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J&K's First Research, Healthcare Facility For Wild **Animals Set Up At Dachigam National Park**

Among 208 Wild Animals, 160 Bears; 48 Leopards Die In Kashmir From 2011 To 2020

Majid Nabi

Srinagar: Department of Wildlife Protection has established a research cum healthcare facility for wild animals, using the most cutting-edge techniques and equipment at Dachigam wildlife sanctuary at Harwan area on the city outskirts.

The facility, officials said, was set up to treat animals, which are either sick or injured during conflicts within the sanctuary, also known as the home of Hangul or Kashmir stag.

Apart from 'group and intergroup' clashing, wild animals have also been at the receiving end when it comes to man-animal conflicts. 15 human fatalities and 162 injuries have been recorded in such clashes in the Valley from 2020-2022.

As many as 141 black bears, 7 brown bears and 12 bear



cubs have died in the Valley since 2011 to 2020, Mongabay-India, a portal working on the environment and conservation sector, reported in July last, while quoting official data.

During the same time, the report said, 4 leopards were killed with official consent and 44 others died naturally or in violent incidents like mob chasing. It also reported that 895 incidents of More on P6

J&K Administration Keeps Bulldozer Rolling

Qazi Yasir's Shopping Complex Demolished, Kahcharai Land Freed From Ex-Forest Minister's Kin

Observer News Service

Srinagar: The Jammu and Kashmir administration on Thursday retrieved land from the kin of an Ex- Minister, besides demolishing an 'illegal' shopping complex of former Mirwaiz of South Kashmir in its ongoing drive to free state and Kahcharai land from illegal occupants.

Early this morning, the district administration of Anantnag ran bulldozer over Hurriyat leader and former Mirwaiz of South Kashmir Qazi Yasir's shopping complex near the stadium in the main town, an official said. He said the shops in the complex have been sealed and the same will be handed over to the Municipal council Anantnag.

In Qazigund, a team of revenue officials retrieved land from kin of former Forest Minister and Senior NC Leader.



spokesperson said. The land, measuring 1 kanal and 18 marlas is registered as Kahcharai in

spokesperson, around 200 kanal Estate Kurigam of Qazigund. Kahcharai land was retrieved in "The said piece of land, valuing more than Rs 1 crore, had village Thalwal and a Structure been illegally encroached upon and plinths constructed over it and is one of the many such were demolished. In another patches of land retrieved from eviction drive, he said, a team of clutches of influential land revenue officers along with police grabbers," he said retrieved 133 kanal 8 marla prime In Jammu, around 290 kanal state land in village Dungian state land was retrieved during Tehsil Bahu. More on P6

Land Retrieved From Widow Of **Ex-Union Minister**

early 11,000 square feet of encroached state land was retrieved from the widow of former union minister Mohammad Maqbool Dar in the Anantnag district of Jammu and Kashmir, officials said. "In an anti-encroachment drive, Revenue department has retrieved two kanals (10,880 square feet) of More on P6

'Baba Ka Bulldozer' Will Do Its Job: BJP Leader

> ammu and Kashmir BJP ader Altaf Thakur on Thursday said "Baba

encroachments by influential people on government land but will not bother poor

people, even as J-K Kissan

Tehreek held a protest here

"Baba ka Bulldozer **More on P6**

against the eviction drive.

Perfume IED Recovered For First Time In J&K: DGP

Govt Teacher Arrested For Carrying Multiple Blasts In Jammu



Press Trust Of India

Jammu: A government school teacher-turned Lashkar-e-Taiba-militant was arrested for allegedly carrying out multiple blasts, including one in a bus carrying Vaishno Devi pilgrims, Director General of Jammu

HAJ-2023 India's Quota **Fixed At** 1.75.025: Govt Press Trust Of India

New Delhi: India's Haj quota for this year has been fixed at 1, 75,025 according to the bilateral agreement with Saudi Arabia, the government said on Thursday.

In a written reply to a question in Lok Sabha, Minority Affairs Minister Smriti Irani said the ministry has had a number of interactive sessions on Haj management with stakeholders, including Haj Committees of the states and Union Territories, wherein requests for restoration of Haj quota were received.

"The issue was addressed under the Annual Bilateral Agreement with Kingdom of Saudi Arabia (KSA) for Haj 2023 and inspite of challenges of COVID-19, the original Haj quota of the country i.e. 1,75,025 has been restored for Haj 2023," Irani said.

The quota earmarked for Haj Committee of India (HCoI) under the Annual Bilateral Agreement is meant for pilgrims from various states and UTs for Haj 2023. The increase in Haj quota has now

enabled the government to send more pilgrims from states/UTs.

ECI Picks Pole As Chief Electoral Officer J&K

Observer News Service

Srinagar: The Election Commission of India on Thursday appointed Pandurang Kondbarao Pole. Divisional Commissioner Kashmir,

as the new Chief Electoral Officer for and lammu Kashmir. "In exercise of the powers conferred by sub-section (1)



of section 13A of the Representation of the People Act, 1950 (43 of 1950), the Election Commission of India in consultation with the Government of Union Territory of Jammu and Kashmir hereby designates Pandurang Kondbarao Pole, IAS (AGMUT:2004) as the Chief Electoral Officer for the Union Territory of Jammu and Kashmir with effect from the date he takes over charge and until further orders in place of Hirdesh Kumar, IAS," reads an order by ECI. "Pandurang Kondbarao Pole shall cease to hold and hand over forthwith the charge of all or any charges of work under the Government of Jammu and Kashmir, which he may be holding before such assumption of office." Pole, while More on P6

Peerzada Ghulam Ahmad Shah that was encroached, an official

> THE SAID PIECE OF LAND, valuing more than Rs 1 crore, had been illegally encroached upon and is one of the many such patches of land retrieved from clutches of influential land grabbers."

Azad Apprises Observer News Service

HM About Situation **Of 'Unrest'**

Former Chief Minister and Chairman Democratic Alliance Party (DAP) Ghulam Nabi Azad met Home Minister, Amit Shah here and apprised him about the More on P6

KCCI Urges Majid Nabi



day long eviction drives in parts

According to the official

of this winter capital.

laiming that the ongoing antiencroachment drive lacks Itransparency, the Kashmir Chamber of Commerce and Industry More on P6

and Kashmir Police Dilbag Singh said on Thursday.

The arrest of Arif, a resident of Reasi district, follows investigations in the recent twin blast case at Narwal in Jammu. An Improvised Explosive Device (IED) planted inside a perfume bottle was recovered from his possession,

Singh told reporters here. The Jammu and Kashmir

pilgrims that killed four people and injured 24 last May, Singh said. He also accepted his

the first time that such

type of a bomb was recov-

ered in the Union Territory.

Arif was allegedly

working at the behest of

his Pakistani handlers and

admitted to his involve-

ment in bombing the bus

carrying Vaishno Devi

role in an IED explosion in Jammu's Shastri Ñagar area in February 2022 besides the twin explosions at Narwal on January 21 that left nine people injured.

"All the (ready-to-use) IEDs have come from across the border," Singh said, adding further inves-

police chief said this was tigation is underway.

Traffic Resumes On Banihal Highway

Observer News Service

Jammu: Two-way traffic resumed on the strategic Jammu-Srinagar National Highway on Thursday after remaining disrupted due to multiple landslides triggered by heavy rains in the mountainous Ramban district. The traffic on the 270-km

highway was suspended at 5 pm on January 31 following a massive landslide at Rampari near Sherbibi, officials said. They said it took over 12 hours for the concerned agency to clear the debris and resume the traffic.

clearing hundreds After of stranded vehicles on Wednesday night, More on P6

Sub-Zero Temp In Kashmir

he minimum temperature recorded a slight rise at few places and drop at others but stayed below sub-zero level in Kashmir Valley barring Srinagar on Thursday. A meteorological department official her said that Srinagar recorded More on P6

G20 Event Will Boost Kashmir Economy: KCC&I

Press Trust Of India

Srinagar: Kashmir Chamber of Commerce and Industry (KCC&I) on Thursday said a G20 event in Jammu and Kashmir will give a massive boost to the economy of the region. "Our region will get a mas-

sive boost in terms of its economy, especially tourism," KCC&I president Sheikh Aashiq told reporters here. He was responding to a question on how holding a G20 event in Kashmir will

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affect the place. "Our handicrafts and tourism destinations will be highlighted on the global platform," he added

Aashiq said though no dates have been finalised for the G20 event in Kashmir, the KCC&I will put its best foot forward whenever it happens. "We will be at the forefront."

The Jammu and Kashmir administration has been making preparations to host one of the G20 events in May this year. Srinagar is likely to host one of the G20 events for which we are preparing in advance, officials said here. administration is The

sprucing up the More on P6

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Delhi HC Seeks NIA Response To Nayeem Khan's Bail Plea

Press Trust Of India

New Delhi: The Delhi High Court on Thursday sought response of the National Investigation Agency on a plea by separatist leader Nayeem Ahmad Khan seeking bail in a militant-funding case involving 26/11 Jamaat-ud-Dawa chief Hafiz Saeed.

A bench of Justice Siddharth Mridul and Justice Talwant Singh issued notice to the National Investigation Agency (NIA) and asked it to file reply to the petition challenging a trial court's order denying bail to the accused.

The high court listed the matter for further hearing on March 23.

Khan has challenged the trial court's December 3, 2022 order dismissing his bail plea saying that there was prima facie evidence available against the accused. Hurriyat Conference leader Khan was arrested on July 24, 2017 and is currently in judicial custody.

The trial court, in its December 3, 2022 order, had noted that the charges against the accused were framed in March 2022 and that order has not been stayed or set aside, despite a challenge in the high court. More on P6

Chief Of Defence Staff Visits Kashmir

hief of Defence Staff General Anil Chauhan on Thursday visited forward areas and hinterland formations in Kashmir where he was briefed about the security situation. "CDS Gen Anil Chauhan visits #Kashmir. Accompanied by #ArmyCdrNC & #ChinarCorps Cdr, he visited forward area & hinterland formations. Briefed on prevalent security situation, Op preparedness & soldier-citizen connect," Army's Srinagar-based More on P6

Udhampur's Devika Bridge Declared Unsafe

uthorities in Jammu and Kashmir's Udhampur district Thursday declared the Devika bridge here unsafe and urged people to refrain from using it, an official spokesperson said. The bridge constructed over two decades ago to facilitate the movement of people at the cremation ghat was declared "unsafe for pedestrains" by the District Road Safety Committee, Udhampur, the official said. He said the committee, comprising members from administration, More on P6

Female Patient Airlifted From Keran

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he district administration in North Kashmir's Kupwara on Thursday airlifted a female patient from remote Keran village with the help of army and other authorities, an official spokesperson said. The patient Sahana Khatoon from Keran, he said, was airlifted to Zangli and then taken to Sub District Hospital (SDH), Kupwara in an ambulance which was kept available by the hospital Administration. "The patient is safe now and receiving treatment More on P6

Newborn Found Dead, Abandoned

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Dolice registered a case after an abandoned newborn baby was found dead in Central Kashmir's Budgam district. A local news agency KNT reported that locals found a dead body of an abandoned newborn baby near Habbar Nallah in Khag area after which police were informed. Local sources said that prima facie it seems the baby had been abandoned after the birth. Police sources said that a postmortem of the baby will be conducted to ascertain the cause of death. More on P6

J&K Witnessed 11 **Casualties In Jan**

leven people including 7 civilians and 2 militants died in different militancy-related incidents in Jammu and Kashmir in the month of January this year. Two local militants were killed in an encounter at the main market in Budgam, however, in one of the encounters at Rudbugh village of the same district militants after an exchange of fire managed to escape. Joint forces also killed 2 infiltrators while in a militant strike, 7 civilians including two children More on P6

Sikkim To Plant 100 **Trees For Every Newborn**

rikkim Chief Minister Prem Singh Tamang launched an initiative on Thursday under which 100 trees will be planted for every child born in the Himalavan state. The initiative, named 'Mero Rukh Mero Santati' (Plant a Tree, Leave a Legacy), is aimed at strengthening the connect between parents, children and nature by planting trees to commemorate childbirth, officials said. "Watching the trees grow as the baby grows will be a symbolic way of welcoming a newborn More on P6



O To place an advertisement CALL +91-194 2502327

Monday - Saturday (9am - 6pm) No 5- Dal Lake Boulevard Srinagar, 190001, Kashmir



NASA, IBM Team Up To Spur New Discoveries About Earth

Press Trust Of India

ASA and IBM have collaborated to develop artificial intelligence (AI) based models that will make it easier to mine vast datasets to advance scientific knowledge about Earth, and help the world to adapt to a changing environment.

