

Terrorism In J&K Reduced To 2-Digit Figure: DGP

"I Am Happy To Say That Many Beautiful Places Around Border Areas Are Receiving A Huge Number Of Tourists."

Observer News Service

Srinagar: Claiming that terrorism in Kashmir was in its last stage as the number of active terrorists in the Union Territory has been reduced to just two-figure, the Director General of Police (DGP) Dilbag Singh on Friday said that Pakistan sponsored drug menace remains a challenge for the men in uniform.

"A significant progress has been made in curbing terrorism. So far, the number of active terrorists has been brought down to just two-digit. These remaining terrorists will also be neutralized soon" Singh said.

He made these remarks during his visit to the frontier district of Kupwara, where he chaired a joint security review meeting, and also inaugurated the newly constructed police establishments dedicated in the name of police martyrs, a police spokesperson said.

Chairing the security review meeting, the DGP complimented Police, Army and other security agencies for their commitment



in making Jammu and Kashmir a "terror free destination".

Stressing for continuous efforts on strengthening synergy among all forces to thwart any nefarious design of anti-national elements, Singh, he said, remarked that the synergy among the forces has yielded good dividends in the maintenance of peace and order.

"He emphasized upon keeping vigil on anti-national and anti-social activities by

increasing area domination and Naka check points and directed the officers to be more vigilant and keep constant pressure on the anti national elements and their supporters," he added.

Stating that Pakistan and its agencies will continue to hatch conspiracies to foment trouble in J&K, the DGP, the spokesperson said, stressed upon officers to update databases of anti national elements and OGWs who provide any sort of | More on PIO

Medical Body's New Rules Ban Doctors From Getting Gifts From Pharma Firms

New Delhi: Doctors and their families must not receive any gifts, travel facilities, hospitality, cash or access to recreation from pharma companies or their representatives, commercial healthcare establishments and medical device firms under any pretext, the NMC has said in its new regulations.

The 'Regulations relating to Professional Conduct of Registered Medical Practitioners', issued on August 2, also bar doctors from endorsing any drug

brands, medicine and equipment or advertise them.

According to the regulations, any request for medical records to a registered medical practitioner (RMP) responsible for patient records in a hospital either by the patients or authorised attendant has to be duly acknowledged and documents have to be supplied within five

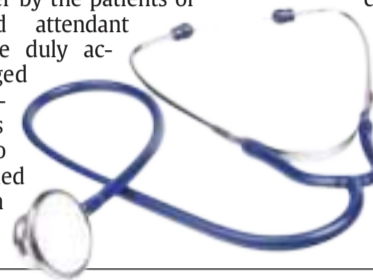
working days instead of the existing provision of 72 days.

In case of medical emergencies, efforts should be made to make the medical records available at the earliest.

Efforts shall be made to computerise patient's medical records for quick retrieval and security. Within three years from the date of publication of these

regulations, the registered medical practitioner shall ensure fully digitized records, abiding by the provisions of the IT Act, data protection and privacy laws, or any other applicable laws, rules, and regulations notified from time to time for protecting the privacy of the patient, the regulations stated.

Every self-employed registered medical practitioner shall maintain medical records of patients (inpatients) for 3 years from the date of the last contact with the patient for | More on PIO



Heat Wave In J&K To Continue Till Aug 20

Agencies

Srinagar: As Jammu & Kashmir continues to witness hot weather conditions, the weatherman here has predicted dry weather till August 20, saying that there is no forecast of any major wet spell during the period.

Deputy Director Meteorological department (MeT), Mukhtar Ahmad said that there is no forecast of a wet spell till August 20, 2023.

He added that the weather conditions would remain mostly dry during the next 9 days as there is no possibility of any precipitation during the period | More on PIO

No One Can Be Deprived Of Property Unlawfully: HC

Nawa Kadal Trader Gets Relief From Court After 34 Years

M Ahmad

Srinagar: A person cannot be deprived of his property without the authority of law, the High Court of J&K and Ladakh has said.

"Derivation of property of a person can only be in accordance with law when it is for public welfare and is just, fair and reasonable," a bench of Justice Sanjay Dhar said.

"Prior to abrogation of Article 370 of the Constitution of India, the right to property

was a fundamental right in the erstwhile State of Jammu and Kashmir. Even after application of all the provisions of the Constitution of India to this part of the Country, in view of the provisions

of Article 300A of the Constitution, a person cannot be deprived of his property without the authority of law," the court said, adding,

"Derivation of property of a person can only be in accordance with law when it is for public welfare and is just, fair and reasonable. It would be reasonable only if the person concerned is | More on PIO



400-Foot Tiranga At Anantnag Rally

Srinagar: A massive 400-foot tricolour was carried by people at a rally in Jammu and Kashmir's Anantnag district as part of the Independence Day celebrations.

The rally was organised under the 'Meri Maati Mera Desh' campaign.

The Tiranga Rally taken out in the Sadiwara village of Verinag in the south Kashmir district saw a massive participation of the people including students. The rally was organised with the help of the army and the police.

Panchayat Sadiwara Sarpanch Farooq Ahmad Ganie led the rally which carried a 400-foot | More on PIO

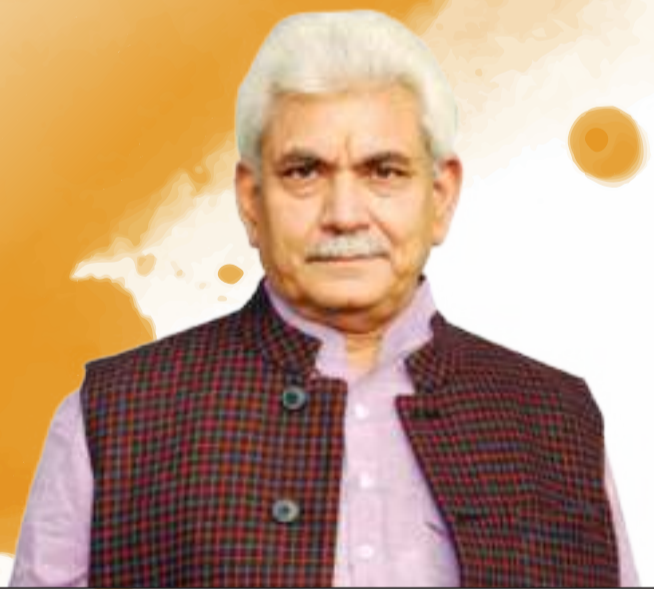
Preparations On For Smooth I-Day Celebrations

Preparations were being finalised to put in place the arrangements for the smooth conduct of the Independence Day celebrations across Jammu and Kashmir, Director General of Police Dilbag Singh said on Friday. "Preparations are on for August 15 celebrations. Meetings have taken place at every level. All officers are engaged in finalising the arrangements," Singh told reporters in Kupwara district in north Kashmir. He said as part of the celebrations, Tiranga rallies have been taken out in many places across the UT even as the Meri Maati Mera Desh' programme is going on. "Many new buildings have been dedicated | More on PIO



गुग परिवर्तन

BADALTA JAMMU KASHMIR



Chief Guest
Shri Manoj Sinha
Hon'ble Lieutenant Governor

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OF INFORMATION TECHNOLOGY DEPARTMENT, J&K

AND

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PRESENTED BY DEPARTMENT OF INFORMATION & PUBLIC RELATIONS

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- e-compendium of transformational Digital Initiatives
- On boarding of 300 services on auto appeal system
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Nuh Violence: Farmer Unions, Khaps Demand Fair Probe

Agencies

The farmer unions and khap panchayats in Haryana have demanded a fair probe into the violence that rocked Nuh and Gurugam districts on July 31, and have asked people to avoid misleading videos.

They also urged people to avoid misleading communal-based videos, and should intimate the police about such videos and not to take law into their own hands. Various farmer unions, Khap panchayats, and religious leaders have appealed for peace. They have also urged the police to arrest Mohit Yadav aka Monu Manesar, a cow vigilante, who is the prime suspect in the killing of Nasir and Junaid earlier this year.

A Mahapanchayat was called in Hisar to condemn the Nuh riots on Wednesday. The gathering was attended by 2,000 people, including Khap panchayats, farmers unions and religious leaders of different communities.

"We demand a fair investigation into the matter and we also urge people of Nuh not to act over misleading communal videos and if they receive such videos from any channel they should first report to the law agencies to avoid any incident," Suresh Koth, President Bhartiya Kisan Union told IANS.

He further said after the completion of the investigation

Haryana Khap, farmer unions and religious leaders will visit Nuh and will talk to people.

Violence erupted when a procession organised by the Vishva Hindu Parishad (VHP) was stopped by groups of people. The clashes resulted in the loss of six lives, including two home guards and a cleric.

In Nuh 59 FIRs have been registered and 218 individuals have been apprehended.

Manesar reportedly posted a video on social media claiming his participation in the Nuh religious procession and encouraged his followers to gather in Nuh.

However, he did not attend the procession after the Vishva Hindu Parishad asked him not to, fearing that his presence could escalate tensions.

As the situation is getting normal, schools and banks have been opened in Nuh after 11 days. However, Internet services still remain suspended in the district.

Authorities have also encouraged Muslim clerics to conduct Friday prayers at home.

