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HEADLINES TODAY



NEWS IN BRIEF

ATM Guard Found Dead In Soura

Srinagar, 13-Jan: An ATM guard was found dead at booth in Soura area of Srinagar on Friday. As per reports, the guard, identified as Mohammad Muzaffar Kakroo son of Abdul Kahliq Kakroo, a resident of Amdakadal Lalbazar, was found unconscious inside the ATM booth of HDFC Bank in Soura. He was rushed to SKIMS Soura where doctors declared him dead on arrival. Meanwhile, police has registered a case in this regard and investigations set into motion to find out the cause of the death.

Train derails at Mazhama, no casualties reported

Srinagar, 13-Jan: A passenger train derailed from a railway track at Mazhama area in central Kashmir Kashmir's Budgam district, officials said on Friday. However, there were no immediate reports of anyone getting hurt in the incident.

As per official reports, amid snowfall, incident occurred this morning which apparently seems like a technical glitch. "What led to the incident is being worked out. Slippery conditions due to snowfall could also be a reason", official said.

He said that a coach of train no 04483 skidded off at km no 85/7 and 85/8 on Budgam-Baramulla track. "All the passengers are safe and train is halted at Mazhama," he added. Meanwhile, train services between Budgam and Baramulla stretch have been stopped and efforts are on to restore them. "Train services from Banihal to Srinagar and vice versa are operating as usual", he added.

Driver dies after vehicle skids off the road in Baramulla

Baramulla, Jan 13: A driver died on Friday evening when his vehicle skidded off and rolled down in north Kashmir's Baramulla district. An official told the news agency—Kashmir News Observer (KNO) that the accident took place at Singhpora, Baramulla, which led to the on-the-spot death of the driver. He identified the driver as Mushtaq Ahmed Wani, a resident of Singhpora. The body will be handed over to the family after completion of legal medical formalities, the official said, adding that a case has been registered in this regard—

Lady tourist dies in Srinagar

A lady tourist from Delhi died at a hotel in summer capital Srinagar on Friday, reports said. Reports reaching news agency said that a lady tourist identified as Veena Ahuja (62) resident of Delhi fell unconscious at a hotel 4 points in Sonwar area here. They said that tourist was immediately shifted to Khyber Hospital Khyam for treatment, where doctors declared her dead. A police officer confirmed the incident to news agency and said cognizance of the incident has been taken.

Poonch: Injured 9-year-old boy dies

Jammu, Jan 13: A 9-year-old boy, who was injured in mysterious firing in Surankote area of Poonch district yesterday, died at Government Medical College Jammu on Thursday. Sources told HT that the boy identified as Afran Ahmed son of Mohammad Sharief of Sangla Tehsil was shifted to GMC Jammu from GMC Rajouri for advanced treatment. However he succumbed to the grievous wounds. SHO Surankote Rajveer Singh confirmed to GNS the death of the minor. He said police has already registered a case (FIR No. 10/2023) under relevant section of law and further investigations are underway. The boy was injured near his residence while two other persons, heading to pay obeisance at a shrine had miraculous escape in the incident.

Srinagar Police Establish Helplines for Citizens in View of Inclement Weather

Srinagar, Jan 13: The Srinagar police on Friday, have set up helplines for the public to contact in case of any assistance needed due to inclement weather. As per, a tweet from Srinagar Police, which lies with Kashmir Bulletin-(KB), reads that the numbers to contact are: PCR Srinagar: 9596222550, SSP office: 9596770502, Distt Police Lines: 9419133643, and PCR Landline: 9419133643.

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Security Agencies apt With 'OPERATION ALL OUT' To Wipe Out Militancy from J&K : HM Amit Shah takes Security Review at Jammu

Says Rajouri attack case handed over to NIA, Jammu police to work with Investigating Agency; Culprits will soon be brought to justice;

HT NEWS DESK



Jammu, Jan 13: Union Home Minister Amit Shah Friday said that in a high level security review meeting chaired by him in Jammu all the security agencies agreed to cast a 360 degree net to wipe out militancy from Jammu region and that the Rajouri killing case has been handed over to NIA for a thorough probe.

Addressing a press conference in Jammu after chairing a crucial security review meeting, Shah, who was flanked by J&K LG Manoj Sinha, said that all the security agencies, who have their role in Jammu's security situation, were present in the meeting. "All of us agreed to cast a 360 degree net to wipe out militancy from the region," he said, as per news agency—The

Home Minister said that another decision taken in the security review meeting was that the "security grid of Jammu" will be strengthened on all fronts in a time-bound manner. "In three-months from now, the security grid will be further strengthened across Jammu," he said. He said that he was supposed to visit Dhangi, Rajouri and meet the families of those whose loved ones were killed in January 1 and 2 attack but bad weather prevented him. The Home Minister said yesterday, the Centre handed over the Rajouri killing case to National Investigation Agency (NIA). "Jammu police will work joint-

ly with the NIA and bring the culprits of Rajouri killings to justice. The NIA will also probe all the militancy related incidents that took place in the region in the past one and-a-half years," he said. The Home Minister said that security agencies in Jammu are alert and committed to wipe-out terror, its ecosystem, OGW network and zero-in on those who are providing logistic support to terrorism. To a query whether he will stay in Jammu to meet the families of Rajouri attack victims, the Home Minister said: "There is a bad weather advisory for next three days. I will come again and surely meet the families of Rajouri attack victims. Today, I spoke to each family

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NIA files chargesheet against 6 accused in drone case

HT News Network

Srinagar, 13-Jan: National Investigation Agency (NIA) has filed chargesheet against six accused persons in a case related to drone recovery and other ammunition in Kathua district.

In a statement issued, NIA spokesman said that the chargesheet was filed before the NIA Special Court Jammu against six accused persons under section 120B, 121A & 122 of IPC, sections 16, 17, 18, 18B, 20, 23, 38, 39 & 40 of UA (P) Act, 1967, sections 25(1)(a) & 25(1AA) of the Arms Act and sections 4 & 5 of the Explosive

Substances Act.

The case was initially registered as FIR (No. 114/2022) dated 29 May 2022 at police station Rajbagh, Kathua and re-registered by NIA on 30 May 2022.

"The investigations revealed that on directions of accused, Sajjad Gul, the Pakistani handler, the accused used to collect, receive and transport the weapons, dropped over drones, to the militants active in Kashmir valleyas part of the conspiracy of wage war against the Government of India," NIA said. It further read that that those charge-sheeted

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Snow envelops entire Kashmir

Srinagar gets season's first snowfall; major highways, roads blocked; MeT predicts improvement from today

HT News Network | KNO

Srinagar, Jan 13: Srinagar, the summer capital of Jammu and Kashmir received first snowfall of the season while the other parts of the Valley including higher reaches as well as plains also experienced fresh snowfall on Friday leading to the suspension of flight operations to and from Srinagar International Airport.

Director Srinagar International Airport, Kuldeep Singh told the news agency—Kashmir News Observer (KNO) that a total of 66 flight operations including 33 departures and 33 arrivals were cancelled due to continuous snowfall and low visibility.

He added that only four flight operations including AirAsia I5 709/710, GoFirst G8 259/260, Indigo 6E 6022/6163 and Indigo 6E 2981/2982 could operate today following which all the flight operations scheduled for a day

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Avalanche warning issued in 10 J&K districts

Srinagar, Jan 13 (UNI) Amid moderate to heavy snowfall on higher reaches during the past few days, State Disaster Management Authority (SDMA) has issued a 'high danger' avalanche warning for the people living above 2000 meters sea level in Jammu and Kashmir, officials said.

An avalanche with "HIGH" danger level is likely to occur above 2000 meters of north Kashmir districts of Bandipora and Kupwara districts in the next 24 hours. Both the districts including higher reaches received moderate to heavy snowfall during the past few days resulting in closure of several far flung roads with the district headquarters.

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Flight operations suspended at Srinagar Airport after fresh snowfall

HT News Network

Srinagar, Jan 13: Amid fresh snowfall in the Kashmir Valley, the flight operations have been suspended at Srinagar International Airport since 10 AM on Friday due to low visibility. Director Srinagar International Airport, Kuldeep Singh told the news agency—that all flights have been suspended since 10 am due to continuous snowfall and low visibility. Kashmir parts including Srinagar received fresh snowfall today, bringing down the temperature further across Kashmir. The weather conditions, as per Deputy Director Meteorological department Mukhtar Ahmad, would improve in the next few hours in

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Only 4*4, vehicles with anti-skid chains to be allowed towards Sonamarg: SDM Kangan

HT News Network

Sonamarg, Jan 13: In view of the slippery condition of the road, the authorities on Friday said that only 4x4 and vehicles with anti-skid chains will be allowed to ply towards Sonamarg from Gaganeer. According to an order, a copy of which lies with the news agency—Kashmir News Observer, SDM Kangan Javid Ah Rather said to prevent accidents and long-lasting traffic jams due to slippery road, which puts the commuters to much inconvenience, only 4x4 vehicles and

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No accurate figure about drug addicts in Kashmir, say doctors 'Only small fraction of drug addicts visit treatment centres'

HT News Network

Srinagar, Jan 13: There is no accurate figure about drug abusers in Kashmir as doctors say that those visiting drug de-addiction centres is very less compared to the actual addicts. A recent report by the National Drug Dependence Treatment Centre in AIIMS revealed that over six lakh people in Jammu and Kashmir are addicted to drugs.

But several doctors working in drug de-addiction and Addiction treatment facilities, news agency—Kashmir News Observer (KNO) talked to said that though the number of drug abusers visiting for treat-

ment has increased but their number is 'tip of iceberg'.



Dr Adil Farooq, Medical Officer at ATF Shopian told that about 360 drug abusers have visited the facility in the last one year and among them around 200 have been following their treatment but the rest are visiting occasionally or

some have abandoned it.

About 98 percent of them are addicted to heroin with 50 percent detected with Hepatitis B and C, he said. Dr Adil said that Shopian is one of the districts where rate of drug addiction and drug peddling is quite high but only 300-400 addicts visited for treatment last year. According to him, 90 percent drug abusers never visited for treatment due to social stigma and lack of family support.

The doctor said that a person addicted to heroin shells out Rs 2500-5000 for buying the drug. Similarly, another doctor from department of Psychiatry GMC Anantnag

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Forest department tells implementing agencies to expedite utilization of funds under key scheme

HT NEWS NETWORK

Srinagar, Jan 13 J&K's Forest department has directed its different agencies to expedite

the utilization of funds under the compensatory afforestation fund scheme after the Finance Department advised it to approach it for further release of funds after spending the already released amount in full.

In a communique, a copy of which is in possession of news agency—the office of Principal Chief Conservator of Forests (PCCF) has written to different agencies involved in implementation of the compensatory afforestation fund scheme to expedite utilization of already released amount in full. "It is requested to advise all the implementing agencies under

your administrative control to expedite utilization of released funds in full," reads the letter written by Sarvesh Rai, additional principal chief conservator of forests and chief executive officer, CAMPFA. The move comes after the Finance department's observations over the Forest department's request for releasing of remaining funds under the scheme.

In its observations, the Finance department has advised the Forest department to approach it after utilization of already released funds in full. The compensatory

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DC Srinagar chairs Establishment Committee meeting of SDA 9 pending cases placed before committee for compassionate appointment cases under SRO-43

HT News Network

SRINAGAR JANUARY 13: A meeting of the SDA Establishment Committee was held under the chairmanship of Deputy Commissioner, Srinagar Mohammad Aijaz Asad here today at Conference Hall of DC Office Complex for settlement of death in Harness cases for compassionate appointment rules notified under SRO-43 in respect of next of kin of the deceased employees of Srinagar Development Authority (SDA).

Commissioner Srinagar Municipal Corporation (SMC), Athar Amir Khan and Vice Chairman SDA, Haris Ahmad Handoo were present in the meeting.

While Additional Deputy Commissioner Srinagar, Syed



Shabir Ahmad, DDMO, Srinagar, Imtiyaz Amin Naik, Sadr-e-Muhasib, Altaf Ahmad, Administrative Officer, SDA, Basharat Ahmad and other concerned were invited members. At the outset, a total of 09 pending cases were placed before the Committee and

considered under the compassionate appointment rules notified vide SRO-43 and each case was discussed threadbare.

While deliberating upon the cases placed before the Establishment Committee, all laid down guidelines and eligible criteria with regard to the element of compassion whether existing in each case, was assessed and 04 cases were recommended for compassionate appointment under SRO-43.

The Committee observed that remaining cases could not be recommended for consideration due to lack of eligibility in age and qualification of the applicants.

The Chairman SDA Establishment Committee-DC Srinagar,

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Kashmir Scientist Part of A Major Breakthrough In Rice Hybrid Plantation

HT NEWS NETWORK

SRINAGAR: A team of plant scientists at the University of California have achieved 95 per cent efficiency in producing clones of commercial rice hybrid strain. This breakthrough will result in high yields of the crop, low cost of hybrid rice seeds, and disease-resistant rice strains. Very soon, it is expected to be available to small farmers worldwide. What is interesting that the research was the outcome of two scientists including a Kashmiri agriculture scientist, Dr Imtiyaz Khanday. The other scientist is Venkatesan Sundaresan.

An expert in plant development and genetics, Khanday is a leading agriculture scientist. He received his Master's in biotechnology from the University of Kashmir and a doctoral degree in plant molecular biology and genetics from the Indian Institute of Science in Bangalore, India. Currently, he is an assistant professor at the UC Davis Department of Plant Sciences. He has done remarkable work in the field. Besides, he is an assistant agronomist for the Agricultural Experiment Station in the University's College of Agricultural and Environmental

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DC Kupwara inspects delivery of public services in Handwara sub division, Visits upper areas of Rajwar, Nowgam; hears various public deputations

KUPWARA, JANUARY 13: Deputy Commissioner Kupwara, Dr. Doifode Sagar Dattatray today had an extensive tour of Handwara sub division to inspect the delivery of public services and monitor ongoing snow clearance operation.

During the visit, the Deputy Commissioner visited District Hospital Handwara and inspected various sections of the hospital which include Emergency ward, Operation Theatre, OPD, IPD, X-Ray, Paediatrics etc. He also checked the attendance of doctors and medical staff and directed them to work with added zeal for proper treatment of the patients. The DC interacted with the patients and enquired about the healthcare services who expressed their satisfaction over the facilities. Earlier, the DC paid surprise visit to Health Centre Hatmullah and PHC Nagri and inspected the functioning of these centres.

ADC Handwara, Nazir Ahmad Mir and other concerned officers accompanied the DC.

The Deputy Commissioner also paid surprise visit to PHE and PDD Offices in Handwara and checked



the attendance of officials. He took stock of feeders, power supply and repairing of transformers and directed the concerned to ensure smooth power supply to both metered and non-metered areas as per the schedule.

The DC also took stock of ongoing snow clearance measures in different areas of the Handwara sub division. He visited upper areas of Rajwar and Nowgam and heard various public deputations during the visit. While talking to media

persons, the Deputy Commissioner said that the aim of his visit was to check the delivery of various public services including healthcare, power, water supply and snow clearance in Handwara sub division. He expressed satisfaction and said various services are functioning properly for which he has taken review of. Regarding electricity, the DC said that transformer damage rate has slightly increased and 2 to 3 transformers are being repaired on daily basis from central workshop.

