

Amid Alarm, Cardiologists Clear: Not Every Sudden Death Is Heart Attack

Syed Mohammad Burhan

Top cardiologists Monday alayed a social-media-driven alarm saying that not every sudden death can be attributed to heart attack.

The medical response came a day after some media reports in Srinagar attributed six deaths in 24 hours in the Kashmir valley to suspected heart attacks. Nearly a dozen deaths in a day before that had greatly panicked Kashmir. Ascribed to heart attacks, these sudden

deaths have filled Kashmir's virtual platform with shock.

However, Dr. Hilal Rather, Head of Cardiology Department, Sher-I-Kashmir Institute of Medical Sciences (SKIMS), said that some news reports can be deceptive and that there's a clear distinction between a heart attack and a cardiac arrest.

"Those who say all sudden deaths occur because of heart attacks should come up with evidence to prove it. These expires can be sudden cardiac



deaths as well," Dr. Hilal said. "We need to make a clear distinction between heart attacks and cardiac arrests. They're two different things."

THE ELDERLY, DIABETIC, HYPERTENSIVE, smokers and obese people should try to stay warm during winters as the cold weather is known to induce these attacks."

Stating that not every sudden death can be attributed to heart attack, the cardiologist said: "Heart attack is usually caused by a blockage in the arteries that supply blood to the heart. But in cardiac arrest, the heart abruptly stops beating

and without prompt intervention, it can result in the person's death."

However, in heart attack cases, the doctor said, only 8 to 10 percent of people die if they reach hospitals in time.

"But if someone dies while

sleeping," Dr. Hilal said, "it can be because of brain hemorrhage or a cardiac arrest, as happens in sudden death cases of young athletes and bodybuilders. They don't usually die due to heart attacks, but because of other reasons, like brain hemorrhage. So, we should stop attributing every sudden death to heart attack."

But during winters, the cardiologist added, a spike is usually noted in heart attacks across Kashmir valley.

► More On P6

Govt Transfers 7 JKAS Officers

Observer News Service

Srinagar: The government on Monday ordered transfer of seven JKAS officers in the interest of administration with immediate effect.

According to a government order, Pardeep Kumar, JKAS, Deputy Secretary to the Government, Information Department, has been transferred and posted as Assistant Commissioner Panchayat, Reasi, against an available vacancy.

Ishtaq Ahmad Bhat, IKAS, Deputy Secretary to the Government, Culture Department, has been transferred and posted as Assistant Commissioner Panchayat, Ganderbal, against an available vacancy. Muzaffer Ahmad Sheikh, JKAS, BDO, Devsar, has been transferred and posted as Assistant Commissioner Panchayat, Baniptore, against an available vacancy.

Shabir Ahmad Hakak, JKAS, Sub-Registrar, Budgam, has been transferred and posted as Project Officer, Wage Employment (ACD), Baramulla, against an available vacancy.

"Muzamil Maqbool Beigh, Collector Land Acquisition Special Army (Budgam & Srinagar) will look after the routine work of Sub-Registrar, Budgam in addition to his own duties," reads the order.

Sheraz Ahmad, JKAS, Project Manager, IWMP, Rajouri, Commissioner Panchayat, Rajouri, has been transferred and posted as Commissioner Panchayat, Rajouri, against an available vacancy. "He shall also hold the additional charge of the post of Project Manager, IWMP, Rajouri, till further orders," the order said.

Manzoor Ahmad Mir, JKAS, Deputy Secretary to the Government, Department of Food, Civil Supplies and Consumer Affairs, has been transferred and posted as Assistant Commissioner Panchayat, Shopian, against an available vacancy.

Sunil Kumar, JKAS, Project Manager, IWMP, Samba, has been transferred and posted as Assistant Commissioner Panchayat, Samba, against an available vacancy. He has been also asked to hold the additional charge of the post of Project Manager, IWMP, Samba, till further orders.

J&K Parties Raise Pitch For Polls In ECI Meet

NC, PDP Say CEC Told Them They Are Also Concerned

Observer News Service

SRINAGAR: Two major regional parties of Jammu and Kashmir on Monday raised the pitch for holding assembly polls in the Union Territory during the all-party meeting convened by the Election Commission of India (ECI) in New Delhi.

The ECI had invited representatives of eight recognised national and 57 regional political parties for the demonstration of a modified version of the M3 Electronic Voting Machines (EVMs) that enables voting at polling stations outside the home constituencies of migrants.

The National Conference and Peoples Democratic Party (PDP) from J&K were also invited by the ECI in the meeting.

National Conference (NC) Treasurer Shammu Oberoi, who attended the ECI meet, told the poll panel that when the



government is concerned about facilitating domestic migrants to exercise their voting rights, the 1.4 crore people of Jammu and Kashmir continue to remain deprived from exercising their democratic rights, a party spokesperson said.

Oberoi, he said, also maintained that J&K is suffering on

many fronts because of elections not held over the last many years.

"He raised the concern that people of J&K are being kept away from exercising their democratic rights and choosing their own government which would have effectively addressed their day to day issues,"

he added.

The Chief Election Commissioner, the NC spokesperson claimed, acknowledged the points raised by Oberoi and said that the ECI is also concerned about the Assembly elections in J&K.

"The CEC said that preparations for the polls are underway and that much groundwork has been covered in terms of delimitation of constituencies, electoral rolls revision and booth identification," he added.

Meanwhile, PDP chief spokesman, Suhail Bukhari also raised the issue of delay in holding assembly elections in Jammu & Kashmir during the meeting.

"I told them that it is ironic that the poll-body has called a meeting to discuss ways to increase that the poll-body has called a meeting to discuss ways for increasing voter participation in polls, but people in Jammu & Kashmir ► More On P6

Another Snow Spell In J&K From Jan 19: MeT



Press Trust Of India

SRINAGAR: The weather department on Monday predicted another spell of snowfall from Thursday in Jammu and Kashmir, even as the minimum temperature plunged in most places of Kashmir as the weather rolls revision and booth identification," he added.

The minimum temperature at most places in the valley decreased on Sunday night owing to dry weather, the officials said.

Srinagar recorded a low of minus 1.9 degrees Celsius on Sunday night -- down from minus 0.6 degrees Celsius the night

before, they said.

Qazigund, the gateway to the Valley, registered a drop of almost five degrees in the minimum temperature which settled at minus 5.6 degrees Celsius.

Kokernag in south Kashmir recorded a low of minus 6.6 degrees Celsius, compared to minus 1.4 degrees Celsius on the previous night.

The minimum in Kupwara, a frontier district, settled at minus 2.9 degrees Celsius, the officials said.

Pahalgam in Anantnag district, which also serves as a base camp for the annual Amarnath Yatra, registered ► More On P6

MGNREGA 'GOTALA'

Govt Orders Audit Of Executed Works

Agencies

SRINAGAR: Days after a preliminary inquiry conducted by the Rural Development Department found that funds worth Rs eight crore have been misappropriated in works executed under the MGNREGA scheme in Jammu, the J&K government has ordered

a comprehensive audit of all the identified works in the report.

According to an order, the Rural Development Department has directed Director, Social Audit, MGNREGA to depute a team of two district resource persons (DRPs) along with some experienced village resource persons (VRPs) to ► More On P6

Govt Announces Beginning Of Digital Era In J&K

All Offline Services Come To An End From Monday

Observer News Service

JAMMU: In an important decision, the Jammu and Kashmir government decided to go fully digital from Monday, bringing an end to the offline services

This was decided by the Chief Secretary, Dr Arun Kumar Mehta in a meeting of Committee of Secretaries (CoS) on Monday attended by all the Administrative Secretaries, an official spokesperson said.

Mehta, he said, directed Commissioner Secretary, IT to ensure that all government services are only made available through online mode from Monday.

"He reiterated that no service shall remain offline and applicants need not to visit any of the government offices for availing any services," the spokesperson said.

"The Chief Secretary enjoined upon all the Secretaries to monitor that the services are being delivered online in a



hassle free manner," he added.

The CS, the spokesperson said, also advised them to constitute control rooms in Administrative departments as well as at HoD level and in the offices of Deputy Commissioners for providing support to public. Mehta, he said, asked them to run campaigns so that ample awareness is created among masses.

The spokesperson said that CS told them to conduct awareness programmes in educational institutions and at the Panchayat level. Besides, Mehta, he said, also stressed upon all the officers to take note of all the services provided by their respective departments and implement these orders," he added. ► More On P6

J&K Parties Slam Land Encroachment Order

Press Trust Of India

SRINAGAR: Political leaders cutting across party lines on Monday hit out at the recent direction by authorities in Jammu and Kashmir to remove encroachment from government land by 31st of January as parties took out peaceful marches in various parts of the Union territory.

Coming down heavily on the administration, PDP chief Mehbooba Mufti said laws are made to "disempower", "humiliate" and "punish" people in Jammu and Kashmir.

In a circular issued on January 9, Commissioner Secretary of the Revenue Department, Vijay Kumar Bidhuri, directed all deputy commissioners to ensure 100 percent removal of encroachments from state land, including Roshni and Kahcharai, by the end of January.

"Who stops u from going after the rich powerful elite. The elites till now r getting away with mere threatenings. The humbler structures of the poor r abodes borne out of necessities.



These structures house families, aspirations, dreams, ambitions, emotions, memories," Peoples Conference president Sajad Lone said in a tweet.

Mufti claimed the government was keeping people in Jammu and Kashmir busy with issues of their survival so that they cannot fight the onslaught on their identity.

"Laws are created for the welfare of public, but in J&K they are weaponised to disempower, humiliate & punish. This latest diktat was issued because despite GOI misusing all the agencies at its disposal & unleashing draconian laws, aren't getting the desired results," she said in a series of tweets. ► More On P6

School Education In J&K Going In Right Direction: LG

Releases PM Modi's 'ExamWarriors' In Hindi, Urdu and English

Observer News Service

JAMMU: The Union Territory Lieutenant Governor, Manoj Sinha said on Monday that school education in Jammu and Kashmir was going in the right direction with many breakthrough initiatives of the department like reducing the dropout ratio, increasing the enrolment rate.

"I believe that education is the medium of mental and spiritual development for any student. Throughout life, we keep learning something or the other and if seen in this direction, examination is just a stage, not the



destination," the LG said.

"The children should also learn about the towering personalities who have contributed in building and nurturing the

country," he added.

Sinha made these remarks while interacting virtually with students and teachers from across the ► More On P6

SHORT TAKES

Landslide In Ramban Blocks Highway

JAMMU: The Jammu-Srinagar national highway was closed for traffic on Monday due to a landslide in Ramban district, leaving hundreds of vehicles stranded, an official said.

The 270-km highway, the only all-weather road linking Kashmir with the rest of the country, was blocked by the landslide at Pantiyal area.

An iron tunnel setup at this point to facilitate traffic in the wake of stone shooting has been damaged, they said. ► More On P6

Inter-State Narcotics Supplier Held

JAMMU: Police on Monday arrested an inter-state narcotics supplier in Jammu and Kashmir's Anantnag district, officials said. A police team conducted raids in Bijbehara area of Anantnag district and arrested Shamas-uddin Ganai, they said.

He was brought to Samba and interrogated by police, they said. Samba Senior Superintendent of Police Benam Tosh said that Ganai, who hails from Bijbehara in Anantnag, was wanted in J-K, Punjab and other states in different cases. ► More On P6

JKRTC Bus Guttled In Fire Incident

SRINAGAR: A passenger bus belonging to Jammu and Kashmir Road Transport Corporation, erstwhile known as SRTC was completely damaged in a fire incident on Monday morning in Central Kashmir's Budgam district.

The incident occurred at Shunglipora bus station of the district at 7 in the morning, reported news agency KNT. Divulging information about the incident, the driver of the bus (JK01Y-0848), Muhammad Younis said that they had parked the bus at Shunglipora bus station and on Monday ► More On P6

Govt Declares J&K LSD Free

JAMMU: The Jammu and Kashmir government on Monday declared the whole Union Territory as "Free Area" for purposes of Prevention and Control of Infectious and Contagious Diseases in Animals Act, 2009.

According to a government notification issued here today in this regard, the declaration has been made in exercise of powers conferred by sub-section (5) of section 6 of the Prevention and Control of Infectious and Contagious Diseases in Animals (PCICDA) Act, 2009, and in supersession of ► More On P6

Man Dies After Falling From Hilltop

REASI : A man from Bathoie village of Reasi's Mahore sub-division died after falling from a hilltop on Monday, officials said.