Nuh administration released a statement stating, "In view of the normal situation in the area, it has been decided to open all educational institutions from August 11. Bus services of Haryana State Transport are also being fully restored from August 11. Curfew was relaxed on Friday for five hours in Nuh.

Petition To Restrain Opposition Alliance From Using Word INDIA Rejected

Agencies

NEW DELHI: The Supreme Court on Friday rejected a petition seeking to restrain the alliance of 26 political parties from using the word "I.N.D.I.A." (Indian National Developmental Inclusive Alliance) as the name of their Opposition alliance.

A bench headed by Justice Sanjay Kishan Kaul refused to entertain the plea saying the plea was filed to seek publicity.

The bench said, "Who are you? What is your interest? If there is a violation of election norms, go to the Election Commission. You want publicity, complete publicity." Justice Kaul said, "We are not going

to determine morality in politics. It is sad that people waste time on this."

As the petitioner sought direction to withdraw the case, the bench allowed the request of the advocate and dismissed the petition as withdrawn.

The plea had sought directions to the Press Council of India to pass a regulation so that all media agencies refrain from using the name "I.N.D.I.A." as the name of the Opposition alliance.

The petition stated that party workers of this alliance are using slogans only to create a false narrative in the minds of the general public that BJP will be fighting against the nation's "I.N.D.I.A." in the upcoming elections.

The 3 Bills That Will Soon Replace British-Era Criminal Laws. Their Aim Explained



Press Trust of India

NEW DELHI: Union Home Minister Amit Shah today introduced three bills in the Lok Sabha to replace the Indian Penal Code, Code of Criminal Procedure and the Indian Evidence Act, which are British-era laws.

The Bharatiya Nyaya Sanhita, 2023, the Bharatiya

Nagarik Suraksha Sanhita, 2023, and the Bharatiya Sakshya Bill, 2023 will be sent to a parliamentary panel for further scrutiny, Mr Shah said.

He also explained the reason for these bills and what they aim to achieve.

"The laws that will be repealed... the focus of those law was to protect and strengthen the British administration, the

idea was to punish and not to give justice. By replacing them, the new three laws will bring the spirit to protect the rights of the Indian citizen," he explained in the Lower House of Parliament.

"The aim will not be to punish, it will be to provide justice. Punishment will be given to create a sentiment of stopping crime," Mr Shah added.

India Seeks G20 Consensus For Quick Extradition Of Economic Offenders

Press Trust of India

NEW DELHI: India is seeking consensus among G20 nations against fugitive economic offenders to ensure their faster extradition and recovery of assets, both domestically as well as abroad.

This was stated here today by Union Minister for Personnel, Public Grievances and Pensions, Jitendra Singh, in an interview with public broadcaster Doordarshan News before leaving for Kolkata for the G20 Ministerial meet and the final meeting of G20 Anti-Corruption Working Group (ACWG) to be held tomorrow.

The third and final meeting of the G20 Anti-Corruption Working Group (ACWG) under India's Presidency is being held from August 9-11, 2023 in Kolkata. Over 154 delegates from G20 Members, 10 invitee countries, and various international organizations are attending the meeting.

It will be followed by the G20 Anti-Corruption Ministerial Meeting tomorrow, which will be chaired by the minister.

Minister Jitendra Singh recalled that it was Prime Minister Narendra Modi, who had presented a nine-point programme to take action against fugitive economic offenders during his address at the G20 Summit in Buenos, Argentina.

Mr Singh added that PM Modi highlighted the importance of cooperation in legal processes such as effective freezing of the proceeds of crime, early return of the offenders and efficient repatriation of the proceeds of crime.

"Economic offences have been a problem faced by many, especially when the offenders flee from the jurisdiction of the country and all countries are on the same page as far extradition of fugitive economic offenders and recovery of assets is concerned, but different laws of the member



states pose a problem in this regard."

He said a consensus is already in the offing for collective and joint action to deal with this menace and the deployment of sophisticated technologies was also being explored to tackle the problem.

Referring to a series of G20 meetings in various parts of the country including Jammu and Kashmir, North-East, Union Territories and tourist hotspots, Jitendra Singh said, it gave India the opportunity to showcase not only its prowess in various sectors but also demonstrated the varied culture and diversity of India.

Iran, US Agree On Prisoner Swap, Release Of Billions In Seized Funds

Agencies

The US and Iran have agreed to a prisoner exchange, which will also see Washington release at least \$6 billion of Iranian assets seized in South Korea, Reuters reported on 11 August.

Sources speaking with Reuters said that in the first step of the agreement, Iran had moved four US-Iranian citizens from prison and is now holding them on house arrest in preparation for their eventual release. A fifth US citizen set to be released was already under house arrest.

The number of Iranian citizens imprisoned in the US, which will be released, was not announced.

A statement from the Iranian foreign ministry announced that the release of "a number of innocent Iranian prisoners who have been illegally arrested and imprisoned in this country over the past years under false accusations of circumventing the cruel American sanctions" will take place soon.

The ministry stated further that "The process of releasing billions of dollars from the assets of the Islamic Republic of Iran, which were illegally seized in South Korea by the United States for several years, has begun. Iran has received the necessary guarantee for America's adherence to its obligations in this regard."

The US-Iranian citizens allowed to leave the prison include businessmen Siamak Namazi, 51, Emad Shargi, 58,



and Morad Tahbaz, 67. Iran arrested all three on espionage-related charges. The identity of the two remaining US citizens was not announced.

The five Americans will be allowed to leave Iran after \$6 billion of Iranian funds in South Korea are unfrozen, a source told Reuters. However, state-run outlet IRNA on Friday reported that Tehran had secured the release of \$10 billion illegally held by Seoul.

The semi-official Tasnim news agency said the funds were first to be converted from South Korean currency into Euros and then sent to an account in Qatar that Iran could access.

According to another source speaking with Reuters, the funds would remain in accounts restricted by US sanctions and could only be used for humanitarian purposes such as buying food or medicine.

US Secretary of State Antony Blinken said the deal does not involve sanctions relief. "We will continue to enforce all of our sanctions. We will continue to push back resolutely against Iran's destabilizing activities in the region and beyond... None of these efforts take away from that," Blinken said.

Isis Ambush Kills 23 Syrian Soldiers In US-Occupied Region

Agencies

At least 23 Syrian soldiers were killed during an ISIS attack on a military bus near the eastern city of Deir Ezzor on 11 August, Syrian media reported.

"A number of soldiers were killed, and others were injured, as a result of the terrorist attack targeting their bus south-east of Deir Ezzor," state-run news outlet SANA reported.

According to the opposition-linked Syrian Observatory for Human Rights (SOHR), more

Syria by the Syrian army in alliance with Iran and Russia, the extremist group continues to operate in small pockets across the Badia desert region and other areas.

Thursday's attack is the latest following a surge in militant activity recently.

On 9 August, Syrian TV reporter Firas al-Ahmad and three members of the Syrian army were killed when an explosive device planted by militants detonated as the group's convoy traveled in Al-Shayyah in the Deraa countryside south



than 10 soldiers were injured during the attack. The death toll is likely to increase, SOHR said, adding that the fate of many is unknown following the attack.

Syrian troops were deployed heavily across Deir Ezzor following the attack.

Despite the defeat of ISIS in

of the country.

Deraa has witnessed ongoing chaos since the demobilization of opposition groups and the signing of Russian-sponsored reconciliation agreements two years ago, with numerous bombings, armed clashes, ambushes, and targeted assassinations taking place across the region.

NEWS MAKERS

Nawaz Sharif will return to Pakistan in September: Prime Minister Shehbaz Sharif

Press Trust of India

ISLAMABAD: Pakistan's outgoing Prime Minister Shehbaz Sharif has said that his brother and former premier Nawaz Sharif will return to Pakistan next month to face his pending court cases and lead the party's campaign for the general election.

Nawaz Sharif, 73, has been living in self-imposed exile in the UK since November 2019. He was convicted in the Al-Azizia Mills and Avenfield corruption cases in 2018.

He was serving a seven-year imprisonment at Lahore's Kot Lakhpat jail in the Al-Azizia Mills case before he was allowed to proceed to London in 2019 on "medical grounds".

In an interview with Geo News on Thursday, Shehbaz



Sharif, 71, said he would travel to London to meet his elder brother Nawaz Sharif as soon as the caretaker government took charge in the country.

Shehbaz Sharif reiterated that his elder brother would be Pakistan's prime minister for the fourth time if the Pakistan Muslim League-Nawaz (PML-N) won the next election to be held later this year.

His statement came as the process to appoint caretaker setup formally kicked off with the dissolution of the National Assembly

on Wednesday, three days ahead of the mandated period. "Nawaz Sharif will come back to Pakistan next month and will face the law and lead the election campaign," the incumbent prime minister said without giving the exact date of Nawaz Sharif's return.

In 2016, Nawaz Sharif stepped down as the prime minister after the Supreme Court disqualified him for life for concealing assets.

His appeals against the conviction are currently pending in the relevant courts.

"He (Nawaz Sharif) will neither wear a hat nor a bucket," Shehbaz Sharif said while taking a thinly veiled jibe at Pakistan Tehreek-e-Insaf (PTI) chief Imran Khan who dons a bulletproof helmet while appearing for court hearings.

