

Good Morning Kashmir

15th Year Of Publication

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A poet, thinker, writer is also a mystic who shapes new ideas and viewpoint, ignites young minds with dreams, vision and new resolve. Our country has a rich and proud tradition of Kavi Sammelans and they have made immense contribution in national integration.

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India Reports 159 New Covid Cases

NEW DELHI: India logged 159 new Covid-19 cases on Saturday while one fatality was reported from Kerala in the last 24 hours, taking the death toll to 5,33,444, as per the Health and Family Welfare Ministry.

Meanwhile, the total number of active cases further fell to 1,623, while until last week more than 2,000 active cases were recorded.

As of now, the total number of Coronavirus cases in India, since the initial outbreak in January 2020, has reached 4,50,24,894.

According to •P-06

MeT Predicts Extended Wet Spell From Today



GMK NEWS NETWORK

SRINAGAR: Amid successive Western Disturbances affecting J&K, an extended wet spell is expected from today afternoon till 3rd February, weatherman said Saturday.

An official from the meteorological department said that an 'extended' wet spell is expected from Sunday afternoon which will last till 3rd February. The official said that between January 28th-29th, there is a possibility of light to moderate rain/snow at many places with "heavy snowfall" over isolated higher reaches of

Kashmir Division: Kupwara, Baramulla, Bandipora, Ganderbal, Shopian and Kulgam from the night of January 28 to January 29 late afternoon and evening.

On January 30-31, there is a possibility of light to moderate rain and snow at many places with chances of "heavy snowfall" over few higher reaches, he said.

From February 1-3, he said, there is a possibility of light to moderate rain and snow at many places.

In Jammu division the official said there is a possibility of intermittent light to moderate rain with thunder and lightning in plains and for higher alti-

tudes he said light to moderate snowfall is expected between 28th January and the afternoon of 3rd February.

A significant drop in day temperature is expected during the period, the official said.

The MeT office also issued an advisory, warning that the weather may lead to temporary closure of roads along the higher reaches including the important passes of Sinthan Pass, Mughal Road, Sadhna Top, Razdan pass, and Zojila etc, especially during January 28-31.

"Travellers are advised to plan accordingly •P-06

Family's Musical Legacy

13-Yr-Old Rabab Maestro Earns Pradhan Mantri Bal Puraskar

WARIS FAYAZ

BARAMULLA: Fell in love with the Rabab when he was just 7 years old, Ishfaq Hamid's melodious compositions have resonated far beyond the region, earning him accolades and recognition at the national level.

Ishfaq, a 13-year-old boy, hailing from the Kreeeri area of north Kashmir's Baramulla district said that at the age of seven, he discovered his passion for the Rabab.

"Rabab is not just a musical instrument for me, but a companion, a language through which I express emotions," Ishfaq, a class 6 student,



said. Ishfaq's dedication to both the art and heritage of the Rabab playing has proven to be a winning combination, earning him a prestigious Pradhan Mantri Bal Puraskar Award. President of India Darupadi Murmu gave Ishfaq this award on January •P-06

Terror Module Busted In Kupwara

SRINAGAR: J&K Police on Saturday said that it has busted a cross-border terror module in Kupwara border district.

Police said that acting on credible information and corroborated by other sister agencies, Kupwara police along with 9 Para Field Regiment busted a terror module involved in the smuggling of arms and ammunition sent by two Pakistan-occupied Kashmir (PoK) based handlers of LeT namely Manzoor Ahmad Sheikh alias Shakoore and Qazi Mohammad Khushal.

"Both at present are •P-06

Rights Abuses

NHRC To Hold Sitting In Srinagar To Hear Pleas

MUBASHIR ALAM

SRINAGAR: In a significant move, the National Human Rights Commission (NHRC) will hear grievances about rights violations in Jammu & Kashmir.

The Commission has decided to hold a camp sitting and open public hearing on grievances about human rights violations in Jammu & Kashmir after it was empowered to deal with human rights issues of J&K following the abolition of the State Human Rights Commission.

According to a public notice issued by the NHRC, the complaints about alleged rights violations •P-06

LG Attends 'Akhil Bhartiya' Kavi Sammelan In Jammu



GMK News Network

JAMMU: Lieutenant Governor Manoj Sinha Saturday attended the 'Akhil Bhartiya' Kavi Sammelan at Abhinav Theatre Jammu.

