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HEADLINES TODAY

‘Discipline, determination defining attributes of youth’: LG Manoj Sinha

Interacts with Officers, Volunteers of J&K Bharat Scouts & Guides

HT NEWS DESK

JAMMU, DECEMBER 08: Lieutenant Governor Manoj Sinha interacted with Officers and Volunteers of J&K Bharat Scouts & Guides, today at the Raj Bhavan. The delegation was led by J&K Chapter Commissioner, Wg Cdr M.M Joshi comprising Administrator, Nasreen Khan; HQ Commissioner Capt. Sharma; Training Commissioner Guide Wing, Manjeet Kaur; Guides Captain, Jyoti Verma; Guide, Pooja Gupta & Scout, Sumkit Jain. The Lt Governor observed that Scouts & Guides symbolize selfless service, unity in diversity. Volunteers are actively working for the cause of social equity and strengthening values like self-discipline, comradeship in the society, he noted. It is a matter of great pride for us



that the Scouts & Guides are discharging their duties with efficiency and effectiveness. The spirit of the Scouts & Guides needs to be replicated in other spheres of community to bring about constructive transformation, said the Lt Governor. Observing that discipline and determination are the defining attributes of youth, the Lt Governor said, through Mission Youth, we are encouraging the young generation to selflessly

LG addresses Message of Humanity Conference organised by Dogra Sadar Sabha, J&K

‘Social development, aspirations of people can be fulfilled only in conditions of peace’

Jammu, Dec 08: Lieutenant Governor Manoj Sinha Thursday addressed the Message of Humanity Conference organised by Dogra Sadar Sabha, J&K. The Conference was presided over by Governor of Kerala, Arif Mohammed Khan. Arif Mohammed Khan in his presidential address spoke elaborately on the message of different religions. He said Secularism has been a core characteristic of India

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In a first, two lakh Indian Muslim pilgrims to perform Haj 2023

Official announcement soon; More pilgrims from J&K compared to previous years

HT NEWS DESK

Srinagar, Dec 08 In a major decision taken by the Haj Committee of India (HCOI), for the Haj 2023, two lakh pilgrims will be allowed to perform the sacred pilgrimage from India with special focus on women. With the increase in Haj quota, the number of pilgrims from Jammu and Kashmir will also be more compared to previous years. Official announcement in this regard will be made shortly. This is for the first time that two lakh Indian Muslims will perform Haj 2023. Talking to news agency—Kashmir News Observer, exclusively, member HCOI, Er Aijaz Hussain said that HCOI after thorough consultations with the Saudi Arabia Government’s Haj ministry, has decided to allow two lakh pilgrims from India for the Haj 2023. “The Haj quota has been increased and for the year 2023, two lakh pilgrims will perform the holy pilgrimage,” he said. “In Haj 2023, special focus will be on women pilgrims.” Asked whether the J&K will also have an enhanced Haj quota, Er Aijaz said that the number of pilgrims from UT will obviously be more than the previous years given

increase in Haj quota. He said it was after hectic efforts by the HCOI that the Haj quota for India was increased to two lakh. “We are also working to make Haj 2023 cheaper and smooth compared to previous pilgrimages,” Er Aijaz said. He said that HCOI has already decided to ensure more embarkment points to facilitate pilgrims in a friendly manner. “Pilgrims will have a choice to choose the embarkment points of their choice,” he said. He said that in Haj 2023, special focus will also be on women pilgrims. “Earlier, many women aspiring to go for Haj without ‘mehram’ faced a lot of issues. We will address their issues and allow them to perform the Haj smoothly,” Er Aijaz said. Reliable sources in the HCOI said that it was after a series of meetings in Mumbai and New Delhi followed by the brainstorming sessions where feedback taken by the pilgrims from various parts of the country was discussed and strategies formed to plug the loopholes. They said that in the upcoming Haj, pilgrims will be facilitated in a more efficient manner. Pertinently, after the resumption of

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CS reviews progress on Aadhaar penetration across J&K

Directs officers to launch ALBR by 15th December, CRS by end of this month

HT NEWS DESK

JAMMU, DECEMBER 08: Chief Secretary, Dr. Arun Kumar Mehta today emphasized upon all the stakeholders to complete the 100 percent Aadhaar penetration across J&K, underlining that the Union Territory has completely moved to digital means by offering all the citizen centric services through online mode and Aadhaar is a prerequisite to avail those services. The Chief Secretary made these remarks while chairing a meet to review the Aadhaar saturation across Jammu and Kashmir at Civil Secretariat here. The meeting was attended by Principal Secretary, PDD, H



Rajesh Prasad; Commissioner Secretary, Forests, Sanjeev Verma; Divisional Commissioner, Kashmir, P.K Pole; Commissioner Secretary, Information Technology, Prerna Puri; Secretary Health and Medical Education, Bhopinder Kumar; Divisional Commissioner, Jammu, Ramesh Kumar, CGM, BSNL, all Deputy

Commissioners and other concerned officers both in person and through video conferencing. Addressing the officers, Dr. Mehta highlighted 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 Deputy Commissioners to take up the Aadhaar saturation in mission mode so that effective and efficient public services are provided to the people. The Chief Secretary enjoined upon the DCs to formulate re-employment plan for optimum utilisation of Aadhaar stations in order to achieve the 100% penetration. “Mobilise people to

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Only one resident militant from Srinagar active at present: Police

HT NEWS DESK

Srinagar, Dec 08: In a major success against militancy and law & order front in Srinagar district, a top police official informed that only one active resident militant is left from Srinagar district, plus law & order situations and bandhs/strikes have almost faded away. A top police official told the news agency—Kashmir News Observer that just one resident militant is left from Srinagar distt namely Momin Gulzar, a resident of Eidgah area. It was also conveyed that not letting the youth join militant ranks is among the top priority of J&K police. Further, the militancy incidents in Srinagar distt have been reduced considerably and the district is fast becoming one of the most peaceful districts of the Valley. The officials said that in this year from 1st January 2022 till date, only 2 minor law & order incidents took place—one in Shankerpora, Nowgam and another at Maisuma area of Srinagar. Both the incidents were minor in nature and were contained within minutes. This is in contrast when in 2018 more than 200 were reported and around 400 in 2016. “This indicates that peace is fast returning to Srinagar and efforts are on to make the peaceful atmosphere a permanent feature,” the officials said. Earlier J&K Police chief, DGP J&K, Dilbagh Singh had informed that the number of militants both foreigners and locals have been brought to two digits after many years—

KU likely to announce winter vacations from first week of January

HT NEWS DESK

Srinagar, Dec 08: The University of Kashmir (KU) is likely to announce winter vacations from the first week of January 2023. Top officials of the varsity informed the news agency—Kashmir News Observer (KNO) that the management will announce the winter vacations from the first week of January 2023. “As of now, we have not conducted the meeting with the deans of the university, but in the weeks time we will hold with them and will accordingly decide about the winter vacations,” the official said. He also said that examinations of several departments have also been slated

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Shopian Encounter: Militants escape after brief exchange of fire

HT NEWS DESK

Shopian, Dec 08: After a brief exchange of fire, militants have managed to give slip to security forces in Wathoo area of South Kashmir’s Shopian district where an encounter broke out last night, officials said here on Thursday. An official told the news agency—Kashmir News Observer that encounter broke out last evening after a joint team of Police, Army and CRPF launched search operation in the area. He said as the joint team of forces

CONTINUED ON ► PAGE 10

Hold Assembly elections within six months: Azad to ECI

Says youth frustrated, indulging in drugs; valley going through uncertainty

HT NEWS DESK

Kupwara, Dec 08: Ghulam Nabi Azad, chief of Democratic Azad Party (DAP) on Thursday urged the Election Commission of India (ECI) assembly elections in J&K should be held within next six months. DAP chief, Ghulam Nabi Azad while speaking in Lolab, Kupwara as per the news agency—Kashmir News Observer (KNO) said, that since the assembly was dissolved, the Jammu and Kashmir has gone through the several uncertain and unexpected things which include the abrogation of Article 370, which no one could have ever thought. Azad, while urging the government to hold the elections in next six months said, that they can’t wait till the year 2024 for the assembly elections. “We have already suffered a lot and the election is need of an hour”, said Azad, as per KNO.



He said that the decision of dissolving the assembly was totally unjustified as the situation in the valley was peaceful and there was no militancy at that time. “Our youth who are well educated are frustrated and are involved

CONTINUED ON ► PAGE 10

DDC repoll results declared in Drugmulla, Hajin-A, Independents win both seats

State election Commissioner appreciates efforts for smooth conduct of elections

DR ABDUL QAYOOM

SRINAGAR, DECEMBER 08: The State Election Commissioner, KK Sharma today appreciated the efforts of various departments involved in ensuring smooth conduct and counting of votes of re-poll of two District Development Council seats in Kashmir. The SEC further said that despite the cold conditions prevalent in the Valley, the officials associated with the counting and the related things have extraordinarily carried out their duties for declaration of results to the utmost satisfaction of every political party and people alike. He also complimented all the District Administration for



the arrangements that were put in place for the counting process besides ensuring smooth conduct of election process. In DDC constituency, Drugmulla in Kupwara Independent Candidate, Amina Majeed (election symbol Truck)

won the DDC Seat Drugmulla by 39 votes. According to the results declared by Returning Officer, DDC constituency, Drugmulla, the Independent Candidate, Amina Majeed (election symbol truck) got 3259 votes, followed by PDP candidate Shabnam Rehman (election symbol Pen and Inkpot) 3220 votes. Pertinently, 32.73 % was recorded in Drugmulla Constituency Kupwara District which went to the polls today. 42 polling stations were set up for DDC Drugmulla which recorded a percentage of 32.73 . 10724 votes were polled against total electorate of 32768. 5624 Males

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CBK files challan against 5 accused in cheating, forgery case

HT NEWS DESK

Srinagar, Dec 08: The Special Crime Wing of Crime Branch Kashmir produced challan against five accused persons in a case related to cheating and forgery, thereby causing loss to state exchequer. According to a statement, issued to the news agency—Kashmir News Observer (KNO), challan was filed in Case FIR No. 28/2017 U/S, 409, 420, 468, 471, 201, 120-B RPC before the court of CJM Srinagar against 05 accused persons for hatching a criminal conspiracy in league with each other and resorting to cheating, forgery and destruction of records, thereby causing wrong full gain to the deceased accused against the corresponding wrongful loss to the state exchequer. The statement reads case had been registered upon receipt of a written Communication of Chief Education Officer, Bandipora, wherein it was alleged that deceased Ex-Principal Government Higher Secondary School, Bandipora has produced a court order for release of pension gratuity with interest, issued by

CONTINUED ON ► PAGE 10

Principal Secretary PDD reviews power scenario in Kashmir with KPDCCL officers

HT NEWS DESK

JAMMU/ SRINAGAR, DECEMBER 8: Principal Secretary, Power Development Department (PDD), H Rajesh Prasad, today convened a review meeting with officers of Power Distribution Corporation Limited (KPDCCL), regarding power scenario in Kashmir. Principal Secretary was briefed by the Managing Director KPDCCL, Yasin M Choudhary, regarding the present curtailment schedule of KPDCCL which is being implemented by the Sub-Transmission Divisions of KPDCCL. Principal Secretary directed the KPDCCL Engineers to strictly adhere to the curtailment schedule so that public won’t have to face hardships



on this account. He also asked to ensure wide publicity of the curtailment schedule so that it reaches to every consumer of KPDCCL. Principal Secretary was also briefed regarding the distress curtailments due to restrictions from the supply end.

Principal Secretary gave a patient hearing to the problems arising out of distress curtailments and assured that the matter will be taken up with the senior officials for redressal. Later, MD KPDCCL visited the Bemina Grid Station during peak hours to get

apprised of the load shedding and distress curtailments. He issued directions that the curtailment schedule must be adhered to strictly and distress cuts be limited to minimum. The meeting was attended by Shiv Anant Tayal, Managing Director JPDCL, Chief Engineers of KPDCCL, JPDCL, JK-PCL and JKPTCL, Superintending Engineers of KPDCCL and all Executive Engineers (Sub-Transmission Divisions) of KPDCCL. The meeting was attended by Shiv Anant Tayal, Managing Director JPDCL, Chief Engineers of KPDCCL, JPDCL, JKPCCL and JKPTCL, Superintending Engineers of KPDCCL and all Executive Engineers (Sub-Transmission Divisions) of KPDCCL.

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High Court cancels exams for posts of JE Jal Shakti, JKPSI by JKSSB

HT NEWS DESK

Srinagar, Dec 08: The Jammu Kashmir High Court on Thursday set aside and cancelled the examination conducted by the JKSSB for the posts of Junior Engineer (Civil) Jal Shakti Department and sub-inspector of Jammu and Kashmir. According to an order, a copy of which lies with the news agency—Kashmir News Observer (KNO), the high court also directed the government to constitute a high-level committee headed not less than by a retired high court judge to enquire into the conduct of JKSSB. The court directed the government to conduct enquire into the brazen irregularities conduct by JKSSB and appropriate action be initiated against those found guilty. “The Government is hereby directed to constitute a high level committee headed by not less than a retired High Court Judge to enquire into the conduct of Jammu and Kashmir Service Selection Board for the their brazen irregularities and illegalities in changing the terms and conditions of the tender, also as to what weighed with them to award a contract to conduct an examination by an organization which has previously facilitated mal

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DC Anantnag conducts late night surprise check at District Hospital

ANANTNAG, DECEMBER 08: The Deputy Commissioner (DC) Anantnag, Dr Basharat Qayoom today conducted a late night surprise check of District Hospital Anantnag.

The DC inspected various sections of the hospital including casualty wards, IPD, Emergency, biochemistry lab, office area and medical ICU. He interacted with the on duty staff as well as with several patients and enquired regarding the medical facilities being provided.