Stock position of essentials reviewed at Ganderbal



GANDERBAL, JANUARY 13: A meeting was convened today under the Chairmanship of Additional Deputy Commissioner (ADC) Ganderbal, Mehraj-ud-Din Shah in the V.C Room of Mini-Secretariat Ganderbal to review the stock position of essentials in the District.

At the outset, threadbare discussion was held on stock position of essential Commodities, LPG connections and kerosene oil requirement.

The ADC directed Assistant Director FCS&CA to make adequate stocks of all essential commodities available in the District so that routine hassle free supply to the consumers is ensured.

He also passed several instructions to the concerned for ensuring all households have LPG connections and appropriate exercise shall be carried at Tehsil level to find out the requirements of Kerosene oil for illumination and cooking purposes only by the households in the district.

Tehsil Supply Officers of FCS&CA Department were directed to initiate an appropriate exercise/drive at their respective circle levels in collaboration with Revenue authorities and LPG associates to find out the households of the District who are without LPG connections, if any, so that the LPG be made available to such households as the Government of J&K is contemplating to declare the UT of Jammu and Kashmir as "Kerosene free" i.e. no PDS Kerosene allocation by 31st of March-2023 owing to optimum penetration of LPG and almost complete electrification of all the villages of J&K.

Furthermore, they were directed to initiate an appropriate exercise/drive at their respective circle levels in collaboration with Revenue authorities and Kerosene oil associates to find out the requirement of Kerosene oil for illumination and cooking only, if any, by the households of the District.

The meeting was attended by Assistant Commissioner, Revenue Ganderbal, Sub-Divisional Magistrate, Kangan, Assistant Director FCS&CA Ganderbal, Tehsil Supply Officers of FCS&CA and representatives of various Gas Agencies operating in the District.

MVD launches awareness Campaign for drivers

SAMBA, JANUARY 13: Motor Vehicle Department Samba today launched an awareness campaign for drivers and cleaners at Vijaypur and Samba as a part of ongoing Road Safety Week.

The campaign began with sensitisation and cleanliness of all passenger vehicles of the district.

Stressing on following safety rules, the Team ARTO Samba educated the drivers about the significance of wearing seat-belts; avoiding use of mobile phones, drug consumption and other distractions while driving.

The Drivers were advised to incorporate good driving practices for driving Commercial vehicles. The team also distributed pamphlets among drivers to raise awareness of road safety. Reflective stickers were affixed on vehicles during the campaign.

ARTO Samba, Rehana Tabassam, MVI Vikas Srivats, MVTA Darshan, other Officials of ARTO Samba, representatives of Transport Unions, and drivers were present on the occasion.

Doda Admin holds 1st session of 'DC Online' grievances redressal Program

DODA, JANUARY 13: The first of its kind, an open online platform, to listen to the public grievances, issues and aspirations under the ADBHUT Doda initiative with the title 'DC Online' was started today by District Administration Doda. Deputy Commissioner, Vishesh Paul Mahajan listened to the grievances of the people from 5 pm to 6 pm. The programme forms a part of the ADBHUT Doda initiative which aims at providing quality services to the public in a prompt and transparent manner. The initiative also aims at making the administration accessible to the last man in the last row.

Scores of grievances were received from across the District and Deputy Commissioner Doda directed concerned officers to redress the issues raised in a time bound manner. The participants appreciated the initiative of the district administration.

ADC Ganderbal discusses augmentation of power infra in Sub-Division Kangan

GANDERBAL, JANUARY 13: The Additional Deputy Commissioner (ADC) Ganderbal, Mehraj-ud-Din Shah today convened a meeting of officers to discuss the possibility of commissioning/installation of 6.3 MVA Transformer available at Kangan Power House.

After threadbare discussion and report submitted by the committee constituted for the purpose after field visit, it was given out that the augmentation of 6.3MVA Transformer (available at site) in place of existing 3.15 MVA Transformer is not technically feasible as same will result in outages in Kangan Power house which is not desirable at this juncture of time.

In order to resolve the issue, the committee members proposed short term and long term solutions which will ensure hassle free power supply to Kangan market as well as Kangan Power House.

It was given out that a separate 11 KV feeder shall be laid from 2x10MVA Kangan receiving station for which DPR of Rs 9.6 lakh Stands proposed which will cater most of the domestic load on existing feeder emanating from Kangan Power House.

SE KPDCI informed that a separate receiving station of capacity 6.3 MVA, 33/11 KV adjacent to Kangan Power House on the other side of road on PDC Land for which DPR amounting to Rs 2.47 Crore Stands proposed and same shall be reflected in the next financial years UT Capex Budget which shall ensure shifting of all domestic as well as commercial load from existing 3.15 MVA Kangan Power House receiving station, thus relieving Power House from forced shut downs as well resolving issue of hassle free power to local population. The meeting was further informed that the land has been identified by the committee for which ADC exhorted for carrying necessary formalities at an earliest so that the proposed works are taken-up immediately once approved.

Divisional level Orientation/ Training programme on 'Dairy development in J&K' held at Lalmandi Srinagar



SRINAGAR, JANUARY 13: A Divisional level Training programme on 'Dairy development in J&K' (Implementation framework of Mission Milk) was held at the Directorate of Agriculture Kashmir. The programme was jointly inaugurated by Director Agriculture Kashmir, Chowdhury Mohammad Iqbal and Director Animal Husbandry department, Purnima Mittal. Addressing the inaugural session, Director Agriculture highlighted the importance of collaborative efforts between the allied departments for the successful implementation of projects under holistic development of agriculture and allied sector. He asked the officers of allied departments to work in close coordination for achieving the desired results. Speaking on the occasion, Director Animal Husbandry said that the dairying sector has huge potential in the UT of J&K and it is emerging as an important sector of the Agriculture economy. She said the income from Dairy sector could contribute to the overall income of the farmers significantly. She said there are a number of success stories of farmers, budding entrepreneurs in the dairy sector whose achievements could be replicated with the concerned dairy farmers. Director Animal Husbandry said, with the implementation of this mission the milk production is expected to increase from 2594k metric tons to 4468k Metric tons, with a growth rate of 7.57% per annum. By the year 2027 we are expected to have 1633k Metric tons surplus milk with per capita availability of 930 gms, she added. She said with the implementation of this programme, 6.6 lakh farmers will get benefited over the period of five years. A threadbare discussion was held on the implementation of the project wherein stakeholders provided feedback and suggestions on the various aspects of the programme. The programme was attended by Joint Director Agriculture (Extension), Mohammad Syeed Peer; Joint Director Agriculture (Inputs), Farooq Ahmad Bhat; Joint Director Animal Husbandry (Poultry), Mohammad Younis Chauhan; Joint Director Research, Dr. Mohammad Hussain Wani; Deputy Director (Central), Dr. Altaf Ahmad Laway; Officers of Agriculture Department, Sheep Husbandry, Animal Husbandry, SKUAST-K, KVVKs, and other allied wings.

DC Pulwama monitors Snow clearance operation in the district

PULWAMA, JANUARY 13: The Deputy Commissioner (DC) Pulwama, Baseer-Ul-Haq Choudhary today reviewed the Snow clearance operations, restoration of essential services, status of essential commodities and healthcare services available in the district.

While monitoring the Snow clearance operation in the district, the DC said that all the resources including men and machinery have been mobilized to restore all kinds of services disrupted by Snowfall in the district.

He said that almost all roads under priority-1 were thrown open for traffic on Friday in Pulwama after the district recorded enough accumulation of Snow amid the continuous Snowfall.

He directed the concerned Departments that Snow must be cleared from all roads leading to essential installations and institutions including Hospitals and Govern-

ment offices on priority basis.

Reviewing the availability of essential commodities in the district, the DC was informed that sufficient stock of essential commodities is available in the district including LPG, ration, vegetables and other essentials.

The DC directed all officers and field functionaries to play a proactive role in resolving public issues. He asked the public to contact Tehsildars and SHOs of their respective areas for any emergency and help in view of Snowfall. He said the District Disaster Management Control Room is functioning 24x7 to take calls from the public besides being informed that essential departments, particularly the Health Deptt, have already established Control Rooms for immediate response. DC further directed the officials of all line departments to work on mission mode besides stressed for close

synergy and coordination to ensure uninterrupted supply of the essential items and services to the people.

He directed Tehsildars, officials of R&B, Jal Shakti, PDD and other line departments to remain stationed at their locations and ensure prompt delivery of essential items and services to the public and address emergency demands with utmost preparedness. The DC also directed AC Legal Metrology, DO FSS, FSOs to remain present at their designated locations and conduct regular market checking to keep check on hoarding and profiteering.

The DC further said that power supply has been restored almost completely as all men and machinery is on job to restore power supply. He added that the Mechanical Engineering Department is also on ground to ensure clearance of snow from all roads. 'We will continue

clearance operations the whole night, adding that by Friday evening, every single road in the district will be motorable', DC informed.

As at 3 pm, the main District roads including Pulwama-Shadimarg-Keller road, Pulwama-Awanti-pora road, Pulwama-Srinagar road, Awanti-pora-Tral road and Pampore-Khrew road were cleared by MED. Every effort is being utilized to keep the Pulwama-Sangerwani Road open for traffic movement in case of any more Snowfall through the night, the DC added.

While reviewing the Health services in the District, Choudhary emphasized on cleanliness and regular supply of essential medicines to the needy patients.

During the day, ADCs of Tral, Awanti-pora and concerned Tehsildars inspected the respective areas to monitor the Snow clearance operation.

Director RDD tours Baramulla; takes holistic review of dev. works under different schemes

BARAMULLA, JANUARY 13: In order to take an appraisal of physical and financial progress of various developmental works being executed by the Rural Development Department (RDD), Director RDD Kashmir, Khalid Majeed today conducted an extensive tour of Baramulla district. During the visit, the Director chaired a meeting at Dak Bungalow and took an appraisal of various development works undertaken in different sponsored schemes and programmes.

At the outset, Assistant Commissioner Development Baramulla Gulzar Ahmad Khan presented the brief socio-economic profile of the district through Power Point Presentation. He briefed the chair about the current status of different works spearheaded by RDD Baramulla under District CAPEX besides presenting a detailed sketch about the implementation of various centrally sponsored schemes including ADP, CD & Panchayat and other related schemes.

During the meeting, the Director discussed comprehensively the financial progress that needs to be achieved in the current financial year. He also took a detailed review of Gram Panchayat Development Plan (GPDP) formulation, finalization of Panchayat Awards among other matters and emphasized to achieve saturation in all the underlined indicators and parameters. Reiterating upon all the concerned



authorities to achieve the principle of fiscal prudence through productive utilisation of all available resources, the Director stressed to adopt coordinated and integrated approach with all the relevant stakeholders and strive to realise the ambition of inclusiveness. He also directed to follow all the envisaged fiscal guidelines and codal formalities in letter and spirit and refrain from any kind of financial deviation. Furthermore, the Director stressed on the concerned officers/officials to take all possible measures to accelerate the pace of the ongoing works for their time-bound completion and directed for regular monitoring of works through field inspections. He added that any kind of laxity would

not be tolerated besides directing to maintain the quality specifications and the standard of work.

Khalid further directed to keep a close liaison and coordination with all the stakeholders so that a new system of implementation of developmental activities is ensured in a hassle free manner and people can realize the actual and intended benefits of work. He added to adopt a collaborative mechanism and sensitise all the stakeholders who can subsequently play their part in the developmental journey of rural areas.

Among other Additional District Development Commissioner Baramulla Aijaz Abdullah Saraf, BDOs, AEEs, AEs and other concerned functionaries attended the meeting.

His Excellency Ambassador Tajikistan appreciated khawaja Farooq Renzushah for playing vital role to revive Sufi ideology of mutual love

Delhi 13th January :

Today Author of Iconic book 'Cashmere Bear's Throne', Khwaja Farooq Renzushah whose book "Cashmere Bear's Throne" for which special function was organized by international chamber of Media & AAF University, called on His Excellency Ambassador of Tajikistan Jenab Lukmon Bobikalonzoda at New Delhi along Cashmere Bear's Throne'. His Excellency agreed to arrive Srinagar immediately after Eid ul Fitar to participate in the international Sufi Conference by Kashmir society international chaired by Khwaja Farooq Renzushah. In Jammu and Kashmir earlier Kashmir society international had organised series of Sufi conferences and Indo-Tajikistan Friendship seminars



during last two decades which besides JK Governor were attended by Ex ambassadors of Tajikistan Syed Beig and Jenab Shairuf besides University heads of Tajikistan and Mufti Azam Tajikistan and Vice chancellors of all universities of JK.

Renzushah brought in notice of present ambassador Jenab Luqmaan the learned scholar and strong believer of Sufi ideology about strong

cultural and traditional ties of two societies. He said that in 1321 it was great saint Hazrat Bulbulshah R who arrived from Turkistan kashgar Faraghan valley to Kashmir through Silk route existing between Tajikistan and Kashmir. It was because of great spiritual influence of Hazrat Bulbulshah that the Kashmir king of the time Sultan sader ud din Rinchan Shah and his

Reshi Queen Kota Rami with joint support of Hindu, Bhuddist and muslims, defeated forces of terror and hate led by zulgader Khan Zulcha grandson of Halku Khan. Since then Kashmir became abode of Sufi love, peace, tranquility and religious harmony. This is how another great Sufi saint Amir Kabir Mir Syed Hamadani shah Hamdan who was disturbed by peace lessness caused by Taimur Lang in Hamadan chose paradise of Kashmir for his Sufi meditation in khankah Shah Hamdan which exists in centre of shahar e khass Zaina kadal near Shrine of Bulbulshah as well as Mirza Hyder Of Kazakistan in Mazaar e sulateen. Renzushah intimated to His Excellency that high spiritual delegations along with ambassadors.

2 Day Workshop on NAAC Awareness for Colleges of J&K, UT concludes in Padma Shri Padma Sachdeva Govt PG College for Women

JAMMU, JANUARY 13: The 2-day Workshop on NAAC Awareness for Colleges of J&K, UT concluded in Padma Shri Padma Sachdeva Government PG College for Women.

The second day of the workshop began with a formal welcome address by Dr Yasmeen Ashai, Director Colleges, Higher Education, J&K, UT. She briefed that the major breakthrough in the Higher Education Department with the smooth introduction of NEP-2020 should be followed along with the best practices towards quality transformation of education according to NAAC.

"The primary regulation is addressing accreditation as a benchmark for quality," she added. In her presentation, she also delineated how to meet quality parameters. Dr. Yasmeen Ashai, Director Col-

leges, UT of J&K, Rakesh Badyal, Special Secretary Higher Education Department, Nodal Principals, J&K discussed the status and plan of action for NAAC. As the primary goal of institutional accreditation by NAAC is to provide the information needed to improve the experience of the learning communities, it is envisaged that NAAC plays a larger role in internalizing and institutionalizing quality assurance. The students studying in NAAC accredited universities and colleges can be assured that the institution has essential and desirable features of quality education.

Festivals are the period of celebration and bring peace and joy for everyone. To make this event memorable, Lohri was celebrated in the College premises with great

fervour. The students danced to the foot tapping Punjabi & Dogri music. The program came to an end with the report sharing and Prof. Minu Mahajan, Principal, Padma Shri Padma Sachdeva, Govt. PG College for Women, Gandhinagar, Jammu presented the vote of thanks. Festivals are the period of celebration and bring peace and joy for everyone. To make this event memorable, Lohri was celebrated in the College premises with great fervour.

