

Good Morning

Kashmir

16th
Year Of Publication



Met with the incredible Wushu team that represented Jammu & Kashmir at the 38th National Games in Uttarakhand. Their outstanding performance secured 2nd place in the Men's Sanda event, earning them an impressive tally—two Gold, one Silver, and four Bronze medals. Congratulations to our champions for their dedication and remarkable achievement!

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...J&K **Security** Situation

HM Aborts Meet To Attend Parliament

Meeting Rescheduled Today, LG Sinha; DGP Among Others In New Delhi



AGENCIES

NEW DELHI: Union Home Minister Amit Shah had to cut short a high-level review meeting in New Delhi to discuss the security situation in Jammu and Kashmir, a local news agency KNO reported Tuesday.

Quoting sources, the report said that the meeting has been rescheduled and will be held on Wednesday at 10:30 am in the Parliament as many issues have to be discussed. "The Union Home Minister had to cut short the meeting to be present in the Parliament to attend the Prime Minister's reply," sources said.

The security review meeting was called after an ex-serviceman was killed, his wife and niece injured in a terror

attack in south Kashmir's Kulgam district on Monday.

Sources told KNO that J&K Lieutenant Governor Manoj Sinha, Chief Secretary Atal Duloo, Director General of Police (DGP) Nalin Prabhat, top officers of Army, paramilitary forces and intelligence agencies had arrived in New Delhi for the meeting which remained inconclusive and would be held tomorrow.

The officers, according to the sources, were to brief the Union Home Minister about the prevailing situation in J&K and ongoing operations against the terrorists.

The Ministry of Home Affairs has been reiterating that terrorists and their supporters have to be dealt with an iron fist to make J&K terror free. **●P-06**

...Kulgam **Terror** Attack

500 People Rounded Up After Ex-Soldier's Killing



AGENCIES

SRINAGAR: A day after terrorists shot dead a retired soldier and injured his wife and daughter in South Kashmir's Kulgam district, the security forces detained over 500 people, including Over Ground Workers (OGWs), terror associates, and suspects with past militant links, during overnight raids across the Valley.

The major crackdown came hours after terrorists fired upon former soldier Manzoor Ahmad Wagay, his wife Aaina Akhtar and his niece in the Behibagh area of Kulgam on Monday. Wagay succumbed to his injuries at the hospital.

Quoting a senior police officer, a local news agency KDC reported about the massive crackdown in the backdrop of retired soldier's killing.

"We are conducting extensive operations to track down those with terror links and prevent further attacks," the officer told KDC.

Authorities have assured that investigations are in full swing and all detained individuals are being questioned for their potential involvement in militant activities.

The security grid remains on high alert to prevent any further incidents in the region.

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3 Back-To-Back Robberies In Jammu



AGENCIES

JAMMU: In three back-to-back dacoities in J&K's Jammu division, armed robbers looted 1.5 Kg gold from a jewellery show-room, Rs 50,000 cash from a shop and Rs 19 lakh from a bank.

On Saturday, two armed robbers entered a jewellery shop in Greater Kailash area of Jammu city.

They came on a motorcycle, took the shop owner hostage, broke the show windows and decamped with gold weighing 1.5 Kgs in broad daylight.

On Sunday, thieves forced open the shutters of another shop in Jammu city and took away Rs 50,000 found in the counter drawer of the shop.

On Monday evening, thieves looted Rs 19 lakh from the J&K Bank branch located in Dachen area of Kishtwar district. Officials said **●P-06**

Light Snowfall In Kashmir's Higher Reaches



AGENCIES

SRINAGAR: Fresh snowfall was experienced at multiple places in Kashmir on Tuesday while rains lashed plains of southern parts of the Valley, bringing down the mercury sharply.

Light to moderate snowfall was predicted by the local Meteorological department here from Tuesday afternoon till the afternoon of Wednesday.

The fresh snowfall was experienced at multiple places including Sonamarg, Sinthan Top, Pir ki Gali, Kokernag and other places while light rains lashed Bani-

hal, Qazigund - Kulgam axis and in Anantnag.

Director MeT, Dr Mukhtar Ahmad said that an improvement is expected from February 5 afternoon, adding that the higher reaches of Chenab Valley & Pirpanjal Range in South Kashmir may receive snow depth of 8-10 inches till tomorrow forenoon.

Ahmad also said that the weather is expected to remain partly cloudy with generally dry from February 06 to 08 while fresh spells of light rain and snow is expected at isolated to scattered places on February 09.

From February **●P-06**

2 Months On, Mysterious Budhal Deaths Remain Unsolved

AGENCIES

SRINAGAR: Despite the elapsing of two months, the investigations into the deaths in Badhaal area of Rajouri have failed to uncover the truth with the locals continuing to seek answers from the government.

Since December 7, 2024, 17 individuals, including 13 children, have died due to an unidentified illness. Despite extensive efforts by various health agencies, the exact cause remains undetermined.

Over the last 15 days, no new cases have been reported, and most of the previously admitted patients have recovered, which has brought some relief to the fear-stricken community.

A local news agency KNO quoted the residents as saying that though delayed, the government's preventive measures have helped in containing the



crisis. However, they demanded urgent response regarding the exact cause of the deaths so that proper safety measures can be put in place and that the residents can resume normal life without fear.

They expressed frustration over the slow pace of the investigation, saying the issue should have been treated as a

health emergency and resolved on priority.

A Special Investigation Team (SIT) has questioned over 100 individuals but has not uncovered any new leads.

The Indian Council of Medical Research (ICMR) has ruled out infectious agents as the cause, shifting the focus of the investigation toward **●P-06**

...Engineer Rashid's Bail Plea

HC Seeks Registry's Reply Over Designated Court



AGENCIES

NEW DELHI: The Delhi High Court on Tuesday called for a reply from its registry over the designation of an appropriate court to hear the bail plea of Lok Sabha MP Engineer Rashid, accused in a terror funding case being probed by the National Investigation Agency (NIA).

After it was told that in November last year, the anti-terror agency had made a representation to the registry on the issue of designation of the NIA court as a court which could hear cases against lawmakers, a bench of Justice Vikas Mahajan

issued a notice to the Registrar General to ascertain the status and posted the matter for hearing on February 6.

During the course of the hearing, Justice Mahajan-led Bench was also apprised that the Registrar General has already moved an application before the Supreme Court seeking a clarification on the issue of designation of a court.

Engineer Rashid has petitioned the Delhi High Court seeking directions to the trial court judge to expedite a decision on his pending regular bail application or decide the matter itself.

Earlier, a court **●P-06**

INDIA Bloc Intact, Will Remain So: Dr Farooq

AGENCIES

SRINAGAR: National Conference (NC) President, Dr Farooq Abdullah on Tuesday said that the INDIA bloc is intact and will remain so in the future.

The statement was made by him just a day after his

son and Chief Minister Omar Abdullah reiterated his call for 'strategy shift' in the INDIA bloc in a time-bound manner, failing which the purpose of the alliance will be defeated.

Dr Farooq while speaking to the media persons, said that the INDIA bloc is doing **●P-06**

5 Held For Smuggling SIMs To Jailed Terrorists

GMK NEWS NETWORK

SRINAGAR: The Counter Intelligence wing of Jammu and Kashmir police detained five people on Tuesday for their alleged role in transporting and smuggling of SIM cards to terrorists lodged in different jails in

the Union Territory.

"5 individuals were detained for interrogation/questioning for their involvement in a criminal conspiracy hatched with anti-national elements aiming at procuring/transportation/ smuggling of SIM cards inside the Central Jail premises **●P-06**



Actor Karan Tacker Shoots In Kashmir Shares An Adorable Video From 'Jannat On Earth'

AGENCIES

MUMBAI: After "Khakee: The Bihar Chapter" and "Special Ops", Karan Tacker is working on his next project in Jammu & Kashmir's Sonmarg.

Working in such a beautiful backdrop, the actor couldn't help but share some breathtaking snippets on social media.

The video shared by Karan Tacker captures him posing amidst heaps of snow. "In my lover boy era", he captioned his Instagram post. According to the actor, "Kashmir is synonymous to heaven".

Moreover, Karan Tacker is currently waiting for the release of his upcoming paranormal thriller "Bhay". The show is expected to premiere on Amazon MX Player shortly. The project will be based on the life of Indian paranormal investigator, Gaurav Tiwari, who dedicated his life to uncovering the mysteries



of the unseen. For those who do not know, Gaurav Tiwari was found dead of asphyxiation at his Dwarka home on 7th July 2016. Although his death has been ruled out as suicide, his demise still remains a mystery.

Talking about his role as Gaurav Tiwari in "Bhay", Karan Tacker said, "I'm thrilled about stepping into the shoes of Gaurav Tiwari; it has been one of the most immersive and joyful experiences of my career. His life was a fascinating blend of science and spirituality, belief and skepticism and his

thought of "knowledge cancels fear" is what drew me to do this show Bhay is an exploration of the unknown and a tribute to a man who dedicated himself to unveiling the mysteries that lie beyond our understanding and helping out so people form the beyond Bringing this story to life has been both exciting and humbling, and I can't wait for audiences to embark on this chilling journey with us."

Besides Karan Tacker, "Bhay" enjoys a stellar cast with Kalki Koechlin, Danish Sood, and Saloni Batra in significant roles, among others.

In 5 Yrs, Cervical Cancer Cases Up By 11.5% In J&K: Centre

AGENCIES

SRINAGAR: Jammu and Kashmir has reported a total of 3,468 cervical cancer cases over the past five years, a data presented by the Ministry of Health and Family Welfare in the Parliament reveals.

The year-wise breakdown shows an increase in cases, with 656 in 2019, 676 in 2020, 694 in 2021, 712 in 2022, and 732 in 2023.



The cases increased from 656 in 2019 to 732 in 2023, reflecting a year-on-year rise. Specifically, the number of

cases grew by 3.05% from 656 in 2019 to 676 in 2020, 2.66% from 676 to 694 in 2021, 2.59% from 694 to 712 in 2022, and 2.81% from 712 to 732 in 2023.

This rise aligns with a national trend attributed to factors such as an aging population, improved life expectancy, greater awareness, and advances in diagnostic technology. In response, the government has taken measures to make **●P-06**

AHD dispels misconceptions regarding Pet Health Management in Kashmir

GMK NEWS NETWORK

SRINAGAR: Following concerns raised by a clipped segment from a recent local social media podcast featuring Dr. S. Altaf Gilani, Superintendent of the Central Veterinary Hospital, the Animal Husbandry Department has issued a clarification regarding pet health and management in the Kashmir Valley to dispel misconceptions and provide accurate information to pet owners.

AHD maintains that increasing trend of pet ownership in the region necessitates greater public awareness of responsible pet management including a clear understanding of the responsibilities associated with pet ownership and a commitment to ensuring the health and well-being of animals.



The department emphasizes the critical importance of mandatory deworming and vaccination for pets, the department said in a clarification issued today.

These preventative measures are essential for safeguarding animal health and preventing zoonotic diseases—those transmissible from animals to humans, the department

said in clarification.

Maintaining pet hygiene through regular grooming, cleanliness, and veterinary check-ups is also crucial for both animal and public health.

"Highlighting the "One Health" concept, recognizing the interconnectedness of human, animal, and environmental health. Responsible pet management and proper veteri-

nary care contribute to a healthier community. The One Health approach encourages collaboration across sectors, including veterinary medicine, public health, and environmental science, to address health challenges comprehensively."

Dr. Anwar Hussain Nagoo, Media Liaison Officer, along with officers from the Central Veterinary Hospital, reiterated the importance of pet owners staying informed about best practices in pet care.

This knowledge is vital for mitigating risks associated with zoonotic diseases and fostering a safe environment for both animals and the community. The department assures the public that pets are safe to keep when mandatory guidelines from the Animal Husbandry Department are followed.