He also inspected the functioning of the heating facility and emphasized on maintaining hygienic conditions in the hospital as well on en-



suring round the clock presence of doctors to ensure seamless medical care is provided to the patients.

The DC directed Principal, GMC Anantnag Dr Tariq Qureshi and MS to take immediate steps for augmenting the capacity of the casualty ward. He emphasized that patients come to the hospital with much hope and it is important to show empathy and concern while extending medical care.

The DC was accompanied by ADC Anantnag, Principal and MS DH Anantnag, professors from GMC Anantnag, doctors and paramedical staff were also present during the inspection.

MD KPDCCL chairs meeting of Officers, members of FCIK

SRINAGAR, DECEMBER 08: A meeting was convened under the chairmanship of Managing Director (MD) KPDCCL, Yaseen. M. Choudhary, wherein senior officials of KPDCCL, President (FCIK) and other senior members of Federation of Chambers of Industries Kashmir (FCIK) were present.

The meeting discussed Tariff Revision by JERC in detail and queries raised regarding latest amendments in tariff were also discussed.

The FCIK members were apprised of the fact that the tariff revision has come after a period of more than 6 years and it was revised by the Joint Electricity Regulatory Commission (JERC). The members of the FCIK were made aware of the fact that no changes can be made in

revised tariff order, wherein the LT industries are mandated to install meters that can read KVAH readings too.

The MD, KPDCCL along with Chief Engineer (Distribution) and other senior officials of the KPDCCL gave a patient hearing to the concerns of FCIK. MD KPDCCL assured them that their genuine demands will be met.

During the course of discussion, FCIK requested the top officials of KPDCCL to look into their problems, wherein MD, KPDCCL assured them that necessary action on replacing the damaged meters, that have developed technical snag due to the fault on 11KV Line of Bagh Ali Maradan Khan Industrial Estate shall be done out of their own.

He said KPDCCL will take up maintenance of the transformers and relieve SICOP/SIDCO/I&C from this burden besides, KPDCCL will also ensure uninterrupted power supply to organized industrial sector and clusters.

The MD said that KPDCCL will take stock of the progress of project being executed and assured FCIK, that Power supply to new units in Khunmoh/Wuyan will be made available within one month.

The meeting was attended by the Officers and officials of KPDCCL including Chief Engineer (Distribution), KPDCCL; Superintending Engineers, Circle Ist and 2nd, KPDCCL; Executive Engineers of Div Ist/ 2nd/ 3rd/ 4th, KPDCCL; All AEEs of concerned divisions.

International anti-Corruption Day observed at Government College for Women Parade

JAMMU, DECEMBER 08: NSS units of Government College for Women, Parade Ground Jammu, commemorated International Anti-Corruption Day. The esteemed chief guest on the occasion was Rajinder Sharma, Mayor, Jammu, who addressed the issue with utmost attention

and wisdom. The event started with lighting of the ceremonial lamp by the dignitaries and a formal welcome address by the Principal of the college, Dr S.P. Sarswat. He thanked the chief guest for sparing his precious time from his busy schedule to grace the occasion.

In his address, Rajinder Sharma shared his views regarding the topic and apprised the students about the demerits of corruption and how it could have a drastic influence on students and society at large. The Mayor gave a detailed account of the various initiatives taken by the Govt for eradication of corruption. He also

informed the students that JMC has adopted a resolution to resolve that all the candidates for election of corporator should have graduation as basic eligible criteria. "JMC is the only Municipal Corporation in India who has taken up this initiative. Further, he also asked students to keep a vigil over any sort of corruption happening around them. The Mayor further highlighted the problems faced by the public and the steps being taken by him as Mayor Jammu to combat the same. He emphasised the importance of ease of doing business by bringing in transparency in service delivery.

DC Srinagar assesses performance of Blocks under Jal Jeevan Survekshan

SRINAGAR DECEMBER 08:- In order to assess the performance and review the functionality status of Household Tap Connections (FHTCs) in all rural households of the District, a meeting was held under the Chairmanship of the Deputy Commissioner Srinagar, Mohammad Aijaz Asad at Conference Hall of DC Office Complex here today.

At the outset, the Deputy Commissioner took a detailed review about progress achieved with regard to set parameters and indicators under JJM Survekshan including Har Ghar Jal certification by Gram Sabhas, Water Quality Testing/Monitoring & Surveillance and Institutional Arrangements. He also took a Block wise first hand appraisal of water quality testing at HHS and PWS source, besides training imparted to women for FTK testing for a sustained surveillance on quality of water by the community itself.



tant Director Planning, Executive Engineers Rural Water Supply PHE and other concerned officers were present in the meeting. At the outset, the Deputy Commissioner took a detailed review about progress achieved with regard to set parameters and indicators under JJM Survekshan including Har Ghar Jal certification by Gram Sabhas, Water Quality Testing/Monitoring & Surveillance and Institutional Arrangements. He also took a Block wise first hand appraisal of water quality testing at HHS and PWS source, besides training imparted to women for FTK testing for a sustained surveillance on quality of water by the community itself.

of testing household tap water and PWS source using FTKs or Labs by December 12.

The DC also asked them to complete Skill training/programmes of the resources by December 12th by involving members of Panchayat Raj institutions. He directed the Officers to adhere strictly to the laid guidelines and maintain the highest level of transparency and accountability in the implementation process. He also exhorted the officers to put in coordinative efforts to achieve the desired results and meet the timelines targeted for completion of tasks at all levels.

The DC further asked the concerned Officer

to work with added zeal and determination in implementation of flagship programme of the Central Government envisaged to provide safe and adequate drinking water through tap connections to all households in rural areas.

The DC laid emphasis on timely data uploading which is a pivotal criteria for evaluation of performance in JJS-2023 for front runner Districts. He also laid emphasis on encouraging the local communities to take over the rural water supply system for operation & maintenance.

Superintending Engineer PHE Hydraulic, Superintending Engineer, Mechanical PHE, Assis-

menting Engineer PHE Hydraulic, Superintending Engineer, Mechanical PHE, Assis-

DC Srinagar withholds salary of 162 employees for late office reporting/Unauthorised absence

Major Inspection of Government offices held across the district

SRINAGAR DECEMBER 08:- In order to ensure punctuality in Government Offices, the Senior Officers of District Administration Srinagar on the directions of the Deputy Commissioner Srinagar, Mohammad Aijaz Asad Thursday conducted surprise inspection of various Government Offices in Srinagar and checked the attendance of employees.

The inspection teams headed by Assistant Commissioner Revenue, Srinagar, Sub Divisional Magistrate, East and Sub

Divisional Magistrate West undertook surprise inspection of different Government Offices across the District including District Rural Development Department, District Panchayat Office, Assistant Commissioner Panchayat, Chief Agriculture Officer, R&B, I&FC, FCS&CA, RTO, Revenue Training Institute, R&B, Health Institutions in Medical Zone Batamalo, Kothibagh Higher Secondary, Middle School Kothibagh, Executive Engineer Water Works Division, UPHC, Qamarwari,

BH School, Barthana, PHC, Zainakote, GGMS Zainakote.

During the visit, the teams found 162 employees of various Offices either unauthorisedly absent from their duties or reporting late in the Office causing inconvenience to public.

Taking serious note of their unauthorised absence and late office reporting, the Deputy Commissioner has ordered withholding salary of all 162 employees. Further explanation was also sought from the all said

employees.

Meanwhile, the Deputy Commissioner Srinagar reiterated that such inspections will continue in future also and dereliction of duty including unauthorised absence and late office reporting will not be tolerated at all.

He also passed strict instructions to the concerned District heads against allowing any employee to remain absent without proper permission. He asked them to adhere to the office timing to avoid inconvenience to the general public.

Union Territory Jammu & Kashmir
OFFICE OF THE EXECUTIVE ENGINEER R&B DIVISION SOPORE.
NOTICE INVITING TENDER
NITNo-234ofRnB-Soporeof2022-2023e-tendering DATED 08.12.2022.

For and on behalf of the Lt. Governor, J&K, e-tenders (in Single Cover System) are invited on Percentage rate basis from approved and eligible contractors registered with J&K State Govt. CPWD, Railways and other State/ Central Government for the following works:

S.No	Name of Work	Adv. Cost (Rs. In Lacs)	Cost of/ DOC (In Rupees)	E/Money	Time for completion of work	Time & Date of Opening of Bid	Class of Contractor	M. Hof Account
1	2	3	4		5	6	7	8
01	construction of Two rooms along with bath room for PHC Duroo by way of P/F Vitrified tiles and raising of fencing.	2.67	200/-	5340/-	15 days	16.12.2022	DEE	PRI Grants

Position of funds: A V A I L A B L E
Position of ts/ Accorded

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

1	Date of issue of tender Notice	08.12.2022
2	Period of downloading of bidding documents	08.12.2022
3	Bid Submission start date	08.12.2022
4	Bid submission End date	15.12.2022 (4.00 PM)
5	Date and time of opening of bides (online)	16.12.2022 (12.30 PM) in the office of Ex. Engineer R&B Division. Sopore

2 Bids must be accompanied by a Treasury Challan/ CDR (dated between the bid start date and the Bid Submission End date) deposited in M.H. 0059 in the name of Executive Engineer R&B Division Sopore (tender inviting authority) as the cost of the tender document.

3. 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 pledged to the tender receiving authority, i.e. Executive Engineer R&B Division Sopore. Besides that, the successful bidder will have to provide Performance Security @ 3% at the time of contract award, strictly in accordance with the Government'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 total cost, which will be released after successful completion of the DLP/Maintenance Period.

3(b) Geotech Photographs Minimum 03 sets (01 set Comprising of Photograph before, during and after execution of work) of size 26 cm x 21 cm to be provided.

4 The date and time of opening of Bid shall be notified on website www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of responsive bidders shall be opened online on same website in the office of the Tender receiving authority.

5. The bids for the work shall remain valid for a period of 120 days from the date of opening of technical bids.

6. Instruction to bidders regarding tendering process.

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.in acquainted with 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 bid online in electronic format with digital signature. No Financial bid will be accepted in physical form.

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

6.5. Bidders must ensure no uploads scanned copy of all necessary documents with bid. All other terms, conditions shall remain same as per NIT No: 1 of 2022-23 issued under No: 369-89 dated: 20.04.2021 PWD form 25 (Double agreement form).

20. If the contractor/HMPO quotes rate for any item of work in his tender as free of cost at the time of tendering process, his tender shall be rejected outrightly For and on behalf of the Lt. Governor of J&KUT,

SD
Executive Engineer,
R&B Division Sopore

DIPK-14790/22

Union Territory of Jammu & Kashmir
Office of the Divisional Forest Officer Bandipora Forest Division Chitternagar.
e-NIT NO: 23 OF 2022-23 DATED: 06-12-2022

For and on behalf of the Hon'ble President of India, e-tenders are invited from approved and eligible contractors registered with Union Territory of Jammu & Kashmir / Central Govt. Organizations for the following works:-

S.NO	NAME OF WORK	ADV. COST (Rs. In lacs)	Bid Security (EMD) INR	CLASS OF CONTRACTOR	Cost of Tender Document. Rs)	TIME OF COMPLETION
01	Preparation of potting mixture by sieving soil, humus and sand and removing pebbles and other undesirable material and mixing net quantity in the ratio of 3:2:1 followed by filling up of bags, preparation of beds and placement of such filled bags in suitable beds of nursery for raising of nursery stocks in Chitternagar Nursery	3.395	6792.00	D Class PWD Contractor / Forest Contractor, JKFC Contractor	Rs. 200/=	25 calendar Days

No. of Poly pots = 58350 No's

Note: Polybags shall be supplied departmentally.

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

Position of AA: Accorded
Position of T/S: Accorded
Position of Funds: Budgeted.

Publishing Date: -	06-12-2022
Download Start Date:	06-12-2022 from 04:00 PM
Bid submission Start Date:	06-12-2022 from 04:00 PM
Pre-Bid Consultation and Venue	08-12-2022 Working hours office of the Divisional Forest officer Bandipora.
Bid submission End Date:	15-12-2022 Up to 04.00 PM
Date of Opening of Technical Bid Online.	16-12-2022 at 11.30 AM in the Office of the Conservator of Forests Srinagar Circle at Shiekh Bagh Srinagar.
Date of Opening of Financial Bid Online:	To be opened (Online) after Technical Evaluation is Completed. Date will be notified separately.

- The bids shall be deposited in electronic format on the website: <https://jktenders.gov.in>
- The date for opening of Technical & Financial bids online shall be opened as per time schedule mentioned above.
- Bids uploaded must accompany Govt. Treasury Receipt (cost of tender document) in shape of Treasury Challan for the amount shown against the work above to be deposited in Govt. Treasury under Account Head 0406- Forest and Bid Security Deposit in the shape of EMD for requisite amount and pledged to Divisional Forest Officer Bandipora Forest Division Chitternagar.
- The bids for the work shall remain valid for a period of 90 days from the date of opening of bids.
- The bidders have to submit their Technical & Financial bids online in electronic format with digital signature. No Technical or financial bid will be accepted in physical/hard form. Bids will be opened online as per time schedule mentioned above.

DIPK-14658/22

Sd/- DFO BANDIPORA FOREST DIV
CHITTERNAGAR

DC Baramulla inaugurates Sanitary Napkin Production Unit

BARAMULLA, DECEMBER 08: The Jammu and Kashmir Rural Livelihood Mission (JKRLM) in collaboration with Vatsalya Foundation, a Non Government Organisation Baramulla today established a Sanitary Napkin manufacturing unit at Fathepora Baramulla.

