

# Good Morning Kashmir

15th Year Of Publication

**Narendra Modi**  
@narendramodi

The India-ASEAN Summit was a productive one. We discussed how to further strengthen the Comprehensive Strategic Partnership between India and ASEAN. We look forward to deepening trade ties, cultural linkages and cooperation in technology, connectivity and other such sectors.

Srinagar • Friday 11, October 2024 • Vol: 15 • Issue No: 235 • Pages: 08 • Price: ₹ 2/- (Air Surcharge for Delhi, Jammu & Ladakh 50/- Paisa) RNI No. JKENG/2010/36998

## Outfit Involved In Radicalisation

### MHA Declares Hizb-Ut-Tahrir A "Terrorist Organization"



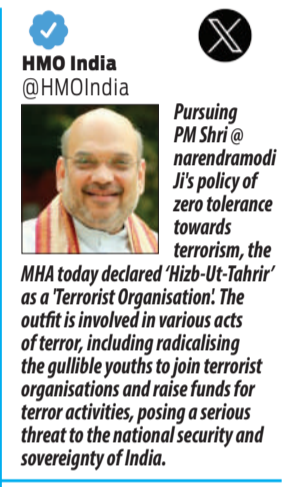
**SRINAGAR:** The Ministry of Home Affairs on Thursday declared Hizb-Ut-Tahrir a 'banned outfit', saying it aims to establish Islamic state and caliphate globally including in India by overthrowing democratic government through jihad.

The Home Ministry also called the HuT a "grave threat" to democratic setup and internal security of India.

The Home Ministry of India (HMO) in a post on X said: "Pursuing PM Shri @narendramodi Ji's policy of zero tolerance towards terrorism, the MHA today declared 'Hizb-Ut-Tahrir' as a 'Terrorist Organisation'. The outfit is involved in various acts of terror, including radicalising the gullible youths to join terrorist organisations and raise funds for terror activities, posing a serious threat to the national security and sovereignty of India."

"The Modi government is committed to securing Bharat by dealing the forces of terror with an iron fist," the post on X said.

Hizb-ut-Tahrir was founded in 1953 as a



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## Omar Abdullah Elected As Leader Of NC, Set To Stake Claim To Form Govt



**SRINAGAR:** Marking his double victory from Ganderbal and Budgam, National Conference Vice President, Omar Abdullah is all set to wear the "crown of thorns" as party legislators reposed trust in him on Thursday by choosing him as the chairman in the Legislature Party meeting.

NC leaders, especially all the newly elected legislators, were seen in a huddle at party headquarters, Nawa-e-Subh complex here. They all attended the NC legislature party meet where they reposed trust in Omar.

Talking to reporters after the LP meeting at Nawa-e-Subh, NC chief Dr Farooq Abdullah said: "We all have unanimously chosen Omar Abdullah as the chairman of LP. He will be our leader. After meeting with the alliance, we will stake claim on government formation." Dr Farooq on Wednesday had told reporters that for the upcoming Chief Minister of J&K, "it would be a crown of thorns given the tough road ahead."

Confirming that Omar was the NC's CM candidate, senior NC leader and MLA Khanyar, Ali Muhammad Sagar said that they were directed by the party leadership to reach out to people in all constituencies where NC leaders emerged victorious. "Omar sahab is our CM candidate," Sagar said in reply to a query.

Later, speaking to the media men, Omar said that they are in talks with Congress for their support and soon he will visit Raj Bhawan to meet the LG Manoj Sinha to stake claim for government formation.

He also said four independent candidates

**WE ALL HAVE UNANIMOUSLY CHOSEN OMAR ABDULLAH** as the chairman of LP. He will be our leader. After meeting with the alliance, we will stake claim on government formation."

**Omar Abdullah Thanks NC MLAs**

**SRINAGAR-** Omar Abdullah thanked the National Conference (NC) legislators on Thursday for electing him their leader so that he can stake claim to form the government in Jammu and Kashmir.

"You are aware of the decision that was taken. A meeting of the NC legislature party took place, the legislature party has decided its leader and I am thankful from the bottom of my heart to the NC legislators that they have reposed their faith in me and given me a chance to stake claim for government formation," Abdullah told reporters after he was elected the leader of the legislature party here.

He said four of the seven Independent MLAs have extended support to the NC, taking the party's strength to 46.

"Talks are on with the Congress. They have been given a day to decide. Once they give us a letter of support, I will stake claim for government formation," Abdullah said.

The NC has emerged as the single-largest party in the just-concluded

### CEO Submits Elected Assembly Members' Names To LG Sinha



**SRINAGAR:** Pandurang K. Pole, Chief Electoral Officer (CEO) J&K accompanied by Shri Pramod Kumar Sharma, Principal Secretary, Election Commission of India; Shri Manzoor Ahmad Bhat, Special Secretary and Shri Anil Salgotra, Joint CEO in Chief Electoral Office, J&K met the Lieutenant Governor Shri Manoj Sinha at Raj Bhawan Thursday.

A copy of the Notification issued by the Election Commission of India, in pursuance of

### Bank Fraud Case ED Attaches Property Worth Rs 3.40 Crore In Sgr

**SRINAGAR:** The Enforcement Directorate has attached six immovable properties worth over Rs 3 crore in Srinagar in bank fraud case under money laundering act.

In a post on X, ED Srinagar, said that it provisionally

## Ram Madhav Hints At Statehood Restoration For J&K



**SRINAGAR:** Senior BJP leader Ram Madhav has revealed that Jammu and Kashmir's statehood will be reinstated, but with certain conditions.

In an interview, Madhav emphasized that the BJP has publicly committed to restoring statehood "on the floor of the House". However, when pressed for a specific timeline, he adopted a more cautious stance.

The region has undergone significant transformations over the past decade, shedding its militant-driven identity and embracing relative peace, Madhav noted.

## LG Sinha Assigns Additional Charges To Four Senior Officers



**SRINAGAR:** The Government of Jammu & Kashmir led by Lieutenant Governor Manoj Sinha on Thursday assigned additional charges to four senior officers in the administration.

Shaleen Kabra, IAS, Financial Commissioner (Additional Chief Secretary), Jal Shakti Department (Additional charge of Financial Commissioner Revenue) shall hold the charge of the post of Administrative Secretary, Estates Department in addition to his own duties till further orders.

Dheeraj Gupta, IAS, Financial Commissioner (Additional Chief Secretary), Department of Forest, Ecology and Environment, shall hold the charge of the post of Administrative Secretary, Information Technology Department in addition to his own duties till further orders.

Suresh Kumar Gupta, IAS, Principal Secretary to the Government, Culture

## CS Flags Off Cycling Expedition 'Race Across India' From Srinagar



**SRINAGAR:** Chief Secretary, Atal Dulloo, Thursday flagged off India's longest cycling expedition from Polo View Ground that would be culminating at the farthest point of the country, Kanyakumari.

The expedition mainly sponsored by the Indian Oil Corporation Limited (IOCL) is the 2nd edition of 'Race Across India' participated by 22 teams including national as well as international cyclists this year. The race is first of its kind in which participants of different age categories and professions are taking part.

On the occasion, the Chief Secretary applauded the efforts of both J&K Sports Council and IOCL

## 84% Of Newly Elected J&K MLAs Are Crorepatis: ADR

**SRINAGAR:** A whopping 84 per cent of newly elected MLAs in Jammu and Kashmir are crorepatis, a 9 per cent increase from 2014, with average declared assets of Rs 11.43 crore, according to data compiled by the Association of Democratic Reforms (ADR).

The average declared assets of MLAs have more than doubled from Rs 4.56 crore a decade ago, the data showed.

Jammu and Kashmir Congress president Tariq Hamid Karra and BJP leader Devender Rana are among the richest MLAs with assets worth over Rs 100 crore.

According to ADR data, 76 of the 90 newly elected MLAs in Jammu and Kashmir have declared assets of more than Rs 1 crore. In 2014, only 65 of 87 legislators (75 per cent) were crorepatis.

Karra, who was elected from Central Shalteng seat, has declared assets worth Rs 148 crore and is the richest MLA in Jammu and Kashmir.

BJP leader Devender Rana, who won from Nagrota constituency, comes second with assets worth Rs 126 crore.

Businessman and National Conference (NC) MLA from Chana-pora Mushtaq Ahmad Guroo is the third richest with assets worth Rs 94 crore.

AAP's Mehraj Malik is the poorest legislator in Jammu and Kashmir with net assets of just Rs 29,070. He is the first AAP MLA in Jammu and Kashmir.

NC MLA from Karnah Javid Ahmad Mirchal is the second poorest with assets worth Rs 3 lakh. His party colleague and Kokernag MLA Zafar Ali Khatana comes next with a net worth of Rs 34 lakh.

The average net worth of the six Congress MLAs is just over Rs 30 crore while that of the 29 BJP members is Rs 14.55 crore, according to ADR data.

NC's 42 MLAs have average assets of Rs 8.47 crore, the three PDP members have average assets of Rs 4.25 crore and the average net worth of the seven Independents is around Rs 5 crore.

While 88 per cent (37) of NC MLAs are crorepatis, 86 per cent (25) of BJP MLAs have assets in crores.

All six Congress MLAs and the lone MLAs of CPI(M) and People's Conference have declared assets in

## World Mental Health Day Experts Call For Prioritising Mental Health For Balanced Life

**SRINAGAR:** In today's fast-paced world, mental health is often overlooked despite its crucial role in overall well-being. Experts have called for prioritising mental health to maintain a balanced life.

Experts said there are increasing rates of stress, anxiety and depression, for which proactive measures such as mindfulness practices, therapy and fostering strong social connections, are needed.

Dr Yasir Hassan Rather, a professor in the Department of Psychiatry at IMHANS, GMC Srinagar, has a straightforward message for World Mental Health Day: "Make your mental health your priority".

When discussing the stigma surrounding mental

**INOX SRINAGAR**

Latest Movie Arrivals

**NOW SHOWING MOVIES**

Friday, 11<sup>th</sup> October

**VICKY VIDYA KA WOHWALA VIDEO**  
(HINDI) (ATMOS) (UA) 03:10PM, 06:15PM

**JIGRA**  
(HINDI) (UA) 02:40PM, 05:45PM

**KASHMIR DAILY**  
(HINDI) (U) 03:30PM

Call 95416 13868 For assistance with tickets

TICKETS AT: Paytm, Inox App or Directly from the booking counter at the cinema.

www.bookmyshow.com | www.inoxmovies.com

# DC Srinagar chairs meeting regarding launch of E-Arzi

GMK NEWS NETWORK

**SRINAGAR:** Deputy Commissioner (DC) Srinagar, Dr Bilal Mohi-Ud-Din Bhat Thursday chaired a meeting here at Meeting Hall of the DC Office Complex regarding the launch of the E-Arzi, an Applications Management Portal to facilitate the Citizens.

The E-Arzi is a Portal being launched to effectively and efficiently manage applications the Deputy Commissioners Office receives. During the meeting, the DC Srinagar remarked that this portal is a novel idea focusing on applications received and their redressal. All the Line Departments of the District are integrated into this portal.



Through the E-Arzi Portal, Citizens no longer need to physically come to the DC Office to submit their applications. They can log in to the Portal with their Phone number and submit applications. A Tracking ID will be provided so that citizens can track their application and

know about the resolution. Taking it a step further, the DC also remarked about the WhatsApp Chatbot being launched as an integral part of the E-Arzi portal. Citizens can now message the Official Account of DC Srinagar on WhatsApp to log their applications. They can also

track their applications from the same account by providing the Tracking ID. Regarding this initiative, the DC Srinagar said that this Portal can potentially revolutionize the interaction between citizens and Administration.

Further, this portal will also help the District Administration to find the hotspots of issues and address them effectively by providing the administration with a bigger picture. Additional Deputy Commissioner, Syed Ahmad Kataria, Additional Deputy Commissioner, Dr Khalid Hussain Malik, SP Headquarter, Umer Shah, District/Sectoral Officers, Tehsildars and other concerned were presented in the meeting.

# DLSA Srinagar organises Awareness programme on 'World Mental Health Day'

GMK NEWS NETWORK

**SRINAGAR:** The District Legal Services Authority (DLSA) Srinagar, in collaboration with Human Rights and Anti Corruption forum J&K HQ-Delhi Thursday organized an awareness programme on World Mental Health Day at Govt Girls Higher Secondary School Kothibagh.

The programme was conducted under the directions of Jaffer Hussain Beg, Chairman DLSA/Pr. District and Sessions Judge Srinagar, and under the supervision of Nusrat Ali Hakak, Sub-Judge/Secretary, DLSA Srinagar, which was aimed to shed light on the importance of mental health and well-being.

Nusrat Ali Hakak, Secretary DLSA Srinagar, served as the chief guest, while Prof. Dr. Muzaffar Jan, Medical Superintendent, Lal Ded Hospital, Srinagar was the guest of honor.

The programme was attended by Nusrat



Bukhari, Principal, Government Girls Higher Secondary School Kothibagh, Srinagar; Mudasar Ahmed Naikoo, President of Human Rights and Anti Corruption J&K, Aejaz Bashir, Secretary Education wing of HRACF

The chief guest highlighted the significance of mental well-being and emphasized the program's objective of empowering students with knowledge

and resources to support their mental health.

She urged attendees to break down stigmas surrounding mental health and encourage open dialogue about these issues and to respect human rights of fellow citizens and all.

Advocate Mujtaba, addressed the participants, emphasizing the importance of acknowledging and addressing mental

health concerns. He shed light on the legal framework surrounding mental health rights and highlighted the crucial role of accessible legal aid in supporting individuals facing mental health challenges.

Dr. Abrar Guroo, Senior Consultant at the Institute of Medical Sciences, shared valuable insights based on his experience. He discussed the multifaceted nature of mental health, highlighting various conditions and their impact on individuals and society.

