

# Good Morning Kashmir

15th Year Of Publication

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**Amit Shah (Modi Ka Parivar)**  
@AmitShah

Pursuing PM @narendramodi Ji's policy of zero-tolerance towards terrorism, the MHA has declared four factions of the Jammu and Kashmir Peoples League—namely, JKPL (Mukhtar Ahmed Waza), JKPL (Bashir Ahmad Tota), JKPL (Ghulam Mohammad Khan) and JKPL (Aziz Sheikh) led by Yaqoob Sheikh—as 'Unlawful Associations'. These organizations were involved in inciting terror and abetting secessionism in Jammu and Kashmir.

## DGP, GoC Jointly Preside Over High-Level Security Meeting



**JAMMU:** Director General of Police (DGP) R. R. Swain and Corps Commander Lt Gen Navin Sachdeva of the strategic 15 Corps jointly presided over a high level meeting and reviewed the security of the Jammu region keeping in view, among other things, the forthcoming general •P-06

## Model Code Of Conduct Enforced In J&K

**SRINAGAR:** The Chief Electoral Officer Jammu and Kashmir has ordered for enforcement of the Model Code of Conduct in the Union territory with the announcement of Lok Sabha polls 2024. In a joint communique to District Election Officers' (Deputy Commissioners), Chief Electoral Officer, UT of JK, has informed the respective offices about the immediate effect of •P-06

# MHA Bans 4 Factions Of Peoples League, JKPFLL

GMK News Network

**SRINAGAR:** The Union Home Ministry on Saturday banned four factions of Jammu & Kashmir Peoples League (JKPL) and Jammu & Kashmir Peoples Freedom League (JKPFL).

In a notification, the MHA declared the four factions of Jammu and Kashmir Peoples League (JKPL), namely, JKPL (Mukhtar Ahmed Waza), JKPL (Bashir Ahmad Tota), JKPL (Ghulam Mohammad Khan @Sopori) also known as Jammu and Kashmir Peoples Political League and JKPL (Aziz Sheikh) led by Yaqoob Sheikh, as unlawful associations under the Unlawful Activities Prevention Act-1967.

The MHA said these factions of JKPL are indulging in unlawful activities, which are prejudicial to the integrity, sovereignty and security of the country. It said that members of these factions of JKPL have remained involved in supporting terrorist activities and anti-India propaganda and anti-India propaganda for fuelling secessionism in Jammu and Kashmir. In a separate notification, the MHA also declared Jammu & Kashmir Peoples Freedom League led by



## Extends Ban On JKLF For 5 More Years.

The Union Home Ministry on Saturday extended the ban of Jammu & Kashmir Liberation Front led by Muhammad Yasin Malik for five more years. The MHA Saturday

extended the ban on JKLF for five more years under the Unlawful Activities (Prevention) Act, 1967. On March 22, 2019, the Central government JKLF-Yasin as an unlawful association under the Unlawful •P-06

# Results On June 4 Lok Sabha Polls In J&K To Be Held In Five Phases

Committed To Hold Assembly Polls In J&K Soon After LS Polls

**Abid Bashir**

- UDHAMPUR** to go to polls on April 19
- Jammu** on **APRIL 26**
- Anantnag-RAJOURI** on May 7
- SRINAGAR** on May 13
- Baramulla** on **MAY 20**



**SRINAGAR:** Citing "additional security requirements" as a reason for not holding concurrent elections in Jammu and Kashmir, the Election Commission of India (ECI) Saturday announced a 7-phased Lok Sabha poll schedule with J&K's one seat going to polls on April 19. "There will be seven phased Lok Sabha elections in the country including J&K that will commence from April 19," the CEC said in a press conference at New Delhi. As per the schedule, Udhampur LS seat will go to polls on April 19, Jammu on April 26, Anantnag-Rajouri on May 7, Srinagar on May 13 and Baramulla on May 20. To a query that ECI didn't announce simultaneous polls for J&K, the CEC said that J&K's Re-Organisation Act was passed in 2019 and Assembly seats were 107 including 24 reserved for PoK people. "After that, a delimitation exercise was done and a delimitation act passed. The number of seats reached 114 including 24 reserved for PoK. These two acts were not in sync till December 2023. So our meter for Assembly polls started in December itself," he said. "During our recent visit to Srinagar and Jammu, the J&K Administration clearly told us that there can't be two elections at a time due to more security requirements. The Administration told us that there will be roughly 8 to 9 candidates for each assembly segment which means approximately, there will be 1000 candidates in fray. This means, each candidate needs to be given proper security cover and for that there was more requirement of additional forces." However, the CEC said that the Commission is committed to hold Assembly polls in J&K soon after Lok Sabha polls •P-06

## Watermelons Safe For Consumption Nothing Adverse Found In Test Reports: Govt



**SRINAGAR:** Amid the controversy, the authorities on Saturday said that watermelons are safe for consumption. Addressing a press conference, Deputy Commissioner, J&K Drug & Food Control Organisation, Shagufta Jalal said that they had taken samples from all the districts of the Kashmir valley after apprehensions were raised about the sue of watermelons. She said that the test results that came Saturday have shown that watermelons are safe for consumption. "Nothing adverse" •P-06

# Concrete Steps Taken To Create Fear-Free, Terrorism-Free J&K: LG

Addresses SRCC's Business Conclave 2024 In New Delhi

**GMK NEWS NETWORK**

**NEW DELHI:** Lieutenant Governor Manoj Sinha Saturday said that the government has taken concrete steps to create a fear-free, corruption-free and terrorism-free Jammu and Kashmir. We have taken concrete steps to create a fear-free, corruption-free and terrorism-free J&K. People-centric governance, efficient public service delivery mechanism, accelerated speed of project completion, saturation of welfare schemes and equal opportunity for all have empowered the common man and improved ease of living, the Lt Governor said while addressing the Business Conclave 2024 organized by Shri Ram College of Commerce in •P-06



# NIA Chargesheets 2 In Kokernag Encounter Case

**GMK NEWS NETWORK**

**NEW DELHI:** The National Investigation Agency (NIA) on Saturday filed a charge sheet against two accused in the Kokernag encounter case. A statement issued reads that a chargesheet was filed today before the NIA Special Court, Jammu, names Mohd Akbar Dar and Ghulam Nabi Dar, both residents of Kokernag area of Anantnag. They have been charged under various sections of IPC, Arms Act and UA(P) Act. The case (RC-04/2023/NIA/JMU) relates to a week-long encounter that took place at Guri Nad Forest, Halpora Kokernag, in which terrorist Uzair Khan was neutralised by security forces, the statement said. "The terrorist killed in the encounter was an active member of The Resistant Front (TRF), an offshoot of Lashkar-e-Taiba (LeT). Uzair had joined the LeT in August 2022 and was involved in promoting terror activities against security forces in Anantnag area through Pakistani handlers from across the border. He had also been involved in earlier terror incidents in the Kokernag area, •P-06

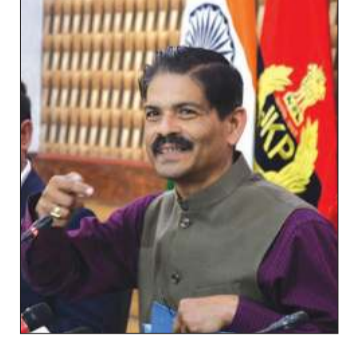


# 1.7 Million Flowers To Be Showcased Gardeners' Dedication Blooms Asia's Largest Tulip Garden



**SRINAGAR:** The excitement is in the air as the opening of Asia's largest tulip garden draws near, with expectations high for a successful showcase of natural beauty. The gardeners are excited and hope for a successful show, as they have worked hard to make this spectacular show successful. Likely scheduled for opening this month, the much-anticipated tulip show is likely to gain attention not only for its stunning display but also for the garden to feature 5 new varieties, among 1.7 million tulips set to bloom, as revealed by the officials earlier. The gardeners said the weeding procedure is going on. "The process for a successful tulip garden show is on, and we have added more varieties of tulips to the show," they said. Ghulam Mohammad Wani, a gardener who has been working in Srinagar's tulip garden for more than eighteen years, said the work starts in the month of November. "Like a child is taken care of, the same has to be done with tulips," he said, adding that an ocean of people used to visit the tulip garden, and it is a heart-warming time to see the hard work getting paid off. "All this is because of the hard work of a dedicated gardener, and one can see the beautiful scene of the tulip" •P-06

## Commando Spirit 'R R Swain's Vision Transforms J&K Police'



**SRINAGAR:** In a bold move to bolster the morale and preparedness of the Jammu and Kashmir Police, Director General of Police (DGP) Rashmi Ranjan Swain has launched an ambitious mission to instill a robust 'commando spirit' among personnel. Since assuming his role, Swain's proactive approach towards public outreach and readiness training has earned widespread acclaim, resonating positively among all ranks of the force. Under Swain's dynamic leadership, foot soldiers have been reinvigorated and motivated to confront challenges head-on, infused with a renewed •P-06

**MOVIES Schedule** Sunday 17 March

**INOX CINEMA SHIVPORA SRINAGAR**

**BOOK YOUR TICKETS NOW**

**YODHA (HINDI)** 12:00PM, 3:00PM, 6:00PM (U/A)

**SHAITAN (HINDI)** 12:40PM, 3:30PM 6:30PM (U/A)

**DUNE PART TWO (ENGLISH) WITH ENG SUBTITLES** 01:45PM (U/A)

**KUNG FU PANDA 4 (ENG WITH ENG SUBTITLE) (U)** 05:00PM, 07:10PM HINDI 11:30AM

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

Call 95416 13868 For assistance with tickets

ECT-9-2024

# J&K Judicial Academy, e-Committee SC organize refresher programme

GMK NEWS NETWORK

**JAMMU:** Under the patronage of Chief Justice, High court of J&K and Ladakh, Justice N. Kotiswar Singh and guidance of Justice Sanjeev Kumar and other members of Governing Committee for Judicial Academy, the J&K Judicial Academy in collaboration with e-Committee, Supreme Court of India organized one day refresher programme (ECT-9-2024) for staff members of District Courts of twin UT's of J&K and Ladakh at J&K Judicial Academy, Janipur.



The training programme was inaugurated by Justice Sanjeev Kumar, Chairman, Governing Committee for Judicial Academy in presence of Mr. Anoop Sharma, Registrar Computer, High Court of J&K and Ladakh, who was the resource person in the day long event.

Justice Sanjeev Kumar, in his inaugural address, observed that the technology has proved a great accelerant in almost all aspects of human lives including dispensation of justice. He noted that e-courts represent a more viable alternative to conventional courts, harnessing technology to expedite legal proceedings. He highlighted that Court staff forms the backbone of our judicial system and any shortcoming at their part adversely impacts a

judge's ability to deliver justice.

Elaborating further, Justice Kumar said that in J&K 15-16 courts are paperless now wherein entire records have been digitized but still we are facing difficulties because of certain issues faced by the staff in adapting to the new technology. He advised the participants to transform their mindset and switch over to the technology for larger benefit of the society.

The Chairman further highlighted that e-Courts have the potential to revolutionize the administration of justice particularly for underprivileged and marginalized communities facing barriers to traditional court systems by reshaping access to justice and enhancing efficiency, transparency and fairness.

Director, J&K Judicial Academy, Y P Bourney, while presenting welcome address, highlighted the core purpose and importance of the programme. He stated that e-Courts Project was conceptualised on the basis of "National Policy and Action Plan for Implementation of Information and Communication Technology (ICT) in the Indian Judiciary-2005" submitted by the e-Committee of the Supreme Court of India. The e-Courts National portal (ecourts.gov.in) was launched by the Chief Justice of India on 07th August, 2013 which provides case status, daily cause-list, cases filed, and cases registered through the CIS software. He emphasised the objectives, services and benefits of e-Courts. He stated that

digitization has bridged the gap between the court and the litigant, ensuring justice not only at the door step of the citizens but at their fingertips.

The first technical session was conducted by Anoop Sharma, Registrar Computer, who gave an introduction to e-Courts Project. He acquainted the staff about various e-court initiatives and services including their role in implementation of e-Court services of CIS, NSTEP, Virtual Courts, e-filing, etc. He again briefed about defacing and locking mechanism of e-Court fee. The learned resource person also explained the procedure of digitization of Court Case Record and DMS and discussed the role and responsibilities of the staff.

Rajeev Gupta, Senior System Officer and Faheem Manzoor, System Officer jointly conducted the second technical session. They gave a practical knowledge of various tools and gave live demonstration on CIS, NSTEP, Virtual Courts, e-filing and other e-Court services. All the sessions remained very interactive during which the participants actively participated and shared their experiences, difficulties and also discussed various aspects of the subject topics. They also raised a number of queries which were satisfactorily answered by the resource persons.

# NIT Srinagar faculty member secures patent from Punjab University

GMK NEWS NETWORK

**SRINAGAR:** A faculty member from Department of Physics, National Institute of Technology (NIT) Srinagar, Dr. Vijay Kumar and his team have received a patent for their research titled as "Biodegradable Packaging Film and How to Make It" from Panjab University Chandigarh.

The other collaborators of Dr. Kumar include Dr. Vishal Sharma (Panjab University Chandigarh), Dr. Kashma (DAV College, Sector-10, Chandigarh), and Sonal Choudhary (Panjab University Chandigarh). The whole team was granted a patent for their research titled "Biodegradable Packaging Film and a Process for its Preparation thereof."

Dr. Vijay said that it is a significant milestone for us, marking a culmination of hard work, dedication, and innovative thinking. Developing sustainable solutions has always been a core focus for us, and this patent approval reaffirms our commitment to environmental stewardship, he said.

"Mostly our biodegradable packaging film offers a sustainable alternative to traditional packaging materials, addressing the growing need for eco-friendly solutions in

today's market," Dr Vijay said.