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Amid Snowfall, DC Budgam visits District Hospital, Old Bus Stand Budgam Takes stock of Snow clearance, healthcare facilities, supply of essential services

BUDGAM, JANUARY 13: Amid Snowfall, the Deputy Commissioner (DC) Budgam, S F Hamid today visited District Hospital and Old Bus Stand in Budgam Town to take stock of healthcare facilities, Snow clearance operations and supply of essential services across the district. During inspection at the Hospital, the DC took on spot assessment of Healthcare facilities provided to patients. He visited various wards including gynae, OPD, Dental, General Wards and other sections. He also interacted with patients and attendants to enquire about health facilities. The DC instructed concerned to ensure availability of medicine and proper heating arrangements for patients admitted in the hospital. He emphasized on availability of doctors and paramedics staff and strict adherence to the duty roster by staff at all health centres for the convenience of the general public. Meanwhile, the DC visited Old Bus Stand Budgam and assessed

the Snow clearance work, supply of essential services and availability of essential commodities in the market. He instructed that a market checking drive be carried out to ensure implementation of the official rate list.

The DC stressed on smooth traffic movement across all routes. He said that Snow clearance operations were promptly carried out wherever snowfall occurred and all major and minor roads including at Doodhpathri and Yousmarg areas were made through for traffic movement.

He said similarly all feeders are working normally in all Tehsils of the district and both men and machinery have been put in ready gear to ensure prompt restoration of all services including electricity and water supply across the district.

During the visit, DC met various local delegations at Old Bus Stand who raised their demands with him. DC gave them patient hearing



and said that all their genuine demands shall be addressed in priority. The DC was accompanied by President Municipal Council Budgam, Mushtaq Ahmad, Ward Members, EO Municipal Committee and other concerned officers and officials. During inspection at the Hospital, the DC took on spot assessment of Healthcare facilities provided to patients. He visited various wards including gynae, OPD, Dental, General Wards and other sections. He also interacted with patients and attendants to enquire about health facilities. The DC instructed concerned to ensure availability of medicine and proper heating arrangements for patients admitted in the hos-

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Road Safety Week: On Road Driver Awareness drive held at Budgam



BUDGAM, JANUARY 13: Continuing the observance of National Road Safety Week, Assistant Regional Transport Office (ARTO), Budgam in collaboration with Traffic Police and Police Station, Budgam today conducted an on road awareness drive for drivers of both private as well as passenger vehicles.

Commendation Certificates in respect of 35 drivers were issued on the spot who were found wearing seatbelt/crash helmet and following other road safety rules during driving. Hundreds of Pamphlets depicting Do's and Don'ts of Road Safety were distributed among drivers / pedestrians.

He said the United Nation has declared 2020-2023 as Decade of Action in order to bring down fatalities and Road Traffic Injuries and is working on 4 E's Viz: Engineering, Enforcement, Education and Emergency Care and we are working on all aspects to achieve the goal.

Sheikh Manzoor Ahmad (ARTO) Budgam thanked all participants, departments for extending their support in organizing the event. He said similar drives will be conducted in future to achieve the goal of reducing Road Traffic Injuries and Fatalities

PD&SJ Kulgam condoles demise of Senior Advocate Mohammad Yaqub Bhat

KULGAM, JANUARY 13: The Principal District and Sessions Judge (PD&SJ) Kulgam, Mohammad Ashraf Bhat today convened a condolence meeting through virtual mode on the sad demise of Senior Advocate Mohammad Yaqub Bhat of Kulgam, who left for heavenly abode on 10th January, 2023.

The meeting was attended by the judicial officers and other judicial employees of the district judiciary Kulgam. The attendees expressed their deep sorrow on the sad demise of Advocate Mohammad Yaqub Bhat.

The PD&SJ threw light on the deceased's role as a lawyer. He said Bhat was actively practicing at court complex Kulgam till 2006 and was in practice for more than 50 years.

The deceased had also served as the member of erstwhile State Legislative Assembly for Kulgam Constituency.

The PD&SJ while offering heartfelt sympathies and condolences said that their thoughts and prayers are with the bereaved family. He prayed and hoped that the family is able to draw strength in this hour of grief and prayed for the departed.

DC Bandipora reviews power scenario



BANDIPORA, JANUARY 13: The Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed on Friday convened a meeting to review the current power scenario in the district. The meeting discussed threadbare overall power scenario in the district and upgradation works in power sector for augmentation of power scenario. It also discussed various mitigation efforts carried out in the affected areas. It was given out that Panzigam receiving station has been upgraded by installing a 6.3 MVA transformer which stabilizes Ajar and adjoining areas besides a separate feeder has been created for Kaloosa to stabilize the supply in town. The meeting was informed that 43 transformers are in buffer stock for Bandipora Division and 38 transformers are in buffer for Sumbal sub division. Dr. Owais stressed on the officers to minimise the pendency for repairing the transformers and asked the PDD to take prompt measures to ensure the time-bound redressal of the genuine concerns regarding power supply. The DC directed the concerned to ensure timely completion of augmentation works for smooth power supply to all areas across the district. He also directed for ensuring complete adherence to the power curtailment schedule and no unnecessary power cuts. While reviewing the Amnesty scheme, the DC asked the concerned Officer to make extensive awareness regarding the amnesty scheme and urged public to avail benefits of amnesty scheme and pay pending electricity dues. The meeting was attended by Nodal Officer Coordination Mohd Ashraf Hakak, ADC Bandipora Waseem Raja, Joint Director Planning Imtiyaz Ahmad, Ex. Engineer PDD Bandipora, Ex. Engineer PDD Sumbal, Ex. Engineer project wing and other concerned.

DC Kulgam visits several areas of district; takes stock of restoration of services, Snow Clearance

Farooq Rather

KULGAM, JANUARY 13: To take first hand appraisal of the situation arising

He also visited the Mechanical Engineering office at Chawalgam and Nihama where he was informed that Snow clear-

ACR Mir Imtiyaz-ul-Aziz, ACD Muhammad Imran Khan and other officers. To take first hand appraisal of the situation arising due to Snowfall, the Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today toured various areas of the district including Nihama, Chawalgam and Mirhama.

During the tour, the DC inspected Snow-clearance operation and took first hand assessment of other arrangements put in place to deal with challenges arising from the prevailing weather condition in the district. He also visited the Mechanical Engineering office at Chawalgam and Nihama where he was informed that Snow clearance operations have been launched across the district and men and machinery has been deployed for Snow Clearance from roads. He instructed the officers to ensure Snow clearance of all roads so that people do not suffer at any cost. The DC also listened to the delegations and assured of early redressal of their issues. The DC was accompanied by ADDC Showkat Ahmad Rather,



due to Snowfall, the Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today toured various areas of the district including Nihama, Chawalgam and Mirhama. During the tour, the DC inspected Snow-clearance operation and took first hand assessment of other arrangements put in place to deal with challenges arising from the prevailing weather condition in the district.

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Road Safety Week: MVD Anantnag organizes one day Seminar on Road Safety

ANANTNAG, JANUARY 13: Motor Vehicles Department (MVD) Anantnag in collaboration with Govt Degree College Anantnag today organized a one day Seminar on Road Safety, here.

The seminar was attended by students, volunteers and commercial drivers.

The thrust of the seminar was to sensitize the youth about the use and utility of safety gadgets and the importance of obeying traffic rules and regulations while being on roads.

Addressing the gathering, Assistant Regional Transport Officer (ARTO) Anantnag, Dr Mohammad Zubair Lattoo highlighted the importance of following the 10 Golden Rules.

In his Power Point presentation, ARTO Anantnag stated that during 2021 year as per MoRTH 1,53,972 persons were killed and 384448 were injured in road traffic



crashes in India. This is a disturbing statistic and calls for a serious intervention by policy-planners, media and civil society to create continued awareness on road safety norms and regulations," he said.

Dr Zubair elaborated the underlying causes of road accidents such as driving without seat belts and helmets, use of cell phones, over speeding and drunk driving.

He said that the purpose of organizing such programmes is to disseminate a message of

saving life of their own and others while being on roads and to make them law-abiding citizens of the society and to save precious lives of the people which are being lost due to traffic accidents. Dr Zubair elaborated the underlying causes of road accidents such as driving without seat belts and helmets, use of cell phones, over speeding and drunk driving.

He said that the purpose of organizing such programmes is to disseminate a message of

SVEEP camp held at Snow bound Hirapora panchayat of Shopian

SHOPIAN, JANUARY 13: The District Election Office Shopian today held an awareness camp at Hirapora Panchayat of Shopian. The camp was attended by locals, officials of rural development departments, PEBOs and Assembly BLOs. The ongoing camps are meant to create mass awareness to enhance the pace of enrollment in the ongoing Panchayat Electoral roll revision. During the camp, a survey of a few households was also conducted to ascertain whether the PEBOs have reached the families or not. The team headed by Deputy District Election Officer, Jahanger Ahmad has covered all the blocks and a number of Panchayats so far during which thousands of people were

educated about the process of registrations, timelines and its importance. The district has so far recorded around 19000 new additions and it is expected that 5000 to 10000 more may be added by 18th January, which is the last date for filing claims and objections. The ongoing camps are meant to create mass awareness to enhance the pace of enrollment in the ongoing Panchayat Electoral roll revision. During the camp, a survey of a few households was also conducted to ascertain whether the PEBOs have reached the families or not. The team headed by Deputy District Election Officer, Jahanger Ahmad has covered all the blocks and a number of Panchayats so far during which thousands of people.

DC Anantnag takes stock of Snow clearance measures; visits health facilities

ANANTNAG, JANUARY 13: Following the first Snowfall in the district and accumulation of almost 1ft in some areas, Snow cutters were deployed across the length and breadth of the district to ensure all roads were operational and no major disruptions in services were witnessed.

Deputy Commissioner (DC) Anantnag, Dr Basharat Qayoom conducted an extensive tour of various areas. He visited Govt Hospital Janglat Mandi and Sub District Hospital Bijbehara and interacted with the staff and patients. He directed the hospital officials to ensure round the clock availability of medical personnel.

Dr Basharat also visited the KPDCL workshop at Bijbehara. He directed the officials to ensure that



any outages in transformers must be restored without any delays. He said that electric outages must be minimised and the department should ensure time bound replacement of transformers, wherever required.

He also visited the Snow Control Room of the Mechanical Engineering Division. It was informed

that Snow clearance operations are underway in all parts of the district with special focus on calls for emergency assistance.

The officials informed the DC that P1 roads and access roads to medical facilities are being cleared on priority.

Dr Basharat said that men and machinery have

been deployed and Snow clearance operations are underway. He said that due to continuous Snowfall, roads are slippery and people should exercise caution when travelling. He said that he is personally monitoring essential services and there have been no reports of major disruptions and power outages due to faults being addressed swiftly by response teams on the job.

He said people can reach the District Administration on the control numbers circulated for assistance. All control rooms are functioning and calls for help are being addressed. He said every effort is on to ensure minimum disruption to people.

The DC was accompanied by ADC Anantnag among other officials.

DC Budgam chairs Pani Samiti awareness programme at Chadoora Local self-government has key role in pani samities: SF Hamid

BUDGAM, JANUARY 13: A Pani Samiti conference was today presided over by District Development Commissioner (DDC) Budgam, S F Hamid at Government Higher School Chadoora, Budgam.

Speaking on the occasion, DDC highlighted the importance of Pani Samitis for their immense role not only in providing adequate water supply but also in maintaining cleanliness of the surroundings of water bodies. He also laid emphasis on encouraging the local communities to take over the rural water supply system for operation and maintenance, and help administration so that the "Har Ghar nal se jal" mission is successful. The DDC Budgam 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 coordinated efforts to achieve the desired results and meet the timelines targeted for completion of tasks at all levels.

The DDC further directed the concerned Officer to work with added zeal and determination in implementation and involvement of pani samities.

On the occasion, the DDC was informed that in 06 blocks of Sub District Chadoora falling under jurisdiction of Jal Shakti PHE Division Chadoora, 32035 Households shall be connected for which 59 schemes are under execution which include 01 bore well, 04 Over head tanks (small



water reservoirs), 28 Rapid Sand filtration plants and 114 Pipe network and allied works.

It was further informed that 212 Pani Samitis have been constituted and 212 village action plans have been prepared and uploaded on JJM Portal. It was also informed that women have been trained for use of Field test kits. Moreover, Pani Samiti meetings are also being held regarding water quality monitoring and surveillance. It was appraised that to improve the water quality, Labs have been established besides field test kits have also been provided.

It was reported 2623 tests have been conducted so far in 06 blocks viz., Chadoora, BK Pora, Nagam, Chari Shareef, Pakharpora and Surasyar. Among others the conference was

attended by SDM chadoora, Executive Engineer PHE Division Chadoora, PRIs, sectoral Officers/Officials and locals of the area. It was further informed that 212 Pani Samitis have been constituted and 212 village action plans have been prepared and uploaded on JJM Portal. It was also informed that women have been trained for use of Field test kits.

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HEADLINES TODAY

HT EDITORIAL

Working of Government Departments in Coordination

The departments of Rural Development, Roads & Buildings, and Revenue are digital now. The first one is the construction agency in rural areas while the second is meant for bigger constructions and the third is the issuing authority for land records. The three departments play a key role in the development of the entire Union Territory. In the past twenty years the construction industry has changed tremendously in terms of size and complexity of projects. Currently, many construction projects have a complex design of electric and mechanical installations, employ sophisticated structure systems, and serve diversified requirements of different end users. The project complexity is a result of the industry fragmentation, which requires effective co-ordination between the project parties. Project parties deal with large amounts of information derived from various stakeholders, such as owners of the land, designers, contractors, material suppliers, banks and government departments. Accessing the information which is required at the right time is difficult in such situations. As a result, construction projects have suffered from poor quality, cost and time.

The construction industry has extensive linkages with the rest of the economy. Completions of project/s on time, quality standard and that too within the estimated budget are the main goals of construction projects. However, there is a lack of proper coordination amongst construction agencies and related departments. Many problems are thus encountered on large construction projects.

An example this author found regarding the lack of coordination between these departments is the widening of Anantnag-Verinag road via Dooru Shahabad. This road is 30 kms in length and when the first land settlement was done, the width of this main road was settled at 33ft. Of this, only 18 ft had been macadamised. Seeing the importance and huge traffic rush on this road, the department of Road & Buildings submitted the proposal of widening a few years back, but due to lack of coordination between the departments and lack of funds this proposal found its place in the dustbin. Heavy traffic jams continue to be seen at every main point of the road. There are many similar projects that await a green signal for many years due to lack of coordination between the related departments.

Coordination between departments from secretary level to subordinate level was lacking during the previous governments but the present LG government under the supervision of a public-friendly central government has made it possible, resulting in many projects being completed/or nearing completion within a targeted time period. The LG administration has made it clear that concerted steps should be taken and it should be kept in mind that financial constraints and allotment of funds will be given top priority.

A few years back, on January 19, 2017, Prime Minister Narendra Modi asked various arms of the government to function in cohesion under a broad vision. Unfortunately, government departments have a nature of working in silos. There is no coordination between departments and that is why if one department thinks about a particular programme.