Officials said that a man identified as Qamar Din (37), son of Mohd Ismail of Bathoie fell from a hilltop near Magarpath, Lower Bathoie area of Mahore under mysterious circumstances and died on spot.

Meanwhile, police said to have started legal proceedings and investigation into the matter—(KNO)

Police Files Charges Against 2 OGWs

JAMMU: Two Lashkar-e-Taiba (LeT) operatives were on Monday chargesheeted in a case related to grenade attack on a house in Rajouri district of Jammu and Kashmir in 2021, resulting in the killing of a minor boy and injuries to several others, an official said.

The chargesheet against the arrested accused, Altaf Hussain Shah of Dral village (Rajouri) and his Pakistan-controlled Kashmir (Pck)-based associate Mohd Qasim alias Suleiman, was filed before the court of third additional sessions judge, Jammu, they said. ► More On P6



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Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER PHE DIVISION BIJBEHARA

NOTICE INVITING E-TENDERS

(e-mail: phebijbehara230@gmail.com)

e-NIT No:74/PHED/Bijbehara/ of 2022-23 NO/PHB/15190-15210 Dated:10.01.2023

For & on behalf of the Lieutenant Governor of Union Territory of J&K, e-tenders in single cover system are invited **on (Percentage basis)** from eligible contractors Registered with J&K UT., CPWD, Railways and other State/Central Governments for the following works:-

S. No	Name of work	Advt Cost	Cost of TD	Time for Completion	Major Head of Account	Class of Contractor	Earnest Money in rupees
		Lacs	Rs	Days			
01	Realignment of RWM WSS Ainoo Brail at Bakewal Mohalla under UT capex 2022-23	2.75	100	15	4215 UT Capex	DEE	5500
02	Upgradation of existing check Mandir Mohalla and new baidi Dhoi Mohalla Sadar bazar mattan Under UT Capax 2022-23	0.787	100	15		DEE	1574
3	connecting/ commissioning of 0.12 lac gallons SR at Hangal pawa WSS Yal Dangpora under UT capex 2022-23	1.16	100	15		DEE	2320
4	Connecting of filtration plant, SR, PST, SSFP for WSS Mansal under UT capex 2022-23	1.84	100	15		DEE	3680
5	LIF of pipes for improvements of Water supply to Mir Hamdan Mohalla Sansuma under UT capex 2022-23	0.363	100	15		DEE	726
6	Laying of existing 40/25/20 mm dia pipes laying at site at Nilphan WSS Nilphan under UT capex 2022-23	2.16	100	15		DEE	4320
7	Revamping/ Changing of filter media of 0.20 lac gallons SSFP at Shumhall for WSS Shumhall under UT capex 2022-23	3.80	100	20		DEE	7600
8	Revamping/ Changing of filter media of 0.30 lac gallons SSFP at Hangalpawa for WSS Yal Dangpora under UT capex 2022-23	5.20	200	25		DEE/C EE	10400

- The NIT consisting of qualifying information, eligibility criteria, Bill of Quantities (BOQ), terms & condition of contract can be seen/downloaded from the website www.jktenders.gov.in as per the dates shown below:-

1.	Date of Issue of Tender Notice	10.01.2023
2.	Period of downloading of bidding documents	From 11.01.2023 0900 A.M
3.	Bid submission Start Date	From 11.01.2023 0900 A.M
5.	Bid Submission End Date	18.01.2023 up-to 4.00 PM
6.	Date & time of opening of Bids (Online)	19.01.2023 upto 11.00 A.M in the Office of the Executive Engineer, PHE Division Bijbehara

Tenders from the eligible Contractors only having the following pre-qualifications will be considered:

- Latest GST Clearance Certificate with GST Registration.
- Enlistment Card with latest renewal.
- Bidders address format
- Tender document fee in the shape of Treasury Challan.
- Card verification

- The Successful bidder (LI) is bound to submit 01% Additional Security performance of Advertised cost in the shape of CDR/FDR before the issuance of L1/O.
- The bids shall deposit in electronic format on website www.jktenders.gov.in and shall be opened on above mentioned date by the Executive Engineer, PHE Division Bijbehara in presence of the bidders who may wish to be present. In case of holiday / office happens to be closed on the scheduled date of opening, the bids will be opened on next working day or any other working day to be decided by the Executive Engineer, PHE Division Bijbehara at the scheduled time and venue.
- The complete bidding process will be online.
- Clarification if any shall be sought from the office of the Executive Engineer, PHE Division Bijbehara.
- Bidders must ensure to upload scanned copies (minimum of 150 dpi) of all necessary documents like Cost of Tender document in the form of Treasury Challan & Return / Bidders Address Format / Registration card duly renewed. The hard copies of bidding documents are not necessary to deposit in the Divisional office as per standing Govt. instructions. After opening of tenders online, the 1st lowest bidder has to deposit the uploaded documents & cost of tender document in the form of Treasury challan in physical form.
- The department will not be responsible for delay in online submission due to any reason what so ever.
- The tenders shall remain valid for 90 days.
- Before quoting, tenders are requested to visit the site of work.
- The tender opening authority reserves the right to accept/reject the bid without assigning any reason therefor.
- At any time prior to the deadline for submission of bids, Employer may for any reason whether at its own initiative or in response to any request by any prospective Tenderer amend the bidding documents by issuing addendum or/and Corrigendum, which shall become an integral part of the Tender documents. The amendment shall be advised to all the known prospective Tenderer/s. The last corrigendum if any, shall be issued, 3 (three) days before the last date of submission of the tender or extended date of submission of the tender. All tenders especially the tenderer/s downloading the tender documents from website shall make an endeavor to check and track down the corrigendums if any upto 3 days prior to the last date of submission of tenders. No claim of lack of intimation or knowledge of the corrigendum will be entertained. The tenderer/s shall take due care in submission.
- As soon as the contract is fixed with the successful bidder, he has to enter into an agreement with the department. However, non-draw of agreement will not prevent the contract from being enforced upon him.
- The Contract shall be cancelled:-
 - Any bidder withdraws his bid during the period of bid validity or makes any modification in terms & condition of the bid.
 - The successful bidder fails to execute an agreement with the department within 10 days after fixation of contract.
 - The successful bidder fails to start the work within one week from the date of fixation of contract.

DIPK-16311/22
dated: 16-01-2023

EXECUTIVE ENGINEER
PHE DIVISION BIJBEHARA

Information Literacy Courses Can Help Students Tackle Confirmation Bias And Misinformation

The Conversation

When it comes to the news these days, what we choose to regard as trustworthy has more to do with our own world view than what kinds of news practices are worthy of trust.

Many people are seeking out news that aligns with their politics. But there's just one problem with this: we are not always good judges of what constitutes trustworthy information and news.

That's why learning about news and information literacy is so important. An information literacy course I teach at the University of Windsor, Information Searching and Analysis, tries to show students that the same phenomenon which makes us poor judges can also be turned around to make us better,

more critical consumers of news and information.

The process I use in this information literacy course does not encourage trust in mainstream or legacy news media per se. Rather, students learn to assess news based on the characteristics of a news story: multiple, adversarial sources, the use of statistics and data in which the sources are named and can be accessed independently, the kinds of advertising present and whether it is related to the story.

First lesson: Check your confirmation bias

Confirmation bias suggests that our prior knowledge and experiences often inform our opinions. However, by becoming aware of our confirmation bias tendencies, we can begin to self-critique the way we process information and learn more about ourselves and how we

interpret news and information.

The solution comes in the form of an experiential assignment in which students realize their confirmation bias tendencies. Students are tasked with a weekend assignment in which they look for and report on examples of confirmation bias around them and in media reports. They are told to focus mostly on themselves how they often engage in confirmation bias.

The assignment is an eye opener. In their end-of-semester papers, 80 per cent of students in the Information Searching and Analysis class noted that the assignment was an important element of the course. Here are a few examples:

I knew that in some aspects of my life, I may have exhibited confirmation bias towards certain ideas. However, I did not think it was as prominent as it was after the com-

pletion of the assignment.

Relating to my personal life, this was the most important assignment.

I think it was the most impactful and (will) stick with me the longest. It was an insanely enriching experience for me to pull my biases out of the woodwork, particularly for someone like myself who regards themselves as quite unbiased when it comes to anything.

extremely valuable was the consciousness I developed in regard to (how) social media was exclusively forming my opinions I believe this is perhaps the most universal function of the class.

The course uses a flipped classroom approach. Flipped classrooms use class time for discussion, group activities and experiential education instead of lectures and passive forms of learning.

Subject: Grant of Registration of the Proposed Travel unit under the name & style of M/S WAHEEL TRAVELON KASHMIR . Situated at Srinagar-Gulmarg road 1st Floor Naaz complex , Near state bank of India , Magam Jammu & Kashmir 193401

Public Notice

Whereas I, Mr. WAHEEL HUSSAIN MALLA S/O Mr GH MOHD MALLA R/O KANTERBUGH GUND KHAJWA QASIM PATTAN KASHMIR intend to apply in the Department of Tourism for registration of my proposed travel unit under the name & style of M/S WAHEEL TRAVELON KASHMIR, Situated at SRINAGAR- GULMARG ROAD 1st FLOOR NAAZ COMPLEX NEAR SBI MAGAM 193401 KASHMIR under tourist trade act 1978/82/2011-12. Whereas I will submit state subject / Domicile certificate, Qualification Certificate, pan card, Experience Certificate/ Minimum Years), Police character certificate, Bank statement (minimum balance 10000), site plan, Affidavit, Rent deed duly attested by sub Registrar, printing material (Letter head / Visiting card) Photograph of the unit (indoor and outdoor) and Two passport size photographs to the department of Tourism as per prescribed checklist Prior to Registration of my unit as an Excursion Agency. Now as per J&K Registration of Tourist Trade Act 1978/82/2011/12, before my case is processed for my registration by the Competent Authority , the matter is hereby notified for information of general public/ Financial institutions/Bank/ Organisation, etc for objection, if any and the same should reach to the Deputy Director Tourism Registration(email id: dtdreg123@gmail.com) within a period of 7days from the publication of this notice in a leading newspaper/newspapers of the valley. No objection beyond a period of 7 days shall be entertained.

BMG

PUBLIC NOTICE

I have lost my 8th pass certificate issued by Government Higher Secondary School Wanigam. Now I have applied for the duplicate of the same if anybody having any objection in this regard he/she may file his/her objection in the above mentioned office within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

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DGM-HR

Date: 17 Jan 2023

CBC 01115/12/0106/2223

SAD DEMISE



With profound grief and sorrow, we inform the sad demise of Peer Nazir Ahmad Shah S/O Late Peer Ghulam Rasool Shah R/O Shah Mohalla Nawab Bazar srinagar on 14 Jan 2023. The congregational fateh khwai will be observed on 17 Jan 2023 11.00Am at their ancestral graveyard situated Takhyal Nawab Bazar bund srinagar.
RSVP: Peer Mohd Syed Shah (Son), Peer Abdul Majid Shah (Brother), Showkat Ahmad Mattoo (Brother-in-law)
Contact No: 8839518909

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DIPK-NB-6032/22

DATED: 16-01-2023

Office of the Sheikh Ahmed Memorial Institute Kanihama

List Of Managing Body

S.No	Name/ Parentage	Residence	Age	Profession	Qualification	Designation	
01	Gulshan Ara W/o Mohd Yousuf Padroo	Kanihama	52 Years	House Wife	B.A	Chairperson	
02	Sabreena Yousuf D/o Mohd Yousuf	Kanihama	30 years	Private Employee	MA, B. Ed	Principal	
03	Rehana Mushtaq D/o Mushtaq Ahmad Sofi	Mazhama	28 Years	Private Employee	M,A B.Ed	Member	
04	Ishrat Rashid D/o Abdul Rashid Chopan	Mazhama	26 Years	Private Employee	B.Sc B. Ed	Member	
05	Bashir Ah Hajam S/o Ali Mohd Hajam	Batapora	48 Years	Shopkeeper	10+2	Member	
06	Mohd Ashraf Malla S/o Mohd Ismail	Kanihama	48 Years	Embroidery	10+2	Member	
07	Zahid Ahmad Hajam S/o Gh Mohd H Hajam	Batapora	22 years	Private Employee	M.A, B.Ed	Teacher (Member)	