He said that the present invention relates to a biodegradable packaging film comprising agarose, neem gum, hydroxyapatite and polysorbate 80.

era, the most pervasive and enduring recent change to the environment is the accumulation and fragmentation of plastics.

"Plastic has lured humans due to its empowered quality of life whether

of pollution, space-usage, contamination, and its quality of persistence.

They further cause serious health issues due to Bisphenol A (BPA) and phthalates which leech into the water and finally to the complete environment.

In view of the above, there exists a need in the state of the art to provide a packaging film, which is prepared by a completely green method as well as natural materials.

Dr Kashma said that the present packaging films do not cause adverse effects on the environment like plastic and aluminium packaging. Our team has used green methods and green materials for the synthesis of packaging film.

"The present packaging film offers excellent breathability, which allows oxygen to pass through and keep the food fresh for a long time without causing the ill effect. The packaging film possesses beautiful flexibility and translucent appearance that makes it very useful for commercialization," Dr Kashma said.

The team also extended heartfelt gratitude to everyone who has contributed to this achievement, from our research and development team to our partners and supporters," the members said.



"The invention also relates to a process for the preparation of said biodegradable packaging film. The present biodegradable packaging film incorporates natural ingredients and is prepared by green synthesis," he added.

Another team member of the group, Dr. Vishal Sharma said in today's

it is through the ease of packaging or due to its flexibility, longevity, plasticity, or its overall convenience to humans," she said.

Dr Sharma said that however, on the contrary, the plastics have proved to be very harmful for humans, animals, and plants. Plastic causes harm to the habitat in the form

LOK SABHA ELECTION

## Training imparted to Nodal Officers, allied staff in Kulgam

GMK NEWS NETWORK

**KULGAM:** The District Election Office Kulgam Saturday conducted a day-long training session for Nodal Officers and allied staff for general election to Lok Sabha, 2024 at the Conference Hall of Mini Secretariat, here.

During the training programme, the District Level Master Trainers presented detailed information regarding the preparation and conduct of the upcoming Lok Sabha Elections.

All were apprised about their role in election process like election management, nomination process, scrutiny of nomination papers, and procedure for withdrawal of candidature, EVM (Electronic Voting Machine) management, Manpower management, Transport plan, Poll Day arrangements and Counting of votes and adhering to the provisions of the Model Code of Conduct.

All Nodal Officers and their allied staff were urged to adhere to the rules and regulations of the ECI for ensuring free, fair and transparent elections

On the occasion, a question answer session was also held during which participants raised several queries which were addressed to their utmost satisfaction.

LOK SABHA ELECTION

## Training for employees held in Bandipora

GMK NEWS NETWORK

**BANDIPORA:** In preparations to Lok Sabha election 2024, the Dis-

trict Nodal Officer/Ex.Engineer R&B Asadullah Najar.

On the occasion Master trainer highlighted the role of employees



trict Election Office Bandipora organised a training programme for employees of various Departments at mini secretariat, here.

The training programme was aimed to provide employees hands-on experience regarding conducting polls and handling different poll processes during Lok Sabha Election-2024. The training was provided by Master Trainer Manzoor Ahmad Bhat in presence of Elec-

in facilitating the election process. Emphasis was placed on upholding ethical standards throughout the electoral process, including maintaining neutrality, confidentiality, and fairness in all interactions with voters and other stakeholders.

The employees also received training to assist voters with special ability or other special needs to ensure that every eligible voter can exercise their right to vote.

## G'bl Admin undertakes mega plantation drive under SVEEP

GMK NEWS NETWORK

**GANDERBAL:** The Deputy Commissioner (DC) Ganderbal, Shyambir Saturday undertook a significant plantation campaign at Tara Gali, Badarkund area in Ganderbal under Systematic Voters' Education and Electoral Participation (SVEEP).

This plantation initiative, organized by the District Administration in collaboration with NLCO under Mission 50,000, is a pivotal component of the SVEEP program.

The event witnessed the enthusiastic participation of various stakeholders including DFO Sindh Forest Division Ganderbal, Chairman NLCO, students from diverse educational institutions, NRLM, officials Social Forestry and local residents.

Under the banner of Mission 50,000, the District Administration Ganderbal aims to plant 50,000 saplings across pre-identified clusters in the district. This ambitious endeavor commenced today and aligns

with the overarching goals of SVEEP.

Addressing the attendees, DC emphasized the dual purpose of the plantation drive. Firstly, it aims to instill awareness among the local populace regarding the pivotal role of trees in our ecosystem. Secondly, it seeks to underscore the significance of active participation in the electoral process.

Shyambir urged everyone to contribute to this noble cause by planting at least one sapling during the campaign and actively engage in the upcoming elections.

He also solicited the cooperation of the community in safeguarding and nurturing the planted saplings, emphasizing the collective responsibility towards environmental conservation.

The mega plantation drive underscores the District Administration's commitment to environmental sustainability and civic engagement, marking a significant step towards a greener and more participatory future.

## DC Kupwara reviews implementation of FSS rules

GMK NEWS NETWORK

**KUPWARA:** The Deputy Commissioner (DC) Kupwara, Ayushi Sudan Saturday convened a meeting of concerned officers to review the implementation of the Food Safety & Standard Act (FSSA), 2006.

On the occasion, the DC impressed upon the concerned officers to ensure strict implementation of the Food Safety rules so that the consumers get healthy and hygienic food items. She stressed upon the Food Safety Officers to intensify market inspections in the district especially in major towns to curb the unhygienic practices by erring food business operators.

Earlier, the meeting held a threadbare discussion regarding various measures put in place for proper implementation of FSS Act. It was given out in the meeting that periodical surveys of food business and special drives shall be

held to ensure that all food businesses are licensed or registered.

Besides, the meeting also discussed monitoring enforcements, inspections, sampling prosecution and Adjudication related to Food Safety in the district inter alia.

Earlier, Assistant Commissioner Food Safety Kupwara, Rafi Ahmad Dar briefed the chair about various measures taken by the department and informed that 1465 number of inspections were conducted during the current year. He also informed that awareness programmes including World Food Safety day and Walkathon under Eat Right initiative were also held to generate mass awareness among the people regarding healthy food practices.

ADC Kupwara, Mohammad Rouf Rehman, GM-DIC, AC Food Safety, ASP Kupwara/Handwara, Dy. CEO and other concerned officers attended the meeting.

## OFFICE OF THE BLOCK MEDICAL OFFICER NAGAM

Sealed tenders affixed with Revenue stamp of Rupees 05/- and CDR of Rupees 10000/- (Rupees Ten thousand only) pledged to Block Medical Officer Nagam are invited from authorized/registered dealers for supply of Drugs, Surgical, Theatre disposables, Sanitary items, Lab Reagents, X-ray items under various schemes as and when required by this hospital during the Financial Year 2024-25 which should reach to this office of undersigned within seven days from the date of publication of this notice. The tenders will be opened on 28.03.2024 at 02:00 PM and the dealers can be present in the office of undersigned on the date of opening of tenders, failing which, it will be presumed that the dealer have no interest in supplying of items. The list of items can be received from Office of undersigned on working days at Office Hours from 10:00 A.M to 4:30 P.M.

- Terms & Conditions:**
- Tenders should be submitted in proper envelope properly sealed.
  - Supply should be delivered to the store without any delay (24x7) hours.
  - The rates should be quoted FOR concerned stores only.
  - Tenders must have valid GST number and GST clearance from concerned authority.
  - The conditional tenders should not be accepted. Supplier is responsible for any kind of breakage or damage till received in the stores.
  - The supply should reach to this office within 24 hours after receiving the proper supply order.
  - The rates quoted should be lowest and not higher than the rates charged to any other Government Hospital or Institutions. The certificate in this regard is to be recorded on the face of the bill.
  - Analytical report for drugs should be furnished alongwith the bill.
  - Rates once quoted or approved shall not be changed during the financial year in any circumstances, if found so, the payment shall be stopped without any intimation.
  - DDO has right to cancel the tender anytime, without giving reasons thereof.

DIPK-18084-23  
DT: 16/03/2024

Sd/-  
Block Medical Officer  
Nagam

Email ID: rbddivisionawantipora@gmail.com Ph.....

**Government of Jammu & Kashmir**

### OFFICE OF THE EXECUTIVE ENGINEER (R&B) DIVISION AWANTIPORA

**NOTICE INVITING TENDERS**  
Single Cover System

**E-NIT No.144/EEA/R&B of 2023-24/6829-39** Dated:15/03/2024

For and on behalf of the Lt. Governor, UT J&K, e-tenders (In single cover system) are invited on Percentage basis from approved and eligible Contractors registered with J&K Govt., CPWD, Railways and other State/Central Governments for the following works:-

SN	Nome of Work	Adv. Cost (incl. GST) (Rs. In Lacs)	Cost of T/Doc. (In Rupees)	Earnest Money (In Rupees)	Time of completion (days)	M.H OF Account	Class Of Contactor
1	2	3	4	5	6	7	8
1.	Elementary Boundary wall PS Zaintrag (List S.No 434)	11.40	600/-	2% of Adv cost	30 Working Days	SAMAGRA SHIKSHA-2022-23	BEE, CEE, DEE

Position of AAA: Accorded- vide No : 79-CHIRAG of 2023 Dated: 10.05.2023 (S.No: 434)  
Position of funds: - Available  
Position of TS: - Sanctioned  
Project Authority: DSS-J&K.

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

1	Date of Issue of Tender Notice	15/03/2024
2	Period of downloading of bidding documents	16/03/2024
3	Bid submission Start Date	16/03/2024
4	Bid Submission End Date	01/04/2024 upto 4.00 PM.
5	Date & time of opening of Technical Bids	02/04/2024 at 11.00 AM in the office of Executive Engineer R&B Division Awantipora.

- Bids must be accompanied with cost of Tender document in shape of Treasury Challan (deposited in MH: 0059) in favour of Executive Engineer R&B Division Awantipora (tender inviting authority) and Earnest money / Bid security in shape of CDR/FDR/BG pledged to Executive Engineer R&B Division Awantipora\_ (tender receiving authority).  
Note:- The Date of Treasury Challan and Earnest Money / Bid security must be between the date of start of bid and Bid Submission End date. Any deviation shall render the bidder as Non-responsive.
- 1.1 The 1st lowest bidder has to produce an amount equal to 5% of contract as Performance Security in the shape of CDR/FDR/BG in favour of Executive Engineer R&B Division Awantipora within 07 (Seven) days after the date of receipt of letter of acceptance and shall be released after successful completion of DLP. The Bank Guarantee must be valid for beyond bid validity.
2. At the time of tendering, all bidders must upload earnest money/bid security equal to 2% of the Advertised Cost in the form of CDR/FDR/BG pledged to the tender receiving authority, i.e., Executive Engineer R&B Division Awantipora. Besides that, the successful bidder will have to provide Performance Security in the shape of CDR/FDR/BG @ 5% at the time of contract award, strictly in accordance with the Government's circular instructions from time to time. The earnest money/bid security of 2% will be released to the successful bidder only after the submission of a Performance Security of 5% of the allotted cost, which will be released after successful completion of the DLP/Maintenance Period.
3. All Bidders shall to quote the rates in BOQ including GST. GST @ 18% or as admissible will be added separately at the time of issuance of Allotment by the allotting authority.

Sd/- Head Draftsman  
DIPK-18038-23  
DT: 16/03/2024

Sd/- Technical Officer  
Executive Engineer  
R&B Division Awantipora

# Jaundice outbreak in Pulwama; nine test positive

Locals slam authorities for feeding contaminated water

JAHANGEER GANAIE

SRINAGAR: An outbreak of jaundice in Dargund Bellow village in south Kashmir's Pulwama district has raised concerns as nine persons have tested positive, while many others are having symptoms of the disease.

A health official informed that the screening process is underway, and nine cases have been confirmed positive for jaundice.

Residents allege that contaminated water is the main reason behind the outbreak of the disease. According to locals, they are receiving water from a water supply sourced from a tubewell, but the water is highly contaminated.



"Authorities had earlier promised a new water supply scheme for the village, but no action has been taken," they claimed.

They also said the tank of their water supply scheme has not been cleaned for several years.

Despite repeatedly informing the authorities about the issue, we have not received potable water, they said.

Chief Medical Officer Pulwama, Dr Tehmeena said that nine cases of jaundice have been reported from the village.

"We took water samples, but they came back negative as the Jal Shakti Department had already chlorinated the water," she said, adding, "People should not panic but consume boiled water and maintain proper hygiene." Meanwhile, an official of the Jal Shakti Department informed that the village was receiving water from a spring and tubewell. While the water from the spring is safe, the tubewell has recently collapsed.

He assured that the concerned department has been contacted, and work is expected to commence from Monday. The official also said that water is being supplied to the village after proper treatment—(KNO)

# Edu Deptt grants one-time exemption in favor of teaching, other staff

RIYAZ BHAT

SRINAGAR: School Education Department has granted post facto approval to those teachers and other staff of the department who have acquired higher qualification through distance or online mode while being in service without any approval from the competent authority.

The department in an order said that it was a one time exemption in favor of teaching and other staff of School Education Department who have acquired higher qualification during service through distance or online mode without obtaining prior permission from the administrative department.

The Administrative Secretary School Education Department Piyush Singla said, "The issue is related to accord of permis-

sion in favor of teaching and other staff of School Education Department who have acquired higher qualification during service through distance or online mode without obtaining prior permission from the competent authority i.e. administrative department, which has now become impediment in finalization of seniorities in various disciplines and cadres."

Singla in the order further said that it has observed that there are a number of incumbents who have acquired their higher qualification without obtaining prior permission from the competent authority "The cases were further examined in light of government order issued in 2012 and 2017 regarding the validity of degrees obtained through distance mode," reads the order.

