

## Landslides Block Highway, 200 Vehicles Stranded



File Photo: Abid Bhat

Press Trust Of India

Jammu: The Jammu-Srinagar national highway was closed for traffic on Tuesday due to landslides in Ramban district, leaving over 200 vehicles stranded. Snowfall in the high altitude areas and rains in plains of Jammu region continued for the second day, triggering cold wave conditions. The 270-km highway, the only all-weather road linking Kashmir with rest of the country, was blocked by landslides triggered by heavy rains at Dalwas and Mehad in Cafeteria Morh area and shooting stones in Trishul morh area of Ramban district, officials said. The work to clear the landslides is going on but the heavy rains are making it difficult for the men and machines to clear it. The Mughal road, which

connects Shopian in Kashmir Valley to Poonch, has been closed for traffic due to snowfall for the second consecutive day, they said. The Mughal road has been blocked due to heavy snowfall in the Pir ki Gali area, officials said. Guldanda, Chatergalla pass in Bhaderwah (Doda), Mohu Mangat (Ramban), Pir Ki Gali (Poonch), Wardwan (Kishtwar) and Pir Panchal hills are among the areas that received snowfall. The administration has shut schools in Ramban district due to bad weather conditions. "In view of continuous rains since Monday, all schools up to higher secondary level in Ramban shall remain closed today", a spokesperson said. However, exams, if any, shall be held as per the notified date, he said. The weather » [More On P10](#)

### Winter Chill In Kashmir

The intermittent rainfall continued to lash plains of Kashmir valley for the second straight day while the upper reaches received fresh snowfall on Tuesday, bringing down the mercury further. The winter chill returned in the Valley as the people were seen donning warm clothes after the mercury plummeted in wake of the fresh snowfall and rains for the second straight day here. According to reports, Sadhna Top in north Kashmir has received a snowfall of nearly one ft till afternoon Tuesday while Afarwat hills in » [More On P10](#)

**IN VIEW OF CONTINUOUS RAINS** since Monday, all schools up to higher secondary level in Ramban shall remain closed today»

### KARGIL HILL COUNCIL

## NC, Congress Finalise Power-Sharing Deal

Dr Jaffar Akhoun Set To Become CEC Today

Agencies

Srinagar: National Conference and Congress have finalised a power-sharing deal in the Ladakh Autonomous Hill Development Council- Kargil with the former's councillor Dr. Mohd Jaffar Akhoun set to become head of the body for the first two-and-a-half years. Addressing a joint news conference in Kargil, leaders from the NC and Congress disclosed that the post of chief executive councillor would be rotated between the two parties. Nasir Munshi, the spokesperson for Congress said both the parties would have equal share in the council. He said the CEC would be from the National Conference for the first two-and-a-half years and then from Congress for the remaining term. "Two executive councillors



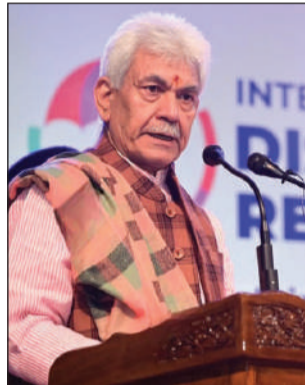
would be from each party in the council to ensure equal representation," he said, adding that one of the executive councillor positions reserved for principal religious minorities would be from NC for the first term. The Congress spokesperson said the departments assigned to the chairman and executive councillors would be equally shared between both parties. » [More On P10](#)

## Making J&K Disaster Resilient Is Our Top Priority: LG

Directs JKDMA To Prepare Blue-Print On A Robust Mechanism To Provide Access To Information, Essential Services And Early Warning In Event Of A Disaster

Observer News Service

SRINAGAR: The Jammu and Kashmir Lieutenant Governor, Manoj Sinha said on Tuesday that his administration's priority is to strengthen the system of early warning, early action, resilient infrastructure and collaborative action by all stakeholders to ensure no precious life is lost in disasters. "Making the J & K disaster resilient is our top priority and we are taking significant steps to strengthen the disaster risk reduction system in the UT. Under the guidance of Prime



Minister Narendra Modi, the J&K Administration is committed to reduce impacts of

**“ DUE TO CLIMATE CHANGE AND INCREASINGLY EXTREME WEATHER EVENTS,** the natural disasters are striking places that have not seen destruction from natural hazards before. We have to shift our approach from reactive response to proactive prevention and preparedness to mitigate impacts.”

natural disasters on lives and livelihoods," Sinha said. He was addressing an event on Disaster Risk Reduction organized by J&K Disaster Management Authority at » [More On P10](#)

### Dedicates Snow Clearance Equipments To People

Jammu and Kashmir Lieutenant Governor, Manoj Sinha on Tuesday dedicated the specialized snow clearance equipment and vehicles to the public. The equipment procured by J&K Disaster Management Authority were handed over to Mechanical and Hospital Engineering » [More On P10](#)

### 'Land Compensation For PMGSY Roads Paid Only In J&K'

Jammu and Kashmir is the only place in the country where compensation has to be paid to build a road under the Pradhan Mantri Gram Sadak Yojna (PMGSY), Lieutenant Governor Manoj Sinha said on Tuesday. Compensation for building roads under the PMGSY is paid only in Jammu and Kashmir. "It does not happen in any other state of the country. The

compensation provided by the J-K administration is more than the actual cost of the road project, when there are no provisions in the scheme," Sinha said. "The money spent on compensation is more than the money spent on the construction of roads," Sinha added. Sinha said elsewhere in the country, people give their land for construction of roads. » [More On P10](#)

## LG To Unveil First Glass Top Train In Kashmir Tomorrow

All-Weather Vistadome Coaches To Run From Budgam To Banihal

Auqib Javeed

Srinagar: The Northern Railways is all set to launch an all-weather glass-ceiling AC train vistadome in Kashmir on Thursday, offering locals and tourists a breathtaking view of Valley's beautiful landscape along the 135 km track from Banihal to Baramulla. J&K Lieutenant Governor, Manoj Sinha will inaugurate the state-of-art vistadome coach in Kashmir on Thursday. The specially crafted vistadome carriage features double-wide reclining seats that can rotate a full 360 degrees, providing passengers with an enhanced panoramic view of their surroundings. Additionally, it incorporates



File Photo

glass-domed ceilings, automatic sliding doors, luggage racks, LED screens for entertainment, and a GPS-enabled information system. Chief Area Manager (CAM)

Kashmir, Saqib Yousuf Yattoo told Kashmir Observer that the train will operate six days a week and will be available for all. He said the rate of train tickets will be » [More On P10](#)

### PMLA CASE

## ED Raids Multiple Spots Linked To Ex-J&K Minister

Press Trust Of India

Jammu: The Enforcement Directorate Tuesday conducted searches in Jammu and adjoining areas as part of a money laundering probe against an educational trust run by ex-minister Lal Singh's wife and a former government official in connection with alleged irregularities in land purchase to set up the trust, official sources said.

The federal agency raided about eight premises in Jammu, Kathua and Punjab's Pathankot in the case against RB educational trust, its chairperson and Lal Singh's wife Kanta Andotra, as well as Ravinder S, a former revenue official. The money laundering case stems from an October 2021 charge sheet filed by the CBI in this case which alleged criminal connivance in the issuance of » [More On P10](#)

### Corrupt People Will Not Be Tolerated: BJP

Jammu: Asserting that the BJP came to power with a commitment to not tolerate corruption, party national general secretary Tarun Chugh on Tuesday said that corrupt individuals will face consequences. The BJP leader was » [More On P10](#)

### Couple Found Dead With Slit Throats

Srinagar: Throat-slit bodies of a couple were found in Rajouri district of Jammu and Kashmir on Tuesday, officials said. Quoting a police official, news agency GNS reported that the bodies of the couple—Mohammad Azam and her wife Gulzar Begum—were found inside their home in Bagla village of Kandi area in Rajouri district. Soon after the information, a team of police and security forces reached the spot and took the bodies in their possession for medico-legal formalities. The official said that "everything will be unravelled during investigations." "A case has been registered and further investigations were underway," he added. When contacted DIG Rajouri-Poonch Range, Dr Haseeb Mughal said that it is a case of brutal murder, and an inhumane act. "Police team is on the spot and investigations are underway. At this moment we cannot rule » [More On P10](#)

## Rehabilitation Of Gulmarg Fire Victims HC Orders Personal Appearance Of 2 Officers Today

M Ahmad

Srinagar: The High Court of J&K and Ladakh on Tuesday ordered the personal appearance of two officers on October 18 in connection with the rehabilitation of some shopkeepers whose shops were gutted more than a decade ago in Gulmarg, the world famous skiing resort. "In view of the above, respondent Nos. 3 and 4 (two officers) shall remain present in person before this Court on Wednesday i.e 18th October 2023, failing which this Court shall be at liberty to issue bailable warrants so as to secure their presence on a day thereafter," a division bench of Justices Atul Sreedharan and Justice Rahul Bharti.

The court was hearing a contempt petition filed by shopkeepers in 2016 for the enforcement of an order passed by a division bench of the court on 10 October 2015. The petitioners in this case had filed an appeal, being aggrieved by the order passed by the Single Judge in 2010 where-by their petition for rehabilitation was dismissed. "The order mentioned hereinabove passed by the Coordinate Bench reflects that when the matter was listed before it on 26.05.2014 and the matter was brought to the notice of the Co-ordinate Bench that on 03.03.2011, the Chief Executive Officer, Gulmarg Development Authority, Gulmarg, addressed a letter to the » [More On P10](#)

### No Appeal Lies Against Lok Adalat Award: HC

The High Court of J&K and Ladakh on Tuesday held that no appeal would lie against Lok Adalat award. "Every award of Lok Adalat is deemed to be a decree of the civil court as provided under Section 21 of the Legal Services Authority Act, 1987," a bench of Justice Wasim Sadiq Nargal while dismissing a plea filed by authorities, challenging to the order dated 9 May 2015 passed by Lok Adalat held at Baramulla, whereby the authorities therein were under command to release the » [More On P10](#)

### Man Posing As PMO Official Booked

Srinagar: The CBI has booked a man for impersonating a high-ranking official of the Prime Minister's Office and allegedly trying to force an eye hospital chain to "forget" more than Rs 16 crore owed to it by an Indore-based hospital, officials said. Maayank Tiwari allegedly called and sent messages from his mobile phone asking the promoters of "Dr Agarwal's" to settle the dispute with the hospital in Indore which allegedly had to return Rs 16 crore to the hospital chain, they said. It is alleged that Dr Agarwal's, which runs a chain of eye hospitals, had entered into an agreement with two doctors who ran the Indore-based hospital to join the franchise for which over Rs 16 crore was paid, they said. The Indore hospital allegedly started violating the terms of the agreement which resulted in a dispute and Dr Agarwal's wanted their money back and the termination » [More On P10](#)

## SHORT TAKES

### Soldier Killed In Accidental Fire

An army personnel deployed on the Line of Control (LoC) in Rajouri sector died after his weapon went off accidentally, officials said on Tuesday. Quoting an official, news agency KNO reported that the incident took place late last evening when an army operation team was on routine duty at a forward location. He said that the weapon of the personnel went off accidentally and he received a bullet injury. "He was immediately » [More On P10](#)