He stressed the importance of early intervention, preventive measures, and access to quality mental health care. He further added the role of community support, self-care practices, and seeking professional help in maintaining good mental well-being.

This event was a testament to the DLSA Srinagar's commitment to promoting mental health awareness and providing essential support to the community.

# JKEDI holds Orientation program for students of GBHSS Achabal



GMK NEWS NETWORK

**PULWAMA:** Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) Thursday organized a daylong awareness cum exposure visit for 35 students of Government Boys Higher Secondary School, Achabal.

The visit focused on providing the exposure related to overall functioning of JKEDI and the development of startup ecosystem in the UT of Jammu and Kashmir.

During their visit, the students interacted with the faculty members and experts of JKEDI who briefed the students about the evolving startup scenario and made them aware about various government incentives and programs available for

aspiring entrepreneurs. The students were briefed about the various verticals of JKEDI and their functions. The role of entrepreneurship as a career choice was also discussed during the visit.

Later, the students participated in the question answer session and put forth their understanding of various topics related to startups and entrepreneurship.

The exposure visit was coordinated jointly by the three program verticals (CIEC, CNEC, CBD) of the institute. JKEDI faculty, teachers of GBHSS Achabal led by Masrat Jan, Vocational Trainer for Trade IT and Enabled Services (ITES) participated in the program. The participant students were also briefed about the J&K Startup Policy 2024-27.

# DLTFC approves 67 cases under JKREGP in Shopian



GMK NEWS NETWORK

**SHOPIAN:** The Deputy Commissioner (DC) Shopian, Mohammad Shahid Saleem Dar Thursday chaired a meeting of the District Level Task Force Committee (DLTFC) to assess the loan cases under Jammu & Kashmir Rural Employment Generation Programme (JKREGP) of KVIB.

During the meeting, threedbare discussions and one to one interaction with applicants was held as the process of approval.

KVIB Shopian submitted 106 cases before DLTFC, out of which 67 cases were approved for establishment and upgradation of employment generation ventures or busi-

ness enterprises. The Committee approved cases for sponsorship under categories including milk production, handicrafts, provision stores, sheep farming, transport and other business sectors.

Speaking on the occasion, the DC stressed upon the line Departments and Banks to bring maximum unemployed youth under the ambit of Government schemes launched to generate maximum employment avenues in the district.

He also stressed on the Bankers to ensure speedy sanction of bank credit so that the aspiring unemployed youth are in a position to establish their income generating units without any difficulties.

# Techvaganza' fest begins, ignites innovation, talent at NIT

GMK NEWS NETWORK

**SRINAGAR:** The two-day annual techno-cultural fest, 'Techvaganza,' kicked off at the National Institute of Technology (NIT) Srinagar on Thursday. The event showcased the creativity and talent of students from across the Kashmir valley, with participants demonstrating their skills through a variety of programs.

The inaugural event was presided over by Director NIT Srinagar, Prof. A Ravinder Nath, who was Chief Guest on the occasion. It was graced by the presence of all Deans, Registrar Prof. Atikur Rehman, DSU and Chairman of Techvaganza Prof. Abdul Liman, all HOD's, HOC's, Director & Head, BIS JKBO Tilak Raj, and faculty and administrative staff of NIT Srinagar.

Dr. Malik Pervez Ahmad is acting as Convener, Dr. Iqra Altaf Gilani as Coordinator, while Dr. Dinesh Kumar Rajendran and Dr.

Janani L are the Co-coordinators of the two-day event.

In his key address, Director NIT Srinagar, Prof. A Ravinder Nath said that sustainability of institutions relies on innovation and creativity. Tomorrow, in the vision of a developed India 2047 and even under the NEP 2020, there is a strong focus on creativity, he said.

Prof. Nath said in the future, students may attend institutions for learning but also study and take exams online, while coming to the institute to turn ideas into reality and for hands-on training. Our focus must shift towards creating environments where students can experiment, collaborate, and bring their creative ideas to life, he said.

"There are over 2 million cars lying unused in garages, even though they have not touched the road. Each year, new models are introduced, while outdated ones are discarded. Today's students belong to

the Alpha generation, and soon the Beta generation will follow, while the teachers may belong to generations X, Y, or Z," he added.

Prof. A Ravinder Nath further stressed the need to address practices that harm the environment, urging everyone to minimize their usage of such products. We must focus on recycling and reducing waste to make a meaningful contribution to the environment," he added.

The Director of NIT Srinagar, along with Registrar Prof. Rehman, jointly flagged off a bike rally organized by BIS J&K from the NIT Srinagar campus towards Kargil. The rally was aimed to raise awareness about the importance of standards in ensuring safety and quality, particularly in the most challenging environments.

On the occasion, Registrar Prof. Atikur Rehman said the two-day tech fest was aimed to provide a vibrant platform to stu-

dents of the campus. "Such fests are not only a great way for students to showcase their skills but also an opportunity to learn from peers, industry experts, and the latest technological advancements," he said. Prof. Rehman said that Techvaganza promises an electrifying experience for all the attendees. This event has earned a reputation as a premier tech fest in the region. During the two-day event a wide range of workshops, seminars, and training sessions are being organized by experts in various fields, he added.

While welcoming the participants in Techvaganza 2024, DSW and Chairperson of Student Gymkhana, Prof. Abdul Liman said that this annual celebration of creativity, technology and innovation at NIT Srinagar has grown year by year. It has not become a platform for technical competence but also a symbol of collective commitment to shape a brighter future, he said.

## OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI PHE (HYD) DIVISION BANDIPORE

xenhydbpr@gmail.com, xen-hydbpr@jk.gov.in, Fax No 01957-226600

### NOTICE INVITING E-TENDERS

E-NIT NO 13-PHE/HYD/BPR OF 2024-2025

For and on behalf of Lieutenant Governor, J&K Union Territory, e-tenders are invited (in single cover system) on "percentage rate basis" from Reputed and resourceful Contractors/ Firms/Companies of repute in PWD or Equivalent in CPWD/ Railways and other State Governments for the following works:-

S. No	Name of Work	Adv. Cost (in Lacs)	Earnest Money @2%	Cost of T.D	Class of Contract	Time of Completion	M.H of Account	Payment Clause
01	Tapping of new source including upgradation / augmentation of WSS and distribution system in Block Aloosa	Rs. 74.48 Lacs Incl cost of pipes	148960	1600.00 Indicate Name of work with NIT S.No on TR/ E-Challan	AAY	60 Days	District Capex	Payment shall be made within 02 financial years

01. The bidding documents consisting of qualifying information, eligibility criteria, specifications, drawings (if any), book of quantities (BoQ) set of terms and conditions of contract and other details can be seen/ downloaded from the website [www.jktenders.gov.in](http://jktenders.gov.in) as per schedule of dates given below.

S. No	Description	Date			Time
		DD	MM	YY	
01	Publishing date of NIT	10	10	2024	10:00 Hours
02	Download start date	10	10	2024	10:00 Hours
03	Bid submission start date	10	10	2024	10:00 Hours
04	Bid submission end date	24	10	2024	16:00 Hours
05	Bid opening date	25	10	2024	10:00 Hours

- Bids must be accompanied with cost of tender document as specified in the table above deposited in the Treasury under M.H 0215 in favour of Executive Engineer, Jal Shakti (PHE) Division Bandipore. (NIT No and Work No to be mentioned on the Treasury Challan / Receipt) alongwith @ 2% of advertised amount as bid security in the shape of CDR/FDR/DD or BG valid upto 45 days beyond bid validity period.
- The lowest bidder shall have to furnish Performance Security for an amount equal to 3% of contract value in shape of CDR/FDR/BG before fixation of contract, which shall be released only after successful completion of work.
- In case the bid submitted being lower than 10% of the advertised cost, the First Lowest bidder (L1) shall furnish 3% further Guarantee in the form of CDR/FDR/DD/ BG.
- In case the Performance Guarantee being BG, should be valid upto 60 days beyond the Defective Liability Period.
- Online bids will be opened in the office of the Executive Engineer PHE (Hyd) Division Bandipore on scheduled date. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue. Hard copy of bid documents shall be obtained from 1st and 2nd lowest bidder.
- The date and time of opening of bids shall be notified on website [www.jktenders.gov.in](http://jktenders.gov.in) and conveyed to the bidders automatically through an email message on their e-mail address. The bids of responsive bidders shall be opened online on same website in the office of the Executive Engineer PHE (Hyd) Division Bandipore (Tender Receiving Authority)
- The bids shall be valid for a period of 90 Days reckoned from the date of opening of bids.
- The contractor shall be liable for debarment for next two years in respect of competing in the tendering process in PHE Department including forfeiture of Earnest Money if:-
  - Any bidder/ Tenderer withdraw his bid/ tender during the period of bid validity or makes any modification in the terms and conditions of the bid.
  - Failure of successful bidder to furnish the required bidding documents and performance security within the specified time limit.
  - Failure of successful bidder to execute the agreement within 07 days after fixation of contract.
- INSTRUCTIONS TO BIDDERS REGARDING E-TENDERING PROCESS
  - The interested bidders can download the NIT/bidding document from the website: <http://jktenders.gov.in>
  - To participate in bidding process, bidders have to get "Digital Signature Certificate (DSC) as per Information Technology Act 2000 to participate in online bidding.
  - The bidders have to submit their bids online in electronic format with Digital Signature. The bids cannot be uploaded without Digital Signature and no proposal will be accepted in physical form.
  - Bids will be opened online as per time schedule mentioned in the para-1.
  - Before submission of online bids, bidders must ensure that scanned copy of all the necessary documents have been attached with Bid. Details of documents required available alongwith downloadable tender documents on <http://jktenders.gov.in>.
  - The department will not be responsible for delay or error in online submission of bids whatsoever reasons may be.
  - All the required information for bid must be filled and submitted online.
  - The details of cost of documents specified in the tender documents should be the same, as submitted online (scanned copies) otherwise bid will not be accepted & shall be rejected therefor.
  - Bidders can contact the undersigned for any guidance for getting DSC or any other relevant details in respect of the e-tendering process.
- The guidelines for submission of bid online can be downloaded from the website: <http://jktenders.gov.in>

No:- PHE/Hyd/Bpr/NIT/ 4186-97  
Dt:- 09/10/2024  
DIPK-5696-24  
Dt: 09/10/2024

Sd/-  
Executive Engineer  
PHE (Hyd) Division  
Bandipore

## THE J&K BOARD OF PROFESSIONAL ENTRANCE EXAMINATIONS

Tele/ Fax: 0194-2433760, 2433590, 2437647 (Srinagar); 0191-2479371, 2470102 (Jammu)

Website: <https://www.jkbopee.gov.in> Email: [jakbopee@gmail.com](mailto:jakbopee@gmail.com) / [helpdesk@jakbopee@gmail.com](mailto:helpdesk@jakbopee@gmail.com) / [coejakbopee@gmail.com](mailto:coejakbopee@gmail.com)

Subject: Conduct of 1st round of Counselling (Physical) for admission to the 10th Based Paramedical Diploma Courses-2024.  
Reference: i) Notification No. 023-BOPEE of 2024 dated 16-05-2024.  
ii) Notification No. 053-BOPEE of 2024 dated 19-07-2024.  
iii) Notification No: 070-BOPEE of 2024 Dated: 14-08-2024.

### NOTIFICATION NO. 131-BOPEE OF 2024

DATED 09-10-2024

Consequent upon the declaration of the Result/PML vide Notification No. 070-BOPEE of 2024 dated 14-08-2024, it is hereby notified for information of all the eligible candidates that the Board shall conduct the 1st round of counselling (Physical) for admission to the 10th Based Paramedical Diploma Courses-2024 in various Government/Private Colleges/Institutions of UT of J&K/Ladakh simultaneously at BOPEE office Jammu/Srinagar seat(s) as per the following schedule:

### COUNSELLING SCHEDULE

S.no.	Date/Day of Counselling	Rank	Remarks
1	16-10-2024 (Wednesday)	001-700	All Candidates Including Reserved Category Candidates
2	17-10-2024 (Thursday)	701-1462	All Candidates Including Reserved Category Candidates

### Note:

- The concerned candidates shall have to report at the BOPEE offices Jammu/Srinagar Physically for Registration/Attendance and fulfillment of other formalities between 8:30 a.m. to 10:00 a.m. rank wise on the dates of their counselling as mentioned above.
- The participating candidates shall have to deposit the Counselling fee for Rs. 1000/- (Rupees one thousand only) through the POS Machines available at the BOPEE office Jammu / Srinagar through Debit / Credit Cards. Any candidate who fails to deposit the counselling fee shall not be allowed to participate in the counselling process
- The candidates are advised to bring along their Domicile Certificate issued by the competent authority and other relevant documents/ certificates as applicable to be presented at the time of counselling.
- The allotment of seat(s) (Discipline/Institution) shall be made in pursuance of S.O. 176 Dated 15.03.2024 read with S.O. 305 (21-05-2024) to the eligible candidates where ever applicable.
- The candidate who fails to attend the counselling on a particular (designated) day shall be allowed by the Board to participate in the counselling on the next day provided he/she does not stake any claim on a seat which has already been allotted to a candidate next in merit (to such candidate) on the ground that the candidate could not participate in the physical round of counselling earlier when the seat was available.
- The candidates who have failed to submit their deficient Category Certificate within the prescribed time limit mentioned in Notification No. 070-BOPEE of 2024 Dated: 14-08-2024 shall be converted into Open Merit, if otherwise, eligible in the said category.
- Any candidate who may not be able to attend counselling physically owing to a valid reason can authorize a person (through Authority Letter on prescribed format) from his/her family member to participate in the counselling on his/her behalf at BOPEE offices Jammu/ Srinagar on day/date of counselling as per his/her Rank.
- The Board shall notify the Provisional Selection list of the candidates indicating Application Number, Name, Gender, Category, Name of Institution and Discipline after conclusion of the counselling.
- The Board reserves the right to notify such changes as may become necessary in view of any technical difficulty or the reasons beyond its control.
- The candidates are advised to remain in touch with BOPEE website ([www.jkbopee.gov.in](http://www.jkbopee.gov.in)) daily during the days of counselling for latest updates of seat matrix.