School Education Department further said that the matter was taken up with the finance department for opinion. The finance department in 2023 returned the case file with certain observations and relevant part.

"School Education Department may regularize the permission granted to the teachers for acquiring higher qualifications through distance mode or online mode in terms of circular instructions issued by the Finance Department in the year 2022," it reads.

The order further reads that the finance department had said the permission should be granted only if the Universities or institutions are recognized by the UT Government. "The courses are recognized. Proper entries of the leave availed for the dura-

tion of the examinations are recorded in the service book of the teacher."

"Sanction is accorded to grant one-time exemption in favor of teaching and other staff of School Education Department who have acquired higher qualification during service through distance or online mode, as on date without obtaining prior permission from the competent authority i.e. Administrative Department subject to the fulfillment of conditions as conveyed by Finance Department," it reads.

The order further states that no case for post-facto permission for acquiring higher qualification shall be entertained by the Department henceforth, and only prior permission cases shall be decided as per set procedure or norms—(KNO)

# Expert advises diabetics to monitor diet during Sehri for fluid balance

JAHANGEER GANAIE

SRINAGAR: People, especially those who are diabetic, need to limit the intake of salty, sugary and spicy food during Sehri (pre-dawn) meals in Ramadan to maintain fluid balance in the body, a noted endocrinologist said.

Dr Shariq Masoodi said that people, particularly those with diabetes, should control their consumption of sugar, salt and spices in their meals. "The sodium present in foods aids in maintaining fluid balance, but excessive intake of salty, sugary, and spicy foods can lead to increased thirst as water is withdrawn from the cells," he said.

Dr. Masoodi advised people to drink water regularly throughout Sehri but cautioned against consuming large quantities at once, as it may be quickly eliminated through urine. He suggested alternatives such as lemon water, buttermilk (lassi), coconut water, and unsweetened fruit juice while recom-



mending avoidance of caffeinated beverages due to their dehydrating effects.

For Sehri, Dr. Shariq recommended starting with water followed by a balanced diet consisting of green leafy vegetables for fibre, whole grain cereals with a low glycemic index to avoid sudden spikes in blood sugar levels, a small portion of pulses, fish, chicken, yoghurt, and fruits with skin like grapes, oranges, and apples.

During Iftar, he advised diabetic people to consume sugar-free fluids and limit themselves to one to three dates based on their dis-

ease control. Foods high in carbohydrates, salt, and fat should be avoided.

"The diabetic patients need to monitor blood sugar levels and check their levels several times a day, including before dawn, in the morning, midday, mid-afternoon, before sunset, two hours after Iftar, and anytime symptoms of hypoglycemia, hyperglycemia, or feeling unwell arise," he said.

The endocrinologist emphasised the necessity of proper sleep, recommending 7-8 hours of sleep even if it's divided into two portions—(KNO)

# NC leader, former Dy Mayor resigns from party

KNO CORRESPONDENT

SRINAGAR: National Conference (NC) leader and former Deputy Mayor SMC, Parvaiz Ahmad Qadri on Saturday resigned from the basic membership of the party.

Qadri said that he has resigned from the basic membership of the party as the controversy was going on within the party after he participated in the function of Prime Minister Narendra Modi in Srinagar.

"I got the invitation as being the former Deputy Mayor of Srinagar Municipal Corporation (SMC). The controversy in this regard has taken place within the party, therefore, I decided to quit from the party," he said.

He added that it was not the BJP's rally but the Prime Minister's function in Srinagar in which he participated. "I don't want the party to be blamed for my action and thus decided to part ways from the party," he said—(KNO)

# Nodal Officers briefed about electoral process

GMK NEWS NETWORK

JAMMU: District Magistrate Sachin Kumar Vaishya Saturday convened a crucial meeting of Nodal Officers and Assistant Returning Officers to discuss the action plan in anticipation of Parliamentary elections.

The meeting witnessed the presence of SSP Dr. Vinod Kumar, ADDC Sher Singh, ADMS, DIO, ACD as well as SDMs, Tehsildars and other officials. The key officials including nodal officers were briefed about their

role and responsibilities.

The primary objective of the orientation session was to provide a comprehensive understanding of the scope and critical components of the electoral process. Participants were briefed about the role of stakeholder departments and Nodal Officers regarding training, Standard Operating Procedures (SOPs), transportation and contingency plans.

During the meeting, emphasis was laid on studying the guidelines meticulously to ensure effective

implementation during the elections. The significance of the cVIGIL mobile application was highlighted, with detailed instructions provided on its essential functions.

Decisions regarding further strengthening of the electoral process and the role of functionaries were also deliberated upon during the meeting.

The importance of adherence to guidelines and protocols of the Election Commission of India were underlined as of utmost importance.

# PMMSY scheme scripts multiple successes in Budgam

NAVEED UL HAQ

BUDGAM: The Pradhan Mantri Matsya Sampada Yojana (PMMSY) scheme has emerged as a game-changer in Budgam, providing employment opportunities to unemployed youth.

Spearheaded by the Department of Fisheries Budgam and supported by central sponsorship, the PMMSY scheme has facilitated the establishment of fishery units on a subsidy

the Central government for launching the scheme, Naseer emphasized how he no longer seeks employment but instead creates job opportunities for others.

He highlighted the need for laborers in his unit to manage customer demands, cater to market needs, and ensure the welfare of the livestock.

According to Naseer, the government's initiatives, particularly the PMMSY scheme, have been instru-



basis, empowering local youths and fostering economic growth.

One such beneficiary Naseer Ahmad, a resident of Zanigam Budgam said that he established a trout unit with a 40 percent subsidy from the department in 2020 under the scheme.

"Today, I along with my four brothers reap substantial earnings from our enterprise. From being job seekers, we have been able to provide jobs to people in our area," he said.

The success stories of Naseer and many others underscore the transformative impact of the PMMSY scheme, which has empowered both male and female youths across Budgam.

Expressing gratitude to

mental in fostering entrepreneurship and addressing unemployment challenges in the region.

He hailed the Department of Fisheries Budgam for their guidance and support in establishing his unit, lauding their efforts in facilitating the process. District Fisheries Officer, Abdul Ahad said that hundreds of youths have been engaged through various initiatives, each offering subsidies ranging from 40 to 60 percent.

He emphasized the simplicity of the application process, stating that interested unemployed youths can easily apply online and set up their own units with minimal formalities—(KNO)

# Lack of fire station raises alarms in HMT Industrial Estate

JAHANGIR SOFI

SRINAGAR: The unit holders within the Industrial Estate of HMT Zainakote here have expressed deep concern over the absence of a fire station, citing numerous incidents where businesses have been reduced to ashes.

Former president of the Industrial Estate, Kumar Ji Wanchoo stressed upon the pressing need for a fire tender station, stating that despite four decades of demand, their plea remains unheeded.

"This is the eleventh unit that has burned to ashes. With a fire tender on-site, the damage could have been minimized," Wanchoo lamented.

The aggrieved unit holders highlighted the para-

dox of government claims of fostering investment and industrial growth while neglecting essential infrastructure.

Javid Haroon, another unit holder and former president of the industrial estate expressed disillusionment over the lack of response to their repeated appeals for a fire tender. "Is this the government's seriousness towards industrialists? We feel neglected and unheard," Haroon asserted.

Current president of the estate, Farooq Ahmad, echoed similar concerns, stressing that the absence of a fire tender station leaves many businesses vulnerable to devastating fires.

"Despite the evident risk, authorities have

shown a lack of urgency and nonseriousness in allocating the fire tender station in our estate," Ahmad remarked.

He said that the recent fire incident that engulfed a plastic factory in Srinagar's HMT industrial estate, underscores the urgent necessity for proactive measures to safeguard businesses from such disasters.

"As unit holders continue to grapple with the aftermath of these incidents, the absence of a fire tender station remains a glaring gap in the industrial estate's infrastructure, raising pertinent questions about the government's commitment to ensuring the safety and prosperity of its industrial sector", Wanchoo remarked—(KNO)

# DIPR hosts symposium on Importance of Vote

GMK NEWS NETWORK

JAMMU: Cultural Unit, Department of Information and Public Relations, Jammu Saturday organised a Symposium on the topic "Importance of Vote" at Kalra College of Education Udhampur.

The objective was to educate the young generation regarding the importance of Vote and voters during the election and their contribution for making good government.

The students presented

valuable information on the topic. They were judged on parameters of Pronunciation, Modulation of Voice, Factual Representation, confidence etc.

Prof. Ranjana Sharma, Prof. Neha Sharma & Prof. Parul Sharma were the Judges for the day. Pallavi Bharti hosted the event.

A total 10 students participated in the competition, even as the first position was bagged by Akanksha Khajuria, Second Position by Vanshika Dubey and third Position by

Meenakshi Sharma. Consolation prizes were given to Simran and Sheezan Khurshed.

The College Principal Dr. Neelam Bakshi, in her address as the Chief Guest, educated the students regarding the subject and appreciated the Department of Information & Public Relations for organising such a meaningful event in the school. Among others present were Suresh Kumar, Cultural Assistant, Staff members and a large number of students.

**PUBLIC NOTICE**  
I, Ashiq Hussain, son of Gh Hassan Dar, residing at Andergam, hereby inform that I have applied for the correction of my mother's name in my school records from Fatima to Muneera Begum. If anyone has any objection to this correction, they are requested to file the same at the Jammu and Kashmir Board of School Education, New Campus Bemina, Srinagar.

Government of Jammu and Kashmir  
**OFFICE OF THE DISTRICT MAGISTRATE ANANTNAG**  
JUDICIAL SECTION  
Email: anantnag@nic.in Phone: 01932-222337  
judicialsectionanantnag@gmail.com Fax: 01932-223164  
NO: DMA/Judicial/2024/6610-20 Dated: 15-03-2024  
Subject: - Haj-1445 (Hijri) 2024(CE) - Conduct of Orientation /Training Programme for selected pilgrims of Haj-2024.  
**PRESS NOTE**  
In pursuance of the communication received from Executive Officer Haj Committee Jammu and Kashmir vide No. Haj/Est/2024/124 dated 14/03/2024 regarding imparting training about Manasik-e-Haj and other logistics at District level for Haj pilgrims of Haj-1445(H) 2024, accordingly pilgrims of Haj-2024 (Haj-1445) are requested to attend the orientation/training programme strictly as per the following schedule:

Date	Time	Venue	Name of the Tehsil
17-03-2024	10:00 AM	Govt. Degree College Women Auditorium, Anantnag	Anantnag, Pahalgam, Sallar, Kokernag, Larmoo and Srigufwara.
19-03-2024	10:00 AM	Govt. Degree College Women Auditorium, Anantnag	Shangus, Dooru, Qazigund, Shahabad, Bala, Mattan and Bijbehara

DIPK-18057-23 Addl. District Magistrate  
DT: 16/03/2024 Anantnag

Email ID: xenbemina@gmail.com  
GOVERNMENT OF JAMMU & KASHMIR UT  
**OFFICE OF THE EXECUTIVE ENGINEER**  
**PW(R&B) DIVISION BEMINA SRINAGAR.**  
Subject:- Additional Works to be executed at the Annex Building at DEERS Srinagar.  
Reference:- This office NIT No:44/EE/R&B/BM/5665-72 of 2023-24 Dated:28.02.2024  
issued under endorsement No:5665-72 Dated:28.02.2024.  
**CANCELLATION NOTICE**  
In view of poor response shown by the bidders the above noted work floated for tenders vide this office NIT No: 44/EE/R&B/BM/5665-72 of 2023-24 Dated:28.02.2024 issued under endorsement No:5665-72 Dated:28.02.2024 is hereby cancelled.  
No: EE/R&B/BM/6135-42 Executive Engineer  
Dated: 14-03-2024 R&B Division Bemina  
DIPK-18076-23 Srinagar.  
DT: 16/03/2024

Government of Jammu and Kashmir  
**OFFICE OF THE DISTRICT SOCIAL WELFARE OFFICER SRINAGAR**  
Old Secretariat Srinagar 190001, email: dswosch1@gmail.com  
**NOTIFICATION**  
Proposals are invited by District Social Welfare Office Srinagar (Nodal Officer SMILE-Beggary) from Non Government Organisations/Society registered under Societies Registration Act 1860 for implementation of the SMILE Scheme "Comprehensive Rehabilitation of Persons engaged in the Act of begging" in District Srinagar. The selection of NGO/Society will be based on below mentioned criteria:-  
1) Strength of the organisation.  
2) Number of years of work in Beggary.  
3) Number of outreach workers involved and working towards comprehensive rehabilitation.  
4) Number of people rehabilitated so far who were involved in the act of begging.  
5) Own/leased infrastructure for rehabilitation and capacity of Shelter Home.  
6) Reputation (as evidenced by newspaper reports/awards).  
7) The organisation should be registered on NGO Darpan.  
Interested NGO/Society should submit Proposal (Hard copies) in the office of District Social Welfare Office, Old Secretariat, Srinagar by or before 31-03-2024.  
No: DSWOS/Est/2024/3947-49 Sd/=  
Dated: 15-03-2024 DIPK-18111-23 District Social Welfare Officer, Srinagar  
DT: 16/03/2024 (Nodal Officer SMILE- Beggary)

Regular **Exercise**

# Keeping The Heart Healthy

## Smart City E-Bus Tickets

EDITORIAL

**A**re e-buses going the SRTC way? This is the question that many netizens are asking each other after a disturbing trend was brought to the fore by many passengers. The troubling trend is that the conductors of these buses are lethargically issuing tickets – they issue tickets when in mood and do not issue when not in mood. The passengers who have seen the fate of former road corporations in Kashmir say this could very well be the first signs of e-buses going in the downward spiral of bankruptcy. We can hopefully expect this not to be the case as of now. However, if left unaddressed it can snowball into a major issue. There are reports which suggest that these bus conductors refuse to accept 'chalo app' e-tickets as well. The transparency of the Smart City buses in Srinagar has come under scrutiny amidst alleged reports of certain bus conductors refusing to issue tickets to commuters. Such actions could potentially lead to significant revenue losses for the city's transportation system. In the case of online bus tickets from the designated 'chalo app' also not being accepted by conductors could mean serious gaps in technical evangelization or some communication gap. Many commuters are suggesting that the bus conductors are busy playing online games on their phone and seem disinterested in issuing tickets on time. The lackadaisical attitude is evident from their body language and it does not take Einstein to guess that they want a majority of commuters to travel without issuing tickets. These smart city e-buses had brought a mini-revolution in areas where evening public transport was unheard of. This initiative spearheaded by the worthy Lieutenant Governor Manoj Sinha was appreciated by all sections of the society. However, the actual hour implementation still has a lot of gaps and proper communication and penalization for dereliction in duty has not been enforced yet. If it is established that it is due to the lazy attitude of these bus conductors then a few penalizations should not be ruled out. There must be frequent inspections from the relevant authorities at different hours of the day and all erring bus conductors as well as passengers must be heavily penalized without exception. We cannot afford these smart city e-buses going the way of former transport corporations.



