


Good Morning Kashmir

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Office of LG J&K
@OfficeOfLJandK



Under the guidance of Hon'ble PM Sh Narendra Modi Ji, Anand Marriage Act has been implemented in J&K. This Act became reality due to conducive environment post August 2019. Admin is handling conservation of Baba Banda Singh Bahadur's shrine at Reasi to promote cultural heritage.

KU Announces Winter Break

SRINAGAR: University of Kashmir (KU) Tuesday announced winter vacations for main and satellite campuses from January-01 to February-25-2023.

Besides, the University announced winter break for the private colleges affiliated with it from December-27 to February-14 respectively.

Assistant Registrar of KU said that the teaching departments of the university and its satellite campuses shall observe winter vacations from January-01-2024 to February-25-2024.

"However the ●P-06

Dense Fog Engulfs Kashmir Amid Freezing Cold



OWAIS GUL

SRINAGAR: Dense fog continued to engulf most parts of the Kashmir Valley on Tuesday while the mercury also settled below freezing point at all the stations across the Valley.

With no forecast of any weather activity till December 31st, Director Meteorological department, Dr Mukhtar Ahmad said that the foggy mornings would continue to be witnessed during the next few days till December 31st.

The commuters once again had to face tremendous hardships while driving on the roads amidst the dense fog.

However, the traffic control room here has issued an advisory for the commuters in wake of the dense fog. "There is a need to be extremely careful while navigating the roads in the middle of a dense fog," the advisory reads.

In the advisory, the commuters have been asked to stick to their lane, Park the car and wait, say no to speeding, keep the headlights on a low beam, use indicators to alert others, keep the windshields and windows clean, adjust the driver's seat position, focus on the road, keep the brakes & tyres in perfect condition and avoid overtaking.

Besides, the night temperature continues to settle below freezing point across the Valley today while Pahalgam was the coldest place at minus 4.7 degree Celsius.

According to the data prepared by the MeT department here, Srinagar, the summer capital of Jammu & Kashmir shivered at minus 3.0 degree Celsius while a similar night temperature of minus 3.0 degree Celsius was also ●P-06

THE WEATHER CONDITIONS ARE EXPECTED TO remain dry till December 31st. However, light snowfall and rains are expected between January 01st to January 3rd," he said.

Just 20-25 Terrorists Can't Scare People Of J&K: LG Sinha

RAJA SYED RATHER

JAMMU: Lieutenant Governor Manoj Sinha Tuesday said that 20 to 25 terrorists can't terrorise the UT's population and every hand must rise to dismantle terror and its ecosystem.

"At present, there is a peaceful atmosphere prevailing in Kashmir but some elements from across keep pushing in terrorists to destabilise the peace. Some 20 to 25 terrorists can't terrify the entire population of J&K," the LG said addressing a gathering of Sikh devotees at Bhagwati Nagar Jammu, in an obvious reference to recent attack on the army in Poonch that led to the killing of four soldiers and injuries to two others. Soon after the incident, the killing of three civilians was also witnessed after which Army Chief Manoj Pande also visited the site of incident and interacted with the troops on ground. Pertinently, the defence minister is also visiting Jammu on Wednesday.

The LG was paying homage to Sahibzadas, the brave sons of Guru Gobind Singh Ji Maharaj in a programme marking 'Veer Baal Diwas'. The



LG also unveiled a statue of Baba Banda Singh Bahadur Ji, the disciple of Guru Gobind Singh Ji.

The LG said Prime Minister Narendra Modi is committed to J & K being a peaceful and developed region. "Those creating hurdles in taking the J&K to new heights of peace and prosperity need to be dealt with. Security Forces are doing their part but efforts from our adversary is on to disrupt the peaceful atmosphere in J&K," he said.

He said not ●P-06

Participates In Function Marking 'Veer Baal Diwas'

Lieutenant Governor Manoj Sinha participated in a function marking 'Veer Baal Diwas' at Gurudwara, Bhagwati Nagar today. He also unveiled a statue of Baba Banda Singh Bahadur Ji, disciple of Guru Gobind Singh Ji Maharaj and attended a 'Shabad Kirtan'.

The four Sahibzades of Guruji were the embodiment of courage, valour and sacrifice. The life, ideals and bravery of Sahibzades is unparalleled in history, the Lt Governor said.

"Our great Gurus ensured society is free from all discrimination, fear and ●P-06

Div Com Reviews Arrangements For Republic Day



SRINAGAR: The Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri Tuesday chaired a high level meeting to review the civil and security arrangements for the celebration of the forthcoming Republic Day, here.

The meeting was attended by Deputy Commissioner ●P-06

Ready For Assembly Polls: Andrabi



AGENCIES

KUPWARA: Bhartiya Janata Party (BJP) Tuesday said that they are ready for legislative assembly elections and the vision of Prime Minister Narendra Modi is to make the valley a paradise again with no hartal and civilian killings.

Applauding the genuine concerns of Prime Minister Narendra Modi towards the Jammu and Kashmir Waqf Board Chairperson Darakshan Andrabi said PM Modi had announced in 2014 at SKICC that central government would make Kashmir a paradise once again.

And that has come ●P-06

Tobacco Menace

DHSK Mulls To Establish Cessation Centres In Hospitals

JAHANGEER GANAIE

SRINAGAR: In order to curb the menace of tobacco consumption in the Kashmir division, authorities are mulling to start tobacco cessation centres in all medical colleges, district hospitals and sub district hospitals.

Dr. Mir Mushtaq Spokesperson DHSK who is also Nodal Officer, National Tobacco Control Programme (NTCP) for Kashmir while quoting Director Health Services Kashmir Dr Mushtaq Ahmad Rather said that Directorate of Health Ser-



vices Kashmir under National Tobacco Control programme is establishing tobacco cessation centres in all district hospitals,

sub district hospitals along medical colleges.

He said that these centres were already functioning in some hospitals but there was a need to streamline them in order to get the desired results.

"Tobacco cessation centres in hospitals play a crucial role in promoting public health. They provide a structured environment for individuals to receive support, counseling, and resources to quit smoking," he said.

He added that hospitals are key institutions for health promotion and tobacco ●P-06

CS Advocates For 4G, Broadband Services To Uncovered Areas



GMK NEWS NETWORK

JAMMU: In a bold move towards digital inclusivity, Chief Secretary (CS), Atal Dulloo Tuesday champions the cause of extending 4G and broadband services to currently uncovered areas. This initiative promises to bridge connectivity gaps and enhance accessibility for all residents.

Continuing, the Chief Secretary maintained that the technology is panacea for most of today's issues faced by the human population. He made out that a multipurpose digital platform offering genuine solutions to the issues faced by people across cross-section of the society should be the priority for the Department.

Chief Secretary, ●P-06

PM Modi Discusses West Asia Crisis With Saudi Crown Prince



AGENCIES

NEW DELHI: Prime Minister Narendra Modi on Tuesday spoke with Saudi Crown Prince Mohammed bin Salman bin Abdulaziz Al Saud on the future of the strategic partnership between India and Saudi Arabia and discussed the West Asia crisis amid the ongoing Israel-Hamas war.

The Prime Minister posted on X: "Held a good conversation with my Brother HRH Prince Mohammed bin Salman bin Abdulaziz Al Saud on the future of Strategic Partnership between India and Saudi Arabia. We exchanged views on the West Asia situation and shared concerns regarding terrorism, violence and the loss of civilian lives. Agreed to work together for peace, security and stability in the region."

It may be recalled that three days ago an unmanned drone hit a merchant ship (MV Chem Pluto) off the coast of Veraval which had 21 Indian sailors on board. Fortunately nobody was hurt but the ship (which carried oil from Saudi Arabia and was heading to Mangalore) was damaged. A day later, another Indian ship (MV Sai Baba) was attacked in the Red Sea.

The Houthis, who rule the major part of Yemen, have pledged to continue carrying out attacks until Israel halts its assault on Gaza. About 40 per cent of international trade ●P-06

Rajnath Singh To Visit Jammu Today



GMK NEWS NETWORK

NEW DELHI: Defence Minister Rajnath Singh is set to visit Jammu today, days after deadly terror ambush in Poonch district left four Army soldiers dead.

Defence Minister Rajnath Singh's visit follows Chief of Army staff (CoAS) General Manoj Pande's visit to the spot on Monday, when he reviewed the anti-terror operation in progress in Surankote and Rajouri district's Thanamandi forest belt.

This is the second visit of the Defence Minister in last seven months. He visited Rajouri in May after twin terror attacks on the army in which 10 soldiers were killed.

A month ago, two army officers and three soldiers lost their lives in a gunbattle with terrorists in Rajouri.

MOVIES & TIMINGS

WEDNESDAY, 27 DECEMBER 2023



DUNKI

11:00AM, 02:30PM, 05:45PM (HINDI ATMOS)
03:40PM, 06:50PM (HINDI) L/A



SALAAR

12:00PM, 03:00PM, 06:30PM (HINDI)
A



AQUAMAN

12:30PM (ENGLISH)
L/A

TICKETS AT: www.bookmyshow.com | www.inoxmovies.com
Paytm, Inox App or Directly from the booking counter at the cinema.

INOX CINEMA SHIVPORA SRINAGAR

Call 95416 13868 For assistance with tickets

BADALTA JAMMU KASHMIR

Govt Schools dominate DIPR's visual storytelling competition

GMK NEWS NETWORK

JAMMU: The Government schools demonstrated a commanding presence in the ambitious visual storytelling competition organized by the Department of Information and Public Relations under Badalta Jammu Kashmir initiative, sweeping all positions in various categories.

The Department of Information and Public Relations' visual storytelling competition, conducted as part of 'Badalta Jammu Kashmir', received an overwhelming response, with over 50,000 individuals participating and witnessing the dominance of government schools.

DIPR organized the Photography and Videography Competition under the flagship program of Badalta Jammu Kashmir. The event garnered a massive response, with over 11,000 entries engaging approximately 50,000 individuals from diverse backgrounds across Jammu and Kashmir. The competition encouraged citizens to spotlight transformative developments in the Union Territory.



The department has been actively organizing programs to promote the participation of the region's populace in government endeavors. In this regard, the DIPR provides a platform for local talents to exhibit their unique skills. Programs like Beats of J&K, symposiums, painting competitions, song competitions, National Anthem competitions, and related cultural presentations are part of the departmental initiatives in this regard.

Winners across various categories were honored in a felicitation ceremony held here under the chairmanship of Joint Director Information Jammu, Atul Gupta. The competition not only celebrated the participants' talent but also provided a poignant visual

narrative of the dynamic changes unfolding in the realms of infrastructure, healthcare, and education throughout the region.

Atul Gupta, while complimenting the winners, expressed hope that the participants would continue to supplement and support DIPR's efforts towards achieving success under such noble initiatives. This will immensely help in further cementing the bond between the department and the common masses for the larger interest of society.

In the short film category, Higher Secondary School Barbugh Imam Sahib, Shopian secured the first spot, while ITI Ramban bagged the top position in the super short film category. Similarly, Government Primary

School Tilla and Government High School Wani-gam Payeen, Baramulla, clinched the top places in the photo story and single photo category, respectively. The Special Encouragement award was given to High School Narore, Udhampur, for a single photo.

Among others present on the occasion were Deputy Director, Audio Visual, Daharam Pal, Deputy Director (PR), Dr. Vikas Sharma, Deputy Director, Central, Sunil Kumar, Information Officer, Ashu Kumari, Programme and Coordinating Executive, Akanksha Kalaotra, Information Officer, Sachin Bali, Information Officer, Miheer Thakur, award winners besides officers and officials of the department.

Yasha Mudgal chairs mega Public Darbar in Larkipora

GMK NEWS NETWORK

ANANTNAG: Commissioner Secretary Cooperatives, Yasha Mudgal, Tuesday presided over a mega Public Darbar at Polytechnic College, Larkipora Anantnag and took stock of issues and demands of people of the district.

The event was attended by all sectoral heads and senior officers of district administration.

Chairman District Development Council, Anantnag, Vice Chairman, other PRI representatives and various delegations were also part of the mega public outreach programme.

The public darbar witnessed overwhelming response from the public during which people apprised Yasha Mudgal of their developmental issues and demands by seeking his intervention in redressing the same.

All the officers delivered speeches on the schemes operational in the district.

The delegations expressed satisfaction over the outreach programme saying that this provides them an opportunity to voice their grievances and demands for resolution.

Commissioner Secretary issued on spot directions to the concerned officers to look into all the issues projected by the delegations and the individuals and initiate action for early redressal of the same.

People mainly approached him with civic problems pertaining to some roads, intermittent water supply, better provision of health facilities in villages, and augmentation of infrastructure in public health institutions.

