

INTERNATIONAL WOMEN'S DAY 2025

Women empowerment a new revolution under PM Modi's leadership: LG Sinha

Nari Shakti's impact on shaping the future of humanity is immense: LG Sinha

■ HT News Network

Jammu, Mar 08: The Union Territory of Jammu Kashmir today celebrated the International Women's Day. The Lieutenant Governor Shri Manoj Sinha joined the 'Sashakt Nari Samman' event organized by Buddha Art & Painting, in collaboration with Padma Shri Padma Sachdev Government College for Women, Gandhi Nagar. In his address, the Lieutenant Governor extended his heartiest greetings and felicitations to Nari Shakti on International Women's Day. "Nari Shakti's impact on shaping the future of humanity is immense. She has been endowed with a special gift from existence to nurture creativity and drive



social change," the Lieutenant Governor said. The Lieutenant Governor lauded the remarkable achievements of women artists and artisans of J&K and expressed gratitude for their contribution to the Union Territory of Jammu Kashmir and nation-building. The Lieutenant Governor said, "Women artists and artisans are architects of sustainable development. To be an outstanding creator, one needs to be full of love, kindness and compassion and this is what makes woman artists unique. Greater participation of Women artists and artisans in the contemporary Art and Craft arena has enriched this sector and strengthened

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No timeline can be fixed for AFSPA revocation from J&K: Army Chief

■ HT News Network

New Delhi, Mar 08: Stating that the Armed Forces Special Powers Act (AFSPA) would continue to remain in force in Jammu and Kashmir till the situation improves, Army Chief General Upendra Dwivedi on Saturday said no timeline can be fixed for its revocation. Speaking at a national television conclave, the Army Chief,



according to the news agency—said. "The act (AFSPA) will be withdrawn when the Army is convinced that the local police

can manage security without military assistance." He said that while AFSPA could eventually be lifted, there is no specific timeframe for its removal. Referring to the areas like Doda, Rajouri, and Kishtwar where terrorism had been contained to an extent that tourism initiatives, such as bed-and-breakfast accommodations, were being planned, the Army

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Action taken to curb illegal mineral extraction at Shaliganaga Nalla, Budgam: Dy CM

■ HT News Network

JAMMU, MARCH 8: Deputy Chief Minister, Surinder Choudhary, today informed the House that in a decisive move against illegal mineral extraction, the District Mineral Officer (DMO) Budgam has taken strict action against M/s NKC Projects Private Limited for unauthorized mining at Shaliganaga Nalla in Lanilab Basant Wooder, Budgam. The issue was highlighted in the Legislative Assembly today by MLA Khan Sahab, Safiud-Din-Bhat, bringing it to the immediate



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CS reviews relief, rehab measures being extended to different migrant categories Assesses disaster management preparedness of J&K admin

■ HT News Network

Srinagar, Mar 08: Chief Secretary, Atal Dullloo, today held an intensive meeting with the Department of Disaster Management, Relief, Rehabilitation & Reconstruction (DMRR&R) to assess the relief and reha-



bilitation measures being extended to different migrant categories of J&K besides the status of disaster management preparedness across different districts of the region. Present in the meeting were

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Allotment of land to Sri Lankan cricketer in J&K triggers questions in Assembly

■ HT News Network

Srinagar, Mar 08 The issue of allotment of land to a former Sri Lankan cricketer in Jammu & Kashmir echoed in the Legislative Assembly, with members questioning the government over it. During the Question Hour, as per news agency—, CPI(M) MLA Muhammad Yosouf Tarigami claimed that a Sri Lankan cricketer has been allotted land free of cost by the J & K government in Kathua. Congress MLA Ghulam Ahmad Mir also asked the government how a non-Indian cricketer has been allotted land in J&K. "This is a serious question and needs to be looked into,

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2400 children in Child Care Institutes in J&K: Govt '69 CCIs sanctioned, 63 established, 6 more being established'

■ HT News Network

Srinagar, Mar 08: The Jammu and Kashmir government on Saturday said that there are around 2400 children living Child Care Institutes in the region and that all the requisite interventions are being made for the overall development of these children. Replying to the question of MLA Pampore Justice Hasnain Masoodi, Minister for Social Welfare Sakina Itoo as per the news agen-



cy—, said that the department is committed for welfare of all the children in need of care and protection and children in conflict

with law. "Mission Vatsalya is monitoring and inspecting the existing CCIs and provides all necessary help and

assistance as required as per the guidelines of Mission Vatsalya," she said, adding that there are 1796 children in government run Child Care Institutes while 579 are in eight private institutions. She added that the number of government run CCI registered under Juvenile justice act 2015 is 69 while NGO run CCI registered under Juvenile justice act 2015 is 58. Regarding the steps taken to ensure

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J&K's debt soars to Rs 125025 crore Rs 5429 crore await clearance in treasuries

■ HT News Network

Srinagar, Mar 08: The Jammu & Kashmir Government has disclosed that the Union Territory's liabilities have soared to a staggering Rs 125205 crore. In a written reply to a question of MLA Handwara, Sajad Gani Lone, the minister in-charge of the Finance department, Omar Abdullah, as per the news agency—disclosed that the total debt portfolio of J&K, including State Development Loan/Reserve Bank of India loan, negotiated loans, National Saving Small Fund (NSSF), Government of India Advances, Ways and Means Advance/Overdraft, General Provident Fund (GPF), Reserves and Deposits, UDAY power bonds, stands at a staggering Rs 125205 crore. According to the Finance department's reply, the total outstanding on account of SDL/RBI loans is Rs 69894 crore, followed by GPF with Rs 27901 crore, Rs 14294 crore in reserves and deposits, Rs 5758 crore NSSF, Rs 4032 crore in negotiated loans, Rs 2616 crore UDAY bonds, and Rs 710 crore Gol advances. The Government also disclosed that the total outstanding liability in treasuries as

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Women empowerment must for creating just, equitable society: Sakeena Itoo Addresses International Women's Day celebrations at Jammu

■ HT News Network

JAMMU, MARCH 08: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo, today remarked that Women have excelled in every field, performing a crucial role in shaping the society.

The Minister made these



remarks while addressing the

International Women's Day

celebrations at Convention Centre here. This year's theme of International Women's Day, 'Accelerate Action,' calls for rapid advancements in gender equality. Addressing the large gathering of women achievers and female students, Sakeena Itoo emphasized on the importance of gender

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GOI duty-bound to restore statehood to J&K: Farooq Abdullah Says promises made in Parliament have to be fulfilled

■ HT News Network

Srinagar, Mar 08: National Conference patriarch and former Jammu and Kashmir Chief Minister Dr. Farooq Abdullah on Saturday stated that the central government is duty-bound to restore statehood to Jammu and Kashmir, stating that this commitment was made in the country's parliament itself. According to a news agency—



Correspondent, Farooq Abdullah, while speaking to reporters here, expressed confidence that statehood would soon be restored to Jammu and Kashmir. "Statehood will happen. The Indian government will have to give us the state. They are bound by the promise they made in parliament. They will have to uphold that promise," Abdullah said. When asked to comment on

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LG

standing creator, one needs to be full of love, kindness and compassion and this is what makes woman artists unique.

Greater participation of Women artists and artisans in the contemporary Art and Craft arena has enriched this sector and strengthened the fabric of our cultural ethos. Many artisans in J&K and the country have achieved new milestones and others are crafting their way to a brighter tomorrow".

The Lieutenant Governor reiterated his commitment to socio-economic empowerment of women and providing them a conducive environment to realise their true potential.

He said, under the guidance of the Hon'ble Prime Minister Shri Narendra Modi, women empowerment has now become a mass movement.

"A new era of Women-Led Development has begun in the UT of J&K. Today, our Nari Shakti are scripting their own success stories and have become the active partner in the development journey of Jammu Kashmir," the Lieutenant Governor said.

He called upon the artists, artisans, NGOs, teachers, entrepreneurs and various stakeholders to work collectively for women empowerment and to ensure that the benefits of government schemes dedicated to Nari Shakti percolate to grassroots.

On the occasion, the Lieutenant Governor felicitated the women achievers and students. He also visited the stalls put up by the women artists and artisans.

Organizations and individuals were also felicitated for their contribution to the empowerment of women.

Ms Priya Sethi, former Minister of State; Ms Sanjogita Dogra, Founder, Buddha Art & Painting; senior officers from Police and Civil Administration; heads of various educational institutions, women achievers, artists, artisans, teachers and students were present.

CM

Niwas is expected to boost pilgrim tourism in the region as Sharda Temple in Teetwal holds significant cultural and religious importance while emphasizing that promoting cross-border heritage tourism in Teetwal, being close to the Line of Control (LoC), could attract a large number of visitors in the future—(KNO)

DY CM

attention of the House. The action follows the circulation of a video on social media on March 2, 2025, exposing the illegal activity.

The Deputy Chief Minister said that on receiving the report from the Directorate of Geology and Mining, the DMO Budgam swiftly deputed a team to the site to verify the claims.

Upon investigation, it was confirmed that the company had engaged men and machinery for unauthorized extraction of approximately 300 MT of Nallah Mukh without obtaining the required permits. In response, a formal notice (No. DMO/Bud/DGM/F-106/4558-67, dated March 3, 2025) was issued to the Project Manager of M/s NKC Projects Private Limited, Base-camp Gudsathoo, Budgam, directing an immediate cessation of all illegal mining activities and demanding relevant documentation, he added.

ARMY CHEIF

Chief said, "The Mughal Road was also being considered for significant use. However the recent security concerns have led to the induction of 15,000 additional troops in these areas." He said that the final decision on AFSPA would be collectively taken by the local government, along with the Union Home and Defence Ministries.

Asked about discussions between Jammu and Kashmir's leadership, the armed forces, and the Home Ministry regarding the phased removal of AFSPA, General Dwivedi said, "There must first be a transition period where the local police take greater responsibility."

He cited the example of Manipur, where AFSPA was withdrawn from Imphal, but military intervention remained possible if needed. "In Jammu, AFSPA is still in effect while police continue to conduct operations. Before the act is repealed, there must be enough evidence that the police can handle the situation and that the Army is no longer required," he said, adding, "Only with such proof would the Army support the removal of AFSPA."—(KNO)

CS

Principal Secretary, Home and DMRR&R Departments; Divisional Commissioner, Kashmir/Jammu; Secretary, PWD; CEO, SHA; Relief Commissioner; Chief Engineers of PWD and other concerned officers and officials of the department.

Dulloo enquired about the present status of relief and rehabilitation measures being extended to different migrant categories in the UT. He said that the set timelines for each of these measures should be met without any fail.

He took note of the location wise status of

6000 transit accommodations being constructed for Kashmiri Pandit (PM Package) employees. He asked about the details of flats constructed, under-construction and those allotted and occupied by these employees.

He said that the flats completed in all respects should be allotted forthwith and the allied works like construction of boundary walls, internal roads, approach roads should also be taken up for actual utilisation of these structures.

Regarding inclusion of these migrant families under NFSA, the Chief Secretary emphasised on extending allied benefits like old age and widow pensions, marriage assistance, scholarships, Ayushman Bharat Gold Cards to them to clear any doubt in their mind besides enhancing its uptake among others.

The Chief Secretary also asked for updating the 'Kashmiri Migrant Grievance' portal to make its functioning more satisfactory for its users. He called for appointment of Nodal Officer for different regions by the office of Relief Commissioner who would ensure satisfactory resolution of grievances registered by personally taking up the issues with the concerned Deputy Commissioners.

He further directed for digitization of all the migrant records to enhance the overall efficiency of these relief measures. He called for updating the website of Relief Organization through NIC to make it more user-friendly and informative simultaneously.

The meeting took note of the progress on outreach campaigns launched to cover PoJK and other West Pakistani Refugees (WPRs) under the Rehabilitation Package meant for them. It also discussed the status of different infrastructural projects including establishment of 'PoJK Bhawan' at Suketar, Community Hall at Jagti and other demands of these displaced people.

Dulloo impressed upon the Department to further gear up for enhancing the capacity of the Department to deal with different disasters the UT is vulnerable to. He urged them to make the Emergency Operation Centre (EOC) functional by optimal utilization of its capacity. He observed that it has added role at the time of disasters while ensuring relief to the affected population.

He emphasised upon utilising the data collected after carrying out expeditions to different mountainous lakes to prevent disasters of Glacial Lake Outburst Floods (GLOF). He called for training the students and other volunteers for enhancing their ability to work during relief activities.

Principal Secretary, DMRR&R, Chandraker Bharti, informed the meeting about different activities and achievements including strengthening of UT, Divisional and District level disaster management systems by deploying necessary manpower there.

He apprised the meeting of the relief and disaster management activities being carried out by the department and the functioning of State Disaster Response Fund (SDRF). Additionally, he made out that DDMPs for the year 2024-25 of all the 20 districts had been updated and UT specific disaster notification stands issued for relief of the affected population.

Furthermore, he apprised the meeting of J&K's implementation of PM's 'Ten Point Agenda on DRR'. He also threw light on the status of other hazards specific plans like Heat Wave Action Plan, Flood Management Action Plan prepared, Cold wave Action Plan had been prepared along with 22 Landslide studies conducted by GSI.

It was added that an EOC coming up at Ompura, Budgam would be made functional by the end of this month. Further, the Department has also launched Emergency Response Support System (ERSS) with a toll free number of 112 for receiving the disaster response calls.

Other initiatives and activities of the Department that were discussed included IDIN for mapping of resources, Common Alert Protocol (CAP) by integrating alert generating agencies IMD, CWC, INCOIS, DGRE, FSI) and disseminating these alerts about disasters through TSPs, TV, Radio, Cable TV, Social media, Indian Railways, Coastal Sirens etc.

Earlier, Relief Commissioner, Arvind Karwani, gave detailed presentation about the status of transit accommodations and jobs being provided to Kashmiri Migrants in different districts of the valley.

He detailed out that, out of 6000 jobs, 5868 appointments had been made till date and only the posts facing certain issues or sub-judice are currently in limbo.

Regarding the transit accommodations, he informed the meeting that 5632 flats had been taken up for construction with 3152 completed till date.

About relief to both the Kashmir and Jammu migrants, it was given out that 9 kg of Rice, 2 kg Aata and 1 kg of sugar is being given to each soul in the family. In addition, a cash assistance of up to Rs 13,000/family is being provided to 20,564 and 908 families from Kashmir and Jammu respectively.

LOK ADALAT

ments in cases including MACT, matrimonial disputes, cheque bounce cases under the Negotiable Instruments Act, money recovery, commercial disputes, and compoundable criminal cases.

To ensure the maximum resolution of disputes, pre-Lok Adalat sittings and pre-counseling sessions were conducted well in advance, providing the parties with ample opportunity to engage in dialogue and reach a consensus for a permanent resolution. Additionally, webinars and virtual meetings were organized to sensitize stakeholders, officers of Legal Services Institutions, LADCs, Panel Lawyers, PLVs, and others involved in the promotion of Alternate Dispute Resolution (ADR). These sessions emphasized the significance of Lok Adalats and encouraged parties to take full advantage of the opportunity.

As per the information received from various Legal Services Institutions working in different districts of UT of J&K, out of total 1,99,853 cases taken up by 165 Benches in the day long National Lok Adalat across J&K, 1,88,422 cases were amicably settled and disposed off involving an amount of Rs. 59,04,49,391/- as compensation/settlement amount in cases like Motor Accident Claims, civil, criminal, labour disputes, Electricity and Water Bills, Land Acquisition, Family matters, cheque dishonor and Bank Recovery etc.

This National Lok Adalat marked a significant milestone as it was the first such event after Shazia Tabassum, District & Sessions Judge, took charge as Member Secretary, J&K Legal Services Authority.

Speaking to media persons on the occasion, Shazia Tabassum emphasized the crucial role of Lok Adalats in reducing case pendency and ensuring speedy justice. She highlighted that dispute resolution through Lok Adalats not only saves time and resources for litigants but also fosters a culture of amicable settlements, ensuring long-term societal harmony.

She further stated that special efforts were made to enhance participation, streamline pre-litigation settlements, and encourage litigants to opt for out-of-court resolutions. Under her leadership, the J&K Legal Services Authority will continue to strengthen the ADR mechanism, ensuring that justice reaches the doorstep of every individual, particularly the marginalized and underprivileged sections of society. She expressed gratitude to the Judiciary, Legal Services Institutions, District Administration, Advocates, and other stakeholders for their collective efforts in making the National Lok Adalat a success.

She also announced that the second National Lok Adalat of the year will be held on Saturday, May 10, 2025, and a Special Lok Adalat for Consumer Cases will be organized on April 26, 2025. Litigants who could not have their cases listed in today's Lok Adalat or were unable to settle their disputes for any reason are encouraged to avail themselves of the opportunity in the upcoming Lok Adalats.

LAND

" he said.

Responding to concerns of MLAs, minister for Agriculture Production Department Javid Ahmad Dar said that the matter needs to be looked into.

"This matter pertains to the Revenue department," he said.

The Ceylon Beverages Limited, promoted by Sri Lankan cricketer Muttiah Muralitharan, has been allotted 206 kanals of land at Kathua against a premium of Rs eight lakh per kanal.

It had to set-up an aluminum cans and beverages filling plant involving investment of Rs 1642 crore. It was expected to generate jobs for 500 people.

Sources in the J & K government disclosed to KNO that Ceylon Beverages Limited has now applied for surrendering the land—(KNO)

CHILDRENS

registration of left out institutions to ensure their compliance with law, she said that notice issued to unregistered CCIs Dealing with children in need of care and Protection, with the direction to register the institutions as per sub-section (1) of section 41 of Juvenile Justice (Care & Protection) Act, 2015.