ARE YOU A REAL HUMAN



Penned by Yasmeen Ahad

*If your heart is filled with love,
Then you're a human.
If you want to quit hatred now,
Then you're a human.*

*If you are sober and thankful,
Then you're a human.
If you are caring and thoughtful,
Then you're a human.*

*If you are strong but gentle,
Then you're a human.
If you have power but are against the battle,
Then you're a human.*

*If you are educated but humble,
Then you're a human.
If you are royal but noble,
Then you're a human.*

*If your etiquette is high,
Then you're a human.
If you have no wings but want to fly,
Then you're a human.*

*If your dreams and goals are formative,
Then you're a human.
If you're hardworking and creative,
Then you're a human.*

*If you know how to control the anger,
Then you're a human.
If you desire to arrange the langar,
Then you're a human.*

*If you know to show respect,
Then you're a human.
If you are a giver and not an expectant
Then you're a human.*

*If you are capable of being a good friend,
Then you're a human.
If you are gentle and obedient,
Then you're a human.*

*If you are poor but generous,
then you're a human.
If you are literate but still curious,
Then you're a human.*

Domestic poultry and its health benefits



By Aubaid Ahmed Akhoo

Once upon a time, there was a tradition in the rural and urban areas of Kashmir Valley of raising poultry in every house. It was useful in various ways. It would adorn the courtyards, increase the family income, and please the special guests. The elders of the house used to play an important role in raising the poultry fowls. As stated already, those birds improved the economic condition of the people — whenever someone in the family needed a small amount of money, they used to sell one or two of those birds. The eggs and meat of those domestic fowls were much better than farm eggs and than the meat of farm chickens.

Chickens, ducks, turkeys, and geese were of primary commercial importance. Among all of them, the most popular and commonly used were chickens and their eggs.

Benefits of Chicken Meat

Eating chicken is very beneficial for health but eating too much of it can definitely be harmful. According to experts, if your weight is between 65 to 75 kg, you can eat 200 grams of chicken per day; eating more than this can lead to weight gain or obesity. Chicken is one of the best sources of protein, which is beneficial for building muscle strength and structure while helping to flush out toxins. Eating chicken usually induces a sense of relief in people due to the presence of the amino acid tryptophan, an amino acid that increases serotonin levels in the brain and has a positive effect on mood.

Chicken is an excellent source of selenium, an antioxidant that fights aging-related diseases, including inflammatory diseases, vascular problems, and brain problems. This antioxidant also fights against cell-damaging compounds.

Chicken is rich in vitamin B3, which

helps the body convert carbohydrates into energy, thereby lowering cholesterol levels and reducing the risk of heart

disease. Being rich in vitamin B6, chicken meat improves metabolism and helps in controlling body weight by stimulating it. Although chicken is beneficial for health, the way it is cooked affects its nutritional benefits. If chicken is cooked in oil or ghee or is heavily spiced, it is not as healthy as it is believed to be. Chicken is easy to cook and it is also rich in protein and low in fat, making it a healthier choice than red meat.



Nutritional Benefits of Eggs
Eggs are full of many nutrients and that is why they are considered as one of the most nutritious food we can get. Eggs have been eaten as part of a healthy and balanced diet for thousands of years. Eggs are considered a cheap, economical source of high quality protein. There are many types of edible eggs in different sizes and flavors from chicken, duck, quail and others, but chicken meat and eggs are the most popular and commonly used.

Eggs are a good source of protein, vitamin D, vitamin B6, vitamin B12, selenium, lutein, zeaxanthin, choline and minerals such as zinc, iron and copper.. Why you should eat two eggs every

day?
1. You will protect your liver. B-vitamins aren't the only ovular micronutrients that contribute to eggs beneficial effects on liver health. Eggs are also in the nutrient choline.

2. You're slowing down the aging process. Yellow organic pigments contain carotenoids (antioxidants) which can slow down the aging process.

3. You'll lose weight by eating the white of the eggs. You are doing your skin and hair a favour by eating eggs. Biotin, vitamin, B12, and protein are important for healthy hair and radiant skin.

4. You're lowering your risk of cardiovascular diseases. This is because eggs contain omega-3 fatty acids.

5. You're keeping your eyes healthy. Vitamin A, lutein and zeaxanthin help the eye with light/dark vision, color vision and daytime vision, while protecting the eye from free radicals.

6. You're lowering the risk of birth defects. Vitamin B8 (folic acid) protects the unborn baby from damage to the central nervous system.

8. You're keeping your bones healthy. Vitamin D and calcium are very important for healthy bones and teeth.



9. You're protecting your brain. Your brain and nervous system require the nutrient choline for transmitting to stimuli. You'll boost your immune system. If you don't want to play with infections, viruses and diseases, add an egg or two on your daily

10. You'll save your life. It can make 11 essential amino acids, which are necessary to sustain life. There are 20 essential amino acids that your body needs. You'll lower inflammation. Lower inflammation has widespread health benefits that range from lowering risk of cardiovascular disease to improving the body's ability to break down fat.

Health is the best gift of God to you. Take care of your health by consuming healthy foods. One of the best such foods is domestic poultry.

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Women's welfare is a collective concern



By Farhana Manzoor

Woman – a term very common, name-wise and role-wise, but not much valued. While every Hindu household worships Durga, Laxmi, and Kali, every Muslim household resonates with the recitation of Surah Nissa. But the question remains: Does society actually value women? I tried to come up with an affirmative answer but couldn't!

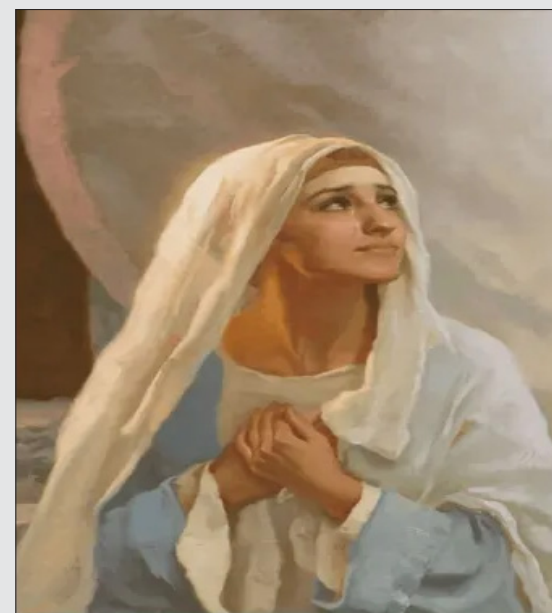
While a considerable change is visible overall, regarding valuing the work and general contribution of women in offices and at workplaces, there are other areas where negligible or no improvement is seen.

There is always a strange feeling while traveling alone in cabs, responding to unknown doorbells, or answering calls from unknown numbers. In fact, an overflowing block list is a mark of recognition of a female's phone! These are not just instances but a few of a whole lot of struggles-cum-worries that every woman is subjected to all through her lifetime.

Further opening up the box, we can find women facing much more torturous and grievous acts. Eve Teasing could just be a way of looking cool or brave (disgusting in reality) for a boy but for a girl it can prove ruinous given the mental trauma and the resulting loss of confidence. Acid Attack for a boy could be a way of venting out anger or a mere moment of frustration due to rejection or heartbreak, but for a girl it ruins her entire life from appearance to her very survival. Rape, an unpardonable act, does to a woman something that cannot even be formed into words. Trafficking, Selling, and what not happens with women?

Talking about numbers, the National Crime Records Bureau (2016-2021) reports that crimes against women rose by 15% in 2021 alone. The data makes clear that something is wrong somewhere.

Let's try to understand the underlying reasons: Lack of access to resources and systems: Although India's literacy rate has risen from 18% in 1950s to 74% as per the Census of 2011, the bad news lies within this



average. Women remain the disadvantaged ones with a gap of almost 20% between male and female literacy rates. Moreover, the female literacy rate in India stands at around 60% which is 22% lower than the global average. This gender disparity is wider than in countries such as Saudi Arabia and Sri Lanka. This is the core reason for women lacking the know-how of legal provisions and security systems against any kind of violence. This ignorance plunges them further into this vicious circle of tolerance and torture. No fear of law and sluggish justice: Although our Constitution has requisite provisions for women safety and ensures to take into cognizance every kind of wrong done to a woman, there is slack in the implementation of these provisions. The slow pace of providing justice adds to the problem. Simply put, men think they can do anything to a woman and get away with it. So, what is needed is implementation as well as the strengthening of the legal provisions.

Patriarchy: In any average household, particularly in rural India, a man holds the central place. This would be fine if women were provided their part of respect and value. Instead, they are hardly left with any space to breathe. This suppression never lets a woman come

to the forefront, let alone seek the assistance of security systems.

Social norms and practices: Honour killings and early marriages (mainly in rural India) always occupy a major portion of the daily news reports. Who is to blame for such heinous crimes? Women pay for family or business rivalries when they are neither responsible nor involved in any of this.

On the other hand, we also need to appreciate the efforts of the government. The IPC does provide laws for the safety of women. Section 354 defines all acts of "outraging the modesty of a woman" and its subsequent sections also provide for the related punishments. Section 354(A) lays down a minimum imprisonment of 3 years for sexual solicitation and other such acts and 1 year for merely passing comments/ eve teasing. Section 354(B) regards disrobing as a non-bailable offence. Section 354(C) considers voyeurism and 354(D) regards stalking as non-bailable offence upon repetition. In totality, there are 5 sections for crimes against women and all are cognizable (arrest without a warrant).

This article may seem to some as biased, as they would argue that slowly but surely the change is coming! But wait. Women in India account for 48.04% of the total population but our Parliament has only 78 female members out of a total of 542 members. Participation in this law-making body is 14.39%. This is a meager increase from that at the time of independence. When women are not even involved in law-making processes, then the "slow but sure" change is under a huge question mark. The Hindu (31 Aug, 2022) reports that 86 rapes are lodged daily and 49 offenses (against women) per hour. This is gruesome and serious. Another aspect is that of Biased Justice. Partiality and misuse of state machinery in cases like the Hathras Gang Rape Case and the Bilkis Bano Case just for the sake of vote bank is nothing but shameful. Beti Bachao Beti Padhao, Sukanya Samridhi Yojana, and other such schemes are for the girl child and all girl citizens of India irrespective of caste, creed, colour or religion, as they are all the daughters of Mother India. After all, a daughter is the treasure of a mother! We need to uphold the dignity of every woman.

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Health implications of wireless devices



By Dr. Yusra Banday

With increasing electromagnetic hypersensitivity (EHS), various health disorders are prevalent among people using smart wireless devices for a prolonged time. Owing to the ionization capability of a photon having greater than 10 electron-volt energy, electromagnetic radiation (EMR) emitted from wireless devices is classi-

fied as ionizing radiation and non-ionizing radiation. Higher frequencies like X-rays and gamma rays are ionizing and thus pose their own biological and health hazards like sunburns (the same mechanism is used in a microwave oven for cooking). For instance, if a person approaches a high-power transmitting antenna, they may incur skin burns.

In 2011, the International Agency for Research on Cancer (IARC) and World Health Organization (WHO) distinguished the radiofrequency electromagnetic fields as "possibly carcinogenic to humans" based on the higher risk of glioma (malignant brain cancer) associated with the use of wireless phones. From the reports of INTERPHONE, case studies revealed a link between the use of mobile phones and the development of gliomas and acoustic neuromas. Partic-

ularly in the masses, the tumors were located on the same side of the head where they used to place their phones. Usually, tumors were found on the temporal lobe of the brain, highly exposed to RF radiation when a cell phone is used at the ear. Reporters from the Chicago Tribune in the year 2019 tested the radiation level emitted from smartphones. After investigating and analyzing the various models from multiple manufacturers, it was reported that some models emit radiations with power levels higher than the exposure limit set by the US Federal Communications Commission. After a peer review completed in March 2018, by US National Toxicology Program, the results of its astounding study were published. A study employing rats and mice that were carried out for 10 years revealed that the male rats subjected to

high doses of the radio frequency employed in 2G and 3G cellular networks developed malignant cardiac tumors.

In 1983, cell phones were rolled out in the market for the first time. These evolved from huge, sloppily gadgets to the sleek, multifunctional cellphones of today. Joel Moskowitz, a researcher in the School of Public Health at UC Berkeley and director of Berkeley's Centre for Family and Community Health has been endeavoring to demonstrate that the radio frequency radiated from cell phones is dangerous. He asserted that the majority of individuals don't want to hear this fact. Although nearly all people now own a cell phone, extensive research indicates that using one for an extended period can be detrimental to health due to the radiation emitted from these devices.

IS BUTTER GOOD FOR WEIGHT LOSS? SEPARATING FACT FROM THE FALSE



PARUL DUBE

Butter is a delicious dairy product made by churning milk or cream, most often from cow milk. However, other varieties of butter, made from the milk of goats, sheep, buffalo, or yaks, are also available. Butter has a rich, creamy texture and flavour unmatched by any other product, making it the preferred dairy choice by many.

Some people avoid butter for being "too fatty", especially when they're on a weight loss diet. But if eaten in moderation, butter can be relatively healthy. In addition, the stigma around butter is slowly changing as people now see it as a healthier alternative to other spreads.

Butter: An Overview

Butter comes from churning fresh or fermented milk or cream. Dairy-free or plant-based butter made from plant-derived oil is also available for vegans. At room temperature, butter softens to a smooth, spreadable consistency. You can use it as a spread, condiment, or cooking ingredient. The butter fat is ideal for sautéing, frying, baking recipes, and sauces.

Making butter at home is easy and only requires a few simple ingredients. All you need is high-quality, low-calorie cream and a blender or mixer. Just combine the cream and let it mix for about seven minutes. Once done, pour off the liquid and let it sit. Moreover, homemade butter is perfect for a weight loss diet since you can control the total calories and ingredients.

Is Butter Good for Weight Loss?

Most weight loss diets include butter and other high-fat foods as sparingly as possible. People often believe that eliminating fat is the only way to be healthy. However, there may be better choices than this.

A study concludes that people should have various dairy products, including high-fat dairy. The results also show that dairy fat intake within the range of the recommended calorie limit is not a risk factor for weight gain. Therefore, you can still enjoy some fat-rich foods, like butter, while being conscious of the amount of fat you consume.

From a calorie standpoint, butter may look like a really bad option since it has over 100 calories per tablespoon. However, you have to look beyond just calories. Butter is healthier than a non-dairy spread, which often contains inflammatory refined fats. Plus, homemade butter is more nutritious than processed spreads with refined sugar and palm oil.

The butter from grass-fed cows has more omega-3 fats and vitamin E than regular butter. Furthermore, butter's carb-free and high-fat nature make it an excellent addition to a keto-based diet. For instance, bulletproof coffee or butter coffee is a popular high-calorie keto drink.

Some people drink butter coffee to delay hunger during intermittent fasting for weight loss. However, drink it in moderation to prevent any side effects or a caloric surplus. Plus, you can miss out on essential nutrients while swapping out breakfast for buttery coffee. Therefore, pair a tablespoon of butter with a nutrient-dense breakfast.