Labour Commissioner visits ESI Dispensary Digiana



Takes stock of facilities available for Insured Persons

GMK NEWS NETWORK

JAMMU: Labour Commissioner J&K, Charandeep Singh Tuesday visited the ESI Dispensary Digiana, Jammu, to take stock of its overall functioning and delivery of healthcare services to Insured Persons (IPs).

During the inspection, the Labour Commissioner reviewed the Dhanwantri module, highlighting its role in streamlining healthcare services for beneficiaries. Dhanwantri module is a Hospital Information System (HIS) to improve patient care and hospital operations. It helps doctors write prescriptions and manage patient records digitally.

On the occasion, the Labour Commissioner also interacted with Insured Persons (IPs) to under-

stand the challenges faced by workers and assess the quality of services being provided to them. He took stock of the overall functioning of the dispensary and directed officials to expedite Medical Reimbursement Claims (MRCs) and ensure timely procurement of essential drugs to improve patient care.

Emphasizing the importance of efficient healthcare delivery, the Labour Commissioner urged the staff to make the dispensary more vibrant and service-oriented, ensuring that all IPs receive the healthcare facilities they are entitled to. He reiterated the government's commitment to workers' welfare and called upon officials to uphold the objectives of the ESI Scheme in the Union Territory. The Labour Commissioner also directed the staff to take immediate corrective measures for improving sanitation.

DC Pulwama reviews progress of implementation of JJM



GMK NEWS NETWORK

PULWAMA: Deputy Commissioner (DC), Pulwama Dr. Basharat Qayoom Tuesday conducted an extensive review of implementation of Jal Jeevan Mission (JJM) in District Pulwama.

During the meeting, the Deputy Commissioner reviewed the status of borewells under various schemes linked to JJM, Water Quality Monitoring and Surveillance (WQMS) and various Water Supply Schemes (WSS).

Emphasizing the importance of timely execution, the DC urged the teams to ensure the completion of all ongoing projects by or before March 2025.

The meeting focused on achieving the Har Ghar Jal certification, reinforcing provision of safe and sustainable water access to every household.

The Executive Engineers from JSD Pulwama and Awantipora informed that out of the total 25 and 21 borewells in their respective areas, 18 and 17 schemes have been successfully completed.

Additionally, the DC was informed that the Functional Household Tap Connection (FHTC) coverage has a pending completion of less than 13%, reflecting significant progress in the initiative.

Executive Engineer, Mechanical Division South Awantipora also briefed regarding the status of electro-mechanical works and the installation of electric substations.

Dr. Qayoom emphasized the need to expedite the remaining work to ensure an uninterrupted water supply for the residents of Pulwama. He outlined strict timelines for compliance and highlighted the importance of inter-departmental coordination to achieve this goal.

The meeting was attended by Superintending Engineer, Hydraulic Circle Pulwama/Shopian HQ Shopian, Executive Engineers from JSD Pulwama and Awantipora, along with AEEs and JEs as well as Executive Engineer of Mechanical Division South Awantipora.

Teams from DPMU Pulwama and the TPIA were also present on the occasion.

Dir Agri inaugurates seminar on "Scientific Beekeeping"



GMK NEWS NETWORK

SRINAGAR: A two days seminar on "Scientific Beekeeping" being organised by Agriculture Production and Farmer's Welfare Department Kashmir was inaugurated by Director Agriculture Kashmir Mohammad Ilyas Khateeb Tuesday at Kashmir Haat Srinagar.

The two days seminar is sponsored by National Bee Board Under National Bee Keeping and Honey Mission (NBHM). The seminar was attended by Beekeepers, Farmers, Stakehold-

ers, Students and Unemployed youth.

While addressing the event Dir said that the program is aimed to promote latest trends and technologies in the field of apiculture besides financial assistance schemes for farmers. He highlighted the significance of beekeeping in enhancing the farm productivity and sustenance of rural livelihoods.

On the occasion, farmers were informed about financial incentives, including 80% subsidy on beekeeping units, aimed at bolstering the sector in the region.

DC Shopian inaugurates 2-day seminar on Bee Keeping



GMK NEWS NETWORK

SHOPIAN: The Deputy Commissioner (DC) Shopian, Shishir Gupta Tuesday inaugurated a two-day seminar on bee-keeping at Meeting Hall, Mini-Secretariat, which is being organised by the Department of Agriculture and Farmers Welfare, Shopian.

The Seminar highlighted the significance of Bee-keeping in enhancing agricultural productivity through pollination besides offering additional income sources such as honey, wax

and breeding stock.

Speaking on the occasion, DC urged concerned officers to ensure the benefits of all the schemes for apiculture development including HADP reach to the potential farmers. He also assured full support for initiatives that encourage sustainable apiculture and rural entrepreneurship.

Experts on the occasion, emphasized on creating awareness and providing training in bee-keeping to youth & farmers for sustainable agriculture and economic development.

J&K Bank Organizes Awareness Program on High-Density Plantation in Pulwama

AKHTAR ABBASS

PULWAMA: Jammu & Kashmir Bank organized a one-day awareness program on the High-Density Plantation Scheme for progressive farmers at GDC Pulwama. Dr. S. M. Ashraf, Additional Deputy Commissioner Pulwama, graced the occasion as the chief guest.

The event aimed to educate farmers about the role of the bank in supporting high-density orchard plantations and the financial assistance available. Shabir Ahmad Bhat, Divisional Head Kashmir, along with Shaista Khan, Zonal Head Pulwama, and Mohammad Omar Farooq, Cluster Head Pulwama, addressed the gathering. Asaf Rasool Kenu, Cluster Head Shopian, and Showkat Ahmad Masoodi, Lead District Manager Pulwama were also attended the programme.

The program highlighted the bank's commitment to empowering farmers through innovative banking services and developmental initiatives in the horticultural sector.

The camp witnessed enthusiastic engagement from branch heads of Pulwama and Shopian districts, local growers and representatives from private enterprises, reflecting a collaborative effort



to drive sustainable agricultural growth.

Appreciating the Bank's proactive approach at the camp, ADC Pulwama said, "High Density farming is going on in a mission mode in our district and we are proud to be Number One district in the valley. J&K Bank's initiative to promote high-density plantation reflects its deep commitment to the welfare of farming community and is poised to double your income."

Urging the growers to shun conventional farming and adopt progressive methods through High-Density farming, Divisional Head (Kashmir) Shabir Ahmad stated, "This initiative underscores our mission to drive rural prosperity. By facilitating high-density plantation, we are enabling farmers to maximize their yield poten-

tial and profitability while enhancing agricultural productivity and ensuring long-term economic sustainability in the area."

Highlighting the scheme's farmer-friendly features, DGM Rakesh Magotra remarked, "Our High-Density Plantation Scheme is designed to help farmers establish modern orchards with high-yielding varieties and offers collateral-free loans of up to ₹5 lakh, ensuring easy access to credit for small and marginal farmers. Additionally, we provide highly competitive interest rates to make financing affordable for all growers."

Addressing the gathered farmers, Zonal Head (Pulwama) Shaista Khan emphasized the transformative impact of the Bank's High-Density Plantation Scheme for progressive farmers. She urged all

growers to visit their nearest J&K Bank branch and avail the benefits under the scheme to enhance their agricultural income.

During the event, several progressive farmers identified by various branches of Pulwama Zone were handed on-the-spot sanction letters for High-Density Plantation loans, reinforcing the Bank's commitment to timely financial assistance for agricultural development.

Notably, the HDP scheme, aimed at increasing crop yield and profitability through modern plantation techniques, was discussed in detail. Experts highlighted its potential to optimize land use, reduce water consumption and enhance fruit quality. The event concluded with interactive sessions where growers clarified doubts regarding subsidies, loans, and implementation strategies.

HDFC Bank Parivartan Start-Up Grants to support over 50 start-ups

GMK NEWS NETWORK

SRINAGAR: HDFC Bank announced the launch of the eighth edition of its flagship Parivartan Start-up Grants programme. This year, 15+ incubators and accelerators have been selected and onboarded to support 50-60 start-ups working in the social impact space. The program will award grants of up to ₹50 lakh to selected start-ups, with a total programme budget of ₹20 crore.

IIT Madras, IIM Ahmedabad Ventures, Villgro, ICAR Pusa Krishi, IIT Guwahati Bionest, ASPIRE - University of Hyderabad, IIM Calcutta Innovation Park, i-Hub Gujarat, Kerala Start-

Up Mission, IFMR Catalyst AIC are among the incubators already shortlisted this year.

Over the next few months, these incubators will invite applications from social entrepreneurs across India. This initiative will culminate in a series of "Demo Day" events, showcasing start-ups to the Bank, investors, corporates, and media, ensuring greater visibility and opportunities for these ventures.

In line with HDFC Bank's commitment to sustainable development and the UN's Sustainable Development Goals, the programme will focus on AI For Social Good, Climate Inno-

vation, Financial Inclusion, Agriculture and Sustainable Rural Economy, Education and Livelihood Enhancement and Gender Diversity and Inclusion.

Selected start-ups will represent diverse regions of India, including Maharashtra, Karnataka, Tamil Nadu, Rajasthan, Uttar Pradesh, Delhi, Haryana and North-East region states.

"Our Parivartan Start-up Grants programme is a testament to our commitment to fostering innovation and addressing critical societal needs. By nurturing social start-ups that are implementing solutions aimed at achieving SDG targets, we aim to support the creation

of sustainable, inclusive solutions for communities across India," said Kaizad Bharucha, DMD, HDFC Bank.

"Through strategic partnerships with incubators and accelerators, we are building a robust start-up ecosystem. The programme empowers entrepreneurs with resources and visibility, enabling them to scale impactful solutions and contribute to India's development journey. Through the Parivartan Start-up Grants programme we aim to empower these innovative ventures to make a meaningful impact and create a better future for all," said Arup Rakshit, Group Head, Treasury, HDFC Bank.

Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER PWD(R&B) DIVISION DOORU

NOTICE INVITING TENDERS

NIT NO 46 OF R&B/Dooru/2024-25 /E-TENDERING/ EED/T-1/ 4334-39 DATED: 03 -02-2025

For and on behalf of the Lt. Governor, Union Territory of J&K .Executive Engineer PWD (R&B) Division Dooru invited e-tenders on % age basis from approved and eligible Contractors registered with J&K Govt. CPWD, Railways and other State/ Central Governments for each of the following works: -

S.No	Name of Work	Cost of T/ Doc. (in Rs)	Earnest Money (in Rs)	Major Head of Account	Class of Contractor
1	Name of Work: Construction of Munsiff court Complex and residential quarters at Doru Verinag By way of laying of foundation stone and making necessary arrangements for foundation laying stone authority (hobble Chief Justice of high Court) .	300	10000	4059 court	DEE, Class

The date of start shall be communicated Three days prior to start of work and shall be completed within two days .
The NIT Consisting of qualifying information, eligibility criteria, specifications, Bill of quantities (B.O.Q), Set of terms- and conditions of contract and other details can be seen/ downloaded from the departmental website www.jktenders.gov.in as per schedule of dates given below:

S.No.	Particulars	Dated
1	Date of Issue of Tender Notice	03/02/2025
2	Period of Downloading of bidder documents	From 04 /02/2025 To 10 -02-2025
3	Bid submission Start Date	From 04 /02/2025 To 09:00 AM
4	Bid Submission End Date	To 10 /02/2025 To 01:00 PM
5	Date and time of opening of bid (online)	To 10 /02/2025 To 02:00 PM

In the office of Executive Engineer PWD(R&B) Division DOORU.