"Subsequently, Circular instructions issued to all District Child Protection officers of 35K to strictly adhere to the procedure prescribed under aforementioned circular and ensure gathering of information pertaining to the unregistered NGOs working for the welfare of children besides ensuring registration of "All un-registered NGOs working for the welfare of Children in the UT of J&K under Mission Vatsalya (erstwhile ICPS) under the provision of sub-section (1) of section 41 of Juvenile Justice (Care & Protection) Act, 2015," she said.

"The Department submits financial proposal to Project Approval Board (PAB), Ministry of Women and Child Development, Government of India every financial year wherein a proposal is submitted to grant approval for setting up of new Child Care Institutions at district level and sub division level, as the case may be," Sakina said.

"Out of 69 Government run CCIs, 63 CCIs have been established and are functional in JBK. 06 CCIs have been approved by the PAB and are under process for establishment," she added—(KNO)

J&K

of 27.02.2025 under various object heads of accounts is to the tune of Rs 5429.49 crore.

It also revealed that the total unpaid work

bills of PHE are Rs 0.24 crore as of February 25, 2025—(KNO)

SAKEENA

equality, women's empowerment and inclusive development for creating a just and equitable society. She called for continued efforts to ensure participation of women in all spheres of life.

"Women are backbone of our society. We must work collectively to create an environment where women feel safe, valued and empowered to achieve their dreams", she stated.

The Minister applauded the resilience and achievements of women from various walks of life, encouraging them to break barriers and contribute to nation-building. "We need to recognise the strength, resilience and contributions of women in every field, from science and politics to business and arts, civil services to healthcare providers and educationists and reflect on the work that still lies ahead", Sakeena said.

While speaking on different aspects related to women empowerment, the Minister highlighted that some issues like dowry and drug menace are prevalent in our society and we need to work collectively to destroy the roots of these evils from our society.

"We all need to remember that the fight for equality is not just for the women, but for all of us. When women succeed, communities thrive, economies grow and societies become more just", Sakeena stated.

In her address, the Minister also expressed gratitude to Chief Minister, Omar Abdullah, for announcing several measures for women welfare and empowerment while presenting Budget in the Legislative Assembly. She said that the free travel in government buses for women folk will ensure increase in female literacy rate and add to empowerment of women across Jammu and Kashmir.

She added that marriage assistance to deserving women has also been increased from Rs. 50,000 to Rs. 75,000, besides old age/ widow and disability pension has also been increased.

Calling out women to aspire big, Sakeena Itoo said that times have changed and women are everywhere and in every field. She asked the women folk to pledge today that they will aspire for big dreams and remain determined to achieve those.

The Minister, on the occasion, also said that it is proud moment for Jammu and Kashmir, especially women folk that a daughter of soil is Medical Superintendent of AIIMS, New Delhi a prestigious health institution of our country.

In his welcome address, MD Mission Shakti and Mission Vastalya, Majid Khalil Drabu said that this day is celebrated to honour the incredible achievements of women and acknowledge difficulties faced by them. He said that we as a society have a role to play in creating a world where women have equal opportunities to fulfil their potential and achieve their aspirations and dreams.

A short film on different schemes operated by Social Welfare department regarding empowering women and transforming lives was also showcased on the occasion.

On the occasion, the Minister felicitated several women achievers of J&K like Kailash Mehra, Dr. Milan Sharma, Surinder Kour, Rubena, Nazia Bibi, Sunita Sharma, Sangeeta Devi, Gurmeet Kour, Kumti Khajuria and Shagun Manchanda. She also felicitated sports achievers like Chavi Sharma, Ria Bhakshi and Jia Manhas on the occasion.

She also distributed tabs among the meritorious girl students.

The event also witnessed remarkable performances by Sonali Dogra on Beti Bachao Beti Padoo and other artist group.

On the occasion, some remarkable women achievers of J&K like Indian Para Archer, Sheetal Devi, International Car racer, Humaira Mushtaq and Medical Superintendent of AIIMS New Delhi, Dr. Nirupama Madan gave unique video messages to women folk on how to excel in lives.

Commissioner Secretary, Social Welfare department, Sanjeev Verma; HoDs of Health/ Colleges/ Social Welfare, senior officers of concerned departments and large number of women achievers and female students were present to mark the International Women's Day celebrations.

DR FAROOQ

the disturbing report of an Israeli woman being among two individuals raped near Karnataka's Hampi, Abdullah remarked, "It looks like people have gone mad. We have the laws, yet things are still out of control. That's why I told you, people have gone mad. Everyone just identifies themselves by their religion, saying, 'I am a Muslim,' 'I am a Hindu,' but they are not truly Muslim or Hindu; they have become thugs. This should not happen to our sisters."

Abdullah also accused the media of maintaining a stoic silence over certain key issues. "The media has gone astray; no truth comes out. Yes, the truth is being suppressed. Everything you have goes to the Intelligence Department. The Intelligence Department tells you whether you can cover it or not," Abdullah alleged—(KNO)

No proposal for granting Tehsil status to Achbal: Sakina Itoo

HT News Network

JAMMU, MARCH 08: Minister for Social Welfare, Sakina Itoo, today informed the House that there is no proposal under consideration for granting Tehsil status to Achabal.

The Minister was replying on behalf of Chief Minister, Omar Abdullah, to a question raised by MLA Abdul Majid Larmi in the Legislative Assembly here today.

The Minister apprised that the government sanctioned creation of 09 new Sub Divisions, 50 new Tehsils and 99 new Niabats and Achabal was created as a Sub Division vide Government order number Rev (S) 242 of 2014 dated 21.10.2014.

However, as per the government order number 42 Rev(S) of 2018 dated 20.02.2018, government order number Rev (S) 242 of 2014 dated 21.10.2014 was kept in abeyance till further orders, except for the Tehsils created at Villgam and Qalamabad in Kupwara district, Tehsils Singhpora and Narwari in Baramulla district, Tehsil Bhella in Doda district and Tehsil Ramsu in Ramban district.

Afterwards, government order number 42 Rev (S) of 2018 dated 20.02.2018) was eventually withdrawn ab-initio vide State Administrative Council Decision number 191/19/2019 dated 30.07.2019.

Govt allots 5 marla land for housing to 498 beneficiaries in JK, 442 under consideration: RDD Minister

HT News Network

JAMMU, MARCH 08: Minister for Rural Development Department, Javed Ahmad Dar, today said that about 498 beneficiaries have been allotted 5 marla land each for Housing under Awaas Plus category of PMAY-G, while 442 cases are under consideration of the Revenue authorities in Jammu and Kashmir.

The Minister was replying to a question raised by M. Y. Tarigami in the Legislative Assembly.

He said that, similarly, eight beneficiaries have been allotted five marla land for construction of houses under the scheme.

He informed that the families having no land of its own are being provided 05 Marla of land for construction of residential houses under PMAY. The land is being provided subject to verification by the Revenue Department.

The Minister apprised that the extended families of the landless background are likely to be considered for allotment of land subject to eligibility and guidelines of the scheme being issued from time to time. He said that the Right to Fair Compensation and Transparency in Land Acquisition, Rehabilitation and Resettlement Act, 2013, is under implementation in J&K and the compensation is determined as per the provisions contained in section 27 and sub section (2) of section 30 of the said Act.

He said that the compensation provided to land provider in urban areas is double than the market rate while it is four fold in rural areas.

Legislators; G. A. Mir, Shakti Raj Parihar, Balwant Singh Mankotia, Rajiv Jasrotia, Chowdhary Mohammad Akram and Mehraj Malik raised supplementaries.

Govt to shift District Hospital Rajouri to suitable place: Sakeena Itoo

HT News Network

JAMMU, MARCH 08: Minister for Health and Medical Education, Sakeena Itoo, today informed the House that the District Hospital Rajouri will be shifted to some suitable place for the public convenience.

The Minister was replying to a question raised by Javed Iqbal Choudhary in the Legislative Assembly.

She said that the District Hospital Rajouri is congested and sans sufficient space to cater to the increasing patient inflow. She said that it (hospital) shall be shifted to some suitable place for the public convenience.

The Minister assured that the government is committed to provide better patient care to the general public and ensure up gradation of all health infrastructure. She said that the efforts are on to ensure timely filling up of vacancies in all the health institutions.

Sharing details regarding the manpower in Government Medical College Rajouri, the Minister said that the sanctioned strength of teaching faculty, CMOS, LMOS at GMC Rajouri is 119 and staff in position is 55 while there are 64 vacant posts. She also informed the house that sanctioned strength of non-gazetted staff is 415, of these, 293 is in position and 122 posts are vacant. The Minister said that all vacant teaching faculty posts stand referred to J&K PSC for advertisement and selection of suitable candidates. The Minister said that the vacant posts are regularly being filled up on academic arrangement basis in order to meet the shortfall of faculty in each discipline in terms of SO 364 of 2020 dated 27.11.2020. Regarding filling up of Non-Gazetted vacancies, the Minister informed that the matter is under active consideration of the Government.



SRINAGAR, MARCH 08: District Legal Services Authority (DLSA) Srinagar, in collaboration with Srinagar Women's College, Batapora, Zakura, observed International Women's Day with great enthusiasm. The observance-cum-awareness program was held under the guidance of Shazia Tabasum, Member Secretary J&K Legal Services Authority, and under the chairmanship of Tasleem Arif, Principal District and Sessions Judge, Srinagar, and under the supervision of Sajad Ur Rehman, Sub-Judge/Secretary, DLSA Srinagar, and Prof. Syed Ifat Ara, Principal of Srinagar Women's College. The event aimed to raise awareness about women's rights and empowerment, emphasizing the importance of gender equality in society. In her welcome address, Prof. Syed Ifat Ara highlighted the significance of International Women's Day and the need to create a society where women are treated with dignity and respect. She applauded the joint efforts of DLSA Srinagar and the college in organizing the event, stressing the importance of legal awareness in empowering women to assert their rights. The resource person for the event, Adv. Suhaila Ali, Panel Lawyer of DLSA Srinagar, delivered an insightful talk on the rights of women and the legal mechanisms available for their protection. She emphasized the role of legal awareness in ensuring that women can access justice and safeguard themselves.

EDITORIAL

Tourism in Jammu & Kashmir scaling new heights

Not long ago the tourist season in Kashmir was limited to summer. People from different parts of the country as well as abroad would visit the ‘Paradise on Earth’ during the summer months and enjoy it to the hilt. There were some who would come during the winter so as to have skiing at Gulmarg in North Kashmir, but the number of such tourists was limited.

However, over the past few years winter tourism has picked up pace and it is now a full-fledged activity for the months of winter. In addition to Gulmarg, the administration of Jammu & Kashmir has devoted its attention to tourist places like Pahalgam and Sonamarg in this regard. More and more people are coming over here during the winter in order to hone their skiing skills not only at Gulmarg but at other places of tourist importance.

Some 17 years ago, the then Chief Minister of erstwhile state of Jammu & Kashmir Ghulam Nabi Azad took up the initiative of creating a tulip garden in Srinagar and the same was developed in the lap of Zabarwan mountain range. Mini tulip gardens came up at places like Kishtwar and Bhaderwah and a new vista was added to the tourism scenario of Jammu & Kashmir.

The latest addition to this whole scenario has been the mustard or yellow revolution. The people at helm, especially the Department of Agriculture have embarked upon a mission to increase the production of mustard in the Kashmir valley. The results are there on the ground to see with fields across the length and breadth of Kashmir presenting a mesmerizing view with mustard in full bloom.

People who are on a visit to the Kashmir valley during spring are upbeat since they are witness to the mustard revolution. The tourists can be seen taking pictures and selfies while traversing through the various areas of Kashmir valley. This is heart warming as yet another dimension has been added to the tourism scenario of Kashmir. This will ensure that tourism is round the year activity in Kashmir.

Kudos should go to the people who have envisioned the importance of mustard in our lives and at the same time congratulations also go to the people who have brought the same on the tourism map of Kashmir. The Kashmir valley has much more to offer and one can hope for better things to happen in the future. This would lead to economic progress for the people and as such the standard of life will also improve.

Enhancing Mental Health Care for Children in Need of Care and Protection in J&K

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Exploring the role of Child Care Institutions (CCIs) in ensuring overall development of Children in Need of Care and Protection (CNCP) in Jammu and Kashmir
Children in Need of Care and Protection (CNCP) are among the most vulnerable segments of society, often subjected to trauma, abuse, abandonment, and neglect. The provision of comprehensive mental health care and holistic development services through Child Care Institutions (CCIs) is critical to safeguarding their well-being and future. This article explores the significance of mental health, the role of CCIs in Jammu and Kashmir, and the challenges and recommendations for ensuring the overall development of CNCP.

Introduction:
Mental health is a crucial aspect of child development, particularly for vulnerable children residing in Child Care Institutions (CCIs). Children in Need of Care and Protection (CNCP), as defined under the Juvenile Justice (Care and Protection of Children) Act, 2015, include orphans, abandoned children, street children, victims of abuse, and those facing neglect or exploitation. Addressing the mental health needs of these children is essential for their emotional, cognitive, and social development.

The Union Territory (UT) of Jammu and Kashmir, like the rest of India, implements the Juvenile Justice (Care and Protection of Children) Act, 2015, which provides the legal framework for the care, protection, and rehabilitation of CNCP. CCIs play a pivotal role in offering a nurturing environment where children can heal and thrive.

Mental Health: A Funda-

mental Aspect of Child Development

Mental health encompasses a child’s emotional, psychological, and social well-being. It affects how children think, feel, and behave, and influences their ability to:

- Build relationships
- Manage emotions
- Perform academically
- Overcome adversity

According to the UNICEF Report on Child Well-being (2023), nearly 14% of children worldwide experience mental health disorders. The prevalence is significantly higher among children facing poverty, violence, or displacement.

In Jammu and Kashmir, where political instability, poverty, and social disruptions have impacted family structures, children often experience trauma that can affect their mental health.

Role of Child Care Institutions (CCIs) in Promoting Mental Health and Development.

CCIs are mandated under the Juvenile Justice (Care and Protection of Children) Act, 2015 and Mission Vatsalya Scheme to provide comprehensive care, protection, and rehabilitation services to CNCP. Their role in promoting mental health and overall development can be outlined as follows:

- Psychosocial Support and Counseling Services
- One of the primary responsibilities of CCIs is to provide psychosocial support to children dealing with trauma and emotional distress. Trained counsellors and social workers are appointed to:
- Conduct individual and group counseling sessions
- Identify signs of mental health issues (anxiety, depression, PTSD)
- Provide trauma-informed care
- Refer children to mental

health professionals if needed

In Jammu and Kashmir, the Mission Vatsalya Scheme has played a crucial role in providing funding for mental health interventions within CCIs.

Safe and Nurturing Environment

Creating a nurturing environment is essential for promoting mental well-being. CCIs in Jammu and Kashmir are required to:

- Ensure child-friendly infrastructure
- Maintain hygienic and safe living spaces
- Implement zero-tolerance policies for abuse and neglect
- Foster trust and emotional security among children

According to the Department of Social Welfare, J&K (2024), the UT currently operates 55 CCIs, with 1,104 children residing across these institutions.

Education and Vocational Training

Education empowers children and improves their self-esteem and future prospects. CCIs collaborate with local schools and vocational training centres to:

- Enroll children in formal education
- Provide special coaching classes
- Offer vocational training in tailoring, carpentry, and computers(in a few CCSs)
- Conduct life skills training sessions
- Health Care Services
- Regular health check-ups, including mental health screenings, are essential for the early identification and treatment of psychological issues. CCIs in Jammu and Kashmir are required to:
- Conduct routine physical and mental health check-ups
- Collaborate with government health departments
- Provide access to psychiatrists and psychologists
- Recreational and Therapeu-

tic Activities

Engaging children in recreational activities contributes to their emotional healing. CCIs organize:

- Art and music therapy sessions
- Yoga and meditation classes
- Outdoor sports and games
- Group discussions and storytelling sessions

Such activities play a crucial role in reducing anxiety and fostering social bonds.

Challenges in Addressing Mental Health Needs in CCIs

Despite the crucial role of CCIs, several challenges hinder their ability to effectively address the mental health needs of CNCPs in Jammu and Kashmir:

- Shortage of trained mental health professionals
- Limited funding for mental health services

The stigma surrounding mental health issues

- High staff turnover rates due to low pay, lack of career advancement
- Inadequate infrastructure in some CCIs

According to the Kashmir Life Report (2025), only two CCIs in Jammu and Kashmir cater specifically to children with special needs, highlighting the need for more specialized care facilities.

Policy Framework and Government Initiatives

After the abrogation of Article 370 in 2019, the Juvenile Justice (Care and Protection of Children) Act, 2015 replaced the J&K Juvenile Justice Act, 2013 in the UT. This transition aligned the child protection laws of Jammu and Kashmir with national standards.

Key Government Initiatives:

- Mission vatsalya (2022)
- Main objective: comprehensive care, protection and rehabilitation of CNCP.
- Tele-MANAS (2023):
- MAIN OBJECTIVE: Tele-counseling for mental health

services

Specialised Adoption agencies (2024):

Main objective: Adoption services for orphans

Recommendations

To improve mental health services in CCIs, the following recommendations are proposed:

Capacity Building: Regular training programs for CCI staff on child psychology and trauma care.

Mental Health Specialists: Appointment of dedicated counsellors and psychologists in every CCI.

Community Partnerships: Collaboration with NGOs and mental health organizations.

Sensitization Campaigns: Awareness programs to reduce mental health stigma among children and staff.

Specialized Homes: Establishment of more CCIs catering to children with special needs.

Conclusion

Mental health is a cornerstone of holistic child development, particularly for vulnerable children residing in CCIs.

In Jammu and Kashmir, CCIs play a crucial role in rehabilitating CNCPs by offering care, protection, and psychosocial support. However, the effectiveness of these institutions is hampered by systemic challenges, including the lack of mental health professionals and inadequate infrastructure.

Strengthening mental health services, fostering community collaborations, and building staff capacities are vital steps towards ensuring the overall development of CNCP. With consistent government support and community involvement, CCIs can transform into safe havens where children not only recover from trauma but also thrive and realize their full potential.