DR. BIMAL CHHAJJAR

**I**n a world increasingly grappling with the repercussions of a global pandemic, it's easy to forget about another silent killer that continues to claim countless lives every year—heart disease. The recent data suggests that around 1.2 crore people have been infected globally, with a mortality rate of 5.4 lakh. India accounts for 7.4 lakh cases with a mortality of 20,000 till now. The statistics, when compared to the impact of Coronary Artery Diseases (CAD) and other heart ailments, seem low. On average, around 20 crore people succumb to some form of heart ailment with a mortality rate of 10%, accounting for 2 crore lives lost. India, as the present-day leader in terms of the number of heart disease patients across the world, attributes to a massive 6 crore people being diagnosed every year. As the numbers continue to rise exponentially, an estimate of 9000 per day seems to lose their lives suffering from heart problems, which, in this current scenario, seems to be avoidable.

In the realm of health and well-being, the relationship between exercise and heart health is a topic of paramount importance. Contrary to a popular myth, exercising in the late evening or night is not detrimental to sleep; in fact, it can be a crucial element in promoting a good night's rest.

One of the most common questions is how much exercise is safe and recommended for the heart. According to the American government's recommendations, engaging in 150 minutes of moderate exercise per week is ideal. This translates to 30 minutes of exercise for five days a week, allowing for rest on weekends.

Moderate exercise involves finding the right intensity, avoiding excessive heaviness or sprinting, which can strain the heart. This duration is sufficient for gradually improving fitness levels and



promoting general well-being. Certain other natural methods to good heart health are as follows -

**Tip 1: Natural Bypass Technique - A Better Alternative**

Hospitals in India perform more than 2 lakh open heart surgeries annually, and the number is increasing annually by 25%. However, the cases of heart attacks are not decreasing. This raises a significant question about 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 every year, and some 60,000 Bypass surgeries are being done in the heart Hospitals, with 85% of them done on stable heart patients – which can be easily avoided. Present-day Cardiologists are in the wrong track by emphasizing more use of Bypass surgery or Angioplasty, medicines, emergency treatments – but they are overlooking the real cause of heart attack and heart disease.

**Tip 2: External Counter Pulsation (ECP) - A Natural Bypass Technique**

External Counter Pulsation (ECP), also known as Natural Bypass technique, is an approved mechanical process that 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 chest pain, and require less medication after the therapy. The therapy results in better quality of life, decreased chest pain, shortness of breath, fatigue, tiredness, and a significant improvement in exercise tolerance and energy. Medication is reduced in almost all patients, and advanced tests can confirm the improved cardiac status.

**Tip 3: Lifestyle Management is Key**

Yoga and Diet-based Lifestyle management, along with Optimum Medical Management, hold the key to preventing heart diseases. These approaches are not only highly effective for maintaining a healthy heart but also for preventing the need for Bypass surgery or Angioplasty. SAAOL (Science and Art of

Living) has been treating heart patients successfully for the last 25 years, and its theory is now being proven correct by the most modern medical research. To avoid heart attacks, all patients need is thorough training on lifestyle and the appropriate use of Allopathic medicines.

**Tip 4: Zero Oil Cooking - A Heart-Healthy Diet**

Zero Oil Cooking is a crucial aspect of heart health. Triglycerides, a form of oil, can form blockages in the coronary arteries, leading to various cardiac ailments. By eliminating oil from our daily diet, we can indirectly protect ourselves from these blockages. Fortunately, there are more than 1000 recipes that don't require oil and are equally tasty. Nature has packed some fats/triglycerides in every food like rice, wheat, pulses, fruits, and vegetables to meet our basic fat requirements.

**Tip 5: Safety Circle - A Comprehensive Approach**

The concept of 'Reversal of heart diseases' through regular monitoring of heart health via a 'SAAOL Safety Circle' can guide every adult in the country to take steps to reverse and prevent heart disease. This technique has benefited over 2 lakh heart patients in the past 24 years with non-invasive treatment modules like lifestyle change, US FDA approved EECp, and a combination of Ayurveda, Homeopathy, Naturopathy, and Detoxification. The SAAOL Safety Circle has three circles and 12 factors to control, with six parameters related to medical and four each related to a healthy diet and lifestyle habits.

The burden of heart diseases on society and individuals is immense, but it is not insurmountable. By adopting these lifestyle tips, we can take proactive steps to prevent heart disease and promote heart health. It's time to prioritize our well-being and make the necessary changes to protect our hearts from this silent epidemic that claims millions of lives every year. Remember, a healthy heart leads to a happier and longer life.

Author is Director, SAAOL Heart Centre, New Delhi

# Gasheer Top - An Introduction

SADAKET MALIK

**B**eyond the beautiful valleys of Baderwah, Lal Draman and Dal Draman, Devigol and Jantroon, there are other areas in the serenity of Doda popularly known as Gasheer. A place towering high where the skies are the limits. The most frequent place for natural lovers and enthusiasts- gasheer lies in the area of Bhalessa in Tehsil Chilly Pingal of Doda and has beautiful uplands in it. It resembles the Jantroon, Lal Draman, Dal Draman, and Devigol.

In a village called Bhatyas in Chilly Pingal Tehsil, there's Gasheer Top, a very old and interesting place. It's waiting for people to come and learn its stories.

Gasheer Top is special because it's been around for a long time. People have written about it in old records called takri. These records tell us that Gasheer Top has a lot of history hidden in its snowy hills.

The Top, located in the Eastern part of Bhalessa Chilly Pingal tehsil, boasts a picturesque landscape surrounded by villages like Budhli, Kalamol, Champal, and Amrey to the east, while Chanyas, Challa, and Amrit Pura lie to the west. To the north, it borders Bojwah Kither, and to the south, you'll find Malik Pura, Manoi, Bhatyas Bathri Bagli, and Kahara. Although a road exists up to Gondow, a few miles away from Gasheer Top, there's a need for road construction to enhance accessibility. The area hosts a tourism mela every summer, featuring a mud-made mosque where people practice Islamic prayers. Gasheer Top sits at an elevation of 10,000 feet above sea level, offering educational seasonal centers.

The local Pahari ethnicity is deeply rooted, with residents engaging in cattle rearing and grazing. The topography defines Gasheer Top's unique ethnicity. For those planning to visit, reaching Gasheer Top involves traversing through Gondow, and a road construction initiative could further



facilitate the journey.

The location's charm extends to neighboring scenic spots like Mehad Moti Bagra, Bal Padri, Dagan, and Mehliwar Pass, creating a rich tapestry of natural beauty in the region. The place enjoys a whispering Takri Records. Gasheer Top's story unfolds in the subtle strokes of the takri records, an ancient script that serves as a bridge between the past and the present. As one delves into these records, fragments of a forgotten narrative emerge, painting a vivid picture of a place that time forgot. The historical significance of Gasheer Top becomes a compelling reason to embark on a journey of discovery.

As the traveler approaches Gasheer Top, the landscape transforms into a mesmerizing canvas. Jakyas, Chanyas, Gondow, and Budhli, neighboring areas, weave together a tapestry of natural beauty. The dhok, carpeted with pristine snow, stands as a tranquil structure, beckoning adventurers and nature enthusiasts alike to witness its beauty.

In the echoes of time, the Takri records reveal a rich tapestry of history, weaving tales of antiquities in Bhalessa. Among these, Nargowari and Gasheer Top have a mention in history. The archives department record reveals the presence of it in the takri record.

According to the historical

records, Labh Joo Kardar of Bhalessa played a pivotal role in the leasing out of these two Dhars, Gasheer Top and Nooran Gowari. In the annals of history, it is believed that this transaction occurred during Maharaja Ranbir Singh's reign, adding layers of significance to these places.

The pasture lands, bestowed by Piar Singh Kardar of Bahadrawah Pargana to Laj Singh Kardar of Bhalessa Pargana, formed the backdrop for Labh Joo's actions. Subsequently, Dido Jugani, a prominent figure in the archives of Cousny Lanmu, became a custodian of these lands, as evidenced by a Patta dated 6th Sawan Samvat 1915, corresponding to July 18th, 1858 A.D.

Labh Joo's Patta, a document of historical relevance, sheds light on the leasing of Gasheer Top. The recipients of this lease, Rani Gagan and Basya Thakkar of Pingal, were entrusted with the responsibility of these lands. The lease money, initially set at Rs. 70, underwent an increase, bringing it to Rs. 84. The Sarkar, indicating the ruling authority, was entitled to recover this amount along with grazing dues.

As the translation of Labh Joo's Patta unfolds, it becomes evident that the leasing of this place was a meticulously observed process. The responsibility entrusted to Rani

Gagan and Basya Thakkar underscores the significance of these lands, not merely as geographic entities but as custodians of a historical legacy.

In the records of Labh Joo Kardar of Bhalessa, Noran Gowari, and Gasheer Top continue to echo with the whispers of their past, their stories embedded in the very soil that has witnessed centuries of change. These antiquities, mentioned in the Takri records, serve as a testament to the intricate dance of history, culture, and governance in the picturesque land of Bhalessa.

The place truly comes alive in winter, reflecting the purity of its untouched surroundings. The cold breeze carries tales of the past, creating an atmosphere of serenity. The air is filled with the promise of adventure, inviting mountaineers and trekkers to explore its untamed beauty.

This hotspot with its untapped potential, holds the key to economic prosperity for the region. However, the journey towards realizing this potential requires the creation of essential tourist infrastructure. The call for tourist huts and improved road connectivity becomes a chorus echoing through the valleys, urging development that harmonizes with nature.

Gasheer Top isn't just a

destination; it is a catalyst for transforming Bhalessa into an adventure hub. Amidst the three tehils of Gandoh, Chilly Pingal, and Kahara, this 'Dhok' adds vibrant hues to the canvas of Bhalessa's adventurous spirit. It is a place where history meets nature, creating a unique blend that captivates the soul.

As it celebrates its place in history, a vision for the future takes shape. It is a future where tourists, guided by the whispers of takri records, embark on a journey to Gasheer Top, a place where history and nature dance hand in hand. The development envisioned, marked by tourist huts and improved link road connectivity, becomes imperative to the commitment to embracing the past while paving the way for a vibrant future.

Gasheer Top not only boasts historical significance and breathtaking landscapes but also emerges as a haven for diverse avian species.

Among its feathered inhabitants are migratory birds such as Nail and Gur Kako, adding a dynamic and vibrant dimension to its natural allure. The presence of Shaheen further enhances Gasheer Top's reputation as a hotspot for bird-watchers, providing a unique opportunity to witness these majestic creatures in their natural habitat. The harmonious coexistence of history, nature, and wildlife makes Gasheer Top a truly enchanting destination for those seeking a rich and immersive experience.

Gasheer Top awaits, ready to share its story with those who dare to venture into its snow-clad realm, a journey that leaves an indelible mark on the souls of those who visit here. The government needs to identify this place and bring it under the ambit of the state tourism policy. There is a dire need to organize a Gasheer Tourism Festival to gauge its Potential and provide an inner approach road, a Tourism Reception center, and Infrastructure facilities.

