amenities.

The Chairperson also inspected various developmental projects being executed under different sectors in the area, besides taking review of the implementation of developmental and flagship schemes meant for the welfare of weaker sections of the society. While interacting with the people the Chairperson informed about the initiatives taken by the District Development Council and the government departments especially.

District Development Council meet held in Rajouri

RAJOURI, DECEMBER 13: Chairman District Development Council Rajouri, Chowdhary Naseem Liyaqat today called for maintaining close collaboration between PRIs and departments to achieve the desired results under Government schemes and timely completion of developmental projects. He was speaking at the meeting of the District Development Council,

which was convened to review the progress of different departments under various schemes and programs.

The meeting was attended by DDC Member Darhal, Iqbal Malik; DDC Member Sunder-Rajinder Sharma; DDC Member Dhangri, Rameshwar Singh; DDC



Member Rajouri, Sai Abdul Rashid and DDC Member Budhal Old-A, Kouser; Rajouri, Darbar Chowdhary; BDC Qila Darhal, Khalid Firdoz; BDC Siot, Bal Krishan; BDC Budhal Old-A, Javed Iqbal Chowdhary; BDC Moughla, Surekha Kotewal; BDC

Doongi, Raiz Chowdhury; Nowshera, Bodh BDC Seri, Neena Sharma; BDC Budhal New, Shamim Akhter; BDC Plangarh, Parveen Akhter also attended the meeting.

From the administration side, the meeting attended by DDC Rajouri,

Vikas Kundal; SSP, Mohammad Aslam; ADDC, Pawan Kumar; ADC Sunderbani, Vinod Kumar Behnal, ADC Kalakote, Krishan Lal, ADC Nowshera, Kartar Singh, ADC Koreranka, Surinder Mohan Sharma; PO ICDS, Shoket Mehmood Malik, CPO, Mohammad Khurshid, ACR, Imran Rashid Kataria; SDM Thanamandi, Dhar, GM DIC, Ashwini Sharma, PO IWMP, Sheraz Chowhan; SE Hydraulics, JP Singh; SE PDD, Kamal Kishore, CMO, Dr Abdul Hamid Zargar, and other officers.

At the outset, the meeting was informed about the physical and financial progress on the development projects taken up by different departments.

DFCO team conducts inspection of medical stores in Ramban district



RAMBAN, DECEMBER 13: The Drug and Food Control Organization carried-out inspection of various medical stores in far-flung areas of the district Ramban to check the registration, authorization and record of availability and sale of medicines, besides checking standard parameters of medicines, available in the chemists' shops. On the directions of Deputv Commissioner Ramban, Mussarat Islam, the Drug Control Officer (DCO), Imtiyaz Ahmed today inspected various medical stores including Pradhan Mantri Bhartiya Janaushadhi Kender in Sub-Gool.

During the inspections, inspection team sealed 2 medical stores for not maintaining sales records under the Drugs & Cosmetic Act 1940.

Digital Door Number (Smart Address) provides a smart solution for improving governance in Jammu: JSCL

JAMMU, DECEMBER 13: Following the mapping of residential and commercial properties, the citizens in Jammu city will be able to avail maximum benefits of civic services as well as

The Jammu Smart City Ltd (JSCL) in coordination with Jammu Municipal Corporation (JMC) is expeditiously working on the Project Geographical Information System (GIS) wherein all the residential and commercial properties falling in the JMC limits would be Geotagged and a Unique Digital Door Number (DDN) would be assigned to each property.

Apart from this, the project includes mapping of all the natural and manmade assets such as Streams, Rivers, Elevations, Drainage network, Road net-

work, Utility Poles etc. on to the Digital Ward Map of Jammu. Such captured data would also equip the administration for conducting "spatial" planning for various projects pertaining to infrastructure development in the Municipal Wards of Jammu. The technology can further be leveraged to strengthen the existing Grievance Redressal System. "The project will not only provide the digital addresses of property but also revamp the delivery and monitoring of all civic services being provided by government," an official of Jammu Smart City Limited said adding that the project will play a vital role by reducing manual interventions which will further plug the leakages in the systems and thereby promoting transparency.

based Digital Door Number (Smart Address) will be allotted and subsequently a DDN Plate will be fixed outside each property. For this purpose, the Survey team duly authenticated by Jammu Municipal Corporation is capturing the data against few property attributes such as Owner details, property measurements like plot area and built-up area, Electric/Water connection details and other relevant information. The data thus captured would be linked to the DDNs which will bring in several benefits like availability of digitized data for promoting online services, ease of address navigation for the citizen on digital Map, Garbage Collection Monitoring as the QR Code will be used by the gar-

bage collector to scan and mark the completion of garbage collection task based upon which a notification will be send to the concerned DDN owner on Mobile App for the appropriate feedback. Further, the registration on the Mobile App against a particular DDN will enable the respective citizen to make timely payment of the rents/ usage charges owing towards JMC assets and therefore ensuring revenue realization.

The GIS technology can be exploited up to such extent wherein the dimensions (length & width) captured against road and drainage network across the city would act as one of the deciding factors for critical vehicular movements such as Fire Brigades, Ambulances etc. The property attributes like no. of people residing, built-up/ plot area along with the associating lanes and drains would enable the authorities to study the density and hence forecast the waste generation and effluent outflow in a particular ward and would also help the administration understand the deployment of the sanitation staff. The "change detection technology" along with photographs of property would help administration with enforcing Building bye laws by keeping an eye on the building construction violations happening across the city. Furtherance to this, the Online Building Permission System will be integrated with the GIS application to record the permissible measurements of the upcoming and ongoing constructions which will help.

FORMERS

productivity but also about food security, empowerment of farmers and prosperity of small farming families. The Government is determined to translate the benefits of growth into the financial security of farm-

UT Government is providing as many benefits to the agriculture sector as available to those in the manufacturing sector, like, easy access to credit, infrastructure, pre and post harvest facilities, covering risks & uncertainties and various interventions and schemes for the benefit of farmers.

Notably, the UT of J&K is now among the top five States/UTs in terms of farm income with a monthly income of Rs 18,918 per farmer. A renewed thrust is also been given to organic farming to bring about a paradigm shift in agrarian policy, rural prosperity and improving the incomes and the quality of life of the

CHINA

Party, Aam Admi Party, Left and others staged a walk out.(CNS)

LG

"Sanskrit is more than a language. It is the source of our social values that has been guiding humanity since time immemorial. Our ancient sages gave the message of Vasudhaiva Kutumbakam- world as one family in Sanskrit that is showing the path of peace, progress and oneness", said the Lt Governor.