A delegation of youth raised the issue of establishment of playground in the area, to which instant instructions were given to the concerned officers.

Yasha Mudgal directed the concerned officers to popularise the initiatives and schemes of the government so that more and more people get benefitted.

Commissioner Secretary assured all individuals and delegations that the issues and genuine demands projected by them would be redressed on merit basis. She gave on-the-spot directions to the concerned for time-bound redress of public issues raised during the Darbar.

SKUAST-K holds Week long Commercial vegetable production programme

GMK NEWS NETWORK

SRINAGAR: Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K) conducted one week entrepreneurship and skill development training programme on "Commercial vegetable production and marketing" at Qazibagh, Budgam under the sponsorship of the Ministry of Micro, Medium, and Small Enterprises under its Existing-MDP Scheme.

The programme organized by Division of Vegetable Science, Faculty of Horticulture, was designed with an aim to inculcate technical and managerial skills among the budding entrepreneurs for grooming their start up ideas. The training programme was imparted to educated unemployed youth from weaker sections of the society.

The training was based on expert lectures by scientists of various divisions and

other faculties of SKUAST-Kashmir.

During the training, participants gained holistic knowledge regarding the commercial vegetable cultivation and marketing covering all the major aspects of the production. Exposure visits, practical demonstrations and hands-on training were also carried during the training programme. Participants had the chance to connect with professionals, mentors, and potential collaborators, fostering a supportive community within the agricultural sector.

Program coordinator Dr Shahnaz Mufti, Associate Professor, Division of Vegetable Science SKUAST-K said that this initiative is designed to equip aspiring entrepreneurs and agricultural enthusiasts with the necessary skills and knowledge to thrive in the competitive landscape of vegetable farming and marketing.

Nazim Zai chairs public outreach programme in Ganderbal

GMK NEWS NETWORK

GANDERBAL: Secretary, Department of Disaster Management, Relief, Rehabilitation and Reconstruction (DDMRRR), Nazim Zai Khan, Tuesday visited Ganderbal and chaired a public outreach programme here at Mini Secretariat to take stock of issues and concerns of common masses.

DDC Vice Chairperson Ganderbal, Bilal Ahmad, ADDC Ganderbal, Mush-taq Ahmad Simani, ADC, Gulzar Ahmad, ASP Ganderbal besides heads of various government departments including Revenue, Power, Health, Education, Public Works, FCS&CA, Agriculture and allied departments, were present on the occasion to address the concerns specific to their respective sectors.

On the occasion, PRI representatives raised several concerns and development issues pertaining to their areas including better road and mobile connectivity at Baba Daryadin, early commissioning of lift irrigation in Chountwaliwar area, early commissioning of Chatterg Bala Water Supply Scheme, completion of new building for PHC Wakura, additional accommodation for Higher Secondary School Wakura, development of ground at Phelipora, widening of several roads, removal of encroachments and other issues concerning common masses.

Speaking on the occasion, Secretary said that holding public outreach programme reflects the ongoing efforts of the government to bridge the

gap between administration and people by way of interacting directly with the locals, addressing their concerns and gathering valuable feedback on various developmental projects.

While replying to the issues, Nazim Zai underscored the significance of public outreach camps saying that these gatherings provide a platform for citizens to voice their grievances and for the Government to expedite their resolution through the appropriate channels. He gave necessary instructions to the concerned departments for resolving the issues at an earliest under their competence.

Encouraging PRI representatives to actively contribute ideas and suggestions, he stressed shared responsibility for progress. He urged them to safeguard state land in their Panchayats from illegal encroachment.

Reaffirming Government's commitment towards development and welfare of the people, the Secretary assured the participants that their concerns would be thoroughly examined and redressed in a time bound manner.

He also impressed upon the government officials to remain accessible to the public and fixed timelines for completion of various vital development projects in the district.

The Secretary also presented the cheque of Rs 1,12,57,000 among the beneficiaries under Education Assistance Scheme of J&K Building and other construction workers Act.

From Job Seeker to Job Provider

VBSY Spotlights Sumit's Inspiring Entrepreneurial Journey

GMK NEWS NETWORK

KATHUA: In the bustling town of Kathua, a remarkable success story has emerged, highlighting the transformative power of government support and entrepreneurial spirit.

Sumit Kumar, a determined individual who defied the limitations of being a job seeker by harnessing the opportunities provided by the PMEGP loan program. Tuesday, he proudly owns and operates his very own electric appliances repairing shop, symbolizing his transition from seeking employment to becoming a source of employment in his community.

Sumit Kumar's extraordinary journey caught the attention of Viksit Bharat Sankalp Yatra, a transformative initiative that showcases the real stories of individuals who have benefitted from government schemes. During the captivating Meri Kahani Meri Zubani segment, Sumit shared his heartfelt gratitude for the PMEGP loan that breathed life into



his entrepreneurial dream. Reflecting on his past, Sumit was once in the position of countless individuals seeking stable employment opportunities. However, with unwavering determination, he embarked on a quest to establish his own business. Through the support and guidance of the PMEGP loan program, Sumit was able to secure the necessary capital to open his electric appliances repairing shop.

Sumit's electric appliances repairing shop not only fulfills the needs of his customers but also

serves as a testament to his resilience and unwavering spirit. With dedication, he honed his skills and expertise, providing top-class services and gaining a reputation for his professionalism and reliability.

Sumit's success not only impacts his own life but also carries substantial significance for the community he resides in. By becoming a job provider, he has created employment opportunities for others, contributing to the growth and development of his locality.

Amidst his achieve-

ments, Sumit remains immensely grateful for the opportunities bestowed upon him by the government and the PMEGP loan program. He recognizes the pivotal role played by such initiatives in empowering individuals like him to pursue their dreams, break free from the chains of job-seeking, and transform into job providers.

Sumit Kumar's story is an embodiment of the power of determination, government support, and entrepreneurial drive. It serves as an inspiration for all those who aspire to unleash their potential and create a positive impact on their communities. His journey reminds us that with the right opportunities and a spirit of resilience, one can rise above circumstances and forge their own path to success.

As Sumit's achievements came to the fore during the ongoing Viksit Bharat Sankalp Yatra, his story resonated with countless others, reinforcing the commitment to a promising and prosperous future for all.

NHM releases ranking of public health facilities on e-Sahaj

GMK NEWS NETWORK

SRINAGAR: National Health Mission (NHM) J&K Tuesday released ranking of Public Health facilities on Hospital Management Information System (JK e Sahaj) for the month of November 2023.

In the category of Associated Hospitals of Government Medical Colleges, the first rank has been clinched by Jammu Psychiatric Disease Hospital followed by GMC Rajouri, Kashmir Nursing Home Srinagar, GMC Udhampur, and Jammu Super speciality Hospital. Bottom five in this category included GMC Handwara, Srinagar Psychiatric Disease Hospital, Bone and Joint Hospital, Srinagar, GMC Jammu and Govt Medical College, Doda.

In the category of District Hospitals, ASYM DH Budgam secured the first place followed by DH Samba, DH Kishtwar, DH Reasi and DH Shopian. Bottom five in this category included DH Bandipora, DH Kulgam, DH Pulwa-

ma, JLNMSrinagar and MCH Anantnag.

In the category of Community Health Centres (CHCs), first rank has been bagged by CHC Pakherpora Budgam, followed by CHC Bijbehara, Anantnag, CHC Sohanjani, Jammu, CHC Zainapora, Shopian and CHC Basholi, Kathua. Bottom five in this category included CHC Thanamandi, Rajouri, CHC Taryath, Rajouri, CHC Kupwara, CHC Langate, Kupwara and CHC Chattargam, Budgam.

JK e-sahaj (Electronic System for Automation of Hospital Administration J&K) initiative was formally launched on 4th November 2022 as part of Jashn-e-Sehat, by the Lieutenant Governor for different types of facilities i.e. Tertiary care, District Hospitals, Community Health Centres. JK E-Sahaj has been integrated with Rapid Assessment System (RAS), 104 Centralised Health Helpline for out-bound calling and RCH portal of MoHFW, Govt. of India.

Sarmad Hafeez chairs grievance redressal camp in Shopian

GMK NEWS NETWORK

SHOPIAN: Secretary, Youth Services and Sports, Sarmad Hafeez, Tuesday chaired a mega public grievances redressal camp here to take stock of public issues and grievances.

Delegations including DD/BD Council, MC Councillors, fruit growers, traders, tribal leaders, activists, civil society members, SHG members and other groups besides PRI members and public projected development issues and demands of their respective areas.

These delegations raised various issues which inter alia included improving sports infrastructure, health facilities at SDH Keller, development of green spaces and provision of other facilities in town, supply of water to water stressed areas, tourism promotion initiatives, development of Mughal Sarai, upgradation of Public Library, improving pre and

post harvest management strategies in horticulture, agriculture and allied sectors, tourism promotion of spots and flood protection bund around Fruit Mandi Shopian.

Besides, other issues pertaining to Health, School Education, RDD, R&B, Higher Education and Sports Council were also flagged by locals.

Secretary instructed the officers to follow up on issues and demands as projected by the public for timely resolution.

While addressing, Sarmad Hafeez sought better public engagement and cooperation in making the district, a model of sustainable development.

Calling for strengthening grievance redressal mechanisms across departments, Secretary emphasized upon strengthening control rooms and help desks for prompt public grievance redressal.

GOVERNMENT OF JAMMU AND KASHMIR
JAMMU AND KASHMIR SERVICES SELECTION BOARD (JKSSB)
 CPO Chowk, Panjtirithi, Jammu/ Zamzam Complex, Rambagh, Srinagar.
www.jkssb.nic.in

Subject: Document Verification of candidates falling under consideration zone for the post of Junior Environmental Engineer - Supplementary Document Verification thereof.

NOTIFICATION

All such candidates who are falling under consideration zone and were called for Document Verification for the post of Junior Environmental Engineer (UT Cadre), Forest, Ecology & Environment Department advertised vide Advertisement Notification No. 03 of 2021, under Item No. 557, vide this office Notification No. JKSSB-COE0EXAM(UT)/88/2023-03 (7314392) dated: 24-11-2023, but could not appear before the Document Verification Committee(s) on 28-11-2023 due to various reasons, are hereby given last and final opportunity to appear before the Document Verification Committee(s) on 28-12-2023 at JKSSB, Central Office, CPO Chowk, Panjtirithi, Jammu (Jammu Centre Based Candidates) and at ZamZam Complex, Rambagh, Srinagar (Kashmir Centre Based Candidates) at 11.00 AM sharp, failing which no claim in this regard shall be entertained at any stage.

No.: JKSSB-COE0EXAM(UT)/85/2023-03 (7309695)
 Dated: 23-12-2023
 DIPK-14248-23
 DT: 26/12/2023

Sd/-
 (Reyaz Ahmad Malik)
 JKAS Controller of Examinations
 J&K Services Selection Board

Government of Jammu & Kashmir
OFFICE OF THE EXECUTIVE ENGINEER
MECHANICAL & HOSPITALS DIVISION SRINAGAR
 -----Telefax:- 0194-2496089, Email ID:- xennhchdtk@yahoo.in-----

Gist of e tender

NIT No: M&HDS/TS /2023-24/159/e-tendering Dated:-23.12.2023

(Short Term)

For and on behalf of the Lt. Governor, J&K UT e-tenders are invited from registered/reputed/experienced firms with J&K State Govt., CPWD, Railways and other State/Central Governments for the below mentioned work:-

Name of Work	Est. Cost (Rs. in Lacs)	Cost of T/ Doc. (In rupees)	Time of completion (in days)	AA Accorded Vide No:	TS No	Earnest Money (in Rupees.)	Position of Funds
1	2	3	4	5	6	7	8
Repairs to Electrical Panel of Central Heating System Installed at RRIUM Hazratbal	0.24	50	3	5-20/ RRIUM/ KU/ Maint/23-24/ 863, Dated: 18-12-2023	SD-II/ TS/08 Dated 12/23	500	Available with in-tending Department (RRIUM Srinagar)

- Downloading of Bids:- The NIT Consisting of qualifying information, eligibility criteria, specifications, Bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen from the departmental website www.jktenders.gov.in from 23.12.2023 (15.00 hrs) and can be downloaded from 23.12.2023(15.00 hrs).
- Uploading:- The bidders shall deposit their bids in electronic format on the above web site 23.12.2023(15:00 hrs) to 02.01.2024(12:00hrs) in two (02) covers.
- Opening of Bids :- The bids received upto due date and time shall be opened on 02.01.2024 at 14.00(hrs)

No: M&HDS/TS/ 8548-52, Dated: 23-12-2023 DIPK-14238-23 DT: 26/12/2023

Sd/-
 Executive Engineer,
 M&H, Srinagar

'Zero tolerance against drug abuse'

DC Srinagar chairs NCORD meeting

GMK NEWS NETWORK

SRINAGAR: Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad Tuesday chaired a meeting of District Level meeting on Prevention of Drug Abuse & Narcotics Trade (NCORD) here at Meeting Hall of DC Office Complex to review the measures taken by Law Enforcement Agencies and other Stakeholders to curb the menace of drug abuse and crush the Hotspots of drug peddling in Srinagar District.