Popular Poets of J&K and across the states and UTs of the country joined the event

organised by J&K Academy of Art, Culture and Languages to celebrate 75th Republic Day.

On the occasion, the Lt Governor welcomed the veteran and acclaimed poets to J&K UT. He highlighted the important role of literary personalities and •P-06

Terror Financing

ED Files Chargesheet Against 3 Persons In Kashmir

GMK News Network

SRINAGAR: The Enforcement Directorate on Saturday said it has filed a money laundering charge-sheet in connection with a terror financing case in Kashmir and has three persons in the complaint.

The prosecution complaint (charge-sheet) was filed before a special Prevention of Money Laundering Act (PMLA) court in Srinagar on January 25, the federal agency said in a statement.

The complaint was filed under the provisions of Prevention of Money Laundering Act (PMLA), 2002 against Mudassir Ahmad Sheikh, Mushtaq Ahmad Kambay and Mohd. Iqbal Khan before the special court Srinagar.

The statement reads that the court has taken cognizance of the complaint and issued notices to the accused persons for further trial.

"ED initiated investigation on the basis of FIR dated 11.07.2015 registered by Police Station Kulgam (J&K) against Mudassir Ahmad Sheikh, Mushtaq Ahmad Kambay, Mohd. Iqbal Khan, Mohd. Abbas Sheikh (Later killed in encounter) and Tauseef Ahmad Sheikh (Later killed in encounter) for the offences under section 420 of Ranveer Penal Code (RPC) pari-materia to sections 420 of IPC, •P-06

PM Vishwakarma Schemes

CS Reviews Solarization, PM Vishwakarma Schemes



GMK News Network

JAMMU: In two separate meetings Chief Secretary, Atal Dulloo Saturday reviewed the progress in implementation of two flagship Centrally Sponsored Schemes currently under implementation here in the UT.

In the meeting held to review the progress in implementation of PM Vishwakarma scheme, Commissioner Secretary, I&C; Secretary, RDD; Secretary, SDD; Deputy Commissioners; Director, SDD participated either physically or through Video Conferencing. •P-06

Set For Drone Survey

Train To Chug In Remote District Of Kupwara



Umaisar Gull Ganie

KUPWARA: In a major feat for the northern district of Kupwara, the border district will get connected with the rail line as the Northern Railways is set for a drone survey after a go-ahead by the district administration.

Officials said that the permission for conducting Drone Survey for FSL work of New Rail Line between Sopore to Kupwara has been granted

which aims to facilitate the connection of the border district Kupwara through the railway network.

The railway alignment from Sopore to Kupwara spans 33.7 kms and the survey is anticipated to yield crucial insights and data for a project of great importance, contributing to the enhancement of transportation infrastructure in the region, the officials said.

However, the permission is subject to specific conditions designed to ensure the safety and security of the area.

According to an official communique accessed, Northern Railways is required to cooperate with local police, PMF and sister agencies, assuming personal responsibility in case of any eventuality.

The further conditions for the NRs include that they will cooperate with the local police/PMF and other sister agencies and in case of any •P-06

'J&K Transformed Post Art 370 Repeal'

GMK News Network

UDHAMPUR: Senior BJP leader Devender Singh Rana Saturday spelled out the broad contours of politico-developmental transformation in Jammu and Kashmir post abrogation of Article 370 on August 5, 2019, saying the Union Territory has proactively joined the country's growth story under Prime Minister Mr Narendra Modi.

Speaking at Shakti Vandana National workshop at the party Headquarters, Udhampur with NGOs and Self Help Groups Mr. Devender Singh Rana said the focus of the BJP-led government at the Centre during the past decade in general and nearly five years in particular has been to steer out Jammu and Kashmir from the difficult situation on security front and to ensure equitable development.

"A huge transformation is discernible with peace paving the way for holistic development and the people getting opportunities to prosper and progress," Rana said, adding that concerted efforts are underway to address the issues of the youth, the marginalized and weaker sections, farmers and women. He said the BJP is committed to remove the disparity between regions and sub- •P-06

INOX CINEMA SHIVPORA SRINAGAR

FIGHTER (HINDI)
12:00PM, 3:25PM, 6:50PM 3D ATMOS
10:00AM, 01:25PM, 04:50PM (U/A)

12TH FAIL (HINDI)
06:30PM (U/A)

DILWALE DULHANIA LE JAYENGE
(HINDI) 02:50PM (U/A)

DUNKI (HINDI)
11:30AM (U/A)

MOVIES Schedule

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Good Morning Kashmir

EDITORIAL

Oscar Nomination

There is some great news for the cinema-loving public in the whole union territory of Jammu and Kashmir. The movie 'Country of Blind,' an adaptation of H.G. Wells' novel, has garnered international praise and earned a prestigious screening at the Cinelounge in Los Angeles. This is a remarkable achievement and highlights the picturesque and antique locales that Kashmir can provide for shooting any historical drama. The screenplay had already found a coveted spot in the Permanent Core Collection of the Oscar Library in October this year. It is believed that the academy members are now passionately advocating for its Oscar nomination.