- Bids must be accompanied with cost of tender document in shape of Treasury Challan / Receipt (Under MH- 0059 PWD) in favour of Executive Engineer R&B Division DOORU (Tender Inviting Authority) (Name of Work to be mentioned on the Treasury Challan / Receipt) (Refer Govt. order No. O.M No. A/24 (2017)-651 Dt 07-06-2018 (The Date of Treasury Challan should be between the date of Start of Bid and Bid Submission End Date (NIT No and Name of work/ Item No. should be mentioned on Treasury Challan) and EMD (2% of advertised Cost) in the shape of CDR/ FDR/ BG pledged to Executive Engineer PWD(R&B) Division DOORU (Tender receiving Authority).
- All the Bidders have to submit Earnest Money/ Bid Security (EMD@2% of Advertised Cost) in the shape of CDR/ FDR/ BG. Non submission of Earnest Money/ Bid Security shall render the bidder as No-responsive.
- The 1st lowest responsive (Successful) Bidder has to produce an amount equal to 5% of contract as Performance Security in the shape of CDR/ FDR/ BG in favour of Executive Engineer R&B Division DOORU (Tender receiving authority) within 03 Days before fixation of Contract and shall be released after successful completion of Defect Liability Period (DLP) of the work. Failure to produce Performance Security shall render the L1 as non-responsive and case for debarment of the Contractor for a period of 01 year be forwarded to Higher Authorities.
- The Earnest Money Deposit (EMD@2% of Advertised Cost) in the shape of CDR/ FDR/ BG of the successful Bidder shall be released after receiving Performance security @5% of the allotted cost in the shape of CDR/ FDR/ BG and same shall be released after successful completion of Defect Liability Period (DLP) of the work.
- Note: a. MSME's are required to pay only 50% of Tender Document Cost or Rs 500/- whichever is lower. MSME's are required to pay only 50% of the amount of EMD/ Bid Security or Rs 5000/- whichever is lower.
- The bidders are requested to quote their rates excluding 18% GST.
- The date and time of opening of Bid shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same Web Site in the office of Executive Engineer PWD(R&B) Division DOORU.
- The bids for the work shall remain valid for a period of 120 days from the date of Opening of Technical bids.
- The Earnest Money/ Performance Security shall be forfeited If:
 - Any bidder/ tenderer withdraws 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 performance security within specified time period before issue of letter of intent.
 - Successful Bidder fails to execute the agreement within 28 days after fixation of contract.
 - If at any stage of work, the Bidder back up from the contract, again the Performance security/ EMD as well as work done claim will be forfeited.
- The tenders shall be opened and allotted to 1st lowest responsive bidder only when the funds are released/ available on Beams.
- The tender/ bid is liable to rejection if it does not fulfill the requirement as laid down in NIT
- Performance Security shall be released after DLP is over successfully.
- All other terms and conditions are as same as laid in PWD Form 25.

DIPK-11520-24
DT: 04/02/2025

Executive Engineer,
PWD (R&B) Division DOORU

Sakeena Itoo addresses conference ‘J&K’s Fight against Cancer’ at GMC Jammu

Says Govt committed to provide all possible help to Cancer patients

GMK NEWS NETWORK

JAMMU: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo, Tuesday remarked that the present Government led by Omar Abdullah is committed to provide all possible assistance to Cancer patients with creation of best advanced facilities in both the State Cancer Institutes at Jammu and Srinagar.

The Minister made these remarks while addressing a day long conference “Mission Cancer – J&K’s Fight Against Cancer in the coming Decade” at Government Medical College here.

The conference was organised by GMC Jammu in collaboration with ‘BCPBF-The Cancer Foundation’ and ‘Friends of GMC Jammu’, to commemorate the World Cancer day.

Former Chief Minister of Jammu and Kashmir, Dr. Farooq Abdullah; Secretary Health and Medical Education, Dr. Syed Abid Rasheed Shah; Director SKIMS, Dr. Ashraf Ganai; Principal GMC Jammu, Dr. Ashotush Gupta; noted Oncologist of J&K, Dr. Sameer Kaul; Director ASCOMS Jammu, Deans of different specialities, HoDs, doctors and researchers besides large number of medical and paramedical



students were present on the occasion.

Addressing the gathering, Sakeena Itoo emphasised the urgent need for a multi-faceted approach to tackle the rising incidences of cancer in Jammu and Kashmir. She highlighted the significance of early detection, advanced treatment infrastructure and public awareness, in reducing the burden of cancer.

“Cancer is not just a medical challenge; it is a social and economic crisis that affects thousands of

families across J&K. We must work collectively to enhance screening programs, promote preventive healthcare, and ensure equitable access to modern treatment facilities across urban and rural areas for all patients,” Sakeena maintained.

She also lauded the efforts of healthcare professionals, doctors and paramedics, acknowledging their role in changing the healthcare landscape of Jammu and Kashmir. She called for

greater government support, increased funding for cancer research and expansion of palliative care services.

Addressing the gathering, Dr. Farooq Abdullah spoke about the role of medical professionals for the society. He highlighted that the medical is very noble profession which touches numerous lives.

Speaking on the occasion, Secretary Health and Medical Education, spoke in length about the affect on families going through the burden of cancer. He also called for organising maximum awareness camps in schools and colleges so that people are made abreast about the cancer disease and myths associated with it.

Noted Oncologist, Dr. Sameer Kaul, while speaking on the occasion, spoke about importance of organising such kind of conferences. He highlighted the need for research and development in medical Colleges for the greater good of society.

Principal GMC, in his welcome address, gave a brief about the evolution of GMC Jammu.

The conference saw insightful deliberations on early diagnosis, role of technology in cancer care, government initiatives and J&K’s cancer policy.

CS for adopting multi-pronged strategy to optimise tourism potential

GMK NEWS NETWORK

JAMMU: Chief Secretary, Atal Dulloo, Tuesday chaired a meeting of all the stakeholders including tourism players from Jammu to seek their suggestions for optimal utilisation of tourism potential of this region especially in the wake of nearly one crore pilgrims visiting Shri Mata Vaishno Devi Shrine (SMVDS) in Katra.

Those who attended the meeting included Principal Secretary, Finance; Commissioner Secretary, Tourism; Secretary, PWD; CEO, SMVDSB; DC, Jammu; DC, Reasi; MD, JKTDC; Director Tourism, Jammu and other officers of the Department.

During the meeting, the Chief Secretary sought suggestions from the representatives of hoteliers, transporters and other tourism players about the ways and means to attract these pilgrims coming to this shrine to other religious or tourism destinations spread across the region.

Dulloo said that the tourism players too had a role to play in promoting places in and around Jammu. He suggested them to come up with concrete suggestions and plans for each of the destination. He advised them to frame two,



three or four day packages based upon the potential and intensity of each place.

He further asked them to look into a mix of activities in each package inclusive of spiritual, eco-tourism, leisure, cuisine, culture and adventurous aspects. He enjoined upon them to offer several baskets along with Shri Vaishno Devi Yatra so that people are able to choose as per their choice and inclination.

The Chief Secretary also urged them to look for creation of a lot of promotional content as we have different success stories to guide us. He maintained that the continuous uploading of content over social media besides other promotional campaigns is definitely going to bear fruits over time.

He committed that the government would extend all kind of sup-

port to realise the objectives. He added that a plan for each season should be ready for joint promotion of the same with active support of the Tourism Department. Dulloo also underscored the need for having better infrastructure and amenities at all these sites. He told them that the government would be forthcoming to invest more funds in any of the projects required at these sites. He assured them of better infrastructure, transport and other amenities at all these sites.

Commissioner Secretary, Tourism, Yasha Mudgal, highlighted the significance of certain locations found around Katra township. She gave out that the places like Shiv Khori, Baradari, Chenab Rail Bridge, Jammu City, Patnitop, Mantalai, Sana-sar and Sudhmahadev are

some of the potential sites found in the radius of 100 km and can be offered to the pilgrims on visit to the cave shrine.

She maintained that the Department is organizing several festivals and FAM tours across the tourism destinations of J&K to promote them in national and international markets. She also threw light on the campaigns the department has carried out so far along with the increase in footfall to each of the above locations.

The meeting was also apprised of the tourism infrastructure created at these sites besides the plans for its further augmentation. It was added that with the support and suggestions of local players the department is committed to bring all these sites on the tourism map of India.

Govt intensifies drive against sale of unlabelled machine-made carpets



GMK NEWS NETWORK

SRINAGAR - In response to growing complaints from buyers and tourists about the sale of machine-made carpets from outside the region being falsely marketed as authentic Kashmiri hand-made carpets, the Handicrafts and Handloom Department, Kashmir, has further intensified its crackdown on unscrupulous carpet sellers.

Several counterfeit products were confiscated and stern warnings were issued to errant dealers to ensure compliance with Quality Control standards.

In a press statement issued here today, a spokesperson from the Department said that this action follows recent reports in local dailies highlighting the influx of machine-made Turkish and Iranian carpets being sold under the guise of genuine Kashmiri hand-knotted carpets. “The enforcement wing of the Quality Control Division conducted a comprehensive inspection of several wholesale carpet dealers in Srinagar and this exercise shall continue,” he added.

During the inspection, the team discovered stocks of Turkish and Iranian carpets, some of which were unlabelled or partially labelled. Such practices mislead consumers about

the origin and nature of the products, constituting a violation of fair-trade practices, he stated, adding that the dealers found in violation of the Tourist Trade and Quality Control Acts will be issued warnings and advised to ensure all products are properly labelled as per prescribed specifications. “This includes clearly distinguishing between the machine-made carpets and authentic Kashmir hand-knotted carpets,” he added.

The Handicrafts and Handloom Department has reiterated its commitment to maintaining transparency and safeguarding consumer interests. Regular inspections will continue to ensure compliance and protect the reputation of genuine Kashmiri handmade carpets, which are an integral part of the region’s rich cultural heritage.

The spokesman further emphasized Department’s commitment in upholding the integrity of Kashmir’s handicrafts sector. “All stakeholders are urged to strictly adhere to the rules and regulations governing the industry. Any deviations or malpractices will be met with stringent actions to protect the interests of genuine artisans and preserve the authenticity of Kashmir’s heritage.”

Sunil Sharma meets LG, raises concern over rising crime in Jammu



GMK NEWS NETWORK

SRINAGAR: Jammu and Kashmir BJP General Secretary & Leader of Opposition, Sunil Sharma, has raised serious concerns over the increasing crime rate in Jammu, urging Lieutenant Governor, Manoj Sinha, to take immediate action to ensure public safety.

Sunil Sharma had called on the LG to discuss the prevailing situation in the UT, Jammu in particular regarding spurt in incidents of thefts, murders, robbery.

Sunil Sharma stressed that the growing law and order problem is causing fear among residents and called for enhanced policing, stricter enforcement of laws, and effective initiatives to curb criminal activities in Jammu.

“The people of Jammu and Kashmir deserve a secure envi-

ronment. Rising crime not only threatens public safety but also impacts tourism and economic development,” Sunil stated. He urged the administration to increase police patrolling, set up special task forces, and leverage technology such as CCTV surveillance to deter criminals.

Sunil also emphasized the need for stronger measures against the drug menace, which is affecting the youth. He called for rehabilitation programmes, awareness campaigns, and stringent action against drug peddlers to tackle the crisis.

Sunil reaffirmed his party’s commitment to work with authorities to ensure a safer and more prosperous Jammu and Kashmir. He urged citizens to remain vigilant and cooperate with law enforcement agencies.(KNS)

Over 3,600 Pilgrims from J&K to Perform Hajj 2025

GMK NEWS NETWORK

SRINAGAR: The Jammu and Kashmir Hajj Committee has received around 4,200 applications for Hajj 2025, out of which 3,622 pilgrims from the Union Territory will proceed for the sacred journey. Executive Officer of J&K State Hajj Committee, Dr. Shujaat Ahmad Qureshi, said while outlining the upcoming process for the pilgrims.

According to Dr. Qureshi, the embarkation points for J&K pilgrims will include Srinagar and Delhi, with a small group of around 20 traveling through Mumbai. The application process took place in August-September 2024. Currently, the second installment is being deposited, and the submission of documents is ongoing, which will continue until February 18.