Besides, Additional Deputy Commissioner, Syed Shabir Ahmad, Superintendent of Police, Arif Amin Shah, Additional Deputy Commissioner, Syed Ahmad Kataria and SP Traffic, Tariq Ahmad, the meeting was attended by Programme Officer ICDS, Chief Medical Officer, Chief Education Officer, District Social Welfare Officer, Chief Agricultural Officer, Deputy Drug Controller, ARTO, DDMO Srinagar, Incharge Drug De-addiction Centre SMHS Hospital, Incharge ATF, SKIMS Bemina and Officers from ANTF, Excise, Labour, DYSSO and other Departments.

At the outset, the Deputy Commissioner took a detailed appraisal from concerned members of NCORD Committee regarding implementation of the deterrence measures taken and progress achieved to eliminate drug abuse and its peddling from the Srinagar District particularly during the last 3 months. He also reviewed the present scenario of drug related occurrences,



hot spots of drug abuse, besides anti-drugs awareness campaign and drug deterrence measures in place in Srinagar District.

On the occasion, the DC emphasised the Officers including Enforcement agencies for taking concerted efforts to crack hotspots of drug abuse, obstruct drug-peddling, besides creating greater deterrence to combat dangerous trade of drug-trafficking.

The DC said menace of Drugs is non-negotiable and stressed on adopting zero tolerance against the drug abuse. He also called the members of NCORD Committee to keep vigil on vulnerable places to prevent spread of drugs.

The DC called for attacking the societal issue of drug menace from both supply and demand sides to contain the drug peddling and break the supply chain. He also stressed upon the Officers of all the line Departments to further intensify the deterrence measures to control the harmful effects of drug menace so that youth is discouraged from tempting towards drugs.

The DC also urged the

latest developments and strategies employed in the District to control drug addiction and its trafficking. He was informed that during the year 2022 as many as 1909 new patients (drug victims) visited the Drug De-addiction Centre SMHS Hospital, while in year 2023 only 728 such patients visited the Centre for treatment.

The Superintendent of Police apprised the meeting that as many as 107 cases have been registered in Srinagar District during current year and 186 drug peddlers have been booked under PITs-PSA and other Acts. In addition, huge quantity Contra Band substance were also seized/recovered including 108 gms of brown sugar, 12.07 kgs Heroin, 11.81 Kgs of Charas, 19.5 Kgs of Fuki, 1361 PSY syrup bottles, 41812 PSY capsules/tablets, besides illicit cultivation of 7.16 Kgs Ganja, 2.09 quintals of bang/poppy straw/cannabises were destroyed.

During the meeting, a roadmap was discussed for making Drugs Free Panchayats in Srinagar District. The DC asked for undertaking an analysis study by the District Statistics & Evaluation Office to assess the drugs situation in Srinagar District. Earlier, the DC was given feedback by the members of the Committee including Superintendent of Police, Incharge Drug De-addiction Centre SMHS Hospital, Incharge ATF, SKIMS Bemina, Deputy Drug Controller and other enforcement agencies, who presented the latest report related to action taken against drug addiction and drug trafficking in the last 3 months in Srinagar District.

The members of NCORD Committee also briefed about the presented the

concerned to intensify the IEC campaign and install signages for awareness of target groups and also implement the Cigarettes and other Tobacco Products Act 2003(COTPA 2003), around the educational institutions to prevent the children/ youth from the harmful effects of tobacco and its products.

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IISM GEARS UP FOR SKIING COURSES

8 batches to undergo training this winter at Gulmarg

MUBASHIR AALAM WANI

SRINAGAR: The Indian Institute of Skiing & Mountaineering (IISM) is set for an exciting season of skiing courses at Gulmarg with eight batches scheduled to undergo comprehensive skiing training this winter.

High-altitude skiing destination Gulmarg has recently witnessed a snowfall following which the winter activities took off at the hilly destination.

IISM too has started its skiing courses with participants coming from across India to learn the sport and practice it on the slopes of Gulmarg.

Nazir Ahmad Bhat, training coordinator at IISM said that this season training courses will be held for 640 aspiring skiers.

"Training courses for skiing have begun at Gulmarg from December 20. We will conduct the training courses for eight batches this winter. Each batch

contains 80 students which means that 640 students will be trained at the institute this winter," he said.

The courses cater to various skill levels, making it accessible for novices as well as those looking to refine their existing skills.

Bhat expressed his enthusiasm for the upcoming sessions, stating, "Gulmarg is renowned for its breath-taking landscapes and ideal conditions for skiing. We are excited to welcome participants from different parts of the country to experience the thrill of skiing under the guidance of our experienced instructors. Our courses are designed to cater to everyone, from beginners to advanced skiers, ensuring a holistic and enjoyable learning experience."

The training programs offered by IISM include both theoretical and practical components, covering aspects such as equipment handling, snow safety, and skiing techniques.

JD Agri launches training program for Niche Crop promotion

GMK NEWS NETWORK

SRINAGAR: The joint Director Agriculture extension Kashmir, G.M Dobhi Tuesday Inaugurated one day awareness cum training programme on "Promotion of Niche Crops in the UT of Jammu and Kashmir" under holistic development program at Agriculture Complex Lalmandi Srinagar. The programme was organised by advanced research station for saffron & seed spices, SKUAST-Kashmir in collaboration with department of Agriculture and farmer welfare Kashmir.

In his Inaugural address joint Director Agriculture extension G. M. Dobhi highlighted the impor-

tance of promotion of niche crops like saffron, kala zeera, Mushkbadji like crops.

He said that under HADP special attention has been given in this direction and many interventions are on for the promotion and development of niche crops like saffron. He said that our niche crops had a vast potential interms of economic growth and sustainability. He impressed upon the participants to organise more such programs in coming times so that more and more young educated farmers could be must aware of the economic potential of niche crops. He also marked the benefits of value addition and marketing of main access streets and

SSC Advisory Forum reviews progress, engages stakeholders

GMK NEWS NETWORK

SRINAGAR: The Srinagar Smart City Advisory Forum (SSCAF) convened Tuesday at the TRC Meeting Hall, Srinagar, drawing participation from key stakeholders.

Member of Parliament (L.S), Dr. Farooq Abdullah, alongside representatives from various government departments, technical experts, traders' fraternity, and members of civil society, contributed to the vibrant discussion.

CEO Athar Aamir Khan of Srinagar Smart City Limited (SSCL) provided a comprehensive overview of both completed and ongoing projects undertaken by SSCL during a recent presentation. He underscored the transformative changes witnessed in key areas of Srinagar city, notably the Jhelum Riverfront, Central Business District (CBD) Lal Chowk, Polo High Street, and MA Road. These spaces, once neglected, have now evolved into vibrant hubs of social and business activities, fostering a thriving atmosphere in Srinagar.

One of the focal points of the presentation was the successful revitalization of Dal Lake Front, where a continuous 5.10km cycle track has been established along the pristine lakeside. This development has significantly enhanced the appeal of the Dal Lakefront, attracting numerous visitors well into the late evening, and contributing to its newfound vibrancy.

Furthermore, the CEO, SSCL highlighted the ongoing initiatives in Shehr-e-Khaas, emphasizing its pivotal role in Srinagar's development. SSCL's primary focus has been the enhancement of heritage markets within Shehr-e-Khaas and the improvement of main access streets and

roads leading to this area. Key access corridors such as Dalgate-Gojwara Road, Nallah-Mar Road, streets adjacent to Jamia Masjid, Maharaj Gunj, Zaina Kadal Market, Ali Kadal, Nawakadal, and Jamalhatta are undergoing comprehensive renewal. These interventions encompass various facets like undergrounding electric and telecom utilities, road surface enhancements, placemaking at junctions, provision of public amenities, shared pedestrian streets, improved drainage and sewer networks, and facade improvements of heritage buildings. These concerted efforts are poised to revive the grandeur of Shehr-e-Khaas in the near future.

Moreover, CEO, SSCL emphasized SSCL's diligent efforts to reinstate water transport as a public transportation service in Srinagar City, underscoring the commitment toward a holistic and inclusive urban transportation system for the city's residents. The session involved in-depth deliberations on the progress of SSCL's various initiatives. Subsequently, participants shared valuable suggestions, views, and inputs, all diligently noted by the Srinagar Smart City team. The unwavering support expressed by the attendees towards SSCL's endeavours for the timely and successful completion of the projects was acknowledged.

The meeting concluded with a vote of thanks extended to all participants. The active collaboration and dedication of line departments, diverse organizations, traders' fraternity, members of civil society, and the hard work of the Srinagar Smart City Limited team were recognized and appreciated.

Saurabh Bhagat flags off Solar Rath Yatra

GMK NEWS NETWORK

JAMMU: Commissioner Secretary, Science & Technology, Saurabh Bhagat, Tuesday flagged off the Solar Rath Yatra from JAKEDA Office, Jammu for promotion of Rooftop Solar Scheme in Jammu and Kashmir.

Speaking on the occasion, Saurabh Bhagat said that the Yatra aims to create awareness among the electricity consumers so that more and more people are attracted towards the Solar Energy usage thereby reducing the energy burden in the UT of J&K.

Commissioner Secretary also highlighted the benefits of Solar Energy over the conventional energy and the incentives being offered by the government, under



the 200 MW cumulative capacity sanction of the Union Ministry for New and Renewable Energy (MNRE).

Saurabh Bhagat said that the Solar (Surya) Rath Yatra will cover 72 wards of Jammu City during the coming 15 days to cover maximum populace of the Jammu City and ensure

saturation of Solar Energy in domestic and other sectors of the UT.

Commissioner Secretary also appealed the public to take maximum benefit from the scheme and avail upto 65 percent subsidy on the project which is highest in any subsidized scheme.

Among others, CEO

JAKEDA, Dr. P. R. Dhar, Additional Secretary S&T, Shafiq Ahmed, Financial Advisor, Rashim Deepika, Additional Director ST&IC, Nasir Ahmed, Executive Engineers JAKEDA, Khalid Mehmod and M. A. Banka and Regional Head, Jammu, Deepak Sharma, were also present on the occasion.

15 years on, NTPHC in Madwan still incomplete, people aghast

SAJID RAINA

HAIJIN: The New Type Primary Health Centre (NTPHC) in Madwan village of Hajin, located in North Kashmir's Bandipora district continues to remain incomplete even after 15 years with the result that people of the area are suffering a lot.

The locals said that construction on NTHPC began in 2008 and since then it continues to remain under construction even as very little work has taken place so far. "The building remained non-functional over the years. Despite raising the issue with the relevant authorities several times, no action has been taken. A huge number of people are suffering due to non-availability of health facilities," they said.

The locals further said that the building, left unattended by the government, at times becomes a shelter for dogs, horses, and various other animals, which shows the administration's lack of seriousness regarding the

overall healthcare facility in this rural area.

Shabir Ahmed, an elderly local said: "Even the windows and doors of this building are now visibly broken, and it seems neglected. No one is taking care of it. The government should demonstrate some seriousness and complete the remaining work to make it functional as soon as possible, enabling the locals to access healthcare services here."

He said: "If NTPHC had been made functional, it could have been immensely beneficial to the residents of this hamlet and the nearby communities. The facility would have incorporated the latest amenities and special-ized medical professionals".

Ali Muhammad, another local said: "During health emergencies, we are compelled to visit either Hajin Hospital or Bandipora even for minor ailments that could have been addressed here. However, going to other hospitals is challenging for us due to considerable distances," said Ali Muhammad.

NON-COMPLIANCE TO PRESCRIBED CURRICULUM

JKBOSE warns Private schools of strict action

AGENCIES

SRINAGAR: The Jammu and Kashmir Board of School Education (JKBOSE) has asked affiliated private schools to implement the curriculum and textbooks prescribed by the board from the ensuing academic session for all classes.

JKBOSE Director Academics in a notification said that any deviation or non-compliance of the board or government of Jammu and Kashmir or even non-adoption of JKBOSE prescribed text books and curricula by any academic institution shall warrant a disciplinary action, imposition of a penalty up to Rs.50,000 or both.

JKBOSE in August-2022 had impressed upon all the affiliated private schools of the UTs of J&K and Ladakh to ensure that the text books published by the JKBOSE are implemented and prescribed, in the first

phase, for classes 6th to 8th from the Academic Session 2023-24.