Salted Butter vs Unsalted Butter for Weight Loss

There are two types of butter: salted and unsalted. As the name suggests, one is bland while the salt is added to the other variety. The main advantage of salted butter is its flavour. Most people choose salted butter because it tastes better. However, it is also easy to overeat food that you like.

Unsalted butter is better for weight loss since it does not have the extra salt that could lead to bloating. A study shows that higher salt intake is related to higher body fat mass in children and adults. Therefore, it is best to avoid the salted variety when trying to lose weight.

According to USDA, one tablespoon (the standard serving) of salted butter contains the following nutrients:

Calories: 102 calories
Protein: 0.121 g
Fat: 11.5 g
Carbohydrates: 0.009 g (negligible)
Calcium: 3.41 mg
Potassium: 3.41 mg
Sodium: 91.3 mg
Water: 2.3 g

According to USDA, one tablespoon (the standard serving) of unsalted butter contains the following nutrients:

Calories: 102 calories
Protein: 0.121 g
Fat: 11.5 g
Carbohydrates: 0.009 g (negligible)
Calcium: 3.41 mg
Potassium: 3.41 mg
Sodium: 1.56 mg
Water: 2.3 g

From the above nutritional facts, it is clear that sodium con-

tent is the only difference between salted and unsalted butter. Nonetheless, pay attention to the considerable variation of sodium levels in both varieties.

Note

If you are watching your sodium intake, use unsalted butter. It gives you complete control over the amount of salt you put in your meal. Furthermore, excess salted butter can increase your caloric intake and sodium level in the body. It might also put you at risk of high cholesterol due to saturated fats. Hence, unsalted butter is the better choice for weight loss.

Benefits of Butter for Weight Loss

Butter contains a type of fat called conjugated linoleic acid (CLA). It is a fat primarily seen in meat and dairy products. Even though fat might not sound appealing, CLA is good for weight loss. One study showed that consuming at least 3.4 grams of CLA each day decreases body fat mass in overweight people. A new study also says that conjugated linoleic acid supports moderate weight loss when part of a healthy diet.

Butter contains butyric acid, a short-chain fatty acid. It has 3% to 4% butyric acid, making butter the richest dietary source of butyrate. Research shows that butyric acid is beneficial for weight loss. It works by nourishing the friendly gut bacteria. When you have a healthy microbiome, it becomes easier to maintain a healthy weight.

While some health benefits come with consuming butter, be mindful of the portion size. If you are still determining what portion size is right for you, talk to a nutritionist at HealthifyMe. They can also sug-

gest alternatives to butter or any other food to help you stay within calorie limits and assist you in achieving your goal.

HealthifyPRO offers CGMs (Continuous Glucose Monitors) to help record your glucose level patterns. These CGMs send alerts if your glucose levels get too high or too low after eating something like butter or other food. It is particularly beneficial for people with PCOS, diabetes, or prediabetes.

Note

While in moderation, butter is perfectly fine to consume. If you use a tablespoon here or there, it should not interfere with weight loss. Butter contains conjugated linoleic acid. It is a type of fat that supports some degree of body weight or adiposity loss. However, sustainable weight loss will always require an overall balanced diet. You should not just rely on one food item.

Conclusion

A little butter is worth including in your weight loss diet. You do not need to fear the fat and calories in moderate amounts of butter. The fresh unsalted butter from grass-fed cows is healthier than other processed spreads containing refined sugar and other fattening additives. While you may not want to include an abundance of butter in every meal, there is no need to eliminate it from your diet entirely.

As always, a well-balanced and consistent diet is key to maintaining a healthy weight. Your diet should include essential macronutrients like fats, proteins, and carbs according to your dietary needs. And butter can be a part of it.

RECIPES

There was no better time to reopen China, says top adviser

The top adviser shaping China's coronavirus response insists winter was the best time for the country to reopen from zero-Covid when considering vaccination uptake and waning immunity, according to his interview with state broadcaster CCTV, the media reported.

Liang Wannian, the leader of the Covid-19 expert response team under the National Health Commission, acknowledged that the opening-up had harmed the elderly population in China, causing many deaths and severe cases, because the virus had spread too widely and too fast, South China Morning Post reported.

But he stressed that, contrary to popular belief, opening up in winter was better than in summer because the protection provided by vaccination last summer was not strong enough but if delayed until next summer, the immunity of Chinese would have waned.

"At that time (last summer), we were not able to achieve the desired level of protection for the entire elderly population. The overall national vaccination rate for the elderly was relatively low, so we took advantage of these window periods to further strengthen the vaccination of the elderly population," Liang told CCTV on Sunday.

Even the coming summer was not ideal given the waning immunity from vaccination, he said.

"June and July is the best time, with few respiratory diseases, but in June and July it is also the time when the protection of active immunity from vaccination in our elderly population is decreasing," Liang said, South China Morning Post reported.

Liang defended the timing of the reopening and said by the end of 2022 developments in the pandemic and within China's population were an opportunity to adjust its policy.

"The pathogen's harm has decreased, and China's immunity level increased, including its vaccination rate, especially among the elderly," he said. "Furthermore, we have been preparing resources, including drugs and measures to help severe cases," South China Morning Post reported.

mRNA Covid-19 vaccines can increase serious adverse events, claims US researcher

A US-based researcher has claimed that messenger RNA Covid-19 vaccine can increase serious adverse events in people, including sudden cardiac deaths.

Joseph Fraiman, the lead author of the peer-reviewed research that re-analysed Pfizer & Moderna trials for mRNA Covid-19 vaccine, has tweeted: "I believe the mRNA Covid-19 vaccines need to be withdrawn".

"We found the vaccine increases serious adverse events at a rate of one in 800. At the time of the publication, my co-authors and I did not believe our single study warranted the withdrawal of messenger RNA vaccines from the market. However, since its publication, multiple new pieces of evidence have come to light, and this has caused me to re-evaluate my position," said Fraiman in a video that surfaced online.

In another tweet, he mentioned that the US Food and Drug Administration (FDA) published study surveillance data finds the Pfizer Covid vaccine increases the risk of lung blood clots by 50 per cent.

Moreover, Fraiman said he and his team have conducted multiple autopsy studies that provide "essential conclusive evidence" that vaccines induce sudden cardiac death.

"Schwab et al. study examined vaccine-induced myocarditis deaths, of 35 autopsies 20 days from vaccine, 5 likely or possibly vaccine myocarditis but another 8 deaths, under 65 no pre-existing conditions, total 13 (37 per cent) possibly vaccine-induced deaths, needs further investigations," he tweeted.

Does Green Tea Help Weight Loss?

PARUL DUBE

There is no doubt that Indians are lovers of tea. Today, the range of teas available goes far beyond the masala chai made in the traditional Indian style.

Green tea is now arguably the healthiest and most widespread variant among tea varieties. With its soothing, earthy taste, green tea is rich in antioxidants and polyphenols, which offer many potential health benefits, including weight loss.

Many of us turn to green tea in the hope of losing weight. But does green tea actually worthy of its fame? Does it work for everyone? Keep reading to find out more about green tea and weight loss.

Green Tea – An Overview

Many types of tea come from the Camellia sinensis plant. The three most common are green, black, and oolong tea. Green tea does not undergo the fermentation process that black and oolong tea undergo and is made with leaves that have been steamed, pan-fried, and dried. This minimal processing preserves more antioxidants and nutrients.

Green tea has numerous benefits. For example, green tea can help with weight

loss when it is part of a balanced diet and exercise routine. It contains a good amount of EGCG (epigallocatechin gallate) compounds that maintain the lining of blood vessels and reduces stress and anxiety.

Green tea is rich in antioxidants, which can improve immunity, boost memory, and prevent lifestyle diseases such as type 2 diabetes. Furthermore, research indicates that the antioxidants found in green tea can also protect against oxidative damage that is the root cause of many chronic diseases such as cancer.

Several data analyses have found that green tea can potentially reduce the risk of chronic diseases due to the presence of polyphenols in it. Specifically, it lowers blood pressure and helps prevent cardiovascular diseases.

Green tea has the highest caffeine content among all teas. The best part is that it doesn't contain as much caffeine as coffee, but enough to produce a response without causing the associated jittery effects. Research shows that caffeine can improve various aspects of brain function, including mood, vigilance, reaction time, and memory.

Green Tea for Weight Loss – The Positive



Connection

Green tea is famous for weight loss since it boosts metabolism. Metabolism is the rate at which your body converts food into energy or the number of calories your body burns. Therefore, the faster the metabolism, the quicker you burn fat.

In addition, green tea contains caffeine and a flavonoid called catechins. Studies suggest that caffeine and catechins in green tea can boost metabolism and encourage fat loss, resulting in modest weight loss.

EGCGs, the main antioxidant in green tea, have anti-obesity properties.

Analytical investigations have proven that EGCGs keep fat-burning hormones like norepinephrine levels healthy, allowing your body to break down and release more fat into your bloodstream for energy. EGCG can also make people consume fewer calories by acting as a natural appetite suppressant that helps you lose weight.

Green tea could also give you a caffeine boost. Caffeine is a stimulant that helps perk you up before working out, activating your nervous system and helping you exercise slightly better. Studies indicate that the caffeine boost from

green tea energises you to exercise and enhances workout performance, facilitating you to burn more fat.

A cup of brewed unsweetened green tea has fewer than 2.45 calories. While green tea has weight loss benefits, nutritionists note that it's not a substitute for fresh fruits and vegetables, whole grains, protein and healthy fats.

To safely and effectively eliminate stubborn excess fat, drink a few cups of green tea and pair it with exercise and a healthy calorie-controlled diet.

However, like any other food and beverage, excess green tea consumption has potential side effects.

Note

Green tea can help elevate metabolic rate, which assists in burning fat only if paired with a healthy weight loss strategy. Since green tea has a small yet positive impact on weight management, you might need 2-3 cups or more a day to see significant results.

How to Use Green Tea for Weight Loss

Drinking 2-3 cups of green tea or swapping all your sweetened hot drinks for green tea provides a total body wellness boost. However, the amount of green tea needed also varies from person to person.

Knowing how to brew green tea accurately is necessary to enjoy its benefits. Avoid overheating the water because boiling it too much can destroy the catechins. Boiling water, followed by a 5-minute rest period, boosts its effectiveness. After that, pour it over the tea leaves, let it brew for 1-2 minutes, and then remove the leaves.

The best time to drink green tea is early morning or evening. Also, avoid having green tea at night as it contains a lot of caffeine which can interfere with your sleep schedule.

Pure, plain green tea leaves that are minimally processed are the best to lose weight. It has the highest amount of active ingredients (catechins and caffeine) that aids in weight loss. Additionally, there are various flavours of green tea available. However, if the flavouring contains sugar, it may have a higher calorie count than unflavored teas. Always choose brands that include only natural ingredients and no artificial preservatives.

Avoid adding sugar or other sweeteners to your green tea because it will raise the total calorie count. Remember, the quantity and the quality of the drink make a difference in your weight loss journey.

Over 14K feet illicit timber, 38 vehicles seized in Kashmir in 2022: Reveals data

Officials say formation of high level coordination, monitoring panels were game changers for decline in timber smuggling

Srinagar, Jan 13: Compared to previous years, the forest timber smuggling has seen sharp decline, as the year 2022 recorded seizure of over 14 thousand cubic feet in the Kashmir Valley.

Acting with an iron fist against forest smugglers and anti-social elements involved in green gold loot, the Forest Department of Jammu and Kashmir along with Forest Protection Force and J&K police, seized hundreds of vehicles and recovered thousands cubic feet timber (cft) in 2022, reveals an official data.

According to the data accessed by Kashmir News Service (KNS), the forest department has seized 38 vehicles carrying illicit timber across all its Kashmir forest divisions and also seized, 14412 Cft timber in 2022.

Data reveals the department has seized 16 vehicles in South circle, 14 in Srinagar circle and 08 vehicles in North circle, while the department has also recovered 4249 Cft illegal timber in South Circle, 3394 in Srinagar circle and 6744 Cft in North Circle.

It reveals the department has seized 3191 Cft in the month of July

itself, which was highest seizure in 2022, while it has also been found that during winters, axing of forest trees witnessed a steep rise.

The horse smugglers have been a headache for the department, as smugglers use horses in hilly areas to transport the timber, thus causing massive damage to the forests.

According to the data, the department has seized around 66 horses in 2022 of which 37 horses have been detained in South forest circle, 22 in Srinagar circle and 07 horse's have been detained in North Kashmir forest circle.

However, in 2021, the forest department seized over 18K Cubic Feet illicit timber and also seized 388 vehicles in the Kashmir valley.

In 2022, the department constituted high level coordination and monitoring committees for strengthening the existing system of Forest and Wildlife Protection through improved coordination between the departments.

A senior forest official told KNS the monitoring committees were further categorized into 'Regional Level Forest Protection Committees' and 'Circle Level forest protection committees' for better coordination

and monitoring for the protection of forests, that majorly helped the department to bring a decline in the forest timber smuggling and to add a new age to the flora and fauna of Jammu Kashmir.

He said the committees devise strategy and action plan for monitoring and improving the coordination between the Forest Department, Forest Protection Force and Department of Wildlife Protection for strengthening of Forest and Wildlife protection in J&K.

He also said the committees may send recommendations on policy matters to department of Forest, Ecology & Environment.

The official said committees were setup to monitor the implementation of the site-specific protection measures in the circle and address the forest & wildlife protection issues on real time basis. (KNS) However, in 2021, the forest department seized over 18K Cubic Feet illicit timber and also seized 388 vehicles in the Kashmir valley.

In 2022, the department constituted high level coordination and monitoring committees for strengthening the existing system of Forest and Wildlife Protection.

Director Fisheries visits Kulgam; inspects Trout Unit & Trout Hatchery at Tchanser

Farooq Rather

KULGAM, JANUARY 13: The Director Fisheries, Mohammed Farooq Dar today visited Kulgam and inspected Trout Unit and Trout Hatchery at Tchanser in the district. During the visit, the Director was apprised about the developmental scenario of Fisheries sector in the district. It was informed that Trout Fish farming in private sector is growing at a fast pace and about 80 units established under various schemes are running successfully and during the current fiscal more 14 units are coming up under PMMSY Scheme.

It was given out that the total Fish production of the district has reached to 205 MTs during the previous year 2021-22. The maiden Trout Hatchery in Government Sector at Trout Farm, Tchanser has a carrying capacity of 5 lac eggs and quality Trout Seed of fingerling size is being supplied to



Private Fish farmers and during the previous year about 1 lac fingerlings were supplied to the private fish farmers of the district and the rest of the seed demand was met from Trout Fish Farming Project, Kokernag and Khag Hatchery in district Budgam.

Director Fisheries emphasized for up-gradation of hatchery and also completion of new hatchery unit to meet the demand of about 3.50 lac trout seed and make the district self-sufficient in Trout seed production.

On the occasion, Director Fisheries released the trout fry in the rearing tanks for raising them to fingerling size.

He also visited Trout Unit Kulgam and took stock of ongoing work of European/ American type raceway.

The Director Fisheries was apprised about the need of maintenance and repairs of other Fisheries assets in the district viz. Trout Farm Chawalgam, Carp Farm Qaimoh, Angler's Lodge at Aharbal, fencing of Mirhama and Aharbal land.

Director Fisheries instructed the concerned District Officer to prepare a detailed plan for overall development of Fisheries Sector in the district.