Railway Cop Who Shot Dead 4 Sent To Jail, Narco Test Denied

Press Trust of India

MUMBAI: A Mumbai court on Friday remanded Railway Protection Force (RPF) constable Chetan Singh in 14-day judicial custody for allegedly shooting dead his senior colleague and three passengers on a moving train in Maharashtra recently.

Singh was produced before a magistrate court in suburban Borivali on Friday at the end of his previous remand.

The court remanded him judicial custody as no further remand was sought by the Government Railway Police (GRP), which is probing the case.

In a related development, the court denied permission to the probe agency to perform brain mapping, polygraph and narco analysis tests on Singh.

The GRP had sought consent for the tests, saying the matter was very serious and a thorough investigation was needed. The incident took place on July 31 on board the moving Jaipur-Mumbai Central Express near Palghar railway station in Maharashtra. Singh (34) allegedly shot dead his senior - RPF Assistant Sub-Inspector Tikaram Meena - and three passengers on board the train, officials said.



Rajasthan Congress MLA Forces Dalit Man To Lick His Shoe; FIR Filed

Press Trust of India

JAIPUR: An FIR has been registered against Congress MLA Gopal Meena and five police officers after the politician allegedly forced a Dalit man to lick his shoe and an officer urinated on him, police said on Friday.

The FIR was lodged on a court's direction after the victim accused the police of ignoring his complaint, added.

The Jamwa Ramgarh MLA, however, refuted the charges and said that fake allegations have been made against him due to a property-related dispute.

"It is a tactic to mount pressure on me. Some people want me to help them with illegal land encroachment. I do not know the man who registered this case," Meena said.

The complainant has alleged that Circle Officer Shivkumar



Bhardwaj urinated on him post the incident, which occurred on June 30 when the police picked him up while he was working on a farm and took him to a place where the MLA forced him to lick his shoe.

Jamwa Ramgarh SHO Sitaram Saini said the case was registered on July 27 and the matter was sent to CID (CB) for investigation.

He said that apart from the Circle Officer, the SHOs of four police stations have been named in the FIR.

Walking 4,000 Steps A Day Lowers Your Risk Of Dying: DAK

Observer News Service

SRINAGAR: Doctors Association Kashmir (DAK) on Friday said walking fewer steps a day significantly reduces a person's risk of early death.

"If you walk just 4,000 steps a day, you can substantially lower your risk of dying," said DAK President Dr Nisar ul Hassan. Dr Hassan said according to a large study published in European Journal of Preventive Cardiology on Wednesday walking 3,967 steps a day reduces the risk of death from any cause, while taking 2,337 steps a day can significantly decrease the risk of dying from cardiovascular disease.

For every additional 1000 steps a day, the risk of dying from any cause falls by 15%, while a 500 extra steps leads to a 7 per cent drop in the risk of death from cardiovascular disease. "That shows the more you walk, the greater the health benefits," he said.

Dr Hassan said researchers of the study found that adults 60 and older who walked between 6,000 and 10,000 steps a day saw a 42% reduction in risk of

early death, while people under 60 who walked between 7,000 and 13,000 steps a day had a 49% reduction in risk.

"This gives us to understand that health benefits are more if we start early," he said.

The DAK President said for years, it has been unclear how many minimum steps we should thrive for to start seeing health benefits.

"Studies on walking are many, but this one for the first time sets a prescription dose for lifestyle correction," he said.

Dr Nisar said the study recommendation suits our population. Most Kashmiris are not up to extreme physical exercises. These fewer steps are doable for all.

He said the message of the study is loud and clear. Walk more and sit less.

Physical activity is good for health and sedentary lifestyle invites huge lot of health issues.

"As per World Health Organization (WHO) data, insufficient physical activity is the fourth most frequent cause of death in the world, with 3.2 million deaths a year related to physical inactivity," he added.

24 Soldiers Died In Ceasefire Violations By Pak In 2020: GoI



Press Trust Of India

NEW DELHI: There were 24 "fatal casualties of soldiers" in 2020 due to ceasefire violations from the Pakistan side, the government informed the Parliament on Friday.

Minister of State for Defence Ajay Bhatt said this in response to a query in the Lok Sabha. Ever since the Director General of Military Operations understanding came into existence in February 2021, there have been "just three incidents of ceasefire violations and no incident of shelling along the Line of Control". However, our troops remain prepared for all such eventualities, he said.

Bhatt was asked about the number of civilians and soldiers killed due to shelling from the Pakistan side in border areas of the country till date during the last three years.

In his response, he also shared a tabulated data, mentioning two columns "fatal casualties of soldiers" and "casualties of civilians".

"There were 24 fatal casualties of soldiers in 2020 due to ceasefire violations, while there were 22 casualties of civilians," according to the data shared. In 2021, there were four "fatal casualties of soldiers", as

per the data.

"Appropriate retaliation to the ceasefire violations, as required, has been carried out by security forces. In addition, all violations of ceasefire are taken up with Pakistan authorities at the appropriate level through the established mechanism of hotlines, flag meetings as well as weekly talks between the Directorate Generals of Military Operations of the two countries," Bhatt said in his response.

"Diplomatically, India has repeatedly emphasised at the highest level, the need for Pakistan to uphold the sanctity of the Line of Control (LC) and the international Border as its obligations emanating from the understanding in vogue," the minister said. In a separate response to another query, the MoS said Indian Army troops are sent to other countries to maintain peace under the United Nations Plan, and "159 soldiers have been killed in various countries while performing duty under the UN Peacekeeping Missions".

Sixty-eight soldiers were killed in the United Nations Operation in the Congo & United Nations Organization Stabilization Mission in the Democratic Republic of the Congo (ONUC & MONUSCO) Mission, according to the data shared by him.

National Highway Engine Of Economic Growth In J&K: CS



Asks Admin To Ensure No Unnecessary Halts On Valley Highways During Convoy Movement

Observer News Service

SRINAGAR: Chief Secretary, Dr Arun Kumar Mehta, while reviewing the progress of different highways taken up under Prime Minister Development Program (PMDP) today remarked that the traffic authorities should make preparations well ahead of the fruit season to ensure smooth flow of trucks on Jmu-Sgr National Highway, particularly those carrying perishable fruit consignments.

In addition to the Principal Secretary, PWD, the meeting was attended by Principal Secretary, Forest; Principal Secretary, PDD; Divisional Commissioners; concerned Deputy Commissioners; representatives from NHAI, NHIDCL, BRO, and many other concerned officers.

Speaking on the occasion, the Chief Secretary stressed upon the executing agencies to complete all these road projects providing interconnectivity to different regions in the

stipulated timeframe. He enjoined upon them that the significance of these roads is very high as the UT, due to its hilly terrain, has hardly any alternative roads to link various parts.

He directed the concerned authorities to strictly stick to the timeline of completing these road projects. He made out that these projects make significant contribution towards the economic upliftment of various parts. All the officers including the Deputy Commissioners should take keen interest in seeing them completed on time.

Regarding the Jammu Ring Road project he asked the concerned Divisional Administration to take early measures for dedicating to public the completed portion of the road from Raya Morh (Samba) to Nagrota (Jammu). He also asked them to renovate the significant Tarnah Bridge at Kathua in shortest timeframe.

Regarding the Ring Road Srinagar the Chief Secretary asked the authorities to ensure that the 20 kms stretch under phase-I is dedicated to public by November this year. He told the concerned Deputy Commissioners of Pulwama and Budgam to look into the aspect of Ribbon development of this road in

their areas for generating economic activities optimally.

As far as the Jammu-Akhnoor Road is concerned the Chief Secretary asked for completing it in all aspects and dedicating it for the use of general public. He made out that this road is going to play a vital role in bringing this circuit on the tourism map of J&K and increase the footfall to this location.

Dr Mehta while taking review of the Srinagar-Jammu National Highway stressed on the executing agencies to work for completing all the tunnels especially T3, T5 and other viaducts on time. He observed that the travel time has got considerably reduced on this road yet the remaining projects between the Ramban-Banihal stretch needs to be made more reliable.

The Chief Secretary reviewed the progress of the construction of four-laning of Ramban flyover and completion of Banihal Bypass. He also took stock of the under-construction bridge at Qazigund, Railway Over-Bridge at Anantnag and Lasjan flyover.

He fixed the timelines for completion of each of these Road projects and directed for not to extend these beyond the agreed timelines.

Ahead Of I-Day, Police Review Security For Vaishno Devi Shrine

Press Trust Of India

JAMMU: Ahead of Independence Day, the security arrangements were reviewed for the Mata Vaishno Devi shrine atop Trikuta hills in Jammu and Kashmir's Reasi district on Friday, a police spokesman said.

Deputy Inspector General of Police, Udhampur-Reasi range, Mohd Suleman Choudhary conducted the security review meeting in Reasi, and also discussed the Independence Day celebrations and the upcoming Kausar Nag Yatra, the spokesman said.

He also called for a "pro-active approach and the highest level of alertness" to contain any attempt to revive militancy in the district.

The meeting was attended by Reasi Senior Superintendent of Police Amit Gupta and other senior officers of police, CRPF and intelligence agencies, the spokesman said. It re-



viewed the security drill of vital installations, especially the Vaishno Devi shrine and safety and security of pilgrims.