In the Globalized world, many foreign universities are strengthening their efforts for promotion, development and research on the treasure of Sanskrit. It is the result of India's growing stature in the world and acknowledgement of India's rich cultural heritage and social, spiritual values, he added.

The Lt Governor also expressed gratitude to the Hon'ble Prime Minister Shri Narendra Modi for revival of Sanskrit, Yoga and other ancient schools of Indian philos-

The Central Sanskrit Universities Act, 2020 converted 3 deemed to be Universities into Central Sanskrit Universities and thus provided more opportunities to spread the knowledge of Sanskrit language not only in India but also across the world, he added.

The Lt Governor also made valuable suggestions for popularizing the extraordinariness of the Sanskrit lan-

Sanskrit is the mother language of all the civilized languages of the world. During the G20 presidency event, we must showcase our intangible heritage, values and ideals from the ancient scriptures. All the eminent Institutes can plan a year-long calendar of activities in collaboration with Government departments, added the Lt

Atal Peethadheeshwar Swami Vishwatmanand Sarswati Maharaj, who presided over the event, said that everyone should strive to promote Sanskrit language which has been protecting our cultural heritage since ages.

Prof JP Sharma, Vice Chancellor, SKUAST-Jammu highlighted the need to adopt and promote Sanskrit language. Mobile Sanskrit Gurukul is aimed at taking Sanskrit to every village, every household, he added.

Prof. Madan Mohan Jha, Director, Central Sanskrit University, Ranbir Campus, Jammu threw light on initiatives taken in the last one year for promoting Sanskrit language through various reputed Sanskrit education institutions.

Sham Lal Sharma, former minister, highlighted the significance of Sanskrit language as a key language of the ancient tradition and culture.

A vehicle for the Mobile Sanskrit Gurukul has been provided by Rakesh Gandotra, Chairman, SDM Memorial Trust. This vehicle shall carry Sanskrit teachers to villages where they will teach Sanskrit to the residents of the area, it was informed.

Mahant Rameshwara Dass; Mahant Rohit Shastri, President, Shri Kailakh Jyotish & Vedic Sansthan Trust; Trustees & members of the Trust and Sanskrit scholars were present on the occasion.

Mukesh Singh, ADGP Jammu; RK Chhibber; Board Member J&K Bank; Vivek Gupta DIG; Avny Lavasa, Deputy Commissioner Jammu were also present—(KNO)

GOVT JOBS

Kashmir on providing the following facilities to the eligible Kashmiri migrants settled in Jammu, he said.

"Monthly cash relief at current rate and Total of Rs.13,000/- per family subject to a ceiling of Rs.3250/- per person Ratio. In the form of 9 kg rice, 2 kg flour per person and 1 kg sugar per family, 3250/- per head in case Kashmiri migrants settled in Delhi," he said.

"Reimbursement of expenditure incurred by the Government of National Capital Territory of Delhi (GNCTD) for providing monthly cash relief of Rs.1000/- to GNCTD. per person," he added.

In another reply, the minister said that net infiltration from across the Indo-Pak border into J&K in 2021 stood at 34 in 2021, down from 51 in 2020 and 138 in 2019. In 2021, 12 infiltrators were killed on the border but none were

J&K

As per the news agency-Kashmir News Observer (KNO), he further said that the government of J&K has reported receiving proposals for investments worth approximately Rs 64,000 crore so far—(KNO)

HARD WORK

She further said the hardwork has paid of and also the support extended by her parents and coach helped her to achieve this feat.

Chisti also said the children should follow their goal along with their studies and parents should also extend support to their children.

Ayeera's mother also expressed happiness over the achievement of her daughter and said she is very happy and has no words to express her joy.

"My daughter has always made us proud and today also, she made the entire country proud," she said.

She also appealed to parents to support their children in their endeavour.

Pertinently, Ayeera reached home today morning. She was received by the officials of Sports Council at Srinagar Airport, who also visited her home later in Bem-

Notably, Lieutenant Governor, Manoj Sinha also congratulated Ayeera for winning the medal at the champi-

Union Minister for Sports, Anurag Thakur also congratulated her.

"Congratulations to Ayeera Chisti on becoming the first female athlete from J&K to win a at the 8th #WWC. Earlier she won for India at the #IWC in Georgia, along with many national-level medals. Her stupendous achievement will motivate the girls from J&K and the nation," Thakur tweeted—(KNO)

ANANTNAG

myself," she said. "In college, I preferred Psychology as my subject and teacher helped me to come out all such things. After pursuing masters in Psychology, I got training of other things like hypnotherapy, cognitive behavior therapy and other things.

She said: "In 2015, I started Enso Wellness in Gurgaon with an aim to spread more awareness and become a one-stop solution for those who have been struggling with the issues and challenges of emotional and mental

Pandemic changed the definition and made it globally possible for people to ask Help by using online platform keeping their identity anonymous as reaching out to a mental health professional is still a stigma, she said.

'I have been awarded many times before and this award is for working online in Covid-19 for having best counsellors," she said.

"We have been hosting many online series- like Stand up to Stigma, One minute Mental Health, Ask the Doctor with eminent personalities from across the globe and conducted various online and offline workshops for Kashmir in last 5 years," she added. "Mental health is as important as physical health-one definitely impacts the other. We need to start talking about mental health as we do talk about physical health and make it normal for people to reach out for help when they need it. And if you want to see the change we have to be the change, so talking about your emotions, challenges, struggles and visiting a professional definitely does help make it nor-

She said one doesn't need to suppress the emotions as every emotion is must about whom "we have the talk but we need to learn how to navigate these emotions better." "We don't buy emotions, it is inborn in us and rather than suppressing and not talking about it. we need to come out and share feelings, reach professional to get out anxiety as mental health is as important as physical health and we have to remove stigma about it so as to see the change and be the change," she added—(KNO)

has scuttled the nefarious plans of terrorists to derail peace and harmony," police said.

Meanwhile, Police in Pulwama produced a chargesheet before the competent court of law against eight accused persons involved in a case under FIR number 65/2022 of Police Station Litter regarding recovery of an IED at Armulla Lassipora area of Pulwama.

"On 16/06/2022, Police received information that an IED had been planted in Armulla Lassipora area of Pulwama. Subsequently, Police swung into action and raided the said location and recovered an IED weighing about 15Kgs fitted in a pressure cooker and also apprehended 02 accused persons.

During the course of investigation, the arrested accused persons confessed their involvement in the crime and also disclosed the names of five more accused persons as sociated with Al-Badr for their active involvement and role in procuring and transporting the said recovered

Accordingly, police said that a case was registered and on the basis of evidence gathered offence punishable under relevant sections of law for commission of instant crime were established.