The joint work will apply AI foundation model to technology NASA's Earth-observing satel-lite data for the first time, NASA said in a statement.

Foundation models are types of AI models that are trained on a broad set of unlabelled data, can be used for different tasks, and can apply information about one situation to another.

"The beauty of foundation models is they can potentially be used for many downstream applications,' said Rahul Ramachandran, a senior research scientist



at NASA's Marshall Space Flight Center. "Building these foun-

dation models cannot be said in a statement. tackled by small teams; you need teams across different organisations to

sat Sentinel-2 (HLS) dataspectives, resources, and skill sets," Ramachandran set, a record of land cover and land use changes cap-One project will train tured by Earth-orbiting satan IBM geospatial intelliellites, the statement said. By analysing satellite gence foundation model on

data to identify changes in the geographic footprint of phenomena such as natural disasters, cyclical crop yields, and wildlife habitats, this model technology will help researchers provide critical analysis of our planet's environmental systems.

Another output from this collaboration is expected to be an easily searchable corpus of Earth science literature.

IBM has developed a natural language processing (NLP) model trained on nearly 300,000 Earth science journal articles to organise the literature and make it easier to discover new knowledge, the company said.

Beyond providing a resource to researchers, the new language model for Earth science could be infused into NASA's scientific data management and stewardship processes.

Government of Jammu and Kashmir Office of the Executive Engineer (Jal Shakti) **Irrigation Division Pulwama**

Email: ifckmrxenidpul@gmail.com Auction Notice No. 01 of 2022-23.

Auction Notice for Sale of used / Salvaged (GI Speets (serviceable and scran) and Timber Joists (Deodar, Budbloo) available at Irrigation Sub Divisional Office Padgampora Awantipora.

For and on behalf of the Lieutenant Governor, Union Territory of Jammu and Kashmir, online E-Auction/bids are invited through www.iktenders.gov.in portal from interested parties to participate in the auction of the above mentioned items lying at office premises of AEE, ISD Padgampora Awantipora on "As is where is and in whatever condition basis.

S No.	Name of Department/Division	Minimum Bid Value	
1	Irrigation Division Pulwama	Rs. 26735.00	
TIME SCHE	DULE		
S.No.	Event	Date	Time
1.	Date of publication	31/01/2023	16:00 hrs
2.	Documents download start date	31/01/2023	16:00 hrs
3.	Bid Submission start date	31/01/2023	16:00 hrs
4.	Bid submission end date	10/02/2023	16:00 hrs
5.	Opening of bids after verification of technical b	ids. 11/02/2023	10:00 hrs

Bidders must have PAN, Aadhaar/ Address Proof, Bank A/c Details etc and a valid GST Registration No. (if available).

On Line bid must be accompanied by an Earnest Money of Rs: 2000/- (Rupees: two thousand only) in the form of CDR/FDR Pledged in favour of Executive Engineer Irrigation Division Pulwama and shall have to be valid for one year or more after last date of receipt of Bid.

Incomplete bids not conforming strictly in the manner prescribed/ offer shall not be considered and shall be summarily rejected and EMD forfeited

The offers submitted would be governed by all the terms and conditions indicated herein. There will be no post auction negotiation.

The bidders will have to produce all documents in original whenever asked by the Department. The Department reserves the right to seek any relevant document at any time for clarification

The Executive Engineer Irrigation Division Pulwama reserves the right to accept or reject any or all auction bids without assigning any reason /notice whatsoever and are not bound to accept the highest auction rates.

The Executive Engineer Irrigation Division Pulwama also reserves the right to scrap the auction at any stage without assigning any reason and there shall not be liable for any costs and consequences incurred by the intending bidder

The location specified in the Auction cannot be changed at any stage under any circumstances

The Earnest Money Deposit shall be refundable to the unsuccessful bidder on finalization of the Auction and shall carry no interest whatsoever.

The bidders have to bid for the whole lot against the reserve minimum price amounting to Rs 26735/. Bids in piece meals or bids for serviceable items only shall not be accepted. Bids for the whole items/ quantity whether serviceable or non-serviceable shall be acceptable.

The material can be examined /seen on all working days at Irrigation Sub Divisional office Padgampora Awantipora from 10.00 AM to 4.00 PM during the bidding period.

Any other information can be obtained from the camp clerk Mr. Sajad Ahmad on all working days on his Cell No:- 7006037232.

All Terms and Conditions as per NIT are given in detail in Annexure –A

PID/CS/ 6285-97. DIPK-16991/22 Dated: 02/02/2023.

Phone/ Fax No.: 01933240112

Sd/-Executive Engineer, Irrigation Division Pulwama

Twitter To Stop Offering Free Access To Its API From February 9

IANS

Microblogging platform Twitter on Thursday said that it will stop offering free access to its API (Application Programming Interface) starting February 9 and instead launch a paid version.

The Twitter Developer account announced in a series of tweets that the company will be discontinuing support for both the legacy v1.1 and the new v2 of its Twitter APIs.

"Starting February 9, we will no longer support free access to the Twitter API, both v2 and v1.1. A paid basic tier will be available instead," Twitter Developer account tweeted.

'Over the years, hundreds of millions of people have sent over a trillion Tweets, with billions more

every week," it added. microblog-Moreover, the



ging platform concluded by savworld's most powerful data sets. ing, "Twitter data are among the We're committed to enabling fast

& comprehensive access so you can continue to build with us. We'll be back with more details on what you can expect next week." Reacting to the information shared by Twitter, a user commented, "charging developers for creating features for your own product? lol you should be paying them." Another user said, "Your API didn't update for like 3 month since the takeover, you suspended legit 3rd party app and NOW we wont be able to use it for free?? Even Facebook and YouTube API are free and they are updated." Meanwhile, Twitter under Elon Musk is now working on a payments system that will support accepted currencies with crypto functionality embedded into it.

According to a report in The Financial Times, the payments feature will support fiat currencies to start with.

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Executive Engineer Transmission Line Maintenance Division -VII Srinagar

Power Development Corporation Tele Fax: 0194-3516481

(JKPTCL) Srinagar PIN-190010 e-mail : tlmd7.jkptcl@gmail.com NOTICE INVITING TENDER e-NIT No-TLMD-VII/TS/12 of 2023. Dated: 20 :01: 2023.

For and on behalf of the Lieutenant Governor of UT of Jammu & Kashmir State, e-tenders (in Two Covers) valid for 60 days from reputed, experienced and financially sound Contractors/ Firms/ Dealers fulfilling the eligibility criteria specified in the Standard Bidding Documents are invited for the works detailed below. e- Tenders need to be accompanied by earnest money deposit (EMD) @ 2% of the estimated cost in the shape of DD/CDR/FDR/BG from any Nationalized/Scheduled Bank pledged to Executive Engineer TLMD-VII JKPTCL Srinagar

The Cost of Tender Documents shall be deposited through Bank Account of Executive Engineer Transmission Line Maintenance Division-7, Srinagar bearing CD A/C No. 0367010200000182 and the bank receipt shall be uploaded.

The complete bidding process is online. However, hardcopies consisting of Tender fee & EMD in Cover-I and Techno-Commercial bid (as per SBD) in Cover- II should reach to the office of Executive Engineer Trans. Line Maintt. Division-VII PDD Complex, Bemina, Srinagar (Phone No. 0194-3516481), one day before the last date of submission of e-bid. Financial bids must be submitted online only as per prescribed format

The Standard Bidding Document is available at website http://jktenders.gov.in.

PUBLIC NOTICE

I have applied for the issuance of Death Certificate of my husband Namely Gh Rasool Dar R/o Narbal Budgam who died on 4 May 2000. If anybody having any objection in this regard he/she may file his/her objection in the office of the BDO Narbal within a period of seven days from the date of publication of this notice. After that no objection shall be entertained. Raja Begum W/o Late Gh Rasool Dar bmg R/o Narbal Budgam

PUBLIC NOTICE

I want to do the necessary changes in my passport and other documents as my name is recorded as Najeeb Ullah instead of Najeeb Ullah Kirmani..

As I have to do the necessary correction in my Passport to insert my name as Najeeb Ullah Kirmani, if anybody having any objection in this regard he/she should intimate the concerned authorities within the stipulated time of one week from the date of publication of this notice in this newspaper. After the expiry of the timeline no objection would be entertained by the concerned authorities.

fko mkr

With regards, Najeeb Ullah Kirmani, S/o Habib Ullah Kirmani, R/o Rahim Colony, Mahjoor Nagar Srinagar Mobile No: 7006168963

Subject:- Grant Of Registration of Paying Guest House/ Home Stay under the name & Style "M/S Flickerz INN Home Stay" Situated at Rajbagh Srinagar

Public Notice

Whereas I Mr./Ms. Faraz Bazaz S/o Mukhtar Bazaz R/O Raj bagh Srinagar, Kashmir intends to apply in the offie of the prescribed authority of Directorate of Tourism kashmir for Registration of my proposed Paying Guest House/ Home Stay under the name and style M/S Flickerz INN

Home Stay" Situated at Rajbagh Srinagar ,Kashmir under Tourist Trade Act 1978/82/2011-12.

Before the case is processed for registration by the competent authority the matter is hereby notified for information of general public / Financial Institutions / Bank/ Organization, Etc For Objection, If Any And The Same Should Reach To The Deputy Director Tourism registration (email: ddtreg123@gmail.com) within a period of 7 days from the date of publication of this notice. After that no objection shall be entertained. laa

Government of Jammu & Kashmir Office Of The Executive Engineer **R&B Electric Division Sgr**

NOTICE INVITING TENDERS NIT No:182/e-tendering of 2022-23/R&B DATED: - 25.01.2023 For and on behalf of the LT Governor of Union Territory of Jammu and Kashmir, e-tenders (In Single cover system) are invited on item rate basis from approved and eligible Electrical Contractors registered with J&K State Govt. CPWD, Railways and other State/Central Governments for the following works:-

S. No	Name of Work	money (In	Cost of T/ Doc.(In Rupees)	completion	Time & Date of Opening of	Class of Contractor	
1		16040.00	600.00	Side by side civil works	03.02.2023	"A" class Electrical	4202 Education state sector committed

downloaded from the departmental website www.jktenders.gov.in as per schedule of dates given below:-

1.	Date of Issue of Tender Notice	25-01-2023
2.	Period of downloading of bidding Documents	25/01/2023 06.00 P.M
3.	Bid submission Start Date	25/01/2023 from 6.00 P.M
4.	Bid Submission End Date	03/02/2023 up to 4.00 P.M
5	Date & time of opening of Bids (Online)	03/02/2023 at 6.00 P.M in the Office of the Executive Engineer (R&B) Electric Division Sgr

01. Bids must be accompanied with cost of Tender document in shape of Treasury Challan in favour of Executive Engineer R&B Electric Division , Srinagar (tender inviting authority) (The Date of Treasury Challan should be between the date of start of bid and Bid Submission End date) pledged to Executive Engineer R&B Electric Division , Srinagar (tender receiving authority). 02. The bids must be accompanied with Earnest Money @ 2% of advertised cost in shape of CDR/FDR and the

EMD of 2% of successful bidder shall be released after receipt of 3% Performance security 03. The successful /IST Lowest bidder has to submit Performance security @3% of allotted cost.