The unit was inaugurated by Deputy Commissioner (DC) Baramulla, Dr. Syed Sehrish Asgar. During the inauguration, CEO Vatsalya Foundation and team of JKRLM, SHG members were also present. On the occasion, the Self Help Groups (SHGs) members were trained for successful running of the unit. Pertinently, the good thing in the sanitary Napkin manufacturing unit is that the material used is eco friendly (Biodegradable) and its cost is also low as compared to the others. In order to support the manufacturing unit,

50 schools were identified by education department Baramulla where Vatsalya Foundation will provide incinerators and vending machines and the unit will supply the sanitary Napkins to these schools.

Similarly, to provide first hand training 100 teachers (Female only) were provided training at Boys Higher Secondary School Baramulla.

After inauguration of the unit, the DC said that this project will simultaneously help in spreading awareness on the benefits of adopting hygienic practices and overcoming problems of availability and affordability of sanitary napkins to women in the area. She further said that this is a much needed initiative that will help serve a key area of women's health, and therefore will be of immense benefit to the overall community.

DC Baramulla chairs Officers meet to discuss Revenue matters

Ensure Completion of Digitization of Masavis/ Maps by December 31: Dr Sehrish directs Officers

BARAMULLA, DECEMBER 08: In order to review the progress achieved on the Digital India Land Records Modernisation Programme (DILRMP), the Deputy Commissioner (DC) Baramulla, Dr Syed Sehrish Asgar today chaired a meeting of concerned Officers of Revenue Department at meeting hall of DC Office, here.

At the outset, the DC took a detailed review of the computerization of Land Records including digitization of Jamabandies, authentication of Jamabandies, quality check of scanned data, implementation of Online Services, DPR for upgrading Tehsil Offices/

Patwar Khanas and other related matters.

While discussing the Digitization of Land Records, the DC directed the concerned authorities to complete the process of Digitization of Masavis (Maps) in the district by the end of this month besides rectification of digitized land Records. She also exhorted upon the departments to all-together implement the online services for the ease of the general public.

It was also given out that the process of generating Land Passbooks should be completed for its timely distribution among the beneficiaries.

Regarding online services, the DC asked the



officers to ensure effective, efficient and prompt implementation of Public Services Guarantee

Act. She directed them to work with added zeal and missionary approach to ensure hassle free public

services delivery system and time bound redressal of online grievances of the people. Additional Deputy

Commissioner Sopore, Parvaiz Sajad; Assistant Commissioner Revenue Baramulla, Peerzada Mumtaz Ahmad; Tehsil-dars besides officials of the concerned departments were present in the meeting. It was also given out that the process of generating Land Passbooks should be completed for its timely distribution among the beneficiaries. Regarding online services, the DC asked the officers to ensure effective, efficient and prompt implementation of Public Services Guarantee Act. She directed them to work with added zeal and missionary approach to ensure hassle free public services delivery system.

Awareness programme on MWPC Act 2007 organised at Baramulla

BARAMULLA, DECEMBER 08: A one-day Legal Awareness programme on Maintenance and Welfare of Parents and Senior Citizens Act 2007 (MWPC Act 2007) for Police functionaries to promote "Inter-Generational Bonding and Ageing with Dignity" was today held at District Bar Association Baramulla.

The programme was organized by National Institute of Social Defense, Ministry of Social Justice and Empowerment, Govt. of India and Anugraha Regional Resource Training Center on Ageing in collaboration with District Legal Services Authority (DLSA) Baramulla. The programme was conducted under the chairmanship of Mohammad Yousof Wani, Chairman DLSA Baramulla and under the supervision of Muzamil Ahmad Wani, Secretary DLSA Baramulla.

On the occasion, Speakers said that the key objective of this program is to create awareness and sensitivity about various issues of senior citizens.

They said that senior citizens



are increasingly facing a variety of hardships in day to day life with respect to their basic life requirements including food, shelter, clothes, health problems, financial problems etc.

The programme was divided into four sessions. In the first session Adv. Ashfaq Hussain Wani acted as resource person and delivered a lecture on Maintenance and Welfare of Parents and Senior Citizens.

In the second session, a representative from Social Welfare De-

partment Bushra Bedar, Central Administrator, One Stop Centre Baramulla, acted as a resource person and laid emphasis on different schemes of the Social Welfare Department regarding welfare of senior citizens.

She also narrated a sad experience regarding abandonment of senior citizens by their children and thus advised the audience to stand firmly against such menace.

In the third session, Advocate Syed Sibtain Geelani, acted as a

resource person and delivered a lecture about salient features of the said Act. He also enlightened the audience about the current deteriorating situations of the senior citizens in the society. Besides, he advised the police officials to help the senior citizens in their respective areas within the mandate of the said Act.

In the fourth session, Advocate Zahoor Ahmad Mir acted as a resource person and delivered a lecture on the overall importance of the Act and advised the audience especially Police Officials to look keenly into their respective areas where parents and senior citizens are left destitute and abandoned by their children/relatives.

He also laid emphasis on the key objective of the program to create awareness and sensitivity about various issues of senior citizens.

The programme was attended by several Police officials nominated by Senior Superintendent of Police Baramulla, some of the PLVs of Baramulla and Staff members of DLSA Baramulla.

DC reviews functioning of Social Welfare, Forest, SFC, ICPS & other sectors

Farooq Rather

KULGAM, DECEMBER 08 The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today chaired a meeting of officers and reviewed the functioning and implementation of various schemes of these departments. The DC reviewed Forest, Social Welfare, Geology and Mining, SFC, ICPS, MSK, OSC and other departments and sectors. During the meeting, the Officers from the Social Welfare department presented an overview of various welfare schemes and added that there is cent percent saturation in pension schemes. The officers informed the chair that senior citizen clubs have been formed and old age centres have also been made functional.

DFO informed the chair that the department has distributed 815



quintals of firewood so far during this season. He also added that the Forest Division Kulgam has started an initiative to process the timber sanctions to the forest dwellers through an online mode and they can also obtain wood sanctions by visiting the rehbarikulgam.com. It was also given out that there are five depots of SFC in Kulgam. Besides, the Social Forest has raised fencing over 07 sites and under CAMPA 2 hectares

were covered, he added. Moreover, under Green JK drive 36000 plants were distributed among local populace to cover blank spaces in the district. During the meeting the DC also reviewed the functioning of OSC, ICPS, MSK and other sectors. The meeting was attended by Additional District Development Commissioner, Joint Director Planning, Divisional Forest Officer S.F, Divisional Mineral Officer, Tehsil Social Welfare Officer and other Officers.

Animal Husbandry Bandipora conducts weekly KCC Camp at Gabipathri, Bandipora

BANDIPORA, DECEMBER 08: The Department of Animal Husbandry, Bandipora in collaboration with Lead District Bank Bandipora on Thursday conducted weekly KCC camp at Govt Middle School Dardpora, Gabipathri under the Nationwide KCC campaign.

The camp was attended by Chief Animal Husbandry Officer Bandipora, Dr. G.A Lone; Block Veterinary Officer Bandipora, Dr Mohammad Ramzan Chopan and Lead District Manager Bandipora, Shabir Ahmad. Nodal officers, concerned Bank Managers and concerned Veterinary Assistant Surgeon also participated in the camp. 11 KCC Cases were sponsored on the spot through different banks. The officers deliberated upon various aspects of the KCC scheme and benefits available for the farmer community.

Farmers appreciated the efforts of the departments in conducting such camps at their door steps.

Workshop on Elimination of Violence against women held at Achabal, Anantnag

ACHABAL, DECEMBER 08: Jammu and Kashmir Rural Livelihoods Mission (JKRLM) Anantnag today organized a workshop on 'Elimination of Violence against Women' in collaboration with Tehsil Legal Services Authority (TLSA) Shangus, National Commission for Women (NCW) and Womens Police Station Anantnag at Block Training Centre Achabal, Anantnag.

Several speakers spoke on the topic and gave their views. They said that in modern times, females are capable of and have proven to be equally efficient in performing any task as their male counterparts.

They said that eradication of such social evils is possible when the society as a whole will condemn such acts. They said that institutional and legal support is available to the victims and they must come forward.

Issues related to food, nutrition and hygiene were also discussed during the event. The speakers said that concepts like gender inequality have 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.

Workshop on PM-FME held at Ganderbal

GANDERBAL, DECEMBER 08: A workshop on promotion of Pradhan Mantri Formalization of Micro Food Enterprises (PM-FME) was conducted today at Kirmaniya Farmers Producer Organization (KFPO) at Batwina which was attended by all line departments.

Dr. Umar Bin Farooq, SMS, FPO Ganderbal opened the session with deliberation on the working and support of the FFPO.

Dr. Salman Rauoof Chalkoo, District Nodal Officer, PM-FME deliberated the importance of PM-FME and the financial benefits under the scheme for the farmer producer organizations. Nazir Ahmed deliberated upon the banking formalities for coverage under PM-FME.

Awareness/ promotional workshop on PM-FME scheme held at Pahalgam

ANANTNAG, DECEMBER 08: The Department of Fisheries Anantnag today held a day-long awareness programme on centrally sponsored scheme PM-Formalization of Micro food Processing Entrepreneur (PM-FME) scheme at Pahalgam.

The programme was organised under the chairmanship of District Nodal Officer Anantnag PM-FME (ODOP) scheme and was attended by SDM Pahalgam, President MC Pahalgam and Officers/Officials of other line Departments and a huge gathering of shopkeepers and locals of Pahalgam area.

At the outset, the District Nodal Officer PMFME (ODOP) scheme presented the overall scenario and prospects of the Micro Food Processing sector in the UT. He urged the youth to set up their individual Micro Enterprises, and avail the benefit of credit linked subsidy available under the scheme.

He requested the participants to get registered in the application submission process or visit



the PM-FME Home Page.

The District Nodal Officer said that interested youth who desire to avail the benefit under the scheme should contact the District Resource Person PM-

FME scheme for getting assistance in the application submission process, support in DPR preparation, getting a bank loan etc. SDM Pahalgam, Syed Naseer laid emphasis on Fish

Processing, Bakery products, Canning of any food product, pickle making, vegetable and fruit processing etc.

The Area Marketing Officer and Horticulture Development

Officer also deliberated upon the various schemes for which they can get support under the PM-FME Scheme.

The representatives of various banks of Block Pahalgam assured the participants of any sort of assistance and cooperation under the guidelines of the bank.

The workshop was also addressed by the local officials who besides encouraging the youth also appreciated the efforts of District Nodal Officer PM-FME (ODOP) Scheme and requested for organizing more such camps in Block Pahalgam to create general awareness about the scheme in the minds of youth so that they can start their own Employment generating Units under the scheme.

The District Nodal Officer PM-FME (ODOP) Scheme expressed his special thanks and gratitude to the officers/officials of line Departments and all the participants for their coordination and cooperation in making the event successful.

Farmers' Awareness program on PMFME-ODOP held at Mahore

REASI, DECEMBER 8: A farmers' awareness programme was today conducted in the conference hall of Dak bungalow Mahore to educate and motivate the participants about the Prime Minister Formulation of Micro Enterprises and One District One Product. As many as 50 farmers including unemployed youth participated in the event inaugurated by Chief Agriculture Officer and DNO PMFME, Harbans Singh in presence of District Agriculture Officer Extension Rajesh Verma, Agriculture Extension officers Naresh Gupta, Dara Singh, concerned AEAs and other officials of allied Departments.

Sarpanch Mohammad Akram, Mohammad Aslam, Zakir Hussain, Mohammad Aslam Mir and Sarpanch Sarh B Irshad Begum participated in the camp.

President FPO Bansi Lal and CEO Kranti Devi also attended the camp. The District nodal officer gave a detailed pre-

sentation on the scheme and enjoined upon the youth to set up micro food processing units of Mustard Chutney, Chillies powder packing & marketing, spices grinding, garlic paste etc.

The District Agriculture Officer Extension Rajesh Verma and Agriculture Extension officer Naresh Gupta elaborated the eligibility and terms of subsidy, interest and other related details of the scheme.

The Bank Manager JK Bank Mahore also addressed the farmers and elaborated the role of the Bank in implementation of the scheme by encouraging the youth of this inaccessible and far flung area of the District. Sarpanches of the Mahore block lauded the efforts of the agriculture department in mitigating the problems of the farming community in remote and hilly areas. The vote of thanks was presented by Naresh Gupta AEO Dharmari.

Budgam Police held a One day workshop on road safety & traffic awareness at Charar Sharief Budgam

Budgam, 8th December 2022: Budgam Police today organized a one day workshop on "Road Safety and Traffic Awareness" at Govt Degree College Charar Sharief Budgam. The objective of the workshop was to sensitize awareness about road safety and traffic awareness among students and teachers to minimize the graph of road mishaps. SSP Budgam Shri Tahir Saleem-JKPS was the chief guest on the event. The programme was also attended by Ms Ravina Hassan Principal Govt. Degree College Charar Sharief Budgam Shri Salim Jehangir-JKPS SDPO Charar Shareef, and other officers of Budgam Police. A sizable number of students and teachers attended the programme. Chief Guest SSP Budgam Shri Tahir Saleem-JKPS delivered detailed lecture on road safety & traffic awareness. He raised public awareness about traffic rules to reduce casualties due to road accidents. He added that thousands lose their lives

and tens of thousands get injured in road accidents on yearly basis mainly due to lack of awareness or ignoring traffic rules and hence it is our obligation to make our youth aware of the traffic rules and to persuade them to follow these rules while on road. Moreover, a detailed powerpoint presentation on road safety was presented by the chief Guest. SSP Budgam administered oath/pledge to all participants wherein it was pledged that every participant will obey traffic rules and will persuade others also to do the same. Towards the end of the workshop, Ms Ravina Hassan Learnt principal Govt Degree College Charar Sharief Budgam concluded the programme by vote of thanks to Budgam Police for conducting such awareness programmes. SSP Budgam administered oath/pledge to all participants wherein it was pledged that every participant will obey traffic rules and will persuade others also to do the same.