"A writ petition was filed before the High Court of J&K and Ladakh, by Private Schools United Front, challenging the notification regarding the implementation of textbooks published by JKBOSE by all the private schools for Classes 6th to 8th in the first phase," reads the notification.

JKBOSE said that the writ petition was dismissed by the High Court, which in its order has observed that the board is well within its rights to make it mandatory for all the private schools to prescribe textbooks published by it.

The board officials accordingly directed all the affiliated private schools of the UTs of J&K and Ladakh that they shall implement the curriculum and the textbooks prescribed or published by JKBOSE from ensuing Academic session 2024-25 for classes 1 to 12.

Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER

MECHANICAL AND HOSPITALS DIVISION SRINAGAR

(Tele-fax No: 019-2496089, e-mail id: xnmhchdk@yahoo.in)

Subject: - Supply, Installation, Testing and Commissioning of Inverter Type Hot & Cold (Reversible) ACs for various sections of Skill Centre (to be established) at AMT School of GMC, Srinagar

Ref : This office e- NIT no: M&HD/TS/2023-24/145/e-tendering Dated 08.12.2023

CORRIGENDUM/ EXTENSION

Kindly read Annexure "B" Technical Specifications as	Instead of
<p>1. Hot & Cold Reversible Air conditioners: Supply, Installation, Testing & Commissioning of Split type reversible AC (Inverter Series type) comprising of Indoor and Outdoor Units . The split type reversible ACs shall provide heating as well as cooling. The ac shall be complete with all accessories like indoor unit, outdoor unit, cabling via indoor to outdoor unit of size as recommended by OEM. The Job includes providing and Fitting Hooking arrangement, fixtures for holding indoor units, frames for resting outdoor Unit and all other mountings and accessories required for excellent performance of the machines. The Hot and cold Ac machine shall have following specifications:-</p> <p>Type : High wall split AC (Hot & cold)</p> <p>Compressor speed:-Inverter(variable speed)</p> <p>Heating Mechanism: Heat Pump</p> <p>Nominal capacity (TR) : 2</p> <p>Nominal cooling capacity(Kcal/hr):6000 for 2.0 TR</p> <p>Nominal Heating capacity :101 to 110% of cooling capacity</p> <p>Coil Material (Evaporator): Copper</p> <p>Coil Material (Condenser): Copper</p> <p>Fin material (Evaporator): Copper</p> <p>Fin Material (Condenser): Copper</p> <p>Eco Friendly refrigerant</p> <p>BEE Star rating: 4</p> <p>Warranty on compressor :5</p>	<p>2. Hot & Cold Reversible Air conditioners: Supply, Installation, Testing & Commissioning of Split type reversible AC (Inverter Series type) comprising of Indoor and Outdoor Units . The split type reversible ACs shall provide heating as well as cooling. The ac shall be complete with all accessories like indoor unit, outdoor unit, cabling via indoor to outdoor unit of size as recommended by OEM. The Job includes providing and Fitting Hooking arrangement, fixtures for holding indoor units, frames for resting outdoor Unit and all other mountings and accessories required for excellent performance of the machines. The Hot and cold Ac machine shall have following specifications:-</p> <p>Type : Air Conditioner High wall Split AC (Hot and Cold)</p> <p>Compressor (Speed Type) Inverter (Variable Speed)</p> <p>Heating Mechanism Heat Pump</p> <p>Nominal Capacity (TR) 1.5</p> <p>Nominal Cooling Capacity (kcal/hr) 4500 for 1.5 TR</p> <p>Nominal Heating Capacity 100 to 110% of Cooling Capacity</p> <p>Coil Material (Evaporator) Copper</p> <p>Coil Material (Condenser) Copper</p> <p>Fin Material (Evaporator) Copper</p> <p>Fin Material (Condenser) Copper</p> <p>Eco-friendly refrigerant Yes</p> <p>BEE Star Rating 5</p> <p>Warranty on compressor :5 yrs</p>
<p>2. Hot & Cold Reversible Air conditioners: Supply, Installation, Testing & Commissioning of Split type reversible AC (Inverter Series type) comprising of Indoor and Outdoor Units . The split type reversible ACs shall provide heating as well as cooling. The ac shall be complete with all accessories like indoor unit, outdoor unit, cabling via indoor to outdoor unit of size as recommended by OEM. The Job includes providing and Fitting Hooking arrangement, fixtures for holding indoor units, frames for resting outdoor Unit and all other mountings and accessories required for excellent performance of the machines. The Hot and cold Ac machine shall have following specifications:-</p>	<p>2. Hot & Cold Reversible Air conditioners: Supply, Installation, Testing & Commissioning of Split type reversible AC (Inverter Series type) comprising of Indoor and Outdoor Units . The split type reversible ACs shall provide heating as well as cooling. The ac shall be complete with all accessories like indoor unit, outdoor unit, cabling via indoor to outdoor unit of size as recommended by OEM. The Job includes providing and Fitting Hooking arrangement, fixtures for holding indoor units, frames for resting outdoor Unit and all other mountings and accessories required for excellent performance of the machines. The Hot and cold Ac machine shall have following specifications:-</p> <p>Type of Air Conditioner High wall Split AC (Hot and Cold)</p> <p>Compressor (Speed Type) Inverter (Variable Speed)</p> <p>Heating Mechanism Heat Pump</p> <p>Nominal Capacity (TR) 1.5</p> <p>Nominal Cooling Capacity (kcal/hr) 4500 for 1.5 TR</p> <p>Nominal Heating Capacity 100 to 110% of Cooling Capacity</p> <p>Coil Material (Evaporator) Copper</p> <p>Coil Material (Condenser) Copper</p> <p>Fin Material (Evaporator) Copper</p> <p>Fin Material (Condenser) Copper</p> <p>Eco-friendly refrigerant Yes</p> <p>BEE Star Rating 4/5</p> <p>Warranty on compressor :5 yrs</p>
<p>3. Warranty on compressor :5 yrs</p>	<p>3. Warranty on compressor :5 yrs</p>

Further, the Critical dates of above subject works are extended as follows:-

S.No	Description	Date and Time
1.	Last Date of Bid Submission	28.12.2023 (12:00 hrs)
2.	Date of Bid Opening	28.12.2023 (15:00 hrs)

All other Terms and Conditions of the NIT shall remain the same.

No: M&HDS/TS/8599-8602
Dated: 26.12.2023
DIPK-14284-23
DT: 26/12/2023

Sd/-
Executive Engineer,
Mechanical & Hospitals Division,
Srinagar

Good Morning **Kashmir**

EDITORIAL

Rising Cases Of Online Harassment

It has become quite a natural instinct among a lot of youth in Kashmir to make terse comments on any YouTuber or Instagrammer without thinking about the consequences it can have on that person's mental health. Every person amongst us is a special human being and everyone wants to be famous or known. People post videos on YouTube and Instagram about their daily chores, videos about their aspirations, their goals, their attitudes, and their likes or dislikes. This choice needs to be respected by others. Every one of us is not a master actor to be able to express our likes and dislikes tactfully. A good majority of us are people with average communication. But what is the sin if a person with average communicative ability wants to present his side of the worldview? His may not be a perfectly communicated commentary of his experience but then it is a narrative, a unique narrative of a unique person. It is very sad to see some of us shamelessly indulging in cringe-worthy comments about the honest effort of a vlogger. For example, a vlogger went to Pahalgam and recorded the video. It definitely may not be the finest video you will see of Pahalgam - it is not expected to be so by any standards. However, it is a unique perspective as a hardworking man saved enough money to travel to Pahalgam and is now telling us about his experience. This has to be appreciated. We can suggest the vlogger where he can improve but writing comments like 'mad Vlogger', 'tactless Vlogger' etc. can have a depressing effect on his mental well-being.

Online bullying is considered a serious crime in the United Kingdom and is punishable. I think we need to implement online bullying laws with great force in the union territory of Jammu and Kashmir. There have been instances where after being bullied by the general public the vloggers were forced to do self-harm to themselves.

The Lieutenant Governor Manoj Sinha, who has championed the cause of personal liberty thus far, must himself intervene and ensure no vlogger, YouTuber or Instagrammer is subjected to online abuse, bullying or harassment.

Winter Break- Make It Productive For The Children



M AHMAD

Nearly every student eagerly awaits the wonderful winter break, which grants both teachers and students a few days to unwind and prepare for the upcoming new academic session. It may sometimes be equally important to catch up on pending work and to meet the goals we have been chasing for a long time. At the same time, the long winter break offers a world of opportunities to school students to boost their knowledge by doing productive things. Parents, who find the winter holiday period harrowing as they're completely at a loss on how to keep their children engaged, should support their wards to explore new opportunities.

In addition to the completion of the school syllabus, several activities will not only keep children entertained but also promote their education. Like encouraging the little ones to take part in socially useful and productive projects. Make them aware of the values of compassion by asking them to donate their creations to the poor and needy. Take your little one to a carnival or book fair. Have a whale of a time to help your kid with an outdoor or indoor activity that will keep him or her gainfully occupied. For instance, show him or her how to create a snowman or ice candles. The winter vacation is the perfect time to take the little ones to the city's numerous art galleries and museums. You can teach your kids a skill that they'll be able to take advantage of for a lifetime like cooking, sketching, or gardening. Help your child with reselling old textbooks and unused notebooks - Over the years, your kids may have accumulated a large number of textbooks and notebooks from their previous classes.

Enough, these books are of no use to your children as they have moved on to the subsequent stages of education. This huge stock of books might be lying idle and gathering dust. Let the kids visit their grandparents if they are not with other relatives - as kids have a



natural and instinctive affinity towards their grandparents.

Let the kid visit an older sibling who's studying or working in another city - Plan a trip to the town or city where your kid's sibling stays so that the siblings can reconnect with each other. Pick up a new skill for the children that will be useful in your academic career like drawing, computer programming or public speaking. Take good care of the physical and mental health of your wards by eating nutritious meals, exercising regularly, and sleeping soundly. You can open a savings bank account and learn money-management skills for your children. Encourage your child to practice a hobby like photography, gardening, hiking, or stargazing.

Take stock of the school work of the present academic session of your ward - Take time out to reflect on how well he/she fared in the last academic session and think deeply about the areas where your ward faltered and carefully consider how he/she can improve on those areas. Also, give due consideration to how to get going in your new session with a bang. Make your ward habitual to read offline or online daily newspapers to remain updated with the day-to-day happenings. Your ward should improve

general knowledge - During this winter vacation, allocate at least one hour every day to read as many books as possible to update yourself on current affairs. Read books on general knowledge, history, geography, science, and other subjects. The knowledge that you gain will stand you in good stead in the future. Besides, students have had a lot of time confined in their homes where all they can do is play online games, chat with their friends, and watch TV.

To improve the credibility of your ward, you can speak with his/her teachers to develop a study plan or request additional assignments. If your ward prepares early, it would be easier to excel in that particular area of study. Most schools administer exams shortly after the winter break, so the timing couldn't be better. Teachers can organize virtual sessions with the students, it would be better. Teachers understand children better than their parents. Depending on how well you know your students, what they love, and their experiences, set out to engage each of them at least once a week. Reach out to them to see how they are doing. Find out how they are enjoying the winter break and what keeps them busy. Give them ideas to keep them busy and productive until

schools reopen. When there is a strong relationship between teachers and students, communication becomes easy. Students will trust their teachers with secrets, sometimes including domestic issues that could derail their academic performance.

You can learn how to be of service to others. There is something about giving and bringing joy, and it is no different for your children. Teach your ward how to consider acts of kindness for a needy person or family in your community. Children can also be habit trackers to start a new daily routine like completing a weekly journal, purging their wardrobe, re-organize the room, learning a new language, joining a local or virtual book club, helping parents with household projects, start a vegetable garden, attend a festival, make a donation to a good cause, go skiing or hiking, and set new goals for the upcoming school year.

Winter vacations are a much-needed break from the daily routine, and they offer respite in terms of less work and more playtime for the children.

M Ahmad is a regular writer for Good Morning Kashmir. He can be mailed at specialchivers78@gmail.com

Winter Blues

Strategies To Illuminate Shadows Of Seasonal Affective Disorder



DR. GORAV GUPTA

As winter descends upon us, bringing with it the crisp chill and the festive cheer, it also casts a shadow that many individuals find challenging to shake off. Seasonal Affective Disorder (SAD), a form of depression that typically occurs during the winter months, affects a significant number of people worldwide. Understanding the intricacies of SAD, recognizing its symptoms, and exploring effective remedies and therapies is crucial for those grappling with the winter blues.