### Patwari Lands In ACB Net

A revenue official on Tuesday was arrested by the Anti Corruption Bureau (ACB) for demanding a bribe from a man for releasing material and equipment seized by revenue authorities in Kupwara district of North Kashmir. Hashim Amin Malik, Patwari Halqa Bohipora was arrested by the sleuths of the anti-graft body for demanding Rs 30,000 as bribe from a man for releasing material and equipment seized by revenue authorities, besides » [More On P10](#)

### Man Injured In Leopard Attack

In yet another incident of man-animal conflict, a leopard attacked and injured a man on Tuesday in Sumbal area of North Kashmir's Bandipora district. Gulzar Ahmad Ganie of Tangpora village of Pattan was injured after being attacked by a leopard in Arampora village of Sumbal on Tuesday evening, reports said. Ganie, who sustained injuries in the surprise beast attack, was removed to the community health centre (CHC) Sumbal » [More On](#)

### Drug Peddler's House Attached

Police on Tuesday attached residential house of an alleged notorious drug peddler in Wachi area of South Kashmir's Shopian district. The house of Azad Ahmad Ganaie of Wachi has been attached under the provisions of 68F of NDPS Act, a police spokesperson said. Ganaie, he said, was involved in case FIR No. 34/2021 US 08/15 NDPS Act of PS Zainapora and from whose possession a commercial » [More On P10](#)

### Teenager Hangs Himself To Death

A teenager on Tuesday allegedly strangled himself to death in Pattan area of North Kashmir's Baramulla district. 19-year-old (name withheld) of the Trikbal village, hanged himself to death at his workplace in Pattan, reports said. The teenager was immediately taken to a nearby hospital, where doctors declared him dead. The deceased was a labourer by profession. His body was taken to Sub-District Hospital » [More On P10](#)

### Youth Dies After Tractor Overturns

A 21-year-old youth died after a tractor overturned in Wangipora area of Sumbal in north Kashmir's Bandipora district on Tuesday. An official said that the youth identified as Rayees Ahmad Rather son of Ghulam Qadir Rather of Wangipora was injured after a tractor overturned on him. He said that soon after he was taken to a nearby hospital where he was pronounced dead. He added that after » [More On P10](#)

Public Notice

Whereas, I Mr Irfan Ahmad Mir S/O Gh Hassan Mir R/O Kongamdara Patan Baramulla Kashmir intends to apply in the department of Tourism for Registration of my proposed Travel Unit under the name and style "M/S Border Packers" situated at Kanihama Magam Budgam Kashmir under Tourist Trade Act 1978/82/2011-12.

bmj

Before The Honble Court Of Principal District And Sessions Judge, At Srinagar

In the case of:- Mohammd Latief Dar S/O Ali Mohammad Dar R/O Shankarpura, Nowgam, Srinagar, Kashmir (Caveator) VERSUS Public at Large (Non-Caveators)

The Caveator most humbly submits as under- That the caveator is the resident of Union Territory of Jammu and Kashmir and the citizen of India and have every right to invoke the jurisdiction of this Honble Court.

The Jammu And Kashmir State Board Of School Education

The candidates whose photograph is published in this notice is claiming to have lost the original marks certificate of 11th session Annual Regular 2006 issued by the board of School Education under Below mentioned particulars Name : Ishrat Parveiz S/o: Mohd Yousuf Bhat Roll No: 3334/43 Year & Session : 2006 Annual Regular



Now the candidate has applied for Duplicate Marks Card. Anybody (if) having any objection may file the same before undersigned with (07) Seven days from the date of publication of this notice. Besides, the original marks card is treated as cancelled.

Sd/ Assistant Secretary Board Of School Education Sub Office Bandipora

خاندان سادات ہمدانیہ کو صدامہ

اہلبیہ مرحوم آفساس سید حبیب در شاہ ہمدانی رحلت کرگئی یہ خبر صدمت ہی رنج و غم کے ساتھ دی جاتی ہے کہ اہلبیہ مرحوم آفساس سید حبیب در شاہ ہمدانی کا مندرجہ ذیل ذکر کمال عبادت و شکر کے ساتھ ہی ہو گیا ہے۔ ان کی وفات پر غم و اندوہ میں ہونا ایک فطری عمل ہے۔ ان کی روح کو اللہ تعالیٰ سے رحمت دلوائے اور ان کے رشتہ داروں کو صبر جمیل سے تعاقب فرمائیں۔

سو گواران: سید عیسیٰ ہمدانی، سید عبداللہ ہمدانی، سید سید محمد ہمدانی، سید سید احمد ہمدانی، سید سید محمد ہمدانی، سید سید غلام ہمدانی، سید سید علی ہمدانی، سید سید محمد ہمدانی، سید سید محمد ہمدانی

اطلاع عام

منظور کی ماں شرفیہ بیگم کے نام پر IAY کیس منظور ہو تا تھا البتہ شرفیہ بیگم نے اب یہ مکان IAY کیس شہید احمد کنارا کو دیا جائے اور اس کے الیگیشن (block) اس کے بارے میں کسی شخص کو کوئی اعتراض ہو تو وہ سات سال کے اندر اندر ہلاک (block) نکلنے کے وقت میں پیش کرے بعد از معیار گرنے کے بعد کوئی اعتراض قابل قبول نہیں ہوگا۔

7006527959

GOVERNMENT OF JAMMU AND KASHMIR
Office Of The Executive Engineer Irrigation Division Ompora Budgam.

Table with 8 columns: S.No, Name of work, Estt. Cost of work amount in lacs, Earnest Money @ 2%, Time of completion, Class of contract, Cost of tender document, Head of account.

No of works Advertised:-03 (Three). Position of Funds (Budgetary provision). Position of Technical Sanction Accorded. Position of Administrative Approval accorded.

Table with 2 columns: Item, Date. Publishing date, Download date start, Bid submission date starts, Bid submission date ends, Bid Opening date.

The bids shall be deposited in electronic format on the departmental website www.jktenders.gov.in. General terms and conditions:- 1. The Bids shall be deposited in electronic format on the website jktenders.gov.in from 16-10-2023 to 25-10-2023 up to 18.00 hrs.

Table with 3 columns: S.No, %age of unbalance bid viz advertised dcost on account of low rates, Additional performance security.

Earnest Money shall be refunded/released to the successful bidder (L1) on receipt of 5% performance security. The Earnest Money of other participants shall be released on receipt of Treasury Challan/Treasury receipt.

Executive Engineer Irrigation Division Ompora Budgam

Govt. of Jammu and Kashmir
Office Of The Chief Medical Officer Bandipora

INTERVIEW NOTICE
The interview for the candidates who have applied for Jan Aushadhi Store Manager in Pradhan Mantri Jan Aushadhi Kendras (PMB-JAKS) to be set up in the premises of CHC Dawar shall be conducted on 20-10-2023 at 11:00am in the office chambers of u/sd.

Chief Medical Officer Bandipora

NOTICE

I intend to rectify the name of my daughter, studying in the grade 9th session 2023-24 under Roll No 25 Section Yellow in Green Valley Educational Institute, Ellahibagh, Buchpora, Srinagar, from Munaqqa Koul to Maliha Koul which is inadvertently recorded in the school record.

Medialline Ads

Shabir Ahmad Koul R/O Sheeshi Bagh Ellahi Bagh Buchpora

From the office of the Advocate MM Dar Advocate

In the case of: Zubair Shafi Mir S/O Mohammad Shafi Mir R/O Umer Lane, Firdous Colony Eidgh Srinagar

In the Petition in terms of Section 48-A The Caveator has reason to believe that Non-Caveators may challenge the order issued in favour of caveator by the HPLL for running the retail outlet at Ali Jjan Road Sgr the non-caveator may file a suit writ petition appeal or any other type of proceeding before the Hon'ble Court of law by suppressing the material fact & may succeed in obtaining some relief/order at their back /in ex parte against the caveators and in such eventuality the caveators will be put in irreparable loss and inconvenience.

Sd/advocate

Before The Hon'ble Court Of Principal District And Sessions Judge, At Srinagar

In the case of- 1. Tanq Ahmad Pandow 2. Fayaz Ahmad Pandow Both S/O Abdul Rashid Pandow Both R/O Khayam Colony Nowpora. Srinagar, Kashmir

VERSUS Public at Large (Non-Caveators)
In the matter of:- CAVEAT APPLICATION. May it please your HONOUR, The caveators most humbly submits as under:-

01. That the caveators are the citizens of India and have every right to invoke the jurisdiction of this Hon'ble Court. 02. That the Caveators are apprehending that non-Caveators may file any writ / suit / case / petition/ application/ appeal/ revision or any other proceedings against the caveators and on the incorrect and false facts and seek some orders from this Hon'ble Court

Caveators through Counsel Raashid Ashraf & Associates Advocates

Before The Hon'ble Special Tribunal J&K At Srinagar

In the case of 1. Tariq Ahmad Pandaw 2 Fayaz Ahmad Pandow Both S/O Abdul Rashid Pandow Both R/O Khayam Colony, Nowpora, Srinagar, Kashmir

VERSUS Public at Large (Non-Caveators)
In the matter of CAVEAT APPLICATION May it please your HONOUR, The caveator# most humbly submits as under - That the caveators are the citizens of India and have every right to In-voke the jurisdiction of this Hon'blo Court

That once the non-Caveators may Institute suit / writ/case / petition/ application/ appeal/ revision, or any other proceedings on any ground / cause, against the Caveators in this Hon'blo Court and may try to procure ex parte order (injunction order I stay order) against the interests of the Caveators. In that event the Caveators will have to face unnecessary problems and harassment.

Dated : 17/10 2023

ان زنیات و اولاد کو کمر بستہ ہونا چاہئے۔ بااعمال نایب تحصیلدار کی زیر نگرانی۔ عوام کو مطلع کیا گیا ہے کہ اس کیس میں عوام کو کوئی نقصان نہیں پہنچے گا۔

ان زنیات تلک عام

عنوان: اجرائی پیدائش سرٹیفکیٹ، جن علی محمد انگریز ولد محمد عسکان انگریز ساکے پیمانہ تحصیل پٹن

ان زنیات پیمانہ

عنوان: اجرائی پیدائش سرٹیفکیٹ، جن علی محمد انگریز ولد محمد عسکان انگریز ساکے پیمانہ تحصیل پٹن

ان زنیات ہلاک

یہ خبر انتہائی دکھ کے ساتھ دی جاتی ہے کہ صاحب کی محترمہ شعیقہ علیہ الرحمہ کے انتقال کا حال سنا کر دل پر غم و اندوہ پڑا ہے۔ ان کی وفات پر غم و اندوہ میں ہونا ایک فطری عمل ہے۔ ان کی روح کو اللہ تعالیٰ سے رحمت دلوائے اور ان کے رشتہ داروں کو صبر جمیل سے تعاقب فرمائیں۔

انتقال ہلاک

یہ خبر انتہائی دکھ کے ساتھ دی جاتی ہے کہ صاحب کی محترمہ شعیقہ علیہ الرحمہ کے انتقال کا حال سنا کر دل پر غم و اندوہ پڑا ہے۔ ان کی وفات پر غم و اندوہ میں ہونا ایک فطری عمل ہے۔ ان کی روح کو اللہ تعالیٰ سے رحمت دلوائے اور ان کے رشتہ داروں کو صبر جمیل سے تعاقب فرمائیں۔

## Woman Found Dead In Mysterious Circumstances, Family Seeks Probe

Majid Nabi

Srinagar: Dead body of a woman was found under mysterious circumstances in the Bemina area of Srinagar here this morning, officials said.