Sadaket Malik is a researcher based in Bhalessa. He can be mailed at ignou1264@gmail.com

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# Capitalism And Mental Health Issues

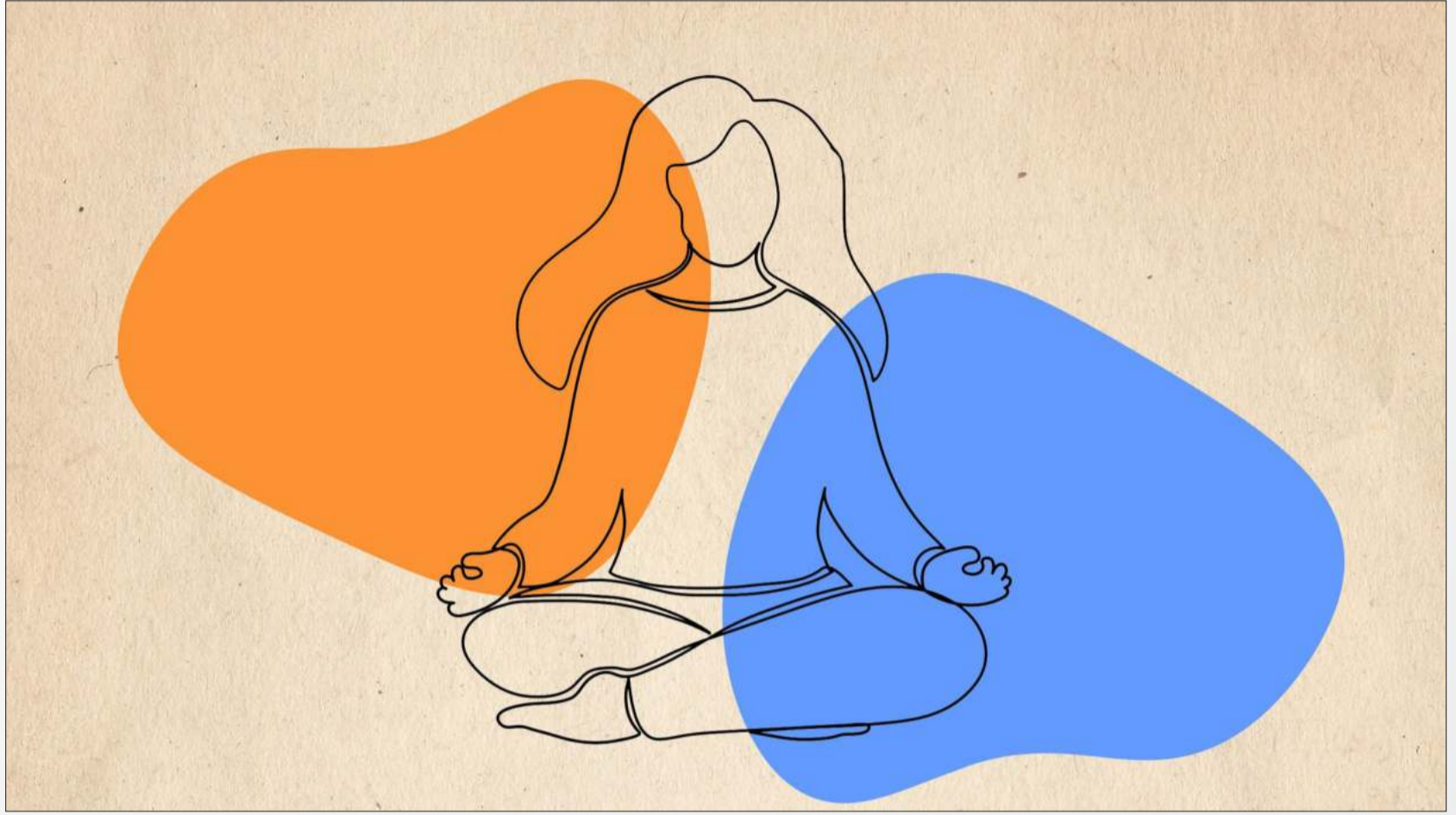
BHABANI SHANKAR NAYAK

Capitalism, once hailed as the harbinger of peace, prosperity, and happiness in its quest for global dominance as the sole available alternative, now faces a stark revelation. The recently unveiled Mental State of the World Report, an annual publication by the Global Mind Project conducted by Sapient Labs, exposes a troubling reality: citizens of capitalist nations are grappling with the most severe mental health challenges. Surprisingly, it's amidst the affluence of these capitalist societies where the most profound discontent resides. The rise of capitalism is intrinsically linked to the erosion of mental well-being, forming an inseparable bond between economic structure and psychological health. The pandemic of mental health crises emerges as a direct consequence of the alienation fostered by capitalist systems.

According to the World Health Organization (WHO), over 700,000 lives are lost to suicide annually, with a staggering 77% occurring in low- and middle-income countries. This tragic toll is exacerbated by the systemic exploitation and various forms of marginalization inherent in capitalist societies, which contribute to these preventable deaths and the cycle of destitution they perpetuate. The WHO's data further reveals that a staggering 280 million individuals worldwide battle depression, with western capitalist nations emerging as the epicentres of this mental health crisis. Over the past two decades, the United Kingdom, in particular, has witnessed a concerning surge in poor mental health outcomes, marking it as a focal point for this growing epidemic. Moreover, schizophrenia, a severe mental disorder, is proliferating at an unprecedented rate within capitalist nations, highlighting the deep-seated challenges within these societies. Factors such as the privatization of healthcare, economic instability, social upheaval, religious tensions, and the perpetuation of capitalist-driven conflicts only serve to exacerbate this global mental health pandemic, further underscoring the urgent need for systemic change to address these pressing issues.

The resolution of the global mental health crisis extends far beyond the realm of medical science alone. Beneath the surface of individual diagnoses lies a complex web of societal factors that fuel the rise of poor mental health. The pervasive productivist culture, where worth is measured by productivity, coupled with the relentless marketization of society, perpetuates an environment of constant pressure and competition. Within this framework, the exploitative economic system thrives, fostering inequality and marginalization. Meanwhile, oppressive political structures and the erosion of democratic citizenship further compound the sense of helplessness and disempowerment among the populace. Capitalism, with its inherent drive for profit maximization at the expense of both labour and nature, stands as a central figure in this narrative. Its mechanisms of exploitation and alienation lay the groundwork for the proliferation of mental illness on a global scale.

The coexistence of capitalism with notions of peace, physical well-being, and mental happiness becomes increasingly untenable as its very survival hinges on the perpetuation of exploitation and alienation. In essence, all forms of alienation, be it from labour, nature, or society,



serve as the bedrock upon which poor mental health thrives—a product of the capitalist system itself. Addressing the mental health pandemic necessitates a holistic re-evaluation of these capitalist, feudal and patriarchal societal structures, and a fundamental shift away from the inherent mechanisms of capitalism.

Capitalism's relentless pursuit of individualist consumerism often comes at a profound cost to the fabric of societies, families, and communities. In this paradigm, individuals are reduced to mere customers within a capitalist market society, where their worth is measured by their utility, purchasing power, and satisfaction as consumers. This narrow focus on competition and consumption undermines the essence of solidarity and collective well-being. The capitalist ethos, rooted in profit maximization and individual gain, stands in stark contrast to the principles that foster healthy development within individuals and societies. Instead of nurturing environments that prioritize human flourishing and social cohesion, capitalism breeds a culture of cutthroat competition and relentless pressure to consume.

At its core, the capitalist system thrives on maintaining and perpetuating exploitative structures and unequal processes. A healthy mind, capable of critical thinking and empathy, naturally questions these dominant systems of capitalism, recognizing their inherent injustices and inequalities. Thus, capitalism's fundamental opposition to the healthy development of individuals and societies becomes increasingly evident. By prioritizing profit over people, it erodes the very foundations of community, solidarity, and human dignity. In its place, it fosters a culture of individualism and materialism that corrodes the social bonds essential for collective well-being.

The collective spirit of society serves as the bedrock for fulfilling the basic and meaningful libidinal requirements of individuals—necessities such as hunger, shelter, healthcare, love, romance, friendships and connections. Within the framework of

a thriving society, these needs are met through communal support, mutual aid, and shared resources, fostering a sense of belonging and dignity for all. However, capitalism disrupts this natural order by commodifying these fundamental human needs, subjecting them to the whims of market forces.

In the capitalist model, essentials like food, housing, healthcare, and even emotional fulfilment are transformed into commodities, available to those who can afford them. This commodification process reduces individuals to solitary consumers, disconnected from the collective fabric of society and reliant solely on their purchasing power to meet their needs. The result is an environment marked by isolation, loneliness, and alienation—a breeding ground for mental health issues that afflict individuals, families, and entire societies worldwide. In this context, mental health problems are not merely personal afflictions but are deeply intertwined with the conditions created by capitalism. By turning human necessities into profit-driven commodities, capitalism perpetuates a cycle of individualism and disconnection that undermines the collective well-being of society. In doing so, it exacerbates the very mental health crises it claims to address, highlighting the inherent contradictions between capitalist values and the human need for social connection and belonging.

The decadent culture fostered by capitalism perpetuates a form of domesticated consumerism, wherein individuals are defined by the possessions they acquire—branded clothing, cars, houses, and fashion items—rather than by their authentic selves, intricately connected to the world around them. This commodification of individual identity and consciousness serves capitalism's agenda by masking its exploitation with the guise of individual freedom. Within capitalist societies, individual freedom becomes subjugated to the pursuit of profit, leading individuals to conform to a predetermined notion of orderliness and consumption. The illusion of personal autonomy is maintained, yet

it is constrained within the confines of capitalist goals.

As a result, individuals within capitalist systems often lead lives marked by loneliness and isolation, despite the semblance of personal space and freedom. This detachment from authentic social connections and meaningful interactions divorces individuals from their inherent nature as social beings, leading to a profound sense of disconnection from themselves and the world around them. This artificial schism between individuals and their true social essence lays the groundwork for the widespread mental health crisis gripping societies across the globe. By prioritizing profit over people and reducing human experiences to marketable commodities, capitalism perpetuates a cycle of alienation and disillusionment that erodes the collective well-being of humanity.

The narrow silo of pervasive culture of materialistic consumerism, with its focus on acquiring possessions and external validation, has engendered a profound sense of loneliness on an unprecedented scale. In this era, individuals are increasingly compelled to seek solace and connection to reclaim their social identities as human beings. However, capitalism's relentless pursuit of profit has come at the expense of the collective foundations of society. In its insatiable drive to expand its pyramid of wealth, capitalism has dismantled the communal bonds and social structures that once provided a sense of belonging and support for individuals. In this vacuum, loneliness festers and spreads, giving rise to a mental health crisis of staggering proportions.

Faced with the consequences of its own creation, capitalism offers a superficial solution: the commodification of mental health care. Medical practitioners, mental health hospitals, and even prisons become lucrative markets, generating profits for the capitalist system while individuals, families, and entire societies grapple with the devastating effects of mental illness. In this cycle of exploitation and suffering, capitalism perpetuates its own existence at the expense of

human well-being. As long as capitalism and its profit driven system remains the driving force behind societal organization, the epidemic of mental health will continue to thrive, leaving a trail of devastation in its wake.

Capitalism is not an alternative and can never be. Its very nature cannot serve as a viable solution to the mental health crisis plaguing societies worldwide. Instead, it perpetuates a cycle of oppression, exploitation, inequality, and alienation that undermines the very foundations of meaningful individual existence. The structural and everyday injustices inherent in capitalist systems breed a pervasive sense of loneliness, eroding the social fabric and psychological well-being of individuals. The dehumanizing effects of capitalism extend far beyond material deprivation; they encompass the profound psychological toll of living in a society where human worth is measured by productivity and consumption. The inhumane nature of capitalism stands as the root cause of mental illness on a global scale. As such, the struggle against capitalism emerges as the first step toward establishing a society free from the grip of mental health issues.

In place of the individualistic ethos promoted by capitalism, the cultivation of social solidarity and collective spirit offers a path towards collective mental well-being. By fostering connections, empathy, and mutual support among individuals, societies can create environments that nurture the holistic health of all members, transcending the alienation and isolation perpetuated by capitalist systems. Ultimately, the fight against capitalism represents not only a struggle for economic justice but also a quest for human dignity and psychological liberation. Only through collective action and solidarity can societies hope to build a future where mental well-being is valued as a fundamental aspect of human flourishing sans capitalism. (C-Counter Currents)

Bhabani Shankar Nayak, University of Glasgow, UK

CAPITALISM

# Fatty Liver: Add These Foods To Your Dinner To Reduce Risk Of Fatty Liver

**F**atty liver disease, particularly non-alcoholic fatty liver disease (NAFLD), is a condition characterised by excessive fat buildup in the liver. Diet plays a crucial role in managing and preventing this condition. Read on as we share foods you should add to your dinner to reduce your risk of fatty liver disease.

10 Foods that can help reduce the risk of fatty liver disease and how they contribute to better liver health:

- 1. Leafy greens**  
Spinach, kale, and other leafy greens are rich in antioxidants, vitamins (especially vitamin C), and minerals like magnesium. They help reduce oxidative stress and inflammation in the liver.
- 2. Fatty fish**  
Salmon, mackerel, and sardines are high in omega-3 fatty acids, which can help reduce liver fat levels and inflammation. Omega-3s also support overall heart health.
- 3. Olive oil**  
Extra virgin olive oil is rich in monounsaturated fats and contains powerful antioxidants like oleuropein. It can help



improve liver enzyme levels and reduce liver inflammation.

4. Nuts and seeds  
Almonds, walnuts, flaxseeds, and chia seeds are excellent sources of healthy fats, fibre,

and antioxidants. They can help lower liver enzyme levels and reduce inflammation.

5. Avocado  
Avocados are packed with monounsaturated fats, fibre, and antioxidants like glutathione. They may help protect the liver from damage and improve liver health markers.

6. Garlic  
Garlic contains compounds like allicin and selenium, which have been shown to protect the liver from damage, reduce inflammation, and improve liver enzyme levels.

7. Berries  
Blueberries, strawberries, and raspberries are rich in antioxidants like anthocyanins and vitamin C. They can help reduce liver inflammation and oxidative stress.

Pair your meal with fatty fish like salmon or incorporate plant-based proteins like tofu or legumes.

Replace unhealthy fats with extra virgin olive oil in cooking or salad dressings.

Add nuts and seeds to salads, stir-fries, or enjoy them as a snack.

Include avocado in salads, sandwiches, or as a topping for grilled proteins.

Add minced garlic and turmeric powder to your dishes for fibre and health benefits.

Have a bowl of mixed berries for dessert or add them to yogurt or oatmeal.

Swap sugary beverages with unsweetened green tea as a refreshing drink option.

By incorporating these foods into your dinner regularly and adopting a well-balanced diet overall, you can support liver health and reduce the risk of fatty liver disease. However, it's essential to consult with a healthcare professional for personalised dietary recommendations, especially if you have existing liver conditions or other health concerns.