The writer is the Superintendent CCI, Palaashshopian (Mission Vatsalya Government of J&K)

Month of Blessings and Forgiveness
A Time for Reflection and Renewal

LONE SHOWKAT
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‘May this Ramadan bring mercy, forgiveness, and peace into our lives’

As we enter the sacred month of Ramadan, Muslims around the world prepare for a period of spiritual reflection, self-discipline, and heightened devotion. This holy month, observed by fasting from dawn to sunset, is not merely about abstaining from food and drink; it is a time to purify the soul, seek forgiveness, and strengthen one’s connection with Allah.

Ramadan is often referred to as the “Month of Blessings” because it is believed to be a time when the gates of heaven are open, and the gates of hell are closed. It is a month filled with opportunities for spiritual growth, where every good deed is multiplied in reward. Muslims are encouraged to engage in acts of charity, recite the Quran, and perform extra prayers, especially the nightly Taraweeh prayers.

At the heart of Ramadan lies the concept of forgiveness. It is a time to let go of grudges, mend broken relationships, and seek pardon from both Allah and fellow human beings. The Prophet Muhammad (peace be upon him) emphasized the importance of forgiveness, stating that those who forgive others will be forgiven by Allah. This spirit of compassion and mercy is a cornerstone of Ramadan, reminding us of the values of

empathy and kindness.

Fasting during Ramadan is not just a physical act but a spiritual journey. It teaches self-control, patience, and gratitude. By experiencing hunger and thirst, we are reminded of the struggles of the less fortunate, fostering a sense of solidarity and prompting us to give generously to those in need. Ramadan is a month of reflection, devotion, and spiritual rejuvenation. Among its many virtues, Ramadan is celebrated as the month of forgiveness by Allah, offering believers an opportunity to seek redemption and purification of their souls. This divine mercy is beautifully encapsulated in the teachings of Prophet Muhammad (peace be upon him) through various Hadiths.

The Prophet Muhammad (peace be upon him) said, “Whoever fasts Ramadan out of faith and with the hope of reward, all his previous sins will be forgiven.” (Narrated by Abu Huraira, Sahih Bukhari). This Hadith underscores the profound forgiveness that accompanies sincere fasting during Ramadan. It highlights the importance of faith and intentionality in seeking forgiveness from Allah. Furthermore, the Prophet (peace be upon him) emphasized the value of prayers and good deeds during Ramadan. He said, “The five daily prayers, and from one Friday prayer to the next, and from one Ramadan to the next, are expiation for sins committed in between, so long as major sins are avoided.” (Narrated by Abu

Huraira, Sahih Muslim)

This Hadith illustrates how the regular observance of prayers, Friday congregational prayers, and fasting during Ramadan serve as a means of atonement for sins, provided one abstains from major transgressions.

Moreover, the Prophet Muhammad (peace be upon him) stated, “Whoever stands in prayer during Ramadan out of faith and with the hope of reward, all his previous sins will be forgiven.” (Narrated by Abu Huraira, Sahih Bukhari)

This narration reinforces the significance of engaging in extra prayers, such as Taraweeh and long Tahajjud prayers during the nights of Ramadan, with sincere faith and anticipation of divine reward.

The Prophet (peace be upon him) also emphasized the importance of seeking Laylat al-Qadr (the Night of Decree), saying, “Whoever stands in prayer on the Night of Decree out of faith and with the hope of reward, all his previous sins will be forgiven.” (Narrated by Abu Huraira, Sahih Bukhari)

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Laylat al-Qadr, as described in

the Quran, is a night of immense blessings and divine mercy, wherein sincere worship can lead to the forgiveness of past sins.

As Muslims strive to make the most of Ramadan’s spiritual opportunities, it is crucial to heed the Prophet’s teachings and engage passionately in acts of worship and repentance.

A touching Hadith narrated by Jabir ibn Samurah, the Prophet Muhammad (peace be upon him) relayed a solemn reminder for us about the consequences of neglecting Ramadan. He said, “Gabriel came to me and said, ‘Whoever reaches Ramadan and does not have his sins forgiven and so enters Hell, may Allah distance him! Say Aameen.’ So I said Aameen. ‘Whoever witnesses the prayer of his parents and one of them, and does not earn Paradise as a result, may Allah distance him! Say Aameen.’ So I said Aameen.” (Reported by Al-Tabarani)

This powerful Hadith serves as a wake-up call, urging believers to seize the opportunity of Ramadan for spiritual growth and forgiveness, lest they face regret in the Hereafter.

Additionally, angels supplicate for their forgiveness for us in Ramadan. Hadith notes that angels will supplicate for those who are fasting until they break their fast and also while they are partaking in the pre-dawn meal, Suhoor. This spiritual ambience, heightened by angelic intercession, underscores the profound

grace and mercy enveloping Ramadan.

In the narration by Abdullah bin Amr, Prophet Muhammad (peace be upon him) elucidates the profound intercession of fasting and the Quran for a believer on the Day of Judgment: “Fasting and the Quran will intercede for the servant on the Day of Judgment. Fasting will say, ‘O Lord, I prevented him from food and desires during the day, so allow me to intercede for him.’ And the Quran will say, ‘I prevented him from sleep at night, so allow me to intercede for him.’ Thus, they will intercede.”

This Hadith beautifully summarizes the dynamic role of fasting and engaging with the Quran during Ramadan, illustrating how these acts of devotion become advocates for the believer in the Hereafter. It is a time when hearts are softened, souls are purified, and forgiveness flows abundantly from the heavens, enveloping those who seek it with sincerity and devotion.

In conclusion, Ramadan stands as a sacred time for us to seek forgiveness and draw closer to Allah through fasting, prayers, and good deeds. It is a month brimming with divine mercy and opportunities for spiritual elevation. As believers embark on this blessed journey, let us heed the teachings of Prophet Muhammad (peace be upon him) and strive earnestly for forgiveness, redemption, and ultimately, Paradise.

Syed Taqwa Shah: A Beacon of Dedication, Wisdom, and the Relentless Pursuit of Excellence



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In a world where brilliance is often overshadowed by mediocrity, where complacency dulls the sharp edge of ambition, there emerge individuals who defy the ordinary and set new benchmarks of excellence. These individuals are not merely defined by their achievements but by the fire within them—a fire that fuels their relentless pursuit of knowledge, truth, and societal transformation. One such luminary is Syed Taqwa Shah—an educator, journalist, administrator, and reformist whose journey is a testament to perseverance, vision, and the indomitable human spirit.

Her story is not just about personal milestones; it is about the impact she creates, the minds she shapes, and the voices she amplifies. It is a saga of dedication, wisdom, and an unwavering commitment to making a difference in the world.

The Genesis of a Visionary: A Teacher's Calling

The noblest of professions are those that shape the future, and teaching stands tall among them. For

Syed Taqwa Shah, stepping into the realm of education in 2019 was not merely a career choice; it was a calling, a sacred duty that she embraced with both passion and responsibility. She did not perceive teaching as a profession confined to the walls of a classroom; rather, she saw it as a powerful means to shape young minds, nurture intellectual curiosity, and instill in her students a lifelong love for learning.

Unlike conventional educators who adhere rigidly to textbooks, Taqwa understood that true education lies beyond memorization—it thrives in critical thinking, in questioning norms, and in seeking knowledge beyond what is prescribed. She became a mentor, an inspiration, and a guide, ensuring that every student who came under her wing left not just with academic knowledge but with a vision for their future.

Her philosophy was simple yet profound:

"A teacher's duty is not to fill a mind with facts but to ignite it with ideas."

She believed in empowering students to think independently, to challenge the status quo, and to dream beyond societal limitations.

Beyond the Classroom: The Role of an Educational Reformer

While her influence in the classroom was undeniable, Taqwa knew that true educational transformation required change at a systemic level. This realization led her to take on the critical role of



UDISE (Unified District Information System for Education) In-Charge at the school level.

In this capacity, she was not just managing data; she was shaping policies, ensuring that decisions were informed by accurate insights, and striving for a more efficient, well-structured educational system. She took meticulous care in overseeing records, knowing that numbers on paper translated into real-world opportunities for students.

For her, education was not just about imparting knowledge but about reforming the system so that every child, regardless of background, had access to quality learn-

ing. She championed educational equity, advocating for the rights of students who were often left behind due to socio-economic barriers.

Her belief was unwavering: "Education is not a privilege for the few; it is a right for all."

Her dedication in this field earned her the respect of colleagues and students alike, establishing her as not just a teacher but a reformist who sought to bridge the gaps in the educational landscape.

A Journalist with a Purpose: The Voice of the People

Education, however, was just one dimension of Taqwa's vision. She knew that

true change could not be confined within the four walls of a classroom. Society needed voices—strong, fearless voices that could question, challenge, and bring awareness to issues that mattered. This realization propelled her into the world of journalism.

As a reporter for Kashmir Headlines, Taqwa did not chase sensationalism; she pursued truth. In an era where journalism is often diluted by superficial narratives, she chose to highlight stories that carried meaning—stories of students striving for education against all odds, teachers working beyond their call of duty, and communities struggling for progress.

Her reporting was not just about presenting facts; it was about giving a platform to the unheard, about holding power accountable, and about inspiring action. She believed that journalism had the potential to inform, influence, and ignite change, and she wielded her pen with purpose and conviction.

Her mantra as a journalist was clear:

"Journalism is not about telling people what they want to hear; it is about telling them what they need to know."

Through her work, she became a bridge between the people and the truth, ensuring that crucial issues found their way into public discourse.

The Philosophy of Hard Work and Smart Work

One of the defining traits

of Syed Taqwa Shah is her unwavering belief in the synergy of hard work and smart work. She recognizes that dedication and persistence are vital, but so is strategy, adaptability, and innovation.

She often shares this thought:

"If you work hard, you will succeed. But if you work smart, you will achieve greatness."

Taqwa does not believe in waiting for opportunities; she believes in creating them. Whether as a teacher, an administrator, or a journalist, she has consistently pushed boundaries, seeking not just to excel personally but to uplift those around her.

Her vision extends beyond individual success—she seeks collective empowerment, ensuring that everyone she interacts with is inspired to strive, achieve, and lead.

Beyond Academic Knowledge: The Call for Practical Action

In a world where degrees are often mistaken for success, Taqwa advocates a balanced approach—one that values education but equally emphasizes experience, action, and real-world application.

She firmly believes: "Degrees can open doors, but it is experience and action that will allow you to walk through them."

She encourages students and professionals alike to not just accumulate knowledge but to apply it, to not just aspire but to act, and to not just dream but to build. Her philosophy is rooted in

the belief that true success lies not in personal accolades but in the impact one leaves behind.

The Legacy of Dedication and Future Aspirations

As Syed Taqwa Shah continues to navigate her journey as an educator, a journalist, and a reformist, one thing remains certain—her mission is far from over. She is driven by a higher purpose, a commitment that goes beyond personal ambition and delves into the very fabric of societal change.

She is not just a teacher; she is a mentor who shapes the minds of the future.

She is not just a journalist; she is a voice for those who need to be heard.

She is not just a professional; she is an inspiration, a guiding light for countless individuals who aspire to make a difference.

Her story is not just a narrative of personal achievement; it is a blueprint for those who dare to dream, who refuse to settle, and who believe that their efforts can change the world.

In an era where many seek shortcuts to success, Syed Taqwa Shah stands as a symbol of relentless hard work, intelligent strategy, and unwavering dedication. Her name is not just a name—it is a legacy in the making.

And this is just the beginning.

(Note: Mohammad Arfat Wani, a passionate writer, poet, social activist, and medical student, hails from Kuchmulla Tral.

Changing lifestyles invite obesity



DR. SATYAWAN SAURABH

India has seen an alarming rise in obesity, with reports indicating that 24% of men and 25% of women are now overweight or obese. Worryingly, obesity among children aged 5-9 years has doubled in the last decade. Factors such as urbanization, dietary changes, sedentary habits, and environmental influences are fueling this trend. A comprehensive approach is needed to tackle this issue. The percentage of overweight and obese women increased from 20.6% to 24%, while for men it has increased from 18.9% to 22.9%. Moreover, obesity rates among children under 5 years of age have increased from 2.1% to 3.4%, and the trend is even worse among older children. The World Obesity Atlas 2022 estimates that by 2030, 10.81% of children aged 5-9 years and 6.23% of children aged 10-19 years will be obese. A study by The Lancet Regional Health Southeast Asia shows that about 40% of women and 12% of men in India suffer from abdominal obesity. Genetic factors contribute to the tendency to accumulate fat in the abdominal region, increasing the risk of metabolic disorders. While obesity is primarily an urban problem, it is increasingly affecting the rural population due to changes in lifestyle and dietary habits. Currently, 60% of deaths in India are caused by non-communicable diseases, which are further

Unhealthy eating habits, increased consumption of highly processed foods, refined sugars, and greasy fast food are major factors in rising obesity rates. The fast-food trend in Indian cities has particularly affected the urban middle-class population, resulting in increased obesity levels.

aggravated by obesity and an inactive lifestyle.

Unhealthy eating habits, increased consumption of highly processed foods, refined sugars, and greasy fast food are major factors in the rising rates of obesity. The fast-food trend in Indian cities has particularly affected the urban middle-class population, resulting in increased obesity levels. High prices of protein, dairy, and fruits cause many low-income families to turn to cheap, high-carbohydrate diets such as rice and wheat. The Public Distribution System (PDS) supplies mainly staple cereals, which lack nutrient-rich foods essential for a balanced diet. Sedentary office jobs, along with digital entertainment and long working hours, leave little time for physical activity, leading to weight gain. According to a study by Lancet

Global Health, 50% of Indians do not do enough physical activity, which is a significant factor in the obesity epidemic. Lack of awareness about nutrition and exercise leads to poor lifestyle choices, especially in the lower-income groups and rural areas. Many Indian families mistakenly assume being overweight is a sign of good health, thereby delaying necessary interventions for obesity. Aggressive marketing of processed foods, sugary beverages, and fast food greatly influences dietary choices, especially among children. Social media promotions and celebrity endorsements further promote junk food consumption among youth. The expansion of urban areas, along with the prevalence of digital entertainment and remote working, has led to a decline in overall physical activity levels. Traffic congestion and pollution prevent outdoor exercise, leading to a greater reliance on sedentary indoor activities. Lack of parks, playgrounds, and pedestrian-friendly areas makes it difficult to engage in physical activities such as walking and cycling. Poor urban planning and lack of cycling infrastructure complicate active commuting, leading to higher obesity rates. Additionally, pollution-related inflammation increases the risk of metabolic disorders, which can lead to weight gain. Research has shown a link between high pollution levels in Indian cities and the accumulation of visceral fat and an increase in obesity. The uncontrolled expansion of fast-food chains and processed food markets, especially in urban centers, has led to unhealthy options becoming more accessible than fresh produce.

Addressing obesity is an urgent priority. We should consider imposing higher taxes on sugary beverages and ultra-

processed foods while providing subsidies for healthier food choices. For example, Mexico's sugar tax resulted in a 12% reduction in soft drink consumption, indicating its effectiveness in tackling obesity. Additionally, it is essential to introduce mandatory physical education and nutrition education programs in schools and workplaces. Japan's 'Shokuiku' initiative has successfully reduced childhood obesity rates by emphasizing a balanced diet. Creating pedestrian-friendly streets, cycle paths, and safe public parks can encourage daily physical activity. The Netherlands' urban cycling approach has shown a reduction in obesity rates through active commuting. Clear food labeling on packaged goods is also important to help consumers make informed dietary decisions. Chile's front-of-pack warning labels on high-sugar and high-fat foods have successfully reduced junk food consumption among children.

National campaigns promoting balanced diets, regular exercise, and reduced sugar intake are important to changing consumer behavior. Initiatives such as the Fit India Movement and Eat Right India Abhiyaan aim to promote healthy lifestyle choices among the population. A healthy nation is indeed a prosperous nation. To effectively tackle obesity, we need a comprehensive strategy that strengthens public health policies, encourages nutritious eating, integrates physical education, and ensures that urban planning supports active living. Expanding initiatives such as the Poshan Abhiyaan and Eat Right India with community-driven, technology-enabled solutions will lead to lasting change.

Dr. Satyawan Saurabh is a Poet, freelance journalist and columnist, Radio and TV panelist.

Hukus Bukus: A Unique Kashmiri Cartoon Channel Bringing Education and Culture to Children



HT Sunday Special

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In a world where digital content for children is often dominated by global media giants, 'Hukus Bukus' has emerged as a refreshing and culturally rich addition to the realm of children's programming. This Kashmiri cartoon channel, inspired by the beloved traditional folk song of the same name, aims to educate, entertain, and inspire young audiences through vibrant animations and meaningful storytelling.

The channel's creators have designed 'Hukus Bukus' with a dual purpose: to provide engaging educational content and to foster an appreciation for Kashmiri culture among children. With videos primarily in Urdu and English, the channel ensures accessibility to a broad audience while staying rooted in its cultural essence. The use of characters like Abbas, Sakina, Saina, and Abdul adds a relatable and endearing element to the stories, making learning a delightful experience for kids.

'Hukus Bukus' offers a variety of content that touches on essential themes such as geography, mathematics, environmental awareness, and moral values. For instance, episodes like 'The Seven Continents' teach children about the world's geography in an engaging format, while others highlight critical

issues like water pollution and floods, encouraging young minds to think about the environment and sustainability.

What sets 'Hukus Bukus' apart is its commitment to cultural and ethical education. In a time when global content often overshadows local narratives, the channel's creators have made a conscious effort to weave Kashmiri identity into their programming. By incorporating traditional elements, such as the channel's name and references to local folklore, 'Hukus Bukus' not only entertains but also instills a sense of pride and connection to Kashmiri heritage in its young viewers.