A woman identified as Tanveera wife of Showkat Ahmad Kaloo, a resident of Nundreshi Colony Bemina was found under mysterious circumstances at Durbal area.

A police official said the dead body was found by some locals at Durbal area, who promptly alerted the police that took the dead body into its possession.

The body, he said, was shifted to the hospital for medico-legal procedures and later handed over to the family for last rites.

However, the family

of the deceased woman has appealed to police to initiate an inquiry into the mysterious death of their daughter. They alleged that their daughter had been murdered and not died of natural causes.

"We demand a thorough probe into the mysterious death of our daughter. We are sure that she has not died of natural causes but was murdered in cold-blood. We appeal to the police to initiate an inquiry into the mysterious death of our daughter so the facts come to fore," a relative of the deceased woman told reporters at their residence. A police official said the police have already taken cognizance of the issue and investigation has been taken up in this direction.



donned in half pants, man enjoying cigarette puffs on a bicycle amidst heavy rainfall that lashed Srinagar on second straight day on Tuesday. KO Photo, Abid Bhat

However, the family of the deceased woman has appealed to the police to hold a thorough inquiry into the mysterious death of their daughter. They alleged that their daughter had been murdered in cold-blood and not died of natural causes.

Ya Tuli Khanjar Maarey, Nat'e Saan'i Shabah Rozay

## Sufi Singer Rashid Hafiz's New Song Takes Internet By Storm

Observer News Service

Srinagar: Kashmir's Sufi sensation Abdul Rashid Hafiz's new song with Bollywood's leading music directors Salim-Sulaiman and Mithoon is taking the internet by storm across India.

Musicians Mithoon, Salim-Sulaiman and Abdul Rashid Hafiz created the song "Meri Jaan," which is performed in Hindi and Kashmiri languages.

Along with Hafiz, Bollywood playback singer Asees Kaur has also lent her voice to sing the Hindi portion of the song.

The song begins with verses of poet Abdul Ahad Nizam, followed by the Hindi portion of the song by Asees Kaur.

The song reaches its

ultimate charm when Hafiz sings his most popular song Ya tuli khanjar to maarey, nat'e saan'i shaba roozay.

Salim and Sulaiman, who are known for bringing together folk and modern music through the musical journey 'Bhoomi', chose to compose this famous Sufi song this season.

Terming the song as one of their 'enchanting melodies', Salim - Sulaiman released the trailer of the song on social media and YouTube.

"Presenting to you the fourth song of Bhoomi 2023 - Meri Jaan by the amazing Mithoon and it's so special that it's a Hindi-Kashmiri song with the Hindi part sung by Asees Kaur and a beautiful Kashmir composition by Rashid Sahab. The



Hindi part is written by A M Turaz Sahab and the Kashmiri composition is written by Abdul Ahad Nazim Ji," posted Salim Merchant on his social media handles.

Singer Abdul Rashid Hafiz when contacted said it is too early to talk about the song.

Meanwhile the collaboration between Hafiz and Mithoon has received a lot of love on social media and other public platforms.

In just three hours of release the songs evoked more

than 9000 views on YouTube with a series of comments from his followers.

"So grateful to be a part of Bhoomi finally & what's better than Meri Jaan to start this beautiful journey," commented Singer Asees Kaur on the song.

"Thanks to people like Saleem Sulaiman sir who give chance to Kashmiri artists to show their talent. I am proud to be a Kashmiri and so lucky to be born here. Rashid sahib, He is a living legend," commented Uzair on YouTube.

Sahil, a teenager from Sonwar said, "The fusion of tradition and modernity in this song is a true reflection of our rich cultural tapestry. This song is a masterpiece, and I am loving it; it has been playing on a loop since its release."

از عدالت اینڈیشنل ڈسٹرکٹ جج (بنک مقدمات) سرینگر  
باجلاس: اروند شرما  
**JK BANK LTD B/U: SOURA SRINAGAR**  
بنام  
Gulzar Ahmad Sofi  
دعوی وصولیاتی رقم مبلغ: **Rs:1,26,852.63/=**  
**اشتہار بمراد آگاہی بنام**  
Gulzar Ahmad Sofi S/o Abdul Salam Sofi  
R/o: Awanta Bhawan Soura Sgr  
مقدمہ مندرجہ عنوان صدر میں مدعا علیہ مدعا علیہ کی ترمیم کرانے کی ایسا کو شیش کی گئی  
- الا نوبتہ جدید مدعا علیہ مدعا علیہ مستجاب ہوئے اور نہ ہی بذریعہ معین ترمیم لائی  
گئی۔ بدین وجہ حسب استنادی مدعا علیہ مدعا علیہ جو بذریعہ اشتہار بذراطلاع کیا جاتا  
ہے کہ آپ کے خلاف مقدمہ بعنوان بالا اجراء بغرض وصولی رقم مبلغ  
Rs:1,26,852.63/= زیر ساعت عدالت ہوا ہے۔  
لہذا آپ کو بذریعہ اشتہار بذراطلاع کیا جاتا ہے کہ آپ بغرض بیرونی اجراء ہذا بعنوان  
بالا مورخہ 18.10.2023 اصل یا کاپیا بروقت تحریری حاضر آکر مقدمہ ہذا کی  
بیرونی کریں۔ بصورت عدم حاضری حسب ضابطہ روانی عمل لائی جائے گی۔ تحریر  
ایڈیشنل ڈسٹرکٹ جج (بنک مقدمات) سرینگر  
Abbas Ads. ab

GOVERNMENT OF JAMMU AND KASHMIR  
**Jammu and Kashmir Power Transmission Corporation Ltd**  
Office of the Executive Engineer  
Transmission Line Maintenance Division-I (TLMD-I),  
Bemina, Srinagar  
Ph.No.0194-2492427, Email: xentlmd1psdf@gmail.com/tlmd1tech@gmail.com

### TENDER NOTICE

E-NIT No: 16/JKPTCL/TLMD-I/SGR/2023-24; Dated: 14.10.2023

For and on behalf of the Lt. Governor of UT of Jammu & Kashmir, E-tenders (in Two Covers) from reputed, experienced, competent and financially sound Civil Contractors/Firms/Joint Ventures fulfilling the eligibility criteria specified in the standard bidding document are invited for the works detailed below.

E-Tenders need to be accompanied with a non-refundable Tender fee in the form of Demand Draft pledged to Executive Engineer, Transmission Line Maintenance Division-I, Bemina, Srinagar for Rs.2000.00 (Rupees Two Thousand Only) on account of Cost of Tender Document and EMD amounting to 2% of the Estimated Cost = Rs 1.58 Lacs (Rupees One Lac and Fifty-Eight Thousand only) in the form of CDR/FDR/BG as security deposit pledged to Executive Engineer, TLMD-I, Bemina.

Cover-I: The bidding process is online. However, hard copies consisting of Tender fee and EMD in accordance with General Terms and conditions of SBD(original instruments) in cover-I should reach to the office of Executive Engineer, TLMD-I, Bemina, Srinagar (Phone No. 9419181913) one day after the last date for online submission of E-Bid.

However, after opening of the tenders on-line, the 1<sup>st</sup> lowest will be called to submit his/her Original/Photocopies of documents viz. relevant documents valid and renewed contractor License/Labor Registration Certificate, GST registration, PAN card, TIN No. and all other documents related to the bid for synchronization with Techno-commercial evaluation.

Cover-II: The bidder shall upload online rates as per detailed BOQ enclosed as Annexure-A. The rates shall be inclusive of all taxes etc.

The Standard Bidding Document shall be kept available at website <http://jktenders.gov.in>

Scope of the Work	Estimated Cost (in Lacs)	Tender Fee	EMD @2%	Time of Completion	Last date & time of submission of bid, copy of receipt of deposit of original EMD and Tender Fee as specified in the NIT	Time & date of opening of eligibility bid
Up-gradation and renovation of civil infrastructure at Habbak Grid Substations as per following details:  Part (1) Disposal of Earth excavated during Concreting of 132/33 kV switchyards at 150 MVA, 132/33 kV GSS Habbak Part (2). Renovation and Up-gradation of Civil Infrastructure at Habbak GSS by way of Wall/Floor Tiling, Wall paneling, Painting, up-gradation of Kitchen, Repair of doors and windows, Sub-divisional building Electrification revamping, Design, fabrication and supply of steel Gates,	78.57	Rs. 2000/-	Rs. 1.58Lacs	06 months	06.11.2023 up to 02:00 PM and 08.11.2023 up to 01:00 PM	08.11.2023 at 02:00 PM

up-gradation of cable trenches by way of plastering in 132kV and 33kV Switchyards at Habbak GSS and disposal of excavated earth at Habbak GSS as per the detailed BOQ and directions of Engineer-in-charge. Part (3). Construction of compound walling around Habbak Grid substation as per the detailed BOQ and directions of Engineer-in-charge.	Total Cost	= 78.57 Lacs			
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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 SCHEDULE

E-NIT No: 16/JKPTCL/TLMD-I/SGR/2023-24; Dated: 14.10.2023

Sr.	Issue of NIT	14.10.2023
1.	Issue of NIT	14.10.2023
2.	Downloading of bidding documents (Start)	16.10.2023 from 04:00 PM
3.	Start date for seeking clarifications	17.10.2023 from 10:00 AM
4.	End date for seeking clarifications	21.10.2023 upto 04:00 PM
5.	End date for replies to clarifications	23.10.2023 upto 04:00 PM
6.	E-Bid submission (start) date & time (uploading of e-tender fee, EMD and other supporting documents in PDF formats)	16.10.2023 from 04:00 PM
7.	e-Bid submission (end) date & time (Submission of e-tender fee, bid security declaration and other supporting documents in PDF formats)	06.11.2023 upto 02:00 PM
8.	Last date for submission of Hard Copy of e-Bid	08.11.2023 upto 01:00 PM
9.	Online Techno-Commercial e-Bid opening date and time	08.11.2023 at 02:00 PM
10.	Venue of opening of Techno-Commercial-Bids	Office of the Executive Engineer, TLMD-I, Bemina, Srinagar
11.	Cost of e-Bid document	Rs. 2000.00
12.	EMD	Rs. 1.58Lacs

- Only the bidders possessing the qualifying criteria as mentioned in the SBD should participate in the bidding process.
- Clarifications can be sought from the office of the under signed (Phone-No.9419181913) or on E-Mail addresses: [tlmd1tech@gmail.com](mailto:tlmd1tech@gmail.com)
- Before participating in the bids, the bidder shall visit the site of work, have first hand assessment of the tendered job and acquaint himself with the site of work and local conditions. The bidder shall make first hand assessment of the expenses involved with the actual execution of the contract at various sites and accordingly quote the prices. Any item or items required for arriving at the goal corresponding to a particular job item description in BOQ but not exclusively mentioned therein shall be treated to be included in the particular job item description without incurring any further financial liability on JKPTCL.
- The Corporation (JKPTCL) reserves the right to reject any or all the bids without assigning any reason thereof.
- The Bidders are advised to furnish and upload complete bidder address including address of place of business along with all valid Landline/Mobile Nos /fax Nos plus e-mailing addresses.