The Winter Blues Phenomenon

Winter is often synonymous with shorter days, longer nights, and decreased exposure to natural sunlight. These changes can disrupt the body's internal clock, leading to alterations in mood and energy levels. Seasonal Affective Disorder is characterized by a recurrent pattern of depressive symptoms during a specific season, most commonly in winter.

Recognizing the Symptoms
Individuals experiencing SAD may find themselves grappling with a range of symptoms, including persistent low mood, lack of interest or pleasure in activities, changes in sleep patterns, increased fatigue, difficulty concentrat-

ing, and even changes in appetite. It's important to note that while the symptoms are similar to major depressive disorder, they occur seasonally and tend to alleviate with the arrival of spring.

Unraveling the Causes and Contributing Factors

The exact cause of Seasonal Affective Disorder remains unclear, but several factors are believed to contribute to its onset. Reduced exposure to sunlight can disrupt the body's internal clock (circadian rhythm) and lead to imbalances in neurotransmitters such as serotonin and melatonin. Additionally, genetics, hormonal fluctuations, and pre-existing mental health conditions may amplify the risk of developing SAD.

Shedding Light on Remedies

Thankfully, there are various strategies individuals can employ to alleviate the symptoms of SAD and embrace the winter months with resilience:

Light Therapy (Phototherapy): Exposure to bright light, mimicking natural sunlight, can help regulate circadian rhythms and alleviate symptoms. Light therapy boxes are readily available and are a non-invasive, effective treatment option.

Embrace the Outdoors: Even on cold days, spending time outdoors during daylight hours can be beneficial. Natural sunlight stimulates the production of serotonin, a neurotransmitter associated with mood regulation.

Physical Exercise: Engag-

ing in regular physical activity has been proven to boost mood and reduce symptoms of depression. Whether it's a brisk walk, yoga, or a workout routine, staying active is essential.

Mind-Body Practices: Practices such as meditation, mindfulness, and deep-breathing exercises can help manage stress and improve overall mental well-being.

Therapies for Treatment

For those seeking professional support, psychotherapy, particularly cognitive-behavioral therapy (CBT), has shown effectiveness in treating SAD. CBT helps individuals identify and change negative thought patterns, fostering healthier coping mechanisms.

In severe cases, where symptoms significantly impact daily

functioning, medication such as antidepressants may be prescribed. It's crucial to consult with a healthcare professional to determine the most appropriate course of action.

As winter unfolds its icy embrace, understanding Seasonal Affective Disorder is the first step towards managing its impact. By incorporating lifestyle changes, embracing natural light, and seeking therapeutic interventions when needed, individuals can navigate the winter blues with resilience and regain control over their mental well-being.

Remember, the sun always rises, and with it comes the promise of brighter days ahead.

Author is Founder and Director of Tulasi Healthcare

IDEAS, OPINIONS AND VIEWS EXPRESSED IN ARTICLES PUBLISHED ARE WRITERS' OWN AND MAY NOT BE FOUND IN ACCORD WITH THOSE OF GOOD MORNING KASHMIR

TB Eradication

Progress In Quantum Of Solace, Yet Glaring Gaps Persist



SHOBHA SHULA
BOBBY RAMAKANT

As the year 2023 comes to an end, it is indeed a quantum of solace moment in terms of finding all TB worldwide. Globally we could find a record number of new TB cases in a single year - historically. Over 7.5 million new TB cases were diagnosed in 2022 worldwide - the highest ever in the age-old fight against TB (as per the latest Global TB Report of the UN health agency, the World Health Organization (WHO) which was released in November 2023).

Finding more TB cases is an important benchmark but not able to find all TB cases continues to be worrisome. Out of the 10.6 million estimated people with TB, we at best have reached out to 7.5 million people so far in 2022.

To end TB, we need to find all TB cases, diagnose all of them by using WHO-approved molecular tests upfront, and link them to the full cascade of effective treatment, care, and support services. Early and accurate TB diagnosis is a critical entry gate to the TB care pathway. It not only helps in reducing TB-related human suffering but also helps in stopping the spread of infection.

That is why WHO's highest level initiative - Find.Treat.All (first launched in 2018) - had called upon all governments to replace the old and poorly performing microscopy TB test with WHO-recommended rapid molecular tests by 2027. World leaders at the 2023 UN High-Level Meeting on TB had also re-echoed this call to completely phase out microscopy with upfront molecular test diagnosis for TB by 2027.

While we cheer those who have worked hard to find most TB in a single year historically, we also need to realise that we could have done much better.

Of the 7.5 million new people who were diagnosed with TB in 2022, only 47% were diagnosed using a WHO-recommended molecular test. In other words, more than half of them got the underperforming and outdated microscopy test. This is so unacceptable as we cannot afford to miss TB.

Three important records set in India

India, which carries the highest TB burden globally, set three important records in 2022 as per the government's India TB Reports of 2022 and 2023.

Record-1: First, the good record. India saw the largest-ever rollout of WHO-recommended molecular tests across the nation. Lessons learned in India's rollout of molecular testing upfront for finding TB will be an important guiding light for so many more high TB burden nations.

Two Indian states (Goa and Lakshadweep) have completely phased out microscopy and transitioned to 100% use of molecular tests while one Indian state (Andhra Pradesh) is majorly using molecular tests (~70%) and has reduced microscopy. Most of the other Indian states have also increased the use of molecular tests manifold and are at different levels of scaling it up (but are they phasing out microscopy?).

Record-2: Second, the not-so-good record. While the use of molecular testing has seen a rapid rise, the country also increased (not decreased) the use of microscopy for finding TB to a record level in 2022. Over 13.9 million microscopy tests were done in 2022 in India (a record so far) as compared to 8.9 million such tests done in 2021 for finding TB. Earlier in 2018, India had recorded its previous high use of microscopy at 12.1 million.

Numbers do not always tell the full story

As per the WHO Global TB Reports, the use of upfront molecular tests in diagnosing TB rose globally from 38% in 2021 to 47% in 2022 - an increase of 9%. In India, the use

2023 ends with a strong track record globally of accelerating efforts to find more TB

2023 has set the pace for 2024 to turbocharge & scale up best of #stopTB pilots in a people-centred manner

of molecular tests grew from 22.4% in 2021 to 23% in 2022 - an increase of 0.6% - but the number 0.6% does not tell the real story. Let's dive a bit deeper.

Molecular testing grew by 82% in India in 2022 as compared to the levels in 2021 - this is the largest jump in molecular testing figures so far. But this feat is not reflected in the figure of "0.6%" (22.4% to 23% increase during 2021-2022) when we compare the number of molecular tests done with the overall use of TB testing in the country in 2021 and 2022. This is because the creditable increase in molecular testing was offset by the meteoric rise in microscopy also. Microscopy should have reduced and not increased (both - in terms of proportion and numbers)! Thus, during 2021-22 the use of molecular tests in India grew at a record pace, but the growth in microscopy was the steepest in 2022.

As compared to 2021, in 2022 India increased the rollout of WHO recommended point-of-care, decentralized, and laboratory-independent molecular test Truenat by 90% (made by Molbio Diagnostics), and WHO recommended molecular test (which requires semi-centralised infrastructure) Gene Xpert by 67% (made by Cepheid). Microscopy increased during the same period by 68.1%. But when we look at absolute numbers, the rise in microscopy dwarfs the historic scale-up of molecular testing in India in 2022. Nearly 5.5 million more microscopies was done to find TB in 2022 compared to 2021.

used molecular test in India. While the historic increase in molecular testing in India is a major

If we can ensure that WHO-recommended molecular tests are globally used upfront for every person with presumptive TB then when new TB tools come out of the research and development pipeline (such as TB vaccine) in the foreseeable future, we will have learned the pathway to reach the unreached.

public health achievement, on the other hand, a steep increase in microscopy sparks serious concerns.

diagnostic test for TB when WHO-recommended molecular tests exist. What does not exist is a proven track record globally to translate scientific breakthroughs into public health gains promptly. If we can ensure that WHO-recommended molecular tests are globally used upfront for every person with presumptive TB then when new TB tools come out of the research and development pipeline (such as TB vaccine) in the foreseeable future, we will have learned the pathway to reach the unreached. But as of now, this is not the case. Rollout of new health technologies (including COVID-19 vaccines) is marred with inequity. Making molecular TB testing available to all with presumptive TB will accelerate efforts to find all TB and link all of them to proper TB care cascade (and thus end TB). It is also an opportunity for world leaders to walk the talk on the equitable rollout of health technologies.

Record-3: more quantum of solace: Thankfully, 2023 also saw Indian parliamentarians resonating the same level of commitment as the clarion call for a TB Free India given by the Indian Prime Minister. A Parliamentary Standing Committee Report which was presented to the Rajya Sabha and laid on the table of Lok Sabha on 21st September 2023, called upon the government to procure the #MadeInIndia and the WHO-recommended (one of its kind globally) point-of-care, decentralized, and laboratory independent molecular test Truenat "in bulk and supply the same at the mini-

health centers also. This would aid in the earliest realization of upfront molecular testing across the country, which curbs the missing TB cases and simplifies the detection of drug-resistant TB cases."

This report further recommended more investment in innovative TB diagnostic technologies. "Increased procurement of mobile diagnostic units with NAAT and hand-held x-rays for reaching out to remote or rural areas and other vulnerable areas" is in line with strong scientific evidence and already proven impact in active TB case finding worldwide.

Find all TB to stop TB

The WHO's highest-level initiative which calls upon governments to replace microscopy 100% with upfront molecular testing for TB by 2027, was also endorsed by world leaders who committed to end TB at this year's UN High Level meeting. This call to replace microscopy 100% with upfront molecular testing is also echoed by over 400 endorsers of the Global Call to 'Find All TB to Stop TB' that was launched in Goa, India on 3rd November 2023 - www.bit.ly/findalltb. Africa launch of this call took place at the largest AIDS conference in Africa on 8th December 2023 (22nd International Conference on AIDS and STIs in Africa).

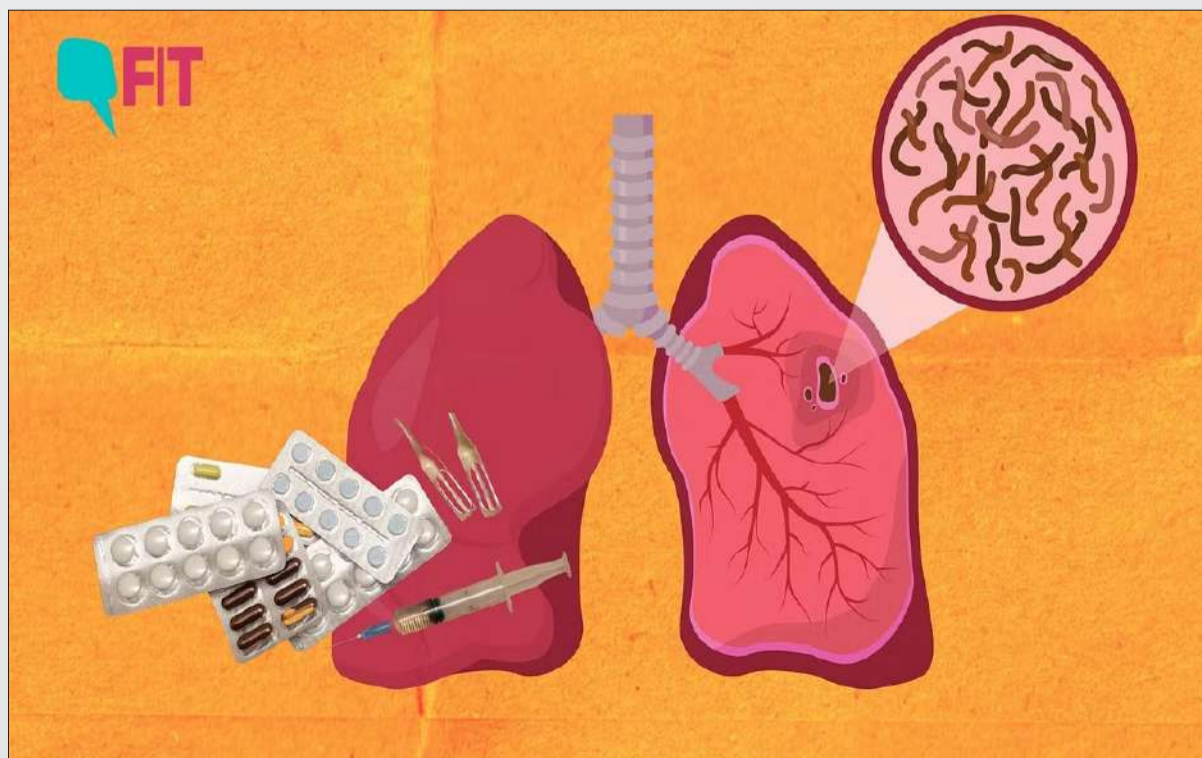
This global call demands a paradigm shift from a lab-centric to a fundamentally people-centric model to find TB, leaving no one behind. It also reinforces the science-based call to reach the unreached by using WHO recommended point of care tools to screen and diagnose TB.