What makes this a resounding victory for the cinema setting in Kashmir is that almost the entire cast of this movie including the directors are from the union territory of Jammu and Kashmir. The movie features Hina Khan in the leading role. The other prominent Kashmiri actors who have acted in this movie are Shoib Nikash Shah and Ahmad Haider. Mir Sarwar and Hussain Khan. The film is directed by Rahat Kazmi and produced by Tariq Khan, both raised in Surankote, Poonch. This is hugely remarkable for the state of Jammu and Kashmir.

Kashmiri people have a great sense of art. There was a time in the 70s and 80s when it was a normal sight to see people milling in and out of our cinema halls. Firdaus, Shah, Neelum, and Palladium were some of the cinemas that used to be mostly crowded at all times of the week. Kashmir has produced some of the finest actors and scriptwriters over the years. Both the Pandit as well as the Muslim communities have contributed significantly to the field of arts over the last four years.

The Oscar nomination for a movie that has a near-about entirely Kashmir-based actors will go a long way in soliciting prospective producers across South Asia and other parts of the world to come and shoot their movies in India. Besides, it will inspire the younger generation to take up cinema as a confident career choice. Congratulations once again to the whole of Kashmir.

CABG And Stenting

Natural Bypass Technique A Better, Non-Invasive Technique



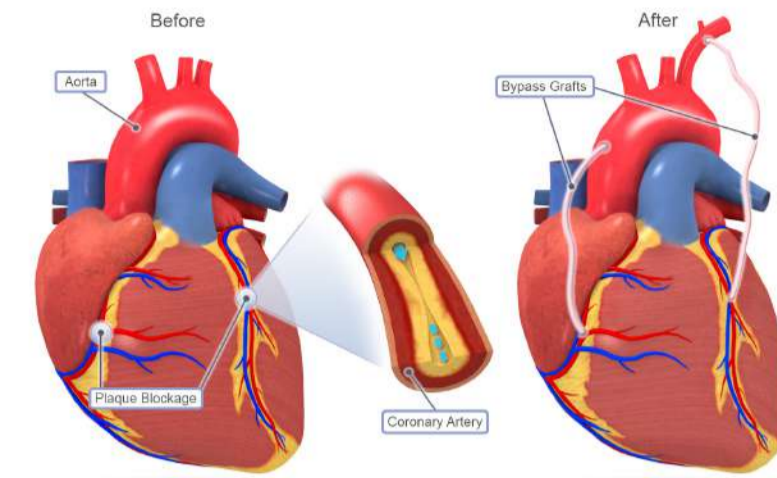
DR. BIMAL CHHAJJAR

Attributing to an increase in changing lifestyles, people often miss out on taking care of their health as a result of which there has been an exponential increase in non-communicable diseases among the middle-aged population in the last decade. There is a rise in the incidences of diabetes, hypertension, and obesity that ultimately leads to cardiovascular ailments, which has not only increased but has almost doubled in the last two decades, among the younger population as well.

More and more patients are being referred at a much younger age for management of heart problems and the reason for this is not only the stress and strain that we face but pollution, smoking, poor eating habits, improper sleep patterns, and other risk factors also. This is also contributing to a great extent to heart diseases being more common in the younger population and that has actually resulted in almost an epidemic of heart diseases in India. Indians are genetically more prone to get heart problems. It is also seen that in the Indian sub-continent, there is more of a problem called truncal obesity (fat accumulated around the stomach and back) which most of us have. Truncal obesity is a very strong indicator of getting coronary artery disease or heart attack.

For the past 27 years, SAAOL has marked its presence all across India and is now aiming to spread globally.

Bypass surgery - is there a necessity? The mortality rate due to cardiovascular diseases tops the list with over 1.7 crore annual deaths. Over 3.2 crore Indi-



ans suffer from some type of cardiac ailments and only 1.5 lacs of them undergo Bypass Surgeries annually.