The candidates provisionally selected for these Diploma Paramedical courses are advised to contact the concerned college/institution for their fee structure and other requisite formalities / documents.

E&OE

No. BOPEE/Exam-19/2024 (7593928)  
Dated 09-10-2024  
DIPK-NB-1641-24  
Dt: 09/10/2024

Sd/-  
(Prof. Gurvinder Raj Verma)  
Controller of Examinations,  
J&K BOPEE

# LG chairs 35th University Council Meeting of SKUAST-K



GMK NEWS NETWORK

**SRINAGAR:** Lieutenant Governor Manoj Sinha Thursday chaired the 35th University Council Meeting of SKUAST Kashmir, at Raj Bhawan.

The meeting was attended by Shri Rajeev Rai Bhatnagar, Advisor to Lt Governor; Shri Atal Dulloo, Chief Secretary; Shri Shailendra Kumar, Principal Secretary, Agriculture Produc-

tion Department; Shri Santosh D Vaidya, Principal Secretary, Finance Department; Dr Ashok Dalwai, former CEO NRAA; Prof. RC Agrawal, DDC, ICAR; Dr Mandeep Kumar Bhandari, Principal Secretary to Lt Governor; Dr. Nazir A. Ganai, Vice Chancellor, SKUAST Kashmir; Dr. BN Tripathi, Vice Chancellor, SKUAST Jammu; Dr. Shahid Iqbal Choudhary, Secretary, Planning, Dr.

T. H. Masoodi, Registrar, SKUAST-Kashmir and other senior officers, in person and through virtual mode.

The University Council discussed important policy matters and gave in-principle approvals to various agenda points for overall development and administrative functioning of the University.

The Lt Governor emphasised the need to

have university's own Seed Centre for distribution of the quality seed to farmers. He also advised the University to strengthen outreach programmes so that new innovations and technologies could reach to the farmers. Dr. Nazir A. Ganai, Vice Chancellor, SKUAST Kashmir presented various Agenda items before the Council for approval and ratification.

## 'Qouluf, The Ensorcelled' Revives Kashmiri Cinema After 60 Years



SAMEER AHMAD

**SRINAGAR:** After 60 years, Kashmiri-language cinema has made a triumphant return with the screening of "Qouluf, The Ensorcelled," marking a significant milestone for the region's cultural heritage. Directed by Ali Emran and produced by Yaqout Mushtaq, the film concluded a successful seven-day run at INOX Srinagar, making it the first Kashmiri-language film in decades to be showcased in a local cinema hall.

Qouluf delves deep into the spiritual and cultural roots of Kashmir, narrating the journey of a humble protagonist. The film features a stellar cast, including Bashir Dada, Nazir Josh, Amin Bhat, Farooq Adil, Hassan Javaid, Hakeem Javaid, and the late Rasheed Shehnaaz. It has been lauded for its thoughtful narrative

and artistic excellence. Audience members praised the film's craftsmanship, with Hameed Bhat calling it "a breath of fresh air," while Tariq Jameel likened it to "the great Indian art films of the golden era." Tanveer Javaid commended the film's ability to balance philosophical depth without losing engagement. Viewer Mohammad Amin highlighted Bashir Dada's performance as the protagonist as "marvelous."

Beyond its artistic achievements, Qouluf also stands as a trailblazer in gender representation, being the first Kashmiri-language feature film produced by a woman, Yaqout Mushtaq. As this historic screening concludes, Qouluf is set to inspire future generations of filmmakers, igniting the revival of Kashmiri cinema after a six-decade hiatus.

## Post-Poll Clashes Between CPI (M), Jel Supporters in South Kashmir



AGENCIES

**SRINAGAR:** Tensions boiled over in Kulgam district's Bachro and Tarigam villages, as supporters of rival political candidates clashed following the declaration of CPI(M) candidate Muhammad Yousuf Tarigami's victory in the Kulgam assembly segment.

A youth identified as Muhammad Omar from Bachro village was injured after being allegedly assaulted by Tarigami supporters in Tarigam village on Wednesday. Additionally, eyewitnesses reported that Farhan Ramzan also from Bachro was critically injured during clashes between Jamat-e-Islami and CPI(M) supporters and was shifted to SKIMS Soura for treatment.

Locals from Bachro village alleged that Tarigami supporters from Tarigam village ignited firecrackers in a graveyard, sparking tensions when villagers intervened. The situation escalated into full-blown clashes, resulting in damage to multiple vehicles.

Police swiftly intervened, using cane charges to disperse the crowds and bring the situation under control. However, tensions continued.

The clashes have sparked widespread concern, with multiple videos going viral on social media. Netizens urged authorities to maintain law and order and prevent further escalation.

The Kulgam assembly segment witnessed intense campaigning, with CPI(M) candidate Muhammad Yousuf Tarigami ultimately emerging victorious. The election results sparked celebrations among Tarigami supporters, while rival factions expressed dissatisfaction.

Authorities have launched an investigation into the clashes, with officials promising action against those responsible. As the situation remains fragile, locals appeal for calm, emphasizing the need for peaceful coexistence.

Meanwhile, police have been deployed in both these villages to maintain law and order. [KNT]

# SKIMS Signs MoU with Indian Oil Corporation to Boost Patient Care

NAYEEM UL HAQ

**SRINAGAR:** Sher-i-Kashmir Institute of Medical Sciences (SKIMS) signed a Memorandum of Understanding (MoU) with Indian Oil Corporation (IOC) under its Corporate Social Responsibility (CSR) initiative. This collaboration aims to enhance patient care at SKIMS, with IOC committing financial assistance of Rs. 46 lakhs for constructing two shelter sheds for patients.

The MoU was signed in the presence of Director SKIMS, Dr. M. Ashraf



Ganie, and senior officials from IOC. Also present were Dr. Firdous Giri, Additional Director

SKIMS, Dr. G. H. Yattoo, Head of Hospital Administration, and Dr. Muzaffar Maqsood Wani, Incharge

Collaborations SKIMS and Professor of Nephrology.

Dr. M. Ashraf Ganie expressed his gratitude to IOC for its valuable contribution and emphasized the significance of such initiatives in improving patient care services at SKIMS. He added that this partnership is just the beginning, with future plans to involve IOC in broader areas of patient care.

The shelter sheds are expected to provide significant relief for patients and their attendants, offering a comfortable space while they await treatment.

## JK SVEEP tops bimonthly social media index in Assembly Elections 2024

GMK NEWS NETWORK

**SRINAGAR:** Jammu & Kashmir has emerged as the top performer in the Bi-monthly Social Media Index (July-August) thus demonstrating exceptional social media engagement and outreach efforts.

This achievement is based on data submitted by the social media teams of 15 States and Union Territories of Chief Electoral Officers (CEOs) and subsequent analysis.

Jammu & Kashmir leads the ranking, showcasing a highly effective and dynamic social media strategy that has successfully amplified voter awareness and community engagement.

Through a combination of targeted campaigns, user-generated content (UGC), and ongoing digital

initiatives, the region has set a benchmark for others to follow.

The other top four performers for July-August are Punjab followed by Odisha, West Bengal and Telangana.

Jammu & Kashmir's digital strategy aligns with key priorities, including the ongoing Special Summary Revision (SSR) and various electoral awareness campaigns.

The Election Commission of India maintained that it is imperative that all 36 States and UTs continue their momentum in leveraging social media as a powerful tool for community building and electoral education.

Regular campaigns, UGC initiatives, and proactive engagement will remain critical in the lead-up to future elections.

## DC Jammu reviews dengue mitigation measures

GMK NEWS NETWORK

**JAMMU:** Deputy Commissioner Sachin Kumar Vaishya chaired a meeting Thursday to review and monitor the dengue prevention and mitigation measures in the district.

The meeting was attended by Commissioner JMC Devansh Yadav, ADDC Jammu Sher Singh, ADC Shishir Gupta, Chief Medical Officer Dr Harbaksh Singh, Health Officer Dr Vinod Sharma and other concerned officers. The Sub Divisional Magistrates also joined through virtual mode.

The DC emphasised the importance of identifying dengue hotspots and spreading awareness through Information, Education & Communication campaigns through different media. He also discussed the treatment and



management of existing dengue cases and underlined that the situation is currently under control.

Concerned officers informed the DC about the house-to-house survey being conducted to identify cases, with around 1 lakh houses visited so far. Private hospitals and diagnostic labs have been directed to strictly monitor cases and report them to the district administration.

The DC appealed to the public to visit hospital immediately if they experience symptoms of dengue and to avoid self-medication.

## 'Humble man' Farooq Abdullah, Iltija Mufti Condole Ratan Tata's Death

AGENCIES

**SRINAGAR:** National Conference chief Farooq Abdullah and PDP's Iltija Mufti on Thursday condoled the death of Ratan Tata, saying he was a humble man whose contribution can never be forgotten.

"It is shocking. He (Tata) was a humble man. He opened his family organisation for everyone. He took his company to the entire world," Abdullah told reporters here.

The NC president said Tata's contribution to the country can never be forgotten.

"Today, when he is no more, he will never be forgotten as what he has done for India is great and he



took the country to greater heights," Abdullah added.

Meanwhile, People's Democratic Party (PDP) leader Iltija Mufti said Tata's death was a huge loss for the country.

"He was so humble and always so calm. I think he did so much for India. He was a businessman with ethics," Mufti said, adding his demise is a huge loss for the country.

## LG Grets people on Durga Puja

GMK NEWS NETWORK

**SRINAGAR:** The Lieutenant Governor Manoj Sinha has extended his greetings and best wishes to the people on the eve of Durga Puja.

In a message, the Lieutenant Governor has said: "On the auspicious occasion of Durga Puja, I convey my warm greetings and felicitations to all. Durga Puja represents the

triumph of good over evil and marks the hope of a bright future. Maa Durga is epitome of Shakti. Let us pray that Maa Durga guides us on the path of righteousness so that we can lead a pious, virtuous and noble life. May this festival strengthen the bonds of brotherhood and may Maa Durga bless us all with health, happiness and prosperity".

## ECI ends Model Code of Conduct

AGENCIES

**SRINAGAR:** The Election Commission of India has officially lifted the Model Code of Conduct (MCC) following the declaration of results for the Assembly Elections to the Legislative Assemblies of Haryana and the Union Territory of Jammu & Kashmir.

In a directive issued today, the

Commission informed the Cabinet Secretary and Chief Secretaries of the respective states of Haryana and Jammu & Kashmir that the MCC is no longer in effect.

"The MCC, which had been enforced since the announcement of the election schedule, remained in operation throughout the election process to ensure fair campaigning and conduct by political parties.

### Union Territory of Jammu and Kashmir DISTRICT EMPLOYMENT & COUNSELLING CENTRE PULWAMA PUBLIC NOTICE

Seeking Expression of Interest (EOI):

District Employment & Counselling Centre, Pulwama invites proposals from the interested & eligible Training providers for conducting 3 Month Skill Development Training Course.

**Course Requirements:**

**Duration:** Three months.

**Course:** Tally ERP9 with GST.

**Batch Size:** 25-30 participants per batch.

**Submission Details:**

Interested institutions and training providers should submit their EOIs, including:

- Organizational profile: Overview and relevant experience.
- Proposed Course outline: Syllabus, training methodology, and assessment criteria.
- Infrastructure and Resources: Details of training facilities and staff.
- Accreditations and Certifications: Relevant documents.
- Financial proposal: Cost per participant and total program cost.

**Deadline for Submission:**

All EOIs must be submitted by or before 14th October, 2024 till 2.00 pm in the office of Assistant Director Employment, DE&CC Pulwama.

**Evolution process:**

Submissions will be evaluated based on relevance, experience, methodology, and cost-effectiveness.

Shortlisted institutions may be invited for further discussions.

**Terms & Conditions:**

- The training providers should be recognized/registered with the Govt. of J&K or Govt of India. The skill training institute will be selected/approved only after proper verification of requisite infrastructure and certified trainers as per the NSDC standard with the institute.
- The selected/approved skill training institute shall have to execute an agreement/MOU with detailed Terms & Conditions with the office of the undersigned at the time of finalization of the contract.

No.DE&CC/Pul/Skill/2024-25/1063-64

Dated: 10.10.2024

Sd/

DIPK-5736-24  
DT: 10/10/2024

Assistant Director Employment  
DE&CC, Pulwama.