"The investigation of the case concluded and chargesheet against 08 accused persons including one foreign militant handler has been produced before the Court of Special Designated Court under NIA Act at Srinagar," police

GN AZAD

according to him are involved in unlawful activities," he said—(KNO)

The Lt Governor exhorted the officers to give an active push to exports, marketing promotion programmes for handicrafts focusing global market, development of industrial estate connected to significant economic nodes to maintain the momentum of growth.

The Lt Governor also took note of progress made under 'Ease of Doing Business' initiative across various parameters. He asked the senior officials to review the implementation of reforms regularly to remove bottle-

The Lt Governor directed the revenue department to work in close coordination with Industries & Commerce department to expedite setting up of Industrial Estates and to resolve all pending issues within one month.

Dr Arun Kumar Mehta, Chief Secretary; Sh. H. Rajesh Prasad, Principal Secretary, Power Development Department; Sh Vijay Kumar Bidhuri, Commissioner/Secretary to Government, Revenue Department; Sh Achal Sethi, Law Secretary; Ms. Smita Sethi, Secretary in the I&C department; HoDs; Managing Directors and other senior officers attended the meeting.

DRUGS

In district wise breakdown, DIG said that in Rajouri 27 cases have been registered against 41 accused persons, out of which 04 main peddlers have been detained under PITNDPS Act for a period of one year, besides preventive actions under CrPC has been initiated against 210 accused/suspects.

He said that the seized drugs/narcotics substances made in these cases include Heroine weighing 6.065 Kgs as compared to 2.6 Kg in 2021,

Charas weighing 390 Grams Poppy straw weighing 8.300 Kgs,

Bucky (Bhang) 04 Kgs,

Spasmo proxyvon capsule 300.

In District Poonch, 47 cases have been registered, against 59 peddlers while 03 main peddlers have been detained for one year under PITNDPS besides preventive action under CrPC has been initiated against 155 accused/sus-

In Poonch, seizure include Heroine 106 kilograms, Poppy straw 62 kilograms,

Tab Tramadol 9750 number.

In Rajouri Poonch range, 74 total cases have been registered with 100 arrests and 7 detentions for one year PITNDPS while Preventive action has been initiated

under CrPC against 365 accused and there is a huge increase in the seizure of heroin this year, DIG said. He further requested general public to share any drug

peddling related information with Police through Drugs helpline numbers active in both district Rajouri and

Rajouri: 9596047100 Poonch :- 9622003495

He also emphasized that war against drugs will only be successful if the general public and all other stakeholders put their heads together and work in complete sync. PITNDPS while Preventive action has been initiated under CrPC against 365 accused and there is a huge increase in the seizure of heroin this year, DIG said.

He further requested general public to share any drug peddling related information with Police through Drugs helpline numbers active in both district Rajouri and

Mamta Book Depot gutted in Srinagar fire

Srinagar, Dec 13, KNT: A fire that broke out at Mamta Book Depot at Regal Lane Srinagar late Monday night gutted thousands of books.

An electrical short circuit is said to be the reason be-

Firefighters rushed to the spot soon after the fire broke out. Two fire engines and several fire-fighters were engaged in bringing the flames under control for 2 hours. Muhammad Shafi Lala – the owner of the book depot

told news agency Kashmir News Trust that the loss is estimated to be about Rs.70 to 80 lakhs. He said over one lakh textbooks have been consumed

Police visited the spot to assess the quantum of loss.

DC Doda interacts with Students, staff at GHSS (Girls) as School Prabhari



DODA, DECEMBER 13: District Administration Doda has taken up a unique initiative of adopting government schools by District level officers as School Prabharis in

The School Prabhari has to visit the concerned school on regular intervals or connect through Virtual means to listen and resolve the issues, grievances, demands and aspirations of the students. The Prabhari Officer shall act as bridge between the school and the administration and also guide the students in choosing their goals and helping them to reach their life destinations.

Deputy Commissioner Vishesh Paul Mahajan today visited his adopted institution- the Government Higher Secondary School Girls as the School Prabhari.

During the visit, he inspected the building of the institution, interacted with students and staff. The School has a strength of 783 students studying in different streams. The DC asked students to focus on their studies and goals. He asked them to think differently on every issue faced by humanity, come up with out of box solutions and discuss them with their teachers, parents and Mentors. He urged them to set their targets for winter vacations. Teachers were asked to give them projects and remain in touch with the students during vacations also.

He had a special interaction with athletes and players of GHSS Girls Doda. He urged them to work hard and bring laurels to the district by getting first positions in the national and international events.

He said that administration shall be holding Mock tests for competitive exams after winter vacations. He informed that virtual classes shall be started during this winter so that students remain in touch with their stu-

DC was accompanied by CEO Doda Prahalad Bhagat DIO DIPR Doda Mohd Ashraf Wani and Principal GHSS Girls Doda Madam Nazia.

Udhampur: DIPR organises symposium under Nasha **Mukt Bharat campaign**



UDHAMPUR, DECEMBER 13: The Cultural Unit of Department of Information and Public Relations (DIPR) Jammu today organised a symposium on the topic Na sha Mukt Bharat here at Government Girls Middle School Shakti Nagar.

As many as 6 students participated in the event. Divyanshi Singh bagged first position, while Sonu and Praylatta secured second and third positions, respectively. All the winners and participants were felicitated with prizes and certificates.

The competition was judged by Rachna and Sheenu.

Speaking on the occasion, the Head of the school Gharo Devi 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 Information Department, Mohinder Kumar and Suresh Kumar Cultural Assistants and a large number of audiences witnessed the program. Program was coordinated by Seema Sharma of the host school. The whole program was conducted under the supervision of Cultural Officer Parul

Up-Scaling of Aapda Mitra' Training concludes for 7th batch at SDRF 1st Bn. Hqrs Srinagar

SRINAGAR, DECEMBER 13: As part of GOI sponsored scheme 'Up-Scaling of Aapda Mitra', 12 days training programme (7th batch) regarding Disaster Management for 71 Aapda Mitra Volunteers of Baramulla and Kupwara districts concluded today at SDRF 1st Bn. Hqrs Srinagar, here. The valedictory ceremony was chaired by Haseeb-Ur-Rehman, Commandant SDRF 1st Bn Srinagar. Merit Certificates were also distributed among the Volunteers

Similarly, 8th batch of the 12 days training programme for Aapda Mitra Volunteers of Kupwara and Baramulla districts shall commence w.e.f 14 December, 2022 at SDRF 1st Bn Srinagar.