Parents and educators have lauded the initiative for its wholesome approach to children's content. The colorful animations, coupled with the channel's focus on learning and cultural appreciation, provide a valuable alternative to mainstream programming.

As children increasingly turn to digital platforms for entertainment and learning, channels like 'Hukus Bukus' play a vital role in shaping the next generation. By combining education, culture, and fun, the creators of 'Hukus Bukus' are not just producing cartoons; they are nurturing informed, aware, and culturally connected individuals.

For parents seeking enriching content for their children, 'Hukus Bukus' is a channel worth exploring. It stands as a testament to the power of local narratives in a globalized world and underscores the importance of preserving cultural identity through creative mediums. With its delightful mix of education and tradition, 'Hukus Bukus' is lighting the way for children's programming in Kashmir and beyond.

CUKashmir hosts webinar to commemorate International Women’s Day

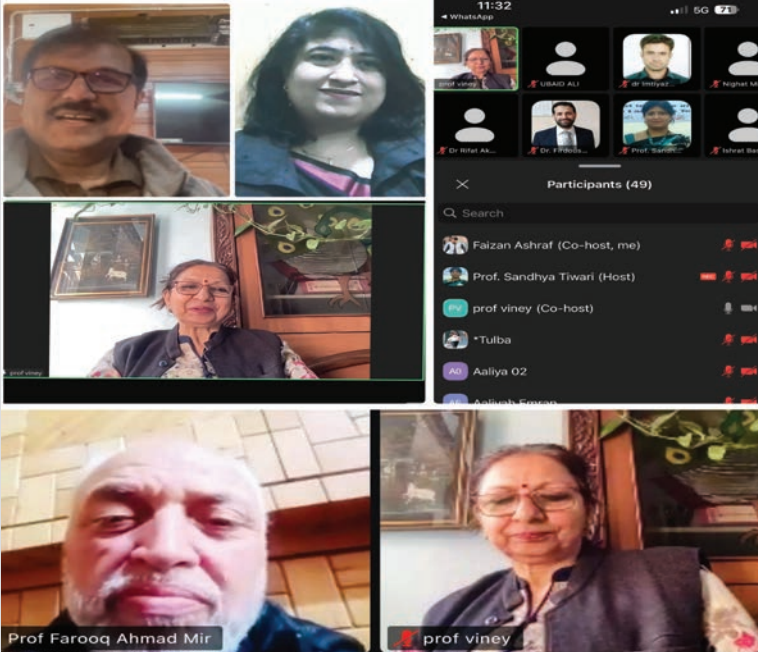
HT News Network

Ganderbal, Mar 8: The Internal Complaints Committee (ICC), Central University of Kashmir (CUKashmir) marked the culmination of International Women's Day-2025 celebrations with a thought-provoking webinar, bringing together distinguished academicians and administrators to celebrate the achievements and resilience of women across generations.

In his inaugural address, Vice Chancellor Prof. A Ravinder Nath paid rich tributes to the determined spirits of Sarojini Naidu, the 'Night-ingale of India,' who played a pivotal role in advocating for women's empowerment. Reflecting on her legacy, he said, "Sarojini Naidu defied societal norms and emerged as a strong voice for Indian women. At a time when women's voices were often subdued by rigid patriarchal structures, she stood tall, champion-

ing their rights and paving the way for their active participation in governance, politics, and social reform. Her leadership not only strengthened India's freedom struggle but also laid the foundation for the progress women have made today." Prof. Nath further emphasized that empowering women is not merely a responsibility but an absolute necessity for a just and progressive society. "With platforms like these, we continue to foster a dialogue that drives the momentum towards gender equality. The CUKashmir remains committed to nurturing women's academic and professional growth, encouraging them to lead and shape a more equitable future," he asserted. He urged participants to work collectively towards a society that upholds gender equality, economic independence, and broader representation for women in all spheres.

Deans of Schools, Heads of Departments, faculty members, research scholars and students were present



during the programme.

Eminent speaker, Prof. Viney Kapoor Mehra, former Vice Chancel-

lor of BRANLU, provided a historical perspective on International Women's Day, tracing the evolution of

women's roles from the Vedic era to the modern age. She highlighted how Indian women in the Vedic period enjoyed a status in society and actively contributed to intellectual and spiritual discourses. "Despite socio-political constraints during the medieval era, remarkable women such as Rani Lakshmbai emerged as symbols of resistance and leadership," she noted.

Prof. Mehra also celebrated the contributions of contemporary Indian women, recognizing their trailblazing achievements across diverse fields. "Women today are excelling in politics, science, entrepreneurship, and sports. From Indira Gandhi's strong political leadership to Kiran Mazumdar-Shaw's pioneering work in biotechnology, Kalpana Chawla's remarkable space exploration, and PV Sindhu's triumphs in sports, Indian women continue to shatter barriers and redefine success on a global scale." Acknowledging the contributions

of Kashmiri women, Prof. Mehra praised their resilience and their unwavering efforts in preserving the region's rich cultural heritage. "Kashmiri women have played an instrumental role in safeguarding the traditions, language, and artistic legacy of the Valley, ensuring that the cultural tapestry of Kashmir remains vibrant and intact."

Addressing the gathering, the event's Convenor, ICC Chairperson, and Dean of International Affairs, Prof. Sandhya Tiwari, underscored the significance of this year's theme—'For ALL Women and Girls: Rights. Equality. Empowerment.' She stressed the need for fostering safe and inclusive spaces for women, particularly in educational institutions and workplaces. "Such initiatives are instrumental in raising awareness and inspiring young women to take on leadership roles. At CUKashmir, we reaffirm our commitment to policies that promote women's education, safety,

اطلاع عام

هر خاص عام کو اطلاع دی جاتی ہے کہ مجھے ہوم سٹے بنام Alpine Glow home stay at Batakote Pahalgam کی رجسٹریشن محکمہ نورازم پھلگام مین کرانی مطلوب ہے کسی کو کوئی عذر ہو تو وہ سات یوم کے اندر اندر اسسٹنڈ ڈیرکٹر نورازم پھلگام کے دفتر میں پیش کرے بعد ازاں معاد کوئی عذر قبول نہیں ہوگا

المستہر

نسار احمد ملک ولد عبدل حمید ملک

سلاکنہ پتہ کوٹ پھلگام پھلگام

نمبر 8491052378

از دفتر نائب تحصیلدار پھلگام

عنوان درخواست مخائب محمد عباس کھانڑے ولد غلام احمد کھانڑے سائنہ مائل پھلگام نسبت اجرائی نیگ بیپر (وارث جائز) سرٹیفیکٹ

اشتہار بمراد آگاہی

ماملہ مندرجہ الصبر میں پٹواری سائے سے رپورٹ طلب کی گئی۔ مطابق رپورٹ پٹواری وڈو میتھر لکھنیت سائل کا والد غلام احمد کھانڑے سائنہ مائل پھلگام مورثہ..... کو فوت ہو چکا ہے موتی اپنے بچھلے مندر چڈیل وارثان جائز چھوڑ گیا رشتہ برادر موتی

1۔ راجہ پتو متی 65 سال //

2۔۔۔۔۔ محمد اقبال پسر 45 سال //

3۔۔۔۔۔ جاوید احمد 4 سال

4۔۔۔۔۔ محمد عباس 40 سال

5۔۔۔۔۔ غلام مچی الدین 38 سال

6۔۔۔۔۔ غلام بیگ احمد 35 سال

7۔۔۔۔۔ یاسمینہ بانو دختر 30 سال

اس طور کنیکٹ (7) افراد پر متعلق مطابق رپورٹ پٹواری مندرجہ وارثان جائز کے علاوہ وارثان جائز نہیں ہے سرٹیفیکٹ زیر بحث اجراء کرنے سے پہلے اگر کسی شخص یا اشخاص کو کوئی عذر یا اعتراض ہو وہ اپنا عذر یا اعتراض ساتھ دن کے اندر پیش کرے معاد گزرنے کے بعد کوئی عذر یا اعتراض قبول نہیں ہوگا

نائب تحصیلدار پھلگام

GOVERNMENT OF JAMMU & KASHMIR

OFFICE OF THE TEHSILDARK REERI

(Executive Magistrate 1st Class)

Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate.

PUBLIC NOTICE

The Registrar Births and Deaths (Block Development Officer Wagoora)/ chokedar hassubmitted case file pertaining to Birth of AAIRAH SAJAD S/O SAJAD AHMAD BHAT R/O PUTKHA MUQAM Tehsil KHOIE Distt. Baramulla having verified the date of Birth as 28/10 /2017; and event has been shown to be occurred at SDH KREERI for issuance of delay order .In this connection . if anyone have any objection to the issuance of delay order of Birth certificate shall present his/her claim this office within 07 days, after that no objection shall be entertained

Executive Magistrate

1st Class KREERI

PUBLIC NOTICE

My sons name has been wrongly written as ADNAN TARIQ in his adhar card while his correct name is TALIB AHMAD HAJAM which needs to be corrected if anybody having any objection in this regard he/she may file his/her objection in the office of BDO WAGOORA /Tehsil office WAGOORA within seven days from the publication of this notice after that no objection will be entertained.

NAME.....TARIQ AHMAD AHMAD HAJAM.
F/O TALIB AHMAD HAJAM
BLOCK WAGOORA

GOVT OT JAMMU & KASHMIR

OFFICE OF THE EXECUIVE ENGINEER FLOOD SPLIT
CHANNET DIVISTON NARBAL

Corrigendum

e-NIT No. 23 ot 2024'25 Dated: 05I03I2025'

Please read the vehicle use in the office channel Division Narbal instead of Technical officer Chief Engineer, Kashmir I&FC Department Srinagar" However, all other terms & conditions shall remain unchanged" sd/-

DIPK-12809/24
Date: Mar 8 2025

Executive Engineer,
Flood Spill Channel
Division, Narbal.

GOVERNMENT OF JAMMU & KASHMIR

OFFICE OF THE TEHSILDARK REERI

(Executive Magistrate 1st Class)

Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate.

PUBLIC NOTICE

The Registrar Births and Deaths (Block Development Officer Wagoora)/ chokedar hassubmitted case file pertaining to Birth of ZANAIB MAJEED S/O ABDUL MAJEED BHAT R/OTAKIYA TAPPER Tehsil PATTAN Distt. Baramulla having verified the date of Birth as 06/08 /2021; and event has been shown to be occurred at SDH KREERI for issuance of delay order .In this connection . if anyone have any objection to the issuance of delay order of Birth certificate shall present his/her claim this office within 07 days, after that no objection shall be entertained.

Executive Magistrate

1st Class KREERI

GOVERNMENT OF JAMMU & KASHMIR

OFFICE OF THE TEHSILDARK REERI

(Executive Magistrate 1st Class)

Subject: Grant of registration of the proposed travel unit under the name and style " Kashmir in our eyes Tour & Travel." Situated at Saيدا-kadal Nigean Road Srinagar.

PUBLIC NOTICE

Where I Gulam Hussain S/o: Gulam Mohammad Kand R/o:Mehru park kand Mohallah Srinagar.Intends to apply in the Department of Tourism for registration of my proposed travel unit under Name and style "Kashmir in our eyes" Tour & Travel. " Situated at Saيدا-kadal Nigean Road Srinagar under Tourist trade Act 1978/82/2011-12.

Whereas I will, submit State Subject/Domocile Certificate,Qualification Certificate, Pan Card,Experience Certificate (Minimum of 5 years),Character Certificate (Police Department) Bank Statement (Minimum Balance 10,000),Site plan,Affidavit,Rent deed duly attested by Sub-Registrar,Printing Material (letter Head/visiting Card),photographs of the unit (Indoor and Outdoor) and Two passport size photograph to the Department of Tourism as per prescribed checklist prior to Registration of my unit as an Excursion Agency.

Now as per J&K Registration of Tourism Trade Act 1978/82/2011-12.before my case is processed for registration by the competent Authority the notice is nearby notified for information of the General public/Financials Institutions Bank/ Organization,etc for objection.if any and the same should reach to the Deputy Director Tourism Registration (email id: ddtreg123@gmail.com)within a period of 7 days from the publication of this Notice in leading local newspaper of the valley.No objection beyond a period of 7 days shall be entertained.

GOVERNMENT OF JAMMU & KASHMIR

OFFICE OF THE TEHSILDARK REERI

(Executive Magistrate 1st Class)

Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate.

PUBLIC NOTICE

The Registrar Births and Deaths (Block Development Officer Wagoora)/ chokedar hassubmitted case file pertaining to Birth of AMAAN MOHI UD DIN S/O GHULAM MOHI UD DIN BHAT R/O HAIL Tehsil KREERI Distt. Baramulla having verified the date of Birth as 19/04 /2015 ; and event has been shown to be occurred at HOME for issuance of delay order .In this connection . if anyone have any objection to the issuance of delay order of Birth certificate shall present his/her claim this office within 07 days, after that no objection shall be entertained

Executive Magistrate

1st Class KREERI

PUBLIC NOTICE

My daughter's name has been wrongly written as NIGHAT ALTAF in her adhar card while her correct name is NABIYAT ALTAF which needs to be corrected if anybody having any objection in this regard he/she may file his/her objection in the office of BDO WAGOORA /Tehsil office WAGOORA within seven days from the publication of this notice after that no objection will be entertained.

NAME.....ALTAF HUSSAIN WANI
F/O NABIYAT ALTAF
BLOCK WAGOORA

Public Notice

My daughter's parentage has been wrongly written as AZRA JAN D/O MOHAMMAD ASSADULLAH MIR in her school record while her correct parentage is AZRA JAN D/O MOHD ASSADULLAH MIR which needs to be corrected if anybody having any objection in this regard he/ she may file his/her objection in the office HANFIA MODEL HIGHER SECONDARY SCHOOL KREERI within seven days from the publication of this notice after that no objection will be entertained.

NAME.....MOHD ASSADULLAH MIR
F/O AZRA JAN
R/O Tilagam pattan
ZONE ...WAGOORA

Project Zimadari 2.0 : Two day Training Program held at Dragmulla.



HT News Network

Srinagar, March 8, 2025: Two day traning Program was successfully concluded at Dragmulla today. A two-day training program for mathematics, held under Project Zimadari 2.0 in collaboration with PRATHAM, in the Drugmulla zone. This initiative aimed to equip

primary-level mathematics teachers with effective techniques and activities aligned with PRATHAM's educational framework, as directed by the District Administration, the Chief Education Officer of Kupwara, and the Principal of DIET Kupwara. Throughout the training, the Resource Persons for Mathematics engaged participants thoroughly, ensuring a comprehensive understanding of the

program. The event concluded on a positive note, with several teachers sharing their insights and reflections. We extend our heartfelt gratitude to all participating teachers, both male and female, as well as the Principal and Block Resource Persons, whose dedication made this program a success. We are optimistic that the tools and techniques introduced will be effectively implemented in class.

GOVERNMENT OF JAMMU & KASHMIR

OFFICE OF THE EXECUTIVE ENGINEER, MECHANICAL IRRIGATION DIVISION SRINAGAR NEAR J&K BANK,(Zaldagar)

Gist of Short-Term e-NIT No.27 OF 2024-25, Dated:07-03-2025

For and on behalf of Lt. Governor of UT of J&K, Executive Engineer, Mechanical Irrigation Division, Srinagar, invites e- tenders on item rate basis by e-tendering mode for:-

S No	Particulars of the work	Tender fee (In Rs.)	Estimated Cost "Rs" in Lacs	EMD Amount	50 % Exemption Allowed for SSI/MSE	Completion Period	Class/ Registration Type (Qualification criteria)
1	2	3	4	4	5	6	7
1	Providing, Installing, Testing and Commissioning of CCTV surveillance camera system at the LIS Lethpora Stage-II.	100.00	0.52	2% of Estimated cost	Yes	07 days	Registered firms/SSI Unit Holders/ other firms having relevant experience.

The bidding process shall be completed online in two covers viz. Cover '1st' consisting of Tender Document fee, EMD in the form of CDR/FDR, Pre-qualification. Cover '2nd' shall consist of Financial Bid in the prescribed BOQ.

The critical dates are as tabulated below:-

i	Publish Date	07-03-2025 at 1600 hrs
ii	Document Download/sale start Date	07-03-2025 from 1600 hrs
iii	Clarification start date	N.A
iv	Bid submission start date	07-03-2025 from 1600 hrs
v	Clarification end date	N.A
vi	Bid submission/ Document Download/sale end date	14-03-2025 upto 1400 hrs
vii	Date and time of Bid opening	15-03-2025 at 1230 hrs

The bid uploaded on the website up to due date and time will be opened on scheduled date /time or any other date convenient to the tender opening authority in the office of the Executive Engineer, Mechanical Irrigation Division, Zaldagar Srinagar. All other terms and conditions shall remain same as laid down in PWD Form No. 25 & 33.

Position of funds	Budgetary Provisions
Position of AAA	Accorded under order No. 43-MCO DF 2023-24 Dated: - 30-03-2024
Position of Technical sanction	Sanctioned vide No. 107 of 2024-25 respectively

DIPK-12780/24
Date: 08 March, 2025

Sd/
Executive Engineer,
Mechanical Irrigation Division,
Srinagar

J&K Judicial Academy organizes One Day Refresher programme on 'Digitization'

Programme designed to impart practical knowledge, give hands-on experience on crucial digital tools and systems integral to judicial functioning

■ HT News Network

SRINAGAR, MARCH 08: J&K Judicial Academy Saturday organized a one day Refresher Programme on 'Digitization' for High Court Bench Secretaries, Digitization officials, Staff and Readers of Srinagar Wing at J&K Judicial Academy, Moominabad, Srinagar.

The programme was organized under the patronage of Justice Tashi Rabstan, Hon'ble The Chief Justice, High Court of Jammu & Kashmir and Ladakh (Patron-in-Chief, J&K Judicial Academy), guidance of Chairperson, Governing Committee

for J&K Judicial Academy and members of Governing Committee for J&K Judicial Academy.