### OFFICE OF THE EXECUTIVE ENGINEER, ELECTRIC DIVISION- GANDERBAL.

Email: Edgbl123@gmail.com Tel No. 0194-2416237 Fax No. 0194-2416237

**e-TENDER ABBREVIATED NOTICE**

e-NIT No. EDG/V/064 of 2024-25, dt:08.10.2024

For and on behalf of the Lieutenant Governor of Union Territory of Jammu and Kashmir, Executive Engineer, Electric Division-Ganderbal invites online e-bids from registered A-Class Electrical Contractors/firms for as under:

S.No	Particulars	Estimated Cost (In Lacs)
1	Providing Power Supply to New USO Sites under 4G Saturation Project of GIO at Panzin, Wus-san, Tangchatter, Hariganiwan, Surfraw, Haknar, Kullan, Rezan, Mammardardwooder, Naranag, Wangat, Baba Nagri, Kijpora and Shutkari.	25.88

The complete tender document is available at website <http://jktenders.gov.in>. Interested bidder/tenderers may view, download the e-Bid document, seek clarification and submit their e-Bid online up to the date and time mentioned in the table below. Bidding Documents contain Qualifying Criteria for Bidders, Specifications, Bill of Quantities, Terms and Conditions of Contract and other details.

i)	Date and Time of downloading/ Sale (Start) of Tender Document	08.10.2024; 16:00 Hrs
ii)	Date & Time of Download/ Sale (End) of Tender Document	22.10.2024; 16:00 Hrs
iii)	Date & Time of Bid Uploading (Start/End)	08.10.2024; 16:00 Hrs to 22.10.2024; 16:00 Hrs
iv)	Commercial/ Technical Bid Opening Date & Time	23.10.2024 at 13:00 Hrs
v)	Financial Bid Opening	Shall be declared later on for the technically qualified bidders
vi)	Venue of Commercial/ Technical Bid Opening	Electronically on J&K Government e-Procurement System website <a href="http://jktenders.gov.in">http://jktenders.gov.in</a>
vii)	Cost of e-Bid document	Rs.1000.00 (Rupees One Thousand Only) (Non-refundable) [Treasury Receipt/ Demand Draft]
viii)	Amount of Earnest Money Deposit	Rs.51,800/= (Rupees Fifty Thousand Eight Hundred only)

DIPK-NB-1637-24  
DT: 10/10/2024

Sd/-  
Executive Engineer  
Electric Division Ganderbal

Good Morning Kashmir

EDITORIAL

Pragmatic Approach

The recent statement of Omar Abdullah that he wants cordial relationships with the centre should be welcomed by all parties. This is a great pragmatic step and should hold good for the interests of all stakeholders. Omar Abdullah is indeed among one of the intellectual politicians of the valley and under the guidance of an equally intellectual Lieutenant Governor he has the capability to steer Jammu and Kashmir towards prosperity and development.

The antagonist approach is not beneficial to anyone in Jammu and Kashmir as we are a small economy which LG Manoj Sinha tried to uplift to the centre stage of economic development. The contribution of Manoj Sinha as LG has been hugely significant in all fields and the recently successful conclusion of the legends league in Kashmir is emblematic of that fact. International level events are happening in Kashmir every other day. The centre has clearly hinted that the Vande Bharat Express trains would start chugging between Delhi and Srinagar from January 2025. That would be a significant step to connect the hearts of Kashmiris with New Delhi.

Since the Home Minister Amit Shah has already pledged that the statehood would be restored to Jammu and Kashmir at an appropriate time there was no point to antagonise centre over this issue. Omar Abdullah has taken a pragmatic approach and one can really admire his wisdom. Even in his first term as chief minister we could see that Omar was mature beyond his ears and in his early thirties was able to steer Jammu and Kashmir towards prosperity.

Omar Abdullah needs to keep a cool head and do the tightrope walk of keeping his voter base happy and at the same time not to antagonise New Delhi completely. Omar is the right person at the right place and his vision can help the union territory of Jammu and Kashmir to pass through this tricky phase with ease.

Omar Abdullah does not have the baggage of alliance partners and he is capable of taking decisions all by himself. The people of Jammu and Kashmir have given him an unprecedented mandate. The hopes of people are that Omar Abdullah will help state improve its GDP, horticulture would thrive and there would be more IT and Entrepreneurship parks in both Kashmir and Jammu region.

Keeping the bitterness of past aside let us hope that there would be a positive start to a new good relationship between New Delhi and Srinagar. Omar Abdullah is tasked with a tough job but he indeed is the best choice Jammu and Kashmir had. Wishing Omar Abdullah all the best for his tenure.

Food For The Heart

Key Dietary Changes To Combat Heart Disease



DR. PANKAJ RANJAN

Heart disease is becoming a health crisis in India, with roughly 1 in 4 deaths being caused due to cardiovascular diseases. A shift towards more processed and fast foods, coupled with an increase in sedentary lifestyles, has contributed to rising rates of obesity, hypertension, and diabetes, all of which are risk factors for heart disease. Traditionally, Indian diets, which are rich in legumes, whole grains, and spices like turmeric (known for its anti-inflammatory properties), have been heart-healthy. However, modern dietary habits, such as the consumption of fried foods and sugary sweets, are negatively impacting heart health.

Nutritional Strategies for Heart Health

A heart-healthy diet plays a crucial role in maintaining cardiovascular health by promoting balanced nutrition. Healthy fats, like those found in olive oil and avocados, help lower bad cholesterol, while fiber-rich foods such as whole grains and legumes support cholesterol regulation. Omega-3 fatty acids, abundant in fish, like salmon, offer anti-inflammatory benefits, and reducing sodium intake helps control blood pressure.

Foods to Avoid

Conversely, processed foods high in unhealthy fats, added sugars, and sodium increases the risk of heart disease, while excess red and processed meats also contribute to poor cardiovascular health. A balanced, personalized approach to diet, tailored to individual health needs, can significantly improve heart health and reduce the risk of cardiovascular diseases.

The Mediterranean Diet: A Heart-



Healthy Model

The Mediterranean diet has long been touted as one of the best dietary patterns for heart health. Rich in fruits, vegetables, whole grains, lean proteins (particularly fish), and healthy fats (like olive oil), this diet emphasizes natural, minimally processed foods. Research has shown that the Mediterranean diet can reduce the risk of heart disease, lower cholesterol levels, and improve overall cardiovascular function.

The Importance of Personalized Nutrition

While general dietary recommenda-

tions exist, it is essential to acknowledge that each individual's nutritional needs may vary based on genetics, existing health conditions, and lifestyle factors. Consulting with healthcare professionals, such as a cardiologist or nutritionist, can provide personalized guidance to optimize heart health through diet.

Diet plays an undeniable role in maintaining heart health. Incorporating heart-healthy foods like whole grains, fruits, vegetables, and omega-3 fatty acids while avoiding processed foods, unhealthy fats, and excess sugars is key to preventing heart disease. Along

with regular exercise and other lifestyle adjustments, a balanced diet can significantly reduce the risk of cardiovascular issues and enhance overall quality of life.

By making informed food choices and adopting a heart-conscious diet, individuals can take control of their cardiovascular health and enjoy the long-term benefits of a stronger, healthier heart.

Author is Head of Department and Senior Consultant in Department of Cardiology, Yatharth Hospital, Greater Noida

Capitalism As Barbarism



BHABANI SHANKAR NAYAK

Lenin characterized capitalism in France and Britain as "civilized barbarism," and referred to the so-called Western civilization as "capitalist barbarism," driven by the "stupid avarice of a handful of millionaires" who converted people as "slaves of wealth" during the early twentieth century. He further argued that "civilization, freedom, and wealth under capitalism call to mind the rich glutton who is rotting alive but will not let what is young live on". The realities of imperialist wars, conflicts, the cost-of-living crisis, diminishing welfare, wage stagnation, unemployment, child poverty, growing reliance on food banks, and rising homelessness in advanced capitalist countries today echo Lenin's analysis and observations from the early twentieth century.

The intensification of the capitalist crisis has transformed capitalism into uncivilized barbarism in the twenty-first century. Imperialist wars and conflicts often waged in the name of nationalism and religion, are strategies designed to further deepen the crisis, domesticate populations, and divert revolutionary consciousness, thereby undermining the potential for revolutionary movements for peace and prosperity. The capitalist crisis is not only inherent to the system, but it is also a tool used by capitalism to domesticate people and normalize crises in the everyday lives of working people.



Austerity measures are designed as economic policies to further diminish people's potential by privatizing public resources and cutting welfare budgets, all in the name of creating a balanced budget for economic stability and growth. In reality, austerity is a socialist project for the capitalist class, where the majority are marginalized under the burden of their everyday struggles. The rising cost of living is a form of daylight robbery of the commons. Austerity is not merely an economic policy but a quasi-religious project of capitalism, aimed at amassing profit at the expense of people and the planet.

Capitalism as a system can never offer an alternative that ensures human happiness, peace, and prosperity. As Rosa Luxemburg argued, 'no medicinal herbs can grow in the dirt of capitalist society which can help cure capitalist anarchy.' It can only

produce an alienated life and society, where death and destitution become everyday norms. From Europe to the Middle East, from Asia to the Arab world, and from the Americas to Africa, countries and continents are experiencing various forms of imperialist wars and capitalist resource conflicts, all aimed at ensuring the dominance of capitalism in its many forms. Capitalism uses everyday violence as a tool to naturalize the dehumanization of life and normalize the domestication of labor, undermining consciousness based on reason, science, and secularism—principles essential for a radical social transformation that can offer alternatives free from wars, exploitation, and inequality.

The Watson Institute for International and Public Affairs at Brown University has liberally estimated that 432,093 civilians have died directly, while an additional 3.6 to 3.8 million people have died indirectly as a

direct result of American wars. In total, more than 4.7 million people have lost their lives due to imperialist wars led by the U.S. since 9/11. Most of the deaths and casualties in these imperialist wars are from Afghanistan, Iraq, Yemen, Syria, and Pakistan. Furthermore, it is estimated that more than 7.6 million children under five are suffering from acute malnutrition in post-9/11 war zones. It appears that Western imperialism, led by the United States, treats people in these conflict areas as disposable commodities.

Historically, barbarism is an inalienable part of capitalism and its slaughterhouse. The decadent and uncivilized culture of capitalism encourages imperialist wars, conflicts, and various forms of invasion in the name of promoting liberal values, democracy, human rights, and freedom. However, in reality, imperialism promotes various forms of culture

of violence and dominance based on the values of mass consumerism, with the market as the dominant force organizing society, economy, politics, and culture, all to normalize barbarism. Friedrich Engels once said, "Bourgeois society stands at the crossroads: either transition to socialism or regression into barbarism." Contemporary capitalism, along with its imperialist industrial military complex led by NATO, is pushing humanity toward barbarism at the expense of human lives and the planet. Thus, the choice is ours: whether to embrace socialism as an available alternative or descend into the uncivilized barbarism of capitalism.

Bhabani Shankar Nayak works as Professor of Business Management, Guildhall School of Business and Law, London Metropolitan University, UK.

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Good Morning Kashmir

Printer, Publisher, Owner, Editor in Chief:

Javed Ashraf Shah

Associate Editor:

Mir Suhail

Bureau Chief Jammu:

Harbans Nagokay

Manager:

Peer Sajad

R.N.I No: JKENG/2010/36998

Regd No: 109555

Office No: 0194-3593724

Email:

goodmorningkashmir@gmail.com

Office Address:

B-11, Budshah Flats, Jehangir

Chowk, Srinagar-190001

Printed at:

Khidmat Offset Printing

Press, The Bund, Srinagar

Published From:

Main Bus Stand, Near Masjid Rehmat,

Lal Bazar, Srinagar - 190023

Layout Designer

Aijaz Ahmad Dar

So **Near And Yet** So Far

# Choices For Women And Girls For HIV Prevention



SHOBHA SHUKLA

**L**ongstanding gender inequalities, discrimination and poverty deny many women and girls bodily and economic autonomy - which deprives them of control over their sexual health, and increase the risk of preventable infections like HIV. Women and girls are still disproportionately affected with HIV.

## 4000 missed opportunities to prevent HIV among young women and girls every week

In 2023, an estimated 1.9 million adolescent girls and young women aged 15-24 years were living with HIV, compared with 1.2 million adolescent boys and young men of the same age group. The estimated number of adolescent girls and young women aged 15-24 years who acquired HIV in 2023 was 210,000 —four times higher than the 2025 target of 50,000. This is equivalent to an estimated 4000 new HIV infections among adolescent girls and young women every week. Of these, 3100 infections were in sub-Saharan Africa alone.

In this dismal scenario it is somewhat heartening to see that the HIV prevention field is focussing on funding long-acting prevention technologies for women.

To achieve the Sustainable Development Goal of ending the AIDS epidemic by 2030, women must be able to choose among a range of HIV prevention options that address their different needs and preferences, at different stages of their lives and lived realities.

### Her body, her choice

The importance of choice and access in combating the HIV epidemic was the dominant theme of the 5th HIV Research For Prevention Conference of International AIDS Society (HIVR4P) in Lima, Peru. Many clinical studies presented at the conference showed promising results of new HIV prevention tools made especially for women and young girls, which in addition to being safe and effective, will also be acceptable and affordable.

### Long-acting dapivirine vaginal ring for HIV prevention

The 3-months dapivirine vaginal ring is identical to the 1-month dapivirine vaginal ring (by way of its shape and size) except that it contains 100mg of dapivirine instead of 25 mg.

Just to recap, the monthly ring (developed by International Partnership for Microbicides and acquired by Population Council two years back), is the world's first female-controlled, long-acting, non-systemic, microbicide product that substantially reduces the risk of getting infected with HIV. Thus, it is also referred to as Pre-Exposure Prophylaxis (PrEP) ring.

The dapivirine vaginal ring is a flexible silicon ring that slowly releases the HIV prevention drug dapivirine into the target cells and substantially reduces the risk of her getting infected with HIV. Any HIV-negative woman, who is at risk of acquiring the infection, can put the ring in her vagina, leave it in place for 1-month and then replace it by herself.

The ring is available as an alternative for women who are unable to take daily oral PrEP tablets. It received a positive opinion from the European Medicines Agency and a pre-qualification by the World Health Organization (WHO). It has been approved for use in eleven African countries and is available in six of them (Eswatini, Kenya, Lesotho, South Africa, Uganda and Zimbabwe) through implementation and pilot studies.

While research has shown that the monthly dapivirine vaginal ring is appealing to many women, a longer-lasting version will have a lower annual cost and may be more convenient to users.

### 3-months ring

Jeremy Nuttall of the Population Council's Center for Biomedical Research shared findings from a clinical study (IPM 054). This study of the 3-month extended-use dapivirine vaginal ring was recently completed. This study is a phase-1, open-label, randomised crossover study, which investigated the relative bioavailability of a 3-month (100mg) dapivirine vaginal ring and compared it with the 1-month (25mg) ring.

Of the 124 healthy women who enrolled, 104 have completed the study. Each participant used three consecutive 1-month rings, followed by single 3-month ring, or vice versa.