The valedictory ceremony was chaired by Ha-seeb-Ur-Rehman, Commandant SDRF 1st Bn Srinagar. Merit Certificates were also distributed among the Vol-

Indus Towers to provide digital literacy course to 50 J&K Police martyr's wards

Naresh Thakur



Jammu, 2022: Indus Towers Limited, as part of its Corporate Social Responsibility (CSR) program, in partnership with the Impact Guru Foundation - a not-for-profit education society created to have a positive impact on society- will offer Digital Literacy Lessons to 50 J&K Police martyrs' wards.

The initiative was inaugurated by the Hon'ble, Lt. Governor of Jammu and Kashmir, Shri Manoj Sinha, as Chief Guest along with the Guest of Honour Shri. Dilbag Singh, DGP, Jammu & Kashmir.

Indus Towers' Digital Literacy programme is aimed at making beneficiaries digitally literate by equipping them with IT and employability skills that will help them earn a sustainable livelihood. Successful candidates will qualify for entry level jobs as data managers, secretaries, receptionists, and administrators. The support of connecting the beneficiaries with potential employers for placements will also be offered as part of this course. Hon'ble, Lt. Governor of Jammu and Kashmir, Shri Manoj Sinha, as Chief Guest said, "Inaugurated Digital Skill Development programme for the wards of J&K Police Martyrs to generate sustainable livelihood. The govt is committed to take concrete measures for the families of the martyrs so that they may live a life of comfort and dignity. The initiative under CSR by Indus Towers Ltd is a tribute to JKP bravehearts who made the ultimate sacrifice for the country. Welfare of the families of those, who served and protected the country's integrity & sovereignty, will always be our top priority."

Manoj Kumar Singh, Chief of Regulatory & CSR, Indus Towers said, "Indus Towers has always believed in taking an active role and responsibility in transforming the lives of communities by improving their socio-economic conditions. We're grateful to the J&K Police department for providing not only the training facility at the locations but also, the basic amenities of electricity, water, tables and chairs to seamlessly execute the programme. Beneficiaries will not only undergo through Digital Training and education, they will also be exposed to career development skills.

Sukesh Thareja, Circle CEO, Jammu & Kashmir, Indus Towers said, "Indus Towers has been engaging in various CSR activities focusing on education and skill development. Education, including digital literacy is the key to our nation's future. J&K Police martyrs made the supreme sacrifice and hence, it's our duty to support their families by giving them the means to earn a dignified and sustainable livelihood.'

Indus Towers programme will become sustainable over the long run applying a four-pronged strategy which includes: the establishment of the centre in a safe and accessible location as per the guidance from J&K Police Department, the employment of community development workers who would reach out to and recommend deserving beneficiaries, engaging beneficiaries by creating a learning environment conducive to intellectual growth, and enlisting the support of potential employers in granting jobs to those who complete the course. Identified Candidates are above 18 years of age and have minimum education qualification as class 10th. The classes will be held for 30 days for 6 hours per day. **About Indus Towers Limited**

Indus Towers Limited (formerly Bharti Infratel Limited) is India's leading provider passive telecom infrastructure and it deploys, owns, and manages telecom towers and communication structures, for various mobile operators. The Company's portfolio of over 187,000 telecom towers makes it one of the largest tower infrastructure providers in the country with presence in all 22 telecom circles. Indus Towers caters to all wireless telecommunication service providers in India. The Company has been the industry pioneer in adopting green energy initiatives for its operations. For further details visit www.

How was the file lost in **BDO office Mankote Under whose custody was it?**

M S Nazki

MENDHÀR: Corruption glitters in District Poonch (UT Jammu and Kashmir and thisis one amongst many stories!- When corruption is the priority, honesty becomes evil'!-'I did not know how to start this one but I changed mu guard anddecided to play this way, 'and above all, watch with glittering eyesthe whole world around you because the greatest secrets are alwayshidden in the most unlikely places. Those who don't believe in magic will never find it.'!-'But we found horrendous one and too ar horror we found out that afile had gone missing and the officialdom was absolutely callous aboutthe same!'-'Trust me such things can only happen in District Poonch where theclever crooks in the administration think that the people can be takenfor a giant wheel joy ride! I'm afraid that this is not the case now!'-'The people for a change are far ahead of the administrative working roulette which is nothing but a corruption spinner! Though it ishappening in every District of UT Jammu and Kashmir but today we willprefer to remain restricted to District Poonch!-'The deserts and the oceans of corruption are the realms ofdesolation on the surface of District Poonch! Many know it but nonespells the same out so ruthlessly. But we are and we will keep doing

so because the desert is a place of bones, where the innards areturned out, to desiccate into dust. The ocean is a place of skin, richouter membranes hiding thick juicy insides, laden with the soup ofbeing! In both the circumstances it are the influential and thecorrupt who dictate terms to the powerless and the helpless!

-'In the case which we are going to present th same! How it happenedis not known but it did happn is the talk that is going around in the District (Poonch)!

The administration in District poonch by now should know that, 'ifyou go down the rabbit hole of our unconsciousness and try to unravelthe knotty points of our life story we may encounter a bunch of hiddenniceties or emotional stowaways. Forgotten details in the windmill ofour mind may daintily reveal, where thngs might have gone wrong. Inthis case the things have gone terribly wrong!-'The hidden side of the administration characters suggests exactlythis, people are seen through the stained glass window of our imagination. And the imagination os the people in the District thinksthat the char-

acters managing the affairs are corrupt to the core'! -Why we are telling the readers the same, well this letter speaks itall! We are just hiving away the excerpts in paragraphs!-Mahmood Ahmed, Panchayat Khasblari Upper Block Mankote, wrote thisletter and it was addressed to the Additional District Development

29th All India Conference of Surnandan Bharati

Sourav Dutta:



The 29th All India Conference, Convocation Ceremony and Surnandan Festival at Gyan Manch in December 4 was inaugurated by Eminent Manipuri Danceguru Kalavati Devi, Hon'ble Justice Apurba Sinha Roy, Dean of Rabindra Bharati University Prof. Dr. Puspita Mukheriee, Tabla Maestro Pt. Mallar Ghosh, Economist of South Korea Prof. Dr. Gouranga Das and Poet-Singer-Artist of Prague Papia Ghoshal. It announced with the award giving ceremony followed by a cultural programme where a repertoire of songs, dance and recitation by aspiring artists kept the audience spellbound.

Ninety Six celebrities from Assam, Tripura, Uttar Pradesh, Chhattisgarh and West Bengal were honoured with different awards. Lifetime Achievement Awards were given to Pt. Kalvan Deka, Tabla Maestro of Guwahati, Assam; Dr. Tanya Das, Scientist and Singer of Kolkata; Smt. Snuhi Chowdhury, Danceguru of Kolkata; Mrs. Jayalakshmi Arun, Danceguru and Choreographer of Vadodara, Gujarat and Sri Badal Kr. Mandal, Artist of Rourkela, Odisha, Best Centre In Charge trophy was given to Sri Dhruba Jyoti Sharma Baruah, Principal of Shankar Madhab Chitrakala Vidyalaya, Bebejia, Assam. Smt. Nirmali Das, student of Shankar Madhab Chitrakala Vidyalaya, received Best Student Award.