Following this, a three-phase training program has been scheduled to

prepare the pilgrims. The first training session will be held in February, while the remaining two sessions are planned for March and April. These training programs aim to familiarize the pilgrims with the rituals and physical requirements of Hajj.

Dr. Qureshi further informed that the departure of the first batch of pilgrims is expected between April 29 and the first week of May 2025. He urged the intending pilgrims to begin their preparations, focusing on both the spiritual and physical aspects of the journey. He advised them to start practicing walking at least 3.5 km daily, as it will help them complete two Tawaf (circumambulations) around the Kaaba with ease during Hajj.

The J&K Hajj Committee remains committed to ensuring a smooth and well-organized pilgrimage for the selected pilgrims, he added (KNS)

GOI's ‘Everything is Fine’ Narrative Falls Apart in Kashmir: JKPCC Chief

GMK NEWS NETWORK

SRINAGAR: Senior Congress leader and Jammu and Kashmir Pradesh Congress Committee (JKPCC) chief Tariq Hamid Karra has strongly criticized the Government of India’s claims regarding normalcy in Kashmir. He stated that despite repeated assurances from the government, the ilground reality suggests otherwise, citing rising civilian and security force casualties.

Karra highlighted recent incidents of violence and an increasing number of heart attack-related deaths in Jammu, questioning the government’s narrative that “everything is fine.” He urged the Centre to reassess its policies and present a clearer picture of the situation in Kashmir.

“Amit Shah’s responsi-

bility is to restore peace, but that has not been achieved yet. People are feeling insecure due to continuous killings,” Karra remarked, emphasizing the need for a fresh approach.

Regarding the return of Kashmiri Pandits, Karra welcomed the initiative taken by Mirwaiz Umar Farooq to facilitate their rehabilitation. He stated that the Congress Party has always supported the return of Kashmiri Pandits and urged collective efforts to reintegrate them into Kashmiri society.

When asked about Prime Minister Narendra Modi’s visit to the United States, Karra refrained from making direct remarks but stated that the real outcome of the visit would be evident based on the reception he receives there. (KNS)

Govt committed to promotion of Horticulture, welfare of traders, growers: Javed Dar

GMK NEWS NETWORK

JAMMU: Minister for Agricultural Production and Rural Development Departments, Javed Ahmad Dar, Tuesday reaffirmed government’s unwavering commitment towards promotion of the horticulture sector with emphasis on welfare of fruit traders and growers in Jammu and Kashmir.

The Minister made these remarks while chairing a meeting held with the members of Jammu Fruit Traders Association at Fruit Mandi Narwal.

The meeting had detailed discussion on key issues faced by fruit traders besides exploring measures for strengthening the horticulture sector.

The Minister said that the Horticulture sector is and will remain a priority sector for the government as it plays a pivotal role in Jammu and Kashmir’s economy.

He highlighted the significance of the horticul-



ture sector in J&K, stating that around 70 to 80 percent of the region’s population is directly or indirectly associated with this sector. “Thousands of people earn their livelihood through horticulture activities and the government is highly sensitive to the challenges faced by the growers and traders. We are committed towards implementing welfare initiatives that will ensure the sustained growth and prosperity of this vital sector,” emphasised the Minister.

During the meeting, the

Minister acknowledged the pressing need for additional storage space for apple produce, especially during the peak season, to support Jammu based traders. Recognizing the genuine concerns of the traders, he directed the concerned authorities to identify a suitable patch of land to address this requirement at the earliest.

A delegation of the Fruit Traders Association, led by its President Parveen Kumar, presented a comprehensive list of issues and demands to the Min-

ister. The issues included extension of existing leases, implementation of stringent quality checks on imported fruits to safeguard the interests of local growers, proper grading facilities for dry fruits particularly walnuts and enhancement of marketing infrastructure to improve the competitiveness of local produce.

The Minister assured the association members that their concerns would be given due consideration, and necessary steps would be taken to address them in a time bound manner.

Government of Jammu and Kashmir,

OFFICE OF THE DEPUTY DIRECTOR
LAW ENFORCEMENT, KASHMIR

MESSAGE FOR FARMERS

All the orchardists/farming community of the valley are advised not to Purchase/ use the below mentioned batch No of pesticide product in their fields, which has been declared as Misbranded by the Agriculture Chemist Department of Agriculture Lalmandi Srinagar.

The details of Misbranded Pesticide product is as under:-

S.No	Name of the Product	Active Ingredient	Batch No	Date of Manufacture	Date of expiry	Manufactured/ Marketed by
1	Indofill M-45	Mancozeb 75% WP	CMZ24-660	13.12.2024	12.12.2026	Indofill Industries Limited

All the Enforcement Officers/ Inspectors are directed to seize stocks of the above said pesticide product under Batch No: CMZ24-660 proceed further as per the provisions of Insecticides Act-1968 and Rules made there under.

Sd/-
Deputy Director Law Enforcement
Kashmir

DIPK-11536-24
DT: 04/02/2025

Sectarian Divide - A Disgrace Or What?

MOHD ISHAQ SHAH

While reflecting on the intense crisis of sectarianism and its drastic effects on the common and universal belief that transcends all narrow schemas so far projected and promoted by the pseudo-scholars of the current times my reason has denied to asses why it is overstressed by the clergymen, scholars, clerics and the some of the common people when the fact is that belief is universal in nature. However, the practice of faith might vary from context to context or person to person. The basic prerequisite for every believer is to affirm by his heart and recite with tongue-Kalma (shahdah) confirming that God is only one and there is no partner to him combined with the faith that Prophet Muhammad (PBUH) is the last messenger of God. This requisite has been there since the creation of Adam and Eve. However, the second part of Kalama would be altered with the emergence of a new messenger (Rasool). The format of formal worship has been different as well from time to time.

It is an undeniable fact that the core fundamental duties/obligations for every believer are the same ie; Salah (Prayer), Hajj(pilgrimage), Rouza(Fasting), and Zakat(Tax), and obligations towards fellow men are applicable to every Tom, Dick, and Harry. And for attaining a spiritual exaltation one requires the peak level of accountability, honesty, sincerity, and truthfulness (collectively called as Taqwah).

SECTARIANISM DEFINED: The term "sectarianism" is defined in the Oxford English Dictionary as "excessive attachment to a particular sect or party, especially in religion". The phrase "sectarian conflict" usually refers to violent conflict along religious or political lines, such as the conflicts between Nationalists and Unionists in Northern Ireland (reli-

Wherever people of different religions live in close proximity to each other, religious sectarianism can often be found in varying forms and degrees. In some areas, religious sectarians (for example Protestant and Catholic Christians) now exist peacefully side by side for the most part, although these differences have resulted in violence, death, and outright warfare as recently as the 1990s. Probably the best-known example in recent times was The Troubles.

gious and class-divisions may play major roles as well). It may also refer to general philosophical, and political disparity between different schools of thought, such as that between Shia and Sunni Muslims. Non-sectarians see free association and tolerance of different beliefs as the cornerstones to successful, peaceful human interaction. They adopt political and religious pluralism.

Wherever people of different religions live in close proximity to each other, religious sectarianism can often be found in varying forms and degrees. In some areas, religious



sectarians (for example Protestant and Catholic Christians) now exist peacefully side by side for the most part, although these differences have resulted in violence, death, and outright warfare as recently as the 1990s. Probably the best-known example in recent times was The Troubles.

Catholic-Protestant sectarianism has also been a factor in U.S. presidential campaigns. Prior to John F. Kennedy, only one Catholic (Al Smith) had ever been a major party presidential nominee, and he had been solidly defeated largely because of claims based on his Catholicism. JFK chose to tackle the sectarian issue head-on during the West Virginia primary, but that only sufficed to win him barely enough Protestant votes to eventually win the presidency by one of the narrowest margins ever.

Within Islam, there have been dilemmas at various periods between Sunnis and Shias; Shias consider Sunnis to be false, due to their refusal to accept the first caliph as Ali and accept all following descendants of him as infallible and divinely guided. Many Sunni religious leaders, including those inspired by Wahhabism and

Imam Malik, Imam Hamal, and Imam Shafi who have interpreted the Islamic Shariya as per their understanding and research on the Quran, Hadith, and Fiqah.

For the sake of understanding the matter in the context of unity among Muslims, it is inevitable to refer to the authentic source ie; Quran and Hadith. For it this source on which every sect/faction relies for the matters of larger significance.

What does the Quran say about unity: Surah Al-Imran, verse 103: "And hold fast to the rope of God, all together, and be not divided" Surah Al-Anfal, verse 46: "And hold firmly to the rope of Allah all together and do not become divided" Surah Al-Hujurat, verse 10: "The believers are nothing but brothers, so make settlement between your brothers" Aal-imraan: 105: "And do not be like the ones who became divided and differed"

Unity in the context of Hadith: The parable of the believers in their affection, mercy, and compassion for each other is that of a body. When any limb aches, the whole body reacts with sleeplessness and fever." [S ah ih Bukhari 5665, S ah ih Muslim 2586]

hood. Nothing shall be legitimate to a Muslim which belongs to a fellow Muslim unless it was given freely and willingly. Do not therefore do injustice to yourselves. Remember one day you will meet Allah and answer your deeds. So beware: do not stray from the path of righteousness after I am gone".

An article by Asghar Sajad published by Linked In: My Biggest Goal in Life: Muslims Unity in Light of Quran and Ahadees on 2nd March 2020 mentions: that Islam is the religion of peace and harmony. It is the religion of tranquility and brotherhood among people. Islam teaches unity which is the most important ingredient for the survival of people on this planet. Religion Islam has laid the great emphasis on the development of brotherhood, love, respect, and prosperity among Muslims.

It is worth mentioning that Islam existed even before the emergence of four jurisprudences and different ideologies/philosophies and will continue to survive up to the end of the universe. So the matter of introspection and self-realization is how to find the unifying God in the middle

upon our face on doomsday. The sectarian divide among the people has led only to blind faith and an illogical approach to serving God and Humanity. Although we see that there are various schools of thought, it seems that those schools are devoid of the thought we must have thought about before widening the sectarian gap. Why don't we understand that all the four Imams are just and they have not created any conflict? But the matter of fact is that they have paved our way to follow Islamic Shariya in Letter and spirit. And have simplified various issues and matters in accordance with the Quran and Hadith. Following any of the four Imams doesn't necessarily mean that others are not just. It is only ignorance and illiteracy that makes us hold the said stand.

So I would like to propose some modest proposals that might help the Muslim Ummah to understand the nature of sectarianism and come out of their narrow schemas in order to assimilate and accommodate the basic tenets of our belief- oneness of God and Prophet Muhammad being his last messenger.

1. Studying Quran, Hadith and Fiqah personally with an open and unprejudiced mind in consultation with authentic and certified preachers.
2. Developing prejudice and hate against any of the sects needs to be eliminated. It is this elimination that may free our mind from the bondage of hatred.
3. Limitizing religious sermons only to mosques will certainly reduce the magnitude of the controversy wave that has spread like wildfire.
4. Passing on of unauthentic fatwas must be totally banned. As it is the main source of controversy.
5. Stopping of religious speeches on social media is one of the best ways to control this havoc.
6. Video and audio graphy in mosques and Eid-Gaahs must be banned as this gives a chance to those who have evil intentions and later on by editing videos and audio try to exploit the innocent public in order to fulfill their own desires.
7. Darasgah, Darul- Aloods and Religious Trust must be brought into govt. regulations and control.
8. Baitul-maal (Islamic Finance system) must be established to eradicate the malpractices of begging and fund generations.
9. Reforming the marriage system in accordance with the Islamic Shariya is need of the hour.
10. The education system needs an immediate overhauling also that future generations are spared from the fast-spreading fire of hate and prejudice based on illogical and unreasoned approaches.