Plasma vaginal fluid samples were taken regularly throughout the study period for drug-level measurement. Based on dapivirine concentrations in plasma after women used each type of ring, the study team determined that the 3-month ring is non-inferior and pharmacokinetically superior to the monthly one.

"These results show that the efficacy of 3-months ring is at least equal to that of the 1-month ring. While offering all benefits of 1-month vaginal ring, 3-months ring also means less number of rings per year - 4 rings in a year instead of 12 - which is a two-thirds reduction in number of rings and packaging materials required per year. The estimated cost is not more than US\$ 16, which represents a 60% price reduction per year compared to 1-month ring," said Nuttall.

Nuttall emphasized that the 3-month dapivirine vaginal ring will expand options and choice for women to protect their health and accelerate global efforts to end the HIV epidemic. By increasing convenience to women - in terms of fewer insertions and visits to the clinic, and lower costs - it is likely to increase acceptability and adherence, thus leading to increased effectiveness.

Population Council is preparing to seek regulatory approval for

prevents both HIV and pregnancy. Since both the ingredients of dual prevention pill are already approved for individual use, their combination pill just needs to undergo bio-equivalence study to determine if they are as safe and effective in combination. A recently concluded bioequivalence study has demonstrated the active ingredients functioned in the body the same as when PrEP and oral contraception are taken separately.

Viatris, a manufacturer of generic antiretroviral HIV drugs and hormonal contraceptives, is developing the dual prevention pill as a bilayer tablet containing Tenofovir Disoproxil Fumarate (300mg) and Emtricitabine (200mg) (also referred to as TDF/FTC), and Levonorgestrel (0.15mg) and Ethinyl Estradiol (0.03mg) (also referred to as LNG/EE). A pack will contain 28 tablets - 21 combination tablets (with HIV prevention medicines and contraceptive) and 7 antiretroviral-only tablets, which will need to be taken to maintain protection against HIV during the last week of the month/cycle.

The dual prevention pill is expected to be approved by regulators by late 2025 and could reach the market as early as 2026. It will become the first multipurpose prevention technology to go to the market since male and

injection volume and higher drug loading capacity, and may co-deliver two drugs with discretely controlled release profiles. Formulations containing 515 or 616mg/ml of micronised cabotegravir, and 359mg/ml of micronised dolutegravir and 67mg/ml of levonorgestrel were administered to rats to assess pharmacokinetics, drug-drug interactions, and injection site reactions for up to 3 months. Cabotegravir and dolutegravir are HIV antiretroviral medicines whereas levonorgestrel is a contraceptive one.

Both formulations showed high and sustained plasma concentrations. Dolutegravir and levonorgestrel plasma levels did not show drug-drug interactions and there were no observed safety signals in any formulations.

Peet and her team of researchers have now developed a silica-based hydrogel injectable platform loaded with high concentrations of cabotegravir or dolutegravir and levonorgestrel, supporting subcutaneous administration and drug release for at least 3 months for protection against HIV and/or unplanned pregnancy.

Peet explained that, "The silica-based hydrogel matrix is composed of silicon micro-particles and water. Drug release is controlled by the silica

prevention, development of a more clinically and regulatory congruent multipurpose prevention technology combining cabotegravir and levonorgestrel in this hydrogel gives hope.

Also, inserts of two antiretroviral medicines (tenofovir alafenamide or TAF and elvitegravir or EVG) are stable, easy to manufacture, low-cost, acceptable, and show highly promising preclinical and clinical results for on-demand topical pre- or post-exposure HIV prevention.

### Long-acting dissolving vaginal film for HIV prevention in women- the MATRIX way

The University of Pittsburgh and Magee-Women's Research Institute (MWRI) is collaborating with the Population Council in the development of a monthly dapivirine vaginal film, as well as a dapivirine and levonorgestrel monthly vaginal film for the protection of both HIV and unplanned pregnancy.

This film when placed inside the vagina would begin to dissolve slowly on coming in contact with vaginal fluid, and release both dapivirine and levonorgestrel over the course of a month until the film completely dissolves and all drug has been delivered in the vagina. This means there would be nothing to remove or discard. The user would simply insert a new film for another month of discreet dual protection.

Similar to thin breath mint strips that dissolve in the mouth, vaginal films are products designed to dissolve after being inserted in the vagina.

Researchers anticipate conducting a first-in-human clinical study of the monthly dapivirine film in 2025 and depending on results, would follow with a clinical study of the combination film. Meantime, extensive laboratory and animal studies of the dual-purpose film are ongoing.

Given recent approvals and a promising pipeline, new biomedical HIV prevention tools for women have the potential to transform the HIV response and can help reach global goals to reduce new HIV infections by 90% by 2030 - but only if they become accessible to those who need them most.

The recently updated United Nations Resolution 60/2: Women, the Girl Child and HIV and AIDS adopted by governments at 68th session of the Commission on Status of Women (CSW) in March 2024 underscores the urgent need to prioritize the health and rights of adolescents girls and young women in the context of the global AIDS pandemic.

*Shobha Shukla is the award-winning founding Managing Editor and Executive Director of Citizen News Service and is a feminist, health and development justice advocate. She is a former senior Physics faculty of prestigious Loreto Convent College and current Coordinator of Asia Pacific Regional Media Alliance for Health and Development (APCAT Media) and Chairperson of Global AMR Media Alliance (GAMA). She coordinates SHE & Rights Media Initiative (Sexual health with equity and rights). Follow her on Twitter @shobha1shukla or read her writings here [www.bit.ly/ShobhaShukla](http://www.bit.ly/ShobhaShukla)*

**After a long wait for women and girls to get health technologies, scientific R&D pipeline gives hope**



the 3-months ring. It is expected to enter the market by 2026 potentially replacing the 1-month ring providing a more convenient and cost-effective option to women. It represents yet another important prevention option for women.

### Dual prevention pill

When it comes to health, people may have more than one disease prevention needs. Can one pill reduce the risk of HIV as well as act like a contraceptive and reduce risk of unplanned pregnancies?

The dual prevention pill, currently under development, is a single, co-formulated, daily oral pill containing oral pre-exposure prophylaxis (PrEP) and combined oral contraception that

female condoms and add to the contraceptive and HIV prevention toolbox.

### Long-acting biodegradable hydrogel injectable system

Dr Melissa Peet, a scientist at CONRAD (a nonprofit research organisation affiliated with Eastern Virginia Medical School), presented data of a long-acting (LA) subcutaneous injectable hydrogel depot platform (currently in non-human primates studies)- a drug delivery system capable of both: either providing HIV prevention alone, or as multipurpose prevention technology for simultaneous protection against HIV and unplanned pregnancies.

It is biodegradable, provides lower

erosion for the micro-encapsulated levonorgestrel and suspended antiretroviral drug. Silica is fully biodegradable - which means it does not need to be removed - and in this way it is different from silicon which is used to manufacture the silicon dapivirine vaginal ring. It is also capable of co-formulation with one or more drugs. It allows for subcutaneous injection in a low-dose volume. It is a stable suspension and does not require any cold chain storage."

Additional studies are underway in non-human primates to better assess protective target drug concentrations and injection intervals. With the successful advancement of long-acting injectable cabotegravir for HIV

# Lemons Can Help You Lose Weight; Here's How

Certain foods can help with weight loss by boosting metabolism, reducing hunger, and aiding digestion. Lemon is one such food that is often associated with weight loss. While lemons themselves do not directly cause fat loss, they can support weight management in various ways. Lemon juice is low in calories and high in vitamin C, antioxidants, and fibre, all of which can play a role in boosting metabolism and improving digestion. The acidic nature of lemon can also help the body absorb nutrients more efficiently, leading to better overall health, which is key to effective weight management. Read on as we share some ways in which lemons can help us lose weight.

10 Ways lemons can help with weight loss

**1. Boosts metabolism**  
Lemon is rich in vitamin C, which can help enhance metabolic function. A faster metabolism allows the body to burn more calories at rest, which can aid in weight loss. Starting your day with a glass of warm lemon water can give your metabolism a gentle boost.

**2. Low in calories**  
Lemons are extremely

low in calories about 17 calories per lemon making them an ideal addition to your diet. Using lemon juice to flavour your meals instead of calorie-dense dressings or sauces can help cut overall caloric intake.

**3. Aids digestion**  
The citric acid in lemons can help break down food more effectively, improving digestion. Better digestion means more efficient nutrient absorption and less bloating, which can contribute to a flatter stomach and improved body composition.

**4. Rich in antioxidants**  
Lemons are packed with antioxidants, especially vitamin C, which helps reduce inflammation and oxidative stress in the body. This can aid in weight loss by preventing fat cells from enlarging due to inflammation and by supporting a healthy immune system.

**5. Acts as a natural diuretic**

Lemon water acts as a mild diuretic, which helps flush out toxins and excess water weight from the body. This can reduce bloating and give the appearance of a slimmer figure while also supporting overall health.

**6. Curbs appetite**  
The pectin fibre found in lemons can help control hunger and cravings.



Consuming lemons or lemon water before meals can make you feel fuller, reducing the likelihood of overeating or snacking on unhealthy foods. 7. Promotes hydration Drinking lemon water

encourages better hydration, which is crucial for weight loss. Staying hydrated helps regulate hunger signals, as thirst is often mistaken for hunger, leading to unnecessary snacking.

**8. Enhances fat burn**  
Lemons are believed to enhance fat oxidation, especially when consumed with green tea or in combination with exercise. The antioxidants in lemon can improve the body's ability to burn stored fat for energy.

**9. Improves insulin sensitivity**

Regular consumption of lemon can improve the body's insulin response, making it easier to regulate blood sugar levels. Balanced blood sugar prevents spikes in hunger and cravings, which can contribute to more controlled eating habits.

**10. Alkalises the body**  
Despite being acidic, lemons have an alkalising effect on the body once metabolised. Maintaining an alkaline environment in the body can improve energy levels and reduce fat storage, both of which contribute to weight loss.

Try incorporating lemons to your daily diet to lose weight and achieve these health benefits.

## FROM THE FRONT PAGE .....

### MHA Declares

political organization in then-Jordanian-controlled Jerusalem by Taqi al-Din al-Nabhani, a Palestinian Islamic scholar from Haifa who was educated in Egypt and served as a qazi (religious court judge) in Palestine. He formulated a program and a "draft constitution" for the establishment of a Caliphate.

The MHA in a notification said: "Whereas, the Unlawful Activities (Prevention) Act, 1967 (37 of 1967) (hereinafter referred to as the said Act) has been enacted to provide for more effective prevention of certain unlawful activities of individuals and associations and for dealing with terrorist activities and for matters connected therewith".

"And whereas, as per clause (m) of sub-section (1) of section 2 of the said Act, 'terrorist organisation' means an organisation listed in the First Schedule to the said Act or an organisation operating under the same name as an organisation so listed".

And whereas, the First Schedule to the said Act contains the list of such terrorist organizations.

And whereas, 'Hizb-Ut-Tahrir (HuT)' is an organisation which aims to establish Islamic state and Caliphate globally including in India by overthrowing democratically elected Governments through jihad and terrorist activities by involving citizens of the country, which is a grave threat to the democratic setup and internal security of the country.

And whereas, the 'Hizb-Ut-Tahrir (HuT)' is involved in radicalisation and motivation of gullible youth to join terrorist organisations, such as ISIS (which is listed as a terrorist organisation under the First Schedule to the said Act at serial number 38) and raising funds for terror activities.

And whereas, the 'Hizb-Ut-Tahrir (HuT)' is promoting terrorism by using various social media platforms, secure apps and by conducting Dawah meetings to encourage gullible youth to indulge in acts of terrorism.

And whereas, the Central Government believes that 'Hizb-ut-Tahrir (HuT)' is involved in terrorism and has participated in various acts of terrorism in India.

Now, therefore, in exercise of the powers conferred by clause (a) of sub-section (1) of section 35 of the Unlawful Activities (Prevention) Act, 1967 (37 of 1967), the Central Government hereby makes the following further amendments in the First Schedule to the said Act, namely:- In the First Schedule to the said Act, after serial number 44 and entries relating thereto, the following serial number and entries shall be inserted, namely:- "45. 'Hizb-Ut-Tahrir (HuT)' and all its manifestations and front organisations", the notification reads.

### Omar Abdullah

have extended support to NC. With four independent supporting the NC, its number has gone up to 46, while Congress have six members.

Meanwhile, Congress chief Tariq Hameed Karra, who was camping in New Delhi for the past two days, has reached Srinagar. "Congress Legislature Party will meet tomorrow (Friday). We will give a letter of support to NC so that the claim for the government formation is staked out shortly," a senior Congress leader said.

While NC swept Valley by bagging 42 seats, Congress witnessed its worst ever downfall as it settled for just six seats. PDP also won just three seats. However, BJP retained its fort by bagging 29 seats—(KNO)

### Omar Abdullah

Jammu and Kashmir Assembly polls with 42 seats. The party has a comfortable majority in the 95-member Assembly as its alliance partners Congress and CPI(M) have won six seats and one seat respectively.

### CEO Submits

Section 73 of the Representation of People Act 1951 (43 of 1951), containing the names of the Members elected to the Legislative Assembly of Jammu and Kashmir following the polls, was submitted by them to the Lieutenant Governor.

The Lieutenant Governor congratulated Shri Pandurang Pole, Chief Electoral Officer, UT of J&K on the successful completion of the electoral process. He also appreciated the efforts of the Election Officials, J&K Police and security personnel for successfully completing a peaceful, transparent, free and fair election.

### ED Attaches

attached six immovable properties worth Rs. 3.40 Crore belonging to Ishtiyaq Ahmad Parray, Tariq Ali Parray, Haseena Bano and Maqsood Ali Parray in Srinagar and its nearby areas.

It also said that a flat at Zakir Nagar, New Delhi was also attached under the provisions of PMLA, 2002 in Jammu & Kashmir Graemeen Bank fraud case.