04. Bidder must read term/condition in tender document carefully.

AAA/TS = Accorded Position of Funds = committed

No.182/e-tendering/ERB/5404-54 dated: 02-02-2023 DIPK-16949/22

.#	Scope of Work	Qty	Estimate d Cost	EMD @ 2%	Tender Fee	Time of Completion
	Soil Investigation at different Tower Locations of ZAMTL (Sec-II) i.e Alusteng- Mir Bazar Section by way of Drilling of Bore hole in Rock/ Boulder Substrata using Diamond Machine, Collection of Disturbed/Undisturbed Samples, their complete laboratory analysis, Preparation of Bore Hole Logs and evaluation of Safe Bearing Capacity ,Conducting Stranded Penetration Tests (SPT) at desired interval .Collection of Samples (Rock Core Samples) in Core Boxes 0-20 Meters including Shifting of men and machinery for the purpose. Preparation and submission of Detailed Technical Report. (Complete Job)	(17) Seventeen Locations (0 -20 Mtrs)	Rs. 11.50Lac	Rs. 0.23Lac	Rs. 1000.0	01Months

The information regarding schedule of downloading of the tender document seeking of clarifications and submission dates thereof is as per the table below

CRITICAL DATES

(i)	Date of Issue of Tender Notice	20-01-2023
(ii)	Online Start date of downloading of Tender Documents	21-01-2023 (14:00 Hrs.)
(iii)	Online Start date & time of e-Bid submission	21-01-2023 (16:00 Hrs.)
(iv)	Pre Bid Conference/ Clarifications	21-01-2023 to 03-02-2023
(v)	Last date for submission of Hard Copies	08-02-2023 (14:00 Hrs.)
(vi)	Online Last date & time of e-Bid submission	09-02-2023 (14:00 Hrs.)
(vii)	Online Techno-Commercial Bids Opening Date & time	10-02-2023 (16:00Hrs.)
(VIII)	Venue for opening of Bids	Office of the Executive Engineer TLMD-VII, JKPTCL, Srinagar

Only the bidders possessing the qualifying criteria as mentioned in the SBD should participate in the bidding process.

- Clarifications if any can be sought from the office of the under signed one-mail tlmd7.jkptcl@gmail.com
- Before participating in the bids, the bidder shall acquaint himself with the site of work and local conditions
- The Department reserves the right to reject any or all the bids without assigning any reason thereof.

Sd /- Executive Engineer TLMD-VII Srinagar

No: TLMD-VII/TS/3144-50 DIPK-NB-6223/22

Dated: 02: 02: 2023

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Executive Engineer

Srinagar

(R&B) Electric Division



KASHMIR OBSERVER[™] Srinagar | Friday | 03-02-2023

Sealed Shops Reopen At Srinagar's Aftab Market

Observer News Service

Srinagar- All shops that were sealed in Aftab Market in Srinagar yesterday were reopened on Thursday.

Quoting an official, news agency KNO reported that the shops were unsealed as the administration is concerned about the livelihood of the shopkeepers.

He said as the shops have been unsealed, the rest of the process will follow.

Meanwhile, Kashmir Traders Alliance (KTA) president, Aijaz Shehaldar said that he along with Lal Chowk Traders Association General Secretary Sheeraz Ahmad met Tehsildar South over sealing of 25 shops at Aftab Market.



He said they were assured that the shops will be unsealed today.

Notably, 25 shops were sealed yesterday at Aftab Market after a complainant claimed that the land was illegally occupied where these shops were raised.

SMC Asks Cable Operators To Remove Haphazardly Put Wires, Cables

Observer News Service

rinagar: The Srinagar Municipal Corporation (SMC) on Thursday directed the telecom service providers to remove the haphazardly put wires, lines, cables, junction boxes and other utilities above ground within 15 days failing which the corporation will disconnect or remove these cables at the risk and cost of the concerned telecom service providers, internet and cable operators in Srinagar.

A public has been issued by SMC Commissioner, Athar Aamir Khan, a copy of which lies with Kashmir Observer reads that it has been observed that various telecom service operators, internet providers, local cable network operators etc have laid cables, wires, OFCs, junction boxes, utilities etc in a very unorganized and haphazard manner along various roads, areas and streets in Srinagar City.

These cables, wires lines and junction boxes are mostly dangling from electric poles and in some cases entire rolls are lying on the ground underneath the poles and in some cases these rolls are shattered all along the roads and streets, it said



World Wetland Day Encroachment, Pollution, Poaching Major Challenges To Wetlands

Agencies

Srinagar: Wetlands aren't wasteland but biodiversity hotspots which provide habitat for countless plants and animals and there is a need to preserve them for future generations, Wildlife department officials said on Thursday.

Officials said that the Wetlands are important because they protect and improve water quality, provide fish and wildlife habitats, store floodwaters and maintain surface water flow during dry periods.

"Wetlands are unique, productive ecosystems where terrestrial and aquatic habitats meet. Wetlands play a critical role in maintaining many natural cycles and supporting a wide range of biodiversity. They serve as a natural sponge against flooding and drought, protect our coastlines and help fight climate change," they said.

Wetland performs numerous valuable functions such as recycle nutrients, purify water, attenuate floods, recharge ground water and also serves in providing drinking water, fish, fodder, fuels, wildlife habitat, control rate of runoff in urban areas, buffer shorelines against erosion and recreation to society, they said. They said that there is a need to reduce, reuse, and recycle your waste and trash as protecting the environment helps protect the wetlands, especially since trash can make its way into the water and the best and easiest way to protect the environment is by limiting your household waste.

lands are biodiversity hotspots.

She said that Water bodies are the most productive ecosystem and there is a need to protect and restore them. That is why this day is being

LCMA Celebrates 'World Wetland Day'

Rinagar: The J&K Lake Conservation and Management Authority (LCMA) on Thursday celebrated 'World Wetland Day' with the theme 'Prioritize Wetland Restoration'.

On the occasion, Watershed Management Division of J&K LCMA organised a rally to create awareness among the people about the importance of wetlands. The employees of Watershed Management division besides the locals took part in the rally. er nearby wetlands which includes some new species like long tailed duck and few species of Reed Bunting elebrates

birds are present in Hokersar and oth-

Ifshan said that around a lakh

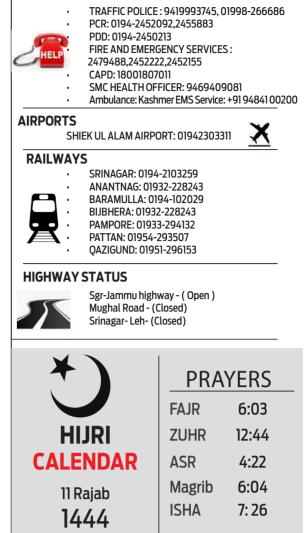
Office of Watershed Management division Ishber Nishat and

ment division Ishber Nishat and concluded near Foreshore Road. Speaking on the occasion,

the Officers of LCMA said that Wetlands play an essential role in maintaining many natural cycles and supporting a wide range of biodiversity.

They said LCMA is taking every possible step to ensure the proper conservation and management of the Dal/Nigeen Lakes besides its catchment area.

They also took a pledge to dedicate themselves to this



This Day In History

- 1488 Bartolomeu Dias discovers Mosselbaai (Angra dos Vaqueros)
- 1509 The Battle of Diu, naval battle at port of Diu, India between Portugal and the Ottoman
- Empire, establishes Portugese trading control 1783 - Spain recognizes US independence
- 1807 A British military force, under Brigadier-General Sir Samuel Auchmuty captures the city of Montevideo in the Battle of Montevideo, then part of the Spanish Empire now capital of Uruguay (Napoleonic Wars) 1815 - World&39's first commercial cheese factory
- established, in Switzerland. 1830 - The sovereignty of Greece confirmed in a
- London Protocol 1834 - Wake Forest University is established in North
- Carolina 1860 - Thomas Clemson takes office as 1st US
- superintendent of agriculture
- 1865 Hampton Roads Peace Conference, Lincoln & Amp; Stephens reach an impasse 1867 - Prince Mutsubito, 14 becomes Emperor Meiji of
- 1867 Prince Mutsuhito, 14, becomes Emperor Meiji of Japan (1867-1912)
- 1870 US state of Iowa ratifies the 15th Amendment of the United States Constitution allowing suffrage for all races & amp; colour
- 1876 Albert Spalding with \$800 starts sporting goods co, manufacturing 1st official baseball,
- 1915 Turkish & Amp; German army reach Suez Canal 1924 - Switzerland claims the inaugural Olympic bobsleigh gold medal at the Chamonix Games, ahead of Great Britain and Belgium

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These haphazardly put cables, wires, utilities, lines and junction boxes have created a public nuisance besides being dangerous to life and property as well as making the city aesthetically poor.

"The telecom service operators, providers and local cable network operators have time and again been instructed and directed to reorganize these cables, wires, lines, junction boxes and utilities in an ordered manner following the protocols & norms. The telecom service operators, internet providers and local cable network operators and other such entities responsible for putting these wires, cables etc have failed to do so, and these haphazardly put cables, wires, lines etc continue to create public nuisance and pose threat to public life in Srinagar city."

Ifshan Dewan Wildlife warden wetlands (Kashmir) said that most people think that wetlands are wastelands but they must know wetThe rally started from the mission.

observed to create awareness among the public.

She said that the basic challenges before them are to save these wetlands from encroachment mainly in urban areas, throwing of solid waste in them, silt and poaching.

"Besides the sanitation and dwelling are challenges as almost every wetland in J&K is full of silt," Ifshan said.

She added that people must understand that poaching is a prohibited activity as poaching incidents are coming to fore and recently seven poaching guns were recovered from them. bird as well which were seen for the first time after several years.

She said that around 3000 kanals of wetland were freed from the public after one time amnesty to cut down trees was given to them due to which bird population has increased.

Efforts are on to restore channels used for navigation which were blocked and so far two have been restored while work is going on to restore others as well.

She requested people to cooperate in restoring wetlands as migratory birds are our guests and we must work together to protect them—(KNO)

- 1928 Paleoanthropologist Davidson Black reports his findings on the ancient human fossils found at Zhoukoudian, China in the journal Nature and declares them to be a new species he names "Sinanthropus pekinensis"; (now known "Homo erectus")
- 1944 World War II: United States troops capture the Marshall Islands.
- 1945 Almost 1,000 Flying Fortresses drop 3,000 tons of bombs on Berlin
- 1962 US President John F. Kennedy bans all trade with Cuba except for food & amp; drugs
- 1965 Orbiting Solar Observatory 2 launches into Earth orbit (552/636 km)
- 1971 OPEC mandates "total embargo" against any company that rejects 55 percent tax rate
- 1978 Egyptian President Anwar al-Sadat and US President Jimmy Carter discuss the Middle
- East peace process in Washington, D.C.
- 1994 President Bill Clinton lifts US trade embargo against Vietnam

CCIK Hails Admin's Move To Unseal Shops At Aftab Market

Observer News Service

Srinagar: The Associated Chamber of Commerce and Industries, CCIK hails Lt. Governor Shri Manoj Sinha and Srinagar administration for timely action of unsealing Aftab market. The Presi-

Government of Jammu & Kashmir Office Of The Executive Engineer (R&B) Division Ganderbal

Address: Mini Secretariat Ganderbal Tel No. 0194-2416058

Subject:- Construction of cement concrete drain and RCC Culvert incl. Construction of R/Wall at Yangoora and Upgradation of road b.w.o construction of CC Drain and Protection wall at Kondbal under State Sector.

Reference:- This Office Fresh NIT No.219 S.No.01 of 2022-23 issued underendorsement No.15047-56 Dt.22-11-2022

CANCELLATION NOTICE

The above mentioned NIT floated for tenders, issued under endorsement No. referred to above shall be deemed to have beencancelledabinitio.

No:18933-42 DIPK-16952/22 Dated:02-02-2023

Sd/- Executive Engineer, (R&B) Division Ganderbal

Jammu & Kashmir Power Development Corporation Office Of The Executive Engineer Generation Division LJHP Gantamulla Baramulla Email: xeneljhp@gmail.com____

EXTENSION NOTICE No. 01

Due to poor response to this office E-NIT No. 07 of 2022-23 dated 14-01-2023 issued vide this office No. GD/LJHP/1730-36 dated: 14-01-2023 for Supply, Installation, Testing & Commissioning of one number 5 kVA 48 V Inverter with 4 no. 200 Ah batteries alongwith allied accessories and Creation of lighting and 3 pin socket points in different sections of Divisional Office Building (Complete Job). **(ID: 2023_SPDC_202523_1)**, the critical dates are re-scheduled as under:

S.N	Activity	Date already tendered	Dates as per new
0			schedule
1.	Tender publish date	14.01.2023	14.01.2023
2.	Period of downloading of bidding documents.	16.01.2023 to 24.01.2023	16.01.2023 to 02.02.2023
3.	Bid submission start date	16.01.2023	16.01.2023
4.	Bid submission end date	24.01.2023	02.02.2023
5.	Last date of hard copy	25.01.2023	03.02.2023
6.	Date & time of opening of Technical Bid (Online).	27.01.2023	04.02.2023

All the terms and conditions shall remain the same

NO: GD/LJHP/1857-63

DATED: - 02.02.2023

DIPK-NB-6227/22

EXECUTIVE ENGINEER, Generation Division LJHP, Gantamulla Baramulla *From KO Archives* DD Staffer, SPO Among 5 Killed

Observer News Service

RINAGAR-An employee of Doordarshan and a policeman were killed when a vehicle carrying them came under fire near Batmalu tonight while an SPO was hanged and two persons, whom police say were militants, were killed in separate incidents in the valley today. A vehicle of Doordarshan, Srinagar, came under fire near

A vehicle of Doordarshan, Srinagar, came under fire near Tatoo Ground, Batmalu today at 8:30 P.M. A DD employee and a policeman were killed while three others were injured. Police hold militants responsible for the attack but that claim has not been independently cons firmed. Those killed have been identified as Mohammed Amin, a policeman of the sixth battalion and Ghulam Hassan Safi of Chirgari Mohalla, an employee of Doordarshan. Driver Farooq A Malik of Sonawar and Altaf A Khan of Safa Kadal both employees, and a policeman M Ramzan were those injured.