NOTE: Views expressed are authors' own and may not be in accord with those of GMK.

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other ideologies, have declared Shias to be heretics or apostates. Within the Suni, the Suni sect of Islam there are four-five factions ie; Deobandi, Barelvi, Nadvi, Ahalhadith, and Jamate-Islami, etc. each of these factions claim its originality in following the Quran and Hadith. The fact is that these factions also claim to be the followers of Imam Abu-Haneefa(r.a) except Ahalul Hadith who claims to be following only the Quran and Hadith. Although the claim should have been like being the followers of one of the four Ayema ie; Imam Abu Haneefa,

Muslims are equal regardless of their color, cast, language, or culture but they can be only differ on the basis of good or bad deeds. In the last Sermon of the Holy Prophet (P.B.U.H), he said: "All mankind is from Adam and Eve, an Arab has no superiority over a non-Arab nor a non-Arab has any superiority over an Arab; also a white has no superiority over a black nor does a black have any superiority over a white - except by piety and good action. Learn that every Muslim is a brother to every Muslim and that the Muslims constitute one brother-

of this storm that has damaged the core structure of faith that is based upon logic and reason combined with compassion, cooperation, love, service, and accountability. Our faith has two perspectives viz the oneness of God and the prophets of God being the selected ones and the obligations towards our fellow beings. And we shall be held accountable to God for both of these perspectives. And it is our sincerity with regard to said aspects that will make our being to be acknowledged to God and all other show and pomp would be thrown

Heart Health: Symptoms Of Low Blood Sugar At Night

Low blood sugar, or hypoglycaemia, occurs when the blood glucose level drops below normal, typically under 70 mg/dL. It can result from excessive insulin, skipping meals, intense physical activity, or conditions affecting glucose regulation. At night, low blood sugar (nocturnal hypoglycaemia) often arises due to taking too much insulin or diabetes medications, consuming insufficient carbohydrates before bed, or increased physical exertion earlier in the day. It can be worrying because severe cases may disrupt sleep, cause dangerous symptoms like seizures, or increase the risk of unawareness in subsequent episodes. Recognising the signs early is crucial to prevent complications, read on as we share some common signs.

10 Symptoms of low blood sugar at night

1. Night sweats
Sudden excessive sweating while asleep is a common symptom of low blood sugar. This happens because hypoglycaemia



activates the body's stress response, releasing adrenaline, which induces sweating. You might wake up with damp sheets or clothes despite a cool room temperature.

2. Restlessness or disturbed sleep

Low blood sugar can cause tossing and turning, vivid dreams, or nightmares. The brain, lacking sufficient glucose, struggles to maintain a restful sleep cycle, leading to frequent awakenings or light sleep.

3. Fatigue upon waking
Even if you manage to sleep through the night, undetected nocturnal hypoglycaemia can leave you feeling unusually tired or drained in the morning. This is due to the body's effort to restore normal glucose levels

overnight, depleting energy stores.

4. Headaches in the morning
Waking up with a headache can indicate nocturnal hypoglycaemia. Low glucose levels during sleep cause blood vessels in the brain to constrict,

leading to discomfort or throbbing pain.

5. Rapid heartbeat (palpitations)

A racing or pounding heart during the night may be your body signalling low blood sugar. This occurs because hypoglycaemia stimulates the release of stress hormones like adrenaline to compensate for the glucose deficiency.

6. Shakiness or trembling

Some people experience shakiness or tremors during a hypoglycaemic episode, even while asleep. This is another effect of adrenaline attempting to regulate glucose levels, and it might wake you up feeling jittery.

7. Hunger or nausea

Intense hunger during the night can indicate low blood sugar. The body signals the brain to eat in an attempt to raise glucose levels. Nausea may accompany this sensation, especially in more severe cases.

8. Confusion or disorientation

Severe nocturnal hypoglycaemia may cause confusion, disorientation, or difficulty

waking up properly. The brain's impaired function due to low glucose can make it challenging to think clearly or respond to external stimuli.

9. Blurred vision

Hypoglycaemia can cause temporary changes in vision, such as blurriness, even at night. This occurs as the eyes struggle to function without adequate glucose, impacting focus and clarity.

10. Seizures or unconsciousness

In extreme situations, nocturnal hypoglycaemia can lead to seizures or loss of consciousness due to the brain's inability to function without sufficient glucose. This is a medical emergency requiring immediate intervention.

If you suspect nocturnal hypoglycaemia, it's important to monitor your blood sugar levels before bed and consult a healthcare provider to adjust your treatment plan. Consuming a small snack or adjusting medication timing can often prevent nighttime dips in glucose levels.

FROM THE FRONT PAGE

HM Aborts

The MHA has maintained that the policy of zero-tolerance towards terrorism needs to be implemented firmly to make Jammu and Kashmir a terror free region.

The meeting on Wednesday, according to the sources, will also discuss the implementation of the Area Domination Plan and Zero Terror Plan.

It may be recalled that during the last security review meeting held in December last year, the Union Home Minister had directed all security agencies to continue working in a coordinated manner to eliminate terrorism in Jammu and Kashmir.

According to the official data, Jammu and Kashmir in January 2025 recorded the lowest number of killings over the past two decades, with just 3 fatalities—1 security force personnel and 2 terrorists.

The authorities have been maintaining that there has been a significant decline in terrorist incidents, infiltration and recruitment of youth in terrorist organisations.

The heightened security vigilance in the Union Territory has contributed to maintaining law and order stability. "The Union Home Ministry has passed clear instructions to prevent any civilian or security forces personnel killings and has ordered large-scale operations against terrorists."

Candlelight Vigil

Candlelight vigil was held in Kulgam, Anantnag, Baramulla and Kupwara districts against the killing.

The terror attack has drawn widespread condemnation. Lieutenant Governor Manoj Sinha said the perpetrators would be punished soon.

"I strongly condemn the heinous terrorist attack on Shri Manzoor Ahmad Wagay and his family in Kulgam. The entire nation stands in solidarity with the bereaved family in this hour of grief. I have instructed the officials to provide the best possible treatment to the injured. Praying for their speedy recovery," he said.

"I assure the people that the perpetrators of this cowardly attack will be punished soon", the Lieutenant Governor said.

Chief Minister Omar Abdullah expressing his sorrow over the killing. "Such heinous violence has no place in our society and must be condemned in the strongest terms," he said in a post on X on Monday.

Karra Accuses

out the 'recent incidents in both Kashmir and Jammu', which, he said, have exposed the Centre's 'misleading' claims. "The government must seriously think about how to address the real situation and present the truth to the country," he said.

Referring to recent security-related incidents, Karra stated that they were a reflection of the widening gap between GoI's claims and the actual conditions in Jammu and Kashmir. "These claims are not just inaccurate but misleading," he added.

On the issue of business rules and governance in J&K, Karra stressed the need for clarity. "Until the confusion over business rules is resolved, the biggest casualties will be the common people, especially the poor, who are left running from pillar to post in government offices," he said.

Asked about PDP and Sajjad Lone's stance that approving business rules would mean accepting the August 5, 2019 changes, Karra refused to comment, saying, "That is his stand. I cannot comment on that."

On electoral processes, he acknowledged concerns about manipulation but stressed that every state has different electoral dynamics. "For instance, after

elections in Haryana and Maharashtra, unexpected situations arose, including the shocking claim of 75 lakh votes being cast in just an hour, which Congress is now taking up with the Election Commission of India," he said.

Commenting on Prime Minister Narendra Modi's upcoming visit to the USA, Karra took a jibe, saying, "He is going as an uninvited guest, and we shall see how he is received there."

Asked about the current take by the Congress party after extending the support to the government led by National Conference, Karra said that the sole purpose of supporting the government was to keep the BJP 'out' of the power corridors and that they were 'successful' in doing that—(KNO)

3 Back-To-Back

that unidentified persons decamped with cash from the J&K Bank branch in Dachan on Monday. Approximately Rs 19.56 lakh were stolen from the branch, which remains usually cut-off during the winter period.

"Efforts are underway to identify the robbers," officials said.

"CCTV footage is being analysed, and an investigation has been initiated. The Station House Officer (SHO) of Dachan police station reached the spot and started the investigation on this case registered under FIR 01/2025 u/s 331/305-(4) BNS", officials said.

Last month, one person was shot and killed by assassins in the Jewel Chowk area of Jammu city.

Police said the murder was connected to a gang war between two groups of criminals and had no militancy related angle.

Gang wars between groups of criminals are not new to Jammu and members of the mafia have been killing each other in the past as well.

Over the years, police had managed to control these warring factions, but this kind of crime still exists in Jammu city where land mafias are notorious for grabbing government land, illegally occupying land belonging to peace loving citizens and demanding ransom to vacate possession etc.

Light Snowfall In

10-11, the weather would remain generally cloudy with the possibility of light rain and snow scattered to fairly widespread places.

Pertinently, the MeT had predicted back-to-back WDs in Jammu and Kashmir till February 05.

It is worth mentioning that Jammu and Kashmir had recorded a deficit rainfall of 87 per cent in the month of January as against the normal rainfall of 88.2 mm, the Union Territory has recorded a precipitation of just 11.5 mm only.

Moreover, the MeT has issued an advisory for tourists, travellers and transporters, asking them to follow administration and traffic advisory—(KNO)

2 Months On,

potential toxins. Experts from AIIMS Delhi and PGIMER Chandigarh have visited the affected area, collected samples, and are conducting analyses to identify possible toxic substances.

A top doctor informed KNO that all the patients at GMC Rajouri have recovered and all of them are off the atropine now.

He said that antidotes given to the affected patients have been effective, but authorities still lack conclusive evidence about the cause of the deaths and are awaiting Forensic Science Laboratory (FSL) reports.

The medico said that authorities have narrowed down investigations on toxins like Aldicarb, Cadmium and other salts but official reports are yet to come.

"At least, we have found a solution in

the form of antidote Atropine, which has given 100 percent results," he said.

"Atropine is an antidote for organophosphorus poisoning, but surprisingly the typical features of organophosphorus poisoning were not there but based on treatment data analysis of those who survived in December with those who could not, atropine was given that helped to treat patients," he added.

He said official reports are yet to come but they are expecting them this week.

Authorities continue to monitor the situation closely, and the village remains under strict surveillance to prevent further incidents.

HC Seeks Registry's

here, instead of passing an order on the application for regular bail, had recommended the District Judge to transfer his case to the MP/MLA court as Rashid became an MP.

In his plea pending before the Delhi HC, he moved an application seeking interim bail to attend the ongoing Budget session of the Parliament, which began on January 31 and will conclude on April 4. In the alternative, Engineer Rashid prayed that he be given custody parole if not interim bail to attend the Parliament session.

The NIA has opposed the interim bail plea of Engineer Rashid. He won the Lok Sabha election from J&K's Baramulla constituency by defeating National Conference (NC) Vice President and incumbent Chief Minister, Omar Abdullah by over two lakh votes while he remained lodged in Tihar Jail.

Engineer Rashid was arrested by the NIA in 2019 under the Unlawful Activities (Prevention) Act (UAPA). The ED had also filed a money laundering case against him and the accused persons on the basis of the NIA's FIR, which accused them of conspiring to wage war against the government and fomenting trouble in the Valley.

On December 24, 2024, Additional Sessions Judge Chander Jit Singh requested the District Judge to transfer Rashid's case to a court designated to try lawmakers since the accused is now a member of the Lok Sabha. The Additional Sessions Judge had dismissed Rashid's plea urging him to pronounce the verdict on his pending bail application in the NIA case.

Engineer Rashid has represented the north Kashmir Langate Assembly constituency in J&K twice. His brother, Sheikh Khurshid Ahmad won the 2024 Assembly election from the Langate Assembly constituency.