A recent US study has also claimed that in over 85% of stable cases of heart ailments, medical intervention like angioplasty or bypass surgeries can be avoided and alternate medical therapy along with lifestyle changes works better.

The study results have put a big question mark on the use of unnecessary Angioplasties and Bypass surgeries in India and the 10,000 Heart Hospital Industry driven by greedy Heart Surgeons and Interventional Cardiologists. In India, more than 5 lac stents are being put on every year and some 60,000 Bypass surgeries are being done in the heart Hospitals and 85% of them are done on stable heart patients - which can be easily avoided.

Lifestyle management along with Optimum Medical Management is the key to the solution of heart diseases. Not only they are highly effective for a healthy heart, but also prevent Bypass surgery or Angioplasty. SAAOL (Science and Art of Living) has been treating heart patients for the last 25 years successfully and its theory is now being proven correct by the most modern medical research. To avoid heart attack

all the patients need is thorough training on lifestyle and coverage of Allopathic medicines.

Natural Bypass - Advancement towards cure

External Counter Pulsation (ECP) also known as the Natural Bypass technique is an approved mechanical process without pushing wires, stents, etc. into the body but dilates blood vessels and enables the body to grow new blood vessels much like bypass and stem cell therapy. Most patients can walk longer distances and faster, have fewer episodes of pain chest, and require less medication after the therapy.

The patients experience a better quality of life while tests can confirm the improved cardiac status. Patients have decreased chest pain, shortness of breath, fatigue, and tiredness as well as a significant improvement in exercise tolerance and energy. They can walk longer distances and faster more comfortably. Medication is reduced in almost all patients. Stress Thallium can picture the heart muscle's blood flow while the new non-invasive Cardiovascular Cartography can map the heart's blood flow and study the Oxygen demand reserve ratio, blood vessel elasticity, myocardial burden, etc.

In comparison to the conventional

CABG (Coronary Artery Bypass Grafting) which requires splitting the breastbone through a 10-inch incision. Natural bypass therapy is completely non-invasive, preserves the cosmetic appeal, is a painless procedure, has no risk of infection and requires no hospital stay or recovery time. The benefit usually lasts up to three to nine years.

Sometimes Bypass surgery and angioplasty are not successful, there may be a recurrence of symptoms after bypass, and the patient may not be fit for surgery or the patient may prefer to avoid surgery for cultural or personal choice. Now non-invasive treatments such as External Counter Pulsation (ECP) is an option for these patients without the fear and trauma of surgery and are coming up as post-bypass rehabilitation support.

Who All can benefit from Natural Bypass Technique?

Timely diagnosis and early detection of probability of onset of heart disease can work wonders in preventing the mortality and morbidity rate due to Heart ailments.

Pre-existing heart patients with Angina or chest pain.

High-risk individuals with family history of heart disease, diabetes, overweight, high cholesterol, smokers, high blood pressure, sedentary lifestyle, stress, etc.

Patients unfit for angioplasty or bypass due to lung, kidney or other conditions

Failure or recurrence after angioplasty, stents or bypass.

Those not wanting to undergo surgery for religious, cultural or other reasons.

Small vessels disease (more common in diabetics and women) that is less responsive to angioplasty and bypass.

Leg pain due to Peripheral Artery Disease (PAD).

With advanced and non-invasive treatment methods like the natural bypass, many patients on the verge of cardiac ailments can be treated.

The author is a Director, SAAOL Heart Center.

Gandhian Principle For Peace



AGA SYED MUNTAZIR MEHDI

Humanity is passing through roads plagued by wars, conflicts, hunger, environmental destruction, and loss of natural resources. We must restore the balance between individuals, people, and nature before it is too late and non-violence has much to contribute. The ideal of non-violent world social order may not be possible in the present state of affairs at the global level, but it can be realizable in the future as a result of the evolution of human society.

The most important contribution of India to the contemporary world is the message of non-violence and global peace. It was formulated and practiced by Mahatma Gandhi. His principles and values faced changing and challenging conditions in our days - but they continue to remain unbeaten and march on. The transition of the concept of peace from the absence of war and violence to a dynamic, positive vision of peace incorporating structural and cultural violence has broadened the scope of peace movements from being focused on single issues to a wide range of issues including human rights, gender equality, democracy, social justice and sustainable development and so on.