If we act upon this key ask, imagine the difference it will make when no TB case is missed, and all people with TB are brought in the care fold in a rights-based manner. A people-centric approach to finding all TB, treating all TB, and preventing TB is critical to end TB.

When the going gets tough, the tough get going

India has made historic progress in scaling up WHO-recommended molecular testing all across the country. With the strongest political commitment at the highest level and recommendations enshrined in the recent parliamentary committee report, 2024 could likely be a phenomenal year for finding all TB, treating all TB, and preventing all TB in India - a country that does not only have the highest TB burden but also a resolute will to build the strongest TB response to turn the tide and #endTB by 2025.

(Shobha Shukla and Bobby Ramakant lead the editorial team of Citizen News Service and are on the Board of Global AMR Media Alliance (GAMA) and Asia Pacific Media Alliance for Health and Development (APCAT Media). Follow them on Twitter: @shobha1shukla, @bobbyramakant)



Whereas molecular testing for finding TB grew by almost 2 million in 2022 in India. Truenat is the largest

Neither science nor public health rationale will perhaps justify the increasing use of microscopy as a

mum block levels across the country as quickly as possible, later on, which may be extended to primary

Mandeep Kour Presides Over VBSY Program In Magam

GMK NEWS NETWORK

BUDGAM: Commissioner Secretary, Rural Development Department and Panchayati Raj, Mandeep Kour, Tuesday presided over a Viksit Bharat Sankalp Yatra (VBSY) program and chaired a Public Darbar at Higher Secondary School in Magam.

On the occasion, the Commissioner Secretary inspected stalls, installed by different departments to showcase their products and raise awareness generation regarding different schemes and flagship initiatives.

After taking stock of activities being conducted through the VBSY Van, the Commissioner Secretary also administered Sankalp pledge to the officers

and other participants on the occasion.

While addressing the public darbar, the Commissioner Secretary also listened to the general public, PRIs and senior citizens from different wards and Panchayats of Magam and other blocks of Budgam, who raised their issues and demands for redressal.

Speaking on the occasion, Mandeep Kour stressed on creating awareness on all government schemes and flagship programmes among the general public. She emphasised on saturation of all schemes to achieve the objective of VBSY campaign.

The Commissioner Secretary said that VBSY van which

shall travelling through all panchayats and urban areas shall immensely help in creating massive awareness on schemes through screening of pre-recorded films and videos.

After listening to public demands, the Commissioner Secretary assured them that all their genuine grievances shall be taken up with concerned departments for early redressal.

She directed concerned officers to ensure prompt service delivery and early disposal of public grievances.

During the nationwide outreach initiative aimed at informing and empowering citizens about the Centre's flagship schemes, a series of activities

including skits, cultural events, singing of Swacchta song and other related programmes.

The participants welcomed VBSY Van with much enthusiasm and watched screening of Prime Minister's message and other movies aiming at awareness generation on Central Government's initiatives for public welfare.

Some achievers were also felicitated for their exemplary work in different fields during the programme.

Secretary in RDD and PR, Tariq Ahmad Zargar, Director RDD, Shabir Ahmad Bhat, ADDC Budgam, SDM Beerwah, ACD Budgam and other district and sectoral officers were also present on the occasion.

Veer Bal Diwas Observed At CCI PALAASH Kangan

GMK NEWS NETWORK

GANDERBAL: As Part of the commemoration of Veer Bal Diwas, an event was held at CCI PALAASH Kangan.

The event was attended by CCI PALAASH staff and other social welfare staff. Veer Bal Diwas is observed on 26th December every year to commemorate the martyrdom of the four sons of Guru Gobind Singh the tenth and last Sikh Guru.

Speakers emphasised the importance of upholding righteousness and standing



firm against injustice, values exemplified by the young martyrs. The speakers, including children on the occasion, said that Veer Bal Diwas is annually observed on December 26.

It was given out that this day honors and pays tribute to young martyrs who had sacrificed their lives for the country; they were the sons of Guru Gobind

Singh, Zorawar Singh, and Fateh Singh.

Veer Bal Diwas served as a reminder of the sacrifices made for religious freedom and the importance of standing up for one's beliefs. The children of CCI PALAASH Kangan participated in various painting, singing, drawing, and essay competitions, among others, during the event.

Later, a felicitation ceremony was held wherein children were honored for their exceptional performance in different competitions held in commemoration of Veer Bal Diwas 2023.

FROM THE FRONT PAGE

Dense Fog Engulfs

recorded in South Kashmir's Qazigund station.

Gulmarg, a famous ski-resort, has recorded a low of minus 2.4 degree Celsius.

Kupwara in north Kashmir has recorded a low of minus 3.5 degree Celsius while Kokernag recorded a minimum temperature of minus 2.0 degree Celsius.

Director Meteorological department, Dr Mukhtar Ahmad said that the minimum temperature would continue to fall in the coming days.

"The weather conditions are expected to remain dry till December 31st. However, light snowfall and rains are expected between January 01st to January 3rd," he said.

Furthermore, the MeT Director has stated that foggy morning would continue to be witnessed for the next few days, appealing people to take precautionary measures while driving during the morning hours in the foggy weather conditions and also wear face masks to stay healthy—(KNO)

Council in a communique said, "All the private colleges affiliated with the University of Kashmir shall observe winter vacation from December-27-2023 to February-14-2024.

"However, all teaching and non-teaching staff shall remain available in the college as and when required," it reads.

The officer further said that the library should remain open for students during vacations—(KNO)

Div Com Reviews

(DC) Srinagar; HoD's and representatives from PWD (R&B), KPDCL, School Education, Health Services, PHE, UEED, MED Kashmir; Hospitality & Protocol, Fire & Emergency Services, Academy of Art Culture & Languages, Kashmir; Information department, Floriculture, Regional Transport; J&K Sports Council, Srinagar; Youth Services & Sports, State Motors Garages Kashmir SMC, Srinagar and officers of other departments.

DIG BSF Srinagar, SSP Srinagar and officers from CRPF joined the meeting in person.

All DCs, DIG CKR and SSPs besides other officers of police, Traffic joined the meeting through videoconferencing. The meeting finalized Bakshi Stadium as the venue of the main function of Republic Day following successful conduct of Independence Day-2023 celebrations, there.

Like Independence Day, the general public are invited to participate in the event and free entry will be permitted based on production of ID cards.

Meanwhile, the Divisional Commissioner passed several directions to the concerned officers for smooth conduct of the National event. He stressed on close synergy among the concerned departments while making arrangements.

The Div Com directed officers of line departments to play a comprehensive and active role with full responsibilities for the celebration of Republic Day with fervor and gaiety.

He issued directions to concerned departments for selection of contingents, cultural programmes, rehearsals and transportation facilities for participants, traffic management, security, refreshment, illumination of Government buildings and other important arrangements for smooth conduct of the event.

The meeting finalized 22 band and parade contingents for the function, 14 from Police and security forces, while 08 from NCC and School Children.

KPDCL authorities were directed to ensure illumination of main government buildings so that they present a festive look. The PW(R&B) department was asked to make heating arrangements.

Div Com also directed an Officer from Cultural Academy to make arrangements of 7 cultural programmes based on patriotism and communal harmony.

Also, for the live commentary, Div Com directed concerned officers, police and Radio Kashmir to depute Commentators.

Div Com also directed Floriculture departments to make more decorative and creative floral arrangements in addition to the past practice.

Besides, he directed the Health department to deploy doctors, paramedical team, ambulance besides first aid team at the venue of Republic Day Celebration.

He also directed SMC and MED for making arrangements of snow clearance at the main function venue including parking places, roads leading to the selected venues in case of snowfall.

Boarding and lodging, refreshment for the participants was also discussed in the meeting, and concerned were directed to make adequate arrangements for the same.

Stressing for water facilities at the venue, the Div Com directed the Officer to ensure adequate drinking water arrangements at the venue.

Further, he exhorted upon all concerned officers to ensure that all necessary arrangements are put in place well in time for smooth and successful celebration of the Republic Day.

Meanwhile, the Div Com later undertook a visit to the Bakshi Stadium (Venue of main function) to review arrangements.

He was accompanied by DIG Armed, DC Srinagar, Commissioner SMC, C.Es of R&B, SSP Srinagar and other officers

and officials.

The Div Com took spot appraisal of all the arrangements and directed all the officers to ensure foolproof arrangements at the venue. He said we have many days left until the national event and all preparations/ arrangements should be made well in time, and no lacunae shall be tolerated.

Ready For Assembly

true with peace, development, and prosperity returning to the Valley after the last 30 years. "Killing culture and hartals have come to an end in Kashmir valley," she said.

Condemning the killing of a senior police officer at Gantamulla Baramulla, BJP general secretary Ashok Kaul said it is very unfortunate that people who served this nation for almost 4 decades lost their lives in such attacks.

He said that no religion accepts the killing of anyone and that too while giving a call to prayers.

Kaul said that the government will hold an inquiry into the incident. "I am hopeful that those involved will be identified and likely be eliminated. It is very evident and the government is working on it," he added.

He stated that they don't keep rivalry with anyone nor is there any enemy to the BJP party.

About, elections he said that BJP will also gear up for polls once there is any announcement about it—(KNO)

Tobacco Menace

cessation centers contribute to reducing smoking-related diseases, such as respiratory and cardiovascular issues, ultimately improving overall public health.

"Trained professionals in these centers can offer personalized guidance and support, increasing the chances of successful tobacco cessation. This expertise is especially important in managing withdrawal symptoms and addressing psychological aspects of addiction," he added further.

He said that hospitals can provide a multidisciplinary approach to tobacco cessation by involving various healthcare professionals, including physicians, psychologists, and nutritionists as this comprehensive strategy enhances the effectiveness of cessation programs.

"Placing cessation services in hospitals ensures accessibility for individuals who may already be seeking medical care. This facilitates early intervention and support for those ready to quit smoking," Dr Mir Mushtaq said.

"Tobacco cessation services can be integrated into routine healthcare visits, reinforcing the importance of quitting and providing continuous support throughout a patient's healthcare journey," he said, adding that these centres can address co-occurring medical conditions associated with tobacco use, fostering a holistic approach to healthcare.

He further added that hospitals can contribute to research efforts by collecting data on tobacco cessation outcomes and this information can be valuable for refining intervention strategies and understanding the impact of cessation programs on various populations.

"Incorporating tobacco cessation centers into hospitals aligns with the broader goal of preventive healthcare and can significantly contribute to reducing the burden of tobacco-related diseases on both individuals and society," he said.

He said that the director has also said DHSK may integrate addiction treatment facilities for tobacco cessation as well—(KNO)

Participates In

Atal Dulloo in a meeting to review the uptake and availability of digital services in the UT remarked that an in-house capacity building should be undertaken by the IT Department to offer genuine solutions to the users across cross-section of our society.

Besides the Commissioner Secretary, IT the meeting was attended by CEO, JaKeGA; SIO, NIC and other officers of the concerned departments.

He elaborated that after providing all the services to public through online

mode it is necessary to make their availability easier and faster for all the intending users of the UT. He exhorted that the information and assistance needed by people regarding agriculture, horticulture, skill development, entrepreneurship, credit and grievance resolution should be some of the focal points of this platform.

Dulloo stressed on devising an interactive mechanism for grievance redressal where the complainants are periodically apprised about the status of their grievances. He also asked for increasing and distributing the number of VLEs to ensure that far flung areas of the UT too had these in enough numbers to deliver services at the doorsteps of people.

In order to ensure timely delivery of e-services to the applicants without visiting offices physically, the Chief Secretary advised the concerned authorities for making stringent guidelines for compliance with timelines set under Public Service Guarantee Act (PSGA). He encouraged them to frame a list the erring officials habitual of breaching these timelines so that action warranted under law is taken against them.

Regarding the ease and accessibility of these services the Chief Secretary directed for simplifying the formats for all the applications to make them user-friendly for all the surfers. He asked for running sustained IEC campaigns for generating awareness in public regarding the benefits and availability of online services.

He even called for carrying out a study of all the services to check their penetration in all the districts along with uptake by users. He even asked for making a robust cyber security and Data Recovery plan for e-office. He told them to ensure that the backup of data is done on real time basis only.