## FROM THE FRONT PAGE .....

### MHA Bans 4 Factions

encouraging the use of arms to separate Jammu and Kashmir from the Union of India and promoting hatred against established Government—(KNO)

### Extends Ban On JKLF

Activities (Prevention) Act -1967. Subsequently, the Tribunal constituted under section 5 of the Unlawful Activities (Prevention) Act, 1967 for the purpose of adjudicating whether or not there is sufficient cause for declaring the JKLF as an unlawful association, by its order published, vide, notification number S.O. 3460 (E), dated September 25, 2019 confirmed the declaration so made.

The declaration was set to expire on March 21, 2024.

In its order extending ban on JKLF, the MHA cited cases registered the separatist group by different and life sentence to Yasin Malik by Special NIA Court New Delhi on May 25, 2022.

Citing these cases, the MHA said that JKLF is involved in anti-national and subversive activities intended to disrupt the sovereignty and territorial integrity of India.

"JKLF-Y is in close touch with militant outfits and is supporting extremism and militancy in Jammu and Kashmir and elsewhere," the MHA said.

It also said that JKLF is supporting and inciting claims for secession of a part of the Indian territory from the Union and supporting terrorist and separatist groups fighting for this purpose by indulging in activities and articulations intended to disrupt the territorial integrity of India—(KNO)

### Lok Sabha Polls

when security forces will be available. Kumar told reporters the poll panel - which this week visited J&K to review prep for the Lok Sabha election - judged it not viable, due to security concerns, to hold simultaneous central and state polls in the Union Territory. The panel, however, is "committed" to holding an election there and will do so after the conduct of the Lok Sabha poll, he said.

"All parties in J&K said the Assembly election should be held with the parliamentary polls, but the entire administrative machinery said it cannot be done simultaneously. Every Assembly segment would have 10-12 candidates, which would mean more than 1,000 candidates. Every candidate has to be provided forces. It was not possible," he said.

In reply to a query, the CEC said that Electronic Voting Machines (EVMs) are very safe and secure. "There is no question of any discrepancy as far as EVM is concerned," he said.

Earlier, the CEC appealed to the Political parties to refrain from hate speeches and abuses during the campaigning. On the total number of voters, he said that there are 97 Crore voters registered in the country. He said that the major challenges for the ECI in the upcoming elections are: 4M's-- Muscle, Money, Misinformation and MCC violations. "Let me clarify that there will be no place for violence in elections," he said.

The CEC Rajiv Kumar welcomed two newly appointed commissioners—Gyanesh Kumar and Sukhvir Singh stating that the "our team is now complete." "We are committed to give nation a truly festive atmosphere for polls," he said, adding that the counting of votes will be done on June 4—(KNO)

### DGP, GoC Jointly

parliamentary elections.

As per a statement issued, the meeting was attended by senior army commanders and senior police officers from Jammu and Kashmir Police including ADGP Law & Order Vijay Kumar, ADGP Jammu Zone Anand Jain, ADGP CID Nitish Kumar, IG BSF D. K. Boora, province level senior officers of the central agencies and representative officers from other central armed police forces, including CRPF.

A wide range of security challenges facing the region were discussed in detail. Keeping in view the different strengths and expertise of different agencies and forces, coordination modules and action plans were drawn for execution.

DGP Swain and Lt. Gen Sachdeva deeply appreciated the high level of synergy between forces and agencies and each suggested many steps to consolidate and take it to a different level—(KNO)

### Model Code Of

the Model Code of Conduct. The CEO has requested the offices to direct all the line departments to ensure strict compliance of the instructions of MCC contained in the manual for guidance of political parties, candidates and other related guidelines.

### Nothing Adverse Found

has come in the test reports and we appeal to the people not to pay heed to rumours," Jalal said, adding that watermelon is not a seasonal fruit.

About action against those who have spread the rumors, Jalal said the matter has been taken up with the higher ups—(KNO)

### Concrete Steps

New Delhi. LG Sinha shared the achievements of J&K UT after abrogation of Article 370 and vision for its future.

"Today J&K is growing at an impressive pace and quiet transformation is taking place in various sectors. We have embarked on a transformation of key economic areas to achieve the goals of inclusive and rapid development to fulfill the aspirations of the people," the Lt Governor said.

Interacting with the students of SRCC, the Lt Governor highlighted the challenges, and achievements in diverse sectors under the leadership of Hon'ble PM Shri Narendra Modi.

Today, Jammu Kashmir has become the centre of innovation, industries, tourism, education, sports, agriculture, health, entrepreneurship and handicrafts, the Lt Governor said.

He said the commitment of the administration towards inclusive development has created an enabling environment for the deprived sections, youth, women and farmers to unleash their true potential.

The Lt Governor said that policy for him is not just a piece of paper but dreams and aspirations of the people. "We have made the common man a stakeholder in policy-making and development works are being taken up as per their needs. J&K is making impressive strides in the country in digital connectivity and physical connectivity. Smart City projects have realized the dream of urban transformation and the aspirations

and dreams of the youth are blossoming," the Lt Governor said.

The Lt Governor also congratulated the administration, faculty and students of the prestigious institution.

Prof. Simrit Kaur, Principal, Shri Ram College of Commerce; prominent citizens, faculty members and students of the college were present.

### NIA Chargesheets 2

and on previous two occasions, he had managed to flee from the clutches of the security forces after taking advantage of the mountainous/forest terrain," the statement said.

Investigations revealed that the accused Mohd Akbar Dar and Ghulam Nabi Dar were working as OGWs for terrorist Uzair Khan. The duo was helping the terrorists active in the area to commit terror acts & activities in the UT of Jammu and Kashmir. They were providing information about the movement of the security forces, along with logistic support in the form of food, daily need items, etc. They were also harbouring terrorists by providing them shelter, it added.

Both LeT and TRF are proscribed organisations and have been involved in continuous instigation/motivation of Kashmiri youth to join the terror outfits in the name of Jihad, the statement said.

"LeT is the largest terrorist group formed in early 1990s, and actively engaged in reviving the network in the Anantnag area. It is working through various offshoots in Jammu & Kashmir region. The two outfits are operating on social media platforms like Twitter, Telegram and Youtube channels to promote their cause and lure unemployed youth to carry out terror activities," it said, adding that the case was initially registered on 13th September 2023 at PS Kokernag, Anantnag, and re-registered by NIA on 5th December—(KNO)

### 'R R Swain's Vision

sense of determination and victory. His recent visit to the Lethpora Commando Training Institute left an indelible mark as Swain actively engaged in training exercises alongside commandos, demonstrating his hands-on approach and exceptional marksmanship with an AK rifle, hitting the bull's-eye.

Swain's presence and motivational words have ignited a fervent spirit among the commandos, reinforcing a collective commitment to national service. Former DGP SP Vaid commended Swain's dedication to national security on social media platforms, highlighting his exemplary gesture.

With a distinguished career marked by numerous accolades, including his pivotal role in dismantling terrorist networks, Swain emphasizes a philosophy of establishing peace without negotiation. During his recent visit to the Commando Training Centre in Pulwama, Swain underscored the imperative of addressing elements disrupting peace and emphasized the need for a secure environment conducive to trade and development.

Addressing trainees, Swain praised their dedication and witnessed an impressive anti-terror operation demonstration, expressing pride in their accomplishments. He reiterated the duty of the police force to serve the people and protect them from crime, emphasizing the importance of family welfare.

Swain further emphasized the identification and removal of elements threatening peace, advocating for tough action

against criminals to safeguard public interests. Additionally, he highlighted welfare measures for police personnel, particularly Special Police Officers, announcing reserved recruitment opportunities to support them.

Swain's visionary leadership and unwavering commitment to public service signal a promising future for the Jammu and Kashmir Police force under his stewardship.

### Gardeners' Dedication

garden only when a gardener worked hard and his hard work gets praised in this month of tulip festival," he added.

Another gardener said, "Behind the successful tulip show holds a hardworking garden, and as of now, the weeding procedure is on. Before the garden opens, one more weeding procedure needs to be done. It needs an expert gardener to handle the opening deadline procedure from one side and continue the process."

After the successful tulip show, these tulips need to be taken out from the land and then again taken care of for the rest of the year, he added.

Commissioner Secretary Floriculture, Sheikh Fayaz Ahmad has informed that Asia's largest Tulip garden has added five more new tulip varieties this year besides expanding the existing garden area, bringing the total number of tulip varieties to 73.

He said 1.7 million tulips are set to bloom this year in the upcoming season, the groundwork of which has been completed, he said adding that the department has also added another four kanals of land for the parking lot at the tulip garden to ensure a smooth experience for the visitors—(KNO)

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# Corrupt will not be spared, warns PM Modi at Telangana rally

IAN S

**NAGARKURNOOL:** Prime Minister Narendra Modi on Saturday said that the corrupt will not be spared and sought support of the people of Telangana in punishing them.

In an apparent reference to the arrest of BRS leader, K Kavitha, in the Delhi liquor case, the PM told a public meeting here that it was his promise to the people of Telangana that the corrupt would not be spared.

"The BRS has partnered with corrupt parties outside the state. Its truth is coming out every day," he said.

The PM said that the BRS was following in the footsteps of the Congress.

"KCR says India needs a new Constitution. Is this not an insult of Babasaheb," he asked. He alleged that the former CM of Telangana cheated Dalits through the Dalit Bandhu scheme and also went back on his promise that the first CM of Telangana would be a Dalit.

He remarked that family-centric parties would have a strong partnership of corruption.

"The Congress and BRS are partners in scams. The Congress did the 2G scam and the BRS did the irrigation racket. They both support the land mafia," he said. Claiming that development of Telangana had been a priority of the NDA for the last 10 years, he said the state was caught between the two stones of a mill.

"The BRS and the Congress together shattered Telangana's dreams of development. Now it is occupied by the Congress' hand. Earlier there was major loot by the BRS and now there is the evil eye of the Congress," the PM said and remarked that five years were enough for the grand old party to destroy the state.



The PM appealed to the people of Telangana to send more BJP MPs to the Lok Sabha, they would be aware of the problems, hopes and aspirations of the people of the state. He promised that he would work day and night to fulfil their aspirations.

Mentioning that the BJP's votes doubled in Telangana in the previous elections, the PM exuded confidence that this time the state would give double digit seats to the party.

The PM began his speech with the remark that in the next few hours the poll bugle would be sounded but claimed that even before the announcement of the dates for the 2024 Lok Sabha polls, the people had given their verdict.

"The country has already declared ab ki baar 400 paar," he said. Referring to the huge turnout at the public meeting and massive response to his roadshow in Malkajgiri constituency on Friday, PM Modi said the people of Telangana have also

decided "Teesri baar Modi sarkar."

He slammed the Congress government in Telangana for insulting Dalit Deputy Chief Minister.

"The people of Telangana have seen those photographs. How Congress leaders sat on chairs and the SC leader was made to sit on the ground," he said.

The PM was referring to the recent incident at Yadadri temple where Deputy Chief Minister Mallu Bharti Vikramarka sat at a lower height while Chief Minister A. Revanth Reddy and other ministers were being blessed by the priests.

Alleging that the Congress gave nothing to the country except for "jhoot" and "loot" for seven decades, he said the Congress can't develop Telangana.

"For decades the Congress gave the slogan of 'garibi hatao' but there was no change in the lives of the poor. It used SCs, STs and OBCs as vote banks. The change came when the country blessed Modi with full majority and gave him an opportunity to serve," the PM said, adding that "Modi's guarantee is a guarantee for change."

He claimed that for the first time bank accounts of the poor were opened, they were given houses, toilets, electricity connections, free vaccination and lakhs of villages got electricity.

"In the last 10 years, 25 crore people were lifted out of poverty," he said while calling for a similar change in Telangana.

The PM also stated that he did not have to ensure positions and bank balance for his family members as his family was 140 crore people of the country.

He mentioned that for 23 years he had been serving people, first as a CM and now as the PM. "I have not used even one day for myself. If I have done something and worked day and night, it was for 140 crore family members," he said.

PM Modi said he also fulfilled all the promises, be it scrapping Article 370, building the Ram temple and strengthening economy.

He claimed that bank accounts of one crore people were opened in Telangana while 1.50 crore people were insured.

He said 67 lakh small traders were provided Mudra loans and over 80 lakh people were covered under Ayushman health insurance.

Stating that the biggest beneficiary of his government's welfare schemes were SCs, STs, OBCs, women and farmers, he called it a real fight for social justice.

He alleged that these schemes were opposed by the Congress, BRS and other corrupt and dynastic parties who drew political mileage in the name of social justice.

PM Modi introduced the BJP candidates from Nagarkurnool, Nalgonda Mahabubnagar and Secunderabad constituencies and appealed to people to elect them.

Union Minister and state BJP President, G. Kishan Reddy, who is seeking re-election from Secunderabad, BJP National Vice President, DK Aruna, who is the party candidate from Mahabubnagar and other leaders also spoke.

# PM dedicates development projects worth Rs 8.25 lakh crore in 14 days

IAN S

**NEW DELHI:** In a mega bid towards the creation of 'Viksit Bharat', Prime Minister Narendra Modi has dedicated multiple development projects worth at least Rs 8.25 lakh crore in just 14 days this month, which is a mammoth record to build world-class infrastructure across the spectrum.

"In the 75 days of 2024, projects worth more than Rs 11 lakh crore have been inaugurated or foundation stones laid while projects worth Rs 7 lakh crore have been unveiled in the last 10-12 days," Prime Minister Modi remarked earlier this week.

On Wednesday, the Prime Minister virtually laid the foundation stone of three semiconductor projects worth Rs 1.25 lakh crore, which took just 15 days to kick off after the Union Cabinet's approval.

This brings the total cost of development projects announced by Prime Minister Modi to around Rs 8.25 lakh crore in just 14 days.

On March 1, Prime Minister Modi laid the foundation stone and dedicated to the nation multiple development projects worth Rs 35,700 crores in Dhanbad, Jharkhand. The development projects encompassed the sectors of fertilizer, rail, power and coal.