### Ram Madhav

Ram Madhav cited Jamaat's participation in the electoral process as a remarkable achievement. To ensure the persistence of peace, Madhav stressed the importance of regional leaders providing guarantees against the resurgence of separatist movements.

"For full statehood to be possible, those in power in JK must reassure Delhi that they won't revive separatist tendencies," Madhav stated. This assurance is crucial for the Center to consider granting full statehood. [KNT]

### LG Sinha Assigns

Department, shall hold the charge of the post of Administrative Secretary, School Education Department in addition to his own duties till further orders.

Dr Rashmi Singh, IAS, Commissioner/Secretary to the Government, Hospitality & Protocol Department (Additional Charge of Principal Resident Commissioner, J&K Government, New Delhi) shall hold the charge of the post of Administrative Secretary, Higher Education Department in addition to her own duties till further orders, reads an order a copy of which lies with Greater Kashmir.

### CS Flags Off Cycling

for their collaboration in organising this event in J&K. He showed optimism about the diversity and growth in number of participants registered for this year's event.

He maintained that the expedition is gaining fame internationally that has materialised into attracting cyclists from some other nations besides a large number from different parts of the country. He observed that it gives him confidence that this event would become the annual affair, attracting highest

number of participants in the years to come.

Dulloo further pointed out that numerous events of international prominence are now being organised in the UT with large participation of sportspersons of great repute. He specified the ongoing Legends League cricketing event and the Kashmir Marathon event to be held on 20th of this month exuding hope that many more significant sporting events would be held in the times to come.

He said that last year some of the cyclists covered this herculean task of reaching to Kanyakumari from here in just 6 days. He expressed hope that this year too they would register new records while extending best wishes to the athletes.

Secretary, YS&S, Sarmad Hafeez, who was present in the ceremony, also bestowed his wishes on the participants. He remarked that this international event along with others has put J&K among the most sought of sporting destinations in the country. He reiterated that the infrastructure and equipment has been largely upgraded in the UT to chisel the talent of local youth besides enabling hosting of events of such repute.

The Divisional Head, IOCL, called this event significant that would give opportunity to the cyclists to experience India in its true diversity. It would enrich individuals by giving a chance to come into contact with diverse weather, food and languages besides giving message about good health, environmental and oil conservation for overall good of the nation.

It is worth mentioning here that this cycling expedition is the largest organised event in the country with cyclists destined to start from Srinagar and conclude at Kanyakumari more than 3750 km away from here.

It has around 15 solo riders and 22 teams comprising two or four members categorized in different age groups. Cyclists including Doctors, Professors, Students along with those from Army and Paramilitary forces from different parts of the country are participating enthusiastically in this years edition of 'Race Across India' to make it one of the famous sporting events of the nation.

### Experts Call

health in the region, he said, "Unfortunately, stigma remains a significant barrier that prevents many from seeking help. It is driven by cultural beliefs, lack of awareness, and societal attitudes toward mental illness."

To combat this stigma, Dr Yasir advocated for multi-pronged strategies, including public awareness campaigns to normalize conversations about mental health, integrating mental health education into schools and workplaces, and training primary health-care providers to recognize and treat mental health issues.

Addressing the impact of unemployment and academic pressure on mental health, Dr Yasir said these socio-economic stressors particularly affect students and young professionals. "This critical phase of life, where individuals are trying to establish careers and educational goals, increases vulnerability to stress, anxiety and depression," he explained.

He added that uncertainty about future prospects, combined with societal expectations and self-imposed pressure to succeed, creates a chronic state of psychological strain.

"Unemployment can lead to feelings of hopelessness, low self-worth and social isolation, while academic pressure contributes to burnout and anxiety disorders. For many, this mental load is compounded by financial insecurity, family expectations, and a lack of adequate coping mechanisms or mental health support," he said.

Dr Yasir said there is an alarming trend in

outpatient departments, where more young individuals are presenting with issues like generalised anxiety disorder, depression and even suicidal ideation.

Dr Javid Ahmad, another psychiatrist, said mental health issues are increasingly prevalent. "A significant percentage of people suffer from various mental health problems today, including depression, anxiety and bipolar disorder," he said.

He said mental health disorders can lead to serious implications like social and behavioural problems, including suicidal thoughts. Dr. Ahmad further said that drug addiction is a major societal concern that requires effective intervention.

He called calling for a collective effort to address the stigma associated with mental disorders, improve public awareness and encourage timely treatment-seeking behavior—(KNO)

### 84% Of Newly

excess of Rs 1 crore.

While 23 MLAs have assets worth more than Rs 10 crore, 26 have assets worth more than Rs 5 crore but less than Rs 10 crore. The highest number of MLAs, 27, fall in the Rs 1 crore to Rs 5 crore bracket while 14 legislators have assets less than Rs 1 crore, ADR data showed.

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# PM Modi embarks on 2-day visit to Laos for ASEAN-India, East Asia summits

IAN S

**NEW DELHI :** Prime Minister Narendra Modi on Thursday embarked on a two-day visit to Laos, where he will attend the 21st ASEAN-India Summit and the 19th East Asia Summit at the invitation of his Laotian counterpart Sonexay Siphandone, the current chair of ASEAN.

PM Modi in his departure statement said the East Asia Summit provides an opportunity to deliberate on the challenges to peace, stability and prosperity in the Indo-Pacific region.

The statement read, "Today, I am embarking on a two day visit to Vientiane, Lao PDR at the invitation of Prime Minister Mr. Sonexay Siphandone to participate in the 21st ASEAN-India and the 19th East Asia Summit. This year we are marking a decade of our Act East Policy. I will join the ASEAN leaders to review progress in our Comprehensive Strategic Partnership and chart the future direction of our cooperation."

The Prime Minister said India shares close cultural and civilisational ties with the region, including with Lao PDR, which are



enriched by the shared heritage of Buddhism and Ramayana.

"I look forward to my meetings with the Lao PDR leadership to further strengthen our bilateral ties. I am confident that this visit will further deepen our engagement with ASEAN countries," PM Modi further said.

The Prime Minister is also expected to hold bilateral meetings on the margins of the summits in Vientiane.

His visit to Laos underlines how the Association of Southeast Asian Nations

(ASEAN) member countries are a significant pillar of India's Act East policy and key partners of New Delhi's Indo-Pacific Vision strongly backed by the Prime Minister's Security and Growth for All in the Region (SAGAR) initiative.

"The ASEAN-India Summit will review the progress of India-ASEAN relations through our Comprehensive Strategic Partnership and chart the future direction of cooperation. The East Asia Summit, a premier leaders forum that contributes to building an environ-

ment of strategic trust in the region, provides an opportunity for leaders of EAS Participating Countries, including India, to exchange views on issues of regional importance," the Ministry of External Affairs (MEA) said in an earlier statement.

With Prime Minister Modi firmly supporting ASEAN centrality and the ASEAN outlook on the region, India has, over the last 10 years, believed that a strong and unified ASEAN plays an important role in the emerging dynamic of the Indo-Pacific.

# India's 100 richest tycoons surpass \$1 trillion milestone, Adani at 2nd spot

IAN S

**NEW DELHI :** The collective wealth of India's 100 richest tycoons surpassed the trillion dollar milestone for the first time as more than 80 per cent of the country's richest tycoons are now wealthier than they were a year ago, a Forbes report showed on Thursday.

In a record-breaking year, India's wealthiest are now worth \$1.1 trillion, more than twice as rich as they were in 2019, according to the Forbes list of India's top 100 billionaires.

"The biggest dollar gainer is infrastructure magnate Gautam Adani, who posted a strong recovery from last year's short-selling attack and recently placed his sons and nephews in key positions," the



report noted.

"With his brother Vinod (Adani), he added \$48 billion to take the family's net worth to \$116 billion, enough to retain the No. 2 position," it added.

According to the report, India's wealthiest added \$316 billion or nearly 40 per cent in just the past 12 months, as investor enthusiasm about the country's growth story remains robust under Prime Minister Narendra Modi's third term.

"Savitri Jindal, matriarch of steel-to-power conglomerate OP Jindal Group, whose son Sajjan Jindal recently made an ambitious foray into electric vehicles with MG Motor, moved up to No. 3 for the first time. She's one of nine women on the list, up from eight a year ago," the report revealed.

Mahima Datla, who controls privately-held vaccine producer Biological E. is one of four newcomers to the Forbes list.

Others on the coveted list are B. Partha Saradhi Reddy, founder of Hetero Labs, a maker of generic medicines and pharma ingredients; Harish Ahuja of apparel maker Shahi Exports and Suresh Saluja, founder and chairman of Premier Energies, which makes solar panels

and modules.

Dilip Shanghvi, founder of Sun Pharmaceutical Industries, jumped three spots to fifth position with \$32.4 billion and siblings Sudhir and Samir Mehta of Torrent Group more than doubled their wealth to \$16.3 billion.

From the Godrej family, brothers Adi and Nadir Godrej, who control listed companies under the Godrej Industries Group, and their cousins Jamshyd Godrej and Smita Crishna Godrej, who control privately-held flagship Godrej & Boyce under the Godrej Enterprises Group, are on the list.

Nikhil Kamath, 38, who co-founded and runs online brokerage Zerodha with his brother Nithin, 45, is among the six nonagenarians on the list.

## 'India has lost a giant', says Gautam Adani on Ratan Tata's demise

IAN S

**NEW DELHI :** Gautam Adani, Chairman, Adani Group, on Thursday expressed deep sorrow on the demise of Ratan Tata, the Chairman Emeritus of Tata Sons, who passed away at the Breach Candy Hospital following age-related health conditions.

"India has lost a giant, a visionary who redefined modern India's path. Ratan

Tata wasn't just a business leader - he embodied the spirit of India with integrity, compassion and an unwavering commitment to the greater good. Legends like him never fade away. Om Shanti," Gautam Adani wrote on X.

Tata was admitted to the hospital on Monday, sparking intense speculation on his health status in corporate, political and common circles.

Later, he had issued a statement that he was

undergoing certain routine medical examinations for age-related health concerns.

Subsequently, he was reportedly put on life-support systems, though the Tata Group officials did not confirm or deny anything.

Chairman, Tata Sons, N Chandrasekaran said that it is with a profound sense of loss that he bid farewell to Mr. Ratan Naval Tata, a truly uncommon leader whose immeasurable contri-

butions have shaped not only the Tata Group but also the very fabric of our nation.

"For the Tata Group, Mr. Tata was more than a chairperson. To me, he was a mentor, guide and friend. He inspired by example. With an unwavering commitment to excellence, integrity, and innovation, the Tata Group under his stewardship expanded its global footprint while always remaining true to its moral compass," he added.

PHALAK PHALAM

## PM Modi witnesses Ramayan performance in Laos

IAN S

**NEW DELHI :** Prime Minister Narendra Modi, on a two-day visit to Laos, witnessed an episode of Lao Ramayan titled 'Phalak Phalam or Phra Lak Phra Ram', enthusiastically performed by the prestigious Royal Theatre of Luang Prabang.

Ramayana, one of the greatest Hindu epics, connects India and South-east Asia including Laos in ways that nothing else does.

PM Modi took to X and shared that he was delighted to witness Ramayan in Lao PDR, marking Lord Ram's victory over Ravan. "Vijaya Dashami is a few days away and today in Lao PDR, I saw a part of the Lao Ramayana, highlighting the victory of Prabhu Shri Ram over Ravan. It is heartening to see the people here remain in touch with the Ramayan. May the blessings of Prabhu Shri Ram always remain upon us!" wrote PM Modi.

Ramayana continues to be celebrated in Laos for centuries, reflecting the shared heritage and age-old civilisational connection between the two nations. Many other facets of Indian culture were also practised in the Southeastern nation for centuries.

Myanmar, Laos, Cambo-

dia and Thailand are other nations, predominantly led by Theravada Buddhism have many Ramayan traditions with Buddhist reinterpretations and adaptations.

Notably, Laos was known to ancient Indians as the 'Suvannabhumi' or the 'Land of Gold'.

As per historical records, when Ashoka waged a war against Kalinga, several people moved to Suvannabhumi and brought with them Hindu and Buddhist beliefs from across the seas.

Laotian Ramayan is believed to be deeply influenced by the Valmikiyan narrative and is built on the template of Lao's history and ways of life of the people.

PM Modi's visit to Vientiane is likely to consolidate the country's deep historical linkage with the region, shared culture and heritage.

Prior to the Ramayan performance, PM Modi participated in a blessing ceremony by senior Buddhist monks of the Central Buddhist Fellowship Organization of Lao PDR, led by venerable Mahaveth Masenai, the revered abbot of Si Saket temple in Vientiane. The shared Buddhist heritage marks another facet of close civilisational bonds between India and Laos.

## Decline in child marriages in India as more cases reported: NCPDR

IAN S

**NEW DELHI :** The National Commission for Protection of Child Rights (NCPDR) has come out with a comprehensive annual report for 2023-24 on prohibition of child marriage in India.

NCPDR has prioritised the issue of child marriage and has been conducting review meetings focused on its prevention for the past three years within the framework of competitive-cooperative federalism.

This has resulted in a significant impact as during this period, reporting of child marriages has increased while the number of cases has shown a notable decline.

NCPDR, while performing its function as per Section 13(1) (a) of the Commission for Protection of Child Rights Act, 2005, conducted a series of virtual review meetings over the course of one month with key stakeholders from all the States and Union Territories (UTs).

These meetings focused on the prevention of child marriages under the Prohibition of Child Marriage Act, 2006, with the aim of advancing social objectives and contributing to the formulation and implementation of welfare policies for

children within the framework of competitive-cooperative federalism.

The findings of the



report compile data from 596 districts across 27 States and seven UTs.

The NCPDR is further mandated to monitor the proper and effective implementation of Protection of Children from Sexual Offences (POCSO) Act, 2012; Juvenile Justice (Care and Protection of Children) Act, 2015 and Right to Free and Compulsory Education (RTE) Act, 2009.