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CANCELLATION/DIVERSION/REGULATION OF TRAINS DUE TO TRAFFIC BLOCK



It is notified for the information of railway passengers that Railways will undertake the New Electronic Interlocking and Yard Remodelling work at Sanehwal station. As a result following trains will be affected as under:-

CANCELLATION OF TRAINS

Train No. & Train Name	Date of Cancellation (from originating station)
04503/04504 Ambala Cantt-Ludhiana-Ambala Cantt Special	Upto 30.01.2023
04591/04592 Ludhiana -Chheharta-Ludhiana Special	Upto 30.01.2023
04579 Ambala Cantt.- Ludhiana Special	Upto 30.01.2023
04582 Ludhiana - Ambala Cantt Special	Upto 30.01.2023
04690/04689 Jalandhar City-Ambala Cantt-Jalandhar City Spl.	Upto 30.01.2023
12497/12498 New Delhi-Amritsar-New Delhi Shan-e-Punjab Exp.	Upto 24.01.2023
22429/22430 Delhi - Pathankot-Delhi Express	24.01.2023
04651 Jaynagar-Amritsar Special	17.01., 20.01., 22.01., & 24.01.23
04652 Amritsar - Jaynagar Special	18.01., 20.01., 22.01., & 25.01.23
04653 New Jalpaiguri-Amritsar Special	20.01.2023
04654 Amritsar -New Jalpaiguri Special	18.01.2023
22445 Kanpur Central-Amritsar Express	23.01.2023
22446 Amritsar -Kanpur Central Express	17.01.2023 & 24.01.2023
14606 Jammu Tawi-Yog Nagari Rishikesh Express	22.01.2023
14605 Yog Nagari Rishikesh -Jammu Tawi Express	23.01.2023

DIVERSION OF TRAINS

Train No. & Train Name	Diverted Route	Date from originating station
14649 Jaynagar-Amritsar Saryu Yamuna Exp.	Via Ambala Cantt.- Chandigarh- Sanehwal-Ludhiana	17.01.2023 & 24.01.2023
12549 Durg-Jammu Tawi Express		17.01.2023 & 24.01.2023
22705 Tirupati-Jammu Tawi Humsafar Exp.		17.01.2023 & 24.01.2023
12407 New Jalpaiguri-Amritsar Karmabhoomi Express		18.01.2023
20847 Durg-Udhampur Express	Via Ludhiana-Dhuri- Rajpura	18.01.2023 & 25.01.2023
15708 Amritsar-Kathiar Express		24.01.2023

REGULATION OF TRAINS

Train No. & Name	Regulation of Trains (from originating station)
22125 Nagpur-Amritsar AC Superfast Exp.	Train will be Regulated for 60 min. from Nagpur Station on 21.01.2023
12920 Shri Mata Vaishno Devi Katra-Dr. Ambedkar Nagar Malwa Express	Train will be Regulated for 145 min. from Shri Mata Vaishno Devi Katra Station on 24.01.2023
12472 Shri Mata Vaishno Devi Katra-Bandra T, Swaraj Express	Train will be Regulated for 80 min. from Shri Mata Vaishno Devi Katra Station on 24.01.2023
12407 New Jalpaiguri-Amritsar Karmabhoomi Express	Train will be Regulated for 25 min. from New Jalpaiguri Station on 25.01.2023
14649 Jaynagar-Amritsar Saryu Yamuna Express	Train will be Regulated for 195 min. from JayNagar on 22.01.2023

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176/2023



But all can afford to undergo tests at private clinics and

while one on standby has developed some snag which is being rectified—(KNO)

Prof. Sehgal said the

The SKUAST-K's Division of Livestock Production & Management, Faculty of Veterinary Sciences & Ani-

SKUAST-K's Director Planning & Monitoring Prof. Haroon Rashid Naik, who chaired the valedictory function, encouraged the participants to take livestock, poultry and hatchery as an enterprise as there is ample scope in this sector for entrepreneurship development and job creation. Dean, FVS&AH, Prof MT Bandyopadhyay stressed the participants to take livestock and poultry as an enterprise for their livelihood and income generation.

 NORTHERN RAILWAY 	
E-AUCTION	
The Senior Divisional Commercial Manager, Northern Railway, Firozpur and on behalf of the President of India invites E-Auction for various lots over Firozpur Division as per details given below:	
Name of Work	Allotment for Rental contract at Various Railway Station over Firozpur Division for the period of three years.
Auction catalogue No.	EA-FZR-PARKG-22-20
Auction Start	23.12.2022 11:00 hours
Lot No.	Station Name
PARKING-FZR-BGTN-TW-14-22-1	Bhagtanwala
PARKING-FZR-KRE-TW-26-22-1	Kartarpur
PARKING-FZR-BWZ-TW-57-22-1	Baddowal
PARKING-FZR-NUPR-TW-28-22-1	Nurpur Road
PARKING-FZR-NNKR-TW-59-22-1	Nanaksar
PARKING-FZR-LNK-TW-30-22-1	Lohian Khas
PARKING-FZR-SJNP-TW-62-22-1	Sujanpur
PARKING-FZR-GHS-TW-18-22-1	Guruhsarai
PARKING-FZR-CIA-TW-56-22-1	Chheharta
PARKING-FZR-PAX-TW-15-22-1	Patti
PARKING-FZR-MLX-TW-58-22-1	Mullanpur
PARKING-FZR-MG-TW-61-22-1	Modelgram
PARKING-FZR-NRO-TW-27-22-2	Nakodar
PARKING-FZR-LKK-TW-29-22-1	Lyallpur Khalsa College Halt
PARKING-FZR-GNA-TW-17-22-2	Goneana Bhai Jagta
PARKING-FZR-KXH-TW-19-22-1	Kapurthala
PARKING-FZR-TTO-TW-54-22-1	Tarn Tarn
PARKING-FZR-VKA-TW-53-22-1	Verka
PARKING-FZR-MWX-TW-22-22-1	Mallanwala Khas
PARKING-FZR-VJP-J-TW-25-22-1	Vijaypur Jammu
PARKING-FZR-GJUT-TW-16-22-1	Gangsar Jaito
PARKING-FZR-AJL-TW-60-22-1	Ajitwal
PARKING-FZR-MDPB-TW-63-22-1	Madhopur Punjab
PARKING-FZR-MEX-TW-47-22-1	Mukerian
PARKING-FZR-BAT-TW-11-22-1	Batala
PARKING-FZR-PHR-TW-55-22-1	Phillaurl
PARKING-FZR-MXH-TW-23-1	Makhu
PARKING-FZR-QG-MX-52-22-1	Pathankot Cantt.



Chief Engineer, Kashmir Power Distribution Corporation Limited (KPDCL), Javed Yousuf Dar, said that the work on phase-II of smart meters installation has been started in Srinagar.

The Chief Secretary had stated that J&K is being given utmost priority in installation of smart meters and had stressed that 7 lakh meters must be in-

Pertinently, under the smart metering project, 59000 meters have been installed in Srinagar district—(KNO)

Pertinently, nearly 90 mutton shops have been sealed in Srinagar after the dealers were found selling the meat at exorbitant rates while some wholesalers have also faced the law.

The consideration comes at a time when the mutton dealers, wholesalers and others are taking the streets to protest against the seizure of shops by the department for not adhering to the

The drive against mutton dealers took a pace in the first week of January as the people complained that the mutton is being sold at Rs 650 against the government set rate of Rs 535—(KNO)

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- ANANTNAG: 01932-228243
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- PATTAN: 01954-293507
- QAZIGUND: 01951-296153

Sgr-Jammu highway - (Open)
Mughal Road - (Closed)
Srinagar- Leh- (Closed)



PRAYERS

FAJR	6:08
ZUHR	12:38
ASR	4:08
Magrib	5:50
ISHA	7:14

This Day In History

- 1980 - NASA launches Fltsatcom-3
- 1987 - US President Reagan signs secret order permitting covert sale of arms to Iran
- 1991 - Iraq fires 8 Scud missiles on Israel
- 1995 - 7.2 earthquake destroys Kobe, Japan and kills 5,372
- 1996 - The Czech Republic applies for membership of the European Union.
- 1996 - Iraq agrees to talks concerning a UN plan to allow for the Iraqi sale of \$1 billion of oil; proceeds from the sale would be used for humanitarian purposes

From KO Archives

12 Killed In Fidayeen Attack On Sgr Airport

OBSERVER NEWS SERVICE

Near the main gate, the Fidayeen split into three groups, two of them who dared the CRPF personnel were gunned down at the gate. Two others sneaked into the airport area after crossing the drop gate while two more took position in the nearby shopping complex.

In the ensuing shootout, in which both the sides used heavily sophisticated automatic weapons, three Central Reserve Police Force (CRPF) personnel and two civilians were killed. Lashker spokesman Abu Usama called media organisations here to claim responsibility for the attack. Six of our men led by Salahuddin broke the airport security cordon, he claimed. Other members of the Fidayeen squad were identified as Abu Hanzalah, Abu Usama, Abu-Khubaib, Abu Sayyaf and Abu Abduhau.

While four militants were killed on the spot after army and police reinforcements were called out, two others died in the nearby shopping complex in the exchange of fire. Reports said the shopping complex was destroyed in heavy shelling which also resulted in the death of two holed up Fidayeen.

The two civilians killed in the shootout were identified as the manager of the tie Barzalla branch of Ellaqai Dehati Bank, M A Muneer, and 16-year old Nasreen, a resident of Delhi. Muneer had gone to see off his nephew. The encounter ended at 5.10 p.m. During the operation, Humhama village and the adjoining areas were sealed off. Muneer, manager of Ellaqai Dehati Bank, received a full burst of gun-fire on his face, police said, adding both Muneer and Nasreen, whose body lay on the road for quite some time, were identified from their identity cards.

Of the 12 injured security personnel, including four CRPF women constables and local policemen, three succumbed to injuries in the hospital, an official spokesman said. The injured security personnel were airlifted to the base hospital at Ibadamibagh. The injured women CRPF personnel were stated to be in critical condition at the hospital, he said.

The attack came despite a high alert sounded by the authorities at the airport on January 7 when CRPF personnel guarding the main entrance noticed a private vehicle with five militants in fake uniforms trying to storm the airport. On being noticed they fled.

Shortly after the incident, a Lashker spokesman claiming responsibility for the attack said the six militants were the same who were involved in January 7 attempt at the airport.

The injured have been shifted to the Air Force hospital where condition of four women CRPF personnel was reported to be serious. The militants made the attempt when two commercial flights, one each of Jet Airways and Indian Airlines were parked at the Airport. Their departure scheduled at 3: 15 pm and 3 pm respectively was delayed following the incident. Six assault rifles and a large quantity of ammunition and grenades were recovered from the deceased militants, the officials said.

The chief minister accompanied by director general of police A. K. Suri flew from Jammu to the site of the incident to take stock of the situation. Dr Farooq flew back later leaving behind the DGP.

(KASHMIR OBSERVER, 17 January, 2001)

KASHMIR OBSERVER

Tuesday | 17-01-2023

Stabilizing
Economy

In a sign that inflation is finally being brought under control, India's wholesale inflation has declined to 4.95 percent. This has led to a fall in prices of food articles, basic metals, textiles, chemicals and chemical products. Indian economy is doing well overall despite global headwinds and is set to emerge as the fastest growing world economy. Analysts are bullish on India, claiming that even if the major economies enter a recession, the impact on the country will be limited due to its strong macroeconomic fundamentals. The World Bank, International Monetary Fund and Credit Suisse have expressed optimism about the state of Indian economy and expect it to withstand the fallout of the Russia-Ukraine war and the Covid pandemic hangover in other parts of the world.

The World Bank has projected Indian economic growth at 6.9 percent for 2023-24, and it expects the growth rate to slow to 6.6 percent in the next financial year. What is more, the bank has predicted India's economy to grow at the highest rate among the seven largest emerging-market and developing economies (EMDEs). The Ministry of Statistics issued its first official estimate last week, predicting that the Indian economy will grow at a 7 percent annual rate in the current fiscal year. These projections are significantly lower than the government's previous forecast of 8-8.5 percent growth, but higher than the RBI's forecast of 6.8 percent. The International Monetary Fund (IMF), on the other hand, forecasts 6.8 percent growth in the current fiscal year and 6.1 percent growth in 2023-24.