No: TLMD-I/TS/2001-05  
DIPK-NB-3736/23  
Dated: 17.10.2023.

Sd/-  
Executive Engineer,  
Transmission Line Maintenance Division-I,  
Transmission (Kashmir), JKPTCL, Bemina,  
Srinagar.

- TRAFFIC POLICE : 9419993745, 01998-266686
- PCR: 0194-2452092, 2455883
- PDD: 0194-2450213
- FIRE AND EMERGENCY SERVICES : 2479488, 2452222, 2452155
- CAPD: 18001807011
- SMC HEALTH OFFICER: 9469409081
- Ambulance: Kashmir EMS Service: +91 94841 00200

**AIRPORTS**  
SHIEK UL ALAM AIRPORT: 01942303311 ✈

**RAILWAYS**

- SRINAGAR: 0194-2103259
- ANANTNAG: 01932-228243
- BARAMULLA: 0194-102029
- BIJHERA: 01932-228243
- PAMPORE: 01933-294132
- PATTAN: 01954-293507
- QAZIGUND: 01951-296153

**HIGHWAY STATUS**

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

PRAYERS

FAJR 5:16  
ZUHR 12:16  
ASR 4:17  
Magrib 6:00  
ISHA 7:18

HIJRI  
**CALENDAR**  
02 Rabi-ul-Sani  
1445

### This Day In History

- 707- John VII ends his reign as Catholic Pope
- 1009- The Church of the Holy Sepulchre in Jerusalem is destroyed by the Fatimid caliph Al-Hakim bi-Amr Allah, who hacks the Church's foundations down to bedrock
- 1016- Danes defeat Saxons at Battle of Assandun (Ashingdon)
- 1081- Battle of Dyrrhachium: Southern Italian Normans under Robert Guiscard defeat Byzantine army under Alexios I Komnenos (modern Durrës, Albania)
- 1267- Battle at Marienholz: Henry III, Otto II van Gelre beat Keuls archbishop Engelbert III
- 1561- Fourth Battle of Kawanakajima -- Takeda Shingen defeats Uesugi Kenshin in the climax of their ongoing conflict
- 1572- Spanish troops attack Maastricht
- 1622- French King Louis XIII & Huguenots sign Treaty of Montpellier
- 1648 1st labor organization forms in North American colonies (Boston Shoemakers)
- 1667 English fleet plunders Suriname plantations
- 1672- Poland & Turkey sign Peace of Buczacz
- 1685- French King Louis XIV revokes Edict of Nantes cancelling rights of French Protestants
- 1748- Treaty of Aix-la-Chapelle signed, ending War of Austrian Succession
- 1767- Boundary between Maryland and Pennsylvania, the Mason-Dixon line is agreed upon
- 1775- African-American poet Phillis Wheatley freed from slavery
- 1776 - Battle of Pelham: Colonel John Glover & Marblehead regiment meet British Forces in Bronx
- 1860- The Second Opium War finally ends at the Convention of Peking with the ratification of the Treaty of Tientsin, an unequal treaty.
- 1863- Battle of Charlestown, WV
- 1867- Alaska Purchase: US takes formal possession of Alaska from Russia, having paid \$7.2 million
- 1873- Columbia Princeton Rutgers & Yale set rules for collegiate football
- 1878- Anti-socialist laws are ratified in Germany
- 1878- Edison makes electricity available for household use
- 1892- 1st commercial long-distance phone line opens (Chicago-NY)
- 1900- Count Bernard von Bulow becomes Chancellor of Germany, famous for first referring to Germany's need for 'place in the sun' and global empire
- 1901- Belgium's Louise of den Plas begins activities towards women rights
- 1910- E. M. Forster publishes novel "Howards End"
- 1912 - The Treaty of Lausanne ends the Tripolitan War between Turkey and Italy
- 1912 - The First Balkan War breaks out, with Bulgaria, Serbia, and Greece opposed to Turkey
- 1921 - Bidding its time, Soviet Russia agrees to independence for the Crimea.
- 1942 - Hitler orders captured allied commandos to be killed
- 1944 - Soviet troops invade Czechoslovakia during WW II
- 1954 - Texas Instruments Inc. announces the first transistor radio.
- 1955 - University of California discovers anti-proton
- 1960 - In Britain, News Chronicle & Daily Mail merge and London Evening Star merges with Evening News
- 1961 - Emergency crisis proclaimed in South Vietnam due to communist attack
- 1962 - US launches Ranger 5 for lunar impact; misses Moon
- 1962 - James Watson (US), Francis Crick (UK) and Maurice Wilkins (UK) win the Nobel Prize for Medicine for their work in determining the structure of DNA
- 1967 - Nobel prize for physics awarded to Hans A Bethe
- 1967 - Soviet Venera 4 becomes 1st probe to send data back from Venus
- 1969 - Soyuz 8 returns to Earth
- 1973 - Nobel prize for Economic Sciences awarded to American Wassily Leontief
- 1976 - Nobel prize for chemistry awarded to American William Lipscomb

## Total Death Count In Gaza Rises To 3,000 As Israeli Airstrikes Continue

Agencies

**GAZA:** The Palestinian death count from Israel's bombardment of Gaza climbed to about 3,000 on Tuesday, health authorities said, and at least six people were killed in an Israeli air strike that hit a school run by the U.N.'s Palestinian refugee agency.

The violence raged as Washington announced that U.S. President Joe Biden would visit Israel on Wednesday to show support for its war on Hamas, which rules the Gaza Strip.

Israel has vowed to annihilate the Islamist group after Hamas gunmen crossed the border and killed 1,300 people, mainly civilians, during a rampage through southern Israeli communities on Oct. 7, the deadliest single day in Israel's 75-year history.

Since then Israel has flattened parts of densely urbanised Gaza with air strikes, driven around half of its 2.3 million population from their homes, and imposed a total blockade on the enclave, halting food, fuel and medical supplies.

An Israeli air strike killed senior Hamas military commander Ayman Nofal, who was in charge of central Gaza, according to Hamas' armed wing, the Izz el-Deen Al-Qassam Brigades.

The Palestinian health minis-



try said on Tuesday that around 3,000 people - many of them women and children - had now been killed and 12,500 wounded in Gaza since Oct. 7.

It added that 61 Palestinians have also been killed and 1,250 wounded in clashes in the Israeli-occupied West Bank.

The U.N. Palestinian refugee agency UNRWA said at least six people were killed in an Israeli air strike that hit a school it ran in Gaza's Al-Maghazi refugee camp.

"This is outrageous and again

it shows a flagrant disregard for the lives of civilians," UNRWA said in a social media post. "No place is safe in Gaza anymore, not even U.N. facilities."

Amid the death and destruction, the humanitarian crisis in the besieged enclave deepened as Israeli troops and tanks massed on the border for an expected ground invasion.

Scores of trucks carrying vital supplies for Gaza headed towards the Rafah crossing in Egypt on Tuesday, the only access point to the coastal en-

clave outside Israeli control, but there was no clear indication that they would be able to enter.

U.S. Secretary of State Antony Blinken announced Biden's planned visit at the end of hours of talks with Prime Minister Benjamin Netanyahu in which he said the Israeli leader had agreed to develop a plan to get humanitarian aid to Gaza civilians. He gave no details.

Blinken said Biden will "hear from Israel what it needs to defend its people".

## Israel-Hamas Conflict: Gaza Health Ministry Says 500 Killed In Israeli Airstrike On Hospital

Agencies

**KHAN YOUNIS:** The Gaza Health Ministry said an Israeli airstrike on Tuesday hit a Gaza City hospital packed with wounded and other Palestinians seeking shelter, killing hundreds.

If confirmed, the attack would be by far the deadliest Israeli airstrike in five wars fought since 2008.

Photos from al-Ahli Hospital showed fire engulfing the hospital halls, shattered glass and body parts scattered across the area. The ministry said at least 500 people had been killed.

Several hospitals in Gaza City have become refuges for hundreds of people, hoping they would be spared bombardment after Israel ordered all residents of the city and surrounding areas to evacuate to the southern Gaza Strip.

Israeli military spokesman Rear Adm. Daniel Hagari said there were still no details on the hospital deaths: "We will get the details and update the public. I don't know to say whether it was an Israeli air strike."

In the south, continued strikes killed dozens of civilians and at least one senior Hamas figure Tuesday in attacks it says are targeted at militants. US officials worked to convince Israel to allow delivery of supplies to desperate civilians, aid groups and hospitals after days of failed hopes for an opening in the siege.

With Israel barring entry of water, fuel and food into Gaza since Hamas' brutal attack last week, US Secretary of State Antony Blinken secured an agreement with Israeli Prime Minister Benjamin Netanyahu to discuss creation of a mechanism for delivering aid to the territory's 2.3 million people.

US officials said the gain might appear modest, but stressed that it was a significant step forward.

Still, as of late Tuesday, there was no deal in place. A top Israeli official said Tuesday his country was demanding guarantees that Hamas militants would not seize any aid deliveries. Tzahi Hanegbi, head of Israel's National Security Council, suggested entry of aid also depended on the return of hostages held by Hamas.

## SC Refuses To Legalise Same-Sex Marriage; CJL Says Right To Enter Union Includes Right To Choose Partner, Its Recognition

Agencies

A five-judge Supreme Court bench on Tuesday refused to grant legal recognition to same-sex marriages after it differed on certain aspects, especially on the applicability of adoption rules for queer couples.

Refusing to strike down the Special Marriage Act (SMA) and Foreign Marriage Act for not recognizing queer marriages, the Chief Justice said that the court can't make law but only interpret it and that it was for the Parliament to change the Special Marriage Act.

The five-judge constitution bench headed by Chief Justice of India (CJI) D Y Chandrachud and comprising Justices Sanjay Kishan Kaul, S Ravindra Bhat, Hima Kohli, and P S Narasimha, had had a 10-day-long hearing on 21 pleas seeking legal validation for same-sex marriages.

CJI Chandrachud stated: "The right to enter into a Union includes the right to choose one's partner and the right to recognition of that union," adding that failure to recognise it would be discriminatory. "All persons, including those queer, have right to judge moral quality of their lives," he said.

## Get Us Out Of This Hellhole: SOS Messages By UNRWA Staff In Gaza Detail Desperation, Fear

Press Trust of India

**UNITED NATIONS:** The 13,000-strong staff working with the UN agency for Palestinian refugees is "terrified and tired" and described the situation in the Hamas-run Gaza Strip as a "hellhole", a spokeswoman for the agency said.

The United Nations Relief and Works Agency for Palestine Refugees in the Near East (UNRWA) is the largest UN agency working in the Gaza Strip, both in terms of the size of its operations as well as the number of staff.

The 13,000-strong UNRWA staff in Gaza includes teachers, doctors, nurses, pharmacists, ware-

house workers, logisticians, technicians and drivers.

"We have a very, very big operation in the Gaza Strip. What we hear from our staff is that... they are terrified and they're tired. They want all of this to come to an end and the message that we're getting is: 'Get us out of this hellhole. This has become hell,'" UNRWA Director of Communications Juliette Touma told reporters here through video conference on the humanitarian situation in Gaza.

Touma said the messages of 'SOS' have worsened by the day amidst Israel's weeklong siege and bombardment.