The DIG directed the police to conduct joint security drills with Central Armed Police Forces for security of the shrine besides stressing upon verification of migrants and around Katra town - the base camp for the pilgrims visiting the shrine.

He also asked for verification of pony porters, checking of the hotels and residential

accommodations to check the entry of any suspicious element in the area, the spokesman said.

The SSP also spoke about various security arrangements in place for the peaceful conduct of Independence Day events, upcoming Kausar Nag Yatra and the famous shrine at the meeting.

Security has been further strengthened across Jammu and Kashmir to thwart any attempt by terrorists to disrupt programmes on August 15.

Visually Impaired Girl From Pulwama Teaches Computers

Press Trust Of India

LETHPORA : A visually impaired girl from Jammu and Kashmir's Pulwama district is teaching people how to use mobile phones, computers and laptops after learning it herself from social media and using talking software.

Tehzeeba Hilal, a class 12th student at a school in Awantipora area of Pulwama district, claims that she has trained 88 persons through Zoom and Google Meet platforms on how to use electronic gadgets but her own quest for knowledge was a tough one.

"When I went to a school to get enrolled, I was told that I cannot study there. They said

have trained 88 students. The students are not only locals but also from other parts of the country and abroad, including Pakistan as well," she added.

The girl further said that she had to face a lot of challenges in terms of studies as well as mobility.

"Although my family is against me using the cane for moving around, I am trying to convince them that I will have to use it so that others who do not have the same support system like mine will be able to take up the cane in the pursuit of their goals. The cane is our identity which can warn the able bodied people about us," she added.

Tehzeeba's aim is to become an IAS officer and serve the



facilities were not there for me as I was a child with special needs. Then my father took me to a school for special children and I studied there till 4th class," Tehzeeba said.

"From there I went to another school for special children in Anantnag where I took the exams of 4th, 5th and 6th class in one month. I studied there till 7th and also took training in abacus, tailor frame and Braille," she added.

The burqa-clad girl, who was recently felicitated by the education department, gave a demonstration for the students on how visually impaired people can use the gadgets.

"I learned to operate mobiles, laptops and computers on my own by accessing information on YouTube or using the talking software. Then I started teaching other students how to use these things through Zoom and Google Meet platforms. These days, the classes are not being held as I am preparing for 12th class board examination," Tehzeeba said.

"In the two sessions which I have conducted till last year, I

people of the country. "Especially the disabled community, be it orthopedic, deaf and mute or visually impaired like me," she said.

Abdul Qayoom, the Chief Education Officer of Pulwama district, said Tehzeeba is very gifted and the society needs to encourage such children.

"She is not just marvelous but miraculous the way she has honed her talent. She not only uses a computer but even delivered a complete lesson to the students in front of us. These kind students need to be identified and deserve to be given special attention. There might be more such students," he said.

Qayoom said the girl has highlighted the problems she faced in pursuit of her education.

"As we know, society generally remains negative towards such kids. She mentioned that she did not get the cooperation from the school or the Board of School Education to the level she had expected. I regret that we could not provide them the necessary care and her talent has only underlined the need for care of these students," he added.

IUST Commissions STP Facility In The Campus

Observer News Service

AWANTIPORA: Professor Shakil Ahmad Romshoo, Vice Chancellor of the Islamic University of Science and Technology, inaugurated the campus sewage treatment facility Friday in the presence of various university officers.

The state-of-the-art sewage treatment facility has a

treatment capacity of 100 KLD and has been constructed at a cost of about 75 lakhs to address wastewater treatment across the campus, including hostels accommodating students and scholars.

This facility will safeguard local water resources, including the Jhelum River, from pollution.

The quality of the treated water meets drinking

water standards and will be utilized for irrigation of university gardens and parks, general cleaning, and other purposes.

As a result, this will help reduce the demand for freshwater sources on campus. This significant pollution control measure underscores the university's commitment to sanitation and the sustainable utilization

of dwindling water resources. Notably, IUST has implemented rooftop water harvesting mechanisms for all campus buildings.

Professor Shakil Ahmad Romshoo praised the Engineering Wing for completing the project on time and reaffirmed IUST's dedication to environmental protection, cleanliness, and water conservation.

Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER MECHANICAL HOSPITAL AND CENTRAL HEATING DIVISION SRINAGAR

-----Telefax:- 0194-2496089, Email ID:- xenmhchdk@yahoo.in-----

Subject: 1. Repairing of washing machine and replacement of damaged parts of different washing machine of Laundry at Govt LD Hospital Srinagar
2. Hydrostatic testing of old steam boiler in laundry section at Govt LD Hospital Srinagar
3. Repairs cum upgradation of nitrous oxide panel at Govt LD Hospital Srinagar
4. Repairs to electrical panel of AHU (Modular OT) at Govt LD Hospital Srinagar

Ref:- This office e-NIT No: MHCHD/TS/2023-24/36/e-tendering, Dated: 28.06.2023

CANCELLATION

In view of minimum number of bidders not qualifying for opening of Cover 2nd, the above referred e-NIT(s) stands cancelled and shall be invited afresh shortly.

No: MHCHD/TS/4085-88,
Dated: 11-08-2023

DIPK-6897-23
DT: 11/08/2023

Sd/-
Executive Engineer,
MHCHD, Srinagar

GOVT. OF JAMMU AND KASHMIR

DISTRICT EMPLOYMENT AND COUNSELLING CENTRE SRINAGAR

Mantoo House, Post office Innc, Balthugh Srinagar Kashmir
(Tele/Fax: 0194-230521) E-mail: deandcesgr@gmail.com

Invites Applications for Free Skill Development courses

Courses Available:

- HOUSE KEEPING (3 MONTHS)
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Eligibility: 10th or above

Monthly stipend of Rs 1000/- per month will be given to the selected candidates through DBT Mode

The filled in application form should reach to the office of the Deputy Director, District Employment And Counselling Centre Srinagar by or before 20th of August 2023 (4 PM) along with self attested photocopies of date of birth certificate, Educational qualifications and domicile

For registration click the below link or scan the code
<https://forms.gle/VxUyLkcuKCLW7n5V7>

For further details contact:
deandcesgr@gmail.com
7006796665

J&K's Transformative Journey

Arvind Bhat

“The curtains rise on a new era as Jammu and Kashmir fully embraces e-governance, bidding adieu to the cumbersome practice of the costly Darbar Move that annually drained around Rs 400 crore from the exchequer”

IN the wake of momentous changes that followed the reorganization of Jammu and Kashmir into a Union Territory, a dynamic transformation has unfolded across various spheres of development. This metamorphosis, aptly depicted in the Nriyā Natika titled "Yug Parivartan-Badalta Jammu Kashmir," orchestrated by the Information Technology Department, J&K, and the Jammu and Kashmir Academy of Art, Culture, and Languages, sheds light on the monumental shifts that have transpired over the past four years.

The curtains rise on a new era as Jammu and Kashmir fully embraces e-governance, bidding adieu to the cumbersome practice of the costly Darbar Move that annually drained around Rs 400 crore from the exchequer. This transition is emblematic of the UT's commitment to streamlining administrative processes and harnessing technological advancements for greater efficiency.

A pivotal milestone is marked by the establishment of a dedicated Registration Department, overseeing the digitized process of land and property registration. With the advent of digitalization, the UT has ushered in an era of convenience, rendering over 600 services accessible online and obviating the need for cumbersome paperwork.

Unveiling a true embodiment of grassroots democracy, the Block Development Council elections have breathed new life into local governance, empowering communities and fostering a deeper sense of participation and representation.

The visionary "Back To Village" program has carried the administration's presence to the doorsteps of the people, creating an invaluable bridge between policymakers and the realities of the ground. This pioneering initiative has paved the way for more tailored and impactful development strategies.

Addressing historical injustices, Jammu and Kashmir has extended



“The ambitious Prime Minister's Development Package has expedited developmental projects, with an impressive tally of 32 completed projects by May 2023, a stark contrast to the 7 achieved by June 2018.”

domicile status to marginalized communities, including displaced persons, Valmiki, and children of women married outside the region, effectively dismantling decades of discrimination and exclusion.

The ambitious Prime Minister's Development Package has expedited developmental projects, with an impressive tally of 32 completed projects by May 2023, a stark contrast to the 7 achieved by June 2018.

The thrust towards enhancing hydroelectric power generation is underscored by the augmentation of capacity, set to reach a formidable 3050 MW by 2025-26.

In tandem, the UT has achieved a substantial surge in power transmission capacity, bolstered by the addition of 4020 MVA capacity between April 2019 and March 2023.

Infrastructure development has forged ahead with the connection of

2096 habitations and the construction of 244 bridges, reaffirming Jammu and Kashmir's commitment to spurring economic growth.

Travel dynamics have been redefined, as the travel time between Srinagar and Jammu for Light Motor Vehicles has been significantly reduced from 7-12 hours to a mere 5.5 hours, enhancing regional connectivity and accessibility.

A testament to the commitment towards equitable access to essential services, the current fiscal year (2023-24) promises functional household tap connections for all 18.67 lakh rural households.