Tourism Department's two day Houseboat Festival concludes on Dal banks

Festival harbinger of a good winter tourism: Sarmad Hafeez

SRINAGAR, DECEMBER 08: The two-day Houseboat Festival which started yesterday on the banks of Dal and Nigeen Lakes concluded this evening. The festival was organised by the Tourism Department.

During the two day festival, emphasis was laid on the heritage value of the houseboats on these two lakes. There are about 900 houseboats in Dal and Nigeen lakes.

The visitors to the two-day festival were apprised about the history of houseboats, the celebrities who stayed in them and the unique role played by houseboats in attracting tourists from across the globe for decades now. The festival had components of local Music, food, art, culture besides local folk artists performed during a laser show and live concert.

The main highlights of the two day festival were the display of



live music, putting up of Art gallery besides showcasing varied culinary and cuisine specialties. Traditional folk music, a Floating stage and water screen on Dal waters, illuminated shikara carnival and live musical performances by local musical

bands was also the part of the two day festival.

On the occasion, Secretary, Tourism, Sarmad Hafeez said the idea behind holding the Houseboat festival has been to start the celebrations for coming winter tourism season. He

hoped the festival would be a harbinger of a great tourism season during winters in the Valley besides reinvigorating a sense of pride among the people about the rich heritage and memory attached to Houseboats.

Director Tourism Kashmir, Fazlul Haseeb said Houseboats have played a unique role in attracting tourists from across the globe. He said the Kashmir Valley's famed houseboats, which over the decades have emerged as dream stay for tourists, will be this winter season's main attraction.

In their responses, Houseboat owners were appreciative of the Department's move and said that the festival would go a long way in boosting winter tourism in Kashmir and send a message across the world that Kashmir is truly warm even in the harshest conditions around.

The festival was organized in the backdrop of a record number of tourists visiting the Valley this year, breaking all the previous records and to showcase the contribution of iconic houseboats in the tourism sector of Kashmir. Director Tourism Kashmir, Fazlul Haseeb said Houseboats have played a unique role in attracting tourists from across the globe. He said the Kashmir Valley's famed houseboats, which over the decades have emerged as dream stay for tourists, will be this winter season's main attraction.

In their responses, Houseboat owners were appreciative of the Department's move and said that the festival would go a long way in boosting winter tourism in Kashmir and send a message across the world that Kashmir is truly warm even in the harshest conditions around.

SKIMS orders winter vacation for faculty members from Jan 01

Srinagar, Dec 08: The Sher-e-Kashmir Institute of Medical Sciences (SKIMS), Soura on Thursday announced winter vacation for the faculty members in two halves starting from January 01. It also noted that 50 per cent of the faculty members must remain available at once. "The Winter vacation holidays 2023 for Faculty Staff of SKIMS will be due w.e.f. 01.01.2023 to 28.01.2023 (1st half) and w.e.f. 01.02.2023 to 28.02.2023 (2nd half). In this behalf all Heads of Departments are requested to furnish the names of faculty members who are desirous to avail 1 half/2nd half of vacation. It may be kept in view that 50% of faculty staff is available in the department for both the halves," reads a circular, a copy of which lies with the news agency—O. "Heads of departments must ensure that one amongst the senior faculty members remains available in the department during each half of vacation, wherever possible. No change will be entertained after receipt of the roster from the concerned Heads of Departments. The Administration has right to call back any faculty member during vacation, in case of emergencies and if need arises," it reads further. "It is reiterated that the departure reports of faculty members proceeding on vacation shall not be entertained unless their residential addresses / contact numbers are recorded therein," it added. "Further, it should be specifically mentioned in the roster whether any station leaving permission is required or not. No faculty member on duty will be permitted to avail any leave for attending conference/Seminar/Workshop entailing station permission," the circular added—

Kulgam Police observed Thana Diwas

Farooq Rather

Kulgam : December 08, 2022Kulgam Police continuing its Public outreach programme today held 'Thana Diwas' functions at Police station Kulgam, Police Station Behibagh, Police Station Manzgam and Police station Kumbh, chaired by respective jurisdictional Police officers in which PRIs, Sarpanches, Panchs, Respectable citizens, civil societies of concerned areas including members of Auqaf Committees, Numberdars, Chowkidars, Traders Federation and Transporters of respective areas participated. During the meetings, participants highlighted various issues of public importance, and they were assured that their genuine grievances pertaining to Police will be resolved on priority and that of civil administration will be taken up with the concerned Departments for their early redressal. While speaking on the occasion, it was reiterated that the main aim of organising 'Thana Diwas' is to improve efficiency, transparency and accountability in Policing at grassroot level and to hear and redress grievances of general public, besides seek support and active cooperation in maintaining L&O, curbing drug menace and others social evils in the areas. The participants were also stressed to co-operate with Kulgam Police in identifying anti-national and anti-social elements who always try to disrupt the peaceful environment in the district. The participants appreciated the role of Police for conducting such interactive meetings which further boost Community Policing and Public confidence.

Regional P. F. Commissioner visits Srinagar; redresses problems of various stakeholders

SRINAGAR, DECEMBER 08: The Regional Provident Fund Commissioner, UT J&K and Ladakh, Rizwan Uddin who is on a three days visit to Srinagar today visited EPFO, Regional Office, Srinagar and redressed problems of various stakeholders.

On the occasion, Nazir Ahmad Dar submitted the joint declaration forms for correction in DOB from 02/01/1959 to 02/01/1970. The Regional P. F. Commissioner-I gave approval to correct the Date of Birth and joint declaration was processed immediately. Another member Tajamal Islam visited Office of RO Srinagar along with joint declaration form for updation of his father name in members profile. The same was updated accordingly.

Besides, female member Asima Khanam visited the office for correction of her husband name Bilal Ahmad Jan and relationship, the same was also updated immediately. Another female member submitted her Joint Declaration form for change of her name Asifa Gulzar Mir to Asifa Waseem Wani and husband name M M to Waseem Yousuf Wani; the same were updated on the same day.

Shabir Ahmad Mir from DPS Budgam School visited office for his change of linked aadhaar number of other member Shabir Ahmad Mir in his profile, the same were updated after due verification of supporting documents and as per approval given by the RPF-C for Major changes.

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 Covid-19 advance claims and members' basic details were explained with hands-on demonstration.

Later, P F Commissioner attended a meeting with the Divisional Commissioner, Kashmir regarding Land for construction of Central Government Secretariat and Civil Service Officers institute.

VC DDC chairs joint Awareness cum Enrolment drive at Potushai Lolab Appeals youth to take benefit under PMEGP, Mission Youth

KUPWARA, DECEMBER 08 : District Administration Kupwara organized a joint awareness cum enrolment drive in respect of various central/UT schemes at Potushai Lolab, today. The camp was chaired by Vice Chairman DDC Kupwara, Haji Farooq Ahmad Mir.

BDC Chairperson Wavoora, Rafiq Kataria, BMO Sogam, ZEO, BDO, Block Manager NRLM, functionaries from Health, Education, CSC, Labour and Employment department, besides, PRIs and a large number of youth participated in the camp. Addressing the function, the VC said that the aim of holding joint awareness cum enrolment drive is to encourage the unemployed educated youth to stand on their feet by setting up their own income generating units under different self employment generation schemes of the Government including PMEGP and Mission youth. He appealed the unemployed youth to come forward and take advantage of the opportunity by getting financial assistance under these schemes so as to earn their livelihood. The VC expressed gratitude towards all the departments for making the awareness/enrolment



camp successful. Meanwhile, officers/ functionaries from different departments provided threadbare awareness to the participants regarding their initiative and schemes including E-Sharam (PM-SYM), PMJAY, PMEGP, PM-DISHA, Umang, Aadhaar and Tele-law.

On the occasion, enrolment of a large number of youth were made under these schemes. Later, the Vice Chairman distributed various certificates among the beneficiaries including Aadhaar Cards, PM Golden Cards, E-Sharam cards and other benefits. District Administration Kupwara organized a joint awareness cum enrolment drive in respect of various central/UT

schemes at Potushai Lolab, today. The camp was chaired by Vice Chairman DDC Kupwara, Haji Farooq Ahmad Mir.

BDC Chairperson Wavoora, Rafiq Kataria, BMO Sogam, ZEO, BDO, Block Manager NRLM, functionaries from Health, Education, CSC, Labour and Employment department, besides, PRIs and a large number of youth participated in the camp. Addressing the function, the VC said that the aim of holding joint awareness cum enrolment drive is to encourage the unemployed educated youth to stand on their feet by setting up their own income generating units under different self employment generation schemes of the Government.

DC Kulgam reviews measures for smooth traffic flow in district

Farooq Rather

KULGAM, DECEMBER 08: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today chaired a meeting of Officers and Members of Traders and Transporters Association to discuss and finalise the measures and steps for smooth traffic flow in Kulgam. The meeting held threadbare discussion on various issues including management of the traffic system in the district and making the town more beautiful. Requisite measures were discussed threadbare to overcome traffic jams and ensure better regulation of traffic. Creation of parking zones near Qazigund and Shopain Addas besides making Laroo bus stand fully functional also came under discussion. The DC instructed ARTO, Traffic and Police department and other concerned to work in close coordination and act tough against traffic rules violators, who



cause a lot of inconvenience to common people. He directed the officers to conduct a massive enforcement drive against wrong parking and roadside encroachments in town. The DC also asked to relocate street vendors from heavy traffic junction points which hinder smooth traffic ply. He stressed concerned officers to take all required measures to decongest roads in town to ensure smooth flow of traffic. The meeting was attended by President Municipi-

pal Council Kulgam, ADC Kulgam, DSP-HQ, Tehsildars, ARTO, EO Kulgam, Members of traders and transport Association and other officers. The meeting held threadbare discussion on various issues including management of the traffic system in the district and making the town more beautiful. Requisite measures were discussed threadbare to overcome traffic jams and ensure better regulation of traffic. Creation of parking zones near Qazigund and Shopain.

Director Agriculture Kashmir reviews physical, financial progress of the department

SRINAGAR, DECEMBER 08: The Director Agriculture Kashmir, Chowdhary Mohammad Iqbal today convened a meeting of Officers of the department to discuss the progress on the implementation of different centrally sponsored schemes and flagship programs being implemented by the department in the division. The meeting held threadbare discussions on all the schemes of the department viz. CAPEX, RKVY, MIDH, ATMA, NFSM, and RKVY & PM-KISAN.

The Director stressed for judicious utilization of funds in a time bound manner to improve the expenditure. He said the funds earmarked for different components under various centrally sponsored schemes must be fully utilized for the development of the farming sector in the region.

He asked the officers to expend at least 25% of funds in each quarter and directed them to submit weekly reports on the expenditure made by them and hold meetings to review the same. Chowdhary impressed upon the officers to organise awareness programmes for educated youth so that their attention is attracted towards agriculture activities like mushroom cultivation, apiculture etc.

He said that every effort should be ensured to improve the socio-economic condition of farmers and to increase the income of farm operating families. He asked the officers to work in coordination at different levels of administration so that the farmers' interest could be safeguarded. Joint Directors, Chief Agriculture Officer Srinagar, nodal officers of different flagship.

DC Pulwama chairs Narco Coordination Committee meeting

PULWAMA, DECEMBER 08: In order to discuss the action plan to curb the drug abuse and narcotic trade in Pulwama, a District Level Committee of Narcotics Coordination (NCORD) was held today under the chairmanship of the Deputy Commissioner (DC) Pulwama, Baseer-ul-Haq Choudhary here.

At the outset, the DC discussed various issues related to menace of drug addiction, areas of concern, age group of addicts, hot spots of drug peddling/ abuse, besides, cultivation of illicit poppy and cannabis in the district. He emphasised on conducting awareness camps in schools and colleges on mass scale to sensitize the youth about hazards and ill effects of consuming drugs. He also asked the officers of all line departments to make coordinated efforts to contain the drug peddling and break the supply chain besides taking



stringent action against the persons involved in this dangerous trade.

Choudhary said, in order to combat this rising societal problem, multi-pronged rehabilitation, counseling and guidance policy is being implemented on ground to monitor drug abuse and take remedial measures to curb the menace.

He sought cooperation from the families particularly from parents to overcome the menace among the youth which also leads to other social evils and crimes. He said

limits of schools, colleges, hospitals and masjids so that overall surveillance with regard to the containment of drug sales is enforced. He also directed the Assistant Drug Controller to establish a 24*7 flying squad to check the sales of contraband drugs in the district.

On the occasion, Officers apprised about the situation with regard to the drug menace and shared their suggestions and measures to be taken at District level to control the drug peddling and its consumption, besides measures for rehabilitation of drug victims.

Among others, the meeting was attended by ADC Tral S.A Raina, Assistant Commissioner Revenue, DySP Hq Pulwama/ Awantipora, Assistant Drug Controller, Chief Agriculture Officer, District Social Welfare Officer, besides Officers from Education, Health, Excise, Forest Departments.

Awareness/ Motivational camp on PM-FME (ODOP) scheme held at Budgam

BUDGAM, DECEMBER 08: The Animal Husbandry Budgam today organized a daylong Awareness cum Motivational camp regarding PM-FME (ODOP) scheme at Main Veterinary Campus, Budgam.

At the outset, Chief Animal Husbandry Officer Budgam Dr Sheikh Abdul Hai (District Nodal Officer for PM-FME scheme) addressed the participants and apprised them of the benefits of establishing a unit under the scheme and how it will help them in employment generation and uplifting their socio-economic condition.