Moreover, he stressed that awareness cum training camps be organized to create awareness about various schemes being implemented by the department so that un-employed youth can be encouraged to adopt fish farming and avail benefits of Centrally Sponsored Schemes so that potential of Aquaculture in the district can be harnessed in a sustainable and responsible manner.

He gave a patient hearing to the staff and assured that the genuine grievances will be addressed in a time bound manner.

The Director Fisheries was accompanied by Abdul Majid Tak, Joint Director Fisheries (South) and Assistant Director Fisheries Kulgam besides other Officials.

Govt accords sanction for advance drawl of Rs 62 lakh in favour of Principal GMC Srinagar for procurement of lab items

Srinagar, Jan 13: J&K government on Friday accorded sanction for advance drawl of over Rs 62 lakh in favour of Principal GMC Srinagar for procurement of lab items. "Sanction is hereby accorded to the advance drawl of funds amounting to Rs. 62.50 lakhs (Rupees Sixty Two Lakh and Fifty Thousand) only in favour of Principal Government Medical College, Srinagar, out of the available funds under Capex Budget below classification 17-4210-01-800-0011-0305-Medical College Srinagar, Detailed Head 115-Works, for further placement of these funds at the disposal of MD, J&K Medical Supplies Corporation Ltd, on account of procurement of lab items under the Scheme "Establishment of Skill Lab at GMC, Srinagar as per MCI norms" during 2022-23," reads an order issued by Secretary Health and

Medical Education, a copy of which lies with news agency—Kashmir News Observer (KNO). The advance drawl as per order shall be subject to the conditions that these funds shall be placed with the Managing Director, J&K Medical Supplies Corporation Limited during 2022-23 for procurement of lab items, the Chief Accounts Officer, Government Medical College, Srinagar shall vouchsafe the availability of funds for the purpose, The funds shall be utilized for the specific purpose without any diversion, all codal formalities / Procedures / standing orders shall be observed before making the purchases, The funds shall not be parked in the bank account unnecessarily and red Accounts of the advance drawl shall be furnished to the concerned quarters and Accountant General,

Rendering People landless is unfortunate; Ghulam Nabi Azad

JAMMU JAN 13 (KNS): Urging Jammu and Kashmir government to spare the poor people in harsh winters, the Democratic Azad Party Chairman, & Former Chief Minister Ghulam Nabi Azad on Friday said that retrieving land from poor and landless people is unfortunate. According to a statement issued to KNS, Azad has taken serious note of the Govt. order vacating the State land allotted under the Roshni act and Kahchharai land by the end of current month. He said he had proposed the land under Roshni Scheme as Chief Minister to poor, needy



and landless for building houses and cultivation but now the prevailing regime is snatching it back that too in harsh weather conditions. Those who in my government were provided land to build houses or cultivate to sustain their livelihood are rendered houseless or landless in the present dispensation.

This practice should end and government should be more humane in dealing with such issues," he said. Mr Azad said that the people of Jammu Kashmir are the first beneficiaries of its resources. He said his party will continue to fight against all anti people decisions. "Be it jobs or lands, the people of Jammu and Kashmir have first rights over it. The government must understand it and spare the poor and landless people," he said. He said his party's agenda is to secure the lands and jobs for local people in Jammu and Kashmir and he will ensure no one is bereft.

Condolence meet held at District Judiciary Kulgam

Kulgam, CNS, 13-Jan: Principal District and Sessions Judge Kulgam Mohammad Ashraf Bhat convened a condolence meeting through virtual mode today, 2023 on the sad demise of Senior Advocate Mohammad Yaqub Bhat of Kulgam, who had left for heavenly abode on 10th of January 2023 at 4.00 PM. The meeting was attended by the judicial officers and other judicial employees of the district judiciary Kulgam. The attendees expressed their deep sorrow on the sad demise of Advocate Mohammad Yaqub Bhat. The Principal District Judge threw light upon different stages of the life of the departed noble soul and highlighted his role as a lawyer. He said that the deceased has been actively practicing at court complex Kulgam till 2006 and had been in practice for more than 50 years. The deceased had also served as the member of erstwhile State Legislative Assembly for Kulgam Constituency. The Principal District Judge while offering heartfelt sympathies and condolences said that their thoughts and prayers are with the bereaved family. He prayed and hoped that the family is able to draw strength in this hour of grief and prayed for the departed soul to rest in peace.

People in Pulwama's Urwan angry over incomplete playground

Pulwama, Jan 13 (KNO): Work on sports ground situated in Urwan area of Pulwama district has been left incomplete, angering locals. Athletes from several villages in the area told news agency—Kashmir News Observer (KNO), that they expected that the government will prioritize upgrading facilities at the sports ground so that they can get engaged in sports activities. Irshad Ahmad a local said development of playing fa-

cilities is vital in the face of rising drug addiction in the Valley. He said that around 10 lakh rupees were spent on the ground by the government in 2020 but they were insufficient to complete all the works. Since then, funds were released but they relapsed after no works were taken up. Many a time officials of the administration visited the ground and assured that work will start soon but nothing on ground, he said.

They urged the authorities to develop this ground at the earliest—(KNO) He said that around 10 lakh rupees were spent on the ground by the government in 2020 but they were insufficient to complete all the works. Since then, funds were released but they relapsed after no works were taken up. Many a time officials of the administration visited the ground and assured that work will start soon but nothing on ground, he said.

Lack of parking bays in Baramulla spurs traffic jams

Locals ask admin to remove encroachments from footpaths

Baramulla, Jan 13 (KNO): Lack of parking bays in Baramulla town is triggering roadside parking and traffic jams, residents said. Talking to the news agency—Kashmir News Observer (KNO), locals said that Baramulla despite being a district headquarter lacks a designated parking place. "The administration had earlier designated roadside parking facilities for shopkeepers and people

but the street vendors have encroached upon the sites without any action from the administration," they added. Demanding action against encroachments, many said that shopkeepers too have occupied footpaths leaving no space for pedestrians to walk. A top official in the administration told KNO that they had identified land at various spots to establish a parking place but no department is ready to hand

over the land. Despite the matter being taken up with the Urban Development Department several times, there has been no breakthrough in it, the official added. President municipal council Baramulla Touseef Raina did not respond to repeated calls—Demanding action against encroachments, many said that shopkeepers too have occupied footpaths leaving no space for pedestrians to walk.

Ghulam Hassan Mir urges Admin to ensure people do not face any inconvenience due to the snowfall

Srinagar, Jan 13 : Apni Party Senior Vice President and former cabinet minister Ghulam Hassan Mir on Friday urged divisional administration to remain alert to ensure people do not face any inconvenience due to the snowfall. In a statement issued here, Ghulam Hassan Mir said that since it is snowing heavily everywhere in the Valley, the administration must make sure that there is no shortage of essential commodities, power, water supply, and so on. "Mir also urged district administrations to ensure a swift snow-clearing process so that highways and important roads and link roads remain unblocked, and people do not suffer due to the lack of accessibility in towns and far-flung areas. The men and machinery should be working all the time so that surface connectivity and public utility services are not hampered," the press note said.

Kulgam tragedy: Elderly man dies, his house gutted hours after his death

Kulgam, Jan 13 (KNO): A tragedy struck a family in Gujjar Basti Avil Manzgam area of Damhal Hanjipora in south Kashmir's Kulgam on Friday after an elderly man died on Friday while his residential house gutted in a fire incident a few hours after his death. Tehsildar Damhal Hanjipora, Rouf Ahmad Lone told news agency—Kashmir News Observer (KNO), that an elderly man (house owner) died early morning on Friday after a few hours his house caught fire. The deceased has been identified as Mohammad Ashraf Khatana son of Ali Mohd Khatana, a resident of Gujjar Basti Avil Manzgam. Rouf said immediate relief was given to the family and he himself visited the spot along with other officials. "As per SDRF norms we will forward the case within the shortest period of time so that family get compensation", he said. He said locals played an important role in the dousing of flames and controlling fire, he said. Asked about the cause of the fire, he said it happened probably due to a short circuit. "Kulgam police received an information that fire broken out in the residential house at Manzgam, it was tough to reach there due to snowfall, SHO Manzgam under the close supervision of SSP Kulgam led all its efforts to recused the families & Control fire"—(KNO)

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|| OBITUARY ||

Sh. Narender Kumar Gupta

With profound grief and sorrow we inform sudden and sad demise of our beloved Sh. Narender Kumar Gupta S/O Lt. Sh. Charanjit Lal R/O House No.4, Sector 8, Trikuta Nagar, Jammu on 13th Jan 2023.

The Cremation shall take place on Friday, 13th Jan 2023 at 2 PM at Jogi gate cremation ground.

We pray almighty God for resting his soul in eternal peace.

Grief Stricken:-

Smt. Shashi Mahajan (Wife)

Son & Daughter in Law :

Rahul Mahajan (Ex.Sec.CCI) & Neha Mahajan
Dr. Anshu Mahajan & Dr. Ashima Mahajan

Daughter :

Dr. Arti Gupta W/O Lt. Dr. Vaneet Gupta

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- ➔ ACCOUNT OPENING
- ➔ VEHICLE INSURANCE
- ➔ ITR (TAX RETURN) FILLING
- ➔ PROPERTY RETURN

FROM THE FRONT PAGE...

POLICE

01942477567. The police department assures immediate assistance to anyone who reaches out for help. "The move comes as a proactive measure by the police department to ensure the safety and well-being of the citizens during the harsh weather conditions. The public is encouraged to contact these numbers in case of any emergency or assistance required. The police department has urged people to take necessary precautions and stay safe during this time." Further, "the weather in Srinagar has been unpredictable in recent days with heavy snowfall and sub-zero temperatures. The police department's initiative to establish these helplines will go a long way in ensuring the safety of the citizens and providing them with necessary assistance during these trying times." (Kashmir Bulletin-KB)

HM

member of the slain over phone and assured them all support. I am glad that despite losing dear ones, they are ready to fight terror with full vigour." Asked about strengthening the Village Defence Committees in Rajouri in the wake of recent attack, he said: "The decision to strengthen VDCs was taken in August last year. This needs not to be linked with the Rajouri incident." About a query on minority killings, he said: "Security forces are giving a befitting reply to every plan of terror. J&K LG has taken a series of steps to protect the minority members as he has the powers to do so. If we go by the figures, minority killings are far less compared to previous years." Replying to a query about the security situation in J&K, the Home Minister said the issue needs to be seen right from the day when "terrorism was born." "I can tell you surely that situation is much better than what it was earlier. Civilian killings were reduced post abrogation of article 370."—(KNO)

NIA

include Faisal Muneer son of Late Sadiq Hussain of Talab Khatikan, Peer Meetha, Jammu, Habib Son of Haji Sheru of Hari-a-Chak, Marheen, Kathua, Mian Sohail son of Mian Younis of Chainpur Rajbagh Kathua, , Muni Mohammad (deceased) son of Late Ghulam Hussain of Rampur Haria Chak Marheen Kathua, Rashid son of Ali Mohammad of HariaChak Mahreen Kathua and Sajjad Gul alias Sheikh Sajjad alias Sheikh Sajad alias Sheikh Sajad Gul alias Sajjad Ahmed Sheikh alias Hamza alias Albert alias Raymond Green alias Donald Green alias Bhaijan son of Ghulam Ahmed of Ansari Lane No. 2, Rose Avenue Colony HMT, Shalteng, Srinagar It reads further investigations in the case are in progress. (CNS)

SNOW

were cancelled due to low visibility. He said that the decision about tomorrow's flight operations will be taken accordingly. Most parts of the Valley including Srinagar recorded fresh snowfall today, the officials in the Meteorological department said, adding that the weather would remain mainly dry across Jammu and Kashmir from January 14-January 18 following which back to back Western Disturbances would affect J&K again from January 19. "The weather would remain mostly cloudy from Jan 19 while there is a possibility of light to moderate snowfall at most parts of Kashmir on January 23," Deputy Director MeT, Dr Mukhtar Ahmad informed. The MeT officials said that Srinagar received a snowfall of 7 cm till 6:30 PM while Pahalgam and Gulmarg received a snowfall of 29.7 cm and 15 cm respectively. A snowfall of 25 cm was recorded at Qazigund while Kupwara recorded 0.5 cm snow till 6:30 PM today. Moreover, the inclement weather conditions also affected the electricity at some places including South and central Kashmir areas. "There are some outages but during the ongoing snowfall, there has been no major outage anywhere. We have already pressed our men and machinery into the services and the electricity at these places are being restored in a short span of time," Chief Engineer, Kashmir Power Distribution Corporation Limited (KPDC), Javed Yousef Dar told KNO. Furthermore, Srinagar-Jammu highway remained closed for vehicular movement today following the slippery condition of road after fresh snowfall. "Traffic movement has been stopped on Jammu-Srinagar NHW from both ends in view of continuous snowing in Nowgam Banihal Sector, which lead to the intermittent shooting stones and mudslide at Mehar Ramban." Officials said that the men and machinery have already been pressed into service to clear the road. The other major roads including Srinagar-Leh and Mughal Road continued to remain closed today. Besides, train services also remained suspended today. Moreover, Jammu and Kashmir State Disaster Management Authority has issued avalanche warning in several districts of Jammu and Kashmir in the wake of heavy snowfall since morning. According to a communication, an avalanche with high danger level is likely to occur above 2000 metres of Bandipora and Kupwara districts in the next 24 hours. "Avalanche with medium danger level is likely to occur above 2000 metres over Baramulla and Ganderbal districts and avalanche with low danger level is likely to occur above 2000 metres over Anantnag, Doda, Kishtwar, Kulgam, Poonch and Ramban districts in the next 24 hours," the communication reads. It also advised people living in these areas to take precautions and avoid venturing in the avalanche prone areas. In view of inclement weather, Police established Emergency Helpdesk Control Rooms for the general public in order to facilitate them in case of any untoward incident or distress. For any emergency or exigency, general public can also dial 112. For Bandipora district, the helpline numbers include PCR Bandipora 01957225278, 9596767430, ASP Bandipora 9596767453, DYSP HQRS Bandipora 9596767440, SDPO Gurez 7006795292, SHO PS Gurez 7006250037, SHO PS Tulail 7780922131, DO Police Post Izmarg 9419991882, SHO PS Bandipora 9596767411, SHO PS Pethkote 9596767415, SHO PS Aragam 9596767421, DO Police Post Aloosa 9596767416, DO Police Post Sumlar 9596767413, DO Police Post Ajas 9596767452, SHO PS Hajin 9596767431 & SHO PS Sumbal 9596767441. For district Budgam, the helpline numbers include PCR Budgam 01951-255207, 01951-255042, 8082567612, SHO Budgam 9419000538, SHO Magam 9906449794, SHO Khansahib 9596000212, SHO Chadoora 7006411196, SHO Charar-e-Sharief 9797279660, SHO Khag 9419905840, SHO Breehaw 7006252476, DO Humhama 6005599737, DO Soibugh 9906000474, DO Narbal 9797626526, DO Waterihail 9419007052, DO Pakerpura 9797985415, Out-Post Hardipanz 9596203940, DO Mouchwa 9797290222. For district Kulgam, the helpline numbers include Police Control Kulgam (PCR) 01931260486, 7889786112, ASP Kulgam 9906605555, DySP Hqrs Kulgam 7051510654, SDPO DH Pora 7051510676, SHO PS Kulgam 7051510661, SHO PS Yaripora 7051510662, SHO PS DH Pora 7051510663, SHO PS Devsar 7051510664, SHO PS Qazigund 7051510665, SHO

PS Qaimoh 7051510667, SHO PS Manzgam 7051510671, SHO PS Behibagh 7051510669, SHO PS Kund 7051510670, IC PP Frisal 7051510668, IC PP JT 7051510680, IC PP Mirbazar 7051510679. PCR Srinagar 0194-2477567, 9596222550, 9596222551, PCR Ganderbal 01942416564, 01942416478, 9906668731, PCR Awantipora 01933247369, 7051404001, PCR Shopian 9596768831, 01933-261891, 9596768831, PCR Anantnag 01932-222870, 01932-222100, 9596777669, PCR Handwara 01955262295, 9906767076, PCR Sopore 01954-222312, 01954-225333, 9596773024, PCR Baramulla 01952234410, 01952237830, 9596767768, PCR Kupwara 01955-252451, 9596152621, 7051404938, PCR Pulwama 01933-241280, 01933-241986, 8491942867, 9070123536 and PCR Kashmir: 0194-2506506, 0194-2506507

Police also said that citizens can also avail any kind of assistance by dialing 112—(KNO)

WARNING

The official said that an avalanche with "MEDIUM" danger level is likely to occur above 2000 meters over higher catchments of Baramulla in north Kashmir and Gander in central Kashmir during the next 24 hours. The possibility of an avalanche with "LOW" danger level is likely to occur above 2000 meters over south Kashmir district of Anantnag, Kulgam and Doda, Kishtwar, Poonch and Ramban regions of Jammu division districts in the next 24 hours, they added. Two labourers working with Hyderabad-based Megha Engineering & Infrastructure Limited (MELI) executing the work on Zojila Tunnel on the strategic Srinagar-Leh highway were buried under a huge avalanche that occurred at Sonamarg-Baltal route at Sarbal area in central Kashmir's Ganderbal district on Thursday. People living in these areas have been advised to take precautions and avoid venturing in the avalanche prone areas.