The beauty of Gandhi's values lies in their simplicity and timelessness. He emphasized the principles of social justice, and his concern about the environment remains relevant even today. The contribution of Gandhi in developing contemporary perspectives on the concept of peace and non-violence has been acknowl-



edged by well-known peace-lover people across the world. Since Non-violence originates from love, compassion, goodwill, cooperation, harmony, and selflessness, a genuine and enduring peace can be ensured only through non-violent means. Non-violence offers us practical means to struggle efficiently against ideology of violence through his speeches and writings. Violence is unable to shape history; it can often only serve to destroy it. In that sense, it is indeed violence, and not non-violence, which is utopia. Our challenge is to cultivate a culture of nonviolence.

The Peace conveys the meaning of Peace with justice. Non-violence is no longer passive. It is a radical force. Gandhi believed that human beings are essentially non-vio-

lent. Non-violent means are the only alternative to eradicate the beastly and anti-social tendencies from the human mind and to elevate human society to a superior plane wherein the entire humanity can live in peace and harmony. Gandhi, perhaps was the only person who changed the concept of non-violence. Ahimsa, the Indian word for non-violence is commonly understood as doing no harm or injury to other people. But Gandhi visualized it as a radical force. Even during the initial stages, he explained the idea of positive non-violence.

Gandhi's theory and practice provide five interrelated guiding principles for a sustainable world can be described in principles: Ahimsa is the greatest force available to humankind. It is mightier than the mightiest weapon of destruction devised by the ingenuity of

a man. Gandhi was the first person who applied the concept of non-violence for a political purpose. Gandhi's greatest contribution, therefore, is the use of non-violence into a successful technique for direct mass action.

Satyagraha is the most cultured way of bringing desirable social change. Satyagraha campaign might involve the use of multiple non-violent resistance techniques. It is the generic term for non-violent action. It can take the specific forms of direct action, boycotts, strikes, letter writing, mass protests, prayerful fasting and so on. In all cases it tests the hypothesis that all humans, whatever their differential stakes in hierarchical power structures, share a common core of humanity which can be reached, educated, and liberated by non-violent and, if necessary, self-

sacrificial action.

Injustice is the root cause of all national and international conflicts. Inequality breeds exploitation, fear and strife. Peace is possible only among equals. Therefore, the consciousness of equality is an essential requirement to bring about a climate of peace. The universality of Gandhi's principles can be utilized as the necessary first step to creating a nonviolent world, since peace begins in our minds and hearts, moral regeneration of individuals, and an equitable social order on the other are necessary requirements for achieving global peace.

The Author is an Interfaith Dialogue Activist and working as a Resident Representative on Interfaith Dialogue, J&K Anjuman-E-Sharie Shain. He can be mailed at agamuntazir@gmail.com

Journey Of A TB Survivor From Pain To Strength



SHOBHA SHUKLA
KALPANA ACHARYA

Immortal words of Leonard Cohen, "there is a crack in everything, that is how the light gets in," best sum up the transformative journey from pain to strength of Binika Shrestha, a native of Hetauda in Nepal. Binika shared the travails of the long path she trod from being diagnosed with TB, going through the TB treatment, fighting the side effects of medicines as well as the haunting and daunting stigma, to eventually getting cured, and then, a few years later becoming a district TB officer herself.

It is noteworthy to mention that Binika had also addressed the world leaders at the 2023 United Nations General Assembly High Level Meeting on TB and called upon them to make TB programmes more people-centered and inclusive. Currently she is on her way to complete her post-graduate degree course of Public Health in Nepal.

The rollercoaster ride

"I had just begun my Bachelor of Public Health degree course at the age of 18. But the excitement of new beginnings lasted for just over a month when symptoms of TB cast their shadow. TB is a social disease and is heavily stigmatized in countries like Nepal. I hoped against hope that my symptoms were not related to TB but to some other health issue. However, diagnosis in healthcare institutions confirmed TB. Then I was put on TB treatment," shared Binika.

Binika was speaking in End TB Dialogues, #90for90 #GlobalVoices series with Kalpana Acharya, former President of Nepal Health Journalists Forum and Shobha Shukla.