BSF troops and personnel of the Jammu and Kashmir police's Special Operations Group in a joint operation killed two militants during search operations at Telbal in Hazrathal area on the outskirts of Srinagar last night, a police spokesman said. But locals have contested the claim and said that two were killed in highly suspicious circumstances.

The two were identified as Mushtaq Ahmad of Methan and Mohammad Shafi Sheikh of Kangan, the spokesman said, adding two AK-assault rifles, four magazines with 85 rounds and six grenades were recovered from them.

A Special Police Officer, Shabir Ahmad Khatana was hanged to death by militants in his house at Kralipora in Kupwara last night, the spokesman said.

(KASHMIR OBSERVER, 03 February, 2000)

Think Opinion, Analysis, Essays

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KASHMIR OBSERVER[®] Srinagar | Friday | 03-02-2023

KASHMIR OBSERVER

Friday | 03-02-2023

Pakistan's Internal Turmoil

fter a relative peace for some years, Tehreek Taliban Pakistan has again become a major security challenge for Pakistan. In recent months, the TTP has mounted several daredevil attacks on Pakistan's security installations. And on January 30, the terror outfit carried out a suicide attack on a mosque in Peshawar, killing 100 people. This, in turn, has also spoiled Pakistan's relations with the Taliban government in Afghanistan, otherwise considered Islamabad's allies.

Pakistan's mounting security challenges have been compounded by its ongoing economic turmoil. The country is on the brink of a default, if not bailed out by the International Monetary Fund which has put its own strict conditions on extending the financial package. In addition to that, the country's current political climate is polarized, with Pakistan Tehreek-i-Insaaf, the party of the former prime minister Imran Khan engaged in a nationwide agitation in its bid to press for early elections.

This has created an alarming situation for Islamabad. And the resurgence of the TTP threatens to make things worse. Islamabad's recent dialogue with the TTP which was mediated by Afghan Taliban came to naught as the former refused to budge from its rigid position. There is no hope for a fresh engagement. So, the conflict looks set to continue. And considering the complexities involved, nobody expects a dramatic breakthrough in the near future. The existing situation looks set to continue for a long time before getting any better. But an ongoing effort for the resolution will, in any case, be better than a war of attrition. More so, when the TTP insurgency is only one part of the larger and layered security nightmare that is Af-Pak region. The scenario for the immediate future looks bleak.

The region has already undergone a profound geopolitical transformation following US exit from Afghanistan in 2021. This situation has some unsettling dimensions and unless the countries of the region especially India and Pakistan, come together and jointly address the problems that have arisen post US withdrawal, the new forces and factors which are likely to be unleashed could detrimentally impact the region.

But the South Asian region today is more divided than ever. India and Pakistan have not been on talking terms over the last decade. And as things stand, it is unlikely that the two countries will resume engagement in the near term. More so, with both countries looking forward to hold their respective elections over the next one and a half year. Pakistan, in turn, will have to readjust its decades long policies to tide over its internal problems.

OTHER OPINON

Tightening the screws

The Adani Affair



Mihir Sharma

"

Whatever

conclusion they come to about the first, it's critical that their judgment of the second turns out positive. Otherwise, Indian companies that intend to raise money from capital inflows into the equity markets will suffer. So will Indian investors who expect those inflows to swell

T t looks as though the Adani Group's attempt to wrap itself in the Indian tricolor and see if criticism bounces off the flag may succeed. If the Indian government becomes a participant in the conglomerate's effort, however, it would be doing itself and all Indians a great disservice.

In its rebuttal to short-seller Hindenburg Research's claims of stock manipulation, tycoon Gautam Adani's company made its strategy clear: Hindenburg's accusations were, said Adani, "a calculated attack on India, the independence, integrity and quality of Indian institutions, and the growth story and ambition of India."

This is, of course, not true. Hindenburg Research is not part of a giant conspiracy to defame Adani, the Indian economy, or Prime Minister Narendra Modi. The company is a small, respected, New York-based shop of shortsellers that thinks it recognizes the signs of overvalued companies ripe for a selloff.

Yet there is one grain of truth in Adani's claim, and it should worry Indian policymakers. Hindenburg's report, which describes a web of offshore shell companies engaged in possible related-party transactions, refers to investigations by the relevant Indian regulator, the Securities and Exchange Board of India, or SEBI. The short-sellers make a strong, and possibly overstated, claim about the possible outcome of a regulatory investigation: "Offshore shells and funds tied to the Adani Group comprise many of the largest "public" (i.e., nonpromoter) holders of Adani stock, an issue that would subject the Adani companies to delisting were Indian securities regulator SEBI's rules enforced. The report goes on to claim that the companies are still being investigated "more than a year and a half after concerns were

initially raised by the media and members of Parliament."

While this allegation may not read as an "attack" on the "integrity and quality" of Indian institutions, it does come close. It certainly raises a few questions about regulation that Indian decisionmakers would do well to answer quickly and comprehensively.

One of the ways that India has successfully differentiated itself from other emerging markets and even from China — is through the transparency of its markets, the quality of its markets regulator, and its legal protections for minority investors. Indian courts might be difficult to navigate, political risk in New Delhi and the states might be tough to manage, but the Indian equity markets are world-class.

They are plug-and-play institutions, easy for first-timers or foreigners to navigate and to trust. While we have suffered stock manipulation scandals like anyone else, the perpetrators have been caught and reforms put into place to try to prevent a recurrence.

This reputation is not something that can or should be lightly risked. The Adani Group still have extraordinary influence over the nuts and bolts of India's economy, if in ways that are not immediately obvious to outsiders. State-run banks dominate lending to companies. The Life Insurance Corporation of India, a public sector insurer, is the most influential domestic equity investor. If it and other state-run institutions appear to come to Adani's rescue now, without credible justification, who will believe in the future that India's government doesn't have a thumb on the stock-market scales?

Policy makers will have some tough choices to make. They may feel the odds are against them, and the world has turned untrusting. Consider this: We have just heard that Abu Dhabi's International Holding Co. will invest \$400 million in Adani Enterprises Ltd., the group's listed trading house. On the one hand, this makes perfect sense for IHC, and fits with other such investments the Emirati royals' fund has made in the past.

On the other hand, everyone also knows that the United Arab Emirates are India's closest strategic partner. Concerns that New Delhi will call on its friends, associates and vassals to help Adani in its hear of mach and any health bight

he additional five kgs per person will no longer be available. This actually reduces foodgrain access for the poor, since families will now have to purchase the rest of their requirement from the open market at much higher prices. Typically, rather than admit that it is reducing the food subsidy, the Modi government has tried to disguise itby presenting it as a grandiose news scheme. This reduction in food subsidy at such a time is crazy given the widespread hunger and undernutrition that are evident from even official surveys. Many states that have sought to provide food grain and other basic food items beyond those provided by the Centre to a larger population and at higher subsidised prices will now find it much harder to manage.

Spending on both school education and higher education will stagnate and actually decline in real terms (once inflation is taken into account) despite the urgent need for greater investment to make up for the learning losses suffered by students during the pandemic. This is also true for the total health spending of the Central government, while the allocations for the National Health Mission and the Integrated Child Development Services are set to decline in real terms as well. Much less trying to keep the remuneration of these already underpaid workers inline with inflation, the Central government does not even expect any wage increases in these programmes.

This dramatically affects the state governments that were doing their best to expand and improve these programmes and provide better basic conditions of living for the people. If they want to maintain their existing programmes in these areas (forget about expanding them), they will somehow have to find the resources for these out of their sharply shrinking shares of total revenues.

The implementation of the good sand services tax eliminated almost all the revenue-raising powers of the states, barring excise duties and taxes on fuel and liquor, energy charges, stamp duties and the like. So state governments have to scramble and beg for resources even as they are held responsible for ensuring the basic socio-economic rights of the citizens.

This paradoxical combination of extreme concentration of political, economic and fiscal power with significant decentralisation of responsibility and accountability is obviously incompatible with 'co-operative federalism' — indeed, it is unlikely to be compatible with any real federalism. Instead, and especially when combined with the open hostility and apparently vindictive moves by the Centre towards states ruled by Opposition parties, it creates what could be called 'combustible federalism', something that could threaten our very political fabric.

Telegraph India

their returns

shouldn't be declared guilty on the basis of one report from one research group. But that report has caused the world to look closely at not just Adani but also the environment within which Adani operates. Whatever conclusion they come to about the first, it's critical that their judgment of the second turns out positive. Otherwise, Indian companies that intend to raise money from capital inflows into the equity markets will suffer. So will Indian investors who expect those inflows to swell their returns.

It isn't only Indian regulators who need to ensure they address these doubts head-on. This is a crucial test for India's market economy. Policymakers in New Delhi

to be assuaged by this news.

India's regulatory reputation is on the line. This is the one thing that has set us apart for three decades, since SEBI was first set up in response to our first big market manipulation scandal. It is something we as Indians should be proud of and should fight to defend — regardless of how hard one company waves the flag in our faces.

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer. The article was originally published by ET



All letters intended for publication must include the writer's name and address, even if a pseudonym is used. Letters are edited as clarity, spaceand accuracy of expression require. Our publishing a letter does not mean we agree with everything or even anything in it. -EDITOR

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Women Shouldn't Relinquish Right to Inheritance

HIS is in reference to the recently released National Family Health Survey 2019-20 (NFHS-5) fact sheet for Jammu and Kashmir which states that only 57.3% women in the UT own a house and/or land, alone or jointly. Even though these figures might be read as "at least more than half women own property" but given that all women are coparceners in one or the other way, it should raise questions. J and K is a Muslim majority region and Islam entitles a sister to inherit half of what a brother gets as a coparcener. Despite this fact, the

number of women owning a property is almost half of that of men.

Women asking for their coparcenary rights is considered taboo and a lot of women seem to have internalized that asking for inheritance rights will break their relationship with other members of the family, especially brothers. As a result, they sign relinquishment deeds without giving a second thought about it. This inheritance of property is mostly seen as a matter of money and wealth, but it goes beyond that, at least for women. Economically speaking, ownership of any kind of property by women is a very impor-

tant determinant in the quest for women empowerment. In the realist world wherever everyone is responsible for their own survival, women should not expect their male relatives to care for them. Unless women do not attach economical value to their lives, they will have no power. This is especially true for unemployed women who do not have financial independence. Since inheritance of property is a given-however small value it may have, they do not have to get an education or work for getting it. The only thing they need to do is not to sign the relinquishment deed. Relinquishment of coparcenary

rights militates against women empowerment. It is high time that women ask for their inheritance rights that the constitution as well as the religion gives them. The right to inheritance also seems one of its kind means to women empowerment where people peddling religiosity may not find a reason to oppose it. Women should know that signing a relinquishment deed may lose them a lifetime opportunity for leading a respectful life in this patriarchal world.

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Why are Psychotherapists Interested In Your Past?

Wasim Kakroo

hen a commoner thinks of psychotherapy, a stereotypical picture comes to their mind that involves the patient lounging on a sofa as the therapist inquires about their childhood. If you have chosen to begin therapy for the first time, it's likely that even though something recent drove you to do so, you'll end up telling your therapist about your past and childhood years. It can be confusing why therapists focus so heavily on the past and are so determined to explore it throughout therapy. It could appear that bringing up the past into the discussion is, at best, pointless and, at worst, painful. Talking about the past (especially the childhood and adolescence years) is crucial because of how deeply entwined it is with the present and how much it affects the future. The majority of who we are, what we believe, and how we act come naturally from our prior experiences, whether they be from the distant or more recent past. By putting a cause and effect together, we may explain and make sense of our own lives as well as the local environment. We understand that the current circumstance was brought about by something from the past. Consider being in a frightening situation as an example. If I become curious about my first encounters with frightening situations, I might investigate what I was implicitly or explicitly told about them at the time, what the adults present around at that time, did as a result, and the kind of story I have since told myself about similar situations as I have grown up. Knowing this from the past helps me comprehend why and how I tend to feel and act in similar situations that cause me to experience fear or worry in the present. It can be a very significant and "sense-making" process when we turn to the past with the goal of connecting it to the present. Understanding the reasons behind our actions or thoughts allows us to see things clearly and objectively, as though from a distance. This separation helps us put some space between ourselves and the issue so that we can choose how to react in a way that will be most beneficial to us right now. This is due to the possibility that what we needed in the past may not be what we need today. When we were younger, we may have reacted in ways that no longer serve us or are essential for us as adults.