The economic horizon of Jammu and Kashmir has been invigorated by a surge in industrial growth, substantiated by an impressive influx of investment proposals totaling a staggering 73,376 Crores.

As a trailblazer in social welfare, the UT unveiled the groundbreaking

Universal Health Insurance Scheme, bestowing families with up to Rs 5 lakh health coverage, making Jammu and Kashmir the vanguard of inclusive healthcare.

In the backdrop of these transformative accomplishments, Jammu and Kashmir stands poised on the cusp of a new dawn, propelled by visionary leadership, strategic policy shifts, and an unwavering commitment to progress. The Nriyā Natika "Yug Parivartan-Badalta Jammu Kashmir" serves as an evocative testament to this evolution, weaving a narrative of hope, resilience, and a brighter future for the people of the region.

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

Rupee And The Cost Of Capital

Akhilesh Tilotia

AN important component of the cost of capital for any domestic project which relies on external financing, whether debt or equity, is the change in exchange rate. To a foreign investor investing in a domestic project, the significant return is what they can repatriate in their currency. The exchange rate, expected in the future when repatriation is planned, plays a very crucial role in determining the expected rate of return. A foreign investor will want to cover the expected depreciation in the value of the local currency when formulating their cost of capital.

Understanding the average depreciation...

Knowing what the future exchange rate will be is difficult, especially when the hedge market is broken. For emerging market economies, exchange rate hedges are liquid and competitive largely in short tenures, like a year or so. For investors with a long-term horizon, the ability to hedge currency rate risks over a long period of time may simply not exist. Long-term investors may invariably end up taking unhedged currency risks on an emerging market investment. It is possible to roll over short-term hedges over multiple periods but typically, that is uneconomic.

Since the future is unknown, one typically looks at the past for guidance. Investors assess the realised depreciation of a currency over rolling, long periods of time. Understanding these changes in exchange rates over multiple cycles offers a reasonable estimate of the annual rate of change between them (appreciation or depreciation).

The realised annual rate of change between currencies offers a good starting point for investors to consider what premium to associate with the currency when calculating the cost of capital. For example, if a currency has reasonably consistently seen say, a 4% depreciation every year, and if the past is assumed to be a reasonable representation of the future, an investor would add 4% premium to the cost of capital in that currency.

...and the volatility of the change

While the realised depreciation represents the outcome that we see on a particular date, it should rightly be seen as one of the many outcomes that were possible. Since the future is suffused with uncertainty, investors typically do not like to take a single point estimate of the future. A range of



“Since the future is unknown, one typically looks at the past for guidance. Investors assess the realised depreciation of a currency over rolling, long periods of time. Understanding these changes in exchange rates over multiple cycles offers a reasonable estimate of the annual rate of change between them (appreciation or depreciation).”

outcomes is considered. The best way to estimate what the range of outcomes can be is to understand the volatility in the movement of the currency. The more volatile the currency, the more is possible that the realised outcome in the future can be significantly different from the average assumed. As an investor, the expected return needs to consider the close-to-worst possible outcome.

Currency volatility is measured by the standard deviation (also called sigma) of the changes in the exchange rates. Knowing the sigma, a range of outcomes can be forecast. Without being too technical, it is sufficient to say that a three-sigma range is expected to cover 99.7% of the possible fu-

ture outcomes (assuming a normal distribution). A currency with an average 4% depreciation per year coupled with 10% volatility has a three-sigma range of outcomes represented by 2.8-5.2% of annual depreciation every year. (The maths is: $4\% \pm 3 \times [10\% \text{ of } 4\%]$).

The foreign investor would hence add a premium of 5.2% to the cost of capital for that currency, instead of the 4% average expected depreciation, an increase in cost of capital of 120 bps.

The investor is now more confident of having protected the close-to-worst outcome possible, even though it raises the cost of capital for the recipient. The foreign exchange risk (premium)

component is hence composed of two parts—the expected depreciation and the volatility of the expected depreciation. If a currency is more volatile, its cost of capital rises and vice versa.

Structural factors can change the relative trajectory of exchange rates, impacting both average depreciation and volatility. In a recent article in this paper ("Decoupled from the US", bit.ly/3DcuN5D), it was noted that the relative inflation differential between India and the US has narrowed, leading to lower yield differentials between the two countries. This is largely attributed to a significantly better inflation management in India compared to the US, especially post India's implementation of the flexible inflation targeting regime of $4\% \pm 2\%$. The yield difference between the 10-year sovereign bonds of India and the US is now at all-time lows of -3.2% .

Seeing lower depreciation and volatility

India's relatively better performance on inflation management has meant that its rate of depreciation against the dollar has been low and falling. More pertinent, the realised volatility of the rupee vis-à-vis the dollar is now at decadal lows.

The rupee structurally moved from a 4.0% depreciation with a sigma of 7.6% (as observed in the three-year period between July 2013 and June 2016) to a 2.8% depreciation with a sigma of 5% (as observed between July 2016 and now). This change means that the third standard deviation from the mean moved from 4.9% to 3.2% over these time periods, a reduction of ~ 170 bps on an annualised basis.

Lower depreciation coupled with lower volatility, if sustained, can bring down the required risk premium that foreign investors charge on Indian investments. Savings on the lower cost of capital can be material. Such reduced costs of capital can be attributed to the deft management of the external value of the rupee. The central bank, through the course of the last couple of years, has managed its large stockpile of foreign reserves counter-cyclically to dampen the volatility. The RBI has consistently maintained its mantra on foreign exchange: to "not target a level but manage volatility".

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 Financial Express

Education in the Age of Artificial Intelligence: Preparing Students for a Changing World

Shahid Qureshi

The rapid advancements in artificial intelligence (AI) have sparked a transformative shift in various sectors, including education. As AI technologies continue to evolve, it is crucial to explore the implications and opportunities they bring to the realm of education, examine the challenges and possibilities of education in the age of AI and highlight the need to prepare students for a changing world.

AI has the potential to revolutionize education by enhancing personalized learning, automating administrative tasks, and providing intelligent tutoring systems. Adaptive learning platforms powered by AI algorithms can analyze individual student data and tailor instructional content to their unique needs and learning styles. This personalized approach can significantly improve student engagement, achievement, and overall educational outcomes.

As AI technology continues to advance, there is a growing concern about the potential impact on the job market. Automation may lead to the displacement of certain jobs, while simultaneously creating new opportunities. It has become all the more easier to develop robots that specialise in narrower niche replacing thousands of human workers. These special purpose robotic devices will find application in almost every field conceivable. Some proportion of human abilities may become redundant in the face of automation outperforming humans in speed, accuracy and reliability. To address this, education must adapt to



equip students with the skills and competencies necessary for the evolving job landscape.

This includes fostering critical thinking, creativity, problem-solving, collaboration, and adaptability - skills that are less likely to be automated.

Incorporating AI into education also raises ethical considerations. Privacy, data security, and algorithmic bias are important aspects that need to be addressed to ensure responsible AI use. Educators and policymakers must estab-

lish guidelines and regulations to protect student data, promote transparency in AI algorithms, and prevent discriminatory practices.

Additionally, teaching students about ethical AI use and the potential social impact of AI is crucial in developing responsible AI users and creators.

Contrary to the fear of AI replacing teachers, its integration in education can actually enhance the teacher-student relationship. By automating routine administrative tasks, teachers can devote

more time to individualized instruction, mentoring, and providing emotional support to students.

AI can assist teachers in identifying areas where students may struggle, providing real-time feedback, and recommending appropriate learning resources. This collaboration between teachers and AI can create a more personalized and effective learning experience.

To fully harness the potential of AI in education, it is essential to prioritize digital literacy and AI education. Students

need to develop a solid understanding of AI concepts, its capabilities, limitations, and ethical considerations. Integrating AI-related topics into the curriculum can help students become informed consumers and critical thinkers in a technology-driven society. Additionally, providing opportunities for hands-on experiences with AI technologies can inspire students to pursue careers in AI and contribute to its development.

In the age of AI, the ability to adapt, learn continuously, and acquire new skills becomes paramount. Education should emphasize the cultivation of a growth mindset and a passion for lifelong learning. Students need to be equipped with the skills to learn independently, critically evaluate information, and adapt to technological advancements throughout their lives. This includes promoting self-directed learning, problem-solving, and fostering a curiosity-driven mindset.

The integration of AI in education presents both challenges and opportunities. By harnessing the potential of AI, education can become more personalized, adaptive, and effective. However, it is crucial to address ethical considerations, prioritize digital literacy, and ensure that education prepares students for the changing job landscape. By embracing a forward-thinking approach, educators can empower students to thrive in an AI-driven world, fostering a generation of lifelong learners, critical thinkers, and responsible users of AI.

The author is an educator by profession. shahidlangate@gmail.com

“Five Times? A Day? !”: How to Encourage Kids to Pray Salah

Amaliah

As one of the five pillars of Islam, Salah is an essential component to the daily lives of Muslims across the globe. Praying five times a day grants us the tranquillity of worship and a quiet time between ourselves and Allah.

Introducing Salah to young children in Muslim households is proving to be more complex than expected for many families. Educating children on the importance of praying consistently can be challenging because well... they're kids. Perhaps they would prefer watching another episode of their favourite show or believe they'll simply do it later, only to forget eventually. This is a relatable experience for all Muslims, as we ourselves have been through it in our own childhoods. So how can we help young children begin their Salah journey in a joyful manner?