The refresher programme was designed to impart practical knowledge and give hands-on experience on crucial digital tools and systems integral to judicial functioning.

The first technical session was headed by Fayaz Ahmed Qureshi (CPC) who gave an overview of eCourts functioning and various future upgrades that are in offing to make the system more feature rich, robust and user friendly.

He also said in his address that the biggest task right now is to unlearn how things were



done in the past and how the new system can be implemented while minimizing the possible resistance from the stake-

holders. He also emphasized on the importance of transitioning to a paperless court systems which would immensely help

the environmental cause as well. Qureshi put before the audience the vision and the phases which the current

eCourt system is transitioning to and where we are heading in the next four years. He also briefly touched the topics of digital divide, capacity building, etc. while answering the queries from the audience. Tajamul Hussain (Developer) gave a practical demonstration and explained the concept of CIS 1.0. He covered the various aspects of CIS 1.0, including Filing & Registration of Cases, Caveat/ Document Filing, Case Proceeding, e-Court services. He also gave a hands-on demonstration of various concepts regarding issuing of certified copies. Uzair Nazir (Senior System Officer) delved into the Document Man-

agement System, covering its advantages and operational framework. He elaborated that as DMS forms the backbone of digital documentation, understanding its workflow is pivotal to streamlining case file management and promoting paperless courts. The third session was jointly conducted by Fayaz Ahmed Qureshi (CPC), Wasim Hyder Khan (Sr. Technical Officer), Uzair Nazir (Senior System Officer) and Tajamul Hussain (Developer). They focused on the practical application of video conferencing platform, Zoom. They also focused on the fact that these tools.

Distt admin Kulgam celebrates 'Int'l Women's Day' with great enthusiasm

■ Farooq Rather

KULGAM, MARCH 08: The District Administration Kulgam, in collaboration with the Social Welfare Department, hosted a vibrant celebration to commemorate 'International Women's Day.'

The event featured an impressive lineup of activities highlighting women's achievements and entrepreneurship in the district.

Deputy Commissioner (DC) Kulgam, Athar Aamir Khan, who was the chief guest, graced the occasion and led the administration in putting together this meaningful celebration here at the conference hall.

A highlight of the event was an interactive session with special invitees including women from all walks of life including administration, entrepreneurs, professionals and working class.

The event also featured a diverse exhibit featuring painting competition by school children, women entre-



preneurs displaying their crafts, products and business activities by Sankalp Women's Hub Kulgam.

"This celebration reflects our commitment to women's empowerment and recognition of their invaluable contributions to our society and economy," said the Deputy Commissioner during the event.

He also highlighted endeavors of administration which have been taken to promote women empowerment.

The International Women's Day celebration served as a platform to recognize women's achievements and promote gender equality in the district.

Grand event held to commemorate 'International Women's Day-2025' at Ganderbal

■ HT News Network

GANDERBAL, MARCH 08: The Department of Sankalp Hub for Empowerment of Women, Mission Shakti Ganderbal, celebrated International Women's Day (IWD) with a grand event held at the auditorium of Government Boys Higher Secondary School (GBHSS) Duderhama, Ganderbal.

Deputy Commissioner (DC) Ganderbal, Jatin Kishore, presided over the event and emphasized the need to achieve gender equality and raise awareness about women's rights. He highlighted the government's commitment to women empowerment, ensuring equal opportunities for women through various women-centric initiatives.

The DC stressed that real



empowerment comes with a change in societal attitudes towards women. He urged collective efforts from all sections of society to create an environment where women can thrive in all aspects of life.

District Mission Coordinator of Sankalp Hub also spoke on the occasion emphasizing the pivotal role of women in societal development.

As a mark of recognition

and encouragement, the DC felicitated outstanding female achievers, including NEET qualifiers and meritorious students from the 10th, 11th, and 12th grades, applauding their academic excellence. Women entrepreneurs who have made significant strides in their respective fields were also honored.

The event served as a platform to acknowledge the contributions of wom-

en across diverse sectors, reinforcing the district's dedication to fostering gender equality and celebrating women's achievements.

The program witnessed the participation of key officials, including the District Programme Officer, Chief Education Officer, District Social Welfare Officer, ICDS workers, ASHAs, and other stakeholders committed to women's empowerment.

Sand Labourers Protest in Latribal, Pampore

■ HT News Network

Pampore, March 08: A group of sand labourers in Latribal, Pampore, staged a protest against a political leader from a prominent party in the Union Territory, accusing him of creating obstacles in their employment. The protesting workers alleged that the leader's interference in their work has made it difficult for them to earn their livelihood.

The labourers also claimed that the politician has been meeting workers alone and harassing them. Holding banners and shouting slogans, the protesters demanded immediate intervention from the provincial leadership of the Bharatiya Janata Party (BJP) to address their concerns.

One of the protesting workers said, "We are struggling to make ends meet, but this leader is making our situation worse. We request the higher authorities to step in and put an end to this harassment."

The demonstrators warned of intensifying their protest if their grievances were not addressed. Meanwhile, there has been no response from the accused leader or his party regarding these allegations.

International Women's Day: Seminar on Women Empowerment organised at GDC Frisal

■ Farooq Rather

KULGAM, MARCH 08: A seminar on Women Empowerment today organised by the Government Degree College (GDC) Frisal to celebrate International women's day. Chanchal Singh, Dy.SP operation police Component Hatipora was the chief guest in the seminar. The seminar began with a welcome/Introductory address by the Principal of the College Dr. Ishtiyak Ahmad Shah. He emphasised the role of women in the development of society from ancient times to modern era. The chief guest spoke at length on gender equality and eradication of gender bias.

Prof. Sana of Deptt. of BBA GDC Kulgam put on the table the contribution of women for the Society. Associate prof. Zoology GDC Kulgam, Dr. Shaista Masrat deliberated on the theme and emphasised the audience about the importance of the day.

Dr. Muzifar Yousuf (H.O.D English), Prof Mehnaza Jan (H.O.D.Economics) also deliberated on the theme. Students of the college actively participated in the seminar and spoke on the given theme. A jury team evaluated their speeches and finally judged the first three positions.

Among the students, Insha Gulzar (1st Sem) secured the 1st position, Mohsina Manzoor (6th Sem) bagged 2nd position and Misbah Ashraf (1st Sem) secured the 3rd

International Women's Day celebrated under the theme 'Accelerate Action' at Baramulla

■ HT News Network

BARAMULLA, MARCH 08: International Women's Day was celebrated today at Dak Bungalow Baramulla under the theme 'Accelerate Action.' The event was organized by the Department of Social Welfare and witnessed the participation of senior officials and stakeholders committed to promoting gender equality and women's empowerment. Deputy Inspector General of Police, North Kashmir Range, Maqsood ul Zaman; Superintendent of Police Sopore, Divya Dev; Additional Deputy Commissioner Baramulla, Dr Zahoor Ahmad Raina; Joint Director Planning Baramulla, Javed Ahmad; President Bar Association Baramulla, Nilofar; District Social Welfare Officer, Sajad Ahmad Bhat and



other concerned officers attended the event.

DIG North Kashmir, in his address, highlighted the urgency of advancing gender equality and strengthening women's empowerment across all sectors. He stressed the need to cultivate an environment where women have equal access to opportunities and resources, enabling them to excel and lead.

Acknowledging the significant contributions of women in

various fields, the DIG emphasized the importance of education, capacity building, and leadership roles in driving lasting progress. He called for united efforts from all sectors of society to eliminate obstacles and create a culture of fairness, respect and empowerment for women.

Speakers, including SP Sopore, emphasized the need to accelerate efforts toward gender equality and women's empowerment.

District Hospital Bandipora Celebrates Women's Day, Distributes Quran Sharif Among Staff

■ HT News Network

Bandipora, March 8: In a heartfelt celebration of International Women's Day, District Hospital Bandipora honored the dedication and hard work of its female staff. The event, led by Medical Superintendent Dr. Masrat Iqbal Wani, was a tribute to the invaluable contributions of women in the healthcare sector. Speaking on the occasion, Dr. Masrat Iqbal Wani praised the relentless efforts of the female staff members who play a crucial role in patient care and hospital management. "Women are the backbone of our healthcare system, and their dedication ensures quality treatment for all. Today, we express our gratitude and appreciation for their selfless service," he remarked. As a gesture of recognition, copies of the Holy



Quran Sharif were distributed among the staff members, symbolizing respect, spirituality, and encouragement for their continued service. The event witnessed enthusiastic participation from hospital employees, who expressed their gratitude for the recognition. They reiterated their commitment to serving the community with even greater dedication. The celebration at District Hospital Bandipora not only highlighted the role of women in healthcare but also reinforced the message of empowerment, respect, and spiritual well-being.

Handwara's First-Ever Modern Marriage Hall Nears Completion, Set to Open by April 2025

■ DR.AB QAYOOM

Handwara, Mar, 08: Handwara set to witness a major infrastructural milestone with the completion of its first-ever modern marriage hall, a long-awaited facility that is expected to significantly benefit the local population. The state-of-the-art hall, equipped with modern amenities, is slated for completion by March-April 2025 under the FC Grants for North Kashmir. The project, which began in March 2023, comes at a total cost of 3.31 crore, with an initial allotment of 1.61 crore. The construction is being carried out by the R&B Division Handwara, which has worked diligently to ensure the project meets its timeline and quality standards. This marriage hall is the first of its kind in North Kashmir, with the capacity to accommodate 3,000 people at a time. The initiative has been widely appreciated by the people of Handwara, who have lauded the efforts of Exn R&B Division Handwara, Farooq Ahmad



Shah, and his dedicated team for executing this much-needed project. Expressing his commitment to the public, Farooq Ahmad Shah stated, "This is a historic project for Handwara, and we are proud to deliver a facility that will serve the community for years to come. Our team, under the guidance of the Chief Engineer and the Deputy Commissioner Kupwara, has worked tire-

lessly to ensure this project is completed on time." As the project nears completion, the next phase will focus on essential infrastructure enhancements, including, Road connectivity to ensure smooth access to the facility. Fencing and parking facilities for better security and convenience. Beautification and night street lights to enhance the overall aesthetics and usability of the hall. Shah also took the opportunity to thank his team, particularly AEE Mohd Hussain, JE Mushtaq Ahmad, and others for their dedication in bringing this project to fruition. Calling upon the people of Handwara to actively participate in addressing civic issues, Farooq Ahmad Shah assured that his office and residence remain open 24x7 for public grievances, especially regarding road connectivity and other basic infrastructure needs in the region. With its completion in sight, the Handwara Marriage Hall is set to become a key social infrastructure asset, fulfilling a long-standing demand of the people and enhancing the town's capacity to host large community gatherings.

DC inspects sanitation, beautification works in Rajouri Town

■ HT News Network

RAJOURI, MARCH 08: Deputy Commissioner Abhishek Sharma today conducted an extensive tour of the Rajouri town, reviewing key infrastructure and sanitation projects aimed at enhancing civic amenities.

During the visit to Old Girls Higher Secondary School, the DC directed the concerned authorities to plan for utilization of the building. He emphasized the need to provide students with improved facilities to foster academic and extracurricular excellence.

Further, the Deputy Commissioner undertook a review of sanitation measures in the town. He instructed Civic Authorities to install screens along



Abdullah Bridge to prevent indiscriminate disposal of garbage into the river, ensuring environmental conservation and cleanliness.

The DC also inspected the ongoing repair work on Abdullah Pedestrian Bridge. To beautify and promote awareness about govern-

ment schemes, he ordered the painting of walls adjacent to the Nursing College and Boys Higher Secondary School (BHSS). These walls will showcase key welfare schemes of the government departments for public information.

In a significant urban development initiative, the

DC directed the establishment of a dedicated Rehri Zone alongside the river near Abdullah Bridge to streamline street vending and prevent traffic congestion in the area.

Additionally, as part of the ongoing Swachh Bharat Mission, the Deputy Commissioner emphasized the involvement of college and Higher Secondary School (HSS) students, along with Self-Help Group (SHG) members, as Brand Ambassadors of Swachhta to promote cleanliness and hygiene across the district.

Accompanying the DC during the visit were Chief Planning Officer (CPO), Maqsood Ahmed; Executive Officer (EO) Municipality, Yousuf ul Umar and other district and sectoral officers.

District Level Standing Committee reviews Border Security scenario in Poonch District

DC seeks focus on safety, welfare of LoC Community

■ HT News Network

POONCH, MARCH 08: Deputy Commissioner Vikas Kundal today chaired a meeting of the District Level Standing Committee (DLSC) on border security.

The meeting discussed the measures for enhancing community welfare and safety of people in areas adjacent to the Line of Control (LoC).

Addressing critical security concerns, the DC reviewed the progress of essential measures, including the construction of bunkers for enhanced public safety. Updates from Army officials underscored ongoing efforts to maintain peace and stability in the



region, reinforcing the commitment to safeguarding local communities.

The Deputy Commissioner asked law enforcement agencies, including the Police and Border Security

Force (BSF), to intensify their efforts against drug trafficking and other pressing social issues. He highlighted the importance of inter-agency collaboration to tackle these challenges effectively.

Additionally, the Deputy Commissioner conveyed to the Army Officers the importance of enhancing security measures at the BG Tunnel construction site, RTS Road Parnae Project etc to ensure the safety and efficiency of the ongoing work.

The meeting was attended by key officials including the Additional Deputy Commissioner Poonch, Additional Superintendent of Police, Assistant Commissioner Development, Chief Medical Officer, Tehsildars, Executive Engineers from PWD, Jal Shakti, JPDCL, REW, as well as representatives from the Indian Army, BSF, Police besides others.

JPDCL plans augmentation of Receiving Stations ahead of Summer Season

■ HT News Network

JAMMU, MARCH 08: In a crucial meeting held today, the Managing Director Jammu Power Development Corporation Limited (JPDCL) Yasin M. Choudhary emphasized the importance of proactive measures to ensure uninterrupted power supply during the upcoming summer season.

It was discussed and decided during the meeting to proceed with the urgent augmentation of Receiving Stations which include Flatta Jib, Stainee and Dima in Udhampur, Arnas and Dharmari in Reasi, Paharpur in Kathua, Ramgarh in Samba, Babilana, Khour, Lahorchack and Badrot in Jammu. These improvements are

aimed at enhancing the overall capacity and efficiency of the Power infrastructure in these areas in view of the commissioning of these Receiving Stations under New JJM Schemes. During the meeting, the MD directed the concerned officers and staff to remain available 24x7 to swiftly address any grievances or issues that may arise during the summers. The corporation is committed to ensuring smooth power distribution and resolving concerns promptly, keeping in mind the increased demand for electricity as temperatures rise.

JPDCL is taking a series of precautionary steps to upgrade infrastructure, enhance maintenance schedules, and bolster response teams across regions to minimize disruptions.

ruptions.

Mr. Choudhary urged all departments to work collaboratively to avoid any power-related issues and stressed the significance of customer service during this high-demand period.

The initiative will also include increased awareness campaigns for consumers on power conservation measures and safe electricity usage, especially during peak hours. JPDCL remains dedicated to providing uninterrupted service to the residents of Jammu Province during the summer of 2025. JPDCL is taking a series of precautionary steps to upgrade infrastructure, enhance maintenance schedules, and bolster response teams across regions to minimize disruptions.

JKAACL celebrates International Women's Day with Multilingual Mahila Kavi Ghoshthi

■ HT News Network

JAMMU, MARCH 08: The Jammu and Kashmir Academy of Art, Culture and Languages (JKAACL) today celebrated International Women's Day by organizing a Multilingual Mahila Kavi Ghoshthi at K.L. Saigal Hall, Jammu. The event was a tribute to the literary contributions of women poets and writers across multiple languages, reflecting their creative prowess and intellectual depth. The presidium for the occasion was shared by eminent literary figures including Sunita Bhadwal, Dogri Poet and Writer, Anila Singh Chark, Hindi Poet and Writer and Santosh Shah Nadan renowned Kashmiri Poetess.

The event was graced by the presence of the Chief Guest Secretary, JKAACL, Harvinder Kour. In her address, she emphasized that



women are inherently empowered as they possess strong decision-making abilities. However, she highlighted the need to overcome existing challenges, particularly the persistent gender discrimination that still exists in society. She urged collective efforts to bridge the gap and ensure equal opportunities for both girls and boys.

Divisional Head, JKAACL, Jammu, Dr. Javaid Rahi welcomed the esteemed guests and audience on behalf of the Academy. In his remarks, he acknowledged the

invaluable contributions of women in literature and also expressed gratitude for the role of women in shaping his own life.

The event saw the participation of accomplished poetesses who presented their poetry in different languages, making the occasion a true celebration of linguistic diversity. The poets included Sunita Bhadwal, Promila Manhas, Neelam Verma, Kiran Kanchan, Saroj Bala, Dr. Savtentera Mehra, and Neha Devi (Dogri); Anila Singh Chark, Shivani Anand, Amita Mehta, Sonia

Upadhyay, Suman Sharma and Sanyogita Sharma (Hindi); Dr. Snobar, Amarjit Kour Neer Kusum (Punjabi); Santosh Shah Nadan, Kusum Dhar (Sharda), Rajni Bahar and Dolly Tickoo (Kashmiri); Dr. Shehnaz Qadri, Fouzia Mughal, Shama Bhalessi, Geetika Kohli (Urdu); Saima Qazi and Jabeena Mughal (Pahari); Naseem Akhter and Saleem Akhter (Gojri).

The event concluded with a heartfelt vote of thanks presented by Reeta Khadyal, Editor, Dogri, JKAACL, who expressed gratitude to all the poets, guests, and attendees for making the celebration a grand success.

The Mahila Kavi Ghoshthi served as a platform to honor and celebrate the creative brilliance of women poets, furthering the mission of JKAACL to promote and preserve the rich cultural heritage of Jammu and Kashmir.