The same day, he laid the foundation stone for multiple development projects worth Rs 7,200 crore in Arambagh, Hooghly, West Bengal. The development projects were associated

with sectors like rail, ports, oil pipeline, LPG supply and wastewater treatment.

On March 2, the Prime Minister laid the foundation stone for multiple development projects worth Rs 15,000 crore in Krishnanagar of West Bengal's Nadia district, associated with sectors like power, rail and road.

Addressing the gathering, Prime Minister Modi said that this marks another step towards making West Bengal a "Viksit state".

Later in the day, the Prime Minister laid the foundation stone for multiple development projects worth Rs 21,400 crore in Aurangabad, Bihar, that included the sectors of road, railway and 'Namami Gange' project, among others.

On March 4, the Prime Minister laid the foundation stone of multiple development projects related to power, rail and road sectors worth more than Rs 56,000 crores in Adilabad, Telangana.

The next day, he dedicated to the nation multiple development projects worth more than Rs 6,800 crore in Sangareddy, Telangana. These projects encompass key sectors like road, rail, petroleum, aviation and natural gas.

Later, Prime Minister Modi announced development projects worth over Rs 19,600 crore in Chandikhole, Odisha, related to sectors including oil & gas, railways, road, transport & highways and atomic energy.

On March 6, the Prime



Minister inaugurated and laid the foundation stone for multiple connectivity projects worth Rs 15,400 crore in Kolkata, catering to the urban mobility sector including Metro Rail and Regional Rapid Transit System (RRTS).

Prime Minister Modi on March 9 laid the foundation stone for multiple development projects worth more than Rs 17,500 crore in Jorhat, Assam, related to the sectors of health, oil and gas, rail and housing.

The next day, the Prime Minister laid the foundation stone of multiple development initiatives worth more than Rs 34,000 crore at an event in Azamgarh, Uttar Pradesh.

"Azamgarh, which was counted among the backward areas, is writing a new chapter of development today," Prime Minister Modi said.

On March 11, the Prime

Minister laid the foundation stone of 112 National Highway projects spread across the country worth about Rs 1 lakh crore at Gurugram, Haryana.

Speaking on the occasion, the Prime Minister said that today, the nation has taken another big and important step towards modern connectivity.

Prime Minister Modi said that in less than three months of 2024, projects worth more than Rs 10 lakh crore have been either dedicated to the nation or the foundation stone has been laid for them.

The Prime Minister on March 12 laid the foundation stone of various development projects worth over Rs 1,06,000 crore at Dedicated Freight Corridor's Operation Control Centre in Ahmedabad, Gujarat.

In a fillip to India's semiconductor policy, Prime Minister Modi laid the foundation stone for three semiconductor projects worth about Rs 1.25 lakh crore via video conferencing.

The facilities inaugurated are the Semiconductor fabrication facility at the Dholera Special Investment Region (DSIR), Gujarat, the Outsourced Semiconductor Assembly and Test (OSAT) facility at Morigaon, Assam and the Outsourced Semiconductor Assembly and Test (OSAT) facility at Sanand, Gujarat.

With all these announcements, the Prime Minister underlined that development works for the creation of 'Viksit Bharat' are continuously expanding.

## Another setback for Cong in Rajasthan as ex-MP quits party

IAN S

**JAIPUR:** In another setback for the Congress in Rajasthan ahead of the 2024 Parliamentary elections, former MP from Alwar, Karan Singh Yadav has quit the party after being denied ticket for the upcoming Lok Sabha polls.

"For personal reasons, I extend my resignation from the primary membership of the party. I am grateful to Sonia Gandhi, Ashok Gehlot and late Rajesh Pilot for giving me an opportunity to serve people through party," Yadav, 79, said in a post on X on Friday.

In the post, he tagged former Rajasthan chief minister and Congress veteran Ashok Gehlot,

former deputy Rajasthan CM Sachin Pilot, Rajasthan unit Congress chief Govind Dotsara and Congress MP Rahul Gandhi.

Asked about his next political step, he told the mediapersons that he would disclose that soon.

Earlier, Karan Singh Yadav had accused senior leader Bhanwar Jitendra Singh of "spoiling his political career".

Congress has given a ticket to MLA Lalit Yadav in Alwar.

Earlier, veteran leaders from Congress, including former state minister Mahendrajit Singh Malviya, former state ministers Lalchand Kataria, Rajendra Yadav among others, had joined the BJP.

## Determined to win beyond 40 seats in Maharashtra: Devendra Fadnavis

IAN S

**NEW DELHI:** The Deputy Chief Minister of Maharashtra, Devendra Fadnavis, is confident of BJP's prospects in the upcoming Lok Sabha elections.

In an exclusive interview with NDTV Editor-in-Chief Sanjay Pughalia, Fadnavis emphasised that the BJP is actively engaged in grassroots campaigning to highlight the achievements of the government led by Prime Minister Narendra Modi.

"We are not complacent. We are working on the ground to connect with the people and showcase the transformative work undertaken by Prime Minister Modi. The infrastructure development initiatives initiated under his leadership reflect a visionary approach," Fadnavis said.

Responding to the notion that the 2024 Lok Sabha elections are a foregone conclusion in favour of the BJP, Fadnavis expressed full confidence in his party's ability to emerge triumphant after

the polls.

The senior BJP leader also attributed the success of the BJP to the infrastructure development initiatives that are guided by Prime Minister Modi's vision.

"The Garib Kalyan Yojana, women's rights, Castes and other marginalised communities are all influenced by the transformative impact of the PM Modi-led initiatives," he said.

Referring to the BJP's electoral performance in the previous Lok Sabha elections, Fadnavis said: "Both in 2014 and 2019, the BJP-led NDA surpassed the 40-seat mark (in Maharashtra). Now, we aim to surpass our previous tallies. We are determined to achieve a tally beyond 40 seats, transcending the conventional arithmetic calculations."

He also said that the upcoming elections are not merely a matter of numerical calculations, but rather a demonstration of political chemistry, wherein alliances and dynamics play a crucial role.

## Shahjahan's brother, associates appear at CBI's office for interrogation

IAN S

**KOLKATA:** Sheikh Alamgir, the younger brother of the suspended Trinamool Congress leader Sheikh Shahjahan, the accused mastermind behind the January 5 attack on ED and CAPF personnel at Sandeshkhali in North 24 Parganas District, is being grilled by the CBI.

Sheikh Alamgir arrived at the Nizam Palace office of the CBI in central Kolkata on Saturday morning along with a few other associates of the suspended leader, to face interrogation by the central agency sleuths in the matter.

On March 13, the CBI issued a notice to Sheikh Alamgir asking him to be

present at its Nizam Palace office on March 14, but he did not turn up on that date.

However, ending speculation on whether he would appear to face the CBI's interrogation, he reached the Nizam Palace office at around 11.45 am on Saturday.

He was accompanied by some other close associates of Sheikh Shahjahan, who had also been summoned by the CBI for interrogation in connection with the attack on ED and CAPF sleuths.

Meanwhile, the ED on Saturday issued a notice to Sheikh Alamgir in connection with the multi-crore ration distribution case in West Bengal.

**Government of Jammu & Kashmir**  
**OFFICE OF THE EXECUTIVE ENGINEER**  
**(R&B) DIVISION GANDERBAL**  
 Address: Mini Secretariat Duderhama Ganderbal | Tel No: 0194-2416058

**Subject:** Strengthening of Semen Station at Ranbirbagh Barsu Ganderbal  
**Reference:** This office NIT No.184 of 2023-24 issued under endorsement No.14309-14 dated:06-12-2023.

**REVOCATION NOTICE**  
 The above mentioned work floated for tenders vide this office NIT No. referred to above is hereby revoked abi-nitio.  
 Sd/-  
 No:-17922-27  
 Dated:- 14-03-2024 **DIPK-18109-23** Executive Engineer,  
**DT: 16/03/2024** (R&B) Division Ganderbal

**GOVERNMENT OF JAMMU AND KASHMIR**  
**SELECTION COMMITTEE, UNDER JUVENILE JUSTICE RULES, J&K**  
 Rehmat Avenue, Baghat Sanat Nagar, Srinagar -190005 / 29-D/C, Green Belt Park, Gandhi Nagar, Jammu - 180004  
 E-Mail: sc.juvenilejustice@gmail.com / Member Secretary: psicpssgr@gmail.com | (www.jkicps.org)

**Notice No. 01 SC (MV) of 2024**  
**Dated: 07 - 03- 2024**

Applications on prescribed format (Annexure "A" to this notice) are invited from the eligible applicants for the below mentioned vacant positions of Member(s) of Child Welfare Committee(s), to be filled in accordance with the provisions of the Juvenile Justice (Care and Protection of Children) Act 2015 and Jammu & Kashmir Juvenile Justice (Care and Protection of Children) Rules 2021.

Name of the position	No. of vacancies	Age as on 01-01-2024	Qualification
Member(s) of Child Welfare Committee	(i) 01 in District Poonch (ii) 01 in District Bandipora	35-65 years	Minimum 07 years of experience of working with Children in the field of Education, Health or Welfare Activities or should be a practicing professional with degree in Child Psychology or Psychiatry or Social Work or Sociology or Human Development or in the field of Law or a retired Judicial Officer

**TERMS AND CONDITIONS:-**

- Out of 04 Members of Child Welfare Committee in a district, one has to be a woman and another an expert on matters concerning the Children.
- Candidates who have already worked against any of the above positions will not be eligible if found to have applied for second consecutive term.
- Eligible candidates will be evaluated on the basis of qualification, experience of work with the Children and the personal interaction by the Selection Committee.
- Last date for receipt of application shall be 16th day from the date of issuance of this advertisement notice.
- Candidates shall be in the age group of 35 years to 65 years as on 01-01-2024.
- Selection/Appointment shall be governed in accordance with the provisions of Juvenile Justice (Care and Protection of Children) Act 2015 and the Jammu & Kashmir Juvenile Justice (Care and Protection of Children) Rules 2021.
- The person who on selection will be appointed as Member of Child Welfare Committee shall have a term of only three years from the date of appointment.
- The person who will be appointed shall be paid such sitting allowances as prescribed from time to time under the Jammu & Kashmir Juvenile Justice (Care and Protection of Children) Rules 2021. No other allowance shall be admissible.
- Cases of mis-representation / manipulation of records / documents shall be liable for prosecution.
- Incomplete applications or applications received after the stipulated date shall be rejected. The applications of the candidates who do not possess the prescribed qualification shall be rejected.
- Candidates shall submit along with their application, certificates of all relevant qualifications and certificates of all experiences which they possess. If any qualification certificate or experience certificate is not annexed with the application same will not be considered if produced subsequently.
- The decision of the Selection Committee shall be final in the matter ancillary and incidental to the selection of the applicants as Members of the Child Welfare Committee.
- If a candidate applies for more than one position, same shall be clearly reflected in the application at its relevant para.
- If any candidate applies for both the positions, he/she will be assessed for both the positions on the basis of criteria for the selection by the Selection Committee.
- Candidates are required to submit the printed copy (hard copies) of the application along with self-attested copies of relevant certificates / documents in a sealed cover to the Directorate of Mission Vatsalya, First Floor, Haj House, Rail Head, Jammu / SDA Colony, Bemina, Srinagar adjacent to RTO Office, Srinagar within 15 days from the date of issuance of this notice.
- The number of post(s) can undergo increase or decrease without any notice.

**Annexure "A"**  
**FORMAT OF APPLICATION FOR MEMBER(S) OF CHILD WELFARE COMMITTEE**

To  
 The Mission Director,  
 Mission Vatsalya,  
 First Floor, Haj House, Rail Head, Jammu - 180012/ SDA Colony, Bemina, Srinagar - 190018.  
 Subject: Application for appointment as Member(s) of Child Welfare Committee.

**POSITIONS APPLIED FOR**

1. MEMBER CWC : District \_\_\_\_\_

1. Name of the applicant : \_\_\_\_\_  
 2. Mother's name : \_\_\_\_\_  
 3. Father's name : \_\_\_\_\_  
 4. Whether permanent resident of the UT: \_\_\_\_\_  
 (if yes please attach copy of domicile certificate)  
 District as per domicile: \_\_\_\_\_  
 5. Permanent address : \_\_\_\_\_  
 6. Present address : \_\_\_\_\_  
 7. i) Date of Birth: DD/MM/YY \_\_\_\_\_  
 (copy of document as proof to be attached)  
 ii) Age as on 01-01-2024 \_\_\_\_\_  
 8. Gender: Male Female  
 9. ID reference (Electors photo identity card / PAN / Aadhaar card/ Licence)  
 ID No. \_\_\_\_\_

Number assigned in one of these documents may be indicated  
 \* Eligible candidate resident of the district where vacancy is to be filled shall be given preference.

11. Present occupation:  
 12. Name of work place with address:  
 13. Contact No. (s):  
 14. E-mail ID(s):  
 15. Educational Qualifications / Technical details

Exam	Name of the university or recognized institution	Year of passing	Subject	Total marks	Marks obtained	Percentage	Remarks

(Please attach the relevant supporting documents)  
 16. Nature of work associated with:

Field of working	Institute (Govt. agencies, national and international organizations and working on issues related to Children)	Activities in brief	No. of years of experience

(Please attach the relevant verifiable certificates regarding experience)

Place: \_\_\_\_\_ Signature with name \_\_\_\_\_  
 Date: \_\_\_\_\_ **DIPK-18016-23**  
**DT: 16/03/2024**

# India has to be 'patient but persevering' on China: EAM Jaishankar

IAN S

**NEW DELHI:** Asserting that India has a 'very challenging' and 'competitive neighbour' in China, External Affairs Minister (EAM) S. Jaishankar said on Saturday that New Delhi needs to be patient but persevering while dealing with the East Asian nation.