Singers, Dancers, Elocutionists and Artists presented various types of programmes on the stage. The poetry book 'Muhurter Kobitaguchha' written by Prof. Dr. Gouranga Das of Seoul, South Korea, a short story book of Ritish Ranjan Chakraborty 'Dyotonar Deyal' and story of 84 outstanding personalities in the field of art and culture 'Refulgent Luminaries' edited by Ritish Ranjan Chakraborty were inaugurated in the conference. A colourful souvenir was also inaugurated by Hon'ble Justice. The entire programme was compered by Elocutionist Debasish Basu (TV Personality), Debasish Sarkar and Simantika Bhattachariee

"Not 1962 Anymore...": **Arunachal Chief Minister On Border Clash With China**

New Delhi: Arunachal Chief Minister Pema Khandu today said the Indian Army will give a befitting reply if someone tries to transgress. His remarks come just days after the soldiers of the two countries clashed in the Tawang sector of Arunachal Pradesh.

"Yangtse is under my assembly constituency & every year I meet the Jawans & villagers of the area. It's not 1962 anymore. If anyone tries to transgress, our brave soldiers will give a befitting reply," Mr Khandu said in a tweet. Earlier today, Defence Minister Rajnath Singh made a statement in Parliament on the incident in Yangtse, Tawang on December 9. Mr Singh said Chinese troops tried to transgress the LAC which led to a scuffle between the troops. But the Indian soldiers "compelled the Chinese soldiers to return to their posts and prevented a land-grab," Mr Singh said. There were no casualties or serious injuries to Indian troops in the scuffle, he added. Border tensions between India and China vastly escalated in June 2020, when clashes broke out at Galwan Valley in Eastern Ladakh, in which 20 Indian soldiers died for the country and over 40 Chinese soldiers were killed or injured

two nations, including one at the South Bank of Pangong Lake. After multiple meetings between military com-manders, Indian and Chinese troops pulled back from key points including Gogra-Hot Springs in Ladakh.

Don't Talk To Media When On Interim Bail: Delhi Court **To Umar Khalid**



New Delhi: A court has directed activist and former JNU student Umar Khalid, an accused in the 2020 northeast Delhi riots, to not talk to media or give interviews while granting him interim bail to attend the marriage of his sister. While ordering Umar Khalid's release on bail for a week on Monday to attend the marriage related functions of his sister, the court imposed several conditions. Umar Khalid had moved an application seeking interim bail for two weeks from December 20 to January 3... .in view of the marriage of the real younger sister of the accused, this court is inclined to grant interim bail for attending the marriage-related functions. Regarding apprehensions of prosecution, those can be taken care of by attaching conditions in the bail...," Additional Sessions Judge Amitabh Rawat said in the order which was accessed on Tuesday.

Noting that marriage-related functions were to be held from December 26 to 28, the judge said the court in its "discretion" was exercising its "latitude" and found it fit to grant him interim bail for seven days from December 23. He will have to surrender on December 30.

"Accordingly applicant or accused Umar Khalid is directed to be released on interim bail...on furnishing of personal bond in the sum of 25,000 with two sureties of the like amount," the court said. The court, however, made it clear that Umar Khalid's bail will not be extended."The accused...upon his release shall not get in touch with any of the witnesses nor will tamper with evidence and will provide his mobile (phone) number to the investigating officer (IO) and shall keep his mobile phone open

(on) till the period of interim bail," the court said. The court directed Umar Khalid to contact the IO through video calls daily, besides not talking or giving any interviews to "any media, including social media." "He shall not meet any members of the public.

Foreign Funding Licence Of Gandhis' NGOs Cancelled For Chinese Link: Amit Shah

New Delhi: No one can capture an inch of land till the Narendra Modi government is in power, Union Home Minister Amit Shah said on Tuesday, as the opposition demanded a discussion on clashes between Indian and Chinese forces along the LAC in Arunachal Pradesh. On the border issue, the minister made it clear that the "BJP government will not allow any incursion on land. We will not leave an inch of land. The bravery shown by soldiers is appreciable, they have saved our land".

Mr Shah said Lok Sabha proceedings were dis-rupted by the Congress citing clashes on the border, but the actual reason was that it did not want to hear facts about the RGF as a question was listed about it during the Question Hour in the House.

"Between 2005 and 2007, the RGF had received 1.35 crore from the Chinese embassy. After following due diligence, the

Washington: President Joe

Biden will on Tuesday sign

into law a bill granting fed-

eral protections to same-

sex marriage -- gathering

thousands of guests at the

White House to celebrate

It comes 12 years after Biden -- then Barack

Obama's vice president

favor of same-sex unions,

well before they became

legal in the entire United

States through a 2015 US

Supreme Court decision.

After the Supreme Court

-- now significantly more

conservative -- overturned

rights last June, lawmak-

ers from the left and right

came together to prevent

any subsequent move to

curb same-sex marriage

adoption by Congress last

week marked a rare show

of bipartisanship in deep-

ly divided Washington. In

celebration, Biden will be

gathering a group of Re-

publican and Democratic

legislation's final

rights, feared by some.

abortion

longstanding

- took a public stand in

the legislative milestone.



Biden To Sign Bill Granting

Protections To Same-Sex Marriage

home ministry cancelled the FCRA registration of the RGF," he said.

According to law, any

NGO which intends to receive foreign funding must register itself under the FCRA.Amit Shah alleged that while the Congress claimed that the money from the embassy was meant to undertake research on ties between India and China, the country wanted to know if the research covered the issue of land that India lost during the 1962 war. Recalling that China had raised questions about

tiffs in marriage equality

cases across the country,

his spokeswoman Karine

Jean-Pierre, who herself

made history as the first openly gay White House

press secretary, also touted

"musical guests and per-

formances to celebrate this

The legislation, she said.

"will give peace of mind to

millions of LGBTQI+ and

interracial couples who

will finally be guaranteed

historic bill.

Jean-Pierre said Monday.

Manmohan Singh's visit to Arunachal Pradesh on October 13, 2009, he asked if the party carried out research on the issue.

The minister asked whether the party also researched issues like incursion of thousands of hectares of land by China, Jawaharlal Nehru "sacrificing" India's seat in the United Nations Security Council, denial of visa by China to the then Chief Minister of Arunachal Pradesh Dorjee Khandu and issuing of staple visa to residents of Jammu and Kashmir.r Shah also

dian soldiers were fighting the Chinese PLA at Galwan, someone from the Congress was throwing a dinner for an official of the Chinese embassy and asked why work on vital infrastructure projects was stalled in 2012 following a threat from China.