She added: "Barely a week into the anti-TB therapy, severe side effects began affecting me. My face swelled so much that it looked like a water-filled balloon. My joints throbbed with pain, affecting my mobility. It became all the more difficult for me to go through these side effects of TB treatment as at that time I was living all by myself in a hostel - far away from my family and parents. My studies suffered as I could not go to the college for over a month. My mental health also got negatively affected as I was mortified of people finding out of me having TB. My parents too asked me not to share about my disease with anyone, but rather say that it was 'chest infection' to skirt TB stigma. TB stigma was so severe that I started having self-doubts. I had not even shared about my TB treatment with my friends. It became more traumatizing as I had no one to share with of what I was going through."

After a month of fighting it all alone, Binika left the hostel and moved with her parents. Family support made it more bearable. "As time passed by, my parents suggested that I drop out of college because I was so unwell. It was a struggle to walk properly even for a minute. Climbing a staircase became a herculean task. But I persisted. I had worked very hard in my life to get into college, so I was very reluctant to drop out of it. I kept on coping somehow, not only with the physical side effects of TB treatment, but also with TB stigma, which lurked around me menacingly for quite a long time."

She became TB negative but positively resolute to end TB

Binika could eventually see the light at the end of the tunnel when her six-months long TB treatment got over and she was declared TB negative. "After I completed my Bachelor of Public Health degree, see the turn of fate - my first job was of becoming a District Programme Officer for TB - the same disease which had almost made me dropout of college and thwart my efforts to live my dream! This is my life story for now - my journey from pain to strength."

Find all TB early and accurately and link to continuum of care



"If the problem is in the grassroots, then the programmes should also be at the grassroots. If the problem is in the community, then the programmes should also be in the communities"

Binika Shrestha

TB survivor and #EndTB advocate

As per the latest Global TB Report of the World Health Organization (WHO), only about half of the estimated TB patients in Nepal are notified every year: out of 70,000 cases every year, 37,000 are notified. Of those notified every year, only half of them get diagnosed using a WHO recommended molecular test.

When a person with presumptive

molecular test (and the rest are still diagnosed using microscopy).

Binika agrees: Early and accurate TB diagnosis is not only a critical gateway to TB care pathway, but also a public health and human rights imperative. It helps stop the spread of TB infection as well as reduces unnecessary human suffering and risk of untimely deaths due to TB.

the grassroots, then the programmes should also be at the grassroots. If the problem is in the community, then the programmes should also be in the communities. We have to detect TB early and accurately," asserts Binika.

Bringing the laboratory services closer to the community, especially in countries with centralized health-care services like Nepal can be a

toms is not enough to find all TB in high burden settings

In Nepal, the national TB prevalence survey 2018-2019 had found that over 70% of people with TB were asymptomatic - and would have been missed if X-ray was not used to screen them for presumptive TB (and was followed by molecular test to confirm TB disease). India's national TB prevalence survey 2019-2021 had shown that almost half of the TB patients would have been missed if X-ray was not used as a screening tool.

Bringing TB screening and testing facilities to the communities will be very beneficial - it will also reduce the cost people incur in traveling to big cities and reduce delay in diagnosis. "Mobile health clinics can go closer to the people and communities with TB screening, diagnosis and treatment services instead of centralized TB services in big cities waiting for the people to come to them. We should also add a component of TB screening and diagnosis in maternal and child healthcare services across Nepal," hopes Binika.

Public private partnerships could also help reach the unreached people and communities with full spectrum of TB services. Private healthcare providers must notify TB cases to the government so that we know the epidemic. We should also leverage the use of digital technologies.

Affected communities must remain central to TB responses

"I urge the government to include the people who have survived TB because they have the firsthand experience of it, they know where the problem or barrier is. We need to bridge the gap between 'felt need' and real need of the people," said Binika Shrestha.

It was long after finishing her TB treatment that Binika gathered courage to disclose her experience and to contribute actively towards ending TB. "It took immense courage for me to openly acknowledge my past battle with this disease. The journey from pain to strength has been a profound and transformative experience for me. I am determined to advocate for the inclusion of TB survivors' voices at the decision-making level. I firmly believe that their perspectives and experiences are invaluable in shaping policies and strategies to combat TB effectively. By working towards inclusiveness, I aspire to create a society where TB survivors are not only heard but also actively involved in shaping a healthier future for all."