In her presentation the Commissioner Secretary, Information Technology, Prerna Puri informed the meeting that the department has made a significant contribution by increasing the number of online services from 35 in 2019 to 1102 at present offered by 72 departments, PSUs, Universities, Colleges of the UT.

She also gave out that 485 services had been integrated with RAS for feedback of public and 387 with Auto-appeal system for ensuring their delivery as per the timelines defined under PSGA. She further informed that AQS for quality assessment of services by the users is also part of the digitisation to enable users to evaluate the services as per their experience.

She also highlighted that the Department is going to roll out the IVRS for real time grievance redressal and assistance for the public. She said that the suitable real time data recovery mechanism is also being explored by the Department besides implementation of robust cyber security management plan for the UT administration.

The meeting also discussed about the performance of offices onboard e-office. It also noted the uptake of Digi Dost facility administered through a toll free number (14471) across the UT besides capacity building of users of e-office here.

Later in another meeting also attended by Principal Secretary, Forests; Secretary, Revenue and the Management of Telecom service provider, BSNL the Chief Secretary impressed upon the UT Administration to extend every kind of assistance to the telecommunication department.

He also directed the service provider to complete the work on all the handed over sites without any delay besides ensuring that the 4G saturation of all the villages as per the vision of Centrally Sponsored USOF are duly met.

He also stressed on smooth implementation of Bharat Net for coverage of all the habitations of the UT under broadband services to enhance the internet connectivity there without any further delay whatsoever.

PM Modi Discusses

passes through the narrow strait between Yemen and northeast Africa, which leads northwards to the Red Sea, Israel's southern port facilities and the Suez Canal. Many merchant ships have now paused operations.

The increased threat has caused shipping insurance costs to jump by tens of thousands of dollars a day and raised oil prices. (IANS Inputs)

KU Announces

departmental offices shall function normally and the heads and directors of the departments and campuses shall ensure that the examinations (if any) and other activities are conducted as per schedule," it reads.

It also said that the remedial classes—offline or online mode shall be conducted by the departments to complete the remaining syllabus (if any) during the period of winter break.

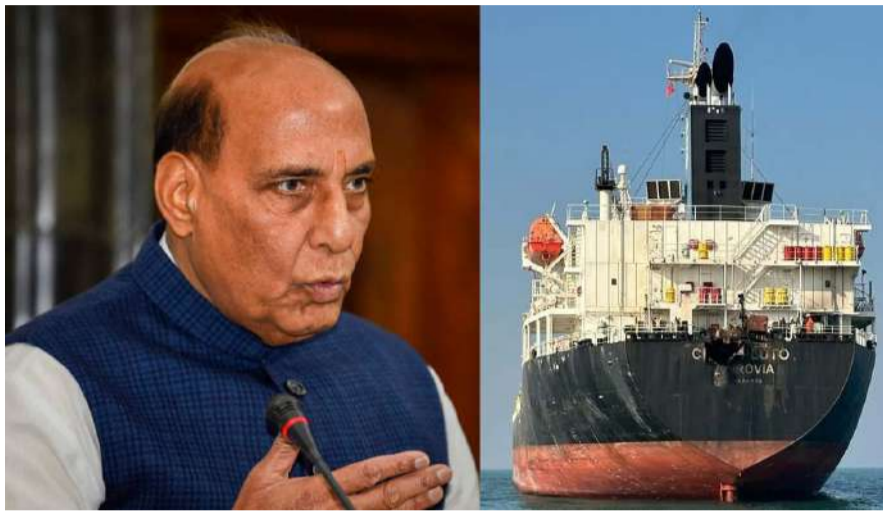
It also said that the Head of the Department's Directors of the campus should ensure resumption of class work and other academic activities immediately after the vacations.

Meanwhile, Dean, College Development

Rajnath vows to 'catch from the seabed' those who attacked Indian ships with drones

QUAID NAJMI

MUMBAI: Taking a stern view of the recent drone attacks on two ships in the high seas, Defence Minister Rajnath Singh on Tuesday warned that they will not be spared and shall be given stringent punishment...



sioning the latest and most potent warship, 'Imphal' to the Indian Navy here.

"We are in the role of the NSP for the entire IOR... We will ensure that the maritime trade in this region soars from the sea to the skies. For this, along with other friendly countries, we will keep the sea routes safe and secure for maritime commercial activities," assured Singh.

The Minister said that earlier, the country faced mostly land-based threats on the country's western and northern borders, and attention was given to the Indian Army and Indian Air Force.

However, under Prime Minister Narendra Modi's vision underlining the importance of safeguard-

ing the seas and oceans, equal attention is being paid to the Indian Navy.

"If we consider the movement of international goods from the geographical perspectives, due to the Himalayas in the north and a hostile Pakistan in the west, limited trade is possible there, and most of our goods come through the sea," Singh pointed out.

He said that the newly commissioned warship, INS Imphal reflects India's growing maritime power, and the vessel would further strengthen the principle of 'Jalmev Yasya, Balmev Tasya', or one who rules the water, is the most powerful in the Indo-Pacific region.

Speaking on the occasion, Navy chief Admi-

ral Radhakrishnan Hari Kumar said that the 'INS Imphal' will not only tackle physical threats that emanate from the seas, but will also help deter nefarious designs which attempt to sabotage national unity.

"Once commissioned, the ship's crew will comprise personnel from every cross-section of our society, from every region and state of our demographically rich country -- all forged into one strong team that is ready to stake their lives for each other and for our sacred Tiranga, reflecting Bharat's inherent integrity," said Admiral Kumar.

Towards this aim, the Indian Navy hopes to induct at least one Agni-class submarine from each district, block and village in

the country -- both men and women -- from every corner of India.

"We shall upskill them while in service, certify their abilities through educational institutions, inculcate a spirit of nationalism and ensure that they rejoin the civil sector as invaluable assets. The vision is to percolate such a nationalistic workforce across the country," said Admiral Kumar.

In this context, he said that INS Imphal has a special place in the Indian Navy, the state of Manipur, the entire North-East and India.

He said that the new warship will 'breathe fire' upon the enemy as reflected in the ship's crest, of the Kangla-Sa with a Dragon Head and Lion's Body, and demonstrate unflinching resolve in the face of adversity.

"It is no surprise that Imphal is the first warship to have successfully undertaken test firing of the BrahMos Surface to Surface Missile, even before her commissioning," noted the Admiral with a tinge of pride.

In a significant achievement, the Indian Navy has commissioned three warships, the Visakhapatnam in 2021, the Mormogoa in 2022, the Imphal in 2023, and 'Surat' is expected to join in 2024, making it four in a row in four years.(IANS)

Security scare at Israeli Embassy in Delhi proves false alarm

IANS

NEW DELHI: The Delhi Police went on high alert following an alleged bomb threat reported behind the Israeli Embassy in Chanakyapuri, the diplomatic enclave in the national capital.

The incident unfolded when an unidentified caller contacted the Delhi Fire Service around 5:45 p.m. on Tuesday, claiming the presence of a potential explosive device near the Israeli Embassy.

Responding swiftly, bomb squad units and police teams were dispatched to the location to conduct a thorough search



of the premises. After a meticulous examination, no evidence of any explosive device was found.

Officials on the scene confirmed that so far it seems to be a false alarm,

and there was no imminent threat to the Israeli Embassy or the surrounding area. "So far, after a search we have not found anything," said Anil Garg, Director of Delhi Fire Service.

GOVERNMENT OF JAMMU AND KASHMIR JAMMU & KASHMIR SERVICES SELECTION BOARD

Answer Key Notice

Subject: Written Examination for the Post of Chemist, held on 24-12-2023 - Provisional Answer Key regarding. The Jammu and Kashmir Services Selection Board (JKSSB) conducted the Written Examination for the post of Chemist, Finance Department, advertised vide Advertisement Notification No. 04 of 2020 under Item No. 125 on 24th December, 2023.

The Provisional Answer Key of the Question Booklet (Series A) for the post of Chemist, is hereby notified for the information of the candidates and seeking the objections, if any.

PROVISIONAL ANSWER KEY (CHEMIST)

Table with columns for Text Booklet Question No. (Series A) and corresponding answers (A, B, C, D). Rows range from Q1 to Q30.

Table with columns for Text Booklet Question No. (Series A) and corresponding answers (A, B, C, D). Rows range from Q91 to Q100.

The candidates are advised to refer to Question Booklet (Series A), enclosed along-with this notice to attach the corresponding question(s) in their respective Question Booklet series and if any candidate feels that the key to any of the question(s) is/are wrong, he/she may represent on prescribed format/proforma annexed herewith as Annexure "A" along with the documentary proof/evidence substantiating the claim (hard copies only) and a fee of Rs. 200/- per question in the form of Demand Draft (refundable in case of genuine/correct representation/objection) in favour of the Accounts Officer, J&K Services Selection Board. The candidates are further advised to clearly mention the question(s) objected to with reference to its serial number as it appears in the Question Booklet of Series A of the Provisional Answer Key.

In case, the objection is found correct, the Answer Key will be revised accordingly in respect of all candidates. No candidate will be informed about the acceptance/non-acceptance of his/her objection individually.

The objections/representations can be submitted in offline mode only, in the office of J&K Services Selection Board, CPO Chowk, Panjtirthi, Jammu/ J&K Services Selection Board, Zamzam Complex, Rambagh, Srinagar on three working days starting from 26-12-2023, during office hours only. The Board shall not entertain any such representations/objections after the expiry of the stipulated period or through any other mode.

No.: JKSSB-COEEXAM(UT)/99/2023-03 (7361997) Re: Reayaz Ahmad Malik (JKAS) Controller of Examinations J&K Services Selection Board

ANNEXURE - A

Representation regarding objection to Answer key pertaining to Written Examination for the post of Chemist held on 24-12-2023.

NOTE: USE SEPARATE FORMS FOR SEPARATE QUESTIONS)

Form for objection representation with fields for Name of the Applicant, Exam Name, Advertisement No(s), Application No(s), Roll No., Date of Exam, Exam Centre Division, Correspondence Address, Contact / Mobile No., Demand Draft No. date, Candidates Account No. (16 digit) & IFSC Code.

Table with columns for Question No. in Series A, Details of the Objection, Resource Material (copy to be enclosed), Remarks.

Correct Answer/Option as per candidate:

Date of Application: -12-2023 Signature of the Candidate

Note: Application for each question/answer shall be made on separate page in the given format, otherwise the first question entered in the format shall only be considered. DIPK-14259-23 DT: 26/12/2023

'One should be nothing else but Indian,' says V-P Dhankhar

IANS

ROHTAK: Describing the youth as 'the vanguards of a resurgent Bharat' Vice-President Jagdeep Dhankhar on Tuesday emphasised B.R Ambedkar's words, "You should be Indians first, Indians last, and nothing else but Indians."

He was speaking at the convocation of Maharshi Dayanand University here and appreciated the thriving affirmative ecosystem empowering the youth.

Highlighting the vast vista of opportunities available to the youth today and encouraging the graduates to script their own success stories, the Vice-President said in today's ecosystem "nothing is impossible, as the word itself says, 'I am possible!'"

Describing graduation as a 'bittersweet moment' that marks as an end of an era and a beginning of a new one, the Vice-President stressed that "it is a blissful, unforgettable moment for family, teachers and alma-mater."

He encouraged the students to continue the pursuit of knowledge and learning throughout life.

Drawing inspiration from the life of Swami Dayanand Saraswati as an epitome of simplicity and virtuosity, Dhankhar said that Swami Dayanand dedicated his life for catalysing social reforms and disseminating the teaching of the vedas to the masses.

"Bharat presently is largely reflection of the dreams of Swamiji," he said.

He urged the students to always respect their teachers, their nation and take care of their parents. Lamenting on the rise of old-age homes, he said, "In our country there should be no need for old-age homes as family bonds and relationships are given importance in our society."

The Vice-President called upon the students to always take care of their parents and elders, no matter what their status, their place of residence, how much name, fame and wealth they have earned in life.

"God is in the service of one's parents and elders," he further added.

The Vice-President emphasised that the young generation should follow the words of B.R Ambedkar that is, "You should be Indians first, Indians last, and nothing else but Indians."

He questioned how any individual, claiming belief in Bharatiyata and being a citizen of Bharat, could undermine our nation's integrity, hinder its progress, or defame its constitutional institutions, whether within the country or beyond its borders.

The Vice-President emphasised the significance of maintaining a lasting connection with one's alma-mater, stressing that this link isn't just about 'quantum of physical contribution'.

Encouraging students to be proud ambassadors, he highlighted the importance of a fiscal connection, underscoring its role in propelling the institution's impactful journey towards further growth and success.