These varied growth projections, however, present a stable picture of Indian economy. The war in Ukraine thus remains a danger, though. If it drags on, the global economy, and with it, the Indian economy, is likely to come under severe stress again. Therefore it is incumbent on the world to come together to resolve the crisis in Ukraine and find a solution that addresses the concerns of all the parties involved. Otherwise, as prophesied by leading economists, the world is heading inexorably toward recession.

However, as things stand, it looks unlikely that the Ukraine war will come to an end anytime soon. It has become an unrelenting tug of war between Russia and NATO, where a defeat could drastically reduce the losing side's geopolitical influence. So, the best solution to the crisis has to be a win-win for both. But neither side has shown an appetite for it so far. One can only hope that in the coming weeks and months, efforts for peace will gather momentum.

OTHER OPINION

On the 2023
Australian Open

Popularly known as the 'Happy Slam', the Australian Open has been anything but in recent times. Unprecedented bushfires, COVID-19 lockdown restrictions and Novak Djokovic's unsavoury deportation over his unvaccinated status marred the competition in each of the previous three years. But come Monday, as the 2023 edition of the tournament gets underway, the season's first Major looks set to regain its free-spiritedness. So unshackled is the atmosphere that even COVID-positive players can compete, a far cry from the happenings of the last two years. It is expected that the on-court action would march in step, despite the absence of the now-retired duo of Roger Federer and Ash Barty, two-time Australian Open women's singles champion Naomi Osaka, and the reigning men's World No. 1 Carlos Alcaraz. Djokovic's mere presence makes him the automatic favourite, for Melbourne is to him what Paris is to Rafael Nadal. The Serb has won the event nine times, an Open Era record, and was undefeated in his last 21 matches at the site. He has also warmed up well by securing the tune-up in Adelaide after saving a match-point in the final against Sebastian Korda. Nadal — the top seed, defending champion and a men's record 22-time Major winner — looks underprepared, but as the Spaniard proved in 2022, he is not one to be discounted.

Among women, all eyes will be on World No.1 and three-time Grand Slam champion Iga Swiatek. A disappointing loss to Jessica Pegula in the United Cup and a right shoulder injury may have affected her preparations, but the Pole is still the player to beat. Second seed Ons Jabeur, who has emerged as a solid all-court threat, will look for her maiden Slam title after finishing as runner-up at the Wimbledon and US Open last year. The championship will also be an opportunity for the next rung of players to stake claim as the stranglehold of the 'Big Three' (Federer, Nadal and Djokovic) will only loosen going forward and the women's game has already moved into the post-Barty, post-Serena Williams era. Daniil Medvedev, the 2021 US Open champion and a two-time finalist in Australia; Casper Ruud, runner-up at two of the four Majors in 2022; Stefanos Tsitsipas; and Felix Auger-Aliassime will all want to come good. So will the in-form American Pegula, also the third seed; Frenchwoman Caroline Garcia; Belarus's Aryna Sabalenka; and the continuously rising Coco Gauff.

The Hindu

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KASHMIR OBSERVER™
Srinagar | Tuesday | 17-01-2023

4

The JCB Joke
When Will Govt Get Serious
About Snow Clearance?

Dr Raja Muzaffar Bhat

It has been more than a year since Member of Parliament (Lok Sabha) Mr Mohammad Akbar Lone, representing Baramulla parliamentary constituency, wrote to the Union Rural Development Minister requesting for the inclusion of snow clearance work under Mahatma Gandhi National Rural Employment Guarantee Act (MG-NREGA). Mr Lone had written a detailed letter to the Union Minister Giriraj Singh on January 10th last year requesting him to allow MG-NREGA funds to be utilized for snow clearance work in rural areas of not only in Jammu & Kashmir but also Uttarakhand, Himachal Pradesh, Arunachal Pradesh and Ladakh.

In his letter, the MP Mohammad Akbar Lone had told the Union Minister that during winter months, the developmental work comes to a halt for 3 to 4 months in snow bound states and UTs which affects the routine work execution under MGNREGA. As a result, employment is not guaranteed to NREGA workers for many months between December to March especially.

Taking these things into consideration, Mohammad Akbar Lone had suggested that people in state's where there is significant amounts of snowfall, be allowed to earn livelihood by taking up snow clearance works in rural areas under MG-NREGA. Even after advocacy around this issue for several years, nothing is being done by the J&K government.

JCB Cranes damage roads

In J&K, the rural link roads and lanes are not cleared for several days after snowfall. It is routine for the government to then hire mechanised Cranes (JCBs) to clear the snow from roads. This damages the road surface as JCBs are not meant for snow clearance but for clay and other excavation work. In many rural areas, where fresh blacktopping is done summer through early autumn, the bitumen layers are damaged by JCB cranes during snow clearance especially in upper reaches where there is enough snowfall and minus temperature makes the snow very hard.

The majority of the JCB cranes hardly use attachments like board blades to clear snow from road surfaces. The PWD (R&B) department has also failed to make this mandatory while hiring the services of the JCB Crane owners during snowfall. This should be taken into consideration in future.

If we are not able to use mechanised snow cutting machines at least JCB cranes which undertake snow clearance work should use broad blades for snow clearance rather than using the machine buckets with sharp nails attached to them.

Bringing the execution of snow clearance work within the purview of MG-NREGA scheme will not only help Government agencies clear snow from rural link roads without any hitches but will also serve the paramount purpose of the scheme by providing the means of earning of livelihood to locals

Why MG-NREGA for snow clearance ?

Last year, in January, I along with some colleagues had a meeting with MP Mohammad Akbar Lone and gave him factual details about snow clearance work and MG-NREGA. During the meeting, we apprised MP about the fact that bringing the execution of snow clearance work within the purview of MG-NREGA scheme will not only help Government agencies clear snow from rural link roads without any hitches but will also serve the paramount purpose of the scheme by providing the means of earning of livelihood to locals. This would infact be in absolute adherence with the Preamble of the MGNREGA, which is focussed on employment generation (Rozgar Guarantee).

Additionally, by employing local youth in winters, especially during snowfall, we can protect the me-

Infact, during PDP-BJP Govt, an attempt was made by the then Rural Development Minister Abdul Haq Khan in June 2017 to impress upon Govt of India to utilize MG-NREGA funds for snow clearance work but the winter of 2017-2018 no snow clearance work was taken up under MG-NREGA.

Timely snow clearance in rural areas especially remote and inaccessible areas of Kupwara, Kishtwar, Baramulla, Bandipora, Shopian or Kulgam is not possible unless the Government does not involve the local Panchayats who can use MG-NREGA funds. For this, a green signal has to come from the Government of India.

Using MG-NREGA funding for snow clearance work will serve three purposes which is more important than physical asset creation:

1) Snow clearance can be undertaken at an appropriate time in



Feedback: bhatrajamuzaffar@gmail.com

In order to avoid using JCB Cranes, Panchayats should utilise PRI grants to procure small cutting machines like special tractors fitted with broad blades to be used for snow clearance work. Three to four panchayats can pool funds for procuring these machines. Similarly, in urban areas, ULBs can pool grants allocated to corporators & municipal councillors

tallic and macadamised roads from damage caused due to the machines like JCB cranes which are used by Govt in many rural areas of Kashmir especially as there is dearth of professional snow clearance machines. There are many areas in the Kashmir valley, Ladakh or even in places like Lahaul and Spiti in Himachal Pradesh where snow clearance machines can't reach and employing local people to do this work manually under MG-NREGA would be a great endeavour and also this will give them livelihood at a time when they are jobless.

Attempts made in past

J&K Rural Development Department claims that snow clearance work from link roads, lanes and public spaces does not lead to creation of physical assets and thus MG-NREGA funds can't be utilized for this work. These are the guidelines provided by Govt of India and states/UTs follow the same.

Some years back, the District Magistrate in Kinnaur in Himachal Pradesh had set a precedent and made the case for snow clearance to be included under the MG-NREGA.

remote areas of hill states and UT's receiving snowfall.

2) This work will generate livelihood for rural youth within their village especially at a time when they have no work during winter months.

3) Blacktopped roads won't be damaged by JCB cranes

Under Swachh Bharat Mission Gramin (SBM-G) MG-NREGA funds are allowed to be utilized for Solid and Liquid Waste Management by dovetailing the both. If this convergence is possible why can authorities not utilize MG-NREGA funds for snow clearance work?

During execution of Solid Liquid Waste Management (SLWM) in rural areas not much of the physical assets are created but still SBM Gramin allows using MG-NREGA funds for it.

Conclusion

Under the convergence model, plantation of trees and several other activities are allowed to be taken up under MG-NREGA. Infact, J&K Chief Secretary Dr A K Mehta is also a great proponent of convergence of various Govt programmes with MG-NREGA. The Forest Department

In J&K, the rural link roads and lanes are not cleared for several days after snowfall. It is routine for the government to then hire mechanised Cranes (JCBs) to clear the snow from roads. This damages the road surface as JCBs are not meant for snow clearance but for clay and other excavation work

last year undertook a plantation drive with the Rural Development Department through local panchayats. Why can't we do this in case of snow clearance?

In view of different geography and climatic conditions in places like Uttarakhand, Himachal, Arunachal or J&K, Govt of India should have allowed using MG-NREGA funds for snow clearance work.

States and Union territories must be given autonomy in choosing how to utilize the NREGA funds. Moreover, in order to avoid using JCB Cranes, Panchayats should utilise PRI grants to procure small cutting machines like special tractors fitted with broad blades to be used for snow clearance work. Three to four panchayats can pool funds for procuring these machines. Similarly, in urban areas, ULBs can pool grants allocated to corporators & municipal councillors.

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer

Dr Raja Muzaffar is an Acumen Fellow. He is Founder & Chairman Jammu & Kashmir RTI Movement

MAKING TEACHING-LEARNING A PARTICIPATIVE ACTIVITY



**KNOWLEDGE COMBINED
WITH SKILLS TURNS
INTO A FORCE FIELD
WHICH RUNS THE
ECONOMIC ENGINE OF
A NATION.**

The better standards of skills empower an individual to adjust more effectively to the challenges and opportunities in domestic and international job markets



Alie Sohel

The job profile of a lecturer in any professional college comprises imparting training in a specialized field of expertise. As such the prospective students admitted in any professional college, be it at the skill level or the degree level; need to be well versed in the concepts learned on completion of schooling. More so, the student who intends to study engineering or diploma in a professional college must have acquired respectable, if not excellent academic merit, particularly in the streams of science, mathematics and English. However in case of skill development institutes, mainly at the Diploma level the target group of trainees more or less, as has been observed down the line of last few years, consists of those students only who are of average merit or below average category of candidates where the merit generally hovers over the range between 35 to 65 per cent in the tenth or twelfth standard.

Zeroing in on the academics of these students who are admitted in the three year diploma colleges, it is observed that during the course of their schooling, the learning process has not proven effective to the point of retention of the fundamentals, upon which

the college pedagogues can start building the foundation of skill training and start shaping up the technical minds. Thus, the aghast trainers in colleges come to the sad realization that the merit of this group within the bracket of 35 to 65 per cent falls short so as to help them grasp the concepts like calculus, design, drawing, optics, mechanics, logic or any such mind challenging topic which forms the basis of any engineering or technology driven curriculum to be pursued at the diploma or degree level.

Further, it comes down to the task of fixing the responsibility and to find the problem area where the teachers can do amends, if they can. A teacher, a pupil, the process of learning and training forms the learning-training chain. This chain is akin to a water-cycle or a food chain; one weak link will make a whole chain weak. There are stages, phases and benchmarks involved along this learning-training chain, which are to be completed in the overall development of a perfect and trained human resource in order to transform a raw human product, born and given to instinct, into a refined and thoughtful human being, honed and perfected once chiseled with rigorous learning and skilling techniques.

We have to take these stages, phases and benchmarks into account one at a time. So to begin with, it's a language which every student should learn in his early schooling period. He should know one language at the least up to the intermediate level so that he can express himself. The stronger the language, the stronger the personality in making, which will help the student pick the concepts of science and geography easily, for instance. Here comes the role of the primary school language teachers. If a student succeeds in getting admission in a professional school or a business school but is not able to write a paragraph on any topic of his interest, then the problem lies somewhere in the learning-training chain, which needs to be identified quite early and rectified at that stage before it gets carried forward beyond schooling stage. BODMAS rules are to be learned and the first program in C or Python is to be run in the middle school. If a student is passing the matriculation class and is not able to decipher the distinction between a planet, and a satellite, the problem obviously in that situation is with the education system and the evaluation process thereof. These common shortcomings found in the student community at large need to be addressed

during the middle and secondary level prior to letting these issues percolate to the graduation level.