MP Jugal Kishore initiates Parikrama Yatra at Katra

Says spiritual event will boost Development, Tourism in district Reasi

■ HT News Network

JREASI, MARCH 08: Member of Parliament Jugal Kishore Sharma today initiated the 108-kilometer Parikrama Yatra of Trikuta Parbat. District Development Council Chairman Saraf Singh Nag, MLA Reasi Kuldeep Raj Dubey, MLA Shri Mata Vaishno Devi Baldev Raj Sharma were also present at the Parikrama Yatra which commenced with a Shubharambh Puja at Bhumika Mandir Katra at 7:30 am. The spiritual journey aims at connecting the religious and historical sites around the Shri Mata Vaishno Devi Shrine and Trikuta Parbat. The event witnessed par-



ticipation from the prominent leaders, DDC members, key officials including ADDC Reasi Sukhdev Samyal, SSP Reasi Paramvir Singh, Tehsildar Reasi, AD Tourism, XENs and others.

The Parikrama Yatra, which follows a meticulously planned route

covering key religious sites, began from Bhumika Mandir and proceeded to Reasi to visit revered Kalika ji Mandir at 9:00 AM. The procession then continued through Chiralakote, Tote, Devigarh, Sukhalgati, and Panthal before culminating back at Bhumika Man-

dir, completing the Parikrama of Trikuta Parbat at 8:00 PM.

During the launch, the MP emphasized the spiritual significance of the Yatra, stating, "We are starting this Yatra at the foot of Maa Vaishno Devi at Bhumika Mandir with the aim of respecting the religious and spiritual sentiments of the people connected to Shri Mata Vaishno Devi Shrine and Trikuta Parbat. This Yatra will also help connect many unhighlighted religious and historical places around the shrine."

Sharma further highlighted that the initiative aims to promote holistic regional development, particularly in backward villages along the route.

DC Ganderbal distributes Solar lighting units among Weavers under NHDP

■ HT News Network

GANDERBAL, MARCH 08: Deputy Commissioner (DC) Ganderbal, Jatin Kishore, distributed lighting units among the weavers of Ganderbal during a special program held at the Auditorium of Degree College, Ganderbal. The initiative, implemented in Outside Cluster Development Program (OCDP) under the National Handloom Development Program (NHDP), was organized by Weavers Service Centre, Office of Development Commissioner for Handlooms, Ministry of Textiles, Government of India, Srinagar in collaboration with the office of Assistant Director, Handloom Development Department, Ganderbal.

Speaking on the occasion, the DC termed the initiative as a significant step. Units were handed over to 139 beneficiaries of District Ganderbal. Weaver community of the district was also briefed about the



various other schemes being implemented by the Central as well as the State department for the upliftment of Handloom sector in the area during the program. District Ganderbal. Weaver community of the district was also briefed about the various other schemes being implemented by the Central as well as the State department for the upliftment of Handloom sector in the area during the program.

'International Women's Day' celebrated at Anantnag

■ HT News Network

Jammu, Mar 07 (KNO): The Jammu and Kashmir government on Friday said it made a significant progress in skill development and employment generation under the Pradhan Mantri Kaushal Vikas Yojana (PMKVY) 4.0 and the PM Vishwakarma Scheme, benefiting thousands of youth, women, and artisans across the Union Territory.

In a written reply to a query raised by MLA Irshad Rasool Kar, the government, as per the news agency—Kashmir News Observer (KNO), states that under PMKVY 4.0, a flagship skill development initiative aimed at enhancing employability, a total of 14,466 benefi-

ciaries were trained and certified through National Skill Development Corporation (NSDC) Centres in the financial year 2023-24.

Around 8,775 (60%) were women, 4% belonged to the Scheduled Caste (SC) community, 4% were from the Other Backward Classes (OBC), and 1.3% were from the Scheduled Tribe (ST) community.

Similarly, in the ongoing financial year 2024-25, the government has already trained 60,768 beneficiaries under PMKVY 4.0, marking a significant increase in participation, of which, 42,721 (70%) women beneficiaries, 2.7% SC, 2.2% OBC, and 1.3% ST were benefited.

Under PM Vishwakarma Scheme—boost for traditional artisans and craftsmen,



launched in September 2023 for a period of five years, the government said, that since its launch, a total of 1,18,296 artisans and craftsmen across 20

trades have received skill training in Jammu & Kashmir.

The MSME Ministry also distributed 14,691 toolkits to eligible beneficiaries, enabling

them to improve the quality of their products and enhance market competitiveness.

Additionally, 11,932 loans have been sanctioned under

the scheme to help artisans establish or expand their business units, ensuring their financial stability and long-term growth—Additionally, a total of 3,600 Self-Help Groups (SHGs) have been provided with a revolving fund to support their financial needs and strengthen their operations, government said in a reply to MLA Irshad Rasool Kar, adding, that government also trained 10,690 urban youth, equipping them with vocational skills necessary for self-employment and job opportunities.

Similarly, under the PM Street Vendor's Atma Nirbhar Nidhi (PM SVANidhi) scheme, the government said they have issued certificates of vending to 23,697 street vendors, making them eligible for affordable

micro-loans with a 7% interest subsidy.

Notably, the PM SVANidhi scheme, launched by the Ministry of Housing and Urban Affairs, is designed to provide collateral-free loans to street vendors, helping them recover from financial hardships and expand their businesses—Under the Self-Employment Programme (SEP) component of National Urban Livelihoods Mission (NULM), the government has facilitated 17,874 beneficiaries in starting their own businesses and entrepreneurial ventures across urban areas of Jammu & Kashmir, it said. The Jammu and Kashmir government on Friday said that over 17,874 beneficiaries gain self-employment and 10,690 receive skill training. .

Chief Secretary releases biopic 'Sarvavyapak Bhagawaan Gopinathji' at Abhinav Theatre

■ HT News Network

JAMMU, MARCH 8: Chief Secretary, Atal Dulloo, today unveiled the biographical film 'Sarvavyapak Bhagawaan Gopinathji' at Abhinav Theatre, here today.

The film, based on the biography written by Shankar Nath Fotedar and produced by the Bhagawaan Gopinathji Trust, portrays the life, teachings and spiritual journey of the revered saint, Bhagawaan Gopinathji.

The event was attended by several dignitaries including Chief Electoral Officer, J&K, PK Pole, Commissioner Secretary Culture, K Ramesh Kumar; Secretary, Health & Medical Education, Dr Syed Abid Rasheed Shah and Commissioner, Relief (Migrants), Dr Arvind Karwani.

Former Chief Secretary, Vijay Bakaya and Justices (Retired) BL Bhat and Sunil Hall were also present.

Padma Shri, Pran Kishore Kaul, a veteran filmmaker and writer, was the Guest



of Honour on the occasion. Notably, Kaul also served as the writer and co-director of the biopic, sharing directorial responsibilities with Arun Mavnoor.

Pran Kishore Kaul, shared insights into the creative journey behind the biopic, emphasising the extensive research and artistic dedication required to portray

Bhagawaan Gopinathji's legacy.

The event also featured KK Raina, a distinguished actor known for his work in theatre and cinema.

Jai Kishori Patwari, a founding trustee of the Bhagawaan Gopinathji Trust, presided over the function. She elaborated on the extensive research, dedication and vision that culminated in creation of the biopic.

President of the trust, Ashok Kumar Razdan, welcomed the Chief Guest and other dignitaries, expressing gratitude for their support.

Secretary of the trust, Sohan Krishen Khordi, outlined the organisation's philanthropic and spiritual initiatives across India including social welfare programs, medical services and support for orphans and the elderly.

The event concluded with felicitation of the artists and contributors involved in the film, acknowledging their invaluable efforts in bringing this spiritual narrative to life.

GDC Ramban Celebrates International Women's Day, organises Seminar on 'Role of Women in Constitution Making'

■ HT News Network

Ramban, March 8: The Department of Political Science at Government Degree College (GDC) Ramban observed International Women's Day, a global day dedicated to the recognition and advocacy for women's rights and equality. This year's theme, "Celebrating the Role of Women in Constitution Making," was the central focus of a one-day seminar held at the college auditorium.

The event began with an inaugural speech by Head of the Department of Chemistry Prof. Raj Kumar Gupta, who commemorated the significant role played by women in the framing of India's constitution. He encouraged female students to draw inspiration from these historical figures and strive to realize their dreams, reflecting on the resilience and strength of women throughout history. Head of the Department of Political Science Dr. Mukhtar Ahmad Mir, further elaborated on the invaluable contributions of women in constitution making. He highlighted the roles of prominent leaders such as Sarojini Naidu, Vijay Laxmi Pandit, and Begum Aizazul Rasul, among others, in shaping the democratic foundation of India. A key highlight of the event was a debate competition where students from various semesters participated, engaging with the theme of women's role in shaping the nation. The first, second, and third positions were awarded to Shafia Katoch, Sneha Katoch, and Priya Rani, respectively.

J&K Resident Commission celebrates International Women's Day

■ HT News Network

NEW DELHI, MARCH 8: J&K Resident Commission celebrated International Women's Day with great fervor under the aegis of 'Hello J&K initiative'.

The event, themed 'Accelerate Action', highlighted the urgency of advancing gender parity and reinforcing the commitment towards women empowerment.

Speaking on the occasion, Principal Resident Commissioner, Dr. Rashmi Singh, applauded the contributions and resilience of female employees in the Resident Commission office as well as the Directorate, many of whom joined the event virtually. She reiterated the government's dedication towards supporting the womenfolk in all spheres of life.

The event featured distinguished guest speakers including Dr. Manisha Priyam, Professor Education Policy at NEPA and Dr. Aditi Paswan, Assistant Professor at Delhi University.

They honored the contributions



and achievements of women across national, ethnic, linguistic, cultural and economic boundaries, emphasizing the importance of collective commitment towards gender equality across social, economic and professional domains.

Also in attendance was Dr. Vartika Nanda, a prison reformer and faculty member at LSR, New Delhi. She shared the poignant anecdotes from her interactions with female inmates, shedding light on their struggles and

resilience. The event was made successful with the dedicated efforts of Anil Sharma ARC, Sachin Manager, 5 PR and Shruti Bhardwaj, Nodal Officer Hello J&K.

Dr. Rekha Jad, Consultant, concluded the session with a heartfelt tribute to the women who have broken barriers and shattered glass ceilings on their path to success.

The event culminated with a vote of thanks delivered by Veena Sharma, Lecturer.

AJKPC Celebrates Women's Day with Respect and Devotion

AJKPC Celebrates Women's Day with Devotion and Dignity

■ HT News Network

Jammu, 08/03/2025: The All Jammu and Kashmir Panchayat Conference (AJKPC), an organization working for the welfare of the rural population, celebrated International Women's Day with great respect at the Community Hall, Kol Kandoli Temple, Nagrota.

The program started with prayers, creating a spiritual and peaceful atmosphere. AJKPC President Anil Sharma welcomed all the guests and participants, thanking them for being part of this special occasion.

A large number of women and girls from different panchayats and villages of the Nagrota Assembly Constituency attended the event. As a mark of deep respect, Anil Sharma and other dignitaries



washed the feet of all female participants and showered flowers on them, honoring their strength and importance in society. Speaking on the occasion, Sharma said, "Every woman is a form of 'Shakti', the power of the Goddess and deserves the highest respect."

He also spoke about India's history, where women have always

been seen as powerful and respected. However, he expressed concern that in today's world, women are often treated as a commodity, which is not right. He further said that Indian society has always supported women's empowerment, but it is also important to follow our traditions and values.

GHSS Bhalra Observes 'Rashtriya Avishkar Saptah' Water Conservation, Sustainable Management Emphasised

Bhadarwah, March 8: As an offshoot of the awareness campaigns about the crucial issue of water conservation and sustainable water management, PM Shri Government Higher Secondary School Bhalra organized today an awareness program on "Water Conservation" as a part of 'Rashtriya Avishkar Saptah'.

As per press release, the initiative was aimed at educating students and NCC cadets about sustainable water management practices, fostering a sense of responsibility towards preserving delicate structural organisation of the environment. "Through interactive sessions and practical demonstrations, the event emphasized the importance of conserving water resources amid growing ecological challenges," release said. The release added that the program was spearheaded by Dr. Sanjeev Kumar Koul in coordination of Irshad Ahmed. The program was held under the guidance of Rajinder Singh Bhall Principal of the institution. The release further stated, "The collective efforts underscored the institution's commitment to environmental sustainability and youth engagement in conservation efforts".

RTI Reveals Over 16000 Kanals of JDA Land Under Illegal Occupation

20 % of JDA's Land Holding under Illegal Occupation, RTI Exposes

■ HT News Network

Jammu, 08/March/2025: In a shocking revelation that has come emerged through a Right to Information (RTI) application filed by Jammu-based RTI activist Raman Sharma. The Jammu Development Authority (JDA) has officially admitted that over 16000 Kanals of its land is under illegal occupation by private parties and land mafias. This accounts for more than 20% of JDA's total land holdings.

In response to Sharma's online RTI query, Vishavjeet Singh, the Secretary and Public Information Officer (PIO) of the JDA, vide his Office Letter No. JDA/RTI/PIO/2025/79/17 dated 04/ March/2025, disclosed these alarming figures.

The PIO's reply informs that out of 80,976 Kanals and 10 Marlas of total land holdings of JDA, 16,467 Kanals and 10 Marlas is under illegal occupation of encroachers and as on date only 65,508 Kanals remain in JDA's actual possession which means 20.34 percent land belonging to JDA is under illegal possession.

The PIO's Letter also reveals that in Jammu district, JDA owns 68,992 Kanals and 11 Marlas of land, while in Samba district, it owns 11,983 Kanals and 19 Marlas.

Contrary to the tall claims made by the J&K government and senior JDA functionaries, the RTI reply refused to provide information regarding the total area of land vacated and retrieved by JDA from the year 2015 to 2025 and the JDA's response simply stated: "Record Not Available."

Responding to the query related to the total number of legal cases pending against JDA in different courts, the reply served by JDA reveals that as of now, a total of 635 court cases are pending against it, including 212 in subordinate courts, 422 in the J&K High Court, and one case pending in the Supreme Court of India.

Expressing his concern over exposure in the RTI reply regarding such a huge portion of JDAs land under illegal occupation of Mafias, information seeker Raman Sharma urged the Lieutenant Governor Manoj Sinha and Chief Minister Omar Abdullah to take note of it and retrieve the encroached land worth billions of Rupees. Responding to the query related to the total number of legal cases pending against JDA in different courts, the reply served by JDA reveals that as of now, a total of 635 court cases are pending against it, including 212 in subordinate courts, 422 in the J&K High Court.

Digital Marketing Course pass outs presented certificates at Kishtwar

■ HT News Network

KISHTWAR, MARCH 08: A valedictory cum certificate distribution ceremony for the pass outs of Skill Development Course in Digital Marketing was held today, here. Assistant Director, Mamta Sudershan was the chief guest.

The ceremony celebrated the exceptional achievements of the top three performers Ashira Jaan and Masoofa Jaan Malik, for sharing the 1st position; Numan Raja Malik for bagging 2nd position, and Rashid Manzoor for securing the 3rd position.

A special highlight of the event was the recognition of Numan Raja Malik, who, in addition to winning the 2nd-place, showcased his creativity by generating an AI video, which captured and described the entire theme of the course from start to finish. This unique project received significant praise for its innovative approach and the thorough understanding it reflected of the course content.

Mamta Sudershan felicitated the top performers with trophies, motivating them to continue pursuing excellence in their future endeavors.

The ceremony concluded with the distribution of course completion certificates to all participants, symbolizing the successful culmination of their training.

The candidates expressed sincere gratitude to the District Employment & Counselling Centre for organizing the course in collaboration with the training partner, Modern Computer. They commended the program for equipping them with valuable digital skills that would play a key role in shaping their future career paths.

Tourism Directorate issues advisory for Hoteliers

■ HT News Network

JAMMU, MARCH 08: In an Advisory issued by it here today, the Tourism Directorate JK has asked the Hotels, Lodges, Homestays, individual houses, universities, Hospital, Hostels, institutions and others to submit the details in Form C to the Registration authorities within 24 hours, if they provide accommodation to foreigners at their premises. This will help the registration authorities in locating and tracking the foreigners, it said.

"Section 7 of Foreigners Act 1946, outlines that online Form C is a mandatory form that needs to be filled up for all foreigners by Hotel keepers, Home stays, Guest Houses and others, on government site indianfrro.gov.in/ boi.gov.in. Moreover, non-conformity to the above directions can attract imprisonment for a term which may extend to 5 years and shall also be liable to fine- under section 14 of Foreigner's Act 1946" the advisory stated.

The Form-C must include details of the visiting foreigner guests like Arrival and departure date; Photo ID proof of all the foreigners; Detail of Valid travel documents which includes valid Passport and Visa; Purpose of visit (to be added under remarks column); Name of Indian reference with mobile number; Further tour programme with next destinations to be visited.

Any person hosting a foreign guest for monetary consideration is required to submit form C. This also includes Foreigners on Tourist visa, Business visa, Visiting visa, Employment visa, Medical visa, conference visa, project visa, intern visa, research visa, Journalist visa etc.

The Host shall maintain separate Visitors Registers mentioning correct arrival/departure dates and timing of the foreigner.

In case of any suspicion or default on the part of Foreigners checked in to the respective Hotels, Lodges, Home Stays and Guest Houses etc. the owners can inform immediately to CID SB Jammu Control Room on telephone Nos. 0191-2584375, 0191-2582621, 6005504514, 8825097826.

77 vehicles challaned, 10 seized in a major crackdown on traffic violators at Rajouri

■ HT News Network

RAJOURI, MARCH 08: The Motor Vehicle Department has launched an intensive 5-day enforcement drive here to curb traffic violations in the district.

The operation, conducted at various locations including National Highway, Darhal, Koteranka and Sunderbani, led to challanning of 77 vehicles and seizure of 10 others for violating traffic rules.