During his speech, Dr Mohd Iqbal Baba Chief Horticulture Officer Budgam informed the participants about the key challenges faced by

the food processing sector viz. gaps in supply chain infrastructure, lack of investment and access to modern technology and equipment and the lack of marketing and branding expertise.

He said that the PM-FME scheme is one of the most potent answers to these all problems launched by the Central Government with an aim to enhance the competitiveness of existing individual micro-enterprises in the unorganized segment of the food processing industry and to promote formalization of the sector and provide support to Farmer Producer Organizations, Self Help Groups and Producers' Cooperatives along their entire value chain.

During the event, Dr Javed Ahmed



Superintendent District Veterinary Hospital Budgam, presented the de-

tailed guidelines of the scheme and said that the application process for

availing benefits under the scheme has been made very easy for which an online portal has been designed on which any interested youth can apply.

Further, Officers from Department of Animal Husbandry Budgam and District Resource Person PM-FME scheme Budgam assured the participants that they are always ready to provide handholding support to the motivated beneficiaries in terms of DPR preparation and technical guidance.

Many Participants were motivated towards the potentials in establishment of Micro food processing units under "Pradhan Mantri-Formalization of Micro food processing Enterprises Scheme (PM FME Scheme).

is one of the most potent answers to these all problems launched by the Central Government with an aim to enhance the competitiveness of existing individual micro-enterprises in the unorganized segment of the food processing industry and to promote formalization of the sector and provide support to Farmer Producer Organizations, Self Help Groups and Producers' Cooperatives along their entire value chain.

During the event, Dr Javed Ahmed Superintendent District Veterinary Hospital Budgam, presented the detailed guidelines of the scheme and said that the application process for availing benefits under the scheme has been made very easy for which an online portal has been designed.

IS HDL CHOLESTEROL GOOD OR BAD? DECODING THE FACTS



PARUL DUBE

Cholesterol is a fat-like, waxy substance that comes from two sources: the animal-based foods you eat and your liver. It helps form cell membrane layers, produce vitamin D, make certain hormones, and help the liver synthesise bile for digestion.

Cholesterol and other fats circulating in your bloodstream as spherical particles are called lipoproteins. Low-Density Lipoproteins (LDL) and High-Density Lipoproteins (HDL) are the two most commonly known lipoproteins.

Not all cholesterol is bad since a healthy level of HDL can be heart-protective by carrying one-quarter to one-third of your total LDL back to the liver, where the LDL breaks down and gets excreted from the body.

Therefore, your HDL reading should ideally be between 45-60 mg/dl to reduce one's risk of stroke, heart attack, and coronary artery diseases. However, pay heed that too much cholesterol is bad for you, be it HDL or LDL.

What is HDL Cholesterol?

HDL, High-Density Lipoprotein or HDL-C, is the "good" cholesterol because it helps eliminate excess cholesterol in your body. It comprises a lipoprotein coat and cholesterol centre.

HDL is a very complex particle with anti-inflammatory capacity and anti-atherosclerotic functions. LDL is the "bad" counterpart of HDL, which causes plaque buildup in arteries. Your total cholesterol refers to the total amount of LDL and HDL cholesterol in the blood.

Normal HDL cholesterol levels in milligrams per deciliter (mg/dl) as per age and gender are as follows:

	At risk	Desirable
Anyone (19 or younger)	More than 45 mg/dl	
Men (aged 20 or over)	Less than 40 mg/dL (1.0 mmol/L)	60 mg/dL (1.6 mmol/L) or above
Women (aged 20 or over)	Less than 50 mg/dL (1.3 mmol/L)	60 mg/dL (1.6 mmol/L) or above

HDL cholesterol is most protective at around 40 to 59 mg/dL, and having an HDL-C level below 40 mg/dL is unhealthy. Your risk for heart disease and stroke increases with poor HDL cholesterol levels. Low HDL often develops due to unhealthy lifestyle habits, poor eating patterns, smoking, and lack of exercise.

A study shows that the quantity of HDL can change according to age, gender, puberty, middle-aged symptoms, diet, health

issues, climacteric, and menopause. You can measure and monitor your cholesterol levels at the convenience of your home with the all-new HealthifyMe Metabolic Panel.

It's a comprehensive and personalised testing kit that will enable you to understand your entire blood lipid profile amongst 85+ other parameters. A full lipid profile shows the actual levels of each type of fat in your blood, such as LDL, HDL, triglycerides, and others.

With just a drop of blood, the Metabolic Panel could find your potential predisposition to medical conditions, such as high LDL cholesterol and low HDL cholesterol, diabetes, or hypertension. If you have poor HDL cholesterol levels, the real-time intervention from coaches will help you begin and build a corrective dietary and physical activity approach and plan.

HealthifyMe's Metabolic Panel

It is a long-term initiative, meaning the test isn't one time. You can do it every three months, which helps to measure your progress quarterly.

The tests available in the Metabolic Panel include thyroid function tests, kidney function tests, urine routine, iron study, hemogram, vitamin profile, lipid profile, liver function test, and diabetes screening.

All this metabolic information reaches your expert coaches and AI-powered nutritionist RIA. Their combined input helps with customising and modifying your lifestyle, so you can make smarter choices and take sustainable steps towards your health goals.

The premium plans also offer a range of weight loss diet and fitness plans per your requirements. If you're unsure about where to start, HealthifyMe offers trial subscriptions. You can now directly connect with one of the health coaches through WhatsApp to start a conversation regarding a best-suited plan for your goals and provide further details on the available plans and prices.

Is HDL Cholesterol Good or Bad?

A common belief about cholesterol is that it is bad for your health. However, you may not know that HDL cholesterol in the right amounts promotes better health.

A study shows that higher high-density lipoprotein levels lower the chances of atherosclerotic cardiovascular diseases. It is because HDL particles promote reverse cholesterol transport from peripheral cells. Moreover, HDL also possesses antioxidant, anti-inflammatory, and antithrombotic effects.

Here are the significant roles of HDL cholesterol:

Reduce Inflammation
The anti-inflammatory ability of HDL reduces inflammation in the blood vessels and helps predict who is more likely

to develop a heart attack or any other serious heart-related event. HDL stimulates the production of nitric oxide, a molecule that eases inflammation, helps artery walls relax, and prevents blood clot formation inside the arteries.

The amount of protection from HDL anti-inflammatory capacity is higher in women than in men. An interesting statistic shown by research is that for every 22% increase in HDL particles in endothelial cells, there is 23% less chances for anyone to have a cardiovascular event.

Antioxidant Effects

HDL's antioxidant effects protect against atherosclerosis or the formation of fatty deposits in the arteries. The small, dense, protein-rich HDL particles reduce oxidative damage by free radicals and deliver potentially toxic proatherogenic lipids to the liver for excretion. However, metabolic and inflammatory diseases can damage the antioxidative function of HDL.

Good for Diabetes Management

HDL appears to protect the beta cells of the pancreas from the toxic effects of glucose to enhance insulin secretion. HDL helps increase insulin activity in skeletal muscles for better glucose uptake. Boosting HDL will lower the risk of early renal impairment and a high inflammatory score in people with type 2 diabetes. It is because of the antioxidative activity and endothelial vasodilatory function of HDL. Therefore, having low HDL cholesterol levels increases the risk of type 2 diabetes.

While high HDL cholesterol levels reduce cardiovascular events, having higher than optimal amounts may not provide additional cardiovascular benefits. HDL-C can even be harmful in extremely high quantities. In addition, a study noted that higher HDL cholesterol levels did not appear to offer equal benefits for all ethnicities.

HDL cholesterol belongs to a family of different particles. Some types of HDL are indifferent to cholesterol or transfer cholesterol the wrong way. To further complicate matters, some HDL prevents oxygen from chemically altering LDL, making it extra harmful. Therefore, while HDL cholesterol is natural and essential, you must also consider some potentially hazardous variations.

Note

HDL cholesterol is good because it cleans out the built-up LDL cholesterol in the arteries. It protects your heart by reverse-transporting LDL from the artery to the liver for disposal. As evident, low HDL cholesterol levels cause a greater risk of heart attacks and may not provide cardiovascular benefits.

Low HDL Cholesterol, Now What?

Everyone with poor HDL cholesterol can benefit from a heart-healthy lifestyle. However, your nutritionist can recommend additional support to manage your overall cholesterol levels, like a personalised diet, especially if your HDL cholesterol is low due to an unhealthy diet or in case of any pre-existing health issues.

Cholesterol in foods also matters, but most people are unaware that foods high in dietary cholesterol are also super nutritious. For example, eggs are tasty, filling, protein-rich food but contain cholesterol, with two large eggs providing 372 mg.

Unfortunately, due to the misguided fear of the cholesterol in foods, people throw out the yolk, which is by far the most nutritious part of the egg. Therefore, having proper guidance from a nutritionist helps you make smarter, healthier, and more informed choices.

For all the answers you want, for all the health tips you miss, and for all the advice you seek, HealthifyMe's team of certified coaches can provide you with the most precise and relevant information.

HealthifyMe coaches will curate a diet and workout plan ideal for your lifestyle based on your calorie needs, food preferences, and activity level. If something is not working, you may modify your diet plan through chats and consultation calls with your assigned health coach.

The Pro Plan or HealthifyMe SmartPlan also gives access to 24/7 AI nutritionists, daily and weekly insights to track your progress, macro or micronutrient tracking and healthy recipes. If poor glucose metabolism is a concerning factor for your cholesterol, HealthifyPro 2.0 comes with a continuous glucose monitor to check how your blood glucose levels change throughout the day. A CGM can immediately notify you and your coach if a particular food you ate is causing a drop or spike in your glucose levels.

Conclusion

HDL stands for high-density lipoprotein, popularly known as "good cholesterol". It sweeps LDL or bad cholesterol (low-density lipoprotein) from the arteries to the liver for removal. Therefore, having a healthy level of HDL cholesterol, around 40 to 59 mg/dL, helps to prevent cholesterol build-up or plaques in the arteries. As a result, it reduces the risk of heart attack, stroke and blood clots.

An HDL level above 60 mg/dL is high, while below 40 mg/dL is low. Most importantly, HDL levels higher than the recommended range might not offer extra protection. Instead, higher than-optimal amounts of HDL could trigger a heart attack or stroke. So, to achieve the right HDL level, reach out and seek help from HealthifyMe's panel of certified nutritionists.

NEWS

Brains with more vitamin D have better cognitive functions, finds study



A team of US researchers has completed the first study examining levels of vitamin D in brain tissue, specifically in adults who suffered from varying rates of cognitive decline.

Researchers at Tufts University found that members of this group with higher levels of vitamin D in their brains had better cognitive function.

The study, published in *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, is the first to examine vitamin D levels in brain tissue and can help scientists further understand dementia and its causes.

An estimated 55 million people worldwide live with dementia, a number that's expected to rise as the global population ages.

To find treatments that can slow or stop the disease, scientists need to better understand the factors that can cause dementia.

"This research reinforces the importance of studying how food and nutrients create resilience to protect the aging brain against diseases such as Alzheimer's disease and other related dementias," said Sarah Booth, director of the Jean Mayer USDA Human Nutrition Research Center on Aging (HNRCA) at Tufts.

Many studies have implicated dietary or nutritional factors in cognitive performance or function in older adults, including many studies of vitamin D, but all of them are based on either dietary intakes or blood measures of vitamin D.

"We wanted to know if vitamin D is even present in the brain, and if it is, how those concentrations are linked to cognitive decline," said lead author Kyla Shea, an associate professor at the Friedman School of Nutrition Science and Policy at Tufts.

In the study, researchers looked for vitamin D in four regions of the brain - two associated with changes linked to Alzheimer's disease, one associated with forms of dementia linked to blood flow, and one region without any known associations with cognitive decline related to Alzheimer's disease or vascular disease.

They found that vitamin D was indeed present in brain tissue, and high vitamin D levels in all four regions of the brain correlated with better cognitive function.

However, it's still unclear exactly how vitamin D might affect brain function.

"Dementia is multifactorial, and lots of the pathological mechanisms underlying it have not been well characterized," Shea said. "Vitamin D could be related to outcomes that we didn't look at yet, but plan to study in the future."

However, experts caution people not to use large doses of vitamin D supplements to boost brain power.

The recommended dose of vitamin D is 600 IU for people 1-70 years old, and 800 IU for those older - excessive amounts can cause harm, and have been linked to the risk of falling.

What Supplements Cause Fatty Liver?

PRAGYA SHARMA

The liver is the primary detoxifying organ, continuously working to eliminate toxins and metabolic waste before they cause serious harm. Most health-conscious people often use over-the-counter products, especially dietary supplements, to enhance overall wellness. However, while many supplements support liver health, some even cause damage to the liver.

The Food and Drug Administration does not closely regulate the manufacturing, production and content of various herbal and dietary supplements (HDS). As a result, they never undergo formal efficacy or safety tests.

Intake of such multi-ingredient nutritional supplements can lead to potentially severe, or even fatal, fatty liver, hepatotoxicity and liver damage.

Fatty Liver: An Overview

Hepatic steatosis, often known as a fatty liver, is when fat builds up in the liver. There are two main types: alcoholic and non-alcoholic fatty liver. It becomes problematic when fat makes up 5-10% of your liver's weight. If the disease worsens, it will cause fibrosis (scarring) or perhaps cirrhosis, which is a sign of liver

failure and calls for a liver transplant.

A fatty liver caused by supplements typically does not express symptoms in the early stages. However, persistent fatigue and abdominal pain on the upper right side of the torso are warning signs.

Your doctor may do an ultrasound, CT scan, liver biopsy, or fibro scan of the liver to identify the condition. Remember to monitor your liver enzymes if you have existing liver disease. Seek medical attention if you experience any signs of liver damage, such as severe vomiting, jaundice, and abdominal pain, after taking any herbal and natural supplements.