The FCRA registration of the RGF and Rajiv Gandhi Charitable Trust (RGCT) were cancelled in October last vear after an investigation carried out by an inter-ministerial committee formed by the home ministry in 2020.

The trustees of the RGF are former Prime Minister Manmohan Singh and Congress leaders P Chidambaram, Rahul Gandhi, Priyanka Gandhi Vadra, Montek Singh Ahluwalia, Suman Dubey, and Ashok Ganguly.The trustees of the RGCT are Rahul Gandhi, Ashok Ganguly, Bansi Mehta, and Deep Joshi.Set up in 1991, the RGF worked on a number of critical issues, including health.

states to legalize same-sex

marriage but does require

them to recognize a mar-

riage so long as it was valid

in the state where it was

It repeals previous legisla-

tion defining marriage as a

union between a man and a

woman, and also protects

interracial couples by re-

quiring states to recognize

legal marriages without re-

gard to "sex, race, ethnicity

In the House of Represen-

tatives, 39 Republicans

joined a united Democrat-

ic majority in supporting

the bill, while 169 Republi

cans voted against. It was

previously adopted in the

evenly-split Senate by 61

votes to 36. Jean-Pierre said

Biden would stress Tuesday that "there is much

more work to be done to

protect LGBTQI+ individu-

Biden's spokeswoman re

called that the 80-year-old

Democrat was among the

first American political

leaders to publicly support

same-sex unions at the

als across the country.'

or national origin.'

performed.

16 Lakh Cyber Crime Incidents Reported Since 2020: Minister In Parliament

New Delhi: Over 16 lakh cybercrime incidents have been reported in the country in the last three years following which more than 32,000 FIRs were registered, Lok Sabha was informed today.

Union Minister of State for Home Nityanand Rai said the 'National Cyber Crime Reporting Portal' (www.cybercrime.gov.in) allows easy reporting of all types of cyber crimes and the incidents reported on this portal are routed automatically to the respective State and UT law enforcement agency for further handling as per the provisions of law

'As per the data maintained, more than 16 lakh cybercrime incidents have been reported and more than 32,000 FIRs have been registered from January 1, 2020, to December 7, 2022," he said replying to a written question. The minister said, the 'Citizen Financial Cyber Fraud Reporting and Management System' has been launched for immediate reporting of financial frauds and to stop siphoning off funds by fraudsters. So far, financial fraud transactions amounting to more than 180 crore have been saved. A toll-free Helpline number '1930' has been operationalised to get assistance in lodging online cyber complaint, he said.

Centre Has Neglected Meghalaya, Other Northeast States: Mamata Banerjee



Shillong: West Bengal Chief Minister and TMC chief Mamata Banerjee today alleged that the BJP government at the Centre has neglected Meghalaya and other northeastern states. Ms Banerjee, addressing a TMC workers' convention here, said her party wants to assist the people of Meghalaya to ensure that the state is ruled by sons of the soil.

The central government has totally neglected Meghalaya as well as other northestern states. We will ensure that we bring change and the hill state prospers... Let us walk together on path of progress; why divide people based on caste and religion?" she said. Ms Banerjee also promised a financial inclusion scheme under which a direct transfer of 1,000 per month will be made to woman in every household of Meghalaya.

'Women in Meghalaya have suffered enough. While the state government neglects them, we aim to empower

Assembly polls are due in Meghalaya early next year. Earlier in the day, the Trinamool Congress supremo also distributed 5 lakh each to next of kin of those killed in clashes along the Assam-Meghalaya border last month.

'Today, I met the families of the victims of the tragic Mukroh firing. It was my duty to stand by them in their time of grief. As a small act of assistance, I handed over ex gratia cheques of 5 lakh to their kin," she said.

Violence had broken out at Mukroh village near the disputed border between the two states in West Karbi Anglong district in November, after a truck allegedly laden with illegally felled timber was intercepted by forest guards from Assam Six people - five tribal villagers from Meghalaya and a forest guard from Assam - were killed in the clashes.

The TMC is now Meghalaya's main opposition party in its 60-member assembly by virtue of the defection of 12 of the 17 Congress MLAs, including former chief minister Mukul Sangma in November last year.

However, one of the 12 resigned from the assembly and also from the party last month, reducing the TMC's

Besides Tripura and Assam, Meghalaya is one of the northeastern states where the TMC is trying to make inroads. The party had also contested the assembly election in Manipur in 2012.

The new legislation, known lawmakers on the White highest levels of governthe rights and protections to which they and their children are entitled." along as the Respect for Margrounds, ment. with advocates and plainriage Act. does not require Bilkis Bano Case: Supreme Court's Justice

- Growing support -

Hundreds of thousands

of same-sex couples have

married since the Supreme

Court's 2015 decision legal-

izing the unions through-

Public acceptance has

grown dramatically in re-

cent decades, with polls

now showing a strong ma-

iority of Americans sup-

porting same-sex marriage.

But some conservatives

and the religious right re-

main opposed.

out the United States.

New Delhi: Justice Bela M Trivedi, part of the Supreme Court bench that was to hear Bilkis Bano's plea challenging the remission and release of 11 convicts in the 2002 case related to her gang rape and murder of seven members of her family on December 13, recused herself from the hearing today. The matter was hence adjourned, and will have to be listed in a new bench. As soon as a bench of justices Ajay Rastogi and Bela M Trivedi took up the matter for hearing, Justice Rastogi said that his sister judge will not like to hear the case.

"List the matter before a bench in which one of us is not a member", the bench headed by Justice Rastogi ordered. The bench did not specify any reason for the recusal of justice Trive-

Bilkis Bano, in two separate petitions, had challenged the early release of the convicts by the Gujarat government on August 15, saying the state gov-



ernment passed a mechanical order completely ignoring the requirement of law as laid down by the Supreme

Bilkis Bano was 21 and five-month pregnant when she was gang raped during the 2002 Gujarat riots that followed the Godhra train burning incident. Her three-year-old daughter was also among the seven members of her

Bela Trivedi Opts Out Of Hearing

"The decision to once again stand up and knock on the doors of justice was not easy for me. For a long time, after the men who destroyed my entire family and my life were released, I was simply numb. I was paralysed with shock and with fear for my children my daughters, and above all, paralysed by loss of hope," she had said at the time of filing of the petitions. The investigation in the case was handed over to the CBI and the trial was transferred to a Maharashtra court by the Supreme Court.

A special CBI court in Mumbai had on January 21, 2008 sentenced the 11 to life imprisonment.