A fine of 1.79 lakh was imposed on violators, while show-cause notices were issued to 8 drivers and 5 were served suspension notices for their Registration Certificates (RCs) for their involvement in bovine smuggling.

During the crackdown, drivers were instructed to adhere to traffic norms, avoid over speeding and overloading and mandatorily display fare lists in their vehicles. Special focus was placed on vehicles operating without valid fitness certificates and driving licenses. The authorities also issued stern warnings against carrying goods on the rooftops of passenger vehicles, emphasizing that such violations pose a serious risk to public safety.

The drive was part of the Motor Vehicle Department's continuous efforts to enforce road safety and discipline in Rajouri. The administration has urged all vehicle operators to comply with traffic regulations to ensure safe and smooth transportation across the district. The drive was part of the Motor Vehicle Department's continuous efforts to enforce road safety and discipline in Rajouri.



Delhi Cabinet approves Mahila Samridhi Yojana to provide Rs 2,500 monthly aid to women

AGENCIES

NEW DELHI, MAR 8 (UND)

On the occasion of International Women's day, the Delhi Cabinet on Saturday approved the 'Mahila Samridhi Yojana' to provide Rs 2,500 monthly aid to women.

Talking to reporters here, Chief Minister Rekha Gupta said that the Mahila Samridhi Yojana was approved in the Cabinet meeting held today.

She said that for making good use of the occasion of International Women's Day, the Cabinet met, and the promise made to the sisters of Delhi before the Assembly election was approved. For this, a provision of Rs 5100 crore has been made so that poor sisters can get benefits.

The Chief Minister said that a committee has been formed headed by her and three Cabinet Ministers Ashish Sood, Parvesh Sahib Singh and Kapil Mishra will be the members. To implement the scheme, the registration work will start soon by creating a portal.

The registration work will be started after a thorough discussion on its terms and conditions, Rekha Gupta said.

Maha: Mumbai police issues Blue corner notice against 2 in Rs 122 Cr bank scam

AGENCIES

MUMBAI, MAR 8 (UND)

The Economic Offences Wing (EOW) of the city police has issued a Blue Corner notice against former chairman and acting vice-chairman of New India Cooperative Bank for their alleged involvement in the Rs 122 crore scam, officials said here on Saturday.

Investigators have traced Hiren Bhanu, the alleged mastermind and former chairman of the bank, to Abu Dhabi and his wife Gauri, the acting vice-chairman of Bank, to Thailand, leading to issuance of the said notice.

The EOW had initially issued a lookout circular. Now, with confirmed foreign locations, the alert has been issued.

According to legal experts, notices are international requests for cooperation or alerts allowing police in member countries to share critical crime-related information while the Blue notice is to collect additional information about a person's identity, location or activities in relation to a criminal investigation.

Now, with confirmed foreign locations, the alert has been issued.

The Blue Corner notice will help track Bhanus' locations, monitor their activities, and facilitate their arrest.

According to sources in EOW, the duo fled abroad just before the scam was exposed.

Bihar CM inaugurates bird aquary in Rajgir

AGENCIES

RAJGIR, MAR 8 (UND)

Chief Minister Nitish Kumar on Saturday inaugurated bird aquary developed in premises of zoo safari in Rajgir of Nalanda district in Bihar.

Kumar after inaugurating the bird aquary, said it has been developed in one acre area having all required facilities for birds. Good arrangements for water bodies, flora and fauna, and edibles for birds had been made at aquary, he added.

"I have been coming to Rajgir since my childhood and after coming to power, I focused on developing it as major tourist spot in the country", the Chief Minister said, adding that zoo safari was inaugurated four years back.

Zoo safari was also attracting a large number of tourists from all parts of the country, he noted.

Kumar directed all officials concerned to ensure good maintenance of zoo safari and bird aquary.

Nothing concrete done for women empowerment before 2005 in Bihar: Nitish

AGENCIES

PATNA, MAR 8 (UND)

Chief Minister Nitish Kumar on Saturday came down heavily on previous regime for doing nothing concrete to empower women, saying only his government had taken a number of steps for women empowerment after coming to power in 2005 in Bihar.

Kumar while addressing a function organised to mark international women's day at his party office here said that no previous regime before 2005 had done something concrete for women empowerment in Bihar. His government had taken a number of steps for women empowerment after coming to power in Bihar in 2005, he pointed out.

We bow to our Nari Shakti: PM on International Women's Day

AGENCIES

NEW DELHI, MAR 8 (UND)

Prime Minister Narendra Modi on Saturday extended his wishes on the occasion of International Women's Day, bowing to the strength and power of 'Nari Shakti'.

He highlighted his government's commitment to empowering women through various schemes and programs. He said, "The government has always worked for empowering women, reflected in our schemes and programs."

"We bow to our Nari Shakti on #WomensDay!



Our government has always worked for empowering women, reflected in our schemes and programs. Today, as promised, my social media properties will be taken over by women who are

making a mark in diverse fields," he wrote on X.

On International Women's Day, the PM also handed over the control of his social media accounts to women making a mark in diverse fields.

Scientist Elina Mishra, Indian chess Grandmaster R. Vaishali, and Shilpi Soni, a space scientist, were among the women achievers who took over his X handle.

Along with the wishes, the Prime Minister also shared a video titled 'Nari Shakti: Viksit Bharat Ki Sabse Badi Gurantee, highlighting the importance of women's empowerment.

Women's empowerment lies at the core of India's development journey: Om Birla

AGENCIES

NEW DELHI, MAR 8 (UND)

Highlighting the transformative role of women in advancing India's growth, Lok Sabha Speaker Om Birla on Saturday stated that women are not just participants in development but are taking the lead across various fields, including governance, science, defence, education, and entrepreneurship.

On the occasion of International Women's Day, Om Birla reiterated that India is witnessing a new era where women are assuming leadership roles at every level—from grassroots democracy to the highest positions of power, a statement by Lok Sabha Secretariat said.

He paid tribute to the inspiring vision of the 15 Women Members of the Constituent Assembly stating that their contributions continue to energize the nation and serve as a guiding force for future generations.

"Our past shows the way forward, and these pioneering women laid the foundation for gender equality, inclusive governance, and women's empowerment in India," the Lok Sabha Speaker stressed.

Emphasising that women's empowerment lies at the core of India's development journey, Om Birla highlighted that as the nation celebrates 75 years of the Indian Constitution, it is essential to recognize the immense contributions of the 15 women members of the Constituent Assembly, whose vision and dedication helped shape India's democratic framework.

He also reflected on India's deep-rooted tradition of reverence for



women, where motherhood, strength, sacrifice, and resilience are celebrated as integral values of society.

The Lok Sabha Speaker applauded their growing presence in defence, where they are now flying fighter jets, serving in combat roles, and commanding naval expeditions.

He noted that women's leadership in governance is stronger than ever, with majority of elected representatives in rural local bodies being women. This, Om Birla said, is a testament to the growing strength of women-led development in the country. The Speaker expressed confidence that a day would come when women would hold a majority in elected bodies even without reservations, solely on merit and capability.

Highlighting the historic Nari Shakti Vandan Act, Om Birla described it as a transformative reform in India's democratic landscape. As the first law passed in the new Parliament building, this Act symbolizes India's unwavering commitment to gender equality and ensures that women have a greater role in shaping policies and decision-making at the highest levels.

Recognising the economic contributions of women, he praised their role in entrepreneurship,

self-help groups, and micro-enterprises, which are transforming rural economies and driving financial independence for countless families. The Speaker also reiterated the urgent need to achieve 100 percent female literacy, emphasizing that education is the cornerstone of women's empowerment.

Om Birla called for 2025 to be a landmark year for women's self-reliance and leadership, ensuring that Nari Shakti continues to drive India's future. He urged all sectors of society to work together in creating an inclusive environment where every woman receives equal opportunities, respect, and the freedom to excel.

The Speaker emphasized that International Women's Day should not just be a celebration but a commitment to advancing women's leadership across all fields. He called upon every individual to contribute towards building a society where women are at the forefront of innovation, governance, and nation-building.

Om Birla also inaugurated an Exhibition on Women Members of the Constituent Assembly, organized by Parliamentary Research and Training Institute for Democracies (PRIDE) and the National Commission for Women (NCW), in Parliament House Complex.

Kharge, Rahul, Priyanka greet women on International Women's Day

AGENCIES

NEW DELHI, MAR 8 (UND)

Congress president Mallikarjun Kharge, Leader of Opposition in Lok Sabha Rahul Gandhi and general secretary Priyanka Gandhi Vadra on Saturday greeted women on International Women's Day. On his social media handle X, Kharge shared a quote from social reformer and poet Savitribai Phule, urging, "Awake, Arise and Educate. Smash Traditions. Liberate."

"National transformation

begins with gender equality. Women, through their wisdom, dedication, and strength are powerful agents to reshape societies," Kharge said.

Former Congress president Rahul Gandhi while calling the women as the backbone of our society, said, "Their strength, resilience, and voice shape our nation's future".

"On this International Women's Day, I stand with you and for you—committed to breaking every barrier

until every woman is free to shape her own destiny, chase every dream, and rise to greater heights," the former Congress president said.

Meanwhile, Priyanka Gandhi Vadra said, "Happy International Women's Day to all our sisters across the country".

"From the freedom struggle to the building of the nation, women have always participated in every field and have proved their powerful leadership capabilities," she said in a post of X.

Wanted terrorist arrested by UPATS from Moradabad

AGENCIES

LUCKNOW, MAR 8 (UND)

A Hizbul Mujahideen (HM) terrorist, who was absconding for the last 18 years, has been arrested in a joint operation by the Uttar Pradesh Anti-Terror Squad (ATS) and Moradabad police, an ATS spokesman said here on Saturday. The spokesman said during the Saharanpur unit of ATS got a tip-off that Hizbul Mujahideen terrorist Ulfat Hussain alias Mohd Saiful Islam alias Afzal, a resident of Faza-labad village, Surankote in Poonch district of Jammu and Kashmir, was residing in Moradabad. "Acting on the information, the ATS and Moradabad police arrested Ulfat on Friday," he said.

He said that Ulfat was involved in anti-national activities and was wanted by Katghar police in Moradabad district under various sections of the Indian Penal Code (IPC), CLA Act,



POTA, and the Arms Act.

He said, "Earlier, the absconding terrorist was arrested on July 9, 2001, during which 1 AK-47, 1 AK-56, 2 pistols, 12 hand grenades, 39 timers, 50 detonators, 37 batteries, 29 kg of explosive substance, 560 live cartridges, and 8 magazines were recovered from his possession."

The spokesman said that the Additional Chief Judicial Magistrate (14) in Moradabad district had issued a permanent warrant against the accused on January 7, 2015, and

March 5, 2025, in this case. "The Moradabad police have also announced a reward of Rs 25,000 on his arrest," he said.

He said that as per information revealed by Ulfat Hussain, he had been a member of the terrorist organisation Hizbul Mujahideen. "Ulfat had taken training in Pak-occupied Kashmir between 1999 and 2000. After training, he came to Moradabad, where he was planning to execute some major incident," he said.

The spokesman said that Ulfat was wanted in two cases, including one in the Moradabad district of UP and another lodged at Surankote police station in Poonch district in Jammu and Kashmir. "The arrested terrorist is being interrogated, and security agencies are investigating whether Ulfat was linked with any new terror module or was planning a major conspiracy," he said.

ED seizes private jet related to Rs 850 cr Falcon scam accused at RGIA

AGENCIES

HYDERABAD, MAR 8 (UND)

The Enforcement Directorate (ED) has seized a private jet, worth about Rs 14 crore at Rajiv Gandhi International Airport (RGIA) in Shamshabad near here, owned by Amardeep Kumar, the prime accused in the Rs 850 crore Falcon Scam.

The ED officials seized the 8-seater business jet 'N935H Hawker 800A' at RGIA on Friday as part of a money laundering investigation against a Hyderabad-based company and its promoters who allegedly duped numerous investors of crores of rupees in a 'Ponzi Scheme "scam", official sources said here on Saturday.

The ED had registered a case after the scam was



unearthed last month.

ED sources said that Kumar purchased the jet in 2024 for \$1.6 million (Rs 14 crore) via Prestige Jets Inc.

The ED claims that proceeds from the Falcon Group's Ponzi scheme were diverted to purchase the jet.

After the scam broke out the prime suspect used the aircraft to flee to Dubai on January 22 along with an accomplice.

After it returned to RGI Airport, the ED team seized

the jet and the crew members were questioned, and a close associate's statement was recorded.

The Cyberabad police initially registered a case against the Falcon Group for allegedly collected Rs 1,700 crore from investors, promising high returns through a fraudulent invoice discounting investment scheme.

Out of the total funds collected, Rs 850 crore was repaid, but 6,979 investors were left unpaid.

On February 15, the Cyberabad police arrested Pavan Kumar Odela (Vice President) and Kavya Nalluri (Director of Falcon Capital Ventures) in connection with the scam but its Chairman & MD, Amardeep Kumar, and other senior officials are absconding.

Missing tourist found dead after gang-rape of Israeli tourist near Hampi

AGENCIES

KOPPAL (KARNATAKA), MAR 8 (UND)

The body of 29-year-old Bibash from Odisha, who went missing after the Israeli Tourist was allegedly gang-raped near Hampi, has been recovered from the Tungabhadra canal, police confirmed on Saturday.

The case has sparked nationwide outrage over tourist safety in Karnataka's famed heritage town, as authorities began an intensive investigation into the horrific crime that targeted a 27-year-old Israeli tourist and her companions.

Deputy Chief Minister DK Shivakumar assured stringent action against the perpetrators, stating, "We will deal with this case without any mercy."

The attack unfolded late on Thursday night when the Israeli Tourist, Bibash, and two other male tourists were star-



gazing near a lake in the historic area. A group of men on motorcycles initially approached them, pretending to seek petrol and Rs 100, before turning violent. The assailants overpowered the men, shoving them into a canal, before subjecting the woman to a brutal sexual assault. Two of the male tourists—Daniel from the United States and Pankaj from Maharashtra—miraculously escaped and managed to alert authorities. However, Bibash remained missing until his lifeless body was discovered in the canal, marking a grim turn in the already horrifying case. Koppal Superintendent of Police (SP) Ram L Arasiddi confirmed that

an FIR has been registered under multiple sections of the Bharatiya Nyaya Sanhita, including gang rape, robbery, and attempted murder. Six special teams have been deployed to track down the accused, with investigations progressing at a rapid pace.

The survivors are receiving medical care at a government hospital, while the incident has sent shockwaves across the tourism and activist communities, prompting calls for stricter law enforcement and better security measures at heritage sites.

Authorities remain on high alert, and further developments are awaited as the hunt for the attackers intensifies.

Health benefits of grapes



SAHIL MANZOOR
Sahilmanzoor0401@gmail.com

In Kashmir, the weather has taken a U-turn, and we are heading towards winter. Winters are very hard in Kashmir, but we are used to living in such hard circumstances, and we enjoy winters as well. Kashmir Valley is famous for several special foods, which every tourist and every Kashmiri enjoys occasionally and on a daily basis. During the winter, a shortage of fresh fruits and vegetables often takes place. The shortage of essential home commodities is due to harsh and inclement weather. The main road connections are getting blocked due to heavy snow and other reasons. Thousands of people in the valley are residing in remote areas

where the snowfall reaches up to 2-6 feet's normally during the December to March months. But almighty Allah has bestowed this mesmerising valley with unlimited blessings, so we are enjoying here all the seasons, and we pray to Allah to keep our Kashmir safe from all the evil eyes.

Today I am going to explore the benefits of grapes. Grapes are delicious and have great health benefits. Grapes are available in different colours, like green, black, etc. Grapes contain great health benefits. Grapes contain vitamin C, which is very useful for our gum health.

Health benefits of grapes:

Due to the presence of antioxidants in grapes. Antioxidants prevent us from one lethal disease, which is cancer. The highest concentration of powerful antioxidants is present in the skin and seed of the grapes. So eat grapes with seeds. There are some grape varieties that contain anthocyanins. Anthocyanins are the flavonoids that give the grapes their colours, like orange, green, purple, etc. Grapes may promote heart health as they contain a

number of minerals that are necessary for bone health and keep our bone health within certain limits. Grapes may protect us from fungal and bacterial infections, like resveratrol, which has antimicrobial properties that inhibit the growth of bacterial and fungal infections like Campylobacter.

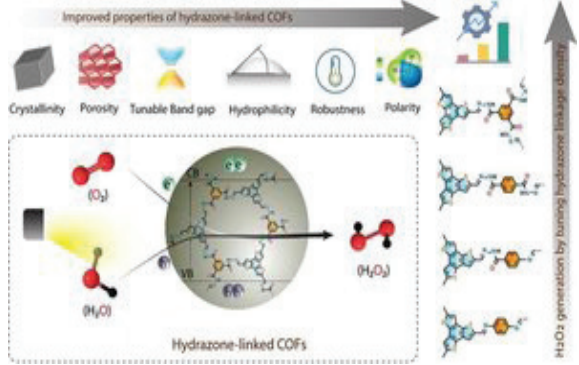
Grapes may slow ageing and promote longevity; as per research, it is considered that the presence of resveratrol may delay signs of ageing. Grapes benefit patients suffering from bad cholesterol, as grapes can reduce the level of cholesterol. Grapes are packed with nutrients and very useful for good health. Grapes are quite beneficial and have great health benefits for our good health. These days in Kashmir, we have hybrid grapes that are imported from Italy (source fruit seller). Such grapes are very tasty but expensive; some are selling for Rs 400 per kg and some for above per kg. In the valley, we need to grow more and more fruits and vegetables. Such initiatives can fulfil our requirements and generate good earnings for the growers. Keep healthy and keep smiling.