If our past has been particularly

have the necessary tools, you shouldn't be forced to talk about your history in therapy. Additionally, it shouldn't also involve arbitrarily reliving and suffering through unpleasant memories or emotions in order to make oneself "feel better".

HOW FOCUSING ON YOUR PAST WHILE IN THERAPY MIGHT ENHANCE YOUR PRESENT-DAY WELLBEING?

Because remembering how tough and painful it was might be overpowering and make us feel helpless over it, it is common to feel uneasy and even terrified while facing our past. We get to give our past new significance and develop new stories about it when we give ourselves permission to gently and carefully explore it. We get more ability to take control of our life and create the future we want by redefining what happened to us in past for ourselves. Focusing on your past during psychotherapy can enhance your present-day wellbeing in a number of ways:

person who has had those experiences. This can include negative thoughts concerning yourself, other people in your life and your future. Your present-day quality of life can be negatively impacted if you frequently have any of those thoughts . Restructuring your thinking about the traumatic experiences, as well as how you see yourself and other people in connection to them, is facilitated by processing them. Your current emotional well-being could be significantly improved by having a more accurate and fair understanding of what transpired.

haps understandably want to distance ourselves from it. But the more we try to forget or dismiss the past, the more we neglect the parts of ourselves that went through the agony and hurt. Our bodies are very much keeping score and will attempt to get our attention in ways that make it imperative that we tend to the parts of us that are wounded or hurting. Thus when their body is somehow reminded of some hurtful thing from their past, we can understand why such people have angry outbursts and big blow ups over trivial matters, or why such people may suddenly find themselves unable to stop crying.

Being in a private, confidential and secure setting provided by the therapist in their clinic, having the professional competence and appropriate tools available to identify particular or important events are necessary for a purposeful and meaningful examination of one's past. In order to move toward a more open and healthier future, it is important to understand how one came to be this way in the "here and now." It is about using significant knowledge in a meaningful manner to lead us toward the future we want for ourselves. It can also involve learning how to hold tough or uncomfortable feelings that are connected to the past and also how to distinguish between how something felt in the past and how it feels today. If you don't feel ready or

- Reduces the intensity of your 1. emotional responses that are negative: Some of the usual emotions people feel in the present due to traumatic events in their past includes anxiety, sadness, anger, and guilt. It will be less likely that you will continue to experience similar negative emotional reactions in the present if you work in counseling to "process" these past events by talking about the events and their emotional consequences. Additionally, doing this effort can reduce your likelihood of having intense emotional reactions after being "triggered" by stimuli, environments, or individuals who remind you of the event.
- 2. Reduces the likelihood that you will have negative thoughts about yourself, other people, or your future: Traumatic experiences frequently have a longlasting negative effect on the
- Helps you in recovering from 3. the impacts of the past traumatic events and assists you in spotting the early stages of recovery: The notion that these events are negatively affecting your life and will continue to do so might lead unfavorable events from your past to negatively affect your mood in the present. Counseling can assist you in recognizing indications that you have already recovered in particular ways from the experiences that you may have missed. You can take actions to obtain even more signs of healing and look for other indicators of healing with the assistance of counseling.

While we cannot undo the past, we can honor and face it because we have the capacity to emerge from those dark places by reinventing ourselves and our own future. So give yourself a chance to recover from your traumatic past by discussing it in detail with a competent clinical psychologist. This allows you to look back on your past with confidence and this will thus stop past from haunting you continuously like that unsettled ghost.

The author is a licensed clinical psychologist (alumni of Govt. Medical College Srinagar) and works as a



IF OUR PAST HAS BEEN PARTICULARLY TRAUMATIC OR CHALLENGING, we may perhaps understandably want to distance ourselves from it. But the more we try to forget or dismiss the past, the more we neglect the parts of ourselves that went through the agony and hurt. Our bodies are very much keeping score and will attempt to get our attention in ways that make it imperative that we tend to the parts of us that are wounded or hurting

News

Peshawar Mosque Suicide Bomber Entered High-Security Zone Dressed In Police Uniform, Says Officer

Press Trust of India

Peshawar: A Taliban suicide bomber who killed 101 people, including 97 policemen, at a mosque inside a major police facility in Pakistan's Peshawar city had disguised himself in a police uniform to sneak into the high-security zone and was riding a motorcycle with a helmet and mask on, a top police official said on Thursday.

The guards at the security checkpoint at the main entrance of the Police Lines area did not check the bomber dressed in police uniform and let him go inside, Inspector General of Police of Khyber-Pakhtunkhwa Moazzam Jah Ansari told the media here.

"This was a suicide bomber and we have traced him...We have obtained the CCTV footage of his movement from Khyber Road to the Police Lines... then how he parked his motorcycle on a side...he was in a police uniform and was wearing a mask and a helmet," the officer said.

He confirmed that the severed head found from the blast site was of the attacker.

Ansari said that security guards at the entrance of the Police Lines failed to "check the attacker because they thought he was their own".

He added that the attacker had also asked about the way to the mosque from a police officer. The bomber asked a 'haval-

dar' where the mosque was in Pashto language, he said, adding that this means that the attacker stanced itself from

was not aware of the area. "The ' "He was given a target and there is an entire network behind him...he was not a lone wolf," Ansari said, adding that the police were close to the terrorist network responsible for the bombing. Sources earlier said the secu-

rity agencies have arrested 17 suspects involved in the devastating blast - the deadliest attack on security personnel in decades in Pakistan. decades in Pakistan.

The arrests have been made from the close vicinity of the Police Lines area where the mosque is located and the suspects were shifted to an interrogation cell for investigation,

sources told PTI on condition of anonymity.

The suicide bomber blew himself up during the afternoon prayers on Monday in the mosque in the Police Lines area, killing 101 people and injuring

more than 200 others. The banned Tehreek-i-Taliban Pakistan (TTP) claimed responsibility for the attack.

However, the group later distanced itself from the attack. "The TTP claimed responsibil-

ity for the blast...But then they disowned it. It seems that they consulted among the group and realised that they will be criticised for attacking a mosque," he said, adding that technical evidence and information collected by sensitive institutions suggested that the blast was the work of TTP's Jamaat-ul-Ahrar faction.

"We can clearly say through all the evidence that Jamaat-ul-Ahrar, TTP and a hostile intelligence agency working against the national security of Pakistan is behind it," he said. He did not name the "hostile intelligence agency."

"We know the people responsible for it, we know the handlers and the operators as well," he said.

Ansari said that TNT, a high explosive, was used in the blast, while explosive materials used to demolish buildings were also used.

No improvised explosive device (IED) was used in the blast as no crater was found on the ground, Ansari said, adding that 5 to 10 people were killed due to the explosion, but the majority of people died as the roof caved in because it was not supported by any pillars in the hall.

The headquarters of the Peshawar Police, Counter-Terrorism Department (CTD), Frontier Reserve Police (FRP), Elite Force and telecommunications department are also located near the blast site.

The blast shocked residents in Peshawar - once known as "the city of flowers".

The policemen took out a protest rally in Peshawar on Wednesday demanding fair and transparent investigation into the deadly bombing. The speakers of the rally demanded the formation of a Joint Investigation Team to probe the blast.

Warning anyone resorting to protest again will be fired from their job, the IGP said the policemen are being misled by some quarters.

It gives me pain when people mislead my children (policemen) and I'm trying to address their problems, Ansari said.

He urged policemen to fight out the terrorists and not to resort to protest demos. The IGP also clarified that the rumours of a drone attack were false.

"We will release all the details of where the conspiracy was hatched and who were the facilitators. This is a security lapse on my part, I don't want to put the blame on my officers," he said.

"We are closing in on the network. Every life of our martyrs will be avenged," he added.

In her weekly press briefing on Thursday, Foreign Office spokesperson Mumtaz Zahra Baloch said the government had begun investigations into the Peshawar attack and Pakistan expected cooperation from the Afghan interim government in the probe.

NHRC Issues Notices To Centre, Others Over Reported High Death Rate Of Workers In Accidents At Registered Factories

Agenceis

New Delhi: The NHRC has sent notices to the Centre and various states and Union Territories over the reported high death rate of workers in accidents at registered factories, officials said on Thursday. The National Human Rights

Commission (NHRC), in a statement, said it has taken suo motu cognisance of a newspaper article that according to the Ministry of Labour and Employment's Directorate General Factory Advice Service and Labour Institutes (DGFASLI) data, three people died and 11 were injured each day on an average between 2017 and 2022, due to accidents at registered factories in the country. Reportedly, as many as 3,331 deaths were recorded between 2018 and 2020, but only 14 people were imprisoned for offences under the Factories

Act, 1948, it said. The data collected by DGFASLI from Chief Inspectors of Factories and Directors of Industrial Safety and Health represents that only registered factories provided the figures, whereas, 90 per cent workers in India are employed in the informal sector, the statement said. And, even after two years of passing the new occupational safety and health code, it is yet to be implemented, the rights panel said.

The Commission feels that considering the gravity of the matter, as highlighted in the newspaper article, raises serious concerns about the human rights of the workers in various business enterprises including factories.

"Human rights risk can be mitigated at the stage of structuring contracts or other agreements between employers and employees within the purview of law giving due importance to the concept of business and human rights," it said. Accordingly, the Commission

has issued notices to all the chief secretaries, principal secretaries, department of labour of all the states and Union Territories to provide detailed reports with respect to the death, incapacity of workers or employees due to accidents in the factories in their jurisdictions and the compensation paid to the injured or the next of kin of the deceased, prosecution initiated against the occupier or factory owners, and the number of safety officers employed as per Section 40B of the Factories Act, 1948, the statement said.

CONTD. FROM FRONT PAGE

J&K's First Research

mob attacks like chasing and stone pelting on wild animals were witnessed in Kashmir last year.

Pertinently, a leopard was killed in a violent mob attack at Manzgam area in south Kashmir's Kulgam district on April 2, 2020. A shocking image appeared on social media the next day, showing a few locals peeling off the skinning of a wild cat, which had left several people injured in the village. Authorities later registered a poaching case into the incident.

Similarly A wild bear was rescued by the team of wildlife officials after it came under the attack of a violent mob at Zurhama village in frontier Kupwara district in north Kashmir in April 2020.

Two full-grown Asian Black Bear or (Asiatic Bear) were found dead mysteriously at Bhutto village in north Kashmir's Bandipora district on July 31, 2018.

Å wild animal weighing around 140 kilograms and approximately 7-11 years old according to wildlife warden north Kashmir died after suffering possible internal hemorrhage due to gunshot injury in the year 2018.

Ten bears were killed in Tral village of Pulwama district in south Kashmir while another was burnt alive by a violent mob in Shopian district in the year 2010.

Altaf Ahmad, a senior wildlife official, told Cashmir Observer that the healthcare facility at Dachigam national park has been completely dedicated to the wild animals. Besides, he said the facility will also cater as a residential campus for researchers, who could conduct research on different animal species. He said that a team of wildlife officials is sent to the jungle to check whether any animal is sick or injured which is then brought to the facility for treatment. "This is a research cum healthcare facility, the first of its kind initiative to treat sick or those animals which are brought in injured state. Animals at times are injured during clashes and are brought to this facility for treatment. Besides, sick animals are also treated here and later released in the forest," Ahmad added.

and wife of a retired Executive Engineer. In Kathua and Ramban districts, he said, 1841 kanal and 4 marla and 1294 kanal state land was retrieved respectively, during the daylong eviction drive.

Meanwhile, activists of Jammu and Kashmir Kissan Tehreek led by its general secretary Zahoor Ahmad held a protest against the government's demolition drive.

"The government had promised acche din' and now they are destroying our humble dwellings. They had promised to give livelihood to people but are snatching the same by demolishing the shops. Is this what they had promised?" he said.