INDIA Bloc Intact,

absolutely fine and will keep doing good in the future as well.

Pertinently, Omar Abdullah on Monday underscored the need for the INDIA bloc to have a structured discussion on its future strategy, cautioning that internal rifts could harm its larger goal.

It's in place to mention here that in January this year when Omar had stated that the constituents of the alliance were treading different paths, Dr Farooq Abdullah had put his weight behind the INDIA bloc saying,

"The alliance is not just about contesting elections. It is about strengthening India and eliminating hatred. Those who believe this alliance exists only for parliamentary elections are mistaken. The alliance is permanent -- it is for every day and every moment."—(KNO)

5 Held For

for its use by the jail inmates which include those involved in terrorism and Narco-terrorism," a police spokesperson said Tuesday.

The suspects hail from Dawoodpora in Anantnag, Qamarwari and Kursu Padshahibagh in Srinagar and Nathpora and

Kaloosa in Bandipora district.

Earlier, the spokesperson said, searches were carried out by CIK sleuths inside the Central Jail premises and it was found that these suspects in connivance with some inmates have procured and transported SIM cards inside the Jail for its use in variety of terror related activities.

"The role of PoS/vendors of different Telecom Service Providers (TSPs) who have issued these SIM cards is being ascertained and further arrests are expected," he added.

Pertinently, today's CIK action is part of the investigation of case FIR No. 06/2023 u/s 153-A, 505, 121 & 120-B IPC r/w 13 & 39 UA (P) Act registered at Police Station CI-K.

In 5 Yrs, Cervical Cancer

cancer treatment more affordable, including price caps on scheduled cancer drugs, reduced customs duties, and discounts on anticancer medications through the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP).

The government also offers financial assistance through initiatives like the Pradhan Mantri Jan Arogya Yojana (PMJAY), which covers health insurance of Rs 5 lakh per family annually. Additionally, cancer treatment is available at various healthcare facilities, including district hospitals and specialized centers like AIIMS, with AMRIT Pharmacy stores providing cancer drugs at lower prices. Awareness campaigns on prevention and early detection are also being conducted nationwide—(KNO)

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World Cancer Day: People thank PM Modi for affordable treatment under Ayushman Bharat

IAN S

JAIPUR : On the occasion of World Cancer Day, observed annually on February 4 to raise awareness about cancer, people in Rajasthan have lauded the Ayushman Bharat Pradhan Mantri Jan Aarogya Yojana (PM-JAY) for its transformative impact on cancer patients.

The initiative, launched by Prime Minister Narendra Modi on September 23, 2018, has emerged as a life-line for countless families, providing free treatment for serious illnesses in both private and government hospitals.

By easing the financial burden of healthcare, PM-JAY ensures that even the most economically disadvantaged citizens can access life-saving medical care.

Cancer patients in Rajasthan, especially those receiving treatment under this scheme, have expressed their gratitude for the support provided.

Rohitas Kumar from Bikaner, whose father is undergoing cancer treatment at Acharya Tulsi Cancer Hospital, spoke to IANS about the benefits of the scheme.

"My father's treatment is being carried out under PM Modi's Ayushman Arogya Yojana, which offers insurance coverage of up to Rs 5 lakh per family. This has been a huge relief for us," he said.

He also highlighted the recent announcement in the Union Budget that exempts tax on more than 36 expensive cancer medicines, making treatment more affordable.

"I urge more people to enroll in this scheme so that everyone can benefit. The treatment here is excellent, and more awareness should be created about the programme," he added. Santosh Bishnoi, whose sister-in-law is battling cancer, echoed similar sentiments.



Ayushman Bharat: Delhi doctor explains impact of healthcare scheme on cancer patients

IAN S

NEW DELHI : February 4 is observed as the World Cancer Day, marking a global observance aimed at raising awareness and fighting the deadly disease. As the life-threatening ailment continues to affect millions worldwide, the day serves as a reminder to reduce the number of 'preventable' deaths. India has made considerable progress in the field as the financial assistance under the Ayushman Bharat has enabled umpteen families to receive cancer treatment, free of cost.

The Ayushman Bharat scheme has become a beacon of hope for cancer patients, especially those from economically disadvantaged backgrounds. This flagship initiative of the Government of India is providing critical support by offering free treatment, alleviating the

financial strain on families, and ensuring access to world-class healthcare.

Dr Piyusha Kulshrestha, Senior Consultant and Head of Radiation Oncology at the Metro Cancer Institute in Preet Vihar, spoke to IANS about the profound impact of Ayushman Bharat on cancer care.

"The scheme is a game-changer for many of our patients, particularly those from states like Uttar Pradesh, Uttarakhand, and Bihar. Once they enroll, we can begin their treatment within a week, which is crucial when dealing with cancer," Dr Kulshrestha said.

She further highlighted the importance of timely intervention in cancer treatment, emphasising that early action can significantly increase the chances of successful outcomes.

"In cancer care, time is of the essence. As soon as the diagno-

sis is confirmed, treatment must begin immediately. Ayushman Bharat has been a lifesaver for economically weaker patients, ensuring they receive the care they need without delay. It's essential to know that cancer is curable, but only when treated promptly and appropriately. Delaying treatment or seeking alternative therapies only hinders the chances of recovery," she added.

Launched in alignment with the National Health Policy 2017, Ayushman Bharat aims to provide Universal Health Coverage (UHC) to every citizen. Its commitment is to ensure that "no one is left behind," especially the marginalised and economically vulnerable. The scheme is designed to deliver comprehensive healthcare by addressing prevention, primary care, and specialised treatments at all levels of service.

boon for those in need," he added.

Additionally, Dr Lal mentioned that those who have not yet obtained an Ayushman Card can still receive treatment under Chief Minister Nirogi Rajasthan Yojana, ensuring no one is left without medical assistance.

"The initiative continues to make a profound impact on the lives of cancer patients, reaffirming the government's commitment to accessible and affordable healthcare for all.

Special committee formed to study UCC implementation in Gujarat

IAN S

GANDHINAGAR : The Gujarat government has constituted a special committee under the chairmanship of a former judge to analyse and assess the impact of UCC, official sources said.

The committee will prepare a comprehensive report, which will serve as the foundation for the government's next steps. Once the report is submitted, the state cabinet will deliberate on the findings and make a decision on the way forward.

A joint press briefing by Chief Minister Bhupendra Patel and Home Minister Harsh Sanghvi will be held on Tuesday, where they are expected to provide further clarity on Gujarat's roadmap for UCC implementation.

This joint press conference marks a moment in Gujarat's governance as such high-profile discussions have been rare in recent years.

The Uniform Civil Code (UCC) is a proposed legal framework aimed at unifying and replacing personal laws based on religion with a single set of rules governing marriage, divorce, inheritance, adoption, and maintenance for all Indian citizens.

The idea behind UCC is to

establish 'one nation, one law', ensuring legal uniformity irrespective of religious beliefs. This concept is enshrined in Article 44 of the Indian Constitution, which states that the State shall endeavour to secure a Uniform Civil Code across the country.

Currently, India follows separate personal laws for different religious communities, including Hindu Personal Law, Muslim Personal Law, Christian Personal Law, and Parsi Law, among others. These laws govern aspects such as marriage, divorce, property rights, and adoption within specific religious communities, leading to legal disparities.

If implemented, the UCC would introduce uniform marriage laws, ensuring a common legal age, registration process, and dissolution procedures for all citizens. It would also establish equal inheritance rights, eliminating gender-based discrimination in property distribution. Furthermore, UCC would standardise divorce laws, removing religious-based differences and ensuring a uniform legal process. Adoption and guardianship laws would also be made uniform, granting equal rights to individuals regardless of their religious background.

Thief who built Rs 3 crore house for girlfriend held in Bengaluru

IAN S

BENGALURU : Bengaluru Police have arrested a thief who built a Rs 3 crore house for his girlfriend using money he robbed.

The accused has been identified as 37-year-old Panchakshari Swamy. Police have also revealed that he had connections with a well-known film actress.

According to police sources, Madivala Police in Bengaluru put an end to a long run of criminal activities. The accused, Panchakshari Swamy, hails from Solapur in Maharashtra. Despite being married and having a child, he was known for his womanising ways.

Investigations revealed that Swamy began committing burglaries in 2003 when he was still a minor. By 2009, he had become a professional thief, amassing wealth worth crores through his crimes. In 2014-15, he came into contact with a famous actress and developed a romantic relationship with her.

During interrogation, the accused confessed that

he had spent crores on the actress. He also built a Rs 3 crore house in Kolkata and gifted her an aquarium worth Rs 22 lakh.

In 2016, Swamy was arrested by Gujarat Police and sentenced to six years in prison. After being released from Sabarmati Central Jail in Ahmedabad, he returned to burglary. He was later arrested by Maharashtra Police for similar crimes. Once released in 2024, he shifted his base to Bengaluru, where he resumed house burglaries and thefts.

On January 9, he burgled a house in the Madivala locality of Bengaluru. After gathering intelligence, police arrested him near the Madivala market area. During interrogation, he admitted to committing crimes in Bengaluru along with an associate.

Police have seized an iron rod and a fire gun, which he used to melt stolen gold and convert it into gold biscuits. Swamy revealed that he stored all the gold and silver biscuits made from stolen jewellery at his residence in Solapur, Maharashtra.

Maha Kumbh: Bhutan King takes holy dip at Sangam with CM Yogi

IAN S

PRAYAGRAJ : Bhutan's King Jigme Khesar Namgyel Wangchuck participated in the Maha Kumbh festivities in Prayagraj and took a holy dip at the Triveni Sangam on Tuesday. He was accompanied by Uttar Pradesh Chief Minister Yogi Adityanath in taking the 'dip of faith'.

Both leaders also offered prayers at the sacred Sangam Nose.

The Bhutanese monarch arrived in Lucknow on Monday, where he was extended a grand welcome by UP Chief Minister, amid traditional music and dance performances.

Taking to social media platform X, CM Yogi extended his greetings, saying, "Hearty welcome and greetings to His Majesty King Jigme Khesar Namgyel Wangchuck of Bhutan in Uttar Pradesh, the sacred land of valour, culture, and cultural harmony!"

CM Yogi is on a visit to Prayagraj today, to participate in various programs and oversee security arrangements for the Maha Kumbh, which has already witnessed an overwhelming turnout.

On Monday, a 110-member Bhutanese delegation, along with Heads of Mission (HoM), spouses of HoMs, and diplomats from 71 countries, participated in the Maha Kumbh Mela.

The Maha Kumbh 2025, which began on January 13, will continue until February 26. The event has already drawn millions of devotees from India and abroad and is poised to set new records in attendance.

So far, around 35 crore devotees have taken a holy dip at the Triveni Sangam.



Akhilesh attacks govt over Maha Kumbh, demands release of 'real' death toll in stampede

IAN S

NEW DELHI : Samajwadi Party (SP) chief Akhilesh Yadav on Wednesday accused the government of hiding the real death toll numbers in the Maha Kumbh stampede and demanded that punitive action be taken against those officials, whom he claimed conspired and colluded to conceal the real figures.

The stampede that broke out on Mauni Amavasya, one of the biggest Amrit Snans, resulted in the death of about 30 devotees and injury to more than 60.

Speaking in Lok Sabha on the Motion of Thanks to the President's Address, Akhilesh Yadav claimed that the government was deliberately

holding back the death toll numbers and demanded that it shares the entire details of Maha Kumbh including availability of doctors, medicines and other arrangements in the Parliament.

"The government is freely sharing the Budget figures but it's not the case with Maha Kumbh. I ask them to give the real numbers of those who died in Maha Kumbh. I demand an all-party meeting to discuss and debate the tragic incident in Prayagraj," he said.

The SP supremo further demanded that the Army should take over disaster management of the Maha Kumbh.

"The numbers for deaths, treatment of injured, availability of medicines, doctors, food,

water, and transport should be presented in the Parliament," he demanded.