The extra-attention is required when the student is in the bracket of 10 years of age to 15 years of age where we the teachers have to be extra cautious to check if the student has covered all the benchmarks required of him in the fields of science, general knowledge, computers, mathematics, and at least one language. This is the time which acts as a launch-pad for the individual where from his career will take off. The middle school student needs to be exposed to the world he has to compete in, which lies waiting for him to take on. A professor from a university or a professional college should come pay visit to the middle school and deliver the guest lecture in order to inspire these adolescent minds and spread the awareness about various careers available to choose from and what is expected of them in each stream post schooling era. Besides, the schools should also arrange visits of their students especially in early teens to show them around the professional colleges and university environment. The sooner this activity kick starts in our education system, the better it is. The gap between the secondary education and the professional education

needs to be shortened by taking the initiatives where the two are seen in a mode of participation and collaboration. Exposure to skill development should be made an integral part of the secondary school curriculum so that the proclivity towards the skilling of manpower starts early.

Knowledge combined with skills turns into a force field which runs the economic engine of a nation. The better standards of skills empower an individual to adjust more effectively to the challenges and opportunities in domestic and international job markets. India is one of the youngest nations of the world with more than 50 percent of its population below 25 years of age. India, therefore, has a potential of becoming the world's skill capital with the opportunity to produce the competent skilled labor and export the same to the outside world where the demand for the skilled manpower is ever growing keeping in mind that average age of the population in the industrialized and developed world is much more older compared to India, which places the nation in a better position to reap this demographic dividend.

The author is Lecturer, CSE, Department of Skill Development, J&K

Parenting Teens

Toria Herd

Sarah A. Font

More than 44% of teens reported persistent feelings of sadness and hopelessness in the first half of 2021, according to a report from the Centers for Disease Control and Prevention. The early 2022 report, which was based on an online survey, also found that nearly 20% had seriously considered suicide, and 9% attempted suicide.

The COVID-19 pandemic is a likely contributor to these startling figures, but rates of teen mental illness have been rising over the past decade.

One crucial factor that has received little attention in supporting teen mental health is the role that parents can play.

This is surprising, since research has clearly established that participation by a caregiver in their child's mental health treatment is directly related to a successful outcome. A key reason for this is that parents generally interact with their teen on a daily basis and can model and cultivate coping skills.

Yet, for mental health professionals, it can be challenging to integrate parents into teens' treatment when there are discrepancies between the perspectives, goals and expectations of teens and parents. In addition, consent and privacy laws sometimes limit providers' abilities to disclose key details about a teen's mental health to parents.

As researchers studying childhood trauma and adolescent development, we see parents and caregivers as a critical link in addressing the urgent mental health crisis among teens.

THE TEENAGE YEARS CAN BE BRUTAL

Parents often dread the teenage years, anticipating mood swings,

risk-taking behaviors and endless arguments. Some of this is developmentally normal: Teens are developing their identities, testing limits and asserting their autonomy. These combined factors can lead to hostility and a lower-quality parent-teen relationship.

Physically, teens are sleep-deprived, in part due to overly early school start times and hormonal changes associated with puberty. As a result, teens can be irritable and sensitive to stressors. They also haven't developed the self-control to manage their reactions.

And it's important to note that half of all mental illness emerges by age 14 and 75% by age 24, making adolescence a highly sensitive period for the prevention and treatment of mental health problems.

SIGNS AND SYMPTOMS OF A MENTAL HEALTH CONCERN

Mental health problems in teens can sometimes take unexpected forms. Depression and anxiety can manifest as irritability and noncompliance, which parents may reasonably view as disrespect and laziness. Understanding what is beneath those behaviors is challenging. Teens are quite secretive, so they may not disclose the extent of their struggles.

Traumatic experiences like bullying, dating violence and sexual harassment and assault are unfortunately too common in adolescence and can cause drastic changes in behavior and affect.

Although anxiety is a normal emotional response at any age, about a third of adolescents have some type of anxiety disorder, and about 10% experience severe impairment as a result. Teens struggling with chronic anxiety may experience agitation or irritability, issues with sleep, perfectionist tendencies, or may try to



avoid stressful things altogether.

Among teens, 17% struggle with depression. Depression generally involves a loss of interest or pleasure in daily activities, but it is more than feeling blue. For teens, symptoms of depression may look like withdrawing from family or social activities, shutting down during conversations or conflict, lethargy, difficulty concentrating, hopelessness about the future or negative feelings of self-worth.

Depression can also be associated with self-harm and suicide.

In determining whether a teen is experiencing a mental illness, parents should consider how behaviors are affecting their teens' everyday lives and plans for the future. Those who are falling behind in school, damaging important relationships or engaging in high-risk behaviors may be most likely to be experiencing a mental health issue – as opposed to typical teenage challenges.

A SHORTAGE OF MENTAL HEALTH CARE

Despite the growing need for mental health care, the U.S. has a dire shortage of professionals to meet the demand. Insurance companies create barriers to accessing mental health care by restricting the numbers of in-network providers and approved sessions. As a result, many providers prioritize patients who will pay out of pocket.

Parents and teens may wait months for an appointment, and the quality and effectiveness of the services they receive are highly variable. All the while, symptoms may worsen, straining the family and compromising teens' social and academic opportunities.

THE POWERFUL ROLE PARENTS CAN PLAY

This is where parents come in, since they can serve as role models for teens' coping and emotional

development.

While good sleep, consistent exercise and quality meals can often be the first line of defense in preventing and managing symptoms of mental health problems, there are several behavioral strategies for parenting struggling teens. Indeed, foster parents care for children with complex histories of trauma, and many of the behavior management strategies taught to foster parents may be useful for traditional family settings as well.

When teens are unkind or disrespectful, parents may take it personally. But parents who are aware of and able to manage their own triggers can react calmly to challenging behavior, creating opportunities for effective communication with their teen.

Building and maintaining the parent-teen connection, such as by watching a TV show together or other low-pressure opportunities to be together, is key. These experiences create safe spaces and opportunities for teens to communicate about difficult emotions or situations. Parents who assist teens in recognizing, talking about and dealing with difficult thoughts and feelings help them to understand how their thoughts and feelings can affect their behavior.

Parents can also help their teens manage negative emotions by reinforcing their self-esteem and strengths and encouraging self-efficacy. Parents who offer praise to their teens who are working hard to overcome challenges – as opposed to focusing solely on the outcome – can help teens see their worth beyond their accomplishments.

At the same time, teens require boundaries that allow them to build self-reliance, exercise independence and practice compromise in certain situations. Behavior contracts – in which teens and their parents agree

to certain conditions in writing – can provide a structured way to establish shared expectations.

When consequences are necessary, natural consequences allow teens to learn without parental intervention. For example, if a teen stays up late the night before a big softball game, their coach may bench them for playing poorly. Parents can help teens to connect the frustration and disappointment they experience to their choices regarding sleep, which can be more helpful for their future decision-making than getting into an argument with a parent about their decision or receiving a parent-imposed consequence, such as removing phone privileges.

When natural consequences are not an option, discipline should be specific, time-limited and focused on a specific outcome, such as not allowing preferred activities until homework and chores are complete.

It is also important that parents avoid power struggles with their teens by modeling respectful communication without trying to manage the teen's reaction or perspective. Teens are unlikely to admit to being wrong – particularly in a heated moment – and if the point is made, there is rarely a benefit to insisting upon a particular reaction such as a forced apology.

Parents can best support their teens by maintaining connection alongside enforcing structure and discipline. While challenging behaviors can be the status quo of adolescence, parents should be on the lookout for signs that might reflect a pervasive mental health issue, since early detection and treatment is crucial.

By arrangements with The Conversation

Agnipath Transformative Policy, Game Changer In Making Armed Forces Future-Ready: PM Modi

Press Trust of India

NEW DELHI: Prime Minister Narendra Modi on Monday congratulated first batch of Agniveers on being the pioneers of the Agnipath scheme, asserting that it is a transformative policy and a game changer in strengthening the armed forces and making them future-ready.

Virtually addressing the new recruits, he said this "path-breaking" scheme will further empower women.

According to an official statement, the prime minister said the young Agniveers will make the armed forces more youthful and tech-savvy.

Defence Minister Rajnath Singh called the Agnipath scheme one of the "most important and unprecedented reforms" in the armed forces.

Addressing the Agniveers, the prime minister said technologically-advanced soldiers will play a "key role" in our armed forces, and added that the current generation of youth especially has this potential and Agniveers will play a leading role in the forces in the times to come.

The prime minister said "new India" is filled with renewed vigour and efforts are underway to modernise the armed forces and make them 'aatmanirbhar' (self-reliant).

"In the 21st century, the way wars are fought is changing," he said, speaking about the new fronts of contactless warfare and challenges of cyber warfare.

Lauding the potential of Agniveers, he said their spirit is reflective of the bravery of the armed forces which has always kept the flag of the nation flying high. "The experience they will acquire through this opportunity will be a source of pride for life," he added.

The prime minister concluded by saying that they are the ones who are going to provide leadership to the nation in the 21st century, the statement said quoting Modi, who also added that the new recruitment scheme will further empower women.

The prime minister said he looks forward to seeing women Agniveers in all three forces, noting that they are leading armed forces on various fronts and cited examples of women posted in Siachen and driving modern fighter planes.

Defence Minister Singh said the Ministry of Defence (MoD) has taken a number of decisions to empower the nation, terming the Agnipath scheme as one of the "most important and unprecedented reforms", an official statement said.

Singh asserted that strengthening the security apparatus of the country is the government's topmost priority amidst the ever-evolving global scenario and geopolitical uncertainty.

He appreciated the fact that the scheme received encouraging response, with a large number of applicants turning up for the recruitment and made special mention of the women Agniveers who are also being trained along with their male counterparts. The defence minister added that several ministries, including the Defence Ministry, are coming forward for the welfare of Agniveers.

"Reservation is being ensured for Agniveers on a number of posts in various departments of Ministry of Defence, Central Armed Police Forces and Ministry of Railways. Arrangements are being made jointly by MoD & Ministry of Education to ensure proper education to the Agniveers.

"In collaboration with Ministry of Finance, arrangements are being made to provide loans at reasonable rates to Agniveers, who wish to start self-employment or any business after service. Agniveers will not only become Surakshaveers, but also Samriddhivers," he said.

Under the Agnipath scheme, announced on June 14 last year, the three services are recruiting youths between the age bracket of 17-and-half years and 21 years for four years with a provision to retain 25 per cent of them for 15 more years.

India's Richest 1% Own More Than 40% Of Total Wealth: Oxfam

Press Trust of India

DAVOS: The richest one per cent in India now own more than 40 per cent of the country's total wealth, while the bottom half of the population together share just 3 per cent of wealth, a new study showed on Monday.

Releasing the India supplement of its annual inequality report on the first day of the World Economic Forum Annual Meeting here, rights group Oxfam International said that taxing India's ten-richest at 5 per cent can fetch entire money to bring children back to school.

"A one-off tax on unrealized gains from 2017 2021 on just one billionaire, Gautam Adani, could have raised Rs 1.79 lakh crore, enough to employ more than five million Indian primary school teachers for a year," it added.

The report titled 'Survival of the Richest' further said that if India's billionaires are taxed once at 2 per cent on their entire wealth, it would support the requirement of Rs 40,423 crore for the nutrition of malnourished in the country for the next three years.

"A one-time tax of 5 per cent on the 10 richest billionaires in the country (Rs 1.37 lakh crore) is more than 1.5 times the funds estimated by the Health and Family Welfare Ministry (Rs 86,200 crore) and the Ministry of Ayush (Rs 3,050 crore) for the year 2022-23," it added.

On gender inequality, the report said that female workers earned only 63 paise for every 1 rupee a male worker earned.

For Scheduled Castes and rural workers, the difference is even starker -- the former earned 55 per cent of what the advantaged social groups earned, and the latter earned only half of the urban earnings between 2018 and 2019.

"Taxing the top 100 Indian billionaires at 2.5 per cent, or taxing the top 10 Indian

billionaires at 5 per cent would nearly cover the entire amount required to bring the children back into school," it added.

Oxfam said the report is a mix of qualitative and quantitative information to explore the impact of inequality in India.