Indian researchers find effective way to synthesise hydrogen peroxide under sunlight

Researchers at the S. N. Bose National Centre for Basic Sciences, Kolkata, an autonomous institute under the Department of Science and Technology (DST), have found an efficient, less energy-intensive, and environmentally friendly way to synthesise hydrogen peroxide -- a chemical that is crucial to the industry for disinfection, paper bleaching.

Hydrogen peroxide (H2O2) is a versatile oxidising agent that is widely used in environmental disinfection, chemical synthesis, paper bleaching, and fuel cells.

The team designed and prepared a series of covalent organic frameworks (COFs) having good water affinity through careful control of the hydrazone linkage density and studied their effect on the photo-



to-catalytic performance for H2O2 generation. COFs are a new class of porous and ordered polymers with modifiable catalytic sites and light-harvesting properties in the visible range. It has emerged as a promising photocatalysts.

Currently, the growth in the H2O2 market is driven by the increasing awareness of disinfection, the rise in the number of surgeries, and the prevalence of hospital-acquired

infections. More than 95 per cent of H2O2 is produced industrially using the anthraquinone oxidation process -- which is very energy intensive, expensive, and produces many hazardous chemicals as by-products.

Scientists have therefore been looking for an environmentally friendly and economical strategy to produce H2O2 from renewable resources with minimal environmental

impact.

The study observed that the hydrazone-linked COFs provide abundant docking sites for water and oxygen, thereby promoting water oxidation reaction (WOR) and oxygen reduction reaction (ORR) - two main pathways for photocatalytic H2O2 generation.

As a result, the hydrazone-linked COF exhibited exceptional photocatalytic H2O2 production without external sacrificial electron donors when irradiated with a 40 W blue LED.

Interestingly, "a significant amount of H2O2 was also produced under sunlight irradiation, which outperforms most organic photocatalysts under similar conditions, thus demonstrating a clean and sustainable pathway," said the team.

Women's Day 2025: Google honours female achievers in STEM fields with doodle



Tech giant Google on Saturday dedicated a special doodle to honour visionary females in the fields of Science, Technology, Engineering, and Mathematics (STEM) on the occasion of International Women's Day 2025.

International Women's Day is marked annually on March 8 to raise awareness of the issues impacting women all over the world.

The theme this year is "For all women and girls: Rights. Equality. Empowerment". March 8 was first recognised by the United Nations in 1975 to highlight how important women's

contributions have been all around the world.

The doodle celebrates the contributions of countless women in space exploration, ancient discoveries, and lab research, as well as how they shaped the world throughout history.

"With our Doodle, we honor visionary women in STEM fields," Google said in a blog post.

"The Doodle artwork spotlights groundbreaking contributions by women who revolutionised space exploration, uncovered ancient discoveries, and pioneered lab research that fundamentally shaped

our understanding of physics, chemistry, and biology," the global tech giant added.

Google highlighted that "these achievements represent just a small fraction of women's contributions to science". Despite global advancements, women continue to remain under-represented in STEM, making up just 29 per cent of the global STEM workforce.

"Their work represents the ongoing progress towards gender equality, yet STEM remains one of the areas where significant gaps still persist," Google

said. However, the progress continues as more women across the globe are breaking barriers, challenging stereotypes, and inspiring the next generation to pursue careers in science and technology.

"International Women's Day serves as a powerful reminder: the achievements of women have shaped our world throughout history. And it is because of their collective brilliance that we are able to experience the wonders of the modern world," Google said.

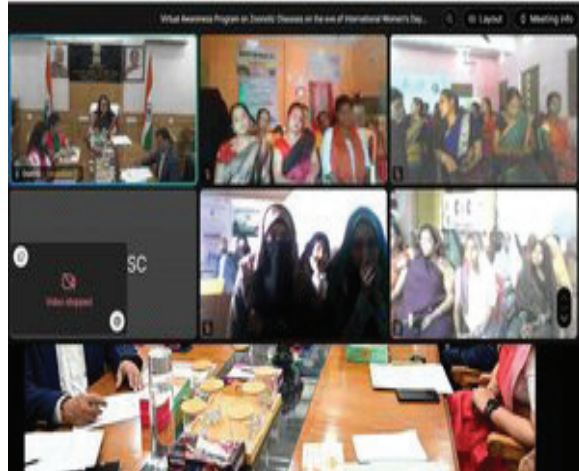
Happy International Women's Day 2025!

Centre spreads awareness on zoonotic diseases to over 1 lakh women livestock farmers

More than 1 lakh livestock women farmers have been given information about various zoonotic diseases, on the eve of International Women's Day, said the Department of Animal Husbandry and Dairying (DAHD) under the Ministry of Fisheries, Animal Husbandry and Dairying on Saturday.

The women were imparted knowledge, via a virtual programme, on clean milk production, and the role of ethnoveterinary medicines in disease prevention by experts and veterinarians.

"Women play a significant role in Dairy cooperative societies (DCS)," said Alka Upadhyaya, Secretary, Department of Animal Husbandry and Dairying, while chairing the virtual session.



"The perseverance of women dairy farmers has been remarkable who have been able to organise themselves via Farmer Producer Organisations (FPOs), Community Linked Farmers (CLFs), and Self-Help Groups (SHGs) where Dairy Cooperative Societies (DCS) were not present," Upad-

hyaya added.

"While contribution of women to the dairy sector is enormous, they should also focus on availing benefits of central government schemes in the sector," she said, stating that schemes for goat and sheep rearing can help women farmers in getting good returns at low cost.

Citing example of the Covid pandemic, she stated that there is a need to focus on preventing zoonotic diseases to prevent animal human disease transmission and loss of productivity.

The virtual session was attended by women across 21 States and UTs. Around 2,050 camps were organised by Village level Entrepreneurs (VLEs).

"Women farmers must focus on the link between animal husbandry practices and public health," said Varsha Joshi, additional secretary, DAHD.

She emphasised the need for hygienic, sustainable practices in the sector and discussed the significance of clean milk production and taking biosecurity measures to prevent the transmission of diseases from animals to humans.

Hyderabad Faces Sleep Deprivation: 48% Sleep Less Than 6 Hours

Many people in Hyderabad are struggling with sleep due to their busy work schedules and other factors, leaving them tired during weekends. A recent report shows that 59% of people across the country get less than six hours of uninterrupted sleep daily. While some try to catch up on sleep during weekends, others fail to recover the lost rest. In Hyderabad, 48% of people get only four to six hours of sleep every night.

Reasons for Sleep Interruptions

There are several reasons why people are not getting enough sleep. About 37% of people reported being disturbed by needing to use the washroom at night. Another 31% say they go to bed late and have to wake up early due to household activities. Mobile calls and messages interrupt the sleep of 13% of people, while 15% report

disturbances from noise or mosquitoes. These interruptions make it difficult for people to get a good night's rest, leading to sleep deprivation.

Health Risks of Sleep Deprivation

Sleep experts warn that not getting enough sleep can cause both short-term and long-term health problems. Short-term effects include poor concentration, lower work productivity, and a higher chance of accidents. Sleep-deprived drivers are more likely to cause traffic accidents because lack of sleep affects decision-making and reaction time. People who don't sleep enough are also more likely to become irritable or short-tempered.

In the long term, not sleeping enough can increase the risk of serious health issues like obesity, high blood pressure, heart disease, stroke, diabetes, and even cancer. Sleep deprivation is also linked

to mental health problems such as depression, anxiety, and dementia. Studies show that not getting enough sleep may also lead to premature death.

The Importance of Sleep for Everyone

Experts recommend that adults should aim for at least seven to nine hours of sleep each night. However, it's important to complete the sleep cycle in one go. Children under five years old and people aged 60 and above may need two sleep sessions - a nap during the day and a longer sleep at night. For adults working long hours, a short afternoon nap of 10-20 minutes can help boost brain function and improve productivity.

Tips for Better Sleep Hygiene

To improve sleep quality, experts suggest following good sleep hygiene habits. These habits help ensure a better and more

restful sleep each night. Here are some tips:

Stick to a consistent sleep schedule.

Avoid caffeine, especially in the evening.

Stop using screens (like phones or computers) before bed.

Avoid heavy meals right before sleep.

Don't go to bed hungry. Exercise regularly to improve sleep.

Drink fewer beverages, especially alcohol, before bed.

Keep your bedroom dark and quiet.

Use a comfortable mattress and pillows.

Let your body wake up naturally instead of using an alarm clock.

By following these simple tips, people can improve their sleep quality and avoid the harmful effects of sleep deprivation. Proper sleep is crucial for both physical and mental health, and it's important to make sleep a priority in our busy lives.

Severe bleeding, high BP accounts for over 1 lakh pregnancy-related deaths globally: WHO

Severe bleeding -- haemorrhage --, high blood pressure disorders like preeclampsia is responsible for over one lakh pregnancy-related deaths worldwide, according to a new study, released by the World Health Organization (WHO) on Saturday.

In 2020, there were an estimated 287,000 maternal deaths in total - equivalent to one death every two minutes.

The study, published in the journal The Lancet Global Health, showed that haemorrhage -- mostly occurring during or following childbirth -- is responsible for nearly a third (27 per cent or 80,000) of maternal mortality, with preeclampsia and other hypertensive disorders contributing to an additional 16 per cent or 50,000 deaths.

Preeclampsia is a seri-



ous condition characterised by high blood pressure that can lead to haemorrhage, strokes, organ failures, and seizures if left untreated or treated too late.

"Understanding why pregnant women and

mothers are dying is critical for tackling the world's lingering maternal mortality crisis and ensuring women have the best possible chances of surviving childbirth," said Dr Pascale Allotey, Director of Sexual and Reproductive Health and Research at WHO.

"This is also a massive equity issue globally - women everywhere need high quality, evidence-based health care before, during, and after delivery, as well as efforts to prevent and treat other underlying conditions that jeopardise their health," Allotey said.

Further, the study also reported other health conditions such as infectious and chronic diseases like HIV/AIDS, malaria, anaemias, and diabetes, underpinning nearly a quarter (23 per cent) of pregnancy and childbirth-related mortality.

These conditions, which often go undetected or untreated until major complications occur, exacerbate risk and complicate pregnancies for millions of women around the world, said the researchers.

Sepsis and infections; pulmonary embolism; complications from spontaneous and induced abortions -- including miscarriage, ectopic pregnancies, and issues relating to unsafe abortions -- were the other direct causes of maternal deaths.

Notably, around a third of women -- primarily in lower-income countries -- still do not receive essential postnatal checks in the first days after birth.

The findings highlight the need to strengthen key aspects of maternity care, including antenatal services that detect risks early in pregnancy and prevent severe complications.

Shubman Gill to draw on recent experience in Champions Trophy decider

AGENCIES
DUBAI, MAR 8

India's batting star Shubman Gill has promised to be a more poised and mature version of himself thanks to his 2023 World Cup Final exposure.

One more win stood in front of India's quest to claim a relieving and emotional ICC Men's Cricket World Cup on home soil in 2023. But it wasn't to be.

Australia beat the hosts by six wickets in Ahmedabad - heartbreak for Rohit Sharma's side.

They played almost the perfect tournament, winning all nine group stage games and dominating New Zealand in the semi-final.

But as all cricketing stars can attest, ICC event deciders are, quite simply, different. Just ask Shubman Gill.

India's 25-year-old sensation has made a successful climb to the top of the ICC's ODI Batting Rankings and will now attempt to assist India in taking that last step to the summit of



50-over cricket, an ICC report said.

The world's top-ranked batter has a crucial job for his side in the Champions Trophy finale on Sunday, attempting to make sure India's batting innings can remain on schedule in the early stages. In doing so, he can help release some of the pressure on their middle order, which can become an overwhelming feeling of tension in a tournament decider like the one coming up.

That's what Gill and his side felt in 2023.

"Obviously some nerves in that match," he said,

bit more time than you think," Gill said.

"We lost the World Cup Final in '23 and then won in the T20 World Cup in 2024. So I think we have got good momentum going with us in this tournament. It's going to be a really exciting game for us and definitely, if we are able to win this one, I think it would be a great way to end this format this year," Gill said.

"It's a very big opportunity for us and in general, in any ICC tournament or any ICC event that happens, we have a lot of responsibility, a lot of pressure from our fans. And the last two ICC tournaments that we have played, we went on to make the Final," he said.

India will look to maintain a stranglehold on their status as the world's top-ranked side in both ODI and T20I cricket, one win away from completing a rare tournament double in back-to-back Men's events, following their success in the ICC Men's T20 World Cup last year.

Ravi Shastri makes bold prediction ahead of Champions Trophy Final

AGENCIES
DUBAI, MAR 8

In a special edition of The ICC Review ahead of the ICC Men's Champions Trophy 2025 final, former India coach Ravi Shastri put on his predictors' cap ahead of the much-awaited clash.

Shastri joined host Sanjana Ganesan and made his selections for everything from the winner of the marquee event between India and New Zealand, to the Aramco Player of the Tournament.

Perhaps the biggest surprise was his pick for the Aramco Player of the Match, with Shastri highlighting three names that would be in contention for the prize.

"Player of the Match, I would go for an all-rounder," he said in The ICC Review. "I'll say Axar Patel or Ravindra Jadeja from India."

"From New Zealand, I think that Glenn Phillips has something up. He might just show flashes of brilliance in the field. He might come and smash a cameo of 40, 50 and probably surprise you by taking a wicket or two," Shastri said.

The call comes on the back of Phillips' outstanding performance in the semi-final against South Africa, where he smashed



a quickfire 49 off just 27 balls to help New Zealand post the highest-ever total in Champions Trophy history.

He further showcased his versatility with the ball, picking up two wickets as New Zealand cruised to a comfortable victory to secure their spot in the final.

It was the latest in a line of match-turning performances in the tournament from Phillips, including in the field where he has grabbed two momentum-shifting gravity-defying catches so far.

Axar and Jadeja have been crucial cogs for India, forming a crucial part of a spin quartet alongside Kuldeep Yadav and Varun Chakravathy, and also providing the much-needed batting depth to the side.

Shastri also predicted Virat Kohli, Kane Williamson and Rachin Ravindra to play a crucial role on Sunday if their respective

Shastri was asked whether there would be any changes to the playing XI by either side, especially for New Zealand who lost their group stage encounter against India at the same venue.

"I won't be surprised if there might be a change for either side depending on the pitch," Shastri said.

"Because the pitch we saw against Australia was the best pitch we've seen in the tournament," he said.

"So the groundsman has another five days since the last game to prepare a surface and if it's a 280-300 surface like the last one was, you might just want to think about it," Shastri said.

"But you won't tinker with the side unless necessary," he said.

The two sides clashed in their last group-stage encounter - a week before Sunday's final - where New Zealand proved to be India's toughest challenge so far.

Pushing the game deep, the Black Caps tested India in both departments, ultimately requiring a brilliant bowling effort from India to secure the crucial two points.

"If there's one team that can beat India, it's New Zealand," Shastri said. "So India start as favourites but only just."

India seek to reclaim 2013 glory in CT 2025 final

AGENCIES
DUBAI, MAR 8

India stands on the cusp of history as they aim to replicate their 2013 ICC triumph in the much-anticipated final against New Zealand in Dubai this Sunday. Having reached their third Champions Trophy final, the Men in Blue are determined to add another ICC title to their illustrious record, while the Black Caps seek to break their white-ball final jinx.

New Zealand has been a consistent force in world cricket, showcasing remarkable performances in recent tournaments. "They are a very, very good team. Honestly, I have been watching them closely, and they have been performing exceptionally well," remarked India skipper Rohit Sharma. With conditions favouring their style of play, the Black Caps remain formidable contenders. However, as history has shown, finals can be unpredictable.

India enter the contest in dominant form, bolstered by the exceptional performances of



key players. Virat Kohli, renowned for his prowess in high-pressure matches, has once again etched his name in the record books.

The batting maestro became the first player to amass 1,000 runs in ICC knockout events alone. His match-winning knock against Australia in the semifinals reaffirmed his reputation as the ultimate chase master.

KL Rahul has played the role of India's silent assassin, contributing crucial runs lower down the order. His unbeaten 42-run innings against Australia in the semis and a crucial performance against Bangladesh have reinforced his value to the team. With both bat and gloves, Rahul has been a vital asset in India's campaign.

by Varun Chakravathy, is also expected to play a key role.

New Zealand, however, has its own arsenal in the bowling department, with Matt Henry, Michael Bracewell, and William O'Rourke providing crucial breakthroughs. Captain Mitchell Santner's leadership and composure under pressure will be vital for the Black Caps as they aim to end their ICC white-ball final woes.

India, the first team to reach three Champions Trophy finals, will be eager to emulate their 2013 triumph and add another ICC title to their history. On the other hand, New Zealand, having lost their last four ICC white-ball finals, will be determined to break their jinx and relive the glory of their 2000 victory in this tournament.

With stakes at an all-time high, the cricketing world awaits an electrifying contest in Dubai this Sunday. Will India cement its dominance, or will New Zealand script a historic turnaround? All eyes will be on the grand finale as the battle for supremacy unfolds.

Boca Juniors extends winning run in Argentine top flight

AGENCIES
BUENOS AIRES, MAR 7

Boca Juniors continued its resurgent form in Argentina's Primera Division Apertura tournament with a 3-0 away win over Central Cordoba.

Milton Gimenez put the visitors ahead with a 16th-minute strike before Jose Florentin inadvertently turned the ball into his own net on Friday.

The host was reduced to 10 men on the stroke of halftime when Jona-



than Galvan was shown a straight red card for violent conduct. Miguel Merentiel put the result

beyond doubt with a composed finish after combining with Luis Advincula.

Boca, which has won each of its past three league matches, is now second in the 15-team Group A standings, a point behind leader Argentinos Juniors. Central Cordoba is seventh, six points further back.

Elsewhere in the Primera Division on Friday, Argentinos Juniors won 2-1 at Banfield and Velez Sarsfield edged to a 1-0 home victory over San Martin.

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