Shobha Shukla is the Managing Editor of Citizen News Service, Kalpana Acharya is Editor-in-Chief of Health TV Online Nepal, and both are Board members of Global AMR Media Alliance (GAMA) and Asia Pacific Media Alliance for Health and Development (APCAT Media). Follow them on Twitter: @Shobha1Shukla, @KalpanaAcharya1



TB is offered a TB test, it should be a WHO recommended molecular test upfront. WHO has called upon all the governments to 100% replace microscopy (which badly underperforms in diagnosing TB) with molecular test by 2027. At the 2023 UN General Assembly High Level Meeting on TB, the world leaders had reechoed their promise to do so by 2027. But progress is appallingly slow with only 47% of TB patients worldwide getting diagnosed using a

Bringing "lab to the people" (and not people to the lab) is the first vital step towards finding all TB. If we fail to do this, we will keep missing TB cases despite having the best of tools in the labs.

If problem is at the grassroots, then why are programmes not rooted there?

"Community engagement and awareness is a critical cog-in-the-wheel to find all TB, treat all TB and prevent all TB. If the problem is in

big game changer in the context of finding TB early and linking with care, said Binika. The WHO recommended point-of-care and decentralized molecular test (Truenat) can increase accessibility of TB testing for people who would otherwise either get missed or diagnosed late. Molecular tests not only accurately tell if a person has TB but also confirm if a person is resistant to most powerful anti-TB drugs, like rifampicin.

Verbal screening for TB symp-

In a first remote Kulgam village gets potable water under Jal Jeevan Mission

UMAISAR GULL GANIE

KULGAM: In a first, a remote village in south Kashmir's Kulgam district has received potable water, thanks to Jal Jeevan Mission that has connected the village to a water source, ending their long wait. An official of the Jal Shakti Department said that the residents of Peer Mohalla in Khur Batpora have received piped water for the first under JJM scheme. He said that amid sub-zero temperatures, the employees of the department worked relentlessly to get the village connected to a nearest water source through a pipeline. The villagers also

expressed their gratitude to the department concerned, stating they have been relieved of the concerns about quality of drinking water. Abdul Rehman, a local, said that they had to face a lot of hardships particularly during winters in the absence of portable water. "Now we will have a sigh of relief as our long wait for piped water is over and our dream has become a reality," he said. Assistant Engineer Jal Shakti department, Damhal-Hanjipora Shoaib Mubarak said that the department has fulfilled a long-awaited demand of the villagers that will benefit around two dozen families—(KNO)

Pulwama villagers demand resumption of work on sports stadium

JAHANGEER GANAIE

PULWAMA: Residents of Khellan village in Pulwama district have demanded civil work of the sports stadium should be resumed. They said that the government had identified 26 kanals land for construction of a sports stadium and construction work was started. But it was later stopped due to unknown reasons. The sports stadium, as per locals, is poised to become a hub for various sporting events. The athletes of the area said that they had to go to other places to play different games as there were no such facilities available in the area. They said that the government has identified the state land and cut down the trees on it and the leveling process has already started. They added that the facility was anticipated to enhance the

sense of community pride and provide a platform for aspiring athletes to showcase their talents on a larger stage. Sameer Ahmad, a cricket player said that he had to go for about 15 kms to play cricket as there was no such facility available in the area. Rameez Ahmad, another local resident, said that area is known for drug abuse and peddling as well. "But if we will be able to engage our young generation in sports activities then to a great extent we will be able to keep them away from drug addiction," he said. "We believe that investing in a playground is an investment in the future of our community. It's not just about swings and slides. It is about creating a space where kids can learn, grow, and build lasting friendships." An official said that work on the stadium will be resumed soon under MGNREGA—(KNO)

CJ lays foundation stone for Special Court for NIA cases

GMK NEWS NETWORK

JAMMU: Chief Justice, Jammu & Kashmir and Ladakh, Justice N Kotiswar Singh, Saturday laid foundation stone for Special Court for NIA cases at District Court Complex, Jammu, in presence of Justice Tashi Rabstan, Administrative Judge for Jammu district, Justice Sindhu Sharma, Justice Puneet Gupta, Justice Rahul Bharti and Justice Moksha Khajuria Kazmi.