Below is a list of five top tips from Muslim women in the UK offering valuable advice on introducing Salah to children of all ages. These tips are tried and tested and can be incredibly helpful for your child(ren), younger siblings, nieces, nephews, or any mini Muslims in your life.

TIP #1: Lead by example

Mariam B. from London has five children under the age of 13 who are at varying stages of learning how to pray. Her number one tip on encouraging children to pray is, “Before you expect your children to begin to pray independently, it is vital they see with their own eyes how you begin Salah. Showing them how you perform wudhu and letting them watch you pray is a great way to familiarise them with Salah.” Let them see in practice what you are preaching.

TIP #2: Establish a pattern before and after Salah

Ayaan R. aged 22 has three younger siblings and likes to step in when they have questions about Islam which includes Salah. “One thing I've learned is that children tend to like routine even if they don't admit it. My little brother and sisters aren't old enough to pray yet but they're already so fascinated Masha'Allah, bombarding me with



questions right after I finish reciting Tasleem.”

Ayaan shares how she has developed a routine before and after Salah which she demonstrates to her siblings. “Before Salah, I wear the exact same abaya and hijab to pray in. Then after Salah, I tune in to British Muslim TV or Islam Channel to watch an episode of whatever is on which is something we can do as a family. This way, it establishes a routine which we can then stick to. Now my siblings know my routine better than I do which will help them when they begin to pray, insha'Allah.”

TIP #3: Pray together

Sumera Ali, who hails from a big family all living under one roof in Birmingham, discloses her favourite tip on introducing Salah to young children. “In our loud chaotic house, we can barely hear ourselves speak. We raise the Adhan to full volume so the sound travels and everyone knows exactly when it's time to pray. One thing that has been instilled in our family is praying together in one room at the same time. Not a lot of families do this but

it's a great way to introduce the concept of Salah. The kids are at the back so they can just watch and copy what the adults are doing even if they don't fully understand yet. Praying together brings unity and is Sunnah so children get to learn as they get older.”

Families that pray together, stay together.

TIP #4: Let them lead

Faduma I. aged 30 has a four year old daughter and has adopted a trick to educate her on Salah. “During Salah,

my daughter loves the call to prayer and immediately stops what she is doing when she hears it, Masha'Allah. One thing we love doing is that sometimes we let her lead our Salah even though she doesn't actually know how to pray yet. Giving a child a significant responsibility like leading the prayer makes them feel important and reinforces the notion that Salah is for everyone, not just the grownups.”

TIP #5: Use visual aids

Last but not the least, Helena M. a 41-year-old entrepreneur from Manchester reveals her favourite tip on introducing the concept of praying to young children. “I'm not going to lie, learning how to pray when I was a kid was hard. There were times I didn't feel like doing it which is something everyone goes through but the guilt of missing a Salah would cripple me. One thing I've learnt from being the auntie of a sea of nieces and nephews is that children are visual learners. Telling them when it's time to pray doesn't do much to help them learn. My advice is to make a visual chart with the five prayers listed: Fajr, Dhudhr, Asr, Maghrib and Isha. Whenever a prayer is completed, the children can mark it off like a calendar. This way, they can physically see their progress and feel the motivation to keep going. It also teaches them the name of each prayer, which one comes first, and how many Rakats each one has.”

These days, there are a variety of salah trackers available from Muslim businesses that aim to do just that, providing a convenient tool to track and encourage consistent prayer. Alternatively, you can engage the children by asking them to design and create their own personalised Salah charts, cultivating a sense of ownership and excitement about their prayer routine.

Introducing Salah to young children may be a challenge at first because it is something new that requires discipline and consistency. However, the use of visual learning, teaching by example, helping them establish a routine, praying side-by-side and giving them the chance to lead the prayer are all great ways to teach the basics until they are ready to pray independently.

NORTHERN RAILWAY
E-Tender Notice

Sr.DEN-III/FZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.ireps.gov.in with closing date 05.09.2023 up to 15:00 Hrs. Bidders will be able to submit their original/revised bids up to closing date and time only. Manual offers are not allowed against these tenders, and any such manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through only payment modes available on www.ireps.gov.in portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipts, FDR etc are not allowed. For more information logon to www.ireps.gov.in

Tender Type	Tendering Section	Bidding System	Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
Open	Works	Single Bid System	10.08.2023	22.08.2023	05.09.2023/15:00 Hrs

S.N. Tender No.

S.N.	Tender No.	Description	Advertised Value (Rs.)	Earnest Money	Validity of Offer	Period of Completion
1	155-2023-24-ADEN-II-ASR	Complete Track Renewal(P) by PQRS 8.00 Km from Km 463 to Km 471 (DN) & Compete Track Renewal (P) 4.00 Km from Km 509.00 to Km 511.00 UP & DN lines of existing track laid with 52 Kg rails on PSC-5 sleepers with M+7 density with proposed 60 Kg 90 UTS new rails on PSC-6 new wider base sleepers with M+8 density on JUC-ASR section under Sr. DEN-III/FZR	3,10,04,054.49/-	3,05,000/-	60 Days	06 Months
2	156-2023-24-ADEN-II-ASR	Complete Track Renewal(P) by PQRS 12.65 Km from Km 480.60 to 493.25 (UP) of existing track laid with 52 Kg rails on PSC-5 sleepers with M+7 density with proposed 60 Kg 90 UTS new rails on PSC-6 new wider base sleepers with M+8 density on JUC-ASR section under Sr.DEN-III/FZR.	3,16,97,713.42/-	3,08,500/-	60 Days	06 Months

Note1. Before bidding bidders to check for any corrigendum issued against tender
Tender Notice No: 155 & 156-2023-24-ADEN-II/ASR Date: 11.08.2023
2502/2023
Serving Customers With A Smile

People With Low Levels Of Vitamin K Have Less Healthy Lungs: Study

Press Trust Of India

According to a study published in ERJ Open Research, people with low levels of vitamin K in their blood are more likely to have impaired lung function and to suffer from asthma, chronic obstructive pulmonary disease (COPD), and wheezing.

Vitamin K is found in leafy green vegetables, vegetable oils and cereal grains. It plays a role in blood clotting, and so helps the body to heal wounds, but researchers know very little about its role in lung health.

Researchers say their new findings do not alter the current advice on vitamin K intake, but they do support further research to see if some people could benefit from taking vitamin K supplements.

The study was by team of Danish researchers at Copenhagen University Hospital and the University of Copenhagen. It involved a group of 4,092 people aged between 24 and 77 years living in Copenhagen.

Study participants took part in lung function testing, called spirometry, gave blood samples and answered questionnaires on their health and lifestyle. The blood tests included a marker of low levels of vitamin K in the body called dp-ucMGP. Spirometry measures the amount of air a person can breathe out in one second (forced expiratory volume or FEV1) and the total volume of air they can breathe in one forced breath (forced vital capacity or FVC).



capacity or FVC).

The researchers found that people with markers of low levels of vitamin K had lower FEV1 and lower FVC on average. People with lower levels of vitamin K were also more likely to say they had COPD, asthma or wheezing.

Researcher, Dr Torkil Jespersen said: "We already know that vitamin K has an important role in the blood and research is beginning to show that it's also important in heart and bone health, but there's been very little research looking at vitamin K and the lungs. To our knowledge, this is the first study on vitamin K and lung function in a large general population. Our results suggest that vitamin K could play a part in keeping our lungs healthy."

"On their own, our findings do not alter current recommendations for vitamin K intake, but they do suggest that we need more research on whether some people,

such as those with lung disease, could benefit from vitamin K supplementation." The research team are already working on a large clinical trial comparing vitamin K supplementation with a placebo (dummy pill) to look at any effects on heart and bone health in the general population (the Inter-Vitamin K trial). Based on their new results, they will now include analyses of lung function in this trial.

Dr Apostolos Bossios from Karolinska Institutet in Sweden is Secretary of the European Respiratory Society's assembly on Airway diseases, asthma, COPD, and chronic cough, and was not involved in the research. He said: "This study suggests that people with low levels of vitamin K in their blood may have poorer lung function. Further research will help us understand more about this link and see whether increasing vitamin K can improve lung function or not."

Government of Jammu & Kashmir
Office of the Executive Engineer, Trans. Line Maintt. Division -7,
JKPTCL Bemina, Srinagar-190010
Ph. No. 0194-3516481 e-mail: tlmtd7,jkptcl@gmail.com

EXTENSION NOTICE-I

Due to poor response, the last date for submission of bids in respect of e-NIT No. TLM-7/11 of 2023 dated: 31-07-2023 for Soil Investigation at different Tower Locations of ZAMTL (Sec-II) i.e 220kV D/C Alusteng- Mir Bazar Transmission line 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) is hereby extended with revised critical dates as under.

1	E-bids submission end date and time	17-08-2023 (14:00 Hrs)
2	Online techno commercial e-bid opening date and time	18-08-2023 (16:00 Hrs)

All other terms and conditions of e-NIT will remain same.