"We appeal to the people to come out and protest peacefully so that our voice awakens the government. Protesting peacefully is our right as we live in a democratic country," he added.

Land Retrieved

state land from the occupation of Ms Mahtaba, widow of former Union Minister of State for Home Mohammad Maqbool Dar at village Nowgam in Shangus area of the district," the officials said.

Dar was MoS Home in the government led by then Prime Minister H D Devegowda in 1996. He died in 2008. (PTI)

'Baba Ka Bulldozer' will do its job, be it against Ali Mohammad Sagar (National Conference general secretary), Farooq Abdullah (former chief minister) or Muzaffar Shah (Awami National Conference vice president). The LG has made it clear that ordinary people will not be touched. Only the influential land grabbers will be targeted," Thakur told PTI. prevailing in Jammu and Kashmir in wake of the anti-encroachment drive, a party spokesperson said Thursday.

Azad, he said, requested the Home Minister that the majority of occupants who are holding small lands and have constructed houses for the last few decades are migrants and are mostly victims of militancy, as well as victims of abnormal situations arisen from time to time, being a border state.

"The origin of these shelters/residential houses on state-kacharai and Roshni lands appears to have taken place first in 1947 and then in the 1962 & 1971 war period, and subsequently during the post militancy period," he said.

The DAP spokesperson said that Azad also stated the fact that the governments provided road connectivity, supply of water & electricity, schools, anganwadi centres and other welfare schemes including health related facilities to these houses from time to time which implicitly indicates that successive state governments in a way have recognized these constructions. Azad, he said, requested the Home Minister that at least poor people having small holdings of land and houses should be spared from the eviction drive.

The Home Minister, he said, assured Azad that small land holders will not be harassed

It is worthwhile to mention here that two weeks earlier Azad had taken up the same isSupplies and Consumer Affairs.

Traffic Resumes

fresh light motor vehicles (LMVs) were allowed from both Jammu and Srinagar, while heavy motor vehicles were only allowed from Srinagar to Jammu this morning.

"The traffic is moving smoothly according to the last reports received," a traffic department official said, adding the road clearance work is still in progress at different places to facilitate the smooth movement of vehicles.

Earlier, the traffic on the highway also witnessed frequent disruptions on January 30 after heavy rain triggered landslides leading to stones rolling down from the hillocks at several places between Panthiyal and Ramsu.

Sub-Zero Temp

a low of 0.4°C, the same as on the previous night. Today's minimum temperature, he said, was above normal by 1.1°C for the summer capital.

Qazigund, he said, recorded a low of minus 2.0° C against 0.2° C on the previous night and it was 0.1° C above normal.

Pahalgam, he said, recorded a low of 2.9°C against minus 8.9°C on the previous night and it was 3.2°C above normal for the famous tourist resort in south Kashmir's Anantnag district.

Kokernag recorded a low of minus 1.9°C

offences of criminal conspiracy and sedition under the Indian Penal Code and under stringent provisions of the Unlawful Activities (Prevention) Act.

Chief Of Defence

Chinar Corps tweeted. Gen Chauhan "commended #ChinarWarriors for their professionalism," it added.

Udhampur's Devika

Public Works Department, Police and Municipal Committee Udhampur, declared the bridge as unsafe after a detailed audit.

The committee apprised Deputy Commissioner, Udhampur, Krittika Jyotsna that the safety audit of Devika bridge was conducted and after due deliberation and keeping in view its deteriorated condition, the committee members unanimously declared it unsafe for further use.

The Deputy Commissioner appealed to the general public to refrain from the use of the bridge to avoid any mishap, the official added.

Female Patient

at SDH, Kupwara," he said.

The spokesperson said that the people of Kupwara district, especially Keran and other border areas have expressed gratitude to Deputy Commissioner Kupwara, Dr. Doifode Sagar Dattatray for making the shifting of patient possible from Keran to Kupwara.

He said the veterinarians after treating sick or injured animals take a call whether to rehabilitate them at the facility or set them free in the forest.

"We first make sure whether the animal has received proper treatment and is able to set free in the jungle and then take a call. We have treated leopard, musk deer, brown owl, Hangul and many other species at this facility," an official posted at the facility told Kashmir Observer.

He said the main focus remains on setting the animal free in the jungle after treatment, but if it is brought in extremely injured condition, it is rehabilitated here.

"Next is a diagnostic laboratory which is equipped with the latest gadgetry, we also want to establish a DNA bank so as to use it as a forensic tool for conservation purposes, it will be a stepping stone towards the conservation efforts," he added.

He said biometric analyzers and USG machines have also been installed in the healthcare cum research center so that the wild animals get better treatment and rehab facilities.

"The decision to release animals or rehabilitate them is taken only after treatment, we have rescue centers here as well which are equipped with modern gadgetry," he added.

J&K Administration

Similarly, he said, state land measuring 47 kanal 8 marla was evicted at village Dhok Khalsa, Tehsil Jourian from the encroachers.

"In another anti encroachment drive, district administration retrieved prime state land measuring 8 kanal in village Mishriwala which is close to Jammu- Akhnoor highway road," the spokesperson said.

In Samba district, 5 kanal and 13 marla prime land was retrieved in Bari-Brahmana near Industrial estate, having market value worth crores. The land, according to the spokesperson, was encroached by a former Bureaucrat He was responding to criticism of the eviction drive from political parties that the BJP was engaging in "personal vendetta".

Uttar Pradesh Chief Minister Yogi Adityanath's second term saw bulldozers demolishing properties of alleged criminals and people involved in riots, earning the CM the sobriquet of "Baba Bulldozer". Now, the term "Baba ka bulldozer" is usually used by BJP leaders across the country to refer to the action against encroachments.

"What's wrong is wrong. During the militancy period, people associated with Hurriyat Conference had grabbed lands. Even today, illegal construction of Qazi Yasir was demolished in Anantnag. Hurriyat people have grabbed lands wherever they could," Thakur said.

Thakur said the sealing of the shops at Lal Chowk on Wednesday was done as they had been constructed on land forcibly taken from one Gadda Singh.

"That land belongs to one Gadda Singh...it has been forcibly taken from him. Lands illegally occupied have to be retrieved on priority," he added.

However, authorities on Thursday morning removed the seals of the two dozen shops after it came to light that Srinagar Municipal Corporation had been collecting rent from the shopkeepers for four decades now.

Thakur said the eviction drive was being carried out on court orders and the J-K administration is only implementing it.

"During the 30 years of militancy, the influential people have grabbed government land. People from NC and PDP have been involved in it. They have grabbed lands which should have been used for making hospitals, hotels and playgrounds," he said.

Thakur also hit out at PDP president Mehbooba Mufti saying she always spoke against the army and police "because she has pinned her hopes on China...this kind of talk is anti-national".

"If she had to highlight any institutional land grab, she should have raised Nawa-e-Subah (NC headquarters) or Khidmat Trust (owned by Congress)," he said.

Azad Apprises

situation of serious unrest and uncertainty

sue with LG Manoj Sinha also, who too had assured to do the needful with cogent land policy to small land holders sympathetically, the DAP spokesperson added.

KCCI Urges

(KCC&I) on Thursday urged the Lieutenant Governor administration to issue a formal order on its repeated assurance that poor people will not be touched.

Addressing journalists, President KCC&I, Sheikh Ashiq alleged that the ongoing eviction drive against the 'possessors' of state land has triggered a fresh wave of 'chaos and confusion' among masses in Kashmir.

He said the government should confine the eviction drive to influential people having encroached huge tracts of land and that the poor be spared on humanitarian grounds.

"There is chaos and confusion everywhere on the ground, ever since the government launched an eviction drive in Jammu and Kashmir. This drive affected everyone equally, be it the rich or poor. Since the LG is on record to say that poor masses will not be affected during the ongoing eviction drive, we urge him to issue a formal order in this direction to avoid confusion" Ashiq said.

He urged the administration to deal with chronic encroachers or land mafia with iron hands so that no 'infringement' takes place in future. He said the biz body never endorses encroachment and those having occupied state be dealt sternly.

He, however, said that there is no transparency in the ongoing drive and that the administration must bear in mind as to who has violated the law and who has not.

"Business community has suffered huge losses since the 2014 deluge. They are yet to overcome losses they incurred. We appeal to the LG to spare small business establishments from the ongoing drive as was promised by him," he added.

ECI Picks Pole

functioning as the Chief Electoral Officer, Jammu and Kashmir shall not hold any additional charge whatsoever under the Government of Jammu and Kashmir except that he should be designated Secretary to the Government in charge of Election Department in the State Secretariat, the order added.

Pole, a 2004-batch IAS officer was appointed as Divisional Commissioner of Kashmir in March 2020, replacing Baseer Ahmad Khan, who was appointed the fourth Adviser to Lieutenant-Governor GC Murmu. He has also served as Secretary, Department of Food, Civil it was 0.5°C above normal for the place, the officials said.

Gulmarg recorded a low of minus 7.6°C against minus 8.2°C on the previous night and it was normal for the world famous skiing resort in north Kashmir's Baramulla district, he said.

In Kupwara town, he said, the mercury settled at minus 2.3°C against minus 1.4°C on the previous night and it was normal for the north Kashmir area.

Jammu recorded a low of 7.5°C against 6.7°C on the previous night. It was 0.9°C below normal for J&K's winter capital, he said.

Banihal, he said, recorded a low of 1.4° C (above normal by 0.6° C), Batote 4.1° C (above normal by 2.0° C), Katra 8.1° C (1.1° C above normal) and Bhadarwah minus 0.2° C (0.4° C above normal).

Ladakh's Leh and Kargil recorded a low of minus 11.0°C and minus 15.6°C respectively, the official said. Drass, the second coldest place after Siberia, recorded a low of minus 16.1°C.

The MeT department has forecast isolated very light rain and snow for next 24 hours. The weather department has already ruled out the possibility of any major snowfall for a week.

G20 Event

city for the major event as all major roads and areas are being repaired.

Development works are going on in full swing in Srinagar city with a focus on completing the drainage and road projects.

Normally, no development works are undertaken during the winter months in Kashmir due to freezing temperatures, but the administration has made an exception this year due to the likelihood of Srinagar hosting a G20 event.

Delhi HC Seeks

It had said that the accused was prima facie involved in militant funding activities and had led a pro-ISIS rally and visited the area where militants were killed.

An over 12,000-page charge sheet was filed by the NIA against Saeed, Hizbul Mujahideen leader Syed Salahuddin and others for "conspiring to wage war against the government" and fomenting trouble in the Kashmir Valley.

LeT militant Saeed was also accused of using the services of Kashmiri businessman Zahoor Watali, a co-accused in the case, for passing on the money to the separatists and some individuals who were actively indulging in stonepelting in various areas of the Valley, the NIA had said in the charge sheet.

The agency has booked Pakistan based Saeed and Salahuddin and others for the alleged

J&K Witnessed

succumbed at the Upper Dangri area in Rajouri district of the Jammu region within a span of two days.

Two infiltrators were killed in Balakote Poonch.

Two militants as per police were neutralized in an encounter at the main market Budgam. The slain militants were identified as Arbaz Ahmed Mir of Putrigam and Shahid Ahmed Sheikh of Kesrigam Kakapora, both from Pulwama district.

Militants also lobbed a grenade at Eidgah Srinagar resulting in injuries to a civilian.

Besides three soldiers including a JCO slipped to death in the Maachil Sector of North Kashmir's Kupwara while walking on a snow track during an operation. [KNT]

Sikkim To Plant

and commemorating their arrival on this earth. This is the first of its kind innovative green initiative in India," Tamang said.

At the programme, the chief minister also distributed token seedlings to some new parents.

Forests secretary Pradeep Kumar said the initiative will transform the attitude of the people towards nature, and saplings planted to commemorate childbirth will create a bridge between the generations.

Tamang said the Sikkimese society has an intimate association with nature since time immemorial.

"We not only revere our mountains, lakes, rivers, caves and springs, but venerate the entire landscape as sacred," he said.

"This initiative aims to reinforce this age-old bond of our society with nature. It aspires to co-create an ecosystem where both the tree and the child are able to reach towards the sun, a brighter tomorrow that promises vitality, health and happiness," he added.

Chief Secretary VB Pathak said that for the success of the initiative various departments of the state government will need to converge to facilitate seamless service to the new parents -----right from enrolment to planting and aftercare.