NCPDR is a statutory body that works to safeguard the rights of children. It was established in 2007 under the Commission for Protection of Child Rights Act, 2005, and operates under the Ministry of Women and Child Development.

NCPDR ensures that laws, policies, and programmes conform to the rights of the child as outlined in the Constitution of India as well as the United Nations Convention on the Rights of the Child Monitoring.

**GOVERNMENT OF UT JAMMU AND KASHMIR**  
**OFFICE OF THE EXECUTIVE ENGINEER PCD(PHQ) J&K JAMMU/ SRINAGAR**  
**INVITING E-TENDER NOTICE**  
**e-NIT No/EE-PCD/PHQ/50/2024-25 Dated:- 09-10-2024**

Executive Engineer PCD PHQ J&K JAMMU/SRINAGAR on behalf of The President of India invites tenders by e-tendering on Percentage rate basis from approved and eligible contractors registered with J&K Govt. / CPWD / Railways and other State / Central Governments for the following works.

S. No	Name of Work	Name of Division	Estimated Cost (Rs. In lacs)	Cost of document (In Rs.)	Earnest Money (In Rs.)	Time Allowed for completion	Date of opening of tender	Class of Contractor
1	Construction of Lavatory block (10+10) at Police Station Budgam including electrification works	PCD (PHQ) J&K, Jmu/ Sgr	33.78lacs	2000/-	67560/-	90 working days	22-10-2024	"A" & "B",
2	Construction of Lavatory block (4+4) at Police Station Khag Budgam including electrification works	PCD (PHQ) J&K, Jmu/ Sgr	13.97lacs	1000/-	27940/-	75 working days	22-10-2024	"A", "B", "C" & "D"
3	Construction of Lavatory block (6+6) at Police Station Chadoora Budgam including electrification works	PCD (PHQ) J&K, Jmu/ Sgr	20.91lacs	2000/-	41820/-	90 working days	22-10-2024	"A", "B" & "C"
4	Repair/ renovation of Police Station Khag Budgam including electrification works	PCD (PHQ) J&K, Jmu/ Sgr	19.81 lacs	1500/-	39620/-	75 working days	22-10-2024	"A", "B" & "C"
5	Construction of Lavatory block (4+4) at Police Station Budgam including electrification works	PCD (PHQ) J&K, Jmu/ Sgr	13.97 lacs	1000/-	27940/-	75 working days	22-10-2024	"A", "B", "C" & "D"
6	Construction of 04 No. B P Morcha/ Sentry post at Police Station Shergari Srinagar.	PCD (PHQ) J&K, Jmu/ Sgr	15.73 lacs	1500/-	31460/-	75 working days	22-10-2024	"A", "B" & "C"
7	Repair/ renovation of Family Quarter at Police Station Ganderbal including electrification works	PCD (PHQ) J&K, Jmu/ Sgr	13.37 lacs	1000/-	26740/-	75 working days	22-10-2024	"A", "B", "C" & "D"

- Date of Publishing 11-10-2024 at 1600 hours.
- The Bidding documents can be downloaded from the website <http://jktenders.gov.in> from 1630 hours on 11-10-2024.
- The Bids shall be deposited in electronic format on the website <http://jktenders.gov.in> from 13-10-2024 to 21-10-2024 upto 1600 Hrs. The bids received will be opened at 1100 hours on 22-10-2024 on line.
- The complete bidding process will be on line.
- Technical bids of bidders shall be opened on line in the office of Executive Engineer PCD PHQ J&K Jammu/ Srinagar on 22-10-2024 at 1100 Hrs.
- The lowest bidder i.e. L1 shall be intimated to deposit the original copy of required earnest money in shape of CDR/ FDR and hard copies of all relevant documents as mentioned in clause 2 of general instructions to the bidders within five days from opening of financial bids.
- In light of Govt. Notification issued by Finance Department Civil Secretariat Vide No. A/24(2017)-651 dated: 07-06-2018, the bidder must upload the copy of challan / receipt on account of cost of tender documents remitted in the treasury concerned for that the bidders must write an application to be addressed to treasury officer concerned requesting therein for remittance of amount as cost of tender documents towards M. H. 0055/ Revenue (others).
- The cost of tender documents should be submitted by the bidder in shape of treasury challan / receipt and upload the same.
- Earnest Money:- The earnest money deposit (EMD @ 2% of advertised cost) in the shape of CDR/ FDR pledged to Executive Engineer PCD PHQ J&K Jammu/ Srinagar of the successful bidder (L1) shall be released, only after defect liability period, the DLP shall be calculated from the date of successful completion of the work to the satisfaction report of Engineer incharge.
- Bid documents can be seen at and downloaded from the website <http://jktenders.gov.in> Bid documents contain qualifying criteria for bidder, specifications, bill of quantities, conditions and other details.
- The site for the work is available. The intending bidders are strongly advised to inspect the site of work before bidding.
- Financial Bids will be opened on line in the office of the Executive Engineer, PCD PHQ J&K Jammu/ Srinagar. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue.
- The bid for the work shall remain open for acceptance for a period of 90 days from the date of opening of bids. If any bidder / tenderer withdraws his bid/ tender before the said period or makes any modifications in the terms and conditions of the bid, the said earnest money shall stand forfeited.
- No Engineer of Gazetted rank or other Gazetted Officer employed in Engineering or Administrative duties in an Engineering Department of the Government is allowed to work as
- Contractor for a period of two years after his retirement from Government service, without permission of the Government. This contract is liable to be cancelled if either the contractor or any of his employees is found any time to be such a person who had not obtained the permission of the Government as aforesaid before submission of the tender or engagement in the Contractor's Service.
- Other details can be seen in the bidding documents.
- Instruction to bidders regarding e-tendering process.
- The interested bidder can download the NIT/bidding document from the website <http://jktenders.gov.in>.
- To participate in bidding process, bidders have to get (DSC) "Digital Signature Certificate" as per Information Technology Act-2000, to participate in online bidding. This certificate will be required for digitally signing the bid. Bidders can get above mentioned digital certificate from any approved vendors. The Bidders, who already possess valid (DSC) Digital Signature Certificates, need not to procure new Digital Signature Certificate.
- The bidders have to submit their bids online in electronic format with Digital Signature. The bids cannot be uploaded without Digital Signature. No Proposal will be accepted in physical form.
- Bids will be opened online as per time schedule mentioned in Para 2(III).
- Before submission of online bids, bidders must ensure that scanned copies of all the necessary documents have been attached with bid.
- The department will not be responsible for delay in online submission of bids whatsoever reasons may be.
- All the required information for bid must be filled and submitted online.
- Bidders can contact the undersigned for any guidance for getting DSC or any other relevant details in respect of e-tendering process.
- Original Registration certificate of GST No. shall be uploaded on line.
- The guidelines for submission of bid online can be downloaded from the website <http://jktenders.gov.in>
- No construction material shall be supplied by Police Construction Division, PHQ. However, the brands of the material will be approved by Engineer incharge of the concerned site in consultation with Executive Engineer, PCD PHQ J&K.
- In case of any typographical error, if found in the rates or units etc. the same shall be corrected and paid as per sanctioned schedule of rates / LMR with contractor's Tender appreciation/depreciation.
- Any item of work not advertised in the rate list but found necessary during execution of work should be got approved by the competent authority before proceeding further beyond the allotment and payment for the same shall be made on sanctioned schedule of rates / LMR with contractor's overall appreciation/depreciation.
- In case of delay in completion of the work beyond scheduled period of completion (as per allotment), a penalty at the rate of 1% per week (on pro-rata basis) on the amount of allotted work shall be imposed on the contractors subject to a maximum of 10% of the contract value.

No:- e-NIT/EE-PCD/PHQ/2024-25/4485-91  
 Dated:- 09-10-2024.  
 DIPK-5748-24  
 DT: 10/10/2024

Sd/-  
 (Er. Neeraj Gupta)  
 Executive Engineer  
 PCD (PHQ) J&K Jmu/Sgr.

**Government of Union of Union Territory Jammu & Kashmir**  
**OFFICE OF THE EXECUTIVE ENGINEER MACHINERY DIVISION SRINAGAR**  
**MECHANICAL & HOSPITAL ENGINEERING DEPARTMENT, KASHMIR**  
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**GIST OF NOTICE INVITING E-TENDER**

e-NIT No:	MDSK/TS /2024-25/39
Date	09/10/2024

For and on behalf of the Lt. Governor, Union Territory of J&K e-tenders are invited on percentage (%) basis from Registered/Reputed firms for the below mentioned work:

Name of the Work	Cost of Tender Doc. (In Rs.)	Earnest Money (In Rs.)	Estimated Cost (In Lacs)	Position of Funds
1	2	3	4	5
Stage Contract for Repairs to TATA LPTA 713 model Snow Clearance Prime Movers.	200.00	24000/-	12.00	Under MH-3054-023 Snow Clearance
Stage Contract for Repairs to TATA LPTA 715 model Snow Clearance Prime Movers	50.00	3240/-	1.62	

The Tender document Consisting of qualifying information, eligibility criteria, specifications, Bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the Govt. website [www.jktenders.gov.in](http://jktenders.gov.in) from 09-10-2024 (10 AM)

- The bidders shall deposit their bids in electronic format on the above website from 09-10-2024(10 AM) to 16-10-2024 (6.55PM) in two covers.
- The bid uploaded on the Web Site up to due date and time will be opened on 17-10-2024 (2.00PM) in the Office of Executive Engineer, Machinery Division Srinagar Kashmir
- The bidders are required to submit their offers in two (02) covers

No: MDSK/ TS- /3171-75  
 Dated:- 09-10-2024.  
 DIPK-5672-24  
 DT: 10/10/2024

Sd/  
 (Er. Mohammad younis)  
 Executive Engineer,  
 Machinery Division, Srinagar

# Delhi HC tribunal confirms ban imposed on Jamaat-e-Islami

AGENCIES

**NEW DELHI:** A Delhi High Court tribunal has validated the ban imposed on Jamaat-e-Islami, Jammu & Kashmir for its alleged involvement in activities which are prejudicial to internal security and public order, having the potential to disrupt the unity and integrity of the country.

A few members of the group, which was banned for five more years in February, had contested the recently concluded assembly elections in Jammu and Kashmir. This led to speculation that the ban imposed on Jamaat-e-Islami (JeI), Jammu & Kashmir under the Unlawful Activities (Prevention) Act, (UAPA) 1967 might be withdrawn by the government.

While declaring the group outlawed, the home ministry had listed 47 cases registered against it. They included an NIA case for collection of funds and encouragement to violent and secessionist activities. The funds were also used by the active cadres and members of Hizb-ul-Mujahideen, Lashkar-e-Taiba and other terrorist organisations through a well-established network of their cadres to organise violent protests, create public unrest and communal disharmony, thus instilling a sense of fear and insecurity in J&K and all over the country, the home ministry had said.

Another NIA case was registered against the members and cadres of the JeI, including Ameer Mohammed Shamsi, chief executive, Al-Huda Educational Trust (AHET) for receiving funds through AHET, Rajouri, in the name of JeI even after its ban in February, 2019.

AHET was formed by



the top leadership of JeI, including accused Ameer Mohammed Shamsi. They were the trustees of AHET.

The home ministry also said the JeI is in close touch with militant outfits and is continuously supporting extremism and militancy in J&K and elsewhere.

According to the home ministry, the JeI J&K is supporting claims for secession of a part of the Indian territory from the Union and is supporting terrorist and separatist groups fighting for this purpose by indulging in activities and articulations intended to disrupt the territorial integrity of India. It is involved in anti-national and subversive activities in the country intended to cause disaffection, it added.

Asad Ullah Mir, one of the alleged members of the JeI J&K, appeared before the tribunal through his counsel and submitted that it is a socio-religious organisation with a written constitution. It is committed to peaceful constitutional means and does not have any links with militant outfits nor it supports extremism in any form, he claimed.

Mir also said the group was set up in 1953 to spread the word of Islam and in doing so it extends its Da'wah (invitation to Islam) to all people without discriminating on the basis of sect, language, colour, race, nation or country. The constitution of the association has never supported violence, the JeI member submitted.

He said the JeI has always participated in the democratic process. In 1969, it participated in the municipal and panchayat elections and had contested the Lok Sabha elections in 1971 securing more than 1 lakh votes, he added.

In 1972, five members of the association were elected members of the J&K assembly. In 1977, one member of the association was elected to the assembly. In 1983, none from JeI, J&K was elected to the state legislative assembly, although the association contested 20 constituencies, the tribunal has been told.

"In 1987, two members of the JeI, J&K were elected to the assembly and it was first declared unlawful after emergency was imposed in 1975. The

chief minister of Jammu and Kashmir at the time, Sheikh Mohammad Abdullah, got the central government to declare the association as unlawful because it was his only serious rival in the state.

"The declaration of the association as unlawful was lifted with the election of the new government at the centre, after Emergency was lifted," the group submitted through its counsel.

It also submitted before the tribunal that the group participated in the elections of 1987 and put up 22 candidates.

"However, the elections of 1987 were rigged, resulting in election of only two members from the association. That the 1987 elections were rigged is common knowledge and has been acknowledged even by former deputy prime minister and home minister, Mr L K Advani, in his autobiography, 'My Country My Life', and by several others.

"Most recently, the Union Home Minister, Mr Amit Shah, while moving the amendment bill of the Jammu and Kashmir Reservation Act in the

Lok Sabha also stated that farcical elections were conducted by the earlier Congress government in Kashmir," the group said.

The JeI J&K said it was only after the "wholesale rigging of elections" of 1987 that it decided not to contest elections until there was a guarantee of free and fair elections.

"Although the association has always been opposed to violence, and although Ameer-e-Jamaat Hakeem Ghulam Nabi, expressly condemned violence at several public meetings when the state was in the grip of armed militancy in 1987, a misconception began to build that the association supported militancy.