Speaking at a media conclave, the Minister agreed that the relationship became much more complicated after 2020 but said that "it was building up over a period of time".

"I agree (that) since 2020, the relationship has become much more complicated. I accept that. But it was building up over a period of time... We weren't honest about it even to ourselves. We weren't really articulating it, and frankly, even strategising accordingly," Jaishankar added.

On being asked how he intends to tackle the challenge as the country gears up for its April-May general elections, the EAM said that the first thing India

needs to do vis-a-vis China is to "stop pretending that everything is nice, stop being worried to express what we feel, and stop using terminology, which doesn't work for us".

"The first thing is we've got to recognise today that we have a very challenging, competitive neighbour. There are serious issues... over a period of time in our history. Many of those issues have not been resolved, some have aggravated," the Minister added.

He further highlighted that in addition to bound-

ary issues, the two nations have major economic issues as well, and while dealing with China, "you got to have an economy which is geared up for it".

Following the June 2020 clash of troops in Galwan Valley, India and China have held several rounds of military talks, seeking complete disengagement in the areas along the Line of Actual Control (LAC) in eastern Ladakh as a basis for restoring peace and tranquillity in the border areas.

Army Chief General Manoj Pande has called the situation along the LAC

"stable" but "sensitive," adding that the Indian troops have been maintaining a "very high state" of operational preparedness to deal with eventualities.

As a counter-deployment, India has amassed a large number of troops along the LAC to guard the strategically important India-China border.

EAM Jaishankar told the media conclave that the focus in the military discussions has been on disengagement, followed by de-escalation.

"... there are all the dangers associated with that. Both of us are very forward-deployed. This is not where, in the last many decades, was a natural deployment," he said.

"... when you are deployed that close-up, there are patrolling issues, obstruction issues, work-around issues -- all of which add up to very complicated metrics," he said, adding that "clearly is something where we have to be patient but also very persevering".

## ELECTRICITY DUES

# KPDCL urges consumers to embrace amnesty scheme

ISHTIYAQ KAR

**SRINAGAR:** In a bid to alleviate the burden of outstanding electricity dues and foster financial relief for consumers, the Kashmir Power Distribution Corporation Limited (KPDCL) has issued a crucial advisory urging consumers to capitalize on the extended Amnesty Scheme-2022.

This scheme, which offers a pathway to settle outstanding electricity dues, has been extended until March 31, 2025, following a recent decision by the Administrative Council.

Chaired by Manoj Sinha, the Lieutenant Governor of Jammu and Kashmir, the Administrative Council's decision specifically benefits domestic electricity consumers.

This extension offers consumers an extended window of opportunity to resolve their outstanding electricity bills under more favorable terms.

The move underscores the commitment of the authorities to support consumers facing financial difficulties, especially in the wake of various economic



challenges.

By extending the Amnesty Scheme-2022, the aim is not only to provide immediate financial relief but also to encourage responsible financial management among consumers.

The advisory serves as a reminder to consumers to seize this opportunity and take proactive steps to address their outstanding electricity dues.

It highlights the significance of availing themselves of the extended scheme before the deadline to avoid potential penalties or further financial strain. The high-level Administrative Council meeting, attended by Rajeev Rai Bhatnagar, Advisor to the Lieutenant Governor; Atal Dulloo, Chief Secretary, J&K; and Mandeep Kumar

Bhandari, Principal Secretary to Lieutenant Governor, had approved the extension of the Amnesty Scheme, aiming to provide respite to domestic consumers grappling with accumulated power dues.

Under the extended Amnesty Scheme, domestic consumers stand to benefit from a complete waiver of 100% interest and surcharge on outstanding principal amounts.

Notably, the domestic consumer category constitutes a significant portion, comprising over 86% of JKPDD consumers, with nearly half of the total energy consumption in the UT attributed to this demographic.

Despite the substantial benefits offered by the Amnesty Scheme, approximately 30% of domestic consumers, estimated at around 5.50 lakh, either resort to staggered payments or have defaulted on their electricity bills.

The accumulation of outstanding power dues, coupled with late payment surcharges and interest, has exacerbated commercial losses for JKPDD and its associated Discoms.

The implementation of

the Amnesty Scheme has yielded promising results, with a noteworthy recovery of Rs. 235.58 crore from domestic consumers. This initiative enables consumers to avail themselves of the surcharge waiver and facilitates payment of the principal amount through affordable installment plans, thereby easing the financial burden.

Furthermore, the successful recovery of outstanding principal amounts is anticipated to mitigate the Aggregate Revenue Requirement (ARR) and Aggregate Cost of Supply (ACS) gap.

Additionally, it is poised to contribute positively towards reducing Aggregate Technical and Commercial (AT&C) losses, thereby enhancing the overall financial health of the Government and DISCOMS.

In light of these developments, the KPDCL advisory serves as a reminder to consumers to seize the opportunity presented by the extended Amnesty Scheme-2022, emphasizing the importance of timely payment to secure waivers on accumulated interest and surcharges.(KNS)

## Expecting good number of poll percentage in upcoming elections: Div Com



GMK NEWS NETWORK

**SRINAGAR:** Divisional Commissioner Kashmir Vijay Kumar Bidhuri on Saturday said that the administration is fully prepared for polls, and is awaiting the announcement which has to be made by the Election Commission of India (ECI).

He asserted that the administration is expecting a good poll percentage in the upcoming elections whenever they will be held.

"During the meeting with ECI, the administration briefed them with

a detailed presentation about preparations in place for polls. The body was satisfied with the preparations. We expect a good poll percentage this time," Divisional Commissioner Kashmir VK Bidhuri said.

He maintained that since consumers across the valley stopped using crude electric gadgets, the electricity supply has widely increased. We are trying our best to ensure uninterrupted power supply during vital hours in Ramadhan including Iftar and Sehri. (KNS)

# BJP will win 400 seats in LS elections: Tarun Chugh

GMK NEWS NETWORK

**SRINAGAR:** Tarun Chugh, BJP National General Secretary & Prabhari J&K and Ravinder Raina, President J&K BJP accompanied by Dr. Narinder Singh, National Secretary, Dr. Nirmal Singh, Parliamentary Cluster Incharge, Jugal Kishore Sharma, MP (Lok Sabha) and candidate for Jammu-Reasi parliamentary constituency in Parliament election 2024, and Ashok Koul, General Secretary (organization), addressed a meeting of Jammu-Reasi parliamentary constituency core group at party headquarter, Trikuta Nagar, Jammu.

Tarun Chugh, on the occasion, stressed that the mood of country is in favour of BJP. He said that the 10 years report card of Modi Govt is full of achievements and it will help BJP to win 400 seats. He said that policies and programmes of Modi government has brought vast changes in the lives of poor and needy as 4 crore people have got houses under PM Awas yojana, 80 crore people are getting free ration, 14 crore people have got tap water connections after independence, 11 crore have got free gas connections under Ujjwala yojana, 12 crore toilets have been constructed for poor, 60 crore people have got medical cover under Ayushman Bharat scheme and there is 100 per cent medical cover in Jammu



## Launches campaign to energise party workers

**JAMMU:** BJP national general secretary, Tarun Chugh, who is also the party incharge for J&K, conducted a hurricane tour to the two Lok Sabha seats, Jammu and Udhampur, during which he addressed more than 30 meetings with the party workers.

During his two-day trip Chugh addressed meetings for Dr Jugal Kishor, BJP candidate for Jammu, and Dr Jitender Singh from Udhampur and mobilised the party cadre at the grassroots level giving them an agenda for the forthcoming Lok Sabha elections.

He called upon workers to spread the message of peace and development as envisioned by Prime Minister Narendra Modi and take it down to the last voter.

J&K, Chugh said, had entered a new era after Article 370 was abrogated by the Modi government.

The ISI sponsored militancy has been curtailed in a big way. The idea of tourism has overtaken terrorism.

Moreover, Chugh said that the family fiefdom of Abdullahs and Muftis and even those of the Gandhi family must be exposed.

Chugh said the achievements under various welfare schemes initiated by the prime minister for the people of J&K must be disseminated widely.(KNS)

and Kashmir and abrogation of 370 and 35A has brought peace, prosperity and progress in Jammu and Kashmir.

Chugh further said that zero tolerance towards ter-

rorism and the will to take bold decisions are appreciated by the people at large, which will give the BJP a decisive victory in the upcoming parliamentary elections to pave the way

## Mock Fire Drill conducted at Sunderbani

GMK NEWS NETWORK

**RAJOURI:** Conservator of Forests, West Circle Rajouri, Sandeep Kumar, spearheaded a comprehensive fire drill at Sunderbani.

The event showcased the advancements in firefighting techniques and the utilization of state-of-the-art equipment. Sandeep also emphasized the importance of controlled burning, first aid protocols, and the safe disposal of chir pine needles in forest management practices.

Divisional Forest Officer, Shweta Deonia, lauded the initiative and stressed the significance of such

drills in enhancing forest fire preparedness and response.

Dr. Rakesh Verma, Range Forest Officer Sunderbani, along with the local staff actively participated in the event, demonstrating their commitment to safeguard the region's precious forest resources.

The exercise not only served as a platform for skill enhancement but also fostered collaborative efforts among forest personnel in mitigating the risks posed by wildfires. Such proactive measures underscore the Forest Department's unwavering dedication to preserving biodiversity and ensuring the sustainability of forest ecosystems.

## DCA conducts intensive inspection of medical shops in Kulgam

GMK NEWS NETWORK

**KULGAM:** Drug Control Authority Saturday conducted intensive inspection of medical shops in Yaripora and Frisal areas of district Kulgam regarding CCTV installations and computerized billing system.

During inspection, 3 show-cause notices were served regarding nonissuance of cash memos and improper storage of medicine requiring cold

storage. Chemists were given real-time demonstrations for raising digital invoices and maintaining records of all medicines, especially scheduled formulations.

An awareness camp was also held at Yaripora regarding the computerized billing system and its advantages. Chemists of the area have affirmed to secure compliance for CBS installation.

## H&ME Deptt rebuts news regarding alleged favoritism in medical staff selection

# H&ME Deptt rebuts news regarding alleged favoritism in medical staff selection



GMK NEWS NETWORK

**JAMMU:** Rebutting the news published in Buzz-Bytes regarding alleged favouritism in medical staff selection for the Haj Deputation 2024, the Health and Medical Education Department has termed the allegations as baseless and factually incorrect while vehemently denying the same.

In a communication received here in this regard, the department has conveyed that the Ministry of Health and Family Welfare, Government of India, sought nominations from the Health and Medical Education Department for eligible doctors and paramedics to participate in the Haj Deputation 2024. The Health and Medical Education Department promptly circulated the Ministry's communi-

cation among all Heads of Departments (HODs), emphasizing adherence to the guidelines and norms outlined in the Ministry's communication, added the document.

Subsequently, the Department received nominations from the HODs which were forwarded to the concerned Ministry within the stipulated deadline, read the communique.

The department clarified that the role of the Health and Medical Education Department is limited only to forward nominations to the concerned Ministry and the final selection process for the nominations falls under the jurisdiction of the concerned Ministry in the Government of India. Therefore, there is no scope for favouritism at the level of the Health and Medical Education Department in this process.

# ECI announces 'vote-from-home' for those above 85, people with 40% disability

IAN S

**NEW DELHI:** The Election Commission of India (ECI) on Saturday announced the option of 'vote-from-home' for citizens above 85 years of age, and Persons with Disabilities (PwD) with 40 per cent disability benchmark, marking the first instance of the poll panel offering such a facility.

Announcing the Lok Sabha poll schedule here on Saturday, the ECI provided details on the country's voter list, polling booths, the number of EVMs to be used, and the security protocols to be implemented for the peaceful conduct of the polls, among other details.

Rajiv Kumar, the Chief Election Commissioner (CEC), and newly-appointed Election Commissioners Gyanesh Kumar and Sukhbir Singh Sandhu disclosed the details at a press conference here.

Amid the ongoing crisis of ethnic violence in Manipur, voters living in camps will be allowed to vote from their camps.

To address the basic public concerns, the Election Commission has issued instructions to the Chief Electoral Officers of all states/UTs to ensure that all polling stations are located on the ground floor, and ramps with proper gradients are provided for the convenience of the differ-

ently-abled electorate and senior citizens.

The PwD voters can also request for wheelchair facility by registering on the SakshamECI App, while the visually-impaired persons also take a companion along with him/her to cast his/her vote on his/her behalf as provided under Rule 49 N of the Conduct of Election Rules, 1961.

The booths are to be equipped with Assured Minimum Facilities (AMFs) like drinking water, a waiting shed, toilets with water facility, adequate arrangements



for lighting, a ramp with proper gradient for the PwD electors, and a standard voting compartment, among others.

The ECI has also directed the CEO/DEOs to make efforts to make permanent ramps and permanent infrastructure at every

polling station. Further, to provide targeted and need-based facilitation to PwD voters and senior citizens, the poll panel has directed that all the persons with disabilities and senior citizens in an Assembly constituency should be identified and tagged to their respective polling stations, and necessary disability-specific arrangements be made for their smooth and convenient voting experience on the polling day.

The identified PwD and senior citizens will be assisted by the volunteers appointed by the RO/DEO.

Also, it has been directed that persons with disability and senior citizens be given priority for entering the polling booths.

Special focus has been laid on sensitisation of polling personnel regarding the special needs of the differently-abled electorate. Besides, dummy ballot sheets in Braille will also be made available at the polling stations to assist the visually-impaired voters.

CEC Kumar informed that there are 88.4 lakh PwD voters, 88 lakh voters above the age of 85, 48,000 transgenders, and 2.18 lakh centenarians who will participate in the upcoming elections.