"The mood is going

down. I feel the level of desperation is going up. Uncertainty, really from one hour to another, fear. That's what our staff has been sharing with us," she said.

Touma said that since the current conflict began when Hamas launched an audacious terror attack on Israel on October 7 and the Jewish state declared war on the militant group, about one million Palestinians have been displaced and nearly half of them are sheltering in UNRWA schools in the Gaza Strip.

The UNRWA has lost 14 of its staff members who worked in the Gaza Strip and several other personnel working with the UN

agency have been displaced since the start of the conflict ten days ago.

Touma said that many UNRWA staff members have taken refuge with friends and relatives but scores more have taken shelter in UNRWA facilities, including in units that were not meant to become shelters, including a huge warehouse that was used to store UNRWA supplies. "So their situation is quite dire," she said.

Late last week, Israel issued an ultimatum that the entire population of Gaza north of Wadi Gaza, approximately 1.1 million people, should relocate to southern Gaza within 24 hours.

## OFFICE OF THE EXECUTIVE ENGINEER (R&B) DIVISION LANGATE

### NOTICE INVITING E-TENDER

e-NIT No:- Fresh 08/429-438/2023-24/RnB/Langate Dated 17/10/2023  
Reference: 03/318-327/2023-24/RnB/Langate Dated 07/10/2023

For and on behalf of the President of India, e-tenders are being invited on 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) incl. cost of Tar & 18% GST	Earnest Money	Cost of T/Doc.	Time of completion	M.H of Account	Project Authority	Class of Contractor
1	2	3	4	5	7	6	7	8
1.	Improvement of road from main road to H&W centre at Sunwani Lokipora	4.85	9700/-	200/-	5 days	APDP	DDC Kupwara	Dee

Position of AAA: Accorded  
Position of funds: Available

1. 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](http://www.jktenders.gov.in) on the dates listed below:-

1	Date of Issue of Tender Notice	17.10.2023
2	Period of downloading of bidding documents	17.10.2023 to 25.10.2023 (4:00PM)
3	Bid submission Start Date	17.10.2023
4	Bid Submission End Date	25.10.2023 (4:00PM)
5	Date & time of opening of Bids (Online)	27.10.2023 (11:00AM)

- Bids must be accompanied by a Treasury Challan (dated between the bid start date and the Bid Submission End date) deposited in M.H. 0059 in the name of Executive Engineer R&B Division Langate (tender inviting authority) as the cost of the tender document.
- 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. Executive Engineer R&B Division Langate. Besides that, 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.
- The date and time of bid opening shall be notified on the Web Site [www.jktenders.gov.in](http://www.jktenders.gov.in) and automatically communicated to bidders via an e-mail message sent to their e-mail address. Responsive bidders' bids will be opened online on the same Web Site in the Office of the Executive Engineer R&B Division Langate (tender receiving authority).
- Bids for the work shall be valid for 120 days from the date of opening of Technical bids.
- Instruction to bidders regarding e-tendering process.
- Bidders are advised to download the bid submission manual from the "Downloads" option as well as the "Bidders Manual Kit" option on the website [www.jktenders.gov.in](http://www.jktenders.gov.in) to familiarize themselves with the bid submission process.
- In order to participate in the bidding process, bidders must obtain a 'Digital Signature Certificate (DSC)' under the Information Technology Act of 2000. Any approved Vendor can provide bidders with a digital certificate. Bidders must submit their bids in electronic format with a digital signature online. No physical bids will be accepted.
- Bids will be opened online in accordance with the time schedule specified in Para-1.
- Bidders must upload online scanned copy of all required documents (with-in the document upload limits) with their technical bid.
- Scan all the documents on 100 dpi with black and white option.
- The department will not be held responsible for any delays in online submission due to unanticipated circumstances.
- The original Treasury Challan (Cost of tender document) and other Uploaded bid documents shall have to be produced on demand by the successful bidder at the time of contract signing, and in the case of unsuccessful bidders, 2 percent EMD in the form of CDR/FDR/BG pledged to the tender receiving authority, i.e. Executive Engineer R&B Division Langate, will be released only after production of Original Treasury Challan of uploaded Scanned copy (Cost of tender document).
- Bidders are advised not to change the contents of the BOQ (Bill of Quantities). They should never attempt to create similar BOQ manually.

No: 429-438  
Dated 17.10.2023  
DIPK-10539-23  
DT: 17/10/2023  
Executive Engineer  
R&B Division Langate

## OFFICE OF THE CHILD DEVELOPMENT PROJECT OFFICER POSHAN PROJECT KUNZER

Subject:-Engagement of Sanginis (Anganwadi Workers)in Anganwadi Centres.

### ADVERTISEMENT NOTICE

Advertisement no.:- 07 CDPO-Kunz of 2023

Dated:-17-10-2023

Applications on prescribed proforma (Annexure-I) are hereby invited from the eligible female candidates of the Panch wards/Municipal Wards shown against the below mentioned Panchayat Halqas/Municipal Wards, for the engagement of Sanginis (AWWs) for the Anganwadis Centres of POSHAN Project Kunzer on "Honorary basis". The applications along with required documents shall be deposited in the Office of undersigned i.e. The Child Development Project Officer Kunzer by or before 31<sup>st</sup> of October, 2023 against proper receipt.

S.NO	NAME OF THE DISTRICT	NAME OF THE PROJECT	NAME OF PANCHAYAT/ MUNICIPALITY WARD	VACANCY OF SANGINIS (ANGANWADI WORKERS)	
				NO. OF PANCH WARD/ MC.WARD	NAME OF AWC
1	BARAMULLA	Kunzer	Turk-Batpora	06	Khimenderpora
2	BARAMULLA	Kunzer	Lalpora-A	07	Lalpora Pethkhal-A

- Criteria for Selection of Sanginis (Anganwadi Workers) Shall remain as envisaged in the Govt. Order No 103 JK(SWD) OF 2023 Dated 28.04.2023 i.e.
  - Women candidates in the age group of 18-37 years shall be considered for the post.
  - The candidate should be a domicile of the UT of J&K.
  - The candidate should be a resident of the Electoral Ward where AWC is located.
  - Minimum Education qualification should be 10+2 pass and maximum graduation.
  - Weightage shall be given on the basis of marks obtained in 10+2 and selection shall be granted purely on academic merit basis & there shall not be any interview.
  - In case eligible candidate is available within the family of retired AWW the said candidate shall qualify for additional two percent points.
  - Candidates with qualification higher than graduation shall not be considered.
  - In case of tie in merit of the eligible candidate, candidate with higher age will be preferred.
- Self-attested copies of documents to be attached with the application form:
  - Panch Ward Certificate /Electoral Card/ present /continuous, ward residence certificate issued by BDO.
  - Domicile Certificate issued by Tehsildar concerned.
  - Date of Birth Certificate.
  - Academic Qualification Certificates with Marks card of 10+2.
  - If candidate belong to family of retired AWW, Copy of document proof.
  - Non employment Certificate from a Gazetted Officer.
  - Self-Addressed envelope with postage stamp of Rs 5/-.
  - Affidavit from first class magistrate stating following facts.
    - All Documents submitted are correct, without any mismatch, scanning, duplicate or fallacious in nature. If found incorrect or in any of the above stated situation the candidature of deponent may be cancelled and liable to action under law.
    - Maximum qualification is Graduation for vacancy of Sanginis (AWWs) and this is as per facts and onus of proving it to be true lies with the deponent.
  - The deponent has read the HR policy no. 222-JK(SWD) of 2022 dated: 30.11.2022 and is well versed with all salient features of the policy and shall be applicable to the deponent in case of selection as Sangini (AWW)

Note: Prescribed Application Proforma can also be had from the undersigned office "Free of Cost".  
No:-CDPO/POSHAN/Adv/2023/795-813  
Dated:-17-10-2023  
Child Dev. Project Officer  
Poshan Kunzer

### (ANNEXURE-I)

#### APPLICATION FORM FOR ENGAGEMENT OF SANGINI (ANGANWADI WORKER)

- Name of the District: - Baramulla
- Name of the ICDS Project: - \_\_\_\_\_
- Name of the Anganwadi Centre for which engagement sought.....
- Panch Ward/MC Ward..... Panchayat Halqa/MC Ward.....
- Name of the Candidate (In Block Letters) .....
- Fathers Name (In Block Letters) .....
- Marital Status: - Married /Un Married
- Husbands Name (if married) .....
- Place of Permanent Residence.....
- Mohalla.....Village.....
- Panch Ward Constituency.....
- Name of the Panchayat Halqa .....
- House No..... (As per latest Panchayat Ward Electoral) Block.....
- Address for Correspondence.....Mobile No:.....
- Date of Birth.....

Age as on 01-01-2023.....

S.No	Examination passed	Board/School	Year of passing	Marks Obtained	Max. Marks	%age
1	10+2					
2	Graduation					

- Do candidate belong to family of retired AWW (Yes/No).
- Documents attached.
  - Panch Ward Certificate /present /continuous, ward residence certificate issued by BDO duly countersigned by ACR/SDM.
  - Domicile Certificate issued by Tehsildar concerned.
  - Date of Birth Certificate.
  - Academic Qualification Certificates with Marks card of 10+2.
  - If candidate belong to family of retired AWW/AWH, then copy of the e-ration card.
  - Non employment Certificate from a Gazetted Officer.
  - Self-Addressed envelope with postage stamp of Rs 5/-.

Signature of Candidate

### UNDERTAKING

I,.....D/o,W/o.....R/o..... do hereby certify that the contents of the application given above are correct and true to the best of my knowledge. In case any of the above contents is found incorrect, the selection committee shall have the right to reject my application and similarly revoke my engagement order.

DIPK-10610-23  
DT: 17/10/2023

Signature of Candidate



KASHMIR OBSERVER®

Wednesday | 18-10-2023

## Election Uncertainty

For the umpteenth time, a senior BJP leader has confirmed that Assembly polls in the Union Territory of Jammu and Kashmir will be held soon, although he didn't give any timeframe. Tarun Chug expressed confidence in his party's prospects in the elections. The saffron party, however, didn't perform up to expectations in the recent election to Kargil district's Ladakh Autonomous Hill Development Council.

Chugh took due note of the fact that delimitation of Assembly constituencies is complete. And also that the voter list has already been prepared and shared with political parties for their feedback and objections. Going by these preparations, the stage seems to be set for Assembly elections to take place in the near future.

But it is also true that the polls seem unlikely in Jammu and Kashmir anytime soon considering that we are on the brink of a new year. And while several other states across the country are heading into Assembly polls, there are no signs that Jammu and Kashmir will follow suit. And the next year, the national polls are due to be held by May which leaves little chance for Assembly polls in J&K.

That said, if the central government is interested, the elections can still be held in the union territory. For example, there can be a possibility of elections being held simultaneously with the national polls. J&K has not had an elected government since June 2018 when Governor's rule was imposed after the PDP-led coalition government lost its majority following the withdrawal of support by the BJP. Subsequently, on August 5, 2019, New Delhi abrogated Article 370 that granted J&K special status under India's constitution. Since then the Lieutenant Governor has taken over from the Governor.