"This misconception was entirely the creation of persons with vested interest against the association. It was because of this misconception that the association was declared unlawful in March 1990," it said.

However, the tribunal, consisting of Justice Navin Chawla, Judge, High Court of Delhi, concluded that there is ample justification to declare JeI J&K as an unlawful association under Section 3(1) of the UAPA and the central government was justified in taking recourse to the provision of Section 3(3) of the UAPA vide notification dated February 27.

"Thus, the Reference is answered in affirmative and an order under Section 4(3) of the Unlawful Activities (Prevention) Act, 1967 confirming the declaration made in the Notification No.S.O.924(E) dated 27.02.2024, published in the Gazette of India, Extraordinary issued under Section 3(1) of the Unlawful Activities (Prevention) Act, 1967 is hereby passed," the tribunal said.

# Statehood resolution won't meet Autonomy fate: NC MLA Dr Veeri

ABID BASHIR

**SRINAGAR:** The newly elected Member Legislative Assembly (MLA) from Bijbehara in South Kashmir's Anantnag district, Dr Bashir Ahmed Veeri Thursday said he was confident that Statehood restoration resolution to be passed by the upcoming cabinet won't meet the same fate as that of Autonomy. He also said political battles are won by pursuing the issues and restoration of statehood will set ground for bringing back Article 370.

In an interview, Dr Veeri said as already stated by the NC vice president Omar Abdullah that the first cabinet meeting of the new government will pass a resolution seeking restoration of Statehood to J&K. "I am damn sure and confident enough that the statehood resolution won't meet the Autonomy resolution fate. It won't be rather, it can't be trashed as there is no scope for that," the MLA Bijbehara said.

He said that Prime Minister Narendra Modi is on record that after polls Statehood would be restored to J&K. "Union Home Minister has made a statement about the same on the floor of the parliament. The BJP has given a written assurance to the Supreme Court about restoration of Statehood. So with all this, there is the scope for not getting the Statehood back," Dr Veeri said.

He said restoration of Statehood would be the first step for the big fight which is to get back Article 370. "I believe once we get back Statehood, our morale will go up a bit further and we would be able to raise the bar for the Article 370 restoration. We are also aware that it is not easy but we believe it is not impossible as well," he said. "NC's second name is to fight and strive hard for the peoples'



rights. We will get back what we have promised in our manifesto."

On NC vice president Omar Abdullah's statement that they can't afford to have an antagonist relationship with the Government of India, Dr Veeri said this shouldn't be misconstrued that NC was going to surrender on Article 370. "We are dependent on the Centre for funds and so many things. We can't afford to stop working relation with the GoI. How can we run J&K affairs without having a working relationship with Centre," he said. "We will have a working relationship with GoI not BJP. This is where some people try to create confusion."

About how he managed victory against PDP's Iltija Mufti in Bijbehara that was considered as a strong bastion of PDP, Dr Veeri said people came out to vote for him. "My father's great legacy saved me and helped me sail through. My father had defeated the late Mufti Muhammad Sayeed as well. Apart from that, I got tremendous support from youth, the first time voters," he said.

To a query how interesting the contest was in Bijbehara, Dr Veeri said that it was not Iltija Mufti or Mehbooba Mufti but the entire PDP against whom he fought. "They were one behind the scene," he said.

On what made him sail through, Dr Veeri said it was Iltija herself who helped him win from Bijbehara.

"Indeed, Iltija made my fight easy. She used abusive language against me and

my workers. She provoked people against me which helped me win finally," the NC leader said.

Replying to a query whether he was sure about his victory, Dr Veeri said that he knew he would win after meeting people and seeing their emotions and support. "Some channels and exit polls created a hype about Iltija winning. I knew and I had told my people that it would be me whether the margin would be 1000 votes or 10,000," he said.

To a query what would be his priorities for Bijbehara now, he said post delimitation, 18 village parts have been added to the earlier constituency of Bijbehara. "It's a vast one now. I know the areas where there is a need for proper roads, irrigation facilities, electricity poles, and scores of other issues that need to be taken up on a priority. I have a dream for my constituency. I want to transform it and I will do that for sure," Dr Veeri said.

On he was going to be part of the weakest ever Assembly, Dr Veeri said: "Who made it weakest? Isn't the Assembly weakest today because of the intrusion of BJP into the political space of J&K. Who brought BJP here on the pretext that people must vote to stop the saffron party's entry beyond the Tunnel? Things are clear... Statehood was snatched because of PDP. Article 370 was rolled back because of the PDP. Had there been no BJP in J&K, perhaps we would have been a State with special status." Replying to a query how he felt while campaigning till late night, Dr Veeri thanked J&K and Anantnag administration for giving him a level playing field. "It was indeed a great moment to campaign till late night. But it wasn't possible without the administration's support," he said—(KNO)

## Will fight for restoration of Art-370, stick to our promises: NC winners

RIYAZ BHAT

**SRINAGAR:** The National Conference on Thursday said that the party will stick to its promises, stating that it will fight for the restoration of Article 370 and the rights of people that were snatched on August 5, 2019.

Speaking with reporters at party headquarters in Srinagar, NC spokesperson Tanvir Sadiq, as per news agency—Kashmir News Observer (KNO) said that the party will stick to its promises.

"Today is our party meeting and tomorrow we will choose the leader. Jammu and Kashmir requires a strong and vibrant leadership and I don't think anyone is better than Omar Abdullah," he said.

Meanwhile, former MP and senior NC leader Hasnain Masoodi said that with the formation of government, they will start

working on restoration of Article-370. "We will deliver all those promises that were made by NC in its party manifesto."

Another party leader, Farooq Ahmad Shah said that people have showed faith in NC and J&K requires a strong and effective government.

Shah also said that they will fight for the restoration of Article-370 and rights of people that were snatched on August 5, 2019.

In the meantime, prominent political leader and Former MLA Baramulla Javid Hassan Beigh said, "Since the people have shown faith in NC, we will work on providing employment for our youth."

"We will also work on the issue that has remained unaddressed post abrogation of Article-370," he said.

Beigh said, "NC will fulfil all those promises that were mentioned in the

party manifesto."

JKNK candidate Surinder Choudhary said, "People have clearly rejected the BJP's decision of 2019 by voting against them."

"BJP has neglected almost every aspect of Jammu and Kashmir and people have responded with votes by defeating them. It has also neglected the Pir Panchal area," he said.

Choudhary said, "I have defeated BJP's Ravinder Raina with 7819 votes. Raina was a state person of BJP. By rejecting the key person of BJP, it is clear what people expect and want from NC."

Meanwhile, Shamima Firdous said, "The faith people have shown in NC will boost me to work up to their expectations."

"In today's party meeting, let's see what our President says and decide. We will fulfil all those promises that we made to the people," she said—(KNO)

## Celebrations at Gupkar following NC's landslide assembly election victory

REHAN QAYOOM MIR

**SRINAGAR:** Jubilant scenes unfolded at Dr Farooq Abdullah's Gupkar residence on Wednesday and continued on Thursday as National Conference (NC) supporters and workers thronged the premises in celebration, following the party's landslide win in the assembly elections.

The gates of the residence were wide open, welcoming a steady stream of people who carried sweets, flowers and renewed hopes for what could be the return of an NC-led government.

As per the details obtained, the celebration, which began after the NC's big win in the assembly elections, soon transformed Gupkar home of the NC into a place of festivity and unity.

Workers and supporters, young and old, poured in from various parts of the valley, all eager to catch a

glimpse of their leader and share in the party's achievement.

Bashir Ahmad, a long-time party worker said, "We waited a long time for this moment. It feels like a fresh start for Kashmir under the leadership of Dr Farooq Abdullah and Omar Abdullah."

With eyes brimming with emotion, Bashir said NC is "not just a party but a movement for the people of Kashmir". These celebrations, he said, are a "sign that we are heading toward a brighter future."

Another worker, Nayeem Ahmad, who travelled all the way from Kulgam to meet his leader, said they believe Dr Farooq Abdullah and Omar Abdullah can lead them out of the "challenges" faced over the years. "This is not just about politics, but about trust. The people have spoken," he said.

Similarly, amidst the celebrations, a specially-

abled supporter of the NC also made his way to Gupkar, capturing the hearts of everyone present.

Despite personal hardships, he arrived to show solidarity with the party he has stood by for years. "This is my family," the specially-abled supporter said, adding, "I came because this victory is ours. It belongs to every single one of us who believes in a better Kashmir."

Meanwhile, the residence has come alive over the last two days, as a huge rush of workers and supporters adorned with flowers and prayers while party workers exchanged sweets.

"This is just the beginning," said Tariq Lone, another NC worker. "We are confident that the NC will form the government and take decisions that are truly for the welfare of the people. The coming days will mark a new chapter in our history."—(KNO)

## GMC Sgr adopts Eco-Friendly Approach under Family Adoption Program

GMK NEWS NETWORK

**PULWAMA:** Government Medical College (GMC) Srinagar conducted a successful plantation drive at Government Degree College Pampore under the Family Adoption Program mandated by the National Medical Commission.

The event was inaugurated by Prof. Iffat Hassan, Principal and Dean of GMC Srinagar, who emphasized the importance of social responsibility and environmental sensitivity among medical students.

The drive witnessed enthusiastic participation from 180 MBBS students of the 2021 batch, who planted around 200 saplings of conifers and pine trees.

The event was supported by various stakeholders, including Deputy Commissioner Pulwama, Social Forestry Pulwama, Forest Department, GDC Pampore Administration, and Kashmir Health Project and Youth Parliament.

Under the Family Adoption Program, GMC Srinagar has adopted villages in Pulwama district and is conducting various activities, including community and household health profiling, awareness campaigns, multi-specialty medical camps, and plantation drives. These initiatives aim to promote holistic healthcare and environmental sustainability, aligning with the National Medical Commission's guidelines.

## GMC Srinagar observes 'World Sight Day'

GMK NEWS NETWORK

**SRINAGAR:** Government Medical College (GMC) Srinagar Thursday observed 'World Sight Day' under the theme "Love Your Eyes, Kids" by organizing a comprehensive medical and eye camp in Tailbal, Block Hazratbal.

The event was organized by the Departments of Community Medicine and Ophthalmology, GMC Srinagar, in recognition of 'World Sight Day'.

The camp aimed to screen and diagnose refractive errors and other ophthalmological conditions among school children and the general population. The event was held

under the patronage of Dr. Iffat Hassan, Principal & Dean, GMC Srinagar, and mentored by Prof. Dr. S. Muhammad Salim Khan (HOD Community Medicine) and Prof. Junaid Salam Wani (HOD Ophthalmology). Dr. Kouser Sideeq and Dr. Sameena Yousuf, Assistant Professors in the Department of Community Medicine, coordinated the event activities.

The camp was held at Government Boys Higher Secondary Institute, Tailbal, Block Hazratbal, and received support from Dr. Fara Shafi, Block Medical Officer, Hazratbal, ensuring provision of logistics and personnel.



and various ophthalmological conditions were diagnosed, including 36 refractive errors, 5 cataract cases, 4 diabetic retinopathy cases, and other conditions such as ptosis, strabismus, and conjunctivitis.

The camp also included educational sessions on eye care and the importance of early detection and treatment of visual impairments, as well as sensitization about stigmatization and bullying of children with vision-related disorders.

GMC Srinagar reaffirms its commitment to promoting eye health, particularly among children, through such periodic camps and awareness drives.

## WORLD MENTAL HEALTH DAY

### Experts call for comprehensive assessment to enhance services

JAHANGEER GANAIE

**SRINAGAR:** On World Mental Health Day, experts have called for the urgent need for a detailed assessment of mental health issues within the general population to better understand the current landscape and improve services. Mental health professionals said that while services have improved, they remain insufficient to meet the needs of the entire population.

Dr Nizam Ud Din, a psychiatrist at SKIMS Bema, said the theme for World Mental Health Day 2024 is "It is time to prioritise mental health in the workplace". He said there are two significant barriers to mental health care: stigma and the shortage of qualified professionals.

"Reducing stigma is essential," Dr Nizam Ud Din said. "This can be achieved through awareness programmes and comprehensive assessments of mental health issues among the general population. Addressing the genuine recommendations from these surveys will significantly improve mental health care."

He praised the efforts of NGOs and the government

but called for continuous improvement, which he said can only be realised through feedback from these assessments. "While services have improved considerably, they are still inadequate to address the mental health needs of the entire population," he added.

Dr Shoaib, another psychiatrist at DHSK, shared a crucial message: "Mental health is vital to physical health, and it must be prioritised." He urged the community to break the silence surrounding mental health issues.

"It's time to end the stigma, provide support to those struggling, and create safe spaces for open discussions about mental health," Dr Shoaib said. He pointed out that in Jammu and Kashmir, the stigma surrounding mental health remains a significant barrier for those seeking help.

He explained that cultural influences, societal pressures, and a lack of awareness perpetuate the misconception that mental health issues are something to hide or a sign of weakness. "As a result, many individuals delay necessary treatment, fearing rejection or isolation," he added—(KNO)

## Govt relieves 3 IPS officers from J&K UT

GMK NEWS NETWORK

**SRINAGAR:** The Home Department J&K on Thursday relieved three India Police Service (IPS) officers with immediate effect in order to allow them to take up their new assignments.

The three IPS officers include Mahender Nath Tiwari (AGMUT:2004), IGP, Armed, Jammu; Altaf Ahmed Khan (AGMUT:2010), DIG IR, Kash-

mir; and Shivam Siddharth (AGMUT:2020), SP north, Jammu.

"In pursuance to the Ministry of Home Affairs, Government of India's order under reference no. 15.41/05/2023-UTS-I dated 12.09.2024, the following IPS officers, are hereby relieved from the Union Territory of Jammu & Kashmir, with effect from 10.10.2024 (AN), to take up their new assignments," reads an order.