DOCTORS

told KNO concurred that many drug addicts never visit drug de addiction facilities. He said that the majority of people involved in drug addiction fall in the 15-30 age group and the main reasons behind it is peer pressure, easy availability of drugs etc. A doctor from GMC Srinagar said that easy availability of drugs is one of prime reasons for the rise in the number of drug addicts. The doctors said that lack of proper parenting, lack of care is found to be causes for drug addiction. They said a drug addict should be treated as a patient and not a criminal and they deserve love and care of their families and community—(KNO)

DIED

17 persons have also lost their lives due to electrocution in 2022 across the Valley. The document further stated that the deceased include five civilians ten PDL/TDL/CL/DRW and two regular employees. Of total 25 electric accidents in the year 2022, a total of eight persons have received injuries, which include two regular employees, five PDL/TDL/CL/DRW and one civilian. The document revealed that seven cases have been recommended for ex-gratia relief so far. According to the document, a total of 19 PDL/TDL/CL/DRW have lost their lives in the last two years while nine such employees have suffered injuries in electric accidents in the Valley.

Pertinently, Chief Engineer, Kashmir Power Distribution Corporation Limited (KPDC), Javed Yousef Dar in an exclusive interview with the KNO had stated that KPDC is taking the unfortunate accident cases very seriously and has taken certain steps including making available the safety tools, safety kits like helmets, safety belts. "We have also made available local earthing discharge rods through which the staff can locally earth the lines. We have also made available high voltage detectors to the staff with which they can detect whether the line is live even without touching it," he had stated.

"We have been trying to sensitize and train our staff regarding SOPs for which we have been regularly conducting awareness camps at the sub division level so that the staff becomes aware of the procedures and the measures which are being taken so that they may not face any eventuality or meet any accident. Also, we are procuring more safety equipment for which the orders have been also done. There will be drastic reduction in the number of such accidents once the employees become habitual of taking safety norms and using the safety tools. Regarding the ex gratia and other modalities, our temporary employees are already covered under insurance schemes," he had said—(KNO)

FLIGHTS

the plains. He said the weather would remain mainly dry from January 14 till January 18 following which a fresh Western Disturbance would affect Jammu and Kashmir. He also said there is a possibility of light to moderate snowfall at most places of Kashmir on January 23 as another Western Disturbance is affecting J&K on the particular date—(KNO)

KANGAN

those with anti-skid chains shall be allowed from Gagangar to Sonamarg and vice versa till the thawing of the ice from road

FORESTS

afforestation funds are used for the treatment of catchment areas, forest management, wildlife protection and managing human-wildlife conflicts. The Compensatory Afforestation Fund Act was enacted in 2016 to manage the monies received from the user agencies towards compensatory afforestation, additional compensatory afforestation, penal compensatory afforestation, net present value and all other amounts recovered from such agencies under the Forest (Conservation) Act, 1980—(KNO)

DC SRINAGAR

laid thrust on recommendation of only those cases fulfilling the eligibility criteria as per the laid down guidelines under General Administration Department order.

KASHMIR

Sciences. The latest breakthrough is a major shift in the hybrid rice crops. An expert in plant development and genetics, Khanday is a leading agriculture scientist. He received his Master's in biotechnology from the University of Kashmir and a doctoral degree in plant molecular biology and genetics from the Indian Institute of Science in Bangalore, India. Currently, he is an assistant professor at the UC Davis Department of Plant Sciences. He has done remarkable work in the field. Besides, he is an

Promotion of mutual understanding and celebration of diversity at IUST

Awantipora, Jan. 13. On the occasion of Makar Sankranti, IUST organized a function and celebrated the festival to appreciate diversity and strengthen brotherhood and harmony under Ek Bharat Shrestha Initiative. The festival also called Shishur Saenkraat in Kashmir marks the solar transition to pleasant and warm seasons from extremely cold winters. Besides others, Prof Naseer Iqbal (Registrar IUST), Mr. Sameer Wazir (Finance Officer), Prof. Mohamad Amin (I/c Director Rinchen Shah Center for West Himalayan Cultures), Dr Asifa Baba (Dean of Students) were also present.

IGNOU launches Web Enabled Academic Support for ODL Programmes

Srinagar, January 13, 2023 Prof. Srikant Mohapatra, Pro-Vice Chancellor, IGNOU launched the newly developed 13 WEAS Programme Portals along with the WEAS specific websites for 13 Schools in a virtual meeting organized by the NCIDE on January 13, 2023. WEAS portals for 32 ODL Programmes and 4 disciplines were already implemented for the students. With this launch, total 45 ODL programmes and 4 disciplines are being supported through WEAS portals.

Web Enabled Academic Support, commonly known as WEAS, is a scheme initiated by the National Centre for Innovation in Distance Education (NCIDE) at IGNOU aimed at providing an interactive one-stop programme portal to help the distance learners in getting academic support on the programme they are enrolled in.

WEAS is an interactive one-stop programme portal for providing academic support to the distance learners, with components like learning content in the form of digital self-learning material, learning resources like audio books, videos, articles, OER, weekly quiz, and FAQs related to the programme. E-mentoring, collaborative learning through discussion forum, and interactive virtual classroom are some other useful components of the portal. The distance learners of different programmes, particularly low enrolment programmes have extensively used the Web Enabled Academic Support platform for accessing different types of online resources and for interaction with their teachers and peers. The WEAS portals also hosts the recorded sessions of web-counselling conducted for various programmes by the faculty members.

It also facilitates the students of the programmes with large enrolments like BSCG programme of School of Sciences. It caters to the learning needs of thousands of learners and has a pool of learning resources including links to available virtual labs. <https://sites.google.com/ignou.ac.in/bscgToday>, WEAS portal hosts about 45 programmes and 4 disciplines. The number of WEAS portal is increasing day by day. Objective is to develop WEAS portals for all the ODL programmes being offered by the IGNOU. The WEAS portal can be accessed through: <https://sites.google.com/ignou.ac.in/weas> The Programme was attended by the Directors of Schools of studies, Regional directors and Programme Coordinators of WEAS. Dr. Oum Prakash Sharma, Director, NCIDE, Dr Jyotsna Dikshit, Deputy Director, NCIDE and WEAS Coordinator and Dr. Sujata Santosh, Assistant Director, NCIDE and WEAS Coordinator hosted the event.

Saima Jan appeal to the administration to remain active in view of the snowfall

Srinagar, January 13 :DAP Leader and DDC BK Pora Saima Jan urged the divisional administration to ensure that the public does not face any hardship due to the snowfall and traffic is not affected in any area. In the statement received, Saima Jan said that since heavy snow is falling in almost every area of the valley, it is necessary for the administration to take all necessary measures so that people do not face any kind of inconvenience and there is no shortage of essential items. electricity and water supply are available in every area. Saima Jan has appealed to the administrators of all districts to ensure that the work of snow removal from all major roads and highways continues continuously so that traffic is restored and people do not face any inconvenience." Big." "Manpower and machinery need to be mobilized to remove snow from roads, highways and link roads so that no road connectivity is cut off," she said. Saima Jan also urged the authorities to ensure that there is no shortage of essential commodities including LPG, oil, sugar, and ration to the public during or after the snowfall should not be faced problem of electricity and water supply to every area will continue. She has also emphasized that the relevant government departments should be alerted at important tourist spots like Gulmarg, Pahalgam and Sonamarg so that the tourists present here do not face any kind of problems.

J&K Bank revises commitment charges, earns praise

SRINAGAR, JANUARY 13: Extending a gesture of great relief towards its borrowers, J&K Bank has revised the commitment charges applicable in case of working capital facilities of its borrowers. In response to the feedback received from its various stake holders, the revised charges are applicable from 1st July, 2022 and will remain in force up to 31st March, 2024. Commenting upon the revision of charges, Bank's General Manager, Credit, Ashutosh Sareen said, "As I have already stated that we believe our borrowers are an extended part of J&K Bank Family, the decision to slash the commitment charges comprehensively has been taken after factoring in the feedback received from our stakeholders from different operational geographies." "In addition to reducing these charges to one of the lowest levels in the industry, the revision has been given retrospective effect from July 1, 2022", he said. Stressing upon the bank's borrowers to scale their businesses up besides utilizing all the sanctioned funds to progress ahead with confidence, Ashutosh Sareen further said, "Since our growth is mutual, you will always find us shoulder to shoulder with you in times of need." "Notably, various trade/business associations and individual borrowers have hailed the Bank's goodwill gesture and appreciated the Bank for always supporting them during the turbulent times. Commenting upon the revision of charges, Bank's General Manager, Credit, Ashutosh Sareen said, "As I have already stated that we believe our borrowers are an extended part of J&K Bank Family, the decision to slash the commitment charges comprehensively has been taken after factoring in the feedback received from our stakeholders from different operational geographies." "In addition to reducing these charges to one of the lowest levels in the industry, the revision has been given retrospective effect from July 1, 2022", he said. Stressing upon the bank's borrowers to scale their businesses up besides utilizing all the sanctioned funds to progress.

Law-abiding drivers felicitated on highway



BARAMULLA, JANUARY 13: In connection with Road Safety Week being observed from January 11 to January 17, South Asia Center for Peace and Peoples Empowerment (SACPEE) in collaboration with ARTO Baramulla felicitated dozens of drivers on Srinagar-Baramulla national highway for obeying traffic rules.

The law-abiding drivers were given certificates of appreciation by Majid Ahmad Shah, Motor Vehicle Inspector (MVI), Suhail Qadri MVI Headquarters and Umer Bhat, Vice President SACPEE. Besides Srinagar-Baramulla highway, the felicitation ceremony was also held on Gulmarg-Tangmarg road.

Speaking on the occasion, Umar Bhat said the aim to hold such events were to create awareness among general public and transporters to improve the road safety measures and give an opportunity to all stakeholders to contribute to the burning issue in the society. "Observing Road Safety Week provides an opportunity to all stakeholders including administration, transporters, commuters, pedestrians and public in general to contribute in reducing road accidents by strictly adhering to traffic safety measures to save precious human lives," he said.

Lohri celebrated at Sher-e-Kashmir Bhavan

JAMMU JANUARY 13- Lighting of sacred fire and offering of holy Prasad, comprising five main ingredients like Til, Gajak, Gur, Mongfuli, Phuliya besides Popcorn marked the celebration of Lohri at Sher-e-Kashmir Bhavan here this afternoon.

Hundreds of workers joined the festival and greeted each other by wishing Happy Lohri and spreading the feeling of love and happiness all around.

Mr Rattan Lal Gupta said that the entire atmosphere created a perfect ambience of Lohri with participants praying for peace, brotherhood, tranquility and Prosperity in Jammu and Kashmir.

Greeting the people, Mr Rattan Lal Gupta hoped the festival be a harbinger of peace, brotherhood, tranquility and prosperity in the state. He said such festivals highlight the crucial need of fostering and further strengthening the bonds of brotherhood, which is essence of all religions.

Mr Gupta described the festivals as repository of rich and glorious ethos of the state, which are being celebrated from times immemorial in a spirit of amity and brotherhood.

"Let us resolve to eschew the tendencies of hate and strive for harmony in the society", he added.

Prominent among those present on the occasion included: Sheikh Bashir Ahmed Provincial Secretary Jammu, Babu Rampal Central President, Vijay Lochan P.P SC Cell, Pardeep Bali Provincial Secretary, Ayub Malik, Raghvir Singh Manhas District President Jammu Rural A, Vijay Lakhshi Datta, Ashok Dogra, Rita Gupta, Dilshad Malik, Ravi Dogra, Dr. Vikas Rahul Mahajan, Sardar Surjeet Singh Sasan, Mohd Aslam, S. Gurnam Singh, Ashwani Charak, S. Tejinder Singh, Som Raj Taroch, Nitish Gowsami, Sandesh Shan, Jatin Bhat, S. Sewak Singh Rtd SSP, S. Parvinder Singh, Imran Goni, Sumita Bhan and others.

JDU Jammu team offered condolences to a former cabinet minister Sharad Yadav



In a condolence meeting organised by Jammu JDU team, all the party members offered their condolences and said that

"Deeply pained to hear about the passing away of Former Union Minister, Sharad Yadav ji. A seasoned politician and a widely respected public figure, his demise is a great loss to the political sphere.". He was also a former JDU national president.

All this organization was done on the direction of Party President G M Shaheen. He will always be remembered for his immense contribution towards welfare of the people. My condolences to his family and friends," he said.

The members who offered their condolences are Raj Kumar District secretary, Satpal MottanRS pura President, Rahul Mandi Youth general secretary Jammu and others.