The SP chief also tore into the state government over the 'poor and inefficient' arrangement in Prayagraj, accusing it of engaging in publicity and promotion campaigns and doing little for public safety.

He said that the truth was intentionally held back and demanded stern action for those who were part of this 'design'.

"There should be strict punitive action for the tragedy and those responsible for hiding the truth should be punished. We ask the double-engine government, if there was no guilt, then why were the figures suppressed, hidden and erased? Erasing the truth is a crime," he said.

On Basant Panchami, a massive crowd gathered for the Amrit Snan, with lakhs of devotees arriving from across the country.

Despite a recent stampede that claimed 30 lives and injured over 60 people, the enthusiasm among pilgrims remains undiminished. In response, secu-

rity has been significantly tightened, with CM Yogi personally overseeing the arrangements.

The heightened security was evident during the Basant Panchami Amrit Snan, which saw thousands of devotees taking a peaceful and organised dip at the Sangam Nose. The

Chief Minister had earlier conducted a high-level review meeting from his official residence to ensure smooth arrangements.

With another large turnout expected today, the authorities are leaving no stone unturned to ensure a safe and smooth experience for all attendees.

Owaisi's statements on Waqf not based on facts but on an agenda to stir tension: JPC Chief

IAN S

NEW DELHI : The debate over the Waqf (Amendment) Bill heated up on Tuesday as Jagdambika Pal, Chairman of the Joint Parliamentary Committee (JPC), fired back at AIMIM Chief Asaduddin Owaisi over his remarks. The AIMIM chief had criticised the bill, warning that it could lead to social instability.

Brushing aside baseless objections, the JPC chief claimed that the Opposition was spreading confusion and engaging in "politics of appeasement."

Pal, speaking to IANS, asserted, "When the government enacts a law, it's within the boundaries of the Constitution. Owaisi and his supporters are fueling unnecessary fear. The bill aims to ensure proper maintenance of mosques and that the underprivileged, including Muslims, widows, and children, benefit from Waqf properties, not that they will be taken away."

"His statements are not based on facts but on an agenda to stir tension. Why is he creating fear and spreading confusion?"

Pal emphasised that the Imams and muezzeens were mismanaging the properties, often selling them, and that the intention was to protect and utilise these assets for the community's welfare,"

he further stated.

Owaisi speaking in Parliament on Monday, issued a warning of sorts to the government and urged it to reconsider the Waqf (Amendment) Bill, 2024 in its current form.

He warned that its passage would spark social instability across the country, claiming the bill had been outright rejected by the entire Muslim community.

In his address to the Lok Sabha, Owaisi stated, "If this government proceeds with this version of the Waqf law, it will violate Articles 25, 26, and 14 of the Constitution, and it will lead to chaos. The Muslim community will not stand for it—there won't be a single Waqf property left, nothing."

He added, "You talk about a 'Viksit Bharat' (Developed India), we also want a 'Viksit Bharat'. But if you intend to drag this nation back to the days of the '80s and '90s, that will be on your conscience."

"As a proud Indian Muslim, I will not let even an inch of my mosque or Dargah be taken away. I won't tolerate it. We are no longer here to give diplomatic speeches—we're here to stand up and speak the truth. This is our property, our right, not granted by anyone else. Waqf is a sacred form of worship to us, and no one can take it away," he further remarked.

Pressure tactics to malign us in Delhi polls, says Election Commission

IAN S

NEW DELHI : Faced with a persistent and pointed onslaught by the Aam Aadmi Party (AAP), the Election Commission on Wednesday said that there were repeated and deliberate pressure tactics to malign it ahead of the Assembly elections in the national capital.

Taking to the social media handle on X, the poll body said that it 'noted' repeated pressure tactics but chose to have constitutional restraint and didn't get swayed away by such 'baseless' charges.

The concerning reaction from the poll body comes in the wake of repeated attacks and allegations against it by the Aam Aadmi Party (AAP) and its supremo Arvind Kejriwal. The ongoing political slugfest between AAP, BJP and Congress shifted to EC's doors after the ruling party accused it of 'inaction' against BJP's poll malpractices and 'clampdown' against its members.

For days now, top AAP leaders have been hurling direct charges at the Election Commission, with Kejriwal even advising the Chief Election Commissioner (EC) Rajiv Kumar to 'do duty' and 'give up his desire' for the post. He also accused the EC of 'surrendering' itself to the BJP and giving the impression that it doesn't exist.

On Tuesday, the growing unease went a step further with Delhi CM Atishi and AAP chief launching a fresh tirade at the poll body. Delhi CM claimed that she lodged complaint against hooliganism by a BJP candidate and in return she was booked in a case. Stepping up the attack, Kejriwal said that the EC was acting at the behest of the Home Minister and was understandably shielding the BJP misdeeds.

"Such action against the Delhi CM amounts to hooliganism by the EC," he said on X. In an apparent rejoinder to AAP's direct charge, the EC said, "The 3-member Commission collectively noted repeated deliberate pressure tactics to malign ECI in Delhi Elections, as if it is a single member body and decided to have constitutional restraint, absorbing such outbursts with sagacity, stoically & not to be swayed by such insinuations."

Further explaining the basis of punitive action, it said that action on issues raised by political parties and candidates are taken in each instance by over 1.5 lakh officials who are functioning within the established legal framework.

JGU launches two-year M.Sc. degree in Counselling Psychology

IAN S

SONIPAT : A new two-year programme in Counselling Psychology, offered by the Jindal School of Psychology & Counselling (JSPC) at O.P. Jindal Global University (JGU), will commence in August.

Designed to address the significant mental health challenges in India, the programme is grounded in the globally recognised scientist-practitioner model, integrating theoretical knowledge, ethical standards, research, and practical training to equip students

with the knowledge and skills to excel in the field of counselling psychology.

Prof. (Dr.) Surabhika Maheshwari from Indraprastha College for Women, University of Delhi, inaugurated the M.Sc. degree at a ceremony held at the JGU campus.

She said, "Psychology is fun, but it's also something arduous and requires hard work and commitment. The discipline is structured around the super-dynamic ever-changing human being, set in an ever-changing world, set in an ever-chaotic universe, set amidst the constant tribulations of striving to be

better today than yesterday.

"So, what are the challenges of counselling in India? First and foremost, it must be de-colonised. The symptoms of various disorders may be described differently in a textbook compared to the context in which people live with the disorder.

"De-colonising is feeling the pulse of the various disorders and symptoms as they actually occur in culture-specific settings. The multiplicity of psychology must be kept alive."

"The Master's degree in Counseling Psychology revolves around three

components. First is the core curriculum, designed to provide the theoretical and foundational base of the counselling and treatment fields.

"Second are practicum courses that provide real-world expertise through on-campus training, school-based fieldwork, and community-based engagement.

"Third is research, whereby students complete a Dissertation that critically explores some aspects of counselling psychology", said Prof. (Dr.) Manjushree Palit, Associate Dean of the Jindal School of Psychology and

Counselling.

"I have tremendous hope for the new degree in Counselling Psychology. It offers a curriculum that is evidence-based and culturally relevant. I agree with many who have spoken of the hesitation of college students, including our own students at JGU, to seek help from campus counsellors.

"The taboo that surrounds mental health and seeking help must be addressed and broken down. This degree is a remarkable initiative in that direction, and my team is very excited to take it out into the world. I

am confident JSPC will fulfill the vision put forth for the new counselling psychology programme", said Prof. (Dr.) Upasana Mahanta, Dean of Admissions and Outreach, O.P. Jindal Global University.

According to Prof. (Dr.) Derick H. Lindquist, Dean of the Jindal School of Psychology and Counselling, "There is a desperate need for mental health professionals in India, where approximately one in seven individuals is struggling with mental distress or illness. I am delighted that the first postgraduate pro-

gramme offered by JSPC is in Counselling Psychology. The two-year M.Sc. degree is designed to ensure all students experience rigorous in-class instruction, coupled with practical training, both face-to-face and online. I am confident graduates will have the knowledge and expertise to start their own practice or gain employment in the mental health field, be it a clinic, NGO, school, or government office. This effort aligns with one of the primary missions of our school—to train the next generation of psychologists in India."

Transfer Deadline Day: Man City, PSG & Aston Villa Go Big In The Winter Window

AGENCIES

Manchester City and Aston Villa made big moves just before the midseason transfer window closed on Monday.

Four-time defending Premier League champion City secured a late deal for Porto midfielder Nico Gonzalez for a reported \$61.8 million, while three-time Champions League winner Marco Asensio joined Villa on loan to the end of the season.

Uncertainty over Bayern Munich forward Mathys Tel finally ended when he completed a loan move to Tottenham with the option of a permanent deal in the summer.

Paris Saint-Germain was one of the most active clubs during the window by signing Khvicha Kvaratskhelia from Napoli, and releasing several players.

Man City Goes Big To Salvage Season

City usually makes its moves in the offseason. But in a bid to rescue a campaign that unraveled at the end of last year and was derailed again in a 5-1 loss at Arsenal, City spent big in January on five new signings. Gonzalez took its outlay past \$200 million.

City signed Egypt forward

Omar Marmoush for \$73 million and defenders Abdou Diallo and defenders Abdou Diallo from Lens and Vitor Reis for a combined \$77 million. Christian McFarlane, an 18-year-old left back, joined from sister club New York City FC while captain Kyle Walker left for AC Milan.

Gonzalez's arrival finally gives City a defensive midfielder in the mold of Rodri — the Ballon d'Or holder who was ruled out for the season in September because of an ACL injury.

The Premier League title seems well beyond City, which is 15 points behind leader Liverpool, and a Champions League bid has been made extra difficult after being drawn against holder Real Madrid in the play-offs. But City manager Pep Guardiola will hope the new additions can return the club to the Champions League next season.

PSG Re-Enters The 'Galactico' Market

Paris Saint-Germain has lost much of its star appeal in recent years following the departures of Lionel Messi, Neymar and Kylian Mbappé. A shift in strategy has seen the Qatar-backed club focus more on younger and French talents rather than



superstar names.

But the Kvaratskhelia deal for a reported fee of around \$72 million represents another marquee signing.

The Georgia forward isn't at the level of Messi and Neymar but he has long been among the most sought-after players in Europe with thrilling, match-

winning qualities.

PSG offloaded striker Randal Kolo Muani — a \$101 million signing last season — to Juventus on loan, and central defender Milan Skriniar to Fenerbahce, and Asensio.

Villa's Champions League Push

Through to the Champions

League last 16, Aston Villa boosted its attacking options in the form of Marcus Rashford and Asensio.

Rashford was one of the big stories of the window after falling out of favor at Manchester United. Despite being linked with clubs across Europe, as well as Saudi Arabia, he secured

a loan to Villa for the rest of the season.

If Unai Emery can get the best out of the former England international, he could prove to be an inspired signing in terms of Villa's Champions League campaign and push for a top four finish. Meanwhile, in former Real Madrid midfielder Asensio, Villa has a player with Champions League-winning knowhow.

Saudi Recruitment Stalls?

Neymar's high-profile move to the Saudi league was cut short last week when the Brazil great's contract was terminated by Al-Hilal and he left for boyhood club Santos.

Along with Cristiano Ronaldo and Karim Benzema, the former Barcelona and PSG superstar was a standout signing as the Saudi league launched a recruitment drive to lure the world's top players. But injury meant Neymar was reduced to seven games for Al-Hilal following his 2023 move for a reported \$98 million and his departure brought an underwhelming end to his time there.

Previously, Jordan Henderson left Al-Ettifaq after just six months to join Ajax, and Portuguese forward Jota spent a year at Al-Ittihad before leav-

ing for French team Rennes. Jota rejoined Celtic during this window.

The big signing for the league during this window was Jhon Duran, the Colombia striker who joined Ronaldo's Al-Nassr from Villa for a reported 64 million pounds (\$80 million).