Note

Without FDA regulations, product manufacturing guidelines, and standardised chemical analyses, it is nearly impossible to determine the exact chemical makeup of supplements. For example, dietary supplements often promoted for muscle enhancement contain undeclared steroids, causing fatty liver. Hence, consuming over-the-table supplements for the liver can have detrimental effects on one's health, especially when taking supplements without a doctor's



guidance.

7 Dietary Supplements That Cause Fatty Liver

While there are a number of dietary supplements that can harm the liver, we've listed the most notorious ones for you:

High Doses of Certain Vitamins

Vitamin A can harm the liver when consumed in high dosages or for an extended period. Similarly, niacin consumption for a lengthy period can cause fatty liver or damage in certain people.

Kava

The majority of kava supplements are in pill form. Several reports claim that the comparative efficacy and safety of kava for the liver are still unsure and can be damaging to the liver.

Some think combining kava and alcohol might harm the liver even in regular doses, increasing the risk for alcoholic fatty liver.

Overall, it is still unclear how much liver damage kava alone may cause. However, those with liver issues are best off avoiding it until more research is available.

Valerian

While valerian is generally safe for 4 to 8 weeks at recommended dosages it has many toxic compounds that can damage liver cells if consumed for longer periods.

There aren't many studies on its liver-damaging effects, but there is possible contamination with germander, another herb with a history of liver toxicity.

Black Cohosh

Black cohosh often leads to autoimmune hepatitis and fatty liver. However, it's unclear whether the black cohosh or product contamination is the cause for this.

One study found that two women who took black cohosh experienced acute liver necrosis. These are unusual instances. If you're using black cohosh to treat hormonal imbalances, you should talk to your doctor and

check your liver enzymes for possible fat buildup.

Pyrrrolizidine Alkaloids

The plant butterbur, which may help treat migraines and seasonal allergies, contains pyrrolizidine alkaloids, which are harmful to the liver. Plants synthesise pyrrolizidine alkaloids as secondary metabolites. According to data, more than 6,000 plants include over 600 PAs and PA N-oxides, and more than half are harmful to the liver.

PAs included in herbal medicines can harm the liver. However, it is still debatable whether utilising these herbs for limited periods is safe. Therefore, people with severe liver illness should avoid this herb for safety.

Kratom

The herb kratom boosts energy, treats anxiety, mood swings and depression, relieves pain, and lessens opioid withdrawal symptoms. Kratom causes acute liver harm and fatty liver.

However, these incidents are uncommon since most people heal after stopping the supplement. Several kratom products contain lead contamination, so be cautious when using them.

Polygonum Multiflorum (Fo-ti)

The Chinese native plant Polygonum Multiflorum, utilised for digestive and anti-ageing properties, has been linked to liver damage in some cases. When administered alone or in Traditional Chinese medicine (TCM) formulations, the herb Polygonum Multiflorum is among the top five liver toxicants.

This herb can cause severe harm, including death, by affecting the liver. Studies indicate that most individuals recovered after stopping the supplement; however, up to 10% of cases were severe or deadly, requiring a liver transplant.

Conclusion

Although taking a few supplements daily is generally considered acceptable and possibly even beneficial for boosting your liver health, doing so in large quantities for a prolonged period of time can seriously harm the liver.

Using supplements without being aware of their solvents can cause fat buildup in the liver. Just because a supplement is labelled as "natural" doesn't mean it's necessarily healthy for you. The problem can worsen if you use multiple liver-acting drugs or herbs. It's best to consult a doctor before starting with a supplement.

BRIEFLY NEWS

Bigg Boss 16: Sreejita De re-enters as wildcard

The morning in the house of 'Bigg Boss 16' starts with Tina Datta and Shalin Bhanot discussing where they stand in their relationship.

There have been constant ups and downs, and lots of arguments between the two. In an ongoing conversation, Shalin says to Tina to not worry about him and that he goes only where he feels wanted. He further adds that whatever Tina is doing is correct and he is wrong. Upset Tina says to Shalin that she is the one wrong and thanks him for giving her a closure. Will Tina and Shalin try to resolve things between them?

Viewers will witness the biggest 'dhamaka' tonight! Eliminated in the first week of 'Bigg Boss 16', Sreejita De re-enters the house as a wildcard, bringing lots of drama and fun along.

Bigg Boss announces everyone to gather in the living area and asks the housemates to better their game before it's too late, for that he has organized a Yoga session for all to open their minds. That's when Sreejita comes to the picture and is seen in the activity room doing Yoga. The housemates flabbergast as they see Sreejita on the screen.

One by one 'Bigg Boss' asks the housemates to go into the activity room where Sreejita will make them do yoga positions. As Tina enters the activity room, Sreejita does not let her meet and asks to maintain a distance. She tells Tina that her heart is black, and her vibe isn't good.

In a tiff between Soundarya Sharma and Tina, Tina breaks down as she denies the accusation put on her by Soundarya regarding the stealing of 'tofu'. She goes through an emotional turmoil and says why would she take something like food from anyone. She adds that she only fights for chicken in this house and not even her own food. Will Tina be able to survive amidst the challenges put before her?

'Bigg Boss 16' airs every Monday to Friday at 10 pm and every Saturday - Sunday at 9 pm on COLORS and Voot.

Pratibha Singh's ghazal 'Kya Kije' out

Bollywood singer Pratibha Singh Baghel known for lending her voice in films 'Humpty Sharma Ki Dulhaniya', 'Zid', 'Manikarnika', among others, and noted lyricist Aalok Shrivastav have come together for a music album titled 'Kya Kije'.

The music has been produced by Gaurav Vaswani and composed by Ghansham Vaswani has been released under the label of 'BeK Music', founded by producer Ved Gupta.

Talking about the song, Pratibha said, "It's a new single releasing on Bazz-e-khas written by Aalok. This whole idea of 'Kya Kije' came up with so much love and affection from both poet and producer to me that I felt compelled to sing this poetry."

Poet and lyricist Aalok shared, "I'm associated with Ghansham Vaswani since almost 30 years now so working with him was an emotional moment for me. Also, Pratibha Singh Baghel is a very prominent artist full of talent. I'm very glad to work with her and producer Ved Gupta ji who values art, culture and literature. His support towards artists is unsurpassable. Working with such an amazing team was pleasure for me. Also, Gaurav Vaswani who is one of the top notch music producers in the industry."

Ghansham commented, "Kya Kije" is a beautifully written by Aalok ji and it's soulful ghazal which touched my heart so I decided to compose it. Pratibha Singh Baghel's voice to this is the icing on the cake."

"It's a beautiful ghazal and we can call it a love song as well. It's about young unfulfilled love of a girl with someone. Aalok and Pratibha did a fantastic job. There's a contemporary feel in the video which you will get to watch," added Ved Gupta, producer and founder of Bazz-e-khas.

Shilpa Shetty to feature on 'Datebaazi'

The fourth episode of Amazon miniTV's 'Datebaazi' is all set to feature Shilpa Shetty Kundra.

'Datebaazi' is a show that lets parents decide who their child goes on a date with. Hosted by Rithvik Dhanjani, the show comprising of 20 episodes, with each one bringing new and innovative challenges for the participants.

While the show sounds and looks fascinating, there is one more piece of news for the viewers that will make the idea of watching 'Datebaazi' just a little more exciting.

Shilpa will be seen alongside host Rithvik to help the parents choose the perfect date for their children. As strange as it may sound, this show promises to be an absolute rollercoaster ride with some of the most bizarre demands that the new generation have about their dates.

Talking about her experience working on this dating show, Shilpa said, "We have evolved a lot over the years... our choices, the trends we're seeing around the world, the way we approach our relationships, all of it. When I heard about the show, Datebaazi, I was quite intrigued by the concept of parents picking out a date for their children. It's great that Amazon miniTV is presenting such a fun and modern show, especially at a time when parents share a rather friendly and unique bond with their children and it was super exciting to be a part of this episode from the get go."

Created by Frames Productions, 'Datebaazi' is now streaming on Amazon miniTV.

NTR Jr introduces 'Virupaksha' in Telugu

Man of masses NTR Jr has lent his roaring voice to the title glimpse of Sai Dharam Tej's (SDT) 15th film.

The title of the much-awaited mystical thriller was revealed on Thursday as 'Virupaksha'. The teaser, released in five languages, has NTR Jr introducing the world of 'Virupaksha' and SDT's character in Telugu.

The 'RRR' actor sets the tone of the intriguing new film and raises our excitement with his distinct and commanding voice.

'Virupaksha' is directed by Karthik Dandu and produced by Sri Venkateswara Cine Chitra and Sukumar Writings.

Still basking in RRR's success, NTR Jr will soon commence the shoot of NTR30 which is helmed by Janatha Garage director Koratala Siva. He also has NTR31 directed by KGF director Prashanth Neel on the cards.

Enjoyed achieving intensity of 'Freddy's' character: Kartik Aaryan

This year has been the epitome of success for the young superstar Kartik Aaryan.

After enjoying the success of his mega-blockbuster 'Bhool Bhulaiyaa 2', he has basked in heaps of praise from both audiences and critics for his portrayal of 'Freddy'.

Kartik has delivered the best performance of his career in 'Freddy' and without a doubt, he has pulled off a very layered and intense role with the utmost finesse. Presently, 'Freddy' is a huge success and the entire credit goes to Kartik for playing a very demanding and spine-chilling role.

Kartik said in a statement, "I am extremely overjoyed by the kind of response I have been receiving for Freddy. It was indeed a very tough character that has come my way, but I enjoyed the process of achieving the intensity. This is something I always like to experiment with my characters and I am very glad that the audience is loving the performance and accepted Freddy, the way we really wanted this character to come out."

"As an actor in me, it feels truly amazing to know that people are accepting me in this shade too as I tried my hand at this genre for the first time," he added.

On the work front, he has Shehzada, Aashiqui 3, Satya Prem Ki Katha, and Kabir Khan's untitled next.



Papon collabs with Bhansali for 'Dard Pattharon Ko'

Singer-composer Papon, who is known for soul soothing songs, has collaborated with ace filmmaker-composer Sanjay Leela Bhansali for his first ever music album 'Sukoon'.

'Dard Pattharon Ko' marks their first collaboration, and is one of the nine beautiful ghazals from the album.

Papon shared the announcement on Instagram and said "Here's a piece of our heart for your soul! Embrace, enjoy and enter the world of #Sukoon, the first ever music album made by #SanjayLeelaBhansali".

Talking about the special collaboration, Papon said, "It has been a pleasure to collaborate with the multi-faceted man Mr. Bhansali.



Every song in this album has Sukoon as the album name suggests. I am overwhelmed with the response

I have received so far. It's definitely a beautiful way to end the year."

Amazon miniTV to air 'Bhai-Behen vs The World' on Dec 12

Amazon miniTV is gearing up to premiere an extremely hilarious and relatable web series, 'Bhai-Behen vs The World', from December 12.

The streaming service on Thursday unveiled the trailer for the quirky series that will see real-life brother-sister duo Shubham and Saloni Gaur in lead roles.

The trailer gives us a sneak peek into a sibling jodi where Shubham plays the elder brother who thinks he is a master of all trades, while his younger sister Saloni is the real mastermind who knows won't back down from any battle.

Speaking on the upcoming show, Saloni said, "Our bhai-behen content has received a lot of love always. So, we decided to do something



bigger and different with Bhai-Behen vs The World. Usually, it is Bhai vs Behen but here, you'll witness the camaraderie between us and how we unite against the world."

Echoing her sentiments, Shubham shared, "It was great playing bhai-behen for the reel also. We hope the audiences like our chem-

istry and have a great time watching the show because we had an amazing time making it. Siblings all across ages will be able to relate to our show and we are both super excited for it!"

Created by Team Yellow Montage, 'Bhai-Behen vs The World' is set to stream on the service from December 12.

ZEE5 to air 'Har Har Mahadev' on Dec 9

ZEE5 on Thursday announced the premiere of the Marathi historical action-drama film 'Har Har Mahadev', on December 9.

The inspiring story of Bajji Prabhu Deshpande is backed with an ensemble cast such as Sharad Kelkar, Subodh Bhawe, Amruta Khanvilkar, Nishigandha Wad, Sayali Sanjeev, Hardeek Joshi, Milind Shinde, Kishore Kadam, Nitish Chavan, and Ashok Shinde. Directed by Abhijeet Deshpande and produced by Zee Studios along with Sunil Phadtare under the banner of Shree Ganesh Marketing and Films, 'Har Har Mahadev' is the first Marathi multilingual film which depicts the inspiring story of Bajji Prabhu Deshpande, a general of Chhatrapati Shivaji Maharaj who fought alongside 12,000 Bijapuri soldiers with his army of 300 soldiers.

With an IMDB rating of 8.1, the emotional storyline, action-packed sequences, and phenomenal acting in this historical action drama struck a chord with the audiences in theatres.

Manish Kalra, Chief Business Officer, ZEE5 India said, "In an effort to cater to the rising demand for quali-



ty content, our focus has also been to acquire blockbuster films across languages. And there is growing appetite for Marathi films. With films like Har Har Mahadev being added to our portfolio, we believe that we will satiate the craving. We are elated to have the first Marathi multilingual film on our platform and are looking forward to a successful run."

Director Abhijeet Deshpande commented, "Har Har Mahadev is a historical action thriller that will keep you at the edge of your seat throughout the film. The

ing experience. Now with Har Har Mahadev having its world digital premier on OTT, I look forward to the film reaching a wider audience! Hope we get the same response like we did in the theatres!"

Subodh said, "Being part of a movie like Har Har Mahadev was a different experience altogether. The movie narrates a very strong and inspirational story of a real battle. Each character was carefully crafted by the makers, and everyone has put in their all to preserve the sanctity of the role. I am glad that via ZEE5 the audience in 190+ countries will be able to watch it."