The political parties in J&K have been pressing for early Assembly polls. Earlier in March, a delegation of political leaders led by National Conference president Dr Farooq Abdullah met the Election Commission of India, seeking early elections in the Union Territory. The delegation requested the ECI to hold elections as soon as possible now that the delimitation process had been completed. The political leaders also submitted a memorandum to the ECI, in which they called for the restoration of the democratic process in the UT. But there has been no election-related move from the Election Commission to hold the polls in the UT, even when delimitation has been completed. And this is happening at a time when, for once, there is a palpable desire for elections in the region. Here's hoping that Chug's promise of polls comes true.

### OTHER OPINION

## Skill Shortages

India presents a paradox of skill shortages despite a situation of labour surplus, which threatens the growth story. Leading infrastructure firms in the country like L&T are seriously concerned that they are not getting enough skilled labour for their operations despite a growing reserve army of educated unemployed youth, reflected in joblessness rates as high as 8.1%. The shortage is across business segments. According to SN Subrahmanyam, chairman and MD of L&T, "the lack of skilled hands continued even after the pandemic, the time when the labourers migrated back to their villages". All of this is not good news for the NDA government's objectives to become a \$5 trillion economy through an infrastructure-led growth push that entails \$300 billion of investments every year in roads, railway infrastructure, seaports, airports, transport, gas, and inland waterways. As the Union Budget doesn't have the surpluses to provide massive fiscal support, private investors have to do the heavy lifting.

The country is currently experiencing an alarming shortage of 150 million skilled workers, up from 138 million three years ago, according to TeamLease Services, a leading human resources development consultancy firm. If we restrict the focus to infrastructure, there is a need for 33 million skilled workers in building and construction and 18 million in transportation and logistics. Skill shortages in construction are indeed a serious problem as it derails India's rapid growth trajectory.

This industry is vital to building physical infrastructure as it accounts for more than half of the investment required for setting up facilities like ports, power projects, roads and bridges. Although the construction industry accounts for a substantial proportion of jobs generated in the country, more civil engineers, hi-tech welders, and bricklayers are needed. In transportation and logistics, trucks are idle because of the shortage of drivers. The steel industry needs more metallurgists. The upshot is that the requisite skills and training to the workforce in infrastructure must be imparted in a mission-mode.

- Financial Express

# "Protect Your Environment", Right Back at You!

The Rural Sanitation Department is violating its own slogans



Feature Image Caption: Waste Segregation Shed. Picture by Raja Muzaffar Bhat

Dr Raja Muzaffar Bhat

On Monday evening, on my way back from a wedding reception in the Beerwah area of District Budgam I saw a catchy slogan painted in blue on a newly constructed structure located on the banks of a beautiful stream at Utterpora village. The slogan written in Kashmiri read:

"Kath Boz Kan Thaaw , Aechh Mechraaw ,  
Mahool Bachaav Mahool Bachaav"

"Listen to what I say  
Listen properly with your ears  
Open your Eyes  
Protect your Environment, Protect your Environment!"

After spotting the slogan, I stopped my car. The Kashmiri slogan was written on the waste segregation shed constructed on the banks of Aheji stream which is a tributary of Sukhnag river that originates from Pir Panjal glaciers bordering Poonch district.

This open violation of environmental laws made me restless. I shot a video and clicked some photos so I could bring the matter into the notice of authorities through social media or seek judicial intervention by moving an application in the National Green Tribunal. This was not the first case where I had seen a waste segregation shed having been constructed near a waterbody. Infact, in the Beerwah area alone, I have seen at least 2 to 3 such structures made near rivers, irrigation canals and streams in clear violation of Environmental Protection Act 1986 and Water Act 1974. In March this year, I filed a ground report from Sail village where a similar structure had come up near Sukhnag river.

As a follow-up on April 10th 2023 I wrote a detailed piece titled "Story of Waste Segregation Sheds". The authorities at the helm were unconcerned and till date no action was taken. Waste is constantly dumped in and around the segregation sheds unscientifically. The segregation shed constructed at Utterpora violates not only the Municipal Solid Waste Rules 2016 but also is also an open violation of the Water (Prevention and Control of Pollution) Act 1974 .

#### A recreation spot and a drinking water source

The area where the waste segregation shed has been constructed looks exceptionally beautiful in summers. The water supplied from Sukhnag river to Aheji stream (canal) gushes through this four way junction at Utterpora and people from surrounding villages like Dassan, Latina, Rankipora throng this spot to relax on hot summer evenings. This stream is also a drinking water source for many villages.

The Kashmiri slogan written on the segregation shed at Utterpora has probably been coined by the Directorate of Rural Sanitation J&K Govt as the name of this Govt department is clearly mentioned, but unfortunately they are themselves violating what all is mentioned in this slogan. The Block Development Officer Sukhnag block has released the funds to the panchayat for this shabby construction. I am sure that the executing agency would not have obtained any consent from the Gram Sabha (Deh Majlis) which is mandatory otherwise.

#### JKPCC being a bystander

Why is the J&K Pollution Control Committee -JKPCC, which is under direct control of the Central Pollution Control Board-CPCB, mum

over the illegal construction of waste segregation sheds that have been constructed in different villages of J&K in the last one year? JKPCC previously called J&K Pollution Control Board (PCB) has a clear mandate to intervene as this violates the Water (Prevention and Control of Pollution) Act 1974. The fact of the matter is that Central and State Pollution Control Boards have been set up under this legislation only. Had these constructions been done by private entities the PCC team would have shut them down and even penalized the offenders. Private schools dairy farm units and even small business establishments are asked to get a non objection certificate -NOC from Pollution Control Committee or Boards but getting an NOC for construction of segregation sheds in rural areas under Swachh Bharat Mission Gramin (SBM-G) isn't made mandatory at all. Why isn't it so?

#### Waste isn't segregated in segregation sheds

The J&K Rural Development Department or its sister concern the Rural Sanitation Department which is also the Mission Directorate for SBM Gramin in J&K calls these waste collection points "Segregation Sheds". Not even 10 kg of waste is being segregated or processed daily in these so-called segregation sheds. They have been constructed only to utilize the funds (Rs 5.60 lakhs approximately) made available by Govt of India for each Gram Panchayat under SBM Gramin phase II. Even the trash bins which were supplied to villages are filled with

regation sheds should have been named as Material Recovery Facilities -MRFs and Rs 5.60 lakhs from three to four panchayats (Rs 22 lakhs + ) could have jointly helped to make a better facility at a centrally located place.

As a student of waste management and climate action, I believe that only Non-biodegradable waste like pet bottles, recyclable plastic and hazardous waste like used diapers or sanitary pads and waste plastic should be taken to the segregation shed or MRF. This dry waste could again be segregated and given to rag pickers or local unemployed youth which would generate revenue as well. The hazardous waste like sanitary pads and diapers are to be incinerated (burned at high temperature), but unfortunately we don't even see a single incinerator set up in any village.

At least one gas incinerator could have been established in a cluster of 3 to 4 villages ( MRF) which would not cost more than 7 to 8 lakh rupees. Had these waste segregation sheds and incinerators been set up in a cluster model it would have saved the taxpayer's money and provided a solution to waste disposal as well.

#### Conclusion

By setting up so-called waste segregation sheds in villages, the Government agencies or PRIs involved in its construction have threatened water bodies, violated environmental laws and flouted solid waste management rules. The waste is neither treated nor segregated at these

By setting up so-called waste segregation sheds in villages, the Government agencies or PRIs involved in its construction have threatened water bodies, violated environmental laws and flouted solid waste management rules. The waste is neither treated nor segregated at these locations. Even after spending billions of rupees made available to J&K by the Govt of India, the end result is zero

trash and there is no service available to clear them. These waste segregation sheds have simply become waste dump sites . Many sheds are completely empty as they are located at odd locations where nobody even carries the waste.

#### A Suggestion

Through my writup, columns or reports I not only criticize the Govt but also suggest solutions as well. Sometimes our suggestions are well taken and recently the Lt Governor J&K Mr Manoj Sinha in his monthly radio programme, Awam Ki Awaz, took the suggestion of my colleague Mushtaq Ahmad Lone very seriously. Mushtaq had suggested that religious leaders be involved in sanitation and waste management work so as to make it a people's movement (Jab Abhiyan). LG Manoj Sinha said that he would ensure these suggestions are taken seriously.

If the Govt of India is already providing Rs 5500 through local Panchayats for construction of compost pits in every house to treat the biodegradable waste, kitchen waste and food waste and Rs 11000 are provided to set up soakage pits for treating liquid waste, why shall then the mixed waste (kitchen waste and plastic waste etc) be carried to the segregation shed? These sites have now become new waste dump yards as it emits foul smell and dogs can be seen around due to dumping of food / kitchen waste. The seg-

locations. Even after spending billions of rupees made available to J&K by the Govt of India, the end result is zero.

Let the Mission Director SBM Gramin J&K show a single village where we see waste being managed as per the Municipal Solid Waste Rules 2016 (MSW Rules). The slogans coined by Rural Sanitation Department/Mission Directorate SMB Gramin are being violated by them openly. For the information of Govt and readers, these rules are applicable to PRIs and rural areas as well as per Rule 13 (1) of MSW Rules 2016. The Pollution Control Committee J&K also needs to give an explanation as to why it failed to check these lapses especially not asking the Mission Director SBM Gramin to obtain NOC before setting up the waste segregation sheds. The Irrigation , Flood Control, Fisheries and PHE Jal Shakti departments also could have resisted when these structures were set up near water bodies but they seem to be unaware.

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer  
Dr Raja Muzaffar Bhat is an Acumen Fellow. He is also Anant Fellow for Climate Action  
Anant National University Ahmedabad

# MY MOTHER'S STORY

## At SKIMS Hospital, Hope Turned to Heartbreak

Iqra Nabi

With a heavy heart, I express my deepest concerns about the dire situation within the Neuro Surgery Intensive Care Unit (ICU) at SKIMS (Sher-I-Kashmir Institute of Medical Sciences), Soura, in simpler words, as it has been a source of great anguish for me.

On the 19th of September 2023, my beloved mother was admitted to this ICU in a very critical condition. During my visits to the ICU, I was shocked and deeply saddened by the terrible conditions prevailing there. However, what shook me to my core was the heart-wrenching sight of mosquitoes freely buzzing around within the sacred walls of the ICU. This was not just a matter of cleanliness; it posed a grave risk, a direct pathway for infections to reach those frail and desperately ill patients who were battling for their lives under the supposed care of this unit.

The presence of mosquitoes within the holy halls of a medical facility is an absolute abomination, a blatant disrespect for all that healthcare stands for, especially within an ICU where patients grapple with the most significant matters of life and death. The absence of strict infection control measures in the ICU creates an imminent danger to the safety of patients and erodes the very foundation upon which a hospital's commitment to medical care is built.

It is not merely a matter of health and safety but a matter of life and death. The conditions in this ICU are unacceptable, and I implore those in authority to take immediate and decisive action to rectify this grave issue. We cannot afford to compromise the well-being of patients, and it is our collective responsibility to ensure a safe and clean environment in medical facilities, especially in such critical areas as the Neuro Surgery ICU.

What pains me even more, if there could be a deeper sorrow, is that my dear mother, the one who guided me through life, fell victim to a terrible infection while she was in the Neuro



Feature image: Sher-I-Kashmir Institute of Medical Sciences. File Photo.

**THE ABSENCE OF STRICT INFECTION CONTROL** measures in the ICU creates an imminent danger to the safety of patients and erodes the very foundation upon which a hospital's commitment to medical care is built. It is not merely a matter of health and safety but a matter of life and death."