ASHA and Anganwadi workers, panchayats, civic bodies and forest staff will need to facilitate the onboarding of the parents, he said.

Digital platforms such as WhatsApp, email and web portal have been enabled to connect with the new parents, he said.

Sikkim has a population of about 6.32 lakh, according to the Sikkim Information Commission.

STATE

Adhere To Terms Of **Reference For PAC: DHSK** to CMOs, MSs

Agencies

SRINAGAR: Director Health Services Kashmir has directed all Chief Medical Officers and Medical Superintendents to adhere to the terms of reference for Prescription Audit Report (PAC) and also directed the Medical Superintendents to submit preliminary compliance report within a week's time.

"Attention of all the Chief Medical Officers & Medical Superintendents of Kashmir Division is invited towards a circular issued by this Directorate Vide No: PS/DHSK/2022/8380-Dated: 18-01-2022, 8457 (Copy enclosed), whereby it was enjoined upon to nomi-nate one Nodal Officer for a District Hospital & for each Sub-District Hospital of their respective Districts, who shall collect Photo-copies of at least 1% (One percent) of prescriptions on random daily basis written by the government doctors in OPDs. Besides, shall also constitute a district level "Prescription Audit Committee" (PAC), comprising of doctors on administrative posts, excluding the consultants with the following terms of Reference," reads a circular.

Terms of Reference for Prescription Audit Committee as per circular shall be that these prescriptions collected by the Nodal Officers shall be scrutinized by the Prescription Audit Committee, whether the Prescriptions are legibly written

in the capital letters with name of the doctor, his/her signature & registration number, Generic drugs are prescribed & preference is given to the drugs,

which are available free in hospital supplies, Unnecessary diagnostic tests/procedures are prescribed & patients are referred to the private clinics/ specialists without requirement, Drugs are prescribed in contravention to the provision of Drugs & Cosmetic Act & Regulations," it adds.

Audit "Prescription Committee(s) shall prepare & submit fortnightly report to this Directorate, Divisional level Prescription Audit committee, which stands already constituted, shall prepare a comprehensive monthly report along with their recommendations, highlighting actionable points that shall be submitted to the Administrative Department," it reads further.

"However, it has been observed that the aforesaid circular instructions are not being compiled by the Chief Medical Officers & Medical Superintendents, which has been viewed seriously. It is, therefore, again enjoined upon to adhere the instructions, The Medical Superintendent/Administrator of the concerned hospital shall be personally responsible for coordination and proper implementation of these circular instructions and shall submit a preliminary compliance report on this within a week's time positively from the date of issuance of this circular," the circular reads.

"If any Medical Superintendent/Administrator of the hospital found deviating from the instructions this time, disciplinary action shall be initiated against him/her without any further notice." It adds further.

DC Reviews Progress Of RDD Sector In Kulgam



Instructs Officers To Ensure **Timely Completion Of Ongoing Works Observer News Service**

BDOs to ensure field visits for proper inspection. Reviewing the status of

works under 14th FC, the chair was informed that out of 6883 approved works, 6380 works

State Land Being Retrieved From Vested Interests In Public Interest: CS

Says Anti Encroachment Drive Pro-People; Genuine Difficulties Of People Shall Be Taken Care Of



Observer News Service

JAMMU: Chief Secretary, Dr Arun Kumar Mehta on Thursday remarked that the encroached State land is being retrieved from the big vested interests only with the purpose of reverting it back for public use. He was speaking in a meet-

ing of UT, Divisional and District Administration to take stock of measures being taken to streamline the anti-encroachment drive.

Mehta maintained that these measures are aimed at helping common people. He observed that this land belongs collectively to the masses and retrieved land shall be

used for the benefit of all of lands at the earliest so that them. He stated that no person fruits of these efforts reach has any legal right to usurp the the masses. rights of commoners. He stated that some people

The Chief Secretary further are voluntarily giving up the encroached lands. He told pointed out that such measures should be supported by them to set an example for the public as the retrieved and others and give in writing their testimonies. shall be used for public utility such as hospitals, schools, rected the IT Department to play grounds, bus stands, Industries, parking spaces etc. It shall accelerate all round decreate a dedicated portal for reflecting the actual quantum

velopment in J&K. of State/ Kacharai/Common The Chief Secretary directland retrieved in all the dised the Deputy Commissiontricts is put in public domain for their information. He aders to safeguard the habitations and livelihoods of poor vised the Revenue Department and downtrodden. He ento carryout Geo-referencing of joined upon them to develop these public assets so that the DPRs for carrying out desame is preserved for the pubvelopmental works on such lic without ambiguity.

Working On Leads To Crack Dhangri Attack Case: DGP

Press Trust Of India

JAMMU: The police investigation into the recent Dhangri terror attack case is on track to bring the culprits to book, Jammu and Kashmir Director General of Police Dilbag Singh said on Thursday, as one of the victim families announced an indefinite hunger strike from February 5 demanding justice.

Seven people were killed and 14 others injured when terrorists attacked Dhangri village of Rajouri district on the first day of January.

While five people, includ-ing two brothers, were killed in the terrorist firing, two children were died when an Improvised Explosive Device (IED), left behind by the attackers, went off the next day.



"We are working

busting a module of Lashkar-

to seek justice for the victims.

"One month has passed but

Novel Snow Festival Cum Rozgar Mela Held At Doodpathri

- Series Of Activities Including ATV, Snow Mobile, Ski, Snow Run, Kabbdabi Held
- Scores Of Unemployed Youth Handed-Over Appointment Letters On The Spot



Speaking at the event, Dep-

uty Commissioner Budgam ex-

pressed his satisfaction at the

huge turnout at the event. He

praised the enthusiasm and

dedication of locals and ac-

knowledged the efforts of the

Tourism Department for mak-

ing Doodhpathri an all season

destination and collaborating

with the district administra-

tion on such a successful event.

He further explained that this

event has a unique model

wherein tourism, employment

and infrastructure sectors are

being approached in a conver-

gent manner for the sustainable

development of the area. He

expressed confidence that such

events will eventually see Doo-

dhpathri emerge as best winter

destination in J&K and also gen-

erate self employment opportu-

The Employment Mela was a

major highlight of the festival,

with hundreds of youth from dif-

ferent areas of Budgam attend-

ing the event. They were coun-

seled about various employment

opportunities in different sectors

by representatives from leading

corporates and business houses. Appointment letters were also

handed out to some selected

employment seekers.

nities for the youth.

Observer News Service

BUDGAM: The scenic tourist destination of Doodhpathri here hosted a day long snow festival cum employment mela here on Thursday in which hundreds of locals and domestic tourists participated. Both the events were inaugurated by Deputy Commissioner Budgam, S F Hamid, in presence of Director Tourism Kashmir, Fa-

zlul Haseeb. The festival was attended by hundreds of local and domestic tourists and was filled with exciting snow sports & cultural activities. During the festival, unique sports such as snow kabaddi, tug of war, rallies of all-terrain vehicles and snowmobiles and ski runs were played.

The cultural events included performances in folk music and a skit related to Nasha Must J&K Campaign. The purpose of the skit was to spread awareness about staying drug-free among the youth.

The event also saw the launch of a ski-hiring facility which shall provide tourists with ski equipment at a nominal cost. This will enhance the skiing experience at Doodpathri and make it more attractive for adventure sports.



Observer News Service

BUDGAM: The Deputy Com- department, the DC said that missioner (DC) Budgam, S F holding Ski events at Yous-Hamid on Thursday said that marg will not only promote the district has the potential to become as an 'All season Tourist destination', and tapping this virgin potential for round the year tourism activities is the priority of his administration. The DC expressed these views while throwing open the maiden 15 days Basic Snow Ski course at Yousmarg. He said that the district being in the proximity of Srinagar and housing Kashmir's only airport can attract a huge chunk of tourist footfall round the year. The programme has been organised by the Youth Services and Sports (YS&S) department in collaboration with District Administration Budgam. Over 60 students from across the valley are par-

ticipating in it.

Lauding the role of the YS&S

crack the Dhangri case) and will share details at the right porters in Jammu. He congratulated Rajouri police for

> e-Taiba (LeT) and arresting three of its members during investigation of cases related to recovery of IEDs at different places between January 8 and 18 in the district.

Meanwhile, 58-year-old Saroj Bala, a widow who lost both of her sons Deepak Sharma and Prince Sharma in the terror attack announced a hunger strike from February 5

terrorists inthe volved in the attack are still at large,' Bala, who is now left

alone in her family,

She said the vic-

waiting for justice

families are

told reporters.

tim

and "I have decided to sit on

the hunger strike till the cul-

prits are not brought to book."

She said Home Minister

Amit Shah, Lt Governor Manoj

Sinha and senior security offi-

cers had assured justice to the

victims but "all their promises

Dheeraj Sharma, Sarpanch of

Dhangri Upper Panchayat, said

the entire village is standing

with the grieving mother. "We

stand with Bala and will join her

in the hunger strike," he said

have fallen flat."

The Chief Secretary also di-

KULGAM: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat on Thursday convened a meeting of all concerned officers of Rural Development Department (RDD) to review the progress of ongoing developmental works under various Rural Development schemes.

The DC reviewed work wise status of developmental works and other schemes and received updated status and feedback from the officers.

Addressing the meeting, the DC directed the officers to work with added dedication to accelerate the developmental tempo and ensure completion of all ongoing works within the stipulated time frame.

He gave timelines for completion of different developmental works and directed the

stands completed with an expenditure of 67.78 crore. While reviewing work sta-

tus of Back to village phase 03, it was given out that there were 279 approved works, 242 works stands completed with an expenditure of 14.02 crore.

The DC while reviewing the status of developmental works being carried out under Area Development Fund (ADF), it was informed that out of 1883 total works. 1600 works have been completed so far with an expenditure of Rs. 20.51 crore. The DC exhorted upon the officers to ensure completion of all ongoing works within the set timeframe by utilizing the rest of the working season properly.

He also instructed BDOs to complete citizen app registration of SBM beneficiaries within 2 days.

Principal Attached For Unauthorised Use Of Biometric Attendance

Agencies

SRINAGAR: The government has attached principal government degree college Qazigund for making unauthorised use of biometric and marking online attendance from different locations.

According to an order, incharge principal GDC Qazigund Mujahid Ahmad has been attached for unauthorized use of a biometric device. The order reads he was directed to explain his position

'Amrit Kaal Budget'

as to why action be not initiated for installation of BAS device on personal device and marking attendance at location other than office within a week's time but he failed to do so

"The department has received a complaint that he is marking online attendance from home and not being physically present in the college, after perusal of biometric attendance on AEBAS for the month of October, November, Decem-

ber 2022 & January-2023, he is

again violating the instruction of the Government and marking biometric attendance from different locations other than GDC, Qazigund."

It reads therefore, in view of the above he has been attached in the office of director colleges, Jammu for violation of section 3(1) of J&K Employ-ees Conduct Rules, 1971 till further order.

As per the order, principal, GDC Kulgam shall hold the additional charge of principal GDC Qazigund.

the winter sports but will pave the way for organizing a chain of activities to woo more and more tourists to this beautiful tourist destination. He assured full cooperation and support from District Administration to ensure successful conduct of the course. Hamid said that under the vision of 'Khelo India' programme, a series of sports activities have been already conducted in the district and special focus is being given to promote sports culture among our youth.

He said Yousmarg has huge potential to be promoted as the best winter sports tourist destination for which all basic infrastructure shall be established soon.

Rapid Growth, Welfare Of Common Man Center Of Union Budget For J&K: Govt

Observer News Service

SRINAGAR: The Budget 2023-24 for Jammu and Kashmir is yet another major initiative towards rapid growth and welfare of common man in the Union Territory. This reflects the commitment of the government to ensure holistic and inclusive development besides implementation of welfare programmes and execution of various schemes for all segments of the society, an official spokesman said on Thursday.

Allocation of Rs 35,581.44 crore in the Union Budget for J&K, as announced by Finance Minister, Nirmala Sitharaman, will accelerate the growth of the Union Territory.

Appreciably, the Central grants in the Revised Estimates for ongoing financial year of 2022-23 have been hiked by about Rs 9000 crore and were now pegged at Rs 44538.13 crore.

The Jammu and Kashmir administration will spend the amount for mitigation of natural disasters, to meet the expenditure incurred on account of permanent restoration of infrastructure which was damaged due to 2014 floods, rehabilitation, preservation and restoration of Dal-Nageen lake in Srinagar.