Secondary sources like Forbes and Credit Suisse have been used to look at the wealth inequality and billionaire wealth in the country, while government sources like NSS, Union budget documents, parliamentary questions, etc have been used to corroborate arguments made through out the report.

Since the pandemic begun to Nov 2022, billionaires in India have seen their wealth surge by 121 per cent or Rs 3,608 crore per day in real terms, Oxfam said.

On the other hand, approximately 64 per cent of the total Rs 14.83 lakh crore in Goods and Services Tax (GST) came from bottom 50 per cent of the population in 2021-22, with only 3 per cent of GST coming from the top 10 per cent.

Oxfam said the total number of billionaires in India increased from 102 in 2020 to 166 in 2022.

The combined wealth of India's 100 richest has touched USD 660 billion (Rs 54.12 lakh crore) - an amount that could fund the entire Union Budget for more than 18 months, it added.

Oxfam India CEO Amitabh Behar said, "The country's marginalised Dalits, Adivasis, Muslims, Women and informal sector workers are continuing to suffer in a system which ensures the survival of the richest.

"The poor are paying disproportionately higher taxes, spending more on essentials items and services when compared to the rich. The time has come to tax the rich and ensure they pay their fair share."

Behar urged the Union finance minister to implement

progressive tax measures such as wealth tax and inheritance tax, which he said have been historically proven to be effective in tackling inequality.

Citing a nationwide survey by Fight Inequality Alliance India (FIA India) in 2021, Oxfam said it found that more than 80 per cent of people in India support tax on the rich and corporations who earned record profits during the Covid-19 pandemic.

"More than 90 per cent participants demanded budget measures to combat inequality such as universal social security, right to health and expansion of budget to prevent gender-based violence," it added.

"It's time we demolish the convenient myth that tax cuts for the richest result in their wealth somehow 'trickling down' to everyone else. Taxing the super-rich is the strategic precondition to reducing inequality and rescuing democracy.

"We need to do this for innovation. For stronger public services and for happier and healthier societies," said Gabriela Bucher, Executive Director of Oxfam International.

Oxfam India urged the Union finance minister to introduce one-off solidarity wealth taxes and windfall taxes to end crisis profiteering. It also demanded a permanent increase in taxes on the richest 1 per cent and especially raise taxes on capital gains, which are subject to lower tax rates than other forms of income.

Oxfam also called for inheritance, property, and land taxes, as well as net wealth taxes, while enhancing the budgetary allocation of the health sector to 2.5 per cent of GDP by 2025, as envisaged in the National Health Policy. Oxfam said it also wants public health systems to be strengthened and budgetary allocation for education to be enhanced to the global benchmark of 6 per cent of GDP.

Sonia Initially Struggled To Learn Indian Traditions, Disliked Politics: Priyanka

Press Trust of India

BENGALURU: Italy-born Sonia Gandhi initially struggled to learn Indian traditions and disliked politics, her daughter and Congress general secretary Priyanka Gandhi Vadra said on Monday.

Addressing a women-centric convention organised here by the Karnataka Pradesh Congress Committee in the poll-bound State, the Congress leader said she was brought up by two brave and strong women -- her grandmother Indira Gandhi and mother Sonia Gandhi.

She recalled that she was eight-years-old when Indira Gandhi lost her 33-year-old son. But the very next day of Sanjay Gandhi's death, she went to work to serve the nation and that was the sense of duty and her "inner shakti". Indira Gandhi continued to serve the nation until she died.

Priyanka Gandhi said Sonia

Gandhi fell in love with Rajiv Gandhi at the age of 21.

"She (Sonia) came all the way from Italy to India to get married to him. She struggled to learn our traditions. She learnt the ways of India. She imbibed everything from Indiraji and at the age of 44, she lost her husband.

Even though she disliked politics, she took the path to serving the nation and she served it all her life till today when she is 76 years old," Priyanka Gandhi said.

Priyanka said she had learnt a "very important thing" from Indira Gandhi, Sonia Gandhi and hundreds of ordinary women who struggle everyday in life.

"No matter what happens to you in your life, no matter how big a tragedy you face, how deep your struggles are... whether at home or work or outside, you have the capacity to stand up and fight for yourself," Priyanka said.

SC Grants Centre Four Weeks To Respond To Plea Against Age Restriction For Conducting Pre-Natal Diagnostic Tests

Press Trust of India

NEW DELHI: The Supreme Court on Monday granted the Centre four weeks to file its response to a plea on the age restriction of 35 years on women for conducting pre-conception and pre-natal diagnostic tests.

The matter came up for hearing before a bench of Justices S K Kaul and A S Oka.

The counsel appearing for the Centre requested for some time to file the response confined to the aspect on which the court had issued notice on October 17 last year.

"Counsel for the respondent seeks time to file counter affidavit... needful be done within four weeks," the bench said, adding that rejoinder, if any, be filed within two weeks thereafter.

The top court posted the plea, filed by advocate Meera Kaura

Patel, for hearing after eight weeks.

In its October 17, 2022 order, the bench had noted the petitioner had referred to section 4(3)(i) of the Pre-Conception and Pre-Natal Diagnostic Techniques (Prohibition of Sex Selection) Act, 1994 to contend that the age limit of 35 years is a restriction on the reproductive rights of women.

As per the provision of the Act, no pre-natal diagnostic techniques shall be used or conducted on a pregnant woman below 35 years of age.

In a significant ruling on reproductive rights of women, the apex court had earlier held that all women are entitled to safe and legal abortion till 24 weeks of pregnancy under the Medical Termination of Pregnancy Act, and making any distinction on the basis of their marital status is "constitutionally unsustainable".

CONTD. FROM FRONT PAGE

Amid Alarm

"During the cold season," the cardiologist said, "the SKIMS receives at least 5 to 7 patients daily for heart attacks. It's a normal, and mostly, treatable footfall. Hence, the hype created around heart attacks on social media should not be taken seriously."

Seconding him, Dr. Khalid Mohiuddin, Head of Department, Cardiology, Super Specialty Hospital, Srinagar termed heart attack as a common health condition across the world.

"Social media has made reporting easy and there's information bias," Dr. Khalid said. "Some decades back we did not have so many information channels. Sometimes, false and exaggerated information is spread by virtue of this medium. Let me tell you, most people survive heart attacks."

Heart attack might be the main reason for cardiac arrest, but, as the cardiologists reiterate, there are other reasons as well.

"Mode of death gives an insight of what has led to the demise of the particular individual," Dr. Khalid said.

"Those who expire abruptly die of Sudden Cardiac Death (SCD). And the death in that case happens as the heart stops pumping blood supply to the brain and the person becomes unconscious and falls."

In order to keep a tab on heart, Dr. Khalid suggests ECG for every school-going child. "Those playing cricket or going to gyms should see a cardiologist to rule out any issue," he advised.

"The elderly, diabetic, hypertensive, smokers and obese people should try to stay warm during winters as the cold weather is known to induce these attacks."

J&K Parties

are eagerly waiting for the past five years to exercise their voting rights," Bukari told a local news agency KNO.

The CEC, he said, told the meeting that all technical processes have been completed in Jammu & Kashmir.

"The CEC told us that exercises of delimitation and revision of voters have been completed," Bukhari said, adding that CEC further said they are also concerned over the matter.

J&K has been without an elected government since June 19, 2018 when the BJP withdrew support to

Mehbooba Mufti-led government. The last assembly election in Jammu and Kashmir was held in 2014. The delimitation process was completed in May 2022 while summary revision exercise was completed on November 25—(With agency inputs)

Govt Announces

"The Chief Secretary was informed that over 400 services have already been offered in online mode across all the departments and many of them are integrated with the quality check and feedback seeking mechanism of RAS. It was also revealed these services are also being on boarded on the digital portal of e-UNNAT, Service Plus and Digi Locker for the ease and free access of general publi," the spokesperson added.

J&K Parties Slam

"The collective punishment and humiliation is this government's way of keeping people of J&K on tenterhooks & fighting for mere survival so that they don't have the energy to fight the onslaught against their identity," she added.

Activists of the Democratic Azad Party (DAP), Congress and the Peoples Democratic Party (PDP) held separate protests here on the issue.

Activists of DAP led by its vice chairman G M Saroori took out a peaceful march from Panama Chowk to the office of Divisional Commissioner, Jammu against the "process of evicting people from the lands which have been under their possession for generations".

They also submitted a memorandum to the divisional commissioner, seeking immediate revocation of the order.

DAP chairman Gulham Nabi Azad had recently termed the order as "unfortunate" and said he had provided land under the Roshni scheme as chief minister to the poor, needy and landless for building houses and cultivation, but now the prevailing regime is snatching it back, that too, in harsh weather conditions.

He had said the people of Jammu and Kashmir were the first beneficiaries of its resources.

Dozens of Congress workers led by

senior leader Shahnawaz Choudhary staged a similar protest outside the Press Club against the government order.

The Jammu and Kashmir State Lands (Vesting of Ownership to Occupants) Act was enacted in 2001 with the twin objective of generating resources for financing power projects and conferment of proprietary rights to occupants of state land.

The Act, popularly known as Roshni scheme, initially envisaged conferment of proprietary rights of around 20.55 lakh Kanals (1,02,750 hectares) to the occupants of which only 15.85 per cent land was approved for vesting of ownership rights. The scheme was finally repealed by the then governor Satya Pal Malik on November 28, 2018.

The Jammu and Kashmir High Court had on October 9, 2020 declared the Act "illegal, unconstitutional and unsustainable", and ordered a CBI probe into the allotment of land under this law.

CPI(M) leader M Y Tarigami also voiced his deep concern over the government's move of divesting people of the land registered under various titles in revenue records and demanded immediate withdrawal of the order.

Calling the move "administration-sponsored land grab", he appealed to all shades of public opinion to unitedly raise the voice against such steps of the administration.

Another Snow

a low of minus 10.2 degrees Celsius. The minimum temperature at the famous ski-resort of Gulmarg in Baramulla district went down from the previous night's minus 10.4 degrees Celsius to settle at minus 12 degrees Celsius.

The resort was the coldest recorded place in Jammu and Kashmir.

The meteorological office said the weather will remain mainly dry across J-K till January 18. There will be a further decrease in the night temperature till that time.

It said, a few western disturbances are likely to affect J-K from January 19 to 25.

The weather will remain cloudy from January 19-21 with chances of light rain/snow over isolated to scattered places mainly over higher reaches.

However, it said a much higher intensity precipitation will occur from the night of January 22 to the forenoon of January 24 and there is a possibility of light to moderate snow in plains of Kashmir (with rains in Jammu) and moderate snow over middle and higher reaches.

Govt Orders Audit

undertake a comprehensive audit of all the works identified in the report by Assistant Commissioner Development, Jammu and submit a detailed report to the commissioner secretary, RDD within 10 days.

The Director, Social Audit has also been asked to fix the responsibility of the concerned officers. (KNO)

School Education

districts after releasing Prime Minister Narendra Modi's inspiring book 'ExamWarriors' in Hindi, Urdu and English at Jammu, an official spokesperson said.

He said in this 'path-breaking, best-selling book', the PM has outlined a refreshing approach to exams urging everyone to celebrate the exam like a festival with enthusiasm and gaiety.

In his interaction with students, the LG said that the 34 mantras given by the PM in this book are not just to be read and memorized, but one should try to imbibe them in their lives so that the exam becomes an occasion of celebration and not of stress.

"Hon'ble PM's 34 Mantras for students, teachers and parents will beat the exam stress and help the exam warriors appearing for board exams to deal with anxiety & stress," Sinha said, adding "This book should be constant companion of young aspirants."

The LG also observed that Education is not merely about competition among children. Education, he said, teaches us the ways to develop compassion and joy towards life and other human beings.

Sinha also spoke about 'Pariksha Pe Charcha' an annual event held every year since 2018, in which the PM interacts with students, teachers and parents from across the country and shares valuable tips on how to take

board and entrance exams in relaxed and stress free manner.

"It is a movement that is driven by Hon'ble Prime Minister Narendra Modi's efforts to bring together students, parents, teachers and the society to foster an environment where the unique individuality of each child is celebrated, encouraged and allowed to express itself fully, the LG said.

"The current generation is fortunate to have the National Education Policy-2020. It is the responsibility of us all to implement it in letter and spirit," he added.

Noting that school education in J&K is going in the right direction with many breakthrough initiatives of the department like reducing the dropout ratio, increasing the enrolment rate, the LG stressed for continuing to work for extending an ideal education to the students with innovative interventions.