Surgery ICU. This illness added to her already fragile health, making her recovery journey more painful and eventually extinguishing the light of her life. This nightmarish experience, this unspeakable personal agony, has engraved within me a stark understanding of the urgency and dire need to fix the serious issue of infection control in the ICU.

In the heartbreaking story of my life, my mother wasn't just a guiding light; she was the sun that warmed my existence. We had a bond that went beyond words, a connection only a mother and child can truly understand. Her laughter was the sweet music that played in my memories, and her love was the guiding star that led me through the

darkest times. Our dreams were woven together, our hopes and aspirations entwined. But now, everything I held dear, every piece of those dreams, shattered like fragile glass, a tragic reminder of the moment she got that dreadful infection in the sacred halls of the SKIMS ICU.

In my view, hospitals were meant to be the safest places, where the battle against infections was of utmost importance. Doctors, with their knowledge and dedication, worked tirelessly, but what can a doctor do when the very environment they work in is filled with infections? It's like trying to face a fierce storm with a fragile boat; even the most skilled hands can't prevail.

The suffering we went through, the loss of my mother, could have been prevented

if the Neuro Surgery ICU at SKIMS, Soura, had followed the infection control standards that we expect from a healthcare institution. They hold the essence of human life in their hands, and this betrayal of trust is an unforgivable tragedy.

In order to right these severe wrongs and prevent more heartbreaking tragedies, I passionately urge that we initiate a thorough investigation. We need a group of experienced doctors, overseen by a retired judge, to carefully examine the data from the past ten years. Their mission should be to uncover just how many precious lives were lost at SKIMS Hospital after receiving medical care. We must delve into the reasons behind these heart-wrenching departures with an

unwavering focus. Using this foundation of sorrow and undeniable evidence, we must take strict measures and devise a comprehensive plan to fix the glaring flaws in the healthcare system.

For my mother and all those who have endured such suffering, this is a heartfelt plea to honor the sanctity of life. We must turn today's heartache into a promise of a safer and more compassionate tomorrow, not just within SKIMS, Soura, but also extending far beyond its walls.

I beseech the responsible authorities to take immediate action to ensure the highest standards of infection control in the Neuro Surgery ICU. This action plan should encompass a deep investigation into the ICU's infection control practices, identifying the root causes of the poor conditions, and holding those accountable for the lapses. We must also establish strict protocols and guidelines for preventing infections, including regular cleaning and disinfection of the ICU, proper waste disposal, maintaining optimal temperature and humidity levels, and ensuring a mosquito-free environment. The ICU staff should receive comprehensive training and education on infection control practices, hand hygiene, and the use of personal protective equipment (PPE). Additionally, we should implement a robust surveillance system to monitor and track healthcare-associated infections (HAIs) within the ICU, with quick reporting and appropriate management. Regular audits and evaluations of infection control practices in the Neuro Surgery ICU should be conducted to identify ongoing gaps or areas needing improvement. By addressing these concerns promptly and effectively, I hope the responsible authorities will not only protect the health and well-being of ICU patients but also uphold the reputation of our healthcare system in our union territory.

*Iqra Nabi is currently pursuing a Master's Degree in Journalism at Kashmir University*

Jo Adetunji

Over the last decade, smartphones have become ubiquitous not just for sending texts and staying abreast of news, but also for monitoring daily activity levels.

Among the most common, and arguably the most meaningful, tracking method for daily physical activity is step counting.

Counting steps is far more than a fad: The U.S. Department of Health and Human Services dedicated a sizable portion of its most recent physical activity guidelines to documenting the relationship between daily step counts and several chronic diseases.

Unfortunately, the guidelines have little to say about how step counts might be used to aid in weight management, an outcome of critical importance given the high rates of overweight and obesity in the U.S.

In the early 1980s, fewer than 14% of adults in the U.S. were classified as having obesity. Today, just over 40 years later, the prevalence of obesity is greater than 40% in the adult population, and current trends suggest that almost half of adults in the U.S. will be obese by 2030.

I am a professor of exercise science at Kennesaw State University, and our lab has been conducting studies examining relationships among step counts and a number of health outcomes.

While the evidence is clear that increasing numbers of adults are living in a chronic energy surplus that leads to weight gain, a key question is – why? What has changed so dramatically since 1980 that could explain why obesity rates have tripled?

Although the American diet is likely a key contributor, a wealth of research points to a reduction in physical activity as a major culprit behind the expanding waist lines – and step counts are an excellent indicator of physical activity.

**Step counts may – or may not – lead to weight loss**

A number of recent studies have looked at whether increasing step counts can lead to weight loss over a certain period of time. One large-scale study called a meta-analysis concluded that increasing physical activity by way of step counts was effective for attaining modest weight loss. However, many if not most studies examining the effect of exercise on weight loss report modest

# Counting Steps Counts



Feature Image Credits: Oleg Breslavtsev/Getty Images

outcomes, with results that are variable and often disappointing.

That may be in part because the step count targets used in many weight management studies are most often set in an arbitrary manner, such as targeting 10,000 steps per day. Or, if they're individualized at all, they're based on initial behavioral characteristics, like adding a given number of steps to what a person is already accumulating in a typical day. Rarely, if ever, are the step targets in research studies based on any physical attributes of the participants.

My team's research has compiled weight, body fat percentages and average step counts for large numbers of adults between 19 and 40 years of age. From that data, we have identified a way to determine specific step count goals based on key physical attributes – namely, baseline body weight and composition, and the desired body composition.

When it comes to health, it is important to remember that body weight does not tell the whole story. In fact, body composition is much more predictive of health status than body weight. Someone who weighs

more than another person may be in better health if they have more muscle mass and a lower percentage of body fat than the other person who weighs less but has a higher proportion of body fat.

### Parsing the numbers

We have used our data to develop a model that predicts average daily step counts per unit of fat mass from body fat percentage. We believe that this model can be used to determine how much people would need to walk to achieve a specific amount of weight and body fat reduction.

Take, for instance, a man who weighs 175 pounds (80 kilograms), of which 25% is fat. Our model suggests that he walks an average of 10,900 steps a day. Then consider another man who weighs 220 pounds (100 kilograms), of which 20% is fat. Although they have different amounts of lean mass, both men have about 44 pounds (20 kilograms) of fat. So our model predicts that the heavier man walks an average of 15,300 steps a day. In other words, the heavier person has a

lower percentage of body fat and walks more to maintain that leaner body composition.

A person's body fat percentage is every bit as important as their weight. That's because how much muscle you have affects how hungry you get, as well as how many calories you burn. Muscle mass requires energy to maintain, and this requirement leads to increased appetite, which means taking in more calories. In this example, the heavier man probably eats more than the lighter man in order to maintain his lean muscle mass, and he must walk more to maintain his lower body fat percentage.

If you want to lose body fat, and therefore weight, you basically have two choices: You can eat less, or you can move more. Eating less means you'll be hungry a lot, and that's uncomfortable, unpleasant and, for most people, not sustainable. Moving more, on the other hand, can allow you to eat until you're full and keep body fat off – or even lose it.

Therefore, we wanted to know how much a person who eats until they're full might have to move to offset the calories they're eating.

### Step counts for weight loss

Currently, our model applies to young adults, but we are now collecting data for middle-aged and older adults too. To use this model, you need to first have your body composition determined, a service that is being offered by increasing numbers of fitness centers and medical practices. With our model, you must determine your body weight and fat weight in kilograms – to do this, simply divide your weight in pounds by 2.2.

With this information in hand, our model can provide a step count target that is specific to a person's current body weight and body fat percentage, and their goal for fat loss and weight reduction.

For example, our model predicts that a woman weighing 155 pounds (70 kilograms) with 30% body fat currently accumulates an average of about 8,700 steps per day. If she wants to lose about 10 pounds and reach a body fat percentage around 25%, she could consult the model and discover that people who maintain that body composition accumulate an average of about 545 steps per kilogram of fat per day. Since she currently has about 46 pounds (21 kilograms) of fat, her goal would be to accumulate a total of 11,450 steps per day.

While that may seem at first glance to be a sizable increase in daily steps, most people can accumulate 1,000 steps in 10 minutes or less. So even with a comfortable pace, this additional daily dose of walking would take fewer than 30 minutes. Furthermore, steps can be accumulated throughout the day, with longer or more frequent trips, or both, to restrooms, vending machines and the like.

While steps certainly can be accumulated in dedicated walking sessions, such as a 15-minute walk during lunch hour and another 15-minute walk in the evening, they can also be accumulated in shorter, more frequent bouts of activity.

Researchers have learned a great deal in the past 70 years about appetite and energy expenditure: Appetite imposes a drive for food based largely on our fat-free mass, no matter how active or inactive we are, and we must accumulate enough physical activity to counter the calories that we take in through our diet if we want to maintain an energy balance – or exceed our intake to lose weight.

*By arrangements with The Conversation*









# Team India In Full Practice Mode 48 Hours Before Match

Press Trust of India

all over by Hardik Pandya.

**PUNE:** During any tournament, the Indian team's net session is an optional one in between the games due to hectic travel schedule but keeping the foot firmly on the pedal, Rohit Sharma's men haven't let the intensity down one bit during the ongoing World Cup where they take on Bangladesh on Thursday.

In fact, if one looks at the pattern of Indian team's training schedule, the team is practising full steam on match day minus two - that is 48 hours prior to game day.

Whether Chennai, Delhi or Ahmedabad, the full team comes for the session two days prior to a game but on the match eve, normally the reserves, who need a bit more time in the nets, come with the support staff.

On the day, even skipper Rohit Sharma rolled his arm over for some time but quickly retreated after getting smashed

**Will one among Bumrah or Siraj be rested?**

Jasprit Bumrah and Mohammed Siraj have already played three games in a space of six days and will against play two in a matter of four days.

Bangladesh's current ODI team isn't as good as the one that played in the World Cup in 2015. And hence, it would be interesting to see if team management thinks about giving Mohammed Shami a go against Shakib Al Hasan's men considering the match after that will be played at the seamer-friendly Dharamsala against India's bogey team New Zealand.

However, it might well boil down to measure of their workload and also if the two front-line pacers want rest. All the three pacers bowled full steam at the evening nets on the day.

**Rohit, Kohli, Gill have extend-**



**ed sessions**

India's top order batters Rohit, Shubman Gill and Kohli were the first to hit the nets with the team's fast bowling attack in operation which also

included all-rounder Hardik Pandya.

Among all the top order batters, Kohli remained in the next for the longest time while Pandya unleashed some powerful

shots - including some spectacular shots that landed into the stands - over the cover region.

Ravichandran Ashwin bowled to Ravindra Jadeja when the next set of batters got into the nets,

while Shreyas Iyer faced throw-down specialists and in the adjacent nets, Ishan Kishan, who played in the first two games against Australia and Afghanistan, faced Mohammed Siraj and Kuldeep Yadav in tandem.

India wicketkeeper-batter KL Rahul did fielding drills before he padded up to bat, and found Kohli back in the nearby nets facing throwdowns while the others such as Gill dispersed for their fielding drills. In fact, having gone through some catching practice, Gill returned to bat again and even attacked Kishan with a few big hits.