Amruta added, "I am delighted to be a part of this movie that not only entertained the audience but also had a great storyline. Now that the movie is releasing on ZEE5 in five languages, we are sure that due to the brand's global reach, the movie will have a larger audience and be widely regarded. Can't wait for more people to watch it."

With its premiere on ZEE5 on December 16, the film will be available to viewers in Marathi, Hindi, Telugu, Tamil and Kannada languages.

Disney+ Hotstar to launch new Simpsons short on Dec 15

Disney+ Hotstar on Thursday announced that the new short "The Simpsons meet the Bocellis in 'Feliz Navidad'" will launch on December 15.

In the upcoming short from "The Simpsons," Homer surprises Marge with the ultimate gift: an unforgettable performance from Italian opera superstar Andrea Bocelli and his 25-year-old son Matteo and 10-year-old daughter Virginia.

On December 15, Andrea, Matteo, and Virginia Bocelli will also release the new single "Feliz Navidad" featured in the short and off their new album, "A Family Christmas."

The festivities continue December 17 as "The Simp-



sons" celebrates 33 years since its first episode aired in 1989. The first 33 seasons of "The Simpsons" are currently available to stream on Disney+ Hotstar.

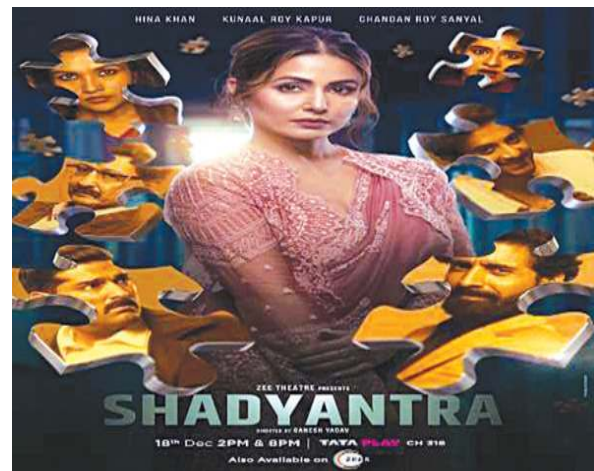
"The Simpsons meet the Bocellis in 'Feliz Navidad'" is the latest in a collection of shorts from "The Simpsons" created exclusively for Disney+ Hotstar.

Zee Theatre to air 'Shadyantra' on December 18

Zee Theatre is all set to premiere 'Shadyantra', a star-studded edge-of-the-seat thriller packed with psychological intrigue, from December 18.

Woven around primary human impulses of greed, ambition, self-preservation and revenge, it stars Hina Khan, Chandan Roy Sanyal and Kunaal Roy Kapur in key roles.

The teleplay narrates the story of a married couple, Rohan Tiwari and Natasha Malhotra Tiwari. Natasha is the heiress of a construction company but leads a contented life far removed from business intrigue. Then a shocking murder changes Natasha's life forever and investigating police officer Mohan Khanna arrives to solve the mystery.



Discussing the teleplay, Shailja Kejriwal, Chief Creative Officer - Special Projects, ZEEL, said, "We are thrilled to premiere Shadyantra which is part of our

mission to produce original and engrossing contemporary plays for audiences and make them select theatre as their entertainment option."

'Cirkus': Deepika-Ranveer's track 'Current Laga Re' out



The duo, Deepika Padukone and Ranveer Singh who impressed us with their first outing, of the superhit comedy 'Chennai Express' are back together for 'Current Laga Re', a new song from the director's upcoming next, 'Cirkus', starring Ranveer Singh.

Touted as the 'Queen of Entertainment', Deepika has set her charm not just in the country but is also making waves globally, representing the Indian entertainment industry on the global map.

The makers of 'Cirkus' released the first track from the film on Thursday, and it is an absolute treat. The track titled 'Current Laga Re' features star couple Ranveer and Deepika dancing their hearts out. The track begins with Deepika ruling

the dance floor matched by Ranveer's energy and the star couple's electrifying chemistry.

Ever since the audience saw a glimpse of her in the trailer of Rohit's 'Cirkus', they were eagerly waiting for the song to release. Deepika's short cameo in the trailer as well had broken the internet and the song is all set to do the same.

Moreover, Deepika can be seen coming back after nine years in her Meenamma vibes from 'Chennai Express' on the screen, which has sent her fan clubs in frenzy.

On the film front, Deepika has 'Pathaan', alongside Shah Rukh Khan; 'Fighter' with Hrithik Roshan. 'The Intern' remake; and 'Project K' starring Prabhas.

My Town My Pride: Sarita Chauhan, Vivek Sharma review functioning of Samba Municipality

SAMBA, DECEMBER 8: As part of ambitious 'My Town My Pride' (MTMP) 2.0 programme of providing services to people at their doorsteps, Commissioner Secretary, Labour and Employment, Sarita Chauhan and Director General, Social Welfare Jammu, Vivek Sharma (Visiting Officers) today reviewed functioning of Samba Municipality besides conducting interaction session with ULB Councillors regarding their issues.

Deputy Commissioner Samba, Anuradha Gupta, CPO Sukhleen Kour, ADC, Rakesh Dubey, Executive Officer, Municipality Samba besides other district officers and Urban Local Body councillors were also present on the occasion.

Executive Officer informed about status of various mega projects including town upgradation of Municipal Complex, Samba, construction of multi functional complex at Bus Stand Samba with shopping complex, upgradation of ponds, community hall, children's park besides highlighting other works being executed under District Capex Budget, IDMT, material recovery facility, PMAY-U, PMSvaNidhi, IHHL.

Visiting Officers laid stress on provision of public services at doorsteps of general public with focus on those living in unorganized townships, priority house-



holds besides ensuring 100% saturation under IHHL facility in Samba town.

Under PM SVANIDHI scheme, Visiting Officers asked the officers to ensure that all eligible street vendors be provided with 100% trade licenses. "The Rehri walas spots should be fixed at a suitable place in a systematic manner so that separate rehri zones be created. Besides, each and every Rehri wala should carry dustbins along with them for waste management to keep their surroundings neat and clean", added the Visiting Officers.

Visiting Officers stressed on creating massive awareness on digitization of services through online portals, green city plan

under which e-Rickshaws should be used in place of petrol /diesel vehicles, usage of door to door waste carriers and other initiatives of government in the town area. They exhorted upon all members of ULBs to carry out massive plantation drives near railway station, mega projects sites so that aesthetics of city can be evolved.

"Under self employment generation schemes awareness be generated among youths on benefits of MUMKIN, TEJASVI, HIMAYAT and other government sponsored schemes" maintained the Visiting Officers.

Visiting Officers listened to the issues of ward members and assured that these will be solved

on priority level through proper intervention of concerned agencies.

Meanwhile, Visiting Officers also distributed cheques among beneficiaries under PMAY (URBAN) Mission. They also conducted an extensive tour of Samba town. Executive Officer informed about status of various mega projects including town upgradation of Municipal Complex, Samba, construction of multi functional complex at Bus Stand Samba with shopping complex, upgradation of ponds, community hall, children's park besides highlighting other works being executed under District Capex Budget, IDMT, material recovery facility, PMAY-U, PMSvaNidhi, IHHL.

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Agriculture department, SKUAST (J) joins hands to revive Black Zeera cultivation in District Kishtwar

KISHTWAR, DECEMBER 08: Department of Agriculture & Farmers' Welfare Kishtwar in collaboration with SKUAST Jammu have joined hands to revive & reintroduce Black Zeera Cultivation in the District.

On the direction of Director of Agriculture, Jammu, K.K Sharma and under the guidance of District Development Commissioner, Kishtwar Dr Devansh Yadav, the department has distributed 60,000 Black Zeera Tubers among 30 progressive Farmers of Block Padder (Funded through NABARD & procured from Himachal Pradesh) under the close supervision of Chief Agriculture Officer, (CAO) Amjad Hussain Malik and in collaboration with SKUAST, Jammu. During the distribution, the CAO Kishtwar also interacted with the farmers of Padder area and made them aware about the cultivation of Black Zeera on commercial lines. Besides, the Department of Agriculture, District Kishtwar for the first time laid 20,000 Black Zeera Tubers for revival/



rejuvenation over a 10 Kanal of area in the Zeera Research Farm, Atholi, Padder. It is pertinent to mention here that the same tubers have been introduced at Saffron Development Farm, Berwar, Kishtwar on trial basis.

The Chief Agriculture Officer asked the concerned officers to supervise the activities regarding Zeera cultivation and record its data for future references. He mentioned the utility of spice which will only become successful if it is introduced in other parts of non-traditional areas of the district in the future. Department of Agriculture & Farmers' Welfare Kishtwar in collaboration with SKUAST Jammu have joined hands to revive &

reintroduce Black Zeera Cultivation in the District. On the direction of Director of Agriculture, Jammu, K.K Sharma and under the guidance of District Development Commissioner, Kishtwar Dr Devansh Yadav, the department has distributed 60,000 Black Zeera Tubers among 30 progressive Farmers of Block Padder (Funded through NABARD & procured from Himachal Pradesh) under the close supervision of Chief Agriculture Officer, (CAO) Amjad Hussain Malik and in collaboration with SKUAST, Jammu. During the distribution, the CAO Kishtwar also interacted with the farmers of Padder area and made them aware.

ADC Bhadarwah listens to issues of media persons



BHADARWAH, DECEMBER 08: Additional Deputy Commissioner Bhadarwah Choudhary Dilmir today convened an interactive meeting with local media persons here at meeting Hall Dak Bunglow Bhadarwah. The meeting was attended by the ASP Bhadarwah Aftab Alam besides media persons representing different print, electronic and social media organisations. The media persons highlighted different issues being faced by the fraternity and general public of the Sub Division Bhadarwah. Through discussions were held to maintain better coordination between the administration and media agencies to facilitate dissemination of factual information through the media. Suggestions were also sought from the media persons for addressing the problems being faced by them in connection with the dissemination of developmental activities being carried out in Bhadarwah. The ADC, while speaking on the occasion, said that media plays an important role in getting public feedback and enables the administration to implement the government welfare schemes and other activities on the lines of public aspirations for inclusive development. He thanked all the media persons and extended his best wishes to them. ASP Bhadarwah said that the real essence of democracy can be realised only with a healthy journalism. He ensured that the police.

SKCGDC Poonch organises students' tour, Swachta Abhyan under My Town My Pride

POONCH, DECEMBER 08: Department of Botany, Shri Krishan Chander Govt Degree College Poonch organized a local plant collection tour at village Jhulas and a Swachhata Abhyan in the Mangar area of Poonch with the involvement of the students of Sem Ist.

The plant collection tour was organised to impart practical knowledge to students, and inculcate a comprehensive approach in them as prescribed in NEP.

During the tour the students knew how plants grow and function in nature, their habits and the different types of habitats, and various other aspects of plant diversity pertaining to

their syllabus. The tour was designed to mitigate the "practical" related problems of the students. The college has planned more such practical learning programs and other curricular and extracurricular programs for the SEM III and Sem V students in days to come. The event further aimed to compensate the loss of studies in corona years with regard to "practical" learning and acquaint them with the actual purpose of field studies. Dr. Mahroof Khan of the Department of Botany discussed in depth the topics related to the subject. Dr Rani Mughal discussed the importance of biodiversity for mankind and advised students to focus on practical learning as



much as they do on classroom and laboratory experiments. Meanwhile, the students of Bsc Sem 1 actively participated in the mission clean and expressed

their desire to have a neat and clean environment around Poonch township. Dr. Mahroof Khan in charge of the "Mission Clean" advised the

students to become ambassadors of the Prime Minister's Swachhata Abhyan. Dr Zeba Manzar guest faculty of the institution also accompanied the local tour. He mentioned the "practical" related problems of the students. The college has planned more such practical learning programs and other curricular and extracurricular programs for the SEM III and Sem V students in days to come.

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NDRF team conducts Table Top mock Drill at Doda

DODA, DECEMBER 08: A team of 13th Bn NDRF on Thursday conducted Table Top Exercise (TTE) on Earthquakes and Landslides as a part of its 2-day awareness program starting from today.

Table Top Exercise organised in the Conference hall of the DC office complex was attended by ADC Dr Ravi Kumar Bharti officers of NDRF, SDRF, Police, CRPF and HoDs of line departments.

It was informed that the Mock Drill was organised by the NDRF team to sensitise stakeholders about the rescue preparedness at the time of an earthquake, landslide, and fire incident.

On the first day of the exercise, the National Disaster Response Force (NDRF) demonstrated Table Top Exercise (TTE) which is helpful in staying safe in the wake of an earthquake or landslide.

Earlier, Assistant Commandant, 13th Battalion, NDRF, Javed Iqbal gave a detailed PowerPoint presentation on the structure and role of NDRF in India, its abilities, the details of machines used for dealing with all types of natural and man-made disasters, etc.

Javed Iqbal stressed on the need to maintain coordination among the stakeholders during a disaster to reduce



response time for rescue measures as District Doda falls under IV and V earthquake seismic zones. The meeting held threadbare discus-

sion on the Response, Rescue and Rehabilitation preparation plan and strategy to mitigate the damage and loss of lives and property during high intensity earthquakes and other disasters.

Heads of different stakeholder departments responded to the queries during the meeting.

Deliberations were also held on the utility of satellite phone, help pads, medical infrastructure and response team, hygiene and sanitation, drinking water supply, role of media, awareness and training to effectively tackle the unprecedented disaster in the district.