Their conviction was later upheld by the Bombay High Court and the Supreme Court. However, in October, the Gujarat government told the Supreme Court that it had the Centre's approval for the release of the 11 convicts and also cited their "good behaviour".

China says 'shocked' at Kabul attack, firmly opposes all terrorism

China on Tuesday said it was "shocked" by a deadly attack on a Kabul hotel popular with Chinese business people, adding that five of its nationals were wounded.

This terror attack is abominable and China is deeply shocked. We firmly oppose all forms of terrorism ... We express our grief for the Afghan military police who died, and express sympathies for the injured," foreign ministry spokesman Wang Wenbin said. At least three people were killed when gunmen attacked the hotel in the Afghan capital Monday, with witnesses reporting multiple blasts and several bursts of gunfire. The militant Islamic State (IS) group has claimed responsibility. "As far as we know, five Chinese citizens were injured in the terrorist attack and several Afghan military and police were also killed," Wang said.He added the Chinese embassy in Afghanistan had "made serious representations to the Afghan interim government, asking the Afghan side to spare no effort to rescue the injured, thoroughly investigate the incident, bring the terrorists to justice, and take further measures to protect the safety of Chinese citizens in Afghanistan"

Need 800 Million Euros Aid For Energy Sector: Ukraine's Zelensky

ensky on Tuesday said Ukraine needed emergency aid for its energy sector totalling around 800 million euros to help his country survive Russia's bombing of its civilian infrastructure. Failing to make an impact on the battlefield in its invasion, Moscow has switched tactics since October when it began airstrikes targeting Ukraine's energy network, plunging millions into cold and darkness at the onset of winter. The alarm over Ukraine's ability to cope comes nine months into the Russian assault against its neighbour, which has seen Moscow make only slight territorial gains in the face of fierce Ukrainian resistance. Zelensky made the request for 800 million euros at international conference

al and money to repair Ukraine's damaged infrastructure

It is hosted by French President Emmanuel Macron with whom he has sometimes had testy ties. "Of course it is a very high amount, but the cost is less than the cost of a potential blackout," Zelensky told the gathering in

Paris via video link. "I hope that decisions will be made accordingly.

Zelensky said that Ukraine needed transformers, equipment to repair damaged high-voltage power lines, as well as generators and gas turbines.

our power plants by terror attacks we will need to use more gas this winter than expected," added Zelensky, whose wife Ole- billion cubic metres" of addition- Ukrainian Prime Minister De-



"Because of the destruction of na attended the conference in

Zelensky urged G7 nations on to fight the invasion. Monday to provide "about two

al gas to get through the winter as well as more tanks and missiles

- Russia wants 'darkness' -

help from the 70 states and international agencies gathered in Paris for the "Standing with the Ukrainian People" conference.

'They (Russians) want to put us into darkness and it will fail, thanks to our partners all over the world," he added.

Shmygal also said Tuesday that the UN nuclear watchdog IAEA had agreed to dispatch permanent teams to the country's nuclear plants, including the Russian-controlled Zaporizhzhia plant, a hotspot of fighting.

The prime minister said after a meeting with IAEA chief Rafael Grossi that teams would deploy to plants at Zaporizhzhia, Rivne, Khmelnytskyi, Pivdennoukrainska and Chernobyl without specifying a timeframe.

IND vs BAN: Test of KL Rahul's Captaincy As India Aim To Push For WTC Final Qualification

KL Rahul's tactical acumen will be tested along with his batting prowess when a depleted Indian team clashes with a tricky Bangladesh in the high-stakes two-match series, the result of which will have an impact on India's chances for the World Test Championship final qualification. India are currently fourth in the WTC table behind Australia, South Africa and Sri Lanka. The only way of qualifying for the final in June is to straightaway win both the Tests against Bangladesh and then all four at home against Pat Cummins' Australia to eliminate any ifs and buts. The journey starts at the Zahoor Ahmed Stadium, which has traditionally favoured the batters but also offers some turn towards the business end of the match. The visitors will start as overwhelming favourites in Test format, in which the Bangladesh is yet to beat India but the absence of Rohit Sharma, Jasprit Bumrah, Mohammed Shami and Ravindra Jadeja could hurt the side.



Jadeja's absence on these kind of tracks always puts Indian team on the back-foot especially when the opposition team is batting in the third innings or fourth innings.

Jadeja-Ashwin duo, at least against lesser Test nations on sub-continental tracks could be lethal but Axar Patel has done his hard yards over the past two seasons as the second choice left-arm spinner.

As many as 10 Indian players, if all are fit, select themselves in the playing XI and the most important call that the two Rahuls -- skipper KL and head coach Dravid -- need

to make is about the fifth specialist bowler -- a third pacer or a third spinner.

Whether India will field a third choice specialist spinner in wrist-spinner Kuldeep Yadav or slow left-arm orthodox Saurabh Kumar is there to be seen.

Saurabh, who has been a star performer for India A team in the recently concluded two-Test series against Bangladesh A with 15 wickets, would feel that he has made his case for a Test Cap in at least one of the two games.

KL Rahul's test as a leader

In the past one year, Rahul hasn't been exactly exceptional in terms of cricketing smarts as far as captaincy is concerned and this series where he is likely to get two games will be an acid test as far as his long-term leadership ambition is concerned.

On Monday, during the trophy unveiling ceremony with his counterpart Shakib al Hasan, Rahul told the mediapersons that his team.

ICC rates Rawalpindi pitch 'below average' after Pak vs Eng Test

Rawalpindi Cricket Stadium has been handed one demerit point after the International Cricket Council (ICC) on Tuesday rated the pitch for the first Test between Pakistan and England as "below average"

England won the Test by 74 runs after posting 657 all out in the first innings and 264-7 declared in the second. Pakistan made 579 in the first innings before they were bundled out for 268 in the second.

"It was a very flat pitch which gave almost no assistance to any type of bowler. That was the main reason why batters scored very fast and both sides posted huge totals," said Andy Pycroft of the governing body's elite panel of match referees.
"The pitch hardly deteriorated during the course

of the match. Since there was very little in it for the bowlers, I found the pitch to be 'below average' as per

IPL 2023 Auction: 405 Players To Go Under The Hammer For 87 Vacant Spots

The TATA IPL 2023 Player Auction list is out with a total of 405 cricketers set to go under the hammer in Kochi on December 23rd, 2022. Initially, a total of 369 players were shortlisted by 10 teams from the initial list of 991 players. Thirty Six additional players were requested by teams, which are added into the final list which makes a total of 405 players which will be presented at the TATA IPL 2023 Auction.