Towards the end of the three-hour long session, batting coach Vikram Rathour gave throwdowns to Suryakumar Yadav for an extended period in which the explosive batter looked to unleash his strokes, but on occasions mistimed them too. Having found an edge off Suryakumar's bat off a short ball, Rathour even celebrated the dismissal with his

arms held high.

**Shakib takes part in Bangla net session**

Earlier in the day, having lost two games in a row, Bangladesh also had an extended full-fledged session as they trained for a little more than three hours in the afternoon heat with captain Shakib Al Hasan in attendance.

Shakib had suffered a quad injury to his left leg last Friday in Chennai during their clash against New Zealand.

Shakib's availability for the match against India hinges on how the all-rounder goes in training over the two days here, since on Tuesday, he batted for a while in the nets and even hit a few sixes to check how his left leg was responding to the workload.

The senior Bangladesh batter Mushfiqur Rahim, who has hit two fifties in the last two matches, also had a good run in the nets hitting the bowlers into the stands more often than not.

## PCB Discussing 'Incidents' In India

Press Trust of India

**KARACHI:** Pakistan Cricket Board's cricket management committee chairman Zaka Ashraf has come back from India amid speculations that the PCB is considering lodging a protest with the ICC over "some of the incidents" during their

World Cup match against the hosts in Ahmedabad.

A source in the board said that Zaka Ashraf returned on Monday and is having a series of meetings with the senior board officials to discuss his visit to India.

"Zaka Ashraf was himself present at Ahmedabad for the match against India

and is witness to some incidents which has left him unhappy despite the Indian cricket officials' hospitality during his stay there," the source said.

He said the chairman was at present only discussing his visit with his senior aides.

Pakistan's team director

and chief coach, Mickey Arthur, spoke about the crowd behaviour and its impact on his team after the defeat to India and ICC chairman, Greg Barclay, has responded that the sport's world governing body was doing its best to make the World Cup a successful event.

## New Zealand Play Afghanistan Today

Press Trust of India

**NEW DELHI:** Adapting to sub-continental pitches and success with the ball in the middle overs are key to continuing New Zealand's winning momentum at the Cricket World Cup, their captain Tom Latham said ahead of Wednesday's clash with Afghanistan in Chennai. Latham replaced Kane Williamson as New

Zealand skipper after the latter's tournament-ending injury in Friday's eight-wicket win over Bangladesh, which made it three wins in three matches for the 2015 and 2019 finalists.

New Zealand are playing an Afghanistan side fresh off a 69-run victory over defending champions England on Sunday, with their first win over a Test-playing nation at

a World Cup providing a welcome boost after losing their first two matches.

Afghanistan skipper Hashmatullah Shahidi said Chennai was a familiar venue for the sixth-placed team. "India was our home for two to three years... in this ground we had our preparation camp for the 2019 World Cup," Shahidi added.

## ARCO FC Praises Former Captain For Santosh Trophy Selection

Observer News Service

**SRINAGAR:** Former captain of ARCO FC, Kamran Hameed, was selected to represent Jammu and Kashmir in the 77th Santosh Trophy at Goa.

"Hameed's journey from local hero to an exceptional player representing J&K speaks volumes as to how ARCO FC has played a pivotal role in shaping the career of this exceptional athlete," the football club said in a statement.

"During his time at ARCO FC, the player displayed exceptional skills, leadership qualities and a dedication to the sport that set him apart, the statement said, adding, the club provided the perfect platform for him to refine his abilities and instilled in him the values of teamwork and sportsmanship.

"ARCO FC's dedicated coaching staff, state-of-the-art facilities, and a supportive community have been instrumental in honing his skills," the statement added. Hameed credited ARCO FC for his success.

"My time at Arco FC was invaluable. The club not only polished my skills but



Image via ARCO FC/Facebook

also instilled in me a love for the game that continues to drive me today. I am deeply grateful for the opportunities and support I received here," he said.

Director of ARCO CEMENT, Imran Anim expressed immense pride in the player's accomplishment.

"We have always believed in nurturing talent and providing a platform for aspiring athletes to reach their full potential. This achievement reaffirms our commitment to the development of football in our region," he stated.

The J&K team's 2023 Santosh Trophy campaign ended on a disappointing note, playing four games, winning one and losing three.

## Legends Cricket League In J&K On Cards: Sarmad Hafeez

Observer News Service

**JAMMU:** The J&K Sports Council has held preliminary discussion with the visiting organising committee team of Legends Cricket League headed by former international cricketer, Nikhil Chopra along with the Delhi Cricket Association's (DCCA) pitch curator, Ankit Dutta. Briefing about the venture, Secretary Youth Services and Sports (YSS), Sarmad Hafeez, said that a meeting of the organising committee and Sports Council team was held in Jammu to work out modalities for conduct of some of the matches of renowned Legends Cricket League in November at Moula Azad Cricket Stadium, Jammu.

Secretary said that the matches are expected to feature former renowned cricketers like Chris Gayle, Virender Sehwag, Aron Finch, Irfan Pathan, Yusuf Pathan and Harbhajan Singh, besides others.

Divulging further on the details, Sarmad Hafeez said that after the preliminary discussion the Legends Cricket league team had a tour of the stadium. They assessed the existing facilities at the venue and expressed satisfaction over the arrangements put in place with a suggestion to make certain minor amends, wherever required.

Earlier, the visiting team was received by J&K Sports Council including Ranjit Kalra, Mem-



ber Sports Council; Mohammad Hanief, Chief Sports Officer Sports Council; Baljinder Pal Singh, in charge of Divisional Sports Officer (J), and Manager M. A Stadium, Naveen Sharma along with other officials.

The team inspected the turf wicket and requested that the venue may be handed over to them as early as possible enabling them to prepare the wicket properly as many former international players are participating in the event.

The floodlights were also switched on to check the intensity and the LUX power for any possible gradation, if required, for proper focusing of light during the hours of play.

The team also visited the play-

er's dressing rooms, VIP lounge, third umpire rooms and commentator's box and took stock of the minor changes and repairs required for the mega event including shower area, steam bath and ice bath chambers.

Nikhil Chopra, while speaking on the occasion, said that the chief curator shall visit the venue again at the end of this week to estimate the exact time required for preparation of the wickets and outfield.

Secretary Sports Council, Nuzhat Gull, said the checklist for smooth conduct of the event is being prepared and if all goes well, the M A Stadium may become a regular feature for international and national cricket events in future, she added.

## 6 Years On, Sopore's Indoor Sports Hall Awaits Completion

Agencies

**SOPORE:** The government's much-anticipated project aimed at promoting sports in Sopore area of north Kashmir's Baramulla district has come under heavy criticism as the Indoor Sports Hall at the famous Subhana stadium remains incomplete after six years.

The project, initially slated for completion within two years, has not only missed multiple deadlines but has also become a hub for illegal activities perpetrated by miscreants.

Expressing their frustration, local residents informed news agency KNO that the Indoor Sports Hall, which began construction in 2017, still stands incomplete. Despite relentless appeals from the community, authorities have remained unresponsive, leaving sports enthusiasts with no choice but to practice in the open, they said.

"The government's claims of enhancing sports infrastructure in the region, particularly in the northern Apple town, have proven to be hollow. The promises made by the authorities have turned out to be mere hoaxes," said Javed Ahmed Bhat, a social activist and sports enthusiast. Javed, who is actively in-

involved in promoting sports in the region, said the project, which was initially sanctioned at an estimated cost of Rs 3.3 crore, was meant to be completed within two years. However, it repeatedly missed deadlines, with officials attributing the delays to a lack of funds, he said, adding that despite assurances from Roads and Buildings (R&B) officials and site visits, the project has remained incomplete, he said.

"At present, there is no funding agency committed to completing this hall. However, we are actively addressing the issue, and we hope that the district administration will step in to ensure the project's functionality," Raina added.

Local residents and sports enthusiasts have expressed hope that the authorities will take swift action to complete the Indoor Sports Hall. (KNO)



## MAN UNITED SALE: Ratcliffe Bid, Sheikh Jassim Withdrawing, Glazers Could Remain In Control

The Associated Press

**MANCHESTER:** Nearly a year after Manchester United was put up for sale, the storied English soccer club could still remain in the hands of the Glazer family - much to the dismay of the team's most fervent supporters.

News that Qatari banker Sheikh Jassim bin Hamad Al Thani was withdrawing from the bidding process appeared to leave the door open for British billionaire Jim Ratcliffe. However, the owner of petrochemicals giant Ineos is reportedly only looking to buy a minority 25% stake in United, which would leave the Glazers as majority shareholders.

"Someone coming in as a minority partner and propping up the Glazers indefinitely is a nightmare scenario," Manchester United Supporters Trust spokesperson Chris Rumfitt told The Associated Press. "What the club needs is real change and it needs real investment and we struggle to

believe that can happen whilst the Glazers own the majority of the shares permanently. Twenty-five percent for Ratcliffe could be OK, but only if it was the start of a clear path to 51%."

**FOR SALE?**

The Glazers, an American family that also owns the NFL's Tampa Bay Buccaneers, announced plans last November to seek new investment and instructed U.S. merchant bank Raine to oversee the process, which included the potential of a full sale.

Raine had previously conducted the sale of Chelsea to Todd Boehly and Clearlake Capital for 2.5 billion pounds (\$3 billion) plus a commitment of 1.75 billion pounds (\$2 billion) of further investment.

While the Glazers were prepared to consider offers for an outright buyout, United said at the time it planned to "explore strategic alternatives," which always included the possibility of taking on new investment



without the owners ceding control.

The late tycoon Malcolm Glazer bought United in 2005 for 790 million pounds (then about \$1.4 billion). United supporters have been critical of the leveraged nature of the Glazers' buyout that loaded debt onto the club, as well as a perceived lack of investment and the dividends taken out by the owners.

The team still had a series of successes on the field. Under the Glazers, United won the Champions League title in 2008, five Premier League titles, one FA Cup, five League Cups and the Europa League.

**INTERESTED PARTIES**

Ratcliffe, who was born in the Manchester area and has been a United fan since childhood, has long-harbored ambi-

tions to buy the club. Through Ineos, he initially planned to buy out the Glazers' share of about 69% and spoke of a "modern, progressive, fan-centered approach to ownership." He was also focused on helping United win the Champions League for the first time since 2008 and making it the "No. 1 club in the world once again." Sheikh Jassim is the chairman of Qatar Islamic Bank and the

impatient and staged protests outside Old Trafford, while chants of "Glazers out" are regularly heard at games at the stadium.

News of Sheikh Jassim's plans to withdraw came after months of silence and uncertainty around the process, which raised questions about whether the Glazers intended to sell.

**DELAYS**

It was anticipated the process would be concluded in time for the off-season transfer window, which opened in June, after a series of rounds of bidding.

It appeared to be a straight battle between Ratcliffe and Sheikh Jassim over who would be chosen as the preferred bidder. But as the process dragged on, fans became increasingly

impatient and staged protests outside Old Trafford, while chants of "Glazers out" are regularly heard at games at the stadium.

**BREAKDOWN**

On Saturday, the news came that Sheikh Jassim was withdrawing from the process. While the size of his bid was not confirmed, a person with knowledge of his proposal told the AP it was almost double United's current market valuation of \$3.2 billion.

The person spoke on condition of anonymity because of confidentiality restrictions around the process.

While concerns had been raised about Qatar's human rights record and the potential that United could be used as a "sportswashing" project, fans



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