Sd/-
Executive Engineer
TLM-7 Srinagar

No. TLM-7/TS/1392-94
DIPK-NB-2549/23 Dated: 11: 08: 2023

Government of Jammu & Kashmir
Office Of The Executive Engineer Mechanical Hospital And Central Heating Division Srinagar
(Tele-fax No: 019-2496089, e-mail id: xenmhchd@yahoo.in)

Subject: - I. Servicing of Air Compressor (Kaeser make Sigma Control Basis) at out Feed Mill, Manasbal Safapora Ganderbal II. Repairs/ Replacement / Fitting & Testing of Compressor (CPC40) of Medical Air at Govt. L.D Hospital Srinagar
Ref: This office e- NIT no: MHCHD/TS /2023-24/67/e-tendering Dated 02.08.2023

EXTENSION

In view of poor/no response, the critical dates of above subject above referred e-NIT(s) are extended as follows:

S.No	Description	Date and Time
1.	Last Date of Bid Submission	16.08.2023 (12:00 hrs)
2.	Date of Bid Opening	16.08.2023 (15:00 hrs)

All other Terms and Conditions of the NIT shall remain the same.

Sd/-
Executive Engineer
MHCH Division Srinagar.

No. MHCHD/TS/ 4092-95, DIPK-6964/23 Dt: -11-08-2023

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

NOTICE INVITING E-TENDER
NIT No: 120 /EEP/RNB of 2023-24/7181-91 Dated:11 /08/2023

For and on behalf of the President of India, e-tenders are being invited on an item rate basis/percentage age basis (as applicable) from approved and eligible Contractors registered with the J&K Government, CPWD, Railways, and other State/Central Governments for the following works:

S.No	Name of Work	Adv. Cost (Rs. In Lacs)	Cost of T/Doc. (In Rupees)	EMD in shape of CDR/ FDR/ BG	Time of completion	M.H of Account	Class of Contractor	AAA No:
1.	Macadamisation of Pampore Pulwama road.	175.83	2600/-	2% of Adv cost	30 (Working Days)	C&T	Aay Class	25-SE/PS of 2023-24 Dated:10.08.2023

Position of AAA: Accorded Position of funds Available
The bidding documents, which would include qualifying information, eligibility criteria, specifications/drawings, a bill of quantities (B.O.Q), a set of contract terms and conditions, and other details, can be viewed/downloaded from the departmental website www.jktenders.gov.in on the dates listed below: -

1	Date of Issue of Tender Notice	11 /08/2023
2	Period of downloading of bidding documents	11 /08/2023 from 10.00 AM.
3	Bid submission Start Date	11 /08/2023 from 10.00 AM.
4	Bid Submission End Date	17 /08/2023 upto 4.00 PM.
5	Date & time of opening of Bids (Online)	18 /08/2023 at 11:00 AM in the office of Superintending Engineer R&B Circle Pul/Spn

1. Bids must be accompanied by a Treasury Challan (dated between the bid submission start date and the Bid Submission End date) deposited in M.H. 0059 in the name of Executive Engineer R&B Division Pulwama (tender inviting authority) as the cost of the tender document.

2. At the time of tendering, all bidders must upload earnest money/bid security equal to 2% of the Advertised Cost in the form of CDR/FDR/BG pledged to the tender receiving authority, i.e. Superintending Engineer R&B Circle Pul/Spn. The successful bidder will have to provide Performance Security @ 5% at the time of contract award, strictly in accordance with the Government's circular instructions from time to time. The earnest money/bid security of 2% will be released to the successful bidder only after the submission of a Performance Security of 5% of the total cost, which will be released after successful completion of the DLP/Maintenance Period.

All other terms and conditions shall be available in website www.jktenders.gov.in

Head Draftsman
DIPK-6938/23 dated: 11-08-2023

Technical Officer

Executive Engineer,
R&B Division Pulwama

Govt. Of Jammu & Kashmir (U.T.)
Office Of The Executive Engineer PWD(R&B) Division Vailoo

NOTICE INVITING TENDERS
NIT No.36/3471-80 of R&B/Vailoo /2023-2024/e-tendering/ DATED:10/08/2023

For and on behalf of the Lieutenant Governor of Union Territory J&K e-tenders (In Single cover system) are invited on %age basis from approved and eligible Contractors registered with J&K State Govt., CPWD, Railways and other State/Central Governments for the following works.

S.No	Name of Work	Est. Cost (Rs. In Lacs)	Cost of T/Doc.in form of Treasury challan/ Receipt (in Rs.)	Earnest Money (2% of Adv. Cost)(in Rs.)	Time of completion	Project Intending Department	Class of Contractor	Major Head of account
1	Construction of Dome shaped Gate of Town Hall Kokernag	3.713	200	7426	20 days	MC Kokernag	DEE Class	14th FC
2	Development of Lawn for town hall Kokernag	9.194	600	18388	30 days	MC Kokernag	CEE/DEE Class	Budgetary Support 14th FC
3	Construction of tiled path from shop of Javid Ahmad Bhat to gate of Municipal Committee Kokernag	5.010	300	10020	20 days	MC Kokernag	CEE/DEE Class	14th FC
4	Construction of tiled path from Manzoor Ahmad Wagay to Fayaz Ahmad Bhat at MC Kokernag	1.060	200	2120	20 days	MC Kokernag	DEE Class	14th FC

Position of AA-Accorded Position of TS-Accorded

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

1.	Date of Issue of Tender Notice	10.08.2023
2.	Period of Downloading of bidder documents.	From 10.08.2023 4.00 pm
3.	Bid submission Start Date	From 10.08.2023 4.00 pm
4.	Bid Submission End Date	To 19.08.2023 4.00 pm
5.	Date & time of opening of Bids (Online)	21.08.2023 at 10.30 A.M in the Office of the Executive Engineer R&B Division Vailoo

1. Bids must be accompanied with cost of Tender document in shape of Treasury Receipt/ challan in favour of Executive Engineer R&B Division vailoo (Head-0059) (tender receiving authority) and Earnest Money for 2% of Advertised Cost in shape of CDR/ FDR only. Pledged to Executive Engineer PWD (R&B) Division vailoo (tender receiving authority) (Name of work to be mentioned on the Treasury receipt/ challan) (Refer Govt. order No. A/ 24(2017)-65 DT: 07.06.2018 & Superintending Engineer R&B Circle Ang/Kul / No. 3867-70 dated: 04.08.2018 (The date of Treasury receipt / Challan should be between the date of start of bid end Bid submission End date) pledged to Executive Engineer PWD(R&B) Division Vailoo (Tendering Inviting Authority) . 5% Performance Security of the allotted cost in the shape of CDR/ FDR by the Successful bidder. Minimum of Two bids are necessary to decide L-1 bidder in case of Contractors.

2. The 1st Lowest Bidder has to produce an amount equal to 5% of allotted cost as performance Security in the shape of CDR/FDR within 07 days before fixation of contract and shall be released after successful completion of defective liability period of the work which is 12 months.

3. The EMD of 2% of successful bidders shall be released after receipt of 5% Performance Security.

4. Only those contractors are eligible for taking part in the bidding process whose contractor registration card is enrolled online on the JKPWDOMS portal.

5. The Advertised cost is inclusive of GST @18% and Contract Price is exclusive of GST.

6. Security Deposit shall be deposited by the contractor within 10 days of issuance of LOI, failing which the concerned tender issuing authority shall forfeit the EMD and recommend contractor for blacklisting and issue a fresh tender forthwith.

7. The contractor shall initiate the work within 10 days of entering into the agreement, failing which the undersigned shall terminate the contract and issue a fresh tender after imposing penalties viz forfeit security/LD as per T&C of the Bid document and recommend contractor for blacklisting.

8. The work shall be completed by the concerned contractor as per the timeline stipulated in the bid document/agreement, failing which action shall be initiated against contractor by forfeiting EMD and shall be recommended for blacklisting.

9. The date and time of opening of Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same Web Site in the Office of Executive Engineer R&B Division vailoo (tender receiving authority).

10. The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical bids

11. The earnest money shall be forfeited, if:-
a. Any bidder/ tenderer withdraws his bid/ tender during the period of bid validity or makes any modifications in the terms and conditions of the bid.
b. Failure of Successful bidder to furnish the required performance security within the specified time limit.
c. Failure of Successful bidder to execute the agreement within 28 days after fixation of contract.

12. Instruction to bidders regarding e-tendering process.
1.1 Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website www.jktenders.gov.in to acquaint bid submission process.
1.2 To participate in bidding process, bidders have to get 'Digital Signature Certificate (DSC)' as per Information Technology Act-2000. Bidders can get digital certificate from any approved Vendor.
1.3 The bidders have to submit their bids online in electronic format with digital Signature. No bid will be accepted in physical form.
1.4 Bids will be opened online as per time schedule mentioned in Para-1.
1.5 Bidders must ensure to upload scanned copies of all necessary documents including earnest Money and tender document fee in terms of soft copies with technical bid

The Earnest money in favour of unsuccessful / Non-responsive bidders shall be released only after ensuring submission of Tender document Fee in original.
Note: - Scan all the documents on 100 dpi with black and white option.

13. The department will not be responsible for delay in online submission due to any reasons.

14. Scanned copy of cost of tender document in shape of Treasury Receipt/ Challan in favour of Executive Engineer R&B Division Vailoo and Earnest Money for 2% of Advertised Cost in shape of CDR/ FDR only. Pledged to Executive Engineer PWD (R&B) Division vailoo (tender receiving authority) must be uploaded with the documents of the bid.