The LG also stressed on promotion of vernacular languages in schools.

Principal Secretary to Government, School Education Department Alok Kumar, Directors of School Education Jammu and Kashmir Dr Ravi Shanker Sharma and Tasaduq Mir, Project Director, Samagra Shiksha Er. Deep Raj Kanethia, officers of District administration and school education department were present in person and through virtual mode.

Landslide In

There have been incidents of shooting stones in other areas in Ramban section, they said.

Hundreds of heavy motor vehicles (HMTVs) and Light motor vehicles (LMVs) are stranded at different points of the highway due to the closure.

Men and machinery have been deployed to clear the area.

Inter-State Narcotics

He was also wanted by Samba police in a case of narcotics smuggling in which as much as 667 kilograms of poppy was recovered in September last year and a smuggler was arrested on the spot.

However, the Ganai managed to evade arrest for months together, SSP said.

Vaishno Devi, Amarnath Facing Risk Of Environmental Disaster: Mehbooba

Press Trust Of India

Srinagar: PDP president Mehbooba Mufti on Monday slammed the government for its "recklessness" in not limiting number of pilgrims and extending roads in Jammu and Kashmir, warning that Amarnath and Vaishno Devi can face a Joshimath-like situation.

"Joshimath is just the tip of the iceberg. In similar ecologically fragile states like J&K, Shri Amarnath & Vaishno Devi are environmental disasters in waiting. GOIs sheer recklessness to not limit the number of pilgrims & extend roads right into these spots

will cause havoc," Mehbooba said in a series of tweets.

The former chief minister said the destruction due to land subsidence in Joshimath has not served as a wake-up call for the government.

"Sadly the destruction that sank Joshimath hasn't served as a wake up call for GOI. They lack vision & can only flare communal tensions to divert public attention from their failures," she charged.

Joshimath, the gateway to famous pilgrimage sites like Badrinath and Hemkund Sahib and international skiing destination Auli, is facing a major challenge due to land subsidence.

MP Masoodi Meets LG Sinha At Raj Bhavan

Observer News Service

Jammu: Hasnain Masoodi, Member of Parliament met Lieutenant Governor Manoj Sinha at Raj Bhavan here on Monday

The Member Parliament discussed with the Lt Governor various issues of public importance pertaining to strengthening of healthcare facilities in Tral and Pulwama area, developing the South campus of Kashmir University into a centre of educational excellence, among other matters.

The Lt Governor assured the Member Parliament for incorporating his suggestions in the decision-making process and redressal of the genuine issues put forth by him.

Later, Sheikh Muzaffar, President, J&K Nationalist People's Front also called on

He while reiterating his long pending demand for regularisation of all daily rated, casual, need based, development fund workers, CIC operators and other workers demanded application of all minimum wages Order to such employees/workers irrespective of nomenclature used at the time of their engagement. He, while acknowledging the increasing public confidence in Government Hospitals at all levels and commitment of the doctors and paramedical staff, asked for adequate steps to bridge the gap in manpower. He pointed out that anywhere between 1500-2000 patients visited the outdoor department of district hospitals making it difficult for the doctors to handle the patient. He requested for immediate measures to set up Maternity



the Lt Governor and projected the demands of people including a J&K bank branch at Behibag, Kulgam; augmentation of health facilities at DH Anantnag, besides other issues.

The Lt Governor assured Sheikh Muzaffar of addressing the issues and demands projected by him on merit.

In a separate handout issued, an NC spokesperson said that Masoodi raised various issues that required the attention of LG and called for his intervention.

Masoodi emphasising Constitutional obligations of a welfare State, demanded revocation of Circular dated 09.01.2023 whereby revenue officials have been asked to remove all encroachments on State, Roshni and Kahcharai land as the Constitutional and possessory rights of the affected were likely to be infringed by the proposed action. He pointed out that the construction on State land was not a phenomenon restricted to Jammu and Kashmir and such encroachment in national and commercial areas were regularised.

Hospital at Anantnag and sanction of medical and paramedical staff for SDH Shangus and Tral. Masoodi also demanded upgradation of PHC Khrew as CHC.

Steps were requested to be taken to make the South Campus of KU a seat of academic excellence by increasing the faculty strength and the number of disciplines and transfer of High ground to the Campus. He demanded a degree college for Khrew and expediting the process for degree college Aishmuqam.

The MP emphasised the importance of Pastun(Sahibabad) - Wahab Saheb and Lehndajan - Batnoor road segments for boost in tourism as the two road segments would shorten distance between Srinagar and Pahalgam and open up upper areas of Tral that have so far lagged behind in pace of development and requested for commencement of work on two road segments. He also demanded construction of Choidraman - Bradtal, Dardardapora tunnel to connect Wadwan- Marwah subdivision with Anantnag.



R-Day Vigil Up: A youth showing his cell phone to the security personnel during random frisking around Srinagar's Lal Chowk on Monday. KO Photo, Abid Bhat

Govt Starts Distribution Of Free Ration Amongst AAY, Priority Households

Observer News Service

Srinagar: The J&K's Department of Food, Civil Supplies & Consumer Affairs (FCS&CA) has commenced free distribution of food grains (rice and wheat) to AAY and PHH beneficiaries from 1st January this year across Jammu & Kashmir, an official spokesperson said Monday.

He said that the authorities at the helm of affairs in the Department have issued instructions to the field officers, NIC Team and Technical Teams to incorporate the fresh changes in IT system, e-POS applications and PDS so as to ensure free of cost distribution of rice and wheat to AAY & PHH beneficiaries under NFSA in J&K from 1st January 2023.

"While distribution of rice and wheat would be absolutely free, Rupee 1 would be charged for wheat flour per kg as conversion charges, with applicable conversion loss, where wheat flour is provided to beneficiaries instead of wheat," an official of the Department said.

He said the beneficiaries are also advised to obtain printed e-Pos receipts, clearly indicating free distribution of rice and wheat, along with their entitlement.

"This benefit is exclusively for AAY and PHH beneficiaries and the rate and scale shall remain unchanged in respect of Non Priority Households", he maintained. He said as PMGKAY has been discontinued by the Government of India from 31st December 2022, so additional free rations at a scale of 5 kg per beneficiary per month as were made provided earlier, cannot be provided in respect of AAY and Priority Households now but has been substituted with free ration under new scheme "But while discontinuing PMGKAY, the foodgrains provided to these two groups earlier under NFSA at Rs 3/ kg rice and Rs 2 / kg wheat, have now been made absolutely free for AAY & PHH beneficiaries," he said.

Responding to the reports appearing in certain sections of the media that there is dearth of rations in J&K and the foodgrains earlier being provided under PMGKAY have been stopped, the FCS&CA official made it clear that earlier free foodgrains at a scale of 5 kgs per beneficiary per month were provided to AAY and Priority Household (PHH) beneficiaries

for nearly two years under Government of India run scheme-PMGKAY, which has now been discontinued by the Government of India..

The official said that additionally, a J&K Government run scheme by the name, Jammu Kashmir Food Entitlement Scheme (JKFES) was also under implementation in J&K upto July 2022, under which a top up of 5 kgs per beneficiary was also provided to PHH and Non-Priority Households, subject to a ceiling of 35 kgs per household. "The foodgrains for this scheme were sourced from Open Market Sale Scheme (Domestic) OMSS-D, implemented by the Government of India/ FCI," he said adding that OMSS-D Scheme was stopped by GoI in respect of wheat in April 2022 and consequently the Department switched over to distribution of rice only under JKFES till July 2022.

Further, OMSS-D scheme was stopped in respect of rice also by GoI during July 2022, as a result of which there was no scheme to source foodgrains for JKFES beyond July 2022.

"Consequently, JKFES has been in abeyance because of non-availability of foodgrains under the scheme," he said and added that the Government of India, subsequently, restored the OMSS-D scheme with a rider that the States/UTs could only lift 10,000 MTs from July to December, 2022 under the scheme, as a special case. This quantity was too inadequate to take care of requirements under JKFES even for a month, where prior to stoppage of the scheme, the Department would need an allocation of about 24,000 MTs a month, to run JKFES. OMSS(D) still has not been restored by the Government of India/ FCI, so the Government of J&K is not in a position to consider the revival of JKFES at this stage.

The official said that it has been reported by certain individuals in media that the allocation of foodgrains has come down in Jammu & Kashmir since 2021.

"In an effort to made PDS credible and transparent, the Department undertook accelerated Aadhar seeding in a mission mode, consequent to which more than a million duplicate/ bogus beneficiaries were de-weeded, as a result of which the allocation that used to be made earlier, has come down," he said and empha-

sized that allocation of each and every eligible beneficiary as per norms is ensured every month. "While AAY households get 35 kgs of foodgrains per Ration Card, the beneficiaries in PHH category and NPHH get 5 kgs per beneficiary per month," he maintained and added that during this period more than 68,000 eligible households were also brought under the ambit of PDS. The department has already instructed both the Divisional Commissioners to identify left out eligible beneficiaries, if any, who are still required to be brought under the ambit of PDS, so that they too are included.

The official said that the Department has allocated 34593 MTS of foodgrains for AAY and PHH families for the month of January, 2023, after including savings of 1730 MTS of previous month. Besides, 9366 MTS have also been allocated for Non-Priority Households to provide them foodgrains. The Department has sufficient stocks to meet the requirements of AAY and PHH categories under NFSA and Non-Priority Households under NPHH category, as per their entitlement. Additionally, the Department has already dumped sufficient stocks in winter dumping areas to take care of AAY, PHH and NPHH beneficiaries in those areas which remain closed during winters. As a special concession, the beneficiaries living in such areas have an option to lift their entitlement in advance for four (04) months. This facility was extended to them in a month of December only, so that they are not required to come to Sales Outlets for collection of their entitlement every month during winters. However, in order to ensure that transactions remain transparent, all such transactions are automated.

The official reiterated that the Department is committed to provide the entitlement to each and every AAY & PHH beneficiary under NFSA and to Non Priority Households, as per norms in a transparent manner, towards which it has achieved 100% automation through installation of PoS devices in all Sale Outlets and has also achieved an Aadhar authentication rate of about 93%, which implies that 93% transactions are made by bonafide beneficiaries through Aadhar authentication.

3 Member Panel To Probe Water-Pipes Scam In Bandipora

Agencies

Srinagar: Authorities in Jal-Shakti department in northern Kashmir's Bandipora district Monday constituted a three member committee who have been tasked to probe the alleged scam of water pipes in Ajas area of the district.

Executive Engineer, Jal-Shakti division Bandipora, Syed Fida Hussain Razvi told a local news agency KNO that a three member committee was constituted to probe the alleged water pipes scam in the ajas area. The committee will submit its report within two days following which further action will be taken if anyone found guilty, he said.

Meanwhile, the KNO has learnt that at least 500 water pipes of the department have been sold by the local panchayat body of the Ajas in connivance with local Jal-Shakti employees.

The locals said that the administration had sent these pipes for the different water supply scheme for the area, however, the local panchayat body here along with the local Jal-Shakti officials have sold these pipes which is unfortunate and should be looked into by the administration.

"Strict action should be taken against those who have sold these water supply pipes so that such incidents do not happen again," they added.

Youth Have To Take Lead In Shouldering Critical Responsibilities: Dr Farooq

Press Trust Of India

Srinagar: National Conference president Farooq Abdullah on Monday said the youth of Jammu and Kashmir have to take a lead in shouldering critical responsibilities to meet various challenges ahead.

Interacting with NC's youth functionaries at party headquarters Nawa-e-Subha' here, Abdullah called upon them to have a sense of belongingness and commitment towards the party and the people.

During the interaction, he asked the young functionaries to step up their efforts to highlight the role of the party in the socio-political emancipation of the people of J-K.

The youth leaders raised very pertinent issues concerning the party and the youth of Kashmir. The party president heard their grievances and talked about possible solutions, a party statement said.

"Today's youth are the leaders of tomorrow. You should never back down against all odds to fight for the people of J-K. You have to continue these services with enthusiasm," Abdullah said.

He said if the NC has to become a party of the young J-K,

then it has to tap the potential of the youth leaders.

The NC has traditionally been a melting pot accommodating the region's plurality with more focus on the young segment of the population. No party has ever represented the aspirations of youth as the NC has, he added.

The Lok Sabha MP from Srinagar said the most impounding problem the youth are facing at present is "frustration".