Out of 405 players, 273 are Indians and 132 are overseas players of which 4 players are from associate nations. The total capped players are 119, uncapped players are 282 and 4 from associate nations. A maximum of 87 slots are now available with up to 30 being slotted for overseas players.INR 2 crore is the highest reserve price with 19 overseas players choosing to be slotted in the highest bracket.11 players are in the auction list with a base price of INR 1.5 crore. Manish Pandey and Mayank Agarwal are the two Indian players in the list of 20 cricketers with a base price of INR 1 crore.

Tahlia McGrath becomes No.1 in ICC Women's **T201 Player Rankings**



Dubai, DEc 13 (UNI) Australia batter Tahlia Mc-Grath's superb performances in the first two matches of their ongoing series against India have catapulted her to the top of the ICC Women's T20I Player Rankings in the weekly update carried out on Tuesday.

The 27-year-old, who struck unbeaten knocks of 40 and 70 in Mumbai, has overtaken compatriots Meg Lanning and Beth Mooney as well as India opener Smriti Mandhana to become the fourth Australian and 12th batter to top the women's T20I rankings.

Mooney had been at the top since 3 August this year when she overtook Lanning. ICC Hall of Famer Karen Rolton is the other Australian to have been at the top of the rankings.

McGrath is No. 1 after only 16 matches. The last woman to reach the top in fewer matches was star West Indies player Stafanie Taylor in 2010 (15 matches) while India opener Shafali Verma has been the fastest in recent years, reaching the summit after 18 matches.

In the latest update that also considers performances in the third match of the series between New Zealand and Bangladesh and the first match of the series between the West Indies and England, Sophie Devine of New Zealand, Verma and Australia's Alyssa Healy have gained one spot each to reach fourth, sixth and eighth positions.

FIFA WC: French record breakers set for SF



13 (UNI) Dec goes into their Cup semifinals World against Morocco as the favorites to repeat their place in the final from 2018, when they also won

the title. The French also reached the final of the 2016 Champion-European ship, where they were runners-up in the tour-nament, so Didier Deschamps's men have the semifinal experience they need to go into Wednesday's match at Al Bayt with confidence.

Not only do the French have a great record in the semifinals, but this World Cup has seen four players set records to highlight the challenge they pose to

The first of those is striker Olivier Giroud: The AC Milan forward, who is a clear candidate for this year's Golden Boot, scored twice against Australia to take him level with Thierry Henry's record of 51 goals for France

He then broke the record with the opening goal against Poland and extended it to 53, with the winner against England last Saturday.

Kylian Mbappe has also broken a record at this World Cup, with the two wonderful goals he netted against Poland taking him to nine goals in World Cups. That makes him the first 24-year-old to reach that total, passing the great Pele's seven goals by that age.

What is frightening is that Mbappe also has more goals in World Cups at 24 years old than Cristiano Ronaldo in his entire career.

Emphasizing the threat the French attack poses in this World Cup, Antoine Griezmann's two assists against England take his total to 28 for the French national team beating Henry's record of 27, although the fact Mhanne already has 18 assists hints that one day that record will be his.

And finally, goalkeeper Hugo Lloris was one of France's heroes against England, with a series of fine saves and also winning the mental battle against Harry Kane.

I don't see problem with Brazil having foreign coach: Ronaldo

Ronaldo has lent his support to appoint a foreign manager following the team's elimination from the 2022 FIFA World Cup in Qatar.

Friday's quarterfinal loss to Croatia on penalties marked the fifth consecutive time that Brazil has been knocked out of football's showpiece tournament by a European opponent.

Tite reiterated his previously announced decision to step down after the World Cup, saying "the cycle has finished" after the match at Education City stadium in Doha.

"I would love to see names like (Pep) Guardiola, (Carlo) Ancelotti or (Jose) Mourinho coaching Brazil," Ronaldo told reporters here on Monday. "But I am not the one who chooses, we will see what happens. These names have emerged in Brazil, but I don't know if it's true. "I don't see a problem with Brazil



having a foreign coach. There is going to be a lot of discussion about who will be the next coach of Brazil. I see these names very favorably.'

Ronaldo, who won the World Cup with Brazil in 1994 and 2002, said Brazil had paid the price for poor defending that led to Bruno Petkovic's 116th-minute equalizer for

Neymar had given the South American side the lead in the 106th minute by starting and finishing a superb team goal after the scores were tied at 0-0 at the end of normal

'We weren't able to run down the clock in extra time after the goal," Ronaldo said. "We needed to be smarter, it's the only thing we needed to get through the tie. Ronaldo also said he was confident

Neymar would play again for Brazil after the Paris Saint-Germain forward raised the prospect of ending his international career.

"He is very upset with the result," Ronaldo said. "It's normal for him to feel that right now, but I'm sure he'll come back stronger and continue playing for Brazil. He is still young and can play in the next World Cup. I am proud of how he showed his commitment in the last six months with Brazil.

"He played a great first game, suffered the ankle injury and made a lot of sacrifices to play for the national team again. He is very important for us and I hope that.

Swiatek bags 2022 WTA Player of the Year award

St. Petersburg (USA), Dec 13 (UNI) World No.1 tennis star from Poland Iga Swiatek's has been named the WTA Player of the Year for the first time as WTA award winners announced.Swiatek, who won Newcomer of the Year in 2020, had an outstanding season in 2022. She was crowned champion at eight tournaments, including winning six events in a row and a 37-match winning streak. The eight titles won by Swiatek are -- two Grand Slams, at Roland Garros and the US Open, WTA 1000 titles at the Qatar Open (Doha), BNP Paribas Open (Indian Wells), the Miami Open (Rome) and WTA 500 titles at the Porsche Tennis Grand Prix (Stuttgart) and the San Diego Open.

Overall, the Pole tennis star won 67 matches this season. Besides



Swiatek, the doubles team of Barbora Krejcikova and Katerina Siniakova, were among the WTA award winners announced Monday.

Krejcikova and doubles World No.1 Siniakova were awarded the Doubles Team of the Year for the second season in a row and third time overall. The Czech pairing won three titles in 2022, all coming at the majors -- the Australian Open, Wimbledon and the US

Open. They also reached the title match at the WTA Finals. Their title in New York secured them the career Grand Slam, a feat achieved by only six other doubles teams. Beatriz Haddad Maia bagged the Most Improved Player of the Year award. becoming the first Brazilian woman to win a WTA Player Awards since they were introduced in 1977. She broke into the Top 20 for the first time following her run to the final at the WTA 1000 National Bank Open presented by Rogers (Toron-

new-career high ranking of No.15 as part of a memorable season. Zheng Qinwen of China has been awarded Newcomer of the Year while Germany's Tatjana Maria has been named the Comeback Player of the Year.

to) in August and went on to post a

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