15. Bidders are advised not to make any change in BOQ (Bill of Quantities) contents. In no case they should attempt to create similar BOQ manually. The BOQ downloaded should be used for filling the item rate inclusive of all taxes and it should be saved with the same name as it contains.

16. Price escalation and Taxes:- The unit rates and prices shall be quoted by the bidder entirely in Indian Rupees and the rates quoted shall be deemed to include price escalation and all taxes upto completion of the work, unless otherwise specified. Deduction on account of taxes shall be made from the bills of the contractor on gross amount of the bill as per the rates prevailing at the time of recovery.

17. Bidders are advised to use "My Documents" area in their user on R&B e-Tendering portal to store such documents as are required.

18. In case of CRF and any other specified project, the relevant guidelines / standard bidding document shall be followed.

19. Instructions to Bidder (ITB)

1.1 All bidders shall upload the following information and documents along with qualification criteria / qualification information with their bids:-
a) All Bidders shall upload Treasury Receipt /Challan and Earnest money in the shape of CDR/FDR.
b) All Bidders shall upload Valid PAN Card, GSTIN Registration No. with latest GST Return (GSTR 3B), c) Registration Card with current Renewal side. The Registration card issued by the PWD (R&B) department shall only be renewed by the issuing department.
22 The intending bidders should write the name of work / serial No. of NIT and item No. on the Treasury receipt / challan while uploading their bids.
23 All bidders shall upload Verification Certificate from concerned Chief Engineer/ Superintending Engineer of Enlistment Registration card.
24 ALL the Bidders should upload the latest Renewal side of Registration cards.
25 All other terms conditions are as per PWD Form 25 (Double agreement Form)

Sd/-
Executive Engineer PWD(R&B)
Division Vailoo

DIPK-6888/23
DATED: 11-08-2023

Medical Exam NExT Exam Likely To Be Held In August 2025: Report

Agenceis

New Delhi: Discussions between the Health Ministry and NMC officials indicate that the National Exit Test (NExT) is likely to be held in August 2025 for the final year MBBS students of the 2020 batch, official sources said.

The National Medical Commission (NMC) in its NExT Regulations 2023 issued in June had stated the exam will be held in two phases - NExT Step 1 and NExT Step 2 - within 12 months.

NExT shall serve as a licentiate examination for medical graduates in India and determine the eligibility and ranking for admission to postgraduate medical education in the country. It will also be a screening exam for foreign medical graduates who want to practise in India.

Last month, the National Medical Commission deferred the exam for the final year MBBS students of the 2019 batch.

"Going by the deliberations being held between the health ministry and NMC officials, the NExT Step 1 is likely to be held in August 2025 for the final year MBBS students of the 2020 batch," an official source told Press Trust of India.

Around 65,000 students took admission in MBBS courses across the country in 2020. According to a data analysis by the

health ministry, of these, 62,000 students will be eligible to appear for the August exam in 2025.

Presently, there is no uniformity in the MBBS course completion period in the country because of which around 3,000 students will not be able to appear for the NExT part 1.

Sources said that NExT Step 2 will be held in February. Those who won't be able to appear in the August 2025 exam can appear in the February exam. Those who fail to clear NExT exam Step 1 or are not satisfied with their ranks can also appear in the February exam.

There will be just one counselling for admission to PG courses in a year. However, students can appear for medical PG counselling for the next session based on their NExT February exam.

According to the National Exit Test Regulations-2023, the NExT Step 2 results shall be declared as only "pass or fail" based on the acquisition of appropriate competence that is being evaluated.

The marks from NExT Step 2 will be considered to prepare a merit list for admission into broad speciality PG seats. The NExT Step 1 shall be a theory examination and the questions shall be one or more than one type of multiple-choice type with the examinations being conducted online.

"Looks Like A Warzone": Tourists Narrate Escape From Burning Hawaii

Agenceis

Kahului: Tourists fleeing Hawaii's deadly wildfire told Thursday how they had been trapped without food and power for days, but felt lucky to be escaping somewhere that "looks like a warzone."

Dozens of people perished when a fast-moving fire tore through the historic settlement of Lahaina, destroying hundred of buildings on Maui island.

Thousands of locals have been left homeless, and tourists have been urged to leave to free up resources and allow authorities to help those in desperate need.

Lorraina Peterson, 46, was honeymooning on the paradise island when the wildfire trapped her and hundreds of others in their hotel.

"We were stuck in our rooms for three days," she told AFP as she waited for a flight from the airport in Kahului.

"It was very scary because there was no light. We couldn't use our phones. We couldn't call family."

Peterson, from California, said the hotel had been using a backup generator, but then that failed.

The elevator stopped running and some people were stuck in-



side the elevator," she said.

Guests were finally evacuated to the airport when the hotel ran out of food, she said.

But she was not sure when she would be able to get home, with her flight booked for Saturday, and her husband in a long queue to try to change the tickets.

"I don't know if we'll be able to get a hotel room, or we'll have to sleep here on the floor," she said.

Tourists were taken to the airport in school buses, where they were met by volunteers distributing sandwiches and water. Canadian Brandon Wilson had trav-

elled to Hawaii with his wife to celebrate their 25th anniversary.

But two days after they arrived, the fires cut the power to their Airbnb. By Thursday morning they were running low on food and had no cash to buy groceries, so they decided to try to leave.

"As we drove through Lahaina it looked like a warzone," he told AFP.

"It really looks like somebody came along just bombed the whole town. It's completely devastated."

"It was really hard to see," he said, sobbing. "You feel so bad for people. They lost their homes, their lives, their livelihoods."

UT Introduces New School Uniform Lakshadweep MP Alleges Ban on Hijab

Agenceis

The Lakshadweep administration has introduced a new pattern of stitched school uniforms, including belts, ties, shoes, socks, etc., for children studying in its schools but its directive is silent on hijabs or scarves for girl students in the Muslim-majority Union Territory.

This has prompted Mohammed Faizal, who represents the islands in the Lok Sabha, to allege that there was a complete ban on scarves or hijabs for girls studying in schools under the Education department.

"There is no mention of scarf or hijab. This is a violation of a person's constitutional right. We will fight it politically and legally," Faizal told PTI over phone on Friday.

In a circular dated August 10 issued to the principals and headmasters of the schools under the Lakshadweep administration, the Education department said school children wearing uniform will ensure uniformity and also inculcate the spirit of discipline among students.

"Wearing items other than prescribed uniform pattern will affect the concept of uniformity among school children. To maintain discipline and uniform dress code in schools are responsibility of principals and head of schools," the circular said.

Faizal claimed a protest has erupted in the islands against the "autocratic decision" of the UT administration, and the students will boycott their classes till their rights are granted.



GOING BY THE DELIBERATIONS BEING HELD BETWEEN THE HEALTH MINISTRY AND NMC OFFICIALS, the NExT Step 1 is likely to be held in August 2025 for the final year MBBS students of the 2020 batch."

Virgin Galactic Launches Inaugural Space Tourism Flight, Fulfilling Long-Awaited Dreams

Agenceis

Virgin Galactic is taking its first space tourists on a long-delayed rocket ship ride, including a former British Olympian who bought his ticket 18 years ago and a mother-daughter duo from the Caribbean.

The rocket-powered plane was carried aloft Thursday morning from Spaceport America in the New Mexico desert.

The flight plan called for the plane to be released about an hour later and fire its rocket to reach the edge of space.

If all goes well, Richard Branson's company will begin offering monthly trips to customers on its winged space plane, joining Jeff Bezos' Blue Origin and Elon



Musk's SpaceX in the space tourism business.

Virgin Galactic passenger Jon Goodwin, who was among the first to buy a ticket in 2005, said he had faith that he would some-

day make the trip. The 80-year-old athlete he competed in canoeing in the 1972 Olympics has Parkinson's disease and wants to be an inspiration to others.

I hope it shows them that

these obstacles can be the start rather than the end to new adventures," he said in a statement.

Ticket prices were USD 200,000 when Goodwin signed up. The cost is now \$450,000. He was joined by sweepstakes winner Keisha Schahaff, 46, a health coach from Antigua, and her daughter, Anastatia Mayers, 18, a student at Scotland's University of Aberdeen. Also aboard the plane-launched craft, which glides to a space shuttle-like landing: two pilots and the company's astronaut trainer.

It will be Virgin Galactic's seventh trip to space since 2018, but the first with a ticket-holder. Branson, the company's founder, hopped on board for the first full-size crew ride in 2021.

Italian military and government researchers soared in June on the first commercial flight. About 800 people are currently on Virgin Galactic's waiting list, according to the company.

Virgin Galactic's rocket ship launches from the belly of an airplane, not from the ground, and requires two pilots in the cockpit.

Once the mothership reaches about 50,000 feet (10 miles or 15 kilometres), the space plane is released and fires its rocket motor to make the final push to just over 50 miles (80 kilometres) up.

Passengers can unstrap from their seats, float around the cabin for a few minutes and take in the sweeping views of Earth, before the space plane glides back home and lands on a runway.

Bun Maska



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