"This monster is eating up our youth slowly and gradually. Our sons and daughters are jobless. Every year thousands get added to this list of unemployed. The frustration as a result of a multitude of problems is increasing day by day.

"The incumbent administration has only served assurances to our youth instead of jobs and have failed to provide any viable solutions," he said.

Later, Abdullah met a delegation of the J-K unit of the National Movement for Old Pension Scheme (NMOPS).

The NC president assured the visiting delegation that he will raise their grievances at the appropriate forum including Parliament, the statement said.

Status Of Anti-encroachment Drives Reviewed In Bandipora

Observer News Service

Bandipora: The Additional Deputy Commissioner (ADC) Bandipora, Waaseem Raja Monday reviewed the status of Anti-encroachment drives carried out in Bandipora in a meeting held at Mini Secretariat, here.

During the meeting, it was enjoined upon the revenue officers to ensure removal of encroachments on state, Kachcharai, Roshni land before the deadline.

To ensure that encroachments are removed before the stipulated timeframe, daily targets were given to all Tehsils.

As the details of retrieved land has to be submitted to higher authorities on a daily basis, the revenue officers were directed to ensure that the daily target is adhered to without any fail.

It was also directed to involve DDCs, BDCs, PRIs and locals in anti-encroachment drives to retrieve the land and protect it from land grabbers.

Besides, various other issues were also discussed in the meeting, which includes digitization of cadastral maps, land acquisition issues, generation of land passbooks etc. and accordingly necessary directions were given to the officers.

NEWS MAKERS

Secretary Heath Launches Website For ABDM

Observer News Service

Jammu: Secretary, Health and Medical Education, Bhupinder Kumar, Monday launched the website of Ayushman Bharat Digital Mission, J&K, during a one day workshop on ABDM held at GMC, Jammu.

The website shall provide seamless access to the citizens for being informed about various activities of ABDM besides creation of ABHA account and registration of Hospital Facility Registry (HFR) and Hospital Professional Registry (HPR). The portal shall also contain latest circulars, notices, orders and vacancies in the J&K ABDM mission.

Mission Director ABDM, Sanjiv M Gadkar, Additional Mission Director, Shafqat Khan besides senior officers of H&ME department were present on the occasion

DC Anantnag Finalizes R-Day Arrangements

Observer News Service

Anantnag: The Deputy Commissioner (DC) Anantnag, Dr Basharat Qayoom on Monday chaired a meeting of officers and various security agencies to finalize the preparations for Republic Day-2023 celebrations at DC Office Complex, here.

During the meeting threadbare discussions were held with regard to preparation and consolidation of the main venue ground, preparations for cultural programmes, PA System, seating arrangements, cultural programmes, prize distribution, uninterrupted power supply, drinking water/ tanker service, illumination by KPDCCL, barricading of venue by Jal Shakti Bijbehara, medical aid camp, availability of ambulance, deployment of fire tenders and sanitation measures.

The DC informed that the

The meeting was informed that contingents of JKP, IRP, CRPF, Auxiliary Police, Fire & Emergency Services, NCC, students of government and private schools will participate in the march past parade.

main function of the Day shall be held at Government Degree College (Boys), Khanabal. Whereas, similar functions will be held at sub-divisions of Bijbehara, Doru, Kokernag, Pahalgam and at all Tehsil headquarters.

He directed the concerned officers to ensure participation of DDC's, BDC's, Panches, Sarpanches and ULB members.

The meeting was informed that contingents of JKP, IRP, CRPF, Auxiliary Police, Fire & Emergency Services, NCC, students of government and private schools will participate in the march past parade.

The DC stressed for coordination among various stakeholders for the successful conduct of the event. He directed all the district heads to ensure the participation of the staff on full dress rehearsal function and on the Republic Day function.

Further directions were issued to ensure that Republic Day is celebrated at Blocks, Panchayats and Educational Institutions also.

Among others the meeting was attended by SSP Anantnag, ADC, JD Planing, Ex. Engineers of R&B, KPDCCL, Jal Shakti, Officers from various security agencies including Police, CRPF, and other concerned officers.

Kupwara Admin Arranges Air Sorties For Karnah

26 Passengers From Tangdhar, 18 From Kupwara Airlifted

Observer News Service

Kupwara: The District Administration Kupwara on Monday arranged air service for the stranded passengers of Karnah subdivision.

As many as 26 persons were airlifted from Tangdhar to Kupwara, including 7 patients, who were in need of advanced treatment, besides 7 students and other 12 passengers in 5 air sorties during the day.

Likewise, 18 Karnah bound stranded passengers were airlifted from District Police Lines (DPL), Kupwara today in subsidised Helicopter service.

SDM Karnah, Dr. Gulzar Ahmad Rather monitored the air service facility at Helipad Tangdhar during the day.

The people of Karnah subdivision have widely hailed the move of the District Administration.



YSS Starts Snow Skiing Course For Girls At Gulmarg

Observer News Service

BARAMULLA: The Department of Youth Services & Sports, District Srinagar on Monday started its annual Snow Skiing courses for Girl students at world famous Ski destination Gulmarg.

Regular Training course for Batch 1st was inaugurated by Assistant Director Tourism Dr Javid-ul-Rehman in presence of District Youth Services & Sports Officer Srinagar, Balbir Singh.

The Assistant Director Tourism graced the inaugural ceremony as Chief Guest, and in his address congratulated and encouraged the participants to work hard during the training days in order to acquire necessary knowledge and skills.

DYSSO Srinagar briefed the participants regarding the initiatives being taken by the department to engage youth in productive activities.

He also highlighted the achievements of the department and instructed the trainers to work with utmost dedication during the course. He also instructed the YSS staff to provide every possible facility to the students during the entire course.

About 45 Girl students from various Government schools of Srinagar are taking part in the training course.

It is worth mentioning here that every year these courses are conducted under the patronage and supervision of Directorate of Youth Services & Sports JK to train aspiring students in the domain and to prepare and produce youth to take up this skill at professional level in the later part of their lives besides providing them with an opportunity to participate in different competitions.

Veteran Olympian Gul Mustafa, Incharge course Muzamil Ahmad, Incharge Hutments-YSS Hilal Ahmad besides other senior officers and instructors of the department also attended the inaugural function.

SSP Budgam Inaugurates Winter Sports & Youth Festival 2023



Observer News Service

BUDGAM: SSP Budgam Tahir Gilani under Civic Action Programme inaugurated Winter Sports & Youth Festival 2023 at Indoor Stadium Budgam on Monday.

On the occasion, ASP Budgam Gowhar Ahmad-JKPS, DySP DAR DPL Budgam Owais Rashid-JKPS, DySP(P) Faisal Rishoo and DySP(P) Mubashir Zargar were also present.

The event consists of three different sports championships including Badminton, Taekwondo and Volleyball. The event will also have an Open Painting competition. Hundreds of youth including boys and girls from across the district are participating in the event.

During the inaugural day of

the festival, 12 matches were played in the male category and 16 matches in the female category in the Badminton Championship. Similarly, in Taekwondo, 39 fights were held in the senior weight category and 32 fights in the junior weight category.

SSP Budgam in his message, stressed upon the participating teams to play their matches with high spirit of professionalism and stressed upon the youngsters to allow their minds to explore their own thoughts and imagination through the medium of sports.

He further stated that sports activities are important for personality development and to infuse positivity, good health and sense of achievement among the individuals.

Rishabh Pant Thanks '2 Heroes' Who Helped Him After Car Crash



Agencies

Star India wicketkeeper-batter Rishabh Pant on Monday extended his gratitude to Rajat Kumar and Nishu Kumar, the youths who helped him after he met with a car accident and ensured that he reached hospital safely, calling them "two heroes". Rishabh took to Twitter and posted a picture of these two individuals standing with his mother.

"I may not have been able to thank everyone individually, but I must acknowledge these two heroes who helped me during my accident and ensured I got to the hospital safely. Rajat Kumar & Nishu Kumar, Thank you. I'll be forever grateful and indebted," tweeted Pant.

Earlier today, Pant thanked all his fans and well-wishers for

their support and good wishes as he continues to receive treatment after meeting with a car accident last year.

Pant said his surgery was successful and his "road to recovery" has begun. He also thanked the Board of Control for Cricket in India (BCCI) and government authorities for their "incredible support". "I am humbled and grateful for all the support and good wishes. I am glad to let you know that my surgery was a success. The road to recovery has begun and I am ready for the challenges ahead. Thank you to the @BCCI, @JayShah & government authorities for their incredible support," tweeted Pant.

"From the bottom of my heart, I also would like to thank all my fans, teammates, doctors and the physios for your kind words and encourage-

ment. Looking forward to see you all on the field. #grateful #blessed," added Pant in another tweet. Notably, Pant is expected to be out of action from the cricket field for the majority of 2023 and is anticipated to miss a number of major competitions, including the IPL.

According to a medical update provided to the BCCI about Pant, who survived the horrific accident on December 30, Pant tore all three of his knee's key ligaments. Two of them have already undergone reconstruction, and surgery on the third is scheduled for six weeks from now, according to ESPNcricinfo. As a result, Pant is likely to miss at least six months of action, which may adversely impact his chances of being selected for the ODI World Cup, which will be held in India in October-November. (ANI)

Shakhtar Donetsk To Allocate \$25M For Aid In Ukraine

Agencies

Ukrainian club Shakhtar Donetsk will allocate \$25 million to aid soldiers and their families, president Rinat Akhmetov said on Monday, a day after receiving a record transfer fee for winger Mykhailo Mudryk from Premier League club Chelsea. Akhmetov added that Shakhtar would play a friendly against Chelsea at their Donbass Arena in "a Ukrainian Donetsk".

Following the transfer of Mudryk to Chelsea on Sunday, Shakhtar said they "will receive 70 million euros (\$76 million) for the player and another 30 million euros is envisaged as a bonus payment." The club said it was a transfer record for Shakhtar and Ukrainian football.

Akhmetov said the money would be allocated as part of a project titled 'Heart of Azovstal,' aimed at "helping Mariupol defenders and the families of fallen soldiers". Ukrainian forces defending Mariupol were holed up in the Azovstal steelworks for weeks as Russian forces tried to capture the city. The Ukrainian soldiers eventually surrendered in May last year.



"I am allocating \$25 million today to help our soldiers, defenders, and their families," Akhmetov said in a statement on the club's website. "The money will be used to cover different needs - from providing medical and prosthetic treatment and psychological support to meeting specific requests."

"To ensure transparency, the project will have a professional independent team that will be in touch with the Azovstal defenders, their families, care providers, and volunteers." Chelsea were formerly owned by Russian Roman Abramovich, who put the club up for sale following Russia's invasion of Ukraine before it was acquired by a group led by Todd Boehly and Clearlake Capital.

Retired Forward Aguero Appears In Piqué's New Football League

Agencies

BARCELONA: Retired Argentina forward Sergio Aguero briefly returned to action Sunday with an appearance in a 7-on-7 soccer league created by Gerard Piqué. Aguero was one of the surprises that Piqué had been promising for his 12-team Kings League that is streamed on Twitch.

The 34-year-old Aguero, who retired from professional soccer in 2021 because of a heart issue, is also the president of Kunisports, one of the teams in the league.



Former Spain and Real Madrid goalkeeper Iker Casillas is another president in the league that has its own game rules. Former Barcelona player Piqué announced his retirement last year. (AP)

UNITED FORUM OF THE JAMMU & KASHMIR BANK OFFICER'S AND EMPLOYEES
Email: riyazbhat66@gmail.com, nissarfirdousjkb@gmail.com



In a joint meeting of Representatives of Jammu and Kashmir Bank officers Association (K) and Jammu and Kashmir Bank Employees Union (K) it was unanimously resolved that a need is being felt to organize a joint platform of officers and Employees of JK bank. This joint platform is expected to lead the struggle of staff of the bank based on common ground not only safeguarding interests of the bank and its stakeholders but galvanize into motion the course correction tools after detecting any wrongs in the path of progress for the bank and society. To formulate the guiding principles and other required ground mechanism both the trade unions have nominated three members including their General secretaries to the steering committee of this joint platform and the committee has been entrusted with preparing of common agenda and road map to achieve the set goals in the interests of The Bank and its stakeholders.

Sd/-Riyaz Ahmed Bhat
President
JK Bank Officers
Association Kashmir Unit

Sd/- Firdous Nisar Bhat
President
JK Bank Employees Union
Kashmir Unit



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