Those responsible for division of country are leading Bharat Jodo Yatra says Ashok Bhat

Srinagar, 13-Jan:BJP District president Srinagar, Ashok Bhat accused former Prime Minister Pandit Jawaharlal Nehru and the Congress of 'dividing' the country and wanted to know to whom the 'Bharat Jodo Yatra' led by Rahul Gandhi was aimed at unifying." "On one side there is PM Narendra Modi who is working, 24*7 for the country and on the other side there is Rahul baba (Rahul Gandhi) who is doing Bharat Jodo Yatra. Rahul Gandhi, please do tell us who did the 'thodo' (divided) of India? In 1947 with an urge to get power at the earliest, Pandit Jawaharlal Nehru and the Congress party readily accepted divide of Bharat in to two parts", Bhat said. He further added that Congressmen are those who divided united Bharat, but are today now talking about Bharat Jodo (unifying India). Further mentioning, that in India, on one side there is the BJP where a person from a very ordinary family can become the Prime Minister of the country, while on the other side there is Congress which is a party of one family. Pointing out that Congress party has showcased Mallikarjun Kharge as its President. Actually the veteran leader is just a "sacrificial lamb". "Smt. Sonia Gandhi and Rahul Gandhi are well aware that the Congress party will be finished any time from now and they can't win elections. So they have made Kharge the President of the party to make him a sacrificial lamb," he alleged. At a time when Congress is speaking about Bharat Jodo, the partymen are in a mood for 'Congress Chodo' (quit Congress), Bhat said. Looking at the whole of India, the grand old party is nowhere and what remained, are its smaller groups or factions.

'Human rights are not politics': Australia defend scrapping Afghanistan cricket series

Australia on Friday defended their hotly contested decision to pull out of a cricket series against Afghanistan following a Taliban crackdown on women's "basic human rights".

Australia and Afghanistan were scheduled to play three ODIs in the United Arab Emirates in March but Cricket Australia (CA) scrapped the series after consultation with stakeholders, including the Australian government.

"Basic human rights is not politics," CA chief executive Nick Hockley said in a statement sent to AFP after Afghanistan's cricket board lashed the cancellation as "pathetic".

"It is clearly a very challenging and sad situation. We did not take this decision lightly," Hockley said.

Cricket Australia had been hopeful of playing Afghanistan and was in regular contact with the Afghanistan Cricket Board, he added.

"However announcements by the Taliban in late November and late December signalling the deterioration of basic human rights for women in Afghanistan led to our decision to withdraw from these games," he said.

Hockley said the Australian cricket authority consulted with the Australian government and others before scrapping the games.

He also responded to Afghanistan's best-known international cricketer and leg-spinner Rashid Khan, who had criticised the cancellation and warned he would be "strongly considering" his future in Australia's Big Bash League.



"We acknowledge and applaud Rashid Khan's and other Afghanistan cricketers' comments at the time condemning the Taliban's decision to ban women from universities. Rashid will always be welcome in the BBL," Hockley said.

Australia was committed to growing the game for women and men, the cricket chief said, adding that he hoped better conditions for women and girls in Afghanistan would allow cricket between the countries to resume "in the not too distant future".

Rashid mulls BBL future after Australia snub

Meanwhile, Afghanistan spinner Rashid Khan is considering his future in the Big Bash League (BBL) after Australia's men's team withdrew from their ODI series against Afghanistan.

"I am really disappointed to hear that Australia have pulled out of the series to play us in March," Rashid, who plays for the Adelaide Strikers, said in a statement on Twitter.

"I take great pride in representing my country, and we have made great progress on the world stage. This decision from CA sets us back in that journey."

Rashid played eight times for the Strikers this season, but left the BBL this month to compete in South Africa's new Twenty20 league, in which he is captain of MI Cape Town.

"If playing vs Afghanistan is so uncomfortable for Australia, then I wouldn't want to make anyone uncomfortable with my presence in the BBL. Therefore, I will be strongly considering my future in that competition," Rashid said.

Australia were scheduled to play a Test match against Afghanistan in November, 2021 but it was postponed after the Taliban seized power in August of that year.

Naveen slams Australia over 'childish decision'

Afghan bowler Naveen-ul-Haq also pointed to Australia's previous withdrawal on Twitter.

"Time to say won't be participating in big bash after this until they stop these childish decisions," said Naveen, who plays for the Sydney Sixers.

"That's how they went about the one-off test, now ODI when a country is going through so much in place off (sic) being supportive you want to take the only reason of happiness from them."

Ethics Officer Dismisses 'Conflict Of Interest' Complaint Against BCCI President Roger Binny

New Delhi, The BCCI Ethics Officer Justice (Retd) Vineet Saran has "dismissed" the 'Conflict of Interest' case filed against BCCI president Roger Binny, stating that complainant Sanjeev Gupta's claims were devoid of any "merit".

Gupta's contention in his complaint was that 1983 World Cup hero's daughter-in-law Mayanti Langer Binny working for Star Sports as an anchor amounts to having a contract with the BCCI and thus is a Conflict of Interest.

Star Sports is the official broadcaster of Indian Premier League as well as Indian national team's home games along with all ICC events.

Gupta, a former Apex Council member of Madhya Pradesh Cricket Association (MPCA), has been filing complaints against who's who of Indian cricket including Sachin Tendulkar, Rahul Dravid, Sourav Ganguly, VVS Laxman, Virat Kohli to name a few.

Justice Saran in his 11-page 20-point report has summarily rejected Gupta's complaint and also issued him a stern warning to not share complaint related documents with "unrelated parties". Gupta has had a habit of mailing all his documents to hundreds of journalists, present and ex BCCI officials. In the verdict uploaded on bcciv. tv, Saran stated: "It is not the case of the complainant (Gupta) that Ms Langer is involved in sales, marketing, business or management of Star Sports. She is hosting live broadcasts and panels for Star Sports.



The fact that media rights for BCCI and IPL were awarded to Star Sports on 5.4.2018 and 27.06.2022 is also not disputed.

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"Hence it cannot be said, as the President, the respondent (Binny) has influenced the engagement of his daughter in law in Star Sports. Ms Langer is not an employee of Star Sports and is only working on contract with Star Sports as an anchor.

"In the absence of any instance of Conflict of Interest having been cited in her working in such capacity with Star Sports, it cannot be presumed that there will be any Conflict of Interest." In fact Saran also categorically mentioned that a "mere relationship" (father-in-law and daughter-in law) between respondent (Binny) and Langer would not be sufficient enough to establish an instance of Conflict of Interest.

Mandar Tamhane steps down as CEO of Bengaluru FC

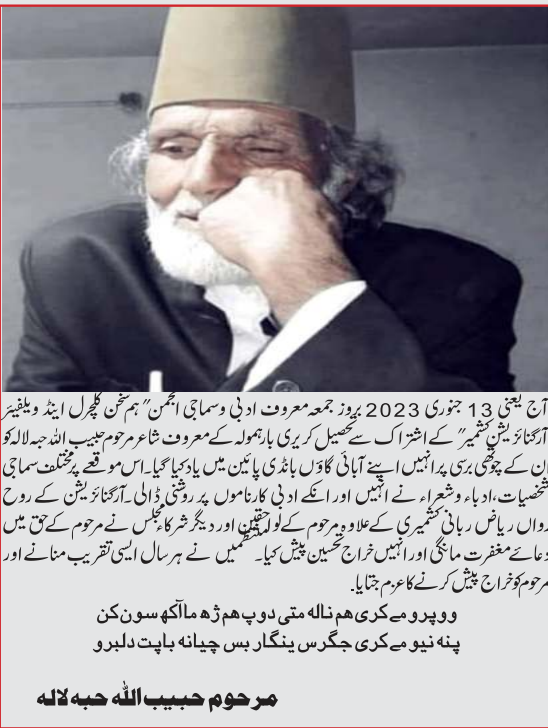
New Delhi, Jan 13 (UND) Mandar Tamhane has stepped down from his position as CEO of Bengaluru FC, the club announced on Friday.

Tamhane, who has been associated with the club since its inception in 2013, has resigned from the football club with immediate effect.

Speaking on Tamhane's decision, club owner and Director, Parth Jindal said, "I'd like to thank Mandar for his immense contribution to Bengaluru Football Club over the years. From playing his part in the seven trophies we've won over ten seasons, to scouting and bringing players to the club who have then gone on to represent the country, Mandar's efforts at Bengaluru FC cannot be quantified."

"I would like to thank Mandar for his leadership, and wish him the best as he takes on a new challenge within the sports ecosystem. We will continue to strive hard and bring the club back to where it belongs."

Speaking on his decision to step down, Tamhane said, "I've had a more an special ten-year run at this wonderful football club, and I feel the time is right for both Bengaluru FC and me - to move in a different direction. Together, we've achieved so much for the club, and I would like to believe we have been able to have an impact on Indian football as a whole."



مرحوم حبیب اللہ حبیب لالہ

Djokovic faces 75th-ranked Spaniard, Swiatek meets Niemeier in Australian Open

MELBOURNE: Novak Djokovic was drawn on Thursday to play Spain's Roberto Carballes Baena on his return to the Australian Open and could meet Nick Kyrgios in the last eight.

The Serbian star, who was deported a year ago, will kickstart his bid for a 10th Melbourne title and a record-equalling 22nd Grand Slam crown against a player ranked 75th in the world.

In the absence of injured world number one Carlos Alcaraz, defending champion Rafael Nadal takes the top seed and starts against Britain's promising Jack Draper. There is an injury cloud hanging over Djokovic after he tweaked his hamstring on the way to winning the season-opening Adelaide International last week. He cut short a practice



match on Wednesday to get more treatment.

The 35-year-old was ejected from Australia on the eve of the 2022 tournament over his Covid vaccination stance after a legal battle. He also missed the US Open for similar reasons. The move divided opinion in Melbourne, a city that endured some of the longest lockdowns in the world at the height of the pandemic. How he is received remains to be seen. The fourth seed is due to play a charity

match against Australian Kyrgios on Friday evening and could meet him in the quarter-finals if both get that far.

Kyrgios would first potentially have to get past ninth seed Holger Rune and fifth seed Andrey Rublev. Second seed Casper Ruud, who suffered a shock loss in his first match at the Auckland Classic on Wednesday, was pitted first up against Czech player Tomas Machac. Daniil Medvedev, finalist at the last two Australian Opens, takes on American Marcos Giron. Third seed Stefanos Tsitsipas has a tough match against France's Quentin Halys. Former Grand Slam winner Andy Murray meets Italian Matteo Berrettini in a headline first-round clash while Rublev is up against former finalist Dominic Thiem.

Balance makes winning debut for Zimbabwe

HARARE: Former England batter Gary Balance struck 30 runs on his Zimbabwe debut in a five-wicket Twenty20 victory over Ireland here at the Harare Sports Club on Thursday.

After Ireland had been dismissed for 114 in 19.2 overs, a four from wicket-keeper Clive Madande lifted Zimbabwe to 118-5 with 12 balls to spare.

Balance, 33, was born in Harare, making him eligible to switch international allegiance after playing 23 Tests and 16 ODIs in an England career that ended six years ago.

Featuring in his first T20 international, Balance compiled the second highest Zimbabwe score behind Sean Williams (34)

after facing 29 balls and hitting one six and two fours.

His innings ended in the fourth ball of the 12th over when a faint nick was caught by wicket-keeper Stephen Doheny off a lengthy delivery by right-arm fast medium bowler Mark Adair.

Balance was released by English county Yorkshire last year after admitting he used racist language against team-mate Azeem Rafiq.

Revelations by Pakistan-born Rafiq of institutional racism triggered wholesale changes at the club.

Zimbabwe lacked star batter Sikandar Raza — shortlisted for three 2022 International Cricket

Council awards — who is playing franchise cricket in Bangladesh.

Williams carried on where Balance left off to ensure a home victory in the first of three T20 Internationals. The others are scheduled for Saturday and Sunday.

In a 47-minute stand, Williams averaged just over a run a ball and his total included three fours.

Adair and off-spinner Harry Tector were the most successful Irish bowlers, capturing two wickets each.

Put in to bat after Zimbabwe captain Craig Ervine won the toss, Ireland lost openers Ross Adair and skipper Andy Balbirnie with just 12 runs on the scoreboard.

Messi scores on return as PSG extend lead

PARIS: Lionel Messi celebrated his return to competition after the World Cup by scoring a second-half goal as Paris St Germain extended their Ligue 1 lead to six points with a 2-0 home win over Angers on Wednesday.

Messi had been rested for PSG's first three matches following the long break in the season caused by the World Cup but he returned to training in Paris a week ago and was back in the starting line-up for this game against Ligue 1's bottom side.

Messi netted from close range in the 72nd minute to add to Hugo Ekitike's first-half opener, putting PSG on 47 points from 18 games. Ekitike made the most of another appearance when he latched onto

a cross from Nordi Mukiele to put the hosts ahead.

Mukiele was again involved after the break as he played Messi through for the Argentine forward to find the back of the net with a right-foot effort from close range.

Messi was flagged offside but the goal was eventually allowed following a VAR review.

Elsewhere, RC Lens stayed second but dropped two points in a 2-2 draw at Racing Strasbourg with all the goals coming before the break.

Lens fell 2-1 behind after Alexis Claude-Maurice's 11th-minute opener was cancelled out by Sanjin Prcic and Kevin Gameiro in the 13th and 16th minutes in a hectic start to the game.



Lois Openda equalised in the 33rd with a powerful header but Lens were unable to add a third. Third-placed Olympique de Mar-

seille are now two points adrift of Lens on 39 points after a 2-0 win over Troyes.

Marseille's Chancel Mbemba and Jordan Veretout's goals earned them all three points.

Nice crushed visiting Montpellier 6-1 and Olympique Lyonnais's poor season continued with a 0-0 draw at Nantes.

Lille drew 0-0 away at Brest, while there were also wins for Toulouse and Ajaccio. Lens fell 2-1 behind after Alexis Claude-Maurice's 11th-minute opener was cancelled out by Sanjin Prcic and Kevin Gameiro in the 13th and 16th minutes in a hectic start to the game.

Lois Openda equalised in the 33rd with a powerful header but Lens were unable to add a third.

NAVODAYA VIDYALAYA SAMITI

An Autonomous Organization Under Ministry of Education
Department of School Education & Literacy, Government of India

Admission Notification to Class VI in Jawahar Navodaya Vidyalayas (2023-24)

Online applications are invited for admission to class VI in Jawahar Navodaya Vidyalayas through Selection Test for the session 2023-24.

General Salient features

- Co-educational Residential School in every District.
- Separate Hostel for Boys & Girls
- Free Education, Board and Lodging
- Wide Cultural exchange through Migration Scheme
- Promotion of Sports & Games
- NCC, Scouts & Guides and NSS

Special features

Special emphasis on quality education resulting in:

- JEE MAIN-2022: 4296 (56.6%) students qualified out of 7585
- JEE Advanced-2022: 1010 (33.7%) students qualified out of 3000
- NEET-2022: 19352 (78.0%) students qualified out of 24807
- Best result in Board Class X and XII (2021-22)
- Class X: 99.71% Class XII: 98.93%

ELIGIBILITY

- Candidates who are bonafide residents of the district and studying in class V in the academic session 2022-23 in Govt./Govt. recognized school in the same district where JNV is functioning and to which they are seeking admission.
- Studied full academic session in each class and passed classes III & IV from Govt. / Govt. recognized school and born between 01.05.2011 to 30.04.2013 (Both the dates inclusive)

RESERVATION

- At least 75% Seats in a district will be filled by candidates from rural areas.
- Reservation for SC, ST, OBC and Divyang candidates as per Govt. Norms.
- Minimum 1/3 of the seats are reserved for girl students.

Last Date to apply
31.01.2023

Date of Exam
29.04.2023

For Registration & Details Log in: <https://navodaya.gov.in>

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