Perhaps bigger is to come in the future, with Liverpool's Mohamed Salah out of contract at the end of the season and repeatedly linked with a move.

Relief For Barcelona

Rather than bringing in new players, Barcelona's biggest challenge was registering two it already owned.

Dani Olmo and Pau Victor were registered only after the government sports authority intervened. The Spanish league and the federation had denied Barcelona's request to re-register the duo because it missed the end-of-year deadline to comply with salary cap rules.

Barcelona accused the league of making unrealistic requests for extra documentation and said payment for VIP seating at the new Camp Nou stadium became available only on Jan. 3. That payment allowed the club to comply with the league's financial fair play rules. (AP)

JKEDI refutes news regarding alleged denial of EL to employees

Terms it baseless, distortion of facts to malign institute's image

GMK NEWS NETWORK

JAMMU: Director, Jammu and Kashmir Entrepreneurship Development Institute (JKEDI), has strongly refuted the news published in a local daily alleging that JKEDI denied earned leave to employees and has deducted salaries for extra leaves.

"The report is misleading, factually incorrect and does not reflect the actual policies and procedures followed by the Institute", said the Director while clarifying on the issue through a rebuttal received here today.

The communication stated that it has come to the notice of the institute that the aforementioned news was shared without confirming the facts with the office of the Director JKEDI. Unfortunately, this has led to a misrepresentation of the facts, which has tarnished the reputation of the Director, the Institute and its employees.

Therefore, the JKEDI

clarified that, as per the records available and in accordance with the Jammu & Kashmir Civil Services (Leave) Rules 1979, specifically Rule 8 (i), leave cannot be claimed as a matter of right. The salary deductions were made under rules only in cases where employees took excess leave after exhausting their allotted quota of Casual, Special Casual or Sick Leaves without obtaining the necessary prior approval from the leave sanctioning authority.

Furthermore, it has been repeatedly communicated to all employees that prior approval for leaves is mandatory once the allotted quota of Casual/Special/Sick leave has been exhausted. This was explicitly outlined in Circular No. EDI/DIR/15/2024/544, dated 12.08.2024.

The JKEDI administration has categorically refuted the false and malicious allegations published in the newspaper "The

Heaven Mail" on 23rd January 2025. These baseless claims have caused unnecessary concern among the employees and have been deliberately designed to tarnish reputation of the institute. The news is completely fabricated, misleading and without any factual basis, read the document.

The administration has taken the allegations seriously and will investigate the matter thoroughly. The culprits responsible for spreading such false narratives about the institute shall be identified and dealt with under rules.

JKEDI, as a government institution, strictly adheres to the leave rules and service conditions as prescribed under rules in vogue. Earned leave is a convenience granted to employees under established guidelines but like other types of leaves, mere applying doesn't mean approval or sanction as Leave applications are processed as per standard protocols, ensuring fairness

and due consideration to the needs of both employees and the organization.

Regarding salary deductions, it is clarified that any deductions for extra leaves beyond the permissible limit are in accordance with the norms and financial regulations. Employees are well aware of these provisions, and there has been no deviation from established procedures.

In the rebuttal, Director said that it is unfortunate that the news in question presents a distorted narrative without seeking an official response from the administration. "Such baseless claims not only mislead the public but also harm the reputation of the Institute and its leadership", he said and urged the newspaper 'Heaven Mail' to verify facts before publishing such reports and provide a fair opportunity for clarification in the interest of journalistic ethics and responsible reporting.

Power Shutdown

GMK NEWS NETWORK

SRINAGAR: According to the Chief Engineer KPDCCL that in order to carry out the balance left over work by way of jumpering of conductor laid on Gantries across flood channel and shifting of Conductor on newly erected HT poles, the power supply from Bemina KP Bagh Line to receiving station Rakhiarth and feeding areas including Rakhiarth, Hamdania Colony and adjoining areas shall remain affected on February 06 from 10:00 AM to 4:00PM.

For temporary shifing and raising of tap, power supply from 33kv Delina-Sopore to Recieving Sttion Sopore-II and feeding areas including town 1st, Seer, Wagub, Amaragarh and adjoining areas shall remain affected on February 08 from 10:00 AM to 4:00PM.

In view of Stringing of conductor and replacement of PCC Pole under RDSS, the power supply from 33kv Sheeri-Baramulla1st Baramulla 2nd, the power supply to Receiving Stations including aramulla-1st, Baramulla-2nd, Kanilbagh, Drangbal, Sheeri and areas including Old Town, Baramulla, Kanil Bagh, Drangbal, Sheeri and adjoining areas shall remain affected on February 11 from 10:00 AM to 4:00PM.

missioner highlighted the importance of conducting regular awareness and training camps for registered farmers. He also emphasized the need for continuous performance monitoring of KKGs to ensure their optimal functioning.

Dr. Qayoom also emphasized the importance of bank incentives provided under various schemes. He was informed that out of 167 cases, only 17 remain pending and are expected to be sanctioned within a week's time, reflecting significant progress in the implementation of financial support initiatives.

A noteworthy achievement during the current financial year includes the approval of 12813 cases under HADP, fostering agricultural and allied sector development in Pulwama District.

DDC emphasized the need to clear all pending tasks through rigorous weekly monitoring and appraisal. He also highlighted the importance of ensuring systematic execution and adherence to project timelines.

DDC Pulwama reviews HADP to assess progress of scheme

GMK NEWS NETWORK

PULWAMA: District Development Commissioner (DDC) Pulwama, Dr. Basharat Qayoom, led a comprehensive review meeting to assess the progress of various schemes under the Holistic Agriculture Development Programme (HADP) in the District.

The meeting held detailed evaluation of key areas, including Agriculture, Horticulture, Animal Husbandry, Sheep Husbandry, Fisheries, Sericulture and Horticulture, ensuring a thorough and strategic approach to development.

DDC Pulwama emphasized the importance of the Kisan Sampark Abhiyan, a platform designed to connect with farmers. This initiative was highlighted as a crucial avenue for maximizing impact across all sectors.

Dr. Qayoom held detailed review of the accomplishments during the current financial year, focusing on the need for departments to expand their outreach.

The strategic move aims to bring new families under the purview of their schemes, broadening the spectrum of beneficiaries in line with the overarching goal of the HADP.

While reviewing physical and financial progress of each scheme, DDC Pulwama directed officers for ensuring timely completion of approved cases.

During the review, it was reported that 36,998 participants engaged in Phase 1 of the Kisan Sampark Abhiyan (KSA), followed by 14,334 in Phase 2 and 12,751 in Phase 3. Additionally, 2,323 farmers participated under KSA Urban, while 685 took part in the YUVA WANI initiative.

The meeting was also informed that approximately 65% of the total enrolment had been completed. While reviewing these figures, the District Development Commissioner directed officials to ensure that no eligible participant is left behind in these initiatives.

In an effort to enhance the effectiveness of Kisan Khidmat Ghars (KKGs), the District Development Com-

DC Srinagar reviews progress on operationalization of Rehabilitation & Counseling Centre, Sanat Nagar

GMK NEWS NETWORK

SRINAGAR: Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat today chaired a meeting of senior Health Officials here to review the progress on the operationalization of the Rehabilitation and Counseling Centre for youth affected by substance abuse established at Sanat Nagar.

The meeting was attended by Additional Deputy Commissioner Syed Ahmad Kataria, Chief Planning Officer Fayaz Ahmad Dar, Chief Medical officer, Dr. Tahir Sajad, District Social Welfare Officer Dr. Mukhtar Ahmad, Chief Education Officer, Ms. Shabeena, Incharge Drug De-Addiction Centre GMC, Dr. Yasir Rather, and other senior Officers.

At the outset, the Deputy Commissioner conducted a detailed review of the progress towards making the Centre fully functional and operational.

He finalized the requirements of manpower, paramedical staff, security and sanitation, baseline investigation labs, and other essential materials for the centre to make it functional as soon as possible.

On the occasion, the DC stressed the importance of ensuring proper functioning and utilization of the centre in collaboration with the Social Welfare Department, Health Department, and IMHANS to achieve the intended goals.

He emphasized that the purpose of the Rehabilitation and Counselling Centre is to provide comprehensive rehabilitation



Reviews implementation of action plan for Electronic, Biomedical, Plastic Waste Management

SRINAGAR: To review the implementation of action plan for management of E-Waste, Biomedical Waste & Plastic Waste in District, a meeting was held under the Chairmanship of Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat here at meeting Hall of the DC Office Complex.

The meeting was attended by Additional Deputy Commissioner, Chief Planning Officer, SDM West, SDM East, Secretary SMC, Chief Medical Officer, Officers of Pollution Control Committee, Deputy Controller Enforcement Legal Metrology, Chief Enforcement Officer, SMC, Divisional Forest Officer, all Tehsildars, all Block Development Officers, Field Inspector and other concerned.

At the outset, the Deputy Commissioner discussed

threadbare various matter including implementation of Action plan for E-Waste, Biomedical Waste & Plastic Waste Management, rules, violations, capacity building of officials, members of District Level Committee to oversee the implementation of the E-Waste, Biomedical Waste & Plastic Waste Management.

On the occasion, the DC issued directions to all the members of DLC to submit the action taken report as per the guidelines of National Green Tribunal (NGT).

DC also instructed for conducting inspections of the places to ensure proper management of E-Waste, Biomedical Waste and Plastic Waste in the District.

He also stressed on ensuring no single use plastic below 120 microns is used

in the District. He instructed to intensify the enforcement activities and making earnest efforts to check and seize banned polythene, if found to be not in conformity with the existing rules.

DC also asked the officers to ensure proper monitoring of collection and disposal of single use plastic and other kind of Wastes in their respective jurisdictions.

Bhat underscored that environment protection is pivotal in the interest of our future generations, and urged upon all to contribute for better and healthy future for next generations and protect bio diversity.

During the meeting, Chief Medical officer was stressed upon ensuring proper disposal of biomedical waste in all health institutions of the District.

services to youth affected by substance abuse and facilitate their reintegration into society.

DC directed the officers to take the necessary steps to operationalize the OPD facility at the Centre at the

earliest, enabling immediate rehabilitation and counselling services for substance abuse victims.

Pertinent to mention that, the rehabilitation & Counselling facility for victims of substance abuse at

Sanant Nagar is, in addition, to the facilities available at SMHS Hospital, IMHAANS and JVC Hospital to provide rehabilitation and counselling services for substance abuse victims.

DC Ganderbal discusses action plan for SANJY-2025

GMK NEWS NETWORK

GANDERBAL: District Development Commissioner (DDC) Ganderbal, Jatin Kishore, today chaired a high-level meeting in the Conference Hall of the Mini Secretariat to discuss the comprehensive action plan for the upcoming Shri Amarnath Ji Yatra (SANJY)-2025.

The meeting commenced with a review of the action plan submitted by concerned departments, with a strong emphasis on enhancing the quality of services and infrastructure.

Discussions revolved around key focus areas,



including improvements in health services, sanitation, flood protection measures, parking facilities, mobile connectivity, transport services, contingency plans, and other vital infrastructure to ensure a seamless Yatra experience for pilgrims.

provided updates on their respective preparations and ongoing projects related to SANJY-2025. The DDC underscored the importance of submitting finalized work plans timely, to enable the timely execution of development works critical to the successful

conduct of the Yatra.

Officers shared their insights and experiences from the previous year's Yatra, contributing valuable suggestions to further enhance the services provided to pilgrims.

The DDC assured immediate redressal of the issues raised by officers and issued specific directions to concerned departments to address them promptly.

The meeting was attended by SSP Ganderbal, Ragav S, Additional Deputy Commissioner Gulzar Ahmad, DFO Sindh Forest Division, SDM Kangan, Executive Engineers from various departments, and officers from other line departments.