JKRLM organises awareness Workshop to educate women SHGs about Menstrual Health & Hygiene

JAMMU, DECEMBER 08: To spread awareness among the members of women Self Help Groups (SHGs) about Menstrual Health & Hygiene, Jammu Kashmir Rural Livelihoods Mission (JKRLM) on Thursday organised a daylong workshop on the theme "Menstrual Hygiene Management -Mardun ki Zubani".

The day-long programme was organized across all the blocks of the Mission to sensitise the SHG women about vital social and health issues, especially those related to personal health and hygiene.

During the workshop, the SHGs were told about the science behind menstruation and the myths surrounding it. The SHGs were also taught about basic hygiene that should be maintained during periods. It helped in sensitising them on various complications arising out of lack of menstrual hygiene.

Mission Director JKRLM, Indu Kanwal Chib, in her keynote address said that Menstruation is a natural part of the reproductive cycle. However, in most parts of the country, it remains a taboo and is rarely talked about, which leads to gender issues and all anti social activities. She therefore said that the purpose of this workshop was to create awareness on menstruation and its hygiene. She explained that the clean-

liness initiative started by the Government of India is a significant move and the Menstrual Hygiene Management as a component is equally important as the



taboo associated with Menstrual cycle is still existing in our society. "Conducting the Menstrual Hygiene Management workshop will significantly focus on taking Men folk on board to make them understand the help and support they must provide to the women going through this natural phase every month," the MD added.

She further said "Our aim is to empower young women and girls

about the heightened vulnerabilities of menstrual hygiene and its management."

The focus of the program was to create awareness among women



on personal hygiene particularly on Menstrual Hygiene Management (MHM) and the participants were asked to act as ambassadors for sensitising other women to maintain MHM safe and hygienic sanitation, the MD added.

She hoped that the training would be a beginning and the first step towards building up confidence and boldness among the women groups. In this con-

nection, she called upon the master trainers to understand well and spread awareness.

Archana Gosh, National Programme Manager, National Rural Livelihood Mission (NRLM) - the resource person of the event, spoke on the important issue of menstrual hygiene, its sustainability when it comes to over all period management.

She said that the purpose was to create awareness, to mitigate the challenges associated with periods and encourage the master trainers to spread awareness so that every woman and girl has access to safe and sustainable menstrual hygiene products along with holistic and accurate information to manage menstruation.

Guest speaker Dr. Meenali Rajput, Medical officer, Rashtriya Bal Swasthya Karyakram (RBSK) emphasized on cleanliness and hygiene. She mentioned that in today's time the management of menstruation requires three key things: awareness, access (mainly in rural setup) and disposal of used sanitary napkins in an environment friendly manner. Girls and women need to maintain good menstrual hygiene to uphold their health and dignity.

The session focused on various menstrual health related topics like periods and its causes, period myths and taboos, Urinary Tract Infection (UTIs).

2 Day Training Program on registration of Births & Deaths through CRS Portal concludes at Jammu



JAMMU, DECEMBER 08: District Administration Jammu, in collaboration with Directorate of Census Operation J&K and Directorate of Economics & Statistics J&K, organised a 2 Day Training Programme on 7th & 8th December 2022 for 'Registration of Births & Deaths through Civil Registration System (CRS) Portal.'

The training session was held under the patronage of Deputy Commissioner, Avny Lavasa, which concluded here today at the DC Office.

Speaking on the occasion, the Deputy Commissioner emphasized upon the need for implementation of CRS through the portal and highlighted the significance of the training programme and the role of the newly notified registrars

which is of prime importance for socio-economic planning.

The Additional Chief Registrar, Births & Deaths (Regional Director, E&S) Jammu elucidated about the revised Birth & Death Rules- 2022 notified in the UT of Jammu & Kashmir w.e.f. 10th October'22 and the role of the various stakeholders involved in the process of the registration of Births & Deaths.

District Registrar (Chief Medical Officer), Dr. Harbaksh Singh exhorted upon all present in the training to implement the registration of the vital events of Births & Deaths through CRS Portal in-toto w.e.f. 01.01.2023 towards effective implementation of the programme in the district.

Chief Secretary declares 33rd Sr National Tennis Ball Cricket Championship open

JAMMU, DECEMBER 8: Chief Secretary, Dr. Arun Kumar Mehta today declared the 33rd Senior National Tennis Ball Cricket Championship open here at M.A Stadium.

Speaking as a Chief Guest he remarked that the government is committed to create a world class infrastructure for the sports lovers of the UT. He further said that the administration is determined to organize the marquee events of National & International championships across J&K.

He further stated that such events certainly provide excellent opportunities of showcasing budding sports talent amongst the youth.

Dr Mehta observed that the administration this year gave opportunity to some 50 lakh youth to demonstrate their sporting skills across the length and breadth of J&K. He declared that it had been made a reality to have a playfield in every panchayat and atleast an Indoor Stadium in each district.



He made out that in order to hone the skills of youth many stadia are provided with flood lights and artificial turfs. He stated that youth in areas like Downtown Srinagar and other districts can be seen playing games till late hours at such

venues. He stated that a culture of sports and cultural activities is taking roots in J&K. He said that every person young or old is encouraged to take up either sports or culture to channelize his/her energy towards better and healthy activities.

The Director, YS&S in his remarks stated that the Sports Council & J&K Tennis Ball association has been very active in organizing the 33rd National Championship from 8-11 December in this sprawling stadium in the magnificent city.

The Secretary Sports Council while presenting the welcome address of the 4-day long championship being organized under "My Youth My Pride" initiative of the Sports Council added that the participation of around 1000 sports persons from 28 States including 8 UT's took part in the inaugural function.

It was pointed out that the grand affair is being organized to provide a healthy competition to the players to showcase their versatility and exhibit best of their sporting talent.

A pledge for fair play & war against drug abuse was also taken by the participants of the championship.

England recall Wood, Pope retains keeper's gloves for Multan test



England have replaced injured all-rounder Liam Livingstone with fast bowler Mark Wood in the only change to their squad for the second test against Pakistan, with Ollie Pope retaining the wicketkeeper's gloves. Livingstone has returned home after sustaining a knee injury in his debut test in Rawalpindi, where England pulled off a remarkable 74-run victory for a 1-0 lead in the three-match series. Wood missed the first test as he continued his recovery from a hip injury. Ben Foakes, who missed the opener with illness, is now fully fit but England skipper Ben Stokes confirmed that Pope, who made 108 in the first innings in Rawalpindi, will continue behind the wicket because of his superior batting. "I'll still keep saying that he (Foakes) is the best keeper in the world," Stokes said on the eve of the match, which begins on Friday. "It must sound silly to not be picking him but you got to see the conditions we face here. Pakistan is a very hard place to come and win." Adding Mark Wood into the side gives us the best opportunity to take 20 wickets. "That's what we came here to do. We came here to try and win the game of cricket and not be conservative [...]" he added. Off-spinner Will Jacks, who claimed six wickets on his test debut in Rawalpindi, was also retained. England would conclude their first test tour of Pakistan since 2005 with a match in Karachi. Team England: Zak Crawley, Ben Duckett, Ollie Pope, Joe Root, Harry Brook, Ben Stokes, Will Jacks, Ollie Robinson, Jack Leach, Mark Wood, James Anderson.

Rohit out of final Bangladesh ODI with thumb injury



Dhaka, India skipper Rohit Sharma was set to fly back home Thursday to seek medical advice for a thumb injury and will miss the final one-day international against Bangladesh, coach Rahul Dravid said.

Rohit heroically batted at number nine with stitches and a bandage on his left thumb to hit a valiant 51 not out in his team's nail-biting five-run loss to Bangladesh.

The victory in front of an ecstatic home crowd in Dhaka gave the hosts an unassailable 2-0 lead in the three-match series.

The captain adds to India's growing injury list with Kuldeep Sen, who missed the match due to stiffness in his back, and fellow quick Deepak Chahar, who bowled just three overs due to a hamstring strain, also ruled out of the series.

"(We are) struggling with a few injuries, which is not ideal, not easy for us," Dravid told reporters after the loss. "Kuldeep and Deepak are out of the series. Ro-

hit will miss the next game, fly back to Mumbai consult with an expert and see how it is and whether he could come back for the Test matches or not, I am not sure. Too early to say."

India and Bangladesh will play two Tests starting December 14.

Rohit, who hit five sixes in his blitz and needed a six to win on the final ball when Mustafizur Rahman held his nerve, had gone off the field early in Bangladesh's innings.

He dropped Bangladesh opener Anamul Haque in the second over at slip as the ball seemed to catch the webbing between the thumb and forefinger with blood oozing out.

Dravid hailed Rohit's courage to run Bangladesh close with an injured hand after India had slipped to a hopeless-looking 207-7 in their chase of 272.

"It was phenomenal for him to show that level of courage. He had a serious dislocation, had to go to hospital to get that set right.

Footprints: The coolest team in Qatar

Doha, IT was exhibition football from Portugal as they became the last team to reach the quarter-finals of the World Cup with their trouncing of Switzerland, but there was no doubt about who the coolest man in Qatar was on Tuesday night. Even Kylian Mbappe — yet again, four years on from Russia, the dazzling star of the World Cup — tweeted for the "Moroccan King".

His Paris St Germain teammate Achraf Hakimi wasn't just the toast of Morocco but the whole region as well; his breathtaking 'Panenka' penalty with the eyes of the whole world on him ensured there was an Arab team



in the last eight of the first World Cup in the Arab world.

Morocco's victory also meant that after a group stage for the underdogs and after the heavyweights of world football

had largely reasserted themselves in the round of 16, there was at least one outlier; a team that will provide fans of the region something to cheer about as the World Cup reached the sharp end.

It's not that Morocco don't have thousands of fans of their own. The Royal Moroccan Football Federation distributed 10,000 tickets for the last-16 game to fans who could show the country's passport. Just like after matches featuring Saudi Arabia, who notably stunned Argentina in the group stage, the alleyways and the cobbled streets of Souq Waqif, the traditional market with cafes and restaurants was brimming with fans in Moroccan colours.

It was a massive celebration. "But today we're not having Shisha [Hookah] because we've been screaming like crazy and our throats are down.."

Marnus Labuschagne, Travis Head Hit Centuries As Australia Take Charge vs West Indies

Run machine Marnus Labuschagne belted a third successive Test century and Travis Head also made a ton Thursday as Australia seized control on day one of the pink-ball second Test against an injury-hit West Indies. Consistent number three Labuschagne smacked 204 then 104 not out at the first Test in Perth to overtake England's Joe Root this week as the world's top-ranked Test batsman. And he carried that form to Adelaide with a patient unbeaten 120 to again torment the Caribbean team, as the hosts amassed 330-3 by stumps.



The chanceless Head was not out 114, relieved at converting to three figures after he was out for 99 in the first Test. The visitors, who are missing three first-choice bowlers, enjoyed some success

on a flat track that offered little for the fast bowlers, removing David Warner (21), Usman Khawaja (62), and captain Steve Smith for a duck. Khawaja surpassed 1,000 Test runs for the year in his knock,

becoming only the third man in 2022 to hit the landmark after Root and fellow Englishman Jonny Bairstow, who have both played more matches.

He departed lbw to debutant Devon Thomas, who earned his first Test wicket. Like Labuschagne, Smith smacked 200 in Perth but he only lasted eight balls, caught and bowled by Jason Holder, while Warner nicked Alzarri Joseph to wicket-keeper Joshua Da Silva.

The home side, who have won every day-night Test they have contested, including six-from-six in Adelaide, are looking.

'Royal-Rodeo' competition to be held from Dec 16

Kolhapur, Dec 8 (UNI) Three-day long "Royal-Rodeo", will be held on Mohite's Academy racing track, organised by Royal Riders and Mohite Racing Academy with the recognition of Federation of Motor Sports Club of India. Jaydeep Pawar, president of organising committee, said that an expo-exhibition of different motorbikes will also be organised at the competition site. More than 500 competitors from across the country would participate in the three-day competition. Pawar said that the competition will be held in three groups including Autocross competition on December 16, MTB cycle Super cross on December 17 and Motorcycle supercross racing competition on December 18.

He said that in autocross competition group will held on 800m track in nine different class in Motorcycle, Bike, Scooter (Moped) and E-vehicle groups, in which total 150 competitors will participate. On December 17 MTB super cross competition, which to be held only in Kolhapur on super cross track and in five age group. On December 18 motorcycle super crossing competition in 22 different class will be held. The competition will be held in five age group under 14, under 17, 18 to 30 age, 31 to 45 age and over 45 age group, Pawar added.

Newly-laid hockey pitches all-set for action at FIH Men's WC 2023

Bhubaneswar, Dec 8 (UNI) Ahead of the FIH Odisha Hockey Men's World Cup 2023 Bhubaneswar-Rourkela, four new pitches have been laid and all-set for action in the state-of-the-art venues here at Kalinga Hockey Stadium as well as the Birsu Munda Hockey Stadium in Rourkela. The main pitch in the Kalinga Stadium as well as the practice pitch has been re-laid, while Rourkela will feature brand new pitches that are certified by the International Hockey Federation (FIH). The FIH Odisha Hockey Men's World Cup 2023 Bhubaneswar - Rourkela will be the 15th edition of this highly prestigious event..

جمعہ خطاب
سہمان مکرم

Er. Umar Farooq - Gazi-Sir

بتاریخ 09 December 2022 - جمعہ

شروع بیان 12:30 Pm

Venue: Jamia Masjid Shareef Watayin near police station Chogal.

KUTLARI TROUT FISH FARM
Near High School Kutlari
PH. NO: 6005827707, 9906829635
email khanbasit.123.ak47@gmail.com

کوہ ہمالیہ کے قدرتی چشمے میں افزائش پرور ٹراؤٹ
مچھلی فارم

Sustainable trout culture in Himalayan clean water.

TROUT
KUTLARI TROUT FISH FARM