The Power projects in Jammu and Kashmir have been sanctioned significant funds for expediting construction work while there has been provision for industrial development in the UTs of J&K and Ladakh in the

annual budget. Out of Rs 35581.44 crore worth grants, the Union Ministry of Home Affairs has proposed Rs 130 crore (Revenue) for equity contribution for 624 MW Kiru Hydro Electric Project (HEP), Rs 476.44 crore Revenue grants towards equity for 800 MW Ratle HEP, Rs 500 crore Revenue grant on account of Ihelum Tawi Flood Recovery Proj-

ect and Rs 171.23 crore Revenue grants for equity contribution of 540 MW KWR HEP.

Other grants to Jammu and Kashmir from the total fund included Rs 33923 crore as Central Assistant to the UT and Rs 279 crore for Disaster Response Fund. The Ministry of Defence has proposed Rs 1797.74 crore for Jammu and Kashmir Light In-

fantry. Likewise, Rs 600 crore have also been allotted for the Border Area Development Programme (BADP), a Centrally Sponsored Scheme which also benefit Jammu and Kashmir and Ladakh as both the UTs have large number

of border villages. The budget has also kept an amount of Rs 301.61 crore for relief and rehabilitation for migrants and repatriates, Rs 5 crore for Ladakh and Rs 11 crore for J&K and Himachal Pradesh for helicopter services.

"The provision is for subsi-

dized helicopter services in Jammu and Kashmir and Himachal Pradesh to provide connectivity to remote areas," the budget document said.

The budget had special mention of enhancement of sports facilities in Jammu and Kashmir saying the sector is an important tool towards promotion of peace and prosperity. "Sports infrastructure and sports facilities in Jammu and Kashmir will be upgraded and developed with all requisite facilities," the budget document said.

Meanwhile. Lieutenant Governor, Manoj Sinha, has expressed gratitude to Finance Minister Nirmala Sitharaman and Prime Minister Narendra Modi for the first budget of Amrit Kaal that will put the country on a faster, sustainable and more inclusive growth path to achieve the goal of 5 Trillion Dollar economy.

In the words of LG " Vision for Amrit Kaal-opportunities for

citizens with focus on youth, growth and job creation, strong and stable macro-economic environment and priorities to farmers, women, marginalized sections, middle class and infrastructure will put the economy to its optimum growth path".

He maintained that increased investment on infrastructure and employment generation, green growth, agriculture accelerator fund, targeted funding for animal husbandry and Atmanirbhar Bharat Horticulture Clean Plant Programme and tourism promotion will have a force multiplier impact on UT's conomy.

"Rapid growth and welfare of Aam Aadmi is at the centre of Budget 2023-24. Grateful to the Finance Minister and Prime Minister for accelerating the tempo of growth in Handloom and Handicraft sector through PM VI-KAS. It will greatly benefit lakhs of artisans of J&K," LG asserted.

Budget 2023-24 Blueprint For India's Rapid **Growth: Raina**

Press Trust Of India

JAMMU: Jammu and Kashmir BJP president Ravinder Raina on Thursday welcomed the Union Budget 2023-24, terming it people-friendly and said it is a blueprint for India's rapid growth and development.

"We thank and congratulate Prime Minister Narendra Modi, Union Finance Minister Nirmala Sitharaman and her entire team for giving a budget which touches the lives of every Indian, which takes care of the welfare of all sections of

our society", Raina said. He said the first general budget of India's Amrit Kaal is a public welfare and pro-poor budget.

"The budget is a blueprint for India's rapid growth and development which will ensure holistic progress of the country

particularly rural development, agriculture development, labourers' welfare, infrastructure development, digital infrastructure development, and development of Northeast and hilly regions of the country," he said. The BJP leader said the bud-

get will promote social justice, equality and provide equal opportunities to all sections of the society.

"This budget will make India a super economic power. This is a budget with emphasis on education of children, earning of the middle class and welfare of the elderly," he said.

"This is a people-friendly budget, which will benefit all sections of society. This budget expresses the very essence of BJP's ideology of Sabka Sath, Sabka Vikas, Sabka Vishwas", Raina said.

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SPORTS



Rehan Ahmed Named In ENG Squad For BAN Series

Press Trust of India

LONDON: England have named uncapped teenage leg-spinner Rehan Ahmed and 28-year-old uncapped batter Tom Abell in the ODI and T20I squads for the upcoming tour of Bangladesh, scheduled to commence with the first 50-over game at the Sher-e Bangla National Stadium in Dhaka on March 1.

Abell, who will captain the England Lions in the upcoming three-match unofficial ODI series against Sri Lanka A beginning February 15 in Colombo, will be joined by Ahmed, who has earned his first call-up to England's white-ball squad.

Rehan, the 18-year-old legspinner who took seven wickets on his Test debut in Karachi in December, including a fifth-innings five-for.

has also returned to the ODI squad after he was ruled out in Ahmed Chowdhury Stadium, May last for the entire season due to a stress fracture in the back.

will be England's first since being crowned world champions fol-Bangla National Stadium, Dhaka).

lowing last November's ICC Men's T20 World Cup in Australia.

The touring party led by white-ball skipper Jos Buttler also has veteran Dawid Malan, all-rounder Moeen Ali and pace bowler Reece Topley in both the squads.

The squads:

ODIs: Jos Buttler (c), Tom Abell, Rehan Ahmed, Moeen Ali, Jofra Archer, Sam Curran, Saqib Mahmood, Dawid Malan, Adil Rashid, Jason Roy, Phil Salt, Reece Topley, James Vince, Chris Woakes, Mark Wood.

T20Is: Jos Buttler (c), Tom Abell, Rehan Ahmed, Moeen Ali, Jofra Archer, Sam Curran, Ben Duckett, Will Jacks, Chris Jordan, Dawid Malan, Adil Rashid, Phil Salt, Reece Topley, Chris Woakes, Mark Wood.

Schedule: ODIs: March 1 and Pace bowler Saqib Mahmood 3 (Sher-e Bangla National Sta-as also returned to the ODI dium, Dhaka); March 6 (Zahur

Mbappe To Miss CL Clash With Bayern Due To Injury



Agencies

PARIS: Paris St Germain forward Kylian Mbappe will be out for suffered an injury to the left three weeks after sustaining a thigh at the level of the femoral thigh injury, the Ligue 1 club said biceps," PSG said. on Thursday, ruling him out of the first leg of their Champions also substituted during Wednesleague tie against Bayern Munich. day's match with adductor dis-The 24-year-old limped off dur- comfort, but he will undergo ing the first half of PSG's 3-1 win further tests on Thursday to deat Montpellier on Wednesday. matches from Feb. 4-19, with the to five points on Wednesday and France international set to miss will next host Toulouse on Saturthe Bayern clash as well as their day. (Reuters)

French Cup last-16 game against Olympique de Marseille. "After undergoing tests, Kylian Mbappe Defender Sergio

Australia Will Win On 'Fair **Indian Wickets': Ian Healy**



Press Trust of India

MELBOURNE: Hosts India will have the upper hand if the tracks are rank turners in the upcoming Test series but Australia will win on 'fair' pitches, to play a single tour game in said former wicketkeeper Ian Healy.

The two sides will clash for the four-Test Border Gavaskar Trophy, with the opening match starting in Nagpur from February 9.

"I think if they produce fair Indian wickets, that are good batting wickets, to start with, (that) probably spin and spin pretty consistently but spin a aware if they are escaping that long way, late in the match ... we (Australia) win," Healy told Sen Radio. "I am worried about (Mitch-

ell) Starc and (Nathan) Lyon in the first Test ... if they're unfair wickets which I've seen in the

ing down low from day one, I think India play those conditions better than us," he added. Australia have decided not India during the month-long

Test series, primarily due to the hosts serving up green tops for practice matches and spinning tracks for the actual games. Healy advised the less-ex-

perienced Australian players to soak in the pressure and not commit any fielding lapses.

"I want the players to be very pressure (from the locals) if you're escaping that pressure and hiding in your room using the golf simulator... I think you've got to do something else," he said. "That's an escape, you

last series, where balls were shouldn't be doing it, you're jumping ridiculously and slid- dodging, just be very aware of what you are feeling at any given time. Immerse yourself before you really get to deploy your technique... don't drop catches, fielding can be difficult over there.

"What happens in India, to get ten wickets, you'll only get ten chances, whereas in Australia with bounce, carry and speed you can create 13 chances and you can waste a couple... but they don't come along as easy in India.

"I just think they have to live and breathe that pressure and have a philosophy over there." Australia, who haven't won a

Test series in India since 2004, will also play in New Delhi (February 17-21), Dharamsala (March 1-5) and Ahmedabad (March 9-13).

Hardik Doesn't Mind Playing **Dhoni's Role For India**

Press Trust of India

AHMEDABAD: Star India allrounder Hardik Pandya feels he has developed the ability to absorb pressure and doesn't mind playing the anchoring role that the great Mahendra Singh Dhoni played for the team.

The 29-year-old has always been known for his batting pyrotechnics but says he has now learnt to take the back seat and anchor the innings, something which master chaser Dhoni did in the fag end of his international career.

'See, to be honest, I've always enjoyed hitting sixes, but I have play," he said. to evolve and that is life," the stand-in T20 skipper said during the press conference after India sealed the T20 series against

swallow the pressure and kind of make sure the team and everything is calm," Hardik added.

Dhoni is known for his calm demeanour and Hardik feels now it is his responsibility to step into the legendary wicketkeeper's shoes as a batter and he is ready to sacrifice his strikerate to play that role.

"In that way, maybe I have to get my strike rate down or ... Taking new opportunities or taking new roles is (something) I've always looked forward to. I don't mind coming in and playing the role which somewhere down the line Maahi (Dhoni) used to

Hardik has scored 1271 runs at a strike-rate of 142.17 in 87 T20Is. "I think at that time, I was young, and I was hitting all



New Zealand 2-1.

"I have to take the other part where I've always believed in responsibility... It has just natupartnerships. I want to give my rally come to me, and I don't team and the other person more calmness and the assurance that at least I'm there.

any of those guys out there. So,

I've known the experience and

it's where I've batted, and I've

he has gone, all of a sudden that mind (doing it). We're getting the result we want and it's okay.' During the third T20I against

around the park, but now since

"I've played more games than New Zealand, Hardik did iust that, allowing the in-form Shubman Gill (126) to take the attack more than the experience part, to the opposition as India posted a massive 234 for 4 and then learnt how to accept pressure bowled out NZ for 66 for a 168and I've learnt how to kind of run win.



Chattogram). T20Is: March 9 (Zahur Ahmed The three-match T20 series Chowdhury Stadium, Chatto-

termine the extent of his injury. PSG are due to play five PSG stretched their Ligue 1 lead

Man United's Greenwood Has All Charges Dropped

Agencies

MANCHESTER: Manchester United forward Mason Greenwood has had all criminal charges against him dropped, police and prosecutors said on Thursday. Greenwood, who was suspended by United in January 2022 when accusations against him surfaced on social media, was charged with attempted rape, controlling behaviour and assault last October.

"A decision has been made

representatives have commentagainst him. A CPS spokesper- and upsetting time for them." son said: "A combination of the new material that came to light meant there was no longer a realistic prospect of conviction."

come forward and report to police." Chief Superintendent Mi-Police's Head of Public Protection, tember 2020. said: "The investigation team has remained in regular contact with the legal team, providing any uption of proceedings at this stage, game. (Reuters)



and that this decision has not been taken lightly.

"Despite the media and pubto discontinue prosecution in lic's interest in this case, we have accordance with the Code for decided not to comment on it in Crown Prosecutors," the Crown any further detail. "I would, how-Prosecution Service said in a ever, like to use this opportunity statement naming Greenwood. to reiterate GMP's commitment United did not immediately re- to investigating allegations of spond to a request for comment. violence against women and girls Neither Greenwood nor his and supporting those affected, regardless of their circumstances, ed at any stage on the allegations throughout what can be a hard

Greenwood came through withdrawal of key witnesses and United's youth academy and made his full debut in 2019 aged 17. He was a key member of the first team last season, making The CPS added that it encour- 18 Premier League appearances, aged "any potential victims to the last of which was on Jan. 22 against West Ham United, before being suspended. He made one chaela Kerr, Greater Manchester appearance for England in Sep-

In February 2022 Nike ended its sponsorship with Greenwood following the accusations, while dates of note, and so understand he was also removed from some the rationale for the discontinua- versions of the FIFA 22 video Home Made Authentic Kashmiri Harrisa

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