The event was also graced by Advocate General D C Raina, Secretary Law, Achal Sethi and Chief Engineer R&B Jammu, Rajesh Gupta. While interacting with the executing agency, Chief Justice said that the new building should suitably cater to the needs of Special NIA Court with all its emphasis on security, protection of witnesses etc. He said that the new building will cope up with shortage of infrastructure at district headquarter. The initiative marked a pivotal step towards ensuring a more accessible, efficient



and fair justice system for the people. Chief Justice and other Judges, later, took stock of infrastructural facilities around the District Court Complex, besides interacting with the members of Bar Association Jammu. Chief Justice lauded the initiatives as a testament to commitment of judiciary towards providing swift and accessible justice for all. He exhorted upon members of the Bar to come forward and join judicial services especially in relation to recruit-

ment from Bar to filling up of the post of District Judges against direct quota Advocates. Justice Tashi Rabstan, while speaking on the occasion, said that this is not just the laying foundation stone but the laying of ground work for a brighter future where justice is accessible, efficient and available to one and all. The event was also attended by Bala Jyoti, Special Judge Anti Corruption, CBI Cases, Jammu, Shahzad Azeem Registrar General, High Court of

Jammu & Kashmir and Ladakh, Y.P. Bournay, Director Judicial Academy, Member Secretary DALSA and other officers of High Court registry besides judicial officers at the Jammu Headquarter. Earlier, Sanjay Parihar, Principal District & Sessions Judge, Jammu, extended warm welcome to the Chief Justice and Judges of the High Court and other dignitaries and gave an overview of the infrastructure being laid in District Court Complex, Jammu.

Ganderbal woman achieves remarkable success with hi-tech polygreen house

RAJA SYED RATHER

GANDERBAL: Mehbooba Akhter, a determined female farmer from the Repora Lar area of central Kashmir's Ganderbal district has been cultivating routine cereal crops for the past decade. Despite facing challenges due to chilling winters, untimely rains, and hailstorms, she harboured a strong desire to increase her profits through the cultivation of quick-maturing vegetables and vegetable seedlings. Sharing her journey, Akhter said upon the introduction of the Kisan Sampark Abhiyan under the Holistic Agriculture Development Programme (HADP) by the government, she actively participated in programmes aimed at informing farmers about modernised schemes and technologies. "I learned about Hi-tech Polygreen houses designed for vegetable cultivation under extreme climatic conditions. This all-weather setup allows for the growth of vegetables and the raising of seedlings, promising additional profits," she said. Eager to turn her dream

into reality, Mehbooba registered on the Kisan Sathi Portal under HADP. After approval and sanction, she installed a Vertical Expansion Low-cost Polygreen House on her land in Repora Lar. This installation eliminated climatic challenges, enabling me to grow various types of vegetables throughout the year, she said. "Now equipped with the Polygreen House, my vegetable produce is ready for the market even when other farmers are still waiting. This gives me a competitive advantage, allowing me to make substantial profits and meet market demands consistently," she added. Beyond vegetable cultivation, Akhter has ventured into raising seedlings of different vegetables, adding to her income and establishing financial independence. Expressing her gratitude to the Agriculture Department, especially for guiding her in installing the vertical expansion polygreen house, Mehbooba said. "The department's subsidy made it affordable for me, proving to be a game-changer in my vegetable farming by significantly enhancing her net revenues."—(KNO)

Drainage work on vital Parimpora stretch causes traffic jams

REHAN QAYOOM MIR

SRINAGAR: The ongoing drainage work on the Parimpora stretch, connecting traffic movement from north and central Kashmir with Srinagar is causing chronic traffic jams during the peak hours, affecting the vehicular traffic movement including ambulances, said locals of the area. Locals as well as commuters said that due to the ongoing

drainage work in the area by Srinagar Municipal Corporation (SMC), the movement of traffic is getting hugely affected during the peak hours. "Since the start of this drainage work, traffic jams have become a norm. Sometimes these are so severe that locals have to volunteer to regulate the traffic movement," said a resident, adding, "Not only the vehicles but the movement of ambulances is

also getting affected." A local shopkeeper said the stretch serves as a gateway to Srinagar, with major hospitals in the valley, including SMHS, SKIMS Soura, and Bone and Joint, relying on this route. The slow progress of the ongoing work is causing significant issues not only for traffic movement but also for local businesses, he said. The residents expressed concern over the sluggish pace

of drainage and roadwork, saying that dug-up roads and uncovered main holes contribute to the vehicular movement challenges. A top SMC official said the work on the project is underway and they have directed the concerned Assistant Executive Engineer (AEE) and the contractor to expedite the work on a fast-track basis to minimize disruption to public and ambulance movements in

the area. "Whenever there is a work of this nature involving drainage work on the main road, there may be temporary disruptions in the traffic movement, but the concerned have been directed to expedite the work so that the public does not face any inconvenience. I will also make a personal visit to the site to check the progress of the work," the official assured—(KNO)

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



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