Calling the young minds of India, "the vanguards of a resurgent Bharat", the Vice-President said that the youth have revolutionised the agriculture sector, creating the third-largest startup ecosystem in the world, and "their contribution is such that Bharat@2047 will be a developed nation."

Stressing that world is confronting disruptive technologies like artificial intelligence, internet of things, machine learning, green hydrogen, and quantum computing, Dhankhar said the government has allocated significant Rs 6,000 crore for quantum computing and Rs 9,000 crore for the green hydrogen mission.

He also underlined that due to this investment by 2030 there will be eight lakh crore investment and nearly six lakh jobs would be created.

Underlining the importance of courage, and perseverance to execute any idea, he remarked: "A parachute works only when it is open. To be possessed of a great mind is of no use, like a parachute. If you drop it and do not open it, you suffer the consequences."

Centre issues advisory to social media intermediaries with focus on curbing deepfakes

IANS

NEW DELHI: The government on Tuesday issued an advisory to all social media intermediaries, to ensure compliance with the existing IT rules and specifically target the growing concerns around misinformation powered by AI -- deepfakes.

The advisory mandates that intermediaries communicate prohibited content, particularly those specified under Rule 3(1) (b) of the IT Rules, clearly and precisely to users.

"A formal advisory has been issued incorporating the 'agreed to' procedures to ensure that users on these platforms do not violate the prohibited content in Rule 3(1)(b)," Minister of State for Electronics and IT, Rajeev Chandradekhar said.

"If such legal violations of the IT rules are noted or reported, then the consequences under law will follow," he added.

The advisory emphasises that digital intermediaries must ensure users are informed about penal provisions, including those in the IPC and the IT Act 2000, in case of Rule 3(1)(b) violations.

"The users must be made aware of the various penal provisions of the Indian Penal Code (IPC) 1860, the IT Act, 2000 and such other laws that may be attracted in case of violation of Rule 3(1)(b). In addition, the terms of service and user agreements

must clearly highlight that intermediaries/platforms are under obligation to report legal violations to the law enforcement agencies under the relevant Indian laws applicable to the context," the advisory further added.

Rule 3(1)(b) within the due diligence section of the IT rules mandates intermediaries to communicate their rules, regulations, privacy policy, and user agreement in the user's preferred language.

They are also obliged to ensure reasonable efforts to prevent users from hosting, displaying, uploading, modifying, publishing, transmitting, storing, updating, or sharing any information related to the 11 listed user harms or content prohibited on digital intermediaries.

This rule aims to ensure platforms identify and promptly remove misinformation, false or misleading content, and material impersonating others, including deepfakes.

Over a period of one month, Chandrasekhar convened pivotal stakeholder meetings with industry leaders to address the pressing issue of deep-fakes.

During the meeting, he highlighted the urgency for all platforms and intermediaries to strictly adhere to the current laws and regulations, emphasising that the IT rules comprehensively address the menace of deepfakes.

RBI, 2 Pvt banks receive terror threats at 11 sites, turn out to be hoaxes

IANS

MUMBAI: The Reserve Bank of India and two private banks on Tuesday got threats of bombs allegedly planted at 11 of their locations in the city to demand the resignations of the central bank's Governor and the Union Finance Minister.

The threats came from the sender claiming to be from

'Khilafat India' on email warning that bombs were planted at the apex bank and also at the ICICI Bank and HDFC Bank at total 11 spots, which would explode at 1.30 pm.

The purported email read: "We have planted 11 bombs in different locations of Mumbai. RBI along with private sector banks have executed the biggest scam in the history of India. This

scam involves RBI Governor Shaktikanta Das, Finance Minister Nirmala Sitharaman, some of the top banking officials & some renowned Ministers of India. We have sufficient solid proofs for the same."

The email - with subject line "Breaking News" - with CC to several officials, added the alleged locations of 3 bombs at RBI New Cen-

tral Office Building in Fort, HDFC House at Churchgate, and ICICI Bank Towers at Bandra Kurla Complex.

"We demand that both RBI Governor & Finance Minister to immediately resign from their posts & release a press statement with full disclosure of the scam. We also demand government to give them both and all those who are involved the punishment

they deserve. If our demands are not met, before 1.30 pm, all the 11 bombs will blast one by one," warned the email sent at 10.50 am.

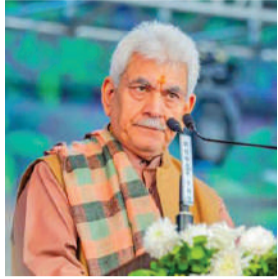
Soon afterwards, the Mumbai Police teams went and scanned all the locations, but found nothing, and a case has been registered with further investigations underway, while security has been beefed up at all the sites.

LG Attends Divya Adhyatmik Mahotsav in Haridwar

Says PM Modi building a prosperous, modern nation

GMK NEWS NETWORK

HARIDWAR: Lieutenant Governor Manoj Sinha has said that Hon'ble Prime Minister Narendra Modi is restoring the past glory of India and building a prosperous and modern nation. The Lt Governor was speaking at a function to mark Juna Akhara Acharya Mahamandaleshwar Swami Avdheshanand Giri's 25 years as Acharya Mahamandaleshwar at Harihar Ashram, Haridwar.



bring peace and prosperity in the society.

"To achieve the vision of developed India, Acharya Shri is working on a mission mode for environment security, social welfare, healthcare, providing amenities in rural areas and playing the role of a catalyst and a facilitator in educating kids from deprived section of society," the Lt

Governor said. The Lt Governor appreciated the role of Acharya Shri Swami Avdheshanand Giri in fighting against various social evils and practices and involving youth in sustainable development efforts. He also said that spiritual leaders always inspired the younger generation and mobilized their energy for constructive work.

"India, the land of spiritual seekers, great scientists, philosophers and great artists has always shown the path of peace and coexistence to the world. Hon'ble PM Shri Narendra Modi Ji is restoring the past glory and building a prosperous, modern India," the Lt Governor said.

32nd Open Kashmir Badminton Championship concludes

JD Info presides over as chief guest; distributes prizes among winners

GMK NEWS NETWORK



GMK NEWS NETWORK

SRINAGAR: The 32nd Open Kashmir Badminton Championship-2023 organised by Badminton Association of J&K in collaboration with J&K Sports Council concluded at SKISC Srinagar.

More than 300 players both boys and girls in different age groups viz. Under 13, Under 15, Under 17 and Under 19, besides men and women category and above 35+ age group in singles and doubles participated in the event.

Muhammad Aslam, Joint Director Information Kashmir was the chief guest on the occasion, and was accompanied by Burhan Hussain, Cultural Officer Kashmir.

Other guests present on the occasion included Iftikhar Ahmad, Khazir Mohammad, Mansoor, Hilal Ahmad (Manager SKISC) and Touseef Ahmad, coach of Sports Authority of India. They chief guest distributed prizes among winners and runners up in different categories.

In the U/11 Girls singles category, Areeba was announced winner while Aira Jan was adjudged runner-up. Similarly, in U/11 Boys Singles Gurman Singh was declared winner while Yeyah was announced as runner-up.

In the U/13 Girls Singles category Aleena was named winner while Ayesha was declared runner-up. Also in the U/13 Boys Singles category, Ibrahim was announced winner while Kamil was declared runner-up.

In U/15 Girls Singles, Mysha was adjudged as winner and Aleena was declared runner-up. Similarly in U/15 Boys Singles Salmaan was announced winner while Ali was named runner-up.

Also in the U/15 Boys Doubles category, Ali & Salmaan were declared winners while Meezan & Ibrahim were announced runners-up.

Similarly, in U/17 Girls Singles Mysha was announced winner while Zinia was declared runner-up. In the U/17 Boys

Singles category, Salmaan was named winner and Kazim Wani was declared runner-up.

Also in U/19 Boys Singles Saqib was declared winner and Salmaan as runner-up. In Women's Singles Hadiya was announced winner and Zinia was declared runner-up. Among Women's Doubles Hadiya & Manshah were named winners while Samiya & Suwaiva were called out as runners-up.

In Men's Singles Uzair was announced as winner and Adil was declared as runner-up. Similarly in Men's Doubles Uzair & Ovais were adjudged as winners while Musheer & Humair were declared as runners-up.

In Mixed Doubles Mush-eer & Manshah were announced winners and Fazil & Hadiya as runners-up.

Similarly in Veteran Singles Uzair was declared winner while Sanjeev was runner-up. In Veteran Doubles Uzair / Humair were named winners while Chesti / Ovais were declared as runners-up.

Tourism Deptt announces Snow Skating Coaching Course in Sonamarg

GMK NEWS NETWORK

GANDERBAL: Jammu and Kashmir Tourism Department, in collaboration with the Department of YSS Ganderbal, is delighted to announce an exhilarating Snow Skating Coaching Course at the enchanting tourist destination of Sonamarg.

Running for a period of 15 days, the course features highly trained coaches from the Tourism Department, impart-

ing their expertise to a group of enthusiastic students.

These students are gearing up for the upcoming Snow Skating events, set to add excitement to the New Year celebrations at Sonamarg.

Embrace the thrill of snow skating amidst the breathtaking landscapes of Sonamarg, as the J&K Tourism Department continues its commitment to promoting adventure tourism in the region.

Dr. Mohammad Muzaffar Jan Assumes Charge as MS LD Hospital

GMK NEWS NETWORK

SRINAGAR: In a significant development, Dr. Mohammad Muzaffar Jan Tuesday officially assumed the role of Medical Superintendent (MS) at Lalla Ded (LD) Hospital. The transition in leadership comes as Dr. Muzaffar takes the reins from his predecessor, Dr. Muzaffar Shirwani.

During his first day in office, Dr. Muzaffar engaged with the hospital staff, emphasizing the importance of seamless coordination for efficient healthcare delivery. He assured the dedicated team of his commitment to fos-

tering a collaborative work environment. Addressing concerns, Dr. Jan conveyed a clear message to the staff, urging



them to prioritize patient satisfaction and attendants' needs. He emphasized the significance of

a patient-friendly atmosphere and stressed that efforts should be made to minimize complaints.

Prior to this appointment, Dr Muzaffar Shirwani held the position of Medical Superintendent at Lalla Ded Hospital. Dr. Mohammad Muzaffar Jan's takeover marks a new chapter in the hospital's leadership, and his proactive approach indicates a commitment to maintaining and enhancing the quality of healthcare services provided by the institution. The staff eagerly anticipates positive changes under his leadership.

وادی کے ایک معروف اور مقبول فن کار غلام محمد ڈار لڈوری ریف آباد انتقال کر گئے



وادی کشمیر کے ایک معروف فنکار غلام محمد ڈار لڈوری ریف آباد کو پیارے ہو گئے۔ ان کی اوچی ٹیلیو، شائق اداروں اور شخصوں نے ڈار صاحب کے انتقال پر غم کا اظہار کیا ہے۔ یٹیل اکاڈمی آف فن فار رنگ آرٹس (پاپا) کے ایک تفریحی اجلاس جس کی صدارت اکاڈمی کے چیئرمین جناب غلام نبی ٹیل نے کی ہے جناب ڈار صاحب کی رحلت کو کشمیری لوک موسیقی کے لئے ایک بہت بڑا نقصان کہا ہے۔۔۔ یاد رہے جناب غلام محمد ڈار صاحب مرحوم خیریتیم، بٹ، جمام نبی ٹیل اور غلام رسول آہنگر کے ساتھ ساتھ (نوٹ) برساتھ دیتے تھے، ہر بڑا ڈاکٹر رفیق مسعودی نے اپنا فریج پیش کرتے ہوئے کہا کہ مرحوم ڈار صاحب نوٹ (مٹکا) بھانے میں کمال مہارت رکھتے تھے اور بڑے بڑے اساتذہ جن میں پرت بھجن سوپوری مرحوم محمد عرف مرحوم ویریندر موہن اور مرحوم غلام نبی شیخ کے ساتھ سنگت کر چکے ہیں اور ان کی مہارت کا امتزاف وہ خوب کرتے تھے۔۔۔

یاد رہے مرحوم شہو مقبول اور ریڈیو توڑ غول "کھیمادار" وہ تھتھم دودھ نے گگ کچھ جیم " کے شائق جناب مرحوم غلام احمد ڈار المعروف "ڈار لڈوری" کے بھائی تھے۔۔۔

آخر پر کو تیز جناب مرحوم ٹیل نے مرحوم کے ایصالِ ثواب کے لئے فاتح خوانی کی قیادت کی۔ اور نکلتا پڑھے گئے۔۔۔ اللہ دونوں ڈار برادران کی مغفرت فرمائے اور جنت الفردوس میں جگہ عطا فرمائے۔۔۔

MAZBOOTI SE BANI HAR
— DEEWAR SE JHALAKTE HAI —
DIL KE EHSAAAS

